



ACTIVE GLOBAL
HOME & COMMUNITY CARE

JULY 2024

Home Care Services
居家护理服务

Subsidised • Affordable
津贴补助 • 价格合理



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

- ▶ **HSS is a pilot programme under Ministry of Manpower**
- ▶ **HSS for the Elderly is ideal for families who:**
 - Need a temporary replacement for their usual caregiver,
 - Need regular support when their usual caregiver is on leave,
 - Have regular care needs for a part-time caregiver.

- ▶ **The list of care activities ALLOWED under this pilot programme include:**
 - Personal Care tasks, including bathing, dressing, toileting, etc.,
 - Assistance with Activities of daily living, 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 FOR HSS, 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

- ▶ HSS是新加坡人力部的试点计划
- ▶ 乐龄HSS非常适合以下家庭：
 - 需要临时代替平时的看护者；
 - 在平时的看护者休假时需要定期服务；
 - 需要一个能定期提供服务的兼职看护者。
- ▶ 本试点计划中的护理服务包括：
 - 个人护理，包括冲凉、穿衣、如厕等；
 - 协助完成日常活动，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。
- ▶ 本试点计划不包括高级护理任务，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	\$537	\$618	\$916	\$1,047	\$1,204	\$1,204
Average Price Per Sessions **	\$108	\$134.25	\$154.50	\$229	\$261.75	\$301	\$301
Price Per Extra Hours (Up to 2 extra hours per session, subject to availability)	\$25 per extra hour	\$25 per extra hour	\$25 per extra hour	\$24 per extra hour	\$23 per extra hour	NA	NA
Price Per Additional Individual Session Without Package	\$136	\$168	\$193	\$287	\$327	\$377	\$377

* 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 INCLUSIVE of GST.

- Consumables to be provided by clients.

- Location surcharge of \$30 will apply for Sentosa.

SUBSIDISED HOME PERSONAL CARE

ASSISTANCE WITH PERSONAL CARE AT HOME

SERVICES

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

HOW IT WORKS

- **Operational Hours:** Mondays to Saturdays: 8 am – 8 pm. Sundays, Public Holidays, after operational hours subject to availability
- Service provided **island-wide by local and foreign healthcare assistants**



居家个人护理服务（有津贴）

在家中协助个人护理

提供以下服务

- 冲凉
- 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（不包括药物包装，不包括胰岛素注射和任何种类的注射，不包括管制药物）

服务详情

- 服务时间：周一至周六：上午8点至晚上8点。 星期日，公共假日：服务时间视情况而定
- 本地和外籍医护助理在全岛范围内提供服务

FEES

SINGAPORE CITIZEN (S\$)	
Subsidy level	OOH/hr
80%	0.00
75%	1.85
60%	8.30
50%	12.60
30%	21.20
0%	34.10

- Sundays & Public Holidays - \$30 surcharge per hour
- Subsidy Level Subject To Household Means-Testing

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 (included NATROX, SNAP and VAC dressing)
- Maintenance/changing of urinary catheters and drainage tubes, as applicable (included 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 with regard to 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: 8 am – 8 pm. Sundays, Public Holidays, after operational hours available subject to nurse's availability
- Service provided **island-wide by local 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，如药物注射及中央静脉线，气管造口或引流管的护理（包括 NATROX, SNAP 和 VAC 伤口护理）
- 伤口和疼痛管理
- 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，如血压和血糖检查（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：周一至周六：上午8点至晚上8点。 星期日，公共假日，及非办公时间以外：视护士的情况而定
- 本地注册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

Subsidy level - Singapore Citizen	Out-of-pocket (weekday) S\$	Out-of-pocket (Sun & PH) S\$
80%	0.00	107.56
75%	0.00	117.51
60%	28.80	147.36
50%	48.70	167.26
30%	88.50	207.06
0%	148.20	266.76

- Subsidy Level Subject To Household Means-Testing

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 through 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: 9 am – 6 pm
- 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，如通过电物理疗法
- 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：周一至周五：上午9点至下午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

