

Transforming the Ageing Landscape



*Symposium on "Ageing Well in Singapore Style"
by Gerontological Society of Singapore
18 August 2018*

We are growing old FAST

In less than 15 years, we will have almost a **MILLION** seniors



Needs will increase in tandem



1 in 10 has dementia



Seniors \geq 65 years are 3.5 times as likely to be hospitalised than those $<$ 65 years

Support from families and workforce shrinking



**83,000 seniors living
alone by 2030**



**30% discount in
workforce by 2030**

Good news: We will enjoy longer life expectancy and healthspans

TODAY Singapore

MENU  

Singapore 3rd in the world for life expectancy: WHO report



TODAY file photo

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313 Shares



SINGAPORE — Singaporeans live longer than most other nationalities and they also do so in full health, according to the latest World Health Statistics report by the World Health Organisation (WHO).



Men: 80.1 years
(Global average: 69.1 years)



Women: 86.1 years
(Global average: 73.8 years)



New Narrative for Ageing

From worrying about challenges.. to celebrating longevity

Action Plan for Successful Ageing is underway

\$3bn across 70 initiatives over 12 areas



At the Individual Level: **Opportunities for All Ages**

- **Workplace Longevity**
- **Learning Opportunities**
- **Volunteerism**
- **Health and Wellness**
- **Retirement Adequacy**



At the Community Level: **Kampong for All Ages**

- **Social inclusion**
- **Protection for vulnerable elderly**



At the National Level: **A City for All Ages**

- **Healthcare and aged care**
- **Senior friendly housing**
- **Senior friendly transport**
- **Senior friendly public spaces and parks**
- **Research into ageing**

Our vision is to build a **COMMUNITY SUPPORT SYSTEM** for an ageing population

Active Ageing



Keep seniors well
and active

Befriending



Find lonely seniors
a friend

Care and Support



Get help quickly
to vulnerable seniors

A School Health Equivalent for Seniors
Health Screening, Physical Activities, Social Programmes

“TOUCH”, “HOLD”, “HELP”

- 16 Satellite Offices
- 3000 Silver Generation Ambassadors (SGAs)

SGO
“TOUCH”

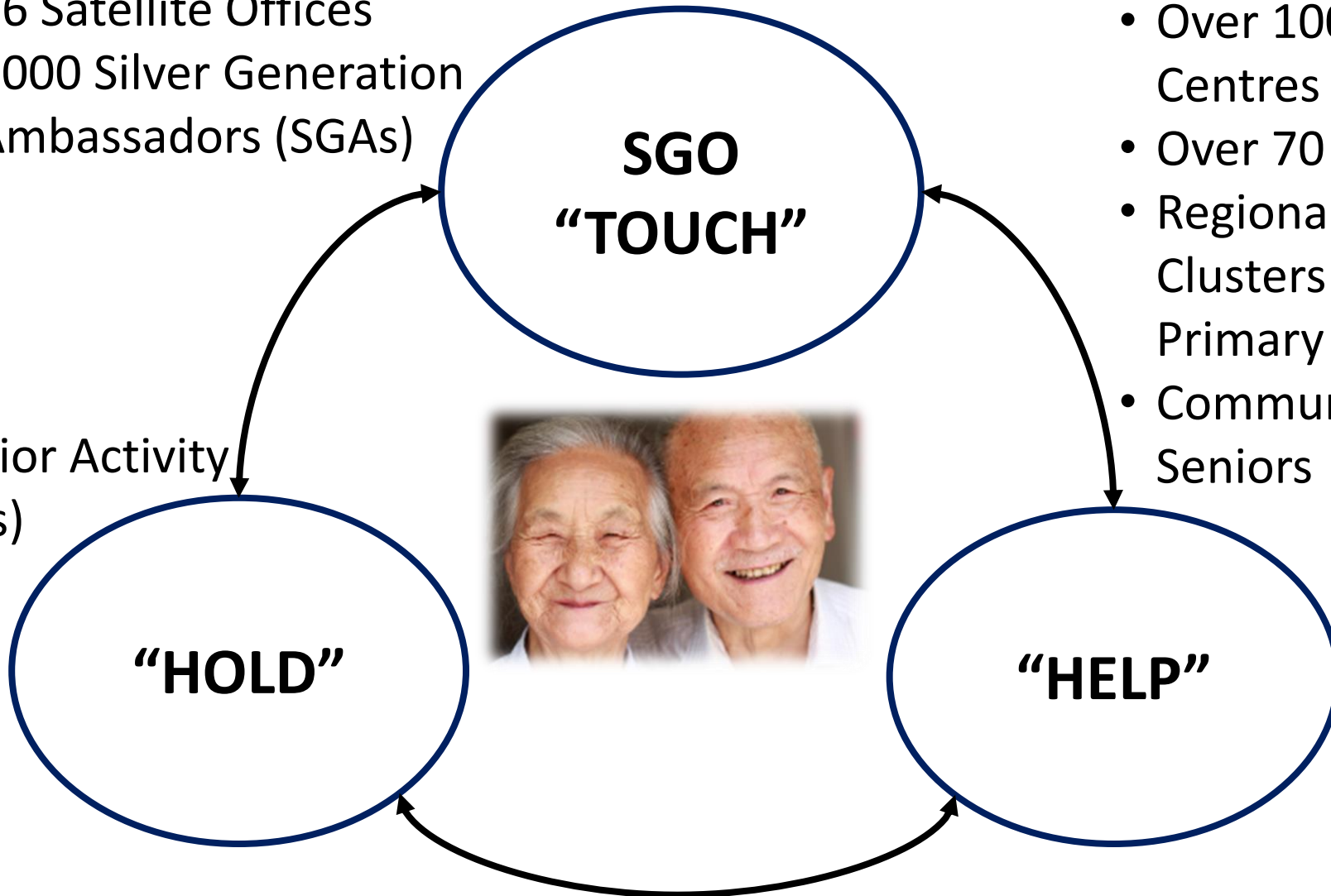
- Over 100 Senior Care Centres (SCCs)
- Over 70 nursing homes
- Regional Healthcare Clusters (RHS) and Primary Care
- Community Networks for Seniors

