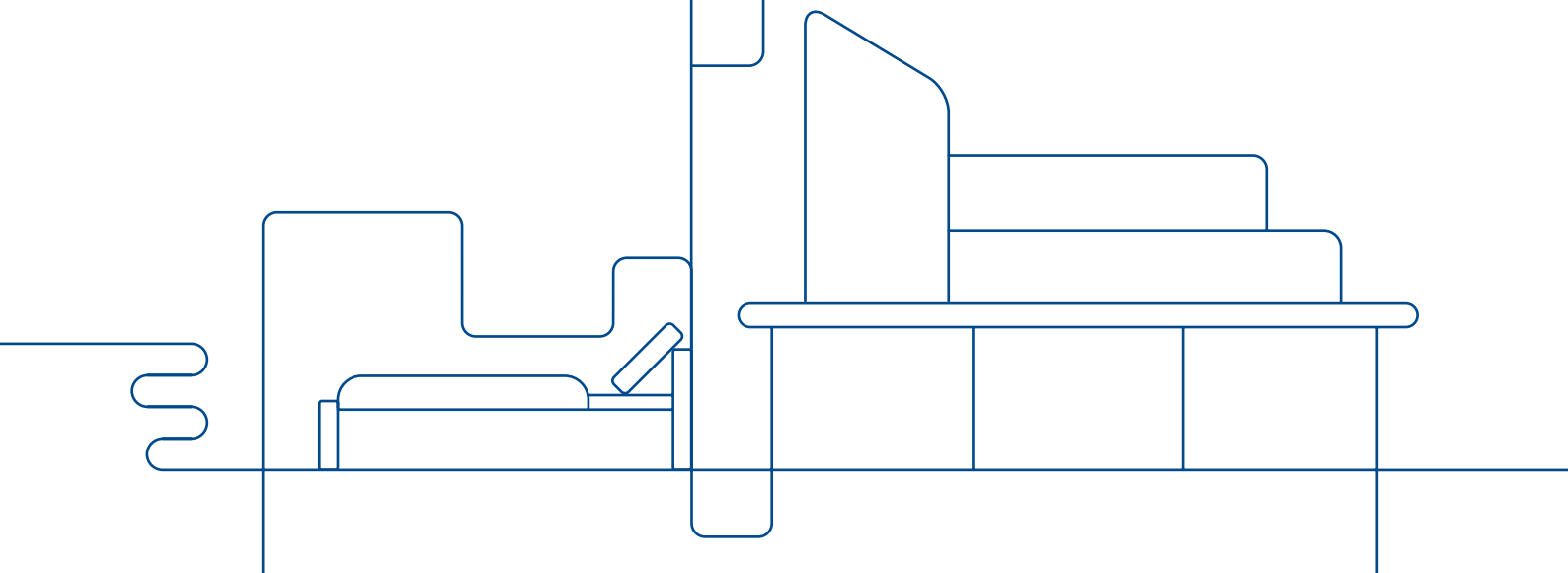




ST LUKE'S SERVICES



MISSION

A Christian healthcare provider enriching lives in the communities

VISION

Transforming Community Care

ST LUKE'S HOSPITAL & ST LUKE'S ELDERCARE

Our hospital and 12 eldercare centres allow us to cover a whole range of healthcare needs from inpatient and outpatient rehabilitation, nursing services, respite care and continuing care services right in the heart of the community.

Most of the patients and clients we see are admitted for rehabilitation following major illnesses such as stroke, post operative procedures, recovery from falls and wound management.

OUR TEAM

Our multidisciplinary team of healthcare professionals at St Luke's is dedicated to provide our patients with the highest level of care.

The team includes medical professionals, nurses and allied health professionals such as dietitians, medical social workers, occupational therapists, pharmacists, physiotherapists, speech therapists, pastoral care, centre managers, support staff and volunteers.

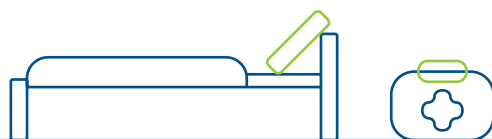
Patients with more complex clinical issues are reviewed by visiting consultants (specialists from acute hospitals) covering various disciplines- ranging from geriatric medicine, neurology, orthopaedics, respiratory medicine, rehabilitation medicine, podiatrist, psychiatry to dentistry.



ST LUKE'S HOSPITAL

St Luke's Hospital was set up in 1996 to serve the needy elderly sick. Today, we see over 2,000 patients a year, serving patients regardless of race and religion.

Admission to the hospital and subsequent rehabilitation enables the patient to reintegrate back to the community as well as equip the caregiver with the necessary knowledge and skills to cope with the care of patient post discharge.



INPATIENT CARE

St Luke's Hospital has a team of experienced doctors with post-graduate training in Family Medicine or Geriatric Medicine. They are committed to provide holistic and comprehensive care to patients.

