



Your one-stop resource on eldercare  
and caregiving.

Brought to you by:

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**Your one-stop resource on eldercare  
and caregiving.**

... because everyone should care to know.



## Introduction

The Singapore Silver Pages (SSP) is a one-stop resource portal on eldercare and caregiving by the Agency for Integrated Care (AIC).

Whether you are someone with ageing parents, a new caregiver to an elderly family member, or planning for health and finances in your silver years, the information found in this portal will come in useful.

Never be at a loss as to where you can get health and social care, support, services and grants for the elderly with SSP. Because you care for your future and your loved ones!



## Website overview



Listen to the content if you prefer not to read.

Stay in touch with the latest news, Q&As, downloadable magazines and guides on caregiving.

Featured Videos shares video snippets related to health and eldercare.

The screenshot shows the Singapore Silver Pages website. At the top is a navigation bar with links: Home, About Us, With Health, Services, Matters, Resources, & Downloads. Below this is a banner for 'Singapore Silver Pages' with the tagline 'Bringing you eldercare information and resources that you care to know.' The main content area is divided into several sections:

- Editor Pick:** Features articles like 'Snacking healthily with dried fruits', 'The Link between Dementia, Diabetes and Mental Health', and 'Houseplants and their benefits'.
- Next Step:** A section for downloadable magazines, currently showing 'Issue 06: Supporting Acts'.
- Latest News:** A list of recent news items with dates and brief descriptions, such as 'Caregivers sleep easy, thanks to new service' and 'South West CDC launches grant to reach out to need...'.
- Featured Story:** A story titled 'A Pillar of Strength - Junainah Hussain's Caregiving Journey'.
- Events:** A list of upcoming events, including 'Love Without Walls (Art & Craft)' and 'Caring for a Person with Dementia (18 Jan)'.
- Eldercare Locator:** A section for finding service providers, including a map and a search bar.
- Facebook Corner:** A section for the Singapore Silver Pages Facebook page.

### Online Helpdesk

Have a question?  
Speak with our Client  
Relations Associates.

[Start Online Chat.](#)

Mondays to Fridays  
9am to 5pm (GMT+8)



Chat online with our friendly Client Relations Associate if you have any queries on eldercare.

Subscribe to get a copy of our quarterly SSP newsletter.

Shortcuts to help you find information quicker - whether you are looking for information on chronic illnesses, caregiving and types of assistance.

The Eldercare Locator can assist you to find a service provider near you and provide direction on how to get there.

## Silver Age



### Enjoying your silver years

Do what you have always wanted to do. Travel the world. Pick up a hobby. Volunteer and give back to the community. Get your family involved in these activities and strengthen family bonds.

## Living with Health



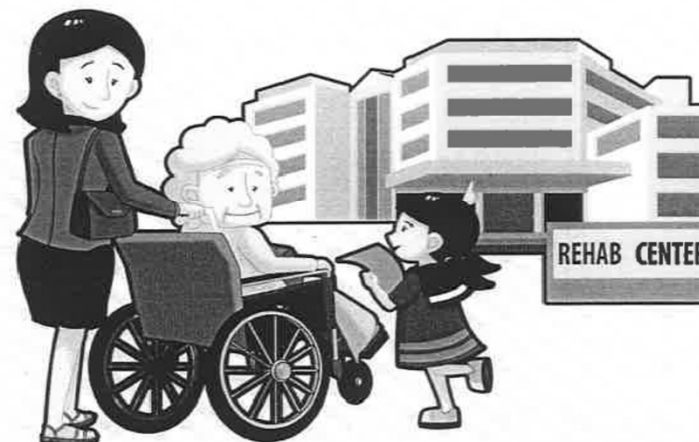
### You are what you eat

We all love to have a good meal but that does not necessarily mean we are eating well. Plan your eating habits together with your loved ones and eat your way towards a healthier you.

## Eldercare Services

### Many care options? What's best?

If you are caring for a loved one at home, do you know there are home care services that can support you in your caregiving role? Services include meal delivery, escort for medical appointments, personal hygiene, nursing care and physiotherapy.



As you and your family members move towards retirement, it is time to optimise every opportunity to age well – for yourself and with your loved ones. Find out how one can age well and gracefully in this section.

As the saying goes, 'Prevention is better than cure'. Be it eating well, exercising right and monitoring your health a healthy lifestyle is priceless. This holds true regardless what stage of life you are in and if you are a caregiver. Find out how to stay in the pink of health through diet, exercise and health screenings in this section.

As your elderly loved ones get on in age, they may need assistance in their daily living activities. The level of care required will depend on their condition. As a caregiver, you may be at a loss as to which care option is most suitable for them. This section organises this information for you.

## Money Matters

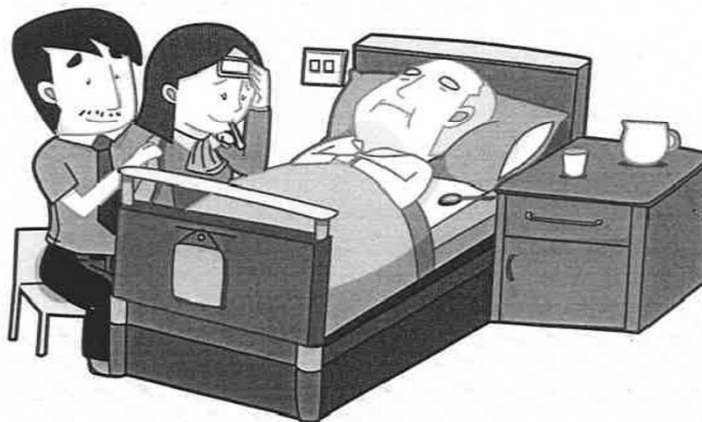


### Making the cost of care affordable

Government schemes are available to help families that require financial support in caring for their loved ones. They range from subsidies for outpatient medical treatment, purchase of assistive devices and caregiver training, to financial support in hiring a foreign domestic worker to help you care for your loved ones.

If you or your elderly family members need long term care, the cost of care and how to pay for it can be a concern. Whether you are more interested in planning for the cost of healthcare or searching for ways to make care more affordable, this section shares some useful insights.

## Caregivers' Resources



### Care for yourself to care for others

Even for experienced caregivers, balancing a job and family on top of caregiving is not necessarily easy. To avoid burnout, care for yourself, manage your emotions and take a break when you can. Besides leaning on your family and friends, there are also support groups and caregiver support services to tap.

If you are new to caregiving, you probably will be looking for information fast! If you are already giving care, you may be more interested in how your home can be made safer for your loved one. Regardless of which stage of caregiving you are in, this section comes with useful information and tips to help you care better for your loved ones.

Whether you are planning ahead for your family or yourself, or caring for an elderly loved one, the Singapore Silver Pages will be your partner in your care journey.



[www.silverpages.sg](http://www.silverpages.sg)