



## 8<sup>th</sup> HENRY LIM LECTURE

# Successful Ageing : Redefined

## Epidemiology and Case Study

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# Defining Successful Ageing

Rowe JW and Kahn RL (1997)

Epidemiological research  
medical, psychological and social  
constructs

# Elderly Chinese: Singapore Study

Ng TP, Gwee X, Kua EH: *Am J Geriat Psych* 2009

Sample = 1294

Physical health & functioning	- 60.5%
Cognitive & mental health	- 71.8%
Active life & functioning	- 95.1%
Life satisfaction	- 88.2%

# Case Study

## Mr Henry Lim



## Mr Henry Lim : Life and Times



Born in Province Wellesley, Malaya

1958 Migrated to Singapore

1986 Gerontological Society

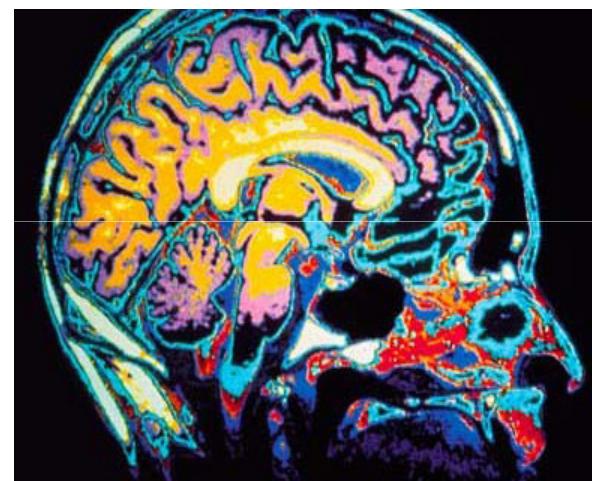
