

HEARTFUL CONVERSATIONS



This collection of precious memories belongs to
 (senior), created together with
 (caregiver).

An art therapy-infused activity resource for seniors and their caregivers

This Toolkit has been developed by:

Karen Koh, a credentialled art therapist who centres her practice with the arts as an essential aspect of holistic personal development and meaning-making of life experiences. Rooted in the disciplines of psychology, art therapy and spirituality, she has been active in community-based healthcare and social service settings engaging with different communities like older adults and caregiver support.

Wan Ting Loh, a credentialled art therapist who firmly believes in the healing process of art-making to empower individuals towards growth and to live life courageously. Through a trauma-informed approach, her clinical experience includes working with people with disabilities, seniors, children from various backgrounds and community mental health. She also actively conceptualises arts workshops to improve the psychosocial wellbeing of individuals.

Copyright © 2026 Agency for Integrated Care Pte Ltd

Any reproduction or redistribution of part or all of the contents in this book in any form is prohibited unless written notice is given to AIC other than the following:

- (i) For Community Care sector service providers, you may print or photocopy extracts for use in senior care-centric activities/services only; and
- (ii) For members of the public, you may print or photocopy extracts for your personal and non-commercial use only.

Any equipment, product or process mentioned, whether in the form of photographs or texts, serves merely to illustrate a teaching point and does not in any way endorse, promote, or market them for use in the community care sector.

Disclaimer and Safety Notice

To the extent permitted by law, Agency for Integrated Care Pte Ltd disclaims any liability for personal injury or property damage arising from the use or reliance on the contents of this book.

All contents are designed for informational purposes only and should not be taken as professional or medical advice. Any suggested activities should be reviewed for the suitability for the target participants and when in doubt, please seek advice from appropriately-trained care professionals.

All rights reserved.

Strictly not for sale.

Published by Agency for Integrated Care Pte Ltd
5 Maxwell Road, #10-00 Tower Block
MND Complex
Singapore 069110

Website: www.aic.sg

Scan this with a QR code reader to download an e-copy of this Toolkit:



[https://for.sg/aic-
heartfulconversations-p](https://for.sg/aic-
heartfulconversations-p)

Scan this with a QR code reader to download an e-copy of this Toolkit in Chinese:



[https://for.sg/aic-
heartfulconversations-c](https://for.sg/aic-
heartfulconversations-c)

Scan this with a QR code reader to download an e-copy of this Toolkit in Malay:

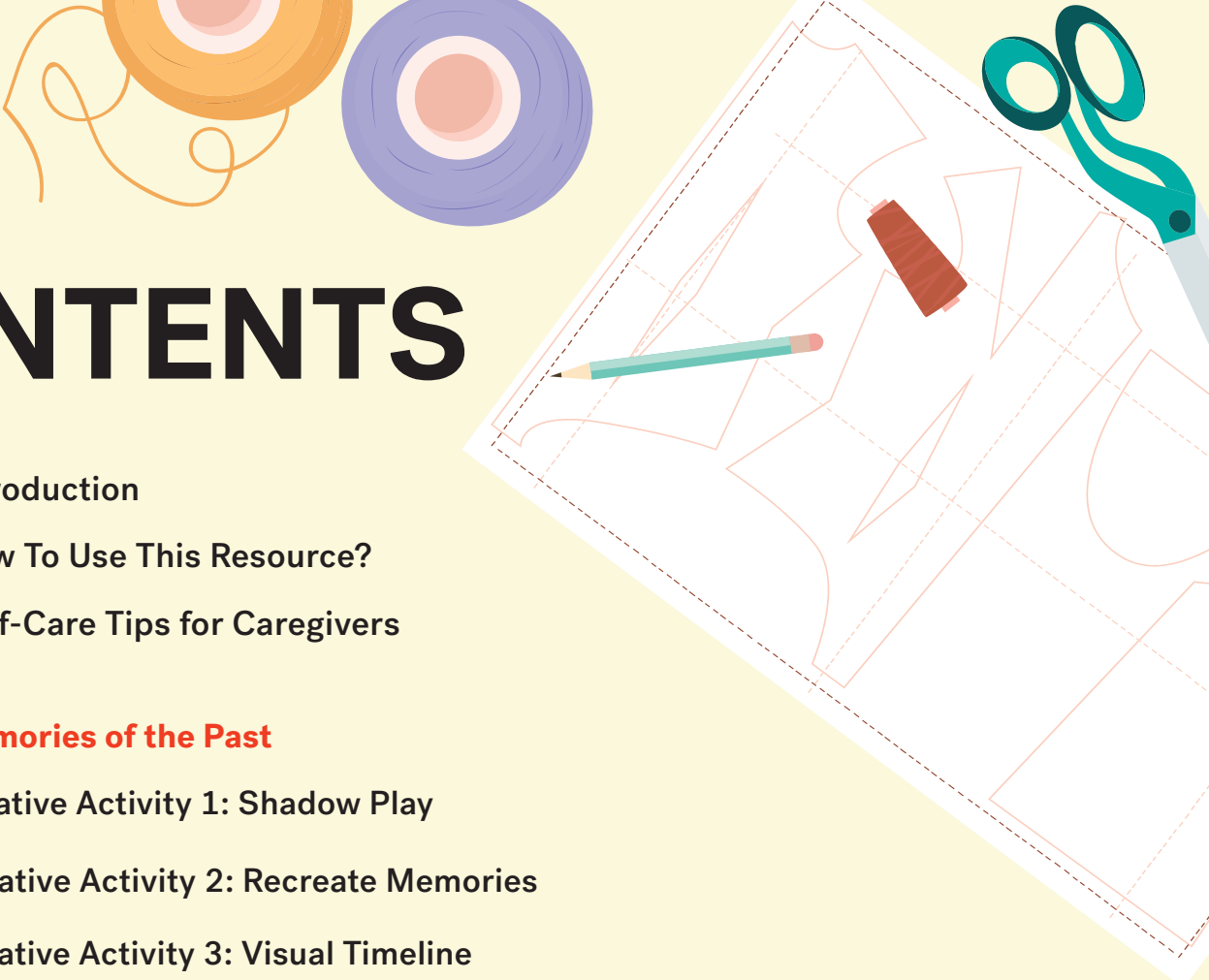


[https://for.sg/aic-
heartfulconversations-m](https://for.sg/aic-
heartfulconversations-m)

Scan this with a QR code reader to download an e-copy of this Toolkit in Tamil:



[https://for.sg/aic-
heartfulconversations-t](https://for.sg/aic-
heartfulconversations-t)



CONTENTS

- 4 Introduction
- 5 How To Use This Resource?
- 6 Self-Care Tips for Caregivers

Memories of the Past

- 9 Creative Activity 1: Shadow Play
- 12 Creative Activity 2: Recreate Memories
- 15 Creative Activity 3: Visual Timeline

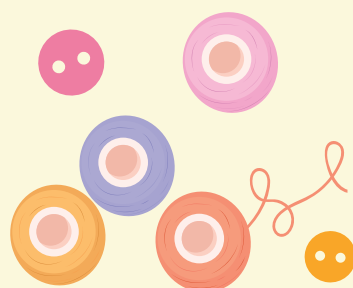
Belonging in the Present

- 18 Creative Activity 4: Token of Appreciation
- 21 Creative Activity 5: Sculpture Portrait
- 24 Creative Activity 6: Place of Comfort
- 28 Creative Activity 7: Hand of Support and Connections

Wisdom for the Future

- 31 Creative Activity 8: Treasure Box of Wisdom
- 34 Creative Activity 9: Family Stories Come Alive
- 37 Creative Activity 10: Messages of Hope and Encouragement

- 42 Other Resources





INTRODUCTION

Art is a part of our everyday life. We take inspiration from the objects, stories and people around us. Using materials easily available at home, this activity resource is an invitation to get creative and share about your memories and life experiences.

The creative activities are themed “Memories of the Past”, “Belonging in the Present”, and “Wisdom for the Future”. They are guided by considerations in relation to the New Economics Foundation’s “Five ways to wellbeing: The evidence”*, which provides insights on the positive impact that connection, learning, taking notice, being active and giving can bring towards wellbeing.

This activity resource is intended for seniors, persons living with dementia and their caregivers (family members, community care staff and/or volunteers) to engage purposefully with each other and strengthen relationships through creative art-making and valuable conversations.

Person-centred practices like active listening, empathic responding, being non-judgmental and respectful are encouraged throughout the process. With a focus on recognising strengths and supporting abilities, the intent is for seniors to further achieve and enjoy their sense of purpose and direction in their golden years.

Art exists as a form of communication — a non-verbal expression of personal feelings, thoughts and observations. To complement the art-making, conversation prompts are provided in each activity to support the sharing process between seniors and caregivers. The conversations cultivated aim to better understand and gain insights on what matters, while further strengthening the relationship building process.

Like a memory trove, use this activity resource to record the rich collection of priceless moments shared along with the artworks created. It will then exist as an invaluable repository of memories and stories to be shared with each other and across the generations. We hope this activity resource enables you to be present, stay curious and create heartfelt conversations!

Enjoy!

Agency for Integrated Care



*Aked, J., Marks, N., Cordon, C., & Thompson, S. (2008)
Five ways to wellbeing: The evidence. The New Economics Foundation.
Retrieved from www.for.sg/five-ways-to-wellbeing

HOW TO USE THIS RESOURCE?

Below are suggestions to guide caregivers in preparing for each activity session. While activities may be done solely by the senior, it is recommended that both senior and caregiver take part.

Caregivers are invited to print out a copy of this Toolkit for their own use. If it is not possible to complete the activity at the same time, caregivers can complete the activity beforehand and use the session to share what they have done as part of efforts to deepen mutual understanding.

1. Set an objective

Firstly, check if the activity is suitable (physically, cognitively, emotionally) for the senior. After that, ascertain the key takeaway that would be beneficial for the senior and caregiver. Review this in line with the principles of the “Five ways to wellbeing” (To connect, keep learning, take notice, be active and give). You could pick one or more aspects to focus on in each session. Remember to enjoy the process and have fun, keeping in mind that there is no right or wrong way to make art. Be open and let your imagination and creativity flow!

2. Check in

Create an inviting space for the activity! Welcome the senior and have a quick ‘check-in’ such as “How are you feeling today?” to have a better sense of his/her mood. Remember to share how you are feeling to encourage two-way conversations. Some examples might be a sharing about the sense of anticipation and excitement for the time that will be spent together, etc.

If any unpleasant emotions and memories arise, offer supportive responses like “Thank you for sharing and trusting me with this”. Gently remind the senior that you are with him/her in the present moment. Remember, sometimes the most empathic response is simply listening. If further support is needed, do seek assistance from the care or other professional staff.

3. Get creative, make art and share conversations

Enable the senior to feel prepared for the session that will take place. This will help him/her better relax into the activity. Share with them what the activity is about, seek his/her thoughts and listen to understand. Where possible, encourage independent work or co-creation, assisting only when it is necessary. The focus should be on the process which is informed by the “Five ways to wellbeing” (To connect, keep learning, take notice, be active and give).

