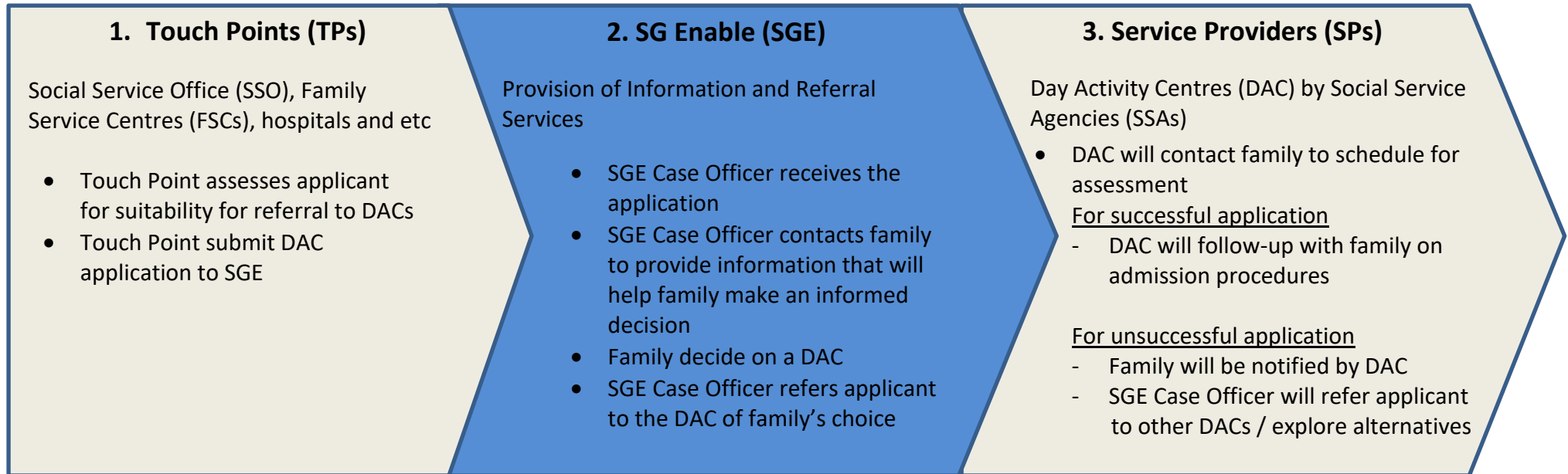


## Referral process for Day Activity Centre (DAC)



## 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*

**General information by region**

DACs that serves applicants with Autism Spectrum Disorder (ASD)	<a href="#">3</a>
DACs that serves applicants with Intellectual Disability (ID)	<a href="#">4 to 6</a>
DACs that serve applicants with Physical Disability (PD) / Multiple Disabilities	<a href="#">7 to 8</a>

