



Amazing  
speech therapy

D - CAF *by*



Amazing  
speech therapy

Singapore's  
First and Only  
Dysphagia  
Cafe



# MOTIVATION

Over the years working with people with swallowing difficulties, it gave me an insider view of their struggles and constraints in current society.

Living with swallowing difficulties can be devastating and there are so many people with this condition, yet there is no support in society to integrate them and allow them to have a social experience.

Therefore, I decided to improve the lives of those with this significant but lesser known condition. I want to create a safe space where these people living with swallowing difficulties can go to enjoy a delicious meal without facing social stigma, make friends with others just like them and receive swallowing therapy at the same time.

# SOCIAL NEEDS

## Lack of resources in community

- No dining places that have suitable food options for people with swallowing problems in Singapore

## Social Stigma

- On feeding tube
- Require feeding assistance
- Take a long time to eat
- Spill food/drinks out from their mouths
- Cough/choke when eating

## Lack of swallowing therapy in community

- Usually in hospital
- Scarce and very limited in community settings

## Poor quality of life

- For both patient and family
- Caregiver stress

# GOALS

Lack of resources  
in community

- To provide an opportunity to enjoy a delicious modified consistency meal in public setting

Social Stigma

- To provide a safe and comfortable space to have a meal in public

Lack of  
swallowing  
therapy in  
community

- To provide easily accessible swallowing therapy services in the community
- To incorporate lifestyle and pleasure in the swallowing therapy session

Poor quality of life

- To provide a social support network – people with swallowing difficulties can meet others like them and their carers can also meet other carers. Being able to socialise with improve their quality of life

# THE SOLUTION (PROOF OF CONCEPT FOR D-CAF)

Let it POP-UP!



# SAVOURING THE FUTURE



 **Click on picture- Please start viewing from 13.00 to 15.45 ( 2 mins 45 secs)**

Alternatively, you may visit <https://www.channelnewsasia.com/news/video-on-demand/savouring-the-future/innovative-new-products-finding-and-filling-a-niche-9459828>

# DYSPHAGIA POP UP CAFÉ 2017

Elderly woman with  
Dementia enjoying puree  
food safely with  
supervision from Speech  
Therapist



Young man with  
muscular dystrophy  
being fed by his  
caregiver

Speech Therapist giving  
tips to caregiver on  
how to feed safely





# THE SOLUTION

## D - CAF

South East Asia's first Dysphagia café opens in Singapore. It features a unique dining experience for individuals with Dysphagia (swallowing difficulty) to receive therapy in a café-like setting.

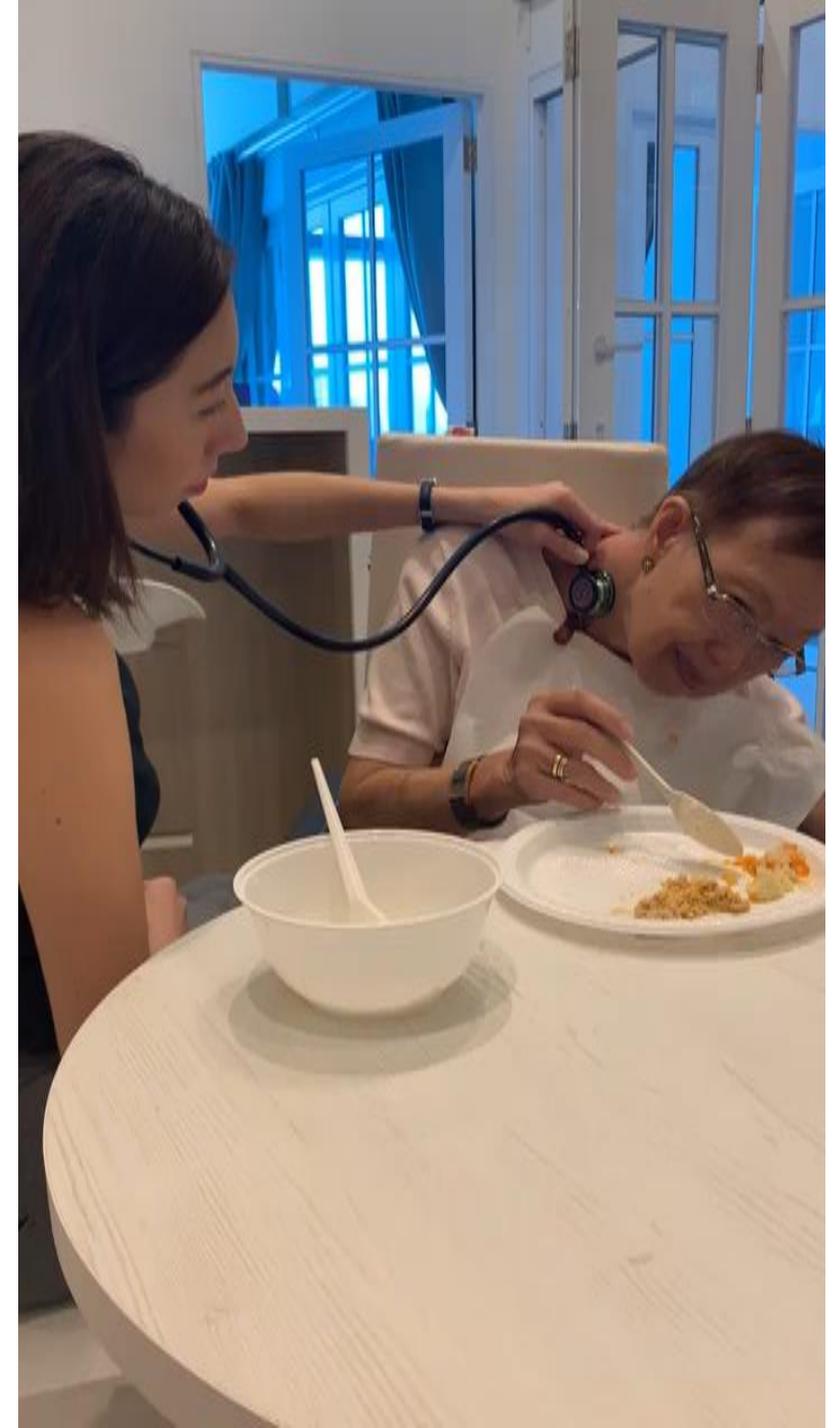
D-CAF (Dysphagia Cafe) is South East Asia's first therapy lifestyle concept for individuals with Dysphagia.

