

BRIGHTENING LIVES

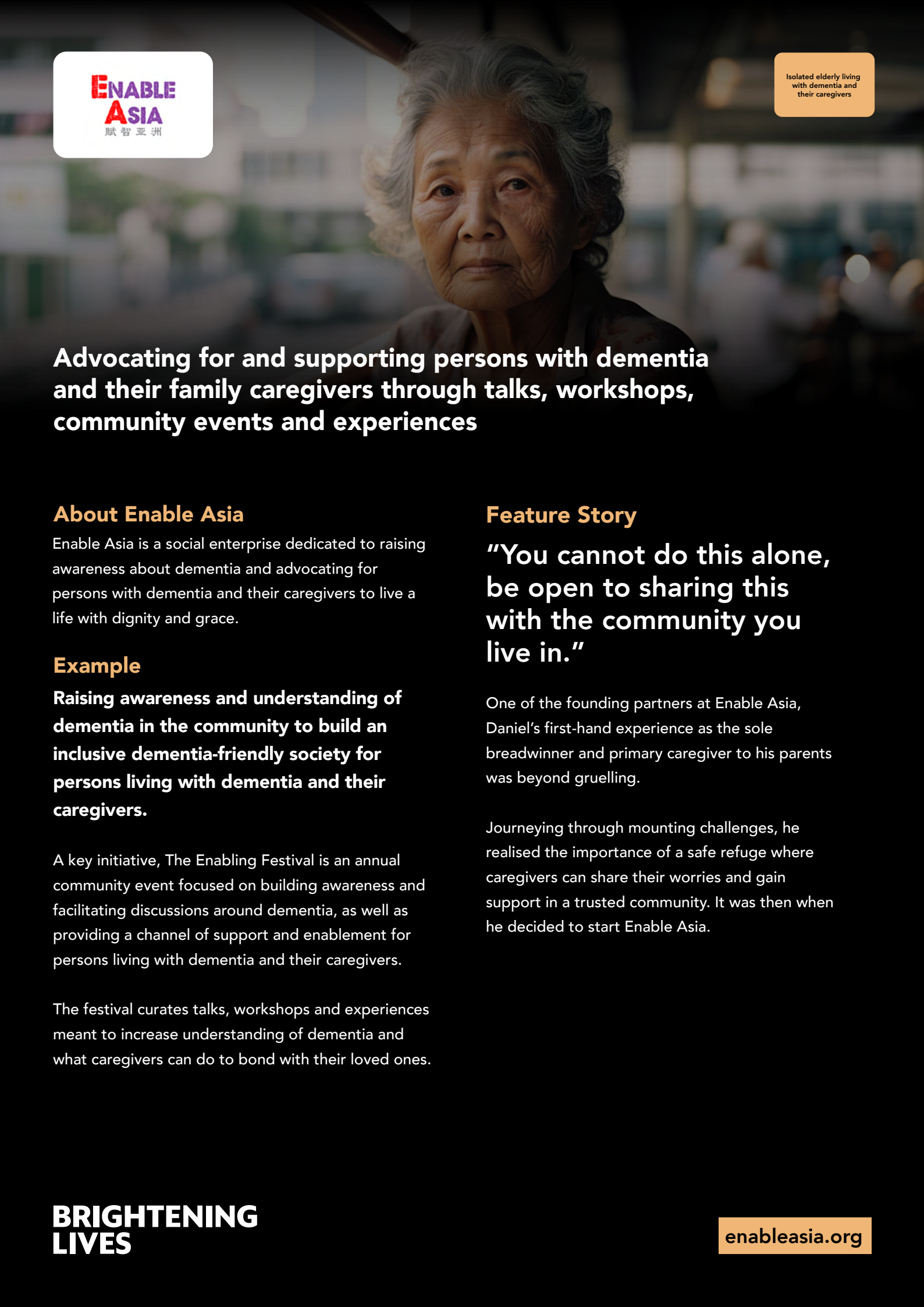
MARINA BAY
SINGAPORE
COUNTDOWN
2024

THE
Majority
TRUST

Stories of Featured Majority Grantee Partners

These groupings, nonprofits and charities work tirelessly all year to alleviate the struggles and brighten the lives of vulnerable individuals and families among us who often struggle on their own.

Isolated elderly persons living
with dementia and their caregivers



Advocating for and supporting persons with dementia and their family caregivers through talks, workshops, community events and experiences

About Enable Asia

Enable Asia is a social enterprise dedicated to raising awareness about dementia and advocating for persons with dementia and their caregivers to live a life with dignity and grace.

Example

Raising awareness and understanding of dementia in the community to build an inclusive dementia-friendly society for persons living with dementia and their caregivers.

A key initiative, The Enabling Festival is an annual community event focused on building awareness and facilitating discussions around dementia, as well as providing a channel of support and enablement for persons living with dementia and their caregivers.

