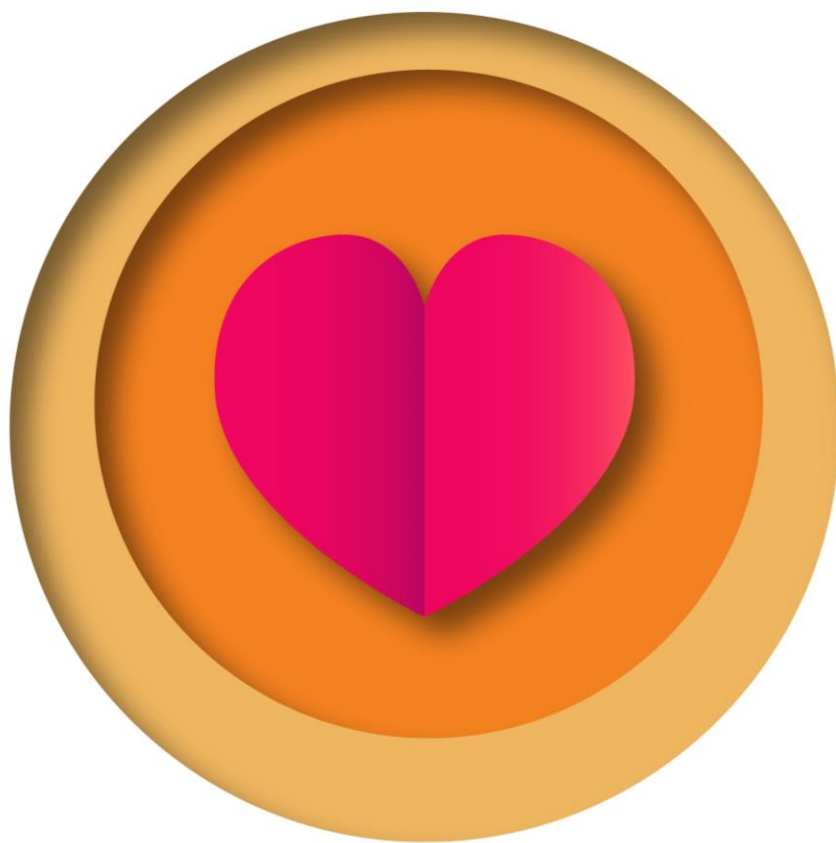


Caregivers' Resource Guide



Dear Caregivers,

Based on the feedback of the Survey on Resource Guide for Caregivers in May 2018, Social Work Department has come up with a resource guide for CPAS caregivers to increase access to resources in the community.

We encourage you to browse through the different sections of the guide and we hope that the guide is useful in your search for suitable services for your loved ones.

Do let us have your feedback on the resources that are useful to you and the areas which you would like us to improve. You can reach us at socialwork@cpas.org.sg or should you require help on the use of this guide, please approach your programme social workers.

We wish you good health, strength and joy as we support you in this caregiving journey.

Shelly Loh
Head of Social Work Department

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Adult Disability Programmes (Full Time)

Centres (DAC) offer care and skills training for adults with disabilities during the day

Service/Programme	Primary Service Group	Contact
Bishan Home Centre 6 Bishan St 13 Singapore 579798	Intellectual Disability (IQ below 70)	Tel: 6353 3515 (ext 102) Email: peggy_chia@bishanhome.org.sg www.bishanhome.org.sg
Bizlink Centre Blk 512 Chai Chee Lane, #01-09 Bedok Industrial Estate Singapore 469028	Autism Spectrum Disorder Developmental Disorder Hearing Impairment Intellectual Disability (IQ below 70)	6449 5652 josephlee@bizlink.org.sg www.bizlink.org.sg
CPAS Centre 65 Pasir Ris Drive 1 Singapore 519529	Physical Disability Multiple Disabilities	6585 5643 betty@cpas.org.sg
Eden Centre for Adults @ Clementi Blk 351 Clementi Avenue 2 #01-57 Singapore 120351	Autism Spectrum Disorder	6873 0063 saravanan@autism-association.org.sg www.autismlinks.org.sg
Eden Centre for Adults @ Hougang Blk 426 Hougang Avenue 6, #01-52 Singapore 530426	Autism Spectrum Disorder	6287 4727 joshua@autism-association.org.sg www.autismlinks.org.sg
Emmanuel Activity Centre @ Tampines Blk 414 Tampines St 41, #01-311 Singapore 520414	<u>Primary Diagnosis</u> Intellectual Disability (IQ <70) <u>Secondary Diagnosis</u> Other Disabilities (case-by-case)	6787 3200 ksteven@coh.org.sg http://coh.sg
Emmanuel Activity Centre @Toa Payoh Blk 171 Toa Payoh Lorong 1, #01-1146 Singapore 310171 / Blk 161 Toa Payoh Lorong 1 #01-1596 Singapore 310161		
Metta Centre for the Intellectually Disabled @Hougang Blk 627 Hougang Ave 8 #01-130 Singapore 530627		6385 2913 kookila@metta.org.sg www.metta.org.sg
Metta Home Centre @Woodlands 2 Woodlands St 31 Singapore 738580		6365 7666 nandana@metta.org.sg www.metta.org.sg
MINDS Ang Mo Kio Training & Development Centre Blk 134 Ang Mo Kio Ave 3, #01-1677 Singapore 560134	<u>Primary Diagnosis</u> Intellectual Disability <u>Secondary Diagnosis</u> Other Disabilities (case-by-case)	6456 4174 linjiayong.atdc@minds.org.sg www.minds.org.sg/ATDC

Service/Programme	Primary Service Group	Contact
MINDS Clementi Training & Development Centre Blk 304 Clementi Avenue 4 #01-487 Singapore 120304	<u>Primary Diagnosis</u> Intellectual Disability <u>Secondary Diagnosis</u> Other Disabilities (case-by-case)	6776 8743 manijos.ctdc@minds.org.sg www.minds.org.sg/CTDC
MINDS Eunost Training & Development Centre 11 Jalan Ubi Block 3 #01-21 Singapore 409074		6547 8501 donnachia.etc@minds.org.sg www.minds.org.sg/ETDC
MINDS Faber Training & Development Centre Blk 207 Clementi Avenue 6 #02-01 Singapore 120207		6873 1564 shafivah.ftdc@minds.org.sg www.minds.org.sg/FTDC
MINDS Jurong Training & Development Centre 18 Boon Lay Way #02-96 to 100 Tradehub@21 Singapore 609966		6252 5226 sharofah.jtdc@minds.org.sg www.minds.org.sg/JTDC
MINDS Napiri Training & Development Centre 7 Lorong Napiri Singapore 547533		6387 7662 jaslynquek.ntdc@minds.org.sg www.minds.org.sg/NTDC
MINDS Tampines Training & Development Centre Blk 267 Tampines Street 21 #01-09 Singapore 520267		6260 5886 eleneliew.ttdc@minds.org.sg www.minds.org.sg/TTDC
MINDS Yishun Training & Development Centre Blk 652 Yishun Ave 4 #01-507 Singapore 760652		6257 1165 dorothyng.ytdc@minds.org.sg www.minds.org.sg/YTDC
Red Cross Home for the Disabled - Centre 8 Lengkok Bahru #04-01 Family Link @ Lengkok Bahru Singapore 159052		6762 1029 quoxing.lee@redcross.sg www.redcross.sg
The Singapore Cheshire Home - Centre 159 Serangoon Garden Way Singapore 556056		6284 0966 rena.lee@cheshirehome.org.sg www.cheshirehome.org.sg
SPD Centre 2 Peng Nguan Street SPD Ability Centre Singapore 168955	<u>Primary Diagnosis</u> Physical & Multiple Disabilities <u>Secondary Diagnosis</u> Intellectual Disability Cerebral Palsy	6579 0730 / 6579 0763 lim_poh_poh@spd.org.sg www.spd.org.sg maureen_lee@spd.org.sg
St. Andrew's Adult Autism Services - Centre 1 Elliot Road, Singapore 458686	<u>Primary Diagnosis</u> Autism Spectrum Disorder <u>Secondary Diagnosis</u> Multiple Disabilities (case-by-case)	6517 3835 admissions@saac.org.sg www.saac.org.sg

