



A - Bus 991  
 B & C - Bus 157, 174, 174E, 178, 506, 991  
 D - Bus 991

### St Luke's Hospital

2 Bukit Batok Street 11  
 Singapore 659674  
 Tel: 6563 2281 Fax: 6561 8205  
 Email: general@stluke.org.sg

### Transport

**MRT:** Alight at Bukit Batok MRT Station, take bus 991 from bus interchange.  
**Car:** Limited car park lots are available in the hospital. More car parks available at Blk 142, 160 and 161. Multi-storey car park at Blk 154A.

### 圣路加医院

2 Bukit Batok Street 11  
 Singapore 659674  
 电话: 6563 2281 传真: 6561 8205  
 邮件: general@stluke.org.sg

### 交通

**地铁:** 在武吉巴督地铁站下车, 转搭巴士991  
**开车:** 院内停车位有限。Blk 142, 160, 161有更多停车位, Blk 154A有多层停车场。

## Dementia Caregiver

## Support Group



As a caregiver of a loved one with dementia, are you feeling ...

作为失智症患者的看护者, 您是否感觉 ...



Come join our Caregiver Support Group. The Caregiver Support Group helps caregivers learn about dementia and resources available in the community, and support each other through shared experiences.

欢迎您参加我们的看护者互助小组活动。照顾患有失智症家属的您, 可通过小组学习与失智症相关的知识, 并了解社区所提供失智者及其家属的资源。看护者也可以互相分享看护经历, 从而彼此给予鼓励。



## Registration 注册表格

The Caregiver Support Group is for family members who are caregivers (*excludes foreign domestic workers*) of persons with dementia.

Please fill in and pass completed form to St Luke's Hospital social worker or contact Renee Lee at 6697 7526, [reneeleepy@stluke.org.sg](mailto:reneeleepy@stluke.org.sg)

看护者互助小组是专为照顾失智症患者的家属举办的（对象不包括外籍帮佣）。

请把填写好的表格交给社工。您也可拨电 6697 7526 或电邮至 [reneeleepy@stluke.org.sg](mailto:reneeleepy@stluke.org.sg)，联络李坪燕小姐。

Name 姓名: \_\_\_\_\_

Contact number 联络号码: \_\_\_\_\_

Email 电邮: \_\_\_\_\_

Tick the session(s) you wish to attend. You may choose more than 1.

请在显示您能出席日期的格子里打 ✓ （您可以选择多个日期）。

- a. (05/10/19)       b. (02/11/19)       c. (07/12/19)  
 d. (04/01/20)       e. (01/02/20)       f. (07/03/20)

Posed photos of patients and clients are for illustration only.

## Dementia Caregiver Support Group 看护者互助小组

Each session comprises a talk by a healthcare professional followed by a facilitated group discussion. Sessions are conducted in English, unless otherwise stated.

互助小组每期活动都会安排医疗专业人员主办讲座。小组协调员之后会引导与会的看护者进行小组讨论。除非特别注明，讲座及小组讨论会将以英语进行。

	Date 日期	Topic 主题	Speaker 讲员
a.	05/10/2019	Medication options for management of dementia	Doctor
b.	02/11/2019	Managing challenging behaviours at home	Occupational Therapist
c.	07/12/2019	华语讲座：失智症之饮食方案 (Conducted in Mandarin)	营养师 Dietician
d.	04/01/2020	Communicating with persons with dementia	Medical Social Worker
e.	01/02/2020	Meaningful activities for persons with dementia	Occupational Therapist
f.	07/03/2020	华语讲座：“失”全十美 – 如何提供失智者良好的护理照顾 (Conducted in Mandarin)	护士 Nurse

All sessions are from 10 am to 12 pm, at St Luke's Hospital MPH Meeting Room (Level 3). Registration fee: \$5 (one-time, regardless of number of sessions registered).

For enquiries, contact Renee Lee 66977526, [reneeleepy@stluke.org.sg](mailto:reneeleepy@stluke.org.sg)

所有活动将在圣路加医院三楼, MPH旁的会议室进行, 时间是上午十点至中午十二点, 收费: 五元 (一次付费, 不计次数)。

若有任何疑问, 您可拨电 6697 7526, 或电邮至 [reneeleepy@stluke.org.sg](mailto:reneeleepy@stluke.org.sg), 联络李坪燕小姐。

Tear along dotted line