

MEDIA RELEASE

For Immediate Release

NEW PROGRAMME EXTENDS PALLIATIVE CARE SUPPORT FOR PERSONS LIVING WITH DEMENTIA BEYOND POST DIAGNOSTIC SUPPORT AND CARE

Supported by Lien Foundation, Dementia Singapore announced Post Diagnostic Support Plus, a “through-train” programme offering early precision person-centred palliative care and home support to persons living with dementia and their caregivers

Singapore, 15 September 2026 – Recognising that individuals live with dementia over many years, Lien Foundation and Dementia Singapore are extending their investment across a much longer care journey. The earlier Post Diagnostic Support (PDS) programme was developed with Dementia Singapore to proactively address the immediate post-diagnosis adjustment period and it has since been nationalised through other service providers. PDS+ addresses a critical subsequent gap by integrating a precision person-centred palliative approach¹ much earlier in the dementia trajectory. Precision palliative care involves anticipating evolving needs, supporting families through growing care complexity, and ensuring continuous guidance tailored to the individual’s needs. This becomes especially important when dementia day cares may no longer be suitable and care shifts increasingly to the home.

Supported by a S\$3.3 million investment from Lien Foundation over four years, PDS+ combines direct care with longer-term capability building. A dedicated palliative care team will provide transitional and care support to persons living with dementia (PLWD) and their caregivers, while also building internal expertise and developing resources for the wider dementia care sector. At least 80 frontline Dementia Singapore staff are expected to be trained and more than 280 PLWD and their families are expected to benefit directly over the next two years.

Across Singapore, dementia day care centres provide essential engagement and support for the growing number of PLWD, and crucial respite for their caregivers. Based on the latest data by the Ministry of Health, there are 4,700 dementia day care places in 2023. As dementia day care clients typically attend on selected days of the week, the number of persons supported is likely to be considerably larger. As the condition progresses and functional decline advances, centre-based services may no longer meet the escalating care needs. As care shifts to the home, caregivers assume significantly greater responsibilities, often without the specialised training and guidance required for advanced dementia care.

Mr Lee Poh Wah, CEO of Lien Foundation, said, “As people live longer with dementia, support needs to keep pace with changing needs across the care journey. PDS+ is a through-train model of care, where families don’t have to rebuild support from scratch after their loved one leaves a dementia day care centre. No family should have to navigate the long, unlit stretch of this journey alone. By integrating community-based palliative care, we show that day care centres and hospitals can move as one to deliver care that every family can count on.”

Mr Bryan Tan, CEO of Dementia Singapore, said “Person-centred care is central to dementia and palliative care, which is why we are working hard to improve access to palliative care beyond uncertain

¹ In PDS+, “precision palliative care” refers to tailoring support to an individual’s evolving needs and circumstances over time, rather than genomic or biomarker-based precision medicine.

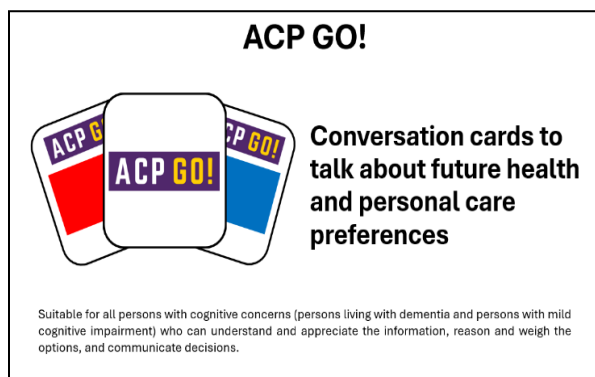
prognoses, offer hope for an enhanced quality of life, and walk alongside caregivers throughout this unpredictable journey. We want to build the capabilities of care professionals across the sector and establish Dementia Singapore as a trusted partner in community palliative care for persons with dementia. The dedicated resources and training behind these care models - including early-intervention care - extend beyond our home-based and centre-based services to support the broader dementia care community. We look forward to partnering with fellow service providers to transform how palliative care is delivered to people living with dementia.”

Initiating ACP conversations early to better support clients

While dementia day care centres play an important role in meeting clients’ day-to-day care and support needs, opportunities to proactively initiate Advance Care Planning (ACP) conversations are limited amidst competing care needs and priorities. Therefore, PDS+ seeks to bridge this gap by introducing ACP conversations earlier in the dementia journey, before decision-making capacities decline. On top of providing downstream support when clients leave dementia day care, PDS+ also provides proactive palliative care support while they are still at the centres.

Under PDS+, Dementia Singapore developed "ACP GO!", an interactive AI-powered conversational tool featuring visual and speech prompts to support PLWD’s ability to understand and communicate their care preferences. Developed with Dr Philip Yap and the team from Khoo Teck Puat Hospital, ACP GO! supports PLWD to explore, express and document their future care preferences that reflect their personal values and care goals. The tool empowers PLWD to give caregivers clarity on their wishes, reducing the emotional stress and decision conflict when making difficult decisions as dementia progresses.

Even for clients who have previously completed their ACP, the team will continuously review these ACP documentations to ensure that the care preferences remain relevant and reflective of clients’ wishes and circumstances. ACP GO! is used as a complementary tool to facilitate ACP conversations, rather than as a replacement for formal ACP documentation. It also includes dementia-specific questions, such as preferences around the use of a feeding tube when swallowing becomes impaired due to dementia progression.





As of Aug 2026, Dementia Singapore has facilitated 68 ACP sessions across its New Horizon Centres.

