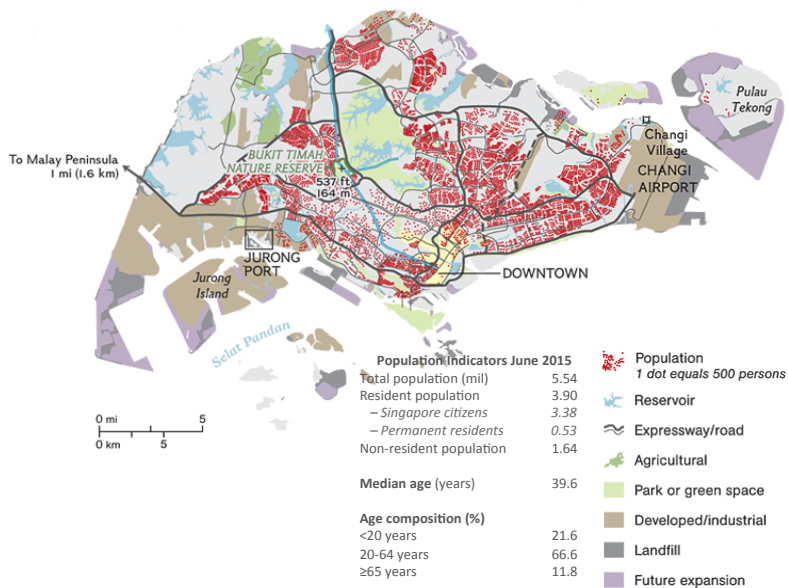




**Becoming Age-Friendly**  
“The Singapore Story, as told by Alexandra Health”



## Opportunities for All Ages

Singaporean seniors will have opportunities to continue learning and growing as they enjoy many more years of healthy life.



### Maximise their Potential at the Workplace:

- Seniors can discuss work arrangements for their re-employment up to age 67 with their employer.

### Volunteer in different ways:

- The **President's Challenge** to champion a national movement of senior volunteerism, with a target of encouraging an additional 50,000 seniors to become volunteers by 2030.
- Seniors can look forward to use the National Volunteer & Philanthropy Centre's (NVPC) upcoming Giving.sg portal, to search for volunteer opportunities based on their interest, skills, availability or preferred volunteering location.

### Learn how to prolong their healthy years:

- A **National Seniors' Health Programme** to empower at least 400,000 seniors in workplaces and in the community to age more healthily by 2030.

### Retire adequately:

- Eligible seniors, aged 65 and above, will receive a quarterly **Silver Support** income supplement.

### Expand their Learning Horizon:

- A new '**National Silver Academy**', comprising a network of community organisations and post-secondary education institutions to provide more than 30,000 places for seniors by 2030.
- Council for Third Age (C3A)** aims to reach out to a total of 100 schools and VWOs/ community organisations to come on board the Intergenerational Learning Programme.



## Kampong for All Ages

Singapore will be a cohesive society with inter-generational harmony.



### More supportive communities to help seniors age in their own neighbourhoods:

- Expand home visitation programmes in 50 neighbourhoods to support seniors to age in place.

### Greater recognition and support:

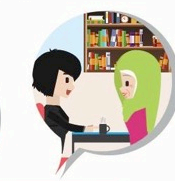
- A "**PAssion Silver**" Card for every Singaporean aged 60 and above, to serve as a clear age identifier for the people, public and private sectors to offer privileges to our seniors, on top of all existing PAssion Card privileges.

### Greater legal protection:

- A new **Vulnerable Adults Act** to protect vulnerable adults, including seniors and persons with disability who are suffering or at risk of harm due to abuse, neglect or self-neglect.
- An **enhanced Mental Capacity Act** to better protect mentally incapacitated persons, and further simplify the process and reduce the cost of appointing family members as deputies.

### Better understanding about ageing among the young:

- Childcare and senior care centres will be co-located** in some 10 new HDB BTO projects in the next 10 years to provide opportunities for inter-generational bonding.



# City for All Ages

We will transform our city into an enabling place for Singaporeans to grow old in. Seniors can live independently, confidently and gracefully in their homes or in communities familiar to them.

### More senior-friendly housing:

- "Active Ageing Hubs" will be provided in at least 10 new HDB developments, to provide both active ageing programmes for active and ambulant seniors, as well as day care, day rehabilitation and assisted living services (such as housekeeping and grocery-shopping) for seniors who are frail.

