

Touch of Grace

St Luke's
ELDERCARE

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A Note from Our CEO

Creating Possibilities for Every Season of Life

Singapore is entering a new era of ageing. At St Luke's ElderCare (SLEC), we believe that seniors bring new aspirations. Beyond receiving support, they seek opportunities to contribute and continue growing within the community. As their aspirations evolve, so must the way we think about and deliver care.

For us, empowering care in the community means supporting elders to age well while inspiring volunteers, partners and the wider community to play a part. It also means equipping our staff and sector professionals with the knowledge and skills to provide quality, person-centred care.

This belief continues to shape how we innovate, collaborate and educate across SLEC. Over the past year, we created more opportunities for elders to pursue what matters to them. They took to the stage as musicians, dancers, models and artists. In doing so, they reminded us that the later years of life can remain rich with creativity, contribution and connection.

We also strengthened the care ecosystem around them. In May, we officially opened

SLEC Residence @ Punggol, our second nursing home, completing our continuum of care in the Northeast region. In June, SLEC CommCare Academy expanded into its new dedicated training space at the Devan Nair Institute for Employment and Employability, expanding our capacity to train an additional 3,000 community care professionals over the next three years.

The future of ageing belongs to all of us. Together with our staff, partners, volunteers and donors, let us continue shaping a community where every elder can age with dignity, purpose and joy.



Adj A/Prof (Dr) Kenny Tan
Chief Executive Officer
St Luke's ElderCare

SLEC Annual Report FY2025/2026

Empowering Care in the Community

Our newly released Annual Report looks back on what we have made possible together, and how we have grown from envisioning and enriching care to empowering our elders through innovation, collaboration and education.

From creating opportunities for elders to express themselves through the arts, to inspiring the community to move and give back in the inaugural SLEC Miles of Smiles Challenge, these initiatives have helped create more meaningful ways for elders to connect, participate and contribute.

We thank our partners, volunteers and donors for walking alongside us as we continue to strengthen community care.



Discover the stories behind these milestones in the Annual Report





A Legacy of Caring, Serving and Dreaming Boldly



SLEC is on an unstoppable mission to transform Singapore's ageing population from an inevitable challenge to a world of immense opportunities.

Professor Ho Yew Kee, in his address at SLEC's 25th Anniversary Gala Dinner

For more than 25 years, Professor Ho Yew Kee has been a steadfast and cherished member of the SLEC family. He played an instrumental role in SLEC's journey, not only witnessing how ageing has changed, but also shaping what ageing can become.

His journey with SLEC began in 2000, when he was invited by Dr Eileen Aw, SLEC's first Executive Director to serve on the Management Committee of SLEC's Whampoa ElderCare Centre. He joined the Board in 2017 and became Chairman in 2021, leading SLEC through a pivotal period of growth and transformation.

At a time when eldercare was still unfamiliar to many, Professor Ho helped establish a sustainable financial model for SLEC Whampoa, one of SLEC's first four centres. Despite having a capacity of 50, the centre initially served only seven regular attendees. The team continued to introduce residents to the concept of eldercare and to offer trial programmes. Through sheer determination, Professor Ho helped steer SLEC forward, laying the foundations for its growth and impact today.

During the COVID-19 pandemic, he led SLEC through the crisis while keeping sight of the people at the heart of our work. Deeply committed to the wellbeing of elders and staff, he ensured they felt safe, cared for and connected throughout.

Under his stewardship, SLEC experienced unprecedented growth, expanding from four senior care centres serving 220 elders to a network of more than 30 facilities serving 28,000 elders islandwide with centre-based, community-based, home-based and residential care. Professor Ho also championed SLEC's digital transformation to enhance care for our elders and caregivers.

Beyond these milestones, Professor Ho helped shift perspectives on ageing. He believed that growing older should not mean dreaming less, rather, later life should be filled with possibilities. That belief came alive when elders took to the stage as performers and emcees, shared their talents and embraced new experiences, reminding us that later life can be rich with creativity and purpose.

Having completed his chairmanship on 31 August 2026, Professor Ho leaves behind more than a testimony of growth. He leaves us with a challenge: to keep believing in what is possible for every elder, and to dream boldly about what ageing can be. We thank Professor Ho for leading and guiding our SLEC family, for believing in the potential of every elder, and for passing on a legacy of faith and faithfulness that will continue to shape and inspire us for years to come.

