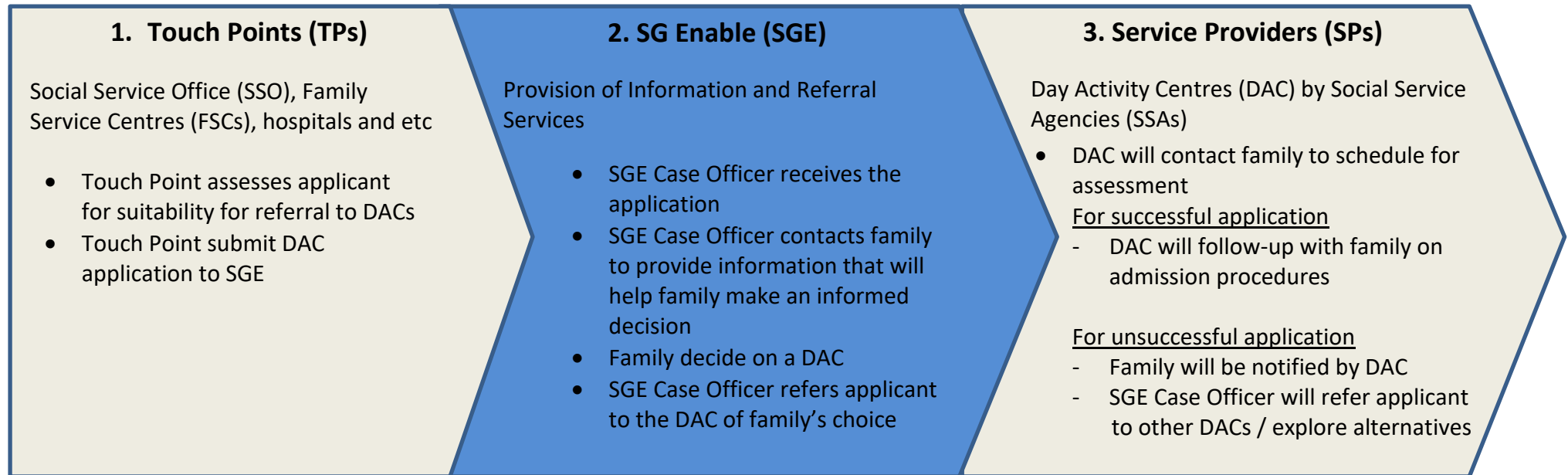


Referral process for Day Activity Centre (DAC)



Some key factors when selecting a DAC

Applicant's Disability Type



- Choose a DAC that caters to the applicant's disability type

Location of centre



Find a DAC that is near to the applicant's residence

Transport services



If transport is required, ensure that the chosen DAC provides transport

Overview of the guide

**Click on the page number directly to access more information*

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Additional information by agency

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General information of DACs that serve Autism Spectrum Disorder (ASD)

by Region

CLICK

CLICK ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		NORTHEAST			EAST	WEST	CENTRAL
Name of centre		Blue Cross Thong Kheng ASD Day Activity Centre	Eden Centre for Adults (Hougang)	St Andrew's Autism Centre Day Activity Centre (Sengkang)	St Andrew's Autism Centre Day Activity Centre (Siglap)	Eden Centre for Adults (Clementi)	THK Autism Centre @ Geylang Bahru
Applicant's Disability type	Primary Diagnosis	Autism Spectrum Disorder, Intellectual Disability cum Autism Spectrum Disorder	Autism Spectrum Disorder	Autism Spectrum Disorder	Autism Spectrum Disorder	Autism Spectrum Disorder	Autism Spectrum Disorder
	Secondary Diagnosis	Multiple Disabilities		Multiple Disabilities	Multiple Disabilities		Intellectual Disability
Wheelchair Accessible		No			No	No	No
Transport Provided*		Yes			Yes	Yes	Yes
Estimated Waiting Time for Enrolment**		To Be Advised	2 years	6 months – 1 year	6 months - 1 year	5 years	6 months - 1 year
Vacancy**		To Be Advised	No	No	Low	No	Low

*Transportation is provided by external vendors. Please contact centre directly to enquire on specific transport boundaries, vacancy and fees.

**Subject to changes without prior notice. Please contact centre directly if you require additional information on the waiting time and vacancy.

General information of DACs that serve Intellectual Disability (ID)

by Region

CLICK

CLICK ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		NORTHEAST			CENTRAL			
Name of centre		Metta Day Activity Centre for the Intellectually Disabled (Hougang)	MINDS Community Hub (Kebun Bahru)	MINDS Community Hub (Hougang)	Bishan Home for the Intellectually Disabled Day Activity Centre	Christian Outreach to the Handicapped Emmanuel Activity Centre @ Toa Payoh	THK Day Activity Centre @ Geylang Bahru	TOUCH Centre for Independent Living (Bukit Merah)
Applicant's disability type	Primary Diagnosis	Intellectual Disability (Mild - Moderate)	Intellectual Disability		Intellectual Disability	Intellectual Disability or Autism Spectrum Disorder	Intellectual Disability	Intellectual Disability (Mild-Moderate)
	Secondary Diagnosis	Autism Spectrum Disorder (Mild-Moderate)	Autism Spectrum Disorder or Other Disabilities		Other Disabilities		Autism Spectrum Disorder (Case-by-case)	Hearing Impairment
Wheelchair Accessible		No			Yes		No	
Transport Provided*		Yes			Yes			
Estimated Waiting Time for Enrolment**		2 months	1 month	3 months	3 months	12 months and above	6 months - 1 year	4 months
Vacancy**		Yes	Low	Low	No	Yes	Low	Yes

*Transportation is provided by external vendors. Please contact centre directly to enquire on specific transport boundaries, vacancy and fees.

**Subject to changes without prior notice. Please contact centre directly if you require additional information on the waiting time and vacancy.

