

# 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:



**SG Assist**



**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](mailto:befriending@lb.org.sg)

## Singapore Red Cross

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

### Application process:

- Email them at [community.resilience@redcross.sg](mailto: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 [here](#) for further updates on Seniors Go Digital Movement

## • • • • • Online resources • • • • •

- **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 [here](#) 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 [here](#) 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