1990 President, Gerontological Society

1992 National Day Award

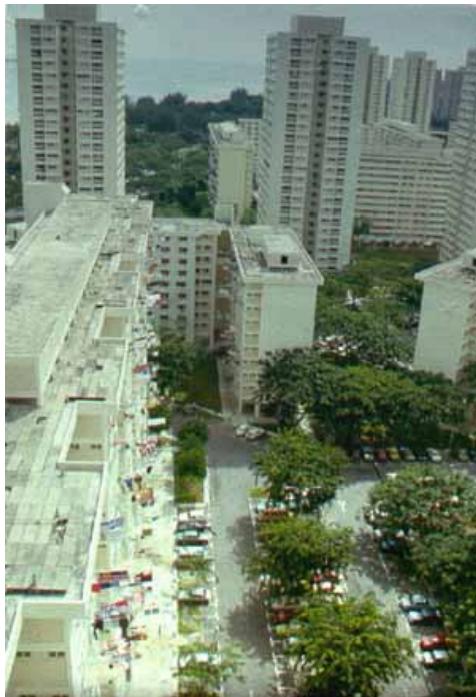
2010 Distinguished Volunteerism Award

# **City living affects brain, researchers find**

**SCIENCE : 22 June 2011**



# Depression and Dementia in Elderly



## Prevalence of Mental Disorders (%)

	Chinatown(n=612)	Toa Payoh (n=903)
Depression	5.7	9.5
Dementia	2.5	5.0

Kua EH, Aus NZ J Psych 1992

Kua EH, et al. J Am Med Assoc 1997

# OCTOGENARIANS

## FUNCTIONAL STATUS (n=579)

Walking	(%)
No help	75
Some help	15
Help needed	10

Activities of daily living	
No help	62

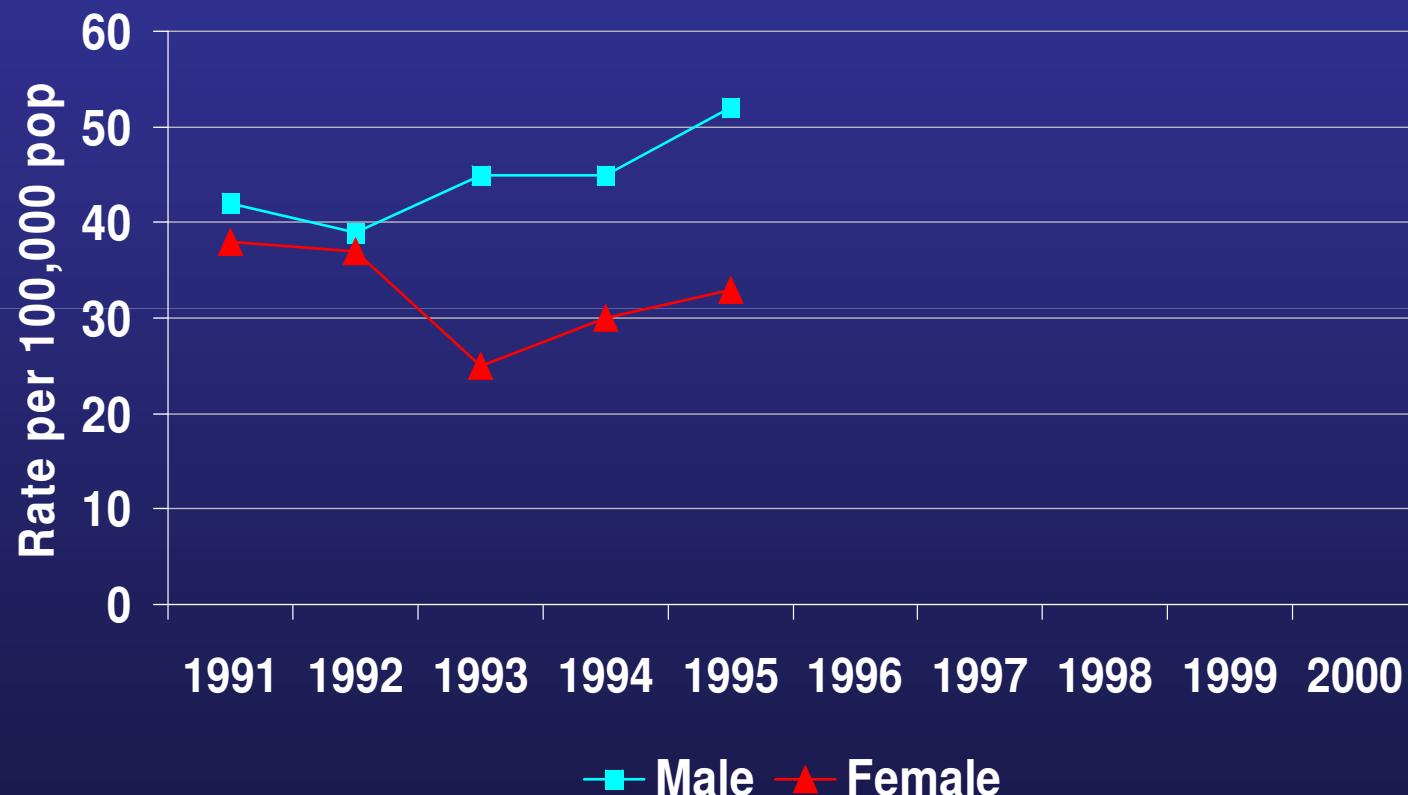
Kua EH, Goh LG, Ng TP, *Long Lives*, 2004

OCTOGENARIANS  
Mental Health  
(n=579)

