By 2030, about one in five residents would be 65 years or older
Ageing is taking place at a rapid pace

Exponential increase in the number of 65 years old Singaporeans in 2020 and the number of 80 years and above Singaporeans in 2030

Projected Increase in Number of Singapore Residents Aged 65 and Above
Singaporeans are living longer...

A citizen aged 65 today is expected to live up to 85.3 years, compared to 78.8 years in 1980.

^ Pertains to total population. Figures on resident/citizen life expectancy are only available from 1980 onwards.
* Interpolated figures as data are not available.
While having fewer babies...
Old Age Support Ratio is falling

- 1970: Citizen aged ≥ 65 years : Citizens in working-age band of 20-64 years = 13.5
- 2000: Citizen aged ≥ 65 years : Citizens in working-age band of 20-64 years = 8.4
- 2012: Citizen aged ≥ 65 years : Citizens in working-age band of 20-64 years = 5.9
- 2015: Citizen aged ≥ 65 years : Citizens in working-age band of 20-64 years = 4.9
- 2020: Citizen aged ≥ 65 years : Citizens in working-age band of 20-64 years = 3.6
- 2025: Citizen aged ≥ 65 years : Citizens in working-age band of 20-64 years = 2.7
- 2030: Citizen aged ≥ 65 years : Citizens in working-age band of 20-64 years = 2.1
Social and healthcare needs are changing

- Changing social needs
  - Greater need for social support
  - Greater risk of social isolation

- Changing healthcare needs
  - More hospital visits and longer hospital stays
  - More chronic and long-term care needs

Needs are also getting more intertwined
Our aim is to enable seniors to age in place

Keep Seniors Healthy, Active and Safe

Provide Access to Quality and Affordable Care
Ageing in Place in Singapore

- Keeping seniors healthy
- Provide senior-friendly housing and towns
- Building senior-friendly communities across Singapore
Keeping Seniors HEALTHY

- People’s Association’s Wellness Programme
  - Launched in 2008
  - Rolled out to all 87 constituencies at end FY2012
  - Regular health screening, physical exercise programmes and social interest groups to keep seniors physically, mentally and socially active

- Encourage seniors to adopt healthy lifestyles
  - Regular health screening and exercise programmes

- Enhance neighbourliness and mutual support
  - Interest groups and community activities
Keeping Seniors HEALTHY

- Council for Third Age
  - Promotes active ageing in Singapore, through funding programmes in lifelong learning and senior volunteerism
Senior-friendly HOUSING AND TOWNS

- **Senior-friendly housing - Studio Apartments**
  - Shorter 30-year lease term
  - Fitted with senior-friendly features

- **Multi-generation family-friendly housing**
  - Enhanced Multi-Generation Priority Scheme
  - Three Generation Flats

- **Options for seniors to monetise housing assets**
  - Enhanced Lease Buyback Scheme to monetise part of remaining lease
  - Enhanced Silver Housing Bonus enable seniors to downsize to a smaller unit
Senior-friendly **HOUSING AND TOWNS**

- **Enhancement for Active SEniors (EASE)**
  - Provide up to 95% subsidy for senior-friendly home retrofits

- **Silver Zones**
  - Senior-friendly road areas in places with high concentration of seniors

- **Barrier Free Access**
  - Lift upgrading
  - Barrier free
Building senior-friendly communities across Singapore through City For All Ages project

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
In Whampoa...

Heart 2 Heart Talk
One of the GRLs in Whampoa is a heart specialist. He conducts “Heart 2 Heart” talks for the senior residents. During the talk, residents can pick up tips on chronic disease management and are encouraged to take charge of their health.

ComSA @ Whampoa
Partnership between Whampoa and Tsao Foundation, introducing a care management pilot project for the seniors.
Survey + Case Management + Primary Care Mobile Clinic

The mobile clinic is housed in the RC.
Health Promoting RC
Bedok Sunflower RC decided to embark on the journey to be a health promoting RC. They added a mini-gym into the RC, worked with community partner, Thye Hwa Kwan to provide caregiver appreciation/respite and started a Nurse@RC programme to provide health checks and consultation to the senior residents at the RC centre.
In Tampines Central...

