



SSO|SCOOP



SENGKANG CENTRAL ELDERCARE NETWORKING SESSION 23 OCT 2019

On 23 Oct 2019, SSO coordinated an **Eldercare networking session** for Sengkang Central GROs and the Senior Activity Centres (Studio Apartments) within **Sengkang Central Division**, namely **BCARE SAC, Pacific SAC** and **SASCO SAC**.

Sengkang Central GROs piloted their **Eldercare Befriending Programme** for **seniors aged 60 and above** not living with their children.

- Trained volunteer befrienders will befriend these seniors, **keep an eye on them** while their children work. They will then **update seniors' children on their parents' wellbeing**.
- Befrienders will make weekly phone calls and monthly visits to seniors.

Agencies took the opportunity to **surface challenges** on the ground. They sought further **clarification** on the **roles** of each Eldercare agency to better understand which partner they should refer to for certain needs.

SSO will be expanding this Eldercare networking session to town-wide in 2020.



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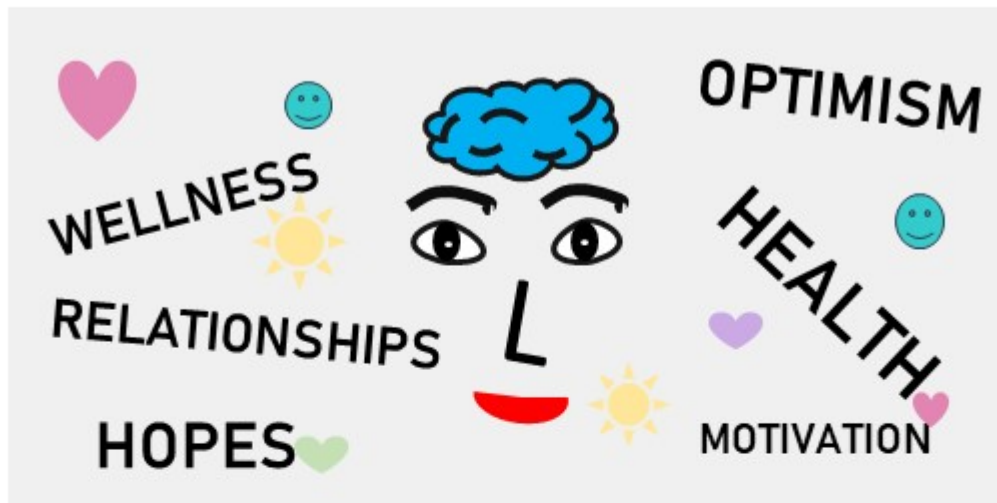
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“STORIES ABOUT US” FOCUS GROUP DISCUSSION



*Have we asked our recovered mental health patients or clients what **WE** as helping agencies could do better in?*

In our pursuit towards identifying gaps within the various systems to improve the service provided to clients, we often forget to *listen* to them.

Stories Of Us was borne from an idea by the Hougang Core Team partners. The Focus Group Discussion involved our clients being *present* to tell us, i.e. systems and agencies, what can be improved *for* them.

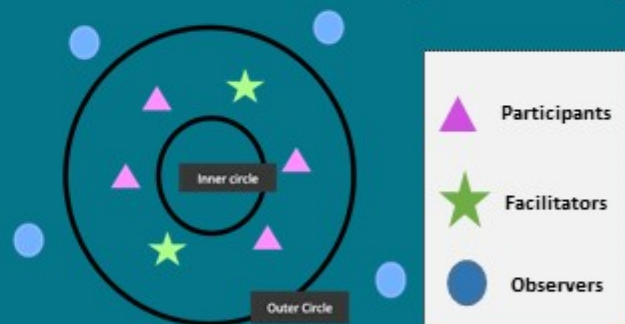
Through this honest and heartfelt session, clients shared their experiences with the agencies that have helped them; their feelings throughout this process, and what could have been done differently.

METHOD OF DIALOGUE: “FISHBOWL” DISCUSSION

Employing a modified “fishbowl” form of dialogue and discussion, two circles were formed.



Participants seated inside the “inner circle” shared their views and responses, while caseworkers and/or social workers seated in the “outer circle” listened carefully to their sharings.



At the end of the session, the outer circle provided one thought and comment to empower, encourage and affirm the participant.

WHAT'S NEXT?

Hougang Core Team will meet in early 2020 to discuss the key follow-up from the session.



Home Nursing Foundation Wellness @ Hougang



HNF Wellness@Hougang started its operations officially on 16 Sep 2019. They offer a conducive environment for seniors to promote their health and wellbeing by providing an array of programmes including

- **Day Care**
- **Community Rehabilitation,**
- **Centre-based Nursing**
- **Specialised programme for Dementia Care**
- **Home Healthcare**
- **Caregiver Training and Support**



- Wellness@Hougang ensures that every individual's strengths, personality and care needs are met through the delivery of **person-centred care** by empowering and engaging seniors to ensure they **remain mentally, socially and physically active** as they age.
- Wellness @Hougang also provides **Caregiver Training and Support** programme to assist caregivers to better care for their loved ones at home.

To find out more details of this programme, please email to caregiversupportgroup@hnf.org.sg

Happy Mr Ng

Mr Ng, 77, was a quiet and reserved senior who is reliant on his wheelchair when he started his day care programme at the centre. After participating in various group activities, he became more active as he opened up to interact with our seniors. Mr Ng was also motivated to start walking again, with support from our care staff. Mr Ng is happier now that as he can see his new friends and interact with them at the centre.

PCF SPARKLECARE



PCF Sparkle Care @ Serangoon

Sharing Happiness, Bestowing Respect



PCF Senior Care Centre is an integrated eldercare facility. The Senior Care Centre provides centre-based community care services for seniors who are physically frail and in need of supervision during the day while their loved ones are at work.



