



**Inspiring Families
to Live Well and
Age Well**





// I used to be very active in my younger days, and I wish to continue staying active. I didn't know there's an Active Ageing Centre near my home! When I found out there are cooking sessions here, I signed up for it immediately since I love baking. //

- Mdm Janet Wai,
Senior Volunteer at
Active Ageing Centre

Who We Are

Since the 1970s, NTUC Health has been bringing much needed health and eldercare services to working families and communities in Singapore. Today, we have grown to become one of the largest senior day care, home personal care, nursing home, active ageing and dental care providers; making a difference to the lives of over **9,000 seniors and 110,000 patients every year.**

We aim to inspire and enable our clients to live agelessly; by providing the support and environment for them to find joy and purpose regardless of their age.

Giving You More Options For Care



You need help to care for your loved one while at work

Senior Day Care

Visit our day centres (flexible options available), enjoy recreational activities and the opportunity to make new friends with the assurance that your care needs will be taken care of.

Home Care

Bring the care you need right to your home in a surrounding your loved ones know and love.



You want to stay active and social

Active Ageing

Stay active! Choose from a wide range of fitness, social, volunteer, and enrichment activities.



You want to regain your strength and mobility

Rehabilitation and Physiotherapy

Work together with our physiotherapists and occupational therapists to improve your strength and mobility.



When your loved one can no longer be cared for at home

Nursing Home

Receive the support you need for your loved ones at our residential care setting.



You want to keep your teeth healthy or you are looking for a smile makeover!

Dental Care (previously Unity Denticare)

Visit a clinic near you for consultation and affordable treatment options.



You need to better manage chronic conditions like diabetes and high blood pressure

Family Medicine

Keep your long term medical conditions in check with our comprehensive suite of services, including diabetic foot screening, eye check, and nurse counselling.

The NTUC Health Difference



Our Care Philosophy: Choice, Independence, Social Engagement

We encourage seniors to exercise choice, stay independent by maximising their functional abilities, and remain emotionally resilient by having a strong social network of friends.

Comprehensive Services; Convenient Access Island-Wide

We are one of the largest health and eldercare providers in Singapore with many services available island-wide.



Award-Winning

Our quality of care and programmes have been recognised with international awards.



Scan to find out more about NTUC Health's services

Supporting The Community Is At The Heart Of Everything We Do

We are committed to our community. Our social workers and volunteers befriend seniors and visit them at their homes to ensure they have the support they need. Our work also includes reaching out to vulnerable seniors through Active Ageing Centres to connect them to important services they need.

“ Thank you very much for taking good care of my mum at your centre. She has since become happier and more cheerful. Thanks for making my weekdays worry-free. ”

- Ms Lim, Caregiver



NTUC Health Active Ageing Centre (Care) (Bukit Batok West)



SERVICES

Senior Day Care | Home Care | Nursing Home | Active Ageing
Rehabilitation and Physiotherapy | Family Medicine | Dental

COMMUNITY SUPPORT

Active Ageing Centres | Community Care | Henderson Home

NTUC HEALTH CO-OPERATIVE LIMITED

55 Ubi Ave 1 #08-01 Singapore 408935

T: 6590 4300 | **F:** 6590 4389 | **E:** enquiries@ntuchealth.sg

W: www.ntuchealth.sg |     NTUC Health