

COLOURS IN EVERYDAY LIFE

Warna-warni
Dalam
Kehidupan
Seharian

அன்றாட
வாழ்க்கையில்
வண்ணங்கள்

多姿多彩
的日常生活

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[www.aic.buzz/
colourseveryday_p](http://www.aic.buzz/colourseveryday_p)

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Published by Agency for Integrated Care Pte Ltd
5 Maxwell Road, #10-00 Tower Block
MND Complex
Singapore 069110

Website: www.aic.sg

Welcome!

We hope you will find joy in colouring these illustrations depicting the sights, sounds, tastes and everything familiar about Singapore.

The illustrations have been tiered to be enjoyable for all seniors, persons living with dementia, their loved ones and caregivers. Do also remember to discuss the memories associated with these items using the conversation prompts to discover new information about each other!

Keep well and may your days be filled with bright and cheerful colours!

Agency for Integrated Care (AIC)

欢迎!

我们希望您会在为这本以新加坡城市为主题的插图册填上颜色的过程中找到喜乐。

这些插画设为不同的难度等级, 适合所有的年长者, 失智症患者, 家人和看护者一同参与! 记得要在填上颜色时, 使用对话提示一同讨论图案中带给年长者的相关回忆。

从中了解彼此, 促进感情!

祝您身心健康, 原您过的每一天都是多姿多彩的!

护联中心 (AIC)

Apa khabar?

Kami berharap anda akan seronok mewarnai ilustrasi-ilustrasi yang mempamerkan pemandangan-pemandangan, bunyi-bunyian, citarasa dan semua yang anda tahu tentang Singapura.

Ilustrasi-ilustrasi berikut sesuai untuk semua warga emas, orang-orang yang hidup dengan demensia, orang-orang tersayang dan penjaga-penjaga. Bincanglah kenangan-kenangan yang anda ingati berkaitan dengan ilustrasi-ilustrasi berikut melalui pembantu perbualan, supaya anda dan orang tersayang boleh mengetahui informasi baru tentang satu sama lain.

Semoga anda sentiasa sihat dan perjalanan hidup anda penuh warna-warni.

Agensi Penjagaan Bersepadu (AIC)

வணக்கம்!

சிங்கப்பூரின் காட்சிகள், ஒலிகள், சுவைகளை மற்றும் சிங்கப்பூரை சார்ந்த பல விஷயங்களை சித்தரிக்கும் எடுத்துக்காட்டுகளை வண்ணம் தீட்டுவதில் நீங்கள் மகிழ்ச்சி அடைவீர்கள் என்று நம்புகிறோம்.

எல்லா மூத்தவர்களையும் முதுமை மறதியுடன் வாழும் மக்களும், அவர்களின் அன்புக்குரியவர்களையும் மகிழ்விக்கும் வகையில் இவ்விளக்கப்படங்கள் அடுக்கி வைக்கப்பட்டுள்ளன. உரையாடல் தூண்டுதல்களைப் பயன்படுத்தி இந்த படங்களுடன் தொடர்புடைய நினைவுகளை பற்றி ஒருவருக்கொருவர் கலந்துரையாடி புதிய தகவல்களை கண்டறிய தவறாதீர்கள்!

பிரகாசமான மகிழ்ச்சி அளிக்கும் வண்ணங்கள் உங்கள் நாட்களை நிரப்பட்டும்! நலமாக இருங்கள்.

ஒருங்கிணைந்த பராமரிப்புக்கான அமைப்பு (AIC)

Benefits of Colouring Activities

Colouring can be enjoyed by everyone; it also provides an avenue for self-care while creatively engaging the senses. While taking part in this pleasant activity, get to know each other better by using the conversation prompts found on pages 8, 22, 37, 54.

Key benefits of colouring activities include:

- Creating social experiences that help to foster bonds across people and different age ranges
- Providing a therapeutic experience, which can be experienced within minutes, which helps to reduce agitation and promote calmness (experts have likened this to a meditative effect as it provides a point of focus, thus quietening the mind)
- Invoking memories/feelings of nostalgia which can be comforting
- Offering an avenue for self-expression when other communication forms may be challenging

Additional Activity Considerations for Persons Living with Dementia

Before beginning a colouring session with your loved ones/clients, consider the following:

- Select a time of day when they are most alert
- Ensure that they are enabled to enjoy the activity best (e.g. wearing clean glasses) and in a conducive environment (e.g. sufficient lighting)
- Provide colouring options (e.g. crayons, paint) to boost creativity but limit the options, if it may be deemed too confusing
- Offer as little assistance as possible to enable independence, unless required
- Keep in mind that the session is about meaningful engagement and not solely about the outcome
- To optimise enjoyment, the colouring activity can take place over a few sessions, if required

Self-Care Tips for Caregivers

Self-care includes anything that can be done to keep you healthy and happy. Engaging in colouring activities, even if for a few minutes, can give your mind and body a chance to reset.

- Through colouring and conversations with your loved one/client, you can find out more about their history, likes and dislikes as well as information which can be beneficial in the caregiving journey
- Colouring provides a simple way to enhance focus and be present in the moment, which can help reduce anxiety
- Colouring during challenging times provides an avenue that is controllable, offering a sense of accomplishment which can lead to feelings of positivity

Find out more about self-care through the resources below!

Importance of Self-Care:



[www.aic.sg/caregiving/
caregiver-self-care](http://www.aic.sg/caregiving/caregiver-self-care)

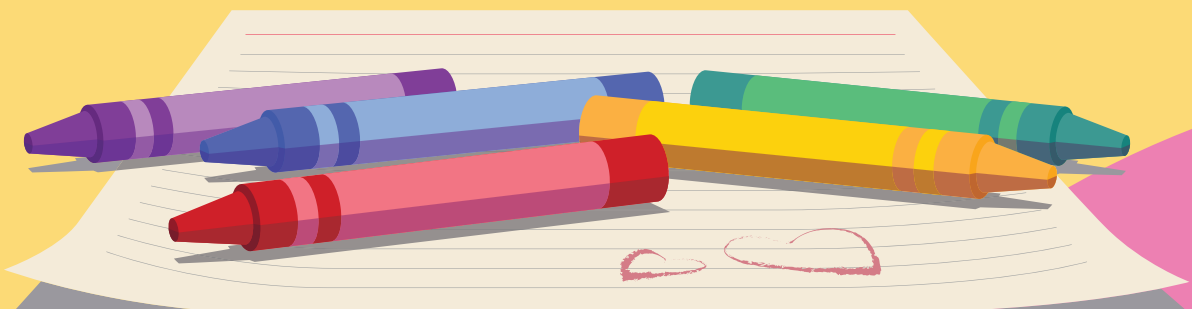
Living with Dementia: A Resource Kit for Caregivers - Caring for Yourself



[www.aic.buzz/
dementia-book2](http://www.aic.buzz/dementia-book2)

Consider these other activities and practices for sustained positive self-care:

- 1 Exercise regularly, or as often as you can
- 2 Join a caregiver support network
(Visit www.aic.buzz/cg-selfcaretips for a list of available support groups for caregivers)
- 3 Exercise self-compassion and celebrate small victories
- 4 Practise simple breathing exercises for 10 minutes a day
- 5 Try a mind-body practice like yoga, *Taichi* and deep relaxation techniques
- 6 Pamper yourself (e.g. going for a massage)
- 7 Eat a balanced diet and get quality sleep
- 8 Remain socially connected by talking to supportive friends and family members
- 9 Spend time doing activities you enjoy
- 10 Ask for help when you need it

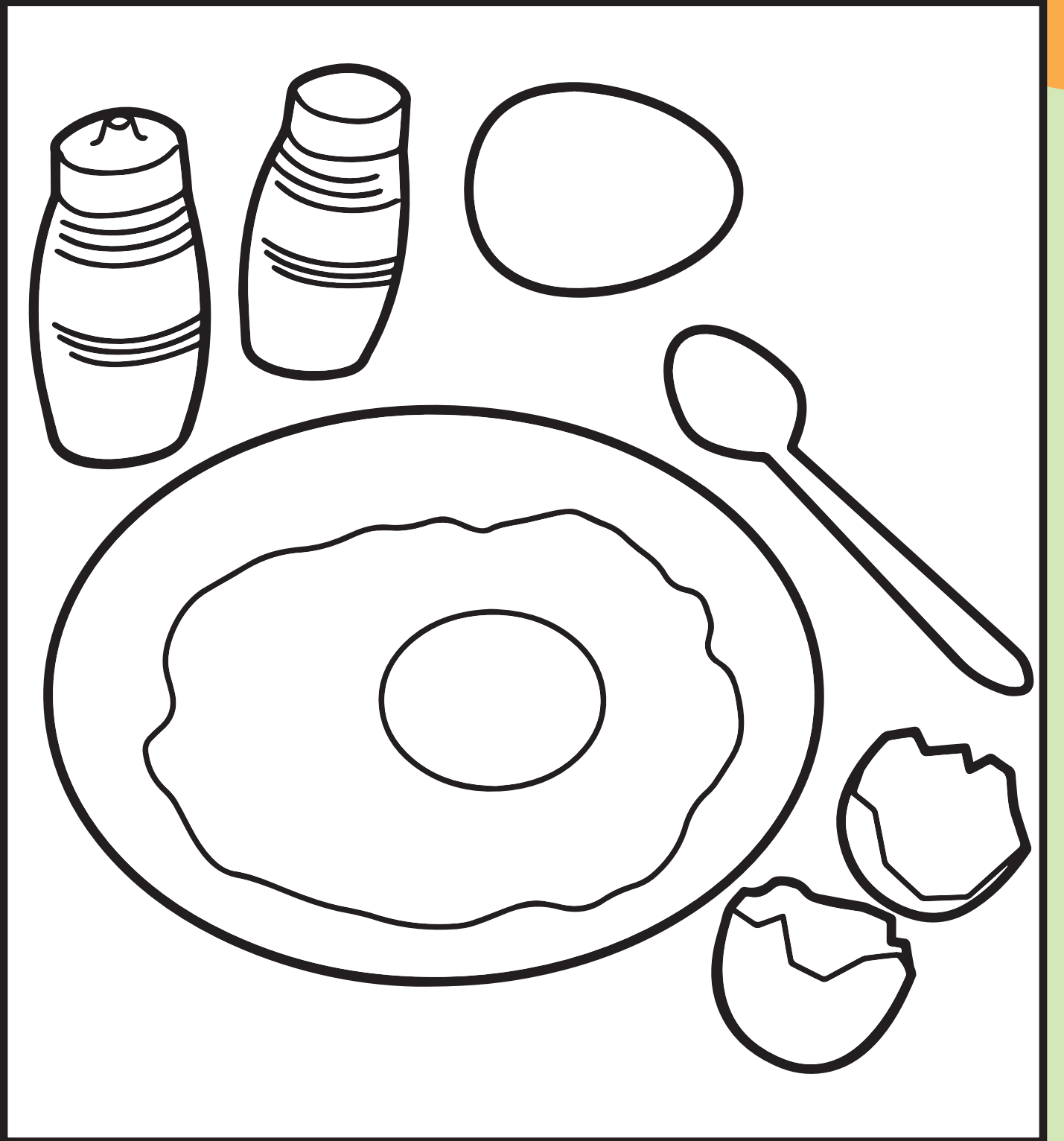


Eat Already?

吃饱没?

Dah Makan?

நீங்கள் சாப்பிட்டீர்களா?

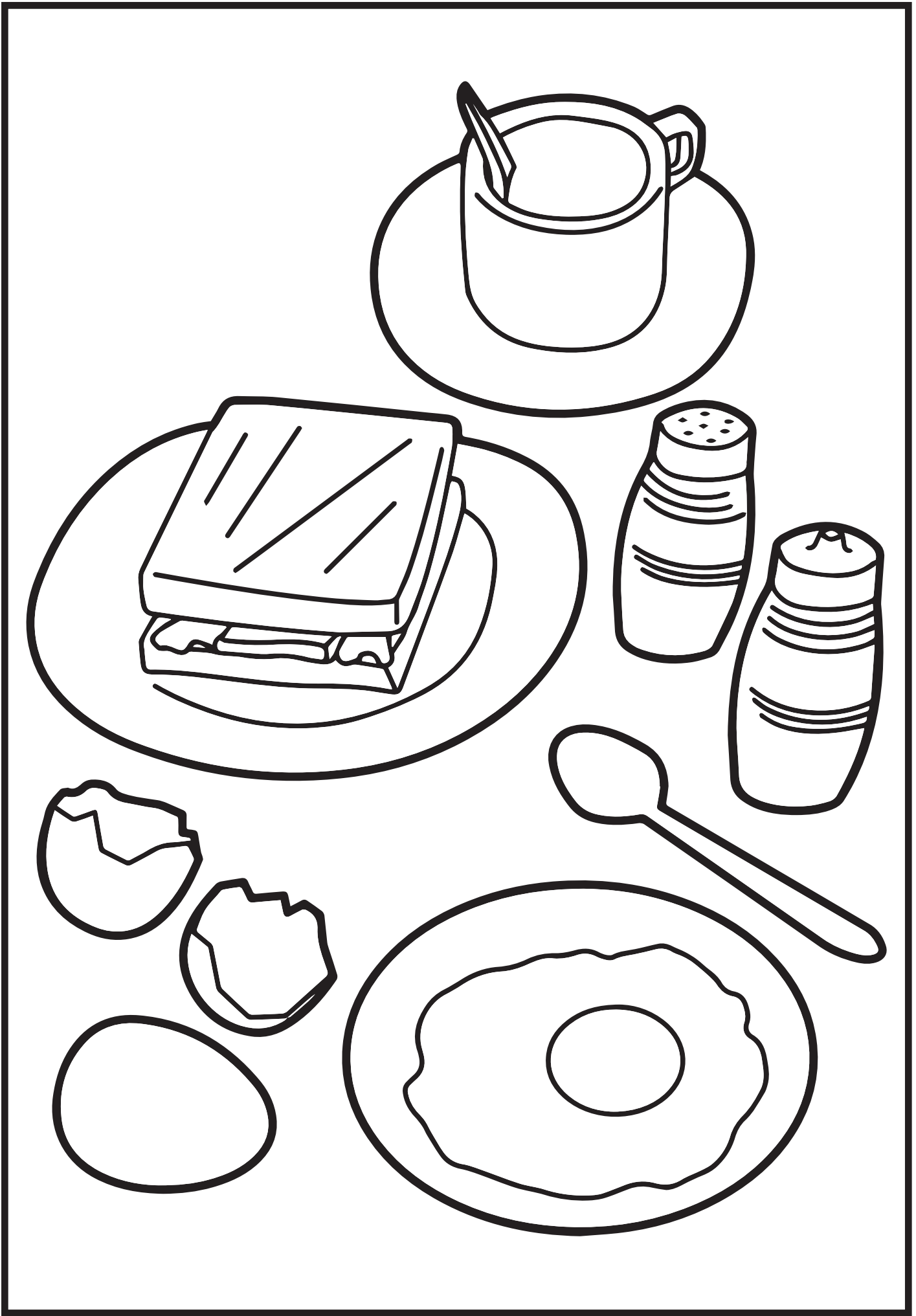


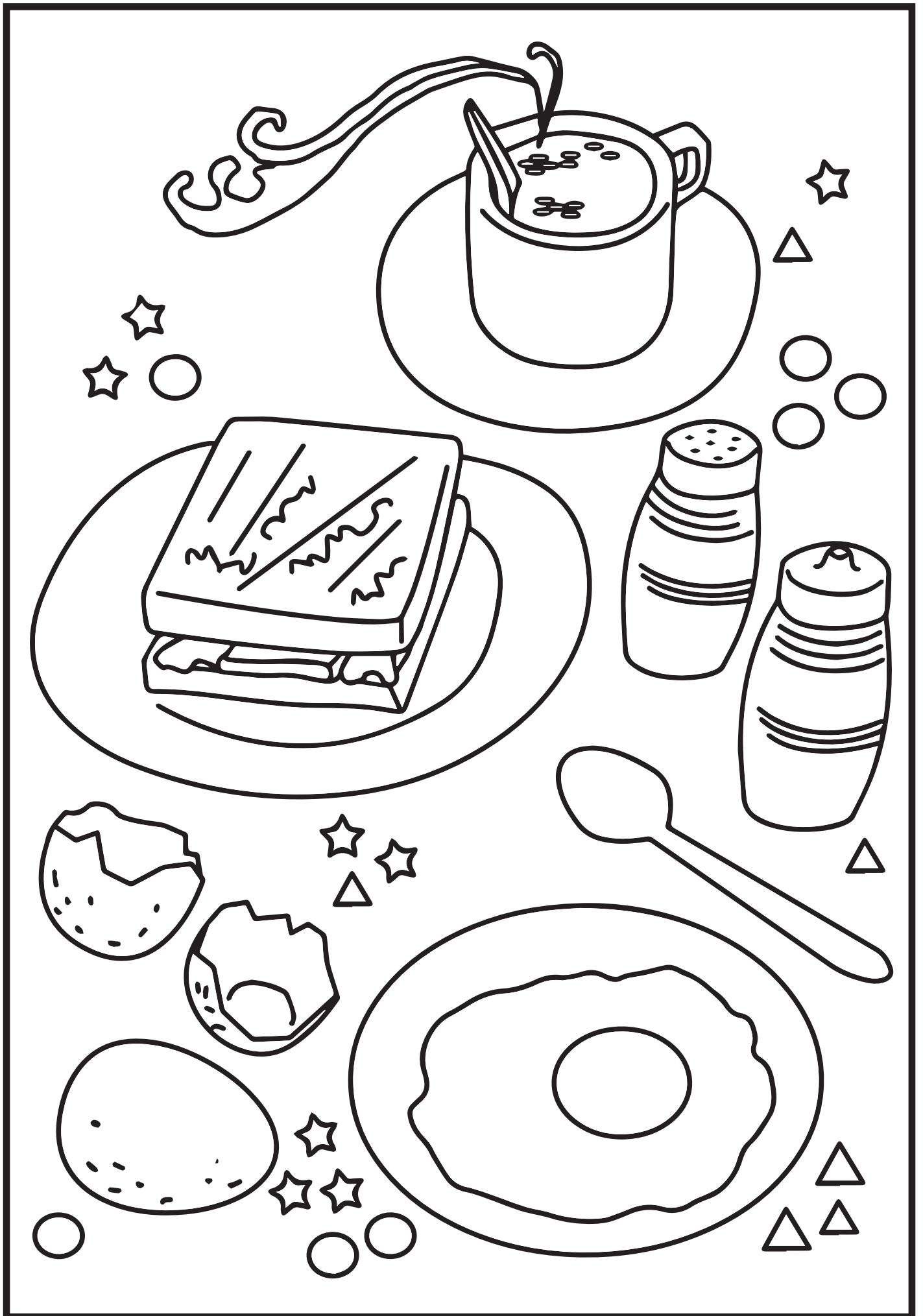
CONVERSATION PROMPTS

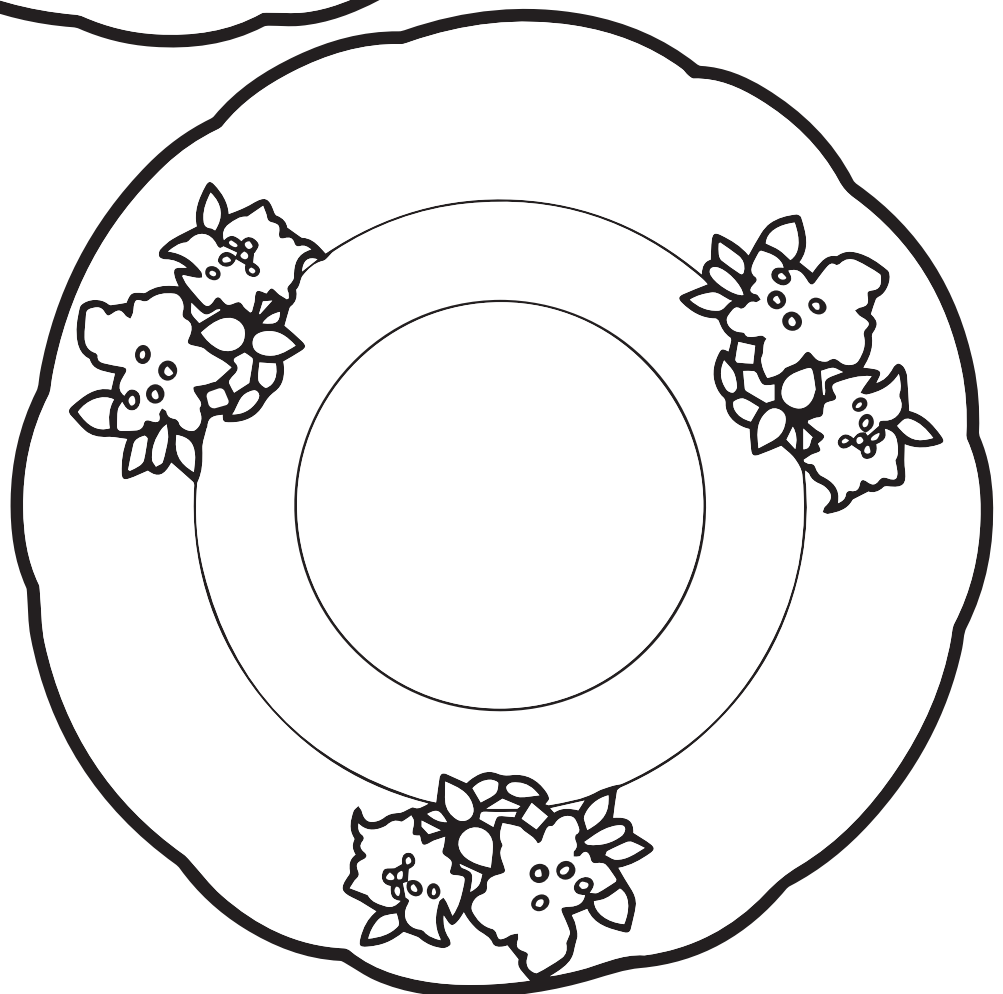
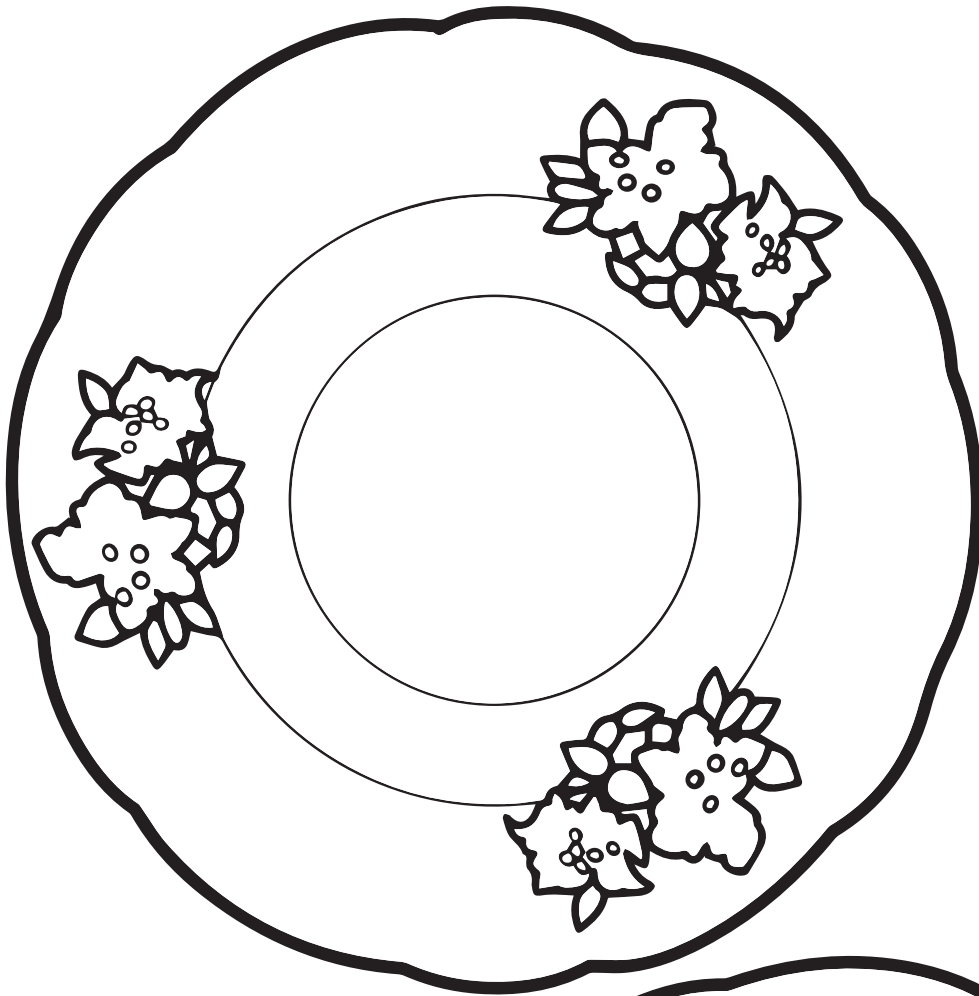
(Explore these questions during the activity. What others might you want to ask?)