Service/Programme	Primary Service Group	Contact
Blue Cross Thong Kheng ASD DAC 600 Upper Thomson Rd Blk C #03-21 Upper Thomson Community Hub Singapore 574421		6265 2878 steffantan@thongkheng.org.sg www.thongkheng.org.sg
SUN-DAC (Bedok South) Blk 39 Bedok South #01-719 Singapore 460039	<u>Primary Diagnosis</u> Intellectual Disability (IQ below 70) <u>Secondary Diagnosis</u>	6442 6395 kimberley@sundac.org / hema@sundac.org www.sundac.org
SUN-DAC (Choa Chu Kang) Blk 213 Choa Chu Kang Central #01-110 Singapore 680213	Physical Disability, Autism Spectrum Disorder, Developmental Disability, and Other Disabilities (case-by-case)	6763 6234 geetha@sundac.org / xinyi@sundac.org www.sundac.org
SUN-DAC (Thomson) 600 Upper Thomson Road Blk C #01-21 Singapore 574421		6265 9428 jean@sundac.org / vanessa@sundac.org www.sundac.org
Blue Cross Thong Kheng Home - Day Care Service 201 Jurong East Ave 1 Singapore 609791	<u>Primary Diagnosis</u> Intellectual Disability (IQ below 70) <u>Secondary Diagnosis</u> Other Disabilities (case-by-case)	6560 2022 steventan@thongkheng.org.sg www.thongkheng.org.sg
THK Centre @Chai Chee 2 Chai Chee Lane Singapore 469030	<u>Primary Diagnosis</u> Intellectual Disability (IQ below 70) <u>Secondary Diagnosis</u> Autism Spectrum Disorder (case-by-case)	6441 7640 edwinchua@thkmc.org.sg www.thkmc.org.sg
THK Autism Centre @ Geylang Bahru Blk 72 Geylang Bahru, #01-3018 & #01-3032 Singapore 330072	<u>Primary Diagnosis</u> Autism Spectrum Disorder <u>Secondary Diagnosis</u> Intellectual Disability (IQ Below 70)	6906 7106 arifeen@thkmc.org.sg www.thkmc.org.sg
TOUCH Centre for Independent Living (Ubi) TCIL Ubi Blk 352 Ubi Ave 1 #01-989 Singapore 400352	<u>Primary Diagnosis</u> Intellectual Disability (Mild-Moderate)	6741 6364 waileng.kho@touch.org.sg www.touch.org.sg
TOUCH Centre for Independent Living (Bukit Merah) TCIL BM Blk 162 Bukit Merah Central #05-3555 Singapore 150162	Required to be ADL independent	6251 4535 waileng.kho@touch.org.sg www.touch.org.sg

Adult Disability Programmes (Full Time)

Sheltered Workshop (SW) provide employment training for adults with disabilities

Centres	Primary Service Group	Contact
<p><u>APSN Centre for Adults</u> 11 Jalan Ubi Blk 4 #01-31 Kembangan Chai-Chee Community Hub Singapore 409074</p>	<p>Intellectual Disability (IQ between 50-70)</p> <p>Independent travellers required</p>	<p>6346 2425 cfa_admin@apsn.org.sg</p>
<p><u>Bizlink Sheltered Workshop</u> 512 Chai Chee Lane #01-09 Singapore 469028</p>	<p><u>Primary Diagnosis</u> Intellectual Disability (IQ between 50-70) Physical Disability Cerebral Palsy</p> <p><u>Secondary Diagnosis</u> Sensory Disability</p>	<p>6449 5652 sophia@bizlink.org.sg / jacqueline@bizlink.org.sg</p>
<p><u>CPAS- Goodwill, Rehabilitation and Occupational Workshop (GROW)</u> 65 Pasir Ris Drive 1 Singapore 519529</p>	<p><u>Primary Diagnosis</u> Physical Disability</p> <p><u>Secondary Diagnosis</u> Intellectual Disability, Autism Spectrum Disorder (Mild)</p>	<p>6585 5643 betty@cpas.org.sg</p>
<p><u>MINDS Idea Employment Development Centre</u> 29 Rosyth Road Singapore 546190</p>	<p><u>Primary Diagnosis</u> Intellectual Disability</p> <p><u>Secondary Diagnosis</u> Autism Spectrum Disorder (Mild)</p>	<p>62824852 derricktan.iedc@minds.org.sg</p>
<p><u>MINDS Woodlands Employment Development Centre</u> 30 Woodlands Ring Road #01-02 Singapore 737883</p>	<p>Epilepsy (Mild) Cerebral Palsy (Mild) Partial Hearing Impairment</p>	<p>6366 3966 prem.wedc@minds.org.sg</p>
<p><u>SIA-MINDS Employment Development Centre</u> 800 Margaret Drive Singapore 149310</p>		<p>6473 1148 premaT.smedc@minds.org.sg</p>
<p><u>SPD Sheltered Workshop</u> 2 Peng Nguan Street SPD Ability Centre Singapore 168955</p>	<p><u>Primary Diagnosis</u> Physical Disabilities Intellectual & Developmental Disability (Mild)</p> <p><u>Secondary Diagnosis</u> Cerebral Palsy Partial hearing Visual Impairment Epilepsy</p>	<p>6579 0719 tanner_tan@spd.org.sg</p>
<p><u>THK Pan-Disability Centre @ Eunos</u> Blk 3 Eunos Crescent #01-2577 Singapore 400003</p>	<p><u>Primary Diagnosis</u> Autism Spectrum Disorder Intellectual Disability</p> <p>Other disability conditions are welcome, as long as applicants are assessed suitable for sheltered workshop</p>	<p>6846 1171 tangrace@thkmc.org.sg</p>

Adult Disability Programmes (Part Time)

These services are provided to persons with disabilities above 16, either Singapore citizen or Singapore Permanent Resident, and are **not receiving services from SPED School, Sheltered Workshops, nor Centres**. These services also provide a form of respite to caregivers.

Service/Programme	Primary Service Group	Contact
<p><u>Me Too ! Club (MTC) by MINDS</u> Me Too! Club (MTC) is a programme that enhances the social integration of people with intellectual disabilities (PWIDs) through leisure and befriending activities. Membership fee is \$100/year or \$10/month. Clients/caregivers will be charged a fixed rate of \$25 per hour for Customised Respite Care for a period of 2-4 hours, and \$5 per session for Community-Based Respite Care.</p>	Intellectual Disability	6547 8502 mtc@minds.org.sg
<p>THK Disability Drop-in Programme The Drop in Disability Programme (DDP) provides a few hours of social, recreational and/or therapeutic/training activities each week for adults with disabilities. Services are available at the following locations:</p> <p>SAC@AMK645 Blk 645 Ang Mo Kio Ave 6, #01-4937 Singapore 560645</p> <p>Bedok Radiance SAC Blk 12 Bedok South Ave 2, #01-610, Singapore 460012</p> <p>Macpherson SAC Blk 90 Pipit Road, #01-103 Singapore 370090</p> <p>Telok Blangah SAC Blk 3 Telok Blangah Crescent, #01-504 Singapore 090003</p> <p>Bedok Radiance SAC Blk 12 Bedok South Ave 2, #01-610, Singapore 460012</p> <p>Macpherson SAC Blk 90 Pipit Road, #01-103 Singapore 370090</p> <p>Telok Blangah SAC Blk 3 Telok Blangah Crescent, #01-504 Singapore 090003</p>	Intellectual Disability	6745 6696 kana@thkmc.org.sg

Adult Disability Programmes (Home Based Services)

Home based services provide personal care services that enable adults with disabilities to live in the community and support caregivers in their caregiving role. The adults with disabilities are not receiving services from SPED schools, sheltered workshops and centres.

Service/Programme	Primary Service Group	Contact
<p><u>MINDS Home-Based Care Services (HBCS)</u> MINDS HBCS enable Persons with Intellectual Disabilities (PWIDs) to receive care and training in their natural home environment. Services include physiotherapy, training for skills required in home living, activities of daily living and positive behaviour support. 2 hours per session x twice per week @ \$50/hour (before government subsidy)</p>	<p>Intellectual Disability (IQ Below 70)</p>	<p>6547 8502 hbcs@minds.org.sg www.minds.org.sg</p>

Residential Services

Adult Disability Hostels (AD Hostel) provide alternative care for adults with disabilities who do not require institutional care

Service/Programme	Primary Service Group	Contact
<p><u>MINDSville@Napiri-Hostel</u> 7 Lorong Napiri Singapore 547533</p>	<p>Intellectual Disability (IQ :below 70)</p>	<p>6387 7662 ext. 207 timothyng.mv@minds.org.sg</p>
<p><u>Thye Hua Kwan Hostel for Disabled Adults @Eunos</u> 20 Jalan Eunos Singapore 419494</p>		<p>6745 9926 eunicetan@thkm.org.sg</p>
<p><u>TOUCH Ubi Hostel (TUH)</u> 301 Ubi Avenue 1 #01-295 Singapore 400301</p>	<p>Intellectual Disability (IQ :50-70)</p>	<p>6744 9712 sijia.lim@touch.org.sg</p>

Adult Disability Homes (ADH) are residential homes that offer long-term housing and short term care for adults with disabilities who cannot be cared for at home.