**Additional information by agency**

AWWA Day Activity Centre	<a href="#">9</a>	Metta Home Day Activity Centre @ Woodlands	<a href="#">17</a>	St. Andrew's Adult Autism Services - Day Activity Centre (Sengkang)	<a href="#">22</a>
Bishan Home Day Activity Centre	<a href="#">10</a>	MINDS Ang Mo Kio Training & Development Centre	<a href="#">18</a>	St. Andrew's Adult Autism Services - Day Activity Centre (Siglap)	<a href="#">22</a>
Bizlink Day Activity Centre	<a href="#">11</a>	MINDS Clementi Training & Development Centre	<a href="#">19</a>	SUN-DAC (Bedok South)	<a href="#">23</a>
Blue Cross Thong Kheng ASD DAC	<a href="#">12</a>	MINDS Eunos Training & Development Centre	<a href="#">19</a>	SUN-DAC (Choa Chu Kang)	<a href="#">23</a>
Blue Cross Thong Kheng Home - Day Care Service	<a href="#">13</a>	MINDS Faber Training & Development Centre	<a href="#">19</a>	SUN-DAC (Upper Thomson)	<a href="#">23</a>
Cerebral Palsy Alliance Singapore (CPAS) Day Activity Centre	<a href="#">14</a>	MINDS Jurong Training & Development Centre	<a href="#">19</a>	The Singapore Cheshire Home – Day Care Centre	<a href="#">24</a>
Christian Outreach to the Handicapped Emmanuel Activity Centre @ Tampines	<a href="#">15</a>	MINDS Napiri Training & Development Centre	<a href="#">18</a>	THK Autism Centre @ Geylang Bahru	<a href="#">25</a>
Christian Outreach to the Handicapped Emmanuel Activity Centre @ Toa Payoh	<a href="#">15</a>	MINDS Tampines Training & Development Centre	<a href="#">19</a>	THK Day Activity Centre @ Chai Chee	<a href="#">26</a>
Eden Centre for Adults (Clementi)	<a href="#">16</a>	MINDS Yishun Training & Development Centre	<a href="#">18</a>	TOUCH Centre for Independent Living (Bukit Merah)	<a href="#">27</a>
Eden Centre for Adults (Hougang)	<a href="#">16</a>	Red Cross Home for the Disabled - Day Activity Centre	<a href="#">20</a>	TOUCH Centre for Independent Living (Ubi)	<a href="#">27</a>
Metta Day Activity Centre for the Intellectually Disabled @ Hougang	<a href="#">17</a>	SPD Day Activity Centre	<a href="#">21</a>		



CLICK ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		NORTHEAST			EAST	WEST	CENTRAL
Name of centre		<a href="#">Blue Cross Thong Kheng ASD Day Activity Centre</a>	<a href="#">Eden Centre for Adults (Hougang)</a>	<a href="#">St Andrew's Autism Centre Day Activity Centre (Sengkang)</a>	<a href="#">St Andrew's Autism Centre Day Activity Centre (Siglap)</a>	<a href="#">Eden Centre for Adults (Clementi)</a>	<a href="#">THK Autism Centre @ Geylang Bahru</a>
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)

**CLICK**

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

		NORTH		NORTHEAST			CENTRAL		
Name of centre		<a href="#">Metta Home Day Activity Centre (Woodlands)</a>	<a href="#">MINDS Yishun Training &amp; Development Centre</a>	<a href="#">Metta Day Activity Centre for the Intellectually Disabled (Hougang)</a>	<a href="#">MINDS Ang Mo Kio Training &amp; Development Centre</a>	<a href="#">MINDS Napiri Training &amp; Development Centre</a>	<a href="#">Bishan Home for the Intellectually Disabled Day Activity Centre</a>	<a href="#">Christian Outreach to the Handicapped Emmanuel Activity Centre @ Toa Payoh</a>	<a href="#">TOUCH Centre for Independent Living (Bukit Merah)</a>
Applicant's disability type	Primary Diagnosis	Intellectual Disability (Mild - Moderate)	Intellectual Disability (Mild - Moderate)	Intellectual Disability (Mild - Moderate)	Intellectual Disability		Intellectual Disability	Intellectual Disability or Autism Spectrum Disorder	Intellectual Disability (Mild-Moderate)
	Secondary Diagnosis	Autism Spectrum Disorder (Mild-Moderate)	Autism Spectrum Disorder or Other Disabilities	Autism Spectrum Disorder (Mild-Moderate)	Autism Spectrum Disorder or Other Disabilities		Other Disabilities		Hearing Impairment
Wheelchair Accessible		Yes	No	No			Yes	No	
Transport Provided*		Yes		Yes			Yes		Yes
Estimated Waiting Time for Enrolment**		1 - 2 months	1 month	2 months	1 month	3 months	3 months	12 months and above	4 months
Vacancy**		Yes	Low	Yes	Low	Low	Low	Yes	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 ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		EAST				
Name of centre		<a href="#">Christian Outreach to the Handicapped Emmanuel Activity Centre @ Tampines</a>	<a href="#">MINDS Eunost Training &amp; Development Centre</a>	<a href="#">MINDS Tampines Training &amp; Development Centre</a>	<a href="#">THK Day Activity Centre @ Chai Chee<sup>#</sup></a>	<a href="#">TOUCH Centre for Independent Living (Ubi)</a>
Applicant's disability type	Primary Diagnosis	Intellectual Disability, Autism Spectrum Disorder	Intellectual Disability		Intellectual Disability	Intellectual Disability (Mild-Moderate)
	Secondary Diagnosis	Other Disabilities	Autism Spectrum Disorder or Other Disabilities		Autism Spectrum Disorder (Case-by-case)	
Wheelchair Accessible		Yes	No			
Transport Provided*		Yes				
Estimated Waiting Time for Enrolment**		12 months and above	3 months	3 months	6 months - 1 year	4 months
Vacancy**		No	Yes	No	Low	No