- 1 What is your happiest memory related to mealtime when you were growing up?
- 2 How do you like your *kopi/teh* (coffee/tea), and where is the best place to get it?
- 3 What is your favourite item to cook, and why?
- 4 What is one food item that you find is harder to get these days?
- 5 What was a common way to *tabao* (takeaway) food and drinks when you were young?
- 6 What do you remember of your first time trying durian, and do you have a favourite type?
- 7 Have you ever tried any of these snacks? Which do you like most, and why?
- 8 How much did such biscuits cost when you were growing up?
- 9 What is your favourite hawker food item, and where is the best place to eat it?
- 10 What is your favourite food item now, and why?

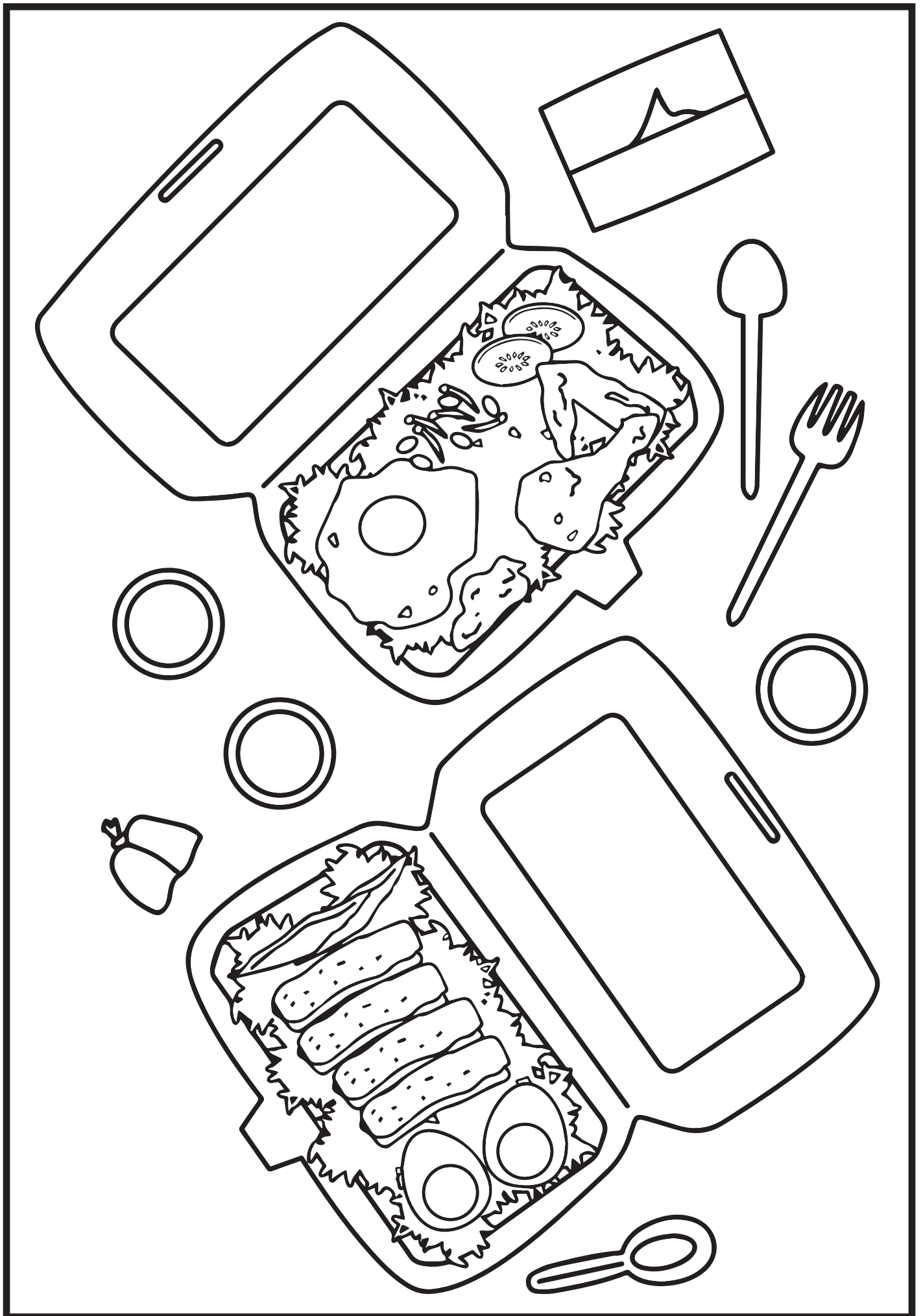


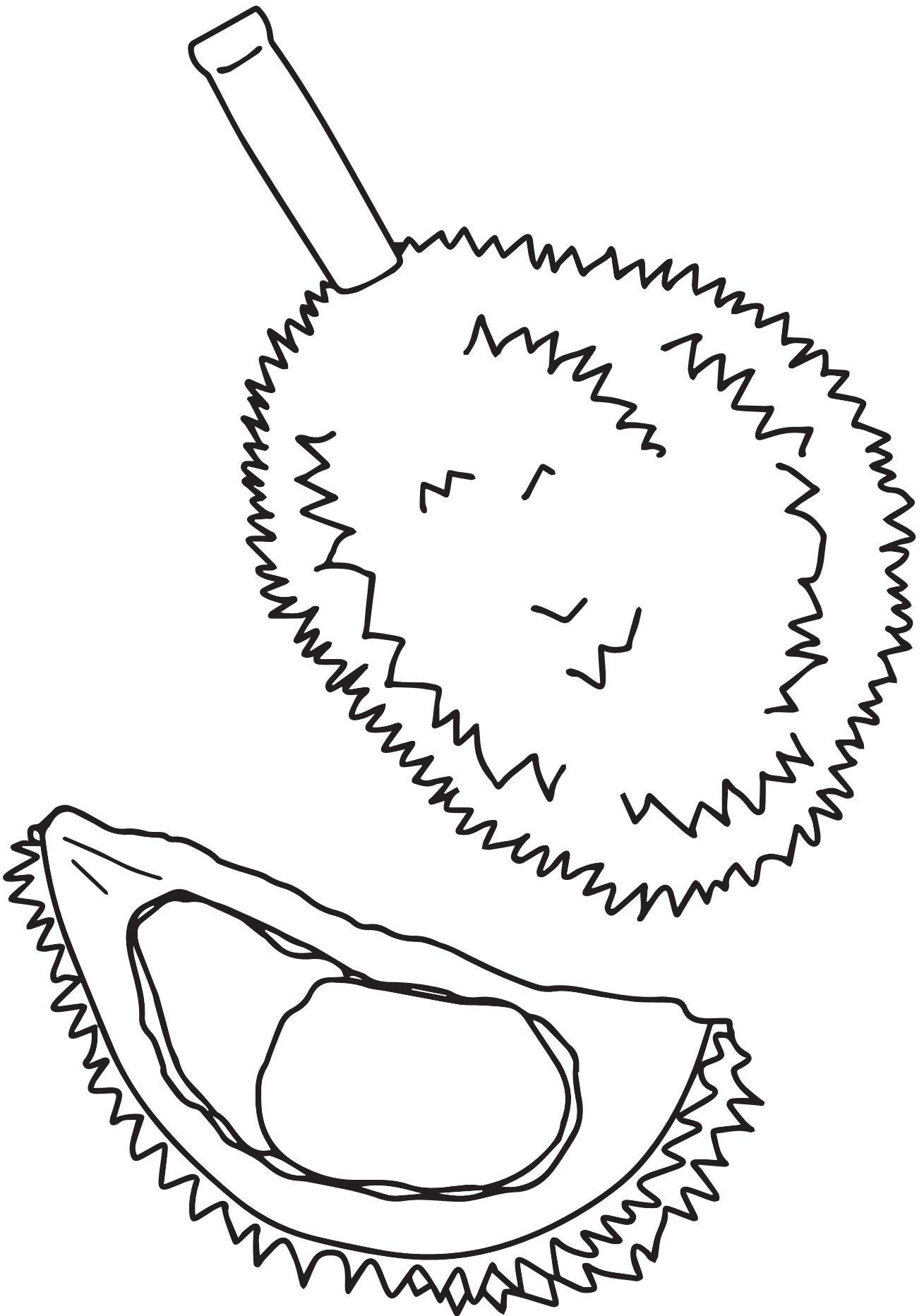


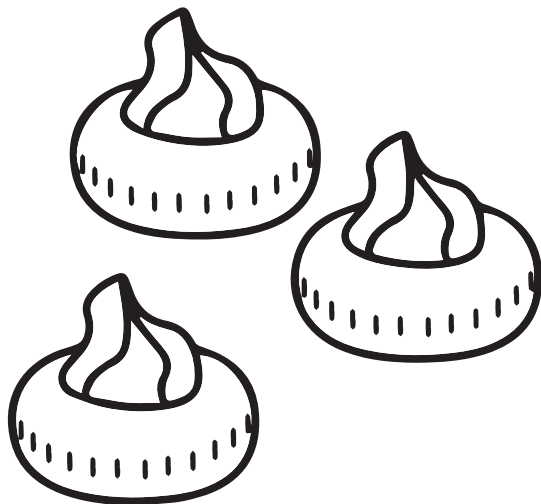
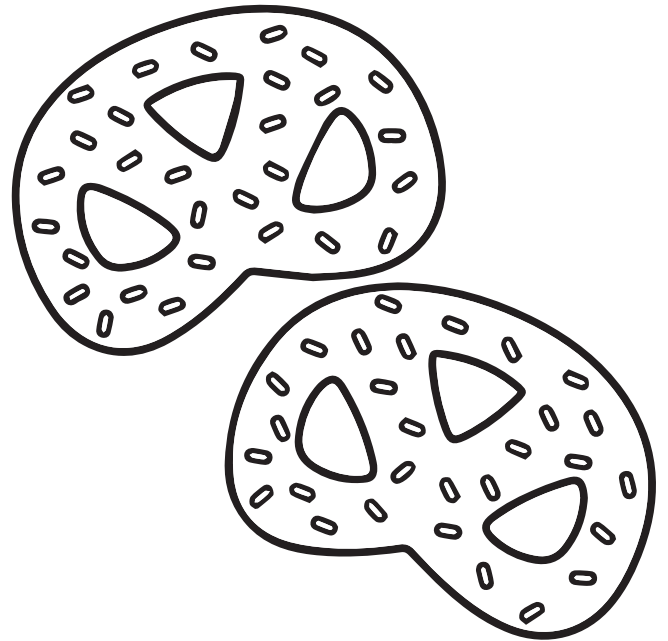
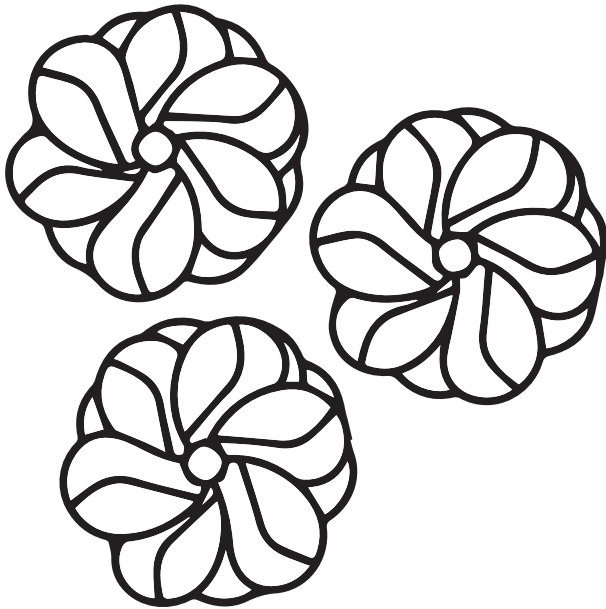
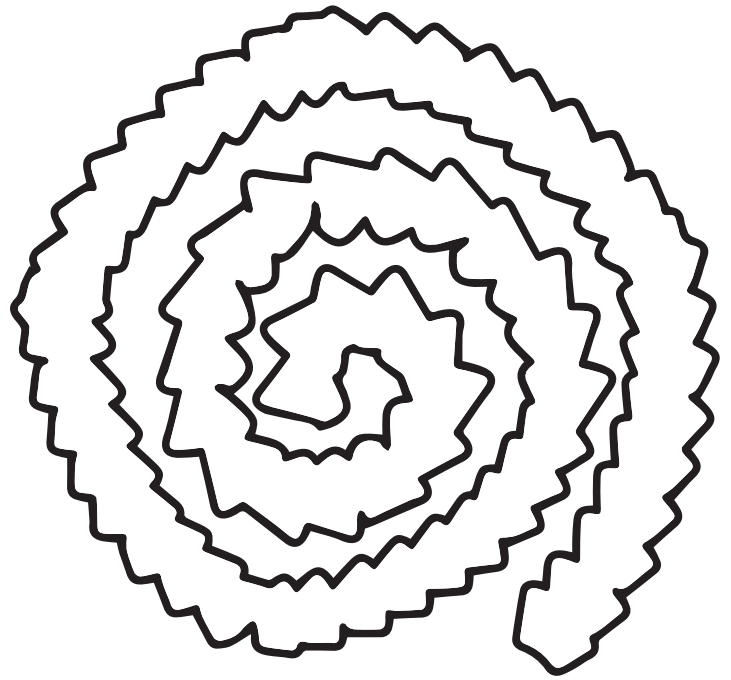
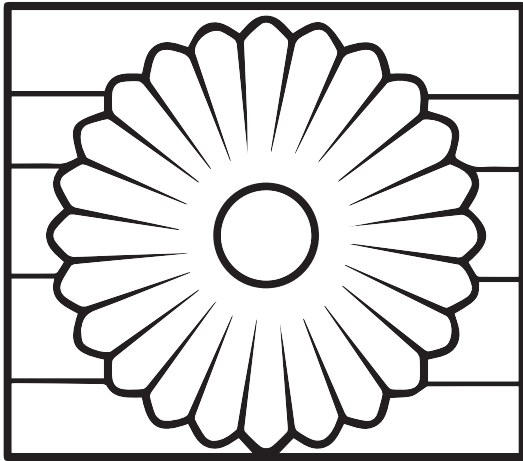


