

Mind-Able Programme



Are you able to piece this puzzle together?

Turn the page to find out more about our intervention programme.

“While no one can change the outcome of dementia or Alzheimer’s, with the right support, you can change the journey.”

~ Tara Reed, author of “What to do between the Tears”

What is Mind-Able Programme?

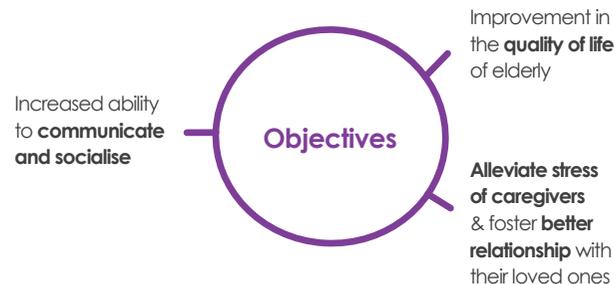
Dementia is a chronic, progressive deterioration of mental function typified by loss of memory. It is prevalent and often overlooked among the elderly, especially in Singapore’s ageing population. In 2005, there were 22,000 elderly (65 years and above) with dementia and this number is projected to increase to 53,000 by 2020.*

Clues to the presence of dementia may be subtle and nonspecific, and unrecognised early dementia may tend to worsen over time.

Early intervention includes providing support and care to help them deal with the challenges of their diagnosis and to aspire them towards a meaningful and positive life. Caregivers would also be well-informed on how to cope and the type of help available to them.

Hence, the Mind-Able is introduced to help the elderly at risk or diagnosed with mild dementia.

How can you benefit from this programme?



*Source: www.moh.gov.sg/content/dam/moh_web/HPP/Doctors/cpg_medical/current/2007/CPG_Dementia_Booklet.pdf

Who should attend?

- **Healthy individuals aged 55 and above** who are interested in participating in cognitive stimulating and physical activities that are geared towards promoting maintenance of cognitive function can join this programme.
- **Individuals aged 55 and above** at early stage of dementia.
- **Caregivers aged 21 and above** who wish to learn new skills to engage their elderly at home and provide support for their elderly while accompanying them through the sessions.

What types of activities?

Participants will be engaged with our Therapy Aides in our centre with activities such as:

- Puzzles and games
- Art therapy
- Musical interaction
- Physical exercise
- Reminiscing environment and related games

Some of these can then be continued at home with their caregivers.

Other related services

- Home-based programmes
- Cognitive screenings for members of the public and corporations

Visit our website for more information.

How can you help?

As CWA is a self-funding voluntary welfare organisation (VWO), we are only able to make eldercare accessible through your support.

To donate or join our volunteer team, log on to our website or contact us to mail a form to you. All outright donations will be tax-deductible.

For registration or more information:

Caregiving Welfare Association

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 contact@cwa.org.sg  www.cwa.org.sg  [caregiving.sg](https://www.facebook.com/caregiving.sg)

 Buona Vista MRT Station

 Bus no. 92
(in front of CWA office)

Bus no. 100 & 111
(Ghim Moh Bus Terminal)