Subsidy level - Singapore Citizen	Out-of-pocket (weekday) S\$	Out-of-pocket (Sun & PH) S\$
80%	0.00	128.62
75%	7.90	139.02
60%	39.10	170.22
50%	59.90	191.02
30%	101.50	232.62
0%	163.90	295.02

- Subsidy Level Subject To Household Means-Testing

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 the 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: 8 am – 7.59 pm. Saturdays, Sundays, Public Holidays, after operational hours available 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：周一至周五：上午8点至晚上7.59。 星期六，星期日，公共假日，及非办公时间以外：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

Subsidy level - Singapore Citizen	Out-of-pocket (Weekday 8AM - 7.59PM) S\$	Out-of-pocket (Weekday 8PM - 7.59AM) S\$	Out-of-pocket (Weekend 8AM - 7.45PM) S\$	Out-of-pocket (Weekend 8PM - 7.59AM) S\$
80%	0.00	102.60	0.00	147.60
75%	15.00	121.50	16.50	166.50
60%	71.70	178.20	73.20	223.20
50%	109.50	216.00	111.00	261.00
30%	185.10	291.60	186.60	336.60
0%	298.50	405.00	300.00	450.00

- 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

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: packing of medications, insulin injection and any kind of injections, controlled drugs)

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:**
 - The maximum duration of 12 shifts, to be chosen between day-shifts, night shifts, or both (for ICS only)
 - 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

- 冲凉；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（不包括药物包装，不包括胰岛素注射和任何种类的注射，不包括管制药物）

服务详情

- 服务时间：上午8点至晚上8点，晚上8点至上午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：
 - ICS可长达12班服务，可在日班，夜班或两者
 - 服务延长申请必须由护联中心AIC批准

FEES

RESTRUCTURED HOSPITALS - SINGAPORE CITIZEN

Ward	Subsidy	Pricing per shift (S\$)
C/B2	80%	9.50
B2+	50%	70.10
B1	20%	130.70
A	0%	171.10

COMMUNITY HOSPITALS - SINGAPORE CITIZEN

Subsidy	Pricing per shift (S\$)
80%	9.50
70%	29.70
60%	49.90
50%	70.10
40%	90.30
30%	110.50
0%	171.10

- Restructured Hospital – Subsidy based on ward class
- Community Hospital – Subsidy based on Household Means – Testing

HOME-BASED RESPITE CARE (SUBSIDISED)

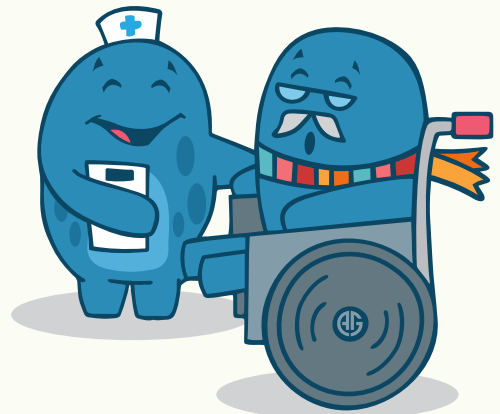
SUPPORT FOR CAREGIVERS OF PALLIATIVE PATIENTS

SERVICES

- Showering; Assistance with ADLs and iADLs; Mind stimulating activities; Elder-sitting and respite
- Performing simple maintenance exercises as prescribed by a therapist
- Accompany for doctor appointment
- Assistance with medication (excluding: packing of medications, insulin injection and any kind of injections, controlled drugs)
- Out-of-scope: Staff will not do resuscitation for client

HOW IT WORKS

- **Operational Hours:** 8am to 8pm, 8pm to 8am
- Service provided **island-wide by foreign healthcare assistants**
- Palliative patients with Prognosis 12 months or less
- Referral can be raised only by MOH-subsented Home Palliative Care provider
- **Service cap:**
 - Patients are eligible for up to 30 single shifts per lifetime and not necessary to consume 30 shifts all at once; Full day shifts would count as double shifts
 - 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）