Welcoming a New Chapter of Leadership



"Dear Lord... Guide this unified board, our CEO, and leadership team. Grant them wisdom when the path is unclear and courage when the burden is heavy. Let them lead not by human strength alone, but by Your divine power."

Help every one of us to be good stewards of our dedicated staff, our beloved seniors, and their families entrusted to us. Equip us to serve with excellence and compassion."

Mr Foong Daw Ching,

a prayer for wisdom and courage as he began this new chapter as Chairman of SLEC Board on 1 September 2026

SLEC's story began with people who believed in the importance of eldercare long before it became a national priority. Among them was Mr Foong Daw Ching. A founding member in 1999 and now Chairman of the SLEC Board, he brings a deep understanding of SLEC's heritage and growth, and a passionate commitment to leading SLEC into its next chapter. We look forward to his leadership as SLEC continues to serve, love and empower communities.

Reigniting Dreams, One at a Time

At 84, it was
Mdm Tang Alik's turn to
step into the spotlight.



Mdm Tang Alik sharing the story behind her chosen look with Cheryl Han, Community Care Executive at SLEC Senior Care Centre @ Fernvale.

Mdm Tang Alik learnt the value of independence from a young age. She worked on a plantation in Malaysia before moving to Singapore in her 20s, determined to build a life and earn a living for herself.

At home, she taught herself to sew on a sewing machine, eventually turning her skill into a livelihood as a tuxedo seamstress. After years of making clothes to support her family, Mdm Tang had a chance to be in the spotlight herself at *Reignite Your Dreams*.

Dressed in a Nyonya outfit, she embraced the joy of trying something new in her 80s, with the same courage and confidence that had carried her through life.

Where Dreams Take Centre Stage

Mdm Tang's experience was part of *Reignite Your Dreams*, a pilot programme held at SLEC Senior Care Centre @ Fernvale in August 2026.

The programme was shaped over several months by the team, who wanted to create something beyond the usual routines of care, an experience that would give elders the opportunity to revisit meaningful parts of their lives, express who they are and discover the joy of trying something new.

With the help of volunteers, each elder chose an outfit that held personal meaning. An army uniform. A Nyonya outfit. A favourite outfit from home.

As they shared the stories behind their choices, memories came alive — of work, family, youth and the lives they had built.

The day became more than dressing up for a photograph. It was a chance for each elder to bring their stories into the spotlight, and take home a portrait that captured the person behind the memories.



Mdm Ong Swee Choo, 85, picked her own outfit from home, simply because she felt confident in it.



Mdm Tan Hui Siang, 86, dressed as a nurse, bringing her back to the days as a first-aider.

It is a community that brings people together.

At SLEC, memory care is woven into how we support our elders. Through programmes ranging from reminiscence and cognitive activities to initiatives such as *Reignite Your Dreams*, elders are given opportunities to stay active and engaged, revisit meaningful experiences, express themselves and create new memories.

These moments also give our teams deeper insight into each elder's interests, strengths and life story, enabling more personalised care.

This approach matters as 54% of the more than 3,100 elders SLEC supports across our senior day care centres are living with dementia.

Research has found that regular engagement in cognitively stimulating, socially connected and physically active activities may help reduce the risk of cognitive decline and dementia.

These activities form an important part of supporting brain health and overall wellbeing as people age.



Find out more about our memory care efforts



Mdm Ong Swee Choo, Mdm Tan Hui Siang and Mdm Tang Alik were among the first to experience the programme during its pilot run.



A little time can create a lasting memory. Our volunteers bring their talents and energy to every programme, making each experience more meaningful for our elders.

A New Chapter in Fernvale

SLEC's journey in Fernvale began in April 2026, bringing holistic care closer to home for elders and families in the Jalan Kayu community.

Our Senior Care Centre @ Fernvale provides day care and day rehabilitation services, supporting elders to stay active, independent and engaged in their daily lives.

The new centre also expands SLEC's network in the Northeast region to 15 centres, strengthening our reach within the community.

But a new centre is more than a physical space. It is a place to belong, where lives are shared. From our care team and rehabilitation professionals to volunteers and community partners, each plays a part in creating a place where elders feel supported, connected and valued.