陪你看报纸
Reading the News With U
Volunteers from Lianhe Zaobao & Lianhe Wanbao spend every Friday afternoon to do news sharing with seniors at Tampines Ville RC. After just a few sessions of engagement, seniors became more interactive and were self-motivated to come to the sessions. One granny even walked some distance each week just to come to the programme. This is a great way to encourage senior learning and at the same time, build friendships in the community.

Tampines Ville RC’s Transformation: Neighbours Hub
Efforts are ongoing to enhance the current Senior Citizens’ Corner (a void deck outside Tampines Ville RC) to become a “Neighbours’ Hub” comprising of a community kitchen and a community space where many social activities can take place.
Building senior-friendly communities across Singapore through City For All Ages project
Ageing in Place in Singapore

- Improving accessibility
- Enhancing quality
- Enhancing affordability

Provide Access to Quality and Affordable Care
Expanding healthcare capacity

**On average, one new acute or community hospital, per year from now till 2020**

**From now till end 2020**
- Adding ~11,000 acute, community hospital and nursing home beds

**Beyond 2020**
- New hospital in Woodlands (~2022)
- Followed by 3 more hospitals

- Woodlands Gen Hosp (2022)
- Woodlands Comm Hosp (2022)
- Yishun Comm Hosp (2016)
- Sengkang Gen Hosp (2018)
- Sengkang Comm Hosp (2018)
- Ng Teng Fong Gen Hosp (2015)
- Jurong Comm Hosp (2015)
- NCID (2019)
- Outram Comm Hosp (2020)
- Changi Gen Hosp-St Andrew’s Comm Hosp Integrated Building (2014)
Expanding home and community care with nursing homes as back-up

<table>
<thead>
<tr>
<th>Community Care</th>
<th>Home Care</th>
<th>Nursing Home Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.g. Home Care Suite</td>
<td>E.g. Senior Care Centre (SCC)</td>
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</table>

**Capacity in 2012**

<table>
<thead>
<tr>
<th>Day Places</th>
<th>Home Places</th>
<th>Beds</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,100</td>
<td>4,500</td>
<td>8,800</td>
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</table>

**Current Capacity**

<table>
<thead>
<tr>
<th>Day Places</th>
<th>Home Places</th>
<th>Beds</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,100</td>
<td>6,500</td>
<td>9,800</td>
</tr>
</tbody>
</table>

**Targeted Capacity by 2020**

<table>
<thead>
<tr>
<th>Day Places</th>
<th>Home Places</th>
<th>Beds</th>
</tr>
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<tbody>
<tr>
<td>6,200</td>
<td>10,000</td>
<td>17,000</td>
</tr>
</tbody>
</table>
Ageing in Place in Singapore

- Improving accessibility
- Enhancing quality
- Enhancing affordability

Provide Access to Quality and Affordable Care
Shifting towards care at home and the community

**Health and not just healthcare**

**Younger Population**
- Acute, Episodic Healthcare needs
  - Acute-centric care
  - Acute care as the focus of healthcare delivery
  - Focus on acute care

**Ageing Population**
- Chronic and long-term Healthcare needs
  - Patient-centric care
  - Primary care as the focus of healthcare delivery
  - Greater focus on preventive and long-term care

Health and not just healthcare
Integrating care to be more person-centric through our Regional Health Systems

We need to reorganise our system to deliver patient-centric care through the integration of services and processes.