为临终患者的看护人提供支持

提供以下服务

- 协助生活活动ADL - 冲凉、口服和管饲、管理用药、洗澡、转移、轻微的运动等
- 监督生命体征；根据治疗师的规定进行简单的康复练习
- 陪同前往诊所/医院预约
- 协助完成更高级别的护理任务（视具体情况而定）- 雾化器的使用、伤口敷料造口护理、气管造口吸痰
- 必备条件：
 - 预后为12个月或更短
 - 正在接受卫生部资助的机构所提供的临终服务
 - 看护人员无法提供全职护理或无法应付护理需求

服务详情

- 全岛每周服务7天；日班（上午8点至晚上8点），夜班（晚上8点至上午8点）或两者
- 公共假期额外收取20%的附加费，周日额外收取80%的附加费
- 服务顶限：
 - 患者一生最多可使用30个班次的服务；无需一次性使用完30个班次
 - 全天轮班将被视为两班服务

FEES

Subsidy level - Singapore Citizen	Fees S\$ (Weekday)	Fees S\$ (Night)	Fees S\$ (Sun)	Fees S\$ (PH)
80%	9.50	26.61	146.38	43.72
75%	19.60	36.71	156.48	53.82
65%	39.80	56.91	176.68	74.02
60%	49.90	67.01	186.78	84.12
50%	70.10	87.21	206.98	104.32
45%	80.20	97.31	217.08	114.42
40%	90.30	107.41	227.18	124.52
30%	110.50	127.61	247.38	144.72
20%	130.70	147.81	267.58	164.92
0%	171.10	188.21	307.98	205.32

- * Subsidy level subject to household means testing
- \$17.11 surcharge per shift for night shifts
- \$136.88 surcharge per shift on Sundays
- \$34.22 surcharge per shift on public holidays

SEVERE DISABILITY ASSESSMENT (NON-SUBSIDISED)

WHAT IS SEVERE DISABILITY ASSESSMENT (SDA)?

It provides an assessment of you/your loved one's disability status* for the following purpose.

- 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; or

*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
- Our assessor visit at your house: \$250

All assessment are by appointment only, 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：

- 申请由护联中心（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)
 - 乐龄关怀基金 (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；或

*执行以下6项日常生活活动的的能力：

- 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
- 我们的评估师到您家：\$250

所有评估均需预约，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 and goes up to \$1,000 - based on the caregiver's qualification, experience and complexity of the assignment**
 - You can reduce the cost of monthly levy from **\$S300/month** to **\$S60/month** under the "Aged Person Scheme"
 - If you are eligible for the Home Caregiver Grant by AIC (previously called FDW Grant), you can get **\$S250** relief/month or up to **\$S400** relief/month
 - You will be the employer and sign an FDW contract with the caregiver.
 - Salary is to be paid directly to the caregiver.
- **One-time service fee of \$2,725 w/GST (excludes MDW insurance & 3rd party cost), for caregivers from Myanmar, Sri Lanka, or India:**
- **One-time service fee for caregivers from the Philippines or Indonesia:**
Total package fee of **\$S3,161 w/GST** (excludes MDW insurance & 3rd party cost) – Philippines
Total package fee of **\$S2,875 w/GST** (excludes MDW insurance & 3rd party cost) – Indonesia
- **One-time service fee for Advance Placement Scheme:**
Total package fee of **\$S3,324.50 w/GST** (excludes MDW insurance & 3rd party cost)
- **One-time service fee for Pediatric Cases:**
Total package fee of **\$S3,597 w/GST** (excludes MDW insurance & 3rd party cost)

Third Party Costs:

- i. Work permit application (\$35) & Issuance fee (\$35)
- ii. Pre-Employment Medical Check-up (\$38)
- iii. Insurance coverage for 2 years (minimally \$556.90) – this depends on the employer's selection
- iv. Air Ticket cost (Filipino overseas caregiver only) (\$200)
- v. Settling in programme (\$76.40) (Only for 1st time MDW-CAREGIVER)



