

# Go Respite



Caregivers,  
Take a break

Find out more about respite care today

# Go Respite

Caregiving is a long journey. It is thus important to take periodic breaks so that you can continue journeying with your loved one.

Respite care is the short term care for your elderly loved ones when you take a break from caregiving or when your foreign domestic worker goes on home leave.

Planning ahead for respite care will help you to better care for yourself and your loved ones.

For more information, please visit [www.silverpages.sg/gettingrespite](http://www.silverpages.sg/gettingrespite).

## 1 Where can I access Respite Care?



### 1 At a senior care centre

Your loved one will join group activities during the day in a senior care centre. Centres operate on weekdays and on weekends.



### 2 At a nursing home

Your loved one will stay in and be cared for in a nursing home for a minimum of seven days per stay, and up to **30 days** per year.



You **do not need** to pre-enrol if your loved one is already using senior day care centres. Please approach your regular day care provider should you need respite care.

If your loved one requires assistance in most of his/her activities of daily living, and/or have daily nursing care needs, you may wish to consider respite care at nursing homes.

You may need to make separate arrangements for transport to and from your selected respite care service provider.

## 2 Who is suitable?



If your loved one requires assistance with their activities of daily living, such as eating or bathing, he/she is suitable for respite care and should pre-enrol for the service.

To access dementia day care centre, your loved one must have a medical diagnosis of dementia.

## 3 Why pre-enrol?



Pre-enrolment helps you to plan and identify services ahead so that your loved one can activate respite care more quickly when it is needed.

## 4 How to pre-enrol?



### STEP 1

Talk to your loved one and family on the type of respite care suited for your loved one, based on care needs, preferences on location and duration of care.

### STEP 2

Shortlist preferred services and provider(s) from list of participating centres and nursing homes.

### STEP 3

To find out the full list of participating centres and nursing homes, and to download the pre-enrolment form, please visit [www.silverpages.sg/gettingrespite](http://www.silverpages.sg/gettingrespite) or **scan the QR code** below.



Submit the completed pre-enrolment form using any of the following methods:

- a **Email:**  
[gorespite@aic.sg](mailto:gorespite@aic.sg)
- b **By post:**  
Agency for Integrated Care  
Home and Community Care Division  
7 Maxwell Road, #04-01  
MND Complex Annex B  
Singapore 069111
- c **Walk-in:**  
Your nearest AICare Link branch  
Go to [www.silverpages.sg/aicarelink](http://www.silverpages.sg/aicarelink) or **scan the QR code** below for the full list of AICare Link locations.



### STEP 4

As part of the pre-enrolment process, you will undergo a household means test should you want to tap on government subsidies for respite care.\*

To download and complete the household means test form, please visit <https://bit.ly/2OWzRQg> or **scan the QR code** below.



### STEP 5

Upon submitting the completed pre-enrolment and household means test forms, you will receive an acknowledgment letter from AIC.

### STEP 6

When you receive the acknowledgment letter, please contact your preferred service provider to schedule an assessment, to complete the pre-enrolment process.

## 5 Activation



### STEP 7

Pre-enrolment is valid for **2 years** once completed. You will need to update your status thereafter.

Upon successful pre-enrolment, please **contact your preferred service provider** directly should you require respite care.

*Pre-enrolment does not guarantee placement with your preferred service provider, but aims to shorten activation time subject to vacancy and no significant change in medical condition from the point of pre-enrolment.*

*\*Please note that household means test for Community Care services differs from the means test that is done for inpatient services in the hospitals.*

For more information on  
Community Care Services,



*Click* | [www.silverpages.sg](http://www.silverpages.sg)



*Call* | **1800-650-6060**



*Visit* | **AICare Link**

The Agency for Integrated Care (AIC) aims to create a vibrant Care Community enabling people to live well and age gracefully. AIC integrates care to support the needs of seniors as they grow old.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need. We support partners in strengthening their capability to deliver quality care, and bring partners to work together to meet the needs of our ageing population.

Our work in the community brings care services and information closer to those in need.

For more information, please visit  
[www.aic.sg](http://www.aic.sg).