The festival curates talks, workshops and experiences meant to increase understanding of dementia and what caregivers can do to bond with their loved ones.

Feature Story

“You cannot do this alone, be open to sharing this with the community you live in.”

One of the founding partners at Enable Asia, Daniel’s first-hand experience as the sole breadwinner and primary caregiver to his parents was beyond gruelling.

Journeying through mounting challenges, he realised the importance of a safe refuge where caregivers can share their worries and gain support in a trusted community. It was then when he decided to start Enable Asia.

“Enable Asia was born out of a need to share with others like myself, who are struggling with balancing caring needs for their loved ones.

It is a place for caregivers to feel psychologically safe and be able to share their experiences to enable others to smoothen their learning curves when caring for their loved ones.”



Media Feature

Enabling Festival about dementia shines spotlight on caregivers | The Straits Times



Media Feature

Living With Dementia: Will You Ever Forget Me? | Can Ask Meh?



Isolated elderly living
with dementia and
their caregivers

Bridging the digital divide for seniors to stay connected and engaged with the community through curated music and nostalgia

About Vintage Radio

VintageRadio.SG is a not-for-profit social enterprise that provides a digital service that is available online and via mobile apps that are designed for Seniors, aged 60 and above, to keep them informed, entertained and engaged while helping them keep up with the evolving digital world.

Example

Helping seniors meet their emotional and mental health needs with vintage songs and oldies that spark connection and belonging.

Vintage Radio, more than just an online platform, has become a lifeline for seniors seeking connection and a sense of belonging. With its curated playlist of familiar songs from the 50s to 70s, Vintage Radio offers a vibrant community for seniors to reminisce, share personal anecdotes, and access valuable resources.

Feature Story

Recognising the digital divide faced by older seniors, media personality Mark Richmond and former radio presenter Aloysius Tan conceived Vintage Radio during the Circuit Breaker. They aimed to fill a void in music streaming platforms that neglect the beloved classics treasured by seniors.

Vintage Radio has opened doors for seniors to be heard, fostering intergenerational connections and combating isolation.

By offering a chance for conversation, storytelling and activities like Tea Dance, Vintage Radio has become a meaningful and powerful tool for seniors to reclaim their sense of belonging.

Amidst Singapore's rapidly ageing population, Vintage Radio SG aims to encourage and galvanise more in the community towards healthier, more active lives — an endeavour that can improve healthspan and foster a more inclusive society for seniors to age with grace and dignity.



Media Feature

Former Singapore deejays
launch radio app for seniors



Media Feature

Are you tuning in HSG



Isolated elderly living with dementia and their caregivers

Engaging seniors-at-risks through music and choral singing to build up their cognitive functions and a sense of purpose and belonging within the community

About Voices of Singapore

Voices of Singapore is the nation's largest singing organisation that is transforming lives through music and choral singing.

Their choirs and programmes are guided by a commitment to artistic excellence and making an impact through the arts on underserved communities such as special needs, elderly, children-at-risk and society at large.



Watch video

Silver Voices
Christmas 2022
Performance

Example


Using music to promote the emotional and mental well-being of seniors.

Silver Voices is a year-long singing programme for seniors over 50 in our community, specially designed to enhance the well-being of struggling seniors, particularly those at risk of or in the early stages of dementia.

To promote inclusivity, it is extended to both seniors living with and without dementia. The programme not only aims to improve cognitive functions through music-making but also seeks to provide a safe social space for seniors to interact.

Silver Voices not only creates a like-minded community but also provides vital support for seniors at risk of or coping with dementia. With a holistic approach focused on cognitive stimulation and emotional well-being, the programme nurtures a sense of belonging and purpose among participants.

Voices of Singapore's Silver Voices programme illuminates the lives of struggling seniors through the enchanting and healing qualities of music.



Equipping caregivers with knowledge and skills to meaningfully engage and rebuild connections with loved ones living with dementia

About St Luke's Hospital

St Luke's Hospital received a grant to sponsor The "Connect With Me!" Activity Toolkit for Persons Living With Dementia (PLWDs).

The toolkit was curated to sustain the cognitive and functional levels of PLWDs with the aim to enhance meaningful engagements between them and their caregivers.

Within the toolkit are accessories to support caregivers to help PLWDs rebuild connections and caregivers can modify the activity engagements based on PLWDs' interests.

St Luke's Hospital would arrange regular check-ins by the occupational therapist team to monitor their progress through the usage of the toolkit.

Example

Empowering meaningful connections and support for Persons living with Dementia and their loved ones.

Occupational Therapist Joseph Chua shares that the Connect with Me Toolkit is a gateway to connection-building activities. "The toolkits are meant to be an entry point for the family to see that their PLWD loved ones can still be engaged in various activities. Caregiver can modify or facilitate the activities based on PLWD's ability or preferred mode of engagements". The ultimate goal is for caregivers to transfer what they have learned from the resources in the toolkit to come up with their own activities based on the interests of their loved ones.

