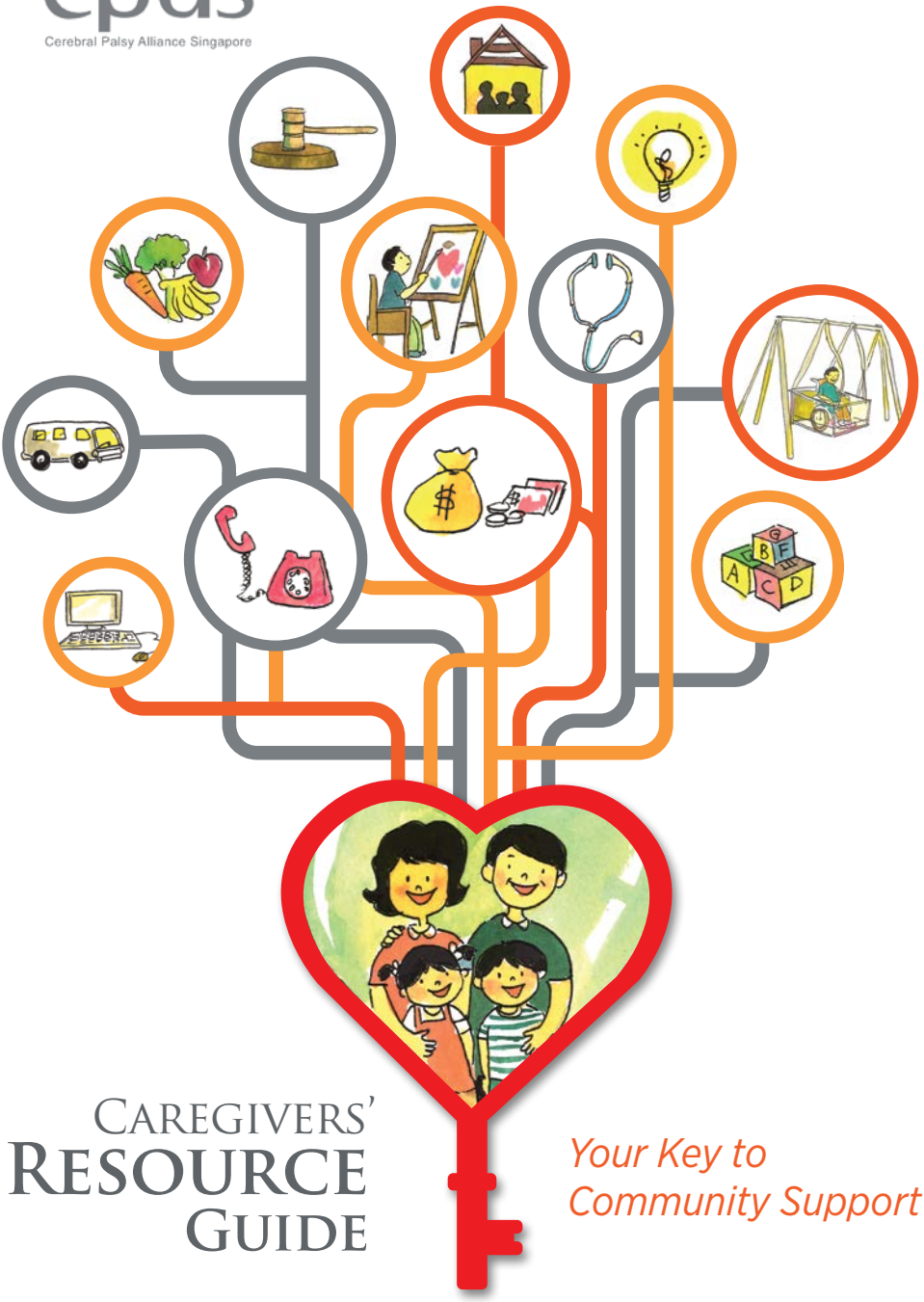
cpas
Cerebral Palsy Alliance Singapore



Caregivers' Resource Guide

Your Key to Community Support

Preface

Dear Caregivers

Based on the feedback from the Survey on Resource Guide for Caregivers in May 2018, Social Work Department has developed a resource guide for CPAS caregivers to enhance their access to resources in the community.

We are grateful to the *Lee Foundation* who has made the publication of CPAS Caregivers' Resource Guide possible with their kind and generous sponsorship.

We encourage caregivers to browse through the different sections of the guide as you search for suitable services for your loved ones. Let this CPAS Caregivers' Resource guide be your ***key to community support***.

Do let us have your feedback on the resources that are useful to you and the areas which you would like us to improve on. 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 understand that caregiving for your loved ones with special needs is never easy, as it is a lifelong commitment that comes with challenges and discoveries. There will be periods of tough days but never allow these challenges to defeat you. There is something good in each day and a silver lining in every cloud.

Lastly, be assured that you are never alone in this journey. We wish you good health, strength and joy as you become the sunshine for your loved ones.

Shelly Loh
Head of Social Work Department

> Life challenges are not supposed to paralyse you,
> they are supposed to help you discover who you are.
>
> *Bernice Johnson Reagon*

Artist Profile



Ang Wei Lun is our artist from CPAS - Goodwill, Rehabilitation, Occupational Workshop (GROW). Wei Lun is deaf and ambulates with his crutches. But we want to celebrate his abilities and talents. Wei Lun has creatively drawn and painted the icons and family portrait. Wei Lun has played an important role in the design of CPAS Caregivers' Resource Guide.

Wei Lun is a dreamer and his vivid imagination is expressed in his colourful whimsical drawings. He enjoys reading and stargazing too. Hoping to reach for the skies quite literally, his greatest dream is to visit the moon one day.

Contents

05 Adult Disability Programmes
13 Befriending Programmes
14 Caregiver Support
15 Children Services
19 Employment
20 Financial Schemes
26 Legal
30 Medical Services
31 Nutrition
32 Play & Recreational
35 Therapy
37 Transport
39 Respite Care
41 Other Schemes for Persons with Disabilities
41 Helplines and Useful Numbers



Adult Disability Programmes (Full Time)

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

Service/Programme	Primary Service Group	Contact
Bishan Home Day Activity Centre 6 Bishan Street 13 Singapore 579798	Intellectual Disability (IQ below 70)	6353 3515 (ext 102) peggy_chia@bishanhome.org.sg www.bishanhome.org.sg
Bizlink Day Activity 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 Day Activity Centre (DAC) 65 Pasir Ris Drive 1 Singapore 519529	Physical Disability Multiple Disabilities	6585 5643 betty_tse@cpas.org.sg www.cpas.org.sg
Eden Centre for Adults @ Clementi Blk 351 Clementi Avenue 2 #01-57 Singapore 120351	Autism Spectrum Disorder	6873 0063 sarayanan@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 Street 41 #01-311 Singapore 520414	**Primary Diagnosis** Intellectual Disability (IQ <70) **Secondary Diagnosis** Other Disabilities (case-by-case)	6787 3200 ksteven@coh.org.sg http://coh.org.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 Avenue 8 #01-130 Singapore 530627	**Primary Diagnosis** Intellectual Disability **Secondary Diagnosis** Other Disabilities (case-by-case)	6385 2913 kookila@metta.org.sg www.metta.org.sg

