Stroke Support Station Service Menu

CONTACT US

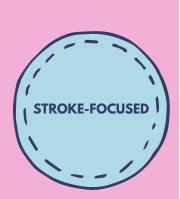
(t) +65 6473 3500



www.s3.org.sg



Scan for more!









STROKE-FOCUSED **ACTIVE REHAB**

REHABILITATION

PHYSIOTHERAPY

To help members regain normal movement patterns, improve balance, as well as build endurance and independence in their physical mobility.

OCCUPATIONAL THERAPY

To help members who have physical, sensory or cognitive problems regain independence in activities of everyday life such as dressing, shopping and even managing finances.

SPEECH THERAPY

To focus on speech, management, communication and swallowing techniques for members with aphasia, dysphagia or other speech challenges.

CLINICAL PROGRAMMES CONVENTIONAL THERAPY)

TECH-ENHANCED STRENGTH & CONDITIONING PROGRAMME (WALK-ON@S3)

Sessions are targeted at improving overall physical strength and endurance through innovative and advanced equipment alongside conventional physiotherapy.

- Anti-Gravity Treadmill
- Robo-walk

EXOSKELETON PROGRAMME

Sessions include a high-tech wearable machine to improve members' standing and walking

TECH-ENHANCED UPPER LIMB REHAB

Using high-tech rehab solutions including robotics, members are able to maximise upper limb recovery potential in conjunction therapeutic activities prescribed by on-site therapists.

STROKE-FOCUSED MAINTENANCE REHAB

DYNAMIC STANDING BALANCE PROGRAMME (GROUP)

To improve members' stability in standing while performing simple to complex movements and actions. Activities are done as a group to promote bonding and socialisation amongst stroke survivors.

UPPER LIMB THERAPY (GROUP)

To focus on upper limb exercises such as stretching, strengthening and coordination so as to improve movement of the shoulders, elbows, wrists and hands. Activities are done as a group to promote bonding and socialisation amongst stroke survivors.

COGNITIVE THERAPY (GROUP)

Cognitive activities include identification. word and number games, and matching association and mental practices to stimulate different cognitive abilities such as recalling, processing and decision making. Activities are done as a group to promote bonding and socialisation amongst stroke survivors.

WELLNESS **PROGRAMMES**

Wellness Programmes are only applicable for Stroke Survivors & Caregivers.

Initial Assessment is not required.

PHYSICAL FITNESS (GROUP, ONSITE & VIRTUAL)

Helps strengthen and build endurance while improving flexibility and coordination. Specially adapted for stroke survivors!

- o K-pop
- Zumba Gold
- Kickboxing
- Chair Yoga Stretch and Strengthen
- Qi Gong

CREATIVE ARTS (GROUP, ONSITE & VIRTUAL)

Improve psychosocial and emotional well-being through activities that allow members to express themselves in creative

- Music Therapy
- Art Therapy
- Magic workshops
- Finger Art classes

TALKS & WORKSHOPS

SOCIAL **ENGAGEMENT**

FESTIVE CELEBRATIONS

SITE VISITS & OUTINGS

CARE AND SUPPORT

CASE MANAGEMENT & COUNSELLING

> **INFORMATION** & REFERRAL

FINANCIAL ASSISTANCE & COUNSELLING

S3 MEMBERSHIP (FREE!)

FOR ANY PERSONS WITH STROKE

Documents Required for S3 Membership:

- 1. Doctor's Referral (only for Rehab Services)
- 2. Recent Hospital Discharge Summary 3. Current Medication List (only for Rehab Services)
- 4. Copy of IC / Passport

TRANSPORT

<u> Islandwide Roundtrip Cab/</u> Wheelchair Transport Provided

(**\$15-\$100 per roundtrip)

S3 @ Enabling Village (Redhill MRT)

#01-04, Playground Singapore 159053

Opening Hrs: Mon-Fri, 9:00am - 5:00pm

Islandwide Roundtrip Cab Provided

(\$10 per roundtrip)

S3 @ Jurong Point (Boon Lay MRT)

