



**AMAZING ASH & SUPERHERO AH MA**

COMIC #5

# DEMENTIA FRIENDLY COMMUNITY

© YISHUN

THE UNFORGETTABLE ADVENTURES  
Written by MELANIE LEE | Illustrated by ARIF RAFFAN

Welcome to Yishun!

Ah, the market here has a lot of good food!

Why did we come all the way here for breakfast?

My friend Irene was telling me about how her neighbourhood is dementia-friendly, and I wanted to find out more about it... Hey Irene! Hello Uncle Bobby!

When my dad was diagnosed with dementia I was so worried because he likes to go around on his own. Fortunately, in 2016, Khoo Teck Puat Hospital and Lien Foundation started this project to make Yishun a DFC – a dementia-friendly community.

What makes a neighbourhood dementia-friendly?

It's really about having a community who understands the condition and are supportive of persons with dementia and their carers like me. Thousands of people and businesses here have attended educational and training sessions on dementia.

Oh wow! I just googled this and realise there are also other DFCs in Singapore – Bedok, Bishan, MacPherson, Woodlands, Queenstown and more!

Yes, as dementia becomes more common, it's important to create neighbourhoods where persons with dementia feel safe and find it easy to navigate around.

How are such neighbourhoods created?

Look how some of the blocks here have been repainted in bright colours, with icons and large block numbers. People like my dad can find their way home easily after walks or visits to the kopitiams.

We live in the blue fish block!

Yah, this place is good for people like us, Annie. Come back again, I'll introduce you to more friends here!

It must feel so reassuring to live in a place where you know people with dementia will most likely be treated with kindness and respect.

Yes, a network of Dementia Friends volunteers helps keep a lookout for them. Actually, I signed up to be a volunteer too!

There are also Go-To Points around the neighbourhood. Anyone who appear lost can be brought to these points. There will be trained people who can help with reuniting these seniors with their caregivers.

That's so great, Auntie Irene!

Yah, this place is good for people like us, Annie. Come back again, I'll introduce you to more friends here!