Service/Programme	Primary Service Group	Contact
Metta Home Centre @ Woodlands 2 Woodlands Street 31 Singapore 738580	**Primary Diagnosis** Intellectual Disability **Secondary Diagnosis** Other Disabilities (case-by-case)	6365 7666 nandana@metta.org.sg www.metta.org.sg
MINDS Ang Mo Kio Training & Development Centre Blk 134 Ang Mo Kio Avenue 3 #01-1677 Singapore 560134	**Primary Diagnosis** Intellectual Disability **Secondary Diagnosis** Other Disabilities (case-by-case)	6456 4174 linjiayong.atdc@minds.org.sg www.minds.org.sg/ATDC
MINDS Clementi Training & Development Centre Blk 304 Clementi Avenue 4 #01-487 Singapore 120304		6776 8743 manijos.ctdc@minds.org.sg www.minds.org.sg/CTDC
MINDS Eunos Training & Development Centre 11 Jalan Ubi Block 3 #01-21 Singapore 409074		6547 8501 donnachia.etdc@minds.org.sg www.minds.org.sg/ETDC
MINDS Faber Training & Development Centre Blk 207 Clementi Avenue 6 #02-01 Singapore 120207		6873 1564 shafiyah.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 Avenue 4 #01-507 Singapore 760652		6257 1165 dorothyng.ytdc@minds.org.sg www.minds.org.sg/YTDC
Red Cross Home Day Activity Centre for the Disabled Blk 536 Jurong West Street 52 #01-497 Singapore 640536	**Primary Diagnosis** Physical Disability **Secondary Diagnosis** Other Disabilities (case-by-case)	6262 4062 fara.roslan@redcross.sg www.redcross.sg

Adult Disability Programmes (Full Time) - Day Activity Centres (DAC)

Service/Programme	Primary Service Group	Contact
The Singapore Cheshire Home Day Care Centre 159 Serangoon Garden Way Singapore 556056	**Primary Diagnosis** Physical Disability **Secondary Disability** Other Disabilities (case-by-case)	6284 0966 rena.lee@cheshirehome.org.sg www.cheshirehome.org.sg
SPD Centre 2 Peng Nguan Street SPD Ability Centre Singapore 168955	**Primary Diagnosis** Physical & Multiple Disabilities **Secondary Diagnosis** Intellectual Disability Cerebral Palsy	6579 0730 / 6579 0763 lim_poh_poh@spd.org.sg maureen_lee@spd.org.sg www.spd.org.sg
St. Andrew's Adult Autism Services Centre 1 Elliot Road Singapore 458686	**Primary Diagnosis** Autism Spectrum Disorder **Secondary Diagnosis** Multiple Disabilities (case-by-case)	6517 3835 admissions@saac.org.sg www.saac.org.sg
Blue Cross Thong Kheng ASD Day Activity Centre 600 Upper Thomson Road Blk C #03-21 Upper Thomson Community Hub Singapore 574421	**Primary Diagnosis** Autism Spectrum Disorder	6265 2878 steffantan@thongkheng.org.sg www.thongkheng.org.sg
SUN-DAC (Bedok South) Blk 39 Bedok South #01-719 Singapore 460039	**Primary Diagnosis** Intellectual Disability (IQ below 70) **Secondary Diagnosis** Physical Disabiliity, Autism Spectrum Disorder, Developmental Disability, and Other Disabilities (case-by-case)	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		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 Avenue 1 Singapore 609791	**Primary Diagnosis** Intellectual Disability (IQ below 70) **Secondary Diagnosis** Other Disabilities (case-by-case)	6560 2022 steventan@thongkheng.org.sg www.thongkheng.org.sg

Service/Programme	Primary Service Group	Contact
THK Centre @Chai Chee 2 Chai Chee Lane Singapore 469030	**Primary Diagnosis** Intellectual Disability (IQ below 70) **Secondary Diagnosis** 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	**Primary Diagnosis** Autism Spectrum Disorder **Secondary Diagnosis** 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 Avenue 1 #01-989 Singapore 400352	**Primary Diagnosis** Intellectual Disability (Mild-Moderate) Required to be ADL independent	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		6251 4535 waileng.kho@touch.org.sg www.touch.org.sg



Adult Disability Programmes (Full Time)

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

Centres	Primary Service Group	Contact
APSN Centre for Adults 11 Jalan Ubi Blk 4 #01-31 Kembangan Chai-Chee Community Hub Singapore 409074	**Primary Diagnosis** Intellectual Disability (IQ between 50-70) **Other Information** Independent travellers required	6346 2425 cfa_admin@apsn.org.sg www.apsn.org.sg
Bizlink Sheltered Workshop 512 Chai Chee Lane #01-09 Singapore 469028	**Primary Diagnosis** Intellectual Disability (IQ between 50-70) Physical Disability Cerebral Palsy **Secondary Diagnosis** Sensory Disability	6449 5652 sophia@bizlink.org.sg / jacqueline@bizlink.org.sg www.bizlink.org.sg
CPAS- Goodwill, Rehabilitation and Occupational Workshop (GROW) 65 Pasir Ris Drive 1 Singapore 519529	**Primary Diagnosis** Physical Disability **Secondary Diagnosis** Intellectual Disability, Autism Spectrum Disorder (Mild)	6585 5643 simon_low@cpas.org.sg www.cpas.org.sg
MINDS Idea Employment Development Centre 29 Rosyth Road Singapore 546190	**Primary Diagnosis** Intellectual Disability **Secondary Diagnosis** Autism Spectrum Disorder (Mild) Epilepsy (Mild) Cerebral Palsy (Mild) Partial Hearing Impairment	6282 4852 derricktan.iedc@minds.org.sg www.minds.org.sg
MINDS Woodlands Employment Development Centre 30 Woodlands Ring Road #01-02 Singapore 737883		6366 3966 prem.wedc@minds.org.sg www.minds.org.sg
SIA-MINDS Employment Development Centre 800 Margaret Drive Singapore 149310		6473 1148 premaT.smedc@minds.org.sg www.minds.org.sg
SPD Sheltered Workshop 2 Peng Nguan Street SPD Ability Centre Singapore 168955	**Primary Diagnosis** Physical Disabilities Intellectual & Developmental Disability (Mild) **Secondary Diagnosis** Cerebral Palsy Partial hearing Visual Impairment Epilepsy	6579 0719 tanner_tan@spd.org.sg www.spd.org.sg
THK Pan-Disability Centre @ Eunos Blk 3 Eunos Cresent #01-2577 Singapore 400003	**Primary Diagnosis** Autism Spectrum Disorder Intellectual Disability Other disability conditions are welcome, as long as applicants are assessed suitable for sheltered workshop	6846 1171 tangrace@thkmc.org.sg www.thkmc.org.sg

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 Day Activity Centres (DACs). These services also provide a form of respite to caregivers.

Service/Programme	Primary Service Group	Contact
Me Too ! Club (MTC) by MINDS A programme that enhances the social integration of people with intellectual disabilities (PWIDs) through leisure and befriending activities.	Intellectual Disability	6547 8502 mtc@minds.org.sg www.minds.org.sg
THK Disability Drop-in 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: **SAC@AMK645** Blk 645 Ang Mo Kio Avenue 6 #01-4937 Singapore 560645 **Bedok Radiance SAC** Blk 12 Bedok South Avenue 2 #01-610 Singapore 460012 **Macpherson SAC** Blk 90 Pipit Road #01-103 Singapore 370090 **Telok Blangah SAC** Blk 3 Telok Blangah Crescent #01-504 Singapore 090003	Intellectual Disability	6745 6696 kana@thkmc.org.sg www.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
AWWA Home Personal Care Service (HPCS) AWWA HPCS provides them with personal care services within their homes island-wide	Age 16 and above who • Have physical disabilities, sensory processing disabilities, intellectual disabilities • Require ADL/ IADL assistance Have a combination of diagnoses that are medically certified	6511 5252 www.awwa.org.sg
MINDS Home-Based Care Services (HBCS) 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.	Intellectual Disability (IQ Below 70)	6547 8502 hbcs@minds.org.sg www.minds.org.sg

Residential Services

Adult Disability Hostels (AD Hostel) provide alternative care for adults with disabilties who do not require instituitional care.

