

Project CURAE

7-21

Single-Year

Isaac Kok Shou-Tng (4i206)

Cho Wei Jin David (4i407)

Clarence Loi Guang Yi (4i409)

Joshua Ng Yong Quan (4i314)

Liong Kai Rui Reyes (4P316)

Project Curae - Written Report

Section 1: Overview

A. Area of Concern

The lack of interaction between people with dementia and society-at large is harmful. According to the Straits Times, 3 in 4 people with dementia feel rejected and lonely, largely due to social isolation, brought about when people are unwilling to interact with them. Given the current pandemic, this sense of isolation has worsened as many people with dementia lack social interaction.

Worldwide, approximately 50 million people have dementia, with nearly 10 million new cases annually. As societies age, dementia will become a more prevalent issue from a global perspective. By 2020, 53,000 Singaporeans are projected to have dementia. The number is expected to balloon to 187,000 come 2050, suggesting it is an urgent issue to combat the rapidly increasing number of people with dementia, especially in Singapore.

B. Challenges Identified

We have identified 3 problems we aim to address:

1. Societal stigma and lack of knowledge towards people with dementia
2. Lack of awareness for our beneficiary, Dementia Singapore (DSG)
3. Sense of loneliness and isolation amidst the current pandemic

C. Underlying Problem

Given that COVID-19 has caused widespread isolation of our society's vulnerable groups — especially those living with dementia, how might we aid persons with dementia in coping with loneliness, whilst eliminating misconceptions of the public regarding this disease?

D. Plan of Action

Our plan of action can be summarised into 4 parts:

1. Interaction sessions
2. Social media awareness
3. Alzheimer's and Brain Awareness Week
4. Website and resources

Our social media outreach includes various posts and stories on Instagram, where we uploaded facts related to Dementia weekly. We interacted with followers and had quizzes to test their knowledge about Dementia. Moreover, we have had two different panel discussions with medical professionals to raise awareness surrounding this topic.

Through our *Alzheimer's and Brain Awareness Week*, we were able to share impactful stories and articles to increase the public's awareness of the various struggles that persons with Dementia experience. Our posts throughout this week included content from our dementia webinar, Instagram quizzes and the #StoriesWorthSharing segment, continued from last year.

Lastly, we also made a website to serve as a central hub for all our resources and information related to dementia and our project. Persons with dementia and their caregivers may find simple games, exercises, and recipes to keep themselves mentally occupied.

Section 2: Implementation of Action Plan

A. Actions and Outcomes to date

Month	Action	Objectives
<u>2020</u>		
December	<ol style="list-style-type: none"> 1. CORE Team Formation 2. Goal setting 3. Meetings with representatives of DSG 	Administration
<u>2021</u>		
January	<ol style="list-style-type: none"> 1. Needs Analysis Survey 2. Volunteer Recruitment 3. Start of Bi-weekly interaction sessions @ DSG 	Research Extend outreach to public Retain connection between client and community, dispelling feelings of isolation
February	<ol style="list-style-type: none"> 1. Physical CNY Celebrations @ DSG 2. Volunteer Training Sessions 	Allow for meaningful client-caregiver bonding
March - April	<ol style="list-style-type: none"> 1. Online Panel Discussion with KopiWithVans <ul style="list-style-type: none"> - 50 Live Attendees, 600 total views 2. Calligraphy Sessions @ DSG 	Eliminate misconceptions about persons with dementia, removing societal stigma

	<p>3. Created Website</p> <ul style="list-style-type: none"> - Useful games and apps - Story Sharing Board - Recommended Exercises, Diets 	Provide clients and caregivers with relevant information about dementia
June - July	<p>1. Online Webinar with Dr Lim Si Ching</p> <ul style="list-style-type: none"> - 70 Live Attendees, 250 total views <p>2. Social Media Campaign: Dementia Awareness Week</p> <ul style="list-style-type: none"> - Myth Debunking Series - StoriesWorthSharing - Article Features 	Remove misconceptions about persons with dementia, promote inclusivity
August	<p>1. Virtual Tour of National Museum Singapore</p> <p>2. Creation of Online Puzzle Book</p>	Provide a valuable platform for clients to bond with loved ones

Section 3: Scope of Impact

A. Accomplishments

We've impacted **over 7300** people through this project. Through our interaction sessions, we have engaged with **19 clients** over **285 hours**, bringing joy into their lives. Our interactive resources were well received by caregivers and persons with dementia, garnering over **7000** views across social media platforms. Our educational campaigns involved over **7000** youths and members of the public, sharing on how we can work towards a dementia-friendly society.

B. Reflections

We are truly thankful for the opportunity to serve these 19 people with dementia and their caregivers over the course of the past year. When we first started volunteering with Dementia Singapore, we had no expectations. However, to our delight, the clients were friendly and welcoming to us as volunteers. Throughout our volunteering with DSG, we have grown as volunteers and leaders. From the intriguing memories recited to the many life lessons imparted by the clients and staff, we are fortunate to have had the opportunity to serve DSG and its clients.

We are proud to have overcome the restrictions brought about by COVID-19. However, we knew our clients were affected too. We provided additional care and support, doing unique activities each session that would bring joy to them. It reminded us that serving the community need not be about making a large-scale impact, but having meaningful and genuine impacts on our benefactors. We are grateful to have the opportunity to serve the community and champion this meaningful cause.

C. Scope of Impact

Community Impact: Youths and members of the public could learn more about Dementia Singapore, as well as the plight and symptoms of dementia; spreading the cause of building a dementia-friendly society.

Impact on people with dementia and their caregivers: Through the interaction sessions, we encouraged people with dementia to remain mentally and physically active; sharing

memories and stories brought joy into the lives of us and the people we were interacting with. We managed to regularly interact with 19 clients, boosting their self-esteem and touching their hearts.

Resolution of UP: Given that we have identified a lack of awareness for people with dementia and their caregivers, we have raised awareness on how to build a dementia-friendly society to an estimated 7000 members of the public. Furthermore, our interaction sessions and resources have allowed us to help dementia patients to cope better with loneliness and isolation. Despite the COVID-19 restrictions, we are fortunate to have contributed significantly to efforts aimed at building a dementia-friendly society.

D. References

He's 48, and already grappling with dementia. (2021). Retrieved 10 August 2021, from <https://www.channelnewsasia.com/news/cnainsider/48-young-onset-dementia-alzheimers-singapore-10398838>

Preventing Alzheimer's Disease - HelpGuide.org. (2021). Retrieved 10 August 2021, from <https://www.helpguide.org/articles/alzheimers-dementia-aging/preventing-alzheimers-disease.htm>

Food and Eating. (2021). Retrieved 10 August 2021, from <https://www.alz.org/help-support/caregiving/daily-care/food-eating>

Alzheimer's and dementia care: Making mealtimes easier. (2021). Retrieved 10 August 2021, from <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/alzheimers/art-20047918>

Everything You Need to Know About Alzheimer's Disease. (2021). Retrieved 11 August 2021, from <https://www.healthline.com/health/alzheimers-disease>