General information of DACs that serve Intellectual Disability (ID)

by Region

CLICK

CLICK ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		NORTH		EAST			
Name of centre		Metta Home Day Activity Centre (Woodlands)	MINDS Community Hub (Yishun)	Christian Outreach to the Handicapped Emmanuel Activity Centre @ Tampines	MINDS Community Hub (Geylang Serai)	MINDS Community Hub (Tampines East)	TOUCH Centre for Independent Living (Ubi)
Applicant's disability type	Primary Diagnosis	Intellectual Disability (Mild - Moderate)	Intellectual Disability (Mild - Moderate)	Intellectual Disability, Autism Spectrum Disorder	Intellectual Disability		Intellectual Disability (Mild-Moderate)
	Secondary Diagnosis	Autism Spectrum Disorder (Mild-Moderate)	Autism Spectrum Disorder or Other Disabilities	Other Disabilities	Autism Spectrum Disorder or Other Disabilities		
Wheelchair Accessible		Yes	No	Yes	No		
Transport Provided*		Yes		Yes			
Estimated Waiting Time for Enrolment**		1 - 2 months	1 month	12 months and above	3 months	3 months	4 months
Vacancy**		Yes	Low	Low	Yes	No	No

*Transportation is provided by external vendors. Please contact centre directly to enquire on specific transport boundaries, vacancy and fees.

**Subject to changes without prior notice. Please contact centre directly if you require additional information on the waiting time and vacancy.

General information of DACs that serve Intellectual Disability (ID)

by Region

CLICK**CLICK ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION**

		WEST			
Name of centre		THK Day Activity Centre @ Jurong East	MINDS Community Hub (Clementi)	MINDS Community Hub (Faber)	MINDS Community Hub (Jurong East)
Applicant's disability type	Primary Diagnosis	Intellectual Disability			
	Secondary Diagnosis	Other Disabilities	Autism Spectrum Disorder or Other Disabilities		
Wheelchair Accessible		No			
Transport Provided*		Yes			
Estimated Waiting Time for Enrolment**		1 – 3 months	To Be Advised	To Be Advised	To Be Advised
Vacancy**		Low	Low	No	Low

*Transportation is provided by external vendors. Please contact centre directly to enquire on specific transport boundaries, vacancy and fees.

**Subject to changes without prior notice. Please contact centre directly if you require additional information on the waiting time and vacancy.

General information of DACs that serve Physical Disability (PD) / Multiple Disabilities

by Region

CLICK

CLICK ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		NORTHEAST		EAST			
Name of centre		The Singapore Cheshire Home Day Activity Centre	SUN-DAC (Upper Thomson)	AWWA Day Activity Centre	Bizlink Day Activity Centre	Cerebral Palsy Alliance Singapore (CPAS) Day Activity Centre^	SUN-DAC (Bedok South)
Applicant's disability type	Primary Diagnosis	Physical Disability	Intellectual Disability, Autism Spectrum Disorder, Physical Disability, Sensory or other Developmental condition, Visual Impairment (Case-by-case)	Physical Disability	Multiple Disabilities	Physical Disability	Intellectual Disability, Autism Spectrum Disorder, Physical Disability, Sensory or other Developmental condition, Visual Impairment (Case-by-case)
	Secondary Diagnosis	Other Disabilities		Multiple Disabilities	Intellectual Disability, Autism Spectrum Disorder	Multiple Disabilities	
Wheelchair Accessible		Yes		Yes			
Transport Provided*		Yes		Yes			
Estimated Waiting Time for Enrolment**		1 month	1 year	6 months	1 - 2 weeks	1 - 2 years	2 - 3 months
Vacancy**		Low	Low	Yes	Low	No	Low

[^]CPAS DAC is currently unable to place applicants on the waitlist.

*Transportation is provided by external vendors. Please contact centre directly to enquire on specific transport boundaries, vacancy and fees.

**Subject to changes without prior notice. Please contact centre directly if you require additional information on the waiting time and vacancy.

General information of DACs that serve Physical Disability (PD) / Multiple Disabilities

by Region

CLICK**CLICK ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION**

		WEST		CENTRAL
Name of centre		Red Cross Day Activity Centre for the Disabled	SUN-DAC (Choa Chu Kang)	SPD Day Activity Centre
Applicant's disability type	Primary Diagnosis	Physical Disability (except Autism Spectrum Disorder)	Intellectual Disability, Autism Spectrum Disorder, Physical Disability Sensory or other Developmental condition, Visual Impairment (Case-by-case)	Physical Disability, Intellectual Disability, Autism Spectrum Disorder, Multiple Disabilities
	Secondary Diagnosis	Other Disabilities		
Wheelchair Accessible		Yes		Yes
Transport Provided*		Yes		Yes
Estimated Waiting Time for Enrolment**		2 months	2 - 3 years	6 months – 2 years
Vacancy**		Low	No	Low

*Transportation is provided by external vendors. Please contact centre directly to enquire on specific transport boundaries, vacancy and fees.

**Subject to changes without prior notice. Please contact centre directly if you require additional information on the waiting time and vacancy.

Additional information of Day Activity Centre (DAC)

by Agency

AWWA Day Activity Centre

<https://www.awwa.org.sg/>

Programme details			
Programme offered	<ul style="list-style-type: none"> - Training in Activities of Daily Living - Community Integration Activities - Recreational Activities 	Service Group	Physical Disability, Multiple Disabilities
		Programme Hours	Full-time (Mon to Fri 8.30AM to 3:30PM) Part-time (3 days/week)
Professional staff/services	<ul style="list-style-type: none"> - Occupational Therapist - Physiotherapist - Speech Therapist - Social Worker - Psychologist 	Meals	Available (Halal)
		Transport details	
	<ul style="list-style-type: none"> - Therapy Services - Counselling - Case Management - Caregiver Training 	Catchment areas	East / North East
		Type	Normal / Hydraulic

Address

5 Pasir Ris Street 22, S([518064](#))

Contact details

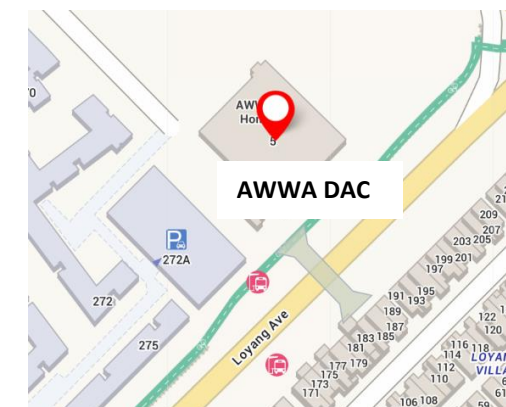
Tel: 6551 1642

adultdisability@awwa.org.sg

How to get there?

