

2025, Here we come!

Your unwavering support has made it possible for us to create a vibrant year for our seniors, imparting them with a year full of joy and growth in 2024. Our seniors had a truly amazing year, experiencing a plethora of activities, getting to know new faces.



We are tremendously grateful for each and every one of our donors and volunteers, to everyone who reached out to show their support in the best way that they can. As we say goodbye to 2024, we look back to all the wonderful things that have come about in the past year.

Since November 2023 and all throughout 2024, our dementia care services at SASCO@TelokBlangah has gone through a full metamorphosis after the implementation of the Butterfly Approach.

What is the Butterfly Approach?

The Butterfly Approach seeks to transform dementia care services into a gentle approach that is heavily based in empathy and person centeredness. The aim is to ensure that any individual receiving treatment at the facility feels comfortable to be themselves and freely express their needs. 'To be free like a butterfly.'





Due to its complexities, Dementia is not an easy condition to live with, hence many seniors express strong resistance towards receiving care and treatment. Through empathy, we understand that changing environments, such as going from their house to the facility, can be hard for the seniors to adjust to and often times, they show up to the facility highly confused and distressed.

Through the Butterfly Approach, we have transformed SASCO@TelokBlangah to feel more familiar to our seniors, like an extension of their own homes. This involves arranging furniture to make the facility look more homely, letting seniors decorate the facility with objects they love and recognize.

Our staffs also switched out their uniforms for home wear and started speaking to our seniors as if they are family members, rather than patients. Such changes ensure that the environment feels less institutional for the seniors.



The results in the past year have overwhelmingly positive, as we can clearly see a much deeper connection between our seniors and staff. Most importantly, our seniors look forward to coming to our centres and are much more carefree and relaxed. We have more information on the Butterfly Approach that we will be sharing in the future, so please stay tuned if you would like to know more.



Our facilities and equipment saw some of the biggest improvements in 2024. We were finally able to get our hands on one of the most innovative devices, an automatic shower device known as the 'Sit & Shower'. With just a touch of a few buttons, our seniors who experience restricted movement can get themselves clean with minimal help or in fact, no help at all. This device has been especially helpful in restoring some privacy during bath times for many of our seniors. Check out the video below to see

how it works:



We were also able to change out worn-out equipment for improved models that are easier to navigate for both our seniors and staff, simplifying the therapy exercises. Physiotherapy can feel especially strenuous and tiring for the aged, which affects their motivation levels and self-efficacy.

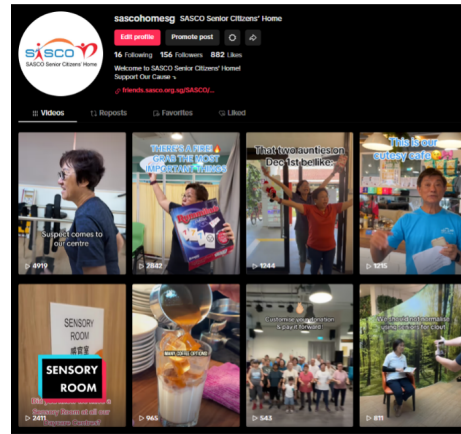


Big or small, such equipment changes can make significant improvements in one's quality of life, reducing frustration and stress levels. Along with a strong, full-fledged team of physiotherapists, our seniors are more than ready to bounce back stronger than before.

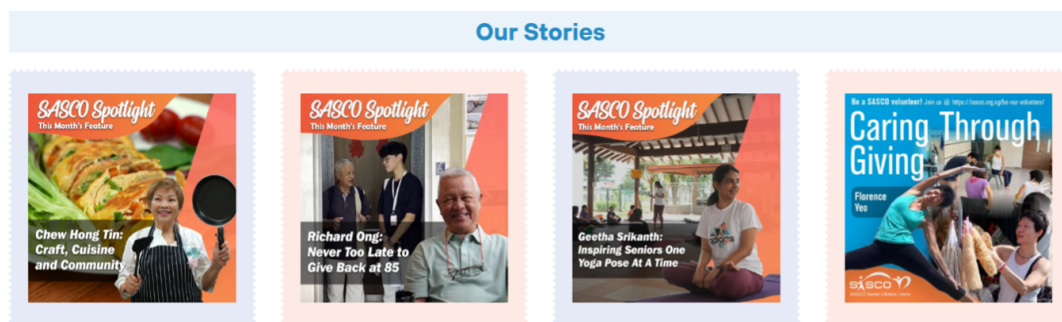
Bridging Gaps through Social Media

In 2024, we also started to engage our seniors at our active ageing centres to join in on our social media endeavours. Our seniors who are involved have been having a blast with filming skits and participating in viral trends.

Initially, many of our seniors did not find the proposed trend ideas that appealing. Regardless, they still gave it a try and eventually found themselves enjoying the contents as well. In fact, they have even made their own suggestions on which trends they have ideas for and want to try out!



Some seniors have also participated by sharing their inspiring stories and passions, which can be found on our website and various social media platforms. We strongly encourage you to check out our social media pages for a quick serotonin boost and to learn more about SASCO and our endearing seniors.



SASCO Senior Citizens' Home

T : +65 6273 5183

E : donors@sasco.org.sg

W : www.sasco.org.sg