Service/Programme	Primary Service Group	Contact
<u>Bishan Home for the Intellectually Disabled</u> 6 Bishan St 13 Singapore 579798	Intellectual Disability (IQ below 70)	6353 3515 Ext 102 peggy_chia@bishanhome.org.sg
<u>Metta Home for the Disabled</u> 2 Woodlands St 31 Singapore 738580		6365 7666 nandana@metta.org.sg
<u>MINDSVille@Napiri - Home</u> 7 Lorong Napiri Singapore 547533		6387 7662 Ext.208 kohgeemay.mv@minds.org.sg
<u>THK Home for Disabled Adults @ Chai Chee</u> 2 Chai Chee Lane Singapore 469030		6441 7640 edwinchua@thkmc.org.sg
<u>THK Home for Disabled @Eunos</u> 20 Jalan Eunos Singapore 419494		6745 9926 eunicetan@thkmc.org.sg
<u>Blue Cross Thong Kheng Home</u> 201 Jurong East Ave 1 Singapore 609791	Intellectual Disability (IQ below 70) Other disabilities (case-by-case)	6560 2022 steventan@thongkheng.org.sg
<u>Red Cross Home for the Disabled</u> 8 Lengkok Bahru #04-01 Family Link@Lengkok Bahru Singapore 159052	<u>Primary Diagnosis</u> Severe Physical Disability <u>Secondary Diagnosis</u> Multiple Disabilities (case-by-case)	6762 1029 guoxing.lee@redcross.sg
<u>The Singapore Cheshire Home</u> 159 Serangoon Garden Way Singapore 556056	<u>Primary Diagnosis</u> Mild to Moderate Physical Disability <u>Secondary Diagnosis</u> Multiple Disabilities (case-by-case)	6284 0966 rena.lee@cheshirehome.org.sg
<u>THK Home for Disabled @ Sembawang</u> 7 Sembawang Walk Singapore 756977	<u>Primary Diagnosis</u> Intellectual Disability (IQ below 70) <u>Secondary Diagnosis</u> Autism Spectrum Disorder Other Disabilities (case-by-case)	6208 8128 thksemb@thkmc.org.sg

Community Group Homes (CGH) enable persons with disabilities to live independently in HDB rental flats.

Service/Programme	Primary Service Group	Contact
<u>MINDSVille@Napiri-Group Home</u> 7 Lorong Napiri Singapore 547533	Intellectual Disability (IQ below 70)	6387 7662 Ext 207 timothyng.mv@minds.org.sg

Befriending Programmes

Service/Programme	Description	Contact
<p><u>Friends of the Disabled</u> Blk 75 Whampoa Drive #01-374 Singapore 320075</p>	<p>The Home Visitation Program involves volunteers making regular visits to clients especially those with severe disabilities and homebound so as to befriend them and cater to their needs.</p>	<p>6251 1203 contact@fds.org.sg</p>
<p><u>ElderAid by Singapore Red Cross</u> Singapore Red Cross Society 15 Penang Lane Singapore 238486</p>	<p>ElderAid is a befriending and wellness programme that reduces vulnerability and enhances resilience to achieve a community ageing-in-place for elders who live on their own.</p>	<p>6664 0500 enquiry@redcross.sg https://www.redcross.sg/</p>
<p><u>Shan You Befriending Service</u> Block 5 Upper Boon Keng Road #02-15 Singapore 380005</p>	<p>Shan You Befriending service benefits primarily the elderly, the lonely, the sick, the terminally ill, the physically and mentally disabled ones coming from poor family and/or lacking social support.</p>	<p>6741 9293 shanyou@shanyou.org.sg</p>

Caregiver Support

Service/Programme	Description	Contact
<p>CPAS Parents Room Cerebral Palsy Alliance Singapore Level 4 65 Pasir Ris Drive 1 Singapore 519529</p> <p>CPAS Parents Support Group</p>	<p>Opens every Wednesday: 9 am to 12 pm 1 pm to 4 pm</p> <p>Respite activities are held every Wednesday for parents. Please contact the Social Work Department for details.</p>	6585 5584
<p><u>AWWA Caregiver Service</u> Block 6 Boon Keng Road #01-52 Singapore 330006</p>	AWWA aims to provide psycho-social and emotional support for caregivers, and to advocate for caregiver-centred services.	6511 5318 contactus@awwa.org.sg www.awwa.org.sg
<p><u>MINDS Caregivers Support Service</u> 11 Jalan Ubi, Block 3, Level 2 Office, Kembangan-Chai Chee Hub, Singapore 409074</p>	Established to build the capability of caregivers to enhance their caregiving role and to provide support for their social-emotional needs.	6547 8503 cssc@minds.org.sg
<p><u>Club Rainbow Singapore</u></p>	Helps caregivers cope with the challenges of caregiving by providing a wide range of home-based and support services	6377 1789 contact@clubrainbow.org
<p><u>Caregiving Welfare Association (CWA)</u></p>	CWA focuses on direct eldercare services to help seniors age better, while continuing to focus on support and inculcating responsible and knowledgeable caregivers.	6466 7957
<p><u>Enabling Village</u> 20 Lengkok Bahru Singapore 159053</p>	The Enabling Village is an inclusive community space. Home to several social businesses and community services	marketing@ev.sg
<p><u>Enabling Village - Caregiver Pod</u> 20 Lengkok Bahru Singapore 159053</p>	The Caregivers Pod is a dedicated multi-functional space for caregivers to organise peer support sessions and get-togethers. Caregivers can experience self-directed learning and workshops to support and enhance their caregiving journey.	caregivers@sgenable.sg

Children Services

The resources in this section provides information on various post-EIPIIC options.

Ministry of Education SPED Schools

Information is provided on which special school is suitable for the child with various diagnoses. Please seek assistance from your Social Worker with regards to criteria for admission to various schools.

SPED School	Primary Service Group	Contact
<u>CPAS School</u> 65 Pasir Ris Dr 1 Singapore 519529	Multiple disabilities	6585 5600 hqadmin@cpas.org.sg
<u>APSN Chaoyang School</u>	Mild ID including ASD	6479 6252 hq@apsn.org.sg 900 New Upper Changi Road
<u>APSN Katong School</u>	Mild ID including ASD	
<u>APSN Tanqlin School</u>	Students 13-17 years with Mild ID including ASD	
<u>APSN Delta Senior School</u>	Students 17-21 years with Mild ID including ASD	
<u>AWWA School</u> No. 11 Lorong Napiri Singapore 547532	(Multiple Disabilities and ASD)	6511 5280 school@awwa.org.sg
<u>Canossian School</u> 1 Sallim Road Singapore 387621	Hearing Loss	6749 8971 admin@canossian.edu.sg
<u>Eden School</u> 101 Bukit Batok West Avenue 3 Singapore 659168	For students with ASD	6265 7400 enquiry@edenschool.edu.sg
<u>Grace Orchard School</u> 6A Jurong West St. 52 Singapore 649297	(Mild ID including students with ASD)	6561 9128 info@go.edu.sg
<u>Lighthouse School</u> 51 Toa Payoh Rise Singapore 298106	Visually or Hearing Impaired	6250 3755 lighthouse@lighthouse.edu.sg
<u>Pathlight School</u> 5 Ang Mo Kio Avenue 10 Singapore 569739	(ASD Mainstream Education)	6459 9951 https://www.pathlight.org.sg/about-us/contact-us
<u>Metta School</u> 30 Simei Street 1 Singapore 529949	(Mild ID including students with ASD)	6788 5800 enquiry@mettaschool.edu.sg
<u>MINDS- Fernvale Gardens School</u> Address: 7 Fernvale Road Singapore 797635	(Moderate to Severe ID including students with ASD)	6481 6697 fgs@minds.org.sg
<u>MINDS - Lee Kong Chian Gardens</u> 802 Margaret Drive, Singapore 149311		6473 8332 lgs@minds.org.sg
<u>MINDS - Towner Gardens School</u> 1B, Lengkong Lima Singapore 417557		6446 2612 tgs@minds.org.sg
<u>MINDS - Woodlands Gardens School</u> 30 Woodlands Ring Road #01-01 Singapore 737883		6468 0566 wgs@minds.org.sg
<u>Rainbow Centre - Margaret Drive</u> 501 Margaret Drive Singapore 149306		Multiple Disabilities and ASD

SPED School	Primary Service Group	Contact
<u>Rainbow Centre - Yishun Park</u> 15 Yishun Street 61 Singapore 768548	Multiple Disabilities and ASD	6482 2592 rcyps@rainbowcentre.org.sg
<u>Rainbow Centre - Woodlands</u> 11 Marsiling Lane Singapore 739148	Students with ASD	6817 9300 rcwoodlands@rainbowcentre.org.sg
<u>St Andrew's Autism School</u> 1 Elliot Road Singapore 458686	ASD	6517 3800 enquiry@saac.org.sg

Children Disability Homes (CDHs) provide long-term and short-term residential care for children with disabilities.

Children Disability Homes	Contact
<u>Chen Su Lan Methodist Children's Home</u> 202 Serangoon Garden Way Singapore 556057	Wong Ming Sze Executive Officer 67139160 mingsze@cslmch.org.sg
<u>MINDSville @ Napiri- Children's Wing</u> 7 Lorong Napiri Singapore 547533	Suririnah Head of Children's Wing 6387 7662 ext. 209 suririnah.my@minds.org.sg
<u>Red Cross Home For the Disabled - Children's Home</u> Singapore Red Cross Society 15 Penang Lane Singapore 238486	Lee Guoxing Senior Social Worker 6762 1029 guoxing.lee@redcross.sg
<u>THK Home for Disabled Children @ Eunos</u> 20 Jalan Eunos Singapore 419494	Eunice Tan Superintendent 6745 9926 eunicetan@thkmc.org.sg

EIPIC Complementary Services provided by these **Special Student Care Centres (SSCCs)** offer subsidised before and after school care services for students with special needs aged 7 to 18.