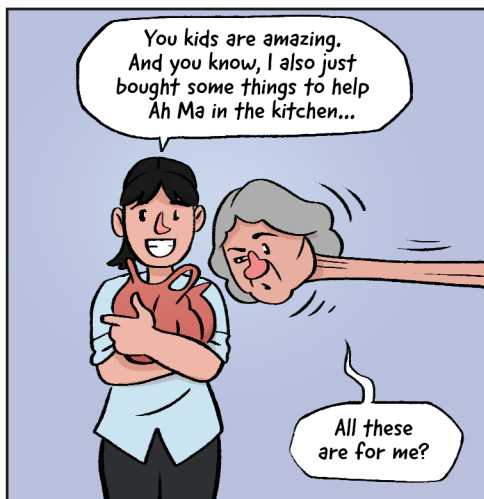
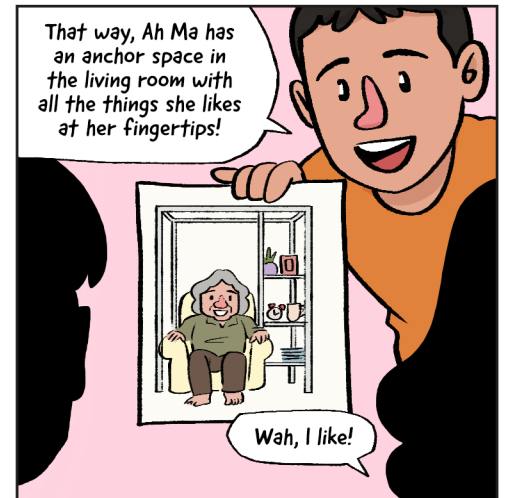
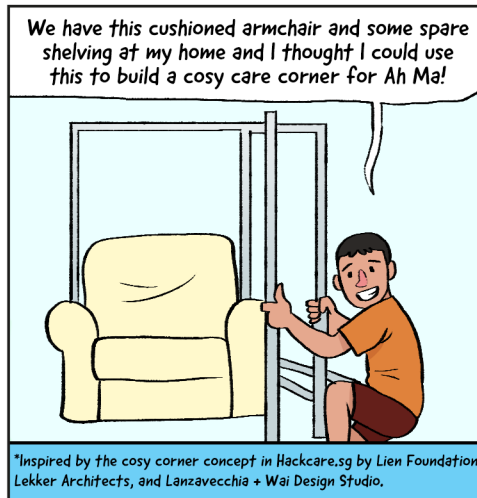
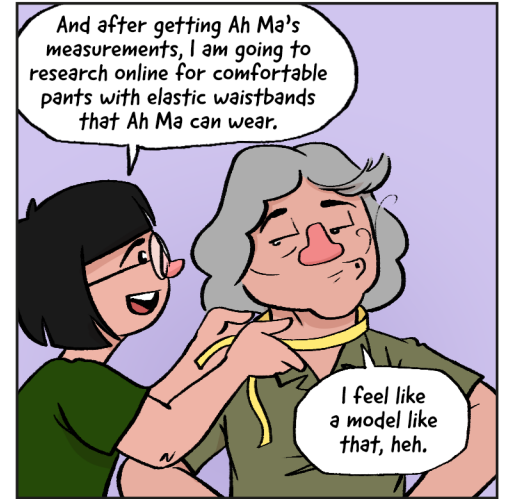
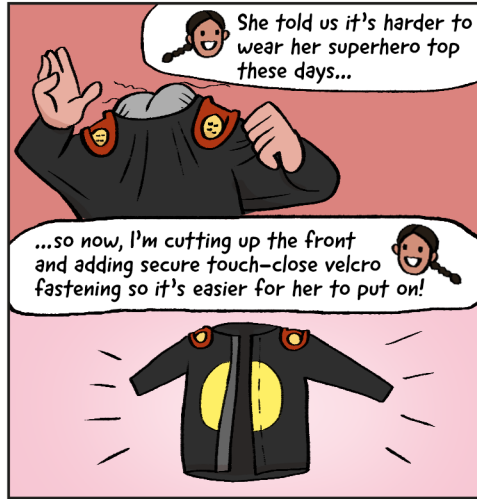
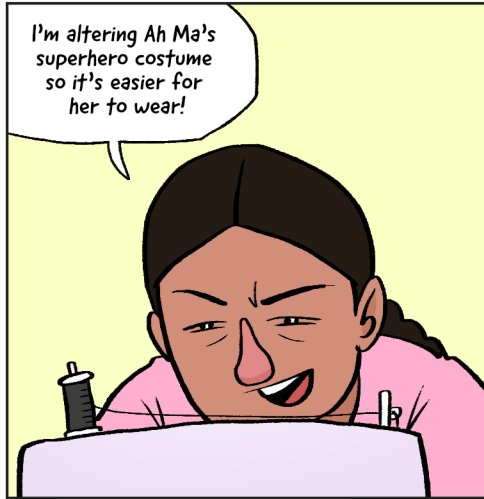
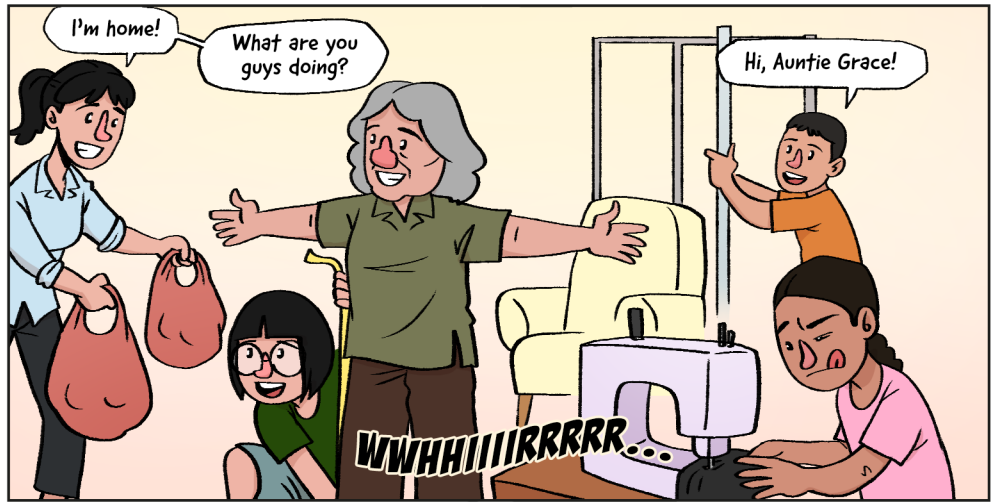


**AMAZING ASH & SUPERHERO AH MA**

COMIC #6

# ADAPTING TO DEMENTIA AT HOME

THE UNFORGETTABLE ADVENTURES  
Written by MELANIE LEE Illustrated by ARIF RAFFAN





**AMAZING ASH & SUPERHERO AH MA**

COMIC #7

# HELPING DEMENTIA CAREGIVERS

THE UNFORGETTABLE ADVENTURES  
Written by MELANIE LEE Illustrated by ARIF RAFHAN

Looks like I've got to study too!