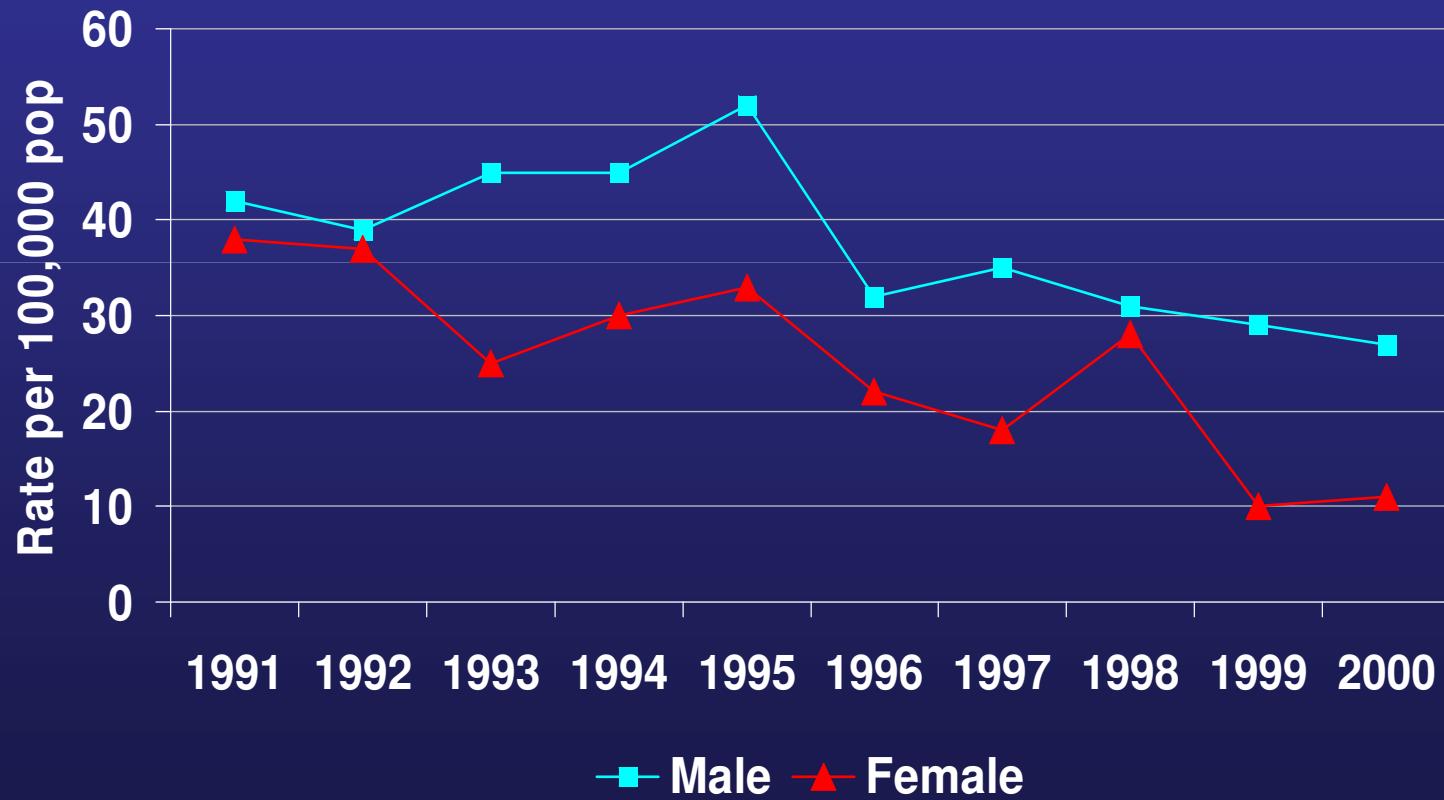
Depression	16%
Dementia	12%

# Elderly Suicide Singapore, 1991-1995

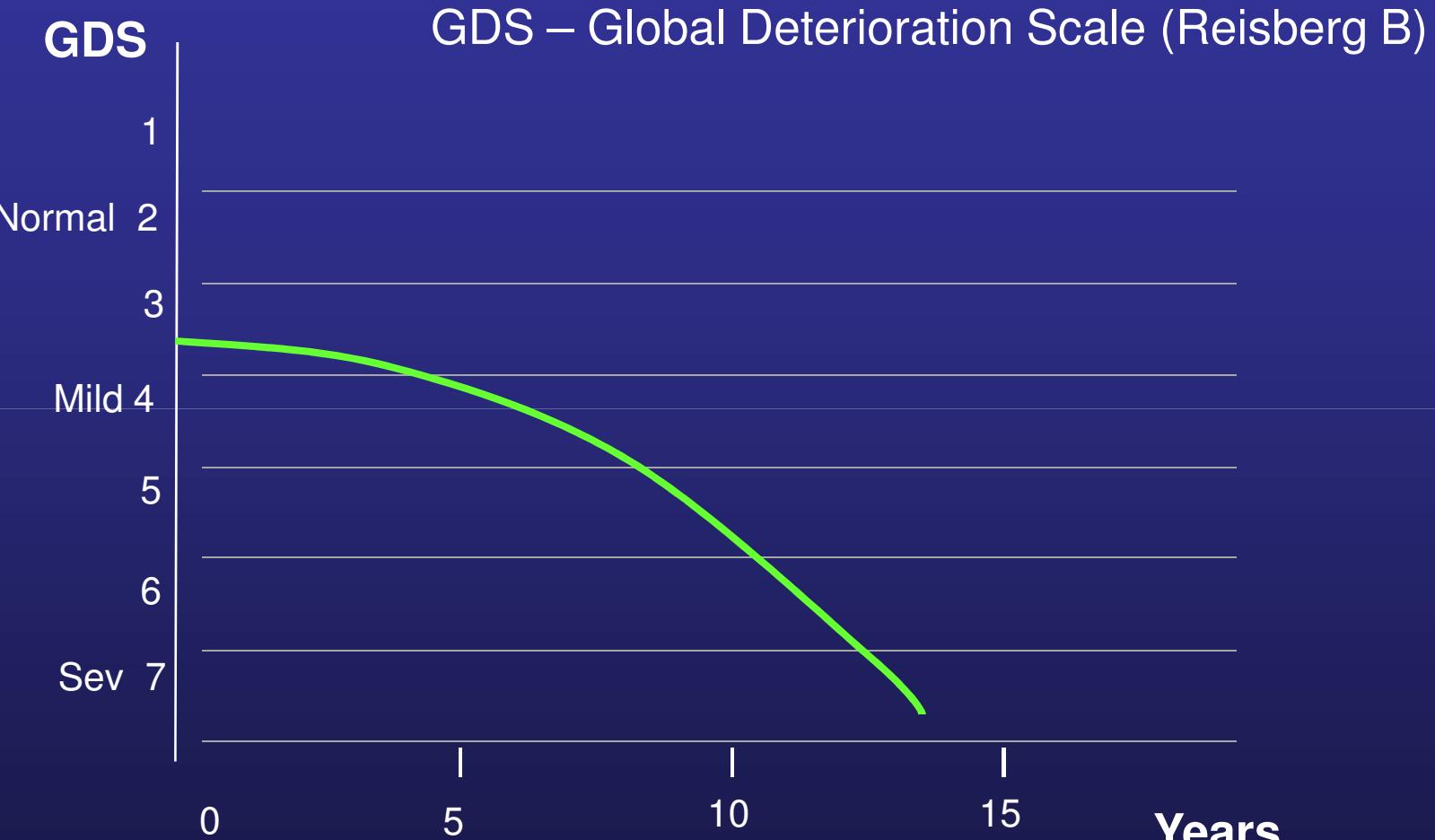
Kua EH, et al. Int J Geriat Psych 2003



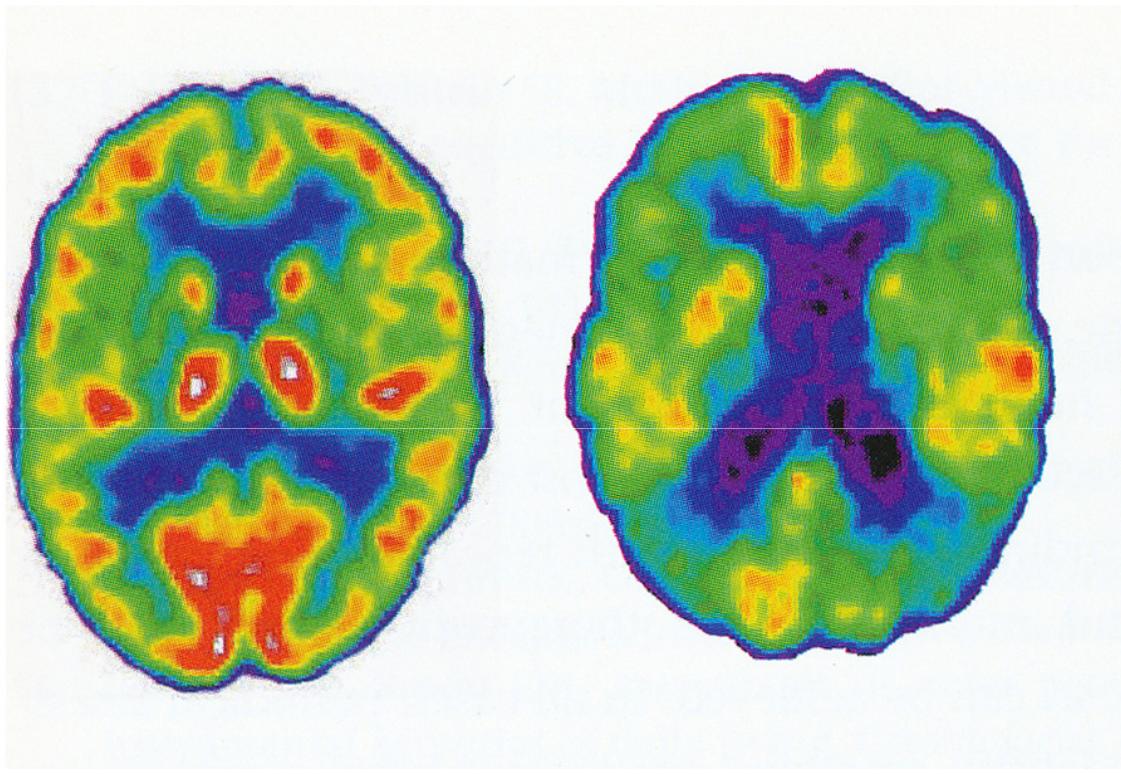
