



Supported by AIC

## SUPPORT AND SERVICES FOR PERSONS LIVING WITH DEMENTIA AND CAREGIVERS

- Write in to [enquiries@aic.sg](mailto:enquiries@aic.sg)
- Call the **Agency for Integrated Care (AIC)** at Tel: 1800 650 6060 (Monday – Friday, 8.30am – 8.30pm & Saturday, 8.30am – 4pm)
- Visit **DementiaHub.SG** for more information and resources.

### HELPLINES

A helpline is a fast and convenient way to obtain information and advice. It can also be a source of emotional support when you are in distress.

Organisation	Details	Helpline Numbers
<b>Brahm Centre Assistline</b>	For anybody in distress who needs an empathetic ear and emotional support	6655 0000 8823 0000 (via WhatsApp) (Daily, 9am - 7pm)
<b>Care Corner Counselling Hotline (Mandarin)</b>	For those who need counselling and advice	1800 3535 800 (Monday - Sunday, 10am - 10pm, excluding public holidays)
<b>Dementia Helpline (by Dementia Singapore)</b>	For caregivers who are caring for persons living with dementia	6377 0700
<b>Samaritans of Singapore (SOS)</b>	For anybody in crisis and persons with suicidal tendencies	Hotline: 1767 CareText: 91511767 (via WhatsApp) (24 hours)
<b>Silver Ribbon (Singapore)</b>	Online emotional support	6386 1928 (Monday – Friday, 9am – 5pm, excluding eve of and public holidays)

### SUPPORT AND SERVICES ON DEMENTIA

There are over 100 community mental health teams in the community islandwide. They will listen to your concerns and provide support such as therapy to support your mental well-being.

\* Some of these teams focus on caregivers who are caring for persons with mental health conditions and/or dementia. These caregivers may have, or may be at risk of developing depression, anxiety and burnout due to their caregiving responsibilities.

Support Services	Contact Details
<b>East</b>	
<b>Allkin Singapore</b> Blk 193 Rivervale Drive #01-787 S540193	Tel: 6038 4400
<b>Brahm Centre</b> Blk 148 Simei Street 1 #01-121 S520148	Tel: 6612 6125
<b>Brahm Centre</b> Blk 473 Tampines Street 43 #01-94 S520473	Tel: 6908 2122
<b>Club HEAL</b> 300 Tampines Ave 5 #09-02 Room 932 Tampines Junction S529653	Tel: 6899 3463
<b>Club HEAL</b> Staytion at Paya Lebar MRT 15 Paya Lebar Road S409049	Tel: 6899 3463
<b>Fei Yue Community Services</b> 31 Anchorvale Road S545056	Tel: 6011 7650 Tel: 6011 7656

### East

<b>Filos Community Services</b> Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503
<b>Home Nursing Foundation</b> Blk 999 Buangkok Crescent #01-01 S530999	Tel: 6854 5777
<b>Montfort Care</b> Blk 613A Bedok Reservoir Road #01-1364 S471613	Tel: 6312 3988
<b>Montfort Care</b> Blk 50 Marine Terrace #03-365 S440050	Tel: 6445 0570
<b>Singapore Anglican Community Services</b> Blk 534 Pasir Ris Drive 1 #01-266 S510534	Tel: 6584 4633

### Central

<b>Allkin Singapore</b> Blk 323 Ang Mo Kio Ave 3 #01-1960 S560323	Tel: 6038 4400
<b>AWWA</b> Blk 123 Ang Mo Kio Ave 6 #01-4011 S560123	HP: 6511 6690
<b>Brahm Centre</b> Blk 108 Aljunied Crescent #01-36 S380108	Tel: 6876 0262
<b>Care Corner Seniors Service</b> Blk 214 Toa Payoh Lorong 8 #01-745 S310214	Tel: 6258 6601
<b>Montfort Care</b> Blk 28 Telok Blangah Rise #01-219 S090028	Tel: 6274 6904
<b>Montfort Care</b> Blk 50 Marine Terrace #03-365 S440050	Tel: 6445 0570
<b>Montfort Care</b> 133 New Bridge Road #04-01 to #11 Chinatown Point S059413	Tel: 6274 6904
<b>NTUC Health</b> Blk 121 Bukit Merah View #01-96 S151121	Tel: 8223 1135
<b>O'Joy Limited</b> Blk 5 Upper Boon Keng Road #02-10 S380005	Tel: 6749 0190
<b>Singapore Anglican Community Services</b> Blk 5 Beach Road #02-4915 S190005	Tel: 6291 2473
<b>Singapore Association for Mental Health</b> Blk 1 Maude Road #03-30 S200001	Tel: 8511 2678
<b>Thye Hua Kwan Moral Charities</b> Blk 44 Beo Crescent #01-57 S160044	Tel: 6924 2951
<b>TOUCH Community Services</b> Blk 433 Ang Mo Kio Ave 10 #01-1415 S560433	Tel: 6804 6555
<b>Viriya Community Services</b> Blk 142 Potong Pasir Ave 3 #01-224 S350142	Tel: 9690 2989