<sup>#</sup>THK Day Activity Centre @ Chai Chee currently operates at Blk 72 Geylang Bahru #01-3018 & #01-3032 S(330072). Please refer to page 25 for centre's location and direction.

\*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		<a href="#">Blue Cross Thong Kheng Home Day Activity Centre</a>	<a href="#">MINDS Clementi Training &amp; Development Centre</a>	<a href="#">MINDS Faber Training &amp; Development Centre</a>	<a href="#">MINDS Jurong Training &amp; Development Centre</a>
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**		To Be Advised	To Be Advised	To Be Advised	To Be Advised
Vacancy**		To Be Advised	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 ON THE CENTRE NAME DIRECTLY TO ACCESS MORE INFORMATION

		NORTHEAST		EAST			
Name of centre		<a href="#">The Singapore Cheshire Home Day Activity Centre</a>	<a href="#">SUN-DAC (Upper Thomson)</a>	<a href="#">AWWA Day Activity Centre</a>	<a href="#">Bizlink Day Activity Centre</a>	<a href="#">Cerebral Palsy Alliance Singapore (CPAS) Day Activity Centre<sup>^</sup></a>	<a href="#">SUN-DAC (Bedok South)</a>
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	3 – 6 months	1 - 2 weeks	1 - 2 years	2 - 3 years
Vacancy**		Low	Low	Yes	Low	No	No

<sup>^</sup>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		CENTRAL
Name of centre		<a href="#">Red Cross Day Activity Centre for the Disabled</a>	<a href="#">SUN-DAC (Choa Chu Kang)</a>	<a href="#">SPD Day Activity Centre</a>
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	1 – 2 years
Vacancy**		Yes	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)**

**AWWA Day Activity Centre**

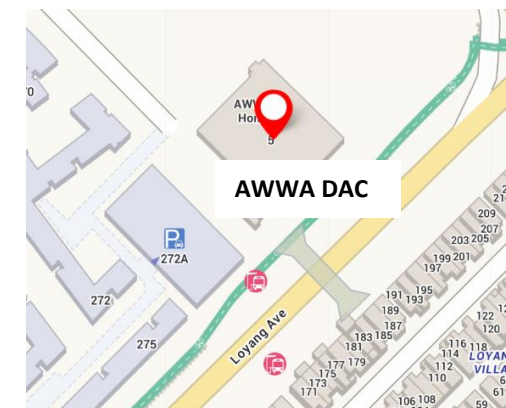
<https://www.awwa.org.sg/>

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

**Address**  
 5 Pasir Ris Street 22, S(518064)

**Contact details**  
 Tel: 6551 1642  
[adultdisability@awwa.org.sg](mailto: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](http://info.bishanhome.org.sg)

