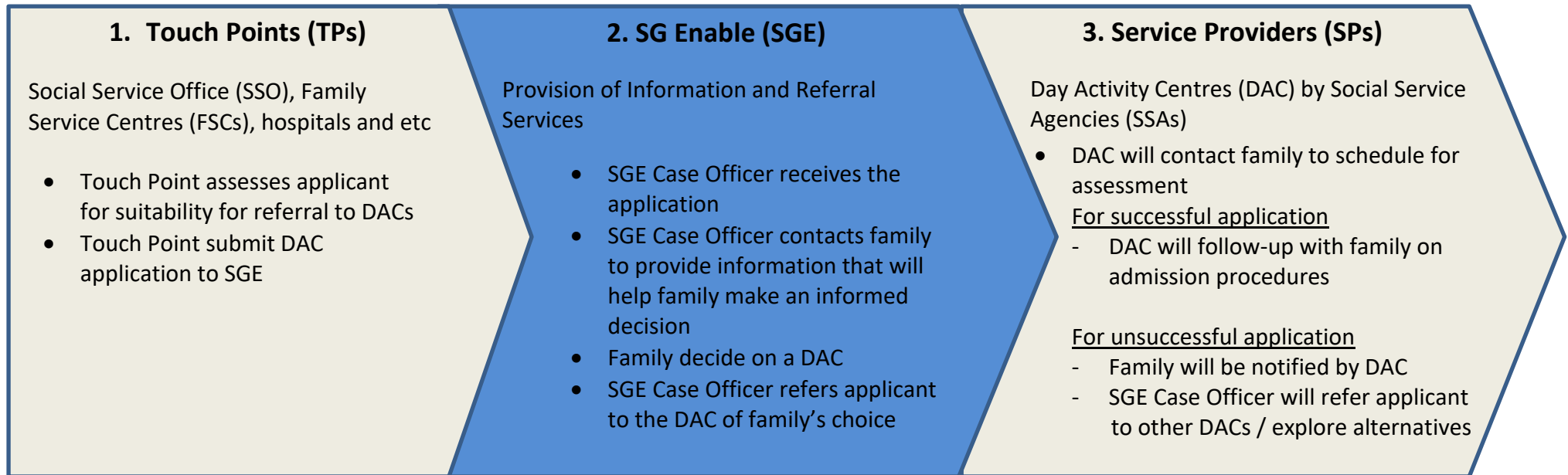


Referral process for Day Activity Centre (DAC)



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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General information of DACs that serve Autism

by Region



CLICK ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		NORTHEAST		EAST	WEST
Name of 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)
Applicant's Disability type	Primary Diagnosis	Autism	Autism	Autism	Autism
	Secondary Diagnosis				
Wheelchair Accessible		No		No	No
Transport Provided*		Yes		Yes	Yes
Estimated Waiting Time for Enrolment**		2 years	Over 2.5 years	Over 1.5 years	5 years
Vacancy**		No	No	Low	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)



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 (Hougang)	Bishan Home for the Intellectually Disabled Day Activity Centre	Christian Outreach to the Handicapped Emmanuel Activity Centre @ Toa Payoh	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	Intellectual Disability (Mild-Moderate)
	Secondary Diagnosis	Autism (Mild-Moderate)	Autism or Other Disabilities	Other Disabilities		Hard of Hearing
Wheelchair Accessible		No		Yes		No
Transport Provided*		Yes		Yes		
Estimated Waiting Time for Enrolment**		2 months	3 months	3 months	12 months and above	4 months
Vacancy**		Yes	No	No	Yes	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 ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		NORTH	EAST			
Name of centre		Metta Home Day Activity Centre (Woodlands)	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, Autism	Intellectual Disability		Intellectual Disability (Mild-Moderate)
	Secondary Diagnosis	Autism (Mild-Moderate)	Other Disabilities	Autism or Other Disabilities		
Wheelchair Accessible		Yes	Yes	No		
Transport Provided*		Yes	Yes			
Estimated Waiting Time for Enrolment**		1 - 2 months	12 months and above	2 years	12 months	6 months and above
Vacancy**		Yes	No	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)



