# ACTIVE GLOBAL
HOME & COMMUNITY CARE

## OCTOBER 2026

## Home Care Services
## 居家护理服务

**Subsidised • Affordable**
**津贴补助 • 价格合理**

24/7

Call to Enquire
**6536 0086**

# HOUSEHOLD SERVICE SCHEME FOR THE ELDERLY (HSS)

***BASIC PART-TIME AND TEMPORARY HOME CARE PROVIDED BY TRAINED FOREIGN HSS WORKERS***

- **Care activities allowed under this programme include:**
  - Personal care tasks, including bathing, dressing, toileting, etc.
  - Assistance with activities of daily living (ADL) including transferring, oral feeding, light housekeeping, running simple errands like going to market, etc.
  - Assistance with medications (prescribed by a medical professional)
  - Mind-stimulating activities, companionship, going on walks and other recreational activities
  - Simple exercise as prescribed by a healthcare professional

- **Advanced care tasks such as tube-feeding, cleaning of stoma bag, tracheostomy care are not allowed under this pilot**
  - However do enquire with us as our in-house Home Nursing Team might be able to support you on these advanced care tasks at highly subsidised rates (subject to means testing)

**Due to high demand, advance booking is strongly recommended to ensure availability**

# 乐龄家政服务计划（HSS）

## 由训练有素的外籍医疗保健服务助理为您提供兼职或临时居家基础护理

▶ 本计划中的护理服务包括：
- 个人护理，包括洗澡、穿衣、如厕等
- 协助完成日常活动（ADL）、包括移动、口腔喂食、简单家务、简单差事（如去巴刹）等
- 协助服药（由医生开具处方）
- 刺激思维的活动、陪伴、散步和其他娱乐活动
- 按照医疗保健专业人员的指示进行简单运动

▶ 本计划不包括高级护理任务，例如管饲、清洁造口袋、气管造口护理等
- 如果您有此类需求，欢迎向我们咨询。我们的内部家庭护理团队或许可以为您提供此类高级护理服务，并且服务价格可能享有大部分补贴（须接受经济状况调查）

＊ 由于需求量大，我们强烈建议您提前预订，以确保您能顺利享受以上服务 ＊

## FEES

| | Morning Package | Afternoon Package | Mini-Day Package | Full Day Package (10 hours) | Full Day Package (12 hours) | Full Night Package (12 hours) | Sun / PH Package (10 hours) |
|---|---|---|---|---|---|---|---|
| Session Timings * | 8am - 12pm | 2pm - 7pm | Any 6 continuous hours between 8am - 8pm | Any 10 continuous hours between 8am - 8pm | 8am - 8pm | 8pm - 8am | 9am - 7pm |
| Price Per Package of 4 Sessions ** | $432.00 | $537.00 | $618.00 | $916.00 | $1,047.00 | $1,204.00 | $1,204.00 |
| Average Price Per Sessions ** | $108.00 | $134.25 | $154.50 | $229.00 | $261.75 | $301.00 | $301.00 |
| Price Per Extra Hours (Up to 2 extra hours per session, subject to availability) | $25.00 per extra hour | $25.00 per extra hour | $25.00 per extra hour | $24.00 per extra hour | $23.00 per extra hour | N/A | N/A |
| Price Per Additional Individual Session Without Package | $136.00 | $168.00 | $193.00 | $287.00 | $327.00 | $377.00 | $377.00 |

* Standard times may be adjusted to fit client's needs, subject to availability and operational feasibility
** All sessions must be booked in advance at time of purchase of package to secure availability
- All prices are in Singapore dollars (SGD)
- All prices are inclusive of GST
- Consumables are to be provided by clients
- Location surcharge of $30 will apply for Sentosa

# ENHANCED HOME PERSONAL CARE (HPC+)
# 优化居家个人照料计划（HPC+）

***ASSISTANCE WITH PERSONAL CARE AT HOME CATERED TO YOUR NEEDS***
根据个人的需求在家中协助个人护理

## TYPES OF SERVICES & HOW IT WORKS 服务类型与详情

► **Module A - Housekeeping 模块A - 家务**

- **Simple housekeeping services** for Clients who are unable to do so due to disabilities, including sweeping of floor, laundry, cleaning of windows and fans, washing of toilet
- **Operational Hours**: Mondays to Sundays, 8am to 8pm (services on Public Holidays, after operating hours subject to availability)
- Service capped at **maximum of 7 hours per month** per client
- 为因身心障碍而无法亲自执行的年长者协助完成**简单家务活动**，例如扫地、洗衣、清洁风扇和窗户、清洗厕所等
- **服务时间**：星期一至星期日，早上8点至晚上8点（公共假日、服务时间以外的服务视情况而定）
- 每位客户的服务上限为**每月最高7小时**

## FEES

| SINGAPORE CITIZENS BORN IN 1969 OR EARLIER | | SINGAPORE CITIZENS BORN IN 1970 OR LATER | |
|---|---|---|---|
| Subsidy Level | Out-of-pocket (weekdays) | Subsidy Level | Out-of-pocket (weekdays) |
| 95% | $1.30 | 80% | $3.30 |
| 85% | $3.90 | 70% | $6.60 |
| 75% | $6.50 | 60% | $9.35 |
| 55% | $11.70 | 40% | $15.60 |
| 35% | $16.90 | 20% | $20.80 |
| 0% | $26.00 | 0% | $26.00 |

- **Services beyond subsidised hours charged separately**
- **Active Global is willing to consider and accommodate clients outside of assigned sub-region boundaries. Please reach out to our team for further details**
- **All equipment and consumables to be provided by clients**
- **All prices are in Singapore dollars (SGD), and are subject to GST**

## ► Module B - Personal Care 模块B - 个人护理

- **Assistance with personal care tasks** including ADL needs, medication, engage in mind-stimulating activities, eldersitting and respite, performing simple maintenance exercises as prescribed by a therapist, basic wound dressing
- **Operational Hours**: 8am to 8pm, 8pm to 8am
- Service capped at **maximum of 360 hours per year** per client
- **协助个人护理事项**，例如日常生活活动（ADL）需求、服药、参与刺激思维的活动、年长者照料和临时看护服务、根据治疗师的规定进行简单的康复练习、基本伤口护理
- **服务时间**：早上8点至晚上8点、晚上8点至早上8点
- 每位客户的服务上限为**每年最高360小时**

