

# Parent's Guide: Navigating EIPIC Application and Community Resources

**SG ENABLE**  
Inclusive society. Enabled lives.

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## SECTION 1: What is Early Intervention (EI)?

### Early Intervention

- Early Intervention (EI) refers to services and therapy provided to infants and young children with developmental delays or disabilities.
- It seeks to maximise the development of the child through various intervention approaches, targeting the child's developmental areas such as motor skills, cognitive skills, psychosocial skills, speech and language, and activities of daily living.
- Early Intervention can come in various forms. It may be facilitated by a team of professionals or an individual professional, held at an intervention centre or in the child's natural environment (e.g. home, preschool), and conducted in a group or 1-to-1 basis.

### Early Intervention Programme for Infants and Children (EIPIC)

- EIPIC is a specialised, subsidised programme customised to meet children's individual learning and developmental needs through equipping them with adaptive and functional skills.
- It is **not** a replacement for preschool and kindergarten education.

#### EIPIC is for:

- Children aged 6 and below
- Singapore Citizens or Permanent Residents
- Children diagnosed with or suspected to have developmental, intellectual, sensory, or physical disabilities, or a combination of needs and disabilities
- Children recommended by a doctor

#### How do I enrol my child in EIPIC?

- Enrolment in EIPIC is by referral. A referral can be triggered by the doctor or paediatrician who is seeing your child.
- With your consent and the doctor's recommendation, a referral will be raised to SG Enable (SGE), the national coordinating body for all EIPIC referrals.

Refer to **page 3** for "**Referral Process to EIPIC**".

### 1. TOUCH POINTS

#### KKH Department of Child Development NUH Child Development Unit or Private Paediatric Clinics

- **Doctor at Touchpoint** recommends child for EIPIC to maximise his/her developmental potential
- **Parents** submit EIPIC referral form to **Touch Point**
- **Touch Point** will submit referral together with relevant information on child's needs to **SG Enable**

### 2. SG ENABLE

#### Provision of Information and Referral Services

- **SG Enable Case Officer** contacts parents to share information and discuss choice of EIPIC Centre
- **Parents** decide on an EIPIC Centre
- **SG Enable Case Officer** sends child's application to EIPIC Centre of parents' choice

### 3. SERVICE PROVIDERS

#### EIPIC Centres by Social Services Agencies

- **EIPIC Centre** will contact parents to acknowledge child's application
- **Parents** may be invited to or arrange to visit the EIPIC Centre, Subsequently, **child** will be scheduled for a screening interview.
- **EIPIC Centre** will notify parents regarding child's projected enrolment date and other matters such as pre-admission, fees, transport etc. during the screening interview.

### 3 key things to note in your EIPIC application:

Fill in EIPIC  
referral form

Select EIPIC  
centre

Update from  
EIPIC centre

#### 1. Fill in EIPIC referral form (Touch Point)

- You will need to fill in the EIPIC referral form and give it to your Touch Point<sup>1</sup>. Your Touch Point will then send your referral form together with their medical/assessment report to SG Enable.
- If your child is a Permanent Resident (PR), you will need to prepare additional documents<sup>2</sup>.

#### 2. Select EIPIC Centre (SG Enable)

- A case officer from SG Enable will contact you to discuss your choice of EIPIC centre.
- Once you have chosen an EIPIC Centre, SG Enable will send your application to that EIPIC centre.

#### 3. Update from EIPIC Centre (EIPIC Centre)

- Your chosen EIPIC centre will contact you to inform you of the wait time for a vacancy, and arrange for a screening interview.
- The screening interview is done to assess your child's needs, so that he/she can be placed in a suitable class.
- The EIPIC centre will also discuss enrolment and class scheduling matters with you during the screening interview.

Learn the factors to consider when selecting an EIPIC centre on **page 5**.

