

# INTEGRATED HOME AND DAY CARE (IHDC) PROGRAMME

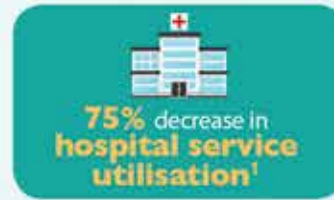
By Agency for Integrated Care



## INTEGRATING HOME AND CENTRE-BASED SERVICES FOR YOUR ELDERLY PATIENTS

Mdm Lim, 69, is one such beneficiary of the Integrated Home and Day Care (IHDC) programme. She was originally receiving only day care services. Under the IHDC programme, the IHDC provider also took charge of her medication management, coordinated meal deliveries and cleaning services so that she is able to receive care both at the centre and at home.

IHDC programme integrates the suite of services needed by seniors into a comprehensive package funded on a capitated model. A multidisciplinary care team made up of healthcare professionals and support staff will develop a personalised care plan for the individual, consisting of case management, personal care and caregiver support, nursing, rehabilitation and transport services if required. Prior to the implementation of IHDC programme, frail seniors requiring various services may be managed by multiple service providers, leading to inadequately coordinated care and high overall costs.



<sup>1</sup>Integrated Home and Day Care Programme: A pilot to care for frail elderly in the community, Innovation in Aging, Volume 1, Issue suppl\_1, 1 July 2017, Pages 1090–1091.

**If you wish to refer a patient to the IHDC programme, contact a service provider listed on the next page and provide the medical report to the provider for their assessment and referral of the patient.**

## HOW DOES IHDC WORK?

IHDC works on a case management approach to support clients and their families in ageing in the community. IHDC service providers will **assess and work with** patients and their families **on the intensity and frequency of services** to be delivered. Clients will receive all the below services on a **needs basis**.

## SCOPE OF IHDC SERVICE

### Medical and Nursing Care

- Medical assessment and review
- Management of chronic or uncomplicated acute/sub-acute medical conditions
- Medication review (supervision and administration whenever appropriate)
- Nursing care (e.g. administration or supervision of medication, urinary catheter care and changing, wound management, tracheostomy cases)

### Rehabilitation

- Structured physical activities to maintain functional capabilities

### Personal and Social Care

- Personal Care (e.g. meals, showering, transfer, NG tube feeding)
- Social and recreational activities
- Meals delivery
- Medical escort & transport

