

Annual Scientific Conference on Ageing (ASCA 2026)

“Navigating Singapore’s Super-Aged Future: Innovations in Gerontology and Care”

**29 August 2026 (Sat), 8.30am-3:30pm
Venue: Lifelong Learning Institute Hall 1-2**

PROGRAMME

Time	Topic
8.30am	Breakfast & Registration
9.30am	Welcome Address Associate Professor Thang Leng Leng , President, Gerontological Society (GS)
9.40am	Chairperson - Emeritus Professor Kua Ee Heok 16th Henry Lim Lecture Professor Feng Qiushi Deputy Head, Department of Sociology and Anthropology Vice Dean, Faculty of Arts and Social Sciences, National University of Singapore Title: Who are the Centenarians? Evidence from the Chinese Longitudinal Healthy Longevity Survey (CLHLS) Living to the age of 100 has long been a cherished aspiration in many Asian cultures, yet exceptional longevity has historically remained rare. In recent years, however, the number of centenarians in Singapore has increased dramatically, making this an opportune time to focus on this topic. Drawing on the world's largest dataset of centenarians from the Chinese Longitudinal Healthy Longevity Survey (CLHLS), this presentation examines the demographic, psychological, physiological, and social characteristics of Chinese centenarians. A central issue to address is whether centenarians are truly escapers of ageing. The presentation further explores the concept of Blue Zones—regions where people consistently enjoy exceptional longevity—and seeks to expand this line of discussion by examining how Singapore could become not only friendly to older people but also to super-aged people.

Time	Topic
10.30am	Chairperson - Associate Professor Tim Xu Session 1: Extending Healthy Longevity with frailty prevention · Associate Professor Lee Kheng Hock, SingHealth · Associate Professor Wee Shiou Liang, Singapore University of Social Sciences · Associate Professor Tim Xu, Singapore Institute of Technology This panel session will explore frailty from a holistic perspective, encompassing physical, cognitive, and social dimensions. Through presentations by experts in ageing and community care, participants will gain insights into current evidence-based approaches to frailty prevention and management in Singapore, including the implementation and outcomes of community-based frailty intervention programmes. The session will also examine the role of healthy lifestyle promotion, social prescribing, and volunteerism in enhancing resilience, social connectedness, and meaningful participation among older adults.
11.40am	Chairperson - Ms Emily Wong, GS Council member Session 2: Innovation in Gerotechnology - age with tech support at home Speaker: Dr Tan Jit Seng Founder of Lotus Eldercare, TeleFam.io and Prescience Presbyrobotics Board President of Caregiving Welfare Association Singapore's ageing population is creating an urgent need for gerontechnology: by 2025, 88,400 seniors aged 65 and above were living alone, more than double the number a decade ago, while willingness to provide hands-on family caregiving has fallen from 81.4% in 2023 to 73.8% in 2025. At the same time, caregiving itself can place heavy strain on older family members. In the super aged society, gerontechnology is therefore no longer optional; it is a necessary layer of support. What important tasks can they fulfill? To what extent can gerontechnology expand human care without replacing it?
12.20pm	Lunch Break
1.20pm	Special Fireside Chat with Mr Arjun Naidu, Director of Ageing Planning Office, Ministry of Health Topic: Caregiving for older adults Join Associate Professor Corrine Ghoh (NUS Department of Social Work) to engage with Mr Naidu and learn more about Singapore's policies and approaches on caregiving support for older adults and their family caregivers.

Time	Topic
1.50pm	Chairperson - Dr Wayne Freeman Chong, Executive Director, GeroPsych Consultants Session 3: Building Everyday Communities for Ageing Well: Third Spaces, Participation and Social Innovation Chair and Facilitator: Dr Wayne Freeman Chong, Executive Director, GeroPsych Consultants · Dr Catherine Koh, Group Chief Nurse and Head, Community Nursing, National University Health System (NUHS): From Health Touchpoints to Community Participation - NUHS' Approach to Healthy Ageing in the Community · Ms Sarah Tan, NTUC Health: Engineering Inclusion - Reaching Seniors Who Do Not Naturally Come Forward · Ms Susanna Harding, Senior Director, Tsao Foundation: From Structured Programme to Sustained Community Participation - Lessons from ComSA As Singapore moves towards a super-aged society, ageing well cannot depend only on healthcare, formal care models, caregiving support, or technology. This session brings together community and practice experts to explore how everyday community spaces, active ageing providers, and community-based models can help older adults come forward, stay connected, and experience a sense of belonging. The discussion will focus on how programmes can move beyond attendance numbers towards participation, contribution, trust, and sustained community life.
3.00pm	Closing & Tea Reception
3.30pm	40th Annual General Meeting (GS Council and members only)
End	