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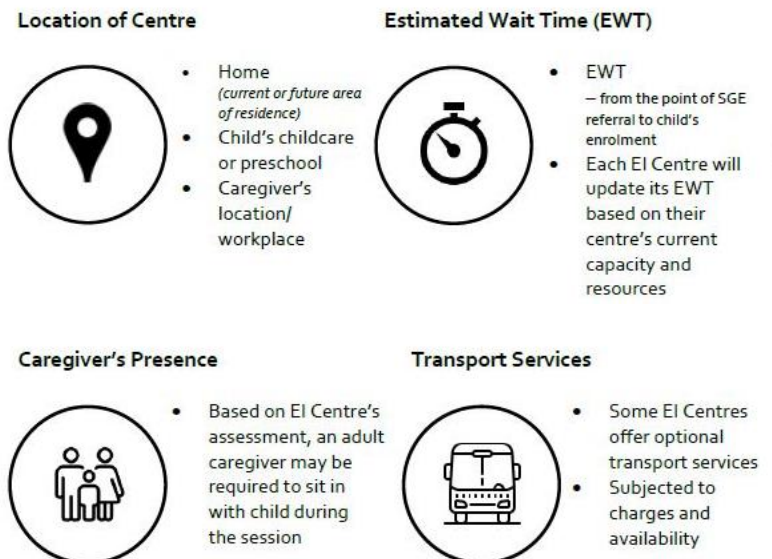
<sup>1</sup> Touch Points are: KKH Department of Child Development (DCD), NUH Child Development Unit (CDU), or Private Paediatric Clinics.

<sup>2</sup> Additional documents required are:

- Child's birth certificate;
- Child's re-entry permit; and
- Parents' NRICs.

## How do I select an EIPIC centre?

Important factors to consider include:



Scan the QR codes below to:

- Download SG Enable's online **EIPIC guide**, which includes the full list of EIPIC centres as well as useful information such as timings of sessions.
- Download the **EIPIC fee matrix**, which shows you the latest fees charged by EIPIC centres.

A Guide to EIPIC:



EIPIC fee matrix:



Singapore Citizens



Permanent Residents

## Relevant contact details

### SG Enable

You may contact SG Enable to find out more about the services available for you and your child.

Your assigned case officer will contact you within 10 working days upon receiving your completed EIPIC referral form from the hospital or private paediatrician.



**1800 858 5885** (9.00am to 5.30pm, Mondays to Fridays)



**Contactus@sgenable.sg**



**<https://www.sgenable.sg>**



SG Enable's opening hours are 9.00am to 5.30pm, Mondays to Fridays.  
(Closed on Saturdays, Sundays, and Public Holidays)

## SECTION 2: What Can I Do As A Parent?

Parent(s) and family members play a vital role in the child's early intervention.

There are 2 main spaces through which you can get involved: Home and Play.

Skills your child picks up at the EIPIC centre will need to be practised and transferred to his/her natural environments, such as home, preschool, and other environments that your child is in.

Here are some simple steps you could follow to support your child in his/her learning journey:

- #1 Set aside consistent time each day to play and interact with your child**
- #2 Use teachable moments arising from everyday interactions to reinforce specific skills or lessons**
- #3 Give your child positive affirmation when you observe him/her doing something right.**

To help you along, the Early Childhood Holistic Outcomes (ECHO) framework (<http://www.echoframework.sg/>)<sup>3</sup> sets out a structured way of teaching your child vital skills through daily scenarios he or she experiences.

Parenting workshops such as Signposts are also a way for you to learn strategies you can apply in your daily life to support your child.

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<sup>3</sup> QR Code for ECHO website: 

### SECTION 3: What Awaits My Child After EIPIC?

Early intervention (EI) at the EIPIC centre is designed to maximise your child's development in a structured way. Your child will be supported by EIPIC until he or she reaches the school-going age of 7.