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 or Other Disabilities		
Wheelchair Accessible		No			
Transport Provided*		Yes			
Estimated Waiting Time for Enrolment**		1 – 3 months	6 months	Over 1 year	1 year
Vacancy**		Low	Yes	Low	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 Physical Disability (PD) / Multiple Disabilities

by Region



CLICK ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		Central	North	
Name of centre		Good Life DAC (Margaret Drive)	SPD@AMK, supported by THKMC	APSN CFA@AMK
Applicant's disability type	Primary Diagnosis	Autism, Intellectual Disability, Multiple Disabilities	Autism, Intellectual Disability, Sensory	Autism, Intellectual Disability, Other Disabilities
	Secondary Diagnosis			
Wheelchair Accessible		Yes	No	Yes
Transport Provided*		No	Yes	Yes
Estimated Waiting Time for Enrolment**		3 – 6 months	6 – 8 weeks #	1 - 2 months
Vacancy**		Yes	Yes	Yes

Centre operates from September 2026

*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 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, Physical Disability, Sensory or other Developmental condition, Visual Impairment (Case-by-case)	Physical Disability	Multiple Disabilities	Physical Disability	Intellectual Disability, Autism, Physical Disability, Sensory or other Developmental condition, Visual Impairment (Case-by-case)
	Secondary Diagnosis	Other Disabilities		Multiple Disabilities	Intellectual Disability, Autism	Multiple Disabilities	
Wheelchair Accessible		Yes		Yes			
Transport Provided*		Yes		Yes			
Estimated Waiting Time for Enrolment**		1 month	1 year	3 months	1 - 2 weeks	1 - 2 years	2 - 3 months
Vacancy**		Yes	Low	Yes	No	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 ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		WEST	
Name of centre		Red Cross Day Activity Centre for the Disabled	SUN-DAC (Choa Chu Kang)
Applicant's disability type	Primary Diagnosis	Physical Disability (except Autism)	Intellectual Disability, Autism, Physical Disability Sensory or other Developmental condition, Visual Impairment (Case-by-case)
	Secondary Diagnosis	Other Disabilities	
Wheelchair Accessible		Yes	
Transport Provided*		Yes	
Estimated Waiting Time for Enrolment**		2 months	2 - 3 years
Vacancy**		Low	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.

Additional information of Day Activity Centre (DAC)

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)

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 *the above professional support is shared with residential service
	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

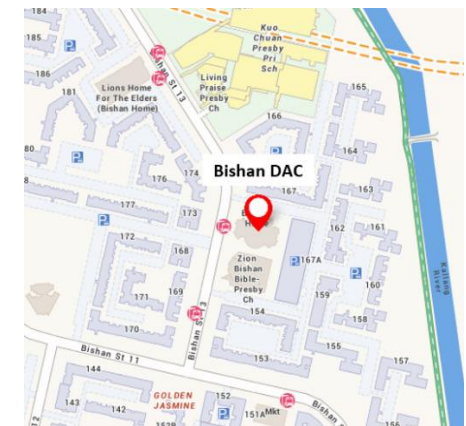
Fax: 6353 6753

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)

Bizlink Day Activity Centre

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

Programme details	
Programme offered	Specialized to individual needs
Service Group	Multiple Disabilities, Intellectual Disability, Autism
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* *Hydraulic vans depending on locations

Address

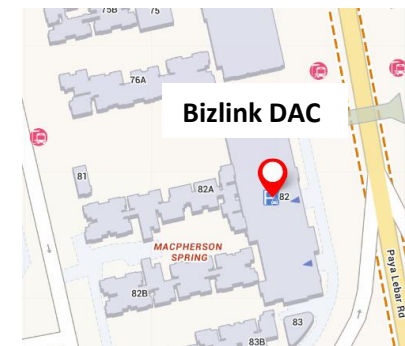
82 Circuit Road #01-04
Singapore S(370082)

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)

www.thkmc.org.sg

THK Day Activity Centre @ Jurong East

Programme details	
Programme offered	<p><i>Please approach centre directly for more information</i></p> <p>Service Group Intellectual Disability, Other Disabilities (case-by-case)</p> <p>Programme Hours Full-time (Mon to Fri 9AM to 3PM) Part-time (Not available)</p>
Professional staff/services	<p>Meals Available (Halal/ Non-Halal)</p> <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
Transport details	
Catchment areas	<p>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</p>