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至1000元不等**
 - 您可以申请“年长者护理计划”，符合条件者每月税费可从300元降至60元。
 - 如果您符合护联中心（AIC）居家看护津贴（原为女佣雇主补贴）的资格，每月可获得250至400元的津贴。
 - 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2,725元（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3,161元（含消费税，不包括MDW保险和第三方费用）
 - 印尼——配套总费用为2,875元（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3,324.50元（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3,597元（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元）和领取工作签证（35元）
- ii. 就业前体检（38元）
- iii. 两年保险（至少556.90元）——雇主可选
- iv. 机票费用（仅适用于菲律宾海外看护者）（200元）
- v. 纳入计划（76.40元）（仅适用于首次MDW看护者）

EA LICENCE: 13C6324



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 hospital discharge, while waiting for the 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 Days Bundle	Full Days Bundle
Description	Clinical procedure (Maximum cap of 1 hour/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 / visit	\$3,130	\$1,450	\$1,375
Average cost/hour	n.a	\$62.60	\$29	\$27.50
Sundays, nights & public holidays additional	Additional \$ 100.16	No extras	An additional \$5.50 per hour on Sunday, night and public holiday	
Cost of extensions	\$62.60 per extra hour	\$62.60 per extra hour	\$145 per extra half day	\$275 per extra day

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) Sat/Sundays and Public Holidays
Trouble-shooting nursing visit For Assisted PD or PD	\$148.20 per visit	\$266.76 per visit
Wound dressing	\$148.20 per visit	\$266.76 per visit
Management of contamination Preparation prior to re-admission	\$266.76 per visit	\$480.17 per visit
Hand-holding for CAPD exchange	\$417.60 per visit (maximum 12 hours)	\$496.80 per visit (maximum 12 hours)
APD assistance (1 connection + 1 disconnection)	\$266.76 per visit	\$366.76 per visit
At Home PD Training For stable patients only. Supplies provided by the client	\$2,088 per training (4-5 days)	NA
Live-In Caregiver	<ul style="list-style-type: none"> • Monthly salary starts at \$600 and goes up to \$1,000 - based on the caregiver's qualification, experience and complexity of the assignment <ul style="list-style-type: none"> - You can reduce the cost of monthly levy from \$5300/month to \$560/month under the "Aged Person Scheme" - If you are eligible for the Home Caregiver Grant by AIC (previously called FDW Grant), you can get \$250 relief/month or up to \$400 relief/month - You will be the employer and sign an FDW contract with the caregiver. - Salary is to be paid directly to the caregiver. • One-time service fee of \$2,725 w/GST (excludes MDW insurance & 3rd party cost), for caregivers from Myanmar, Sri Lanka, or India: <ul style="list-style-type: none"> - Total package fee of \$3,161 w/GST (excludes MDW insurance & 3rd party cost) – Philippines - Total package fee of \$2,875 w/GST (excludes MDW insurance & 3rd party cost) – Indonesia • One-time service fee for Advance Placement Scheme: <ul style="list-style-type: none"> - Total package fee of \$3,324.50 w/GST (excludes MDW insurance & 3rd party cost) • One-time service fee for Pediatric Cases: <ul style="list-style-type: none"> - Total package fee of \$3,597 w/GST (excludes MDW insurance & 3rd party cost) <p>Monthly salary to be paid directly by client to caregiver (\$600 to \$1,000)</p>	
Health Care Assistant Visit	<p>\$34.10 per hour MoH Subsidies may apply to our HCA visits, please ask us for details</p>	