Want to be part of the journey?

Connect with us at www.slec.org.sg.



It takes a team to build a community of care. Meet our team at Fernvale!

A New Home to Over 200 Elders in Punggol

Official Opening of SLEC Residence @ Punggol

Home is where the rhythms of life continue, where we do the things we enjoy, stay connected with those around us and find ways to contribute.

In May 2026, we officially opened our second nursing home, SLEC Residence @ Punggol. Themed "Joy by the Coast", the celebration reflected our hope for the Residence to be a place of joy, belonging and familiarity, where elders can continue pursuing what matters to them.

At the opening, our elders brought this vision to life through art, music and dance. In sharing their interests and talents, they showed that moving into residential care does not mean leaving behind the things that make them who they are.



The official opening on 20 May 2026 was graced by Ms Sun Xueling, Senior Minister of State, Ministry of National Development and Ministry of Transport, and Adviser to Punggol GRC GROs.

Painting Stories of the Coast

For Mr Wee Siew Jam, an elder at SLEC Residence @ Punggol, that means continuing to create.

A keen photographer and artist, Mr Wee was among the elders whose works were showcased at the opening. Inspired by Punggol's coastal heritage, each piece captured a different memory, perspective and story.



Mr Wee Siew Jam, 94, painted sampans that captured his personal impression of the coast.

Creating Tides of Connection

Elders at the Residence spent a morning of conversation and craft with volunteers from our church partner, Gospel Light Christian Church, creating seashell photo frames together as gifts for guests.



Each frame was decorated differently, with elders and volunteers adding their own creative touch.

Making Waves at Punggol

After weeks of rehearsals, SLEC staff and elders came together for a special performance of *Jambalaya* by The Carpenters. Calling themselves the PGL Jambalayans, the group featured Mdm Lim Yem, Mr Maniam Angelo Hilarion and Mr Choo Yang Wah, who brought their own talents to the stage through dance, guitar and piano.



Mdm Lim Yem, 88, an elder living with dementia who regularly enjoys dancing at the Residence, shared her passion through the performance, surrounded by cheers of friends and guests.

These simple moments of creating, sharing and connecting are part of the everyday rhythm of life at the Residence, a reminder that home is shaped not only by where we live, but by the relationships we build with those around us.

As we grow alongside the community, we remain committed to creating places where elders feel safe, supported and free to be themselves.

Relive moments from the official opening



Turn Your Miles into Smiles for Our Elders

The SLEC Miles of Smiles 2026 Challenge rallies individuals to walk, run, hike or cycle to champion ageing gracefully from now until 30 November 2026. Every participant helps raise funds to support SLEC's work in helping 28,000 elders age with joy and purpose.

More than the miles, it is also about the memories we create along the way. At SLEC, we believe meaningful memories can take many forms:

- **Places** that feel welcoming
- **Programmes** that bring joy
- **People** who care
- **Partnerships** that strengthen the community

Start Your Miles of Smiles Journey



Behind every photo and every mile is a story. Meet two participants taking on the challenge in their own ways, each with a dream that keeps them moving forward!

At Just 8, Emma Lin Is SLEC's Youngest Fundraiser



At 8, most children are dreaming about their own futures. Instead, Emma is dreaming about how she can help others.

Last year, she self-published 'What I Can Do When Friends Need Help' after a conversation between her father and one of our chaplains sparked her desire to help SLEC elders. She went on to donate the proceeds from her book to SLEC.

This year, she's stepping up again through the challenge, raising awareness and funds to support even more elders in the community!

After a Fall and 20+ Screws in Her Knee, Mdm Betty Lee Walks Independently Again



A fall in 2021 left Mdm Lee (left) needing multiple surgeries and months of rehabilitation. She relied on a brace and walking stick and lacked the confidence to walk independently.

At SLEC Active Ageing Centre (Care) @ Nee Soon East, she rebuilt her strength through stretch-band exercises and the Happy Feet Walking Club, progressing from flat-ground walks to uphill routes.

What once felt like a dream is now a reality. This year, she is taking the next step, joining the challenge to stay active, set a new goal and push beyond her limits.