## FEES

**SINGAPORE CITIZENS BORN IN 1969 OR EARLIER**

| Subsidy Level | Module B1 (1-3 hours) | Module B2 (4 hours) | Module B3 (8 hours) | Module B4 (12 hours) |
|---|---|---|---|---|
| 95% | $2.80 | $10.50 | $12.90 | $15.25 |
| 85% | $8.40 | $31.50 | $38.70 | $45.75 |
| 75% | $14.00 | $52.50 | $64.50 | $76.25 |
| 55% | $25.20 | $94.50 | $116.10 | $137.25 |
| 35% | $36.40 | $136.50 | $167.70 | $198.25 |
| 0% | $51.70 | $193.60 | $218.90 | $244.20 |

**SINGAPORE CITIZENS BORN IN 1970 OR LATER**

| Subsidy Level | Module B1 (1-3 hours) | Module B2 (4 hours) | Module B3 (8 hours) | Module B4 (12 hours) |
|---|---|---|---|---|
| 80% | $5.94 | $25.52 | $28.60 | $32.56 |
| 70% | $15.18 | $58.74 | $67.10 | $77.22 |
| 60% | $21.45 | $81.40 | $95.70 | $109.45 |
| 40% | $32.89 | $120.12 | $138.60 | $155.21 |
| 20% | $44.80 | $168.00 | $206.40 | $244.00 |
| 0% | $51.70 | $193.60 | $218.90 | $244.20 |

- **Services beyond subsidised hours charged separately**
- **Active Global is willing to consider and accommodate clients outside of assigned sub-region boundaries. Please reach out to our team for further details**
- **All equipment and consumables to be provided by clients**
- **All prices are in Singapore dollars (SGD), and are subject to GST**

# ENHANCED HOME PERSONAL CARE (HPC+)
# 优化居家个人照料计划（HPC+）

***ASSISTANCE WITH PERSONAL CARE AT HOME CATERED TO YOUR NEEDS***
根据个人的需求在家中协助个人护理

## TYPES OF SERVICES & HOW IT WORKS 服务类型与详情

► **Module C - Custodial Support 模块C - 监护辅助**

- **Assistance with IADL needs,** including assistance with communications and basic financial responsibilities, basic home maintenance tasks, regular check-ins with Client to ensure condition and needs are well managed
- **Operational Hours**: Mondays to Fridays, 9am to 5pm
- Service capped at **maximum of 360 hours per year** per client
- **协助个人护理事项，**协助沟通和基本的财务责任、基础家庭维护任务、定期与客户联系、确保其状况和需求得到良好管理
- **服务时间：**星期一至星期五，早上9点至晚上5点
- 每位客户的服务上限为**每年最高360小时**

## FEES

| SINGAPORE CITIZENS BORN IN 1969 OR EARLIER | | SINGAPORE CITIZENS BORN IN 1970 OR LATER | |
|---|---|---|---|
| Subsidy Level | Out-of-pocket (weekdays) | Subsidy Level | Out-of-pocket (weekdays) |
| 95% | $6.65 | 80% | $16.06 |
| 85% | $19.95 | 70% | $37.62 |
| 75% | $33.25 | 60% | $52.80 |
| 55% | $59.85 | 40% | $79.80 |
| 35% | $86.45 | 20% | $106.40 |
| 0% | $133.00 | 0% | $133.00 |

- Services beyond subsidised hours charged separately
- Active Global is willing to consider and accommodate clients outside of assigned sub-region boundaries. Please reach out to our team for further details
- All equipment and consumables to be provided by clients
- All prices are in Singapore dollars (SGD), and are subject to GST

► **Module D - Fall & Movement Monitoring 模块D - 跌倒和行动监测与响应**

- **Monitoring Client's inactivity and possibility of falls on a 24/7 basis** using technology, responding to alerts from seniors, evaluate and activate emergency medical response service when needed
- **Operational Hours**: 24 hours
- **利用数字设备24/7全天监测客户的不活跃状态和跌倒的可能性**，应对来自长者的提醒，评估并在需要时启动紧急医疗响应服务
- **服务时间**：24小时

## FEES

| SINGAPORE CITIZENS BORN IN 1969 OR EARLIER | | SINGAPORE CITIZENS BORN IN 1970 OR LATER | |
|---|---|---|---|
| Subsidy Level | Out-of-pocket (weekdays) | Subsidy Level | Out-of-pocket (weekdays) |
| 95% | $5.10 | 80% | $13.20 |
| 85% | $15.30 | 70% | $29.70 |
| 75% | $25.50 | 60% | $40.70 |
| 55% | $45.90 | 40% | $61.20 |
| 35% | $66.30 | 20% | $81.60 |
| 0% | $102.00 | 0% | $102.00 |

- Services beyond subsidised hours charged separately
- Active Global is willing to consider and accommodate clients outside of assigned sub-region boundaries. Please reach out to our team for further details
- All equipment and consumables to be provided by clients
- All prices are in Singapore dollars (SGD), and are subject to GST

# SUBSIDISED HOME NURSING

***SPECIFIC NURSING PROCEDURE(S) FOR HOME-BOUND ELDERLY***

## SERVICES

- **Post-surgical management**, e.g. administration of injections, care of central venous line, tracheostomy or drainage tubes
- **Wound care and pain management** (including NATROX, SNAP and VAC dressing)
- **Maintenance/changing of urinary catheters and drainage tubes**, as applicable (including male urinary catheter change)
- **Stoma care,** e.g. colostomy and ileostomy care
- **Insertion of nasogastric tube (NGT) and tube feeding**
- **Assistance with bowel elimination**, e.g. enema or manual evacuation
- **Monitoring of the Client's medical condition**, e.g. blood pressure and blood sugar checks (add on venepuncture with a fee)
- **Providing caregiver education and training in various aspects of care**, e.g. prevention of falls, pressure sores, proper feeding techniques, etc
- **Advice on activities of daily living**, e.g. nutrition counselling and education
- **Monitoring of medication compliance and proper taking of medication**; administering, supervision and packing of medication

## HOW IT WORKS

- **Operational hours:** Mondays to Saturdays, 8am to 8pm (services on Sundays, Public Holidays, after operating hours subject to nurse's availability)
- Service provided **island-wide by local enrolled and registered nurses**
- Subsidy level is based on Household Means-Testing
- **Service cap:** 8 subsidised visits per month. Additional visits available at private rates

# 居家护理服务（有津贴）

**为居家长者提供特定护理服务**

## 提供以下服务

- 手术后管理，例如药物注射及中央静脉线、气管造口或引流管的护理
- 伤口和疼痛管理（包括 NATROX、 SNAP 和 VAC 伤口护理）
- 维护/更换导尿管和引流管（包括更换男性导尿管）
- 造口护理，例如结肠造口和回肠造口护理
- 插入鼻胃管（NGT）并进行管饲
- 协助排便，例如灌肠或人工协助排便
- 监督病患的身体状况，例如血压、血糖检查（静脉抽血额外收费）
- 提供各个方面的看护者教育和培训，例如如何预防跌倒和避免褥疮、适当的喂食技巧等
- 提供有关日常生活活动的建议，例如营养咨询和教育
- 确保病患按医生指示正确服药；用药管理、监督及包装

