

What is Dementia?

Dementia is an illness that affects the brain, resulting in memory loss, difficulties with language, recognition, planning and performing complex tasks. It can affect adults of any age but it is more common among those who are above 65 years old. There are several stages for the progression of dementia and the experience is different for each person.

ABCD Signs and Symptoms of Dementia

A person may have dementia if he/she displays these **ABCD** signs and symptoms.

Activities of daily living

Difficulty performing daily activities or tasks such as cooking and dressing

Behaviour

May become socially withdrawn, more easily upset and frustrated

Cognition

Difficulty remembering things, problems with language and performing calculations

Disorientation

May lose his/her way in less familiar places, poor orientation of day, date and/or time

How Can You Help?

Be **KIND** when you come across someone who is alone and appears anxious.



Keep a lookout for people who show the ABCD signs and symptoms of dementia



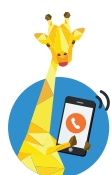
Interact with patience

- Be patient and ask "Can I help?"
- Talk and communicate slowly



Notice their needs and offer help

- Ask for the next-of kin's whereabouts or contact number
- Look for an identification sticker with next-of-kin's details e.g. EZ-Link Card
- Check the Dementia Friends app for updates of missing persons



Dial for help

- Call the next-of-kin
- Bring the person to the nearest **Go-To Point** that can provide assistance
- Please call the police at **999** as the last resort

Meet **Giffy**, our helpful Dementia Friend who cares and looks out for the people around him!



Communicate with CARE

It is important that you communicate with **CARE** to someone who may have dementia.

Use **Clear** and simple language when talking

Acknowledge his/her concerns

Be **Respectful** and reassuring

Engage to provide comfort and build trust

Find the nearest **Go-To Point**:

<https://dementiafriendly.sg/Home/GoToPoints>

Dementia Friends Mobile App



Download the **Dementia Friends** app to learn more about caring for persons with dementia. With the app, you can:



Get info, tips and resources on dementia



Post cases of missing loved ones and help keep a lookout



Receive updates on events and training



Download on the App Store



GET IT ON Google Play

Helping Your Loved Ones

To enable persons with dementia to move around safely, caregivers may indicate their contact details on the sticker below and stick it onto an EZ-Link Card or other personal items.



In Case of Emergency, Dial (ICED):

Next-of-kin's Name & Contact (家属名字及联络号码)

For assistance and support:
Email **AIC** at careinmind@aic.sg
Call **Singapore Silver Line 1800 650 6060**
[Monday to Friday, 8.30am to 8.30pm & Saturday, 8.30am to 4.00pm]

If the next -of-kin is uncontactable, please contact the nearest Go-To Point [<https://dementiafriendly.sg/Home/GoToPoints>] or contact **the Police at 999**

Happy Mind, Healthy Life!

Lower the risks of developing dementia with these tips on keeping your mind and body active.



Regular exercise

Take part in activities such as exercises, brisk walks and Zumba



Healthy diet

Adopt a healthy diet and cooking methods



An active social life

Connect with friends and family, and volunteer in your community



Challenge your brain

Engage your brain through reading, playing games and learning new skills

Self-Care Tips for Caregivers

Caring for a loved one can be rewarding and at times, challenging. Here are some tips to help **COPE** with caregiving stress.

Care for yourself

Exercise regularly, eat well, and take time off for personal activities and relationships

Open yourself to help

Let your loved ones know when you need help with caregiving and accept help when offered

Prepare yourself for caregiving

Participate in support groups to exchange knowledge and tips with other caregivers

Empower yourself

Embrace your role as a caregiver, feel positive and focus on what you can control

Dementia-Friendly Singapore

The Dementia-Friendly Singapore (DFSG) initiative aims to build a more caring and inclusive society to support people with dementia to age in place. With help within easy reach, people with dementia and their caregivers will feel respected, valued, and confident to be able to continue to lead independent lives at home and in the community.

If you would like to join us in building a Dementia-Friendly Singapore or if you have any enquiries, you may contact: careinmind@aic.sg

Learn more about dementia and get updates on DFSG on our Facebook Page :



Useful Contacts

Singapore Silver Line

🌐 www.silverpages.sg ☎ 1800 650 6060
🕒 Monday - Friday, 8.30am - 8.30pm
Saturday, 8.30am - 4.00pm

Alzheimer's Disease Association Dementia Helpline

🌐 www.alz.org.sg ☎ 6377 0700
🕒 Monday - Friday, 9.00am - 6.00pm



Forget Us Not

🌐 www.forgetusnot.sg



An initiative by:



Grandma has dementia.

But that doesn't change the way I love her.



Download the Dementia Friends Mobile App

See inside for more details