Building People for Care, Building Care for People

SLEC
CommCare
Academy
by St Luke's Healthcare

Official Opening of SLEC CommCare Academy at Devan Nair Institute for Employment and Employability

At 23, Naufal Rosli is beginning his journey in community care. At 76, Mdm Tan Kuan Cheng continues to learn, practise and share what she knows. Their journeys are different, but both reflect an important part of care. There is always room to learn, contribute and grow.

Naufal first joined SLEC as an intern in 2022, where he discovered a calling to work with elders. After completing National Service, he returned as a full-time Community Engagement Associate, supporting elders in the community.

For Mdm Tan, learning is a way of staying connected and giving back. A regular at the calligraphy club at SLEC Active Ageing Centre (Care) @ Ayer Rajah, she continues to practise her craft while sharing it with fellow elders.

The journeys of Naufal and Mdm Tan reflect the same spirit of growth and lifelong learning that sits at the heart of the SLEC CommCare Academy.



Naufal Rosli, 23, SLEC Community Engagement Associate, and Mdm Tan Kuan Cheng, 76, SLEC Active Ager, are examples of how learning has no age limit.

Growing Capacity to Grow Others

On 29 June 2026, the SLEC CommCare Academy officially opened its new training space at the Devan Nair Institute for Employment and Employability. Graced by Guest of Honour, Mr Tan Kiat How, Senior Minister of State, Ministry of Digital Development and Information & Ministry of Health, the new training space expands our capacity to equip more people with the skills and confidence to support elders in ageing with joy, purpose and dignity.

As SLEC's dedicated arm for training, capability building and knowledge sharing, the Academy has trained more than 5,000 healthcare professionals, caregivers and volunteers since its launch in 2018.



Guest of Honour Mr Tan Kiat How stepped into the shoes of an elder through immersive stations, including experiencing a geriatric suit from LifeLab™@SLEC.



Thoughtfully designed, the new training space brings learning to life, supporting hands-on training and equipping more than 3,000 care professionals over the next three years.

By strengthening skills and supporting lifelong learning, I am confident the Academy will contribute to a stronger and more future-ready community care workforce in Singapore.

Mr Tan Kiat How at the Official Opening of SLEC CommCare Academy

Relive moments from the official opening



Living Everyday Joys Through the Arts

SLEC x NAFA Ageing Artfully Conference 2026

Art is not only found on a canvas. It can be in the clothes we choose, the hobbies we enjoy, the stories we tell and even the way we move.

This idea took centre stage at the 2nd SLEC x NAFA Ageing Artfully Conference in July 2026.

Themed “Living Everyday Joys Through the Arts”, this year’s conference shifted the conversation beyond healing and well-being. This year, it focused on how seniors can continue to take part, express themselves and find enjoyment through creative experiences woven into daily life.



The panel discussion brought together perspectives from a national agency, academia, community care, the arts and an elder.



Paintings by SLEC elders were featured at the conference exhibition, showcasing their creativity and artistic expression.



Art and the arts are not just activities, but expressions and interpretations of life and lived experiences to be shared and gifted to present and future generations.

Adj A/Prof (Dr) Kenny Tan,
CEO of SLEC

Where Art Meets Everyday Care

From reminiscence and sensory activities to movement, drama and even parkour, participants explored creative and practical ways of caring for seniors in different community settings across 10 breakout workshops.

This approach continued through a panel discussion involving community care practitioners, artists, cross-sector partners and seniors themselves. Together, they explored how the arts can challenge assumptions about ageing and open up new ways for seniors to participate and contribute.

The insights and ideas participants gained from the conference have the potential to reach even further as they bring them back to their communities and translate them into new experiences for seniors they serve.

As we continue supporting seniors in ageing artfully, we also equip those around them to create more ways for elders to contribute, connect and find joy in everyday life.

Participants try parkour-inspired movements at one of the breakout workshops, learning techniques to help seniors build agility, body awareness and confidence in preventing and managing falls.

At a Glance

120

Lives Empowered

14

Inspiring Speakers

10

Breakout Workshops

See highlights of
the conference



3 Ways to Support Dementia Care at Home

As the needs of a loved one living with dementia change, small changes at home can make everyday care safer and more manageable.