Our Services

Maintenance Day Care

Custodial and personal care service supported with maintenance exercises to maintain function and fitness.

Dementia Day Care

Maintenance Day Care for seniors with dementia, keeping them mentally and physically active.

Community Rehabilitation

Rehabilitation treatment for those who are recovering from physical ailments such as strokes and fractures to maximise functional improvement.

General Nursing Care

Centre-based Nursing Care to look after the clients' well-being and personal care; and to provide assistance with medication.

Contact us for more information!

📍 Blk 109 Serangoon North Avenue 1 #01-64/1/66/1 Singapore 550109

🕒 Mondays to Fridays (except Public Holidays) from 7:30am to 6:00pm

🌐 www.pcf.org.sg/sparklecare ☎ 6214 3363

PCF Sparkle Care at Blk 109 Serangoon North Ave 1 opened its doors for enrolment on 18 July 2019.

- Day Care seniors typically start the day with breakfast and **exercises**, followed by **reality orientation** and activities like **cognitive games** or calligraphy.
- After lunch, seniors can either take naps or read newspapers. There will be afternoon activities followed by afternoon tea.
- Sparkle Care works closely with nearby preschools to **conduct intergenerational programmes** with the pre-schoolers by engaging the seniors through various activities.
- Objective is to enable the children to care and respect the seniors, and for seniors to enjoy the company of the young ones.
- Sparkle Care also provides **rehabilitation** to seniors who suffer from stroke, fractures, heart disease or other medical conditions. These seniors receive **therapy sessions** conducted by Physiotherapist and/or Occupational Therapist to improve their functional status.
- Sparkle Care is passionate about achieving the vision of happy and healthy seniors enjoying meaningful quality of life in a caring and respectful environment.

FRIENDSHIP AND MIND ENRICHMENT (FAME) CLUB



FAME Club, a programme by **Bethesda CARE Centre**, is specially catered for persons coping with mental health issues. It is **process-based** and aims to **equip and empower** these individuals to **regain confidence** in themselves & others.

In this process, they **rediscover** their **self-esteem, abilities & passion** so that they can once again be **integrated** back to the community and make useful contributions to society.

TESTIMONIALS

"Our daughter who has been suffering from bipolar and is schizoaffective has been attending FAME Club for nearly a year. She has had many relapses and the doctor advised that she should have a routine, exercise and activities that she likes. We are so blessed to have found Fame Club that has all the things that the doctor had advised. She enjoys FAME Club very much and the staff has been fantastic with her and also to the other members."

(Mrs S, caregiver)

FAME Club celebrated her 10th Anniversary on 28 September 2019. The event was graced by Mr Alex Yeo, adviser to Aljunied GRC Grassroots Organisation (Paya Lebar). Besides the clients and their family members, the event was also attended by more than 30 community partners.

For more information on
FAME Club, please contact us
at 6340 4161 or
admin@bcare.org.sg

"My body recovered very well and my emotions improved a lot when I came to FAME Club. I also learnt many things here such as knitting and crochet."

(Mdm P, client)

"FAME Club is to be commended for successfully creating an environment conducive to rehabilitation of IMH psychiatric clients. This success is attributed in part to the comprehensive and well-thought programmes it conducts to help clients cope with their daily activities. In another part, it is the unstinting and tireless commitment of its staff to guide these clients. Together, the staff and clients foster a working relationship that facilitates clients in achieving their primary goal to cope in life on their own without jeopardizing security."

*(Community Mental Health Team-IMH,
community partner)*

SINGAPORE ANTI-NARCOTICS ASSOCIATION (SANA)



A walk-in facility for recovering individuals, their family members or anyone who needs help and advice on drug-related issues.

SANA's Counsellors / Para-counsellors will attend to walk-in clients, **assess their presenting issues** and provide them with a **plan of action**.

It may be a one-off visit or several as clients often require assistance for more than one service. Please refer to listed services on the left.

LOCATION

2 Sengkang Square: Sengkang Community Hub, #05-01, Singapore 545025

OPENING HOURS

Mon to Fri (except Tues): 9.00 am – 6.30 pm

- **Tuesday:** 9.00 am – 9.00 pm
- **Saturday:** 10.00 am – 5.00 pm
- **Closed:** Sunday & Public Holiday
- **Tel:** 6386 0259 / 6385 0649 /

stepup@sana.org.sg

- **Point of Contact:** James / Georgina

CONTACT US

Email: sana@sana.org.sg

Website: www.sana.org.sg

Live Chat: talk2sana.com

Facebook: @SANASpore

Instagram: [singaporeantinarcotics](https://www.instagram.com/singaporeantinarcotics)

Singapore Anti-Narcotics Association (SANA) is a registered charity and non-profit organisation. SANA works with community and government agencies to **prevent drug abuse** through **education, aftercare and reintegration**.

Our programmes and services assist recovering individuals, their family members, youth at risk, or anyone seeking advice on drug-related matters. SANA recognises the importance of family and community support in the successful **rehabilitation** of recovering persons and in their **positive reintegration** into society.

HELLO NADIA!

Meet Nadia, one of the beneficiaries.

She first came to SANA two years ago, soon after her release from prison. She signed up for the SANA Tattoo Removal Programme which she is still undergoing. She also attends the Women's Support Group where she's made new friends and gained strength and courage.

Last year, Nadia became a SANA Peer Leader, helping out in SANA's



outreach efforts in preventive drug education. She works in the logistics industry and hopes to upgrade her skills for better career prospects.

"I realized there are ways to change. I didn't have any positive vibes in my life until I came to SANA."