Address

201 Jurong East Ave 1, S(609791)

Contact details

Tel: 6560 2022

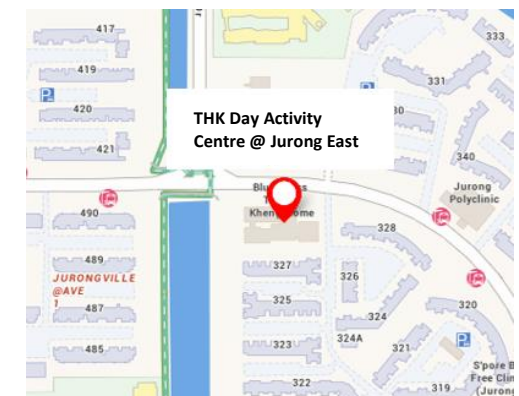
Fax: 6560 2797

tan.guekhwa@thkmc.org.sg

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	
<p>Programme offered</p> <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 	<p>Service Group</p> <p>Physical Disability, Multiple Disabilities</p> <p>Programme Hours</p> <p>Full-time (Mon to Fri 9AM to 3:30PM)</p>
<p>Professional staff/services</p> <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 referral b) Financial assistance c) Casework and counselling d) Parent/caregivers support e) Link with external resources <p>Accept client on tube feeding but will require assistance from caregiver</p>	<p>Meals</p> <p>Available (Non-Halal - no pork/ lard and nuts)</p> <p>Transport details</p> <p>Catchment areas</p> <p>Island-wide</p> <p>Type</p> <p>Normal / Hydraulic</p>

Address
65 Pasir Ris Drive 1 Cerebral Palsy Centre S(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)

**Christian Outreach to the Handicapped
Emmanuel Activity Centre**

Service Group Intellectual Disability,
Autism,
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
Hours (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

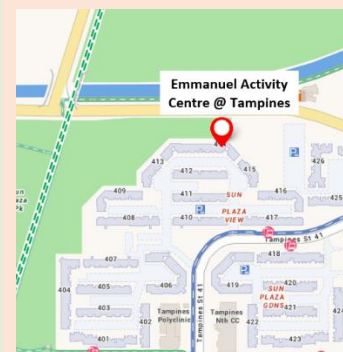
Normal / Hydraulic
(subject to availability)

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)

Eden Centre for Adults

Service Group

Autism

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

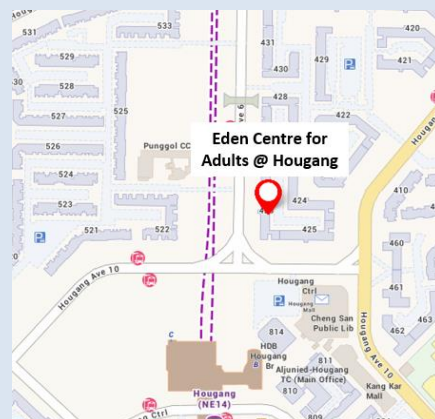
Full-time (Mon to Fri | 10AM to 4PM)
Part-time (1-2 days/week, Half day)
Morning session: 10AM to 1PM
Afternoon session: 1PM to 4PM

Meals

Not Available

@ Hougang

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



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+Ave+2,+Singapore))



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

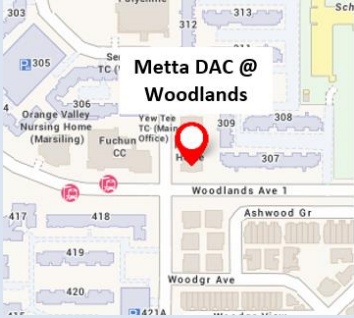

Tel: 6774 6649
Fax: 6873 0057
autism@singnet.com.sg

Additional information of Day Activity Centre (DAC)