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

Residential Services

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

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

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



Befriending Programmes

Service/Programme	Description	Contact
Friends of the Disabled Society	Provides • Home Visitation programme - the volunteers make regular befriending home visits to the disabled, especially those with severe disabilities and homebound. • Skills Enrichment programme	6251 1203 contact@fds.org.sg www.fds.org.sg
ElderAid by Singapore Red Cross	A befriending and wellness programme that reduces vulnerability and enhances resilience.	6664 0500 enquiry@redcross.sg www.redcross.sg
Shan You Befriending Service	Serving 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.	6741 9293 shanyou@shanyou.org.sg www.shanyou.org.sg

> Worry never robs tomorrow of its sorrow, it only saps today of its joy.
>
> *Leo Buscaglia*



Caregiver Support

Service/Programme	Description	Contact
CPAS Parents Room **CPAS Parents Support Group**	Opens every Wednesday: 9am to 12pm, 1pm to 4pm Respite activities are held every Wednesday for parents. Please contact the Social Work Department for details.	6585 5584 www.cpas.org.sg
Caregivers Alliance Limited (CAL)	A non-profit organisation dedicated to meeting the needs of caregivers of persons with mental health issues through education, support networks, crisis support, tailored services and self-care enablement.	6388 8631 Monday to Friday 9am – 6pm general@cal.org.sg www.cal.org.sg
Club Rainbow Singapore	• Helps caregivers cope by providing a wide range of home-based and support services Refer to Play and Recreational section for more details.	6377 1789 contact@clubrainbow.org www.clubrainbow.org
Caregiving Welfare Association (CWA)	• Direct eldercare services to help seniors age better • Focus on support and inculcating responsible and knowledgeable caregivers	6466 7957 www.cwa.org.sg
Enabling Village - Caregiver Pod	• Multi-functional space for caregivers to organise peer support sessions and get-togethers	caregivers@sgenable.sg www.enablingvillage.sg
Rare Disorders Society (Singapore)	A charity that supports and accepts all patients current diagnosed with rare diseases including those undiagnosed conditions.	6402 2898 contact@rdss.org.sg www.rdss.org.sg
SPARK	Society for the Promotion of Attention-Deficit Hyperactivity Disorder Research & Knowledge (SPARK) is an independent, voluntary and non-profit organisation set up to • create public awareness of Attention-Deficit Hyperactivity Disorder (ADHD) • help families with ADHD children cope better with the disorder • promote the understanding and research on ADHD	6467 2329 Monday to Friday 8pm – 10pm SPARK_Singapore@yahoogroups.com www.spark.org.sg



Children Services

The resources in this section provides information on various post-EIPIC 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
CPAS School 65 Pasir Ris Drive 1 Singapore 519529	Multiple Disabilities	6585 5600 hqadmin@cpas.org.sg www.cpas.org.sg
APSN Chaoyang School 10 Ang Mo Kio Street 54 Singapore 569184	Mild ID including ASD	6479 6252 hq@apsn.org.sg www.apsn.org.sg
APSN Katong School 900 New Upper Changi Road Singapore 467354	Mild ID including ASD	
APSN Tanglin School 143 Alexandra Road Singapore 159924	Students 13-17 years with Mild ID including ASD	
APSN Delta Senior School 3 Choa Chu Kang Grove Singapore 688237	Students 17-21 years with Mild ID including ASD	
AWWA School No. 11 Lorong Napiri Singapore 547532	(Multiple Disabilities and ASD)	6511 5280 school@awwa.org.sg www.awwa.org.sg
Canossian School 1 Sallim Road Singapore 387621	Hearing Loss	6749 8971 admin@canossian.edu.sg www.canossian.edu.sg
Eden School 101 Bukit Batok West Avenue 3 Singapore 659168	For Students with ASD	6265 7400 enquiry@edenschool.edu.sg www.edenschool.edu.sg
Grace Orchard School 6A Jurong West Street 52 Singapore 649297	(Mild ID including Students with ASD)	6561 9128 info@go.edu.sg www.go.edu.sg
Lighthouse School 51 Toa Payoh Rise Singapore 298106	Visually or Hearing Impaired	6250 3755 lighthouse@lighthouse.edu.sg www.lighthouse.edu.sg

Children Services

Children Services - Ministry of Education SPED Schools

SPED School	Primary Service Group	Contact
Pathlight School 5 Ang Mo Kio Avenue 10 Singapore 569739	(ASD Mainstream Education)	6459 9951 www.pathlight.org.sg/about-us/contact-us
Metta School 30 Simei Street 1 Singapore 529949	(Mild ID including Students with ASD)	6788 5800 enquiry@mettaschool.edu.sg www.mettaschool.edu.sg
MINDS- Fernvale Gardens School 7 Fernvale Road Singapore 797635	(Moderate to Severe ID including Students with ASD)	6481 6697 fgs@minds.org.sg www.minds.org.sg
MINDS - Lee Kong Chian Gardens 802 Margaret Drive Singapore 149311		6473 8332 lgs@minds.org.sg www.minds.org.sg
MINDS - Towner Gardens School 1B, Lengkong Lima Singapore 417557		6446 2612 tgs@minds.org.sg www.minds.org.sg
MINDS - Woodlands Gardens School 30 Woodlands Ring Road #01-01 Singapore 737883		6468 0566 wgs@minds.org.sg www.minds.org.sg
Rainbow Centre - Margaret Drive 501 Margaret Drive Singapore 149306	Multiple Disabilities and ASD	6472 7077 rcmds@rainbowcentre.org.sg www.rainbowcentre.org.sg
Rainbow Centre - Yishun Park 15 Yishun Street 61 Singapore 768548	Multiple Disabilities and ASD	6482 2592 rcyps@rainbowcentre.org.sg www.rainbowcentre.org.sg
Rainbow Centre - Woodlands 11 Marsiling Lane Singapore 739148	Students with ASD	6817 9300 rcwoodlands@rainbowcentre.org.sg www.rainbowcentre.org.sg
St Andrew's Autism School 1 Elliot Road Singapore 458686	ASD	6517 3800 enquiry@saac.org.sg www.saac.org.sg

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

Children Disability Homes	Contact
Chen Su Lan Methodist Children's Home 202 Serangoon Garden Way Singapore 556057	6713 9160 mingsze@cslmch.org.sg www.cslmch.org.sg
MINDSville@Napiri - Children's Wing 7 Lorong Napiri Singapore 547533	6387 7662 ext. 209 suririnah.mv@minds.org.sg www.minds.org.sg
Red Cross Home for the Disabled – Children's Disability Home 8 Lengkok Bahru, #04-01 Family Link @ Lengkok Bahru Singapore 159052	6762 1029 guoxing.lee@redcross.sg www.redcross.sg
THK Home for Disabled Children @ Eunos 20 Jalan Eunos Singapore 419494	6745 9926 eunicetan@thkmc.org.sg www.thkmc.org.sg