By MRT: Tampines East MRT Station [DT33]

By Bus: 5, 6, 9, 19, 59, 89, 89A, 109, 359



Additional information of Day Activity Centre (DAC)

by Agency

Bishan Home for the Intellectually Disabled Day Activity Centre

info.bishanhome.org.sg

Programme details			
Programme offered	Activities of Daily Training (ADL) Community Living Skills (CLS) Social Interaction and Recreation	Service Group	Intellectual Disability, Others (case-by-case)
		Programme Hours	Full-time (Mon to Fri 10AM to 4PM) Part-time (case-by-case basis)
Professional staff/services	<ul style="list-style-type: none"> - Occupational Therapist * - Psychologist* - Nurse* - Nurse Assistant - Healthcare attendant* - Social Worker* - Physiotherapy Aide - Training officer - Caregiver training - Counselling Support <p>*the above professional support is shared with residential service</p>	Meals	Available (Non-Halal, No pork/lard)
		Transport details	
		Catchment areas	Bishan, Ang Mo Kio, Toa Payoh, Hougang (Ave 9, 10), Yio Chu Kang, Buangkok, MacPherson, Serangoon (certain area).

Address

6 Bishan St 13, S(579798)

Contact details

Tel: 6353 3515

Fax: 6353 6753

info@bishanhome.org.sg

How to get there?

By MRT: Bishan MRT Station [CC15]

By Bus: 54, 56



Additional information of Day Activity Centre (DAC)

by Agency

Bizlink Day Activity Centre

<https://www.bizlink.org.sg/>

Programme details			
Programme offered	Specialized to individual needs	Service Group	Multiple Disabilities, Intellectual Disability, Autism Spectrum Disorder
		Programme Hours	Full-time (Mon to Fri 8AM to 5PM) Part-time (No. of days/week, Half day) Morning session: 8:30AM to 12:30PM Afternoon session: 1:15PM to 5PM
Professional staff/services	- OT services - Coaches - Exercise	Meals	Available (Halal)
Transport details			
		Catchment areas	West / North East / Yishun / East areas
		Type	Normal / Hydraulic* <i>*Hydraulic vans depending on locations</i>

Address

82 Circuit Road #01-04
Singapore S([370082](https://www.bizlink.org.sg/))

Contact details

Tel: 6449 5652

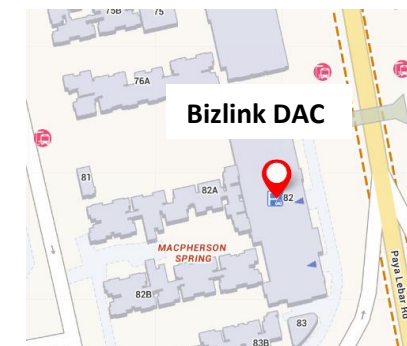
Fax: 6449 5694

DAC@bizlink.org.sg

How to get there?

By MRT: Macpherson MRT Station [CC10]

By Bus: 24, 28, 43, 70, 76, 80, 135, 154



Additional information of Day Activity Centre (DAC)

Blue Cross Thong Kheng ASD Day Activity Centre

www.thongkheng.org.sg

Programme details

Programme offered	<i>Please approach centre directly for more information</i>	Service Group Autism Spectrum Disorder, Intellectual Disability cum Autism Spectrum Disorder, Multiple Disabilities (case-by-case)
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Programme Hours	Full-time (Mon to Fri 9AM to 3PM)
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Professional staff/services	<ul style="list-style-type: none"> - Occupational Therapist (in-house & outsourced) - Psychologist - Social Worker - Counselling Support - Parent Support Group - Maintenance Therapy - Active Therapy - Art Therapy - Music Therapy - Sports Therapy - Activity of Daily Living Support - Community Living Skills Support - Play Therapy
------------------------------------	--

Meals	Available (Halal)
--------------	----------------------

Transport details

Catchment areas	<p>East (Pasir Ris)</p> <p>North (Ang Mo Kio, Yio Chu Kang, Yishun, Sembawang, Woodlands, Sengkang, Upper Thomson)</p> <p>West (Boon Lay, Jurong, Bukit Batok, Choa Chu Kang, Bukit Panjang)</p>
------------------------	---

Address

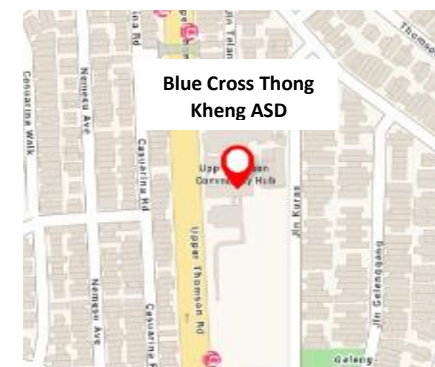
600 Upper Thomson Rd, Blk C #03-21
Upper Thomson Community Hub
S([574421](http://www.thongkheng.org.sg))

Contact details

Tel: 6265 2878
Fax: 6265 2806
reception_asd@thongkheng.org.sg

How to get there?

By MRT: Mayflower MRT Station [TE6]
By Bus: 163, 167, 169, 855, 980



Additional information of Day Activity Centre (DAC)

THK Day Activity Centre @ Jurong East

www.thkmc.org.sg

Programme details			
Programme offered	<i>Please approach centre directly for more information</i>	Service Group	Intellectual Disability, Other Disabilities (case-by-case)
		Programme Hours	Full-time (Mon to Fri 9AM to 3PM) Part-time (Not available)
Professional staff/services	<ul style="list-style-type: none"> - Occupational Therapist (outsourced) - Physiotherapist (outsourced) - Psychologist - Social Work - Active Therapy - Counselling Support - Art Therapy - Activity of Daily Living Support - Community Living Skills Support - Parent Support Group 	Meals	Available (Halal/ Non-Halal)
Transport details			
		Catchment areas	West and Central (based on transport availability), Transport covers up to Jalan Bukit Merah, Jalan Membina, Dawson, Ghim Moh, Clementi, West Coast, Pandan Gardens, Teban Gardens, Jalan Rumah Tinggi, Jalan Bukit Ho Swee, Commonwealth, Bukit Batok, Choa Chu Kang, Teck Whye, Bukit Panjang, Jurong East, Jurong West, Boon Lay

Address

201 Jurong East Ave 1, S(609791)

Contact details

Tel: 6560 2022

Fax: 6560 2797

How to get there?