1 Jurong West Central 2 Community Hub, #06-01 **Jurong Point Shopping Centre** Singapore 648886

Opening Hrs: Mon-Fri, 9:00am - 5:00pm

LOCATIONS

20 Lengkok Bahru

*Non-stroke clients are eligible for S3's Active & Maintenance Rehab and Care and Support Services, but not for S3 Membership and Wellness Programmes. **(After means-testing & S3 subsidy)

@ @strokesupportstation

m @Stroke Support Station

中风援助中心 服务一览

请联系我们

- (c) +65 6473 3500
- www.s3.org.sg



欲知更多详情 请扫描二维码

关怀与支持

个案管理和心理咨询

信息和转介

经济援助和咨询



现场初步评估 (45分钟)





专注中风后积极康复

复健

物理治疗

帮助会员恢复正常运动模式、改 善平衡感,以及提高活动耐力和

职业治疗

帮助有身体、感官或认知问题的 会员恢复日常生活中的独立性, 如:穿衣、购物,甚至理财。

语言治疗

疗程侧重于帮助患有失语、吞咽 困难或其他言语挑战的会员,帮 助他们恢复言语、管理、沟通和

临床治疗(辅助常规治疗)

科技辅助身体力量与适应能力活动 (WALK-ON@S3)

通过常规物理治疗,辅以创新和先 进的设备,有针对性地提高整体身 体力量和耐力。

- 反重力跑步机
- 步态辅助机器人

外骨骼机器人疗程

会员使用高科技可穿戴设备,以 改善站立和行走能力。

科技辅助上肢复健

会员可借助高科技复健治疗如机 器人技术,配合治疗师现场指导 治疗活动,促进上肢康复。

专注中风治疗复健项目

动态站立平衡治疗 (群组)

帮助会员能更稳定地在站立时 进行简单到复杂的动作和活 动。活动以群组形式进行,促 进中风康复者之间的交流和社 交。

上肢疗法

(群组)

专注于上肢锻炼,如伸展、增 强力量和协调能力, 以改善肩 部、肘部、腕部和手部的运 动。活动以群组形式进行,促 进中风康复者之间的交流和社

认知疗法

(群组)

认知活动包括识别、文字和数 字游戏, 以及匹配和关联的思 维练习, 以刺激不同的认知能 力,如回忆、信息处理和做决 定的能力。活动以群组形式进 行,促进中风康复者之间的交 流和社交。

健康护理活动

健康护理活动仅适用于中风 康复者和照护人员。

不需要做初步评估。

体能健身

(群组、现场和远程)

帮助增强和提高耐力,同时改 善灵活性和协调能力。专门为 中风康复者定制!

- 韩式流行舞蹈
- 尊巴舞
- 踢拳
- 椅子瑜伽
- 拉伸与加强
- 气功

艺术疗法

(群组、现场和远程)

让会员通过创造性的表达方 式,提高心理社交和情感健

- 音乐疗法
- 艺术疗法
- 魔术工作坊
- 指画课程

讲座和工作坊

社交服务

节庆活动

参观和外出活动

S3 会员资格 (免费!)

适用于任何中风康复者

申请S3 会员资格所需文件: 1. 医生转介信(仅适用于复健服务)

- 2. 近期出院摘要 3. 当前药物清单(仅适用于复健服务)
- 4. 身份证复印件/护照

交通

地点

提供全岛来回德士/福祉车交通服务

(**每次来回 \$15-\$100)

S3 @ Enabling Village (Redhill MRT)

#01-04, Playground

全岛来回德士服务

(每次来回 \$10)

20 Lengkok Bahru Singapore 159053

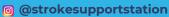
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1 Jurong West Central 2 Community Hub, #06-01 Jurong Point Shopping Centre Singapore 648886

营业时间: Mon-Fri, 9:00am - 5:00pm

 [@]Stroke Support Station (S3)



in @Stroke Support Station

^{*}非中风康复者可申请 S3 的积极康复、复健以及关怀与支持服务,但不能申请S3 会员资格和 参加健康护理活动。

^{**(}通过资产测查并扣除S3 补助津贴后)