

Singapore's Approach to Ageing Successfully

Briefing by Ageing Planning Office,
Ministry of Health, Singapore



- **Our Demographic Challenges**
- **Action Plan for Successful Ageing**
- **Supporting Seniors to Age In Place**
- **Key Shifts of the Future**

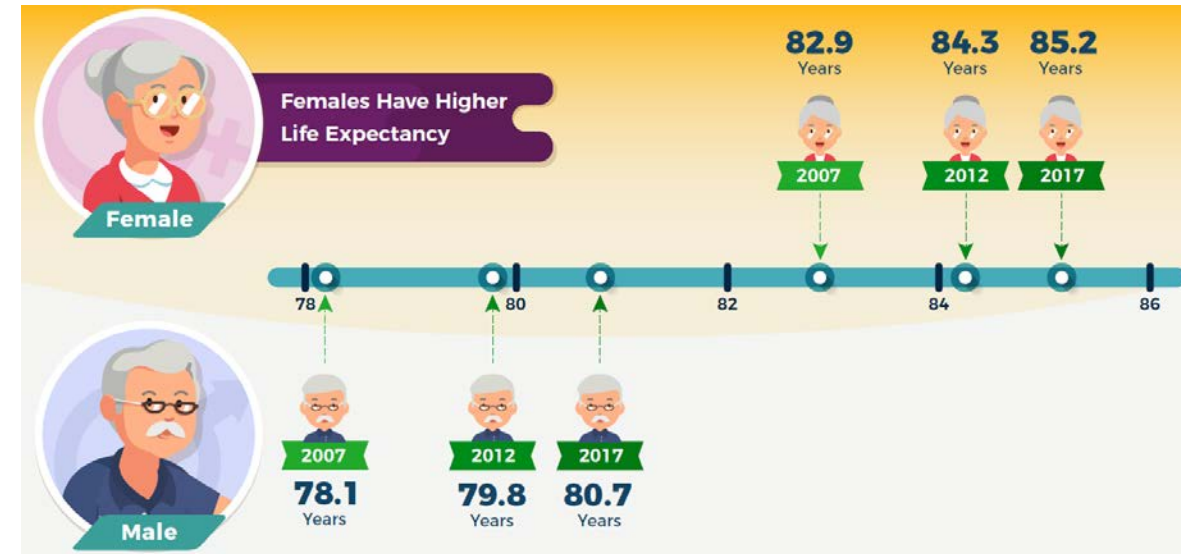
Our Demographic Challenges

Singapore is ageing rapidly.

By 2030, there will be over 900,000 Singaporean seniors. We will have fewer people of working age to support our seniors.

But we are also leading longer and healthier lives.

Timely to reframe our ageing narrative, from “Silver Tsunami” to celebrating Productive Longevity.



Ministerial Committee on Ageing

- **Whole-of-Government leadership to tackling ageing**, anticipating shifts and coordinating a national response
 - Started with the “Committee on the Problems of the Aged” formed in the 1980s and has evolved into the MCA today
- Members represent wide range of stakeholders, and meet twice a year
 - **Ministries.** Health, social and family development, education, finance, manpower, housing and transport, ranging from political office holders to senior civil service representatives
 - **Unions and community stakeholders.** E.g. National Trades Union Congress (NTUC).