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

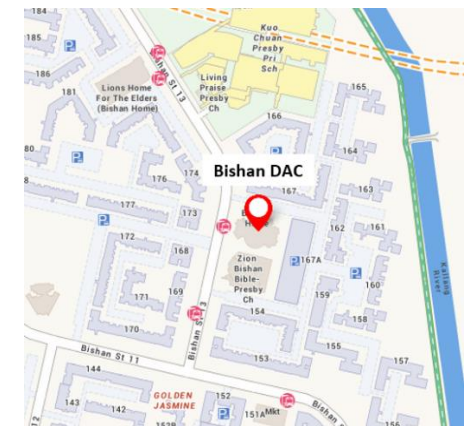
Fax: 6353 6753

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

**Address**

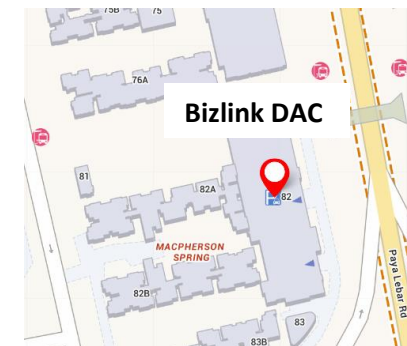
82 Circuit Road #01-04  
Singapore S(370082)

**Contact details**

Tel: 6449 5652  
Fax: 6449 5694  
[DAC@bizlink.org.sg](mailto: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](http://www.thongkheng.org.sg)

Programme details

**Programme offered** *Please approach centre directly for more information*

**Service Group**  
Autism Spectrum Disorder,  
Intellectual Disability cum Autism Spectrum Disorder,  
Multiple Disabilities (case-by-case)

**Programme Hours** Full-time  
(Mon to Fri | 9AM to 3PM)

**Professional staff/services**

- 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**

**East** (Pasir Ris)

**North** (Ang Mo Kio, Yio Chu Kang, Yishun, Sembawang, Woodlands, Sengkang, Upper Thomson)

**West** (Boon Lay, Jurong, Bukit Batok, Choa Chu Kang, Bukit Panjang)

**Address**

600 Upper Thomson Rd, Blk C #03-21  
Upper Thomson Community Hub  
S(574421)

**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)

Blue Cross Thong Kheng Home Day Care Services

[www.thongkheng.org.sg](http://www.thongkheng.org.sg)

Programme details	
<b>Programme offered</b>	<p><i>Please approach centre directly for more information</i></p> <p><b>Service Group</b> Intellectual Disability, Other Disabilities (case-by-case)</p> <p><b>Programme Hours</b> Full-time (Mon to Fri   9AM to 3PM) Part-time (Not available)</p>
<b>Professional staff/services</b>	<p><b>Meals</b> Available (Halal/ Non-Halal)</p> <ul style="list-style-type: none"> <li>- Occupational Therapist (outsourced)</li> <li>- Physiotherapist (outsourced)</li> <li>- Psychologist</li> <li>- Social Work</li> <li>- Active Therapy</li> <li>- Counselling Support</li> <li>- Art Therapy</li> <li>- Activity of Daily Living Support</li> <li>- Community Living Skills Support</li> <li>- Parent Support Group</li> </ul>
Transport details	
<b>Catchment areas</b>	<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

