

**JULY 2024**

**ACTIVE AGEING CENTRES (CARE)**

受津贴的两所乐龄护理中心

**Ghim Moh Edge | Telok Blangah Parcview | Fernvale Glades**



Call to Enquire  
**6536 0086**

# SENIOR CARE CENTRE

## DAY CARE SERVICES FOR THE ELDERLY

- Allow frail seniors with care needs to receive professional care during daytime
- Allow dementia patients to do meaningful activities and stay engaged, slowdown cognitive decline
- Maintain a healthy lifestyle with mind-stimulating activities and exercise
- Group & individualised activities based on individual abilities



## PROFESSIONAL REHAB AND NURSING SERVICES



- Physiotherapy, Occupational and Speech therapy services
- Maximise functional improvement and Community re-integration.
- Simple procedural nursing care (e.g. wound and stoma management)
- Medication administration

## 老年日托服务

- 为身体虚弱的年长者提供日间专业护理服务
- 让失智患者可以参与益智活动，从而保持精神专注，减缓认知衰退
- 通过健脑活动并进行适当运动来维持健康的生活方式
- 根据每个人的身体状况，可以参与团体或者个人活动



## 专业的康复与护理服务



- 物理治疗、职业疗法与语言障碍矫正治疗
- 最大化的功能改进
- 重新回归社区
- 简单程序的护理（例如伤口与官窍的护理）
- 用药管理

## MAKE FRIENDS AND HAVE FUN

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- All activities have an element of fun, while being therapeutic
- Example activities include:
  - Boxing
  - Moto Tiles
  - Football
  - Karaoke
  - Wii-Bowling
  - Arcade games
  - Mah-jong
  - Calligraphy
  - Reminiscence games
  - Outings
  - Etc



## CONVENIENCE FOR ALL

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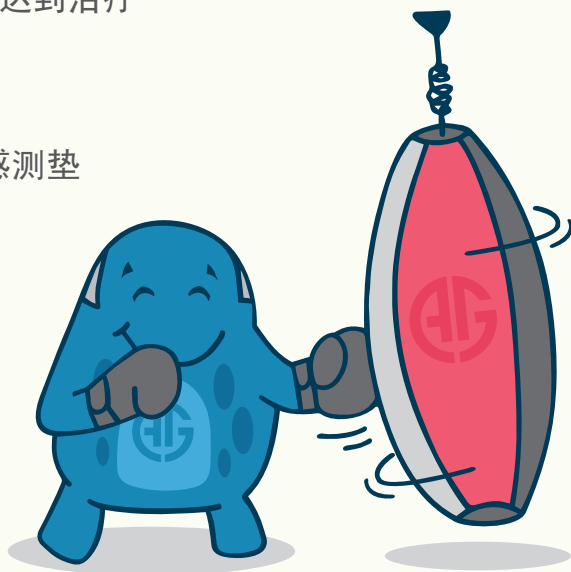
- **The Active Global Senior Care Centres operate 7 days a week:**
  - 7am to 8pm on week-days
  - 9am to 5pm on Saturdays, Sundays, and public holidays
- **Transport available:**
  - Pick up and drop off service provided in adapted vehicle, with trained driver
  - Transport services available for Day Care, Rehab, and Nursing services



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## 愉快地结识新朋友

- 在愉快的活动过程中，达到治疗效果
- 活动包括：
  - 拳击
  - MOTO Tiles压力感测垫
  - 足球
  - 卡拉OK
  - Wii保龄球
  - 电玩游戏
  - 麻将
  - 书法
  - 回忆游戏
  - 郊游



## 为您提供便利

- Active Global 乐龄护理中心每周营业7天：
  - 周一到周五：早上7点到晚上8点
  - 周六周日和公共假日：早上9点到下午5点
- 提供交通服务：
  - 有专业司机与适配车辆，提供接送服务
  - 接受日托、康复护理服务的患者可享受交通服务



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# SUBSIDISED SENIOR CARE CENTRE