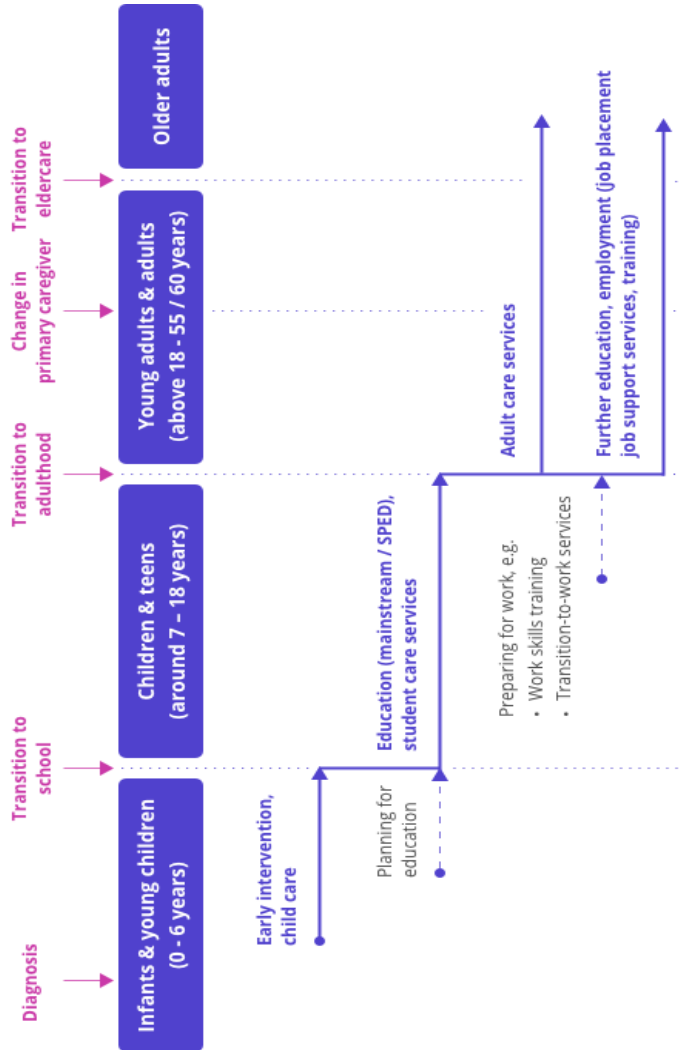
The EIPIC centre will keep you updated on the progress of your child, and may also provide you with their assessment. The appropriate planning for education can then be made, whether it be for mainstream primary or special education (SPED) school. You may wish to do this planning in consultation with your child's EIPIC teachers.

Upon graduation from EIPIC, your child may continue to be supported either by Special Education (SPED) schools, or by Allied Educators (AEDs) and teachers trained in special needs (TSN), in mainstream schools. You may wish to check directly with the school you intend to enroll your child in, for more details on how the school is able to support your child.

Information from Ministry of Education (MOE) on Primary School and SPED education can be accessed via the links listed on **page 11**.

The diagram on **page 9** illustrates the **Major Life Stages** your child will go through, as well as the support available at each stage.

# Major Life Stages







Source: Enabling Guide, Life Stages and Transitions

## SECTION 4: Useful Community Resources

There are many resources available for you in the community.

In this section, we highlight some informational websites, mobile applications, and sources of community support which you may find helpful.






### Informational Websites

Organisation	Website
<b>SG Enable</b> <b>Enabling Guide<sup>4</sup></b> A first-stop resource for information and advice on schemes, services, supports and resources related to disability in Singapore.	<a href="https://www.enablingguide.sg/">https://www.enablingguide.sg/</a> 
<b>KK Women's &amp; Children's Hospital (KKH)</b> Collection of useful information about children's development and milestones.	<a href="https://www.kkh.com.sg/HealthPe/dia/Pages/GrowingUpDevelopment.aspx">https://www.kkh.com.sg/HealthPe/dia/Pages/GrowingUpDevelopment.aspx</a> 
<b>Early Childhood Development Agency (ECDA)</b> <b>Grow @ Beanstalk</b> The early childhood local portal for parents with access to helpful parenting articles and information	<a href="https://www.ecda.gov.sg/growatbeanstalk/Pages/Home.aspx">https://www.ecda.gov.sg/growatbeanstalk/Pages/Home.aspx</a> 
<b>Ministry of Social and Family Development (MSF)</b> <b>Baby Bonus</b> A parenting resource portal, with information on schemes and benefits available for parents with young children, and parenting tips.	<a href="https://www.babybonus.msf.gov.sg/">https://www.babybonus.msf.gov.sg/</a> 




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<sup>4</sup> Refer to **Annex A** for a more comprehensive list of topics covered in the Enabling Guide.


