Alexandra Hospital
A member of the NUHS

Healthy Ageing Programme

AgeBetter
ELDER CARE
Healthcare Redesigned
Helping You Age Healthily

Our Healthy Ageing Programme is specially designed to care for adults aged 75 and above with age-related cognitive, functional and mobility problems, with the ultimate aim of giving them a good quality of life, and helping them to Age Better.

Here, patients receive holistic and tailored intervention for their age associated issues, empowering them to take charge of their health. In addition, doctors work with patients that require treatment for their sight and hearing at our Eye Surgery Centre, ENT and Joint Replacement and Reconstruction Centre, as well as other general surgery conditions.

With us, patients receive personalised care and attention by the same doctor and care team who are trained to cover a broad spectrum of chronic diseases. This enables them to see only one doctor instead of multiple specialists, thereby reducing their number of appointments and waiting time.

At Alexandra Hospital, we create convenient and fuss-free healthcare journeys for all.

Our Purpose Statement
We walk with you and your loved ones through your health journey as we redesign healthcare with our people and our community.
Services at a Glance

A one-stop clinic for early intervention of functional decline from ageing.

Frailty
- Functional Decline (E.g. Frailty, Vision and Hearing loss)
- Multiple Geriatric Morbidities

Mind
- Cognitive Impairment
- Delirium
- Depression

Mobility
- For fall prevention and assessment

The Clinic also works with other Alexandra Hospital Centres and on General Surgery conditions.

General Surgery
- Fistula
- Haemorrhoids/Piles
- Hernias
- Incision and Drainage
- Lumps and Bumps
- Thyroid Problems

Eye Surgery Centre, Clinic A
A centre to help better manage sight and treat eye-related conditions.

Outpatient Consultation and Screening for:
- Age-related Macular Degeneration
- Cataract
- Diabetic Retinopathy Screening
- Low Vision
- Stable Diabetic Conditions
- Stable Glaucoma

Surgical Services for:
- Cataract
- Glaucoma
- Intravitreal Injections
- Retina-related Conditions

Ear, Nose and Throat Centre, Clinic A
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Joint Replacement and Reconstruction Centre, Clinic E
A centre for surgical services to treat age-related conditions, such as total knee and joint replacements, foot and ankle surgeries.

Surgical Services for:
- Hip and Knee Surgery (Total Hip Replacement Surgery available in mid-2019)
- Knee Reconstruction
- Knee Scopes
- Shoulder and Elbow Surgery
- Total Knee Replacement

Start Your Healthcare Journey With Us
Approach any of our Service Associates, or call 6472 2000 to schedule an appointment.
Visit us at the Healthy Ageing Clinic K, Block 1, Level 2.

Five Programmes, One Redesigned Healthcare Journey:

Clinic G (Well Clinic)
Take the first step towards health empowerment and prevention with our Well Programme by being proactive with screening, exercise and treatment.

Clinic J (Integrated Care Clinic)
The Chronic Programme led by one doctor and one care team consolidates a patient's multiple conditions and treatment plans including medication and rehabilitation regime, into one appointment.

Clinic K (Healthy Ageing Clinic)
Our Healthy Ageing Programme cares for the elderly’s mind, mobility and sensory, orthopaedic and other geriatric and social needs holistically.

Clinic E (Eye Surgery Centre)
A centre to help better manage sight and treat eye-related conditions.

Outpatient Consultation for:
- Age-related Macular Degeneration
- Cataract
- Diabetic Retinopathy Screening
- Low Vision
- Stable Diabetic Conditions
- Stable Glaucoma

Surgical Services for:
- Cataract
- Glaucoma
- Intravitreal Injections
- Retina-related Conditions

Clinic B (General Surgery)
A centre to help better manage sight and treat eye-related conditions.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic A (Ear, Nose and Throat Centre)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic F (Fistula)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic C (Hip and Knee Surgery)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic D (Total Knee Replacement Centre)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic H (Hip and Knee Surgery)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic I (Total Hip Replacement Surgery Centre)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic N (Nose and Throat Centre)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic L (Lung and Thoracic Surgery Centre)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic M (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic O (Ophthalmology Centre)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic P (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic Q (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic R (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic S (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic T (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic U (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic V (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic W (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic X (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic Y (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Clinic Z (Other Surgery Centres)
A centre to help better manage and treat conditions related to the ear, nose and throat.