By MRT: Chinese Garden MRT Station [EW25]

By Bus: 98, 99, 157, 185, 187, 198



Additional information of Day Activity Centre (DAC)

Cerebral Palsy Alliance Singapore (CPAS) Day Activity Centre^

^CPAS DAC is currently unable to place applicants on the waitlist.

<http://cpas.org.sg/>

Programme details			
Programme offered	<ul style="list-style-type: none">- Adaptive Daily Living Skills- Social Skills- Life Skills, e.g. cooking- Language Themes- Gross Motor Skills- Art & Craft- Music & Movement- Sensory Stimulation	Service Group	
		Physical Disability, Multiple Disabilities	
		Programme Hours	Full-time (Mon to Fri 9AM to 3:30PM)
Professional staff/services	<ul style="list-style-type: none">- Physiotherapist- Occupational Therapist- Health Care Attendants- Social Worker- Music and Movement Instructor- Psychosocial assessment and linkages to resources<ul style="list-style-type: none">a) Information and referralb) Financial assistancec) Casework and counsellingd) Parent/caregivers supporte) Link with external resources <p>Accept client on tube feeding but will require assistance from caregiver</p>	Meals	Available (Non-Halal - no pork/ lard and nuts)
		Transport details	
		Catchment areas	Island-wide
		Type	Normal / Hydraulic

Address

65 Pasir Ris Drive 1 Cerebral Palsy Centre S([519529](tel:519529))

Contact details

Tel: 6585 5643

Fax: 6581 1455

hqadmin@cpas.org.sg

How to get there?

By MRT: Pasir Ris MRT Station [EW1]

By Bus: 39, 53, 81, 89, 109, 518



Additional information of Day Activity Centre (DAC)

by Agency

Christian Outreach to the Handicapped Emmanuel Activity Centre

Service Group Intellectual Disability,
Autism Spectrum Disorder,
Others (case-by-case)

www.coh.org.sg

Programme details

Programme offered

Activities to reinforce and train on community living skills, activities of daily living, sports, arts, music, cooking, gardening, etc.

Professional staff/services

- Physiotherapist
- Social Worker
- Trainer/ Assistant Trainer
- Caregiver Training (Ad-hoc)
- Support Group (Ad-hoc)
- Active and Maintenance Therapy
- Counselling Support

Programme

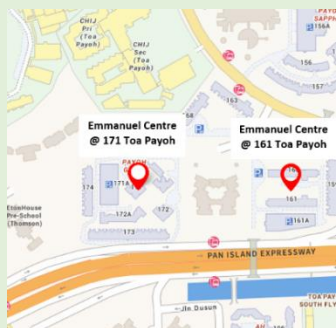
Full-time
(Mon to Fri | 930AM to 4PM)
Part-time (Available)

Meals

Available (Non-Halal)

@ Toa Payoh

Blk 171 Toa Payoh Lorong 1, #01-1146,
S([310171](http://www.coh.org.sg))
Blk 161 Toa Payoh Lorong 1 #01- 1596
S([310161](http://www.coh.org.sg)) – for Autism Spectrum Disorder



By MRT: Toa Payoh MRT Station [NS19]
By Bus: 5, 56, 57, 105, 129, 139, 143, 145,
151, 153, 154, 506, 966, 985

Transport details

Catchment areas

Central (Non-CBD) / North (Ang Mo
Kio, Hougang, Boon Keng etc)

Type

Normal / Hydraulic
(subject to availability)

Contact details

Tel: 6253 5116
Fax: 6253 5006
admin@coh.org.sg

@ Tampines

Blk 414 Tampines St 41,
#01-311, S([520414](http://www.coh.org.sg))



By MRT: Tampines MRT
Station [DT32]
By Bus: 28, 29, 293

Transport details

Catchment areas

East / North East
(depending on transport availability) -
covers up to Punggol, Pasir Ris,
Geylang

Type

Normal / Hydraulic (subject to
availability)

Contact details

Tel: 6787 3200
Fax: 6787 6990
admin@coh.org.sg

Additional information of Day Activity Centre (DAC)

by Agency

Eden Centre for Adults

Service Group

Autism Spectrum Disorder

www.autismlinks.org.sg

Programme details

Programme offered

Personal Health & Fitness Skills, Daily Living Skills, Vocational Work Skills, Social Interaction Skills, Community Living Skills, Leisure & Recreation Skills

Professional staff/services

- Social Worker
- Social Service Assistance
- Training Officer
- Caregiver training
- Counselling Support (ad hoc)

Programme Hours

Full-time (Mon to Fri | 10AM to 4PM)

Part-time (1-2 days/week, Half day)

Morning session: 10AM to 1PM

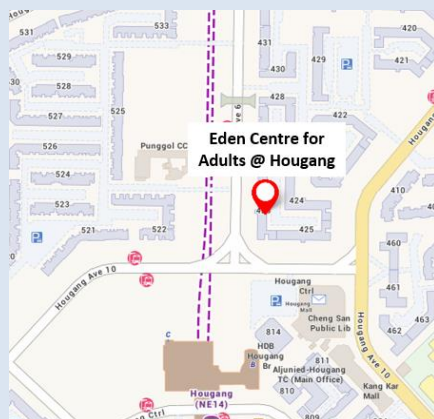
Afternoon session: 1PM to 4PM

Meals

Not Available

@ Hougang

Blk 426 Hougang Avenue 6,
#01-53, S([530426](https://www.google.com/maps/place/426+Hougang+Avenue+6,+Singapore/@1.3751111,103.7455556,15z))



By MRT: Hougang MRT Station
[NE14]

By Bus: 27, 62, 113, 161

Transport details

Catchment areas

Caregivers to make private arrangements directly with external transport operator.

