

Resources for Caregivers

Hua Mei Centre for Successful Ageing	6593 9500
ComCare Hotline	1800 222 0000
SOS Singapore	1800 221 4444
Care and Counselling Centre	6536 6366
AWWA Centre for Caregivers	1800 299 2992
Alzheimer’s Disease Association Helpline	6377 0700

www.caregiver.com

This site offers much information, suggestions and resources about caregiving. Though of American origin, the information it provides has universal relevance. There is also an online support group.

www.helpguide.org

This site has informative and helpful materials.

www.alzheimers.org.sg/carers_support_group.htm

This Singapore site provides supportive information in several languages.

See also “The Healthy Health Folder’ on the next page and “Helper’s Diary” on page 62 for caregiver’s tools.