Action Plan for Successful Ageing

Launched by the Ministerial Committee on Ageing (MCA) in Aug 2015

S\$3b 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

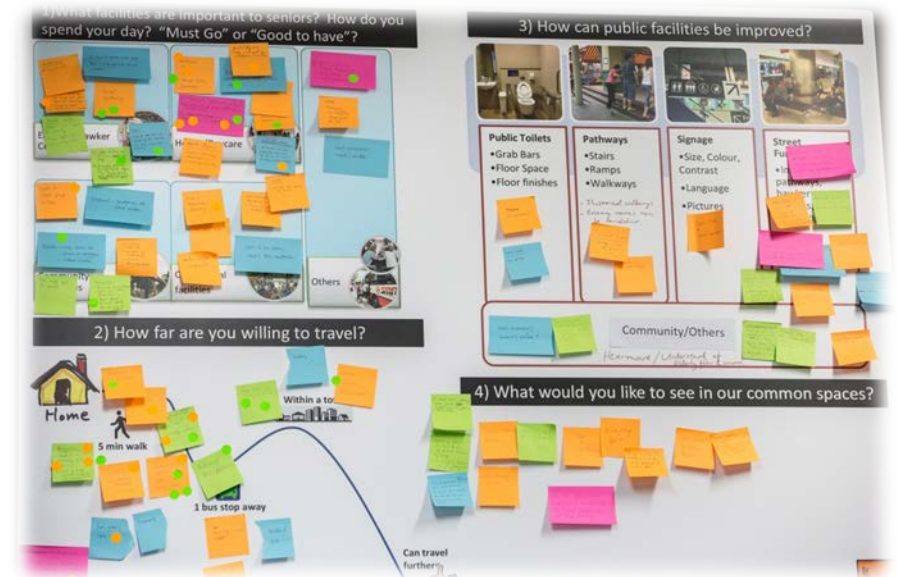
- Social inclusion
- Protection for vulnerable elderly

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

Action Plan for Successful Ageing

- To draw up the Action Plan, the MCA and our partners **engaged over 4,000 Singaporeans from all walks of life** to hear their aspirations and ideas on how we can help Singaporeans age well.
- This was done through:
 - Almost 50 **Focus Group Discussions** on key areas such as health and wellness, employment and aged care
 - **“Listening points”** at public spaces like libraries, shopping malls and universities
 - **Online consultations**
- We also consulted **union members** and reached out to **different communities and self-help groups** (e.g. Chinese Development Assistance Council).



At the Individual Level

Opportunities for All Ages

*To create opportunities for seniors to remain
physically, socially and cognitively engaged so they
may enjoy their golden years*



National Seniors' Health Programme

- **Healthy lifestyle campaigns and activities in the community**, to promote preventive health messages and encourage health-promoting behaviours



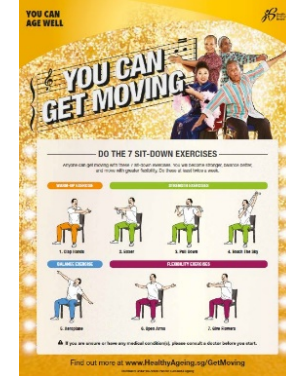
Nutrition Campaign (May 2016)



Falls Prevention (Jul 2016)



Stroke Awareness (Oct 2016)



Physical Activity (Mar 2017)

- **Targeted interventions for mature workers (aged 40 years and above) at workplaces**, to increase convenience and accessibility to preventive health services.

“Check Car, Check Body”

Health screening/coaching sessions for taxi drivers when they send in their taxis for monthly servicing



- **Over 550,000 seniors in the community and workplaces reached till date.**

National Silver Academy

- Opportunities for seniors to learn for interest and stay active
- Created over 1,000 courses in a variety of areas
- Subsidised short courses and exam free modules
- Intergenerational Learning Programme
- Since 2016, over 26,000 learners have benefitted from courses offered by the National Silver Academy



A National Seniors' Volunteerism Movement

- Championed by the President's Challenge
- \$40 million Silver Volunteer Fund
- Training and outreach for senior volunteers
- Capability building for community organisations
- Since 2016, over 5,100 new senior volunteers have been recruited under the National Senior Volunteerism Movement.