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

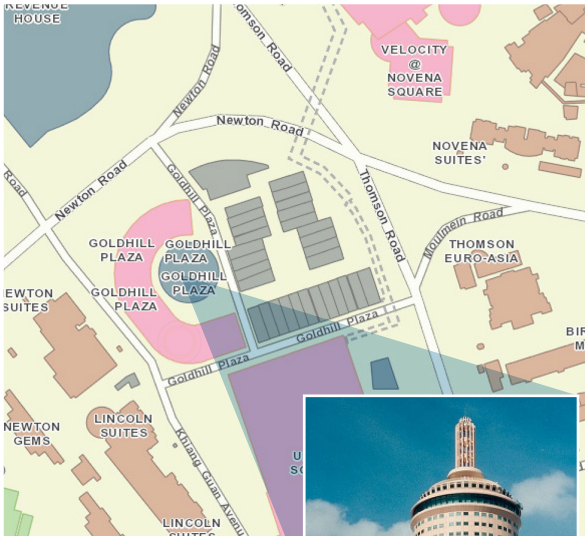
Getting here:

NOVENA MRT

Office hours:

Monday to Friday 9am to 6.30pm,

Saturday 9am to 5.30pm



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JULY 2024

ACTIVE AGEING CENTRES (CARE)

受津贴的两所乐龄护理中心

Ghim Moh Edge | Telok Blangah Parcview | Fernvale Glades



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, slowdown cognitive decline
- Maintain a healthy lifestyle with mind-stimulating activities and exercise
- Group & individualised activities based on individual abilities



PROFESSIONAL REHAB AND NURSING SERVICES



- Physiotherapy, Occupational and Speech therapy services
- Maximise functional improvement and Community re-integration.
- Simple procedural nursing care (e.g. wound and stoma management)
- Medication administration

老年日托服务

- 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
- Example activities include:
 - Boxing
 - Moto Tiles
 - Football
 - Karaoke
 - Wii-Bowling
 - Arcade games
 - Mah-jong
 - Calligraphy
 - Reminiscence games
 - Outings
 - Etc



CONVENIENCE FOR ALL

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



Call to Enquire
6536 0086

愉快地结识新朋友

- 在愉快的活动过程中，达到治疗效果
- 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：
 - 周一到周五：早上7点到晚上8点
 - 周六周日和公共假日：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
 - 接受日托、康复护理服务的患者可享受交通服务



Call to Enquire
6536 0086

SUBSIDISED SENIOR CARE CENTRE

Service - Singapore Citizen	80% subsidy (S\$)	75% subsidy (S\$)	60% subsidy (S\$)	50% subsidy(S\$)	30% subsidy(S\$)	0% subsidy(S\$)
Maintenance Day Care (Per Day)	0.00 to 5.20	1.00 to 11.25	11.80 to 29.40	19.00 to 41.50	33.40 to 65.70	57.00 to 102.00
Dementia Day Care (Per Day)	2.90 to 8.70	7.30 to 15.55	20.50 to 36.10	29.30 to 49.80	46.90 to 77.20	73.30 to 118.30
Active Rehabilitation	8.20 to 16.90	13.60 to 24.75	29.80 to 48.30	40.60 to 64.00	62.20 to 95.40	94.60 to 142.50
Maintenance Exercise	8.20 to 15.30	11.40 to 20.95	21.00 to 37.90	27.40 to 49.20	40.20 to 71.80	59.40 to 105.70
Centre-based Nursing	4.70 to 10.80	5.95 to 14.50	9.70 to 25.60	12.20 to 33.00	17.20 to 47.80	24.70 to 70.00

- These are price ranges, please consult our team for accurate fees in your specific situation.
- Subsidy Level Subject to Household Means-Testing



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 (Mah-jong, card games, bingo etc.)
 - Experience sharing & story telling
 - Teaching English, Mandarin, Malay
 - Teaching Financial Literacy
 - Teaching basic computer literacy, basic i-Pad usage
 - Companionship and support for outings



ACTIVE AGEING SERVICES

ACTIVE AGEING PROGRAMMES

- Vast choice of activities (physical activities, classes, arts& crafts, regular outings, etc.)
- Safe and welcoming space for all Active Agers to drop in at any time. Self-service newspaper, self-servicetable-top games, TV / Karaoke / video games available
- Access to Volunteering Opportunities
- Proactive Health Management through health talks, health checks etc.



