

# IN THE KNOW

by AWWA Corporate Affairs

Let's take a look at some of the recent highlights across AWWA!

.....

## Walk2Remember 2022

Every September, we stand in solidarity with persons with dementia and their caregivers.

AWWA, along with the Ang Mo Kio Partners' Network: AMKFSC Community Services, Dementia Singapore, Tan Tock Seng Hospital, and TOUCH Community Services, banded together on 17 September to walk in support of World Alzheimer's Month.

continued below



Over 500 colour-coordinated residents from all walks of life huddled near the starting line at Bishan-Ang Mo Kio Park, waiting eagerly for the flag-off to the walkathon.

The residents also participated in other activities at the event, such as a fireside chat with a caregiver, a person living with dementia, and Teo Ying Ying, Centre Manager of AWWA Dementia Day Care Centre @ Ang Mo Kio; Zumba workout; a lucky draw; and interactive activities at information booths.

We also launched the Community Living Resource, an informative guide that features a comprehensive listing of local amenities and services to help residents stay engaged, active, and better prepared to look after their loved ones with dementia.

As we prepare for an ageing population, initiatives such as this would allow persons with dementia to continue living in their community, participating in communal activities and ageing well in place.

Scan the QR code to view the Community Living Resource!





## AWWA Home Personal Care Service First Client Interest Group Session

AWWA Home Personal Care Service (HPCS) kicked off its inaugural client interest group in September with the theme "Music". Shuying, our Music Therapist, led the workshop "Why Music Helps – Hear it. See it. Feel it." which was attended by 15 HPCS clients and caregivers.

During the workshop, participants learned why music is helpful as a therapeutic tool and participated in experiential activities, learning simple music strategies to improve mood, facilitate socialisation, encourage movement, and increase alertness. Those smiling faces, laughter, and even some dancing that happened during the workshop were a testament to how well the workshop went!

We will continue to work closely with our clients and caregivers and impart the knowledge and resources they need so that they can continue caring for their loved ones beyond the centres and in the comfort of their own homes.



## AWWA Dementia Day Care Centre - Extended Hours & Community Engagements

AWWA Dementia Day Care Centre @ Ang Mo Kio officially launched the weekday extended-hours respite service, which started on 1 July 2022, under the Care Beyond Walls (CBW) project. We started with two clients per evening on a regular basis, with more caregivers signing up for ad-hoc service, citing the much-needed relief of a few hours in the evening that this service can provide.

Our evening-session clients are cared for with an aim to promote relaxation & induce better sleep at night through light games, stretches, massages, and rest on reclining geriatric chairs that are available in the Centre.

Since the easing of COVID-19 restrictions, the community integration component of the CBW project has also started. Through joint activities with community partners such as Jamiyah Childcare Centre & Elias Park Primary School, our clients were given opportunities to interact and participate with different groups in the community, such as storytelling to children, introducing different plants, and simple gardening.

We look forward to bringing more community partners on board and supporting our clients through bridging more meaningful opportunities with the community!