### More senior-friendly transport:

- A transport plan to refresh MRT, bus, pedestrian and road infrastructure in the next ten years to be more senior-friendly.
- The plan addresses feedback that the Land Transport Authority has received to make public transport safer, more comfortable and more accessible for seniors.
- This includes having more intuitive signs for easier navigation at transport nodes, and to provide lifts at pedestrian overhead bridges used frequently by seniors.

### More senior-friendly parks:

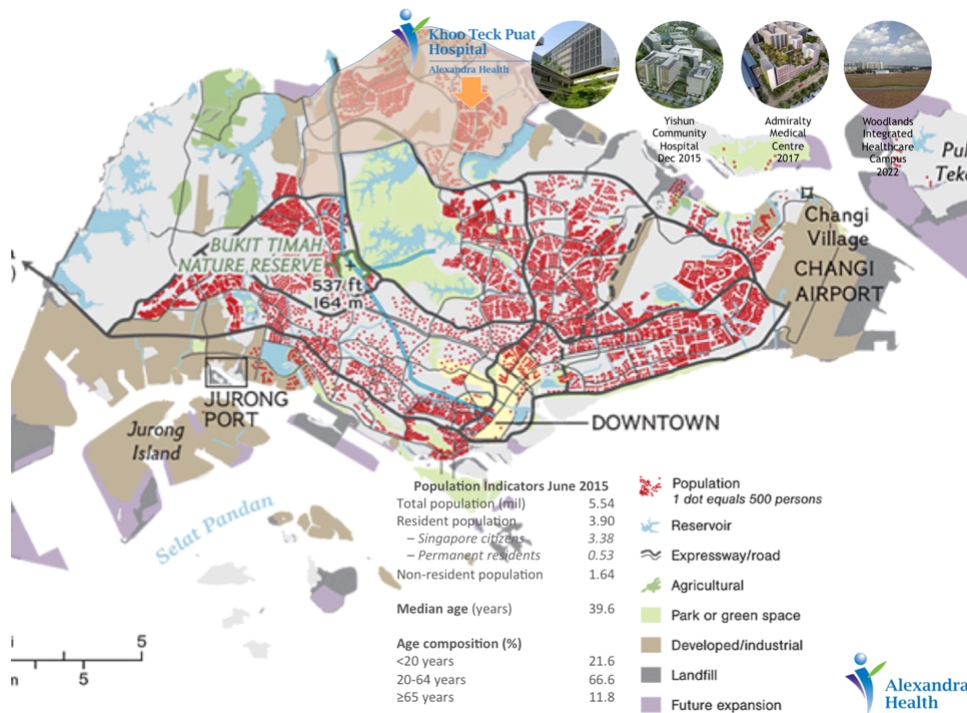
- Parks to be progressively enhanced to incorporate more senior-friendly amenities such as upgraded toilets, footpaths, lightings and exercise equipment.
- Pilot pocket therapeutic gardens with special features for seniors with dementia and stroke.

### An age-friendly built environment:

- A Universal Design Guide on Age-friendly Public Places to raise awareness on how age-friendly design can be incorporated into urban infrastructure and planning.

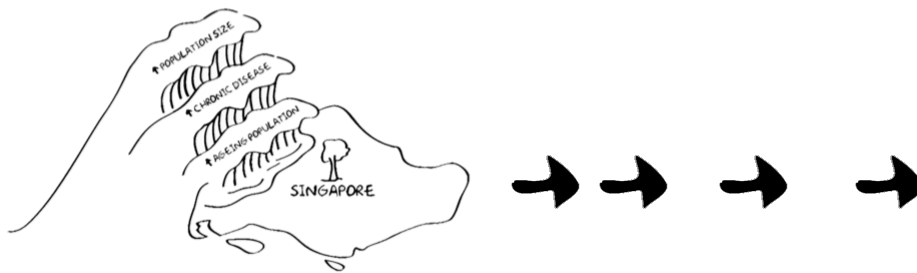
### More research into ageing issues:

- Up to \$200 million set aside for a National Innovation Challenge to catalyse research related to ageing.