### North

<b>Club HEAL</b> Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463
<b>Club HEAL</b> 10 Woodlands Square #03-56 Woods Square Solo 1 S737714	Tel: 6899 3463
<b>Montfort Care</b> Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040
<b>Singapore Anglican Community Services</b> Blk 707 Yishun Ave 5 #01-36 S760707	Tel: 6753 5311
<b>TOUCH Community Services</b> Blk 513 Wellington Circle S750513	Tel: 1800 6123 123

### West

<b>Fei Yue Community Services</b> Blk 11 Teck Whye Lane #01-222 S680011	Tel: 6011 7651 Tel: 6011 7652 Tel: 6011 7653 Tel: 6011 7654 Tel: 6011 7655 Tel: 6011 7658
<b>NTUC Health</b> Blk 361 Yung An Road #01-111 S610361	Tel: 6267 4197
<b>REACH Community Services</b> Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0876 Tel: 6801 0878
<b>SAGE Counselling Centre</b> Blk 262C Compassvale Street #01-137 S543262	Tel: 6354 1191
<b>Singapore Anglican Community Services</b> Blk 267 Bukit Batok East Ave 4 #01-206 S650267	Tel: 6562 4881
<b>Singapore Anglican Community Services</b> Blk 374 Jurong East Street 32 #01-486 S600374	Tel: 6262 1183
<b>Singapore Association for Mental Health</b> Blk 257 Jurong East Street 24 #01-405 S600257	Tel: 8511 2678
<b>St. Luke's Hospital</b> 2 Bukit Batok Street 11 S659674	Tel: 6895 2794
<b>Viriya Community Services</b> Blk 646 Jurong West Street 61 #01-142 S640646	HP: 9690 2989

### Nationwide

<b>Care Corner Singapore</b> Blk 159 Lorong 1 Toa Payoh #01-1530 S310159	Tel: 6978 7151
<b>Clarity Singapore</b> 7A Lorong 8 Toa Payoh #04-01 Agape Village S319264	Tel: 6801 7467
<b>Clarity Singapore</b> Blk 854 Yishun Ring Road #01-3511 S760854	Tel: 6757 7990
<b>Club HEAL</b> Blk 20 Eunos Crescent #01-2961 S400020	Tel: 6899 3463
<b>*Club HEAL</b> Blk 997A Buangkok Crescent #01-809 S531997	Tel: 6899 3463
<b>Club HEAL</b> Blk 254 Bukit Batok East Ave 4 #01-229 S650254	Tel: 6899 3463
<b>Dementia Singapore</b> 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6377 0700
<b>*Dementia Singapore</b> 298 Tiong Bahru Road #10-05 Central Plaza S168730	Tel: 6389 5389
<b>Intellect Company Pte Ltd.</b> 171 Tras Street Union Building #02-179 S079025 5 Straits View B2/60/61 East Tower Marina One S018935 11 Bidadari Park Drive #02-03/05/06/07 The Woodleigh Mall S367803 252 Tembeling Road #01-09 Tembeling Centre S423731 11 Prinsep Link The Foundry S187949	WhatsApp: 8088 5120
<b>*Mindful Community</b> 491-B River Valley Road #04-04 Valley Point Office Tower S248373	Tel: 6460 4400
<b>Silver Ribbon (Singapore)</b> Blk 208 Serangoon Central #01-238 S550208	Tel: 6386 1928

## RESPITE CARE SERVICES

Respite care provides much needed short-term breaks that can relieve stress and restore energy. While there are many commercial care options, it may be beneficial to first consider the available support from family members, relatives, friends, neighbours or by hiring a domestic helper. Caregivers can use this short time to rest, pursue their own hobbies or run personal errands. For the most updated list, you can refer to the AIC website at [www.aic.sg](http://www.aic.sg).

