

WHAT IS FAMILY OF WISDOM (FOW)?

什么是瑞智互助家庭？

FOW is a new care model and initiative in Singapore which the Alzheimer's Disease Association (ADA) started in September 2013.

This weekly three-hour enrichment programme is conducted in a small group setting of 4 to 12 clients, where persons with dementia are grouped according to their stage of dementia. The programme is run by paid care staff, supported by caregivers and volunteers. It provides a continuum of community care for persons with dementia, who have completed sessional therapy outpatient programmes and are discharged for community care.



FOW's cognitive and physically stimulating activities are designed with a social element to foster greater interaction and to maintain or improve cognitive functions for persons with dementia. FOW complements a full-day dementia daycare programme with shorter hours.

瑞智互助家庭是新加坡失智症协会（ADA）于2013年9月在新加坡所开办的一个新的互助关怀模式。

这个每周三小时的计划以4到12位成员小组进行，按照失智症人士的失智阶段。此项目由工作人员带领照护者及义工一起进行。它为已经完成了门诊计划的失智症人士提供社区护理服务。

瑞智互助家庭所提供的身理及认知活动也融入了社交概念，帮助失智症人士培养社交互动能力。此计划以较短的时段给予失智症人士补充全日托服务的护理。

#Despite DEMENTIA

It is not the end.

People living with dementia face many challenges, but with sufficient support, they have the ability to thrive. It takes a society to combat dementia stigma and together, we can change perceptions, remove the labels and make our community a dementia-friendly one. Happy, fulfilling, and meaningful lives are possible **#DespiteDementia**.

这不是终点

失智症人士面临许多挑战，但只要给予足够的支持，他们还是有能力发挥所长。我们需要一个能够战胜失智症偏见的社会，并且共同改变人们对失智症的刻板印象，携手建立一个失智症友善社区。快乐、充实及有意义的生活是可能的。 **#无畏失智症**

SUPPORTING ORGANISATION:



● SOCIAL MEDIA 社交媒体

f /alz.org.sg @alz.org.sg @alz_sg

● CONTACT US 请与我们联系

@ info@alz.org.sg

☎ 6377 0700

🌐 alz.org.sg

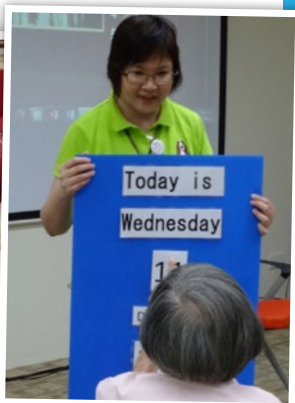
📍 20 Bendemeer Road #01-02,
BS Bendemeer Centre, Singapore 339914

ADA
ALZHEIMER'S
DISEASE
ASSOCIATION

FAMILY OF WISDOM

瑞智互助家庭

DEMENTIA HELPLINE
6377 0700



ACTIVITIES AND PROGRAMME 项目内容

- Physical activities such as group exercise
- Psycho-socio activities such as painting, calligraphy, craft, cookery, sewing, etc.
- Cognitive stimulating activities such as geometry, sensory and memory games
- Festival celebrations and outings
- 小组体能活动
- 绘画、书法、手工、烹饪、缝纫等身心修养活动
- 促进认知性活动，例如：几何图形、触觉、记忆及视觉空间游戏
- 节日庆祝活动与郊游



FOW OBJECTIVES 目的

- Improve the well-being of persons with dementia
- Engage persons with dementia and caregivers through social interaction and meaningful activities
- Provide respite and emotional support for caregivers and persons with dementia
- Reduce the waiting list to dementia day care centres
- Promote mutual self-help amongst caregivers
- Promote volunteerism through shared caregiving
- 改善失智症人士的生活质量
- 透过有意义的活动促进失智症人士及照护者之间的互动
- 为照护者及失智症人士提供喘息机会及情感支持
- 缩短失智症日托中心(新曙光护理中心)的等候名单
- 促进照护者之间的互助精神
- 通过照护者的参与、彼此分享互助下，推广义工精神

ADMISSION CRITERIA 合适参与者

- Has an accompanying caregiver
- Diagnosis of dementia by a medical doctor
- Medical condition must be stable and non-infectious
- Admissions will be approved on a case-by-case basis
- 有关照护者陪伴
- 由医生诊断为失智症的人士
- 身体状况必须稳定而没有传染病
- 本单位将依据各别情况来决定录取资格

ADMISSION PROCESS 报名过程

Potential clients with referrals are assessed before admission into the programme. Upon acceptance, a one-month refundable deposit is required based on the number of sessions the client is attending. This amount will be refunded when the service is terminated if there are no outstanding dues. Payment can be either in cash or by cheque, made payable to **“Alzheimer’s Disease Association”**.

有意参与者须经医生转介。之后，被录取者需缴付一个月的订金。服务费用将以每月出席次数计算。订金将在停止服务并且无拖欠服务费用时，归还。费用可以现金或支票缴付，支票注明收款人为“Alzheimer’s Disease Association”。

WHO SHOULD ATTEND 合适参与者

Persons with mild to moderate stage dementia
轻微至中期失智症人士

TYPE OF SESSIONS AVAILABLE IN THE FOLLOWING CENTRES 以下中心所提供的组类	FOW (BEN)	FOW (TB)	FOW (TPY)
Mild dementia (group size : up to 12 clients) 轻微 (每组人数 : 12名为限)	●	●	●
Moderate dementia (group size : up to 8 clients) 中期 (每组人数 : 8名为限)	●	●	×
Moderate to severe dementia (group size : up to 4 clients) 中至晚期 (每组人数 : 4名为限)	●	×	×

Our centres are open from Monday to Friday.

FOW (BENDEMEER) 🕒 9am - 6pm
📍 20 Bendemeer Road #01-02, BS Bendemeer Centre, Singapore 339914

FOW (TIONG BAHRU) 🕒 8.30am - 5.30pm
📍 298 Tiong Bahru Road, #10-05 Central Plaza, Singapore 168730

FOW (TOA PAYOH) 🕒 8.30am - 5.30pm
📍 ADA Café, 7A Lorong 8 Toa Payoh, #01-01 Agape Village, Singapore 319264