The included conversation prompts are intended to facilitate reflection and to understand each other better. Do record the valuable memories and life stories the senior has generously shared as a record of his/her unique lived experiences. Do remember to seek permission from the senior to write on his/her behalf or ask the senior if he/she would like to write down the key points personally too. Practise a person-centred approach during the engagement process such as active listening, empathic responding, being non-judgmental and respectful.

4. Check out

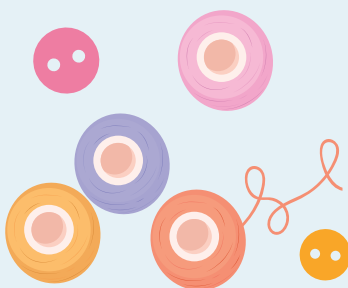
Support the transition for the senior to continue other plans for the day. Remember that the closure of the session is just as important as its beginning. Set aside time to appreciate and thank each other for the sharing and the time spent together. Every moment is precious as we will never experience it exactly the same way!



SELF-CARE TIPS FOR CAREGIVERS

Self-care includes anything that can be done to keep you healthy and happy. Engaging in creative art-making, even if for a few minutes, can give your mind and body a chance to reset.

Through creative art-making and valuable conversations with your loved one/client, both of you can find out more about each other's history, likes and dislikes as well as information which can strengthen your relationships.



Consider these other activities and practices for sustained positive self-care:



1

Exercise regularly, or as often as you can



2



Join a Caregiver Support Network

(Visit <https://for.sg/dh-csn> for a list of available support groups for caregivers)



3

Exercise self-compassion and celebrate small victories

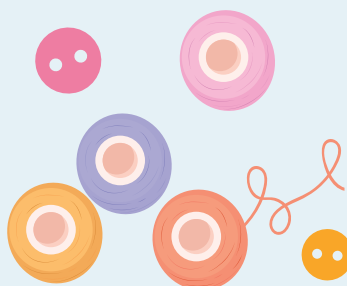
4

Practise simple breathing exercises for 10 minutes a day



5

Try a mind-body practice like yoga, *Taichi* and deep relaxation techniques





Consider these other activities and practices for sustained positive self-care:

6

Pamper yourself
(e.g. going for
a massage)

7

Eat a balanced
diet and get
quality sleep

8

Remain socially
connected by talking
to supportive friends
and family members

9

Spend time doing
activities you enjoy

10

Ask for help when
you need it

Creative Activity 1: SHADOW PLAY

Theme:
**MEMORIES
OF THE PAST**

PURPOSE:

This activity showcases an object which is significant and highlights the memories associated with it.



MATERIALS NEEDED:

- Any available drawing materials (e.g. colour pencils/markers)
- A memorable object
- Mobile phone (with light) or torchlight

Start the session by sharing with each other how you are today.

ACTIVITY STEPS:

This activity can be done individually (by the senior) or in pairs (senior and caregiver).

1

Treasure hunt to find a memorable/special object in your environment.

2

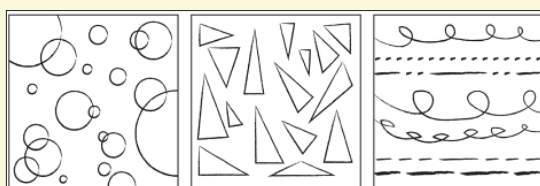
Place the memorable/special object on page 11 for drawing. Shine a light source (mobile phone light/torchlight) and turn the object slowly to explore the different shadows it produces. Play with different angles and observe how the shadows change.

3

Outline the shadows that the memorable/special object creates.

4

Add colours and patterns which might be related to the memory of this memorable/special object.



Examples of patterns

CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was drawn and what the experience was like for them.
Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- Where do you keep this object?

- Who gave it to you or did you buy it yourself?

AFTER THE ACTIVITY

- What is memorable about this object?

- What have you added to this drawing and why?

- If you were to give this object to someone, who might they be, and why?

TRY THIS TOO!

- Draw an object that you may have discarded/lost but still holds significant memories for you. Share about these memories.

Thank each other for
the time and sharing!

Draw your memorable/special object here!

RECREATE MEMORIES

Theme:
**MEMORIES
OF THE PAST**

PURPOSE:

This activity provides a visual representation of fond memories, providing a platform to discuss experiences, emotions and stories captured in the collage.



MATERIALS NEEDED:

- Any available drawing materials (e.g. colour pencils/markers)
- Memorable photographs/prints
- Recycled magazines/newspapers
- Scissors and glue

Start the session by sharing with each other how you are today.

ACTIVITY STEPS:

This activity can be done individually (by the senior) or in pairs (senior and caregiver).

1 Look for memorable photographs and reprint them for this activity. Alternatively, you can find similar images in magazines or newspapers.

2 Select 3-4 images you have collected and create a collage of fond memories.

3 Add a few words for the images and a title to your collage. e.g.: First child born 1970, Our family dog Pebbles, etc.

4 Include by drawing, any other patterns/symbols you would like to see in your collage of fond memories.



CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was created and what the experience was like for them.
Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- What are some memories related to the photographs/images you have chosen?
- How were you feeling in those memories?

AFTER THE ACTIVITY

- Who would you like to share this collage with and why?
- If you could be anywhere in the collage, where would you be and why?

TRY THIS TOO!

- Create a collage of your favourite hawker food.

Thank each other for
the time and sharing!

