

CALENDAR
2019





ABOUT AGENCY FOR INTEGRATED CARE

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.





Mr and Mrs Tan
(Jerry's parents)



Jerry
(Ah Boy)



Mdm Chew
(Jerry's Ah Ma)

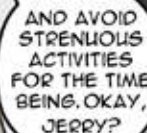
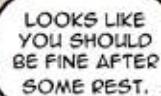
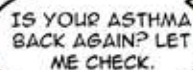
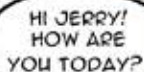
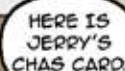
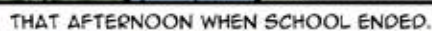
THE TAN FAMILY

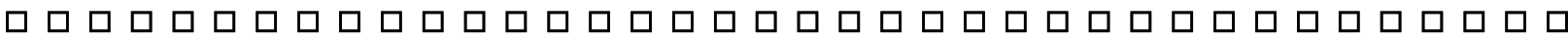
The calendar chronicles how community services and programmes can support the Tan family to live well and age gracefully over the years. The story is told from the perspective of the close relationship between Jerry and his grandmother who stays healthy and active until she has a fall. She is able to recover and continue ageing in place amongst her loved ones with the support of a strong community care system.

Disclaimer:

* This is a work of fiction. Any resemblance to actual persons or events is purely coincidental.

* Schemes and services are subject to eligibility criteria.





Soon, all Singaporeans with chronic conditions can enjoy Community Health Assist Scheme (CHAS) benefits.



SCAN TO
READ MORE



JAN

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
		1 十一月廿六	2 廿七	3 廿八	4 廿九	5 三十
		New Year's Day				
6 十二月初一	7 初二	8 初三	9 初四	10 初五	11 初六	12 初七
					Singapore Occupational Therapy Day	
13 初八	14 初九	15 初十	16 十一	17 十二	18 十三	19 十四
20 十五	21 十六	22 十七	23 十八	24 十九	25 二十	26 廿一
27 廿二	28 廿三	29 廿四	30 廿五	31 廿六		

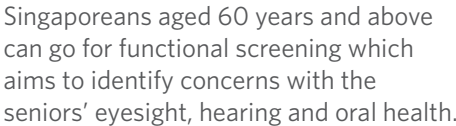


AIC works with partners to put in place activities in the community to support seniors to stay active and healthy.