## 服务详情

- 服务时间：星期一至星期六，早上8点至晚上8点
  （星期日、公共假日、服务时间以外的服务视护士的情况而定）
- 本地注册护士和登记护士在全岛范围内提供服务
- 津贴比例取决于家庭支付能力调查结果
- 服务顶限：每月8次的受津贴探访服务。第九次开始，以私人收费计算

## FEES

| SINGAPORE CITIZENS BORN IN 1969 OR EARLIER | | SINGAPORE CITIZENS BORN IN 1970 OR LATER | |
|---|---|---|---|
| Subsidy Level | Out-of-pocket (weekdays) | Subsidy Level | Out-of-pocket (weekdays) |
| 95% | $0.00 | 80% | $0.00 |
| 85% | $0.00 | 70% | $11.30 |
| 75% | $0.35 | 60% | $33.20 |
| 55% | $44.15 | 40% | $77.00 |
| 35% | $87.95 | 20% | $120.80 |
| 0% | $164.60 | 0% | $164.60 |

- **Subsidy level subject to Household Means-Testing**
- **Services on weekends & Public Holidays charged at $296.28/visit (excluding GST)**
- **All prices are in Singapore dollars (SGD), and are subject to GST**

# SUBSIDISED HOME THERAPY

***HOME-BASED REHABILITATION/EXERCISE TRAINING TO SUPPORT FRAIL AND HOME-BOUND ELDERLY***

## SERVICES

- Functional mobility and gait training
- Active and passive exercises to improve or restore range of motion, physical strength, flexibility, co-ordination, balance and endurance
- Treatment to relieve pain, such as using electro-physical agents
- Advice on the use of assistive ambulatory devices such as walking aids and prosthetic devices, including assistance on application for relevant financial assistance
- Caregiver training and Client education
- Community integration activities

## HOW IT WORKS

- **Operational hours:** Mondays to Fridays, 9am to 6pm
- Service provided **island-wide by local Physiotherapists and therapy aides**
- Subsidy level is based on Household Means-Testing
- **Service cap:** 18 visits within 6 months. Additional visits available at private rates

# 居家康复服务（有津贴）

**为体弱的居家长者提供居家康复服务**

## 提供以下服务

- 功能机动性和步行训练
- 主动和被动式锻炼、以改善或恢复活动能力、体力、柔韧性、协调性、平衡性和耐力
- 提供减轻疼痛的治疗、例如使用电物理疗法
- 提供关于使用行走辅具和假肢之类的辅助设备的建议、包括申请相关经济援助时的帮助
- 看护人培训和患者教育
- 社区融合活动

## 服务详情

- 服务时间：星期一至星期五，早上9点至晚上6点
- 本地物理治疗师和治疗助理在全岛范围内提供服务
- 津贴比例取决于家庭支付能力调查结果
- 服务顶限：在6个月以内，高达18次的受津贴探访服务。第19次开始，以私人收费计算

## FEES

| SINGAPORE CITIZENS BORN IN 1969 OR EARLIER | | SINGAPORE CITIZENS BORN IN 1970 OR LATER | |
|---|---|---|---|
| Subsidy Level | Out-of-pocket (weekdays) | Subsidy Level | Out-of-pocket (weekdays) |
| 95% | $0.00 | 80% | $0.00 |
| 85% | $0.00 | 70% | $20.00 |
| 75% | $7.30 | 60% | $45.40 |
| 55% | $58.10 | 40% | $96.20 |
| 35% | $108.90 | 20% | $147.00 |
| 0% | $197.80 | 0% | $197.80 |

- **Subsidy level subject to Household Means-Testing**
- **Services on weekends & Public Holidays charged at $356.04/visit (excluding GST)**
- **All prices are in Singapore dollars (SGD), and are subject to GST**

# SUBSIDISED HOME MEDICAL

***LONG-TERM MEDICAL CARE TO HOME-BOUND ELDERLY***

## SERVICES

- Comprehensive care assessment
- Management of chronic medical conditions
- Management of uncomplicated acute or sub-acute medical conditions
- Referrals to specialists or Approved Providers in other disciplines, where appropriate
- Arranging for safe transfer for hospitalisation, where necessary
- Prescription of appropriate acute and chronic medicines
- Educating the Client and caregiver on the Client's medical conditions and management plan
- Performing minor medical procedures such as simple wound debridement, suturing, intra-muscular and subcutaneous injections etc
- Ordering and interpreting appropriate investigations

## HOW IT WORKS

- **Operational hours:** Mondays to Fridays, 8am to 7:59pm (services on Saturdays, Sundays, Public Holidays, after operating hours subject to doctor's availability)
- Service provided **island-wide by local physicians**
- Subsidy level is based on Household Means-Testing
- **Service cap:** 2 visits per month. Additional visits available at private rates

# 居家医疗服务（有津贴）

**为居家长者提供特定护理服务**

## 提供以下服务

- 综合护理评估
- 慢性疾病管理
- 处理简单的急性或非急性问题
- 在适当情况下转介其他专科医生或受认可的服务机构
- 必要时安排安全转移以接受住院治疗
- 提供适当的急性和慢性药物药方
- 为患者和看护人进行有患者病况管理计划的教育
- 能进行简单的伤口护理、缝合、肌肉皮下注射等较小型的医疗手术等
- 适当安排需要进行的检查

## 服务详情

- 服务时间：星期一至星期五，早上8点至晚上7点59分
  （星期六、星期日、公共假日、服务时间以外的服务视医生的情况而定）
- 本地医生在全岛范围内提供服务
- 津贴比例取决于家庭支付能力调查结果
- 服务顶限：每月2次的受津贴探访服务。第3次开始，以私人收费计算

## FEES

| SINGAPORE CITIZENS BORN IN 1969 OR EARLIER | | SINGAPORE CITIZENS BORN IN 1970 OR LATER | |
|---|---|---|---|
| Subsidy Level | Out-of-pocket (weekdays) | Subsidy Level | Out-of-pocket (weekdays) |
| 95% | $0.00 | 80% | $0.00 |
| 85% | $0.00 | 70% | $39.20 |
| 75% | $16.65 | 60% | $84.30 |
| 55% | $106.85 | 40% | $174.50 |
| 35% | $197.05 | 20% | $264.70 |
| 0% | $354.90 | 0% | $354.90 |