Special Student Care Centres (SSCCs)	Contact
<u>AWWA Special Student Care Centre</u> 9 Lor Napiri Singapore 547531	Sujatha S Centre Supervisor 6511 5262 suiatha@awwa.org.sg
<u>APSN Student Care Centre</u> 10 Ang Mo Kio Street 54 Singapore 569184	Vincent Joseph Programme Supervisor 6456 6922 vincent.ioseph@apsn.org.sg
<u>OOSH-Rainbow Centre Special Student Care Centre</u> 501 Margaret Drive Singapore 149306	Neo Ling Sim Centre Manager 6817 9464 oosh@rainbowcentre.org.sg

The following **Psychological Services** provide consultation for young patients aged 18 years old and below who are facing emotional or behavioural problems.

Service	Primary Service Group	Contact
<p><u>Child Guidance Clinics (CGCs)</u> CGCs provide the following specialty clinics: 1) The Mood & Anxiety Clinic (MAC) 2) Forensic Rehabilitation, Intervention, Evaluation & Network Development Services (FRIENDS) 3) Neurobehavioural Clinic (NBC) - Autism Services 4) Neurobehavioural Clinic (NBC) - ADHD Services</p>	<p>Child Guidance Clinic IMH Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View Sunrise Wing, Blk 3 Basement 1 Singapore 539747</p> <p>HPB Health Promotion Board 3 Second Hospital Avenue #03-01 Singapore 168937</p>	<p>6389 2000 6389 2222 (24 hours)</p>
<p><u>Psychological Services Unit (PSU)</u> PSU helps clients with psychological health problems and behavioural problems to manage life stressors. It also uses a holistic approach to empower individuals to help address immediate concerns, build strengths and prepare them to overcome future challenges. A wide range of diagnostic and psychometric assessments are offered.</p>	<p>AMKFSC Community Services 223D Compassvale Walk #01-673 Singapore 544223</p>	<p>6312 8100 psureferral@amkfsc.org.sg</p>

Financial Schemes

Cash/Vouchers Assistance

Service/Programme	Contact
<p><u>CDAC – SFCCA Hardship Assistance Fund</u> The service provides short-term hardship grants (ranging 3 to 12 months) for individuals or families facing financial hardship. Application and type of assistance will be assessed and determined on a case-by-case basis.</p>	<p>6603 5599 family@cdac.org.sg www.cdac.org.sg</p>
<p><u>ComCare</u> ComCare assists those who are unable to work due to old age, illness or disability and have no means of subsistence and little or no family support. Assistance provided are: a) Short to Medium Term Assistance b) Long Term Assistance c) Urgent Family Assistance</p>	<p>1800 222 0000 comcare@msf.gov.sg Check here for full list of social service offices. Use the MSF district locator to find the nearest social service office</p>
<p><u>Mailis Uqama Islam Singapura (MUIS)</u> Muis provides financial assistance by disbursing Zakat (tithe) which it collects from the Muslim community. Zakat is distributed to 8 different types of Asnaf (beneficiaries) such as the poor, the needy, those in debt, students pursuing religious education, among others. Types of Assistance: a) Financial Assistance b) Gharimin (Settlement of Debts) c) Emergency Assistance d) Fidyah Food Voucher</p>	<p>6359 1112/1115 www.muis.gov.sg</p>
<p><u>North West CDC Help Schemes</u> North West CDC has various schemes to help their needy residents: a) North West Food Aid Fund b) North West Utilities Assistance c) Emergency Relief Fund</p>	<p>6248 5566 Northwest_CDC@pa.gov.sg Click here to find out which district you belong to</p>
<p><u>The Straits Times School Pocket Money Fund</u> The assistance scheme provides pocket money for children from low-income families, which can be used for school-related expenses, such as meals during recess, transport and other schooling needs. This scheme is for: a) Primary, Secondary School and SPED School Students b) Post Secondary Students (ITE, Junior Colleague and Polytechnics) The scheme can be applied at a) Participating Schools b) Agencies <u>Please refer to the list of schools that partners with the Straits Times School Pocket Money Fund</u> <u>If the school your child attends is not in the list of schools that partners with the Straits Times School Pocket Money Fund, please refer to the list of agencies whom your child may apply with.</u></p>	<p>email@spmf.org.sg</p>
<p><u>South West CDC Help Schemes</u> The South West CDC provides the following schemes for their needy residents: a) Utilities b) Food Connect @ South West c) Health and Mobility d) Emergency Relief</p>	<p>6316 1616 southwest_cdc@pa.gov.sg www.southwestcdc.org.sg Click here to find out which district you belong to</p>

Computing and Digital Access Assistance Schemes

Service/Programme	Contact
<p><u>Home Access Programme by IDMA</u> The programme provides eligible households with 2 years of subsidised fibre broadband connectivity and an option to own a tablet. Household is <u>not</u> a current beneficiary of NEU PC Plus or Home Access; <u>AND</u> does not have any school-going children</p>	<p>6377 3800 info@mda.gov.sg</p>
<p><u>NEU PC Plus Programme by IDMA</u> NEU PC Plus provides students and persons with disabilities (who are Singapore Citizens or PR) from low income households the opportunity to own a brand new computer/laptop and broadband at an affordable price. There are two schemes: a) PC Bundle Scheme (for Singapore Citizen and Permanent Resident) b) INSPIRE Fund Scheme (Only Applicable if Recommended by MOE-Funded School) Application Procedure: a. Complete the application form b. Mail the application and supporting documents to : SPD 2 Peng Nguan Street SPD Ability Centre Singapore 168955</p>	<p>6684 8858 neupc@mda.gov.sg https://www.mda.gov.sg/community/consumer-education/digital-inclusion</p>

Financial Schemes to Support Families

Service/Programme	Contact
<p><u>Baby Bonus Parenting Resources</u> Find information on how to use the CDA account for children’s education and resources</p>	<p>1800 253 7707 Baby Bonus and Leave Branch Family@Enabling Village 20 Lengkok Bahru #04-02 Singapore 159053</p>
<p><u>Community Health Assist Scheme (CHAS)</u> CHAS enables Singapore Citizens from lower and middle-income households to receive subsidies for medical and dental care at participating General Practitioners (GPs) and dental clinics near their home.</p>	<p>1800 275 2427</p>
<p>Means Testing Means-test calculates the subsidies you will receive from the government when you use care services. It ensures that patients from lower-income households receive more subsidies than those from higher-income households. Household means testing considers the household monthly income per person. Some of schemes that are means-tested include a) Assistive Technology Fund (ATF) for recommended devices such as ipad, communication software, wheelchairs, shower chairs, etc for home use and centre use b) VVO Transport Subsidies c) Centre fees as Intermediate and Long Term Care scheme d) CHAS medical card. To apply, the Means Test Declaration form must be completed. The Financial Assistance form is to be completed by patients/clients who are applying for financial assistance on top of the financial subsidy/grants that they are receiving. That is, they are applying for a review and adjustment of subsidies. <u>Download the forms here</u></p>	<p>1800 275 2427 mohh.nmtsadmin@mohh.com.sg</p>
<p><u>Personal Income Tax Reliefs</u> There are various tax reliefs, deductions, and rebates that you can claim. Find out more about these reliefs which could differ from year to year of assessment. Some of the reliefs are: a) Qualifying Child/Handicapped Child Relief b) Spouse/ Handicapped Spouse Relief c) Foreign Maid Levy (For Female Tax Payers) d) Grandparent Caregiver Relief (For Female Taxpayers) e) Working Mother’s Child Relief (For Female Taxpayers) f) Handicapped Brother/Sister Relief h) Parent/ Handicapped Parent Relief i) CPF Cash Top Up Relief</p>	<p>1800 3568 300 https://www.iras.gov.sg</p>
<p><u>Caregivers Training Grant</u> The Caregivers Training Grant is a \$200 annual subsidy that lets caregivers attend approved courses to better care for their loved ones. The courses can be attended by family caregivers (parents/ siblings/ domestic helpers). Please click here for the list of courses available for Caregiver Training. CPAS is the training center for Foundation Skills in Handling Children with Food Refusal Issues and Handling Children with Eating, Drinking and Swallowing Issues. For enquiries, please contact 6585 5631/32.</p>	<p>1800 650 6060 Send enquiries here www.silverpages.sg</p>

Service/Programme	Contact
<p><u>Foreign Domestic Workers Grant</u> The Foreign Domestic Worker (FDW) Grant is an assistance scheme that is intended to help families who need to hire a FDW to care for their loved ones with moderate to severe disabilities. Eligible families may receive a monthly grant payment of \$120. FDW Grant applicants will need to have their care recipients assessed by a qualified assessor as requiring permanent assistance with three or more Activities of Daily Living (ADLs) using either the a) Functional Assessment Report (FAR) OR Client Assessment Form (CAF) for care recipients with cognitive impairments such as Intellectual Disabilities (ID) and Autism Spectrum Disorder (ASD). <u>Click here for more details on the eligibility and application forms</u></p>	<p>1800 650 6060 6585 5632 <u>Send enquiries here</u> <u>www.silverpages.sg</u></p>
<p><u>Foreign Domestic Worker (FDW) Levy Concession for Persons with Disabilities Scheme</u> This scheme enables eligible families who employ foreign domestic workers as full-time caregivers of their loved ones with disabilities to pay a lower monthly foreign worker levy of \$60 per month. <u>Click here for more details on the eligibility and application forms</u> (Care recipients aged 15 and below are under the Young Child Scheme, care recipients aged 65 and above are under the Aged Person Scheme.) For questions on FDW employment and Levy Concession (Young Child and Aged Person Schemes), please visit <u>www.mom.gov.sg</u> or call 6438 5122</p>	<p>CPAS parents/guardians who would like to seek referral for a registered physiotherapist/ occupational therapist to complete the Functional Assessment Report (FAR) or client assessment report (CAF), please request via programme</p>
<p><u>Levy Waiver for a Foreign Domestic Worker</u> You can get a waiver for your foreign domestic worker (FDW) levy payments only in certain situations such as overseas leave and hospitalisation leave. Visit the Ministry of Manpower website for details of eligibility and application</p>	<p>6438 5122 Mon-Fri 8:30 am - 5:30 pm Saturday 8:30 am - 1 pm (Excluding public holidays) <u>www.mom.gov.sg</u></p>