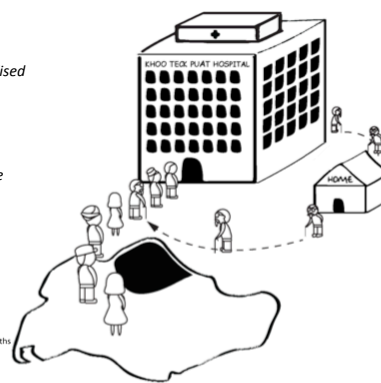
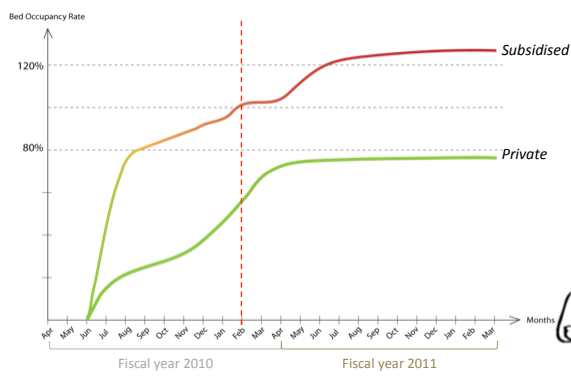


# The Problem(s)

A national problem...

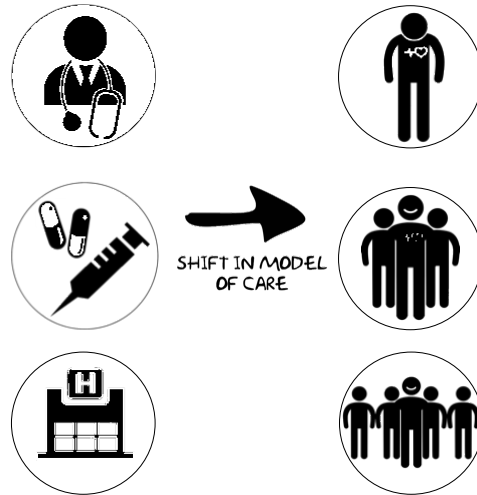


A local problem...



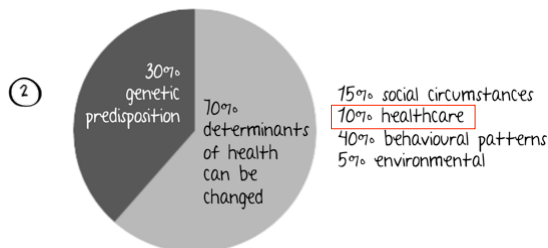
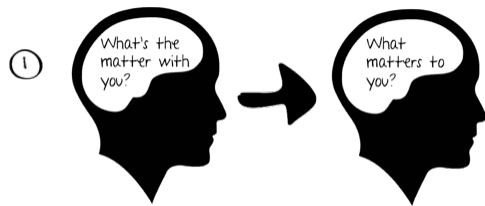
## The Impetus To Innovate

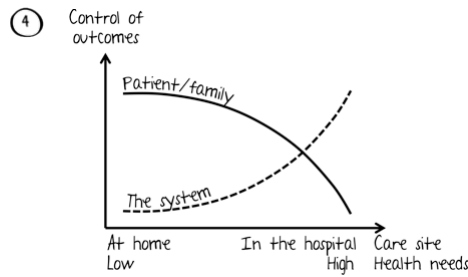
To manage the over demand situation, we re-imagined the care model.



## The Impetus To Innovate

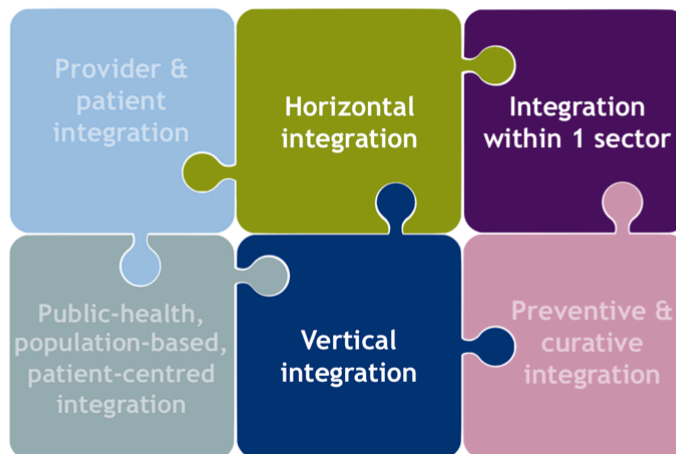
We adopted several new approaches.