Contact details

Tel: 6774 6649

Fax: 6287 2774

autism@singnet.com.sg

@ Clementi

Blk 351 Clementi Avenue 2,
#01-57, S([120351](https://www.google.com/maps/place/351+Clementi+Avenue+2,+Singapore/@1.3151111,103.7655556,15z))



By MRT: Clementi MRT
Station [EW23]

By Bus: 52, 74, 151, 154,
165

Transport details

Catchment areas

Caregivers to make private arrangements directly with external transport operator.

Contact details

Tel: 6774 6649

Fax: 6873 0057

autism@singnet.com.sg

Additional information of Day Activity Centre (DAC)

by Agency

Metta Day Activity Centre

Service Group

Intellectual Disability (Mild – Moderate),
Autism Spectrum Disorder (Mild – Moderate)

<https://www.metta.org.sg/hq/>

Programme details

Programme offered

Reading, writing, storytelling, drawing, colouring, art and craft, flower marking, quilling, cepe paper art, dancing, karaoke singing, table top cognitive puzzles and games, walking at the stadium, neighbourhood walk, morning exercises, HUR fitness machine training, basketball, floorball, boccee, Special Olympics participation

Professional staff/services

- Occupational Therapist (Woodlands)
- Physiotherapist (Woodlands)
- Social Worker / Social Work Associate

Programme Hours

Full-time (Mon to Fri)
Woodlands: 9AM to 4:30PM
Hougang: 9AM to 4:30PM

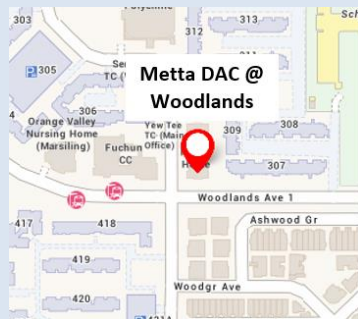
Part-time (Not Available)

Meals

Available
(Vegetarian Only)

@ Woodlands

2 Woodlands St 31,
S(738580)



By MRT: Marsiling MRT Station [NS8]
By Bus: 912M, 913M

Transport details

Catchment areas

Woodlands / Yishun/Serangoon

Type
Normal

Contact details

Tel: 6365 7666
Fax: 6365 7555
hidac@metta.org.sg

@ Hougang

Blk 627 Hougang Ave 8,
#01-130, S(530627)



By MRT: Kovan MRT Station [NE13]
By Bus: 25, 55, 112, 132, 854

Transport details

Catchment areas

Sengkang /Punggol/Hougang /Potong
Pasir/Toa Payoh /Ang Mo Kio and
Serangoon Ave.

Contact details

Tel: 6385 2913
Fax: 6385 2914
hidac@metta.org.sg

Additional information of Day Activity Centre (DAC)

MINDS Community Hub

Service Group

Intellectual Disability,
Autism Spectrum Disorder,
Other Disabilities
(case-by-case)

www.minds.org.sg

Programme details

Programme offered

Daily Living Skills Activities, Social Skills, Home Living Skills
Cognitive skills activities with Literacy & Numeracy where applicable, Horticulture – Gardening, Art & Craft, Community Mobility & Engagement, Health Fitness Wellness Programme

Professional staff/services

- Speech Therapist
- Occupational Therapist
- Physiotherapist
- Social Worker
- Maintenance Therapy
- Active Therapy
- Caregiver Training

Programme Hours

Full-time (Mon to Fri | 9AM to 4:30PM)
Part-time (2-3 days/week)

Meals

Available
(No pork/ lard)

@ Yishun

Blk 652 Yishun Ave 4
#01-507 S([760652](http://www.minds.org.sg))



By MRT: Yishun MRT Station [NS13]
By Bus: 805, 812, 103, 663

Transport details

Catchment areas

Northern regions such as Yishun, Sembawang, Marsiling, Woodlands, Admiralty, Khatib, Wellington, Canberra

Contact details

Tel: 6257 1165
Fax: 6257 1167
ytdc@minds.org.sg

@ Kebun Bahru

Blk 134 Ang Mo Kio Ave 3
#01-1677 S([560134](http://www.minds.org.sg))



By MRT: Mayflower MRT Station [TE6]
By Bus: 76, 132, 165, 166, 169, 265, 268, 269, 652

Transport details

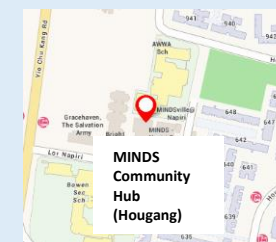
Catchment areas
North / North-West / Central regions

Contact details

Tel: 6456 4174
Fax: 6453 2824
atdc@minds.org.sg

@ Hougang

No 7 Lorong Napiri
S([547533](http://www.minds.org.sg))



By MRT: Kovan MRT Station [NE13]
By Bus: 43, 70, 73, 103, 109, 156, 854

Transport details

Catchment areas
Northeast / Central regions such as Hougang, Sengkang, Punggol, Serangoon, Ang Mo Kio

Contact details

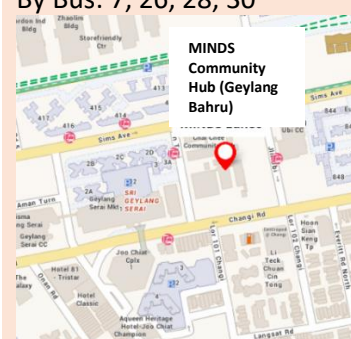
Tel: 6387 7662
Fax: 6387 3357
ntdc@minds.org.sg

Additional information of Day Activity Centre (DAC)

@ Geylang Serai

11 Jalan Ubi Block 3, #01-21, S([409074](#))
Kembangan - Chai Chee Community Hub

By MRT: Eunos MRT Station [EW7]
By Bus: 7, 26, 28, 30



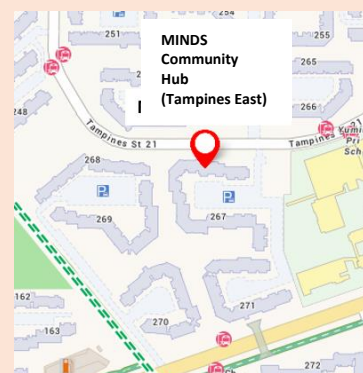
Transport details

Catchment areas
Bugis, Beach Road, Lavender, Aljunied, Kallang, Macpherson, Aljunied, Geylang, Eunos, Marine Parade, Serangoon Road, Bedok South