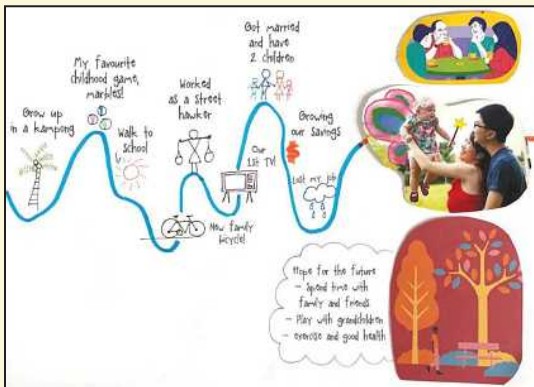
Create your collage of fond memories here!

VISUAL TIMELINE

Theme:
**MEMORIES
OF THE PAST**

PURPOSE:

This activity explores memories and provides insights into key moments during various life stages.


MATERIALS NEEDED:

- Any available drawing materials (e.g. colour pencils/markers)
- Recycled magazines/newspapers
- Scissors and glue

Start the session by sharing with each other how you are today.

ACTIVITY STEPS:

This activity can be done individually (by the senior) or in pairs (senior and caregiver).

On page 17, pick a colour and draw a line to denote how your life has been, with dips to represent sad points and peaks to represent happy points. Next, choose another colour to indicate the next chapter of your life.

1

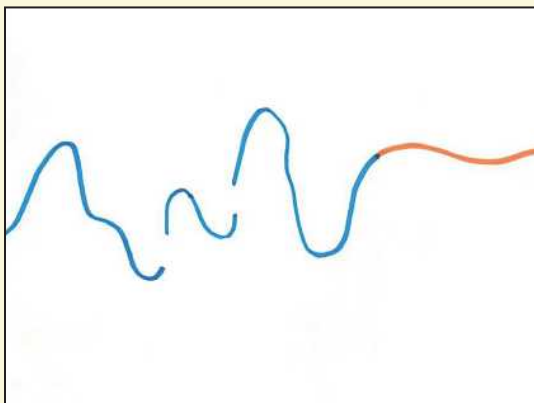
On the line, add in 3 important memories related to your childhood (from the day you were born to when you were 16 years old).

2
3

Then, add in another 3 significant memories related to your young adulthood (17-45 years old) and another 3 for your middle adulthood (46 years old-present day).

4

For your present age and into the future, add in cut-out images to show/represent what you most enjoy now or what you are looking forward to. You can also write in what these images represent.



CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was drawn and what the experience was like for them. Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- Where did you grow up during your childhood days?
- What were your young adulthood days like?

AFTER THE ACTIVITY

- Of the memories shared, which were the most significant ones from your childhood (from the day you were born to when you were 16 years old), young adulthood (17-45 years old), middle adulthood (46 years old-present day)?
- What is one activity you enjoy most now and why?

TRY THIS TOO!

- Create a detailed visual timeline of the activities that bring you joy in a week.

Thank each other for
the time and sharing!

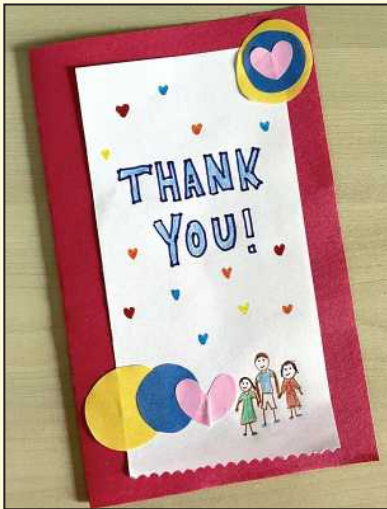
Draw your visual timeline here!

TOKEN OF APPRECIATION

Theme:
**BELONGING
IN THE PRESENT**

PURPOSE:

This activity identifies people who are significant and creates an opportunity to express appreciation.



MATERIALS NEEDED:

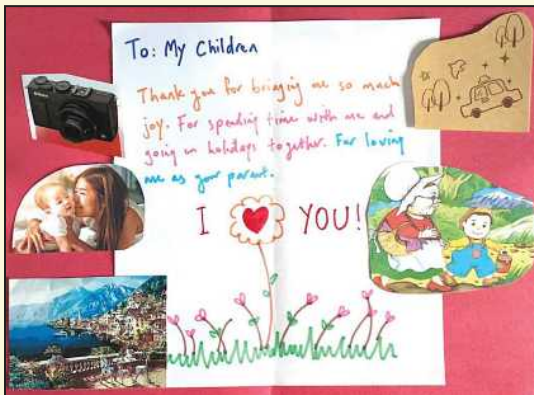
- Any available drawing materials (e.g. colour pencils/markers)
- Coloured paper/magazines
- Scissors and glue

Start the session by sharing with each other how you are today.

ACTIVITY STEPS:

This activity can be done individually (by the senior) or in pairs (senior and caregiver).

- 1** Take stock of the people and things around you that you are thankful/grateful for.
- 2** Using a coloured paper of your choice, fold it into half to make a simple card.
- 3** Express your appreciation for someone you are thankful/grateful for by drawing or writing.
- 4** Indicate 3 things about them that you are thankful/grateful for. Decorate the card further with images that are significant or that you think they will like.



CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was drawn and what the experience was like for them.
Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- What are you thankful/grateful for in the last 3 years?
- Who would you like to show appreciation to? What would you like to say to them?

AFTER THE ACTIVITY

- What are the other things, experiences and people that you are thankful/grateful for today?
- Aside from this card, is there any other way that you would like to show them your appreciation? (If possible, make plans and carry them out!)

