

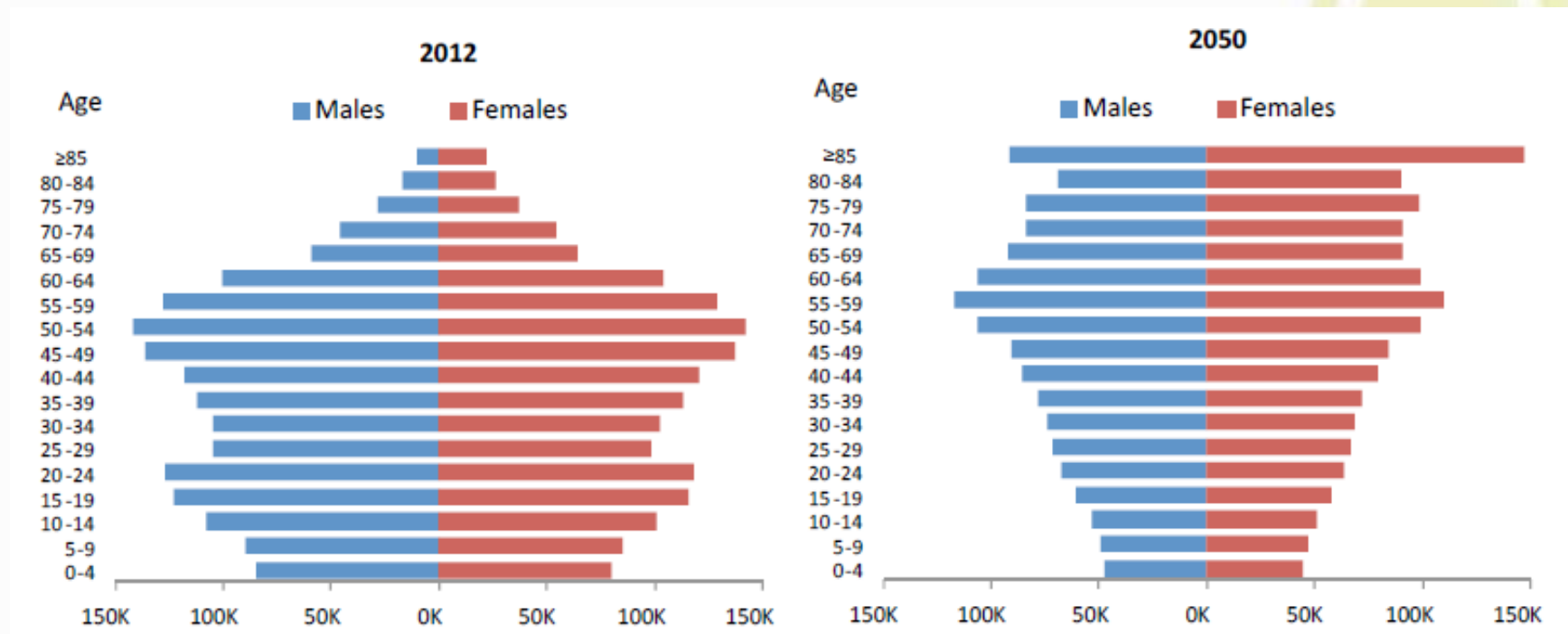


MINISTRY OF HEALTH
SINGAPORE

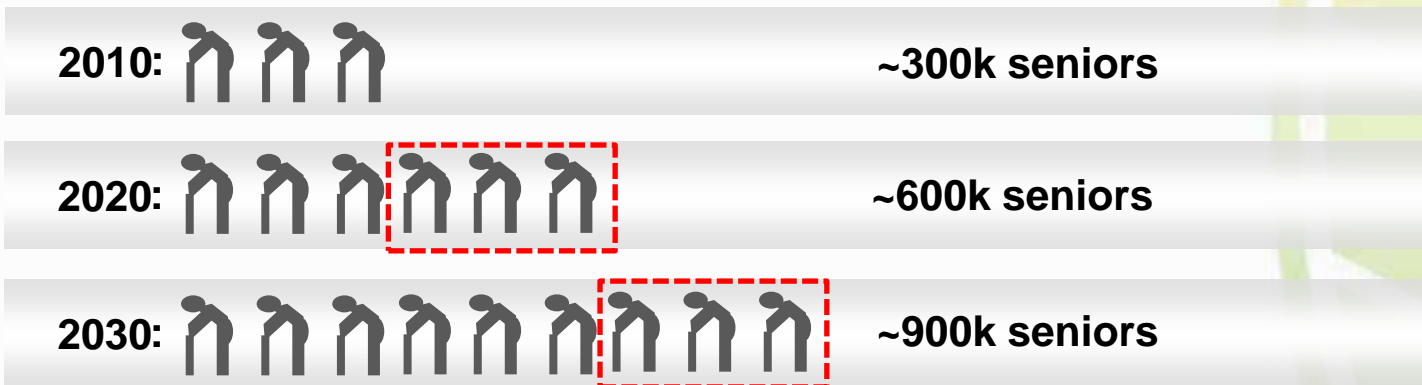
Ageing-In-Place in Singapore

Mr Ong Yunn Shing
Director (Ageing Planning Office)
Ministry of Health

Singapore's population is ageing

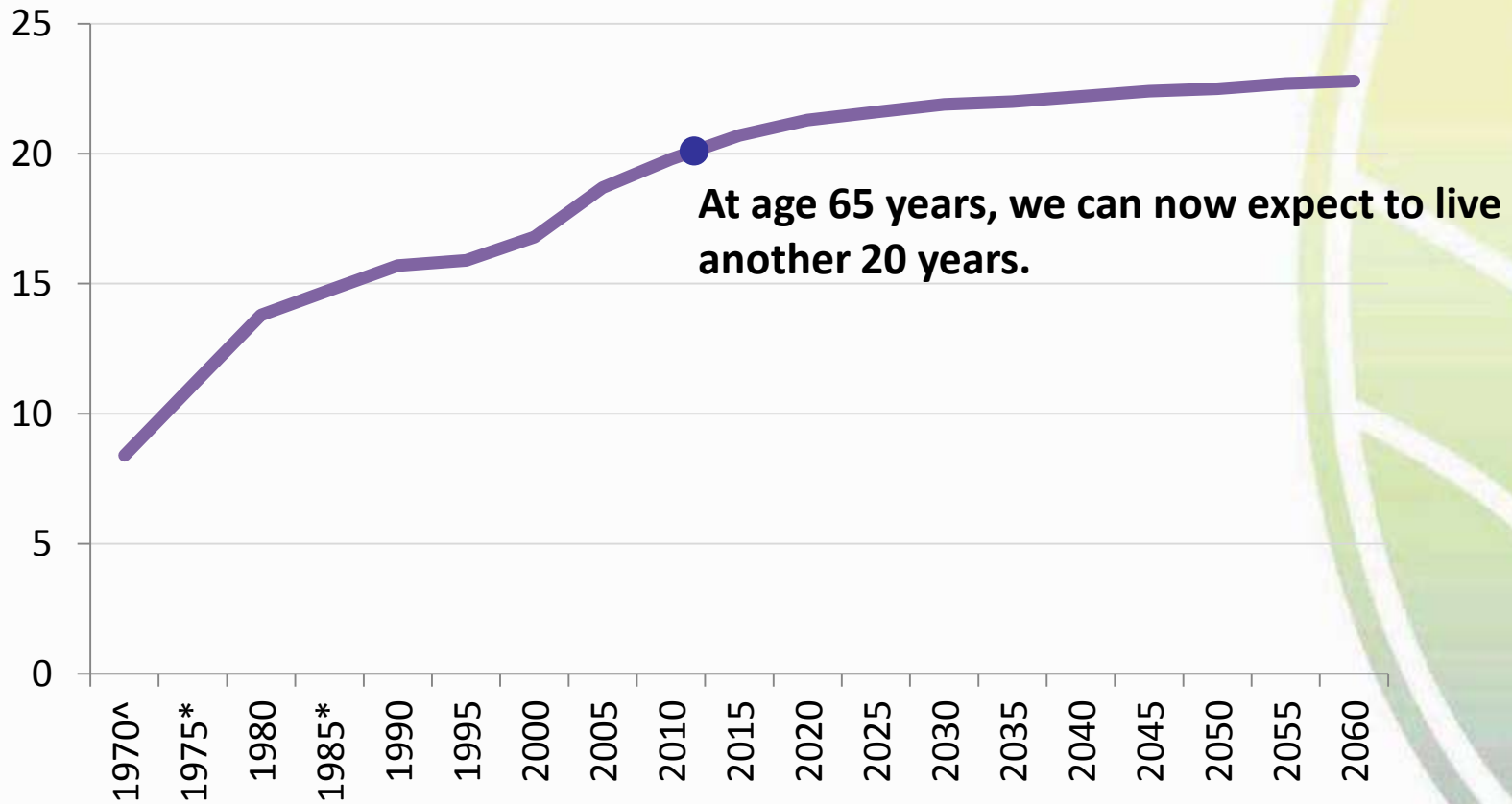


Number of seniors will triple in 2030



But Singaporeans are living longer

Life expectancy at 65 years of age



Longevity offers new opportunities and excitement

- We should help our seniors lead an active lifestyle
- Our vision is to enable our seniors to age in place



We have put in place national strategies

Ageing-in-place in Singapore



Keep our seniors
Healthy, Active and
Independent



Provide **Access** to
Quality care that is
Affordable

We have put in place national strategies

Ageing-in-place in Singapore



Keep our seniors
Healthy, Active and
Independent



Keeping seniors healthy

- Wellness programme