[enquiry@thongkheng.org.sg](mailto:enquiry@thongkheng.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	
<b>Programme offered</b>	<ul style="list-style-type: none"> <li>- Adaptive Daily Living Skills</li> <li>- Social Skills</li> <li>- Life Skills, e.g. cooking</li> <li>- Language Themes</li> <li>- Gross Motor Skills</li> <li>- Art &amp; Craft</li> <li>- Music &amp; Movement</li> <li>- Sensory Stimulation</li> </ul>
	<p><b>Service Group</b></p> <p>Physical Disability, Multiple Disabilities</p>
	<p><b>Programme Hours</b></p> <p>Full-time (Mon to Fri   9AM to 3:30PM)</p>
<b>Professional staff/services</b>	<ul style="list-style-type: none"> <li>- Physiotherapist</li> <li>- Occupational Therapist</li> <li>- Health Care Attendants</li> <li>- Social Worker</li> <li>- Music and Movement Instructor</li> <li>- Psychosocial assessment and linkages to resources                             <ul style="list-style-type: none"> <li>a) Information and referral</li> <li>b) Financial assistance</li> <li>c) Casework and counselling</li> <li>d) Parent/caregivers support</li> <li>e) Link with external resources</li> </ul> </li> </ul> <p>Accept client on tube feeding but will require assistance from caregiver</p>
	<p><b>Meals</b></p> <p>Available (Non-Halal - no pork/ lard and nuts)</p>
Transport details	
	<p><b>Catchment areas</b></p> <p>Island-wide</p>
	<p><b>Type</b></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](mailto: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 Spectrum Disorder,  
Others (case-by-case)

[www.coh.org.sg](http://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**

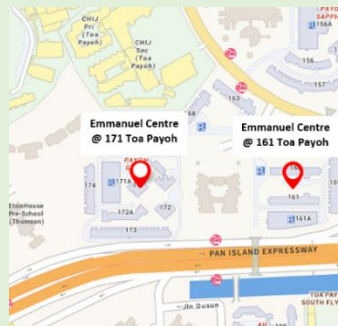
Full-time  
**Hours** (Mon to Fri | 930AM to 4PM)  
Part-time (Available)

**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**

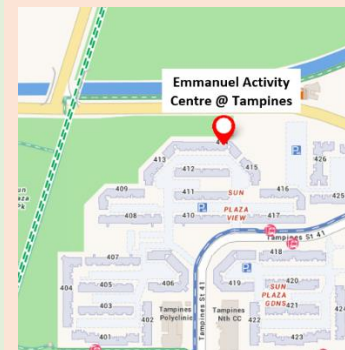
Normal / Hydraulic  
(subject to availability)

**Contact details**

Tel: 6253 5116  
Fax: 6253 5006  
[admin@coh.org.sg](mailto: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](mailto:admin@coh.org.sg)

Additional information of Day Activity Centre (DAC)

**Eden Centre for Adults**

**Service Group**

Autism Spectrum Disorder

[www.autismlinks.org.sg](http://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**

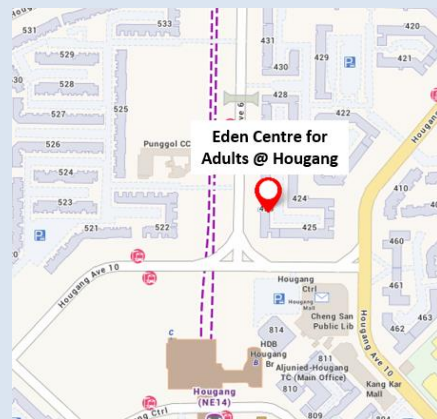
Full-time (Mon to Fri | 10AM to 4PM)  
Part-time (1-2 days/week, Half day)  
Morning session: 10AM to 1PM  
Afternoon session: 1PM to 4PM

**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](mailto: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](mailto:autism@singnet.com.sg)

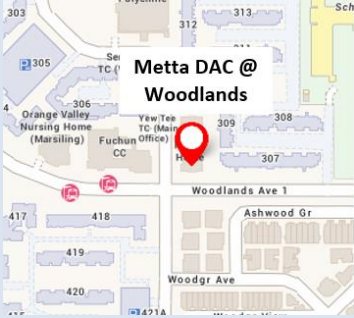



Additional information of Day Activity Centre (DAC)

**Metta Day Activity Centre**      **Service Group**      Intellectual Disability (Mild – Moderate), Autism Spectrum Disorder (Mild – Moderate)      <https://www.metta.org.sg/hq/>