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
AWWA Special Student Care Centre 9 Lorong Napiri Singapore 547531	6511 5262 sujatha@awwa.org.sg www.awwa.org.sg
APSN Student Care Centre 10 Ang Mo Kio Street 54 Singapore 569184	6456 6922 vincent.joseph@apsn.org.sg www.apsn.org.sg
OOSH-Rainbow Centre Special Student Care Centre 501 Margaret Drive Singapore 149306	6817 9464 oosh@rainbowcentre.org.sg www.rainbowcentre.org.sg

Children Services

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

Service	Address	Contact
Child Guidance Clinics (CGCs) 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	**Child Guidance Clinic IMH Institute of Mental Health** Buangkok Green Medical Park, 10 Buangkok View Sunrise Wing, Blk 3 Basement 1 Singapore 539747 **HPB Health Promotion Board** 3 Second Hospital Avenue #03-01 Singapore 168937	6389 2000 6389 2222 (24 hours) www.imh.com.sg www.healthhub.sg/directory/14/57194/child-guidance-clinic
Psychological Services Unit (PSU) PSU helps clients with psychological health problems and behavioural problems to manage life stressors. A wide range of diagnostic and psychometric assessments are offered.	**AMKFSC Community Services** 223D Compassvale Walk #01-673 Singapore 544223	6312 8100 psureferral@amkfsc.org.sg www.amkfsc.org.sg

> Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.
>
> *Christopher Robin to Pooh bear – A.A.Milne*

Employment

Employment for Persons with Disabilities (PWDs)

Service/Programme	Contact
SG Enable Disability Employment Persons with disabilities can check out employment opportunities, training programmes and seek employment assistance.	1800 8585 885 https://employment.sgenable.sg/
ALIVE by Very Special Arts Offers lifelong learning and career opportunities for people with disabilities, as well as equipping them with the skills and confidence that enable them to find employment and independence. Activities include a) VSA Annual Art Exhibitions b) Corporate Commissions c) Vocational Arts Training	6804 9431 general@vsa.org.sg www.vsa.org.sg
Singapore Association For The Deaf SADeaf Job Support aims to • place, guide and maintain people with hearing loss into open employment with deaf friendly employers • provide job support to employers to tap on potential employees from the Deaf community • provide custodian care support to both the employers as well as the Deaf employees	6344 8274 info@sadeaf.org.sg www.sadeaf.org.sg
TOUCH Silent Club • Provides job support to employers and matches suitable jobs for members • Provides a community of friendship and support to Deaf persons of all ages • Organises parent support groups for parents with Deaf children (aged 16 and below)	6251 4633 WhatApp/SMS: +65 9769 4403 silent.club@touch.org.sg www.touch.org.sg



Financial Schemes

Cash/Vouchers Assistance

Service/Programme	Contact
CDAC – SFCCA Hardship Assistance Fund • Provides short-term hardship grants (ranging 3 to 12 months) • Assistance will be assessed and determined on a case-by-case basis	6603 5599 family@cdac.org.sg www.cdac.org.sg
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.	1800 222 0000 comcare@msf.gov.sg www.msf.gov.sg
Majlis Ugama Islam Singapura (MUIS) Provides financial assistance by disbursing Zakat (tithe).	6359 1112/1115 www.muis.gov.sg
North West CDC Help Schemes a) North West Food Aid Fund b) North West Utilities Assistance c) Emergency Relief Fund	6248 5566 Northwest_CDC@pa.gov.sg www.northwestcdc.org.sg
The Straits Times School Pocket Money Fund Provides pocket money for children from low-income families. This scheme is for a) Primary, Secondary School and SPED School Students b) Post Secondary Students (ITE, Junior College and Polytechnics) The scheme can be applied at a) Participating Schools b) Agencies If the school your child attends is not in the list of participating schools, please refer to the list of agencies whom your child may apply with.	email@spmf.org.sg www.spmf.org.sg/
South West CDC Help Schemes 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	6316 1616 southwest_cdc@pa.gov.sg www.southwestcdc.org.sg



Computing and Digital Access Assistance Schemes

Service/Programme	Contact
Home Access Programme by IMDA Provides eligible households with 2 years of subsidised fibre broadband connectivity and an option to own a tablet. • Household is not a current beneficiary of NEU PC Plus or Home Access; AND • Does not have any school-going children	6377 3800 info@imda.gov.sg www.imda.gov.sg/ha
NEU Plus Programe by IMDA 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. 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 and mail to **Society for the Physically Disabled (SPD)** **2 Peng Nguan Street** **SPD Ability Centre** **Singapore 168955**	6684 8858 neupc@imda.gov.sg www.imda.gov.sg/programme-listing/neu-pc-plus **SPD** 6579 0700 6579 0760

Financial Schemes to Support Families

Service/Programme	Contact
Baby Bonus Parenting Resources Find out how to use the CDA account for children's education and resources.	1800 253 7707 www.babybonus.msf.gov.sg
Community Health Assist Scheme (CHAS) Enables lower and middle-income households to receive subsidies for medical and dental care at participating clinics near their home.	1800 275 2427 www.chas.sg
Personal Income Tax Reliefs Find out more about the various tax reliefs, deductions, and rebates that you could be eligible for.	1800 3568 300 www.iras.gov.sg

Financial Schemes

Financial Schemes to Support Families

Service/Programme	Contact
Means Testing Means-testing calculates the subsidies you are eligible to receive for government-funded schemes. Some of these schemes include a) Assistive Technology Fund (ATF) b) VWO Transport Subsidies c) Day Activity Centre programme fees as Intermediate and Long Term Care scheme d) CHAS medical card. To apply, the Means Test Declaration form must be completed.	1800 275 2427 mohh.nmtsadmin@mohh.com.sg www.moh.gov.sg/forms
Caregivers Training Grant (CTG) The Caregivers Training Grant is a $200 annual subsidy that lets caregivers (parents/ siblings/ domestic helpers) attend approved courses to better care for their loved ones. a) CTG-Approved Courses Conducted by CPAS • Approach the interventionists, school teachers, Allied health staff on approved CTG courses conducted by CPAS or • Contact Training & Consultancy Department b) CTG-Approved Courses Conducted by Other Providers	6585 5650/ 51 training@cpas.org.sg 1800 650 6060 Monday to Friday: 8.30am - 8.30pm Saturday: 8.30am - 4.00pm enquiries@aic.sg www.aic.sg
Post Secondary Education Account A Post Secondary Education Account (PSEA) will be opened for a Singapore citizen when he is eligible for a Child Development Account (CDA) and has unspent balance in his CDA. An account holder can use his PSEA funds to pay for his own or his siblings' (where applicable) approved fees and charges for approved training courses under SG Enable and approved programmes conducted by various institutions.	6260 0777 contact@moe.gov.sg https://www.moe.gov.sg/education/post-secondary/post-secondary-education-account

Financial Schemes to Support Families

Service/Programme	Contact
Home CareGiving Grant (HCG) • is a means tested cash grant which replaces the Foreign Domestic Workers Grant from October 2019 • eligible families receive $200 monthly cash payout to support their loved ones with permanent moderate disability, i.e. always require some assistance to perform 3 or more Activities of Daily Living (ADLs) Download the application form AND Functional Assessment Form (FAR) OR the Client Assessment Form (CAF) from the website.	1800 650 6060 Monday to Friday: 8.30am - 8.30pm Saturday: 8.30am - 4.00pm apply@aic.sg www.aic.sg/hcg
Foreign Domestic Worker (FDW) Levy Concession for Persons with Disabilities 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.	6438 5122 Monday to Friday 8:30am - 5:30pm Saturday 8:30am - 1pm (Excluding public holidays) www.mom.gov.sg
Levy Waiver for a Foreign Domestic Worker 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.	