- **Services on weekends & Public Holidays charged from $354.90/visit (excluding GST)**
- **Fees are for consultation only**
- **Procedures, consumables and medication are chargeable by attending SMC-registered medical practitioner**
- **Additional tests ordered by attending SMC-registered medical practitioner are chargeable by the relevant party involved**
- **All prices are in Singapore dollars (SGD), and are subject to GST**

# SUBSIDISED INTERIM CAREGIVER SERVICE

***FOR HOSPITALISED PATIENTS WHO ARE MEDICALLY FIT FOR DISCHARGE BUT REQUIRE POST-DISCHARGE CARE AT HOME***

## SERVICES

- Showering; Assistance with ADLs and IADLs
- Mind-stimulating activities
- Elder-sitting and respite
- Performing simple maintenance exercises as prescribed by therapist
- Assistance with medication (excluding controlled drugs, packing of medications, injections of any kind)

## HOW IT WORKS

- **Operational hours:** 8am to 8pm, 8pm to 8am
- Service provided **island-wide** by **foreign healthcare assistants**
- Patient can only be referred while still in hospital, or within 5 days of a hospital discharge
- Referral can be raised only by Restructured or Community Hospitals
- **Service cap:**
  - Maximum duration of 28 shifts fulfilled within 28 days, to be chosen between day shifts, night shifts, or both
  - Approval for extension of service cap has to be granted by Agency For Integrated Care (AIC)

# 临时性看护服务（有津贴）

**适用于可出院但需要在家中继续接受护理的患者**

## 提供以下服务

- 洗澡；协助日常生活活动（ADL和IADL）
- 刺激脑部的活动、年长者照料和临时看护服务
- 根据治疗师的规定进行简单的康复练习
- 用药协助（不包括管制药品、药物包装、任何种类的注射）

## 服务详情

- 服务时间：早上8点至晚上8点、晚上8点至早上8点
- 外籍看护者在全岛范围内提供服务
- 患者须在住院期间或出院后5天内转介至该服务。转介只能由重组医院或社区医院提出
- 服务顶限：
  - 最长可在28天内完成28个班次，可选择日班、夜班或两者兼有
  - 服务延长申请必须由护联局（AIC）批准

## FEES

| Restructured Hospitals - Singapore Citizen | | |
|---|---|---|
| Ward | Subsidy Level | Pricing per shift |
| C/B2 | 80% | $0.00 |
| B2+ | 50% | $63.50 |
| B1 | 20% | $155.00 |
| A | 0% | $216.00 |

| Community Hospitals - Singapore Citizen | |
|---|---|
| Subsidy Level | Pricing per shift |
| 80% | $0.00 |
| 75% | $0.00 |
| 70% | $2.50 |
| 65% | $17.75 |
| 60% | $33.00 |
| 55% | $48.25 |
| 50% | $63.50 |
| 0% | $216.00 |

- **Restructured Hospital - Subsidy based on ward class**
- **Community Hospital - Subsidy based on Household Means-Testing**
- **All prices are in Singapore dollars (SGD), and are subject to GST**

# SEVERE DISABILITY ASSESSMENT (NON-SUBSIDISED)

***WHAT IS SEVERE DISABILITY ASSESSMENT (SDA)?***

It is an assessment of you/your loved one's disability status* for the following purposes:

- Applying for long-term care severe disability financial assistance schemes administered by the Agency for Integrated Care (AIC)
  - CareShield Life
  - ElderShield
  - ElderFund
  - Interim Disability Assistance Programme for the Elderly (IDAPE)
  - MediSave Care
- Applying for supplement schemes of CareShield Life and ElderShield administered by private insurers – Great Eastern, Income and SingLife;
- Undergoing a disability review to ascertain continued scheme eligibility

*Ability to perform each of the 6 Activities of Daily Living:

- Feeding
- Dressing
- Toileting
- Washing
- Walking or moving around
- Transferring from bed to chair and vice versa

Active Global has a list of MOH-accredited SDA assessors who can conduct assessment at the comfort of your own home (island-wide), or in any of our existing AAC.

Fees:

- You visit our AAC: $100.00
- Our assessor visit at your house: $250.00
- All prices are in Singapore dollars (SGD), and are subject to GST

All assessments are by appointment only. To make an appointment, please call: **6536 0086**

For more information, you may visit:
https://supportgowhere.life.gov.sg/services/SDA/severe-disability assessment-sda

# 重度残障评估（无津贴）

## 什么是重度残障评估（SDA）？

它为您及亲人的残障状况*进行评估，目的如下：

- 申请由护联局（AIC）管理的重度残障长期护理财务援助计划
  - 终身护保计划(CareShield Life)
  - 乐龄健保计划(ElderShield)
  - 乐龄关护基金(ElderFund)
  - 暂时性乐龄残障援助计划(IDAPE)
  - 保健储蓄护理计划(MediSave Care)
- 申请由私人保险公司管理的终身护保和乐龄健保补充计划 – 大东方、职总英康和SingLife;
- 进行残障复查以确定继续参与援助计划的资格

*执行以下6项日常生活活动（ADL）的能力:

- 进食
- 穿衣
- 如厕
- 洗澡
- 行走或移动
- 从床上转移到椅子上、反之亦然

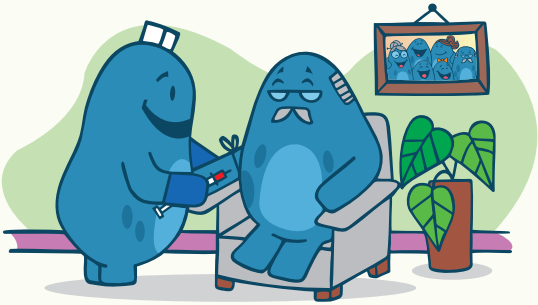
活力国际(Active Global) 拥有一份卫生部认可的SDA评估师名单、他们可以在您家中（全岛范围）或在我们现有的任何乐龄护理中心进行评估。

费用：

- 您到我们的乐龄护理中心：$100.00
- 我们的评估师到您家：$250.00
- 所有报价均为新加坡元（SGD），并需另加消费税（GST）

所有评估均需预约。欲预约请致电：**6536 0086**

欲了解更多详情、请浏览：
https://supportgowhere.life.gov.sg/services/SDA/severe-disability-assessment-sda



# LIVE-IN CAREGIVERS (NON-SUBSIDISED)

## WHAT IS A LIVE-IN CAREGIVER

- A Live-In Caregiver takes care of an elderly or sick client in his or her home. The Live-In Caregiver is a personal help, health aide, and companion for a patient
- Duties mainly focus on Activities of Daily Living (hygiene, feeding, mobilisation, exercise), and their patient's emotional and social well-being