# Elderly Suicide Singapore, 1991-2005



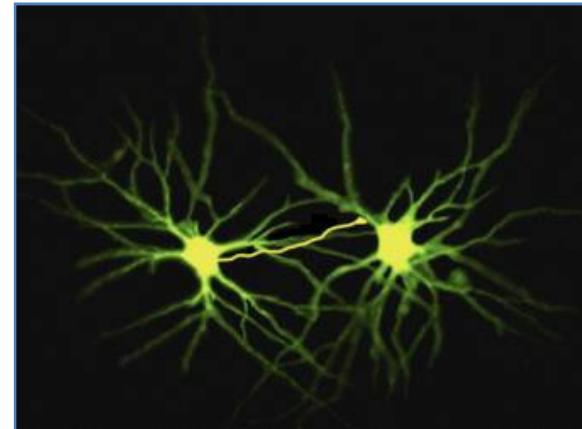
# Dementia - Natural History



Kua EH, NUH Memory Clinic, 1992 - 2012



# Jurong Ageing Study (JAS)



# Redefining Successful Ageing

1. Physical health
2. Mental health
3. Social functioning
4. Life satisfaction
5. Public service
6. Finance and Philanthropy
7. Positive emotions





**Henry Lim – our man for all seasons**  
“...always learning, always caring, always sharing  
and never a dull moment.”

*Kua EH: Gerontological Society Bulletin, 2011*