Healthcare and Estate Planning

Checklist	Contact
Advance Care Planning (ACP) Making decisions about your healthcare is not always simple and direct. The process gets more difficult should your loved one be unable to understand or communicate their choices. Exploring this topic together means that these choices are no longer left unspoken or unclear.	www.livingmatter.sg
Central Provident Fund (CPF) Nomination A CPF nomination provides CPF members with the option to specify who will receive their CPF savings, and how much each nominee should receive, upon their demise. CPF Nomination is free of charge.	https://www.cpf.gov.sg/Members/Schemes/schemes/other-matters/cpf-nomination-scheme

Financial Schemes

Healthcare and Estate Planning

Estate Planning
• Lasting Power of Attorney • Advance Medical Directive • Will are important legal documents that you should plan for when one is well with mental capacity. Refer to Legal (Legal Documents) section for more information. Visit www.moneysense.gov.sg to find out about Wills, CPF nominations and other ways to distribute your assets.

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

Service/Programme	Contact
Special Needs Trust Co. The only not-for profit trust company in Singapore conceived to safeguard the financial security of persons with special needs. The core services are: a) Special Needs Trust Services b) Special Needs Savings Scheme (SNSS) Schemes to help caregivers set up a Special Needs Trust: i) For Low Income Elderly Caregivers above 55 who do not have the initial capital to start the trust service ii) For Muslim Families, the MUIS Support for Person with Special Needs Scheme is available to sponsor up to $10,000 for Muslims with special needs to set up an SNTC trust. Visit the MUIS website for details of eligibility.	6278 9598 Monday to Friday: 9am – 6pm www.sntc.org.sg www.muis.gov.sg



Home Improvement, Modification, Monitoring and Assistance Schemes

Service/Programme	Contact
Moving Aid@North East • Provides low income families with free services for their moving and delivery needs • Only for residents moving into or out of HDB flats of 3 rooms and below within the North East District	6424 4000 northeast_cdc@pa.gov.sg www.cdc.org.sg/NorthEast

Home Improvement, Modification, Monitoring and Assistance Schemes

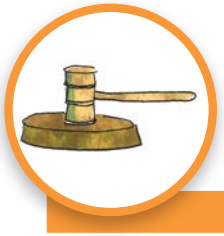
Service/Programme	Contact
A Better Home @ North-East Low-income residents residing in North-East district receives assistance for their essential repair needs. The services are provided on a pro bono or low bono basis by a group of kind-hearted professional contractors.	6424 4000 northeast_cdc@pa.gov.sg www.cdc.org.sg/NorthEast
North West Home Fix Aims to provide safe and functional homes for the needy residents in the North West District by repairing any faulty items that are essential to the basic living and safety environment.	6248 5566 Monday to Thursday: 8.30am - 6pm Friday: 8.30am - 5.30pm northwest_cdc@pa.gov.sg www.northwestcdc.org.sg
Home Monitoring and Eldercare (HoME+) by Singapore Red Cross • A monitoring system that responds to emergencies for persons with disabilities, seniors living alone, post-surgery patients • The service fees includes monitoring devices, 24/7 helpline for non-emergency situations, response team. Subsidised rate is applicable on a case by case basis	6664 0500 home.plus@redcross.sg www.redcross.sg

Enhancement for Active Seniors (EASE) by HDB
• The EASE scheme makes the HDB homes safer and more accessible for seniors and residents with disabilities
• Subsidies for the installation of
  • slip-resistant floor treatments
  • grabs bars in the toilets/bathrooms
  • wheelchair ramps
 	
Application Procedures
a. Households with at least one family member above 65 years old, a Functional Assessment Report (FAR) is not required.
b. The FAR is required for
  • households with a family member between 60-64 who requires assistance for one or more of the Activities of Daily Living (ADL)
  • households with persons with disabilities who do not meet the age criteria. FAR must be submitted for consideration on a case by case basis.
c. Submit:
  • online at EASE (Direct Application) e-service or
  • mobile@HDB Mobile Apps (for Andriod and iOS) or
  • HDB branch office
 	
Visit the website for more details and to download the Functional Assessment Report (FAR). The FAR must be completed by an Approved Assessor.
	1800 225 5432
	Monday to Friday: 8am – 5pm (excluding public holidays)
	https://www.hdb.gov.sg/cs/infoweb/residential/living-in-an-hdb-flat/for-our-seniors/ease
	
	CPAS caregivers seeking referral for a registered occupational therapist/ physiotherapist to complete the Functional Assessment Report (FAR), please request by programme.

Financial Schemes

Care for Seniors

Service/Programme	Contact
Interim Disability Assistance Programme for the Elderly (IDAPE) IDAPE is an assistance scheme for seniors who are not eligible for Eldershield at the time because they were too old or had pre-existing disabilities. Seniors 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.	1800 650 6060 Monday to Friday: 8.30am - 8.30pm Saturday: 8.30am - 4.00pm enquiries@aic.sg www.aic.sg
Pioneer Generation Disability Assistance Scheme Pioneers require permanent help with at least three of six activities of daily living can receive $100 every month. Pioneers must be born before 1950 and be a Singapore citizen before 1987.	
Seniors' Mobililty and Enabling Fund Helps elderly with subsidies for the purchase of assistive devices, transport and consumable items.	



Legal

Legal Knowledge and Information for the Public

Service/Programme	Contact
"Know the Law Now " Booklet by the Law Society of Singapore • Is easy-to-use and provides basic introduction to the commonly encountered areas of the law, civil claims with emphasis for the section on family and matrimonial matters • Provides a reference point and on where to seek legal help. • Please refer to the website to download the booklet.	6536 0650 ProBonoServices@lawsoc.org.sg www.lawsocprobono.org

Legal Documents

Service/Programme	Contact
Advance Medical Directive (AMD) 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.	Speak to your doctor on the AMD. www.moh.gov.sg
Lasting Power of Attorney 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.	1800 226 6222 enquiry@publicguardian.gov.sg www.publicguardian.gov.sg
Assisted Deputyship Application Programme (ADAP) for SPED Schools 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 assistance reduces the cost and simplifies the application process for parents.	Contact your child's school social worker for more information.
Court-Appointed Deputy 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.	1800 226 6222 enquiry@publicguardian.gov.sg www.publicguardian.gov.sg
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.	www.moneysense.gov.sg

Legal Advice

Service/Programme	Contact
Community Legal Clinics by The Pro Bono Services Office of the Law Society of Singapore (Free) 20-minute session with a qualified lawyer. Please refer to the website to download the list of community clinics by the Pro Bono Services Office of the Law Society of Singapore.	6536 0650 ProBonoServices@lawsoc.org.sg www.lawsocprobono.org/