Contact details
Tel: 6547 8501
Fax: 6547 8509
etdc@minds.org.sg

@ Tampines East

Blk 267 Tampines Street 21, #01-09, S([520267](#))



By MRT: Tampines MRT Station [EW2]
By Bus: 3, 3A

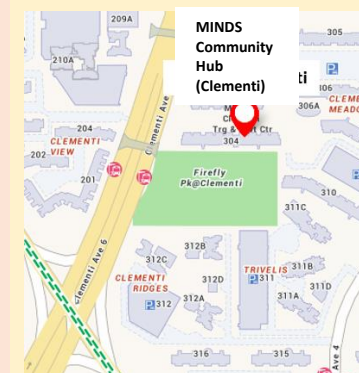
Transport details

Catchment areas
Tampines, Simei, Pasir Ris, Bedok North, Chai Chee

Contact details
Tel: 6260 5886
Fax: 6260 5686
ttdc@minds.org.sg

@ Clementi

Blk 304 Clementi Avenue 4, #01-487, S([120304](#))



By MRT: Clementi MRT Station [EW23]
By Bus: 185, 189

Transport details

Catchment areas
Clementi / Southern regions

Contact details
Tel: 6776 8743
Fax: 6776 8741
ctdc@minds.org.sg

@ Faber

Blk 207 Clementi Avenue 6 #02-01 S([120207](#))



By MRT: Clementi MRT Station [EW23]
By Bus: 52, 99, 105, 106, 173, 183, 188, 963

Transport details

Catchment areas
Clementi / Southern regions

Contact details
Tel: 6873 1564
Fax: 6873 1565
ftdc@minds.org.sg

@ Jurong East

18 Boon Lay Way, #02-96 to 100 Tradehub@21 S([609966](#))



By MRT: Jurong East MRT Station [EW24/ NS1]
By Bus: 52, 99, 105, 105B, 188

Transport details

Catchment areas
Western regions such as Bukit Panjang, Choa Chu Kang, Bukit Gombak, Bukit Batok, Jurong East, Toh Guan, Boon Lay, Jurong West

Contact details
Tel: 6252 5226
Fax: 6252 6652
jtdc@minds.org.sg

Additional information of Day Activity Centre (DAC)

by Agency

Red Cross Day Activity Centre for the Disabled

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

Programme details		
Programme offered	<ul style="list-style-type: none"> - Arts and crafts - Games - Meals preparation - Leisure activities 	Service Group Physical Disability (Except Autism Spectrum Disorder), Other Disabilities (case-by-case)
		Programme Hours Full-time (Mon to Fri 9AM to 5PM) Part-time (2-3 days/week, Half day) Morning session: 8:30AM to 12:30PM Afternoon session: 12:30PM to 4:30PM
Professional staff/services	<ul style="list-style-type: none"> - Occupational Therapist - Social Worker - Therapy Aide - Maintenance Therapy - Active Therapy - Tube/ NG tube / tube to stomach / BIPAP / dialysis may be considered - Counselling Support 	Meals Available (Halal)
Transport details		
	Catchment areas	Jurong, Clementi, Choa Chu Kang, Buona Vista, Dover, Bukit Panjang, Bukit Batok, Bukit Gombak
	Type	Wheelchair-friendly

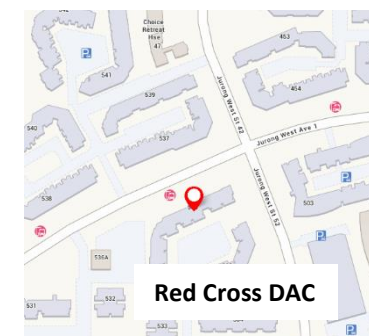
Address
 Blk 536, Jurong West St 52,
 #01-497 S([640536](https://www.redcross.sg/))
Contact details

Tel: 62624062

dac@redcross.sg**How to get there?**

By MRT: Lakeside MRT Station [EW26]

By Bus: 99, 157, 185, 198, 502



Red Cross DAC

Additional information of Day Activity Centre (DAC)

SPD Day Activity Centre

www.spd.org.sg

Programme details

Programme offered

- Art and craft
- Daily living activities
- Gardening
- Numeracy and other pre-vocational motor and cognitive skills
- Simple meal preparation
- Simple sports and exercises
- Lessons on social and communication skills

Service Group

Physical Disability, Intellectual Disability, Autism Spectrum Disorder, Multiple Disabilities

Programme Hours

Full-time (Mon to Fri | 9AM to 5PM)
Part-time (2-4 days/week)

Professional staff/services

- Occupational Therapist
- Physiotherapist (case-by-case)
- Psychologist (case-by-case)
- Social Worker
- Programme Executive
- Case Management
- Maintenance Therapy
- Caregiver Training
- Counselling Support

Meals

Available (Halal, with vegetarian options available)

Transport details

Catchment areas

Island wide

Type

Hydraulic

Address

2 Peng Nguan Street,
SPD Ability Centre, S(168955)

Contact person

Tel: 6579 0763

Fax: 6323 7008

information@spd.org.sg

How to get there?

By MRT: Tiong Bahru MRT Station [EW17]

By Bus: 121



Additional information of Day Activity Centre (DAC)

St Andrew's Autism Centre Day Activity Centre

Service Group

Autism Spectrum Disorder,
Multiple Disabilities
(Case-by-case)

www.saac.org.sg

Programme details

Programme offered

Daily Living Skills, Community Living Skills, Community Mobility, Horticulture, Laundry, Home Science (preparation of simple meals and snacks), Physical Exercises, Functional Numeracy, Functional Literacy, Social and Communication Skills, Arts

Professional staff/services

- Speech Therapist
- Occupational Therapist
- Psychologist
- Social Worker
- Counselling Support
- Parent Support Group

Programme Hours

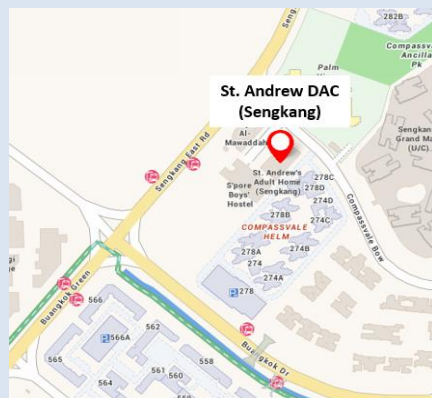
Full-time
(Mon to Fri | 9AM to 3PM)
Part-time (case-by-case basis)