Financial Planning and Future Care Planning for Loved Ones with Special Needs

Service/Programme	Contact
<p><u>Financial Planning for Loved Ones with Special Needs</u> The Special Needs Trust Company (SNTC) is the only not-for profit trust company in Singapore conceived to safeguard the financial security of persons with special needs. It is supported by the Ministry of Social and Family Development (MSF) and the Public Trustee's Office.</p> <p>a) Special Needs Trust Services Enables caregivers of special needs dependants to set aside a sum of money with SNTC, which SNTC will use to meet the care needs of the special needs dependant upon the caregiver's demise. For low income elderly caregivers above 55 who do not have the initial capital to start the trust service, please approach SNTC Case Manager for more information.</p> <p>b) Special Needs Savings Scheme (SNSS) This scheme enables you as a parent of a child with special needs to set aside your CPF savings for his or her long-term care. Under this scheme, you may nominate your child to receive regular fixed payouts upon your demise.</p>	<p>6278 9598 Mon-Fri: 9am - 6pm</p>

Home Improvement, Modification, Monitoring and Assistance Schemes

Service/Programme	Contact
<p>Moving Aid@North East This scheme provides low income families with free services for their moving and delivery needs. It is only for residents moving into or out of HDB flat of 3 rooms and below within the North East District. This scheme is only for moving service and does not include any other services such as packing or dismantling services.</p>	<p>6424 4000 northeast_cdc@pa.gov.sg Click here to use the CDC Locator to check which district you belong to.</p>
<p><u>A Better Home @ North-East</u> Low-income residents residing in North-East district receives assistance for their essential repair needs. The services are provided on a pro bono or lo bono basis by a group of kind-hearted professional contractors. The scope of services are: a) Electrical Related Repair b) Sanitary Related Repair c) Popping/Dislodged Tiles Repair d)Timbre Door/Metal Gate Repair e) Rubbish Chute Repair f) Aluminium Window and Handle Repair g) Painting Repair Work (for severe paint peeling)</p>	<p>6424 4000 northeast_cdc@pa.gov.sg Click here for the contact numbers of the participating community clubs.</p>
<p><u>North West Home Fix</u> The North West Home Fix Scheme aims to provide safe and functional homes for the needy residents in the North West District by repairing any faulty items in the household that are essential to the basic living and safety environment.</p>	<p>6248 5566 Mon-Thur: 8.30am - 6pm Fri: 8.30 am to 5.30 pm northwest_cdc@pa.gov.sg Click here to use the CDC Locator to check which district you belong to</p>
<p><u>Home Monitoring and Eldercare (HoME+) by Singapore Red Cross</u> HoME+ Service is a monitoring system that responds to emergencies for persons with disabilities, seniors living alone, post-surgery patients. The HoME+ monitors, alerts and responds to immediate medical attention through Red Cross Call Centre via help line, motion sensors or panic button. The service fee is at \$48 per month which includes a. monitoring devices b. 24/7 helpline for non-emergency situations c. response team Subsidised rate is applicable on a case by case basis.</p>	<p>6664 0500 home.plus@redcross.sg www.redcross.sg</p>

Service/Programme	Contact
<p><u>Enhancement for Active Seniors (EASE) Direct Application</u> The EASE programme is part of the Home Improvement Programme (HIP). Improvement items installed in the flat through EASE can make it more elderly-friendly, improve mobility and comfort for residents. Items can be installed as individual items or in full package. The items that can be installed under the EASE programme are the following:</p> <ul style="list-style-type: none"> a. slip-resistant treatment to existing floor tiles b. grabs bars in the first and second toilets/bathrooms ci. maximum of 5 ramps within flat and/or at main entrance for single-step or cii. maximum of 4 ramps within flat for single-step and 1 portable ramp / customised ramp for multi-step main entrance <p>Application Procedures:</p> <ul style="list-style-type: none"> a. For households with elderly persons between 60-64 years old, a copy of Functional Assessment Report must be submitted with the application under <u>EASE Direct Application</u>. b. For households with persons with disabilities but do not meet the age criteria, a copy of Functional Assessment Report or other relevant document must be submitted under EASE (Direct) application to HDB for consideration on a case by case basis. Section B of the Functional Assessment Report must be completed by a registered physiotherapist or occupational therapist, a registered nurse or a registered doctor. c. For households with at least one elderly person above 65 years old, application can be made for the EASE (Direct Application). There is no need to submit a Functional Assessment Report. <p>How to Apply</p> <ul style="list-style-type: none"> a. <u>EASE Direct Application E-Service</u> b. Mobile@HDB Mobile Apps (for Android and iOS) c. Apply at the HDB branch office 	<p>1800 225 5432 Mon-Fri: 8:00am - 5:00pm (excluding public holidays)</p> <p>CPAS parents/guardians who would like to seek referral for a registered physiotherapist/ occupational therapist to complete the Functional Assessment Report (FAR) or client assessment report (CAF), please request by programme.”</p>

Care for Seniors

Service/Programme	Contact
<p><u>Interim Disability Assistance Programme for the Elderly (IDAPE)</u> IDAPE is an assistance scheme set up in 2002 for a group of seniors who were not eligible for ElderShield at the time because they were too old or had pre-existing disabilities. Seniors who develop severe disability and require assistance with at least 3/6 activities of daily living can receive \$150 or \$250 monthly cash payout (depending on their financial circumstances) for up to 72 months.</p>	<p>1800 650 6060 6585 5632 <u>Send enquiries here</u> <u>www.silverpages.sg</u></p>
<p><u>The Pioneer Generation Disability Assistance Scheme</u> Pioneers who have disabilities and require permanent help with at least three of six activities of daily living can receive \$100 every month, which can be used for expenses. Pioneers must be born before 1950 and be a Singapore citizen before 1987.</p>	
<p><u>Seniors' Mobility and Enabling Fund</u> The Senior's Mobility and Enabling Fund helps the elderly with subsidies for the purchase of assistive devices, transport and consumable items. This financial scheme enables them to remain mobile and independent in the community. <u>Click here for details of eligibility and application form</u></p>	

Legal

Legal Knowledge and Information for the Public

Service/Programme	Contact
<p><u>Information on how to handle legal issues by The Pro Bono Services Office of The Law Society of Singapore</u> Refer to the Singapore Pro Bono Society website if you are a Singapore citizen or Permanent Resident living in Singapore and facing a legal issue on a personal matter and have never sought legal advice before, and/or are unable afford a lawyer (investment, business and professional matters are not covered.)</p>	17 Phillip Street #08-00 Grand Building Singapore 048695
<p><u>Legal Knowledge for the General Public - “Know The Law Now”</u> ‘Know the Law Now!’ by the Singapore Law Society describes in laymen’s terms, the commonly encountered areas of the law ranging from the Singapore Court system, to making various civil claims with emphasis for the section on family and matrimonial matters. “Know the Law Now” publication is intended to serve as an easy-to-use, basic introduction to the law in Singapore and an initial reference point on legal issues and where to seek legal help.</p>	

Legal Documents

Service/Programme	Contact
<p><u>Advance Medical Directive</u> An Advance Medical Directive (AMD) is a legal document that you sign in advance to inform the doctor treating you (in the event you become terminally ill and unconscious) that you do not want any extraordinary life-sustaining treatment to be used to prolong your life.</p>	www.moh.gov.sg Speak to your doctor on the AMD.
<p><u>Lasting Power of Attorney</u> The LPA is a legal document which allows a person who is at least 21 years of age (‘donor’), to voluntarily appoint one or more persons (‘donee(s)’) to make decisions and act on his behalf should he lose mental capacity one day. A donee can be appointed to act in the two broad areas of personal welfare and property and affairs matters.</p>	1800-226-6222 (Toll Free) enquiry@publicguardian.gov.sg https://www.publicguardian.gov.sg
<p><u>Assisted Deputvship Application Programme (ADAP) for SPED Schools</u> ADAP helps parents of graduating cohorts in Special Education (SPED) schools apply to Court to be deputies for their child, so that they can continue to make legal decisions for their child after he or she turns 21. The combination of template forms, psychologist reports and legal assistance reduces the cost and simplifies the application process for parents.</p>	Contact your child’s school social worker for more information.
<p><u>Court-Appointed Deputy</u> Parents with ADAP or in the midst of doing the ADAP do not require this legal document. A deputy is appointed by the court to make certain decisions on behalf of a person who lacks mental capacity when the person has not made a Lasting Power of Attorney (LPA) and has no donee to decide on his behalf in respect of those decisions. A deputy can be an individual or a licensed trust company under the Trust Companies Act (Cap.336), as prescribed by the Mental Capacity Regulations. Parents of children with intellectual disability may also apply to court to appoint themselves as deputies for their children and another person as a successor deputy to plan in the event that the parents themselves lose capacity or pass away.</p>	1800-2266-222 (Toll Free) enquiry@publicguardian.gov.sg https://www.publicguardian.gov.sg