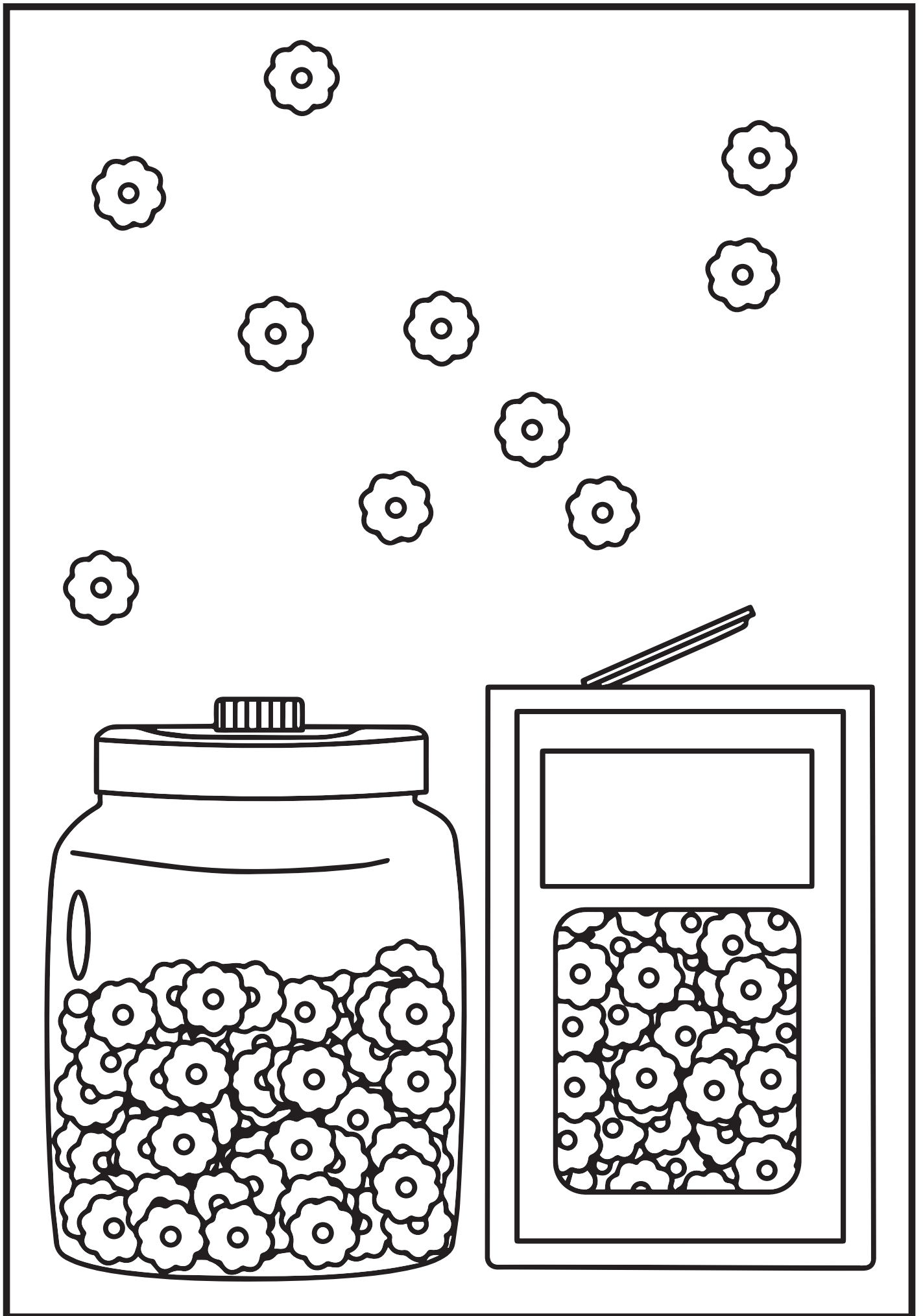


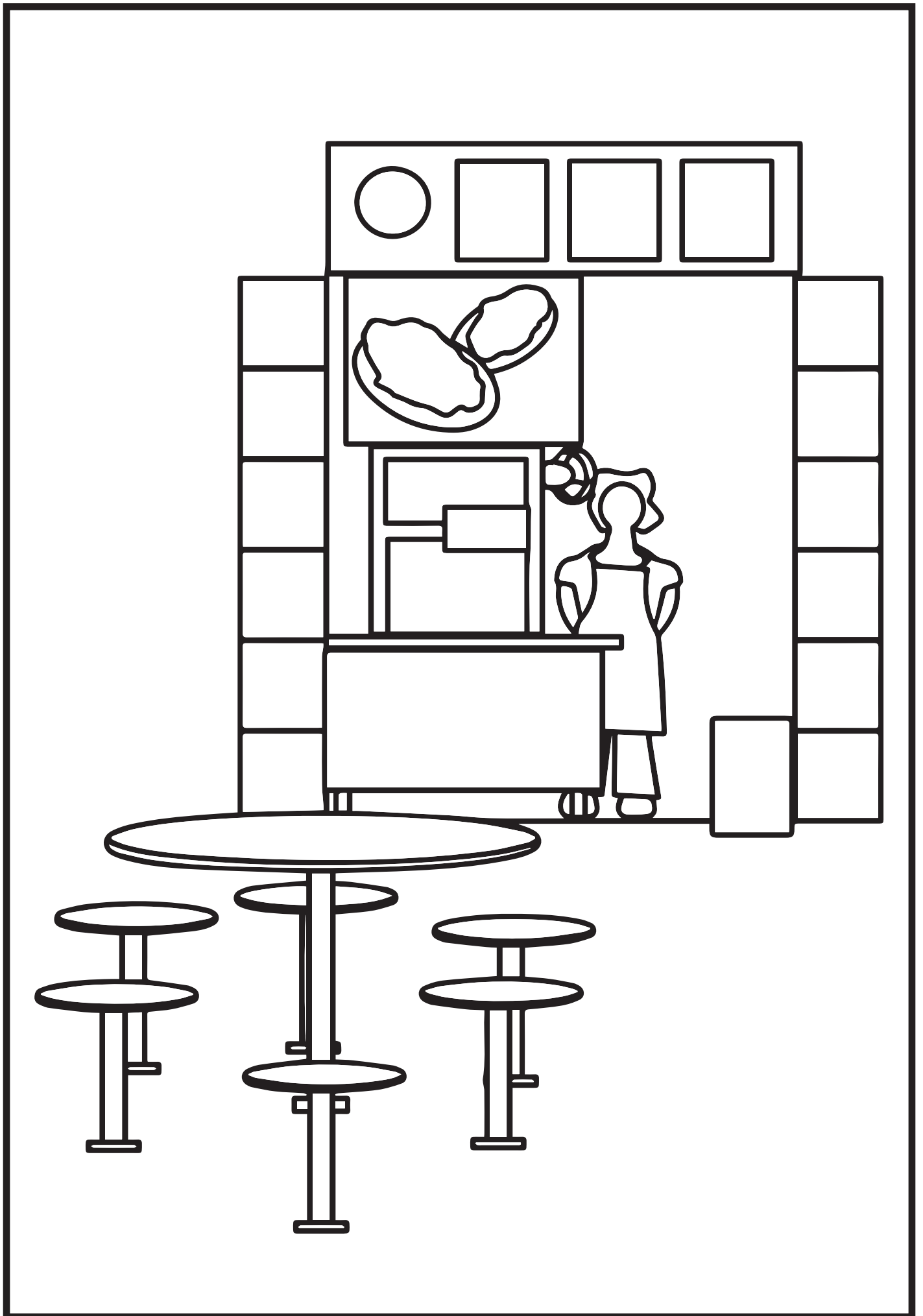


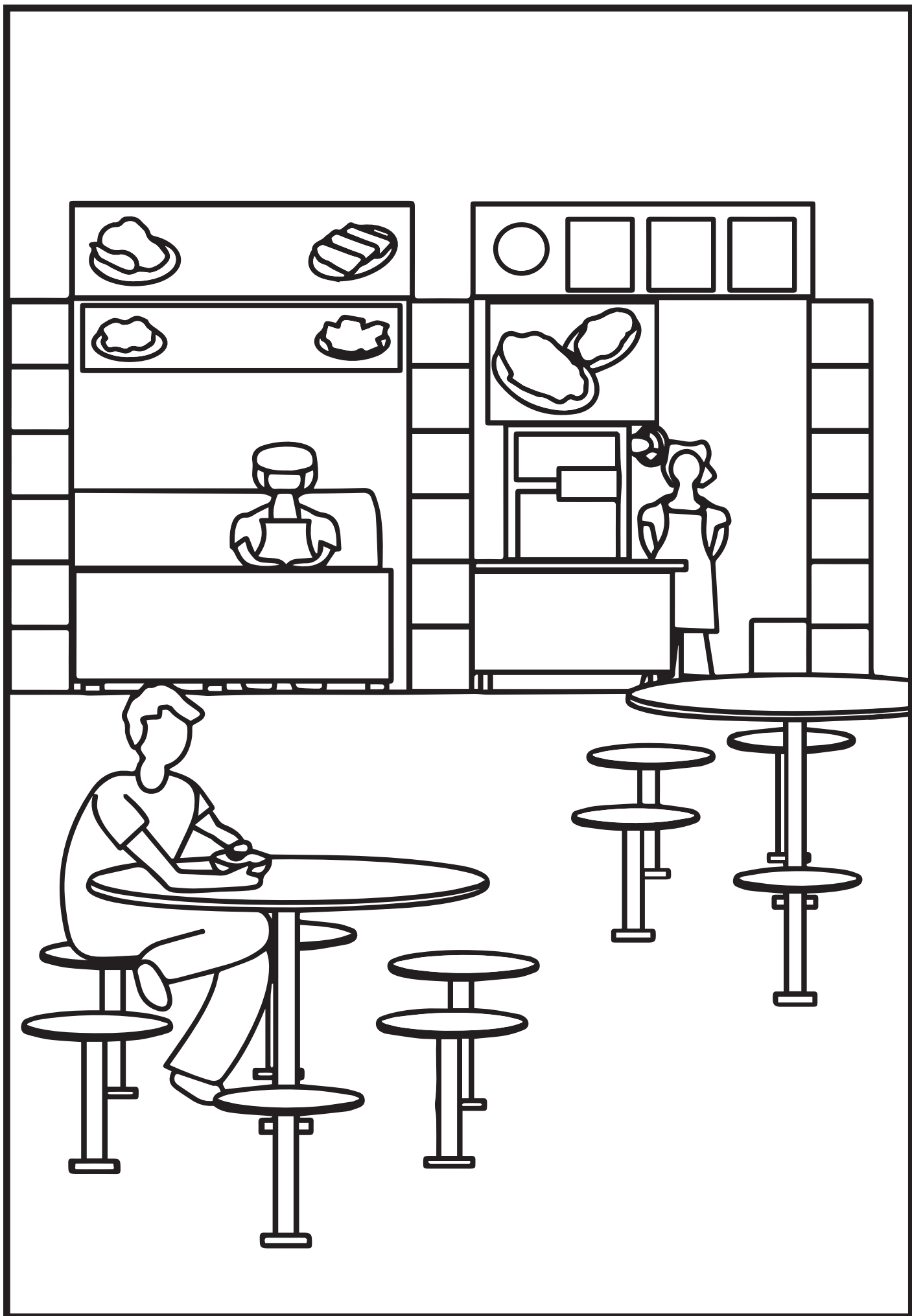


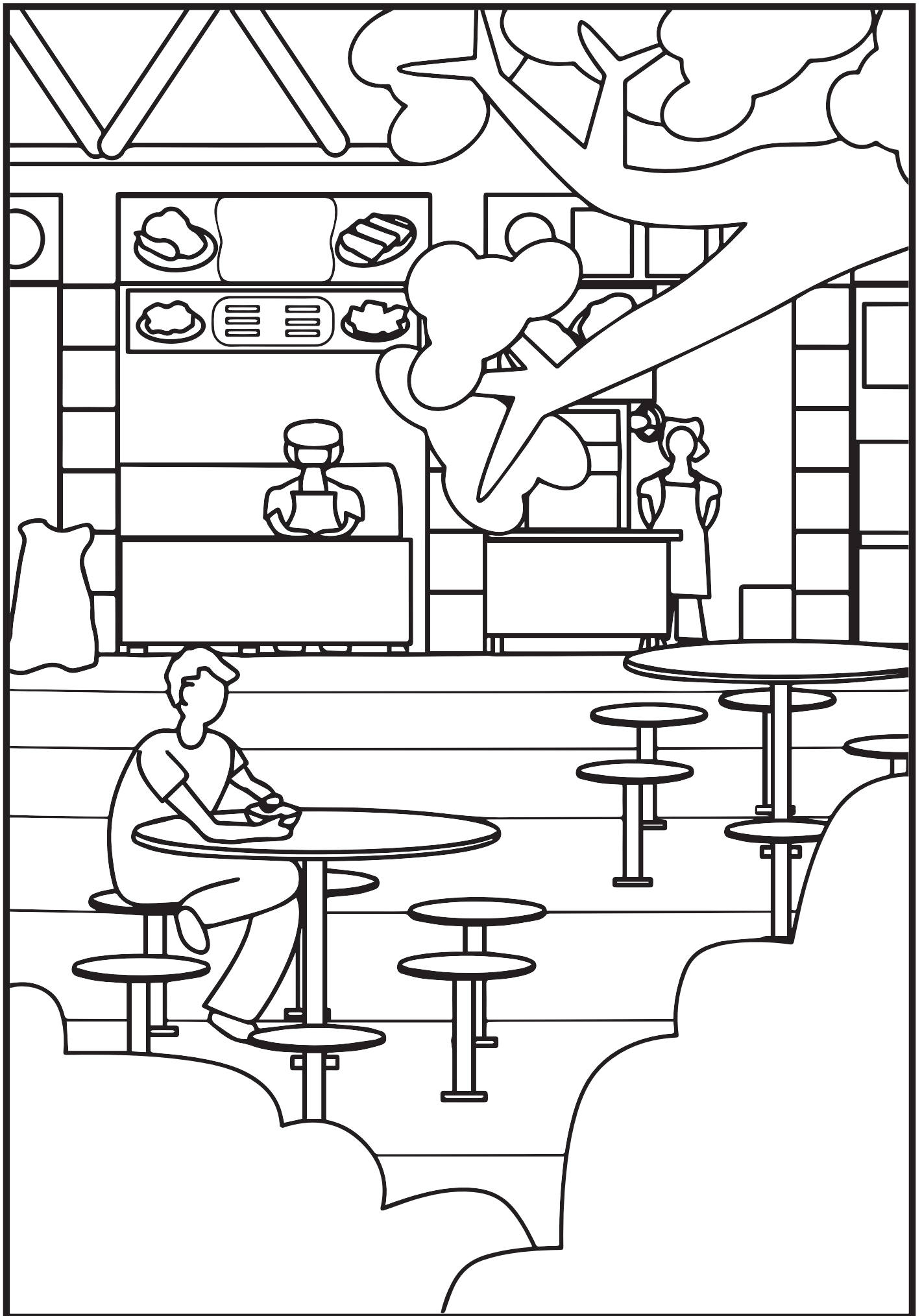


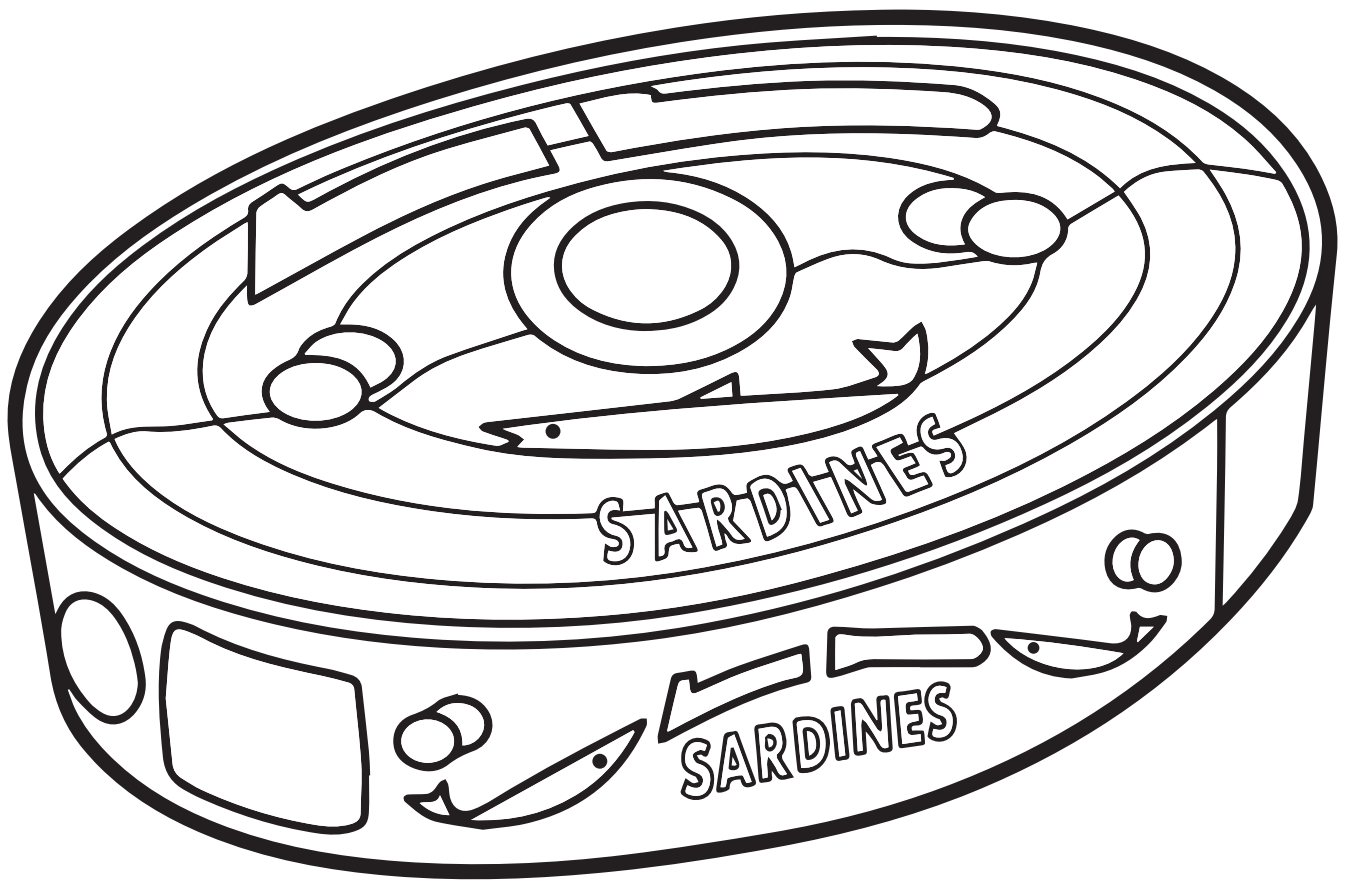










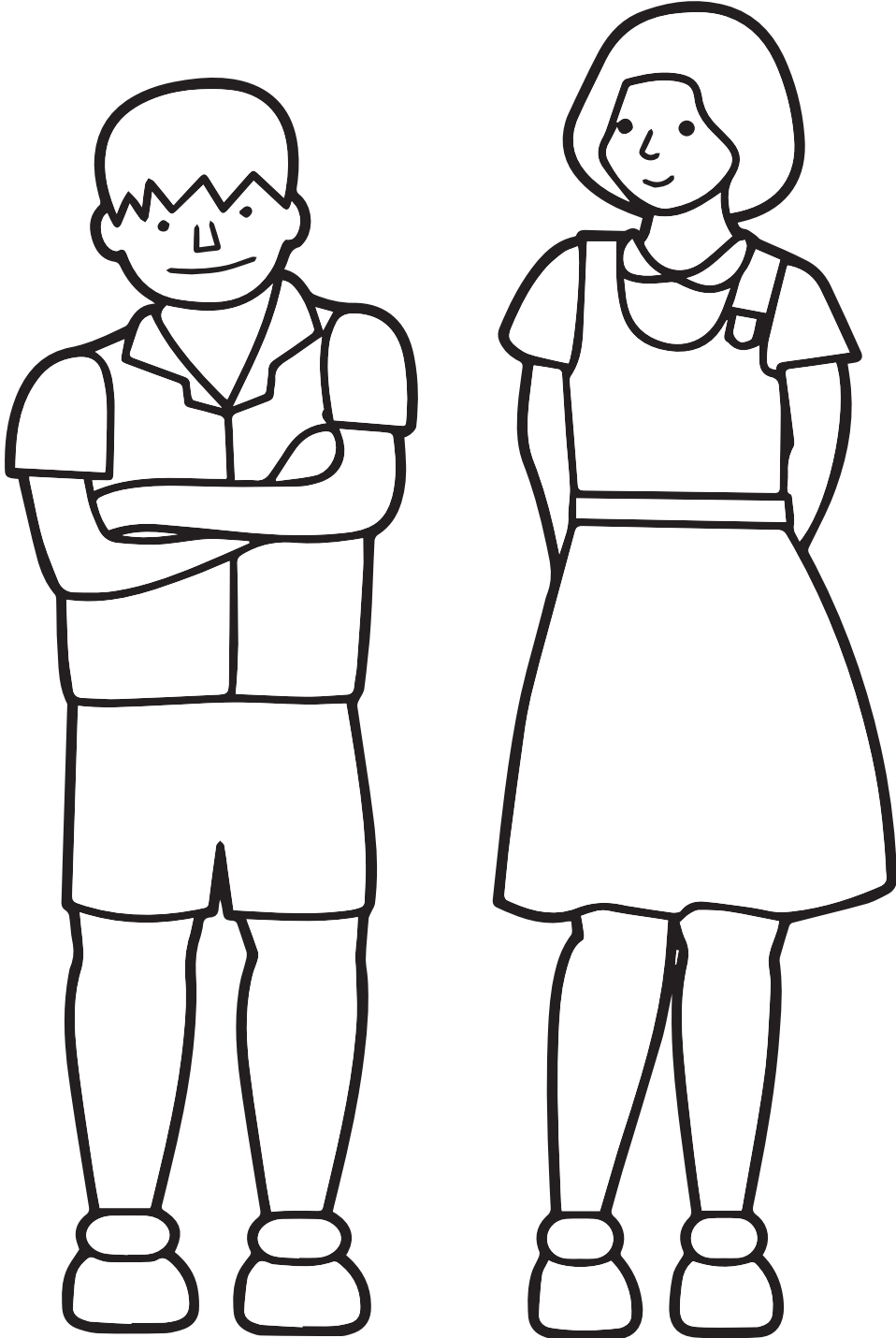


Wear Nice Nice!

穿美美!

Cantiknya Baju!

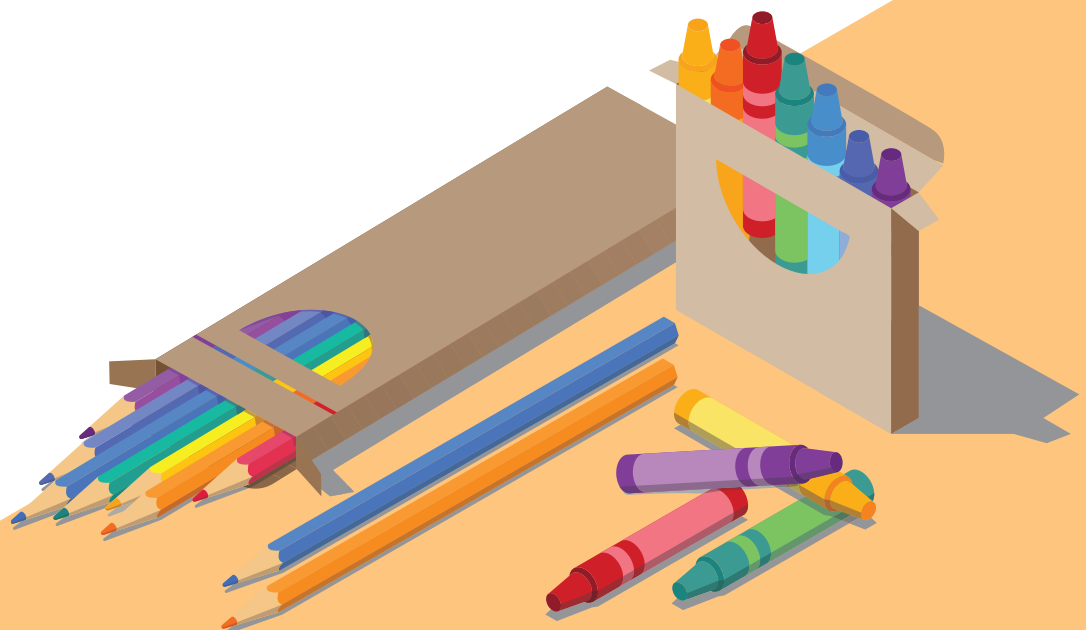
அழகான ஆடைகளை அணியுங்கள்!

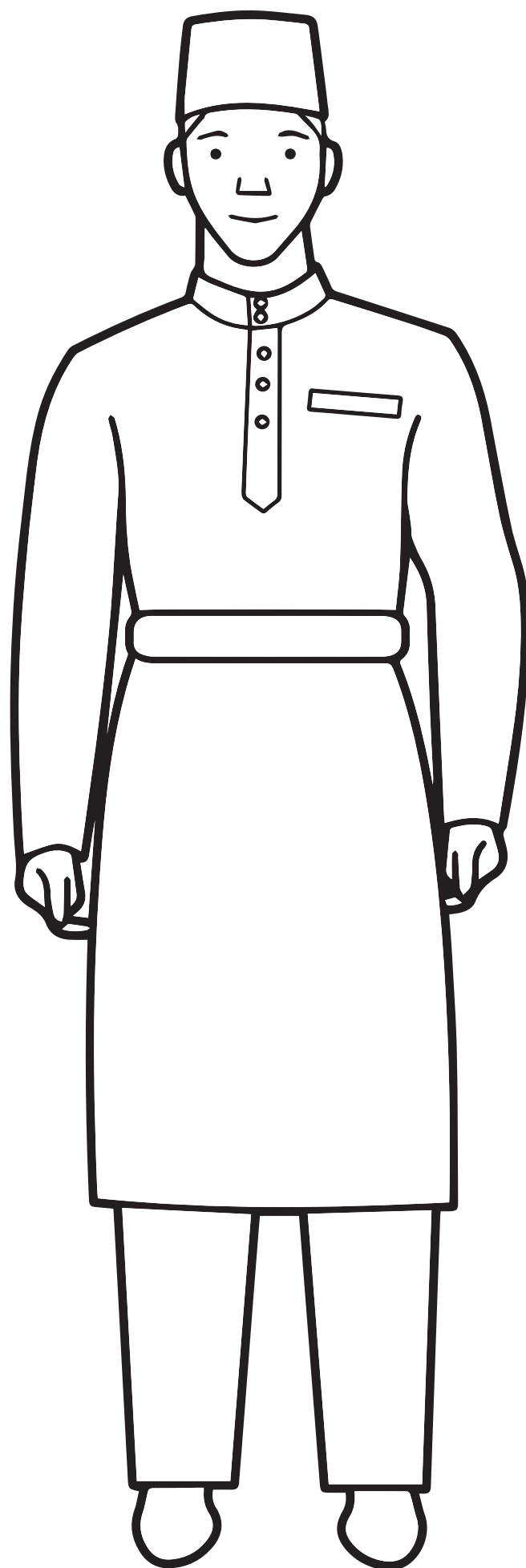


CONVERSATION PROMPTS

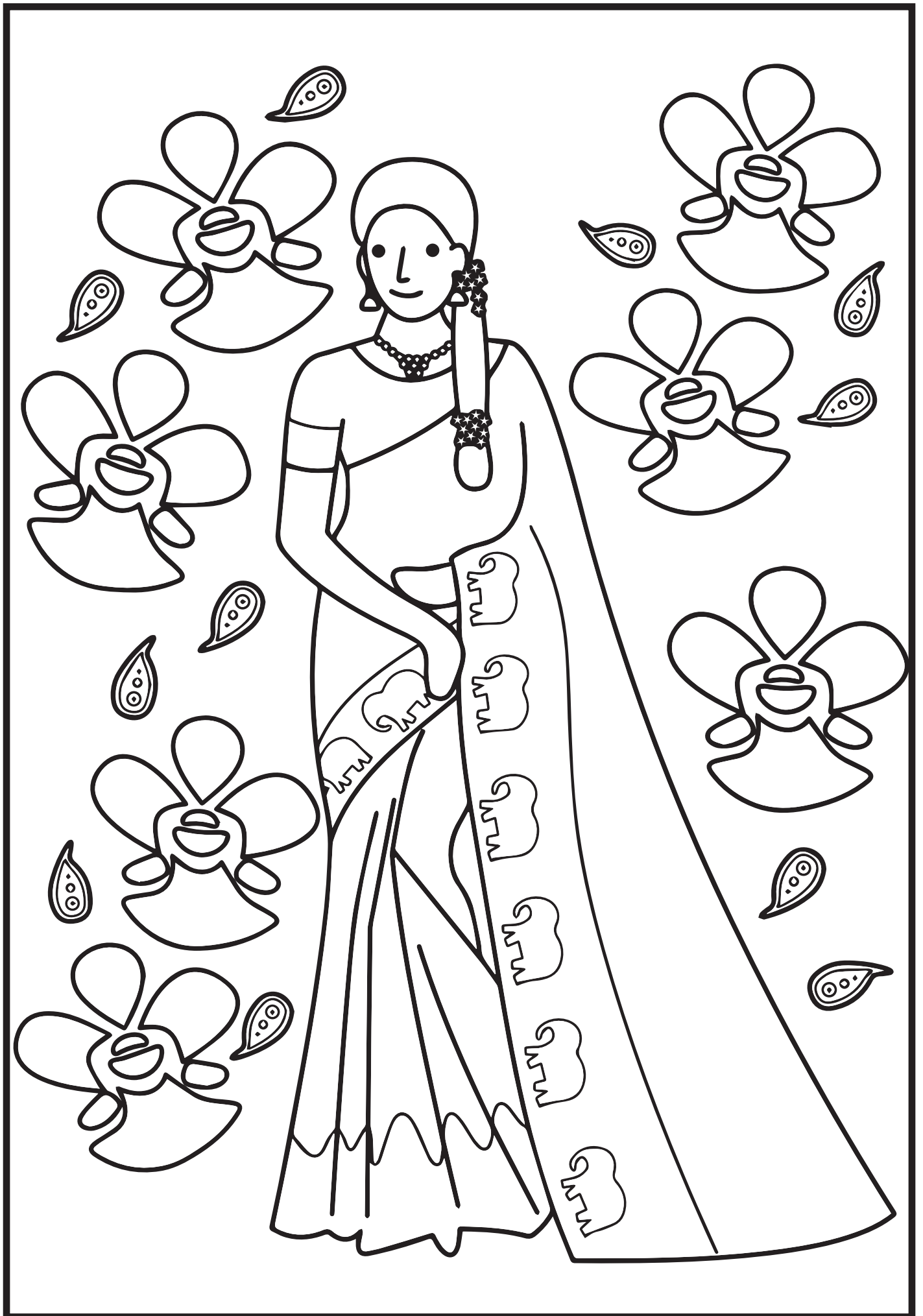
(Explore these questions during the activity. What others might you want to ask?)

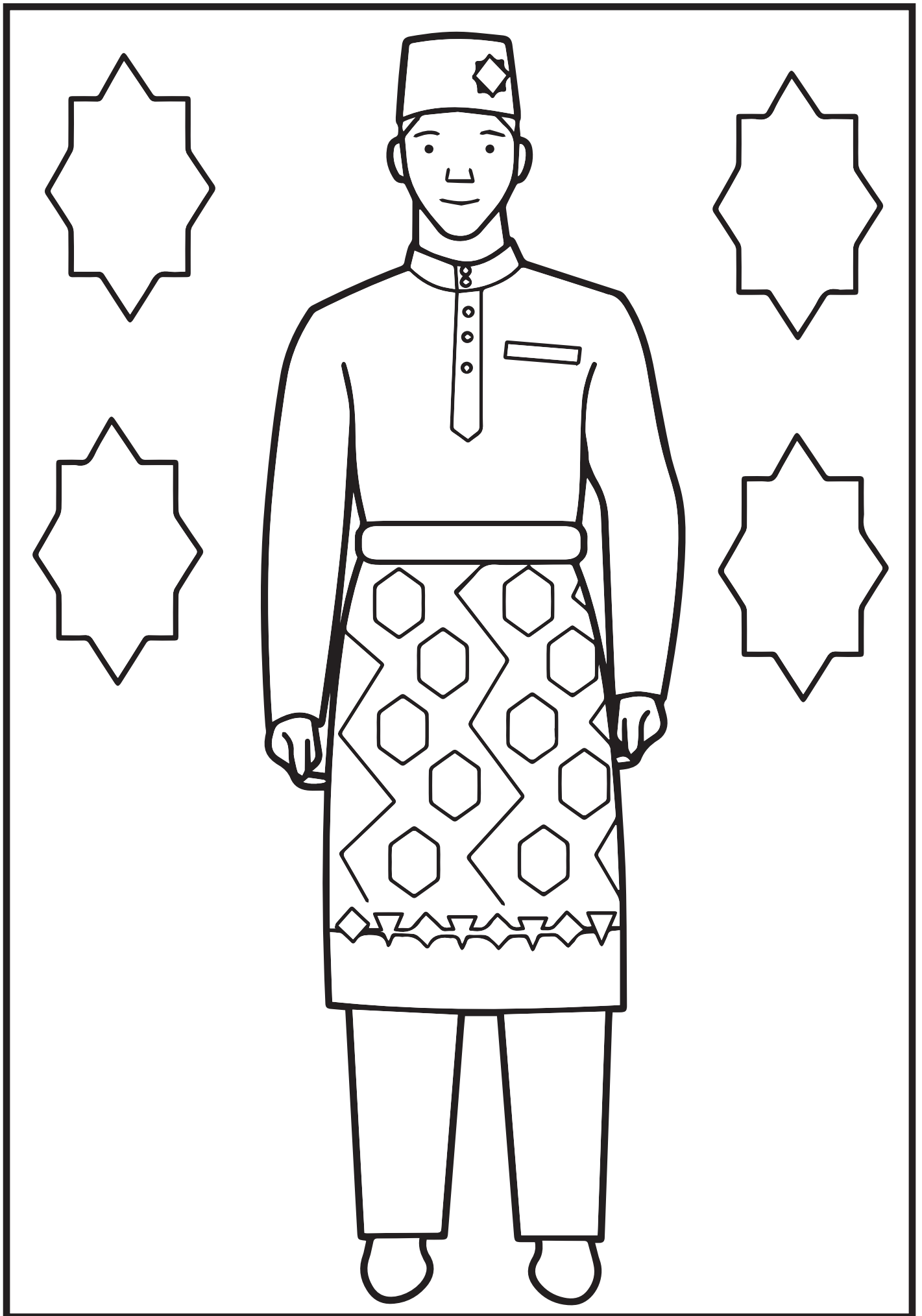
- 1 What do you think of when you see school uniforms, and why?
- 2 Have you or any close friends/family worn any of these outfits? When?
- 3 Of all the ethnic costumes in Singapore, which is your favourite, and why?
- 4 What was the most popular style of fashion when you were growing up?
- 5 What was the first clothing item you bought for yourself? What made you choose it?
- 6 When you see a *Sarong Kebaya*, what do you think of?
- 7 What kind/brand of grooming product (e.g. hair cream, cologne, make-up, etc.) was popular when you were younger?
- 8 Who is the most stylish person (e.g. friend, family, celebrity, etc.) you know, and why?
- 9 What is your favourite clothing item now, and why?
- 10 What do you think about the fashion of the present generation?

