Cut-and-keep guide on how to get help

Financial help

Monetary assistance to ease burden of care

Seniors' Mobility and Enabling Fund
Up to 90 per cent subsidy to pay for assistive devices that aid mobility and allow a person to be more independent.

Caregivers Training Grant
An annual $200 subsidy to attend approved training courses to better care for loved ones.

Foreign Domestic Worker Levy Concession and Grant
People who employ full-time foreign domestic workers to look after elderly or disabled family members can pay a lower monthly concessionary FDW levy of $60 (instead of $265). A monthly grant of $120 also supports eligible families in hiring a maid.

Dementia support

Assessment, support, information and advice to those with memory problems and their caregivers

Memory Clinic by IMH
Contact: 6389 2000 or memory_clinic@imh.com.sg

Alzheimer's Disease and Dementia Clinic at National Neuroscience Institute
Contact: 6357 7088

Community Intervention Team (COMIT) by O'Joy Care Services
Contact: 6749 0190 or admin@ojoy.org

THK Community Resource, Engagement and Support Team (CREST)
Contact: 6241 8171/bcs@thkmc.org.sg (Bedok), 6589 0690/elderly@thkmc.org.sg (New Bridge Road) or 6690 0110/crest@thkmc.org.sg (Yishun)

Alzheimer's Disease Association
Contact: 6377 0700 or infocsc@alz.org.sg

Hua Mei Dementia Care System
Contact: 6593 9588 or hmdcs@tsaofoundation.org

Home care services

Caregiving assistance within the home

Comfort Keepers
Contact: 6336 3376 or service@comfortkeepers.com.sg

NTUC Health's Care@home
Contact: 6715 6715 or care-home@ntuchealth.sg (Home Care Services) or togetherwecare@ntuchealth.sg (Caregiver Training)

Alzheimer's Disease Association
Contact: 6377 0700 or infocsc@alz.org.sg

Active Global Caregivers
Contact: 6536 0086 or singapore@activeglobalcaregiver.com

Caregiver support groups

Opportunities for those caring for dementia patients to get together

Alzheimer's Disease Association
Contact: 6377 0700 or infocsc@alz.org.sg

Dementia Support Group by Khoo Teck Puat Hospital
Contact: 6555 8000 or ktph.memorycare@alexandrahealth.com.sg

For more information call the Singapore Silver Line at 1800-650-6060

SOURCE: National Council of Social Service (NCSS), Agency for Integrated Care (AIC)