What are you studying for, Auntie Grace?

My caregiver support group suggested that I should learn more about dementia through courses.

Didn't you already attend a Family Caregiver Training Programme?

The two-day course was so helpful, but I feel that I'd like a more in-depth understanding of Ah Ma's condition.

Aiyoh, all of you are working so hard! Come, come, I made green bean soup for all of you.

Grace ah, I thought you're no longer in school?

Well, Ma, I'm trying to learn all these new things with this rich database of dementia resources on the Agency of Integrated Care website. It does feel a bit like studying for exams!

Hey, look what I found!

Caregivers Alliance has an 8-week programme for dementia caregivers where they give tips on daily care and how to manage challenging behaviours from loved ones with dementia.

**caregivers alliance**

Caregivers-to-Caregivers Training Programme (C2C) PMHI

(PMHI) Caregivers-to-Caregivers Education Programme for Young Caregivers

Caregivers-to-Caregivers Training Programme (C2C) Dementia

Trauma Informed Care Awareness Talk (1 hour)

Trauma Informed Care Workshop for Parents and Caregivers (4 hours)

Other Training Programmes

Ooohh.

And mum, there are also these bite-sized videos by Forget Us Not featuring real-life caregivers giving advice on how to help people like Ah Ma lead a normal life as possible.

ARE YOU A DEMENTIA CAREGIVER?

Though I guess there won't be any videos on how to be a superheroine with dementia...

Oh, but dementia affects each person differently, as I've recently learned! Still, by getting a good understanding of the condition with all these resources, I'll be in a better position to adapt and help Ah Ma. Thanks for your help, girls!

Oh yah! Irene asked me to pass this brochure to you. Must read this too, ok?

A Caregiver's Guide to Avoid Burnout

Oh, a brochure from Agency of Integrated Care? I saw the PDF version on their website.

Oh Ma...

You're always so busy looking after us, must remember to look after yourself too!



# THE POWER OF MUSIC

THE UNFORGETTABLE ADVENTURES  
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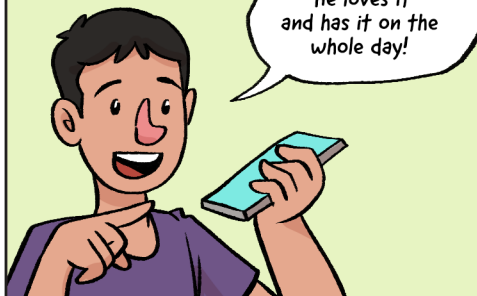
They are all too modern for me lah! Even the "oldies" radio stations these days play songs that I don't know. So I just hum what I can remember...



Hey! My mum downloaded this VintageRadio.SG app\* on my grandpa's phone that plays popular music from the 1950s - 1970s in various languages.

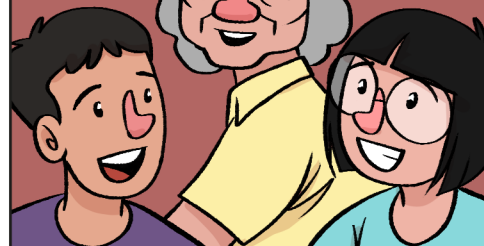


He loves it and has it on the whole day!



Hey I recognise that tune! My grandpa likes this song too!

Hey Ah Ma, why don't you have the radio on like you used to?



Oh, is it? Can you help me put this Vintage Radio thing in my phone?



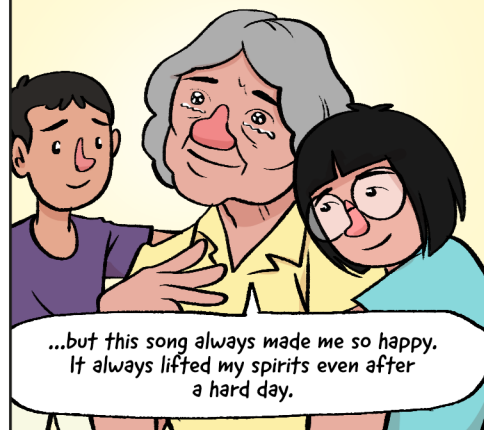
Of course! Once it's downloaded to your phone, you can play it just like a radio.

OK, it's playing, Ah Ma.



Oh my! This song! It's been so long since I heard it!

I used to play this song over and over again until my family told me that they were sick of it...