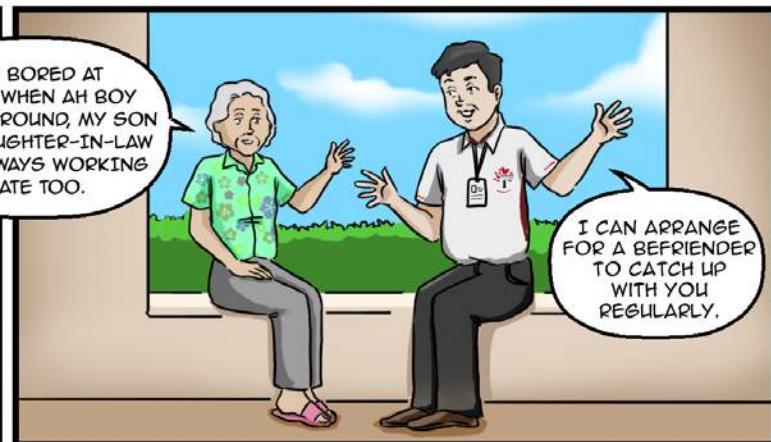
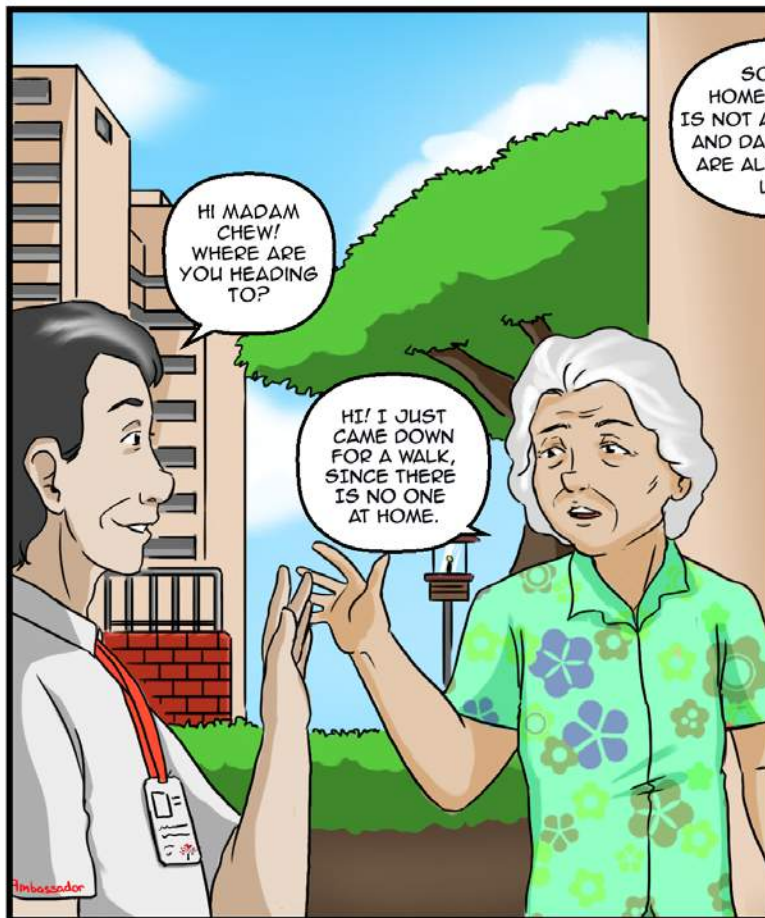
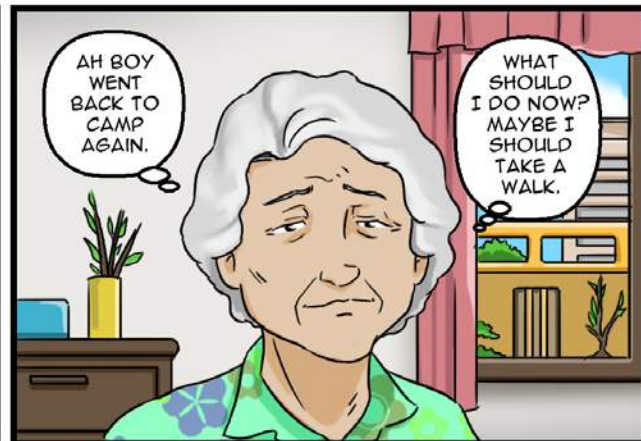
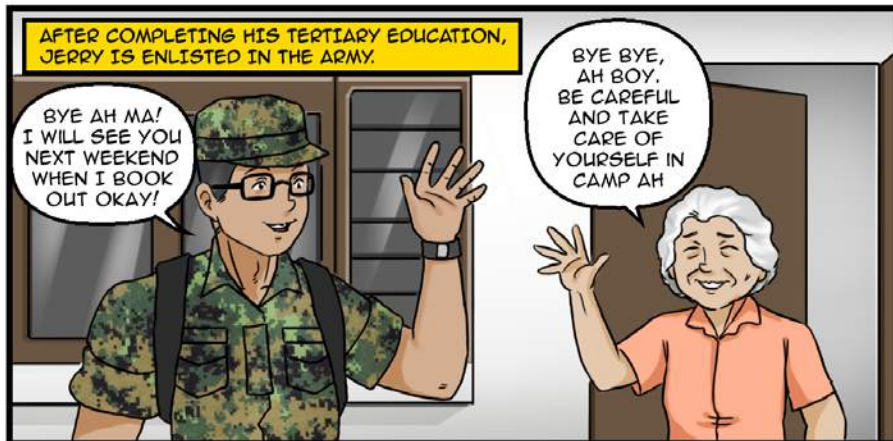
FEB

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
					1 廿七	2 廿八
3 廿九	4 三十	5 正月初一	6 初二	7 初三	8 初四	9 初五
	World Cancer Day	Chinese's New Year ▲	Chinese's New Year ▲			
10 初六	11 初七	12 初八	13 初九	14 初十	15 十一	16 十二
17 十三	18 十四	19 十五	20 十六	21 十七	22 十八	23 十九
24 二十	25 廿一	26 廿二	27 廿三	28 廿四		



MAR

SUNDAY 日		MONDAY 一		TUESDAY 二		WEDNESDAY 三		THURSDAY 四		FRIDAY 五		SATURDAY 六	
31	廿五									1	廿五	2	廿六
3	廿七	4	廿八	5	廿九	6	三十	7	二月初一	8	初二	9	初三
10	初四	11	初五	12	初六	13	初七	14	初八	15	初九	16	初十
17	十一	18	十二	19	十三	20	十四	21	十五	22	十六	23	十七
				Social Workers Day									
24	十八	25	十九	26	二十	27	廿一	28	廿二	29	廿三	30	廿四





Befrienders visit seniors who may feel lonely so that they have someone to talk to or seek support from.