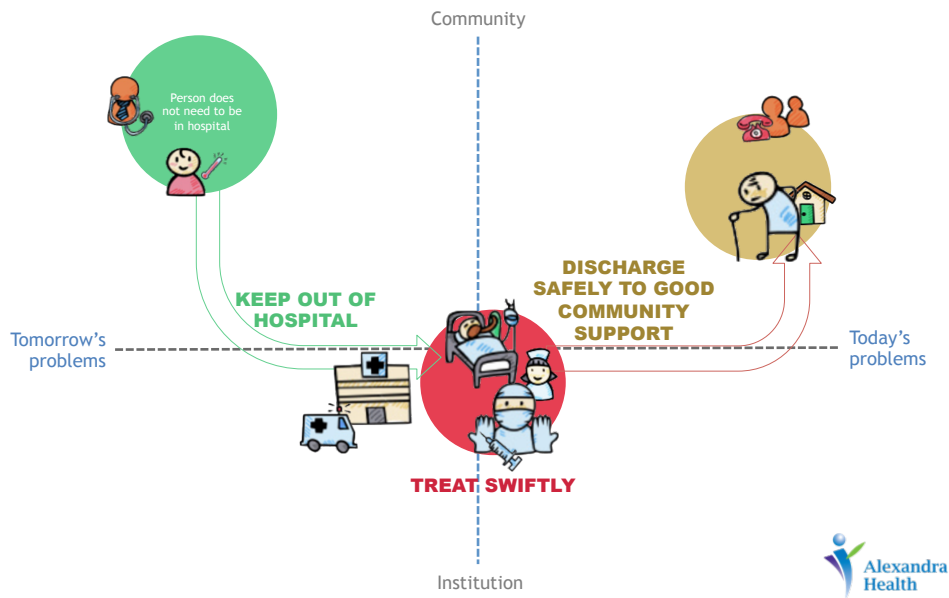


## Key Forms of Integrated Care

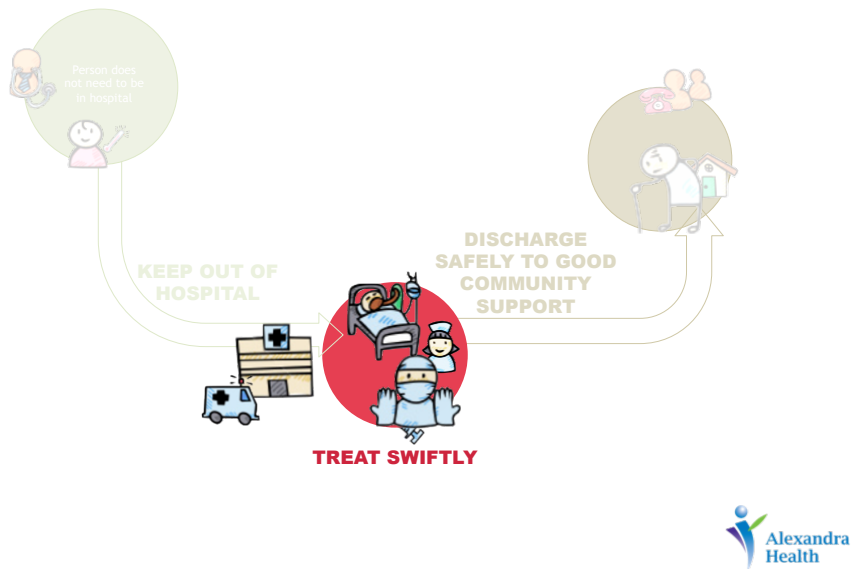
Source: Adapted from International Journal of Integrated Care