## FEES

- **Monthly salary starts at $600.00 and goes up to $1,000.00 - based on the caregiver's qualification, experience and complexity of the assignment**
  - Monthly levy can be reduced from **$300.00**/month to **$60.00**/month under the "Aged Person Scheme"
  - If you are eligible for the Home Caregiving Grant by AIC, may receive a relief of **$200.00**/month or up to **$600.00**/month
  - You will be the employer and sign an MDW contract with the caregiver
  - Salary is to be paid directly to the caregiver
- **One-time service fee of $2,861.25 with GST (excluding MDW insurance & third-party costs) for caregivers from Myanmar, Sri Lanka, or India**
- **One-time service fee for caregivers from the Philippines or Indonesia:**
  Total package fee of **$3,350.66** with GST (excluding MDW insurance & third-party costs) – Philippines
  Total package fee of **$3,018.74** with GST (excluding MDW insurance & third-party costs) – Indonesia
- **One-time service fee for Advance Placement Scheme:**
  Total package fee of **$3,489.67** with GST (excluding MDW insurance & third-party costs)
- **One-time service fee for pediatric cases:**
  Total package fee of **$3,775.79** with GST (excluding MDW insurance & third-party costs)

**Third-Party Costs:**
i. Work permit application ($35.00) & Issuance fee ($35.00)
ii. Pre-employment medical check-up ($60.00)
iii. Insurance coverage for 2 years (minimally $556.90 - actual cost dependent on employer's selection)
iv. Air ticket cost (for overseas Filipino caregivers only) ($300.00)
v. Settling-in programme (for first-time MDW caregivers only) ($76.40)

*** All prices are in Singapore dollars (SGD)**

EA LICENCE: 13C6324

24/7 **Call to Enquire**
**6536 0086**

# 看护者同住服务（无津贴）

## 什么是居家看护？

- 看护者将居住在年长者或患者的家中提供看护服务、为他们提供个人协助、护理帮助并且陪伴他们
- 职责是提供日常生活活动的协助（卫生、进食、运动、锻炼）以及确保患者心理和社会心理健康

## 费用

- **根据看护者的资质、工作经验以及看护任务的复杂程度，看护者的月薪从$600.00至$1,000.00不等**
  - 您可以申请“年长者护理计划”，符合条件者每月税费可从$300.00降至$60.00
  - 如果您符合护联局（AIC）居家看护津贴的资格，每月可获得$200.00至$600.00的津贴
  - 您将作为雇主与看护者签订外籍家佣合约，薪金直接支付给看护者
- **来自缅甸、斯里兰卡或印度的看护者，一次性代理费为$2,861.25（含消费税、不包括MDW保险和第三方费用）**
- **来自菲律宾或印尼的看护者、一次性代理费为：**
  菲律宾——配套总费用为$3,350.66（含消费税，不包括MDW保险和第三方费用）
  印尼——配套总费用为$3,018.74（含消费税，不包括MDW保险和第三方费用）
- **预先受聘计划的一次性代理费：**
  配套总费用为$3,489.67（含消费税，不包括MDW保险和第三方费用）
- **儿科病例的一次性代理费：**
  配套总费用为$3,775.79（含消费税，不包括MDW保险和第三方费用）

**第三方费用：**

i. 申请工作签证（$35.00）和领取工作签证（$35.00）
ii. 就业前体检（$60.00）
iii. 两年保险（至少$556.90）——实际费用取决于雇主的选择
iv. 机票费用（仅适用于在海外的菲律宾看护者）（$300.00）
v. 纳入计划（$76.40）（仅适用于首次MDW看护者）

*** 所有报价均为新加坡元（SGD）**

EA LICENCE: 13C6324

24/7 Call to Enquire
**6536 0086**

# PRIVATE NURSING (NON-SUBSIDISED)
# 个人看护服务（无津贴）

- Local Registered Nurses who are able to provide part-time or full-time care for short term assignments
- Typical engagements include:
  - Full-time care after discharge from hospital, while waiting for Live-In Caregiver to arrive
  - Post-operative recovery assignments (4 to 8 weeks)
  - Support during day off or vacation of the usual Caregiver, etc
- Bundles can be customised to suit the patient's needs

- 能够提供兼职或全职的本地注册护士进行短期护理
- 典型的服务包括：
  - 出院后进行全职护理，直到同住看护者抵达
  - 术后恢复护理（4至8周）
  - 在看护者的休息日或假期等期间提供支持
- 配套可根据患者需要来定制

## FEES

| | Procedure | Short Elder Sitting Bundle | Half-Day Bundle | Full-Day Bundle |
|---|---|---|---|---|
| **Description** | Clinical procedure (Capped at 1 hour per visit) | 50 hours (Minimum of 2 hours per session) | 10 half-days (5 hours per half day) | 5 full-days (10 Hours per full day) |
| **Bundle price** | $125.20 per visit | $3,130.00 | $1,450.00 | $1,375.00 |
| **Average cost per hour** | N/A | $62.60 | $29.00 | $27.50 |
| **Sundays, nights & public holidays additional** | Additional $100.16 | No extras | Additional $5.50 per hour | |
| **Cost of extensions** | $62.60 per extra hour | $62.60 per extra hour | $145.00 per extra half day | $275.00 per extra day |

- **All prices are in Singapore dollars (SGD), and are subject to GST**

# HOME PERITONEAL DIALYSIS (NON-SUBSIDISED)

# 居家腹膜透析（无津贴）

- Post-hospital training, assistance of a dialysis nurse for patients who are new to Peritoneal Dialysis (PD)
- Holistic support of a PD trained Live-In Caregiver for long-term dialysis patients
- Regular PD Specialist Nurse Visit; Qualified PD Nurse Trainers available to train family members and Live-In Caregivers
- Wound Dressing service and training; Management of contamination
- Assistance with PD exchange procedure
- Healthcare Assistant service for clients with less complex needs

- 院后培训，为腹膜透析（PD）新患者派遣透析护士提供帮助
- 由经过腹膜透析培训的护理员为需要长期进行透析的患者提供完善的服务
- 定期的腹膜透析专科护士进行探访
- 合格的腹膜透析护士培训师可为家庭成员和同住看护者提供培训
- 伤口照料服务和培训；污染管理
- 协助腹膜透析交换程序
- 为不需要太复杂的服务的病提供简单的护理协助

