

## Description of Elderly Programmes Benefiting From Singapore Press Holdings' Corporate Donations

S/No.	Name of Programme	Description
1.	Dorcas Home Care Service	<p>This programme aims to help the elderly living in the community develop self-reliance in the activities of daily living and to reach out to the lonely elderly. The programme also aims to provide community care to assist the elderly to remain in the community for as long as possible by providing accessible care for the elderly.</p> <p>The range of services provided includes meals delivery, laundry service, escort service to hospitals and medical appointments, assistance in personal hygiene, purchase of necessities and housekeeping.</p> <p><u>Eligibility Criteria:</u></p> <ul style="list-style-type: none"> <li>- Singapore citizen or permanent resident;</li> <li>- Aged 55 years and above;</li> <li>- Living alone or with another frail elderly/ caregiver or is without a caregiver during the day;</li> <li>- Requires assistance in their functional activities of daily living.</li> </ul> <p><u>Service Boundaries</u></p> <p>The services are provided to the elderly residing in Bukit Timah, Buona Vista, Clementi, Commonwealth, Pasir Panjang, Queenstown and West Coast areas.</p>
2.	Sunlove Home Help Service	<p>The service aims to provide an accessible and affordable range of services to enable the elderly to lead a more meaningful and independent life.</p> <p>The range of services provided includes respite care, meals delivery, laundry service, escort service to hospitals and medical appointments, assistance in personal hygiene, purchase of necessities and housekeeping.</p> <p><u>Eligibility Criteria:</u></p> <ul style="list-style-type: none"> <li>- Singapore citizen or permanent resident;</li> <li>- Aged 55 years and above;</li> <li>- Living alone or with another frail elderly/ caregiver or is without a caregiver during the day;</li> <li>- Requires assistance in their functional activities of daily living.</li> </ul>

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		<p><u>Service Boundaries</u> The services are provided to the elderly residing in Ang Mo Kio (eastern part, after Ave 4), Hougang, Jalan Kayu, Lorong Ah Soo, Punggol, Sengkang and Yio Chu Kang areas.</p>
3.	Retired and Senior Volunteer Programme – Project Mentoring	<p>The programme aims to promote intergeneration integration by creating more opportunities for the young and the elderly to communicate, interact and grow respectively. At the same time, it provides a service to the children and keeps the senior citizens physically and mentally active through the volunteering process.</p> <p>The elderly volunteers provide mentoring to latchkey children from age of 7 to 14. These children are usually from low-income families who need supervision and a safe environment as against being left unattended at home.</p> <p>The volunteer mentors go to selected schools to look after selected latchkey children in rooms provided by the respective schools within the school premises. An average of four sessions (3 hours each session) are held weekly during the school term.</p>
4.	Hua Mei Care Management Service	<p><u>Service Boundaries</u> This service caters to residents in Alexandra, Brickworks, Bt Ho Swee, Bt Merah, Chinatown, Clementi, Commonwealth, Henderson Rd, Outram Park, Queenstown, Redhill, Tanglin Halt, Telok Blangah and Tiong Bahru.</p> <p>Community Case Management Service (CCMS) aims to enhance the quality of life of the elderly by providing them with necessary support, so as to enable them to continue to live in the community for as long as possible.</p> <p>The philosophy of care is to improve the quality of life for the low-income, frail as well as non-ambulant elderly with multiple needs, who had weak community support and had difficulty in accessing services.</p> <p>Services include assessment of need, identification of appropriate services, development of comprehensive care plans &amp; evaluation of effectiveness of intervention/treatment.</p>

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		<p>The desired outcomes of CCMS are to:</p> <ol style="list-style-type: none"> <li>i. Maintain the elderly in the community for as long as possible.</li> <li>ii. Ensure that services provided are appropriate to the needs of the elderly.</li> <li>iii. Facilitate access to services for the elderly.</li> <li>iv. Reduce the burden and stress experienced by the caregivers.</li> </ol> <p>CCMS is recommended for elderly:</p> <ol style="list-style-type: none"> <li>i. with multiple needs (frail, medical, social and psycho-social needs etc)</li> <li>ii. 60 years or older ;</li> <li>iii. of any race ;</li> <li>iv. assessed to have weak community support</li> <li>v. need continued intensive assistance</li> <li>vi. residing within the boundaries of the service as stipulated by NCSS; and</li> <li>vii. exceptions from a to f can be granted on a case-by-case basis, depending on the individual's circumstances, family and financial situations.</li> </ol>
5.	Moral Home Help Service (East)	<p>The programme aims to provide support to the sick or frail elderly in their own homes to enable them to remain sufficiently healthy and functionally independent in their community. It also aims to render assistance to poor and low-income elderly and their families who have difficulties in maintaining the normal functioning of the households.</p> <p>The range of services provided include meals delivery, laundry service, escort service to hospitals and medical appointments, assistance in personal hygiene and housekeeping.</p> <p><u>Eligibility Criteria:</u></p> <ul style="list-style-type: none"> <li>- Singapore citizen or permanent resident;</li> <li>- Aged 55 years and above;</li> <li>- Living alone or with another frail elderly/ caregiver or is without a caregiver during the day;</li> <li>- Requires assistance in their functional activities of daily living.</li> </ul> <p><u>Service Boundaries</u></p> <p>The services are provided to the elderly residing in Aljunied, Chai Chee, Eunos, Geylang, Mountbatten,</p>