We have put in place national strategies

Ageing-in-place in Singapore



Keep our seniors
Healthy, Active and
Independent



Keeping seniors active

- Lifelong learning
- Lifelong employability
- Senior volunteerism

We have put in place national strategies

Ageing-in-place in Singapore



Keep our seniors
**Healthy, Active and
Independent**



Keeping seniors independent

- Senior-friendly housing options
- Senior-friendly built environment

We have put in place national strategies

Ageing-in-place in Singapore



Provide **Access** to
Quality care that is
Affordable



Expand accessibility

We have put in place national strategies

Ageing-in-place in Singapore



Provide **Access** to **Quality** care that is **Affordable**



Enhance quality

- Enhanced Nursing Home Standards
- Guidelines for centre-based care and home care
- Integration of care across social and health services

We have put in place national strategies

Ageing-in-place in Singapore



Provide **Access** to **Quality** care that is **Affordable**



Enhance affordability

- Pioneer Generation Package
- Enhanced subsidies for long-term care
- Seniors' Mobility and Enabling Fund

But successful ageing can only take place in a society that values our seniors

Successful Ageing is a collective whole of society effort

Require people movement to build an inclusive and caring environment in every community

Hardware

Good health, housing, aged care, built environment

Software

Active ageing programmes, keep seniors engaged, give seniors meaning



**A Nation for
All Ages**



City For All Ages - A Nation for All Ages one community a time

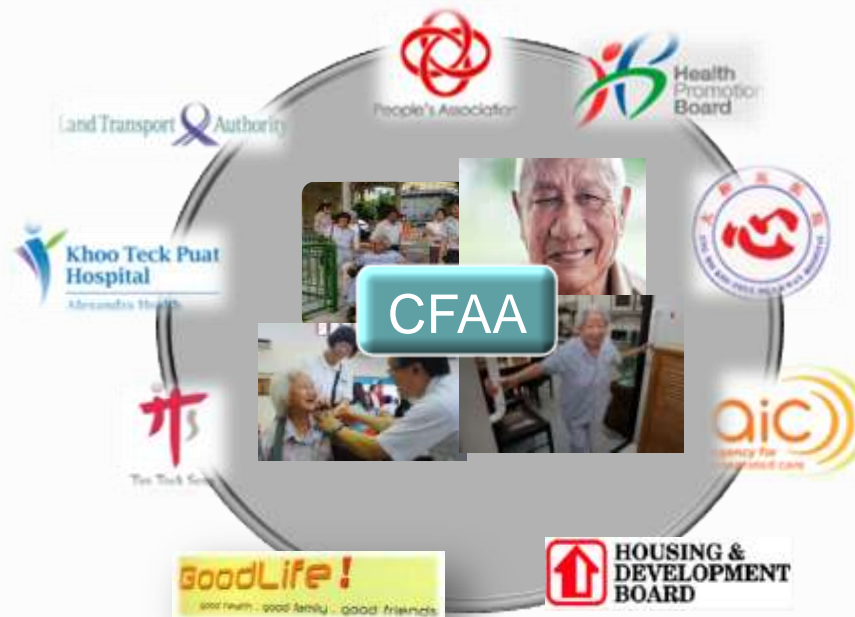
- Complement national policies with a ground up movement
- Platform to find out the needs of seniors in the communities and implement grounds-up initiatives to address these needs.
- Involve community to build senior-friendly kampongs



