



Breeze Through Circuit Breaker!

ASPIRE55

ULTIMATE GUIDE FOR SINGAPORE SENIORS



www.aspire55.com

BIG 5 TIPS FOR SENIORS

What every senior in Singapore needs to do for the circuit breaker

- **Stay Home with Positive Mindset**

Stay home, be positive, be patient and listen to government advisories

- **Masks**

Wear a mask at all times once you exit your house

- **Exercise**

Maintain a safe distance with others. If going to a park, check crowd first <https://safedistparks.nparks.gov.sg> Engage in home exercises online.

- **Grocery Shopping**

Plan a list of things to buy, order as much as you can via the online options that can deliver to your house. Eat well with healthy and have home cook meals. If you have to go to the wet market or supermarket, keep your activities to less than 30 mins. Wipe down your purchases once you enter the house.

- **Personal Hygiene**

Wear a mask when you exit the house

Don't touch your face. Your face is sacred

Maintain a safe distance with others

Use hand sanitizer after touching any surfaces

Don't touch external surfaces and then touch your phone

Clean your phone when you get home

Wash hands often

FRESH PRODUCE

Support local Singapore enterprises where possible

- **Singapore Kelong Seafood Farm**

10% off discount code: Jan10

<http://www.ahhuakelong.com>

- **Vegetables**

<https://www.facebook.com/fng.wholesale/>

<https://ahyamvegetables.myshopify.com>

<https://www.ediblegardencity.com>

<http://www.greencircle.com.sg>

<https://quanfaorganic.com.sg>

- **Fruits**

<https://888seasons.com>

- **Bread**

<https://breadyboys.com>

<https://breadyard.com.sg>

- **Seafood**

<https://tankfullyfresh.com>

<https://songfish.com.sg>

<https://www.marketfresh.com.sg>



GROCERY SHOPPING

Support local Singapore enterprises where possible



- **Health Supplies & Assistive Living Products**

15% off discount code: Aspire15

<https://healthyport.meiseisp.com.sg>

- **Groceries**

www.redmart.lazada.sg

www.fairprice.com.sg

www.coldstorage.com.sg

www.shengsiong.com.sg

www.giant.sg

www.amazon.sg

www.opentaste.sg

www.purelyfresh.com.sg

- **Halal Groceries**

www.mynikmart.sg

www.adamhalal.sg

www.csfoods.sg

www.haomart.com.sg

www.aspire55.com

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PREMIUM GROCERIES

Support local Singapore enterprises where possible

- **Premium / Specialised Groceries**

www.ryansgrocery.com

www.thefarmersmarket.com.sg

www.sashasfinefoods.com

www.bestorganicfood.sg

www.thefishwives.com

www.hubers.com.sg

www.natures-glory.com

www.sgorganic.sg

www.littlefarms.com

www.greencircle.com.sg

www.yayapapaya.com.sg

www.sgdeliandgrocer.com.sg

www.organicdelivery.sg

www.facebook.com/TheMilkywaysg/

- **Immunity Supplements**

10% off discount code: ASPIRE55SH

<https://santiviahealth.com>



SAVE LOCAL F&B

Support local Singapore enterprises where possible

- Visit the Facebook Group called Hawkers United – Dabao 2020 with listing of hawkers and restaurants in Singapore with delivery services for takeaway

<https://www.facebook.com/groups/268960887438286/?ref=sh>



- App based delivery options

<https://www.foodpanda.sg/>

<https://deliveroo.com.sg/>

<https://www.grab.com/sg/food/>

<https://www.deliver.sg/>



BOOK A TAXI



- **Taxi Booking Hotlines**

Common Hotline – 6342 5222 (6-DIAL-CAB)

Comfort & CityCab – 6552 1111

Premier Taxis – 6363 6888

Prime Taxi – 6778 0808

SMRT Taxis – 6555 8888

Trans-Cab Services – 6555 3333

Yellow-Top Taxi – 6293 5545

Special services (Flat rates)

MaxiCab (7 seater) Wheelchair Booking
Service – 6600 9920

Limousine Taxi Booking – 6535 3534

- **SMS-A-Cab: Text to 71222**

“BOOK<space>Postal Code<space>#Pick-up
point”

OR

“BOOK<space>Building Name, Blk No, St
Name<space>#Pick-up point”