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		Katong and Paya Lebar areas.
6.	Yong En Dementia Day Care	<p>The centre aims to provide</p> <p>A) for people with dementia</p> <ul style="list-style-type: none"> <li>- A safe, supervised and therapeutic environment during the day</li> <li>- Opportunities to engage in activities that allows individual to function at their optimum abilities, facilitating the building of their self esteem and minimising their disabilities</li> </ul> <p>B) for their caregivers</p> <ul style="list-style-type: none"> <li>- Custodial support to maintain their loved ones in the community for as long as possible</li> <li>- Respite care, reducing their stress/burden of caregiving</li> <li>- Information and training to understand the illness and to better care for and manage the difficult behaviours of their loved ones.</li> </ul> <p>The centre strive to achieve its objectives by conducting structured therapeutic activities such as reality orientation, reminiscence group work, recreational activities that emphasize on the strengths of the users.</p> <p>Staff also provide information and training to caregivers of persons with dementia.</p>
7.	Metta Hospice Care	<p>Members of the home care team visit the patients who are cared for by their families at home. The team provides care and support in terms of:</p> <ul style="list-style-type: none"> <li>i. monitoring pain relief, symptom control and general care;</li> <li>ii. teaching the family simple nursing procedures;</li> <li>iii. loaning of medical and nursing equipment;</li> <li>iv. giving emotional support to the patient's family;</li> <li>v. providing 24-hour emergency medical availability;</li> <li>vi. helping the patient come to terms with the loss of health and independence as well as with loneliness of the journey that lies ahead.</li> </ul>

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8.	SILRA Home	<p>SILRA Home is for ex-leprosy patients who have been rejected by families mainly because of their deformities.</p> <p>The Home provides rehabilitative activities such as gardening, fish-rearing, producing handicrafts and weaving of baskets. Social and Recreational activities such as tours, outings and year-end parties are also organised with the aim to alleviate the suffering of the residents and make their lives much more meaningful ones.</p> <p>A workshop provides training to interested residents with the skills in producing handicrafts and cane baskets. There is a wide range of items produced by the residents and most of items are suitable either as gifts for friends or for corporate functions.</p> <p>The Home aims to promote the welfare, relief and rehabilitation of persons suffering from leprosy and to do all other acts or things as may be considered necessary or expedient for the attainment of the above objectives.</p>
9.	SAGE Counselling Centre	<p>The Centre aims to enhance the total well being of the elderly and their caregivers with a special focus on the psychological and social aspects of their health. It provides a listening ear to anyone who needs to talk about matters concerning the elderly, an avenue for the elderly and their caregivers to discuss problems.</p> <p>The services available include a helpline who is manned by trained volunteers who are supervised by staff. Face-to-face counselling is provided by trained professionals. The Centre also provides information and referral, public education and volunteer training and development.</p> <p>The helpline and counselling services are for those 50 years and above as well as for their caregivers.</p> <p>The Centre also engages in activities that seek to increase public awareness on available community resources for the elderly.</p>
10.	SWAMI Dementia Day Care	<p>This centre aims to provide:</p> <p>A) for people with dementia</p>

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11.	New Horizon Centre (Toa Payoh)	<p>The centre aims to provide</p> <p>A) for people with dementia</p> <ul style="list-style-type: none"> <li>- A safe, supervised and therapeutic environment during the day</li> <li>- Opportunities to engage in activities that allows individual to function at their optimum abilities, facilitating the building of their self esteem and minimising their disabilities</li> </ul> <p>B) for their caregivers</p> <ul style="list-style-type: none"> <li>- Custodial support to maintain their loved ones in the community for as long as possible</li> <li>- Respite care, reducing their stress/burden of caregiving</li> <li>- Information and training to understand the illness and to better care for and manage the difficult behaviours of their loved ones.</li> </ul> <p>The centre strives to achieve its objectives by conducting structured therapeutic activities such as reality orientation, reminiscence group work, recreational activities that emphasize on the strengths of the users.</p>

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		Staff also provide information and training to caregivers of persons with dementia.
12.	Lions Befrienders	<p>The programme aims to aid the social, psycho-emotional and physical well being of lonely elderly through home visitations by volunteers and through organised social and recreational activities.</p> <p>It also recruits, trains and develops volunteers for the purpose of befriending the lonely elderly and providing related support programmes for the benefit of the elderly through networking with other voluntary welfare organisations, Lions Clubs, grassroots and commercial organisations.</p> <p>The befrienders will deliver hot meals and rations to the lonely elderly and make weekly home visits to befriend them and provide a listening ear. They also help the elderly with simple household chores and run errands. The elderly are encouraged to participate in community activities as well as social and recreational activities.</p>
13.	AWWA Community Home for Senior Citizens	<p>The objective of the Home is to provide long-term assisted independent living for the ambulant elderly so that they can continue to live within the community and have a 'home' of their own. Another objective is to maximise their independence and quality of life through the provision of social support and care by a team of qualified and dedicated staff.</p> <p>The Home provides an environment for self-help and mutual caring among the residents. The Home also provides advice, guidance and counselling to help the residents adjust to ageing and group living.</p> <p>Stimulating activities are provided to maintain and improve the residents' physical and intellectual capacities while promoting independence and privacy within a group living concept.</p> <p>Those elderly without a family or means of financial support or on Public Assistance / those who have a family but have difficulty living with or obtaining adequate care from their family are eligible to stay in the Home.</p> <p>The Home accepts Singaporeans or Permanent residents between 60 to 75 years old regardless of</p>

