

 **ntuc**  
*Health*



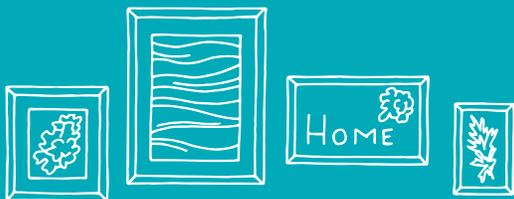
## Home Care

*Close to Home,  
Close to Heart*



**“ Thank you for what you have done for my mother. She always looked forward to your visits! From the way you cared for my mother, it is obvious home care is not a job to you, but a calling. ”**

**- Ms Joni, family member of client**



***Age in surroundings you know and love.***

***Receive personalised care at home, where you feel most comfortable and safe.***



# Is Home Care Right For You?

Speak to us if you need help in:

- Post-discharge care
- Rehabilitation for recovery from stroke
- Dementia care
- Temporary care while your caregiver/helper are away
- Personal Hygiene (Showering/bed bath/toileting/grooming)

## Why Choose NTUC Health Home Care?



### **Comprehensive Services Delivered Island-wide**

We operate island-wide 24/7 including long-hours service. One of the pioneers of home personal care, our services now include home therapy, medical and nursing.



### **Trained In-house Team**

To ensure consistent quality in our service, we engage and train our own staff, equipping them with best practices in care delivery.

# Close to Home, Close to Heart



## Home Care Services

**Our professionally trained Care Staff can visit your loved one at home to help with:**

- Respite care when the domestic helper is on leave
- Personal hygiene (showering/bed bath/toileting/grooming)
- Physical maintenance exercises
- Companionship and recreational activities



## Home Personal Care+ (HPC+)

**We offer a range of personalised care services that cater to your individual needs:**

- Home and personal assistance
- Housekeeping
- Interim Intensive Care Support
- Befriending and Custodial Support
- 24/7 Tech Monitoring and Response



## Home Medical

**With our Home Medical service, your loved ones can receive the medical attention they need without having to leave home.**



## Home Therapy

**Our therapy professionals can work together with you to improve your mobility and remain independent:**

- Find out your rehabilitation needs
- Design treatment plans
- Prescribe exercises that improve the ability to carry out daily activities such as bathing, feeding, toileting
- Improve speech articulation, communication and reduce swallowing difficulties



## Home Nursing

**Our nurses can help with:**

- Change feeding tubes and female urinary catheters
- Wound and stoma care
- Administering of Ventolin puff, nebulizer and insulin
- Diabetes care and monitoring blood glucose levels



## Interim Caregiver Service (ICS)

**With our Interim Caregiver Service, our trained and professional Nursing Aides will visit your loved one's home to provide short-term nursing care while they recover from medical procedures.**

*\*Do note that your loved one will need to be referred by a discharge nurse and medical social worker at restructured hospitals and community hospitals to qualify for this service.*

# 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.

You may contact us to check if you are eligible.



**T:** 6715 6715

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

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

“ *Many thanks to NTUC Health for rendering home care services to allow us to take a break from caring for our loved ones, which helps in relieving stress.* ”

- Ms Teo,  
family member of 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

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