BEFRIENDING AND BUDDYING SERVICES

- For seniors who are frail and/or those who 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



COMMUNITY 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, Telok Blangah & Fernvale Glades Only)

AIC Hotline: 1800-650-6060 (Other Areas Islandwide)

活跃乐龄服务

活跃乐龄计划

- 丰富多彩的活动选项（体育活动、课程、手工艺、定期郊游等）；
- 为所有乐龄人士提供安全、舒适的空间，可随时阅读报纸、玩桌游、看电视、唱卡拉OK、玩视频游戏；
- 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。



社区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AACs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。

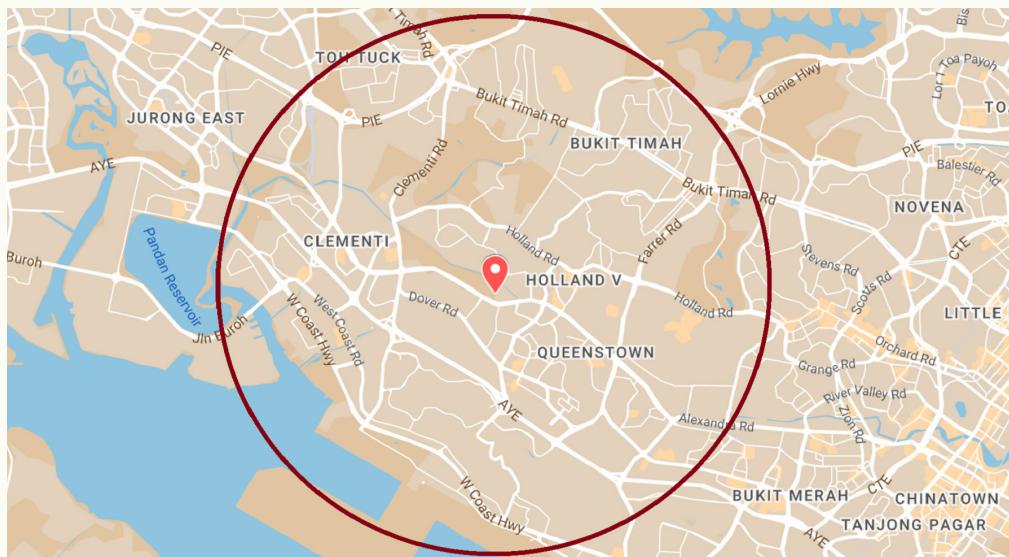


活跃乐龄热线：6536 0086（仅限锦茂路和直落布兰雅）
护联中心（AIC）热线：1800-650-6060（全岛其他地区）

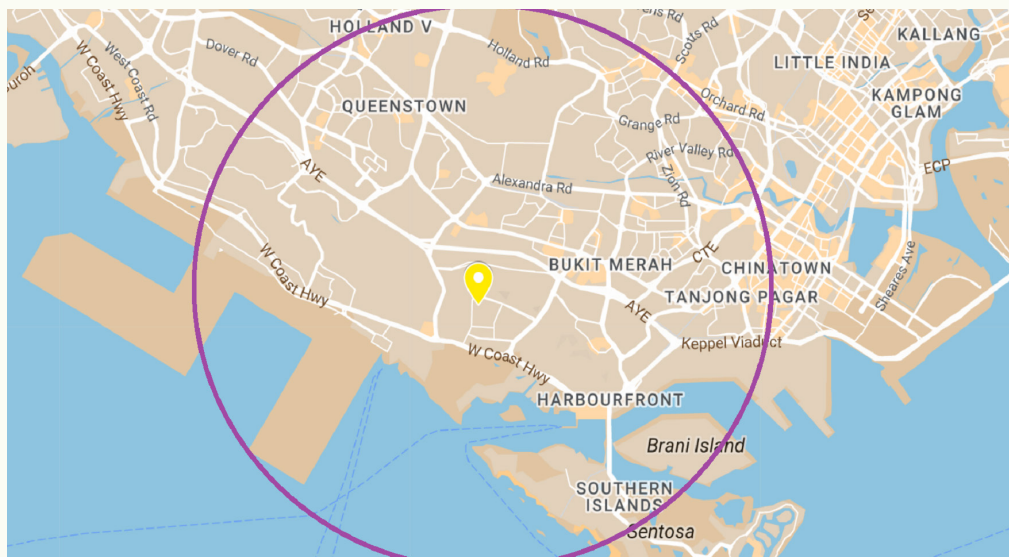
LOCATIONS OF THE ACTIVE AGEING CENTRES (CARE)