## FEES

| | Weekdays (8am to 8pm) | Night (8pm to 8am), weekends and Public Holidays |
|---|---|---|
| **Trouble-shooting nursing visit**<br>For Assisted PD or PD | **$164.60** per visit | **$296.28** per visit |
| **Wound dressing** | **$164.60** per visit | **$296.28** per visit |
| **Management of contamination**<br>Preparation prior to re-admission | **$296.28** per visit | **$533.30** per visit |
| **Hand-holding for CAPD exchange** | **$463.79** per visit<br>(maximum 12 hours) | **$551.75** per visit<br>(maximum 12 hours) |
| **APD assistance**<br>(1 connection + 1 disconnection) | **$296.28** per visit | **$396.28** per visit |
| **At Home PD Training**<br>For stable patients only. Supplies provided by the client | **$2,318.93** per training<br>(4-5 days) | **N/A** |
| **Live-In Caregiver** | • **Monthly salary starts at $600.00 and goes up to $1,000.00 - based on the caregiver's qualification, experience and complexity of the assignment**<br>- Monthly levy can be reduced from **$300.00**/month to **$60.00**/month under the "Aged Person Scheme"<br>- If you are eligible for the Home Caregiving Grant by AIC, may receive a relief of **$200.00**/month or up to **$600.00**/month<br>- You will be the employer and sign an MDW contract with the caregiver<br>- Salary is to be paid directly to the caregiver<br>• **One-time service fee of $2,861.25 with GST (excluding MDW insurance & third-party costs) for caregivers from Myanmar, Sri Lanka, or India**<br>• **One-time service fee for caregivers from the Philippines or Indonesia:**<br>Total package fee of **$3,350.66** with GST (excluding MDW insurance & third-party costs) – Philippines<br>Total package fee of **$3,018.74** with GST (excluding MDW insurance & third-party costs) – Indonesia<br>• **One-time service fee for Advance Placement Scheme:**<br>Total package fee of **$3,489.67** with GST (excluding MDW insurance & third-party costs)<br>• **One-time service fee for pediatric cases:**<br>Total package fee of **$3,775.79** with GST (excluding MDW insurance & third-party costs) | |
| **Healthcare Assistant Visit** | **$56.00** per hour<br>MOH subsidies may apply for our HCA visits. Get in touch with us for more details | |

- **All prices are in Singapore dollars (SGD), and are subject to GST**

# CONTACT US TO SCHEDULE A FREE CONSULTATION

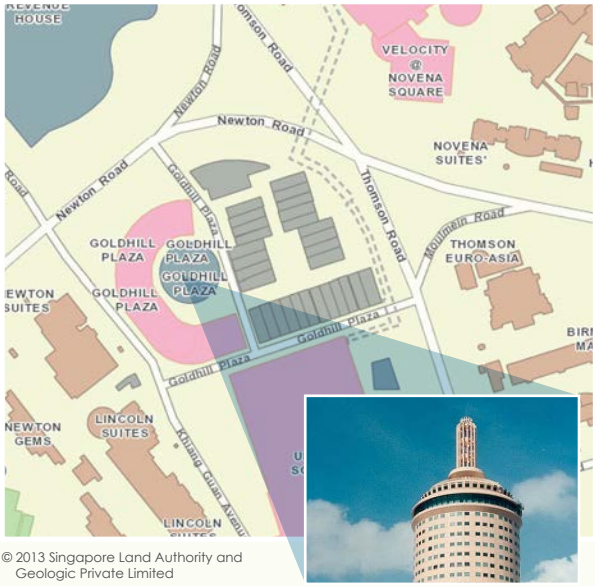
## 24/7 HOTLINE
**+65 6536 0086**

## EMAIL
**singapore@activeglobalcaregiver.com**

## WALK-IN
**51 Goldhill Plaza,**
**#12-11, Singapore 308900**

## GETTING HERE
**Nearest station: Novena MRT**

## OFFICE HOURS
**Mondays to Fridays, 9am to 6:30pm**
**Saturdays, 9am to 5:30pm**

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ACTIVE GLOBAL
HOME & COMMUNITY CARE

active ageing
CENTRE (CARE)

SUPPORTED BY MOH AND AIC

# OCTOBER 2026

## ACTIVE AGEING CENTRES (CARE)

## 受津贴的三所乐龄护理中心

**Ghim Moh Edge | Telok Blangah Parcview | Fernvale Glades**

24/7

Call to Enquire
**6536 0086**

# SENIOR CARE CENTRE

## DAY CARE SERVICES FOR THE ELDERLY

- Allow frail seniors with care needs to receive professional care during daytime
- Allow dementia patients to do meaningful activities and stay engaged, and slow down cognitive decline
- Maintain a healthy lifestyle with mind-stimulating activities and exercise
- Group and individualised activities based on individual abilities

## PROFESSIONAL REHAB AND NURSING SERVICES

- Physiotherapy, Occupational and Speech Therapy services
- Maximise functional improvement and community reintegration
- Simple procedural nursing care (e.g. wound and stoma management)
- Medication management

# 乐龄护理中心

## 乐龄日间护理服务

- 为身体虚弱的年长者提供日间专业护理服务
- 让失智患者可以参与益智活动，从而保持精神专注，减缓认知衰退
- 通过健脑活动并进行适当运动来维持健康的生活方式
- 根据每个人的身体状况，可以参与团体或者个人活动

## 专业的康复与护理服务

- 物理治疗、职业疗法与语言障碍矫正治疗
- 最大化的功能改进
- 重新回归社区
- 简单程序的护理 （例如伤口与官窍的护理）
- 用药管理

## MAKE FRIENDS AND HAVE FUN

- All activities have an element of fun, while being therapeutic
- Activities include:
  - Boxing
  - Moto Tiles
  - Football
  - Karaoke
  - Wii-Bowling
  - Arcade games
  - Mahjong
  - Calligraphy
  - Reminiscence games
  - Outings

## CONVENIENCE FOR ALL

- **Active Global Senior Care Centres operate 7 days a week**
  - 7am to 8pm on weekdays
  - 9am to 5pm on Saturdays, Sundays, and Public Holidays
- **Transport available**
  - Pick-up and drop-off services provided in adapted vehicle, with trained driver
  - Transport services available for Day Care, Rehab, and Nursing services

24/7

**Call to Enquire**
**6536 0086**

## 愉快地结识新朋友

- 在愉快的活动过程中，达到治效果
- 活动包括:
  - 拳击
  - MOTO Tiles压力感测垫
  - 足球
  - 卡拉OK
  - Wii保龄球
  - 电玩游戏
  - 麻将
  - 书法
  - 回忆游戏
  - 郊游

## 为您提供便利

- Active Global 乐龄护理中心每周营业7天:
  - 星期一至五，早上7点到晚上8点
  - 周末、公共假日，早上9点到下午5点
- 提供交通服务:
  - 有专业司机与适配车辆、提供接送服务
  - 接受日间护理、康复护理服务的患者可享受交通服务