Metta Day Activity Centre **Service Group** Intellectual Disability (Mild – Moderate), Autism (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 Meals	Full-time (Mon to Fri) Woodlands: 9AM to 4:30PM Hougang: 9AM to 4:30PM Part-time (Not Available) Available (Vegetarian Only)
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<p>@ Woodlands</p> <p>2 Woodlands St 31, S(738580)</p>  <p>By MRT: Marsiling MRT Station [NS8] By Bus: 912M, 913M</p>	<p>Transport details</p> <p>Catchment areas Woodlands / Yishun/Serangoon</p> <p>Type Normal</p> <p>Contact details Tel: 6365 7666 Fax: 6365 7555 hidac@metta.org.sg</p>	<p>@ Hougang</p> <p>Blk 627 Hougang Ave 8, #01-130, S(530627)</p>  <p>By MRT: Kovan MRT Station [NE13] By Bus: 25, 55, 112, 132, 854</p>	<p>Transport details</p> <p>Catchment areas Sengkang /Punggol/Hougang /Potong Pasir/Toa Payoh /Ang Mo Kio and Serangoon Ave.</p> <p>Contact details Tel: 6385 2913 Fax: 6385 2914 hidac@metta.org.sg</p>
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Additional information of Day Activity Centre (DAC)

MINDS Community Hub

Service Group Intellectual Disability, Autism, 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

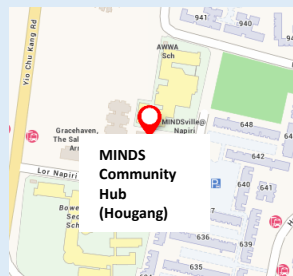
Full-time (Mon to Fri | 9AM to 4:30PM)
Part-time (2-3 days/week)

Meals

Available
(No pork/ lard)

@ Hougang

No 7 Lorong Napiri S(547533)



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](tel:409074))
Kembangan - Chai Chee Community Hub

By MRT: Eunos MRT Station [EW7]

By Bus: 7, 26, 28, 30



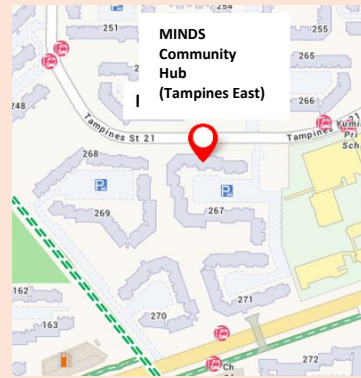
Transport details

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](tel:520267))



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

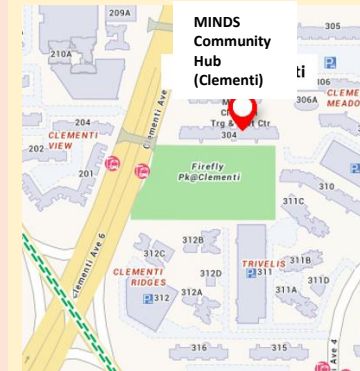
Transport details

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](tel: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](tel: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](tel: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)

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 	<p>Service Group</p> <p>Physical Disability (Except Autism, Other Disabilities (case-by-case)</p> <p>Programme Hours</p> <p>Full-time (Mon to Fri 9AM to 5PM)</p> <p>Part-time (2-3 days/week, Half day)</p> <p>Morning session: 8:30AM to 12:30PM</p> <p>Afternoon session: 12:30PM to 4:30PM</p>
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 	<p>Meals</p> <p>Available (Halal)</p>
Transport details		
		<p>Catchment areas</p> <p>Jurong, Clementi, Choa Chu Kang, Buona Vista, Dover, Bukit Panjang, Bukit Batok, Bukit Gombak</p>
		<p>Type</p> <p>Wheelchair-friendly</p>

Address

Blk 536, Jurong West St 52, #01-497 S(640536)

Contact details

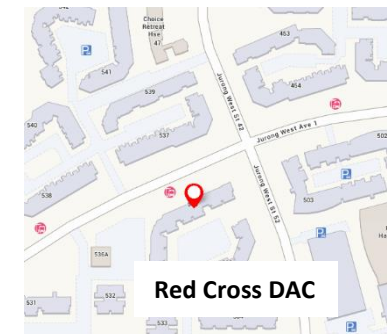
Tel: 62624062

dac@redcross.sg

How to get there?

