

DEMENTIA CARE TIPS DURING THE COVID-19 PANDEMIC

Appendix 3: Useful Resources For Caregiver

WHAT IS IT	CONTACT / WEBSITE LINK	OPERATING HOURS
National Care hotline – set up by the government to provide psychological support to those emotionally affected by COVID-19	6202-6868	24 hours daily
Alzheimer's Disease Association's Dementia Helpline	6377-0700	Monday to Friday, 9am to 6pm
Ministry Of Health's hotline for COVID-19 enquiries	1800-333-9999	Monday to Friday, 8.30am to 6pm
ComCare hotline	1800-222-0000	24 hours daily
Institute of Mental Health's Mental Health Helpline	6389-2222	24 hours daily
Samaritans of Singapore's 24-hour hotline	1800-221-4444	24 hours daily
Silver Ribbon (Singapore) is providing complimentary counselling service to those emotionally affected by COVID-19	6385-3714, 6386-1928, 6509-0271 For more information, please visit: https://www.silverribbonsingapore.com/counselling.html	Monday to Friday, 9am to 5pm

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Fei Yue Community Services' online counselling portal to support those emotionally affected by COVID-19	Visit: https://www.ec2.sg/	Appointment basis
Care Corner Project StART (Family Violence Specialist Centre)	6476-1482	Monday to Friday, 10am to 5pm
PAVE (Family Violence Specialist Centre)	6555-0390	Monday to Friday, 9am to 6pm
TRANS SAFE Centre (Family Violence Specialist Centre)	6449-9088	Monday to Friday, 9am to 5pm
For COVID-19 updates in Singapore	Visit: https://www.gov.sg/features/covid-19 or sign up for Gov.sg WhatsApp channel subscription (www.go.gov.sg/whatsapp)	Nil
For COVID-19 resources published by the government	Visit: https://www.gov.sg/article/covid-19-resources	Nil
Self-care online resources for caregivers: Meditation and deep breathing exercise	<p>"Taking Care of You – Guided Meditation on Self-Care for Caregivers Loving Oneself": https://www.youtube.com/watch?v=V5jKMwXrAic</p> <p>"Anxiety Relief Practice": https://www.youtube.com/watch?v=q2_UfFlszkY</p>	Nil