D-CAF represents a step towards redefining the boundaries of traditional Speech Therapy as we advocate for and improve the quality of lives of individuals with dysphagia.

# MDM KWAN

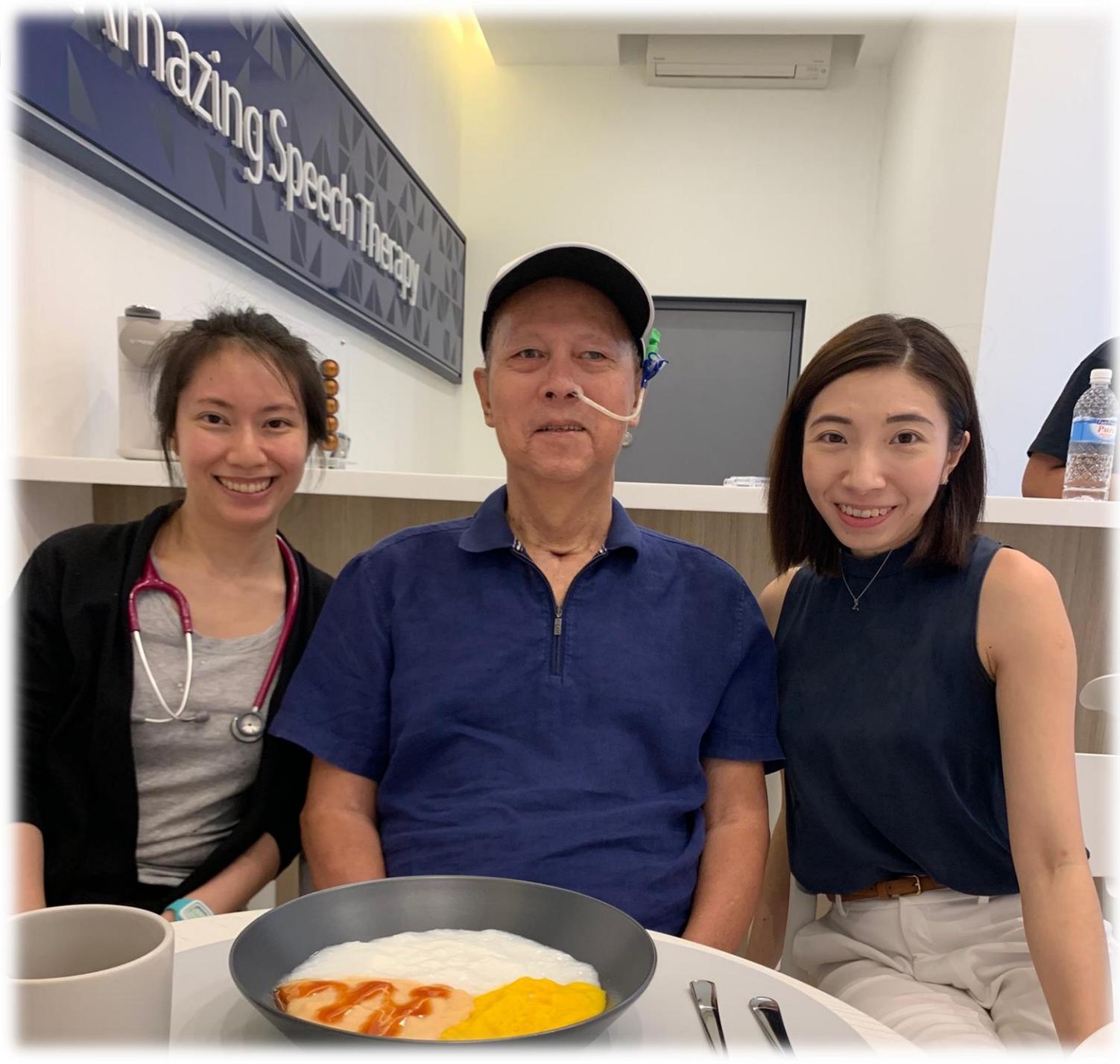


- Parkinson's Disease
- On minced food texture
- Gets a lot of stares when eating out and makes her uncomfortable therefore she only eats at home
- Needs regular review of her swallowing ability as Parkinson's is a progressive condition
- Enjoys coming to D-CAF because she likes to try new foods and does not feel pressured to eat like a 'normal' person in public setting



# KEY FEATURES OF D-CAF- THERAPY

Our in house therapists will provide swallowing therapy and also training for caregivers.



## KEY FEATURES OF D-CAF- SOCIAL INTEGRATION

People with swallowing difficulties can meet others like them and their carers can also meet other carers. Being able to socialise with improve their quality of life



# KEY FEATURES OF D-CAF-FOOD

Our specially modified diets have been curated through years of R&D and manufactured locally in a factory with expertise from a food technician and dietician.

Every dish is thoughtfully presented and prepared to enhance the food's appearance and taste

Above: puree sweet potato balls with gula melaka and coconut cream

Below: flame seared minced chicken with minced pumpkin balls



# KEY FEATURES OF D-CAF - EVENTS

We organize events to raise awareness for dysphagia in Singapore. We also provide trainings to other professionals on how to prepare dysphagia diets.



Amazing Speech Therapy presents

# D-CAF PLATE OFF

19 September 2019, Thursday

**Time:** 6pm to 8pm

**Location:** 101 Irrawaddy Road #17-01 - Royal Square Medical Suites, Royal Square @ Novena

**UNLEASH YOUR  
CREATIVITY  
AND HAVE FUN!**

Calling all Speech Therapists who are interested in dysphagia and the art of plating!

All competition materials including textured modified food and plating accessories will be provided.