**Programme details**

<b>Programme offered</b> 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	<b>Professional staff/services</b> - Occupational Therapist (Woodlands) - Physiotherapist (Woodlands) - Social Worker / Social Work Associate	<b>Programme Hours</b>          <b>Meals</b>	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><b>@ Woodlands</b></p> <p>2 Woodlands St 31, S(<a href="https://www.metta.org.sg/hq/">738580</a>)</p>  <p>By MRT: Marsiling MRT Station [NS8] By Bus: 912M, 913M</p>	<p><b>Transport details</b></p> <p><b>Catchment areas</b> Woodlands / Yishun/Serangoon</p> <p><b>Type</b> Normal</p> <p><b>Contact details</b> Tel: 6365 7666 Fax: 6365 7555 <a href="mailto:hidac@metta.org.sg">hidac@metta.org.sg</a></p>	<p><b>@ Hougang</b></p> <p>Blk 627 Hougang Ave 8, #01-130, S(<a href="https://www.metta.org.sg/hq/">530627</a>)</p>  <p>By MRT: Kovan MRT Station [NE13] By Bus: 25, 55, 112, 132, 854</p>	<p><b>Transport details</b></p> <p><b>Catchment areas</b> Sengkang /Punggol/Hougang /Potong Pasir/Toa Payoh /Ang Mo Kio and Serangoon Ave.</p> <p><b>Contact details</b> Tel: 6385 2913 Fax: 6385 2914 <a href="mailto:hidac@metta.org.sg">hidac@metta.org.sg</a></p>
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Additional information of Day Activity Centre (DAC)

**MINDS Training & Development Centre**

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

[www.minds.org.sg](http://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)



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](mailto:ytdc@minds.org.sg)

**@ Ang Mo Kio**

Blk 134 Ang Mo Kio Ave 3  
#01-1677 S(560134)



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](mailto:atdc@minds.org.sg)

**@ Napiri**

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](mailto:ntdc@minds.org.sg)

Additional information of Day Activity Centre (DAC)

@ Eunos

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](mailto:etdc@minds.org.sg)

@ Tampines

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](mailto: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](mailto: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](mailto:ftdc@minds.org.sg)

@ Jurong

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](mailto: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	
<b>Programme offered</b>	<ul style="list-style-type: none"> <li>- Arts and crafts</li> <li>- Games</li> <li>- Meals preparation</li> <li>- Leisure activities</li> </ul>
<b>Professional staff/services</b>	<ul style="list-style-type: none"> <li>- Occupational Therapist</li> <li>- Social Worker</li> <li>- Therapy Aide</li> <li>- Maintenance Therapy</li> <li>- Active Therapy</li> <li>- Tube/ NG tube / tube to stomach / BIPAP / dialysis may be considered</li> <li>- Counselling Support</li> </ul>
<b>Service Group</b>	Physical Disability (Except Autism Spectrum Disorder), Other Disabilities (case-by-case)
<b>Programme Hours</b>	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
<b>Meals</b>	Available (Halal)
Transport details	
<b>Catchment areas</b>	Jurong, Clementi, Choa Chu Kang, Buona Vista, Dover, Bukit Panjang, Bukit Batok, Bukit Gombak
<b>Type</b>	Wheelchair-friendly

**Address**

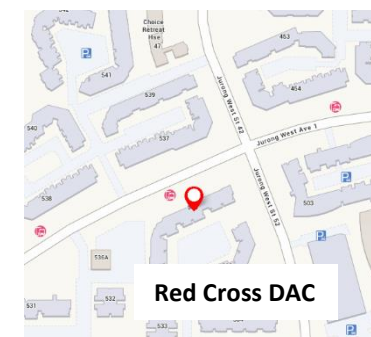
Blk 536, Jurong West St 52, #01-497 S(640536)

**Contact details**

Tel: 62624062  
[dac@redcross.sg](mailto: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)

[www.spd.org.sg](http://www.spd.org.sg)