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		gender. They should be physically and mentally fit and capable of taking care of their daily living activities.
14.	Bright Hill Evergreen Home	<p>The objective of the Home is to provide medical and nursing care for the elderly sick and those who are dependent on Public Assistance. The Home aims to provide the residents with comfort, companionship and contentment.</p> <p>The Home provides residential facilities with various activities such as physiotherapy, handicrafts, in-house entertainment programmes and social outings for the elderly residents.</p> <p>The target group is Singaporeans or Permanent Residents who are at least 60 years old without family support and other means of support and totally dependent on Public Assistance, or those from low income families referred to the Home by Ministry of Health.</p>
15.	Ju Eng Home For Senior Citizens	<p>Ju Eng Home offers value-added residential, daycare &amp; respite care for the Elderly.</p> <p><b><u>Residential Care</u></b></p> <p>The Home currently provides up to 314 beds for full residential care. The Home is equipped with modern facilities and activities for the physical, emotional and spiritual well being of the elderly.</p> <p>Rehabilitative services are carried out for residents, reinforced by maintenance therapy to prevent deterioration. Qualified medical and nursing staff, including the services of a Psycho Geriatrician, are on-hand to manage residents with dementia and psychiatric illness.</p> <p>Recreational and social activities are planned by staff and dedicated volunteers to enable the elderly to keep in touch with their social and physical environment.</p> <p><b><u>Day Care &amp; Respite Care</u></b></p> <p>The Home conducts a community-based, Day Care Programme that offers supportive help to the frail</p>

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		elderly while their family members are at work. The Programme is available from Monday to Saturday. The Home also provides respite care (short-term stay) for the elderly when the need arises.
16.	Care for the Elderly Foundation	<p>The objectives of the Foundation is to operate projects for rendering services which give support to the sick elderly and terminally ill irregardless of race and religion and who are without means or resources or are of limited means and resources.</p> <p>Affiliated projects:</p> <ul style="list-style-type: none"> <li>- Code 4 Home Medical &amp; Nursing Service</li> <li>- Code 4 Equipment Loan Service</li> <li>- Code 4 Home Safety Modification Service</li> <li>- Code 4 Clinic Dispensary</li> </ul>
17.	Thong Teck Home for Senior Citizens	<p>The Home provides nursing care for a capacity of 180 residents (in-patient nursing care and rehabilitative service) and day care for 30 Clients (social and day rehabilitative service).</p> <p>It also provides community-bases assistance and support service through its home help community service for 41 clients.</p>
18.	Jamiyah Home for the Aged	<p>The Home admits residents from all races ad religious backgrounds. Residents are normally ambulant and are provided with nutritious meals according to their dietary needs. A team of nurses, welfare officers, nursing aides and attendants provide round-the-clock care for the residents. It can cater for 156 residents.</p> <p>The daily routine of the residents include physiotherapy, tai chi exercises, art and craft sessions, reading and listening sessions, religious discourses, recreational programmes, indoor and outdoor programmes organised by staff and volunteers.</p>
19.	St John's Home for Elderly Persons	<p>The Home is a Christian institution founded in 1959 as a Voluntary Welfare Organisation (VWO).</p> <p>It aims to provide shelter and to care for the physical and spiritual needs of the elderly who have no homes or suitable accommodation and no family with adequate facilities for looking after them. It has a capacity to cater for 99 persons.</p>

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20.	St. Luke's Elder Care Ltd	<p>The objectives of this Voluntary Welfare Organisation are as follows:</p> <ul style="list-style-type: none"> <li>- To enhance the total well being of the elderly in the community</li> <li>- To combine rehabilitation with social day care</li> <li>- To provide flexible, responsive and holistic services that cater to the whole continuum of the needs of the elderly and their families in the community</li> <li>- To involve the community as volunteers</li> </ul> <p>The services provided include:</p> <ul style="list-style-type: none"> <li>- rehabilitation</li> <li>- nursing services such as monitoring of blood pressure and blood sugar, administering of intramuscular injections, changing of dressings and feeding tubes etc</li> <li>- social and recreational activities</li> <li>- counselling, information and referral assistance</li> <li>- a range of diversional therapies such as personal grooming, gardening, aromatherapy, foot reflexology etc.</li> <li>- adjuvant therapies through the use of music, art, pets etc.</li> <li>- intergenerational programmes involving schools and various childcare centres</li> <li>- mental / health education programmes for the elderly, their families and the public</li> <li>- transportation</li> </ul>