乐龄护理中心地址

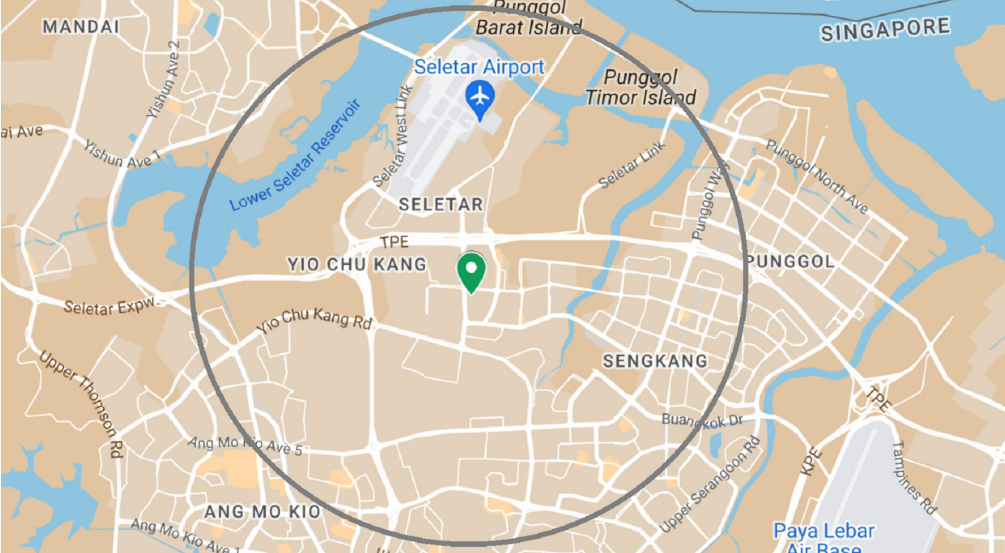
Ghim Moh Edge - Blk 31A Ghim Moh Link #01-11 S272031



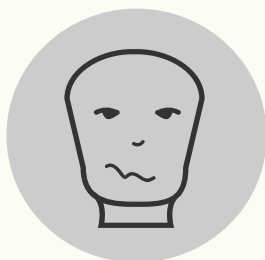
Telok Blangah Parcview - Blk 92 Telok Blangah St 31 #01-255 S100092



Fernvale Glades - Blk 460 Seng Kang West Way #01-02 S790460

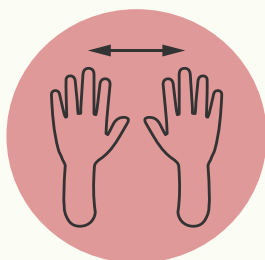


HOW TO RECOGNISE A STROKE: F.A.S.T



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

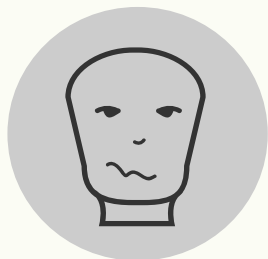
Speech disturbance: is the person's speech slurred? Does the person have difficulty speaking or understanding?



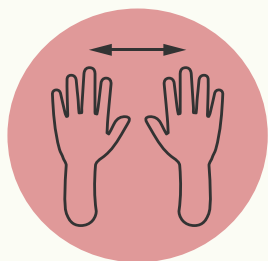
Time

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**