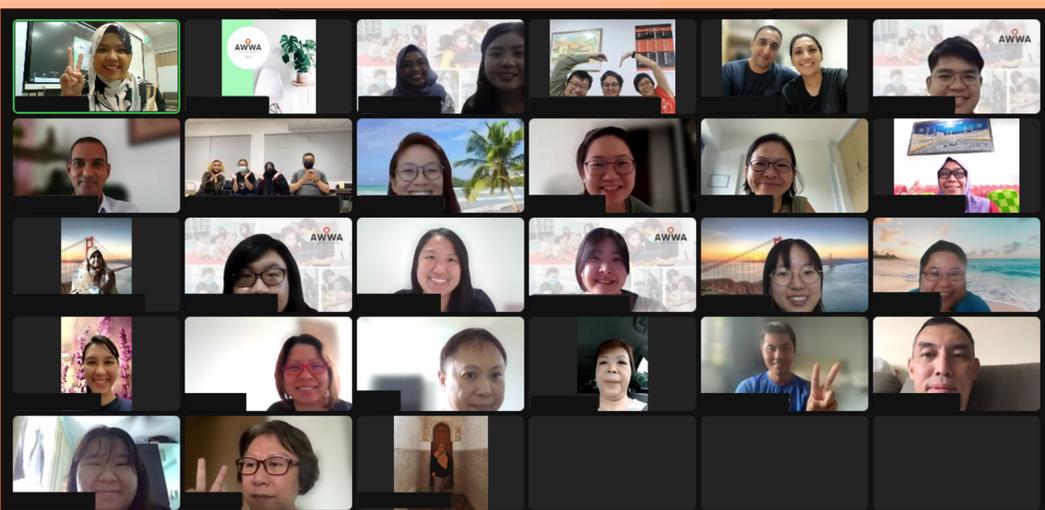


## AWWA Family Service Centre Open House

After months of tireless planning, AWWA Family Service Centre (FSC) successfully held its first physical open house since the pandemic on 10 September 2022. We are honoured to have Member of Parliament for Jalan Besar GRC, Mr Heng Chee How, visit our newly renovated FSC.

The brightly-lit space, coupled with the colourful balloon arch, greeted visitors as they tried out community drumming, interacted with the mobile sandplay station, and learned how the different programmes and activities support and uplift the lives of our clients. We also had a dialogue session with key stakeholders from our community to learn how we can work together to improve our capabilities to better support families and the community at large.

Even though the road ahead for our clients may be long, we will walk this journey with them and be there to celebrate their successes together.



## AWWA Caregiver Empowerment Series (ACES)

ACES aims to serve all parents/caregivers in AWWA and empower them with the resources and support they require to continue in their caregiving journey by providing quarterly equipping sessions. We hope that through this, we are able to provide holistic care to our clients.

Our inaugural session was held on 24 September 2022, where Karthik, AWWA CEO, shared the different types of initiatives that caregivers can rely on to ensure they are well-supported on their caregiving journey. We were also honoured to have four caregivers share with us their caregiving journey, hoping to inspire and encourage others.

Scan to follow our social media channel and stay updated on our recent activities!





## Feature Story: Nurul and Family

A family of three, Nurul, her husband, and their three-year-old daughter is like a fortress - strong with unwavering determination to succeed. Their daughter was diagnosed with developmental delay and is undergoing therapy at KK Women's and Children's Hospital. Despite the couple's young age, they are resourceful and knowledgeable, scouring the internet searching for available support that their child may benefit from (e.g., Early Intervention Programme for Infants and Children (EIPIC) services via the SGenable website). Their hard work paid off because they successfully enrolled their daughter in an EIPIC centre for early intervention in 2023.

Their journey was not an easy one. With employment and financial woes latching tightly on them, they continued to care for their beloved daughter, all while finding ways to improve their family situation and striving to secure a permanent place they could call their own. Because of their resilience, the couple achieved employment and financial stability. Recently, they successfully balloted for a Build-to-Order (BTO) and are waiting to collect their keys to their abode!

They maintain open communication with each other on anything regarding their family, and through it, they gain strength and motivation to care for their daughter. With a permanent house waiting for them and their daughter enrolling into EIPIC, Nurul and her family can only feel excited to see what the future holds for them.



**OUR STEPS FORWARD**

Your contribution to this campaign will go towards the AWWA Welfare Fund.

## Our Steps Forward Fundraising Campaign

The "Our Steps Forward" campaign aims to make a difference in supporting thousands of AWWA clients by providing early intervention for pre-schoolers, education and integration support for children and adults with additional needs, social assistance for vulnerable families, and care services for seniors.

Your contribution enables transportation for our children with additional needs to attend school, balanced meals for our seniors to keep them nourished, mobility training and basic daily living skills for those with additional needs to encourage their mental and physical wellness, and food rations for vulnerable families.

This campaign aims to raise \$250,000 by 31 December 2022, and Tote Board Enhanced Fund Raising Programme (EFR) will provide 40% matching, capped at \$100,000 for this campaign.

Scan the QR code to make your gift now!