## Informational Websites (Cont')

Organisation	Website
<p><b>Ministry of Education (MOE)</b></p> <p>Access more information on Primary School and Special Education (SPED).</p>	<p><b>Primary School Education:</b>  <a href="https://beta.moe.gov.sg/primary/p1-registration/">https://beta.moe.gov.sg/primary/p1-registration/</a></p>  <p><b>Special Education (SPED):</b>  <a href="https://www.moe.gov.sg/education/special-education">https://www.moe.gov.sg/education/special-education</a></p> 
<p><b>Mendaki</b></p> <p><b>My Early Adventure</b></p> <p>Provides a service directory and parenting resources for families in both English and Malay.</p>	<p><a href="https://www.mendaki.org.sg/publication-n-resources/my-early-adventure-0-6-years-repository">https://www.mendaki.org.sg/publication-n-resources/my-early-adventure-0-6-years-repository</a></p> 
<p><b>Raising Children Network</b></p> <p>An Australian parenting website with practical, expert child health and parenting information and activities covering children aged 0-15 years.</p>	<p><a href="http://raisingchildren.net.au/">http://raisingchildren.net.au/</a></p> 
<p><b>SPARK</b></p> <p>A non-profit organisation, SPARK provides parenting guides and resources, to support parents of children with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder (ADD/ADHD).</p>	<p><a href="http://www.spark.org.sg/">http://www.spark.org.sg/</a></p> 

## Useful Mobile Applications

App	Agency
<b>Moments of Life</b> 	Allows you to access useful services by Government agencies targeting families with children aged 6 and below, and seniors aged 60 and above.
<b>CARElendar</b> 	Provides you with a calendar of inclusive community events, and suggests suitable events for you and your family based on your caregiving needs and interests.
<b>Healthhub</b> 	A one-stop portal for you to access a wide range of health e-services, such as tracking your child's immunisation records and appointments, and making appointments to see a doctor.

## Support Helplines

Agency	Details	Website
<b>National Council of Social Services (NCSS)</b>	NCSS publishes a list of useful helplines covering a variety of areas, ranging from contact details of CDCs and FSCs, to available counselling centres.	<a href="https://www.ncss.gov.sg/NCSS/media/NCSS-Documents-and-Forms/NCSS%20Internal%20Documents/LIST-OF-HELPLINES.pdf">https://www.ncss.gov.sg/NCSS/media/NCSS-Documents-and-Forms/NCSS%20Internal%20Documents/LIST-OF-HELPLINES.pdf</a> 

## Community Support: FSCs and SSOs

### Family Service Centres (FSCs)

FSCs are social service providers based in the community for families in need.

They aim to promote and improve the social well-being of every individual in the family, at every stage of life. There is an FSC in every neighbourhood.

#### **FSCs provide the following services:**

- Casework & Counselling
- Information & Referral
- Community Support Programmes

#### **Where can I find FSCs?**

To determine which FSC is providing support to your neighbourhood, look up the FSC directory (<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>) or call the ComCare Helpline: **1800 222 0000**.

QR Code:



### Social Service Office (SSO)

SSOs bring social assistance closer to residents in need. Those who require help can:

- Walk in to seek support
- Be assessed for financial aid and other forms of assistance
- Be referred to relevant agencies for help, depending on their circumstances (such as job matching and family services)

#### **Where can I find SSOs?**

To find your nearest SSO, you may use the SSO locator (<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>) or call the ComCare Helpline: **1800 222 0000**.

QR Code:



## SECTION 5: Self-care for Parents and Caregivers

Becoming a caregiver is both rewarding and challenging at the same time. The journey is not always easy, and can be exceptionally stressful at times.

There are many aspects to caregiving including understanding your children's condition, seeking supporting from other parents, and planning for your child's care.

More importantly, caregiving also involves extending care to yourself. The better you care for yourself, the better you can care for your child.


In terms of self-care, you could equip yourself via continuous learning, join a support group, participate in activities of your interest, get connected with the community. There are many options out there, catering to various needs.

Refer to **Annex A** for links to relevant resources on the **Enabling Guide**, which is a first-stop information portal for caregivers.

The table on **page 15** provides some simple tips on how you can **practice self-care**.