Scaling impact and building capabilities across the dementia care sector

Beyond its own centres, PDS+ aims to build the palliative care capabilities of the dementia care sector. Having successfully trained 32 internal staff members across nine teams, Dementia Singapore will be scaling its ACP Toolkit training and sharing the "ACP GO!" tool with external healthcare providers.

Concurrently, Dementia Singapore will continue building internal capabilities to ensure staff have the specialised expertise needed across all care stages. This includes training teams to confidently facilitate ACP conversations with PLWD, while strengthening transitional care processes within Dementia Singapore's centres to guide clients and caregivers seamlessly from centre to home care.

To share the best practices with the dementia sector, Dementia Singapore is developing a **Palliative Care Toolkit** which provides practical resources to support PLWD across the dementia trajectory. Delivered in an interactive format, the resource incorporates key learnings and actionable steps for providing palliative care across various settings, making it both engaging and accessible for care professionals. The toolkit focuses on four core pillars:

- **Advance Care Planning:** Guide healthcare professionals to facilitate ACP conversations with persons in the mild to moderate stage of dementia.
- **Behavioural management:** Provide care professionals with structured frameworks to assess and manage behavioural changes in PLWD.
- **Care in advanced dementia:** Provide care professionals with structured frameworks to assess and manage the evolving needs of persons with advanced dementia.
- **Activity engagement:** Provide caregivers and healthcare professionals with practical guidance to support meaningful activity engagement for PLWD across different stages.

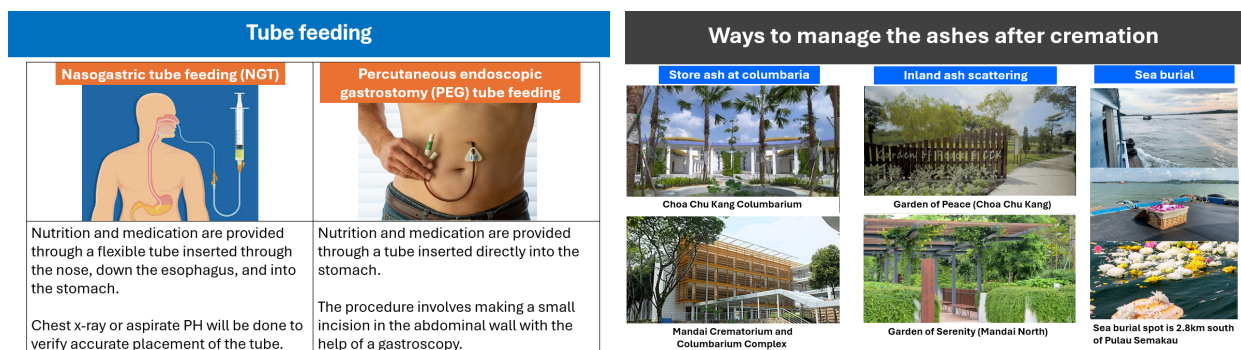


Figure 1: ACP Educational Materials (a) Tube feeding (b) Pre-planning funeral



Figure 2: Dementia Singapore ACP Navigator. To guide ACP facilitators to navigate the perceived barriers to ACP in PLWD.

By 2027, these resources will be hosted on [DementiaHub.SG](https://dementiahub.sg), ensuring free access for both caregivers and clinicians. Ultimately, these shared tools will serve as the foundation for a new Dementia Singapore-led Community of Practice (COP), bringing day care providers together to exchange best practices and elevate the standard of community-based dementia care nationwide.

Bridging a critical gap by building a “through-train” service

Dementia day care is often one of the first points of care in the community for PLWD following a diagnosis. Yet, as care needs grow more complex, clients are eventually discharged when care needs can no longer be safely supported in day care settings. Due to factors such as uncertain prognoses and complex care circumstances (e.g. estranged family relationships or poor social support), caregivers may struggle to manage advanced symptoms and increasingly challenging care needs. Yet traditional palliative care is only intended for individuals with serious illness and a prognosis of less than one year, usually introduced only at the very end of life. For instance, non-cancer patients receive palliative care services for a median duration of 9 to 12 days before death. As guided by the National Strategy for Palliative Care 2023, more can be done to identify clients and provide palliative care earlier.

To strengthen community palliative care and support the transition of care to the home, Dementia Singapore has formed a new palliative care team comprising a dementia specialist nurse, occupational

therapist, social worker and a programme executive. The team is also supported by a consultant physician who is trained in both palliative and dementia care. Working closely with centre staff, the palliative care team will assess client needs and provide home-based support to families for up to one year, with provisions for regular reviews and extension of care where necessary.

The team also offers hands-on guidance to caregivers, ranging from home environment assessments, occupational therapy interventions, behavioural and symptom management and tools for meaningful activity engagement. To ensure seamless continuity of care, the team conducts regular case discussions with each client's primary care doctor when medical issues arise, keeping all healthcare professionals aligned on a unified care plan.

Dr Philip Yap, Chairman, Dementia Singapore, said, "Palliative care remains a key area of investment for us, as early integration is essential to helping persons with dementia live with meaning and dignity. To be truly helpful and effective, care must be personalised and dynamic - addressing each client's specific concerns and able to accommodate the changing multidimensional needs, goals and preferences of the client and family across the dementia trajectory."

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About Lien Foundation

The Lien Foundation is a Singapore philanthropic house noted for its model of radical philanthropy. It breaks new ground by investing in innovative models of care, convening strategic partnerships and catalysing action at the intersection of health and social care. The Foundation's focus areas include palliative care, eldercare, rehab and maternal & child health. For more information, visit www.lienfoundation.org.

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. For more information, visit www.dementia.org.sg.