

**ntuc**  
*Health*

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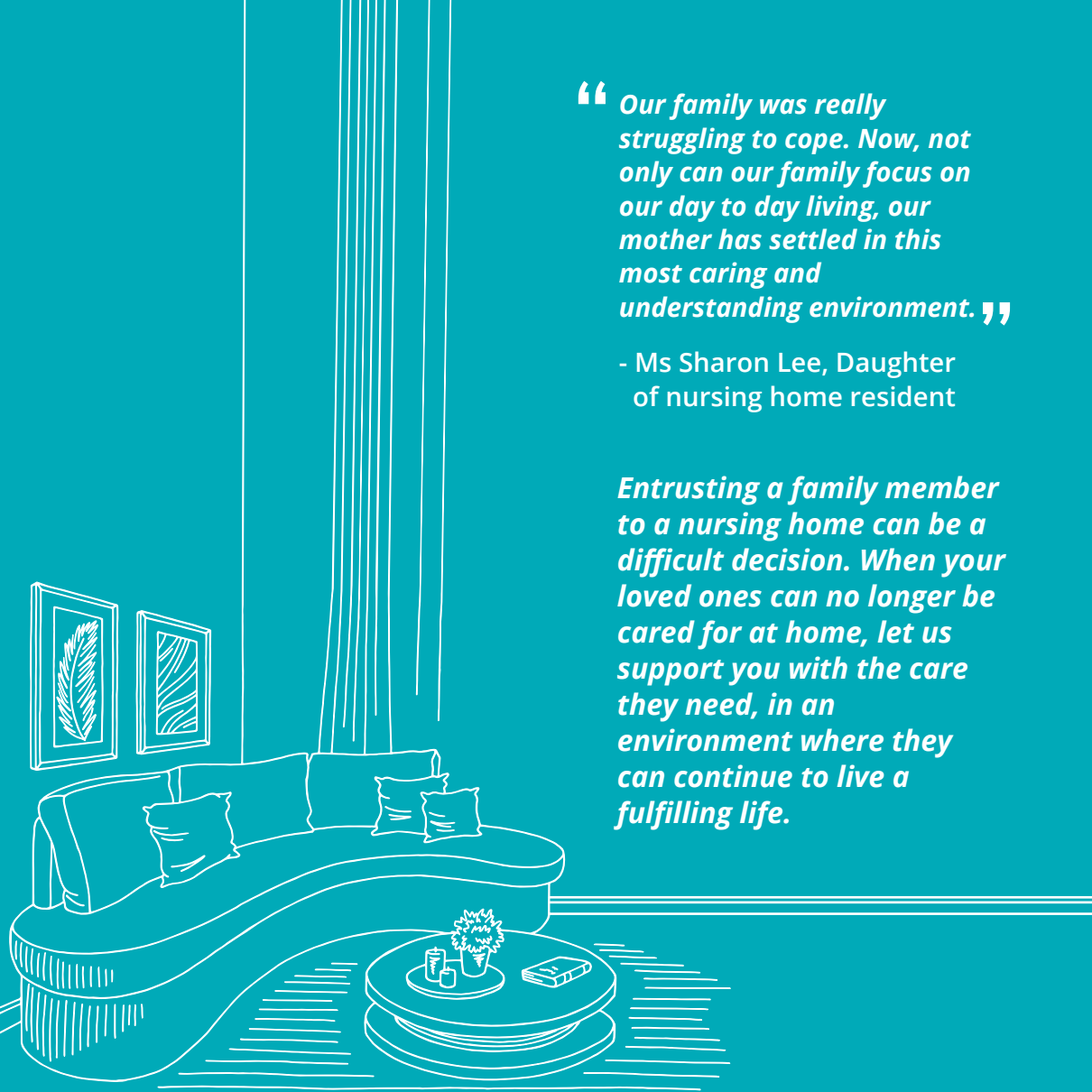
快乐时光



## Nursing Home

*Feel Right At Home  
With Us*





**“ Our family was really struggling to cope. Now, not only can our family focus on our day to day living, our mother has settled in this most caring and understanding environment. ”**

**- Ms Sharon Lee, Daughter of nursing home resident**

***Entrusting a family member to a nursing home can be a difficult decision. When your loved ones can no longer be cared for at home, let us support you with the care they need, in an environment where they can continue to live a fulfilling life.***

# Services in NTUC Health's Nursing Home



## Professionals with Heart

Our staff are equipped with both skills and passion to serve.



## Resident Participation

Residents are encouraged to continue to do simple tasks for themselves and even volunteer for others.



## Active Living

Daily exercises and our customised rehabilitation programmes will help residents remain active and independent as much as possible.

# Serving Different Care Needs



## Medical and Nursing Care

**Your loved one can receive the support they need.**

This includes:

- Customised care plans to meet individual needs
- Regular medical, nutritional and dental checks
- Assistance with daily activities and living



## Rehabilitation and Exercise

**Tailored programmes can help retain quality of life.**

- Regular exercises and therapy sessions to stay physically active
- Perform daily tasks with rehabilitation programmes eg. showering, ironing, cooking
- Regain independence and live more comfortably with optional diaper-free programmes



## Activities and Interest Groups

**Your loved one will remain active and connected with the community through:**

- Regular activities run by volunteers
- Opportunity to form and drive their own interest groups
- Volunteering opportunities to help fellow residents



## Short-term Care Options

Plan ahead for times when you may need caregiving breaks, and get emergency support when you need it.

Enrol your loved one in the 'Go Respite' programme for a total of up to 30 calendar days per year.

# How Do I Apply?

Chat with us to find out how to apply and about your eligibility for financial assistance and government subsidies.

“ *I really appreciate the staff who have taken such good care of my wife. I can see how she has improved and can even eat all by herself now, which is something she was not able to do before!* ”

- Mr Gan, Husband of nursing home resident Mdm Ang Beng Lian



**T:** +65 6715 6762

**E:** [nursinghome@ntuhealth.sg](mailto:nursinghome@ntuhealth.sg)

**W:** [ntuhealth.sg/nursing-home](http://ntuhealth.sg/nursing-home)

## About NTUC Health

**NTUC Health Co-operative Limited (NTUC Health)** is an NTUC social enterprise that provides a comprehensive and integrated suite of quality and affordable health and eldercare services to meet the growing needs of families and their dependents. Building on more than four decades of experience and expertise, NTUC Health is among the largest senior day care, nursing home and home personal care providers in Singapore. We also offer other services for seniors such as active ageing programmes at our active ageing hubs and senior activity centres, community support for vulnerable seniors, and a sheltered / senior group home. In addition, we run a chain of dental clinics, and a family medicine clinic.

We also aim to enable 'Ageless Seniors' by supporting every senior to maintain a youthful enthusiasm for life, and to embrace their potential to make a difference to our community.



### SERVICES

Senior Day Care | Home Care | Nursing Home | Active Ageing  
Rehabilitation and Physiotherapy | Family Medicine | Dental

### COMMUNITY SUPPORT

Senior Activity Centres | Community Care | Henderson Home

### NTUC HEALTH CO-OPERATIVE LIMITED

55 Ubi Ave 1 #08-01 Singapore 408935

**T:** +65 6590 4300 | **F:** +65 6590 4389 | **E:** enquiries@ntuhealth.sg

**W:** www.ntuhealth.sg |  NTUCHealth |  ntuhealth



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