

HOW TO GET HELP ON COMMUNITY SUPPORT SERVICES

When an older relative needs care that the family cannot easily provide, community-based services are available to provide help. For older people with complex needs and family who does not know where to get help, care management service can help the family organise and get the necessary services for the elders' care at home. The following is a list of available services and how they can help.

Home Nursing Service

Provides community nurses to assist the sick person who is homebound by providing nursing care and training home caregivers on how to care for their family members at home.

“My mother cannot come out of her house and she requires wound dressing, changing of feeding tube, checking of blood pressure...”

Home Medical Service

Provides ongoing medical treatment, nursing care, health education and training for homebound/bedbound person through regular home visits by doctor and nurse.

“It is very hard to transport my bedbound father out to see his doctor regularly. He also requires much nursing care...”

Community Hospital

Provides continuation of care for client who requires longer inpatient rehabilitation, nursing and respite care after treatment in the acute hospitals, before they are discharged back home.

“My grandma just had a broken hip and she is unable to walk after her operation.”

Day Rehabilitation Centre

Provides day rehabilitation services such as physiotherapy and occupational therapy to older people who suffer from strokes, heart disease, bone fractures and other conditions that impair functional abilities.

“My father cannot walk properly and safely after a stroke.”

Dementia Day Care

Provides structured day care programme for an older person who suffers from dementia; programme provides social care during the day as well as respite, training and support for the care giver.

“My mother cannot find her way home and has short-term memory problem and I don’t feel safe to leave her at home alone while I’m at work...”

Home Therapy Services

Provide home-based rehabilitative services (physiotherapy, occupational therapy or speech therapy) to clients who have rehabilitation potential but may have difficulty going to the centre-based services due to mobility limitations.

“My father refuses to go out of his flat after his recent fracture from fall; he is now fearful of leaving his home...”

Hospice Day and Home Care

Provide palliative care as well as physical and emotional comfort to patients and their families when a terminal illness no longer responds to treatments.

“My mother is terminally ill; where can I seek help and advice to care for her?”

Caregiver Support Services

Provide advice and support to caregivers through information and referral, consultations, training, support group and other support programmes.

“I do not know how to provide care for my parents; I need support.”

Counselling Centres

Provide an avenue for older persons and their caregivers to voice their concerns and problems and find actionable solutions – thus improving their psychological and emotional well-being.

“I am frustrated, angry, constantly feeling tired and crying suddenly for no reason. I need attention too!”

Family Service Centre

Provide professional services, advice and support to families, manage their responsibilities and challenges.

“I am overwhelmed by my family problem and I need to talk to someone about my family issues.”

Neighbourhood Links

Neighbourhood focal points for community activities where residents, particularly seniors, come together for activities and community services.

Senior Activity Centres

Drop-in centres for seniors residing in one-room HDB flats as well as immediate neighbourhood. Provide social and recreational programmes and activities, befriending, mutual help schemes, emergency alert response calls, guidance, advice, information and referral.

Social Day Care Centres

Provide daytime support and care for frail seniors while their family members are at work. Aim to maximise the physical functions of the seniors, while offering opportunities for them to socialise and engage in meaningful activities.

“My children go to work. I am bored, lonely and I want to join in some activities and programmes so that I can get to know more friends.”

Befriending Services

Relieve loneliness, isolated and bored homebound and single elderly who live on their own or with other elderly in one- or two-room HDB rental flats.

“I am homebound, lonely and bored, no one visits and talks to me.”

Home Help Service

Provides a host of services such as provision of meals, laundry service, housekeeping, assistance in personal hygiene and grooming as well as escort service for medical appointments.

“I am weak and frail, unable to cook my own meals or do my own household chores...but I want to stay at home.”

For further information on the above services, please log on to:

Ministry of Community Development, Youth and Sports

www.mcys.gov.sg

Touch Community Services

www.touch.org.sg

Asian Women's Welfare Association

www.awwa.org.sg

Ministry of Health

www.moh.gov.sg

Agency for Integrated Care

www.aic.sg