



MEDIA RELEASE

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AIC launches exhibition to empower persons living with dementia to thrive beyond their diagnosis

The Agency for Integrated Care (AIC) has launched a week-long immersive exhibition to deepen public understanding of dementia. It also showcases community resources that help persons living with dementia and their caregivers to stay connected, supported and confident as they go about their daily life.

2. The exhibition, titled “Life Unstoppable! Living Beyond Dementia”, is held from 28 February to 6 March 2026 at Century Square. Today’s stage programme was officiated by Dr Charlene Chen, Adviser to Tampines GRC GROs.

3. This exhibition, which is the fourth edition of the #DementiaFriendlySG national movement, guides visitors through a home-like setting. It highlights the challenges faced by persons living with dementia and shows practical ways of how they can continue living well after a diagnosis. Visitors can explore activities, tools, and resources that support persons living with dementia and their caregivers. These include tips on creating dementia-friendly homes and ideas for engaging loved ones in meaningful activities. Interactive displays help visitors better understand dementia and encourage everyone to play a part in building a more inclusive and dementia-friendly Singapore. (More details on the exhibition can be found in Annex A).

Growing the network of Dementia Go-To Points

4. Beyond the exhibition, AIC continues to expand support for persons living with dementia in the community. It is growing the network of Dementia Go-To-Points, where trained staff will help persons living with dementia or seniors who appear lost or disoriented, and reunite them with their caregivers. AIC is working closely with Dr Chen and her team to onboard merchants along Tampines N2 Shopping Street, a well-frequented area with about 120 neighbourhood shops.

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5. As part of the onboarding process, merchants will attend dementia awareness talks conducted by the community mental health team from Brahm Centre. These sessions will equip their shops with the knowledge and confidence to be a Dementia Go-To-Point. AIC will also guide merchants on making their premises more dementia friendly. (More details on Dementia Go-To Points can be found in Annex B).



Guest-of-Honour, Dr Charlene Chen, Adviser to Tampines GRC GROs, (sixth from left) and AIC Chief Executive Officer, Mr Tan Chee Wee (sixth from right), with partners of Dementia-Friendly SG holding certificates of appreciation presented by AIC.

Scaling up the Cognitive Intervention Programme

6. AIC is also strengthening dementia care services across the wider ecosystem by expanding its Cognitive Intervention Programme (CIP) to seven centres islandwide. The CIP supports persons with mild to moderate dementia through structured cognitive, physical, and social activities that help them stay mentally stimulated, socially connected and physically active. The programme began as a pilot in 2022 with two centres and demonstrated strong outcomes, with more than 85 per cent of participants maintaining or improving their cognitive scores. With this expansion, the CIP aims to support more than 1,200 persons living with dementia by 2028. (More details on the CIP can be found in Annex C).

7. “As Singapore’s population ages, AIC’s priority is to make dementia support more accessible in the community. Through the exhibition, expansion of Dementia Go-To Points and scaling-up of the Cognitive Intervention Programme, we aim to create clear and accessible support pathways at every stage of the dementia journey. Our goal is to enable persons living with dementia to lead meaningful lives with dignity, while giving caregivers confidence that the community stands with them,” said Mr Tan Chee Wee, Chief Executive Officer of AIC.

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For media queries, please contact:

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About the Agency for Integrated Care

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. For more about us, please visit <https://www.aic.sg>.

Annex A

“LIFE UNSTOPPABLE! LIVING BEYOND DEMENTIA” EXHIBITION AT CENTURY SQUARE

Overview

This exhibition marks the fourth edition of the annual national #DementiaFriendlySG campaign. It aims to raise awareness of dementia and highlight the importance of community resources in helping persons living with dementia and their caregivers to stay connected, supported, and confident in navigating daily life.

Designed as a home-like environment, the exhibition offers visitors an immersive look into the everyday experiences of persons living with dementia. Through realistic settings and relatable scenarios, visitors will gain deeper insights into the challenges, needs, and routines of persons living with dementia.

Across the exhibition, interactive elements guide visitors through practical strategies and tools that promote meaningful participation, independence, and well-being. These include demonstrations of home-based activities, cognitively stimulating stations, and practical tips that support persons living with dementia in leading active and independent lives. Together, these showcases highlight how caregivers and communities can create supportive and engaging environments that empower individuals beyond their dementia diagnosis.

Exhibition details

Date: 28 February to 6 March 2026

Time: 10:30am to 8:30pm

Location: Century Square, Level 1, Main Atrium
2 Tampines Central 5, Singapore 529509

The exhibition is free and open to all.

Exhibition Zones

1. Understanding Dementia

- Learn to recognise common signs and symptoms of dementia through interactive displays.
- Discover simple and practical tips to make homes more dementia friendly.
- Explore an immersive, home-like exhibition layout that simulates daily living challenges faced by persons living with dementia.

2. Keeping the Mind Active

- Explore cognitively stimulating activities that can be easily done at home.
- Have fun with interactive elements, such as a rotating flip-board reminiscence photo-matching game that supports memory recall.

- Access examples of simple home-based activities that caregivers and persons living with dementia can do together to support cognitive and functional abilities.

3. Discovering Kitchen Hacks

- Learn how to create a comfortable and dementia-friendly kitchen environment that supports daily activities in a safe and familiar space.
- Gain practical tips on encouraging healthy diets and making mealtimes enjoyable for persons living with dementia.

4. Staying Active and Socially Connected

- Discover practical ways for persons living with dementia to remain socially connected and engaged in their community, including through Active Ageing Centres (AACs).
- Find out about care services available in the community.
- Learn about resources that support persons living with dementia who may require assistance when out in the community, such as Dementia Go-To Points.