Read along as Ms Tracy To, our Senior Occupational Therapist, shares three practical tips to help caregivers create a more supportive home environment and navigate daily routines with greater confidence.



Tracy To is a Senior Occupational Therapist at SLEC Active Ageing Centre (Care) @ Bishan, with over 15 years of experience in the field.



Tip 1: Simplify Home Navigation

A well-organised environment can help a loved one move around more independently and reduce the need for frequent reminders.



Keep pathways clear

Reduce clutter and keep walkways unobstructed to make moving around safer and easier.



Let in natural light

Open curtains and windows in the day to help regulate sleep-wake cycles. At night, consider motion-sensor lights to improve visibility and reduce fall risks.



Label everyday items

Use simple words or pictures to label commonly used spaces and items, such as a mug image on the cabinet where mugs are kept.



Tip 2: Connect Through Music

When words become difficult, music can offer another way to connect and share a moment together with a loved one.



Play familiar favourites

Songs from the past may evoke long-term memories and encourage a loved one to sing, hum or move along to the rhythm.



Keep it comfortable

Avoid playing music too loudly, which may become overwhelming.



Minimise distractions

Consider an ad-free music service to avoid interruptions. If a song brings up difficult emotions, switch to something more uplifting.



Tip 3: Embrace Smart Technology

Technology can help ease the mental load on caregivers while supporting everyday routines.



Set helpful reminders

Use audio alerts for medication, appointments, and the time and day, especially for loved ones who may have memory or visual difficulties.



Ease device use

Enlarge app icons and keypad text for better visibility.



Keep family reachable

Set up speed-dial shortcuts for frequently contacted family members and friends.



Need More Support?

SLEC centres offer enriching activities and opportunities for social engagement for elders living with dementia. If your loved one is already attending day care, speak to the Centre Manager about a referral to an Occupational Therapist. Our therapists can share practical communication strategies and help caregivers better understand behaviours that may indicate unmet needs.



Find an SLEC centre near you

A Lesson in Dementia Care, A Second Chance to Connect

Mdm Kadariah remembers the heartfelt care that Kelvin showed her.

What He Wishes He Knew Then

When Kelvin Lim cared for his father, who was living with dementia, in the early 2000s, he wished he understood more.

What was his father experiencing? How could he support him better?

After his father passed away, those questions stayed with Kelvin.

Nearly two decades later, after almost 30 years in the textile industry, Kelvin decided on a career change. At a job fair in June 2025, he discovered SLEC and joined Active Ageing Centre (Care) @ Northshore as a Community Care Associate.

Then came an unexpected opportunity: Kelvin took part in SLEC's pilot Dementia Care Workplace Learning Programme, combining classroom learning with guided on-the-job training.

A Different Approach to Dementia Care

At the centre, 88-year-old Mdm Kadariah Binte Ali, who lives with dementia, rarely joined activities.

Encouraged by his preceptor to try a different approach, Kelvin played the familiar folk song Chan Mali Chan.

Her face lit up. She began singing and dancing along, revealing a side of herself Kelvin had never seen before!

And perhaps most meaningfully, Mdm Kadariah had something to say to Kelvin:



Hati sangat mulia.
("You have a noble heart.")

Mdm Kadariah Binte Ali, 88, elder at SLEC Active Ageing Centre (Care) @ Northshore

For Kelvin, it was a powerful reminder: understanding the person behind dementia can open new ways to connect.



Facilitating morning exercises is one part of Kelvin's everyday role at the centre, where he engages elders through daily activities.

Equipping Our Teams for Better Dementia Care

Following the successful pilot of SLEC's Dementia Care Workplace Learning Programme, we will be rolling it out more widely to upskill our teams and strengthen dementia care across SLEC.

Conducted by the SLEC CommCare Academy, staff will complete a three-day Dementia Care course and undergo six months of guided on-the-job training, supported by experienced preceptors. They will put their learning into practice across three key areas: person-centred care, therapeutic communication and meaningful activities.

Through classroom learning and guided workplace practice, the programme equips our teams to move beyond understanding dementia to knowing the person and providing more personalised care.

Discover More



Explore the story



View more courses by SLEC CommCare Academy



Join Us

His Passion for Physiotherapy Started with Grandpa

As a child, Alexander Chang watched his grandfather relearn how to walk after a severe stroke. Recovery took months of physiotherapy, persistence and many small steps forward, but he remained focused on one goal: getting back on his feet for his family.