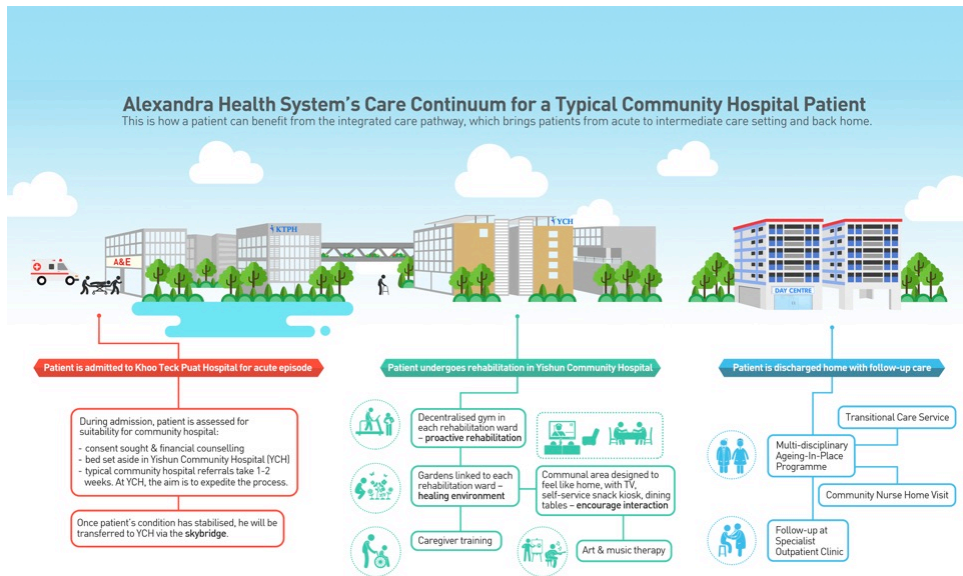
## Overview of Care Integration



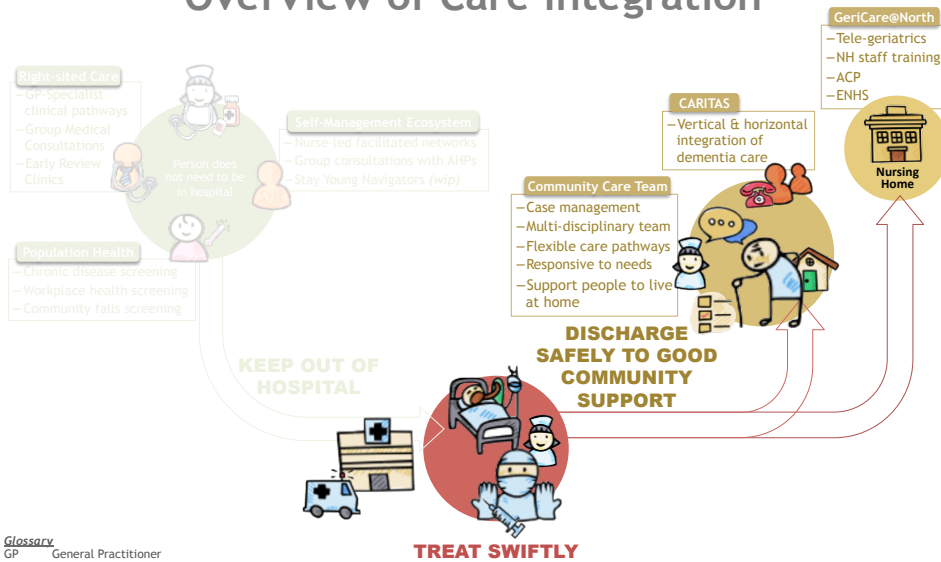
## Overview of Care Integration







## Overview of Care Integration



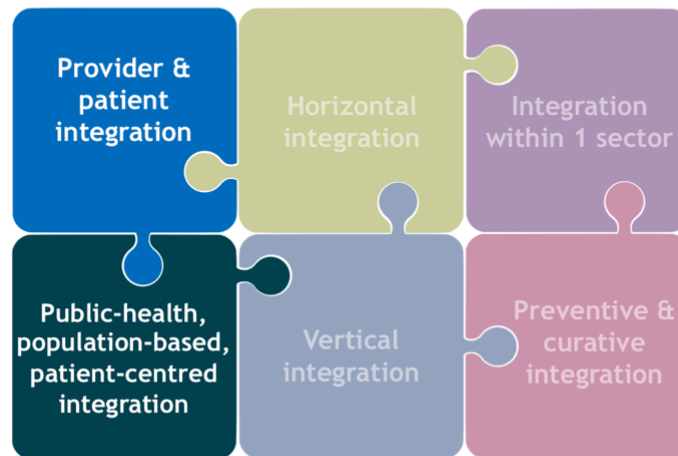
- Glossary**
- GP General Practitioner
  - ACP Advanced Care Plan
  - AHPs Allied Health Professionals
  - ENHS Enhanced Nursing Home Standards
  - NH Nursing Home
  - wip work in progress