Service/Programme	Contact
<p>Will The legal document describes your estate (this refers to money, savings and assets that you have) and its distribution upon a death. For legal advice on the will, speak to a lawyer or make an appointment with a community legal clinic.</p>	<p>www.silverpages.sg Read more about the importance, benefits and consequences of not doing a will.</p>

Legal Advice

Service/Programme	Contact
<p>Community Legal Clinics by The Pro Bono Services Office of the Law Society of Singapore (Free) Please call the community clinic to check the schedule. This is because the community legal clinics are run by volunteers hence the schedule may be subjected to changes. You need to first register. To bring the best out of the 20 minute session, it is important to bring all the necessary documents.</p>	<p>6536 0650 ProBonoServices@lawsoc.org.sg Click here for list of legal clinics</p>
<p>Community Legal Clinics by Various Organisations (Free)</p>	<p>Click here for list of legal clinics</p>
<p>Family Court HELP Centre This is not a legal clinic. The Centre provides basic information on court processes, procedures and practices. It is manned by experienced staff. Services at the centre is free. Law students may be available to assist in filling of forms and referring to research materials.</p>	<p>Family and Juvenile Court Building Level 3 3 Havelock Square Mon-Fri: 8.30am - 12.30pm 2.00 - 5.00pm</p>

Legal Advice, Assistance and Legal Aids

Service/Programme	Contact
<p><u>Legal Aid Bureau</u> Provides legal advice, legal assistance and legal aids (representations by a legal aid lawyer in civil proceedings in the Court of Appeal, the High Court, the District Courts, the Magistrates' Courts, the Syariah Court as well as proceedings under the Women's Chartered).</p>	<p>5 Maxwell Road #07-11 The URA Centre (East Wing) Singapore 069118 Mon-Fri: 8.30am - 5pm To avoid the crowd, members of the public may wish to visit the service centre between 8.30 am to 11.30 am.</p>
<p><u>Public Trustee's Office</u> The Public Trustee administers the estates of deceased persons, where the value of the estate does not exceed \$50,000, as well as compensation in motor accident cases. The Public Trustee also maintains a confidential Wills Registry which acts as a central information centre for all Wills that are drawn up, of which notice has been given to the Public Trustee. For more information on the Public Trustee's Office, please click here.</p>	<p>6785 0004 Friday: 3 - 8pm Tampines Central Community Club</p>
<p><u>LIFE Centre @ North East</u> The centre provides pro-/lo-bono will writing and Lasting Power of Attorney (LPA) Form 1 services to low-mid income residents based on their household income. This programme is only for residents residing in North East CDC. Click here for application form.</p>	<p>6571 0185 to register for both Civil Law (1st and 3rd Mondays) and Muslim Law (3rd Monday only) legal clinics. mscentral@scwo.org.sg</p>
<p><u>Maintenance Support Central by Singapore Council of Women's Organisations</u> The multi-service drop-in centre provides support and assistance for clients who have difficulty receiving spousal and/or child maintenance. Services include: fresh maintenance application, enforcement of maintenance order, credit bureau reporting, counselling and free legal services through community legal clinics.</p>	<p>6571 0185 to register for both Civil Law (1st and 3rd Mondays) and Muslim Law (3rd Monday only) legal clinics. mscentral@scwo.org.sg</p>

Service/Programme	Contact
<p><u>Criminal Legal Aid Scheme (CLAS) by the Law Society of Singapore</u> The Law Society's Criminal Legal Aid Scheme ("CLAS") provides criminal legal assistance to the poor and needy who are unable to afford a lawyer, and are facing charges in a Singapore court for non death-penalty offences under statutes covered by CLAS.</p> <p>Please apply in person at the CLAS Office. For more details about the scheme view the CLAS information pamphlet (in various languages): English, Malay, Mandarin, Tamil</p>	<p>The State Courts of Singapore (Level 5 , office beside Court No. 5) 1 Havelock Square Singapore 059724</p>

Complaints, Disputes and Mediation Services

Service/Programme	Contact
<p><u>Community Mediation Centre (CMC) by Ministry of Law</u> The CMC provides mediation as a dispute resolution service in Singapore. Mediation at the CMC is suitable for disputes between neighbours, family members, friends, co-workers, landlord or tenants, or any other kind of interpersonal relations. Check out the non-exhaustive list of some of the disputes that are mediated at the CMC. Apply for community mediation by calling the hotline or register via Singpass.</p>	<p>1800 2255 529 45 Maxwell Road, #07-11 URA Centre East Wing. Mon - Fri: 8.30am - 5.00pm www.mlaw.gov.sg</p>
<p><u>Consumers Association of Singapore (CASE)</u> CASE is a non-profit, non-governmental organisation protecting consumers interest through information and education, and promoting an environment of fair and ethical trade practices. CASE handles consumer to business disputes and provides alternative consumer dispute resolution process @ CASE Mediation Centre</p>	<p>6100 0315 170 Ghim Moh Road #05-01 Ulu Pandan Community Building Singapore 279621 Mon - Fri: 9 am - 5 pm</p>
<p><u>Eagles Mediation & Counselling Centre (EMCC)</u> EMCC is a non-profit organisation which enables people to effectively manage personal, marital, family and organisational challenges and conflicts. Provides both mediation and psycho-therapy services and is a one-stop centre for relational restoration, wellness.</p>	<p>6788 8220 177 River Valley Road #05-10 (Level M5) Liang Court Singapore 179030 reachus@emcc.org.sg</p>
<p><u>Healthcare Mediation Services by Healthcare Mediation Unit</u> Two neutral and impartial mediators (typically a medical expert and a legal expert) will be appointed by the Singapore Mediation Centre (a subsidiary under the Singapore Academy of Law) to conduct each mediation. The panel of mediators includes retired judges, senior lawyers, professors, medical professionals and counsellors.</p>	<p>6622 3755 1 Maritime Square #11-25 Harbourfront Centre Singapore 099253 Mon - Fri: 9 am - 5 pm mediate@mohh.com.sg</p>

Medical Services

Service/Programme	Services offered	Contact
<p><u>NTUC Health</u> 55 Ubi Ave 1 #08-01 Singapore 408935</p>	<p>Care@home provides a comprehensive range of quality and affordable care services in the comfort and privacy of the home.</p>	<p>6715 6715 care-home@ntuhealth.sg</p>
<p><u>Caring Hearts Nursing</u></p>	<p>Caring Hearts Nursing renders nursing care and an individual care plan. Services are rendered according to the needs of every individual, such as medication and injections.</p>	<p>9048 2919 Send enquiries here</p>
<p><u>Econ Healthcare</u> 20 Jalan Afifi, Certis CISCO Centre II #06-02 Singapore 409179</p>	<p>Econ Homecare offer round-the-clock care in the comfort of your own home that can be catered to your specific needs. It is especially helpful for families who are awaiting the arrival of a domestic helper, or seeking temporary assistance during their time away. They also provide rehabilitation care following surgery or injury.</p>	<p>6226 1188 econ@econhealthcare.com</p>
<p><u>Handicaps Welfare Services</u> 16, Whampoa Drive Singapore 327725</p>	<p>Under this programme, eligible clients can undergo home-based health care, case management, medication management, counselling, therapy, personal and social care, transportation and/or other community based integration services.</p>	<p>6254 3006 hwa@hwa.org.sg</p>
<p><u>Hua Mei Mobile Clinic-Tsao Foundation</u> 298 Tiong Bahru Road #15-01/06 Central Plaza Singapore 168730</p>	<p>The clinic offers primary healthcare for homebound disabled or frail older persons at their homes, to enable them to live at optimal health and remain in the community for as long as possible.</p>	<p>6593 9565 hmmc@tsaofoundation.org</p>
<p><u>Home Nursing Foundation</u> 93 Toa Payoh Central #07-01 Toa Payoh Central Community Building Singapore 319194</p>	<p>HNF delivers comprehensive care programmes that are dedicated to patients, regardless of their income level. From nursing to medical care, to looking after patients' social well-being and other practical daily needs, HNF brings care and support into the homes of those in need.</p>	<p>6854 5555 enquiry@hnf.org.sg</p>

Play & Recreational

Service/Programme

[Inclusive Community Toy Library](#)

The inclusive Community Toy Library offers all children the opportunity to learn and care for each other through play. The toys at the library is also specially selected to cater for children with special needs.

[Check out the various locations](#)

[Inclusive Playgrounds](#)

These playgrounds are built with appropriate physical structures for children with special needs.

