

ELDERLY PROGRAMMES SUPPORTED BY SPH 2010

S/N	NAME OF PROGRAMME	DESCRIPTION
1	AWWA READYCARE Centre (Asian Women's Welfare Association)	<p><u>Objective of Programme:</u></p> <ul style="list-style-type: none"> To provide rehabilitative care to elderly who suffers from physical dysfunction such as stroke, arthritis or amputation. It provides daycare, supervision and social support services to the elderly and also brief respite to caregivers during the day. <p><u>Description of Programme:</u> To be eligible for the programme, the elderly needs to be able to perform basic daily living activities* and had been medically assessed.</p> <p>This is a critical service that helps support family members in the care of their frail seniors with physical dysfunction, and ensures that the seniors get the required rehabilitation in the community.</p> <p><i>*Refers to routine activities that people tend do everyday without needing assistance. There are six basic ADLs: eating, bathing, dressing, toileting, transferring (walking) and continence.</i></p>
2	Dorcas Home Care Service (Presbyterian Community Services, Singapore)	<p><u>Objective of Programme:</u></p> <ul style="list-style-type: none"> To provide home help services to elderly residents who are permanently or, in some cases, temporarily unable to cater to themselves. Through the provision of practical assistance, elderly are supported to remain cared for in their own home setting. To provide family caregivers of the frail elderly with practical support so as to alleviate caregiver stress. <p><u>Description of Programme:</u> 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"> Singapore citizen or permanent resident; Aged 55 years and above; Living alone or with another frail elderly/ caregiver or is without a caregiver during the day; Requires assistance in their functional activities of daily living (e.g eating, bathing, dressing, toileting, transferring (walking) and continence). <p><u>Service Boundaries</u></p>

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		<p>The services are provided to the elderly residing in Bukit Timah, Buona Vista, Clementi, Commonwealth, Pasir Panjang, Queenstown and West Coast areas.</p>
3	<p>Hua Mei Care Management Service (Tsao Foundation)</p>	<p><u>Objective of Programme:</u> To enhance the quality of life of frail seniors and their caregivers by providing them with necessary support, so as to enable them to remain in their own home and community as far as possible.</p> <p><u>Description of Programme:</u> Community Case Management Service (CCMS) is recommended for frail seniors:</p> <ul style="list-style-type: none"> • With multiple needs (medical, social, financial and psycho-social needs) • 60 years or older • Of any race • Assessed to have weak community support • Need continued intensive assistance • Residing within the boundaries of the service as stipulated by NCSS and • Exceptions from points a to f can be granted on a case-by-case basis, depending on the individual's circumstances, family and financial situations. <p>The desired outcomes of Community Case Management Service can be achieved by:</p> <ul style="list-style-type: none"> • Linking frail seniors to formal and informal support services identified in the care plan; • In cases where there are caregivers, equipping them with the knowledge to self-manage care of the seniors (e.g. where and how to seek formal services and training); and • Actively establishing official, formal and informal networks and linkages with external parties such as hospitals, community-based agencies and grassroots organisations, as well as the neighbours of the older persons.
4	<p>Moral Home Help Service (West) (Society of Moral Charities)</p>	<p><u>Objective of Programme:</u></p> <ul style="list-style-type: none"> • To provide home help services to elderly residents who are permanently or, in some cases, temporarily unable to cater to themselves. Through the provision of practical assistance, elderly are supported to remain cared for in their own home setting. • To provide family caregivers of the frail elderly with practical support so as to alleviate caregiver stress. <p><u>Description of Programme:</u> The services provided include meals delivery, laundry service, escort service to hospitals and medical appointments, assistance in personal hygiene and housekeeping.</p>