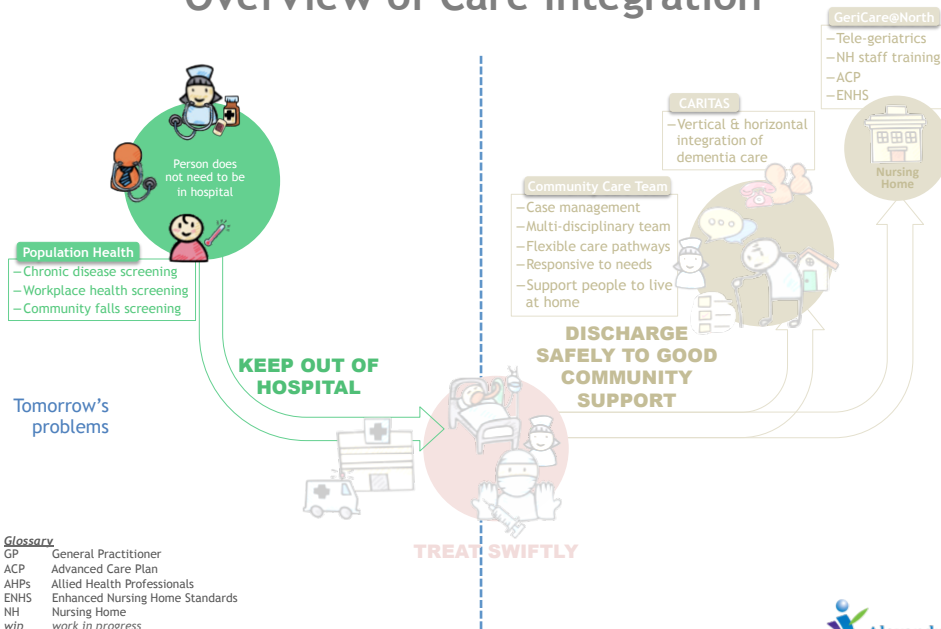


# Key Forms of Integrated Care

Source: Adapted from International Journal of Integrated Care



## Overview of Care Integration



Weekday screening at the market



Group Health Report Review: Malay



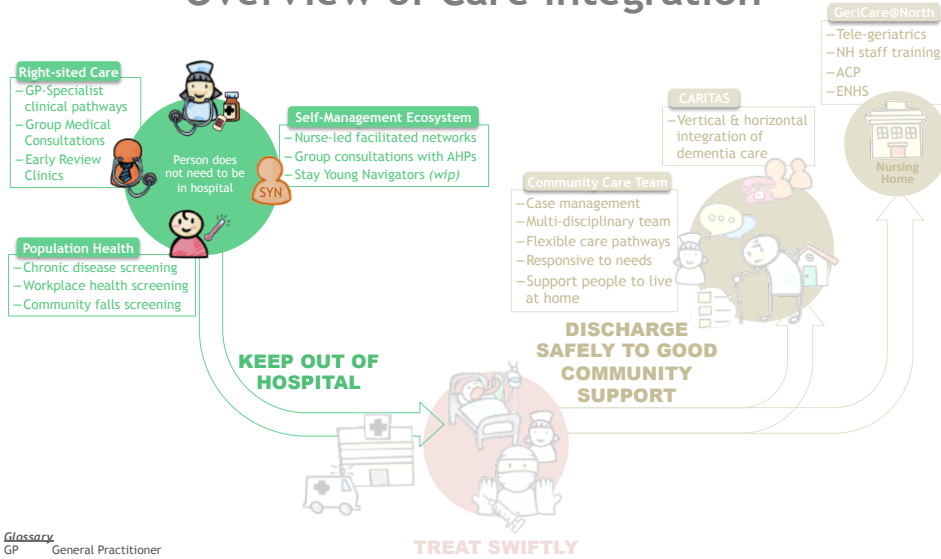
Group Health Report Review: English & Mandarin