Admiralty Park

31 Riverside Road Singapore 730000

Bishan-Ang Mo Kio Inclusive Playground

(NCSS-initiated playground)

Along Bishan Road and Ang Mo Kio Ave 1 Singapore 569981
(10 minutes walk from McDonald's)

Bukit Panjang Inclusive Playground

(a NCSS initiated inclusive playground)

256 Bukit Panjang Road Singapore 670256

Canberra Park (Sembawang)

Sembawang Crescent Singapore 750325

City Square Mall

180 Kitchener Road Singapore 208539

Enabling Village

20 Lengkok Bahru Singapore 159053

Ghim Moh Inclusive Playground

(a NCSS initiated inclusive playground)

7A Ghim Moh Road Singapore 271007

Marine Cove, East Coast Park

Along East Coast Parkway and East Coast Park Service Road

Pasir Ris Park Park Inclusive Playground

(a NCSS initiative)

110 Pasir Ris Rd, Singapore 519113

Our Tampines Hub (Level 2 Sky Terrace)

1 Tampines Avenue Singapore 528523

Tampines Inclusive Playground

(a NCSS initiated inclusive playground)

727 Tampines St 71 Singapore 528523

Tiong Bahru Plaza

302 Tiong Bahru Road Singapore 168732

West Coast Park Inclusive Playground

(a NCSS initiated playground)

71 West Coast Highway Singapore 126844 (next to MacDonald's)

Service/Programme	Address	Contact
<p><u>Let's Play Together' Resource Guide (For Download)</u> 'Let's Play Together!' is a colourful and fun resource guide for caregivers, educators and social service practitioners to teach them to conduct inclusive games and activities for children with and without special needs. It offers ideas and practical suggestions on how to modify a variety of activities for children with different types of disabilities, to suit each child's level of functioning. Jointly developed by National Council of Social Services and Singapore Disability Sports Council</p>		
<p><u>ActiveSG Inclusive Gym</u> Persons with disabilities (PWDs) can now work out at selected ActiveSG gymnasiums equipped with inclusive gym equipment. These specialised machines include various adaptable features, such as removable seats for wheelchair users, and can be used by able-bodied gym goers, PWDs and seniors.</p>	<p>Serangoon ActiveSG Gym 264 Serangoon Central Singapore 550264</p>	<p>6384 9639</p>
	<p>Enabling Village ActiveSG Gym Suitable for wheelchair users, visual impairment, deaf, physical disability, intellectual disability, seniors</p>	<p>6265 1292 Nearest MRT: Redhill MRT</p>
	<p>Heart@Bedok ActiveSG Gym 11, Bedok North Street 1 Singapore 469662</p> <p>Suitable for physical disability, wheelchair users, seniors</p>	<p>6443 5511 Nearest MRT: Bedok MRT</p>
	<p>Toa Payoh ActiveSG Gym 301 Lorong 6 Toa Payoh Singapore 319392</p> <p>Suitable for physical disability, wheelchair users, seniors</p>	<p>6259 4808 Nearest MRT: Toa Payoh MRT</p>
<p>Play-Ability Play-Ability is a recreational sports programme for persons with disabilities (PWDs) that allows PWDs to enjoy sports in a fun and engaging programme</p>		<p>6345 7111 sportcares@sport.gov.sg</p>
<p><u>Learn to Play by Singapore Disability Sports Council</u> Pick up a new sport or hone your skills through this programme. No experience needed. Check out the latest programme offerings and gather your friends!</p>		<p>6342 3564 daphne@sdsc.org.sg</p>
<p><u>ActiveSG</u> A comprehensive range of active studio programmes for all fitness levels is offered for individuals, children and families. <u>Make your bookings online</u> or via the <u>ActiveSG app</u></p>		<p>1800 344 1177</p>

Therapy

Service/Programme	Description	Contact
<u>CPAS Outpatient Therapy</u>	<u>Download Referral Form</u>	6585 5600 65 Pasir Ris Dr 1, Singapore 519529 <u>hqadmin@cpas.org.sg</u>
<u>CPAS Home Management Programme</u>	<u>Download Referral Form</u>	
<u>HWA Rehabilitation Programme</u>		6254 3006 16, Whampoa Drive Singapore 327725 <u>hwa@hwa.org.sg</u>
<u>AWWA CIS</u>		6511 5200 <u>contactus@awwa.org.sg</u>

Therapy for Young Children

Therapy helps children with special needs to better adapt to their environment by equipping them with self-help skills in mobility, play and socialisation. Programmes are available for children with specific disabilities.

Service/Programme	Contact
<u>Care Corner Educational Therapy Service</u>	<u>Download Referral Form</u>
<u>SPD Continuing Therapy Programme</u>	<u>Download Referral Form</u>
<u>THK Children's Therapy Centre</u> 150A Mei Chin Road #02-01 Singapore 140150	6471 4270 <u>ctc@thkmc.org.sg</u>

Home-Based Care Services (HBCS)

Service/Programme	Contact
<u>AWWA Personal Care Service</u> 9 Lorong Napiri Singapore 547531	6511 5255 <u>contactus@awwa.org.sg</u>
<u>MINDS Home Based Care Service</u> 800 Margaret Drive Singapore 149310	6547 8502 <u>hbcsc@minds.org.sg</u>

Transport

Transport Schemes for Needy Households

Service/Programme	Application
<p>Public Transport Vouchers by Ministry of Transport Vouchers worth \$30 per household to help needy families cope with adjustments to public transport fares from 29 December 2018. Eligible households will have to meet the same income criteria as Comcare with an income of \$1,900 or below or on a per capita income of not more than \$650. Households requiring more vouchers may request from their CC</p>	<p>Please apply through Community Centres or Community Clubs (CC).</p> <p>Application period: 12 November 2018 to 31 October 2019</p>
<p><u>Workfare Transport Concession Card</u> The Workfare Transport Concession Card is a personalised card for Workfare Income Supplement (WIS) recipients below 60 years old. With this card, commuters get to enjoy 15% or more discount off adult fares. This is suitable for caregivers who receive Workfare Income Supplement (WIS) payments.</p>	<p>i. Apply at the TransitLink Office with your NRIC and your passport size photograph ii. Apply Online <u>or</u> iii. Download TransitLink Mobile Services app to complete the relevant online application form, and submit their photograph and copy of NRIC.</p>

Medical Transport Services/ Escort Services Scheme by the Agency of Integrated Care (AIC)

Service/Programme
<p>The scheme provides specialised transport services to help seniors/persons on wheelchairs to get from their homes to medical appointments/treatments and back. For eligible clients, the service will cost approximately between \$62 and \$90 per round trip (before subsidies). Subsidies are available depending on the means-test result.</p> <p>For persons with disabilities below age 55, the eligibility is based on case by case basis.</p> <p>How to apply:</p> <p>Step 1: Obtain obtain the doctor's referral using the AIC Referral Form (Community Services). Any SMC registered doctor may complete the form.</p> <p>Step 2: Submit completed form (Sections A to G and L are mandatory) via</p> <ul style="list-style-type: none"> i) the doctor at the polyclinic OR ii) the doctor at restructured hospitals OR iii) via AICareLink OR iv) email to enquiries@aic.sg <p>AIC will refer the application to a service provider. For a complete list of service providers, refer here.</p> <ul style="list-style-type: none"> i. Choose medical transport and medical escort service) and ii. Search by address/ service providers

Transport Schemes for Persons with Disabilities/ Caregivers

Service/Programme	Application
<p><u>Public Transport Concession Scheme for Persons with Disabilities</u> The concession card for persons with disabilities offers concessionary rates of 25% or more for travel on public transport: Automatically eligible applicants can submit their application directly through TransitLink website. For those who are <u>not</u> automatically eligible, please apply through SG Enable, which will assess the eligibility of the applicant and apply for the concession card on behalf of the PWD.</p>	1800 858 5885 www.sgenable.sg
<p><u>Car Park Label Schemes for the Disabled</u> Vehicles that display the car park label can be parked at accessible lots to allow drivers and passengers with physical disabilities to embark or disembark safely. a) For drivers with disabilities b) For passengers with disabilities</p>	i. Apply online via singpass <u>or</u> ii. Download application form at SG Enable and email to carparklabels@sgenable.sg

Transport for Leisure/Education/ Ambulance Transport

The vehicles are equipped to transport persons on wheelchair
 Services for those who are eligible and not eligible for subsidies

Service/Programme	Contact
<p><u>Dial-A-Ride by Handicapped Welfare Association (HWA)</u> For those who require dedicated transport for medical consultations, rehabilitation sessions, enrichment/educational lessons and/or social and recreational activities. The service is limited to the central region.</p>	6254 3006 ext. 205/201
<p><u>TransportAid by Singapore Red Cross</u> Provides two types of medical transport services: i) non-emergency ambulance which provides stretcher service equipped with oxygen and medical equipment. ii) vehicles equipped to transport passengers using walking aids, wheelchairs</p>	6337 3333 transportaid@redcross.sg https://www.redcross.sg
<p><u>Dedicated North East Ambulance</u> This subsidised ambulance transport service is provided for needy residents above 55 years old who are wheelchair or bed bound to attend their scheduled medical or dialysis appointments. This service is only for residents of North-East CDC.</p>	6424 4000 northeast_cdc@pa.gov.sg Click here to use the CDC Locator to check which district you belong to.

Respite Care

Various respite care services available gives the caregiver the opportunity to take a break from the responsibility of caregiving.

