

2nd ACTs after 65



My Personal Journey ...



2nd ACTs after 65

HWY
50+

PLAN
AHEAD

CHALLENGES
AHEAD

CHOICE

CHOICE CHOICE

CHOICE

CHOICE

CHOICE CHOICE

CHOICE

CHOICE CHOICE

CHOICE CHOICE

CHOICE CHOICE

CHOICE CHOICE

My Personal Journey ...





49

4

69 Years old
RETIRED
2018



16

1997

29

1968
1967

18

1949



15

2034
85 Years old



Life's a stage And each must play a part





**When you wake up in the morning
have a reason,
a design,
a purpose**





I'm Busy...



Doing Nothing



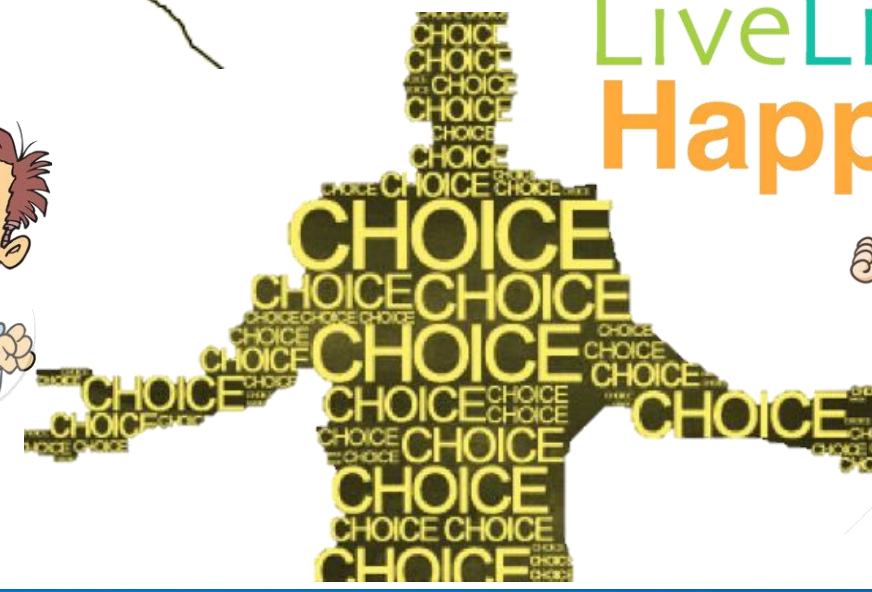
← your life



fitness family
active love elderly
physical sports **ageing** happy
retirement



LiveLife
Happy



TRAVEL

FRIENDS

GRAND
CHILDREN

MAKAN
KAKI
EXERCISE
KAKI

FAMILY

KEEP FIT
EXERCISE

live your
LIFE ON
purpose



TRAVEL

FRIENDS

GRAND CHILDREN

MAKAN KAKI
EXERCISE KAKI

FAMILY

KEEP FIT
EXERCISE

BECOME A VOLUNTEER!

Advisor



live your LIFE ON purpose



Our Value Proposition

Is committed to promoting the total well-being of older persons in Singapore, specifically their vocational, financial and psycho-social health.



TRAVEL

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MAKAN KAKI
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Seniors Health

fun for Seniors



LIFEWork



PROWork



aged care

QualityWorkforce

ENGAGING STAKEHOLDERS



social platform



Alternative workforce



TRAVEL

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MAKAN KAKI
EXERCISE KAKI

FAMILY

KEEP FIT
EXERCISE

BECOME A VOLUNTEER!



live your LIFE ON purpose

Live Within

Your Means



TRAVEL

FRIENDS

GRAND CHILDREN

MAKAN KAKI
EXERCISE KAKI

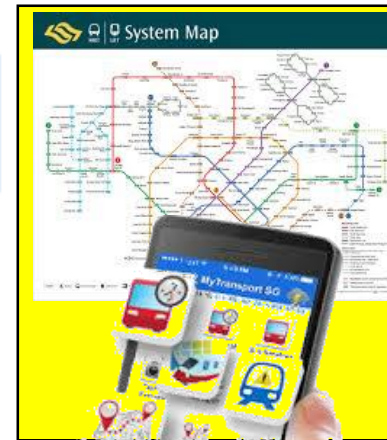
FAMILY

KEEP FIT
EXERCISE

BECOME A VOLUNTEER!