Moving away from acute, episodic care towards person-centric care. With primary, acute, intermediate & long term and home care working together to support Singaporeans.
Making home care more comprehensive to support Care at Home

- **Current suite of home care services** to meet diverse needs of seniors and caregivers at home

  - **INTERIM CAREGIVING**
    - 12-hour, 6 days a week caregiving service at home post-discharge

  - **HOME ENVIRONMENT**
    - Assessment and home modification on admission to home care

  - **TRANSITIONAL CARE**
    - Intensive home care post-discharge for those with complex needs

  - **HOME HEALTH**
    - Home medical
    - Home nursing
    - Care coordination

  - **HOME PERSONAL CARE**
    - Assistance with personal care and hygiene
    - Housekeeping, laundry

  - **HOME REHAB**
    - Active and supportive rehab for those who cannot go CHs, DRCs

  - **DEMENTIA SUPPORT**
    - Behaviour management
      - Respite and elder-sitting support for caregivers

  - **HOME PALLIATIVE**
    - More intensive home care for those nearing end-of-life

Anchored by long-term care services
Innovating to support Care at Home

Community health screening: Picking up conditions early one

Transitional Care: Supporting patients transiting from hospitals to homes

SPICE: Supporting nursing home bound seniors at home

Ageing-In-Place: Helping seniors stay healthy at home to avoid staying at hospitals

2014 UN Public Service Award Winner
Integrating care across health and social sectors

- Providing both social and health care under one roof in our senior care centres
- Providing social care to facilitate discharge from hospitals
Integrating care across settings

- Eldercare facilities with bundled home care, centre and nursing home services under one roof
Designing care facilities near homes

Kampong Admiralty

ALL-IN-ONE VILLAGE

This integrated development next to Admiralty MRT combines housing, healthcare and care facilities, and shops amid lush greenery in a bid to be a ‘modern kampung’.

Studio apartments
- Two blocks with about 100 units, up for sale in the July Build-To-Order exercise
- New features: induction stoves, “resilient flooring” with a parquet design and retractable racks for easier drying of laundry

Community park
- Features fruit trees such as rambutan and kaffir lime
- Includes a three-generational playground for both young and old

Community farm
- Residents can grow vegetables, herbs and ornamental plants

Eldercare and childcare centre
- Located side by side to promote bonding between generations
- The eldercare centre has space for about 100 seniors, and the childcare centre will offer 200 places

Admiralty Medical Centre
- Spans two levels with an area of 8,500 sq m
- Offers outpatient consultation, day surgery, rehabilitation and diagnosis

Hawker centre
- Will have 50 cooked food stalls and about 900 seats

GREEN FEATURES
- Pneumatic waste conveyance system: Household trash will zoom through vacuum pipes underground into a sealed container which will be collected by trucks
- Bioswales: Rainwater will be filtered through these sloping stretches of plants and soil on the ground floor
- Solar panels: The apartment blocks will be topped with solar panels to power common lighting, for instance

Community plaza and shops
- An airy space for community activities, from National Day dinners to cultural performances
- Grassroots organisations will provide feedback on what the 20 shops and two or three food and beverage outlets should offer

Supermarket
- After feedback from residents that supermarkets in the area were too small, the new one will cover 1,000 sq m

Basement carpark and bicycle parking
- Two basement floors will house the carpark and a mechanical bicycle parking system which can store 500 bicycles

Source: MOH
Enhancing quality in the long-term care sector

- **Enhancing Care Standards**
  - Enhanced standards for Nursing Home to be introduced in 2015 but enforced in 2016
  - Finalised guidelines for centre-based and home care services
Ageing in Place in Singapore

- Improving accessibility
- Enhancing quality
- Enhancing affordability

Provide Access to Quality and Affordable Care
Making outpatient care more affordable

- Means-tested subsidies at private GP clinics
- Use of Medisave for chronic diseases
Making long-term care more affordable

- Make home and community care financially attractive
  - Enhanced ILTC subsidies *(major shift in 2012)*

- *Enhanced Seniors’ Mobility Fund* to subsidise transport and consumables for more home and community care patients

- *ElderShield – Long-term financial protection for our seniors*
  - Severe disability insurance scheme to provide basic financial protection for those who require long term care
Enhancing Affordability

Taking Care of Our Pioneers

MediShield Life
Looking at ageing holistically:
Action Plan to Achieve Successful Ageing
Making Singapore a Nation for All Ages where Seniors can Age In Place and Successfully Ageing