## CENTRE-BASED CARE ON WEEKENDS

Centres and Operating Hours	Contact Details
<b>Central</b>	
<b>Active Global Active Aging Hub @ Telok Blangah Parcview</b> Blk 92 Telok Blangah Street 31 #01-255 S100092	Tel: 6536 0086 <a href="http://www.activeglobalcaregiver.sg">www.activeglobalcaregiver.sg</a>
<b>SASCO Day Activity Centre for the Elderly (DACE)</b> Blk 30 Telok Blangah Rise #01-316 S090030	Tel: 6273 5183 <a href="http://www.sasco.org.sg">www.sasco.org.sg</a>
<b>St Hilda's Community Services Centre</b> Blk 10 Jalan Batu #01-06 S431010	Tel: 6345 0054 <a href="http://www.sthildascsc.org.sg">www.sthildascsc.org.sg</a>
<b>East</b>	
<b>The Salvation Army Peacehaven Jade Circle Arena</b> 9 Upper Changi Road North S507706	Tel: 6546 5492 <a href="http://www.salvationarmy.org.sg">www.salvationarmy.org.sg</a>
<b>NTUC Health Senior Day Care (Heartbeat@Bedok)</b> 11 Bedok North Street 1 #02-02 S469662	Tel: 6715 6715 <a href="http://www.ntuhealth.sg">www.ntuhealth.sg</a>
<b>THK Senior Care Centre @ Kaki Bukit</b> Blk 534 Bedok North Street 3 #01-814 S460534	Tel: 6241 1808 <a href="http://www.thknh.org.sg">www.thknh.org.sg</a>
<b>West</b>	
<b>Active Global Active Aging Hub @ Ghim Moh Edge</b> Blk 31A Ghim Moh Link #01-11 S272031	Tel: 6536 0086 <a href="http://www.activeglobalcaregiver.sg">www.activeglobalcaregiver.sg</a>
<b>SASCO Integrated Eldercare Centre</b> Blk 704 West Coast Road #01-431 S120704	Tel: 6273 5183 <a href="http://www.sasco.org.sg">www.sasco.org.sg</a>
<b>St Luke's Hospital</b> 2 Bukit Batok Street 11 S659674	Tel: 6563 2281 <a href="http://www.slh.org.sg">www.slh.org.sg</a>
<b>NTUC Health Senior Day Care (Jurong Spring)</b> 6B Jurong West Street 52 Level 1 S649298	Tel: 6715 6715 <a href="http://www.ntuhealth.sg">www.ntuhealth.sg</a>
<b>SASCO @ Jurong West</b> Blk 715 Jurong West Street 71 #01-47 S640715	Tel: 6273 5183 <a href="http://www.sasco.org.sg">www.sasco.org.sg</a>
<b>North &amp; North East</b>	
<b>NTUC Health Senior Day Care (Kampung Admiralty)</b> 676 Woodlands Drive 71 #07-02 S730676	Tel: 6715 6715 <a href="http://www.ntuhealth.sg">www.ntuhealth.sg</a>
<b>NTUC Health Senior Day Care (Serangoon Central)</b> 264 Serangoon Central #01-207 S550264	Tel: 6715 6715 <a href="http://www.ntuhealth.sg">www.ntuhealth.sg</a>
<b>Sunlove Active Ageing Centre (Care) @ Ang Mo Kio</b> Blk 557 Ang Mo Kio Ave 10 #01-1874 S560557	Tel: 6452 1422 <a href="http://www.sunlove.org.sg">www.sunlove.org.sg</a>
<b>Sunlove Active Ageing Centre @ Central</b> 70 Buangkok View S534190	Tel: 6386 9312 <a href="http://www.sunlove.org.sg">www.sunlove.org.sg</a>
<b>Active Global Senior Care Centre @ Fernvale Glades</b> Blk 460 Sengkang West Way #01-02 S790460	Tel: 6536 0086 <a href="http://www.activeglobalcaregiver.sg">www.activeglobalcaregiver.sg</a>

## CAREGIVER SUPPORT GROUPS

Caregiver support groups can be made up of care partners, spouses, family members and friends of those caring for persons living with mental health conditions and dementia. It offers caregivers support, information and resources. It also encourages caregivers to share information, give and receive support, and exchange practical suggestions with one another. Most of the support groups listed provide nationwide services.