Alexander saw how hard his grandfather worked for every bit of progress. He came to understand that every rehabilitation goal is deeply personal, whether it is walking around the neighbourhood or having kopi with friends again.

That memory would shape Alexander's own path years later, inspiring him to become a physiotherapist and walk alongside others in their recovery.

Today, Alexander is a Physiotherapist at SLEC Day Rehabilitation Centre @ Bukit Batok Central. He brings that same understanding into his work, helping elders recover and return to moments that matter to them.



Young Alexander with his cousin and grandparents.



The favourite part of my job is when elders reach their goals with a smile on their faces.

Alexander Chang, Physiotherapist at SLEC Day Rehabilitation Centre @ Bukit Batok

Helping Elders Take the Next Step

In December 2025, Alexander's path crossed with Mr Chan Chin Tiong (Steve), 53, who was recovering from a spinal cord injury following a traffic accident. Like many elders Alexander supports, Steve had his own hopes for recovery. He wanted to walk again. Together, they began working towards new possibilities and returning to everyday life.

With his specialisation in neurorehabilitation, Alexander saw what was possible and believed Steve could get there. Through robot-assisted therapy and Alexander's encouragement along the way, Steve worked steadily towards that goal. Just two months later, he took his first steps at home since the accident.

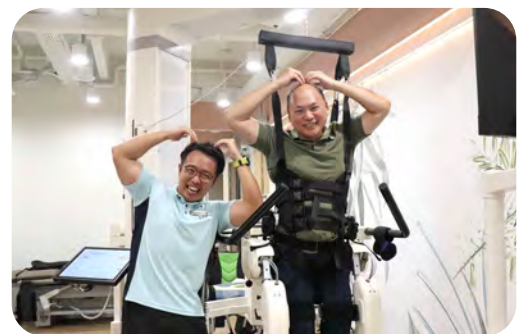
Their progress did not stop there. They took on a new challenge – the three steps leading into Steve's parents' home. He had not walked inside their flat since the accident, but during a home visit in April 2026, he made it up the steps and walked in front of his parents once again.

For Alexander, seeing elders like Steve regain these everyday moments brings him back to why he became a physiotherapist in the first place. And when the work gets challenging, it is this sense of meaning that keeps that passion alive.



You will need the passion and most importantly, the fire in you to keep you going.

Alexander is part of a team of Allied Health professionals across SLEC, supporting more than 8,000 elders towards recovery and greater independence.



With the support of advanced rehabilitation technology, Alexander and Steve continued working towards new goals in Steve's recovery.



See Alexander's heart for physiotherapy in action

将每一步， 化作每一份笑容

圣路加乐龄关怀微笑之旅挑战活动号召大家从现在起至2026年11月30日，通过步行、跑步、远足或骑行，为乐龄生活加油。每一位参与者的加入都将帮助我们筹募善款支持圣路加乐龄关怀的服务，让28,000名长者活出喜乐且有意义的人生。

比起走过的里程，这场挑战更重要的是我们一路上创造的每一段美好回忆。在圣路加乐龄关怀，我们相信，有意义的回忆可以来自不同的地方：

- 让人感到温暖自在的地方
- 带来欢乐的活动
- 用心关怀的人
- 凝聚社区力量的伙伴

开启您的微笑之旅！



每一张照片、每一段里程背后，都有一个属于他们的故事。让我们认识两位参与者，看他们如何以自己的方式迎接挑战，而心中的梦想，也成为他们不断前行的动力！

年仅8岁，Emma Lin 成为圣路加乐龄关怀最年轻的筹款者



8岁，大多数孩子还在憧憬自己的未来；而Emma想的却是自己能如何帮助别人。

去年，在一次父亲与圣路加乐龄关怀牧师的谈话中，Emma萌生了想帮助SLEC年长者的想法，并自行出版了一本书《What I Can Do When Friends Need Help》。随后，她将书籍销售收益全数捐赠给圣路加乐龄关怀。

