

APCATS does not provide crisis intervention.

In times of crisis, please seek medical help at our 24-hour Emergency Services located at the Institute of Mental Health or call the 24-hour Mental Health Helpline at 6389 2222.



Operating hours:

Mon to Fri 8.00am - 5.30pm
Closed on Sat, Sun and Public Holidays

AGED PSYCHIATRY COMMUNITY ASSESSMENT AND TREATMENT SERVICE (APCATS)

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Oct 2015



APCATS
Clinical Service



About APCATS

The Aged Psychiatry Community Assessment and Treatment Service (APCATS) is a community-oriented psycho-geriatric outreach service for the Central region of Singapore.

Aims of the APCATS Clinical Service

- Provide mental health services to older persons with frailty or difficulties accessing mental health services
- Prevent unnecessary admission and minimise the need for inpatient mental health services
- Promote ageing-in-place in the community by supporting caregivers and reduce the burden of care

People who benefit from the service

- Individuals aged 65 and above;
- Suffering from mental health problems such as dementia, depressive disorders and psychotic disorders; and
- Non-community ambulant or have considerable difficulties leaving their home.

It is not suitable for older persons who:

- are diagnosed with physical disability only; or
- require mainly palliative care.



Services Provided

Assessment & Treatment

Assessments by the multidisciplinary team are generally conducted in the client's home. The treatment is aimed at resolution or reduction of symptoms of psychiatric disorders, reducing behavioural disabilities and relieving stress on caregivers through comprehensive psycho-geriatric management strategies via a range of hospital and community-based resources.

Case Management

Case managers conduct assessments and formulate individualised service plan. They also provide liaison services in referring clients to other appropriate services.

Multidisciplinary Team Approach

Nurses

Our gerontology or mental-health trained nurses will formulate nursing care plans; administer depot injections; perform blood pressure and blood glucose monitoring during home visits when necessary.

Occupational Therapists (OTs)

Our OTs assesses and train clients in their activities of daily living (ADL), determine the need for specialised equipment or home modification to improve home safety.

Psychologists

Our psychologists may conduct neuropsychological assessment to determine the client's cognitive functioning; and psychological therapy to resolve or reduce symptoms of psychiatric disorders.



Medical Social Workers (MSWs)

Our MSWs conduct assessment of the client's family, helps relieve their social issues or facilitate their access to community-based service.

Doctors

Our doctors will conduct mental health diagnostic examination and formulate the psychiatric and medical treatment plan.

Psycho-education

Education is provided to support clients, families and caregivers to assist them to make informed choices on appropriate care and services available.

Medication Home Delivery

This service is available for those who meet the eligibility criteria.

