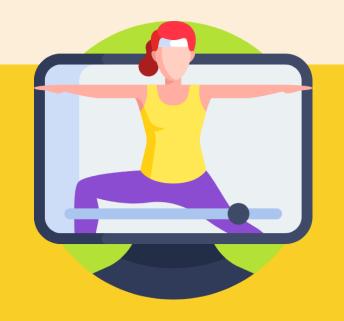
# RESOURCES FOR THE ELDERLY DURING COVID-19

#### Active lifestyle at home

Online platforms featuring a wide variety of activities and entertainment



#### 1) Zaobao.sg (in chinese)

Click on the link here!

**Morning fitness:** weekdays at 7am - 7:45am

Cooking: weekdays at 10:30am -

11:30am

Singing: weekdays at 3pm - 3:45pm

#### 2) PA courses (in english)

Click on the link here!

Wide range of online courses offered by the **People's Association** (e.g. cooking, jewellery making etc.)

#### Dedicated shopping hour

To minimise crowding and provide the vulnerable groups more time to shop for necessities

#### Fairprice 24 hours stores:

7am to 8am every Monday

Dairy Farm Group 24 hours stores (e.g. Cold Storage, Giant, Market Place, Jason Delis):

8am to 9am every Tuesdays and Wednesdays

\*Do bring along your pioneer generation card!

#### Assistance for grocery shopping

Caregivers can download these apps for assistance:









**Good Hood** 

These apps pair citizens who are in need of help with a nearby volunteer

# Counselling and other services by voluntary welfare organisations (VWOs)

#### **Lion Befrienders**

- Regular support calls
- Short home visits for vulnerable seniors (e.g. home-bound, senior caregivers and potential suicide or abuse cases)

#### Application process:

- Fill up the referral form which can be downloaded from lions Befrienders website at https://www.lionsbefrienders.org.sg
- Send the completed form via email to befriending@lb.org.sg

#### **Singapore Red Cross**

• ElderAid scheme: home visits every 2 weeks and weekly support calls to seniors

#### <u>Application process:</u>

• Email them at community.resilience@redcross.sg or give them a call at 6664 0500

#### Agency for Integrated Care (AIC)

 Services include groceries deliveries to seniors who are living alone and support calls to check in with vulnerable seniors

#### Application process:

Call AIC at 1800-650-6060 to seek assistance

### SINDA - Transport Vouchers for Medical Appointments (only applicable to the Indian community)

 Provide transport vouchers to older adults, pregnant mothers, and individuals with chronic medical issues, special needs or disabilities

#### Application process:

- Contact SINDA online via https://www.sinda.org.sg/contact-us/ or give them a call at 1800 295 3333
- Individuals' needs will be assessed

## Seniors Go Digital Movement (Fortitude Budget)

 Digital Ambassadors will be stationed at public libraries and community centres to support seniors in acquiring digital skills

- The SG Digital Office will also conduct one-to-one or small group learning sessions to help seniors
- Financial support will be given to help lower-income elderly own digital devices
- Click <u>here</u> for further updates on Seniors Go Digital Movement

#### 

- Virtual digital clinics
  - One-on-one consultation with a volunteer on basic digital skills (e.g. you can ask about mobile phone related questions)
  - Every Friday from 15 May to 18 July 2020, 2 5pm
  - Available in English, Malay, Mandarin and Tamil
  - Click on IMDA's website <u>here</u> to **book a session**
  - Take note of the things you need to prepare beforehand as stated clearly in the website
  - For more information, please contact 6377 3800
- Digital pods
  - 40 short classes on essential digital skills
  - For example, how to use features on the phone, social media and internet safety
  - Streamed live online twice weekly from 19 May
    2020 onwards
  - Click on IMDA's website <u>here</u> to **book classes** that you are interested in
  - Take note of the things you need to prepare beforehand as stated clearly in the website
  - For more information, please contact 6377 3800