The doctors provide quality clinical care to patients, including the frail elderly with multiple medical, psychosocial and functional issues as they transit from hospital, back to, and in their own homes.

The clinical team manages a wide spectrum of patients. This includes people needing rehabilitation due to deconditioning after recent hospitalisation and sub-acute patients who still require close medical or nursing attention but not the intensity of clinical care at the restructured hospitals

Our doctors are also actively involved with research, undergraduate and postgraduate education with institutions like National University Hospital, Yong Loo Lin School of Medicine, and Duke-NUS Graduate Medical School (Singapore).



INPATIENT REHABILITATION

Our dedicated team of physiotherapists, occupational therapists and speech therapists at the hospital has a wide range of experience in helping patients recover from their medical conditions.

The aim of our rehabilitation services is to improve the patients' functional level of living through a variety of programmes and activities following their discharge from the restructured hospital.

We provide holistic and quality care by using evidence-based practice and modern technology to help our patients recover. The intensive inpatient rehabilitation complements the medical and nursing care during their inpatient stay.

Our customised programmes are designed to help patients to improve their physical functional status and activities of daily living as they recover, regain their confidence and reintegrate into the community after surgery or illness.

We offer the following rehabilitation programmes as patients continue their healing journey with us.

- Activities of daily living and community integration training
- Walking and adaptive aids prescription
- Strengthening, balance and gait training
- Body weight supported treadmill training to facilitate walking
- Falls prevention
- Cardiac and pulmonary rehabilitation
- Swallowing assessment and therapy
- Language, speech, and voice assessment and therapy
- Fibreoptic Endoscopic Examination of Swallowing function (FEES)
- Spigotting program for tracheotomy patients



WOUND CARE

Wound care management is one of the top reasons why patients are referred to St Luke's. Our goal is to help patients achieve healing as soon as possible and improve patient quality of life through the use of Silhouette Wound Management System.

Our experienced team of wound care nurses is trained in stoma and wound care and gerontology. They see a variety of wounds, including diabetic foot ulcers, pressure ulcers, venous leg ulcers, arterial ulcers, non-healing surgical and traumatic wounds, wounds due to sickle cell anemia or vasculitis, and many other challenging problems.

Working in multi disciplinary teams, the wound care nurses help create individual care plans to heal wounds and educate patients and their caregivers on caring for wounds at home to support a faster and stable healing process.

MEDICAL SOCIAL WORK SERVICES

The Medical Social Worker (MSW) at St Luke's Hospital is part of the multidisciplinary healthcare team, providing psycho-social care and casework assistance to support patients, their families and caregivers to cope better during their recovery journey.

The MSW also collaborates with community partners to help patients and their loved ones learn how to cope with their financial, emotional, psychological and social problems due to acute or chronic medical conditions to enhance their well-being.

DEMENTIA CARE

St Luke's Hospital has started providing inpatient rehabilitative care for persons with moderate to severe dementia since 2007 when we started a 16-bed women's dementia ward. Today we have expanded our services to include a newly purpose built patient centered dementia supportive ward providing 16-beds for women and 10-beds for men. Fitted with dementia friendly features, the ward creates a safe and conducive environment for patients with dementia.

We have developed a multidisciplinary team of well-trained, dedicated staff to meet the needs of those patients with dementia who also require rehabilitation. Patients can also expect better patient engagement through mental and physical activities. Additionally, caregivers are trained and supported in their care for patients with dementia.

PASTORAL CARE

The chaplaincy team plays an important role in the holistic care for the patient. The team provides counselling and a listening ear to patients. Weekly devotional services are conducted in English, Mandarin and dialects at the hospital chapel for those who would like to attend.



POST DISCHARGE CARE

St Luke's Hospital offers a comprehensive range of outpatient services for clients as they continue their recovery journey following their discharge from the hospital.

Our clients benefit from our experienced multidisciplinary team as they provide a seamless recovery journey under one roof, giving clients and their family a peace of mind.

OUTPATIENT CLINIC

Using a multidisciplinary team approach, the medical team works with our clients and their caregivers in managing:

- Chronic medical conditions
- Geriatric syndromes
- Wound management
- Mood disorders and dementia related problems

In support of our main services, we provide the following allied healthcare services in the clinic:

- Podiatry service
- Diabetic eye screening
- Dental service
- Dietary counselling
- Radiology service
- Laboratory service

Suitable clients may apply for the Medisave Scheme for Chronic Disease Management for their chronic disease follow ups.

DAY REHABILITATION

Our day rehabilitation service aims to re-integrate clients following their discharge from St Luke's Hospital back into the community through a centre-based rehabilitation programme.

Special programmes are also available for individuals to focus on restoring and/or maximising the functional ability of the client and to help delay the rate of body deterioration due to disease and ageing.

