



**Healthy Ageing  
Programme**



**Age Better**  
ELDER CARE

Healthcare Redesigned

## **Our Purpose Statement**

**We redesign healthcare with  
and for humanity.**

# Helping You Age Healthily

Our Healthy Ageing Programme is specially designed to care for adults aged 65 and above with age-related cognitive, functional and mobility problems, with the ultimate aim of helping them to Age Better by promoting a healthy and productive life in older age.

Here, patients receive holistic and tailored intervention for their age associated issues, empowering them to embrace their health. In addition, doctors work with patients that require treatment for their sight and hearing at our Eye Surgery Centre, ENT and Orthopaedic Centre, as well as other general surgery conditions.

With us, patients receive personalised care and attention by the same doctor and care team who are trained to cover a broad spectrum of chronic diseases. This enables them to see only one doctor instead of multiple specialists, thereby reducing their number of appointments and waiting time.

Beyond the hospital, we collaborate with primary care partners to ensure geri-centric practices are in place to provide a continuum of care for these elderly in their community, and to identify older people with losses in capacities to help reverse or slow down these losses with guidance.

# One Redesigned Healthcare Journey:



**Be Better**  
PREVENTIVE CARE

## **Clinic G (Well Clinic)**

Take the first step towards health empowerment and prevention with our **Well Programme** by being proactive with screening, exercise and treatment.



**Get Better**  
ACUTE CARE

## **24-Hour, Walk-in Urgent Care Centre**

The **FAST Programme** looks at emergency treatment from acute, sub-acute to rehabilitative care at our integrated wards.



**Live Better**  
CHRONIC CARE

## **Clinic J (Integrated Care Clinic)**

The **Chronic Programme** led by one doctor and one care team consolidates a patient's multiple conditions and treatment plans including medication and rehabilitation regime, into one appointment.



**Age Better**  
ELDER CARE

## **Clinic K (Healthy Ageing Clinic)**

Our Healthy Ageing Programme cares for the elderly's mind, mobility and sensory, orthopaedic and other geriatric and social needs holistically.



**Cope Better**  
SUPPORTIVE AND PALLIATIVE CARE

Champions for compassionate care and quality of life, at every age and at every stage, our **Supportive and Palliative Care Programme**:

- Enables and empowers everyone to care.
- Encourages caring across boundaries.
- Creates caring systems.
- Helps all to live well before leaving well.

# Services at a Glance



**Age Better**  
ELDER CARE

## Healthy Ageing, Clinic **K**

**A one-stop clinic for early intervention of functional decline from ageing.**

### **Frailty**

- Functional Decline  
(E.g. Frailty, Vision and Hearing loss)
- Multiple Geriatric Morbidities

### **Mind**

- Cognitive Impairment
- Delirium
- Depression

### **Mobility**

- For fall prevention and assessment

### **Oral Health – partnering with Dental@AH (*Coming soon*)**

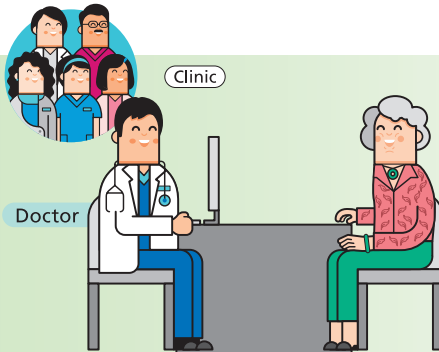
- For dental screening and intervention

# Our Programmes:

## **ENRICH** – Integrated Pelvic Floor Clinic

A one-stop clinic with integrated multidisciplinary care to help better manage and treat conditions relating to urine and fecal incontinence. We offer:

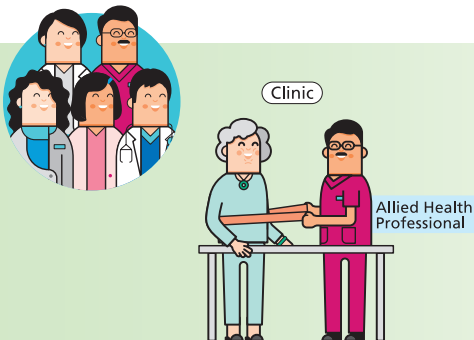
- Geriatrician's Assessment and Medical Review
- Comprehensive Geriatric Assessment
- Pelvic Floor Functions Assessment



## **EMPOWER** – Integrated Parkinson Disease Clinic

Helmed by a group of healthcare professionals comprising doctors, nurses and therapists, the clinic sees patients with Parkinson Disease, frailty and multi-morbidity issues. We do:

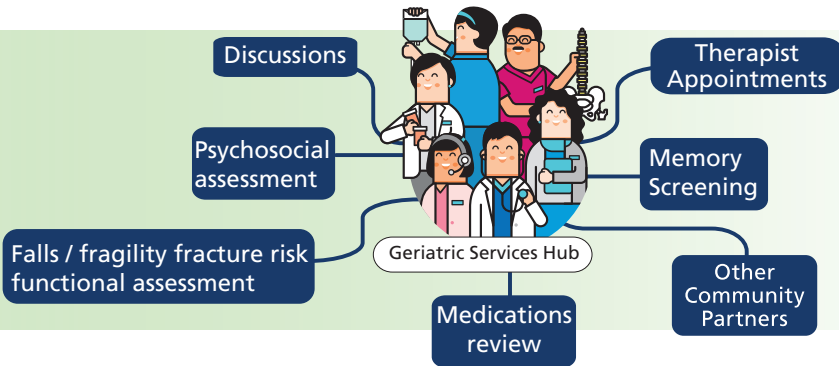
- Geriatrician's Assessment and Management
- Comprehensive Geriatric Assessment
- Cognitive Testing
- Frailty Assessment
- Mobility Testing



### **EMBRACE – Geriatric Services Hub**

We provide comprehensive assessment and care to seniors in the community. The clinic offers:

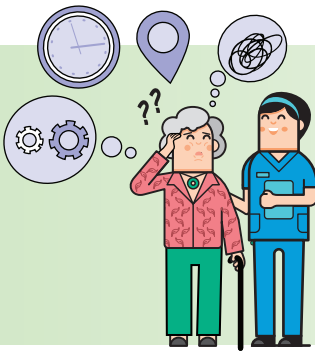
- Comprehensive Geriatric Assessment
- Medications Review
- Therapists' Assessments and Interventions
- Assistance with linking between seniors and community partners for activities relating to Healthy Ageing



### **ENCHANT – Elderly NeuroCognitive Holistic Assessment and Management**

The clinic manages neurocognitive disorders such as dementia and associated conditions. We offer:

- Geriatrician's Assessment and Management
- Comprehensive Geriatric Assessment
- Cognitive Testing
- Nursing Review and Follow-up



## How to get to the Healthy Ageing Clinic at **K**



### By Public Bus

Alight At Alexandra Hospital

Bus Stop Code: 11511

Take buses: 14, 33, 51, 61, 93, 100, 120, 195, 197

Alight Opposite Queensway Shopping Centre

Bus Stop Code: 11519

Take buses: 14, 33, 51, 61, 93, 100, 120, 195, 197



### By MRT

From Queenstown MRT Station,

Exit A: Take bus 51

Exit B: Take bus 195

From Commonwealth MRT Station,

Exit B: Take bus 100

From Redhill MRT Station,

Exit A: Take buses 33, 120



### By Shuttle Bus

From Queenstown MRT Station to Alexandra Hospital

**Weekdays excluding Public Holidays**

● Queenstown MRT Station, Exit B  
First bus: 6.40am  
Last bus: 8.30pm

● Alexandra Hospital Main Lobby  
First bus: 6.40am  
Last bus: 8.45pm

**Saturday, Sunday and Public Holiday**

● Queenstown MRT Station, Exit B  
First bus: 10.00am  
Last bus: 7.40pm

● Alexandra Hospital Main Lobby  
First bus: 10.10am  
Last bus: 7.50pm

From National University Hospital to Alexandra Hospital

**Weekdays excluding Public Holidays**

● NUHS Tower Block  
First bus: 10.00am  
Last bus: 5.00pm

● National University Hospital (NUH), Medical Centre, Outside Burger King

● National University Hospital (NUH) Main Building, Lobby A

● Alexandra Hospital Pavement (Turn right after exiting main lobby)  
First bus: 10.25am  
Last bus: 5.30pm

Frequency: Approximately every 10min (Queenstown route).

Approximately every 1 hour (NUH to AH route).

For updated information on shuttle bus timings and designated stops, please visit [www.ah.com.sg](http://www.ah.com.sg)



### Main Line

Call 6472 2000 to schedule an appointment or make enquiries.



### Email

For Appointments: [AH\\_Appointment@nuhs.edu.sg](mailto:AH_Appointment@nuhs.edu.sg)  
For Enquiries: [AH\\_Enquiries@nuhs.edu.sg](mailto:AH_Enquiries@nuhs.edu.sg)  
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