



Reflections @Yong-en

Social Science in Gerontology, Temasek Polytechnic Students at Dementia Day Care for a 12-week internship.

“Caring for seniors with dementia is not easy. It takes a special person to intentionally create an environment for the seniors to be happy and to do so with joy – I am glad to see this mind-set in action at Yong-en.



Adeline with Mdm Sim.



Adeline and Jermine.

I began to learn more about the various types of dementia and to experience interacting with individuals with dementia first-hand. I found myself enjoying the interactions.

The programmes held currently for the clients are based on the Montessori Approach in dementia care, and each client is placed in different rehabilitation purpose groups such as physical, cognitive, psychosocial and sensory using this approach.

It is very effective to me as it enables clients to engage in activities that they are capable of doing and instil independence amongst them. For example, for a psychosocial group activity such as handicraft, clients are encouraged to be independent through asking for the items they need from one another instead of staff helping them. The physical activities are also modified in a way that it can involve everyone, including clients who have difficulty in moving their limbs.

I learnt to see ageing differently and positively, plus, how little things can make lives better for seniors. I find my journey at Yong-en Care Centre very worthwhile and one that I will remember dearly.”

Adeline Tan, Intern



[Click to play](#) - Our senior from Dementia Day Care preparing for Christmas.

“I learnt about the varying activities that engage seniors with dementia, which compose of physical, cognitive, psychosocial and sensory. Each aspect is unique and taps different areas to improve the state of their condition. For example, the modified physical exercises that we engage in aids the seniors with slowing down their mental decline, having better sleep and lowering fall risks by improving balance and strength.

From being apprehensive about managing the clients, I became comfortable with them and reacting to their ever-changing moods. I feel extremely touched when seniors open up to me and we are able to have a proper conversation together as it shows a certain level of trust they had for me.

One takeaway is realising that although the clients have this illness, it does not stop them from being active, participative and show their grit and fighting spirit.

Overall, it was an enjoyable, enriching and memorable experience for me, interning at Yong-en Care Centre.”

Jermine Loo, Intern

Yong-en’s Internship Programme for 2019 is sponsored by Tan Chin Tuan Foundation (TCTF). Our grateful thanks to TCTF for partnering Yong-en in capacity building for the sector.
