Dementia-Friendly Collective Session 5: Beyond Diagnosis: Supporting People to Live Well with Dementia
9 October 26 | AIC AMK Satellite Office

Session Overview

Organised by the Agency for Integrated Care (AIC) and Dementia Singapore (DSG), Beyond Diagnosis: Supporting People to Live Well with Dementia brought together Collective members to explore how persons living with dementia can be supported beyond diagnosis, with a focus on enabling them to continue living meaningful and fulfilling lives within the community.

The session started with an introduction of the new Core Team members who will be supporting the planning of future Collective sessions. The team comprises representatives from both the healthcare and community care sectors. The new Core Team members are:

1	Ms Sylvia Yap	Agency for Integrated Care (AIC), Caregiving and Community Mental Health Division
2	Ms Syasya Firzanah	Agency for Integrated Care (AIC), Caregiving and Community Mental Health Division
3	Dr Hong Liyue	Alexandra Hospital
4	Ms Mary-Ann Khoo	Dementia Singapore
5	Ms Lilian Lim	Dementia Singapore
6	Ms Tang Qian Ci	Khoo Teck Puat Hospital
7	Ms Sng Kai Lin	Montfort Care
8	Ms Jess Ho Sio Yen	NTUC Health Co-operative Ltd.
9	Ms Soh Lai Yee	National University Health System
10	Ms Jennifer Yong	REACH Community Services Ptd Ltd
11	Mr Joseph Chua	St Luke's Hospital
12	Ms Yong Leong Ying	TSAO Foundation

Key Perspective Shared

1. **Sharing by AIC**
   To provide a context for the session, Ms Charlotte Wong, Deputy Director, Caregiving & Community Mental Health Division at AIC gave a brief overview of the dementia support ecosystem and key developments in the landscape. Through her presentation, participants gained a better understanding of the services, programmes, and partnerships that support persons living with dementia and their caregivers in the community.

In the next segment, the session focused on community-based, non-clinical initiatives that support persons living with dementia to continue living well in the community. Through experiential

activities and lived experience sharing, participants gained insights into how these approaches can be applied in everyday interactions and care.

2. Namaste Care

One such approach highlighted during the session was Namaste Care, presented by Dr Noorhazlina Bte Ali, Head of the Department of Geriatric Medicine at Tan Tock Seng Hospital. Participants learned how meaningful sensory engagement and person-centred interactions can enhance the well-being and quality of life of persons living with dementia, even as their condition progresses.

Furthermore, participants took part in a simple hand massage activity with one another. It reminded the participants that even as dementia progresses, there are still many opportunities to connect with the person beyond the disease and support their well-being through person-centred care approaches.

3. Human Library: What Does It Take to Support Community Living?

As part of the Human Library Stations: What Does It Take to Support Community Living?, participants rotated in small groups across two stations -

Station 1: Navigating Everyday Places and Services

Facilitated by Ms Emily Ong, Dementia Self-Advocate, this station explored how persons living with dementia can continue to participate in everyday community life. Drawing from her lived experience, she shared the challenges and enablers of navigating public spaces, services, and social interactions, highlighting the importance of creating dementia-inclusive environments that empower individuals to remain engaged in their communities.

Station 2: Preserving Autonomy and Dignity

Facilitated by Ms Weiting, Psychologist at Dementia Singapore, this station focused on supporting persons living with dementia to continue making choices about their daily lives. Participants reflected on practical ways to uphold autonomy and dignity, while balancing safety and care needs.

4. Reminiscence Toolkits

The session also featured a booth by Healthy Ageing Department (HAD) at AIC, who shared on the Reminiscence Toolkits and how they can be used to facilitate meaningful conversations and engagement with persons living with dementia. Participants learned how reminiscence activities can help evoke memories, promote social interaction, and support the well-being of persons living with dementia.

Participants Reflections

Overall, the session received positive feedback from participants, who found the discussions and experiential activities insightful and relevant to their work. Many participants appreciated the Human Library segment for providing practical perspectives and lived experiences on supporting persons living with dementia in the community. Participants also shared that they were inspired by the Namaste Care approach and expressed interest in applying its principles within their own settings.