Meals

Not Available

@ Sengkang

147 Compassvale Bow, S([544691](http://www.singapore.gov.sg/454691))



By MRT: Buangkok MRT Station [NE15]
By Bus: 109, 156, 159, 161

Transport details

Catchment areas

Island-wide
Priority to applicants staying in the
North and North-East

Contact details

Tel: 6231 0200
Fax: 6231 0201
enquiry_saah@saac.org.sg

@ Siglap

1 Elliot Road, S([458686](http://www.singapore.gov.sg/458686))



By MRT: Siglap MRT
Station [TE28]
By Bus: 31, 43, 47, 48,
55, 155, 196, 197

Transport details

Catchment areas

Island-wide
Priority to applicants staying in the East

Contact details

Tel: 6517 3839
Fax: 6517 3801
admissions@saac.org.sg

Additional information of Day Activity Centre (DAC)

by Agency

SUN-DAC

Service Group Intellectual Disability, Autism Spectrum Disorder, Physical Disability, Sensory or other Developmental condition, Visual Impairment (Case-by-case)

www.sundac.org

Programme details

Programme offered

Daily Living Skills, Community Living Skills, Art & Craft, Gardening, Physical Exercise, Music & Dance, Pre-vocational training

Professional staff/services

- Occupational Therapist
- Physiotherapist
- Speech Therapist
- Psychologist
- Case Manager
- Counselling Support
- Caregiver Training

Programme Hours

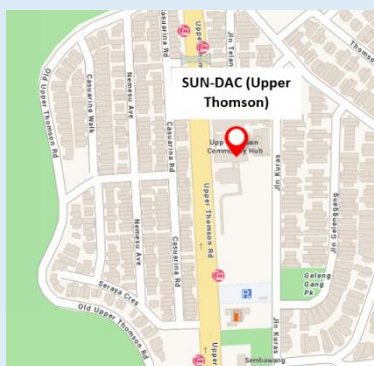
Full-time (Mon to Fri | 9AM to 3:30PM)
9AM to 3PM (For SUN-DAC Upper Thomson)
Part-time (2-3 days/week, Half day)
Morning session: 9AM to 12PM

Meals

Available
(Halal)

@ Upper Thomson

600 Upper Thomson Road, Blk C, #01-21 S([574421](http://www.sundac.org))



By MRT: Mayflower MRT Station [TE6]
By Bus: 163, 167, 169, 652, 855, 980

Transport details

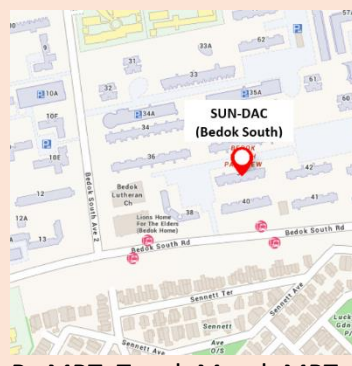
Catchment areas
North area (Yishun, Ang Mo Kio etc), Hougang, Toa Payoh, Bishan, Braddell, Sengkang, Punggol

Contact details

Tel: 6265 9428
Fax: 6265 2156
<https://www.sundac.org/contact-us/>

@ Bedok South

Blk 39 Bedok South, #01-719, S([460039](http://www.sundac.org))



By MRT: Tanah Merah MRT Station [EW4]
By Bus: 12, 38, 47, 229

Transport details

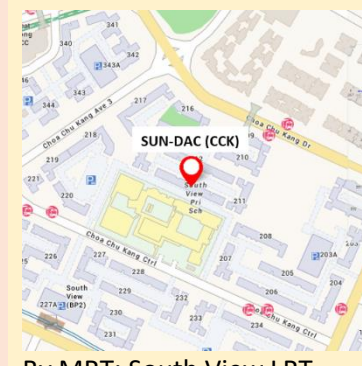
Catchment areas
East Area (Pasar Ris, Bedok, Tampines etc)

Contact details

Tel: 6442 6395
<https://www.sundac.org/contact-us/>

@ Choa Chu Kang

Blk 213 Choa Chu Kang Central, #01-110, S([680213](http://www.sundac.org))



By MRT: South View LRT Station [BP2]
By Bus: 307, 172, 190, 975, 985, 991

Transport details

Catchment areas
West (covers up to Bukit Batok, Bukit Panjang, Choa Chu Kang, Yew Tee, Marsiling, Woodlands, Jurong East and Jurong West)

Contact details

Tel: 6763 6234
Fax: 6763 1784
<https://www.sundac.org/contact-us/>

Additional information of Day Activity Centre (DAC)

The Singapore Cheshire Home Day Care Centre

www.cheshirehome.org.sg

Programme details			
Programme offered	<ul style="list-style-type: none"> - Handicraft - Music, Art & Entertainment - Games (e.g. carrom, mahjong, boccia) - Karaoke - Movie Viewing - Hydrotherapy 	Service Group	Physical Disability, Other Disabilities (Case by case)
		Programme Hours	Full-time (Mon to Fri 9AM to 4PM) Part-time (case-by-case basis, Half day) Morning session: 9AM to 11:30AM
Professional staff/services	<ul style="list-style-type: none"> - Occupational Therapist - Physiotherapist - Social Worker - Speech Therapist (part-time) - Dietician (part-time) - Maintenance and Active Therapy - Tube Feeding / Wound Dressing, - Caregiver Training - Counselling Support, Music and Art Therapy (ad hoc) 	Meals	Available (Non-Halal, No pork/lard)
		Transport details	
		Catchment areas	Ang Mo Kio, Serangoon, Hougang, Sengkang, Yishun, Toa Payoh
		Type	Hydraulic

Address

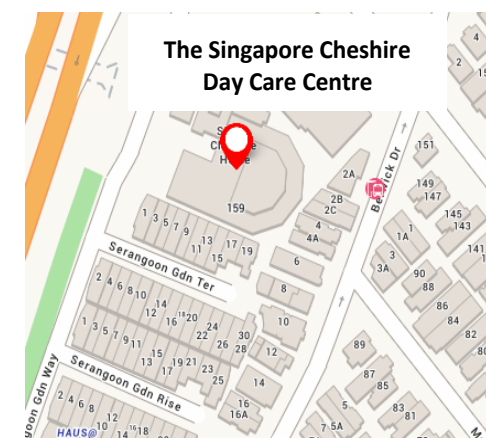
159 Serangoon Garden Way,
S(556056)

Contact details

Tel: 6284 0966
Fax: 6284 2782
enquiries@cheshirehome.org.sg

How to get there?

