

BACKGROUND

New Horizon Centre (Toa Payoh) – set up in 1990 by the Alzheimer’s Disease Association – is the first Dementia Day Care Centre in Singapore.

As more people were being diagnosed with dementia at an earlier stage, the Centre started a weekly programme for people with early stage dementia in 2002.

In 2004, the Centre was redesigned to incorporate a programme for early stage dementia and a programme for moderate stage dementia.

Renovation for the Early Dementia Programme was made possible through grants from the Ministry of Community Development, Youth & Sports, National Council of Social Service and Singapore Pools.



ABOUT THE EARLY DEMENTIA PROGRAMME

The Early Dementia Programme provides a continuum of care for people diagnosed with early stage dementia, enabling them to continue living with their families, enjoy a quality of life and preserve their self-esteem.

The programme strives to focus on their abilities and to promote independence in daily living in a ‘home-like’ environment.



The programme also include a ‘Living with Memory Loss’ group, where people with early stage dementia can come together for a series of sessions to talk, share and discuss on topics such as experiencing dementia, adapting to changes, relationships and communication, and planning for the future.

Training for carers are also conducted to provide useful knowledge and skills in dementia care, and to establish a partnership in caring for the person with dementia.



PROGRAMME OBJECTIVES

- Provide support for people with early stage dementia
- Focus on their abilities, not disabilities
- Improve or maintain their functions
- Provide purposeful and meaningful use of time
- Promote independence in daily living
- Promote well-being and sense of belonging
- Preserve self-esteem
- Improve quality of life





Activities in the programme include physical, cognitive and psycho-social activities such as:

- Cooking and Baking*
- Dancing*
- Discussion Groups*
- Exercise*
- Gardening*
- Grooming*
- Household Chores*
- Karaoke*
- Music and Movement*
- Newspaper Reading*
- Outings*
- Reminiscence*
- Simple Carpentry*
- Singing*
- Art and Crafts such as Sewing, Painting & Calligraphy*
- Group Games such as Mahjong, Bingo & Indoor Bowling*



Early Dementia Programme

**New Horizon Centre
(Toa Payoh)**



SPH-The Straits Times

ADMISSION CRITERIA

An assessment of the person with dementia will be made upon receiving the referral form with a diagnosis of dementia.

For further information to view the Early Dementia Programme after the referral has been received, please contact the Nurse Manager, New Horizon Centre (Toa Payoh) at Tel: 6353 8734.

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*There is hope for today
tomorrow and every day*

A new horizon awaits us

*Together, we can make our lives
better*