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5	SAGE Counselling Centre (Singapore Action Group of Elders)	<p><u>Objective of Programme:</u></p> <ul style="list-style-type: none"> • 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. • The Centre also engages in activities that seek to increase public awareness on available community resources for the elderly. <p><u>Description of Programme:</u> The services available include telephone and face-to-face counselling provided at the centre or at the client's homes. The Centre also engages in public education to publicise its services.</p> <p>The service is for those 50 years and above as well as for their caregivers.</p>
6	Shan You Counselling Centre (Shan You Counselling Centre)	<p><u>Objective of Programme:</u> To provide professional counselling and social work services, based on the Buddhist principles of compassion and loving kindness, to those seeking assistance regardless of race, religion or ability to pay.</p> <p><u>Description of Programme:</u> Shan You Counselling Centre (SYCC) provides professional casework and counselling services for individuals, couples or families facing marital, relationship, mental health, emotional, behavioural, financial or social problems.</p>

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		Clients who are assessed to be of a suitable income level will be informed of 'Counselling Cost Recovery Contribution Scheme' and encouraged to make donations.
7	Sunlove Home Help Service (Sunlove Abode for the Intellectually-Infirm Limited)	<p><u>Objective of Programme:</u></p> <ul style="list-style-type: none"> • To provide home help services to elderly residents who are permanently or, in some cases, temporarily unable to cater to themselves. Through the provision of practical assistance, elderly are supported to remain cared for in their own home setting. • To provide family caregivers of the frail elderly with practical support so as to alleviate caregiver stress. <p><u>Description of Programme:</u> The 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"> • Singapore citizen or permanent resident; • Aged 55 years and above; • Living alone or with another frail elderly/ caregiver or is without a caregiver during the day; • Requires assistance in their functional activities of daily living. <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>
8	SWAMI Home Help Service (Sunshine Welfare Action Mission)	<p><u>Objective of Programme:</u></p> <ul style="list-style-type: none"> • To provide home help services to elderly residents who are permanently or, in some cases, temporarily unable to cater to themselves. Through the provision of practical assistance, elderly are supported to remain cared for in their own home setting. • To provide family caregivers of the frail elderly with practical support so as to alleviate caregiver stress. <p><u>Description of Programme:</u> This programme has two components, namely the home help service and domiciliary medical service. The range of service provided under Home Help Service includes meals delivery, laundry</p>

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		<p>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"> • Singapore citizen or permanent resident; • Aged 55 years and above; • Living alone or with another frail elderly/ caregiver or is without a caregiver during the day; • Requires assistance in their functional activities of daily living. <p><u>Service Boundaries</u></p> <p>The services are provided to the elderly residing in Ang Mo Kio (western part, up to Ave 4), Marsiling, Sembawang, Woodlands and Yishun areas.</p>
9	<p>Tembusu Home Help Service (Sathya Sai Social Service)</p>	<p><u>Objective of Programme:</u></p> <ul style="list-style-type: none"> • To provide home help services to elderly residents who are permanently or, in some cases, temporarily unable to cater to themselves. Through the provision of practical assistance, elderly are supported to remain cared for in their own home setting. • To provide family caregivers of the frail elderly with practical support so as to alleviate caregiver stress. <p><u>Description of Programme:</u></p> <p>The 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"> • Singapore citizen or permanent resident; • Aged 55 years and above; • Living alone or with another frail elderly/ caregiver or is without a caregiver during the day; • Requires assistance in their functional activities of daily living. <p><u>Service Boundaries (West region):</u></p> <p>The services are provided to the elderly residing in Boon Lay, Bukit Batok, Bukit Panjang, Choa Chu Kang, Jurong East and Jurong West areas.</p>
10	<p>TRANS Centre (Bukit Timah)</p>	<p><u>Objective of Programme:</u></p> <p>TRANS Centre (Bukit Timah) is a community-based focal point of family resources, which anyone in</p>

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	(TRANS Family Services)	<p>need can turn to for social support. The FSC promotes and strengthens the social well-being of families and help them work towards self-reliance. TRANS Centre works in collaboration with other community agencies to holistically meet the needs of families.</p> <p><u>Description of Programme:</u> This is a one-year befriending programme for children and elderly whereby home-based befriending sessions are conducted in the participants homes at a regular time convenient to both the volunteers and the participants. Volunteers provide a one to one befriending session to provide guidance and emotional support to those experiencing emotional difficulties at home and in school.</p>

** includes direct service users, caregivers and public education outreach*