Outpatient Consultation and Screening for:
- Hearing tests, Audiometry and etc.
- Vestibular
- Rehabilitation

Surgical Services for:
- Hearing, Rehabilitation and Restoration for the Elderly

Coming in 2019
1. Hip and Knee Surgery
2. Knee Reconstruction
3. Knee Scopes
4. Shoulder and Elbow Surgery
5. Total Knee Replacement

Coming in 2019
1. Fistula
2. Haemorrhoids/Piles
3. Hernias
4. Incision and Drainage
5. Lumps and Bumps
6. Thyroid Problems

Coming in 2019
1. Ear, Nose and Throat Centre
2. Audiology Centre
3. Vestibular Rehabilitation Centre
4. Dental Centre
5. Dental Extractions
6. Periodontal Disease
7. Root Caries

24/7, Walk-in Urgent Care Centre
The FAST Programme looks at emergency treatment from acute, sub-acute to rehabilitative care at our integrated wards.

Champions for compassionate care and quality of life, at every age and at every stage, our Palliative Programme:
- Enables and empowers everyone to care.
- Encourages caring across boundaries.
- Creates caring systems.
- Helps all to live well before leaving well.

Clinic F (Fistula)
Clinic B (General Surgery)
Clinic A (Ear, Nose and Throat Centre)
Clinic E (Eye Surgery Centre)
Clinic C (Hip and Knee Surgery)
Clinic K (Healthy Ageing Clinic)
Clinic J (Integrated Care Clinic)
Clinic G (Well Clinic)
Clinic H (Hip and Knee Surgery)
One Care Team, One-Stop Care

The new Alexandra Hospital looks after you from diagnosis, treatment, rehabilitation to discharge through five key clinical programmes.

We care for our patients through our one care team, where the one and the same care team led by a principal doctor sees the patient with multiple conditions, cutting down on the number of appointments.

It is the first integrated hospital which provides a single continuum of care across different care settings from acute, sub-acute to rehabilitative care.

For inpatients, we offer a same-bed, one-stop care across different stages of the recovery journey, thereby offering greater convenience, saving time and hassle of inter-hospital transfers.

Our out-of-hospital care programme brings together community members from primary care to daycare and social services, helping patients to live better in the comfort of their homes in the community.

At Alexandra Hospital, we believe excellent healthcare, like our patients, should be focused on only one thing – getting better.
How to Get to Healthy Ageing, Clinic K

By Bus
Alight at
Alexandra Hospital,
Bus Stop Code: 11511
Take buses 14, 33, 51,
61, 93, 100, 120, 195, 197
Alight opposite
Queensway
Shopping Centre,
Bus Stop Code: 11519
Take buses 14, 33, 51,
61, 93, 100, 120, 195, 197

By MRT
From Queenstown
MRT Station,
Exit A: Take bus 51
Exit B: Take bus 195
From Commonwealth
MRT Station,
Exit B: Take bus 100
From Redhill
MRT Station,
Exit A: Take buses 33, 120

By Shuttle Bus
From Queenstown MRT to
Alexandra Hospital
Travel time: 16-20 min
Weekdays excluding Public Holidays:
Queenstown MRT Station
First bus: 6.40am
Last bus: 8.20pm
Mei Ling Street
First bus: 6.50am
Last bus: 8.30pm
Mei Chin Road
First bus: 6.53am
Last bus: 8.33pm
Alexandra Hospital
First bus: 7:00am
Last bus: 8:40pm
Saturday, Sunday and Public Holiday:
Queenstown MRT Station
First bus: 10:00am
Last bus: 8:00pm
Alexandra Hospital
First bus: 10:00am
Last bus: 8:00pm

From Commonwealth MRT Station to Alexandra Hospital
Travel time: 18-25 min
Weekdays excluding Public Holidays:
Commonwealth MRT Station
First bus: 6:40am
Last bus: 8:20pm
Blk 50 Commonwealth Drive
First bus: 6:45am
Last bus: 8:25pm
Blk 37B Commonwealth Drive
First bus: 6:48am
Last bus: 8:28pm
Alexandra Hospital
First bus: 7:00am
Last bus: 8:40pm
Saturday, Sunday and Public Holiday:
Commonwealth MRT Station
First bus: 10:00am
Last bus: 8:00pm
Alexandra Hospital
First bus: 10:00am
Last bus: 8:00pm

Peak hours (6.40am to 9.00am,
4.30pm to 6.00pm): 10 min intervals
Off-peak: 20 min intervals

Main Line
Call 6472 2000 to schedule an appointment or make enquiries.

Email
For Appointments: AH_Appointment@nuhs.edu.sg
For Enquiries: AH_Enquiries@nuhs.edu.sg
For Feedback: AH_Feedback@nuhs.edu.sg

Alexandra Hospital | 378 Alexandra Road, Singapore 159964.
Main Line: +65 6472 2000 | Fax: +65 6379 4339