

Caregivers' Cove

1 in 10 people in Singapore above age 60 are living with dementia. The number is projected to increase to a staggering 152,000¹ by 2030.

Dementia is a brain disease affecting one or more domains:

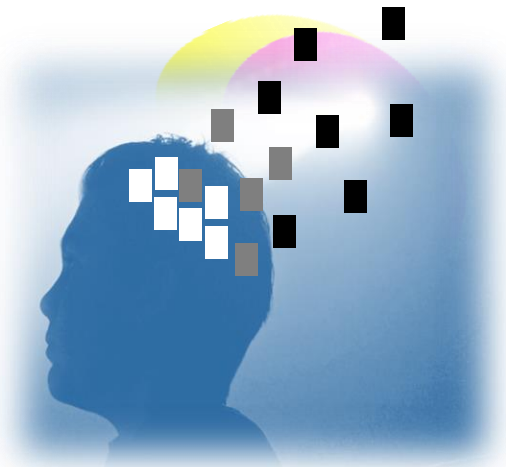
- memory and mood,
- thinking abilities,
- habits and lifestyle,
- ability to do things independently.
- usually in increasing measures.

Plan ahead²

- formal and informal arrangements for holistic care,
- advance planning for medical, financial and other care issues.

Be supportive as a family to cope with dementia³

- accept the current situation,
- slow down interaction,
- communicate openly and kindly,
- focus on safe, enjoyable and socially purposeful activities,



看护者港湾

在新加坡，每10位60岁以上的长者患有失智症。
这数据将剧增，到2030年预测将高达152,000¹人。

失智症是脑部疾病 影响一或多方面：

- 记忆和情绪，
- 思考能力，
- 习惯和生活习惯，
- 独立做事情的能力，
- 一般严重性将逐渐恶化。

一家人互相扶持 应对失智症²

- 接受现状，
- 放慢速度互相配合，
- 公开沟通，
- 住重安全、有趣和对个人有意义的活动。

预先计划²

- 正式或非正式的全面护理安排，
- 为医药、财务和其他方面做预先计划。