TRY THIS TOO!

- Draw/write a note to express appreciation/gratitude to someone whom you think would benefit from a kind word!

Thank each other for
the time and sharing!

Paste a photo of the card here and/or include the key details of the visuals and points, indicating who this card is for and why.

Creative Activity 5:

SCULPTURE PORTRAIT

Theme:
**BELONGING
IN THE PRESENT**

PURPOSE:

This activity encourages increased awareness of the environment, heightening observation skills and providing avenues for creativity and fun.



MATERIALS NEEDED:

- Found objects in your environment
- Mobile phone camera (optional)

Start the session by sharing with each other how you are today.

ACTIVITY STEPS:

This activity can be done individually (by the senior) or in pairs (senior and caregiver).

- 1** Within 10 minutes, treasure hunt in the space to find 5 types of objects that can help you create a portrait of yourself/each other.
- 2** Using the found items, assemble them to create a funny portrait of yourself/each other.
- 3** Be as creative as you can! Try placing the items at different angles or using them differently.
- 4** Pose with your portrait or invite your partner to pose with their portrait and take a photo. (optional)



CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was created and what the experience was like for them. Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- Why have you chosen these objects for this activity?
- What do you like about the portrait that has been created of you?

AFTER THE ACTIVITY

- If this portrait could have a superpower, what would it be and why?
- If the 2 portraits could have a conversation, what would they say to each other?

TRY THIS TOO!

- Draw a creative funny portrait of each other and tell an imaginative story together.

Thank each other for
the time and sharing!

Paste a photo record or draw the details of your funny sculpture portraits here!

PLACE OF COMFORT

Theme:
**BELONGING
IN THE PRESENT**

PURPOSE:

This activity explores what sources of comfort are while engaging fine motor skills.



MATERIALS NEEDED:

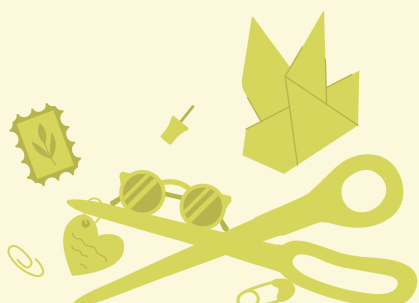
- Any available drawing materials (e.g. colour pencils/markers)
- Paper (for the origami box)
- Small found objects
- Scissors and glue

Start the session by sharing with each other how you are today.

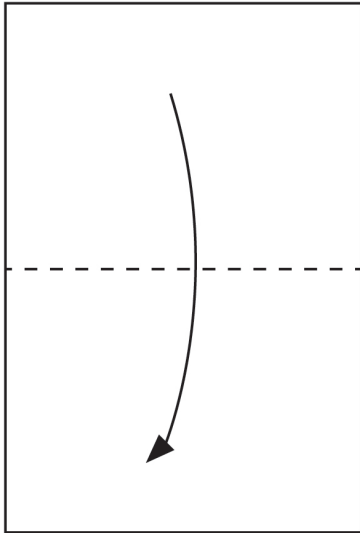
ACTIVITY STEPS:

This activity can be done individually (by the senior) or in pairs (senior and caregiver).

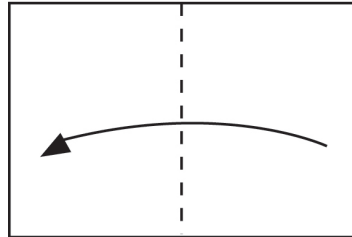
- 1 Recall or imagine a soothing and comforting place.
- 2 Let's recreate your place of comfort.
- 3 Follow the steps provided on the next page to fold an origami box.
- 4 Add in any small found objects and draw simple shapes to represent the key people in your life.



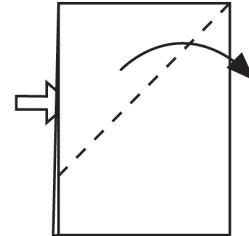
Origami Box Steps*



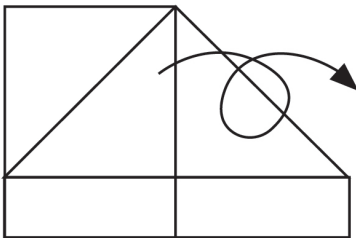
1. Fold the paper in half



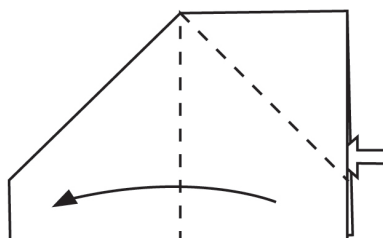
2. Fold the paper in half



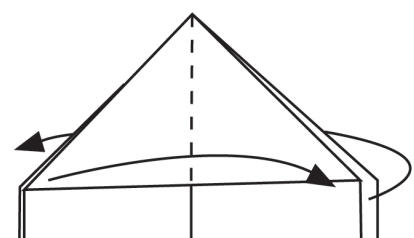
3. Open the pocket from ➡ to create a triangle and flatten the paper down



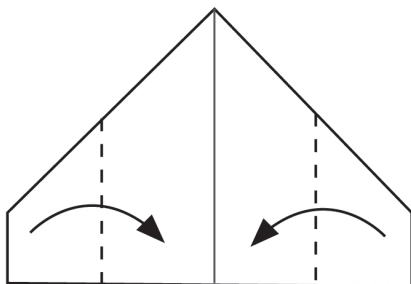
4. Turn the paper over



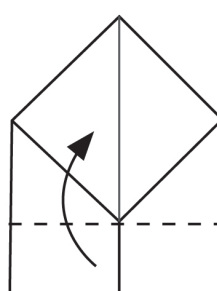
5. Open the pocket from ⬅ to create a triangle and flatten the paper down