Legal

Legal Advice

Service/Programme	Contact
Community Legal Clinics by Various Organisations (Free) Please refer to the website for the list of community clinics by various organisations.	6536 0650 ProBonoServices@lawsoc.org.sg www.lawsocprobono.org/
Family Court HELP Centre This is not a legal clinic. The Centre provides basic information on court processes, procedures and practices.	Family and Juvenile Court Building Level 3 3 Havelock Square Mon-Fri: 8.30am - 12.30pm 2.00pm - 5.00pm

Legal Advice, Assistance and Legal Aids

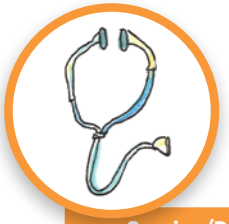
Service/Programme	Contact
Legal Aid Bureau (LAB) Provides the persons with limited means with legal advice, legal assistance and legal aids. The LAB lawyer or lawyer assigned by LAB can represent the applicants in many kinds of civil proceedings, set out in the Legal Aid and Advice Act.	1800 2255 529 https://lab.mlaw.gov.sg/ 45 Maxwell Road #07-11 The URA Centre (East Wing) Singapore 069118 Both the centre and the hotline operate from Mon-Fri 8.30am to 5pm (To avoid the crowd, members of the public may visit the centre between 8.30am to 11am) https://pto.mlaw.gov.sg/
Public Trustee's Office The Public Trustee a) administers estates of deceased persons, where the value of the estate does not exceed $50,000 b) administers compensation in motor accident cases c) 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	
LIFE Centre @ North East 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.	6785 0004 www.cdc.org.sg/NorthEast Friday: 3pm - 8pm Tampines Central Community Club
Maintenance Support Central by Singapore Council of Women's Organisations 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 advice through legal clinics.	6571 0185 to register for both Civil Law (1st and 3rd Mondays) and Muslim Law (3rd Monday only) legal clinics. mscentral@scwo.org.sg www.scwo.org.sg

Legal Advice, Assistance and Legal Aids

Service/Programme	Contact
Criminal Legal Aid Scheme (CLAS) by the Law Society of Singapore Provides criminal legal assistance to the poor and needy, facing charges in a Singapore court for non death-penalty offences under statutes covered by CLAS. Please apply in person at the CLAS Office.	www.lawsocprobono.org The State Courts of Singapore (Level 5, office beside Court No. 5) 1 Havelock Square Singapore 059724

Complaints, Disputes and Mediation Services

Service/Programme	Contact
Community Mediation Centre (CMC) by Ministry of Law • Provides mediation as a dispute resolution service in Singapore • Is suitable for disputes between neighbours, family members, friends, co-workers, landlord or tenants, or any other kind of interpersonal relations Apply for community mediation by calling the hotline or register via Singpass.	1800 2255 529 45 Maxwell Road #07-11 URA Centre East Wing www.mlaw.gov.sg
Consumers Association of Singapore (CASE) CASE handles consumer to business disputes and provides alternative consumer dispute resolution process @ CASE Mediation Centre.	6100 0315 www.case.org.sg 170 Ghim Moh Road #05-01 Ulu Pandan Community Building Singapore 279621 Monday to Friday: 9am - 5pm
Eagles Mediation & Counselling Centre (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	6788 8220 177 River Valley Road #05-10 (Level M5) Liang Court Singapore 179030 reachus@emcc.org.sg https://emcc.org.sg/
Healthcare Mediation Services by Healthcare Mediation Unit 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.	6622 3755 http://www.mohh.com.sg/hms/mediation-services 1 Maritime Square #11-25 Harbourfront Centre Singapore 099253



Medical Services

Service/Programme	Services offered	Contact
NTUC Health	Care@home provides a comprehensive range of affordable care services at home.	6715 6715 care-home@ntuchealth.sg www.ntuchealth.sg
Handicaps Welfare Services	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.	6254 3006 hwa@hwa.org.sg www.hwa.org.sg
Hua Mei Mobile Clinic-Tsao Foundation	Offers primary healthcare for homebound disabled or frail older persons at their homes.	6593 9565 hmmc@tsaofoundation.org www.tsaofoundation.org
Home Nursing Foundation	Comprehensive care programmes that are dedicated to patients, regardless of their income level.	6854 5555 enquiry@hnf.org.sg www.hnf.org.sg

> SING like no one is listening.
> LOVE like you've never been hurt.
> DANCE like nobody's watching
> and LIVE like its heaven on earth.
>
> *Mark Twain*



Nutrition

Recipe books on how to cook nutritious meals for the family.

Recipe Books for Downloads	Contact
The Recipe for Healthy Ageing Recipe Book - Nutrition Guide by Health Promotion Board For options on soft diets, please refer to pages 4, 12, and 14. More healthy recipes are available at the Health Hub.	1800 225 4482 hpb_healthhub@hpb.gov.sg www.hpb.gov.sg
Eat Well, Age Well, Live Well. Recipe Book by the Agency of Integrated Care (AIC) AIC partners with Temasek Polytechnic to provide nutritional analysis for the recipes to ensure they meet the nutritional needs of the elderly. The recipes also include soft diets for those with swallowing difficulties which are found in pages 39, 45, 53,67, 73, 79, 84, 88, 89, 93, 105, 113, 119, 127.	1800 650 6060 www.silverpages.sg
Healthy.Tasty.Easy.A Cookbook by Khoo Teck Puat Hospital You can find recipes which require eight ingredients or less for appetizers, mains, side dishes, soups, snacks, deserts, beverages. These are contributions by dieticians and chefs of Khoo Teck Puat Hospital. In English and Malay. For videos, please refer to https://www.ktph.com.sg/hllibrary/display/925	6602 2240 ktph.dieticians@alexandrahealth.com.sg
Recipes with Love by NTUC First Campus (NFC)'s My First Skool's (MFS) – (For Download) In this publication, you can find • 21 nutritious and healthy recipes which are part of the menu for the children at MFS centres on a daily basis • guidelines from Health Promotion Board's Healthy Meals in Pre-schools Programme (HMPP) on healthy food preparations for children	6509 7887 info@myfirstskool.com www.myfirstskool.com/recipes-with-love

> It is not how much you do, but how much love you put in the doing.
>
> *Mother Teresa*



Play & Recreational

Service/Programme	Address	Contact
ActiveSG A comprehensive range of active studio programmes for all fitness levels is offered for individuals, children and families. Make your bookings online or via the ActiveSG app.		1800 344 1177 www.myactivesg.com
ActiveSG Inclusive Gym Persons with disabilities (PWDs) can now work out at selected ActiveSG gymnasiums equipped with inclusive gym equipment with various adaptable features, such as removable seats for wheelchair users, and can be used by able-bodied gym goers, PWDs and seniors.	**Serangoon ActiveSG Gym** 264 Serangoon Central Singapore 550264	6384 9639
	Enabling Village ActiveSG Gym Suitable for wheelchair users, visual impairment, deaf, physical disability, intellectual disability, seniors.	6265 1292 Nearest MRT: Redhill MRT
	Heartbeat@Bedok ActiveSG Gym 11 Bedok North Street 1 Singapore 469662 Suitable for physical disability, wheelchair users, seniors.	6443 5511 Nearest MRT: Bedok MRT
	Toa Payoh ActiveSG Gym 301 Lorong 6 Toa Payoh Singapore 319392 Suitable for physical disability, wheelchair users, seniors.	6259 4808 Nearest MRT: Toa Payoh MRT
CPAS Connect Alumni Programme Members of the CPAS Alumni Connect Programme can look forward to recreational activities, a wide range of services such as industrial visits, assistance with application for assistive technology devices, job matching, specialised clinics, referral for outpatient therapy, home visits for alumni who are confined at home, etc. Regular activities include music and movement, hydrotherapy, handicraft workshops, etc. Former students/ trainees and clients from CPAS School, GROW, DAC are invited to join the CPAS Connect Alumni Programme. To register as a member, please download and submit the application form.		6585 5643 simon_low@cpas.org.sg yurnita_omar@cpas.org.sg www.cpas.org.sg
Handicap Welfare Association (HWA) HWA encourages members to lead active lifestyle and develop their fullest potentials. Members can look forward to recreational, social, cultural and life skills activities organized by various organizations.		6254 3006 hwa@hwa.org.sg www.hwa.org.sg

