

G-RACE SERVICE

Geriatric Psychiatry Out-Reach Assessment, Consultation and Enablement

G-RACE is an outreach service to provide psychiatric assessment and treatment for elderly, with mental health conditions, living in the western region of Singapore.

We are a multidisciplinary team of healthcare professionals comprising Psychogeriatricians, Case Managers (nursing-trained), Occupational Therapists and Psychologists.

OBJECTIVES

- To provide mental health services to elderly who have difficulties accessing outpatient services.
- To prevent unnecessary hospitalisation related to mental health conditions and reducing the length of stay in the ward.
- To improve the quality of life of the elderly in the community.
- To alleviate the stress of caregivers

APPROACH

1. A comprehensive assessment is conducted in the patient's home. Based on the assessed needs, individualised interventions may be carried out by different member(s) of the multidisciplinary team.
2. Treatment is aimed at alleviating symptoms of psychiatric disorders, maximising functional abilities and reducing caregivers stress to achieve holistic patient care.
3. Multidisciplinary Team Approach
 - A team of doctors, led by Psychogeriatricians, diagnoses and formulates the psychiatric and medical treatment plan, conducts regular reviews and assessments of the patient and modifies the treatment plan accordingly.
 - Case Managers who are experienced nurses assess and formulate individualised nursing care plans.
 - Occupational Therapists (OT) assess and maximise patients' functional abilities, conduct caregiver training, prescribe assistive devices, and advise on home environmental modifications.
 - Psychologists conduct psychological therapy to resolve or reduce symptoms of psychiatric disorders, and neuropsychological assessment to determine the patient's cognitive functioning when indicated.
4. Patient-centered care with the provision of information on available community resources and referral to appropriate services.
5. Psychoeducation on the disease process and medication.

This service is for residents within the western region of Singapore, including:

- Bukit Batok
- Bukit Panjang
- Bukit Timah
- Choa Chu Kang
- Clementi
- Jurong East
- Jurong West
- Queenstown



Referral Criteria to G-RACE Home Clinic

INCLUSION CRITERIA

1. Elderly, aged 65 and above, staying in the western region of Singapore.
2. Those with mental health problems such as dementia, depressive disorders and psychotic disorders who require follow-up by a doctor in their home.
3. Those who are non-community ambulant or have considerable difficulties leaving home.

Referral Criteria to G-RACE Allied Health Intervention (Home-Based)

INCLUSION CRITERIA

1. Elderly, aged 65 and above, staying in the western region of Singapore.
2. Patients with dementia who are able to continue outpatient treatment with their primary doctor.
3. Existing patients who are being seen under the G-RACE Home Clinic service can also benefit from this intervention.

EXCLUSION CRITERIA

1. Elderly diagnosed with physical disabilities only.
2. Those who require mainly palliative care.

REFERRALS

G-RACE accepts referrals, which fulfill the entry criteria, from healthcare professionals.

The referral form can be downloaded from our website:
<http://www.nuh.com.sg/umc/g-race-service.html>

Please fax the completed form to 6872 4118. We will keep the referring party informed about the outcome of the referral.

CHARGES

Appropriate charges apply. Financial assistance is available, subject to financial assessment.

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For enquiries, please contact:

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Operating Hours

Mondays to Fridays only: 8.30am to 5.30pm

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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing (August 2014) and subject to revision without prior notice.

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