



Complementary Options to Caregiving



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Even caring for a loved one can be difficult sometimes.

It is important for your loved one and yourself that you seek help, if and when you feel overwhelmed.

Do you know of the different options to complement your care for your loved ones?

Scroll to find out more.

You are not alone.



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Care at Home



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**Additional options to supplement care
for your senior at home**
Click each box to find out more.

**Home
Medical**

- For frail and homebound seniors who require doctor's consultation at home
- E.g. Examinations, reviews, medication prescription

**Home
Nursing**

- For frail and homebound seniors who require nursing care at home.
- E.g. injections, wound dressing, and tube changes

**Home
Therapy**

- home-based rehabilitation services such as physiotherapy, occupational therapy and speech therapy.
- Senior must have difficulty attending centre-based therapy to be eligible



**Additional options to supplement care
for your senior at home
Click each box to find out more.**

**Home
Personal
Care**

- For homebound seniors who require assistance with personal services to continue living well at home e.g. personal hygiene, house keeping and other activities of daily living.

**Medical
Transport
& Escort**

- Transport and escort personnel to accompany seniors to and from medical appointments



**Additional options to supplement care
for your senior at home
Click each box to find out more.**

**Hospice
Home
Care**

- Care at home for seniors with life-limiting illnesses.

**Meals-on-
Wheels**

- Meal delivery to frail and homebound seniors



Centre-based Care Options



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Are you looking to keep your senior engaged?
Click to find out more about each centre-based service

Day Care Centre

- Full-day programme in centre-based care setting
- Therapy-focused; maintaining and/or improving the general, physical and social well-being of seniors
- Socialisation and recreational activities.
- Specialised day care centres cater to specific needs: Dementia Day care, Day Hospice Care, Day Respite Care. Click to find out more



Are you looking to keep your senior engaged?

Click to find out more about each centre-based service

Community Rehab Centre

- Provide therapy for seniors who need help to regain ability to perform their activities of daily living.

Centre-based Nursing

- Provides basic nursing care for seniors

Senior Activity Centre

- Encourages active aging
- Functions as a communal spaces for seniors to engage socially
- Located at void decks of HDB rental flats



Integrated Home and Day Care (IHDC)

- Seamless and holistic care for frail seniors who are otherwise eligible for nursing home placement.
- Comprehensive and personalised package of home and centre-based care services, depending on needs, with the aim of maintaining independence and active ageing in the community for as long as possible.
- Also includes caregiver support, and allows frail seniors to continue staying at home with their loved ones .
- [Click](#) to find out more

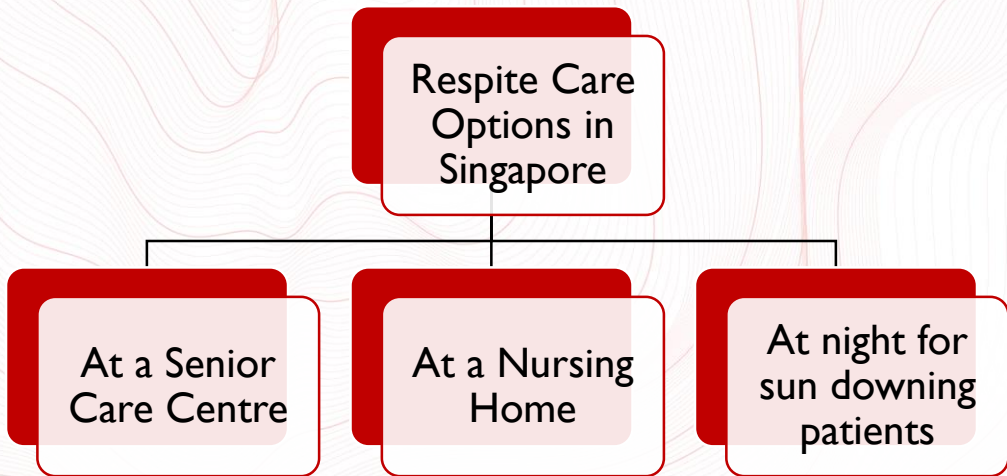


Respite Care



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Respite Care: Click each box find out more



Plan early, and pre-enrol via [Go Respite.](#)

Other Complementary Options



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Information extracted from
Agency of Integrated Care
<https://www.aic.sg/care-services>
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