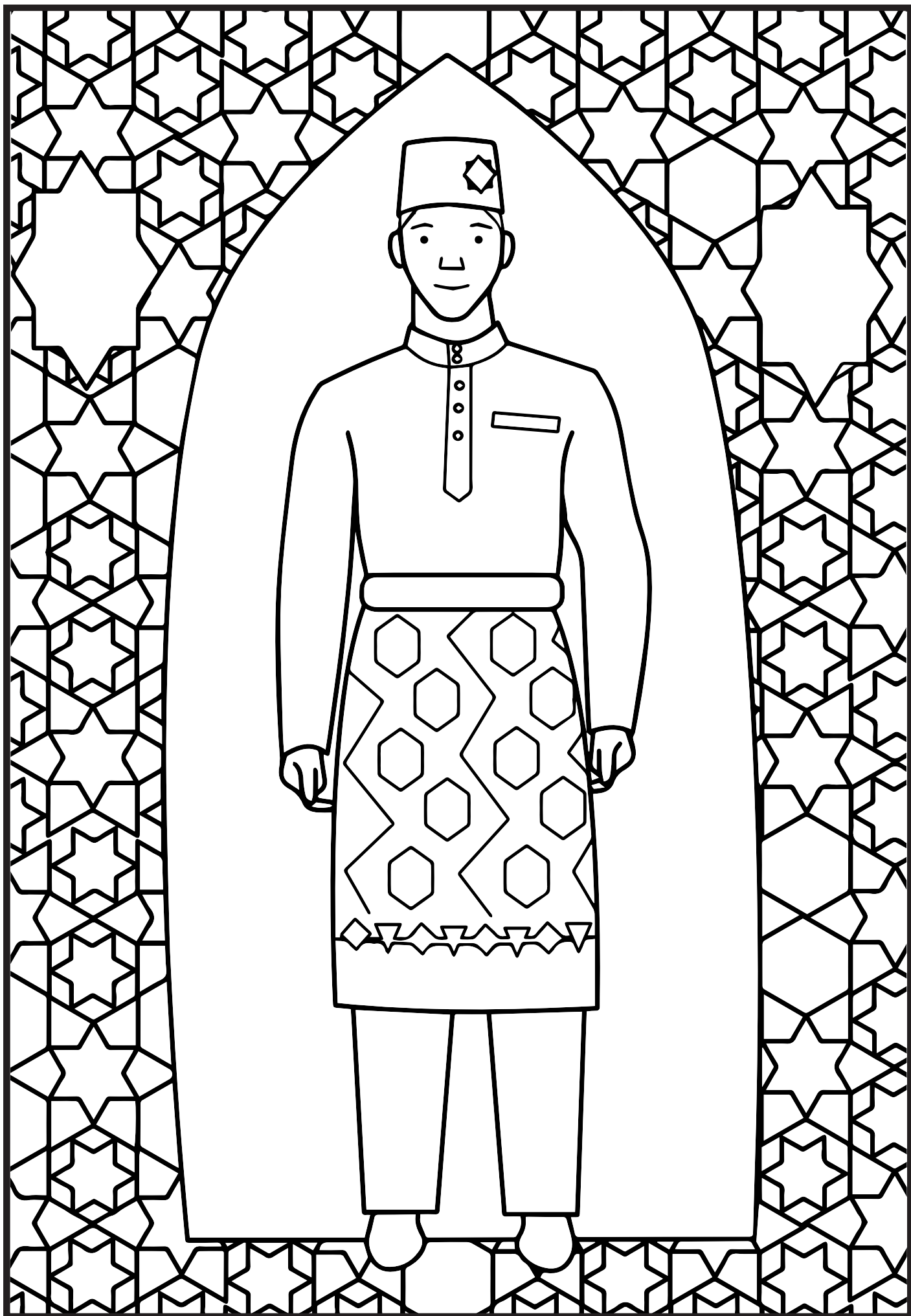


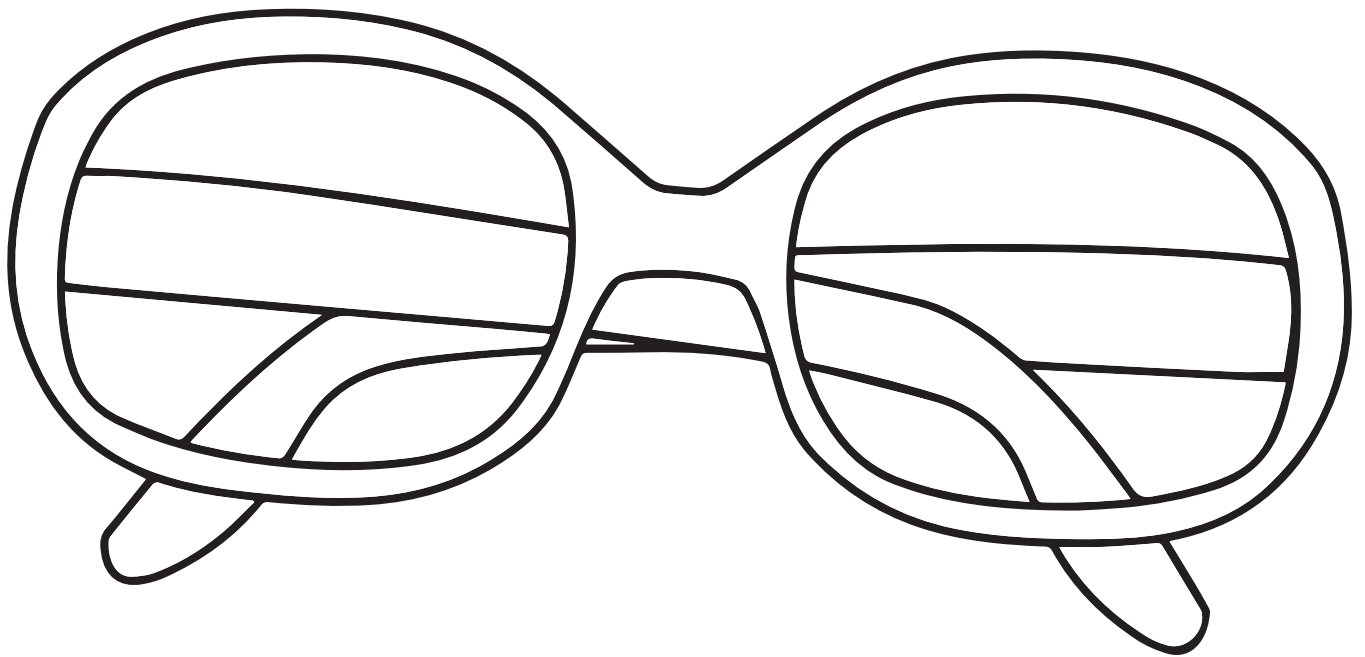
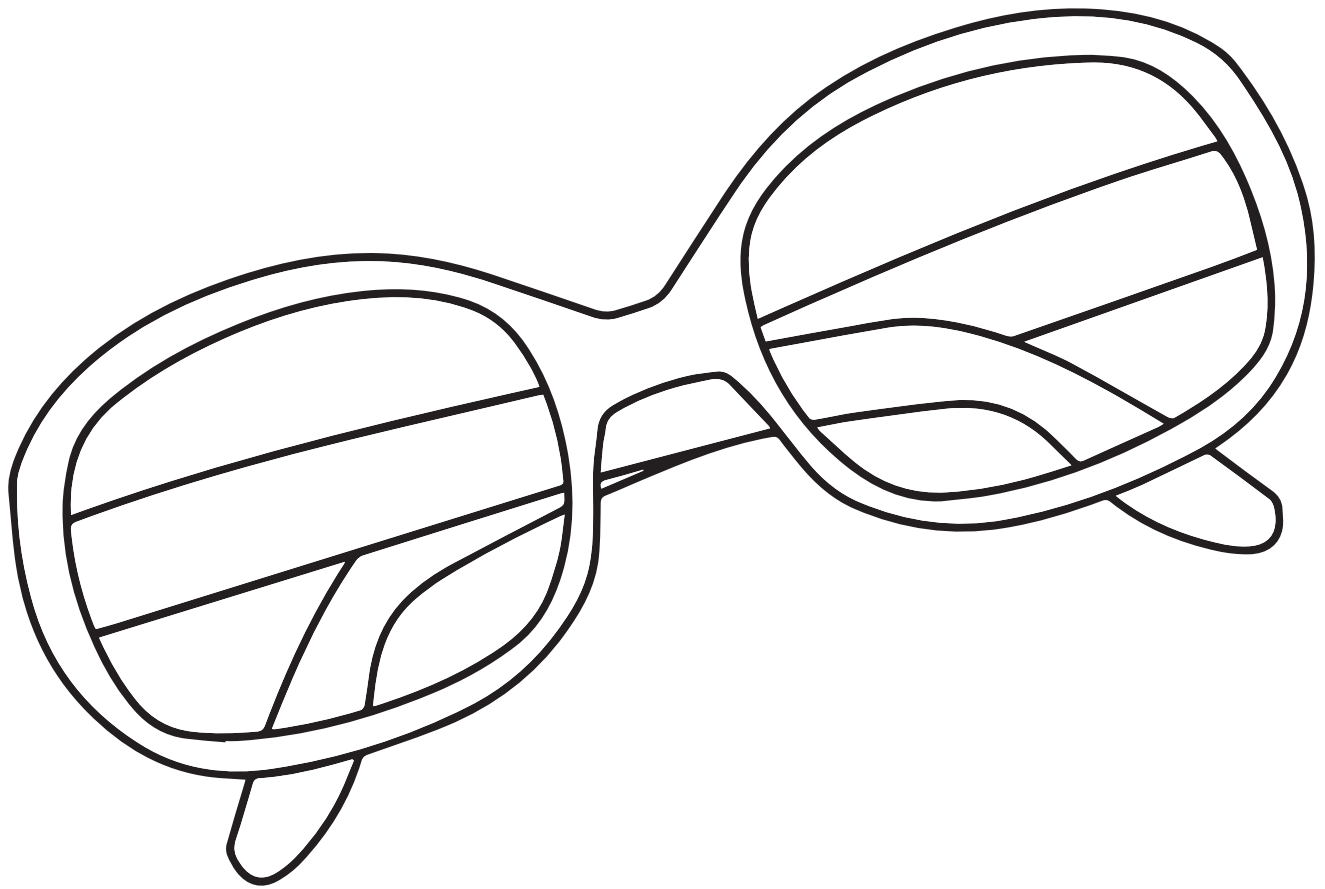


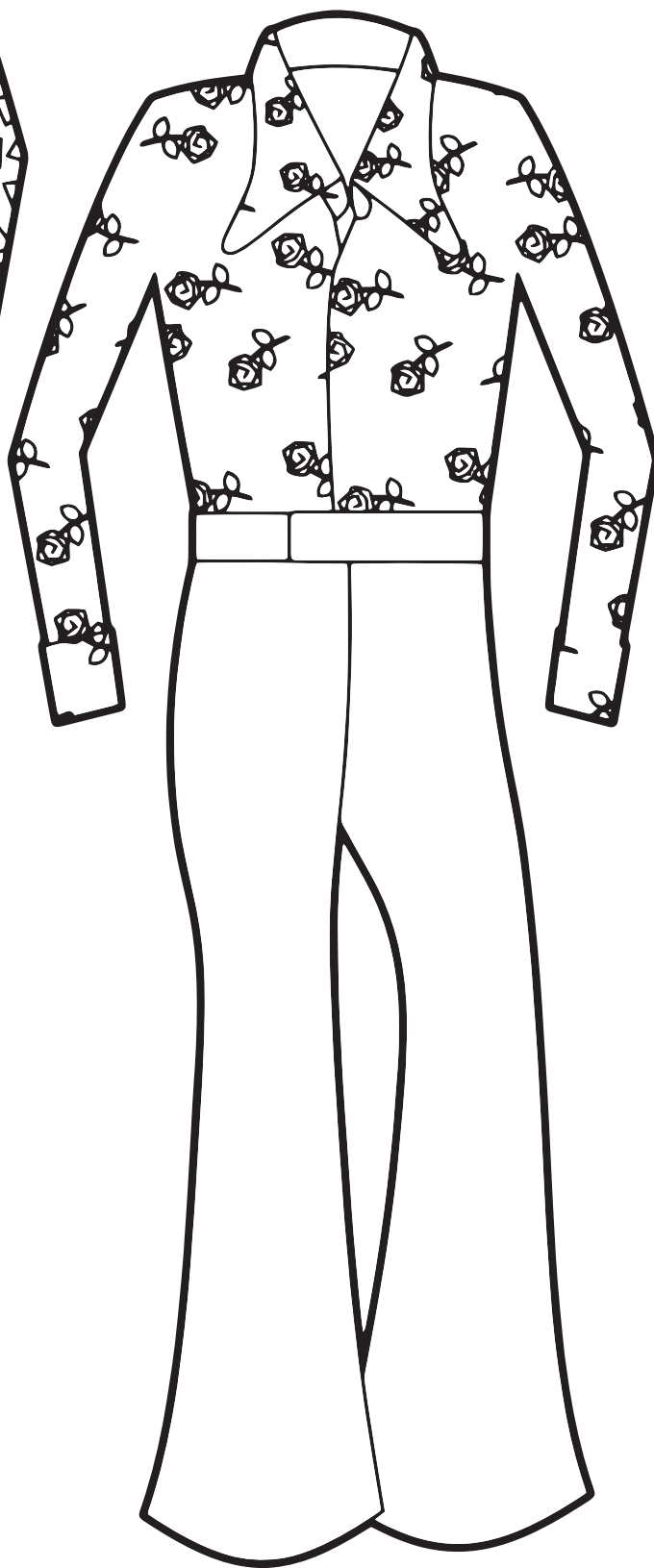
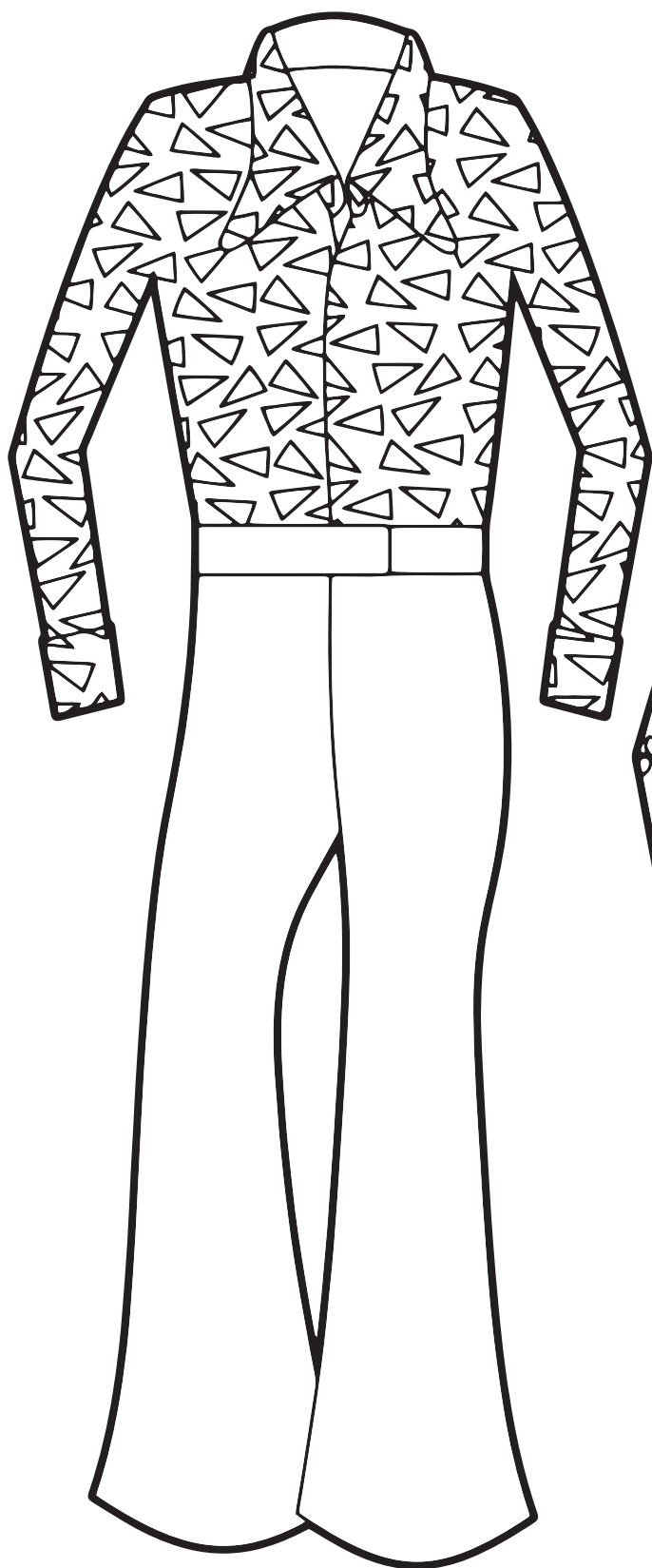


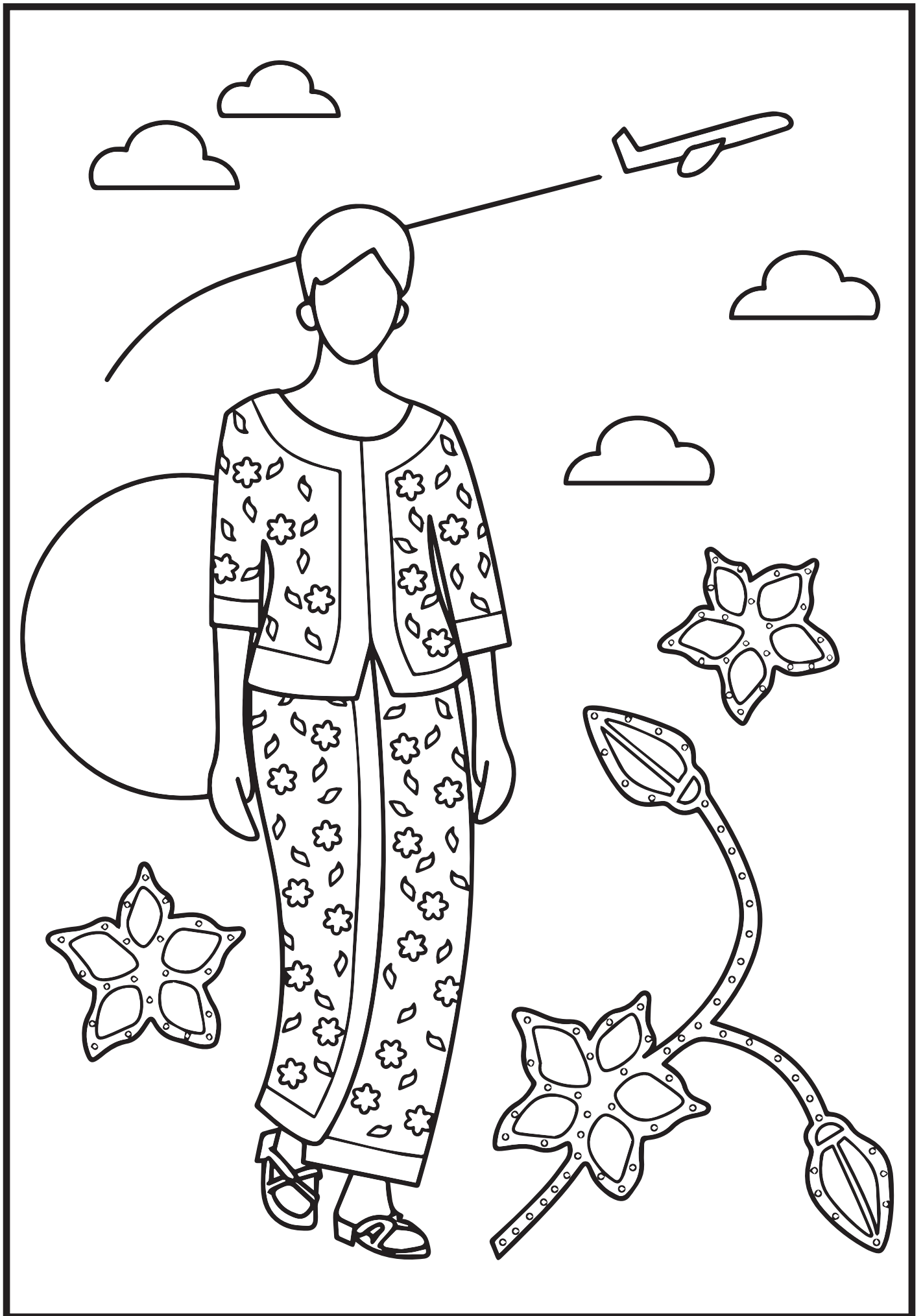


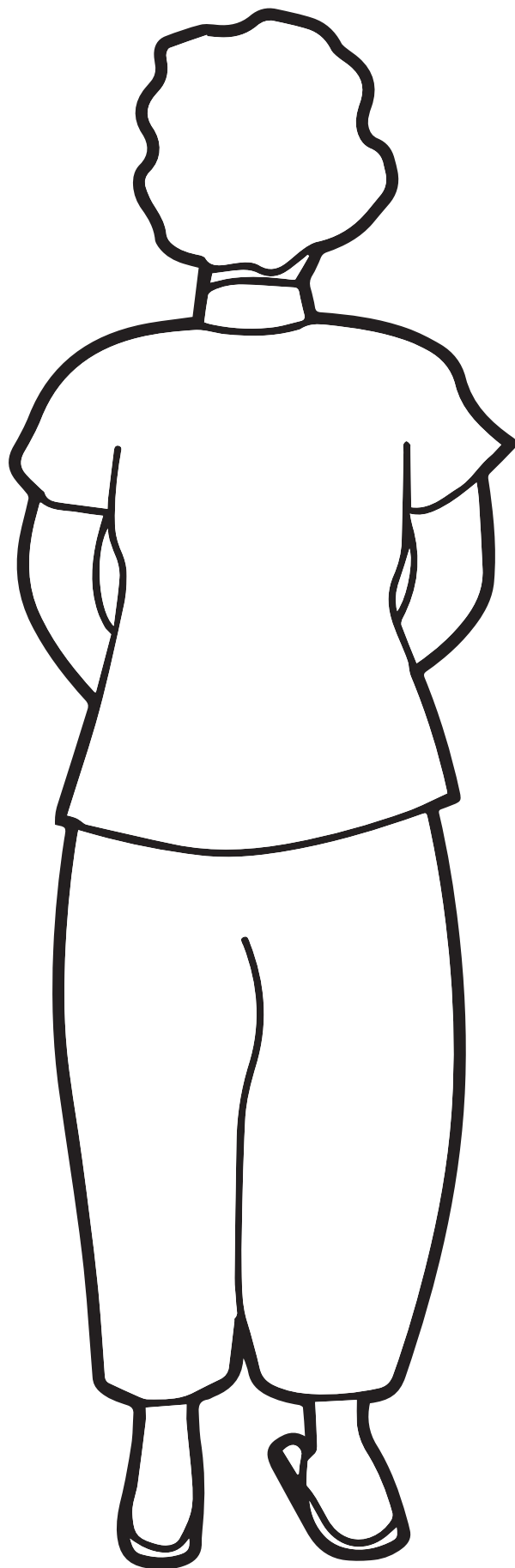
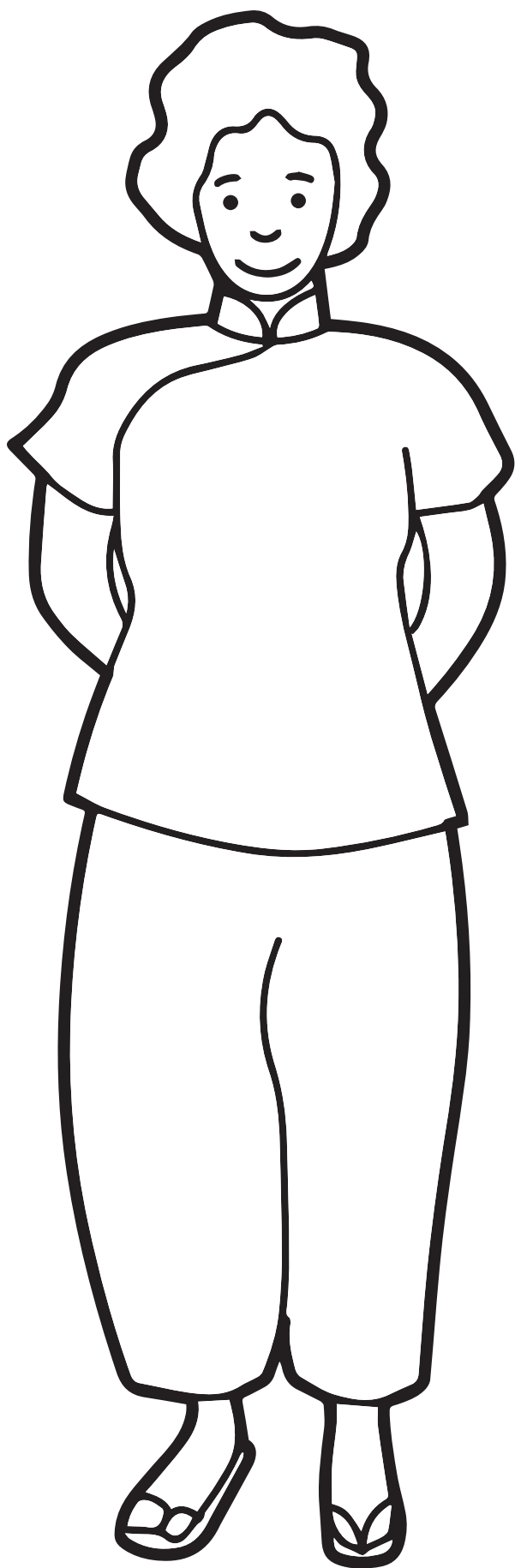