APR

SUNDAY 日		MONDAY 一		TUESDAY 二		WEDNESDAY 三		THURSDAY 四		FRIDAY 五		SATURDAY 六	
		1	廿六	2	廿七	3	廿八	4	廿九	5	三月初一	6	初二
7	初三	8	初四	9	初五	10	初六	11	初七	12	初八	13	初九
World Health Day													
14	初十	15	十一	16	十二	17	十三	18	十四	19	十五	20	十六
										Good Friday		▲	
21	十七	22	十八	23	十九	24	二十	25	廿一	26	廿二	27	廿三
28	廿四	29	廿五	30	廿六								





Find out more about the services and schemes to support your loved ones by clicking silverpages.sg, calling 1800-650-6060 or visiting any of our AICare Links at public hospitals.



SCAN TO
READ MORE



MAY

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
			1 廿七	2 廿八	3 廿九	4 三十
5 四月初一	6 初二	7 初三	8 初四	9 初五	10 初六	11 初七
World Hand Hygiene Day		World Asthma Day	Labour Day			
12 初八	13 初九	14 初十	15 十一	16 十二	17 十三	18 十四
			International Day of Families			
19 十五	20 十六	21 十七	22 十八	23 十九	24 二十	25 廿一
World Family Doctor Day Vesak Day						
26 廿二	27 廿三	28 廿四	29 廿五	30 廿六	31 廿七	



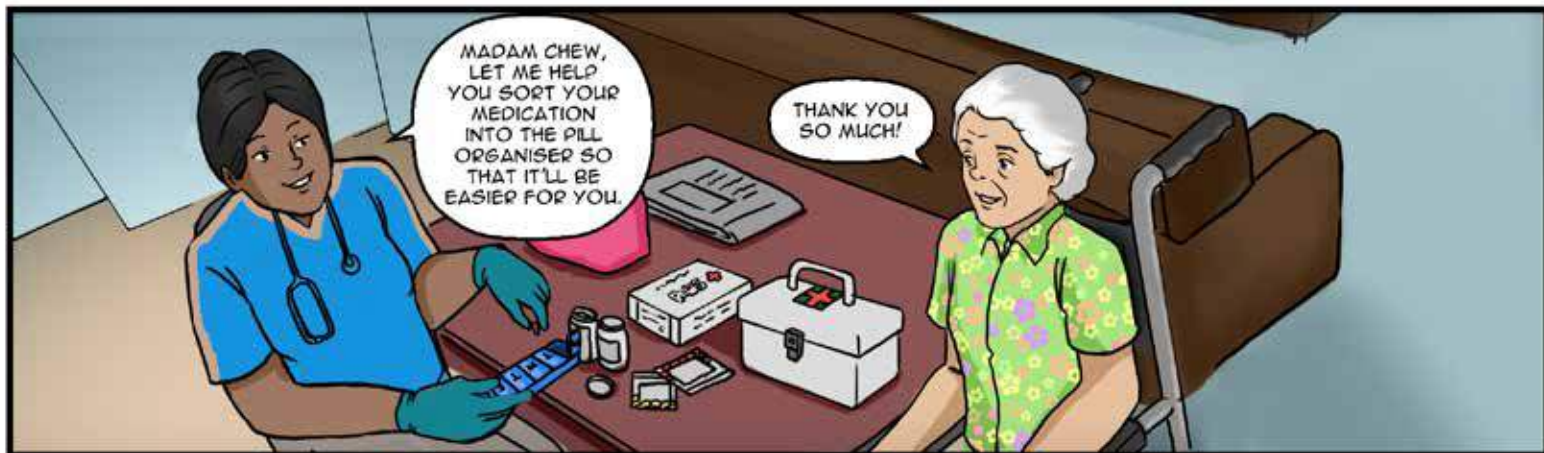


The Seniors' Mobility and Enabling Fund (SMF) provides support for Singapore seniors by extending subsidies for assistive devices and selected home healthcare items.