By MRT: Lakeside MRT Station [EW26]

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



Additional information of Day Activity Centre (DAC)

by Agency

SUN-DAC

Service Group Intellectual Disability, Autism, 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

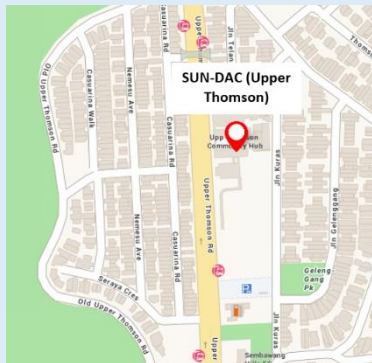
Full-time (Mon to Fri | 9AM to 3:30PM)
9AM to 3PM (For SUN-DAC Upper Thomson)
Part-time (2-3 days/week, Half day)
Morning session: 9AM to 12PM

Meals

Available (Halal)

@ Upper Thomson

600 Upper Thomson Road, Blk C, #01-21 S(574421)



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

Transport details

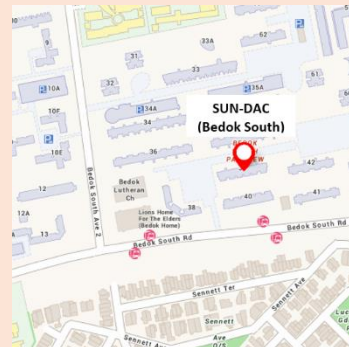
Catchment areas
North area (Yishun, Ang Mo Kio etc), Hougang, Toa Payoh, Bishan, Braddell, Sengkang, Punggol

Contact details

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

@ Bedok South

Blk 39 Bedok South, #01-719, S(460039)



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

Transport details

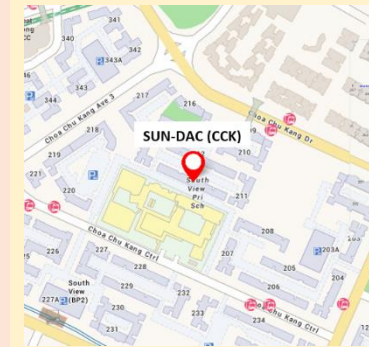
Catchment areas
East Area (Pasir Ris, Bedok, Tampines etc)

Contact details

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

@ Choa Chu Kang

Blk 213 Choa Chu Kang Central, #01-110, S(680213)



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 	<p>Service Group</p> <p>Physical Disability, Other Disabilities (Case by case)</p> <p>Programme Hours</p> <p>Full-time (Mon to Fri 9AM to 4PM) Part-time (case-by-case basis, Half day) Morning session: 9AM to 11:30AM</p>
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) 	<p>Meals</p> <p>Available (Non-Halal, No pork/lard)</p>
Transport details		
	<p>Catchment areas</p> <p>Ang Mo Kio, Serangoon, Hougang, Sengkang, Yishun, Toa Payoh</p>	<p>Type</p> <p>Hydraulic</p>

Address

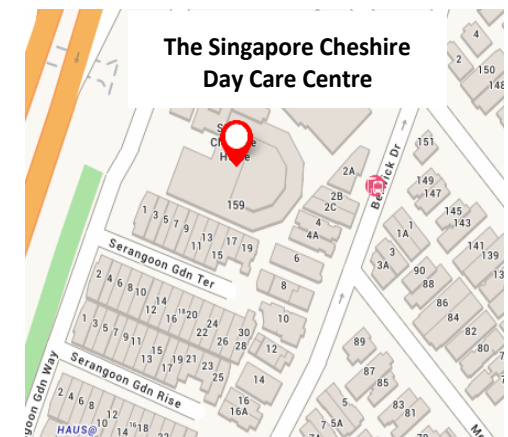
159 Serangoon Garden Way,
S(556056)

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)

TOUCH Centre for Independent Living

Service Group Intellectual Disability (Mild - Moderate),
Hard of Hearing (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

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

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)

Meals

Not Available

@ Bukit Merah

Blk 162 Bukit Merah Central, #05-3555,
S([150162](tel:150162))