- Over 100 Senior Activity Centres (SACs)
- RC Centres

“HOLD”



“HELP”



Proactive outreach through preventive health home visits

- 1. Outreach**
- 2. Identify risks :
health, social,
financial**
- 3. Bridge services to
needs**



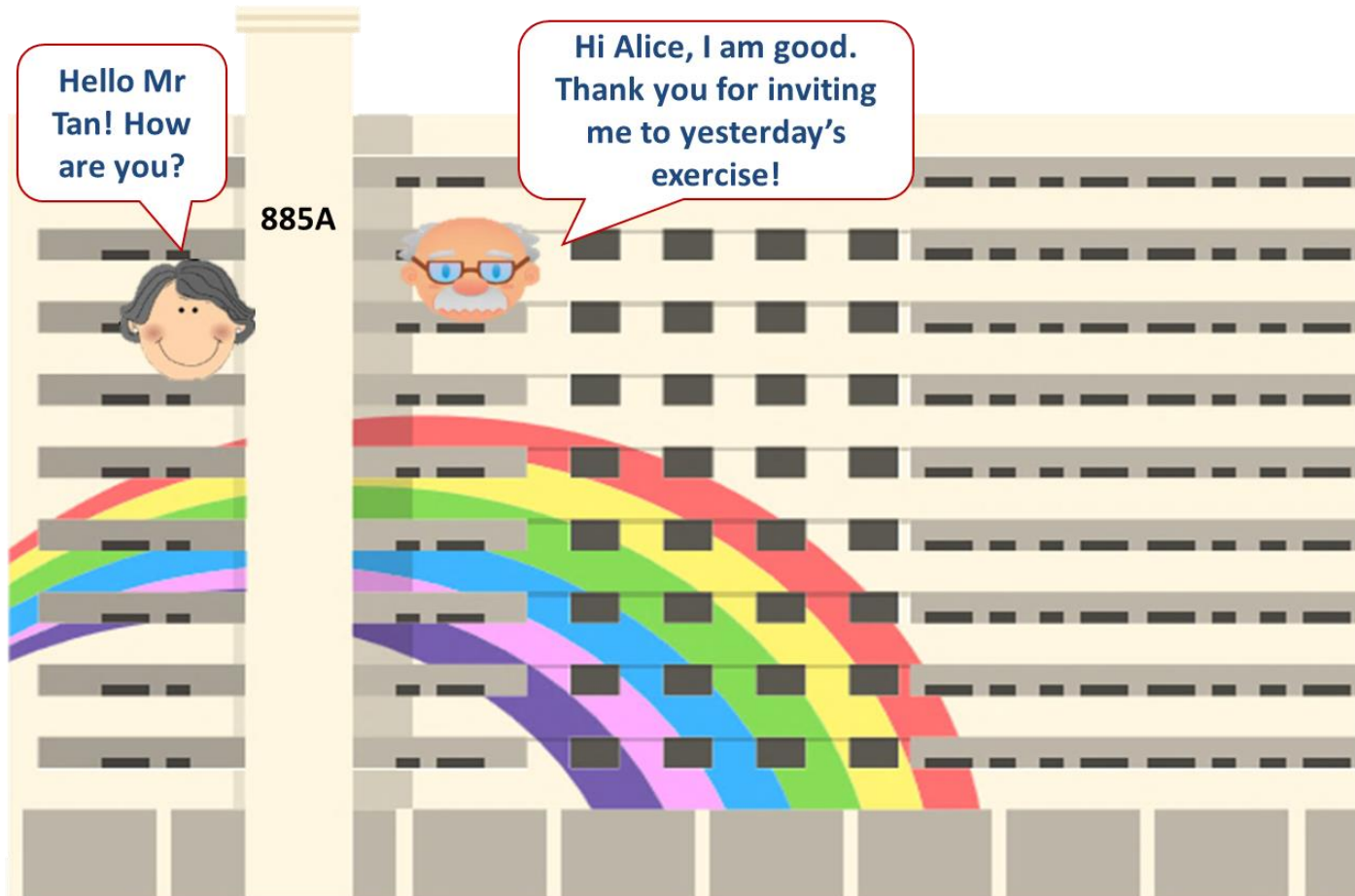
Active ageing programmes in every neighbourhood



