

Stroke Support Station Service Menu

CONTACT US

+65 6473 3500
 info@s3.org.sg
 www.s3.org.sg



Scan for more!

STROKE-FOCUSED

INITIAL ASSESSMENT (45 MINS ON-SITE)

OPEN TO ISLANDWIDE REFERRALS

FINANCIAL ASSISTANCE + FREE S3 MEMBERSHIP (STROKE)

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 (COMPLEMENTING 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.

- o Anti-Gravity Treadmill
- o Robo-walk

EXOSKELETON PROGRAMME

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

TECH-ENHANCED UPPER LIMB REHAB

Using high-tech rehab solutions including robotics, members are able to maximise upper limb recovery potential in conjunction with 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 and association 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
- o Zumba Gold
- o Kickboxing
- o Chair Yoga
- o Stretch and Strengthen
- o Qi Gong

CREATIVE ARTS (GROUP, ONSITE & VIRTUAL)

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

- o Music Therapy
- o Art Therapy
- o Magic workshops
- o 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

Islandwide Roundtrip Cab/ Wheelchair Transport Provided

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

Islandwide Roundtrip Cab Provided

(\$10 per roundtrip)

LOCATIONS

S3 @ Enabling Village (Redhill MRT)

20 Lengkok Bahru
 #01-04, Playground
 Singapore 159053

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

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

*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)

@Stroke Support Station (S3)
 @strokesupportstation
 @Stroke Support Station

中风援助中心 服务一览

请联系我们

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www.s3.org.sg



欲知更多详情，
请扫描二维码

专注于中风后治疗

现场初步评估
(45分钟)

接收全岛转介申请

财务援助 (FA)
+ 免费 S3 会员资格
(中风)

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独立性。

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、沟通和吞咽能力。

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交。

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康。

- 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

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

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

提供全岛来回德士/福祉车交通服务

(**每次来回 \$15-\$100)

全岛来回德士服务

(每次来回 \$10)

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*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。

** (通过资产调查并扣除 S3 补助津贴后)

f @Stroke Support Station (S3)

ig @strokesupportstation

in @Stroke Support Station