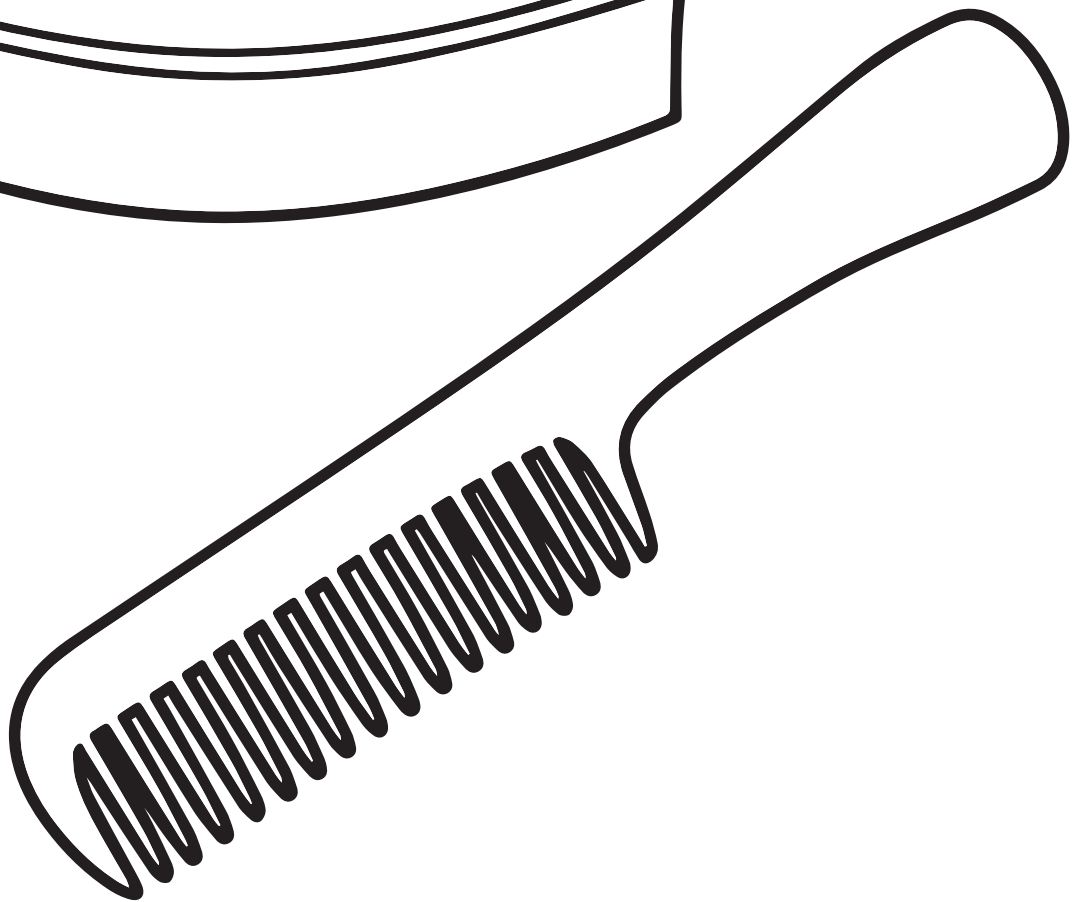
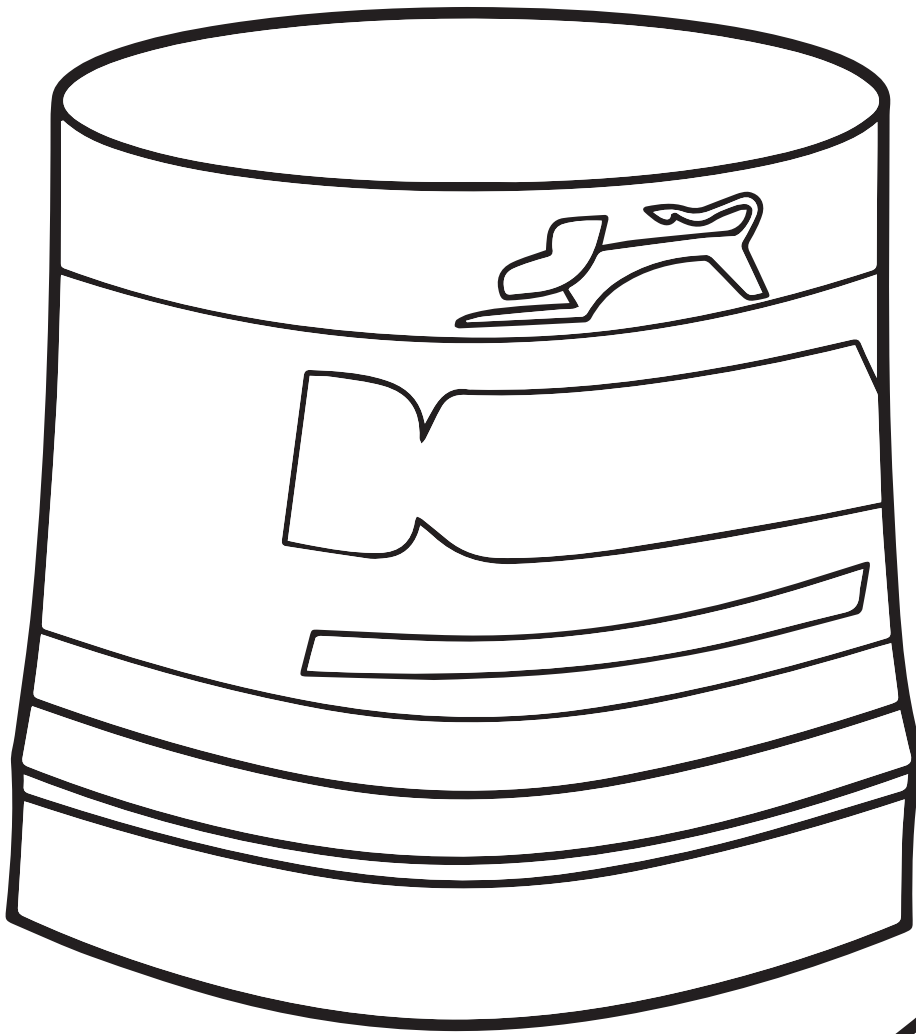


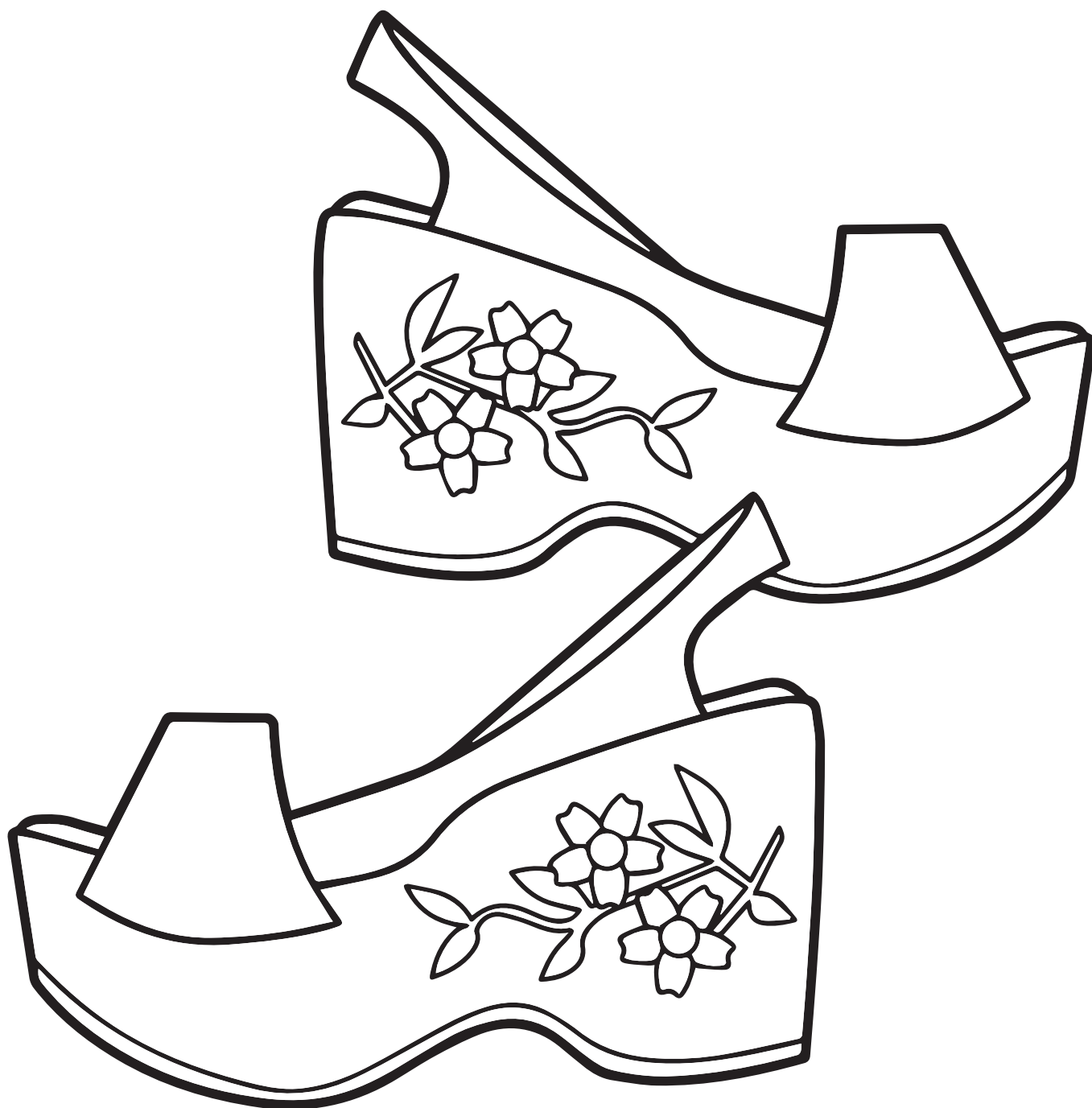










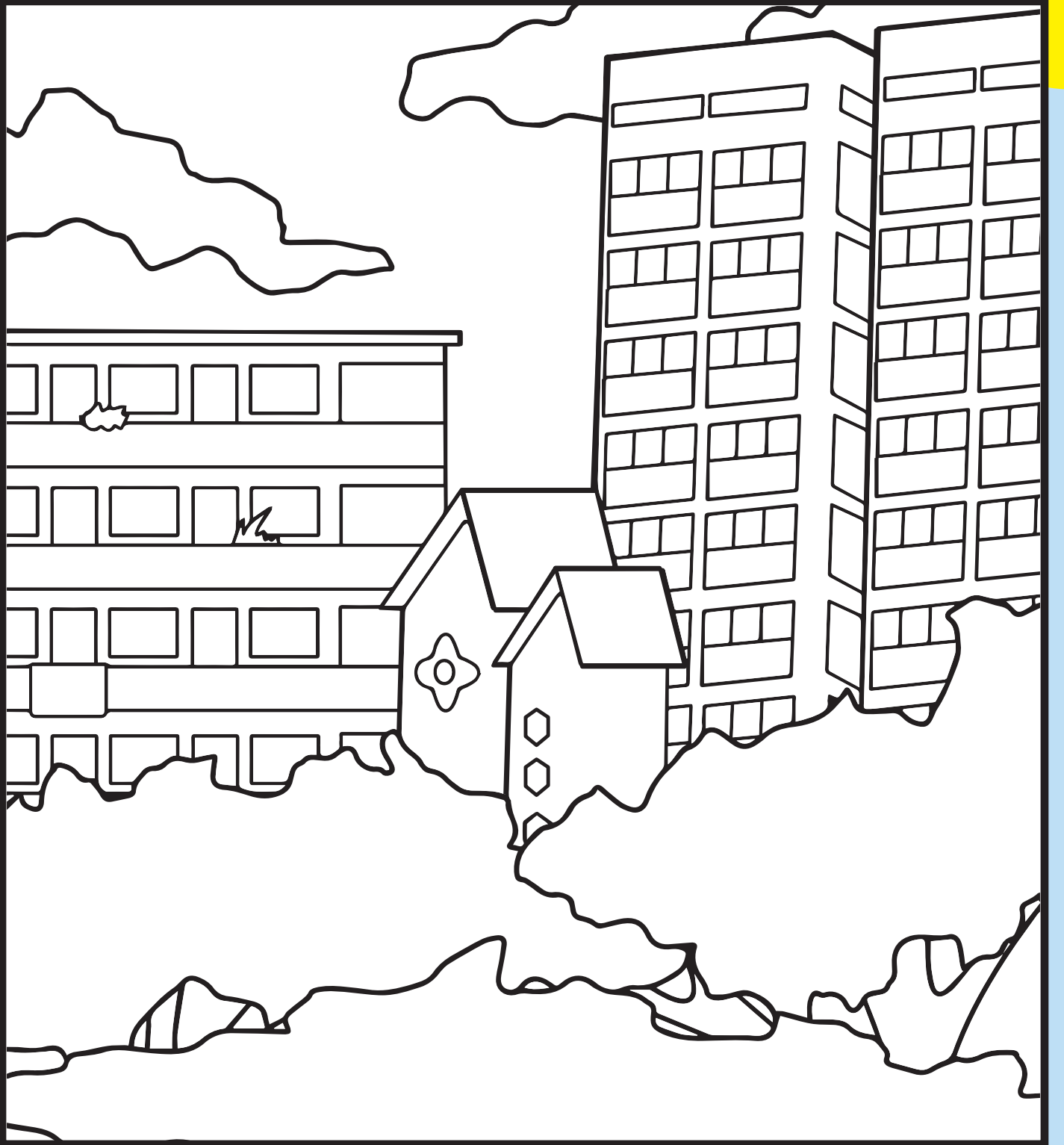


Stay Where?

住哪里?

Tinggal Di Mana?

நீங்கள் எங்கு தங்குகிறீர்கள்?



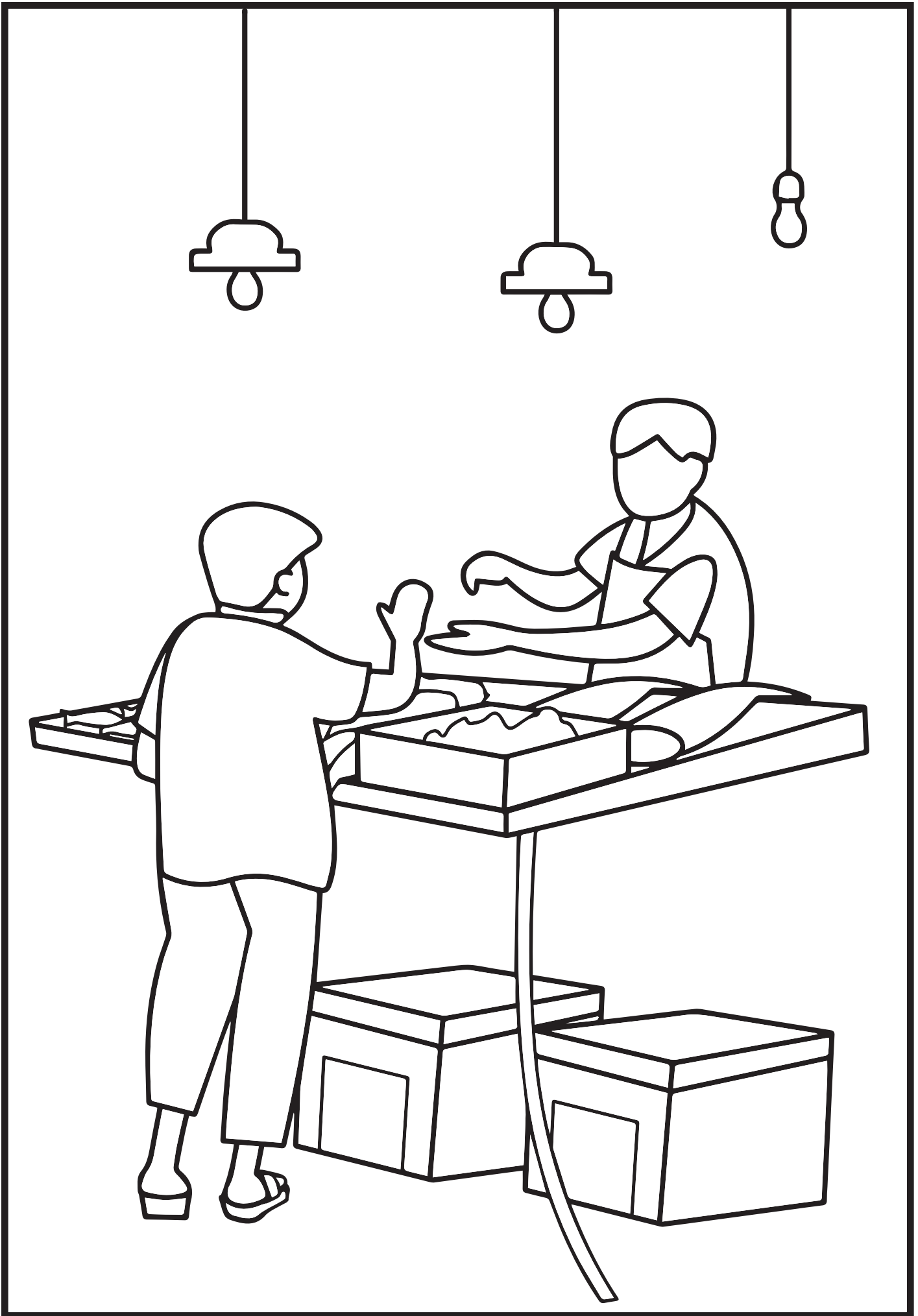
CONVERSATION PROMPTS

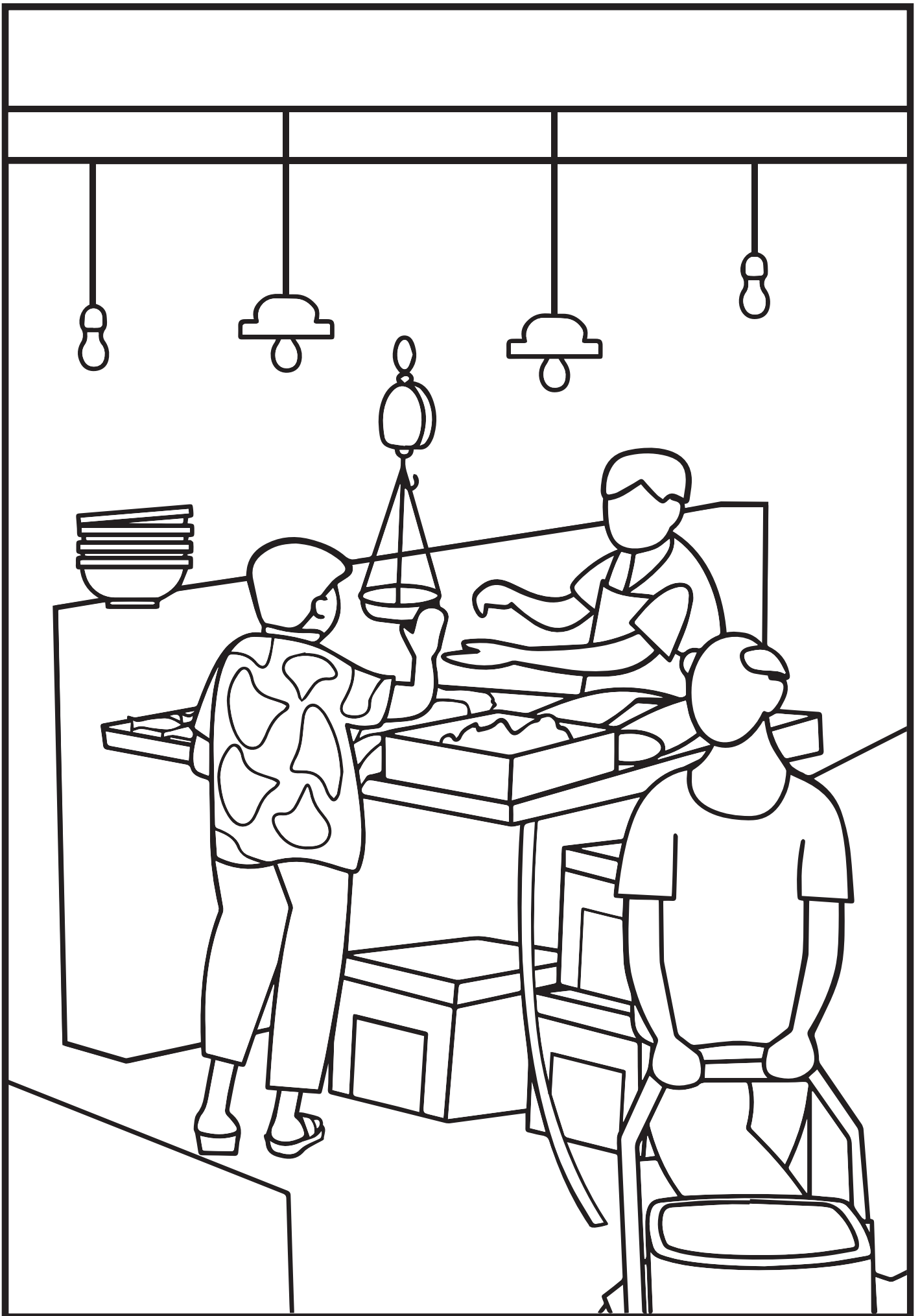
(Explore these questions during the activity. What others might you want to ask?)

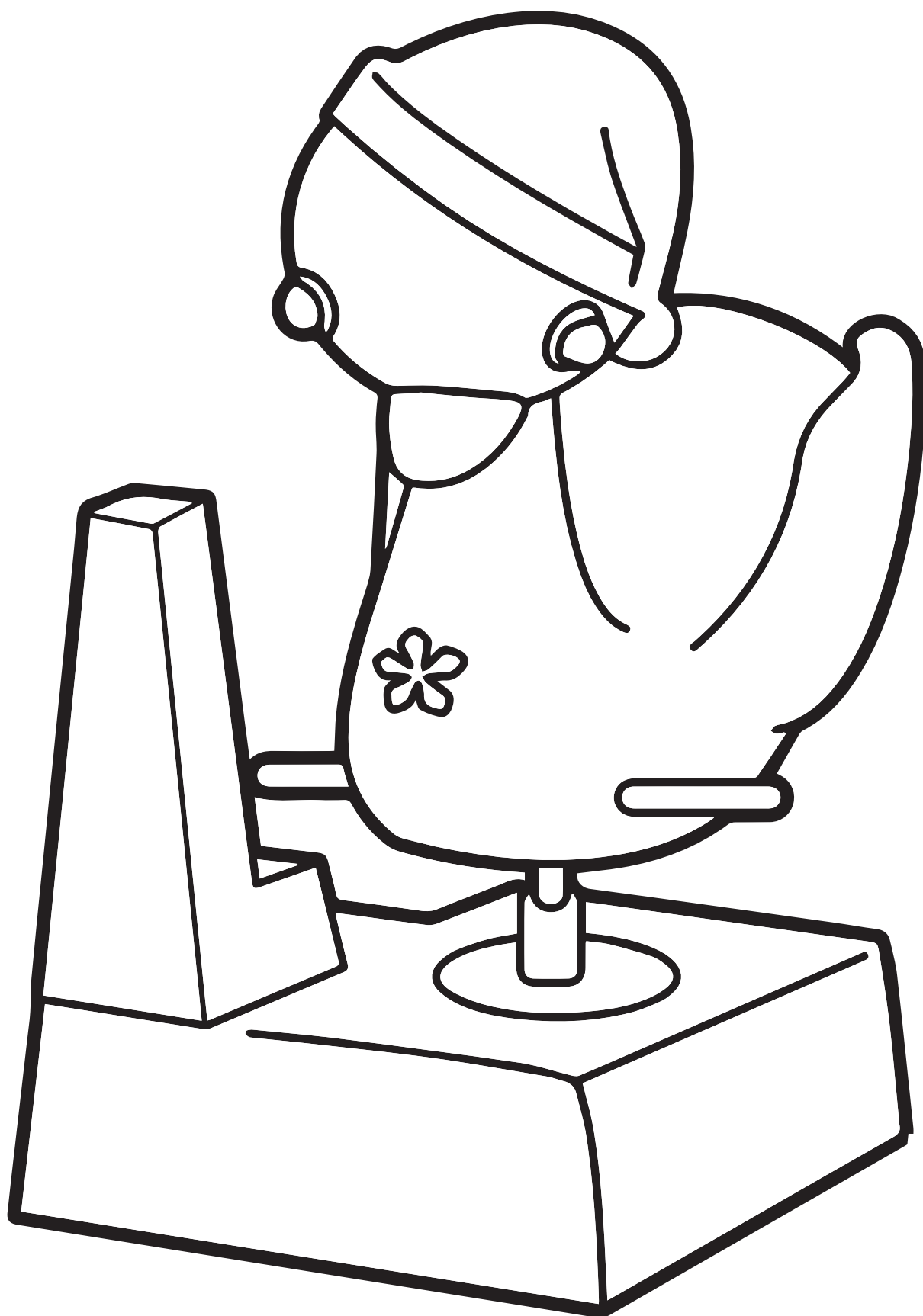
- 1 Which area of Singapore did you grow up in, and what do you remember most about it?
- 2 Where is one place that you used to like going to that is no longer around, and why?
- 3 Where was the first house/HDB (Housing & Development Board) that you lived in as an adult?
- 4 What was the price of fish/vegetables at the market when you were growing up?
- 5 What type of games/activities did you enjoy when you were younger?
- 6 What was the experience like when you first visited a barbershop/hair salon?
- 7 What is a household item that used to be very common that you no longer see?
- 8 What do you like most about the place you live in now?
- 9 What is your favourite animal/pet, and why?
- 10 Do you have a special place in Singapore that you like to go to, and why?