Service - Singapore Citizen	80% subsidy (S\$)	75% subsidy (S\$)	60% subsidy (S\$)	50% subsidy(S\$)	30% subsidy(S\$)	0% subsidy(S\$)
Maintenance Day Care (Per Day)	0.00 to 5.20	1.00 to 11.25	11.80 to 29.40	19.00 to 41.50	33.40 to 65.70	57.00 to 102.00
Dementia Day Care (Per Day)	2.90 to 8.70	7.30 to 15.55	20.50 to 36.10	29.30 to 49.80	46.90 to 77.20	73.30 to 118.30
Active Rehabilitation	8.20 to 16.90	13.60 to 24.75	29.80 to 48.30	40.60 to 64.00	62.20 to 95.40	94.60 to 142.50
Maintenance Exercise	8.20 to 15.30	11.40 to 20.95	21.00 to 37.90	27.40 to 49.20	40.20 to 71.80	59.40 to 105.70
Centre-based Nursing	4.70 to 10.80	5.95 to 14.50	9.70 to 25.60	12.20 to 33.00	17.20 to 47.80	24.70 to 70.00

- These are price ranges, please consult our team for accurate fees in your specific situation.
- Subsidy Level Subject to Household Means-Testing



# VOLUNTEERING OPPORTUNITIES

## DO YOU WANT TO CONTRIBUTE TO THE COMMUNITY?

- **We are looking for volunteers to regularly contribute to activities conducted for seniors at our senior care centres:**
  - Culinary Activities (baking, cooking workshops / classes)
  - Musical activities (playing musical instruments, choir, karaoke etc.)
  - Artistic activities (drawing, painting, other arts & crafts)
  - Fitness activities
  - Dancing activities
  - Facilitating and playing games (Mah-jong, card games, bingo etc.)
  - Experience sharing & story telling
  - Teaching English, Mandarin, Malay
  - Teaching Financial Literacy
  - Teaching basic computer literacy, basic i-Pad usage
  - Companionship and support for outings



# ACTIVE AGEING SERVICES

## ACTIVE AGEING PROGRAMMES

- Vast choice of activities (physical activities, classes, arts& crafts, regular outings, etc.)
- Safe and welcoming space for all Active Agers to drop in at any time. Self-service newspaper, self-servicetable-top games, TV / Karaoke / video games available
- Access to Volunteering Opportunities
- Proactive Health Management through health talks, health checks etc.



## BEFRIENDING AND BUDDYING SERVICES

- For seniors who are frail and/or those who have limited social support
- Weekly visits to support identified frail and isolated seniors
- Small communities based on common interests, dialect groups, etc.
- Support to help regain function if possible (e.g. referral to
- Home Nursing or Rehab services as required)



## INFORMATION AND REFERRAL TO CARE OR SOCIAL SERVICES

- Provide information on services available or resources that may be relevant.
- Provide assistance and/or guidance to access help for any needs



## COMMUNITY CONNECTOR & COMMUNITY-BASED VITAL SIGNS MONITORING

- A walk-in service delivered at AACs to all seniors regardless of whether they live in the assigned service boundary
- Service to support Healthier SG initiative
- Support for seniors who need further assistance for lifestyle, social interventions and overall health and well-being



Active Global Hotline: 6536 0086 (for Ghim Moh, Telok Blangah & Fernvale Glades Only)  
AIC Hotline: 1800-650-6060 (Other Areas Islandwide)



# 活跃乐龄服务

## 活跃乐龄计划

- 丰富多彩的活动选项（体育活动、课程、手工艺、定期郊游等）；
- 为所有乐龄人士提供安全、舒适的空间，可随时阅读报纸、玩桌游、看电视、唱卡拉OK、玩视频游戏；
- 参与志愿服务的机会；
- 通过健康讲座、身体检查等，进行积极的健康管理。



## 支持家庭看护者的EC服务

- 为身体虚弱和/或社会支持有限的年长者提供；
- 每周探访体弱孤寡老人；
- 根据共同兴趣爱好和方言划分小组；
- 如有可能，协助进行医疗康复（例如，根据需要转介居家护理服务或康复中心）。



## 提供相关信息并转介护理中心或社会服务

- 提供所需服务或相关资源的信息。
- 为任何有需要的人士提供帮助和/或指导。



## 社区相连及基于社区的生命体征监测

- 所有乐龄人士，不论是否居住在指定的服务范围内，均能在AACs获得上门服务；
- 支持“健康SG”计划；
- 为那些需要进一步援助的乐龄人士在生活方式、社会支持以及整体健康和福祉方面提供帮助。