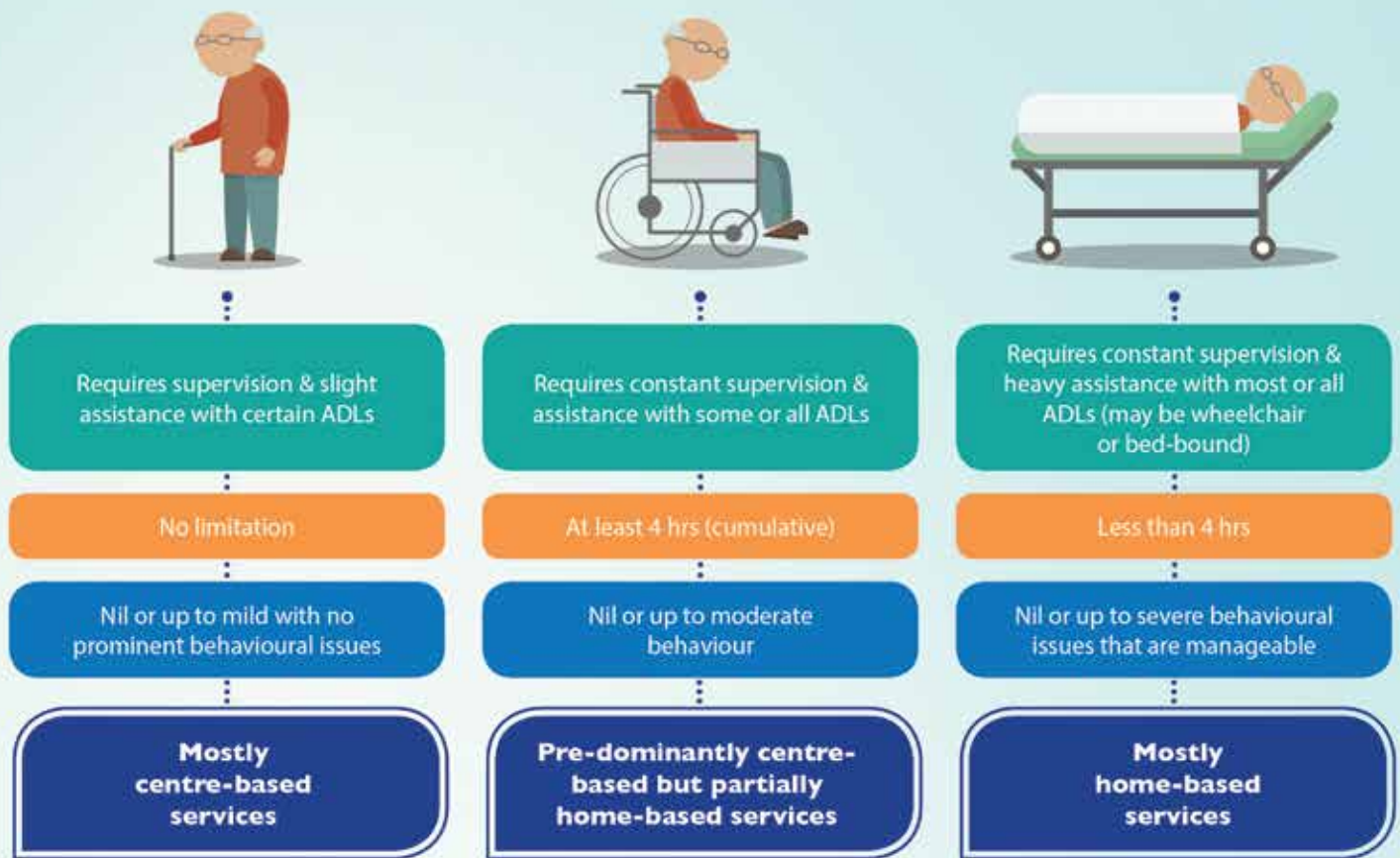
### Caregiver Support

- Caregiver education
- Caregiver training

### Others

- Care coordination
- After-hours helpline

### 3 TYPICAL PROFILES OF PATIENTS WHO WILL BENEFIT FROM THE IHDC PROGRAMME:



● Activities Of Daily Living (ADLs) ● Sitting Tolerance ● Behavioural Issues

The IHDC providers are as listed:

#### SOUTH

**Hua Mei EPICC, HMCSA, Tsao Foundation**  
298 Tiong Bahru Road, #15-01/06, Central Plaza, S(168730)  
Tel: 6593 9500

**SASCO DACE**  
Blk 30 Telok Blangah Rise, #01-316, S(090030)  
Tel: 6276 8713

#### EAST

**Peacehaven Changi Day Centre**  
7 Upper Changi Road North, S(507706)  
Tel: 6546 5669

**Peacehaven Bedok Day Centre**  
121 Bedok North Road, S(460121)  
Tel: 6445 1630

**Tembusu Eldercare Centre**  
Blk 31A Eunos Crescent #06-01 S(401031)  
Tel: 6742 1321

#### WEST

**Jamiyah Nursing Home**  
130 West Coast Drive, S(127444)  
Tel: 6775 8575

**SASCO Integrated Eldercare Centre**  
Blk 704 West Coast Road, S(120704)  
Tel: 6464 0349

**SASCO @ Jurong West**  
Blk 715 Jurong West, #01-47, S(640715)  
Tel: 6790 7226

**Econ Medicare Centre @ Choa Chu Kang**  
53 Choa Chu Kang Road, S(689385)  
Tel: 67698878

#### NORTH

**Sunshine Welfare Action Mission Home**  
5 Sembawang Walk, S(757717)  
Tel: 6510 3366

**Econ Medicare Centre @ Yio Chu Kang**  
451 Yio Chu Kang Road, S(805947)  
Tel: 67520038

#### CENTRAL

**AWWA**  
6 Boon Keng Road, #01-52, S(330006)  
Tel: 6511 5250

**Hua Mei EPICC, ComSA Whampoa Centre, Tsao Foundation**  
Whampoa Community Club, Level 3, 300 Whampoa Drive, S(327737)  
Tel: 6661 9555

**Ling Kwang Home for Senior Citizens**  
156 Serangoon Garden Way S(556055)  
Tel: 6287 2290

**Ren Ci Senior Care Centre @ Novena**  
Ren Ci Community Hospital, Level 3, 71 Irrawaddy Road, S(329562)  
Tel: 6355 6404

