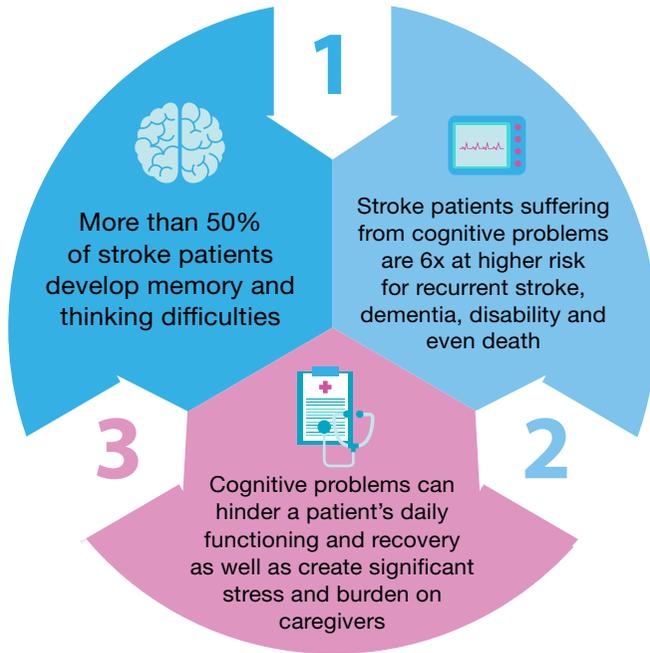
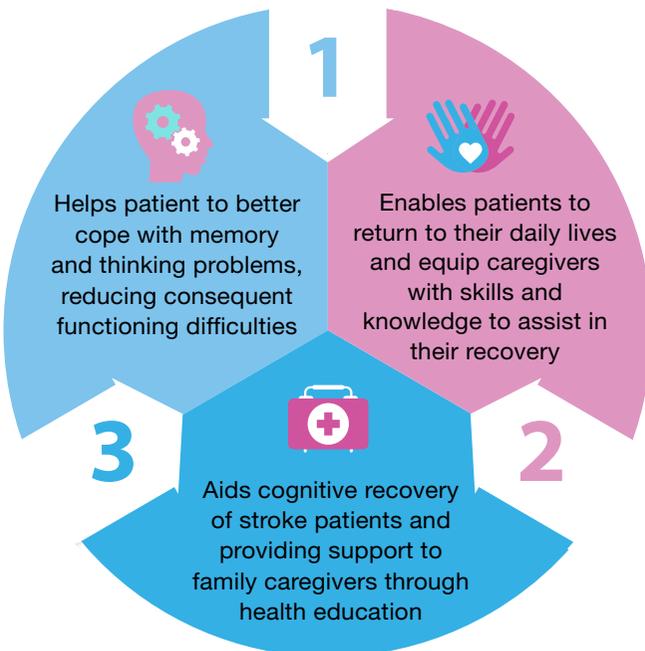


## DID YOU KNOW?



## S3 BRAIN HEALTH AND MEMORY TRAINING PROGRAMME



## FEES

Fees stated are for per session

### Full Free

\$30

### CHAS Card

\$6 (Only CHAS Blue and CHAS Orange are accepted)



CHAS Blue



CHAS Orange

### Public Assistance Card

Free



To register or find out more, please call Lily at 6473 3500.

## ABOUT US



Stroke Support Station Ltd is Singapore's first dedicated wellness centre catered to stroke survivors and their caregivers. Our goals can only be achieved with the assistance of generous donations from members of public. You may donate by mailing your cheque; payable to "Stroke Support Station Ltd," to our address below.

### Stroke Support Station Ltd

Enabling Village, 20 Lengkok Bahru,  
#01-04 Playground, Singapore 159053  
Telephone: 6473 3500 | Email: info@s3.org.sg  
Website: www.s3.org.sg

In partnership with:



Supported by:



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# S3 Brain Health and Memory Training Programme

For Stroke Survivors & Caregivers



## BRAIN HEALTH AND MEMORY TRAINING PROGRAMME

Singapore's first community-led brain health and memory training programme adapted specifically to the needs of stroke survivors, the S3 Brain Health and Memory Training Programme is an award-winning programme (Clinical Innovation Award from Australasia Society 2017) that enables stroke patients for independent living.

It is an innovative and holistic programme that seeks to improve the brain and memory health of stroke patients, as well as the psychological and emotional well-being of their family and caregivers. Stroke patients will be trained to improve their memory and thinking skills through family-focused service in the community.

S3 Brain Health and Memory Training Programme empowers your stroke recovery and rebuilds your self-confidence.

Community-Based

Neuropsychological Assessment

Customised Holistic Brain Health Training

Improve Memory, Attention and Thinking Skills

Prevent Risk of Recurrent Stroke and Dementia

Reduce Stress on Caregiver through Education



## 'TRAIN YOUR BRAIN TO OPTIMISE STROKE RECOVERY' PROGRAMME

This 3-month programme includes 6 weekly 2-hour sessions and 2 booster sessions.

Topics covers:

Memory and Thinking Difficulties Related to Stroke and Recovery

Health and Lifestyle Impact on Memory, Thinking and Stroke Recovery

Generating Better Mood, Memory and Thinking

Improving Attention, Memory and Recovery

Learning Good Planning and Organization Skills to Optimise Recovery

Summary of Key Strategies and Introduction of Computerised Brain Training

Booster 1 (2 weeks after programme): Review and computerised brain training

Booster 2 (4 weeks after programme): Review and computerised brain training

Frequency – one time per week for 8 weeks.

## 'TRAIN YOUR BRAIN TO RETURN TO WORK' PROGRAMME

This programme includes 4 weekly 2-hour sessions and 2 booster sessions for younger stroke patients who plan to return to work.

Topics covers:

When to Return to Work - Phased Return or Full-Time Work

Adapting to Work Life after Stroke

Managing Fatigue and Stress to Meet Work Demands

Applying Memory and Thinking Strategies to Work Effectively

Booster 1 (2 weeks after programme): Review and computerised brain training

Booster 2 (4 weeks after programme): Review and computerised brain training

Frequency – one time per week for 6 weeks.

## 'HEALTH EDUCATION TO EMPOWER STROKE RECOVERY' PROGRAMME

This programme includes two 1.5 hour group sessions for both stroke patients and caregivers.

About:

Two Group Health Education Sessions

Up to 10 participants per group including patients and caregivers

Advance Care Planning Options

Individual Health Education Sessions when needed