Bringing functional screening to seniors



Network of social support tapping on community befrienders and technology



 **Care Line**

Keeping you safe. Care is just a call away.

Keep
Safe

Stay
Active

Age
Well



Integrating efforts to KEEP SENIORS WELL



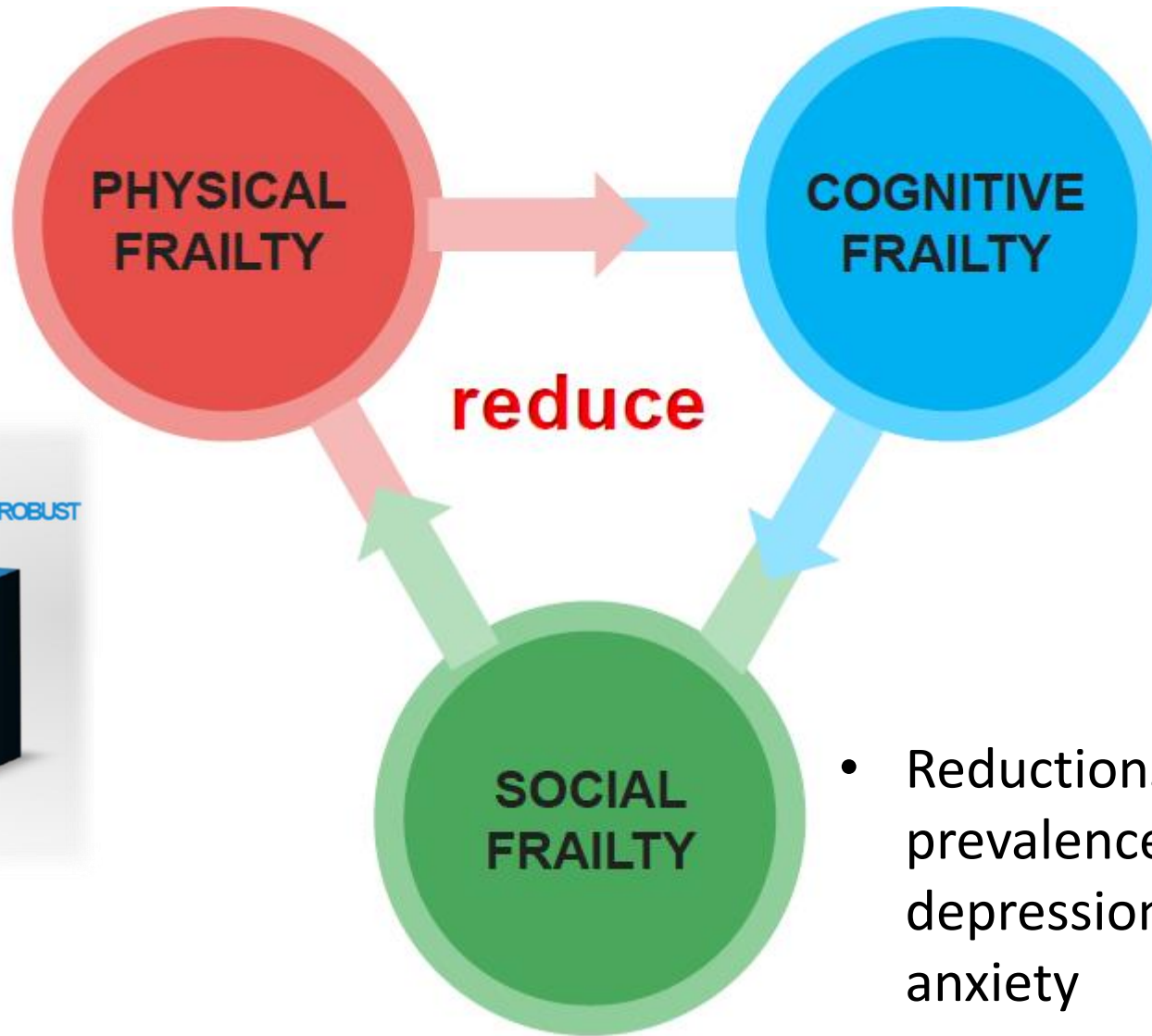
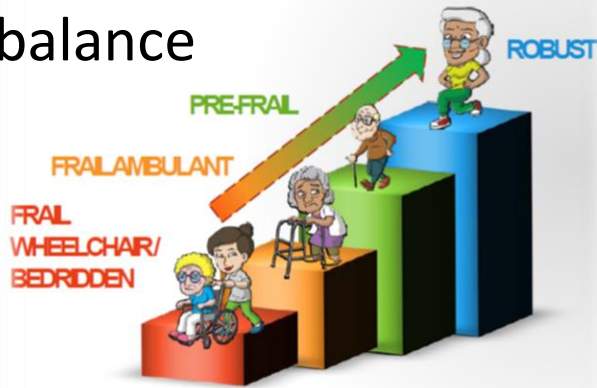
Story of Mr and Mrs Fox

“HAPPY” program for ageing in place



NUHS – Fei Yue partnership to bring the Healthy Ageing Promotion Program for You (HAPPY) to seniors in Chua Chu Kang

- Frailty profile of seniors improved e.g. transited from pre-frail to robust
- Improvements to gait speed and balance