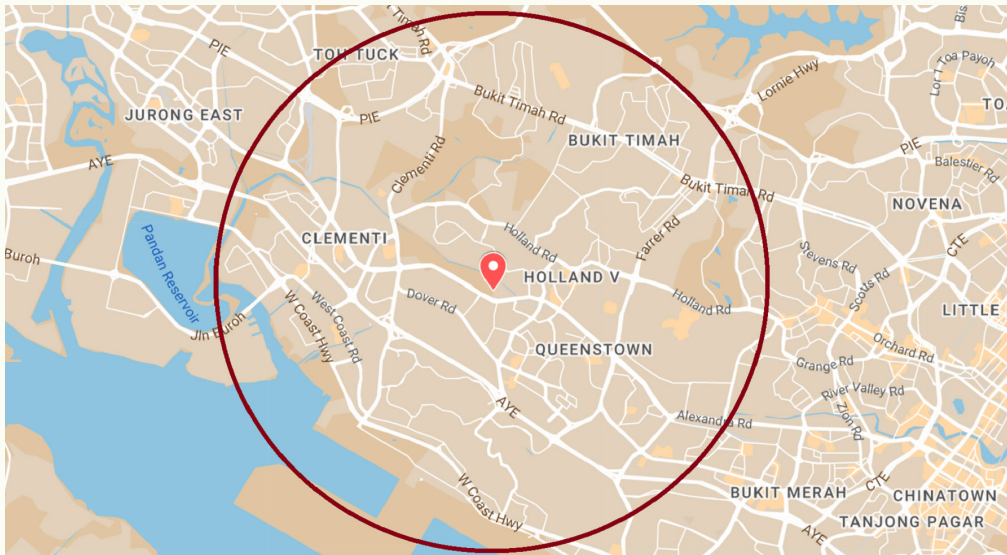


活跃乐龄热线：6536 0086（仅限锦茂路和直落布兰雅）  
护联中心（AIC）热线：1800-650-6060（全岛其他地区）

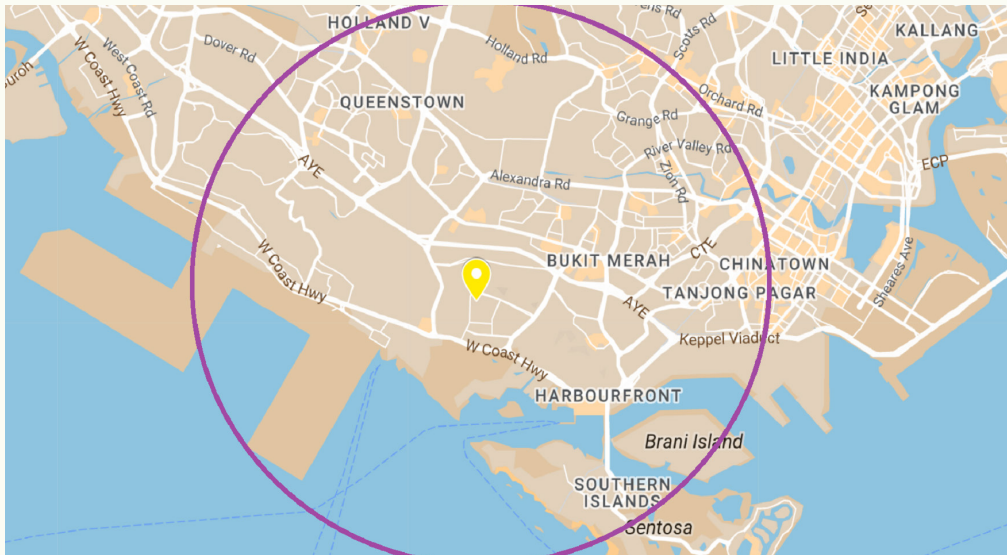
# LOCATIONS OF THE ACTIVE AGEING CENTRES (CARE)