Service/Programme	Address
Inclusive Community Toy Library at Various Locations 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. You may also refer to https://www.ncss.gov.sg/Our-Initiatives/See-The-True-Me/Inclusive-Play for the list of inclusive community toy libraries.	
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 Avenue 1 Singapore 569981 (10-minute 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 Road 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 McDonald's)



Play & Recreational

Service/Programme	Contact
Learn to Play by Singapore Disability Sports Council 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!	6342 3564 daphne@sdsc.org.sg https://sdsc.org.sg
Let's Play Together' Resource Guide (For Download) • Is a colourful and fun resource guide for caregivers, educators and social service practitioners • Get useful ideas and practical suggestions on how to modify a variety of activities for children with different types of disabilities and level of functioning • Learn to conduct inclusive games and activities for children with and without special needs	6210 2500 ncss_webmaster@ncss.gov.sg www.ncss.gov.sg
Play-Ability by Temasek Foundation Cares and SportCares Play-Ability is a recreational sports programme for persons with disabilities (PWDs) that allows PWDs to enjoy sports in a fun and engaging social setting.	6345 7111 sportcares@sport.gov.sg www.sportcares.sg
Para Cycling Federation of Singapore The Para cycling Federation of Singapore (PCFS), formerly known as the Handcycling Association of Singapore (HAS), is a non-profit national disability sports association which promotes para cycling as a • competitive sport • recreational activity • rehabilitation and alternative physiotherapy for those suffering from permanent or other disabilities such as cerebral palsy, stroke, etc.	Facebook.com/paracyling.sg www.paracycling.sg
TOUCH Silent Club Refer to Employment section	6251 4633 WhatApp/SMS: +65 9769 4403 tcs@touch.org.sg www.touch.org.sg

> One of the happiest moments in life is when you find the courage to let go of what you can't change

Service/Programme	Contact
Very Special Arts Singapore (VSA Singapore) Aims to create a world where people with disabilities are empowered through the arts. The courses available include • visual arts • literary arts • performing arts	VSA Art Space @ Bedok: 6448 6275 VSA Art Space @ Changi: 6604 9431 https://www.vsa.org.sg/
Club Rainbow • Provides a variety of services to chronically ill children (up to 20 years old) and their families such as social integration programmes (farm trips, movie screenings, etc), academic assistance, emotional support for families, financial assistance, transport services, therapy services, etc. • To register your child, download the Beneficiary Registration Form from the website and obtain a referral from a physician.	6377 1789 contact@clubrainbow.org www.clubrainbow.org
Ageless Bicyclists Ltd Ageless Bicyclists is a social enterprise (non-profit organization) which • organizes different programme such as outreach activities, cycling programme, etc for the silver communities, children and youth with special needs • helps children with disabilities build confidence by teaching them how to perform simple repair works	www.givingway.com/organization/ageless-bicyclists-ltd



Therapy

Service/Programme	Contact
CPAS Outpatient Therapy Provides therapy and social interventions for clients with Cerebral Palsy and other physical disabilities. Some of the therapies provided include physiotherapy, occupational therapy, and speech and language pathology.	6585 5600 hqadmin@cpas.org.sg www.cpas.org.sg Please download the referral form to apply for therapy services.
CPAS Home Management Programme Provides therapy and social intervention to clients with Cerebral Palsy who are severely disabled, but are not able to travel to CPAS.	

Therapy

Service/Programme	Contact
AWWA Community Integration Service (CIS) CIS aims to integrate children and youth into their schools and the community and to lead dignified and independent lives.	6511 5200 contactus@awwa.org.sg www.awwa.org.sg
Equine-Assisted Therapy (Hippotherapy) The Riding for the Disabled Association of Singapore (RDA) provides free horse - riding therapy sessions to children and adults with physical and mental disabilities.	6250 0176 mail@rdasingapore.org.sg www.rdasingapore.org
HWA Rehabilitation Programme They cater to both adults and elderly Singaporeans with physical disabilities.	6254 3006 hwa@hwa.org.sg www.hwa.org.sg

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
Care Corner Educational Therapy Service Please download the referral form from the website and contact your social worker to submit the application.	6250 6813 www.carecorner.org.sg
SPD Continuing Therapy Programme Please download the referral form from the website and contact your social worker to submit the application.	6579 0700 www.spd.org.sg
THK Children's Therapy Centre 150A Mei Chin Road #02-01 Singapore 140150	6471 4270 ctc@thkmc.org.sg www.thkmc.org.sg

Home-Based Therapy Services (HBCS)

Please refer to **Adult Disability Programmes (Home Based Services)**



Transport

Transport Schemes for Needy Households

Service/Programme	Application / Contact
Workfare Transport Concession Card • A personalised card for Workfare Income Supplement (WIS) recipients below 60 years old • Commuters get to enjoy 15% or more discount off adult fares • Suitable for caregivers who receive Workfare Income Supplement (WIS) payments	1800 2255 663 www.transitlink.com.sg i. Apply at the TransitLink Office with your NRIC and your passport size photograph ii. Apply Online or iii. Download TransitLink Mobile Services app to complete the relevant online application form, and submit their photograph and copy of NRIC

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

Service/Programme	Contact
Provides specialised transport services to help seniors/ persons on wheelchairs to get from their homes to medical appointments/treatments and back. Subsidies are available depending on the means-test result. For persons with disabilities below age 55, the eligibility is based on case by case basis. How to apply i. Get a referral form from the restructured hospital or clinic that your loved ones visit OR ii. Visit any of the AIC Links.	1800 650 6060 Monday to Friday: 8.30am - 8.30pm Saturday: 8.30am - 4.00pm enquiries@aic.sg www.aic.sg

Transport Schemes for Persons with Disabilities/ Caregivers

Service/Programme	Contact
Public Transport Concession Scheme for Persons with Disabilities Offers concessionary rates of 25% or more for travel on public transport Apply via • SG Enable who will assess your eligibility and will apply for the concession card with TransitLink on your behalf • Automatically eligible applicants can also submit their application directly through TransitLink website	1800 858 5885 tcs@sgenable.sg www.sgenable.sg www.transitlink.com.sg

Transport

Transport Schemes for Persons with Disabilities/ Caregivers

Service/Programme	Application / Contact
Car Park Label Schemes for the Disabled 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.	1800 858 5885 carparklabels@sgenable.sg www.sgenable.sg i. Apply online via singpass or ii. Download the 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 are provided for those who are eligible and not eligible for subsidies.