Registration is required to participate in competition.

Please email [info@amazingspeechtherapy.sg](mailto:info@amazingspeechtherapy.sg) for the registration link.

**REFRESHMENTS PROVIDED  
BEFORE COMPETITION.**

**ATTRACTIVE CASH PRIZE - \$300!**



# KEY FEATURES OF D-CAF- EVENTS



# D-CAF IN THE COMMUNITY

Out we go!



# AST X SPD

In collaboration with SPD (Society of the Physically Disabled-  
charity in Singapore)



# AST X SPD

In collaboration with SPD (Society of the Physically Disabled-  
charity in Singapore)



# SAVOURING THE FUTURE

Dare to dream



# RESEARCH & DEVELOPMENT

Our Dysphagia specialists in D-CAF are actively involved in collaboration with food manufacturing companies as well as schools ( food tech faculty) to refine dysphagia diets.



## WINNER



*"Innovation through a human necessity is very creative and shows awareness. This is the kind of product that has a very positive impact on people's lives. Nanyang must continue with this idea of generating value through food"*

**Nanyang Polytechnic**  
Ondeh-ondoh Dysphagia Ice Cream



FINE  
DINING

D – CAF

Presents a fine dining  
experience for a 6 course  
PUREE menu

*Dinner*  
SUMMER 2021

SEAWEED TOAST

Brîche *Crème*, Wakame *Butter*, Bacon *Reduction*

CRUSTACEAN BISQUE

TABLESIDE PRESENTATION

Prawn *Puree*, Lobster *Bisque*, *Dehydrated* Peas

TORO CEVICHE

Negitoro *Suspension*, Jalapeno Citrus *Emulsion*, Chive *Oil*

UNI & CAVIAR PASTA

Tagliatelle *Emulsion*, Sea Urchin *Crème*, Caviar *Drops*

TRUFFLE SCALLOPS

TABLESIDE PRESENTATION

Truffle Pomme *Puree*, Scallop *Mousse*, Parsley *Oil*

LIQUID TIRAMISU

Biscuit *Reduction*, Mascarpone *Gelato*, Chocolate *Ganache*



# AMAZING SPEECH THERAPY

CREATING NEW  
POSSIBILITIES

Feeling inspired? Contact us on: Website: [www.amazingspeechtherapy.sg](http://www.amazingspeechtherapy.sg)  
Email: [info@amazingspeechtherapy.sg](mailto:info@amazingspeechtherapy.sg)  
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