Nurse intervention: Home visit/tele-consultation



# Overview of Care Integration

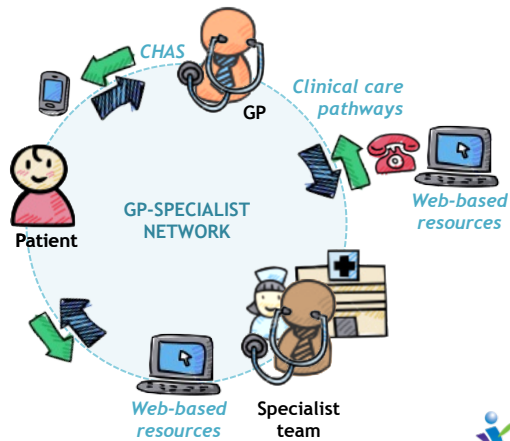


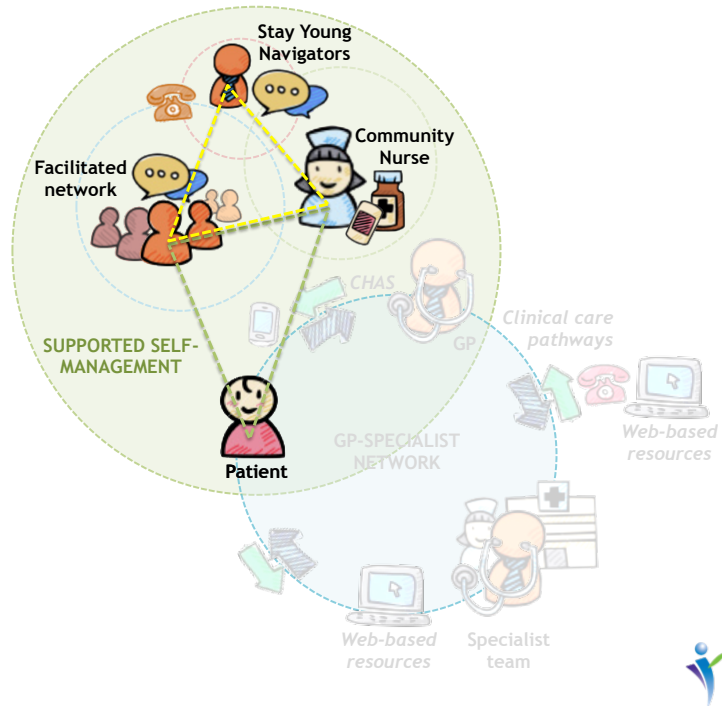
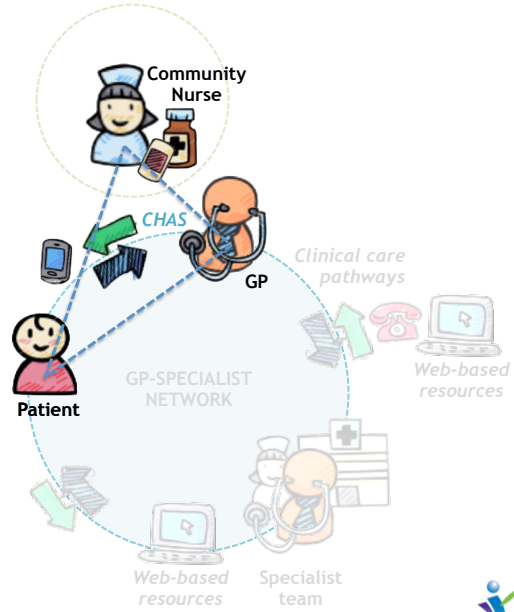
**Glossary**