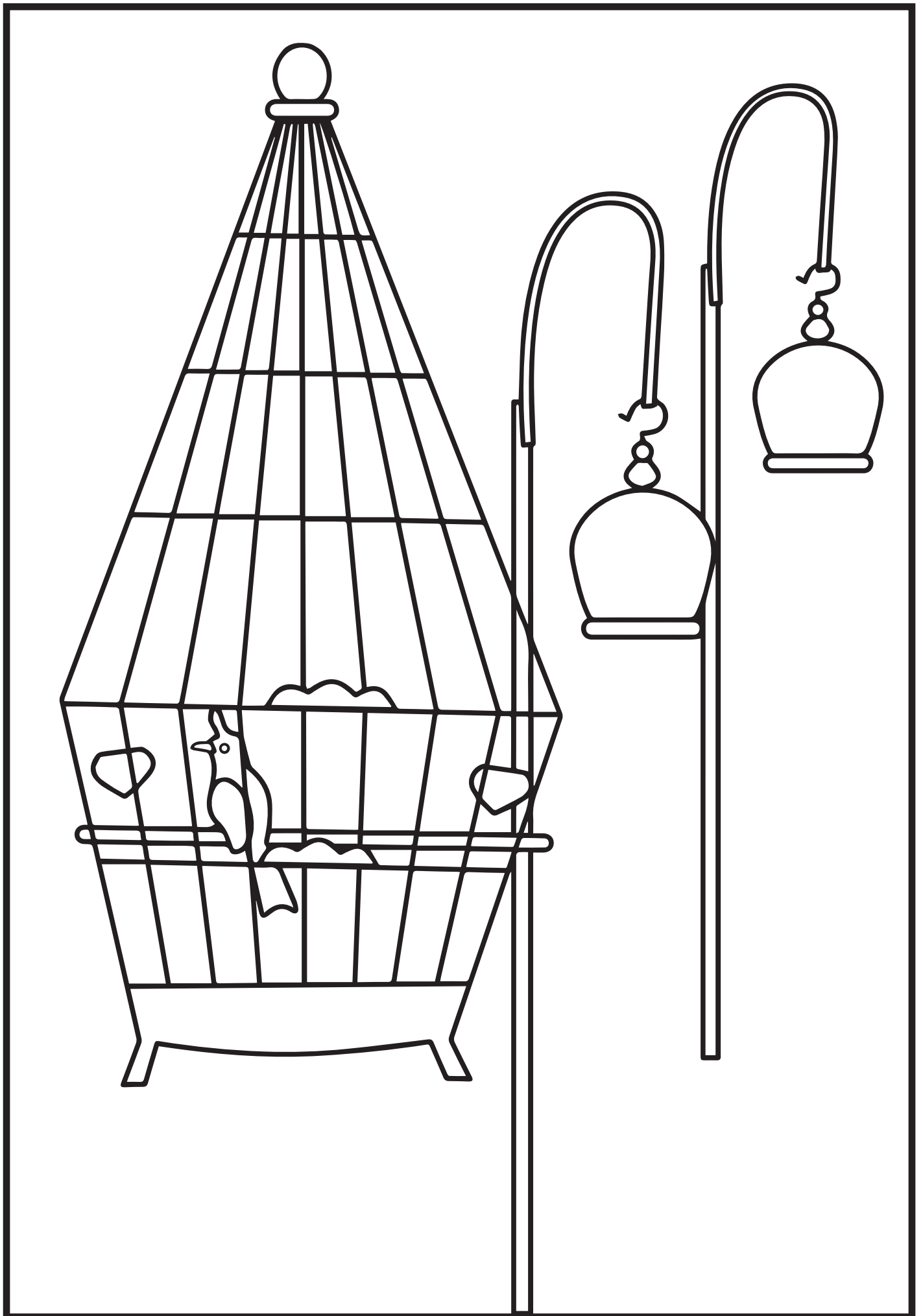


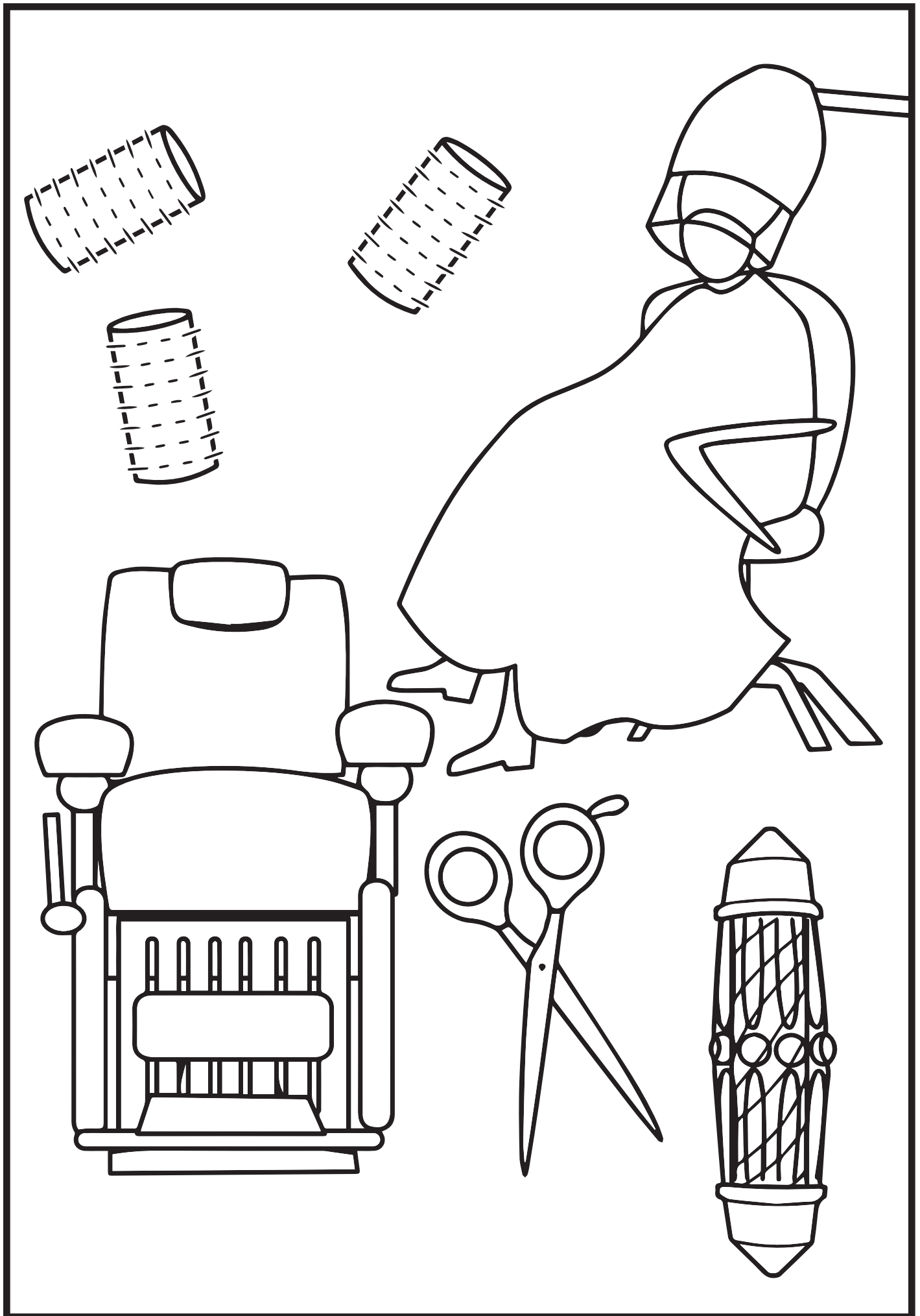


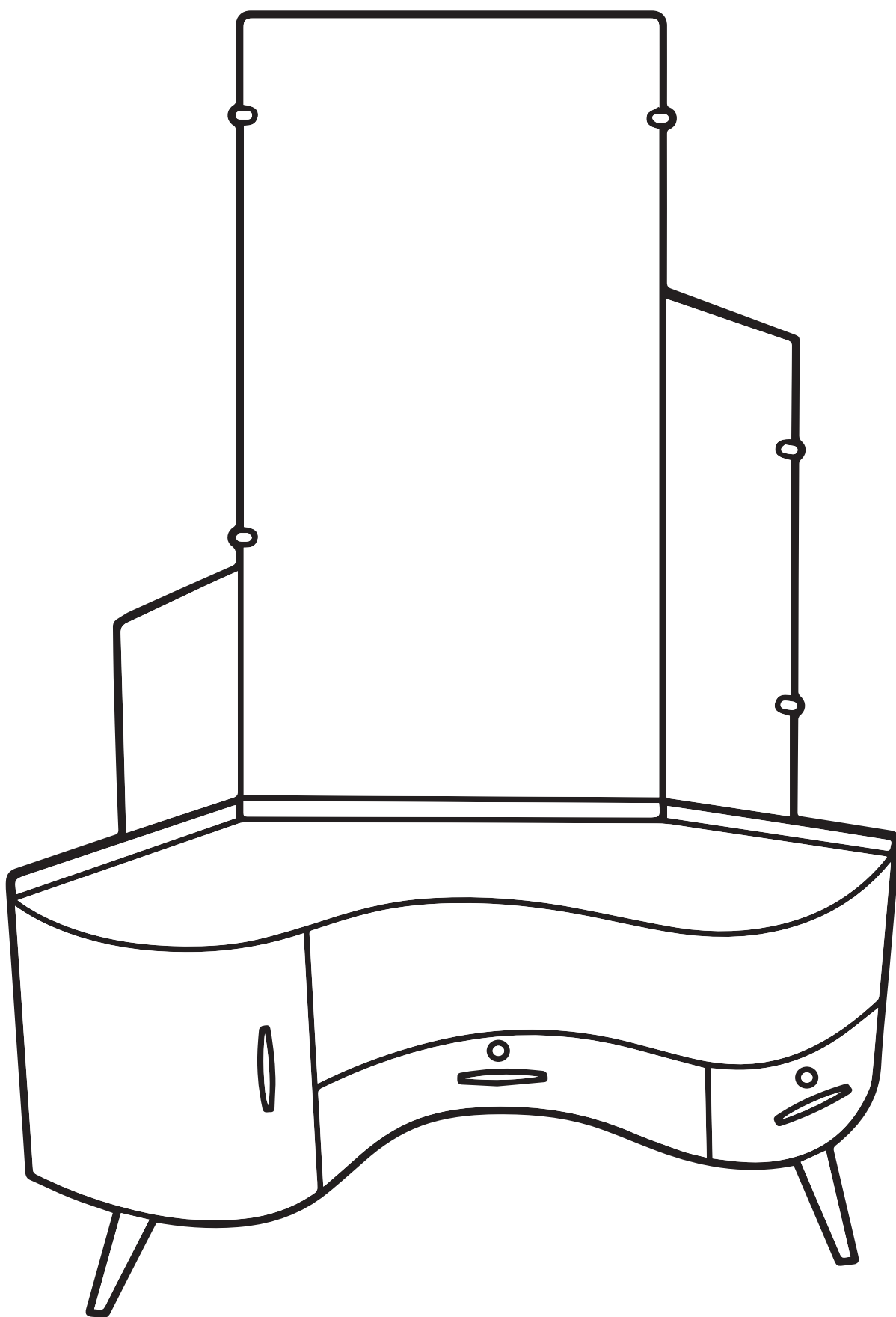


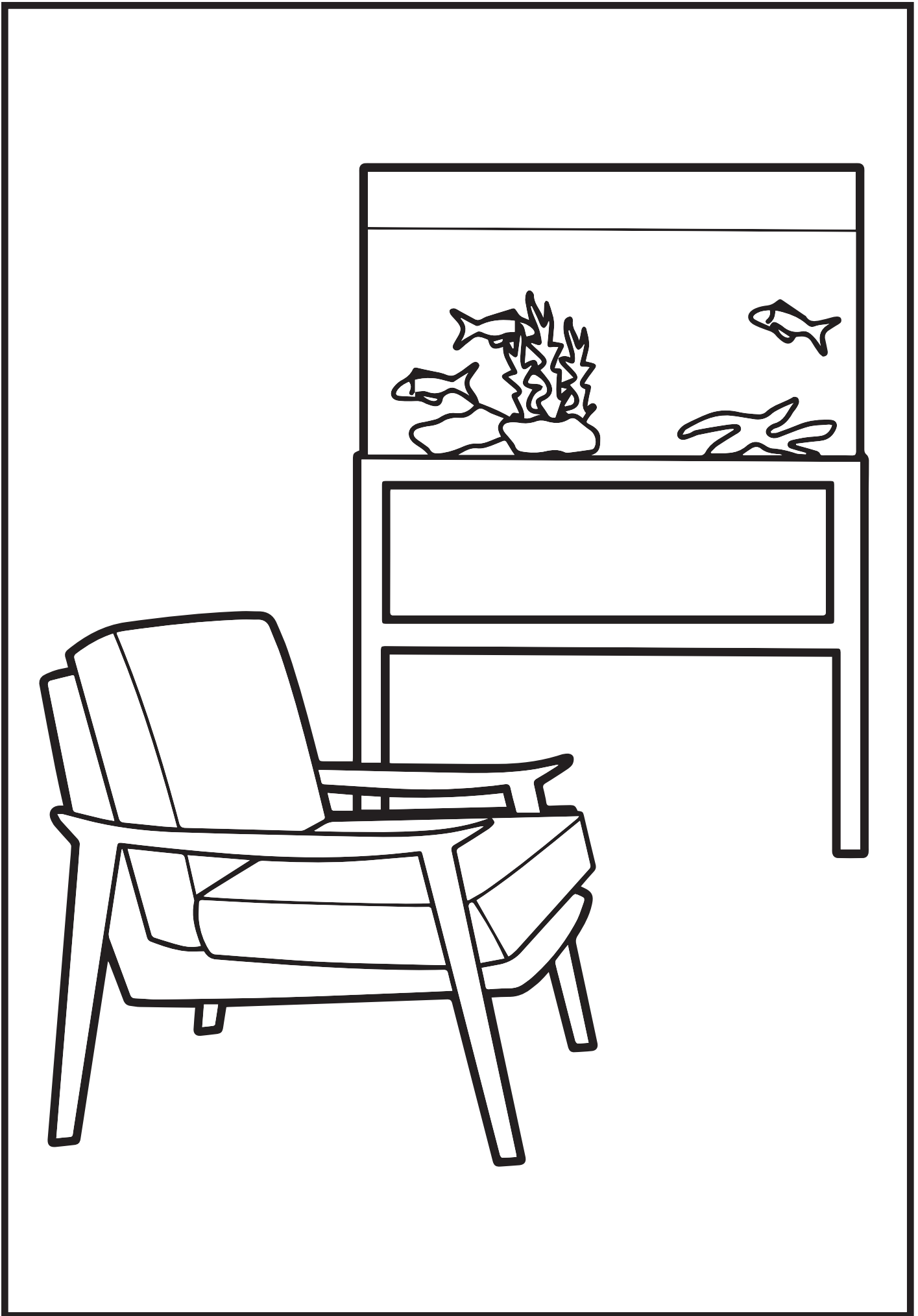




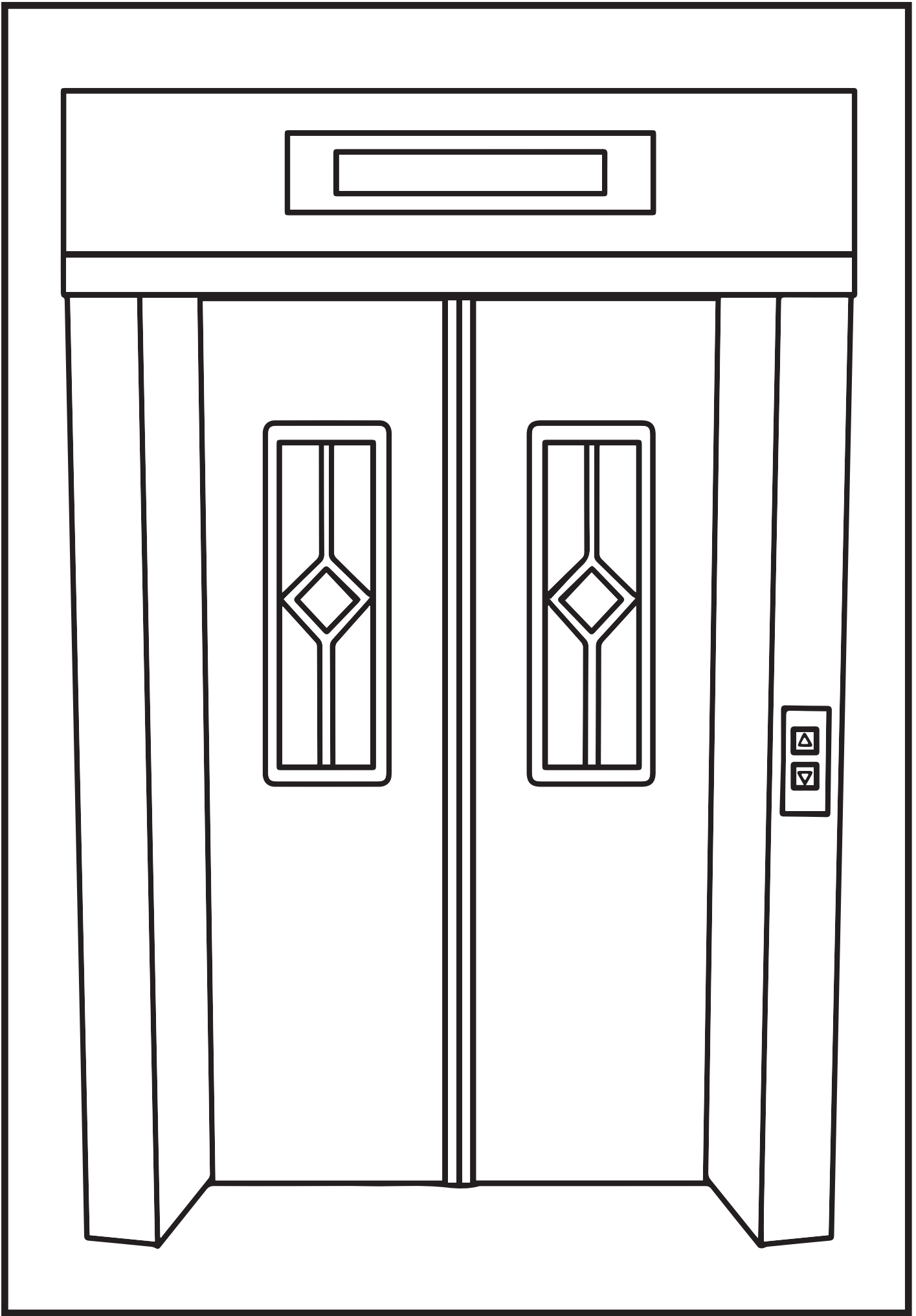


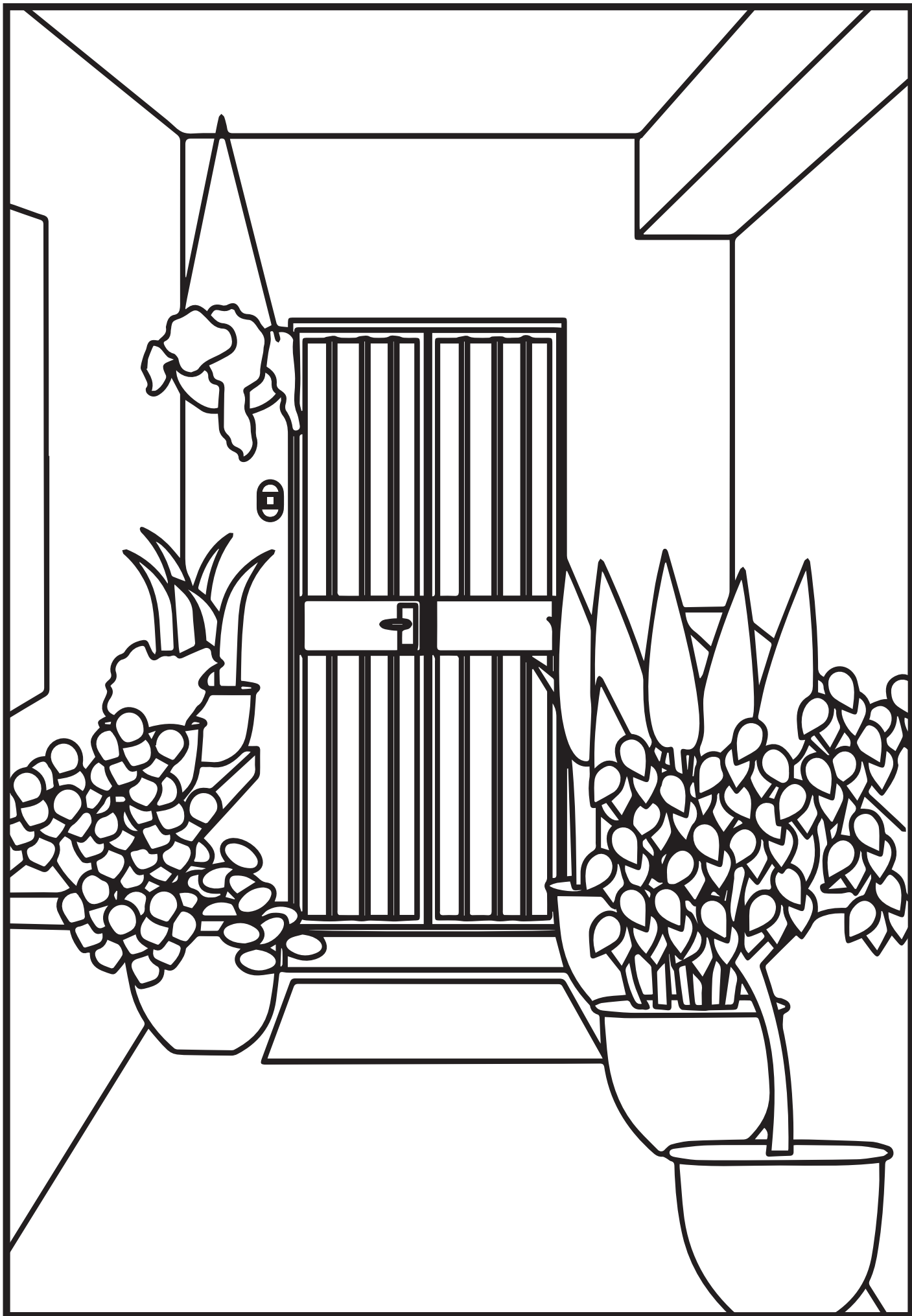


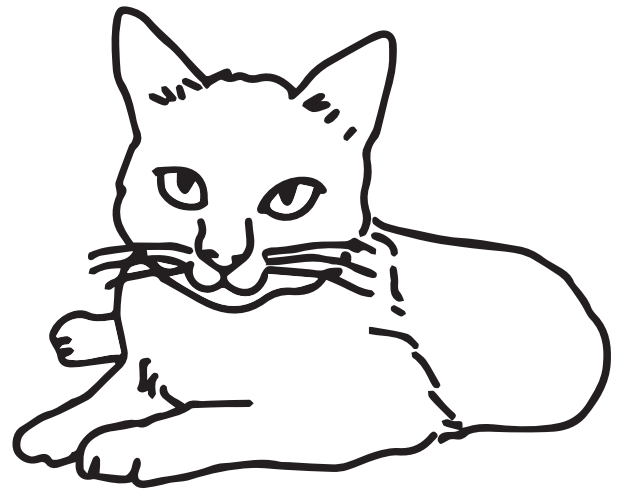


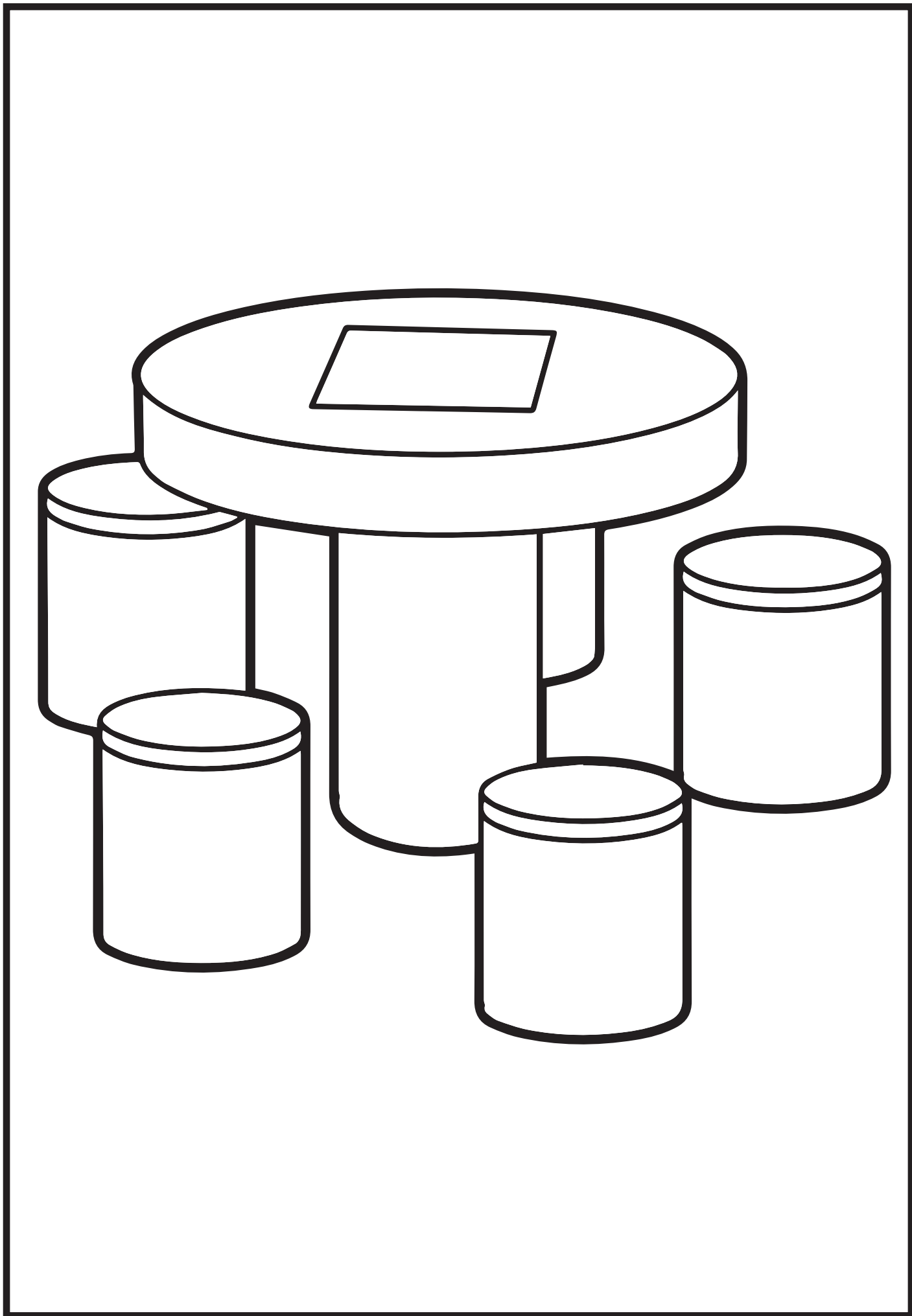


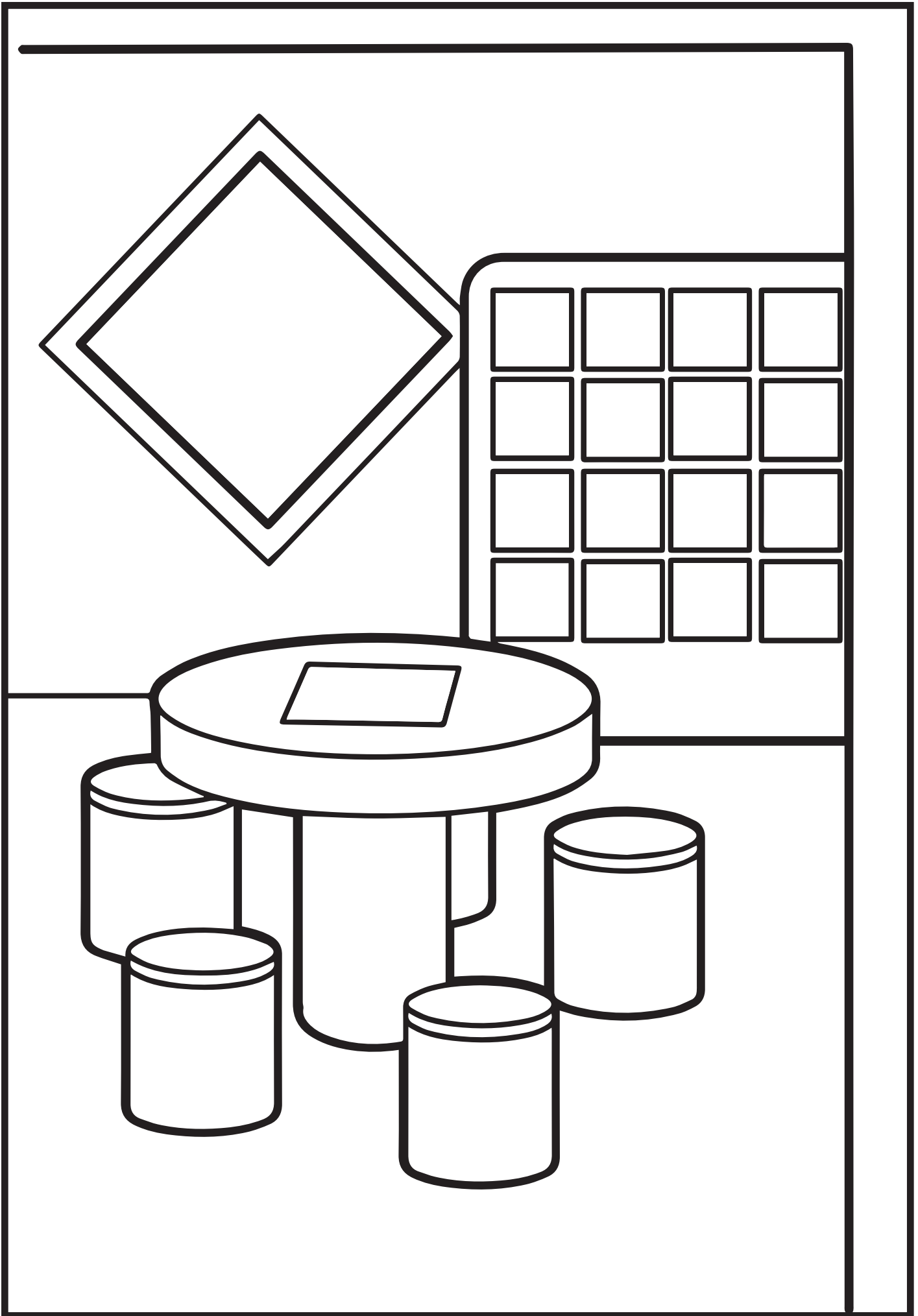


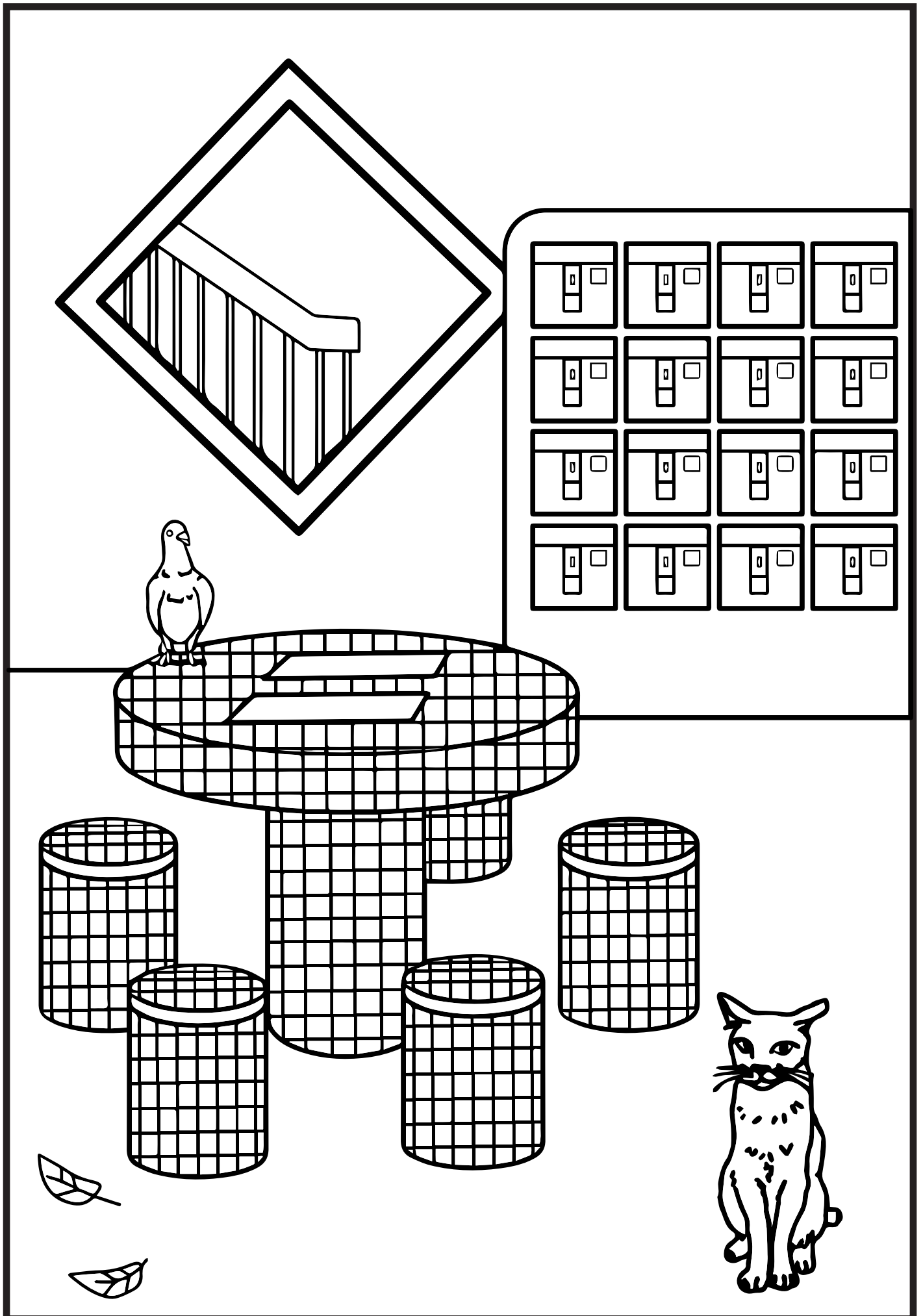