JUN

SUNDAY 日		MONDAY 一		TUESDAY 二		WEDNESDAY 三		THURSDAY 四		FRIDAY 五		SATURDAY 六	
30	廿八											1	廿八
2	廿九	3	五月初一	4	初二	5	初三	6	初四	7	初五	8	初六
						Hari Raya Puasa							
9	初七	10	初八	11	初九	12	初十	13	十一	14	十二	15	十三
16	十四	17	十五	18	十六	19	十七	20	十八	21	十九	22	二十
23	廿一	24	廿二	25	廿三	26	廿四	27	廿五	28	廿六	29	廿七





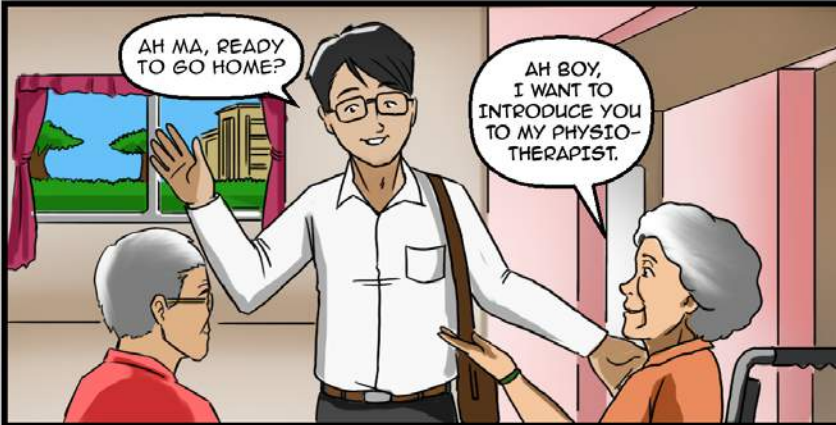
Home care, which includes medical, nursing, personal care and therapy services, enables seniors to be cared for at home.



JUL

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
	1 廿九	2 三十	3 六月初一	4 初二	5 初三	6 初四
7 初五	8 初六	9 初七	10 初八	11 初九	12 初十	13 十一
14 十二	15 十三	16 十四	17 十五	18 十六	19 十七	20 十八
21 十九	22 二十	23 廿一	24 廿二	25 廿三	26 廿四	27 廿五
28 廿六	29 廿七	30 廿八	31 廿九			

GRANDMA WENT ON TO DO REHABILITATION AT THE SENIOR CARE CENTRE.





Rehabilitation services such as Physiotherapy and Occupational Therapy are available in the community to support seniors to regain their daily living functions.



AUG

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
				1 七月初一 Nurses' Day	2 初二	3 初三
4 初四	5 初五	6 初六	7 初七	8 初八	9 初九	10 初十
					National Day	
11 十一	12 十二	13 十三	14 十四	15 十五	16 十六	17 十七
Hari Raya Haji						
18 十八	19 十九	20 二十	21 廿一	22 廿二	23 廿三	24 廿四
AIC's 10th Birthday						
25 廿五	26 廿六	27 廿七	28 廿八	29 廿九	30 八月初一	31 初二

THREE MONTHS AFTER JERRY AND JESSIE STARTED DATING, SHE VISITS HIS FAMILY FOR THE FIRST TIME.

MUM, DAD!
THIS IS JESSIE,
MY GIRLFRIEND.
SHE WORKS IN
THE SENIOR
CARE CENTRE
THAT AH MA
GOES TO.

HELLO
AUNTIE UNCLE!

HELLO.
THANK YOU SO
MUCH FOR TAKING
CARE OF MY
MOTHER-IN-LAW.

DINNER'S READY.
COME, LET'S EAT.
JERRY, CAN YOU HELP
AH MA TO THE TABLE?

COME, LET
ME HELP
YOU.

ACTUALLY,
YOU CAN
ATTEND
TRAINING
COURSES
FOR CARE-
GIVERS.

THAT'S
GREAT!
LET'S
DO IT!



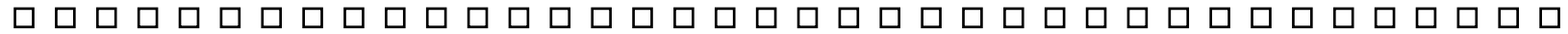
Caregivers Training Grant provides subsidies for courses so that caregivers can learn how to take care of their loved ones and their own well-being.



SEP

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
1 初三	2 初四	3 初五	4 初六	5 初七	6 初八	7 初九
8 初十	9 十一	10 十二	11 十三	12 十四	13 十五	14 十六
World Physiotherapy Day						
15 十七	16 十八	17 十九	18 二十	19 廿一	20 廿二	21 廿三
						World Alzheimer's Day
22 廿四	23 廿五	24 廿六	25 廿七	26 廿八	27 廿九	28 三十
			World Pharmacists Day			
29 九月初一	30 初二					





Dementia-Friendly Communities aim to create caring and inclusive neighbourhoods that support Persons with Dementia and their caregivers.



Sign up as a Dementia friend via our app and help build a more caring community.



