



ntuc
Health



Senior Day Care

We Put the Fun in
Quality Care!





“ I enjoy all the activities here. The staff are also very pleasant and understanding. They will always make sure that the seniors under their care are in tip-top condition. ”

**- Mr Abdul Karim Bin Salleh,
Client, Day Centre for Seniors
(Geylang East)**

**Join us for activities, exercises
and games to keep you
entertained through the day!**

**Or if you need support to care
for your elderly loved one, we
also offer specialised care.**

Is Senior Day Care Right For You?

- Want to help your loved one regain his mobility through physical therapy?
- Worried about leaving your parent at home while you are at work?
- Are you bored at home and looking for interesting activities and companionship?
- Need a break to rest and recharge from caregiving?
- Need support looking after someone living with dementia?

Day Care With A Difference



Multi-Award Winning

Engage us with confidence for our award-winning care and service quality.



Comprehensive Range of Services

Manage your loved one's therapy, nursing and essential care needs, all under one roof.



Professionals With a Heart

Our care staff serve with passion and purpose, and are trained to provide quality care for your loved ones.

Serving Your Care Needs



Day Care

Are you spending all your time in front of the TV? Or are you a caregiver anxious about whether your elderly loved one is safe alone at home? At our day centres, seniors participate in group and individual activities designed to keep them mentally alert and physically independent. Meals are provided during the day and transportation is available depending on where you live. Regular activities include:

- Art and craft, karaoke and table top games
- Inter-generational sessions with children
- Therapist-prescribed exercises for balance, strength and flexibility
- Support with activities of daily living and meal nutrition



Rehabilitation

Our day rehabilitation services are open to anyone who requires rehabilitation. If you have mobility issues due to injury or a physical disability, our experienced therapy team can help you manage your pain, and improve your functional abilities and confidence.



Dementia Care

We know it is not easy to care for someone living with dementia. At our day centres, we have professionals who understand what you are going through, and are committed to ensuring that your loved ones are well cared for. Regular activities include:

- Mind-stimulating activities and games to preserve mental abilities
- Reality Orientation and Reminiscence Therapy to aid in memory recall
- Physical activities to encourage movement and train coordination
- Sensory-rich activities to engage the nervous system (PEACE programme)
- Work-like tasks to reinforce a sense of dignity and self-identity (THOR® programme)



Flexible Care Arrangements

We also provide ad-hoc and short term care services at our centres, where seniors can join us on Sundays, or for just a few days in a week.

Choose from our 3-hour weekly Fun with Friends programme for seniors with mild dementia, or an online home-based DayCare+ programme to help your loved ones stay engaged and active while you get the respite you deserve. Care on Sundays is also available at selected centres, for those who need a weekend break.

How Do I Apply?

Chat with us for more information or to make an appointment.

Useful Information

Transport: Transport services to and from selected locations within 5km from our day centres can be arranged at a fee.

Fees and Subsidies: Service fees vary, and are subject to subsidy eligibility. You may contact us for help on determining your eligibility.



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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 close to three decades of experience and expertise, NTUC Health is among the largest providers of active ageing, senior day care, nursing home and home personal care services in Singapore. We also serve vulnerable seniors in selected areas in Singapore through Community Case Management Services (CCMS), CREST mental health support, and a sheltered senior group home. In addition, we run a family medicine clinic.

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



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

NTUC HEALTH CO-OPERATIVE LIMITED

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