24/7

Call to Enquire
6536 0086

# SUBSIDISED SENIOR CARE CENTRE

## SINGAPORE CITIZENS BORN IN 1969 OR EARLIER

| Subsidy Level | Maintenance Day Care (Per Day) | Dementia Day Care (Per Day) | Active Rehabilitation | Maintenance Exercise | Centre-Based Nursing |
|---|---|---|---|---|---|
| 95% | $0.00 | $0.00 | $0.00 | $0.00 | $0.00 |
| 85% | $0.00 | $0.00 to $1.95 | $4.10 to $11.60 | $8.30 to $13.85 | $3.45 to $7.85 |
| 75% | $0.75 to $12.65 | $7.55 to $17.05 | $17.10 to $30.00 | $17.20 to $28.15 | $5.95 to $15.75 |
| 55% | $16.55 to $39.25 | $26.95 to $47.25 | $43.10 to $66.80 | $35.00 to $56.75 | $10.95 to $31.55 |
| 35% | $32.35 to $65.85 | $46.35 to $77.45 | $69.10 to $103.60 | $52.80 to $85.35 | $15.95 to $47.35 |
| 0% | $60.00 to $112.40 | $80.30 to $130.30 | $114.60 to $168.00 | $83.95 to $135.40 | $24.70 to $75.00 |

## SINGAPORE CITIZENS BORN IN 1970 OR LATER

| Subsidy Level | Maintenance Day Care (Per Day) | Dementia Day Care (Per Day) | Active Rehabilitation | Maintenance Exercise | Centre-Based Nursing |
|---|---|---|---|---|---|
| 80% | $0.00 | $0.00 | $0.40 to $5.10 | $3.95 to $6.70 | $2.70 to $4.30 |
| 70% | $4.70 to $19.30 | $12.40 to $24.60 | $23.60 to $39.20 | $21.65 to $35.30 | $4.80 to $19.70 |
| 60% | $12.60 to $32.60 | $22.10 to $39.70 | $36.60 to $57.60 | $30.55 to $49.60 | $9.70 to $27.60 |
| 40% | $28.40 to $59.20 | $41.50 to $69.90 | $62.60 to $94.40 | $48.35 to $78.20 | $14.70 to $43.40 |
| 20% | $44.20 to $85.80 | $60.90 to $100.10 | $88.60 to $131.20 | $66.15 to $106.80 | $19.70 to $59.20 |
| 0% | $60.00 to $112.40 | $80.30 to $130.30 | $114.60 to $168.00 | $83.95 to $135.40 | $24.70 to $75.00 |

- **Please consult our team for accurate fees in your specific situation**
- **Subsidy level subject to Household Means-Testing**
- **All prices are in Singapore dollars (SGD), and are subject to GST**

# VOLUNTEERING OPPORTUNITIES

## DO YOU WANT TO CONTRIBUTE TO THE COMMUNITY?

- **We are looking for volunteers to regularly contribute to activities conducted for seniors at our senior care centres:**
  - Culinary activities (baking, cooking workshops / classes)
  - Musical activities (playing musical instruments, choir, karaoke etc.)
  - Artistic activities (drawing, painting, other arts & crafts)
  - Fitness activities
  - Dancing activities
  - Facilitating and playing games (Mahjong, card games, bingo etc.)
  - Experience sharing & story-telling
  - Teaching English, Mandarin, Malay
  - Teaching Financial Literacy
  - Teaching basic computer literacy, basic iPad usage
  - Companionship and support for outings

# ACTIVE AGEING SERVICES

## ACTIVE AGEING PROGRAMMES

- Safe and welcoming space for all seniors to drop in at any time
- Vast choice of centre activities (exercises, classes, arts & crafts, outings, etc.)
- Self-service centre facilities available (newspapers, table-top games, TV, karaoke, video games, etc.)
- Access to volunteering opportunities
- Proactive health management through health talks, health checks etc.

## BEFRIENDING AND BUDDYING SERVICES

- For seniors who are frail and/or have limited social support
- Weekly visits to support identified frail and isolated seniors
- Small communities based on common interests, dialect groups, etc.
- Support to help regain function if possible (e.g. referral to Home Nursing or Rehab services as required)

## INFORMATION AND REFERRAL TO CARE OR SOCIAL SERVICES

- Provide information on services available or resources that may be relevant
- Provide assistance and/or guidance to access help for any needs

## SOCIAL CONNECTOR & COMMUNITY-BASED VITAL SIGNS MONITORING

- A walk-in service delivered at AACs to all seniors regardless of whether they live in the assigned service boundary
- Service to support Healthier SG initiative
- Support for seniors who need further assistance for lifestyle, social interventions and overall health and well-being

**Active Global Hotline: 6536 0086 (for Ghim Moh Edge, Fernvale Glades and Telok Blangah Parcview centres only)**
**AIC Hotline: 1800-650-6060 (Other areas island-wide)**

# 活跃乐龄服务

## 活跃乐龄计划

- 为所有乐龄人士提供安全、舒适的空间，随时欢迎光临
- 中心提供丰富多彩的活动选项（体育活动、课程、手工艺、郊游等）
- 可在中心内是用各项资助设施（阅读报纸、玩桌游、观看电视、唱卡拉OK、玩视频游戏等）
- 参与志愿服务的机会
- 通过健康讲座、身体检查等，进行积极的健康管理

## 支持家庭看护者的EC服务

- 为身体虚弱和/或社会支持有限的年长者提供
- 每周探访体弱孤寡老人
- 根据共同兴趣爱好和方言划分小组
- 如有可能，协助进行医疗康复（例如，根据需要转介居家护理服务或康复中心）

## 提供相关信息并转介护理中心或社会服务

- 提供所需服务或相关资源的信息
- 为任何有需要的人士提供帮助和/或指导

## 社交相连及基于社区的生命体征监测

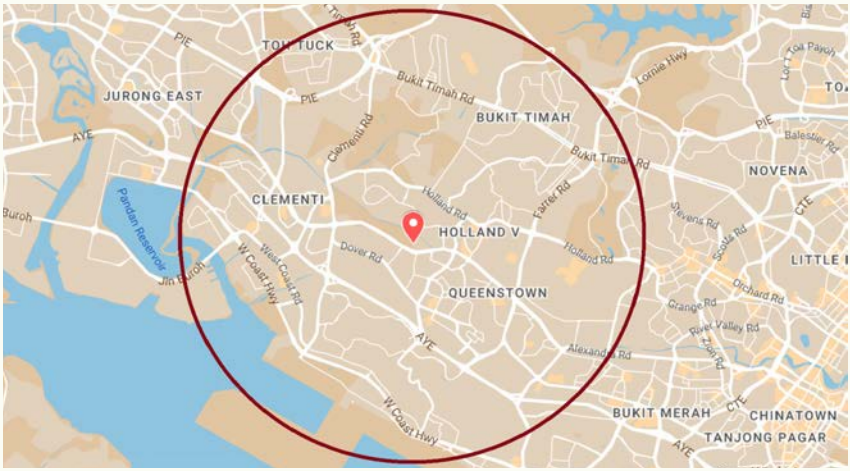
- 所有乐龄人士，不论是否居住在指定的服务范围内，均能在活跃乐龄中心（AAC）获得上门服务
- 支持“健康SG”计划
- 为那些需要进一步援助的乐龄人士在生活方式、社会支持以及整体健康和福祉方面提供帮助

