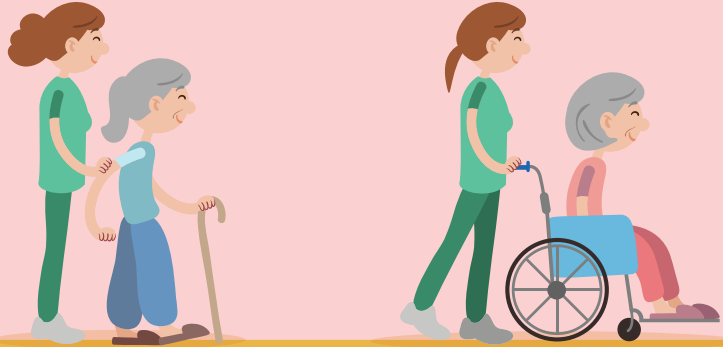


MANY HELPING HANDS TO SUPPORT AGEING-IN-PLACE FOR YOUR PATIENTS

By Agency for Integrated Care

Besides clinical care provided by doctors, patient-centered care also involves support for a patient's social and psychological needs. This is especially so for elderly patients who wish to live with their loved ones for as long as possible. To render holistic and integrated support for patients, GPs may refer them to the following Community Care services.



Seniors Using Walking Aids

Seniors on Wheelchairs

Care at the Centre

Day Care



Day Rehabilitation



Dementia Day Care



Taking a break from Caregiving

Centre-based Weekend Respite Care



Eldersitter



Nursing Home Respite Care



Care Cost

Caregivers Training Grant



Seniors' Mobility and Enabling Fund



Community Health Assist Scheme (CHAS)



Foreign Domestic Worker (FDW) Grant



Foreign Domestic Worker (FDW) Levy Concession for Persons with Disabilities



Pioneer Generation Disability Assistance Scheme



Care at Home

Interim Caregiving Service



Home Medical



Home Nursing



Home Therapy



Meals-on-Wheels



Medical Escort and Transport



Integrated Home and Day Care Packages



Residential Care

Nursing Home



Care at the Centre



Besides providing respite for caregivers, day care centres offer health and rehabilitation services, along with social activities to improve your patient's health, guiding their progress in the right direction.

Day Care

Your patient can exercise and interact with other seniors while their caregiver is at work. Transportation can be arranged to and from the centre, if needed.

Day Rehabilitation

A physiotherapist will carry out therapy sessions to help your patient regain their ability to carry out daily activities such as walking and toileting.

Dementia Day Care

Staff will engage your patient with dementia with tailored activities to keep their mind stimulated.

Taking a break from Caregiving



Caregiving can be a long-term commitment. That is why it is not a luxury, but a necessity for caregivers to take care of themselves. Giving themselves a rest and to do things they enjoy is not only beneficial for them, but for your patient too.

Centre-based Weekend Respite Care

Caregivers can feel assured when they take a break and have some time for themselves, knowing their loved one is well taken care of by trained staff at the day care centre.

Nursing Home Respite Care

Nursing Home Respite Care can take over a caregiver's role for your patient with patient needs if their caregiver needs a break of at least seven days.

Eldersitter

An eldersitter will visit the home of your patient with dementia and engage them in activities to keep their mind active while their caregiver runs errands.

Care Cost



One of the most stressful areas when it comes to caregiving is working out how to afford it. For patients who encounter financial difficulties, there is a variety of schemes that can help them and their loved ones.

Caregivers Training Grant

Your patient may apply to receive an annual grant of \$200 if their caregiver or Foreign Domestic Worker (FDW) attends approved caregiver courses. Your patient can also consider the Eldercare FDW Scheme if they need a trained helper.

Seniors' Mobility and Enabling Fund

Whether it is assistive devices or home healthcare items, your patient will be able to receive subsidies under this fund, and continue living at home.

Community Health Assist Scheme

Singapore citizens from lower- to middle-income households, and Pioneers can enjoy subsidised medical and dental care.

Foreign Domestic Worker Grant

A monthly grant of \$120 is available to offset the cost of hiring an FDW if your patient needs permanent assistance with three or more Activities of Daily Living (ADL).

Foreign Domestic Worker Levy Concession for Persons with Disabilities

If your patient has permanent disabilities, their families can pay a lower levy of \$60 per month (instead of \$265) when they hire an FDW to help care for your patient.

Pioneer Generation Disability Assistance Scheme

As a Pioneer, your patient can receive \$100 a month to support their cost of care if they have moderate to severe disabilities.



Care at Home

Being in a familiar environment gives your wheelchair-bound patient the best support in healing both their body and their mind. They can remain at home, close to the family, with home care services at their doorstep, such as nursing support and extra help around the house.

Interim Caregiving Service

Caregivers may require more time to sort out the care options for your patient following their hospital discharge. When this happens, a care aid can support their nursing needs for up to two weeks.

Home Medical

A care professional provides treatment for chronic conditions such as diabetes, hypertension and high cholesterol.

Home Nursing

A nurse helps with wound dressings, injections and change of feeding tubes.

Home Therapy

A therapist helps your patient regain or maintain their ability to carry out daily activities.

Meals-on-Wheels

Your patient can get food delivered to their homes if they are unable to buy or cook their own meals.

Medical Escort and Transport

A care staff and transport service will accompany your patient to medical appointments and take them home.

Integrated Home and Day Care Packages

If your patient requires different care services, a service provider will co-ordinate home and day care services to meet their needs.



Residential Care

If your patient requires a greater degree of medical support, or has extensive care needs that cannot be provided by current home care services, a medical social worker may refer them to a nursing home instead.

Please contact the Primary Care Engagement team at gp@aic.sg or 6632 1199 if you would like to refer your patients and their caregivers to the Community Care services.