CFAA is about building local kampongs

Everyone chips in to make a senior friendly kampong

- Grassroots leaders, VWOs, residents, healthcare providers, government agencies
- With the senior at the centre



CFAA's vision is for seniors to be:



Healthy and Active

- Get screened early
- Manage their conditions well
- Exercise and lead healthy lifestyles



Part of a Closely Knit Community

- Have friends and know where to get help
- Those who live alone are not lonely, and engaged by the community



Able to Live Independently & Confidently

- Can get around their flat and town safely and confidently
- Those who need help will be cared for

CFAA involves the community

Outreach

A platform to reach out to residents:

- **Introduce project objectives & plans**
- **Gather feedback on pressing issues and inputs for upcoming activities**

Needs Assessment

Assessing needs of residents through 3 steps:

- **Needs Survey**
- **Health and Functional Screening**
- **Town Audits**

Intervention and Evaluation

Put in place necessary initiatives. Examples include:

- **Falls Prevention Workshops**
- **CHAS Card and SMF Outreach**
- **Mental First Aid Kit**

Collaboration between grassroots, local VWOs, volunteers and agencies



Townhall Forums

- Introduction to CFAA and upcoming events related to it
- Dialogue session chaired by local Adviser
- Seniors encouraged to sign up for community schemes

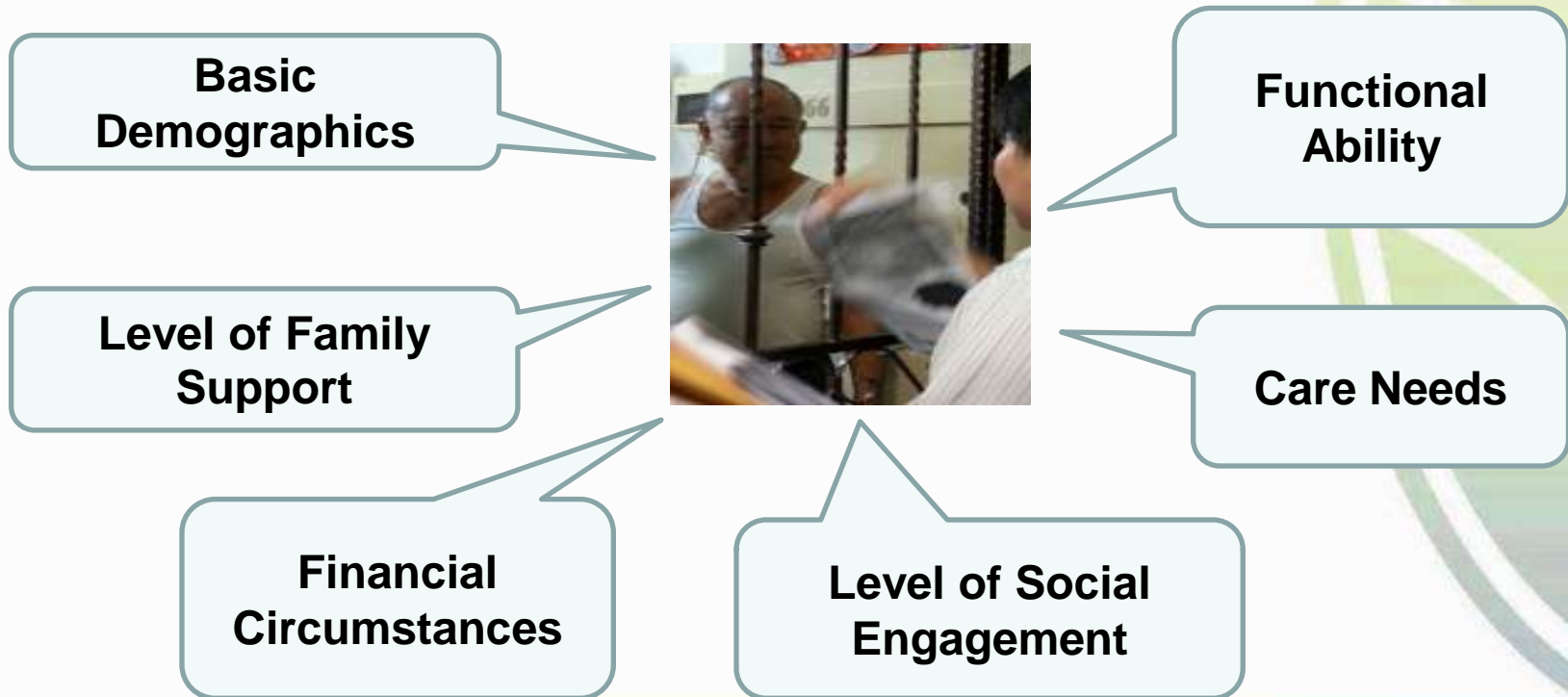


Needs Assessment



Needs Survey

- Door to door survey with residents to know more about their health/ social/ financial needs