By MRT: Ang Mo Kio MRT Station [NS16]
By Bus: 317



Additional information of Day Activity Centre (DAC)

THK Autism Centre @ Geylang Bahru

www.thkmc.org.sg

Programme details

Programme offered

- Social skills training
- Daily living skills training
- Community walk
- Meal preparation
- Literacy & numeracy
- Sports
- Arts
- Sensory activities

Service Group

Autism Spectrum Disorder,
Autism Spectrum Disorder cum Intellectual Disability

Programme Type

Full-time (Mon to Fri | 9AM to 4PM)
Part-time (3 days or less/week)

Address

Blk 72 Geylang Bahru
#01-3018 & #01-3032, S([330072](https://www.thkmc.org.sg))

Contact details

Tel: 6906 7106
Fax: 6906 7110
autismcentre@thkmc.org.sg

Professional staff/services

- Occupational Therapist
- Psychologist
- Social Worker
- Sensory Stimulation Room

Meals

Available
(Normal, Halal, Vegetarian)

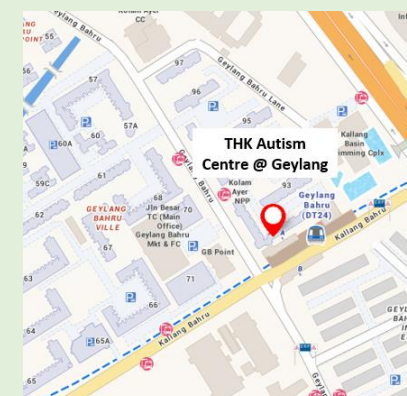
How to get there?

By MRT: Geylang Bahru MRT Station [DT24]
By Bus: 26, 61, 107, 140, 853

Transport details

Catchment areas

Island-wide



Additional information of Day Activity Centre (DAC)

by Agency

THK Day Activity Centre @ Geylang Bahru

www.thkmc.org.sg

Programme details			
Programme offered	<ul style="list-style-type: none">- Social skills training- Daily living skills training- Community walk- Meal preparation- Literacy & numeracy- Sports- Arts- Sensory activities	Service Group	
		Intellectual Disability, Autism Spectrum Disorder (case-by case)	
Professional staff/services	<ul style="list-style-type: none">- Occupational Therapist- Psychologist- Social Worker- Counselling Support	Programme Hours	Full-time (Mon to Fri 9AM to 4PM) Part-time (3 days or less/week)
		Meals	Available (Normal/ Halal/ Vegetarian)
Transport details			
Catchment areas		Island-wide	

Address

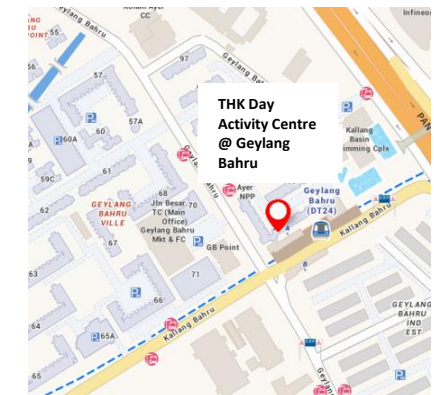
Blk 72 Geylang Bahru
#01-3018 & #01-3032,
S([330072](#))

Contact details

Tel: 6906 7106
Fax: 6906 7110
autismcentre@thkmc.org.sg

How to get there?

By MRT: Geylang Bahru MRT Station [DT24]
By Bus: 26, 61, 107, 140, 853



**THK Day Activity Centre @ Chai Chee has been renamed to THK Day Activity Centre @ Geylang Bahru from 1 April 2025*

Additional information of Day Activity Centre (DAC)

by Agency

TOUCH Centre for Independent Living

Service Group Intellectual Disability (Mild - Moderate),
Hearing Impairment (Bukit Merah)

<https://www.touch.org.sg/>

Programme details

Programme offered

Competency skills training- daily living skills, personal social skills, community skills, enrichment programmes - visual art programme, music, exercise & social recreational activities

Professional staff/services

- Social Worker
- Lifeskills Coaches
- Caregiver Support

Programme Hours

Full-time
(Mon to Fri | 9AM to 4:30PM)

Other Requirements

Applicants are required to be ADL Independent (Toileting and Feeding)

ADL (Activities of Daily Living), CLS (Community Living Skills), Social and Recreation, Job Preparation and Employment Services for selected trainees

Meals

Not Available

@ Bukit Merah

Blk 162 Bukit Merah Central, #05-3555,
S([150162](https://www.touch.org.sg/))



By MRT: Redhill MRT Station [EW18]
By Bus: 14, 16M, 147, 196, 197, 855, 961, 961M

Transport details

Catchment areas

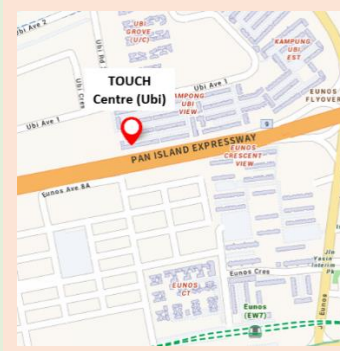
Preferably able to take public transport.
Currently transport is only available in selected west region only

Contact details

Tel: 6251 4535
tcs.tcilbm@touch.org.sg

@ Ubi

Blk 352 Ubi Ave 1, #01-989,
S([400352](https://www.touch.org.sg/))



By MRT: Ubi MRT Station [DT27]
By Bus: 63, 137

Transport details

Catchment areas

Preferably able to take public transport.
Island-wide, preferably from the east or central region

Contact details

Tel: 6741 6364
tcs.tcilubi@touch.org.sg