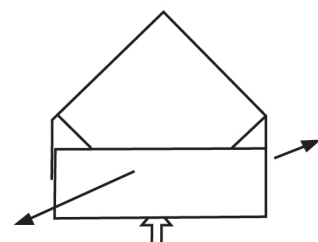
6. Open the paper so that you have 2 triangles back to back



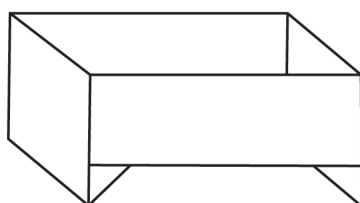
7. Fold both sides of the paper towards the centre from the dotted lines, repeat on the other side of the paper



8. Fold the paper from the dotted line, repeat on the other side of the paper



9. Open the pocket from ⬆



10. Flip the paper over, the box is completed!

*Adapted from Shingu, F. (2013) Box 3. Origami Mobile. Retrieved from <https://en.origami-mobile.com/traditional/13-box3/zu.html>

CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was created and what the experience was like for them.
Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- Can you share more about this place of comfort that you have created?
- Is this a replica of a place that you have visited before?

AFTER THE ACTIVITY

- What is found inside your place of comfort? Can you share about the items?
- How do you go into this place of comfort now?

TRY THIS TOO!

- Create a box about a place that brings you joy and share about it!

Thank each other for
the time and sharing!

Paste your origami box or add in key details of your place of comfort here!

HAND OF SUPPORT AND CONNECTIONS

Theme:
**BELONGING
IN THE PRESENT**

PURPOSE:

This activity provides a platform to reflect on support networks and offers the opportunity to acknowledge its positive impact on the individual and ways we can impact others.



MATERIALS NEEDED:

- Any available drawing materials (e.g. colour pencils/markers)



Start the session by sharing with each other how you are today.

ACTIVITY STEPS:

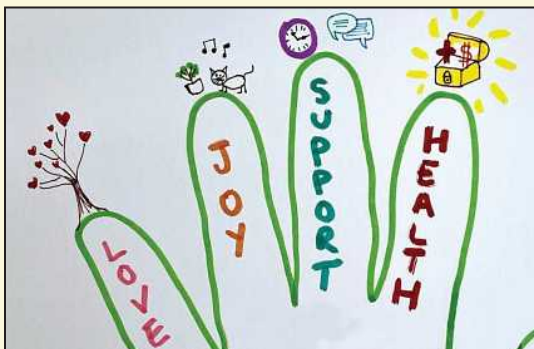
This activity can be done individually (by the senior) or in pairs (senior and caregiver).

1 Trace an outline of your hand on page 30.

2 Where the fingers are drawn, write in the key support and connections that you have received.

3 In the palm, decorate it with drawings/words of what you have received as a result of this support and connections.

4 If suitable, write in the names of the people who are significant in your life and who bring you joy and support.



CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was drawn and what the experience was like for them.
Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- What support have you received and how has it impacted/continued to impact you?

- Who are the people who have been there when you have needed support?

AFTER THE ACTIVITY

- Who provides you ongoing support now?

- What types of support do you offer them?

- What do you think is the positive impact your support has made in their lives?

- What other kinds of support would be beneficial moving ahead (for them/yourself)?

TRY THIS TOO!

- Replicate this activity, this time, identifying sources of strength.

Thank each other for
the time and sharing!

Draw your hand of support and connections here!

TREASURE BOX OF WISDOM

Theme:
**WISDOM FOR
THE FUTURE**

PURPOSE:

This activity enables the sharing of life lessons, wisdoms and knowledge gained through the years.



MATERIALS NEEDED:

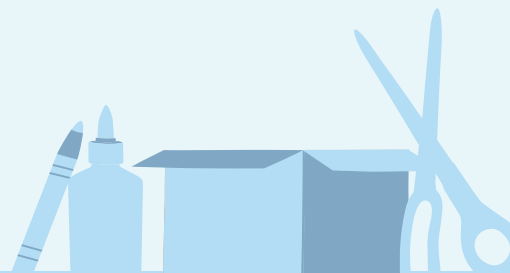
- Any available drawing materials (e.g. colour pencils/markers)
- Recycled empty box
- Images or words from recycled magazines/newspapers
- Scissors and glue

Start the session by sharing with each other how you are today.

ACTIVITY STEPS:

This activity can be done individually (by the senior) or in pairs (senior and caregiver).

- 1 Create your box of wisdom with tips for a happy and joyful life.
- 2 Draw or write your tips on pieces of paper. Collect everything and place them in the box that you have chosen.
- 3 Decorate the box and personalise it so that it becomes your very own treasure box of wisdom which you can refer to or gift to someone else.



CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was created and what the experience was like for them.
Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- Of all the pieces of wisdom you have included in your box, what do you think is the most important wisdom/advice for a joyous life?
- What piece of wisdom is important to remember during difficult times?

AFTER THE ACTIVITY

- What piece of wisdom would you like to tell your younger self?
- What piece of wisdom would you like to tell your older self?
- Who would you like to share your treasure box of wisdom with and why?

TRY THIS TOO!

- Expand your words of wisdom by including sayings in another language which resonate with you!

Thank each other for
the time and sharing!

Paste a photo record or include the details of your treasure box of wisdom here!