OCT

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
		1 初三	2 初四	3 初五	4 初六	5 初七
		International Day of Older Persons				
6 初八	7 初九	8 初十	9 十一	10 十二	11 十三	12 十四
			World Mental Health Day & World Sight Day			World Arthritis Day & World Hospice and Palliative Care Day
13 十五	14 十六	15 十七	16 十八	17 十九	18 二十	19 廿一
20 廿二	21 廿三	22 廿四	23 廿五	24 廿六	25 廿七	26 廿八
27 廿九	28 十月初一	29 初二	30 初三	31 初四		
Deevapali		World Stroke Day				

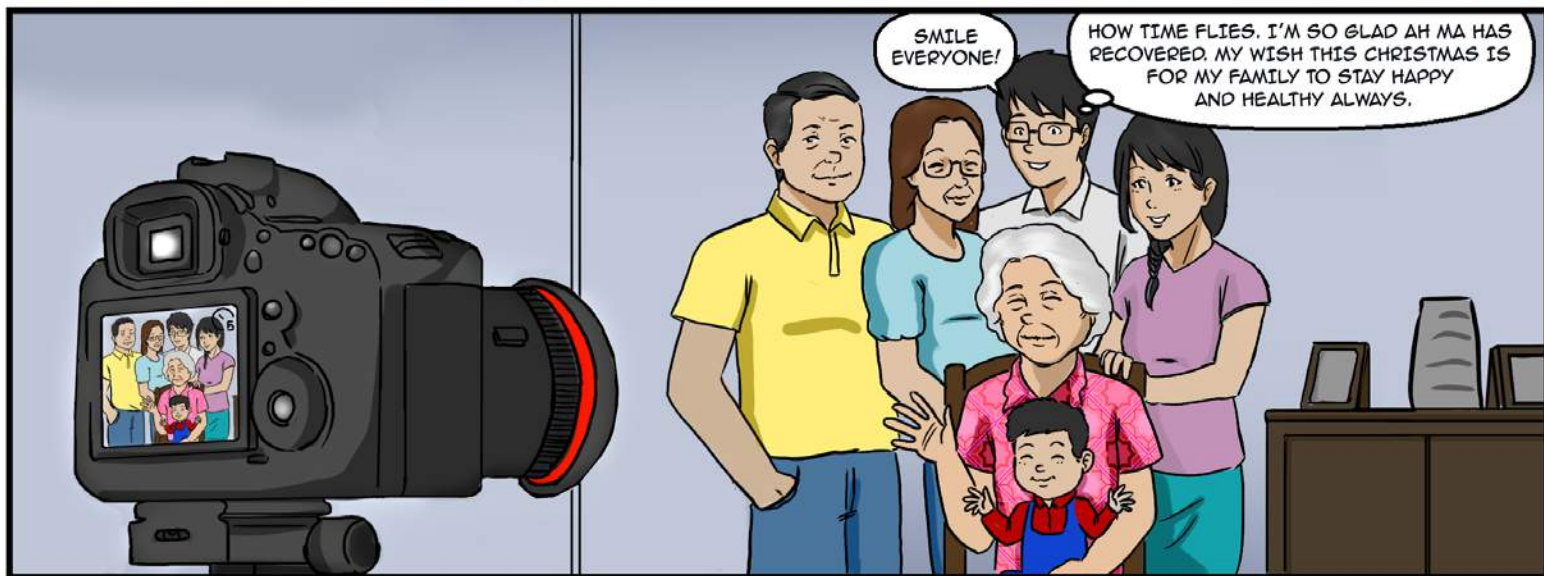


Senior Care Centres provide a suite of services, including day care, dementia day care, nursing and rehabilitation.



NOV

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
					1 初五	2 初六
3 初七	4 初八	5 初九	6 初十	7 十一	8 十二	9 十三
10 十四	11 十五	12 十六	13 十七	14 十八	15 十九	16 二十
17 廿一	18 廿二	19 廿三	20 廿四	21 廿五 World Diabetes Day	22 廿六	23 廿七
24 廿八	25 廿九	26 十一月初一	27 初二	28 初三	29 初四	30 初五





AIC aims to create a vibrant care community enabling people to live well and age gracefully.



DEC

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
1 初六	2 初七	3 初八 International Day of Persons with Disabilities	4 初九	5 初十	6 十一	7 十二
8 十三	9 十四	10 十五	11 十六	12 十七	13 十八	14 十九
15 二十	16 廿一	17 廿二	18 廿三	19 廿四	20 廿五	21 廿六
22 廿七	23 廿八	24 廿九	25 三十	26 十二月初一	27 初二	28 初三
29 初四	30 初五	31 初六	Christmas Day			

2020

JANUARY

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30	31	

FEBRUARY

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16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		