

# The Eldersitter Programme

By Agency for Integrated Care

## What is the eldersitter service?

The eldersitter service is an initiative that engages seniors with dementia at their homes. It aims to:

- Provide cognitive stimulation through social interactions and engagement in meaningful, structured activities that may include reminiscence, memory, linguistic, and other appropriate tasks, based on their needs and interests;
- Build caregivers' capability to support and care for their loved ones at home; and
- Provide respite for caregivers.

Eldersitters visit the homes of these seniors on a regular basis. Caregivers are not required to stay at home during these sessions, which last between two to four hours, depending on the needs of the seniors.

## Who are the eldersitters?

Eldersitters may be laypeople or home care workers who are trained in basic dementia caregiving to provide care and support to persons with dementia and their caregivers. The current service providers are Alzheimer's Disease Association, Thye Hua Kwan Moral Charities and NTUC Eldercare.

## Who will benefit from this service?

- Seniors diagnosed with dementia by a doctor and live in the community with a caregiver; and
- Caregivers who require respite care.

## What are the costs?

Seniors and caregivers who are Singapore citizens and permanent residents will have to undergo means testing to determine the amount of subsidy they are eligible for. The service providers will conduct the assessment and advise on the costs accordingly.

## What are the operating hours?

- Alzheimer's Disease Association: Monday - Friday, 9 am - 6 pm
- Thye Hua Kwan Moral Charities and NTUC Eldercare: Monday - Friday, 8 am - 6 pm

\* Weekend services are on case-by-case basis

## How to apply?

Contact the service providers directly to apply or find out more.

- Alzheimer's Disease Association  
Tel: 6377 0700
- Thye Hua Kwan Moral Charities  
Tel: 6690 0110  
Email: ipal@thkmc.org.sg
- NTUC Eldercare  
Tel: 6543 6632  
Email: care-home@ntuceldercare.org.sg