Service/Programme	Contact
Dial-A-Ride by Handicapped Welfare Association (HWA) Dedicated transport for medical consultations, rehabilitation sessions, enrichment/educational lessons and/or social and recreational activities. The service is limited to the central region.	6254 3006 ext. 205/201 www.hwa.org.sg
TransportAid by Singapore Red Cross 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	6337 3333 transportaid@redcross.sg www.redcross.sg
Dedicated North East Ambulance 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.	6424 4000 northeast_cdc@pa.gov.sg www.cdc.org.sg/NorthEast



Respite Care

Various respite care services available gives the caregiver the opportunity to take a break from the responsibility of caregiving or needs to be away for a few hours.

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

Service/Programme	Contact
ABLE Home Based Respite Service i) Regular Home-Based Service A nurse would go into the homes to care for the recipients. 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.	6801 7460 www.able-sg.org
NTUC Health Care@Home Range of care services delivered by team of doctors, nurses, physiotherapists, occupational therapists and trained caregivers in your own home. A trained Care Associate will be deployed to your home to assist your loved ones. Services include 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	6715 6715 care-home@ntuchealth.sg www.ntuchealth.sg
MINDS Customised Respite Care Staff/volunteer(s) will engage the client in simple activities (e.g. table top activities) while the caregiver is either at home or out. Basic assistance in toileting (e.g. reminders to use the toilet) can be provided during those 2 to 4 hours.	6547 8502 mtc@minds.org.sg www.minds.org.sg

> Be a rainbow in someone else's cloud
>
> *Maya Angelou*

Respite Care

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

Service/Programme	Contact
Home Personal Care (HPC) HPC service is provided by trained care professionals to assist clients and their caregivers with Activities of Daily Living (e.g. baths, light housekeeping), medication, mind stimulating activities, elder-sitting and other care tasks. **How to Apply** Apply through the doctor familiar with the care recipient's condition(s) or doctors at polyclinics of the care recipient. Submit at AICare Links.	1800 650 6060 Monday to Friday: 8.30am - 8.30pm Saturday: 8.30am - 4.00pm enquiries@aic.sg www.aic.sg

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

Service/Programme	Contact
Centre Based Respite Care Service Services include personal care, maintenance exercise, social and recreational activities, support group programme. Respite care options are available for week days and weekends. **How to Apply** Obtain a referral from a hospital, polyclinic or family service centre that your senior visits.	1800 650 6060 Monday to Friday: 8.30am - 8.30pm Saturday: 8.30am - 4.00pm enquiries@aic.sg www.aic.sg

3) Short Term Residential Stay

Service/Programme
Caregivers can apply for short term residential stay for their loved ones with disabilities when caregivers are temporarily unable to provide care for them for various reasons such as: i. home renovation or upgrading ii. their domestic helpers are away for home leave iii. family members may need to travel and it is difficult to travel with their loved ones with disabilities iv. caregivers require medical treatment (such as surgery, chemotherapy, kidney dialysis, etc) or long periods of hospitalization For the list of residential homes, please refer to • (below 16) - Children Services (Children Disability Homes) • (16 – 55) - Adults Disability Programmes (Residential) Approach a Medical Social Worker / Social Worker to apply via SG Enable www.sgenable.sg

Other Schemes for Persons with Disabilities

Service/Programme
Developmental Disability Registry (DDR) Identity Card 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. The DDR ID card also offers a benefits scheme which provides cardholders discounted rates for services and access to various facilities. More details are available at www.ncss.gov.sg/GatewayPages/Social-Services/Children-and-Youth-with-Special-Needs/DDR-ID-Card Please contact your programme administrator/teacher to apply for the card.
Emergency SMS Helpline Service (for the Deaf Community) SMS 70999 – Emergency Police Service - www.police.gov.sg SMS 70995 – Emergency Civil Defence - www.scdf.gov.sg Offers persons with hearing loss and/or speech difficulties another avenue for communication with the police (70999) and the Singapore Civil Defence Force (70995). TOUCH Silent Club is a partner of this initiative. If you are Deaf and wish to register with this helpline, please WhatApp/SMS at 9769 4403.



Helplines and Useful Numbers

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.	Monday to Friday: 2pm - 5.30pm	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
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.	Monday to Friday: 9am - 7pm Saturday: 9am - 1pm	1800 555 5555

Helplines and Useful Numbers

Counselling Helplines

Service/Programme	Description	Operating Hours	Contact
Sinda's Family Service Centre	For Indian families in need of assistance or counselling.	Monday to Friday: 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.	Monday to Friday: 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.	Monday to Friday: 12pm - 6pm Saturday: 1pm - 5pm	6741 0078
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.	Monday to Friday: 10am – 6pm	1800 777 5555
Sexual Assault Helpline by The Sexual Assault Care Centre (SACC) at AWARE	Sexual assault (including rape) can be highly traumatic. You can call or 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 are kept strictly confidential.	Monday to Friday: 10am - midnight	6779 0282

> Caregiving often calls us to lean into love we didn't know possible.
>
> *Tia Walker, The Inspired Caregiver: Finding Joy While Caring for Those You Love*

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.	Monday to Friday: 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.	Monday to Friday: 9am - 6pm	1800 283 7019
IMH Helpline	For psychiatric emergencies.	24 hours	6389 2222
Community Psychogeriatric Programme by Changi General Hospital (CPGP-CGH)	A community outreach programme dedicated to improving mental health of the older persons living in the Eastern region. Services include clinical visits for • the older persons aged 65 years and above with mental health condition(s) • who are unable to access hospital or outpatient services	Monday to Friday: 8.30am - 5.30pm	6936 6880/ 6936 5796

Home Modification

Service/Programme	Contact
The ABLE Studio	6602 2253
HDB EASE	1800 225 5432
TOUCH Home Care	6661 0855

Helplines and Useful Numbers

Useful Helplines

Service/Programme	Contact
Ambulance (non-emergency)	1777
Alexandra Hospital	6472 2000
CDAC	6841 4889
Changi General Hospital	6788 8833
Civil Defence (Fire / Emergency Ambulance)	995
Eurasian Association	6447 1578
Khoo Teck Puat Hospital	6555 8000
KK Women's and Children's Hospital	6225 5554
Institute of Mental Health	6389 2000
Legal Aid Bureau	1800 2255 529
MUIS	6359 1199
National University Hospital	6779 5555
Ng Teng Fong General Hospital	6716 2000
Samaritans Of Singapore (SOS)	1800 221 4444
SINDA	1800 295 3333
Singapore General Hospital	6222 3322
Tan Tock Seng Hospital	6256 6011

Notes



Notes



Notes



CPAS Caregivers' Resource Guide is
compiled by the Social Work Department
sponsored by *Lee Foundation*

The CPAS Caregivers' Resource Guide is to be used as a general information source only. While every care has been taken to ensure that the information in the resource guide is accurate, Cerebral Palsy Alliance Singapore ("CPAS") does not warrant the accuracy or completeness of the information contained in the resource guide. CPAS does not accept liability for loss and damage arising from reliance on the information contained in the resource guide. Whilst the information presented is considered to be correct at the date of publication, changes in circumstances after the date of publication may impact on the accuracy of the information. CPAS reserves the right to amend any contents at any time, at its sole discretion, without prior notice.

Information is correct as of October 2019.

Cerebral Palsy Alliance Singapore
65 Pasir Ris Drive 1, Singapore 519529
6585 5584/ 6585 5617
socialwork@cpas.org.sg
www.cpas.org.sg
/cerebralpalsysg

Scan to access the latest e-guide

designed by Prime Creatif Pte Ltd