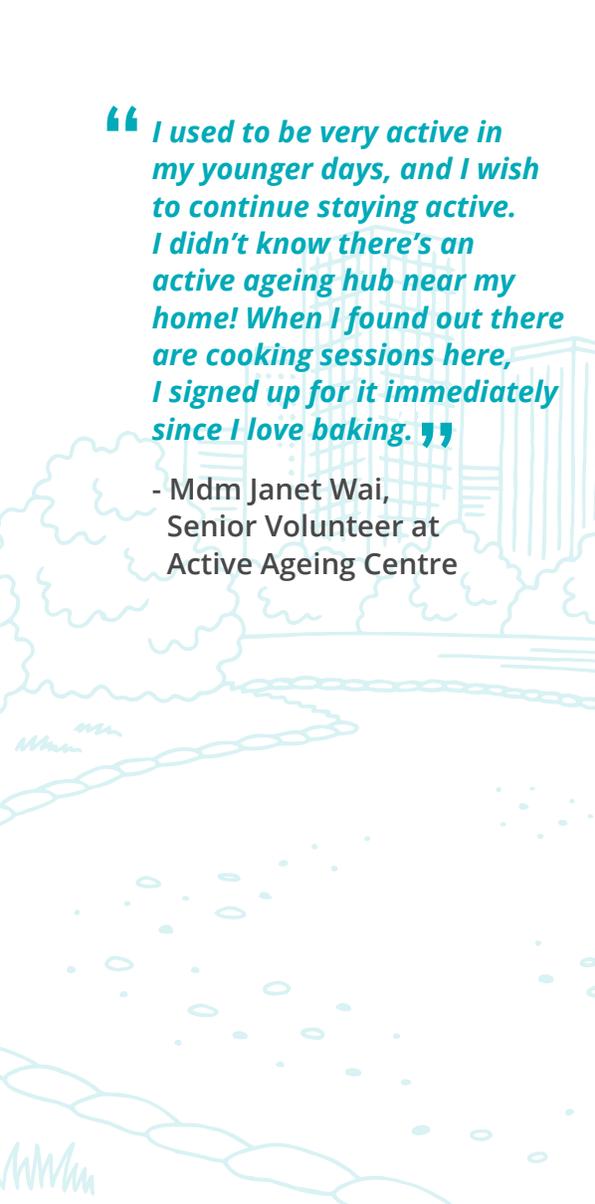




**Enabling
Health For Life**





“ I used to be very active in my younger days, and I wish to continue staying active. I didn't know there's an active ageing hub near my home! When I found out there are cooking sessions here, I signed up for it immediately since I love baking. ”

- Mdm Janet Wai,
Senior Volunteer at
Active Ageing Centre

Who We Are

For almost three decades, NTUC Health has been bringing much needed quality and affordable health and eldercare services to working families in Singapore. Today, we have grown to become one of the largest providers of active ageing, senior day care, nursing home and home personal care services, making a difference to the lives of close to 10,000 seniors each year.

Our purpose is to achieve **'health for life', enabling healthy and fulfilling years** by being a trusted partner of seniors and their families.

Giving You More Options For Care



You need help to care for your loved one while at work

Senior Day Care

Our day centres (flexible options available) provide fun recreational activities and the opportunity to make new friends with the assurance that the care needs of your loved one will be taken care of.

Home Care

Enjoy the convenience of quality care, therapy or nursing services in the comfort of your home.



You want to stay active and social

Active Ageing

Choose from a wide range of fitness, social, volunteer and enrichment activities at our Active Ageing Centres designed to help you achieve overall wellness.

Senior Gym

Looking to boost muscle strength, flexibility, or manage your weight? Our gyms offer tailored strength programmes led by experienced trainers. From Circuit to Functional Strength Training, we ensure safety and comfort while helping you meet your fitness goals.



When your loved one can no longer be cared for at home

Nursing Home

Receive round-the-clock support for your loved ones. Flexible care options are also available.



You want to regain your strength and mobility

Rehabilitation and Physiotherapy

Improve strength and regain mobility with our physiotherapists and occupational therapists.



You need to better manage your chronic conditions like diabetes and high blood pressure

Family Medicine

Keep your long term medical conditions in check with our comprehensive suite of services, including diabetic foot screening, eye check, and nurse counselling.

The NTUC Health Difference



Our Care Philosophy: Independence, Social Engagement and Choice

We encourage seniors to stay independent by embracing an active lifestyle, remain socially engaged by having strong community networks, and to live agelessly by choosing to live with purpose and passion.

Comprehensive Services; Convenient Access Island-Wide

We are one of the largest health and eldercare providers in Singapore with our centres located island-wide.



Award-Winning

Our quality of care and programmes have been recognised with international awards.



Scan to find out more about NTUC Health's services

Supporting The Community Is At The Heart Of Everything We Do

We are committed to our community. Our social workers and volunteers befriend seniors and visit them at their homes to ensure they have the support they need. Our work also includes reaching out to vulnerable seniors through Active Ageing Centres (AACs) to connect them to important services they need.

“*Thank you very much for taking good care of my mum at your centre. She has since become happier and more cheerful. Thanks for making my weekdays worry-free.*”

- Ms Lim, Caregiver





SERVICES

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

COMMUNITY SUPPORT

CCMS (Community Case Management Services)
CREST (Community Resource, Engagement and Support Team)
Henderson Home

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