- Improvements in cognitive scores e.g. MMSE, MoCA



- Reductions in prevalence of depression and anxiety



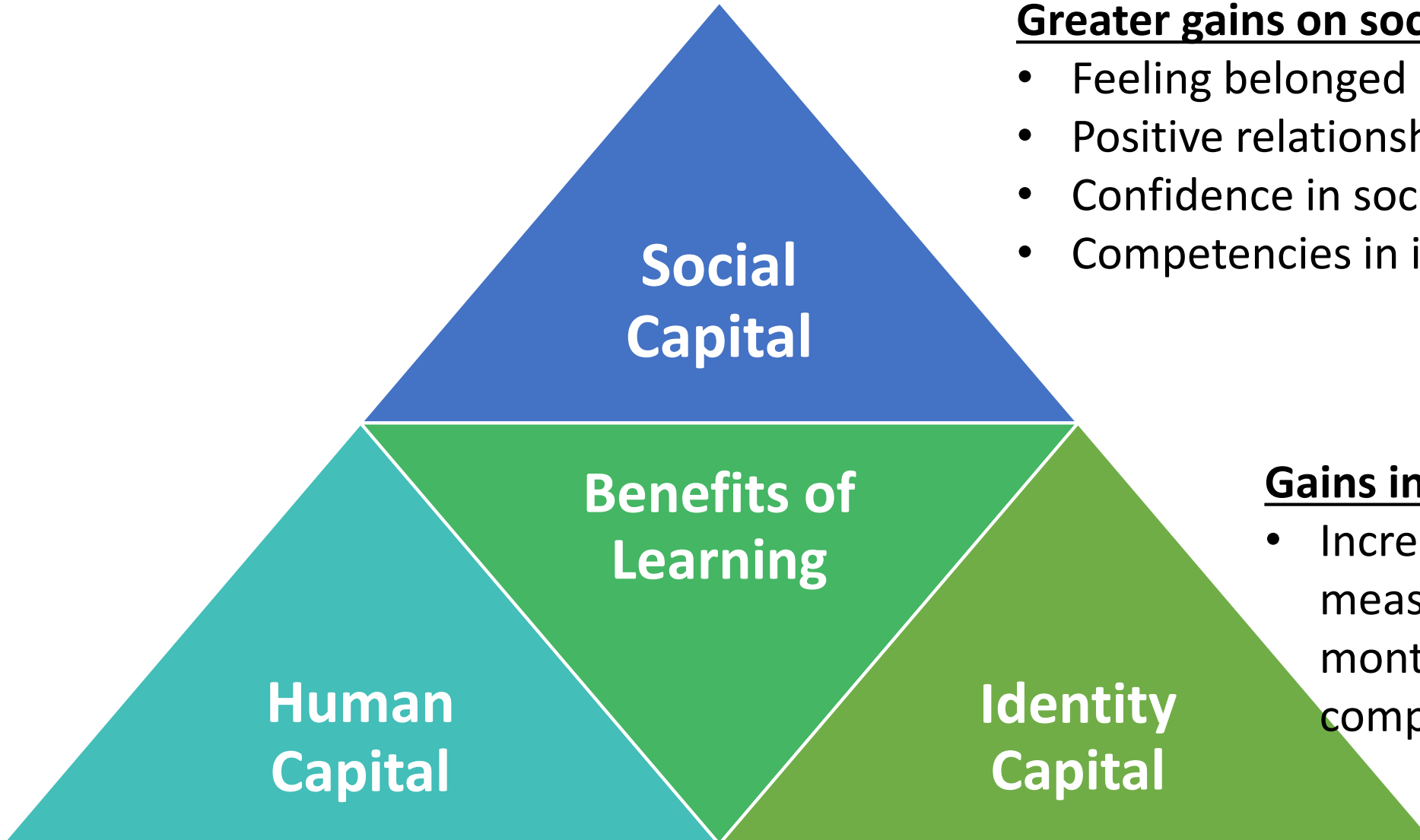
Integrating efforts to KEEP SENIORS ENGAGED



NATIONAL
Silver
ACADEMY



Encouraging lifelong learning through the National Silver Academy (NSA)



Greater gains on social capital:

- Feeling belonged and socially connected
- Positive relationships with others
- Confidence in social interactions
- Competencies in interpersonal skills

Gains in “identity capital”:

- Increase in quality of life measures immediate and 6-months after NSA course completion

Integrating efforts to PROVIDE CARE



**Staging social care and community nursing
out of Senior Activity Centres**

New models of care and housing typologies



New model of Active Ageing Hubs



“In-situ” Assisted Living in future?



“Cluster living” in nursing homes with more greenery



“Ibashi”: a place where seniors can live in safety, comfort and dignity
- Dr Emi Kiyota

Concluding thoughts



The screenshot shows the top portion of a mobile news article. At the top, there is a navigation bar with a hamburger menu icon on the left, the text 'FINANCIAL TIMES' in the center, and the 'myFT' logo on the right. Below the navigation bar, the article title 'Japan begins to embrace the 100-year life' is displayed in a large, bold, white font against a dark background. To the left of the title is the text 'The Big Read Japan' and to the right is a button with a plus sign and the text '+ Add to myFT'. Below the title is a horizontal white line. Underneath the line, the first paragraph of the article is visible in a smaller white font.

FINANCIAL TIMES *myFT*

The Big Read Japan + Add to myFT

Japan begins to embrace the 100-year life

Tokyo is waking up to the huge implications — as well as opportunities — in healthcare, finance, housing and technology of an ageing society

Can Singapore also embrace the 100 year life?





Towards Communities of Care Together