Throughout the exhibition, visitors are reminded of the key messages: persons living with dementia can take charge of their lives and continue to live meaningfully, and everyone has a role in building an inclusive and dementia-friendly Singapore.

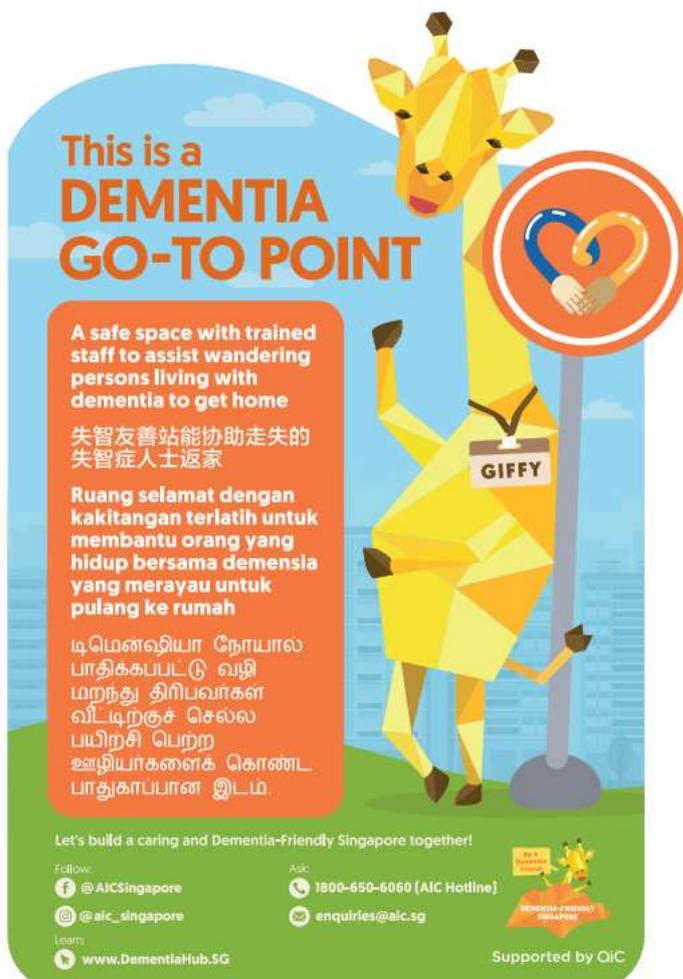
Annex B

ABOUT DEMENTIA GO-TO POINTS

Dementia Go-To Points (GTPs) are designated community touchpoints that serve as safe return locations for persons living with dementia and seniors who appear lost or disoriented. Staff at GTPs are trained to identify individuals in need, and to assist in reuniting them safely with their caregivers whenever possible.

Beyond safe return assistance, GTPs are also resource centres, providing educational materials and information on dementia for members of the public. They offer guidance on how the community can better support persons living with dementia, helping to build a more dementia-friendly environment in Singapore.

There are now more than 820 GTPs across the island, located in familiar community spaces such as community centres, libraries, MRT stations, bus interchanges, and other public touchpoints that residents commonly visit. These GTPs can be recognised by the Dementia-Friendly Singapore decal, which is displayed at their entrances or service counters.



Annex C

COGNITIVE INTERVENTION PROGRAMME FOR PERSONS LIVING WITH DEMENTIA

Overview

The Cognitive Intervention Programme (CIP) is an evidence-based intervention designed to support persons living with mild to moderate dementia. It focuses on structured multi-modal interventions to help participants maintain or improve their cognitive and social abilities.

According to the Well-being of the Singapore Elderly (WiSE) study, there were about 74,000 persons living with dementia in 2023. The Ministry of Health projects that this number will increase to more than 150,000 by 2030.

To enhance care for persons living with dementia in the community, the Agency for Integrated Care (AIC) launched a two-year CIP pilot in October 2022.

Following positive outcomes from the pilot, AIC expanded the rollout with the aim of enrolling more than 1,200 clients over three years. The CIP is currently offered by Dementia Singapore, Yong-En Care Centre, and NTUC Health, and is available at seven centres across Singapore.

Key features of CIP

The CIP provides structured cognitive, physical, and social activities for persons living with dementia. These activities keep participants mentally active, socially connected, and physically active. They include memory games, dance, baking, and arts and crafts, which are tailored to each participant's abilities to provide cognitive stimulation and social engagement. Sessions are conducted in small groups, with trained staff guiding the activities and facilitating interaction and participation for up to four participants.

The main intervention programme runs twice a week for seven weeks, with each session lasting three hours. To sustain progress, there is also an optional maintenance programme of up to 26 weeks. Caregivers are provided a platform for support, regular check-ins, and resources to care for persons living with dementia.

Eligibility

The CIP is suitable for persons diagnosed with mild to moderate dementia. Prospective clients will undergo further assessment to determine suitability for group-based and physical activities.

Each session starts from \$80, with subsidies of up to 80 per cent available for eligible Singapore Citizens and Permanent Residents, depending on means-test results.

Programme outcomes

In 2022, the two-year CIP pilot supported more than 120 participants across two centres. More than 85 per cent of participants who completed the main intervention programme, which was conducted weekly over two months, maintained or improved their cognitive scores, and reported an improvement in mood.

Majority of caregivers also observed improvements in their loved ones' cognition and functional status. They also reported reduced stress and caregiving burden after their loved ones attended the CIP.

Contact information

Interested participants may visit <https://aic.sg/care-services/cognitive-intervention-programme> for more information and to contact any of the participating organisations.