# Caregivers' Cove

1 in 10 people in Singapore above age 60 are living with dementia. The number is projected to increase to a staggering 152,000<sup>1</sup> by 2030.

# Dementia is a brain disease affecting one or more domains:

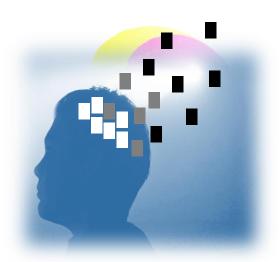
- memory and mood,
- thinking abilities,
- · habits and lifestyle,
- ability to do things independently.
- usually in increasing measures.

#### Plan ahead<sup>2</sup>

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

# Be supportive as a family to cope with dementia<sup>3</sup>

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





<sup>1. &</sup>quot;How Singapore builds its dementia-friendly neighbourhoods", "https://www.straitstimes.com/multimedia/graphics/2022/09/dementia-neighbourhoods-singapore/index.html?shell#:~:text=Singapore%20could%20be%20home%20to,will%20be%20living%20with%20dementia., 4 Mar 2023

 <sup>&</sup>quot;The psychological and emotional impact of dementia", https://www.alzheimers.org.uk/get-support/help-dementia-care/understanding-supporting-person-dementia-psychological-emotional-impact#:~!text=People%20with%20dementia%20often%20experience.distant%20or%20uninterested%20in%20things., 23 Jan 2023

 <sup>&</sup>quot;The emotional impact of a dementia diagnosis", https://www.dementiauk.org/get-support/understanding-changes-in-dementia/emotional-impact-of-the-diagnosis/#support, 4 Mar 2023

# 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。

#### 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。

## 一家人互相扶持 应对失智症<sup>2</sup>

- 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。





 <sup>&</sup>quot;How Singapore builds its dementia-friendly neighbourhoods", "https://www.straitstimes.com/multimedia/graphics/2022/09/dementia-neighbourhoods-singapore/index.html?shell#:~:text=Singapore%20could%20be%20home%20to,will%20be%20living%20with%20dementia., 4 Mar 2023

 <sup>&</sup>quot;The psychological and emotional impact of dementia", https://www.alzheimers.org.uk/get-support/help-dementia-care/understanding-supporting-person-dementia-psychological-emotional-impact#:~:text=People%20with%20dementia%20often%20experience,distant%20or%20uninterested%20in%20things., 23 Jan 2023

<sup>3. &</sup>quot;The emotional impact of a dementia diagnosis", https://www.dementiauk.org/get-support/understanding-changes-in-dementia/emotional-impact-of-the-diagnosis/#support, 4 Mar 2023