A range of basic rehabilitation programme is offered at our centre. We also provide specific programmes, such as:

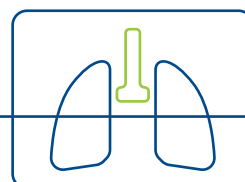
- Post stroke upper limb rehabilitation
 - i) Stroke Training with Advance Rehab (STAR) using advance technology such as robotic arm
 - ii) Certified program: Constraint Induced Movement Therapy (CIMT)
- Community Integration
 - i) Back On Your Feet Program
 - ii) Community Integration Program
- Speech therapy
 - i) Fiberoptic Endoscopic Examination of Swallowing function (FEES)
 - ii) Group therapy for those with communication disorders
- Body weight supported treadmill training to facilitate walking
- Home Rehabilitation Services

HOME CARE SERVICES

Covering the western region of Singapore, our Home Care Services is a home-based service which caters to our bed-bound or home-bound clients. The home care team comprise:

- Home medical services
- Home nursing services
- Home therapy services

The dedicated team provides holistic care in ensuring the health and well-being of the client within the confinement of their home.



REFERRAL AND ADMISSION

Any patient who is 40 years or older and medically stable can be admitted for medical care and rehabilitation.

Doctors from the acute restructured or private hospitals, as well as general practitioners (GPs) make referral for admissions. The referring doctor will be informed once the patient is accepted for admission.

For self-referral, an appointment will be required for assessment of the suitability of the case for admission.

Patients can make use of Medisave, if applicable, to pay for inpatient and day rehab services only. Means testing is also available to determine the amount of government subsidies.

CONTACT US

OPERATING HOURS

Inpatient Visiting Hours

Monday to Sunday: 10am – 8pm

Office Hours

Monday to Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm

USEFUL CONTACT NUMBERS

- General enquiries
Tel: 6563 2281
Email: general@stluke.org.sg
- Referral enquiries
Tel: 6895 3290
Email: referral@stluke.org.sg
- Inpatient rehabilitation
Tel: 6895 3290
- Day rehabilitation
Tel: 6895 3213,
6895 3205
Email: drc@stluke.org.sg
- Outpatient clinic
Tel: 6895 3230
Email: outpatientclinic@stluke.org.sg
- Home care services
Tel: 6895 3204
Email: hcs@stluke.org.sg

Website: www.stluke.org.sg

OUR LOCATION

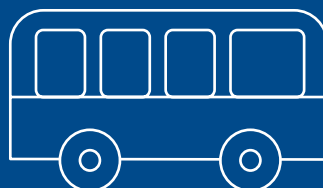
2 Bukit Batok Street 11 Singapore 659674

BY MRT

Bukit Batok MRT station, and take the feeder bus service 941 from Bukit Batok bus interchange.

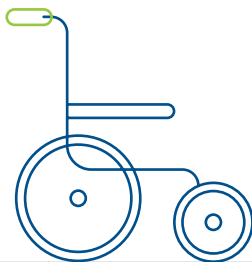
BY BUS

- Service 941:
Bukit Batok Street 11
- Services 66, 157, 174, 178, 506:
Bukit Batok West Avenue 3



ST LUKE'S ELDERCARE

Within the St Luke's eco-system, St Luke's ElderCare is placed in the continuum of care for the elderly between the community hospitals and homes. We offer a full range of integrated services and programmes for our clients right in the heart of the community through our 12 centres located island wide.



DAY REHAB

Rehabilitation is an integral part in the holistic range of services St Luke's ElderCare provides. This is a special programme tailored to focus on maintaining, restoring and/or maximising the functional ability of the elderly and to help delay the rate of body deterioration due to disease and ageing. It is also highly recommended to the elderly who are recovering from a stroke or fall.

Clients suffering from Parkinson's disease, spinal cord injury, musculoskeletal problems such as arthritic pain and muscle pain, post-operation such as total knee replacement, back pain, poor balance and functional decline, will find the customised rehabilitation programme beneficial to them.

Operating Hours:

Monday to Friday: 7.30am to 6.30pm

Rehabilitation sessions are strictly by appointments

The centres are closed on Saturdays, Sundays & Public Holidays

WELLNESS PROGRAMME

The Wellness Programme comprises of gym facilities that complements and enhances our elder care services by promoting pro-active health care to enrich the lives of senior citizens and prepare them for successful ageing.

Currently, we have seven Wellness facilities operating at:

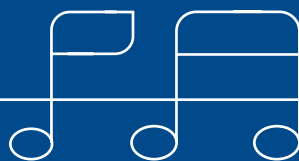
- Bukit Timah Centre
- Changkat Centre
- Clementi Centre
- Serangoon Centre
- Tampines Centre
- Telok Blangah Centre
- Whampoa Centre

Membership is open to the public who are 40 years old and above. As we encourage inter-generational family bonding, those below 40 years old may sign up with their elderly parents to utilise the gym facilities.