Joseph observed that Dementia symptoms would often overwhelm caregivers' focus, forgetting their personality and interests outside of the disease. "The behavioral concerns of a PLWD would often stand out as primary concern by caregivers. With the usage of the Toolkit, engagement with PLWD will help caregivers to see past the behaviorals and see the person within surfaced with the ability to reconnect with their loved ones. Joseph hopes that families would learn to see beyond Dementia's debilitating effects in their loved ones through using the Toolkit.

Over time in his regular check-ins with caregivers, many reported they have gained new perspectives on their PLWD loved ones. "As we journey with caregivers, at the start, they struggled with behaviours of concern from their PLWD loved ones. Eventually along the care journey, caregivers learnt to go with the flow of their PLWD loved ones by diminishing the need to impose what should be done or has to be done. They became flexible to their needs by stepping into their loved one's shoes."

Feature Story

Occupational Therapist Joseph Chua shares that the toolkits are a gateway to connection-building activities even outside the scope of the toolkits: “[The toolkits] are meant to be an entry point for the family to see that their loved ones can still engage in various activities, the caregiver can modify or facilitate the activities based on their loved ones ability or preferred mode of engagement”.

The ultimate goal of the toolkit is for caregivers to transfer what they have learned to other activities or to come up with their own activities based on the interests of their loved ones.

Joseph observed that many caregivers end up focusing only on the dementia symptoms of their loved ones, forgetting about their personality and interests outside of the disease. Through more scaffolded interactions with their loved ones, Joseph hopes that families will focus more on seeing their loved one beyond dementia’s debilitating effects:

“The thing that stands out when it comes to dementia care is all the behaviours of concern right? But with the kits, families work on seeing past that to see the person within, and drawing that person out and making that connection with that person.”

From his check-ins with caregivers, he finds over time, they gain a new perspective on their loved one: “It fascinates me to see that as we journey with [caregivers], maybe at the start they see the behaviours [of concern] and they struggle, but over time, they learn to go with the flow of [their loved one].

They stopped imposing what should be done or has to be done, but rather they step into their [loved one’s] shoes.”



Media Feature

‘We should worry about the dementia epidemic’, says CEO of St. Luke’s Hospital for the elderly.

Building and advocating for a dementia-inclusive society by supporting persons living with dementia and their families through care innovation, advocacy, capability building and empowerment

About Dementia Singapore

Dementia Singapore was formed in 1990 as Alzheimer's Disease Association to better serve Singapore's growing dementia community, increase awareness about dementia, and reduce the stigma surrounding the condition. As Singapore's leading Social Service Agency in specialised dementia care, Dementia Singapore aims to advocate for the needs of people living with dementia and their families; and empower the community through capability-building, knowledge and consultancy; as well as deliver quality person-centred care innovations.

Example

Creating better awareness and understanding of the unseen needs and struggles that persons with dementia face through virtual reality.

Combating the stigma surrounding dementia, the EDIE (Educational Dementia Immersive Experience) project aims to develop localised VR scenarios for dementia public education activities and training programmes. By incorporating local VR scenes into dementia education and training, participants are able to appreciate the challenges faced by persons with dementia in the local context and apply the concept of reablement to empower persons with dementia to live a more active and meaningful life.

Dementia Singapore developed VR scenarios that replicate the sights and sounds of familiar surroundings that most persons with dementia would encounter, such as an HDB flat, a Dementia Daycare Centre, and a local supermarket. The team uses the scenarios to train volunteers to gain a deeper understanding of what persons with dementia experience.

Feature Story

Now people without the condition can learn about the problems dementia sufferers face by using a virtual reality (VR) application.

The Educational Dementia Immersive Experience (Edie), developed by Dementia Australia, is being used in Asia for the first time as part of a three-hour workshop conducted by the Alzheimer's Disease Association (Dementia Singapore) to help more healthcare professionals and the public understand dementia.

Participants in the first pilot workshop wore headsets and earphones to enable them to see and hear through the eyes of a man in his early 60s beset by young-onset dementia while being cared for by his wife.

They went through scenarios of finding their way to the toilet in the early hours of the morning before and after improvements for dementia patients were made to the home.

Participant Tony Kee, 50, said that the workshop helped him to empathise even more with his 83-year-old mother-in-law who has moderate dementia.

"The workshop helped me to see the world of people with dementia, and understand and empathise with them," said the insurance agent.

"It's not that they want to make life difficult for you - they would do things themselves if they could - but sometimes we as caregivers don't know and think that they're trying to create havoc."

The association hopes that more than 1,000 people will use the application, including staff from hospitals, senior care facilities and the social service sector, as well as educators and architects.

It also plans to develop localised scenarios within three years.



Media Feature

Living outside with dementia: How Singapore builds its dementia-friendly neighbourhoods



Media Feature

Dementia Singapore taps OneService app to help families find loved ones who go missing