Caregiver Support Groups	Contact Details
<b>Central</b>	
<b>Care Corner Seniors Service</b> Blk 214 Lorong 8 Toa Payoh #01-745 S310214	Tel: 6258 6601 Email: <a href="mailto:tp.crest@carecorner.org.sg">tp.crest@carecorner.org.sg</a>
<b>Dementia Singapore</b> 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6377 0700 <a href="http://www.dementia.org.sg">www.dementia.org.sg</a>
<b>Dementia Singapore</b> 298 Tiong Bahru Road #10-05 Central Plaza S168730	Tel: 6389 5389 <a href="http://www.dementia.org.sg">www.dementia.org.sg</a>
<b>Mindful Community</b> 491-B River Valley Road #04-04 Valley Point Office Tower S248373	Tel: 6460 4400 <a href="http://www.cal.org.sg">www.cal.org.sg</a>
<b>Singapore General Hospital Dementia Support Group</b> Outram Road S169608	Tel: 6222 3322 <a href="http://www.sgh.com.sg/patient-care/inpatient-day-surgery/support-groups">www.sgh.com.sg/patient-care/inpatient-day-surgery/support-groups</a>
<b>TOUCH Caregivers Support</b> Blk 444 Ang Mo Kio Ave 10 #01-1603 S560444	Tel: 6804 6555 Email: <a href="mailto:caregivers@touch.org.sg">caregivers@touch.org.sg</a>
<b>North</b>	
<b>AWWA</b> Support Groups are conducted on a quarterly basis. Please contact them directly for further information.	Tel: 9784 9247
<b>Club HEAL</b> Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463
<b>Khoo Teck Puat Hospital Dementia Support Group</b> 90 Yishun Central S768828	Email: <a href="mailto:ktph.memorycare@ktph.com.sg">ktph.memorycare@ktph.com.sg</a> <a href="http://www.ktph.com.sg/dementia_support_group">www.ktph.com.sg/dementia_support_group</a>
<b>Montfort Care</b> Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040 Email: <a href="mailto:crest.north@montfortcare.org.sg">crest.north@montfortcare.org.sg</a>
<b>East</b>	
<b>Allkin Singapore</b> Blk 193 Rivervale Drive #01-787 S540193	Tel: 6038 4400 Email: <a href="mailto:mentalhealthservice@allkin.org.sg">mentalhealthservice@allkin.org.sg</a>
<b>Club HEAL</b> Blk 997A Buangkok Crescent #01-809 S531997	Tel: 6899 3463
<b>Club HEAL</b> Blk 20 Eunos Crescent #01-2961A S400020	Tel: 6899 3463
<b>Filos Community Services</b> Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503
<b>West</b>	
<b>Caregiving Welfare Association</b> Blk 3 Ghim Moh Road #01-294 S270003	Tel: 6466 7957 / 6466 7996 <a href="http://www.cwa.org.sg">www.cwa.org.sg</a>
<b>REACH Community Services</b> Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0878 / 6801 0876 Email: <a href="mailto:crest-ss@reach.org.sg">crest-ss@reach.org.sg</a> <a href="https://www.reach.org.sg/">https://www.reach.org.sg/</a>

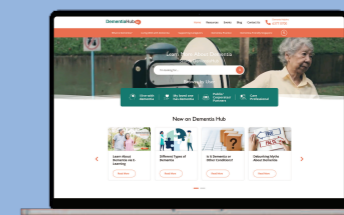
## Otherwise, you can visit our AIC Links at the following locations:

If you wish to find out more information about any of the services in this list, it is advisable to call the numbers provided before making a trip down.

<b>AIC Link @ Alexandra Hospital</b> 378 Alexandra Road S159964 Clinic J, Integrated Care Clinic, Level 2, Zone B  Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Closed on weekends and public holidays	<b>AIC Link @ Sengkang Community Hospital</b> 1 Anchorvale Street S544835 Patient Service Centre at Green Zone Beside Koufu Food Court (Near Sengkang MRT Station or Cheng Lim LRT Station)  Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays
<b>AIC Link @ Changi General Hospital</b> 2 Simei Street 3 S529889 Patient Service Centre at Main Building Level 1, Blue Zone (near Coffee Bean & Tea Leaf)  Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays	<b>AIC Link @ Singapore General Hospital</b> Block 6 Level 1 (beside Koufu Food Court) Outram Road S169608  Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays
<b>AIC Link @ Khoo Teck Puat Hospital</b> 90 Yishun Central S768828 Patient Service Centre Tower B Level 1  Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays	<b>AIC Link @ Tan Tock Seng Hospital</b> 11 Jalan Tan Tock Seng S308433 Centre for Health Activation Level 1 Atrium  Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays
<b>AIC Link @ National University Hospital</b> 5 Lower Kent Ridge Road S119074 Main Building Zone G Level 1 (besides Health & U or opposite Kopitiam)  Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays	<b>AIC Link @ Woodlands Health Campus</b> 17 Woodlands Drive 17 S737628 Patient Services Centre Tower B Basement 1  Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Closed on weekends and public holidays
<b>AIC Link @ Ng Teng Fong General Hospital</b> 1 Jurong East Street 21 S609606 Tower B Level 2 (near Visitor Self-registration Kiosk) Operating Hours: Mondays to Fridays: 9.30am - 5.30pm. Saturdays: 9am - 12.30pm. Closed on Sundays and public holidays	

To get the most comprehensive and up-to-date information and resources on dementia, visit:

 [www.DementiaHub.SG](http://www.DementiaHub.SG)



Information is accurate as of March 2026.