Here are some simple ways for you to practice self-care:

PHYSICAL	EMOTIONAL/ SOCIAL/ PSYCHOLOGICAL	ARTISTIC/ CREATIVE/ SPIRITUAL
<ul style="list-style-type: none"><li><input type="checkbox"/> Eat regularly, eat healthy</li><li><input type="checkbox"/> Exercise</li><li><input type="checkbox"/> Receive preventive medical care</li><li><input type="checkbox"/> Sleep enough</li><li><input type="checkbox"/> Take time away from the phone, email, TV, etc.</li><li><input type="checkbox"/> Spend time outdoors in fresh air and natural light</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Spend time with friends and family</li><li><input type="checkbox"/> Stay in touch with others</li><li><input type="checkbox"/> Express emotions, allow yourself to cry</li><li><input type="checkbox"/> Find things that make you happy</li><li><input type="checkbox"/> Read for pleasure</li><li><input type="checkbox"/> Give attention to your marriage and other relationships</li><li><input type="checkbox"/> Say no to unreasonable extra responsibilities</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Give yourself quiet time for self-reflection</li><li><input type="checkbox"/> Attend a local place of worship</li><li><input type="checkbox"/> Write in a journal</li><li><input type="checkbox"/> Spend time out in nature</li><li><input type="checkbox"/> Enjoy a hobby or learn something new</li></ul> <div><p>TAKE CARE</p><p>OF YOURSELF</p></div>

## SECTION 6: Final Tips

Apart from the information on EIPIC and various resources, here are some final tips to leave with you:

- **Gather useful information, work with healthcare and social sector agencies**

Work closely with the healthcare and social service professionals involved in your child's intervention journey, to guide you in making decisions relating to your child's health care and future plans.

- **Store important documents together so that they are easily accessible when needed**

Your child will require documents for enrolment in schools, services and schemes along the way. A sample list of key documents is found below:

S/N	Document to Retain
1	Birth certificate
2	Functional assessment report (FAR) or care assessment form (CAF) <sup>5</sup>
3	Psychology report <sup>6</sup> /Doctor's memo stating diagnosis
4	Individual Education Plan (IEP)
5	Health booklet






(Note: The list is **not** intended to be exhaustive. The items will differ from child to child. Do check with the healthcare and social service professionals working with you.)





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<sup>5</sup> Some assessors may state on the FAR/ CAF that the inability to perform Activities of Daily Living (ADLs) is not permanent. In this case, the FAR/ CAF will have a fixed validity period, based on the assessor's remarks on the FAR/ CAF.

<sup>6</sup> Do take note of the validity period of psychology reports.

## Enabling Guide: Links to relevant resources for new caregivers

Topic	Link
<b>Introduction to Caregiving</b> Get an overview of what to expect when embarking on your caregiving journey	<a href="https://www.enablingguide.sg/caring-for-caregivers/new-to-caregiving">https://www.enablingguide.sg/caring-for-caregivers/new-to-caregiving</a> 
<b>Empowering Caregivers</b> Find out more about equipping yourself with the right skills and self-care as a caregiver	<a href="https://www.enablingguide.sg/caring-for-caregivers/empowering-caregivers">https://www.enablingguide.sg/caring-for-caregivers/empowering-caregivers</a> 
<b>Life Stages &amp; Transitions</b> Learn about the different life stages and transitions your child will go through	<a href="https://www.enablingguide.sg/disability-info/life-stages-transitions">https://www.enablingguide.sg/disability-info/life-stages-transitions</a> 
<b>Support Groups</b> Join an informal caregivers support group which best meets your needs	<a href="https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups">https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups</a> 
<b>Leisure &amp; Recreation</b> Access suggestions that help you plan for family outings and getaways	<a href="https://www.enablingguide.sg/im-looking-for-disability-support/leisure-recreation">https://www.enablingguide.sg/im-looking-for-disability-support/leisure-recreation</a> 

Topic	Link
<b>Financial Assistance Schemes</b> Read up on the schemes, grants and funds available for you and your child	<a href="https://www.enablingguide.sg/im-looking-for-disability-support/money-matters">https://www.enablingguide.sg/im-looking-for-disability-support/money-matters</a> 
<b>Assistive Technology</b> Discover the role of assistive technology in your child's learning and development	<a href="https://www.enablingguide.sg/im-looking-for-disability-support/assistive-technology">https://www.enablingguide.sg/im-looking-for-disability-support/assistive-technology</a> 
<b>Service Directory</b> Locate service providers for a variety of services (e.g. child care, student care, art and music therapy etc.)	<a href="https://www.enablingguide.sg/service-directory">https://www.enablingguide.sg/service-directory</a> 
<b>Additional Reading Materials</b> Retrieve brochures, toolkits, and articles related to specific conditions, life stages, and caregiving	<a href="https://www.enablingguide.sg/publications">https://www.enablingguide.sg/publications</a> 

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