Ageing in place
Today in Europe & Asia

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Realities for the ageing post-war baby boomers

- Age of Nursing Home residents in Singapore ranges from 60-90 years old

- Baby boomers
  - now 51 – 69 years old

- Silver tsunami expected to hit in 2030
  - will be 65 - 83 years old

Next 15 years, we are building for those born in 1946 – 1964
Ageing today

Silver Tsunami? Problem to solve?
Ageing today

Silver Tsunami?  Problem to solve?

Silver Lining!  Opportunity for change!
What does it mean for us

Challenges...

Policy / urban planning for graceful/active ageing

Multi-service complexes
Retirement villages

Social perception for integration

“not in my backyard syndrome”
Objectives of study trips

Understand the philosophy and models of care including best practices in

• Nursing home care
• Palliative care
• Dementia care
• Care of the chronic sick
• Creative arts engagement
• Senior activity centre programme
Why Europe

- Person-centred care models
  - Advancement in technology
  - care for persons; care for carers
    e.g. hoist from room to room; room to bathroom
Closer to home....

Common challenges
- Asian Values – 养儿防老
- Rapidly ageing population
- Shortage of carers
- Space constraints
Common themes across the cultural divide

• Infrastructural support for ageing in place

• Dignity of care to age in place
Infrastructure support

"Hardware" + "Heartware"

care support
Hardware

• Key features :
  o Cater to needs of people of different ages and physical ability with housing for the elderly e.g. elder villages / apartments such as Cheerful Court (HK), Lovet Fields (UK), Humanitas (The Netherlands)
  o Choose the way they live when they have the capacity to
  o Integrate the elderly and public spaces with multi-services – multi-generation complexes / villages – shared services for all in the community

• Singapore :
  o nursing homes in silo
Highlights
Hong Kong

Main lobby

Rooftop Garden
Services for residents and public

Children play area next to resident lounge

Independent living apartments with nursing home units in the same complex

Clinic with TCM service; open to public
Finland

- Multi-service complexes
- Independence and community based preventive health care with focus on physical fitness—strength, endurance, flexibility and balance

Pneumatic exercise equipment

Retirement village in Lehtisaari, Helsinki

Independent Living Apartments

Gym

Café

Nursing Home

Residential Neighbourhood (Volunteers, Facilities users)
Sweden

Blomsterfonden

Familiar spaces

Dining area within the unit
Sweden

Blomsterfonden

Rest stops along corridor
Gym with pneumatic equipment
Ensuite kitchenette within unit

Supportive environment
The Netherlands

Humanitas Foundation – Akropolis apartments

Cold concrete facade

Well-thought out spaces

Warm interior
The Netherlands

Humanitas Foundation – Akropolis apartments

Town Square concept
By design, for public
By details, for residents
The Netherlands
Humanitas Foundation - Akropolis apartments

Multi-generation interactions
The Netherlands

Humanitas Foundation – Akropolis apartments

Making the norm interesting

In Singapore
How did they achieve this?
Heartware

• Key features:
  o Ethical approach to care
  o Cure & Care Vs Love & Care
  o Creation of happiness with the YES culture

• Singapore:
  o nursing home care as health care
Highlights
Swedish

- Ethical approach to care
Sweden

Blomsterfonden

Their care journey

Before: Traditional cure & care model

Learning journey began in early 2000s: Understanding dementia and philosophy of care from Norwegian clinical psychologist, Lise Næss, who specialises in geronto-psychology

Adoption:
- Development of Blomsterfonden care philosophy
- Principles of ethical care

Sustainability:
- Induction & training programme
- Appointment of Ethics Champion
Care in action: Admission Process

1st Phase - Admission
- Work with applicant and/or family members on applicant’s Life Story

2nd Phase - Care Planning
- Agree with resident and/or family members on the medical needs and daily needs
- Care contract at admission

3rd Phase - Care Assignment
- Assign dedicated nurse and MDT support

= Client-centered care

Sweden
Blomsterfonden

= Client-centered care
Is it a success?

According to the journal, the Blomsterfonden organization has some 28,000 members of which 21,000 are in the queue. This is an increase by 16,000 members over the last decade.

The average current waiting time for an Blomsterfonden apartment is between 10 and 20 years.

The Local/m
The Netherlands

- **Cure & Care Vs Love & Care**
- **Creation of happiness with the YES culture**
The Netherlands
Humanitas Foundation

Champion of Happiness
The Netherlands
Humanitas Foundation – Bergweg

“Happy hours”
A Tuesday afternoon
**Humanitas care model**

- **Traditional care model**
  - Financial
  - Medical
  - Hygiene

- **Cure & Care model**
  - Boss of your own life (client in control)
  - Everybody has something to offer to benefit each other (Extended Family)
  - Use it or lose it (Active participation)

- **Happiness driven care model**

**These are facilitated by YES Culture.**
The Netherlands

I SHOULD BUY A POOL
“Yes” Culture in action

Mdm Eng’s playground
Can we do this?
Working within our constraints...
Short-term goals

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Short-term goals

Create “home-like” environment

“Normalcy” – Common room concept

Common room for residents & staff (Myllypuro)

“Nature @ home”

Glass door with nature motif (Myyrinpuro)

Creative use of space

Glass panel dressed up as home window (Myllypuron)

Dining room as common room (Silk Court)

Not just a lift lobby (Humanitas)

Art as a distraction (Silk Court); Art as a conversation piece (Humanistas)

No “bare wall” (Myyrinpuro)
“Normalcy” – Common room concept
Create "home-like environment"

"Nature @ home"
Short-term goals

Creative use of space

Glass door with nature motif (Myyrinpuro)

Glass panel dressed up as home window (Myllypuron)

Not just a living room (Silk Courtyard)

Art as a distraction (Humanitas Court); Art as a conversation piece (Humanistas)

No "bare wall" (Myyrinpuro)
Short-term goals

Create a "home-like" environment.

Glass panel dressed up as home window (Myllypuro)

Dining room as a cozy room (Silk Court)

Not just a little shop (Humanitas)

Art as a distraction in a court; Art as a conversation piece (Humanitas)

No "bare wall" (Myllypuro)
Short-term goals

1. **Improve Standard of care**
   - "No On-bed" policy
   - Be guided by ethics
   - Back care revisited
   - Ceiling hoist from room to bathroom and between rooms (Myllypuron)
   - Something for everyone (Abbeyfield)
   - The torch bearer (Blomsterfonden)
Short-term goals

Improving
Standards
of care
Equipment
for Care

“No on-bed” policy
Short-term goal

No on-bed” policy

Be guided by ethics
Short-term goals

Importance
Standard care
Equipment for Care

Back care revisited

revisited
Back care revisited
Ceiling hoist between room and bathroom and between rooms
Short-term goals

Activate the brain by seeing the movement

What does it look like to you? (FysioGeriatria)

Thinking differently

Making the “boring” interesting (Humanitas)

Working with what we have

Parallel bar in ward (Myllypunon)
Activate the brain by seeing the movement
Activate the brain by seeing the movement. Thinking differently.

Short-term goal:
You will...
Short-term goal

Working with what we have

Thinking differently
Short-term goals:

Working with what we have...
What does the future hold for us?

Can we have an inclusive community; a city for all ages?
Happiness in action
This is how I want to age

Thank you