PRIVATE HIRE VEHICLES

- **Private Hire Cars Services**

<https://www.grab.com/sg/>

<https://www.gojek.com/sg/>

- **Moving / Courier Services**

<http://www.lalamove.com>

- **Wheelchair Transportation Services**

<http://www.caringfleet.com>

<http://streammobility.com.sg>

- **Private Ambulance Services**

Singapore Emergency Ambulance Services +65 6100-6995

Parkway Ambulance hotline: +65 6473 2222

ECON Ambulance Services: +65 6226 1188



VIRTUAL EXERCISES

- Exercises you can do at home. Each stretch will be shown in a video format and released once a week from 1 April 2020 via <http://www.facebook.com/aspire55>

If you are feeling tense around your shoulders, this shoulder stretch may be just what you need. The shoulder stretch is great for improving shoulder mobility and helps loosen those tight shoulders 👍

- 1) Start with your shoulders relaxed
- 2) Raise your right arm across your chest, parallel to the floor
- 3) Use your left arm to pull your right elbow towards your chest
- 4) Breathe normally while you hold the stretch for 30 seconds
- 5) Repeat the stretch with the other side

You should feel the stretch at your shoulder
Hold the stretch longer (e.g. 45 seconds) if you're comfortable

Stop if you feel a sharp pain



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ONLINE DOC/CARE



- **SG Gov COVID-19 Online Symptom Checker**

Developed by NUH, NCID, MOH
<https://www.sgcovidcheck.com>

- **Chronic Disease Management**

The consult is free - if they need medication, that is chargeable. Delivery fee for meds is \$13 if the medication is <\$100. No delivery charge if meds at \$100 or more

www.novi-health.com/teleconsult

- **24 hour GP Consult with Raffles Medical Group**

The consult is \$18 – medication, that is chargeable. Delivery of medicine within 2 – 3 hours to your house.

<https://doctorworld.co>

- **Home Nursing Services & Caregiver Training (Online Training available)**

www.tetsuyuhomecare.com

- **Physiotherapy Online Video Consultation (Weekdays)**

www.gobeyondrehab.sg

HYGIENE HABITS



COVID-19 Practise Good Personal Hygiene Keeping our Hands & Environment Clean!

8 STEPS TO CLEAN YOUR HANDS

WITH SOAP & WATER

Palm to palm

Between fingers

Back of hands

Base of thumb

Backs of fingers

Fingernails

Wrists

Rinse & wipe dry

WITH ALCOHOL-BASED HAND SANITIZER

Apply the product to the palm of one hand.

Rub the product on the surfaces of your hands according to steps 1 through 7 until your hands are dry.

TYPES OF DISINFECTANTS

	For Hand Hygiene		For Disinfecting Surfaces			TIPS
	Soap & Water	Alcohol-based Hand Sanitiser (at least 60%)	Alcohol (e.g. Isopropyl Ethyl Alcohol 70%)	Benzalkonium Chloride (disinfectant cleaning agents)	Chloroxylenol (Dettol) or Disinfectant	
Getting around (e.g. taking public transport)	✓	✓				
Travelling by air	✓	✓				
Cleaning the house or workplace (e.g. doorknobs, windows, desk, phone, keyboard)	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> Also windows open for ventilation. Wipe all frequently touched areas & toilet surfaces before to be dry. Use alcohol as a replacement when the use of bleach is not suitable.
Going to school	✓	✓				
Cleaning mobility aids (e.g. wheelchair, quad cane, walking stick)	✓	✓	✓	✓	✓	
Eating out (e.g. at coffee shop, hawker centre, restaurant)	✓	✓				<ul style="list-style-type: none"> Use a serving spoon when sharing food.
Exercising (e.g. at a public fitness centre or gym)	✓	✓				<ul style="list-style-type: none"> When exercising, prepare a spare towel & wipe down the equipment after use to remove perspiration from the equipment surfaces.
Visiting a healthcare institution	✓	✓				



Remember to moisturize your hands frequently after washing!



