



Rehabilitation and Physiotherapy

*Regain Mobility
and Strength*



“ After receiving home therapy, my Granny’s muscle strength and stamina have improved. Angel also went beyond her call of duty to recce my Granny’s residential area to find a senior activity centre that she can go to. Angel did not just help my Granny regain her strength, but also her mental health and confidence. ”

**- Ms Edna, Caregiver
of our client**

**Regain mobility and
strength. Improve your
confidence and achieve
your health goals with us!**



Why You Need Rehabilitation

Speak to us if you:

- Had a stroke, spinal cord injuries, Dementia, Parkinson's disease, or other neurological conditions
- Just had surgery or been hospitalised and your mobility is affected
- Have joint pain and stiffness
- Want to be more active or start exercising regularly but not sure how
- Are afraid of falling / had previous falls
- Have difficulties with activities of daily living (i.e eating, bathing, dressing)

The NTUC Health Difference



Comprehensive Range of Services

We offer a full range of therapy services, from physiotherapy and occupational therapy, to speech and preventive therapy.



Support Near You

As one of the largest eldercare operators with centres islandwide, it is easy to find one near you or you can also request for therapy to be conducted at your home.

Strong for Life



Physiotherapy

Regain your mobility, agility and strength so you can continue doing the things that you enjoy.

Our physiotherapy sessions focus on:

- Strength, endurance, movement and balance training
- Falls prevention education and fall recovery
- Client/caregiver education (i.e home exercises and lifestyle modifications)



Speech Therapy

Work with us to improve speaking, language and swallowing through exercises targeting the face, mouth, and throat muscles.



Occupational Therapy

Regain your ability to perform daily tasks, such as getting dressed, preparing a meal, or using the wheelchair. Our occupational therapy sessions focus on helping you return back to your home, work, and society through:

- Retraining to perform daily activities
- Relearning cognitive skills
- Training on use of Personal Mobility Aids (e.g motorised wheelchair)
- Assessment of home environment for safety and recommendations on changes (e.g installation of grab bars, ramps)
- Caregiver training to assist with activities of daily living

Physiotherapy, Speech Therapy, and Occupational Therapy are available at our Rehabilitation and Physiotherapy Centres, or in the convenience of your home.

Government Subsidies

Singapore Citizens or Permanent Residents are eligible to apply for government subsidy.

The amount of subsidy will be determined through a National Means Test.

Contact us for assistance in checking your eligibility.



T: 6715 6715

E: care@ntuhealth.sg

W: ntuhealth.sg/rehabilitation-and-physiotherapy

“ *I have found myself to be improving more in my walking. I used to require the help of a hoist at home, but I do not need it anymore. It has also been a year since I have not been depending on my helper to do transfers.* ”

- Mr Koh Hong Liak,
Client

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

T: 6715 6715 | **E:** care@ntuhealth.sg
W: ntuhealth.sg | [f](#) [i](#) [v](#) [in](#) @NTUC Health



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