今年，她再次通过我们的微笑之旅挑战挺身而出，为活动筹款及宣传提高公众意识，希望帮助社区里更多的年长者！

在摔倒后膝盖植入了20多枚螺丝，李玉华女士再次独立行走



2021年的一次跌倒，让玉华女士（左）接受了多次手术，并经历数月的康复治疗。那段时间，她需要依靠支架和拐杖行动，也缺乏独立行走的信心。

在我们的义顺东活跃乐龄护理中心，她通过弹力带运动和快乐健步俱乐部 (Happy Feet Club) 逐步重拾力量，从平地步行开始，再挑战上坡路线。

曾经以为遥不可及的梦想，如今已经成为现实。今年，她再向前迈进一步，参加我们的微笑之旅挑战，保持活跃、为自己设定下新的目标，并不断突破自己的极限。

居家失智照护的三个小贴士

随着失智症亲人的需求的不断变化,适当调整居家环境和日常安排,可以让日常照护更安全、更轻松。

圣路加乐龄关怀资深职能治疗师杜德玲女士分享三个实用贴士,帮助照护者打造更适合亲人生活的居家环境,并更有信心地应对日常照护。

杜德玲女士任职于圣路加乐龄关怀碧山活跃乐龄护理中心,拥有超过15年的治疗经验。



贴士一：让亲人在家中更容易走动

整齐有序的居家环境,有助于亲人独立走动,也能减少照护者反复提醒的需要。



保持通道畅通

清理杂物,保持通道畅通,以便亲人走动时更安全便捷。



善用自然光

白天拉开窗帘、打开窗户,让自然光照进室内,帮助亲人维持正常的作息。夜间可考虑安装感应灯,方便亲人看清周围环境,降低跌倒的风险。



为常用物品贴上标签

用简单的文字或图标贴在常用的空间和物品。例如,在存放杯子的橱柜门上贴上杯子的图片,方便亲人找到所需物品。



贴士二：通过音乐与亲人交流

当亲人难以用言语表达时,音乐可以成为另一种交流方式,让彼此共享温馨时光。



播放熟悉的歌曲

熟悉的老歌可能唤起亲人过去的记忆,鼓励他们跟着哼唱,或随着节奏摆动身体。



保持适中的音量

避免把音乐开得太大声,以免让亲人感到不适。



减少干扰

可考虑使用无广告的音乐服务,避免歌曲播放时被打断。如果某首歌勾起亲人不愉快的情绪,不妨换一首让他们心情愉快的歌曲。



贴士三：善用智能科技

科技可以减少照护者需要记住和安排的事项,也能帮助亲人维持日常生活规律。



设置实用提醒

利用语音提醒功能,提醒亲人服药、赴约,以及当天的日期和时间。这对有记忆力或视力障碍的亲人尤其有帮助。



让电子设备更容易操作

放大应用程序图标和键盘上的文字,让亲人看得更清楚,使用起来更方便。



方便亲人联系家人与朋友

为亲人经常联系的家人和朋友设置快速拨号功能,让他们更容易与亲友保持联系。



需要更多帮助？

圣路加乐龄关怀旗下的中心为患有失智症的年长者提供丰富的活动和社交机会,鼓励他们参与活动、与人交流。

如果您的亲人已在中心接受日间照护,可向中心经理咨询了解如何转介给职能治疗师。

我们的职能治疗师可分享实用的沟通技巧,帮助照护者更好地理解亲人的行为,以及行为背后可能未被满足的需求。



查找邻近的
圣路加乐龄关怀中心



SLEC is an Institution of Public Character (IPC).
SLEC IPC number: IPC000155

Donation Amount 捐款金额

☐ MONTHLY Donation 每月捐赠

☐ ONE-TIME Donation 一次性捐赠

☐ \$500

☐ \$250

☐ \$100

☐ Others: _____

Donor Details 捐赠者资料

Name / Organisation 姓名 / 机构: (Dr/Mr/Mrs/Ms/Mdm) _____

NRIC / FIN / UEN Number 身份证 / 机构识别号码: _____

compulsory for automatic tax deduction 需填写

Email 电邮: _____

Contact Number 联络号码: _____

Address 地址: _____

All donations are eligible for 250% tax deduction and will be automatically included in your tax assessment if tax reference (e.g. NRIC/FIN/UEN) number has been provided.

We are going green! St Luke's ElderCare will issue e-receipts for all tax-deductible donations. Please provide an email address for the purpose.