LIFELONG LEARNING

- **ASPIRE55 Tech Academy**
How to use ZOOM for online meetings and webinars?
<https://bit.ly/aspire55zoom>
- **SCDF**
How to save a life with CPR and AED?
<https://bit.ly/savelivescpf>
- **AIC Community Mental Health Resource**
How to support a loved one with mental health issues?
<https://bit.ly/aicmentalhealth>
- **Mindfulness Resources Online**
<https://www.facebook.com/BrahmCentre>
<https://sgunited.wixsite.com/stayathomesingapore>
<https://www.facebook.com/WeimanKowArt/>
- **Dementia Friendly Singapore**
How to help find a loved one with Dementia who is lost in community?
<https://bit.ly/dementiafriendsg>



SG GOV RESOURCES

In relation to COVID-19

- **Subscribe to Gov.sg Whatsapp Broadcast**
Local mobile: go.gov.sg/whatsapp
Overseas mobile: go.gov.sg/whatsapp-overseas
- **To find a PHPC clinic**
<http://www.phpc.gov.sg>
👉 To find where to collect mask
- **How to collect your government issued mask?**
<http://www.maskgowhere.gov.sg>
- **Extension of CHAS subsidy and use of medisave for follow-up of chronic conditions through video consultations during covid-19**
<https://www.moh.gov.sg/covid-19/vc>
- **Download Trace Together App**
Support the Singapore government's contact tracing
<https://www.tracetgether.gov.sg>
- **Check Safe Distance Website for Parks before you visit**
<https://safedistparks.nparks.gov.sg>
- **Solidarity Budget Cash Payouts**
<https://www.gov.sg/article/solidarity-budget-2020-additional-cash-payments-to-help-families-get-through-circuit-breaker-phase>



SG GOV RESOURCES

In relation to COVID-19

- **Order medicines for Home Delivery with your valid prescription**

HOW TO ORDER MEDICINES FOR HOME DELIVERY!
- A GUIDE BY THE PHARMACEUTICAL SOCIETY OF SINGAPORE -

HealthHub HEALTHHUB APP / WEBSITE

PHARMACY'S WEBSITE

PHONE CALL

SCAN THIS QR CODE TO FIND OUT MORE!

E-MAIL

MOBILE APPS

Important Points To Note

- Only patients who have active follow-up visits at a healthcare institution are eligible.
- Only patients who have a valid prescription issued by the healthcare institution are eligible.
- For top-up of medicines due to postponed medical appointments, contact your healthcare institution for enquiries.
- Keep track of your medicines at home & order at least 1-2 weeks before supply runs out. Pharmacists need time to process your order and deliver your medicines.
- Do not doctor hop. Only your regular doctor understands your condition better.
- Ordering your medicines from your regular healthcare institution can ensure continuity of care and quality of medicines supplied.
- It is important to continue taking your medicines for chronic diseases - do not stop them without advice from healthcare professionals.



MENTAL HEALTH HELP

- **Agency for Integrated Care (AIC) Hotline**
Call: 1800 650 6060
(Mon - Fri, 8.30am - 6pm)
- **IMH Mental Health Helpline**
Call: 63892222 (24 hours)
- **Samaritans of Singapore**
Call: 1800 221 4444 (24 hours)
- **Online counselling from Silver Ribbon Singapore:**
Call: 6386 1928/6385 3714/6509 0271 (Mon – Fri, 9am – 5pm)
- **Text-based online counselling with Fei Yue**
<http://www.ec2.sg>
- **Care Corner Counselling Centre (Mandarin)**
Call: 1800 353 5800 (10am - 10pm)
- **Hua Mei Centre for Successful Ageing**
Call: 6661 9555
(Mon - Thurs, 8.30am - 6pm, Fri 8.30am - 5.30pm)



IMPORTANT HOTLINES

- **National Care Hotline**

Singapore's 24/7 National CARE hotline is now ready to offer the first wave of support. If you need someone to talk to about the issues that weigh you down – worried about COVID-19, its impact on your personal and family lives, on your jobs and livelihoods, and your future – you do not need to struggle alone. Our volunteer counsellors will support you.

Call: 6202-6868

- **Non-Emergency Ambulance**

If you have flu like symptoms, and suspect you have close contacts with people who had COVID-19 coronavirus, they will be able to help and send specialized healthcare workers to provide medical treatment and advice.

Call: 1777

- **Emergency Ambulance / Fire SCDF**

Call: 995

- **Police Emergency**

Call: 999 or SMS: 71999

- **Citygas (Gas leak / disruptions)**

Call: 1800 752 1800



FOR MORE UPDATES

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<http://www.facebook.com/aspire55>

Thank you to our healthcare heroes. #stayhomesavelives



Source: Tan Tock Seng Hospital

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