## 乐龄护理中心地址

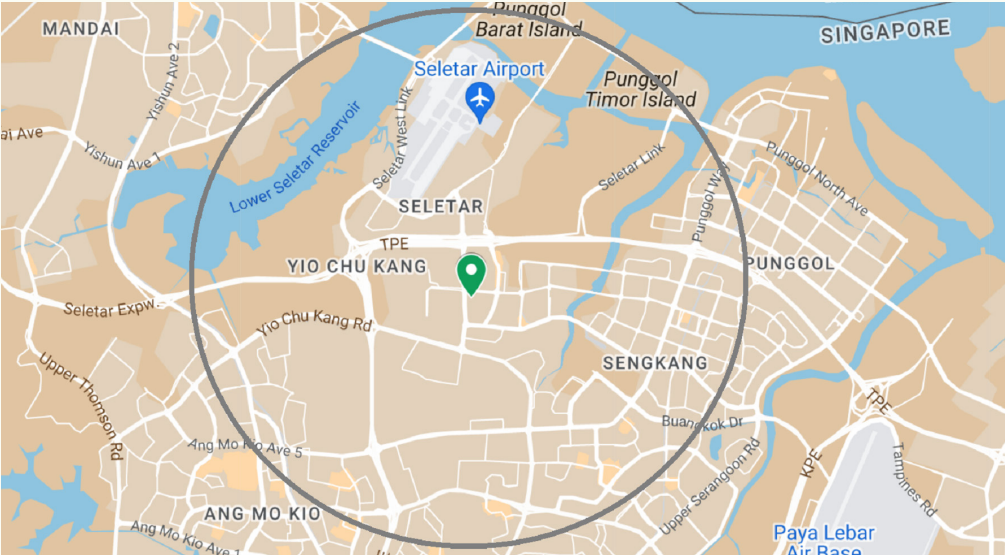
### Ghim Moh Edge - Blk 31A Ghim Moh Link #01-11 S272031



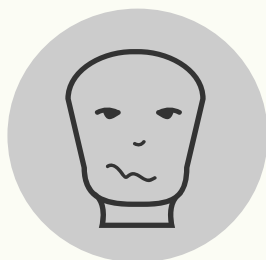
### Telok Blangah Parcview - Blk 92 Telok Blangah St 31 #01-255 S100092



# Fernvale Glades - Blk 460 Seng Kang West Way #01-02 S790460

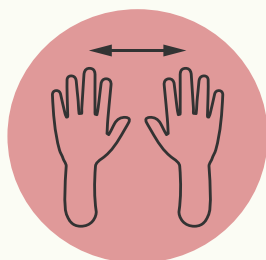


# HOW TO RECOGNISE A STROKE: F.A.S.T



## Face

Facial weakness especially one-sided: Can the person smile? Has their mouth or eye drooped?



## Arm

Arm weakness especially one-sided: Can the person raise both arms? Does one arm drift downward?



## Speech

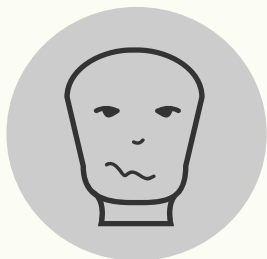
Speech disturbance: is the person's speech slurred? Does the person have difficulty speaking or understanding?



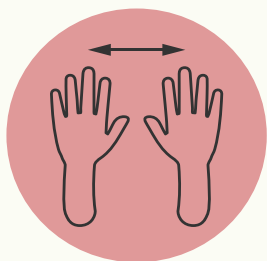
## Time

Call 995 and say: "My patient is having a Stroke, please send an ambulance, this is our address: ..."

## 中风会出现哪些症状：F. A. S. T



看面部 (Face)：面部肌肉无力或萎缩，尤其发生在单侧时—可以正常微笑吗？嘴角是否下垂？眼睛是否下垂或缩小？



查手臂 (Arm)：手臂肌肉无力或萎缩，尤其发生在单侧时—可以正常平举双臂吗？是否出现单侧手臂无力平举而下垂？



听语言 (Speech)：语言障碍—是否出现说话时发音含糊不清？是否出现语言表达障碍或理解障碍？



及时求助 (Time)

→ 拨打995 并告诉工作人员：“我的病人中风发作，请派一辆救护车过来，我们的地址是. . . .”

# IMPORTANT PHONE NUMBERS

- Emergency **Ambulance** & Fire: **995**
- Police Emergency: **999**
- Non-emergency ambulance: **1777**
- Active Global Office: **6536 0086**