Operating Hours:

Please contact the individual centres for the operating hours

Closed on Sundays and Public Holidays



MAINTENANCE DAY CARE

Maintenance day care provides a schedule of activities that stimulates the physical, psychological and social well-being of the elderly, who may require supervision while their caregiver or family members are at work. The full-day programme is conducted daily (Monday to Friday), with meals (one lunch and two tea breaks) included. Transportation to the centres may also be arranged separately.

Our Day Care Programme comprises:

- Supervised maintenance exercises
- Diversional group recreational activities
- Therapy and rehabilitation
- Outings and activities
- Inter-generational bonding activities
- Educational talks and basic nursing services
- Community participation and voluntary service engagements

Operating Hours*:

Monday to Friday: 7.30am to 6.30pm

The centres are closed on Saturdays, Sundays & Public Holidays

DEMENTIA DAY CARE

As an integrated day care centre, St Luke's ElderCare also cares for the elderly with mild to moderate dementia. Clients at the dementia day care participate in reality orientation exercises, games and small group discussions with a focus on stimulating their mental abilities.

Operating Hours*:

Monday to Friday: 7.30am to 6.30pm

The centres are closed on Saturdays, Sundays & Public Holidays

OTHER SERVICES - WEEKEND RESPITE CARE

It is important for caregivers to be able to find time to care for themselves, be it going for a medical appointment or running personal errands. Weekend Respite Care offers a drop-off service for the elderly, and includes physical and social activities, lunch and two tea breaks. This service is currently available at both Changkat Centre and Yishun Centre.

Operating Hours:

Saturday: 9:00 am to 3.00 pm



** Please contact the centres for the latest information.*

REFERRAL AND ADMISSION

Admission to our Maintenance Day Care, Rehab and Weekend Respite Care programmes is open to all Singaporeans, Permanent Residents (PR) and Foreigners aged 50 years and above, regardless of race and religion.

Referrals are made via hospitals, general practitioners, polyclinics and Agency for Integrated Care (AIC)

For more information, please contact us at **6567 0708** or email slechq@stluke.org.sg

CONTACT US

St Luke's ElderCare HQ

2 Bukit Batok Street 11
Singapore 659674
slechq@stluke.org.sg
Tel: 6567 0708

Ayer Rajah Centre*

150A Pandan Gardens
Singapore 609342

Bukit Timah Centre

Blk 310 Clementi Ave 4
#01-263, Singapore 120310
bukittimahadmin@stluke.org.sg
Tel: 6873 1772

Changkat Centre

Blk 350 / 351, Tampines Street 33
#01-438/456, Singapore 520350
changkatadmin@stluke.org.sg
Tel: 6789 9956

Chong Pang Centre**

Blk 113 & 115, Yishun Ring Road,
Chong Pang Vale,
Singapore 760113

Clementi Centre

Blk 602, Clementi West Street 1
#01-25 Singapore 120602
clementiadmin@stluke.org.sg
Tel: 6872 2210

Golden Years Centre

Blk 831, Hougang Central
#01-502 Singapore 530831
goldenyearsadmin@stluke.org.sg
Tel: 6386 2273

Hougang Centre

Blk 126, Hougang Avenue 1
#01-1506 Singapore 530126
hougangadmin@stluke.org.sg
Tel: 6382 2366

Jurong East Centre

Blk 327, Jurong East St 31
#01-174 Singapore 600327
jurongeastadmin@stluke.org.sg
Tel: 6569 0415

Nee Soon Central Centre**

Blk 766 Yishun Street 72,
Singapore 760766

Nee Soon East Centre**

Blk 260, Yishun Street 22,
Singapore 760260

Serangoon Centre

Blk 217, Serangoon Avenue 4
#01-166 Singapore 550217
serangoonadmin@stluke.org.sg
Tel: 6285 6004

Tampines Centre

Blk 101, Tampines Street 11
#01-13 Singapore 521101
tampinesadmin@stluke.org.sg
Tel: 6786 7688

Telok Blangah Centre

Blk 33, Telok Blangah Way
#01-1038 Singapore 090033
telokblangahadmin@stluke.org.sg
Tel: 6273 3466

Whampoa Centre

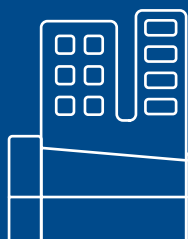
Blk 97, Whampoa Drive
#01-222 Singapore 320097
whampoadmin@stluke.org.sg
Tel: 6252 9661

Yishun Centre

Blk 740, Yishun Avenue 5
#01-490 Singapore 760740
yishunadmin@stluke.org.sg
Tel: 6759 9053

* Currently closed for renovation
Please refer to the website for
the latest info

** Coming in 2016





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