

# Is your loved one using a mobility aid?



Learn about the services that can  
support you and your loved one.



**Ageing involves physical changes, but it is not a time to stop moving forward. We can still have exciting new adventures if we want.**

**Support your loved one to regain their mobility and independence with Community Care services.**



Select from the schemes and services which may be most suitable for your loved one. Contact us to learn more.

## **Care at Home**

Being in a familiar environment gives your loved one the best support in healing both their body and their mind.

They can stay at home close to family, with home care services at their doorstep, such as nursing support and extra help around the house, etc.



### **Home Medical**

A care professional provides treatment of chronic conditions such as diabetes, hypertension and high cholesterol.



### **Home Nursing**

A nurse helps with wound dressings, injections and change of feeding tubes.

## **Home Personal Care**

Trained care staff will help your frail loved one with their activities of daily living, and other tasks such as grocery shopping and light housekeeping.

## **Home Therapy**

A therapist helps your loved one regain or maintain their ability to carry out daily activities.

## **Meals-on-Wheels**

Get food delivered to your loved one if they are unable to buy or cook their own meals and have no one to purchase food for them.

## **Hospice Home Care**

Care for your loved one at home if they have advanced or progressive health conditions that are expected to progress in weeks or months.



# Taking a Break from Caregiving

Taking care of yourself is as important as caring for your loved one. You can take breaks to do things you enjoy or join caregiver support groups to connect and share caregiving tips with your peers. For more information, visit [for.sg/aic-csn](https://for.sg/aic-csn)



## Respite Care in a Senior Care Centre

Trained staff at centres will provide daytime supervision, personal care services and companionship to your loved one. Suitable if you need ad hoc breaks during the day.



## Nursing Home Respite Care

A stay-in option with healthcare services for loved ones with high care needs if you need a break of at least seven days.

“When I am at the centre, the care staff teaches me to sing and play music. The hand drum is my favourite instrument.”

A senior who goes to day care centre



## Care at Centre

Besides providing respite for you, day care centres offer health and rehabilitation services, along with social activities to improve your loved one's health and well-being.

### **Day Care**

Your loved one can exercise and interact with other seniors while you are at work. Transportation can be arranged to and from the centre.

### **Day Rehabilitation**

A physiotherapist will carry out therapy sessions so that your loved one can regain their ability to carry out daily activities such as walking and toileting.

### **Dementia Day Care**

Staff will engage your loved one with dementia with tailored activities to keep their mind stimulated.

# Care Cost

For families who require financial assistance, there is a variety of schemes that can help you and your loved one.

## Caregivers Training Grant

The Caregivers Training Grant (CTG) is a \$200 annual subsidy\* that lets caregivers, including Migrant Domestic Workers (MDWs), attend approved courses to better care for the care recipient.



Scan QR code for the list of courses available under the CTG.

\* From 1 Apr 2024, eligible beneficiaries will start off with a \$400 grant. Each year, there will be a top up to care recipients' Caregivers Training Grant by \$200, and unused monies can be carried forward, with the Caregivers Training Grant monies for each care recipients capped at \$400.

## Migrant Domestic Worker Levy Concession for Persons with Disabilities

Pay a lower levy of \$60 per month (instead of \$300) when you hire an MDW to help care for a frail senior or a loved one with disabilities.

## Seniors' Mobility and Enabling Fund

Your loved one can remain mobile and live more independently with subsidies for devices that assist them with their daily activities (e.g. showering, walking) and home healthcare items.



## Home Caregiving Grant

Receive \$200, \$400 or \$600<sup>^</sup> a month while caring for your loved one with moderate to severe disabilities.

<sup>^</sup>If you own multiple properties, you will receive the lower tier of \$200 per month.



## Pioneer Generation Disability Assistance Scheme

As a Pioneer, your loved one can receive \$100 a month to support their cost of care if they have moderate to severe disabilities.



## MediSave Care

Your loved one with severe disabilities can withdraw up to \$200 a month from their own and/or their spouse's MediSave Account for their long-term care needs.

# Residential Care

A Nursing Home is for seniors who need some help with day-to-day activities, such as dressing, bathing or taking medication.

If your loved one requires a greater degree of medical support, or has extensive care needs that cannot be provided by current home care services, a medical social worker may refer them to a nursing home instead.

# The Heart of Care



Click  
[www.aic.sg](http://www.aic.sg)



Call  
1800 650 6060



Visit  
AIC Link

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need.

We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need.