SPD Day Activity Centre

Programme details	
<b>Programme offered</b> <ul style="list-style-type: none"> <li>- Art and craft</li> <li>- Daily living activities</li> <li>- Gardening</li> <li>- Numeracy and other pre-vocational motor and cognitive skills</li> <li>- Simple meal preparation</li> <li>- Simple sports and exercises</li> <li>- Lessons on social and communication skills</li> </ul>	<b>Service Group</b> Physical Disability, Intellectual Disability, Autism Spectrum Disorder, Multiple Disabilities  <b>Programme Hours</b> Full-time (Mon to Fri   9AM to 5PM) Part-time (2-4 days/week)
<b>Professional staff/services</b> <ul style="list-style-type: none"> <li>- Occupational Therapist</li> <li>- Physiotherapist (case-by-case)</li> <li>- Psychologist (case-by-case)</li> <li>- Social Worker</li> <li>- Programme Executive</li> <li>- Case Management</li> <li>- Maintenance Therapy</li> <li>- Caregiver Training</li> <li>- Counselling Support</li> </ul>	<b>Meals</b> Available (Halal, with vegetarian options available)
Transport details	
<b>Catchment areas</b>	Island wide
<b>Type</b>	Hydraulic

**Address**

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

**Contact person**

Tel: 6579 0763  
 Fax: 6323 7008  
[information@spd.org.sg](mailto: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](http://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**

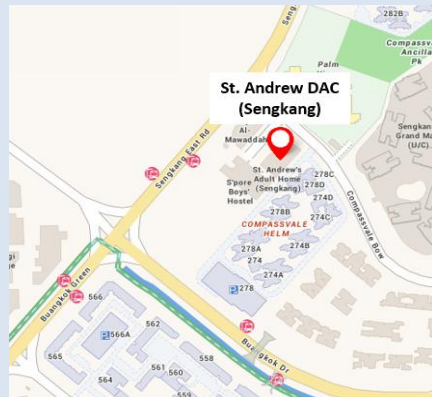
Full-time  
(Mon to Fri | 9AM to 3PM)  
Part-time (case-by-case basis)

**Meals**

Not Available

**@ Sengkang**

147 Compassvale Bow, S([544691](http://www.saac.org.sg))



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](mailto:enquiry_saah@saac.org.sg)

**@ Siglap**

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



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](mailto:admissions@saac.org.sg)

Additional information of Day Activity Centre (DAC)

SUN-DAC

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

[www.sundac.org](http://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**

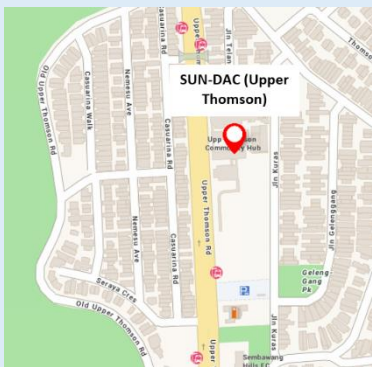
Full-time (Mon to Fri | 9AM to 3:30PM)  
9AM to 3PM (For SUN-DAC Upper Thomson)  
Part-time (2-3 days/week, Half day)  
Morning session: 9AM to 12PM

**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**

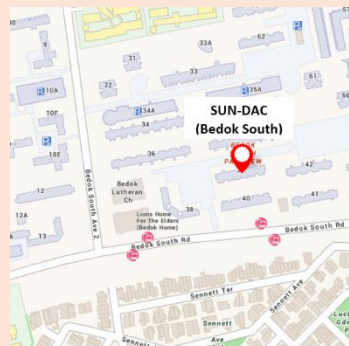
**Catchment areas**  
North area (Yishun, Ang Mo Kio etc), Hougang, Toa Payoh, Bishan, Braddell, Sengkang, Punggol