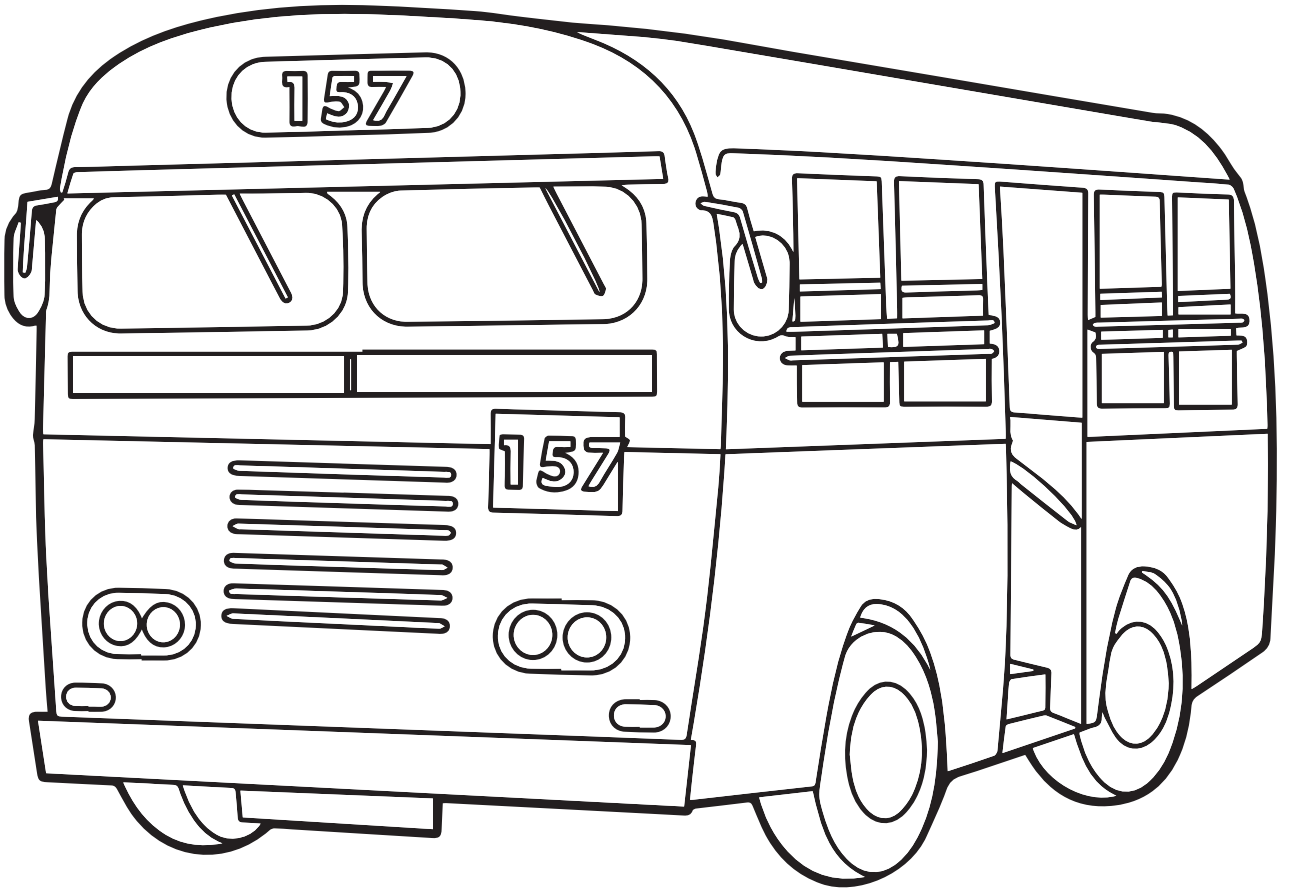


Let's Go Out!

去走走!

Jom Keluar!

வாருங்கள் வெளியே செல்வோம்!

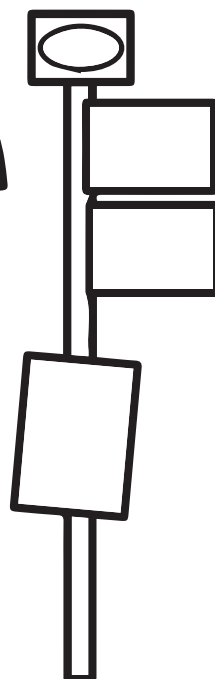
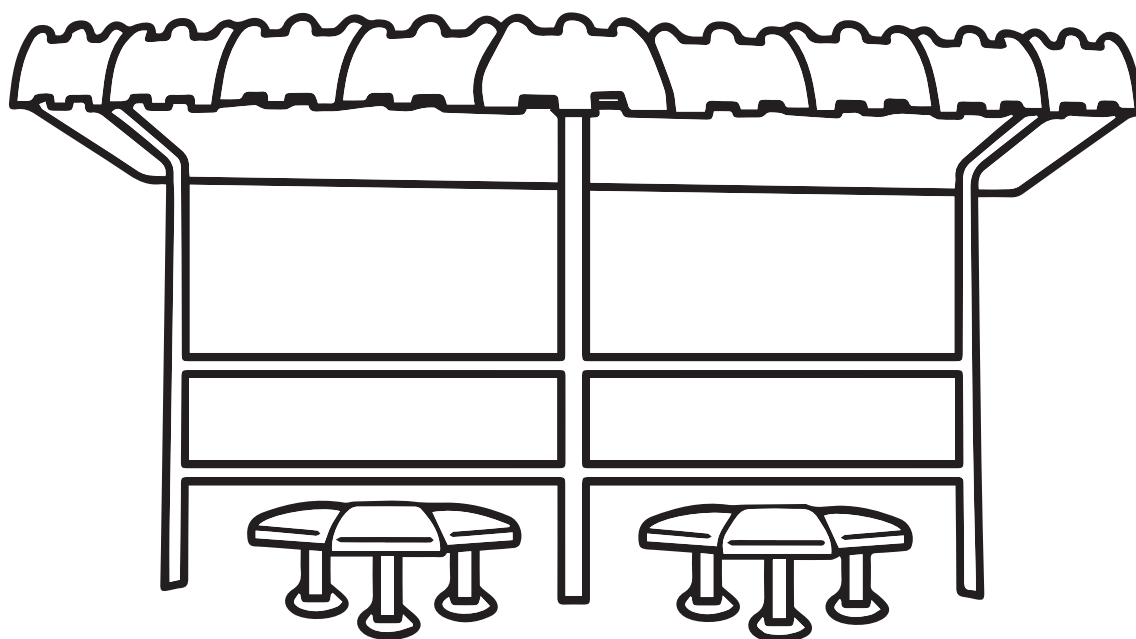
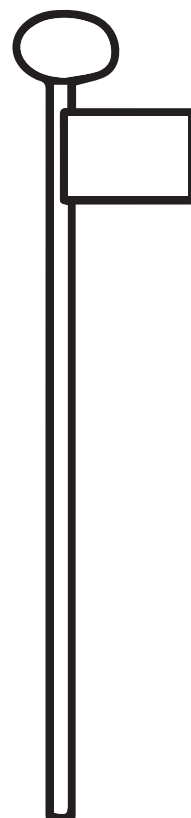
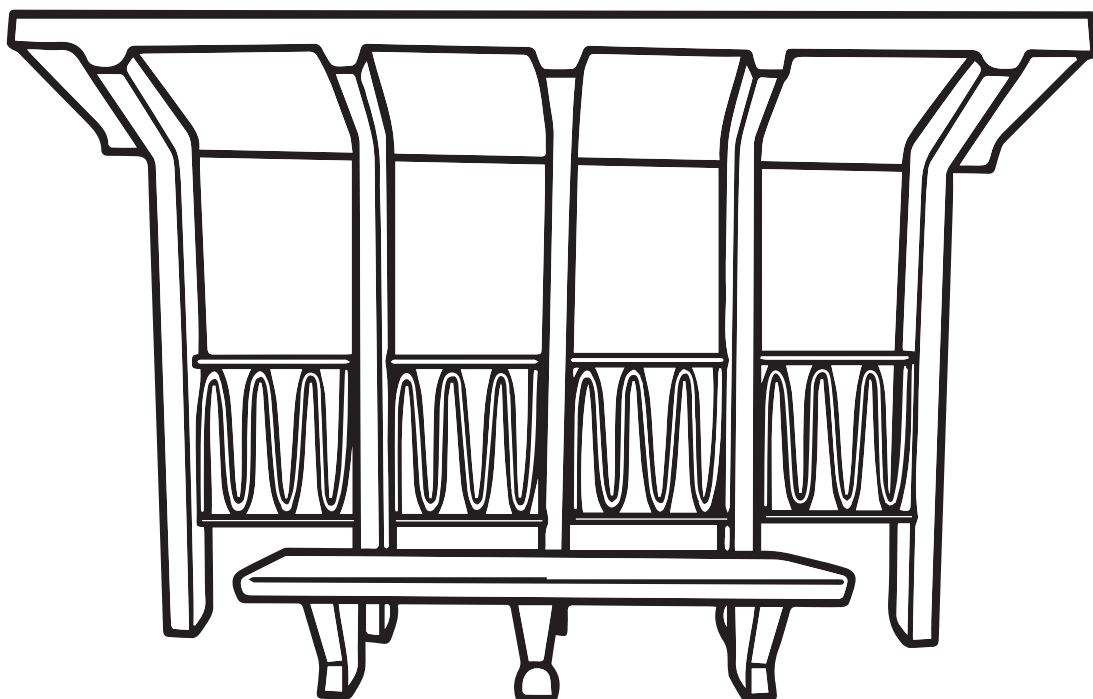


CONVERSATION PROMPTS

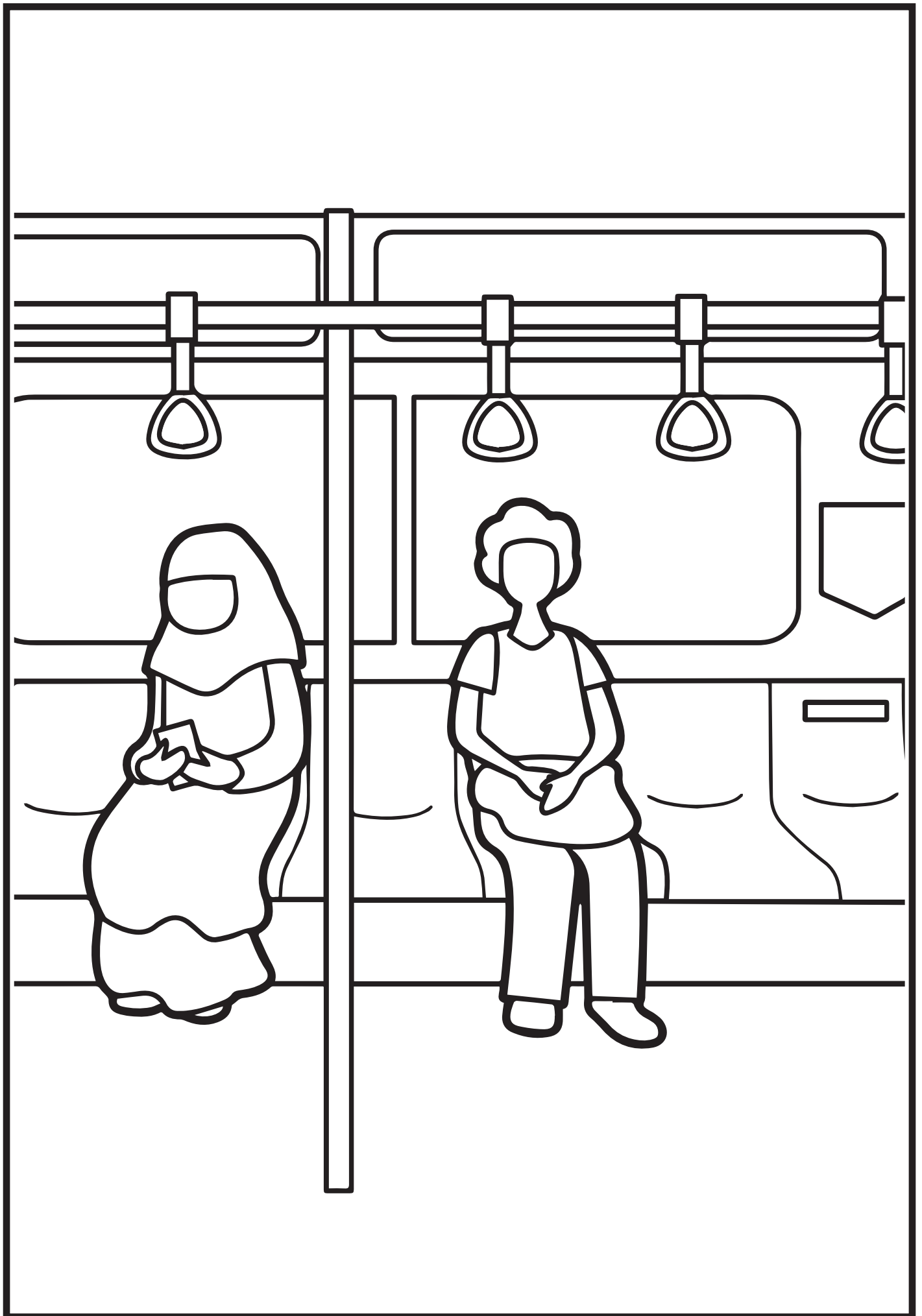
(Explore these questions during the activity. What others might you want to ask?)

