

# AIC WELLNESS PROGRAMME: Resources and Service Linkage for Community Care Providers



## What?

The **Wellness Programme** was launched by the Agency for Integrated Care (AIC) in 2014. It aims to positively impact the wellbeing of Community Care clients by:

- **Increasing the range of recreational and social programmes they can take part in;**
- **Exposing them to new activities to pick up new skills and interests; and**
- **Increasing awareness about such activities in the sector and their benefits.**

The Programme partners the Community Care sector to **enhance psychosocial care through** the provision of **meaningful/evidence-based activities**. This includes: **Training Courses; Development of Activity Toolkits; Activity Repository; Partnerships and Service Linkage.**

In this section, you will find an array of resources, partnerships and service linkages for a wide spectrum of seniors – those living in their own homes and those requiring assistance at Community Care facilities (e.g; Nursing Homes, Centres)

## ACTIVITY REPOSITORY



*A selection of resources that is available on AICConnect*

Under “AICConnect”, access a range of resources such as activity toolkits (local and overseas), funding opportunities, activity contact details, waiver templates and more. A selection of resources includes:

### Activity Toolkits (Local and Overseas)

- Befriender’s Arts Toolkit (National Arts Council, Singapore)
- Conversation Starter Kit for Seniors (National Heritage Board, Singapore)
- Activity Ideas for Alzheimer’s/Dementia Residents (National Council of Certified Dementia Practitioners, USA)
- Relate, Motivate, Appreciate: A Montessori Resource (Alzheimer’s Australia Victoria)
- Namaste Care Toolkit for Caregivers of Community Care clients who are Category 4 RAF and bed-bound (Agency for Integrated Care (AIC) based on the Namaste Care programme developed by Professor Joyce Simard)

### **Access AIConnect:**

1. Go to <http://www.partners.aic.sg/aiconnect>
2. Include your username and password, click “Login”
3. Navigate to “**AIC Wellness Programme**”, “**Wellness Links and Resources**”

**New users** can register for access to AIConnect using the following steps:

1. Go to <https://www.aic.sg>
2. Click on ‘Partner’s Portals
3. Click on “E-referrals System”
4. Submit your application using “Register as new user”

## **PARTNERSHIPS AND SERVICE LINKAGE**

### **Intergenerational Partnerships**



*(Left) A collaboration with early childhood centres and  
(Right) Youth Corps Singapore to enhance intergenerational bonds within Community Care*

### **A Range of Other Interest-Based Initiatives**

e.g., music engagement, pet activities, creative arts, cycling rides, etc.



*(Left) Seniors enjoying the e-trishaw with Cycling Without Age, Singapore and  
(Right) Volunteer band, Play For Good, entertaining seniors during Chinese New Year  
(Photos: Facebook)*

**How can I find out more?**

Please contact us at [healthyageing@aic.sg](mailto:healthyageing@aic.sg)

**Healthy Ageing Department; Agency for Integrated Care**