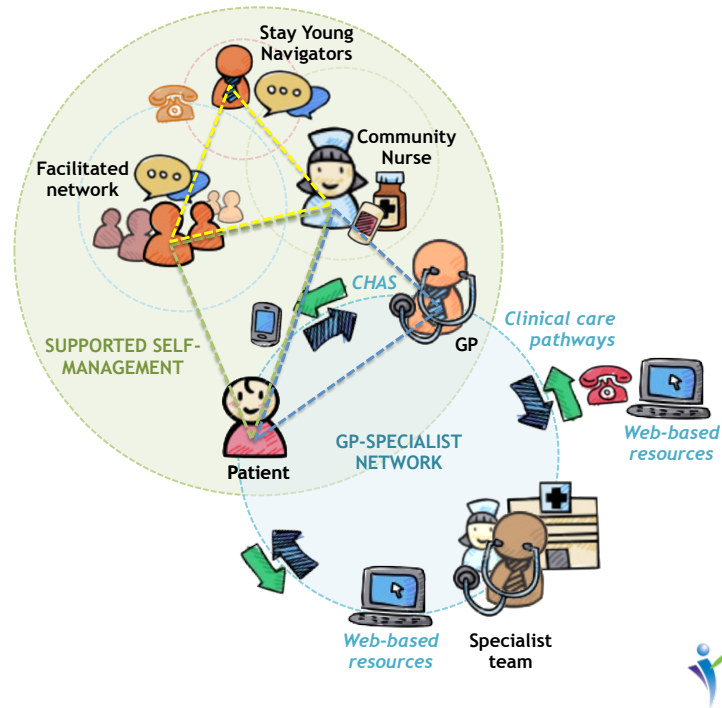
GP General Practitioner  
 ACP Advanced Care Plan  
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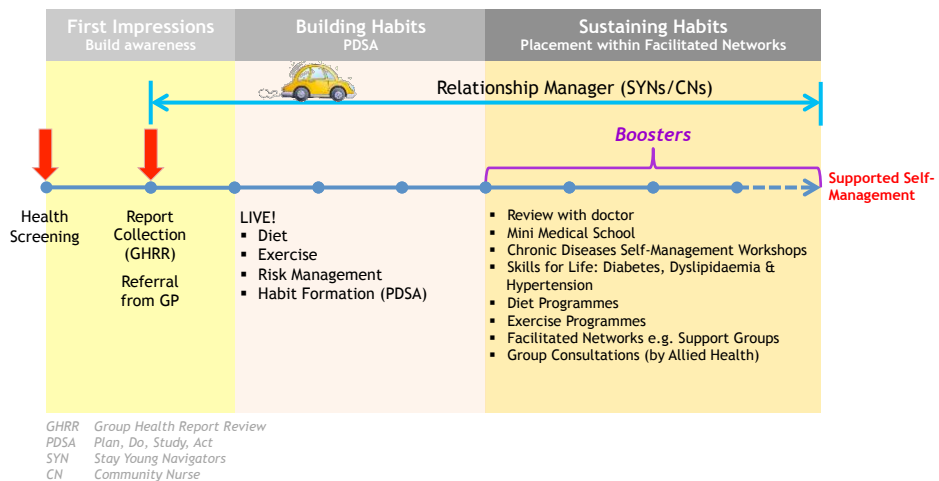
Develop an eco-system of Supported Self-Management Centres to help patients cope with chronic disease







## Intervention Programmes: Mr Ang's Change Journey





# Wellness & Care Centres

## SLEC-PA-AHS Collaboration



SLEC St Luke's ElderCare  
 PA People's Association  
 AHS Alexandra Health System



Mr Harbhajan Singh, a senior nurse manager in Tan Tock Seng Hospital, was cited by Health Minister Gan Kim Yong in his tribute to senior citizens who have helped to shape Singapore's health-care system. -- ST FILE PHOTO

### What seniors want: To learn new things, volunteer skills

By LINETTE LAI

SENIORS want to spend their golden years meaningfully, and the Health Ministry is working on ways to help them do so.

This includes the chance to learn new things or volunteer their skills, said Health Minister Gan Kim Yong yesterday.

He was sharing the findings of focus group discussions on successful ageing, in which more than 1,300 Singaporeans had taken part.

"At the community level, seniors also enjoy social activities with their families and friends and suggested having more spaces and programmes in the community to support these interactions," he said.

Mr Gan said the ideas raised

in discussions would be studied by the various ministries and developed under the Action Plan for Successful Ageing.

For example, the Health Ministry (MOH) is working with the Education Ministry to study how to expand the scope and scale of learning opportunities for seniors.

It is also working with the Ministry of Culture, Community and Youth to make volunteering more accessible, attractive, and meaningful. Details will be announced when the action plan is ready later this year.

Mr Gan also paid tribute to senior citizens such as Mr Harbhajan Singh, 74, a senior nurse manager in Tan Tock

“  
**COMMUNITY SUPPORT**  
 At the community level, seniors also enjoy social activities with their families and friends and suggested having more spaces and programmes in the community to support these interactions  
 -- Health Minister Gan Kim Yong  
 ”

Seng Hospital. "Because of the commitment and devotion of pioneers like Mr Singh, we have today a modern and robust health-care system," he said.

To recognise their contributions, Mr Gan added, MOH has teamed up with the Singapore Business Federation to offer special benefits to seniors.

These include dining discounts, free or discounted entry to places of attraction, as well as discounted hotel stays and travel packages.

Also included are free courses offered by the Council for Third Age's senior learning providers.

linette@ph.com.sg



## Mini Medical School@KTPH



**Thank you.**

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Chief Transformation Officer | Alexandra Health System  
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