FAMILY STORIES COME ALIVE

Theme:
**WISDOM FOR
THE FUTURE**

PURPOSE:

This activity uncovers a story that is important to the individual and the key takeaways that he/she would like to pass on to others in a new and engaging way.



MATERIALS NEEDED:

- Any available drawing materials (e.g. colour pencils/markers)
- Chopsticks/ice-cream sticks
- Coloured paper and/or images from magazines
- Scissors and tape
- Mobile phone to record videos

Start the session by sharing with each other how you are today.

ACTIVITY STEPS:

This activity can be done individually (by the senior) or in pairs (senior and caregiver).

- 1 Share a story of how someone you admire/ family member has overcome their challenges and the strengths/wisdom they have exhibited.
- 2 Draw the characters, places and objects. Alternatively, you can use images from magazines.
- 3 Create stick puppets by cutting out the images and pasting them onto sticks. You can use sticky tape to attach them on.
- 4 Create a puppet show to narrate the story to pass on to future generations.
- 5 Use a mobile phone to record this story in video format and share them with loved ones.



CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was created and what the experience was like for them. Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- Can you share more about the person you have featured in your story, what was he/she like?
- What are the strengths/wisdoms shared in your story?

AFTER THE ACTIVITY

- What can you do to continue having these strengths/wisdoms in your life presently?
- What are the key takeaways you hope others will gain through this story?

TRY THIS TOO!

- Create puppets for another significant life story.

Thank each other for
the time and sharing!

Paste your puppets here!

Label each character and write down what they did in the story.

MESSAGES OF HOPE AND ENCOURAGEMENT

Theme:
**WISDOM FOR
THE FUTURE**

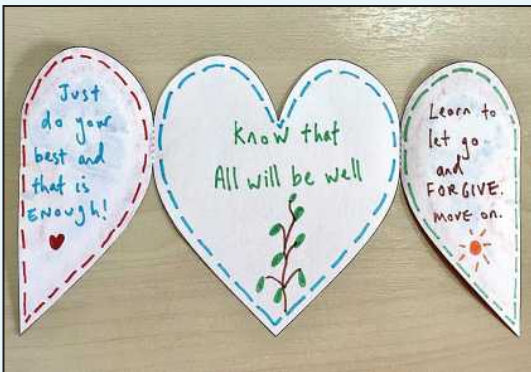
PURPOSE:

This activity explores what the individual is hopeful about and provides a platform for them to spread hope and give support to future generations and other loved ones.



MATERIALS NEEDED:

- Any available drawing materials (e.g. colour pencils/markers)
- Scissors and glue



Start the session by sharing with each other how you are today.

ACTIVITY STEPS:

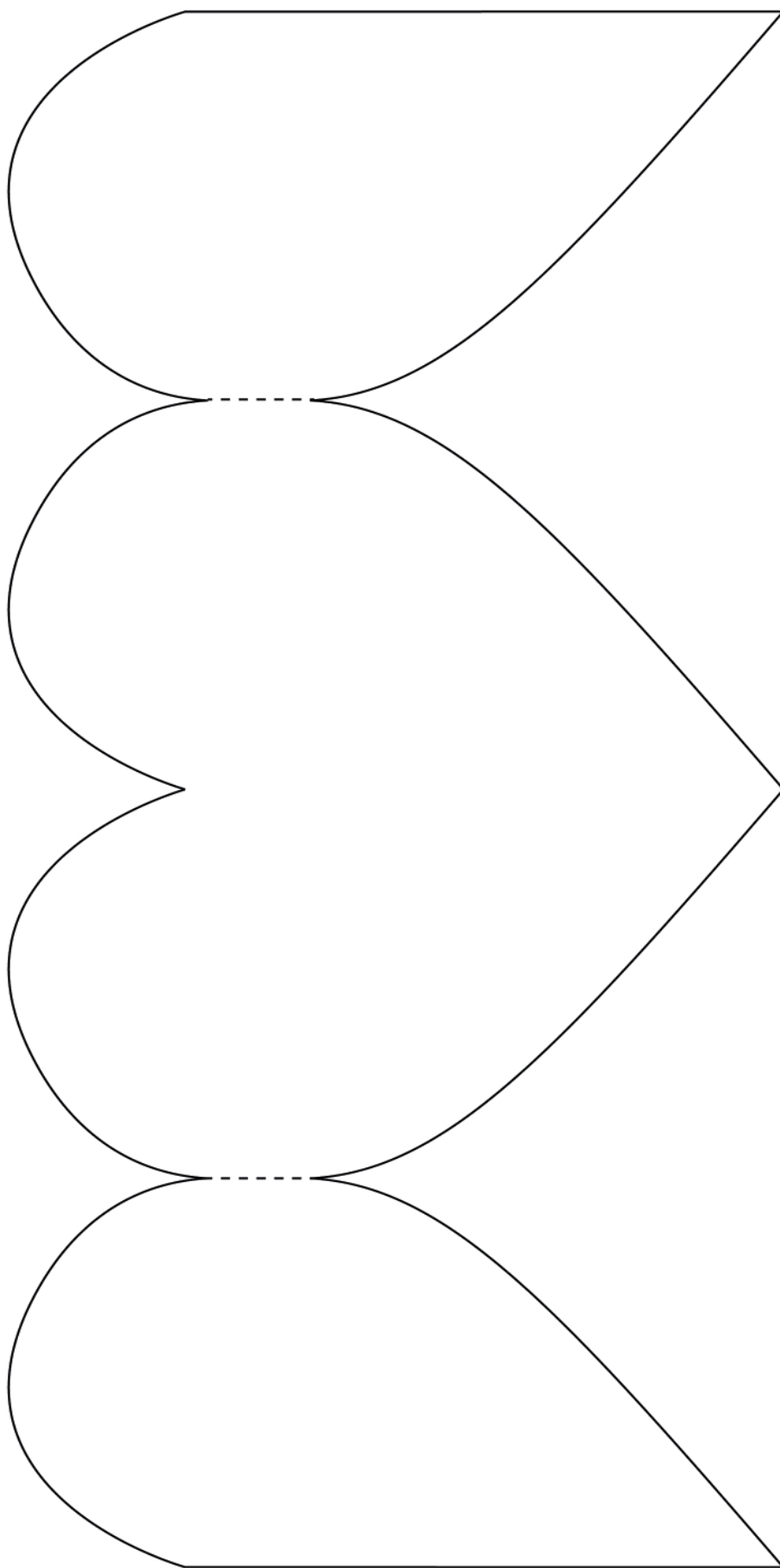
This activity can be done individually (by the senior) or in pairs (senior and caregiver).