Chronic Disease Screening

- **Seniors are screened for:**
 - Hypertension
 - Diabetes
 - High Cholesterol Levels
 - Obesity





Key Types of Interventions

- **Software**

- **Health Programmes**, e.g. health/ falls prevention talks, strength training programmes for seniors
- **Enhancing social support**, e.g. Befriending programmes, social activities at RC
- **Helping seniors sign up for community schemes**, e.g. EASE, CHAS, financial assistance

- **Hardware**

- **Infrastructure rectifications** based on town audit improvements

CFAA Pilot Precincts



Marine Parade (since Mar 2011)



Taman Jurong



Bedok



Whampoa

Building a City For All Ages at Marine Parade

Needs Survey

2,558 seniors (46%)



Focus Grp Discussions

5 rounds



Town Audit

290 findings



Flat Audit

6 flat prototypes



Building a City For All Ages at Marine Parade

Health

**Marine Terrace
Food Centre
joins Healthier
Hawker
Programme**



**Healthy
Lifestyle
Corner in CC**



**MP Health
Ambassadors**



**Screening and
Follow-Up**



Building a City For All Ages at Marine Parade

Mental Wellness



Mental First Aid Kit Piloted at MP and now available in all CCs (Seniors play a role in the course development)



Community Resource Engagement & Support Team in GoodLife! (MP Senior Activity Centre) outreach to seniors on dementia and depression, screen seniors to detect them early, and refer those in need to the right care.

Building a City For All Ages at Marine Parade

Living
Arrangements

GoodLife!
good health . good family . good friends

**One-Stop Information and Referral Centre for
Eldercare Issues**

**Senior volunteers
visit seniors living
alone to befriend
and support them**



Building a City For All Ages at Marine Parade

Town infrastructure



52 additional benches around the estate



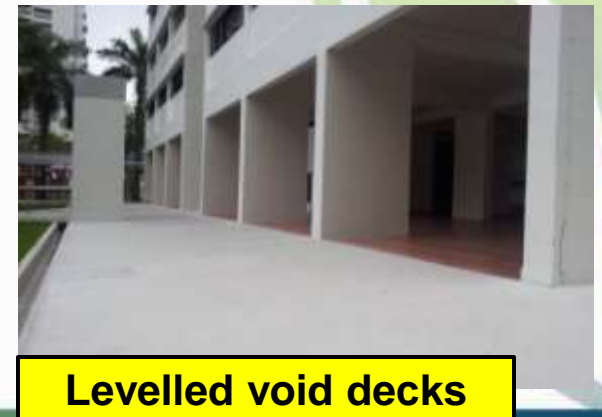
Additional countdown timers



Green Man Plus



Larger block numbers



Levelled void decks

CFAA contributes to national strategies

- Marine Parade Flat Audit → 545 Households Retrofitted
→ Launch of National Programme EASE
- HPB's Community Mental Health First Aid Kit



A multi-agency effort at Marine Parade



MARINE PARADE
FAMILY SERVICE CENTRE



Marine Parade
Town Council



Health
Promotion
Board



agency for
integrated care



Khoo Teck Puat
Hospital

Alexandra Health



HOUSING &
DEVELOPMENT
BOARD

Land Transport Authority

MND
SINGAPORE



MSF
MINISTRY OF
SOCIAL AND FAMILY
DEVELOPMENT



MINISTRY OF HEALTH
SINGAPORE

Our Partners

- Marine Parade Grassroots
- Marine Parade Constituency Office
- Marine Parade FSC
- Marine Parade Town Council
- Health Promotion Board
- Agency for Integrated Care
- Khoo Teck Puat Hospital
- Housing & Development Board
- Land Transport Authority
- Ministry of National Development
- Ministry of Social and Family Development
- Ministry of Health

Towards a Nation for All Ages



CFAA

Together, we can make Singapore a Nation for
All Ages for our seniors to age in place