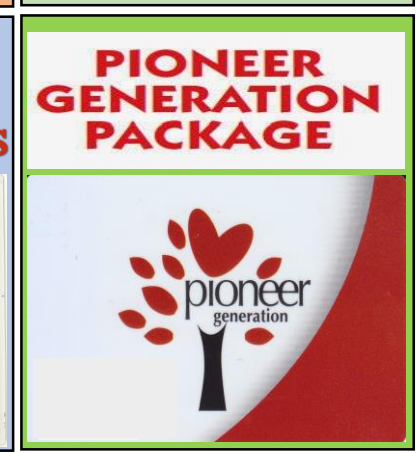
live your LIFE ON purpose



Live Within



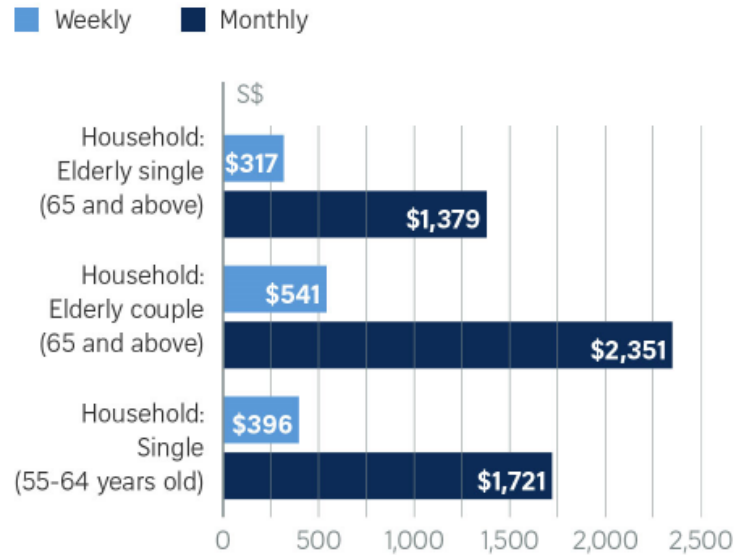
Your Means





Single elderly Singaporeans need \$1,379 a month to meet basic living standard: Study

Total household budget to meet basic standards of living*



NOTE: *This includes other needs such as expenses for holidays and social activities

Source: WHAT OLDER PEOPLE NEED IN SINGAPORE: A HOUSEHOLD BUDGETS STUDY STRAITS TIMES GRAPHICS



The study included people who lived in rental flats as well as private property and a larger representation of some groups, such as minorities and women. ST PHOTO: KELVIN CHNG

\$1,379 a month for retirement in Singapore: Too much or too little?



Mr Chow Yit Keong, 66, outside his one-room rental flat. The retired odd-job worker gets by on about \$500 a month. A study out last month suggests that he may need more money if he wants to be able to thrive in his golden years, rather than just survive. ST PHOTO: LIM YAOHUI

Published

Jun 2, 2019, 5:00 am SGT

Recent study's suggestion that at least \$1,379 a month is needed by seniors raises questions



How Much Is Enough?



Financial documents including:

- A receipt titled "THE COST OF LIVING" listing items like Holiday, Heating, Food, Mortgage, School fees, Electricity, Bank loan, Insurance, Gas, Water, Tax, Pension, Car loan, and Insurance with various amounts.
- A handwritten list titled "Month's Expenses" including Mortgage, Car, Electricity, Mobile phone, Insurance, Gas, Water, Broadband, Cable, Gym membership, and "plus crec".
- A "HEALTH INSURANCE CLAIM FORM" with a stethoscope and a calculator.
- A "BILLING STATEMENT" with a table of charges.

Description	Code	Amount
ision charge	851000095	87.00
urg Private room	172001525	174.00
Y-Ray	225647700	37.60
cy	751004102	9.10
ry	225000641	18.12
j Private room	919566450	174.00
arge Stat	856545900	37.64
ay2	110111252	30.20
hour	220039801	355.25



How Much Is Enough?



Income?

Saving MONEY NO ENOUGH !!

钱不够用

10 years ago... MONEY NO ENOUGH

10 years later... STILL MONEY NO ENOUGH

A collage of images. At the top, a man's face is shown with a speech bubble containing the text "Income?". Below this, a large green speech bubble contains the text "Saving MONEY NO ENOUGH !!". In the center, there is a large, stylized dollar sign (\$) with the Chinese characters "钱不够用" (Money is not enough) written across it. Below the dollar sign, there are two lines of text: "10 years ago... MONEY NO ENOUGH" and "10 years later... STILL MONEY NO ENOUGH". The background of the collage includes a man's face, a woman's face, and a man in a suit.



How Much Is Enough?



Savings?

Income?

Expenses?

**LIVE
WITHIN
YOUR
MEANS**



a day The Experiment



Savings?

Income?

Expenses?