These temporary hourly respite services are suitable for primary caregivers who need to take a break from the responsibility of caregiving or needs to be away for a few hours. Prices of services average at \$22 per hour (on weekdays) before means-test subsidy. If you require financial assistance for the service, please speak to your social worker or medical social worker in the hospital or polyclinic.

1a) Home Based Respite Services for Persons with Disabilities (above 16)

Service/Programme	Contact
<p><u>ABLE Home Based Respite Service</u></p> <p>i) Regular Home-Based Service A nurse would go into the homes to care for the recipients.</p> <p>ii) Emergency Home-Based Service This service allows the caregiver who is suddenly taken ill to recuperate while a healthcare professional attends to the bed-bound care recipient. A Person-2-Person (P2P) befriending programme is included in this service.</p> <p><u>Apply with this application form.</u></p>	<p>6801 7460 7A Lorong 8 Toa Payoh, #02-0 Agape Village Singapore 319264 www.able-sg.org</p>
<p><u>NTUC Health Care@Home</u></p> <p>Care@home provides a comprehensive range of quality and affordable care services delivered by their team of doctors, nurses, physiotherapists, occupational therapists and trained caregivers in the comfort and privacy of your own home. A trained Care Associate will be deployed to your home to assist your loved ones. Services include:</p> <p>i) Companionship and recreational activities ii) Grocery shopping iii) Medical escort iv) Mentally stimulating activities (For seniors with dementia) v) Personal hygiene (showering / Bed Bath) vii) Physical maintenance exercises</p>	<p>6715 6715 55 Ubi Avenue 1 #08-01 Singapore 408935 care-home@ntuhealth.sg</p>
<p><u>MINDS Customised Respite Care</u></p> <p>Staff/volunteer(s) will engage the client in simple activities (e.g. table top activities) while the caregiver takes a break from caregiving either at home or outside of their house. There will be no training/ provision of activities of daily living, but basic assistance in toileting (e.g. reminders to use the toilet) can be provided during those 2 to 4 hours. Flat fee of \$25/hour, minimum of 2 hours , maximum of 4 hours</p>	<p>6547 8502 mtc@minds.org.sg</p>

1b) Home Based Respite Services For Elder Persons (Above 55)

Service/Programme
<p>Home Personal Care by AIC</p> <p>With the AIC Referral Form, apply through the doctor familiar with the care recipient's condition(s) <u>or</u> doctors at polyclinics of the care recipient. Submit at AICareLinks.</p>

2) Centre-Based Weekend Respite Services for Persons Above 55 / with Dementia

Service/Programme

List of Participating Day Care Centres

Submit the [application](#) directly via email, post or hand-delivered to your preferred provider, at least 5 days before requested admission date.

3) Short Term Residential Stay

Service/Programme

Short-term respite care can also be provided for adults with disabilities whose caregivers are temporarily unable to provide care for them for various reasons such as :

- i. their domestic helpers are away for home leave
- ii. the family members may need to travel and it is difficult to travel with their loved ones with disabilities
- iii. caregivers are ill, require medical treatment (such as surgery, chemotherapy, kidney dialysis, etc) or long periods of hospitalisation

These homes aim to maximise the abilities of adults with disabilities through a host of recreational and training activities as well as the required therapies.

Please refer to the section on “Adults Disability Programmes (Residential)” for the list of residential homes.

Approach a case/social worker to apply via SG Enable

Other Schemes for Persons with Disabilities

Service/Programme

Developmental Disability Registry (DDR)

The information on the Developmental Disability Registry (DDR) identity (ID) card will help members of the public identify and extend appropriate assistance to persons with disabilities, hence giving caregivers a better peace of mind. The DDR ID card also offers a benefits scheme which provides cardholders discounted rates for services and access to various facilities.

Please contact your programme administrator/teacher to apply for the card.

Helplines and Useful Numbers

Financial Helplines

Service/Programme	Description	Operating Hours	Contact
SG Enable	Information and referral services for persons with disabilities (children and adults)	Mon to Fri: 8.30am – 6pm Sat: 8.30am to 12.30pm	1800 858 5885
CHAS Helpline	The Community Health Assist Scheme (CHAS) enables Singapore Citizens from lower and middle-income households to receive subsidies for medical and dental care at participating General Practitioners (GPs) and dental clinics near their home.	Mon to Fri: 8.30am to 6pm (excluding Public Holidays)	1800 275 2427
ComCare Call	For information on the ComCare Assistance available	Daily 7am - midnight	1800 222 0000

Counselling Helplines

Service/Programme	Description	Operating Hours	Contact
eC2.sg by Fei Yue Community Services	eC2 is an online facility for youths aged 13-25 years old to chat one-on-one with a professional counsellor about the issues they are facing in life.	Mon to Fri: 2 - 5.30 pm	6787 1125
Hotline Counselling Services (Mandarin) by Care Corner Counselling Centre	Manned by trained volunteers, Mandarin-speaking callers can share their problems in total anonymity and strict confidentiality.	Daily 10am - 10pm (closed on public holidays)	1800 353 5800 6353 1180
The Seniors Hotline by SAGE Counselling Centre	Toll free National Helpline for any person aged 50 years and above to call in or anyone who wants to enquire or talk about issues related to older persons.	Mon to Fri: 9am - 7pm Saturday: 9am - 1pm	1800 555 5555
Sinda's Family Service Centre	For Indian families in need of assistance or counselling.	Mon to Fri: 8.30am - 6pm	1800 295 4554
Samaritans of Singapore (SOS)	For people in crisis, thinking of suicide or affected by suicide.	24 hours	1800 221 4444
Tinkle Friend by Singapore Children's Society	Tinkle Friend is a national toll free help line and chat line for all primary-school-aged children	Mon to Fri: 9.30am - 11.30am 2.30pm - 5pm	1800 274 4788
Yuan Yuan Helpline by Shanyou Counselling Centre	Mandarin counseling services for callers facing unexpected challenges in their lives or who may just need a listening ear.	Mon to Fri: 12 pm to 6 pm Saturday: 1 pm - 5 pm	6741 0078

Service/Programme	Description	Operating Hours	Contact
Women's Helpline by AWARE (Association of Women for Action & Research)	Phone support in English/Mandarin/Malay/Tamil for callers with concerns to offer empathy, support, information and encouragement if you need assistance. You can also make an appointment to speak to a counsellor or lawyer.	Mon to Fri: 3 - 9.30pm	1800 774 5935
Sexual Assault Helpline by The Sexual Assault Care Centre (SACC) at AWARE	Sexual assault (including rape) can be highly traumatic. Call to speak to a trained volunteer and receive support through the phone. You can also make an appointment to speak to a social worker, counsellor, lawyer or ask for a befriender to accompany you to the police station, courts or hospital. All calls to and cases at the SACC are kept strictly confidential.	Mon to Fri: 10am - midnight	6779 0282

Psychiatric Helplines

Service/Programme	Description	Operating Hours	Contact
YouthReach Centre, Singapore Association of Mental Health (SAMH)	Mental health support through psychosocial recovery programme for children and youths with mental health issues (diagnosed and non-diagnosed) below 18	Mon to Fri: 10am - 5pm	6593 6420 6593 6424
Singapore Association for Mental Health (SAMH)	For people with psychological, psychiatric or social problems and others who need information for such persons	Mon to Fri: 9am - 6pm	1800 283 7019
IMH Helpline	For psychiatric emergencies	24 hours	6389 2222
Aged Psychiatry Psychogeriatric Programme	Only for residence living within Northeast and Southeast CDC District to conduct on-site mental health assessment and intervention of older persons in the community	Mon to Fri: 8am - 5.30pm	6389 2175

Legal Helplines

Service/Programme	Description	Operating Hours	Contact
Legal Aid Bureau	For low-income persons requiring legal assistance	Mon to Fri: 8.30am - 5pm Saturday 8.30am - 12pm	1800 225 5529
Singapore Association of Women Lawyers	For members of public requiring free legal counselling. Please call Singapore Council of Women Organisation (SCWO) to check if you are eligible for the free legal consultation.	1st and 3rd Mondays of every month: 6.30pm - 8pm	6837 0611

Home Modification

Service/Programme	Contact
The ABLE Studio	6602 2253
Handicaps Welfare Association (Head Office)	6254 3006
TOUCH Home Care	6258 6797
HDB EASE	1800 933 2990

Useful Helplines

Service/Programme	Contact
Ambulance (non-emergency)	1777
Alexandra Hospital	995
Caregivers Alliance Limited	6472 2000
CDAC	6788 8833
Changi General Hospital	6555 8000
Civil Defence (Fire / Emergency Ambulance)	6225 5554
Eurasian Association	6779 5555
Khoo Teck Puat Hospital	6716 2000
KK Women's and Children's Hospital	6222 3322
MUIS	6256 6011
National University Hospital	1800 555 5555
Ng Teng Fong General Hospital	1800 221 4444
SAGE Helpline for Seniors	6359 1199
Samaritans of Singapore (SOS)	6841 4889
SINDA	1800 295 3333
Singapore General Hospital	6447 1578
Tan Tock Seng Hospital	6753 6578
Woodbridge Hospital (Institute of Mental Health)	6389 2000

This CPAS Caregivers Resource Guide is
compiled by the Social Work Department.

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