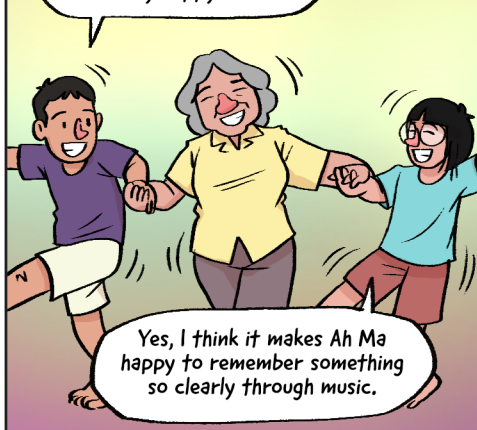
...but this song always made me so happy. It always lifted my spirits even after a hard day.

This is such a great app for Ah Ma. Her doctor actually told us that music is really good for people with dementia.

Apparently, the part of the brain linked to musical memory is usually unaffected. Music even helps some of them remember their past better!



It also seems to be making her really happy as well!

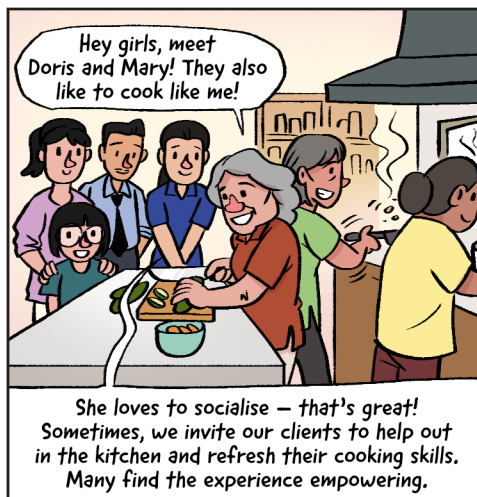
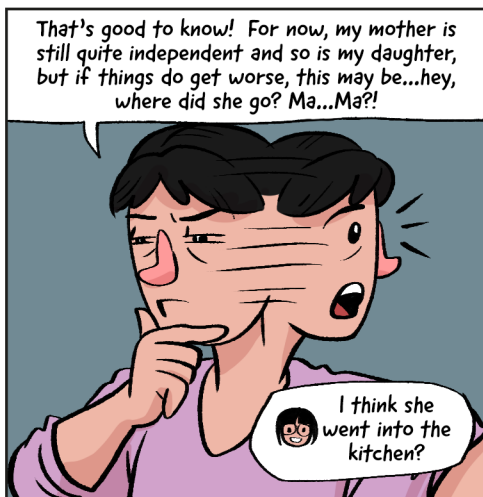
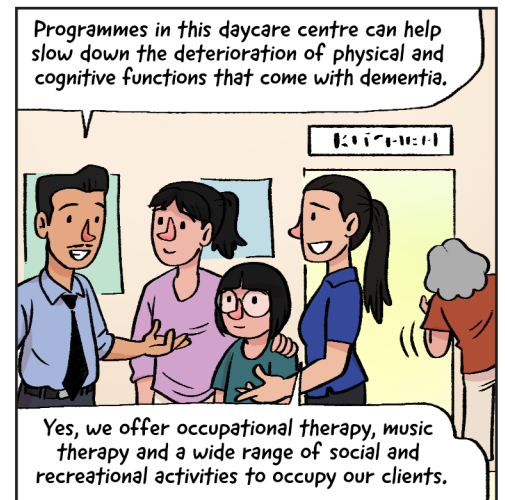
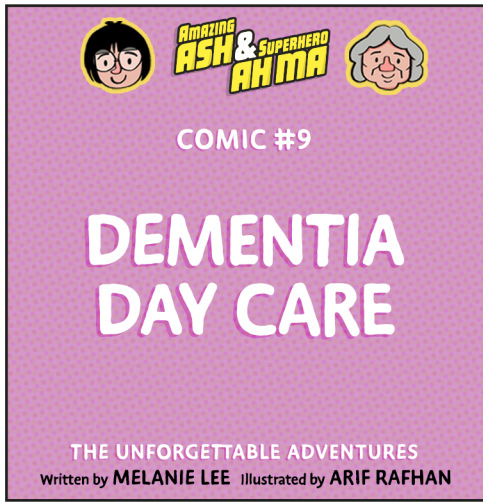


Yes, I think it makes Ah Ma happy to remember something so clearly through music.



Oh! This next song - I was in love with the lead singer, so handsome, y'know? Must dance to this one!







# COMMON TYPES OF DEMENTIA

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