☐ If you require a hard copy tax-deductible receipt, please tick this box.

By submitting this donation form, I hereby give consent to St Luke's ElderCare Ltd's use and disclosure of my personal data, for processing and submission to IRAS for tax deduction. I consent to receive donor-related materials, news and other updates, in accordance with our privacy policy (slec.org.sg/privacy-policy). I am aware that I can withdraw the consent at any time by sending an email to donorsupport@slec.org.sg.

Mode of Donation 捐赠方式

☐ Online Donation 网上捐赠

Scan this QR Code:

扫描QR码:

Or visit <https://bit.ly/26NLT2>



☐ Credit/Debit Card 信用卡/借记卡



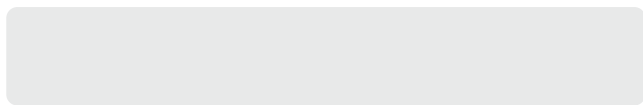
Name on Card 持卡人姓名: _____

Expiry Date 有效日期: _____

M M / Y Y

Compulsory field

Signature(s) 签名: _____



Date 日期: _____

☐ Cheque 支票

Cheque Number 支票号码: _____

Please make cheque payable to 支票请支付给 "St Luke's ElderCare Ltd."

FOR ST LUKE'S ELDERCARE'S COMPLETION 由圣路加乐龄关怀填写

Bank	Branch	St Luke's ElderCare Ltd.'s Account No.
7 1 7 1 0 3 3	0 3 3 0 2 0 6 6 0 7	
Bank	Branch	Donor's Account No.
Donor's Reference No.		

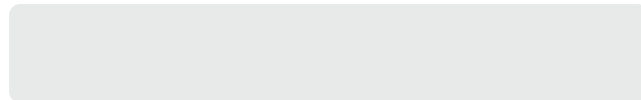
☐ GIRO 财路 (For MONTHLY Donation Only 仅限每月捐赠)

Name of Bank 银行: _____

Name(s) as in Bank's Records 如银行记录的姓名: _____

Bank Account Number 户口号码: _____

Signature(s) / Thumbprint(s) 签名/拇指印: _____



Date 日期: _____

Bill to 受惠团体: St Luke's ElderCare Ltd.

- I/We hereby instruct you to process the instruction from St Luke's ElderCare Ltd. to debit my/our account.
- You are entitled to reject St Luke's ElderCare Ltd.'s debit instruction if my/our account does not have sufficient funds and charge me/us a fee for this. You may also, at your discretion, allow the debit even if it results in overdraft on the account and impose charges accordingly.
- This authorisation will remain in force until terminated by your written notice sent to me/our address last known to you or upon receipt of my/our written revocation through St Luke's ElderCare Ltd.

FOR BANK'S COMPLETION 由银行填写

This application is hereby REJECTED (please tick) due to:

- ☐ Signature/Thumbprint differs from Bank's records
- ☐ Signature/Thumbprint incomplete/unclear
- ☐ Account operated by Signature/Thumbprint
- ☐ Wrong account number
- ☐ Amendments not countersigned by customer
- ☐ Other reasons: _____

Name of Approving Officer: _____

Date: _____ Authorised Signature: _____



Leave a lasting legacy through planned giving

To find out how to include SLEC in your CPF nomination or get started on your legacy planning, please email us at donorsupport@slec.org.sg

BUSINESS REPLY SERVICE
PERMIT NO. 09381



ST LUKE'S ELDERCARE LTD.

Fundraising Department
461 Clementi Road #04-11
Block A, SIM Headquarters
Singapore 599491

Postage will
be paid by
addressee.
For posting in
Singapore
only.

>27,800+

Elders Served

>9,500

Volunteers Engaged

>2,160

Staff, sector
professionals,
volunteers and
caregivers trained



18

Senior Care
and Day
Rehabilitation
Centres



12

Active Ageing
Centres (Care)

1

Active Ageing
Centre



3

Residences
(Nursing Homes)



\$4.5M Fundraising
Goal

DONATE ONLINE

Donating online is easy, hassle-free
and helps us save on administrative
costs and labour. Thank you!



<https://bit.ly/26NLT2>

St Luke's ElderCare Ltd.