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

Transport details

Catchment areas

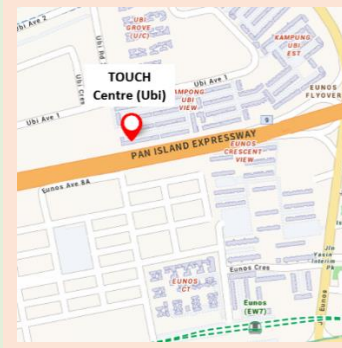
Preferably able to take public transport.
Currently transport is only available in selected west region only

Contact details

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

@ Ubi

Blk 352 Ubi Ave 1, #01-989,
S([400352](tel:400352))



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

Additional information of Day Activity Centre (DAC)

Good Life DAC (Margaret Drive)

<https://www.rainbowcentre.org.sg/young-adults/>

Programme details		
Programme offered	<ul style="list-style-type: none"> - Sports & Fitness - ADL - Leisure crafts & games - Accessing the community 	Service Group Autism, Intellectual Disability Multiple Disabilities
		Programme Hours Part-time (2 half days across the week) Morning session: 9AM to 1PM Afternoon session: 12PM to 4PM
Professional staff/services	<ul style="list-style-type: none"> - Psychologist - Occupational Therapist - Nurse - Social Worker - Life Coaches - Counselling - Community-Based Support 	Meals Available (Halal)
Transport details		
		Catchment areas No centre transport

Address

501 Margaret Drive
 S (149306)

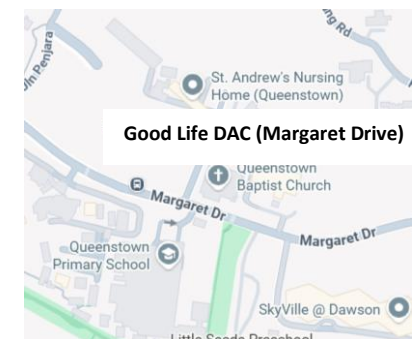
Contact details

Tel: 68179374

AES@rainbowcentre.org.sg

How to get there?

By MRT: Queenstown MRT Station [EW19]
 By Bus: 32, 122



Additional information of Day Activity Centre (DAC)

SPD@AMK, supported by THKMC

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

Programme details

Programme offered	<ul style="list-style-type: none"> - Activity of Daily Living Support - Community Living Skills Support - Community Engagements - Leisure and recreation skills - Social interaction skills 	Service Group	<p>Autism, Intellectual Disability Sensory</p>
		Programme Hours	<p>Full-time (Mon to Fri 9AM to 4PM) Part-time available</p>
Professional staff/services	<ul style="list-style-type: none"> - Maintenance Therapy - Active Therapy - Occupational Therapist - Physiotherapist - Psychologist - Social Worker - Caregiver Training - Counselling 	Meals	<p>Available (Halal)</p>

Transport details

Catchment areas Northeast, walking distance from Yio Chu Kang MRT

Address

190 Ang Mo Kio Avenue 8
S (568046)

Contact details

Tel: 6579 0372
levine_lee@spd.org.sg

How to get there?

By MRT: Yio Chu Kang MRT Station [EW19]
By Bus: 13, 70, 72, 76, 162, 825, 860



Additional information of Day Activity Centre (DAC)

APSN CFA@AMK

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

Programme details	
Programme offered	<ul style="list-style-type: none"> - Daily Living Skill (DLS) - Social Emotional Learning (SEL) - Therapy (Art, Music & Movement, Mindfulness, Plant, Pets, Sports) - Community Engagements (On and off centre)
Professional staff/services	<ul style="list-style-type: none"> - Occupational Therapist - Psychologist - Social Worker - Caregiver Training - Counselling
Service Group	Autism, Intellectual Disability Other Disabilities
Programme Hours	Full-time (Mon to Fri 9AM to 4PM)
Meals	Available (Halal/ Non-Halal/ Vegetarian)
Transport details	
Catchment areas	Ang Mo Kio, Serangoon, Bishan, Sengkang, Hougang, Central water Catchment, Seletar, Yishun Novena, Toa Payoh
Type	Hydraulic available

Address
190 Ang Mo Kio Avenue 8
Singapore 568046

Contact details
cfa.amk@apsn.org.sg

How to get there?
By MRT: Yio Chu Kang MRT Station [EW19]
By Bus: 13, 70, 72, 76, 162, 825, 860