- 1** Cut out and fold the heart shape template on the next page.
- 2** Write your messages of hope and encouragement in the centre of the heart and decorate it with love for future generations/loved ones.
- 3** Share and read out your messages to someone who is younger than you/other loved ones.



Heart Shape Template

——— Cut along the solid line
- - - - Fold along the dotted line



BLANK

CONVERSATION PROMPTS

NOTE DOWN
WHAT WAS SHARED

Invite the senior to share what was created and what the experience was like for them. Do share about yours too!

Here are some questions to explore together! (Feel free to add in your own)

BEFORE/DURING THE ACTIVITY

- What words of encouragement and hope have you shared?
- What have you found to be most useful to encourage someone when he/she is feeling down?

AFTER THE ACTIVITY

- What would you like to do to support those around you achieve these hopes and to feel encouraged?
- What are your hopes for yourself for the future? What is 1 step you will take towards this?

TRY THIS TOO!

- Write/draw a message of hope and encouragement for yourself and place it in a location where it can function as a daily reminder to stay positive!

Thank each other for
the time and sharing!

Paste a photo record or write details of your messages of hope and encouragement here!

OTHER RESOURCES

The Agency for Integrated Care (AIC) Wellness Programme engages seniors through meaningful activities to enhance quality of life and wellbeing. Check out other activity toolkits available under the Programme!

Visit <https://for.sg/aic-wellness-programme> or scan the QR code for more information.



<https://for.sg/aic-wellness-programme>

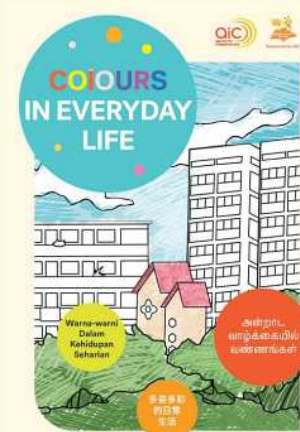


Joyfully Engaged Toolkit for Seniors with Higher Care Needs

Developed in collaboration with the Singapore Institute of Technology, this Toolkit features 12 activity ideas with activity considerations and facilitation tips for staff/volunteers/caregivers to engage seniors with higher care needs in simple and meaningful activities.



<https://for.sg/aic-joyfullyengaged-toolkit>



Colours in Everyday Life

This illustration-based activity booklet comprises 56 images depicting the sights, sounds, tastes and everything familiar about Singapore. They have been tiered to be enjoyable for all seniors, caregivers and their loved ones as they discuss memories associated with the images to discover new information about one another.



<https://for.sg/aic-colourseveryday-p>



Arts, Ageing and Wellbeing Toolkit

Developed in collaboration with Nanyang Technological University, this Toolkit features eight arts-based activities suitable for a wide range of seniors, including those requiring additional assistance in Community Care facilities. Activities are also guided by the “Five ways to wellbeing” from the United Kingdom’s New Economics Foundation.



<https://for.sg/aic-artageing-toolkit-hr>

OTHER RESOURCES

The resources below are suitable for persons living with dementia and their caregivers.

Visit <https://for.sg/aic-dementia-brochures> or scan the QR code for more information.



<https://for.sg/aic-dementia-brochures>



Living with Dementia: A Resource Kit for Caregivers

'Providing Care' is part of a 4-part series on "Living with Dementia - A Resource Kit for Caregivers", offering essential information, practical tips, activities and resources on dementia to support caregivers in caring for their loved ones.



<https://for.sg/aic-caring-for-self>



Namaste Care video

Namaste Care is a person-centred approach to care for persons living with dementia. The video, co-developed by the Agency for Integrated Care and Apex Harmony Lodge, provides a step-by-step guide on how to practise Namaste Care in the form of a gentle massage.



<https://for.sg/cx17fv>



Dementia Hub

Singapore's first one-stop resource portal on dementia, co-developed by the Agency for Integrated Care and Dementia Singapore, houses the most relevant, comprehensive and up-to-date information and resources on dementia.



<https://for.sg/dementiahub-sg>

**Memories
of the Past**



HEARTFUL CONVERSATIONS

**Belonging
in the Present**

**Wisdom
for the Future**

For more activity toolkits, visit:

若想获取其他活动手册, 请浏览:

Ingin mencuba aktiviti-aktiviti lain? Lungsuri:

இதுபோன்ற மற்ற நடவடிக்கை பயிற்சி கையேடுகளை பார்வையிட:



<https://for.sg/AIC-Wellness-Programme>