Basic Retirement Sum (BRS)
\$80,500

Monthly payout
of \$650 - \$700
for life

*Assuming you own a
property*





a day The Experiment





<https://www.thegoldenconcepts.com/blogs/active-ageing/attractive-deals-for-senior-citizens>



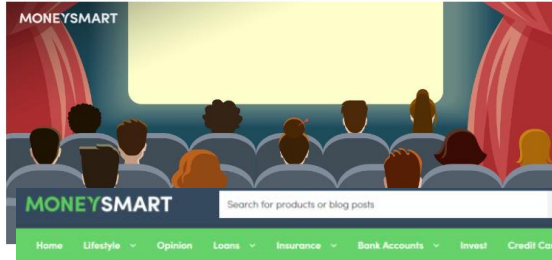
Top 50 Senior Citizen Benefits in Singapore



<https://www.agelessonline.net/benefits/>



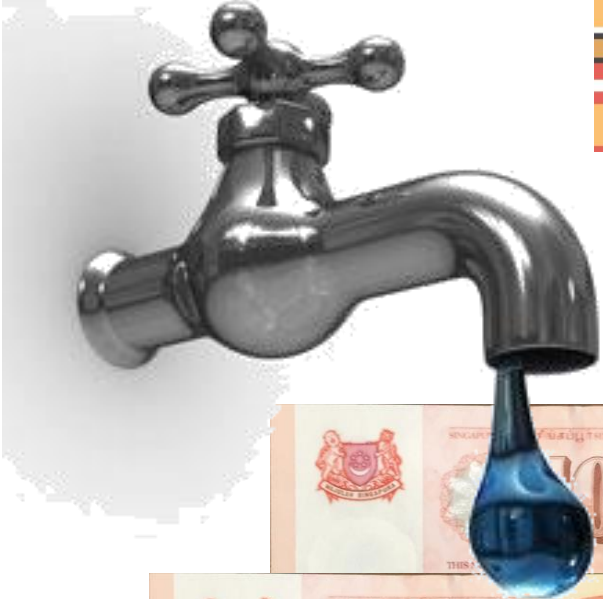
Movie Ticket Prices Singapore (2019) – Which Cinema is the Cheapest?



BUDGETING
11 Types of Senior Citizen Discounts in Singapore from Groceries to Phone Plans (2019)



<https://blog.moneysmart.sg/budgeting/elderly-senior-citizens-discounts/>



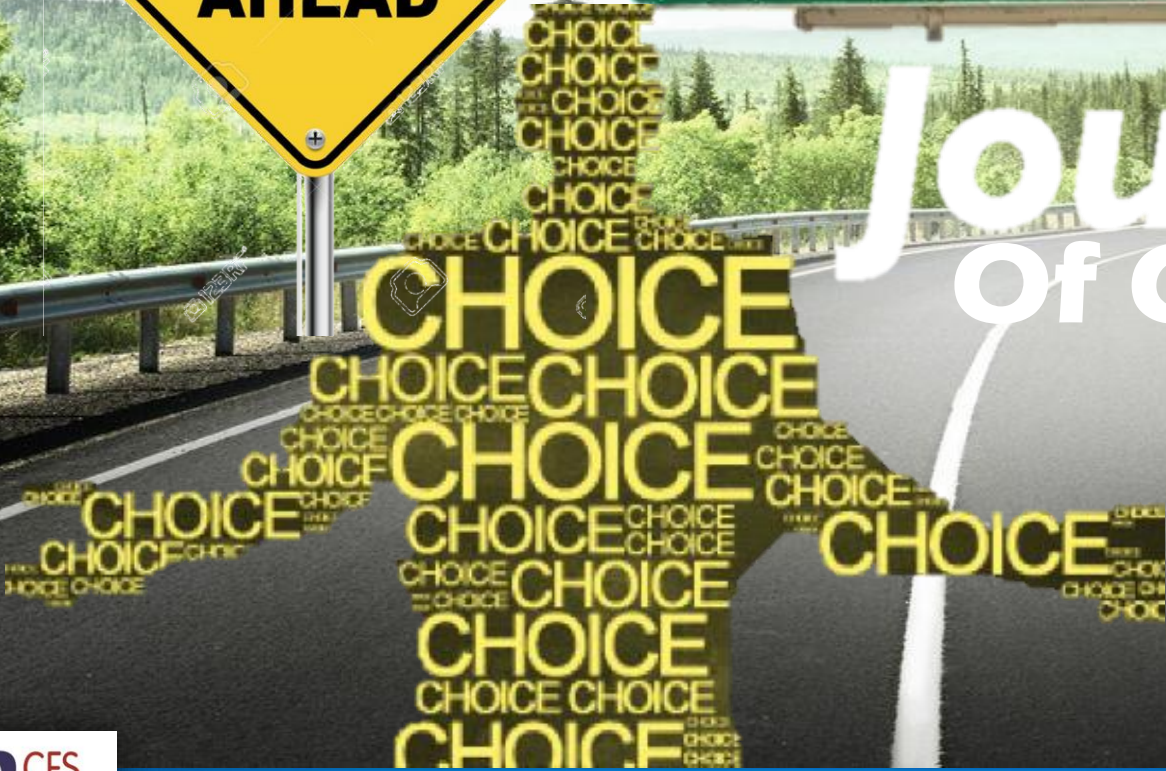
a day The Experiment



2nd ACTs after 65



Journey Of Choice



VIRTUALHR
We do what really matters.