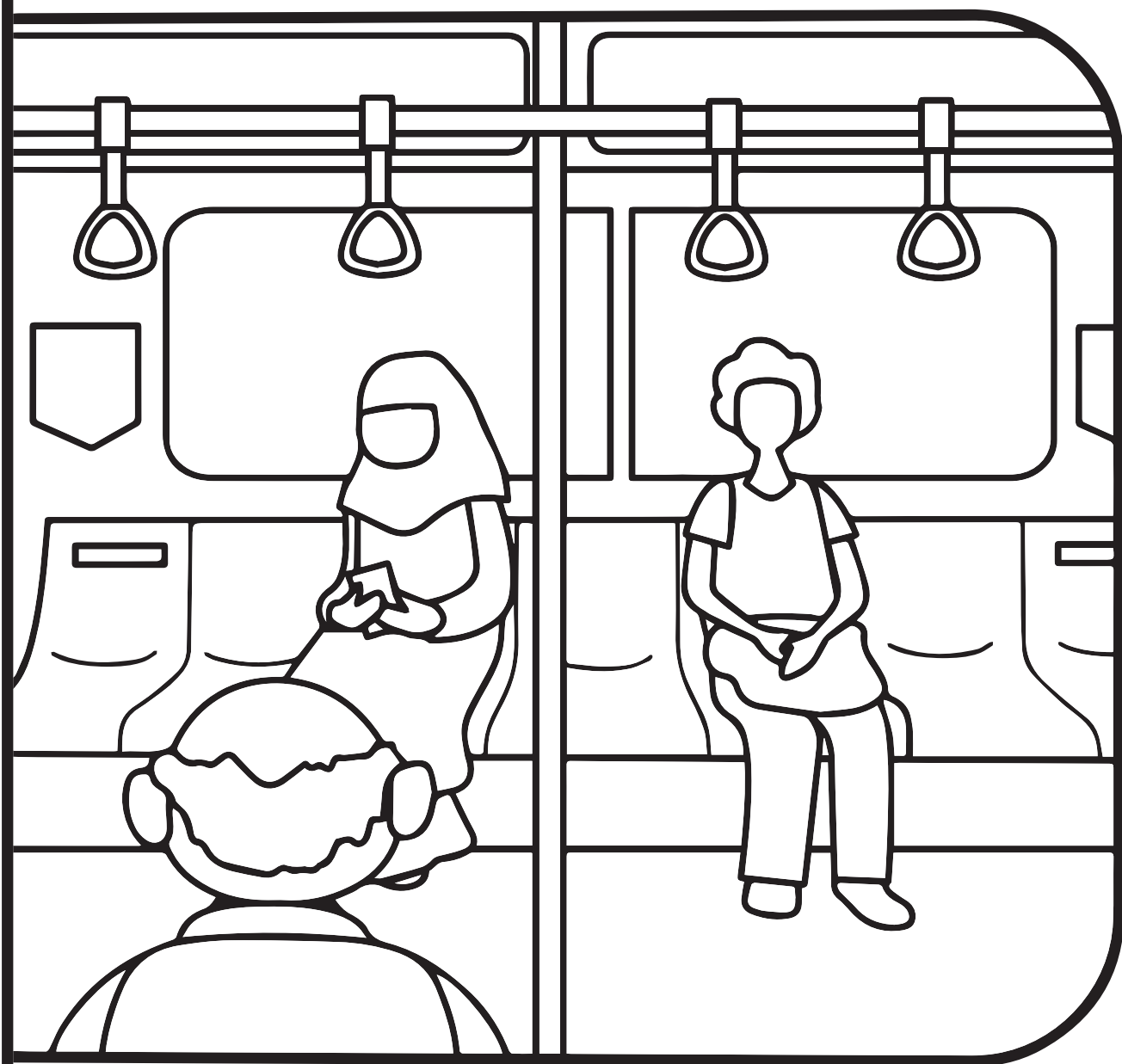
- 1 What bus number do/did you commonly take, and why?
- 2 How has public transportation in Singapore changed over the years?
- 3 What type of transport was considered a treat when you were growing up, and why?
- 4 How much did public transport like buses cost when you were younger?
- 5 Do you remember how you felt the first time you took the MRT (Mass Rapid Transit), and why?
- 6 What was the most interesting conversation you have had/overheard while being on public transport?
- 7 Where do you think of when you see these pictures?
- 8 What is the longest bus ride you have taken, and what did you see/where did you go?
- 9 When was the last time you were in a trishaw?
- 10 Which was the first airport you visited in Singapore, and how did you feel the first time you saw an airplane?

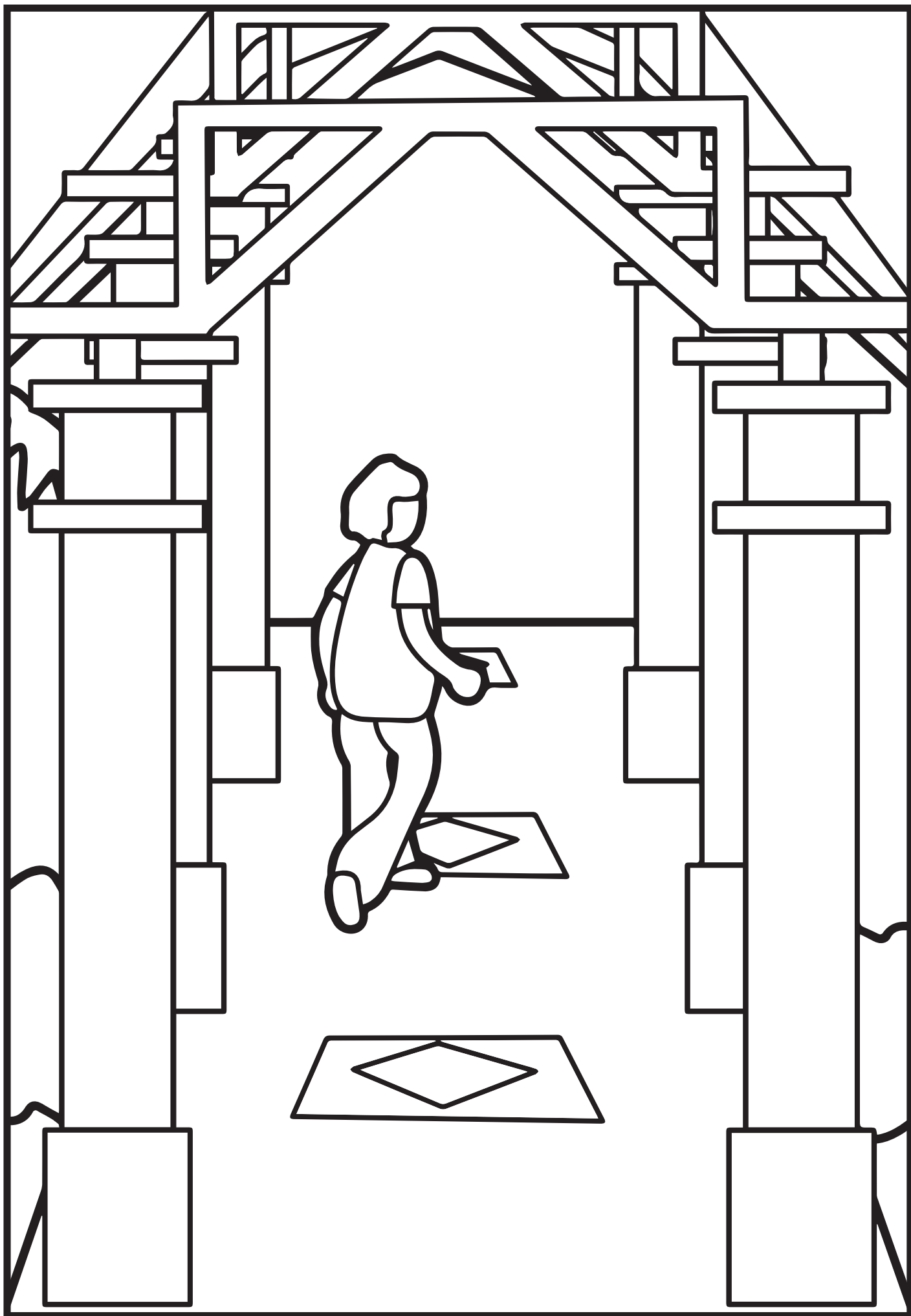


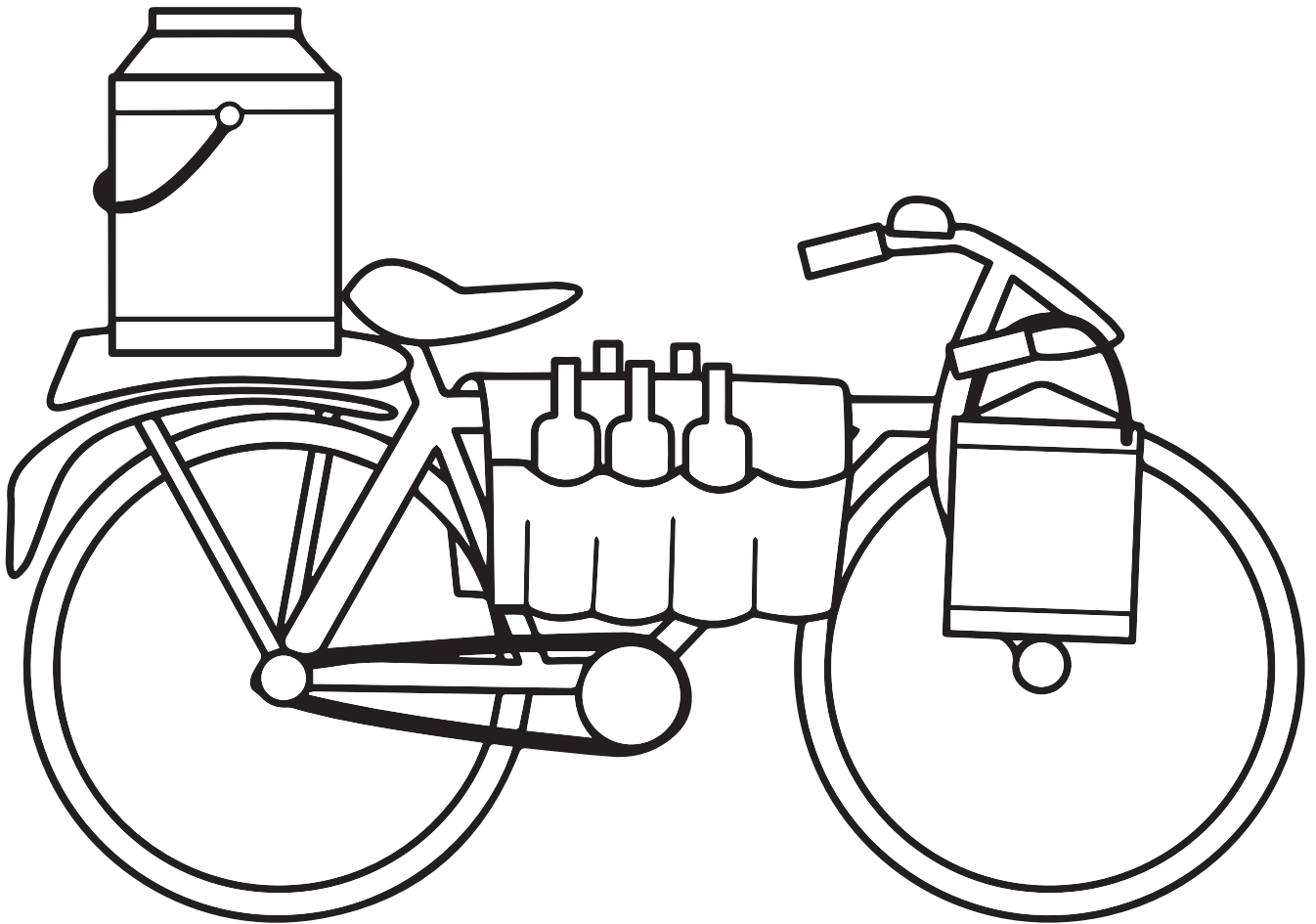


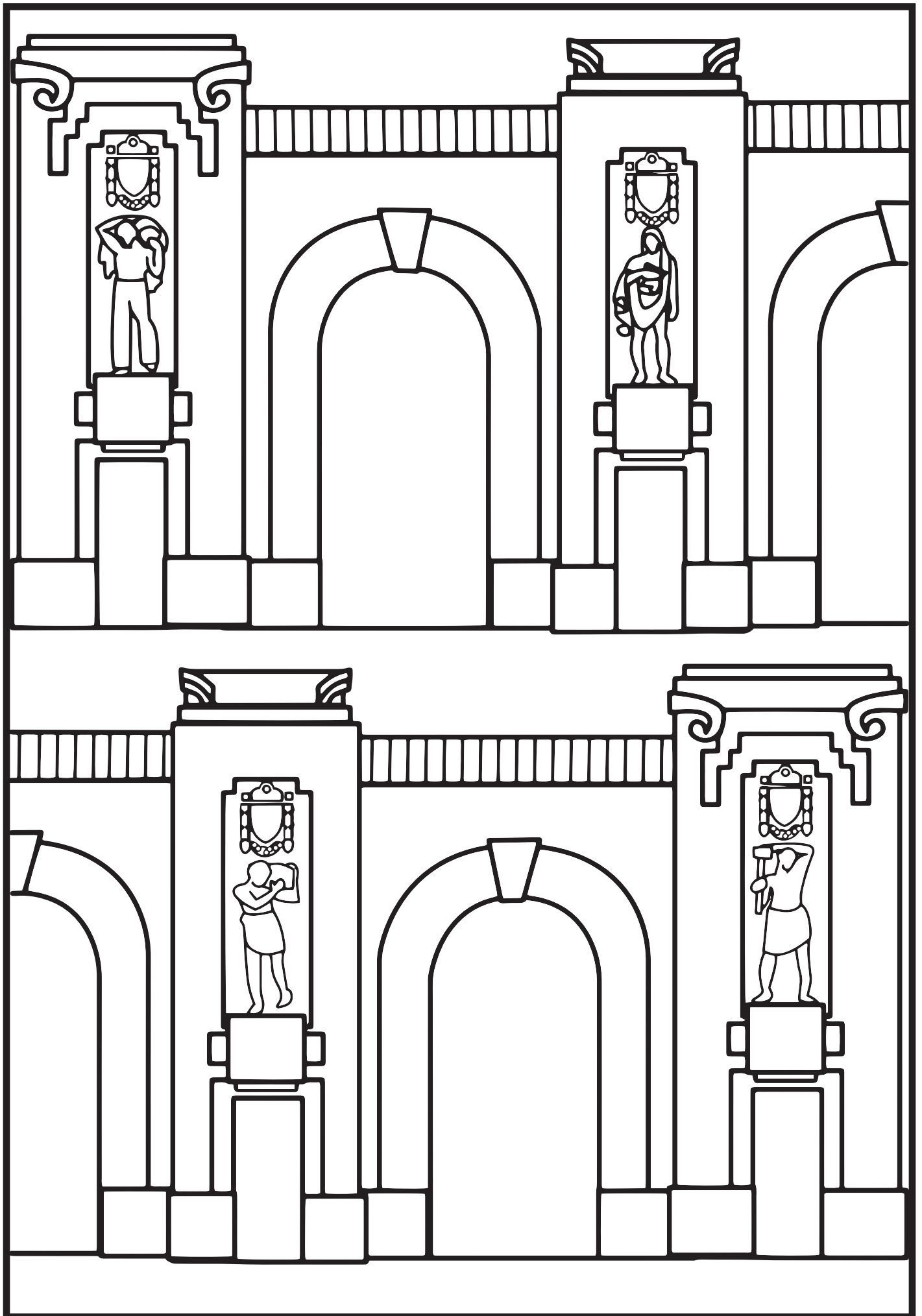








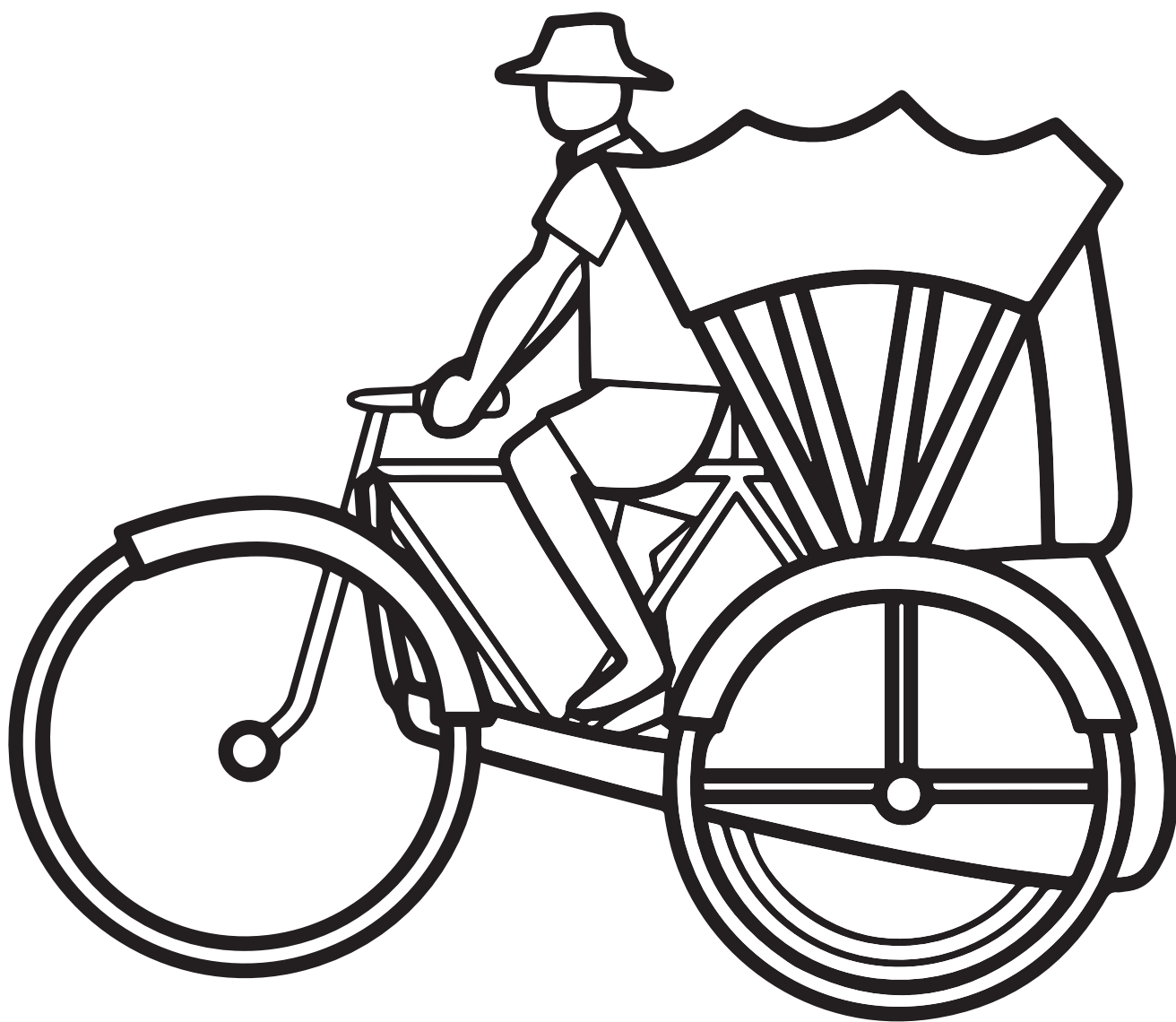


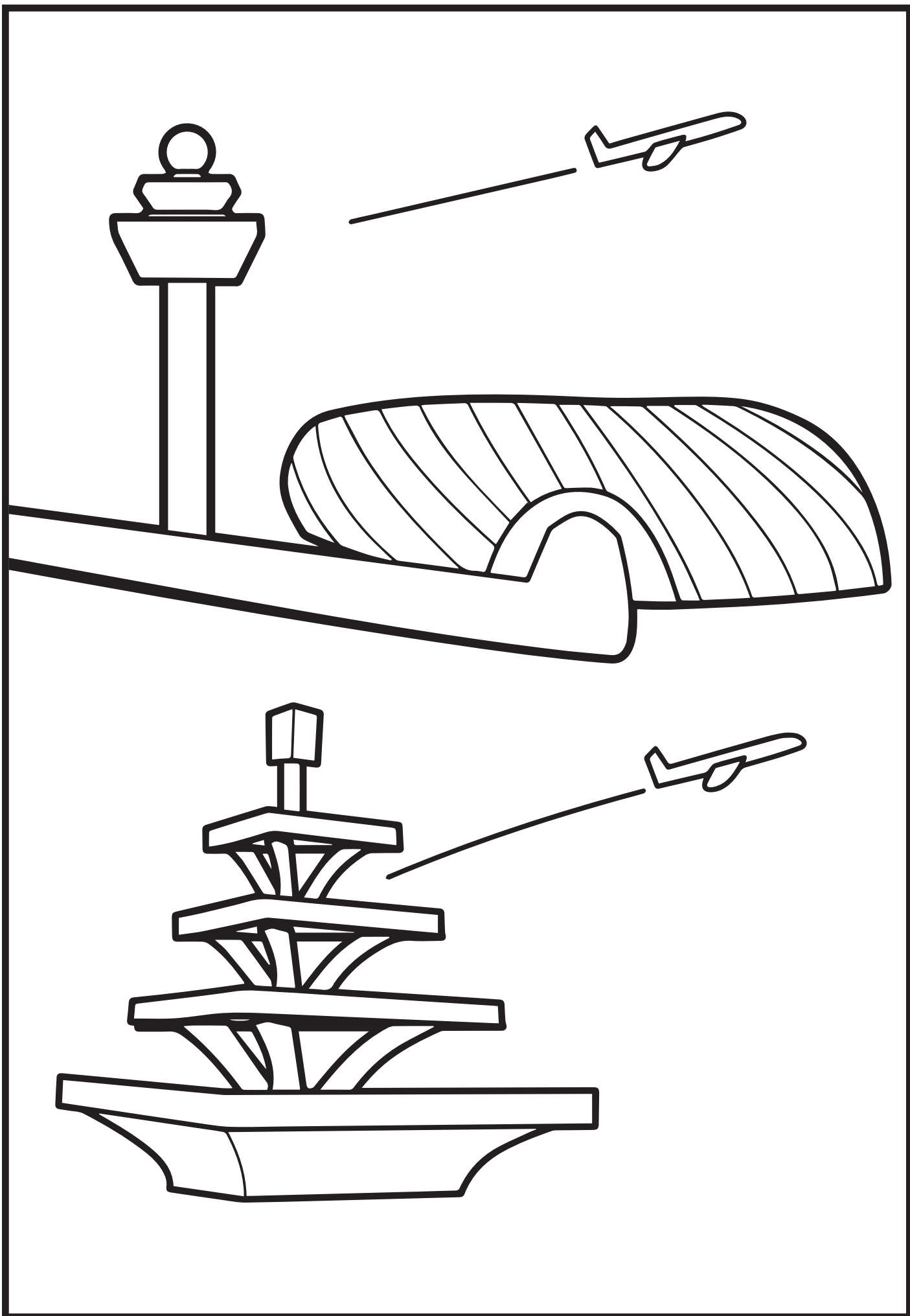












If you know of any seniors and caregivers who need information about community care services or assistance with care, contact Agency for Integrated Care (AIC).

Call: 1800-650-6060
Monday - Friday 8.30am - 8.30pm
Saturday 8.30am - 4pm

Website: www.aic.sg

如果您认识需要社区护理服务或资讯的年长者和看护者，请联系护联中心 (AIC)。

电话: 1800-650-6060
服务时间:
周一至周五, 早8点30分 - 晚8点30分
周六, 周日, 早8点30分 - 下午4点

网址: www.aic.sg

Jika anda mengenali warga emas dan penjaga yang memerlukan maklumat tentang khidmat penjagaan masyarakat untuk warga emas atau bantuan penjagaan warga emas, sila hubungi Agensi Penjagaan Bersepadu (AIC).

Hubungi: 1800-650-6060
Isnin - Jumaat 8.30 pagi - 8.30 malam
Sabtu 8.30 pagi - 4.00 petang

Lungsuri: www.aic.sg

உங்களுக்கு சமூக பராமரிப்பு சேவைகள் அல்லது பராமரிப்பு உதவிகள் தேவப்படும் முதியோர்கள் / பராமரிப்பாளர்கள் பற்றி தெரிந்தால், ஒருங்கிணைந்த பராமரிப்புக்கான நிறுவனம் (AIC) ஐ தொடர்புக்கொள்ளுங்கள்.

1800-650-6060
(திங்கள் முதல் வெள்ளிக்கிழமை காலை 8.30 முதல் இரவு 8.30 மணி வரை; சனிக்கிழமை காலை 8.30 முதல் மதியம் 4 மணி வரை)

இணையத்தளம்:
www.aic.sg

Visit 浏览 Kunjungi
பார்வையிடவும்

www.aic.sg/resources



For more activity toolkits, visit:

若想获取其他活动手册，请浏览：

Ingin mencuba aktiviti-aktiviti lain? Lungsuri:

இதுபோன்ற மற்ற நடவடிக்கை பயிற்சி கையேடுகளை பார்வையிட:



www.aic.buzz/AIC-Wellness-Programme