Active Global热线：6536 0086（仅限位于盛港Fernvale Glades、锦茂Ghim Moh Edge、直落布兰雅Telok Blangah Parcview的中心
护联局（AIC）热线：1800-650-6060（全岛其他地区）

# LOCATIONS OF OUR ACTIVE AGEING CENTRES (CARE)

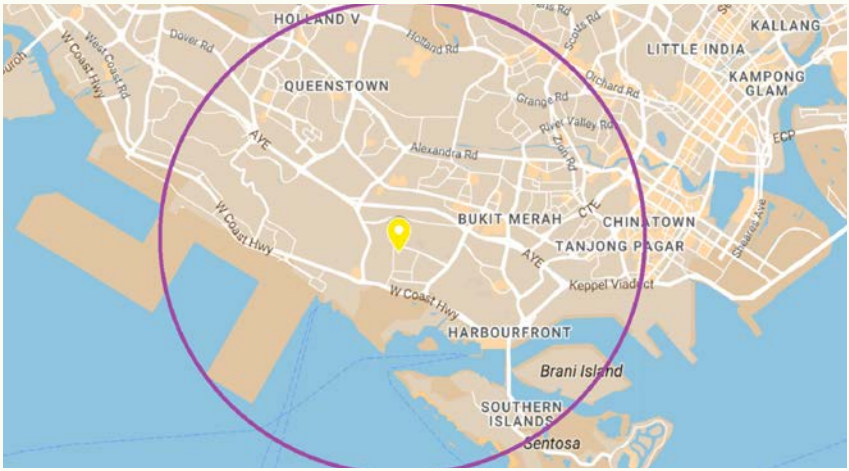
## Ghim Moh Edge

**Blk 31A Ghim Moh Link, #01-11, Singapore 272031**
***Sub-region: Bukit Timah + Queenstown 2***




## Telok Blangah Parcview

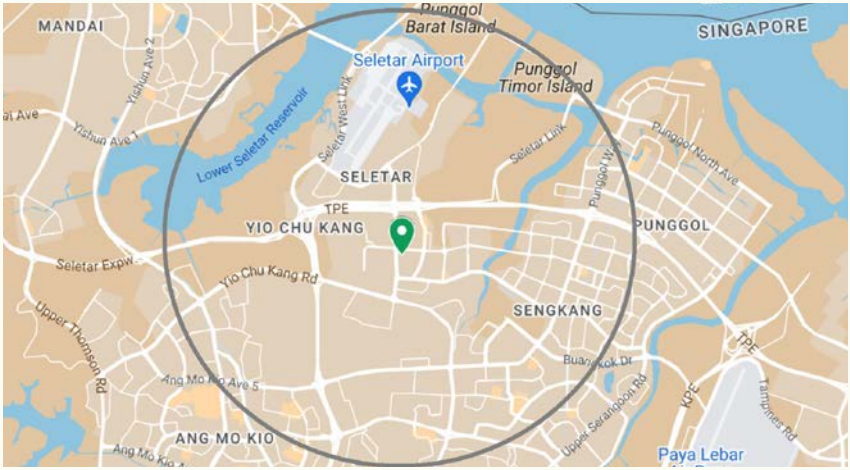
**Blk 92 Telok Blangah St 31, #01-255, Singapore 100092**
***Sub-region: Bukit Merah + Tanglin + Downtown/City Areas 1***



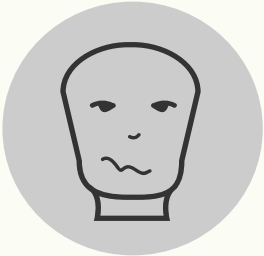
# 乐龄护理中心地址

## Fernvale Glades

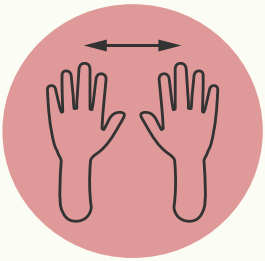
**Blk 460 Sengkang West Way, #01-02, Singapore 790460 (Senior Care Centre)**
**Blk 461C Sengkang West Way, #01-143, Singapore 793461 (Active Ageing Centre)**
***Sub-region: Sengkang + Seletar 1***



# HOW TO RECOGNISE A STROKE: F.A.S.T



**Face**
Facial weakness especially one-sided: Can the person smile? Has their mouth or eye drooped?

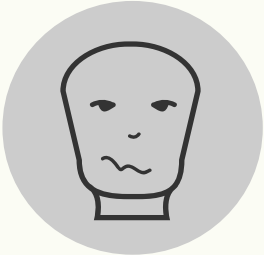


**Arm**
Arm weakness especially one-sided: Can the person raise both arms? Does one arm drift downward?

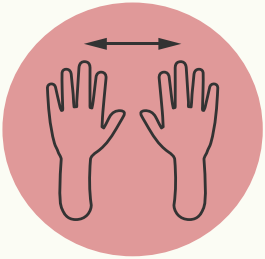
**Speech**
Speech disturbance: is the person's speech slurred? Does the person have difficulty speaking or understanding?

**Time**
Call 995 and say: "My patient is having a Stroke, please send an ambulance, this is our address: ..."

# 中风会出现哪些症状：F.A.S.T



看面部(Face)：面部肌肉无力或萎缩，尤其发生在单侧时—可以正常微笑吗？嘴角是否下垂？眼睛是否下垂或缩小？



查手臂(Arm)：手臂肌肉无力或萎缩，尤其发生在单侧时—可以正常平举双臂吗？是否出现单侧手臂无力平举而下垂？

听语言(Speech)：语言障碍—是否出现说话时发音含糊不清？是否出现语言表达障碍或理解障碍？

及时求助(Time)
→ 拨打995 并告诉工作人员：“我的病人中风发作，请派一辆救护车过来，我们的地址是.…”

# IMPORTANT PHONE NUMBERS

- Emergency Ambulance & Fire: 995
- Police Emergency: 999
- Non-emergency ambulance: 1777
- Active Global Office: 6536 0086