**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**

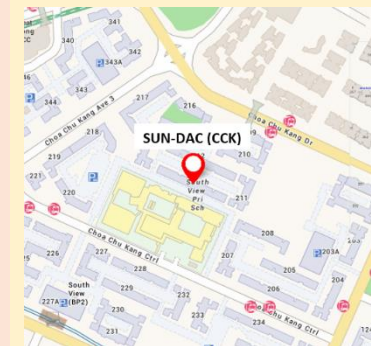
**Catchment areas**  
East Area (Pasir Ris, Bedok, Tampines etc)

**Contact details**

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

**@ Choa Chu Kang**

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

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

**Address**

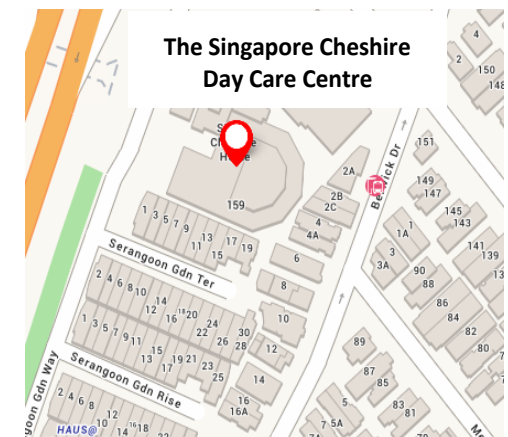
159 Serangoon Garden Way,  
S(556056)

**Contact details**

Tel: 6284 0966  
Fax: 6284 2782  
[enquiries@cheshirehome.org.sg](mailto: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)**

[www.thkmc.org.sg](http://www.thkmc.org.sg)

**THK Autism Centre @ Geylang Bahru**

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

**Address**

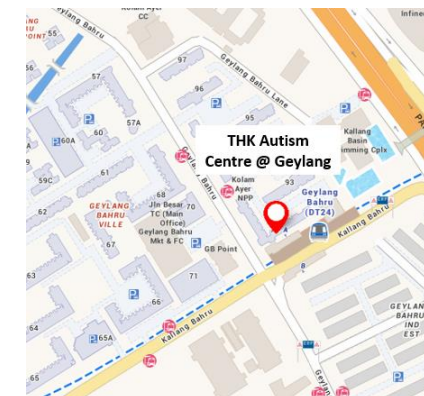
Blk 72 Geylang Bahru  
#01-3018 & #01-3032, S([330072](https://www.google.com/maps/place/330072))

**Contact details**

Tel: 6906 7106  
Fax: 6906 7110  
[autismcentre@thkmc.org.sg](mailto:autismcentre@thkmc.org.sg)

**How to get there?**

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



Additional information of Day Activity Centre (DAC)

[www.thkmc.org.sg](http://www.thkmc.org.sg)

THK Day Activity Centre @ Chai Chee

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

**Address**

2 Chai Chee Lane, S(469030)\*

**Contact details**

Tel: 6441 7640

Fax: 6441 7641

[ccdah@thkmc.org.sg](mailto:ccdah@thkmc.org.sg)

**How to get there?**

By MRT: Bedok North MRT Station [DT29]

By Bus: 26, 222



\*THK Day Activity Centre @ Chai Chee currently operates at Blk 72 Geylang Bahru #01-3018 & #01-3032 S(330072). Please refer to page 25 for centre's location and direction.

Additional information of Day Activity Centre (DAC)

**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

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**

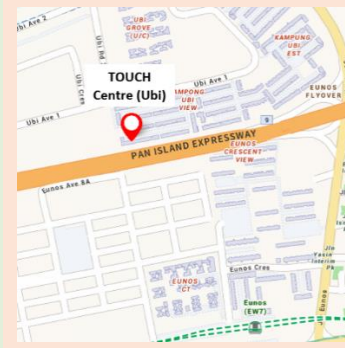
Preferably able to take public transport.  
Currently transport is only available in selected west region only

**Contact details**

Tel: 6251 4535  
[tcs.tcilbm@touch.org.sg](mailto: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](mailto:tcs.tcilubi@touch.org.sg)