At the Community Level

Kampong for All Ages

*To build a **caring society** with “kampong spirit” and
pre-empt loneliness and social isolation*



Dementia Friendly Communities

- **Built 8 dementia-friendly communities (DFCs)** in Yishun, Hong Kah North, Macpherson, Bedok, Queenstown, Fengshan, Bukit Batok East and Woodlands, where:

People in the community know about dementia and how to respond to them and support their caregivers

Environments will be safe for persons with dementia



Dementia resources are readily available in the community

Persons with dementia feel included and are well supported



- **Reached out to over 23,000 individuals** from grassroot leaders, volunteers, students, businesses, faith-based groups, government agencies

PAssion Silver Concession Card

- **Combines the PAssion Silver Card and purple Senior Citizen Concession Card.** Issued free to every Singaporean aged 60 and above or as they turn 60.
- **Benefits at over 1,000 PAssion Silver merchant outlets + concessionary fares on public transport**



Community Befriending Programme

- To provide psycho-social support to seniors and caregivers who are at risk of social isolation through community volunteer befrienders

Today, we have expanded home visitation programmes in at least **87 constituencies**.

We have **over 1,500 befrienders** serving more than **4,000 socially isolated seniors** till date.



Inter-generational facilities in the heartlands



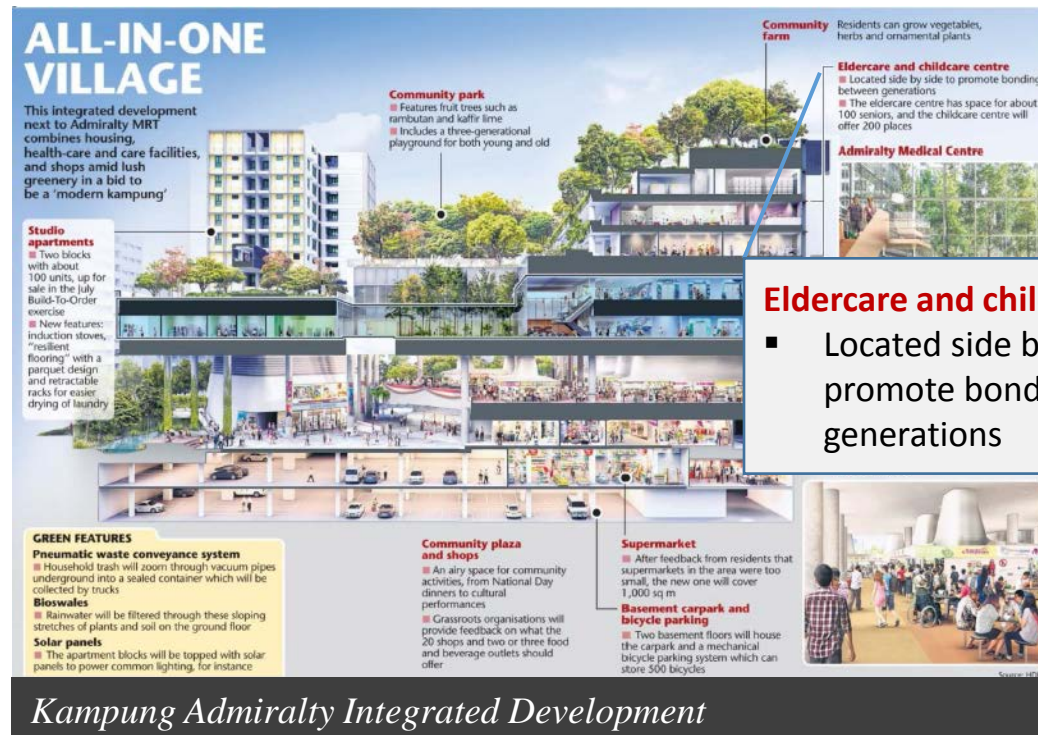
- Co-location of childcare and eldercare facilities in some 10 new BTO developments
- Encourage existing eldercare facility operators to introduce innovative programming that allow young and old to interact
- 1st Pilot site: Kampung Admiralty, operationalised in 2018

CHANNEL NEWSASIA



Singapore

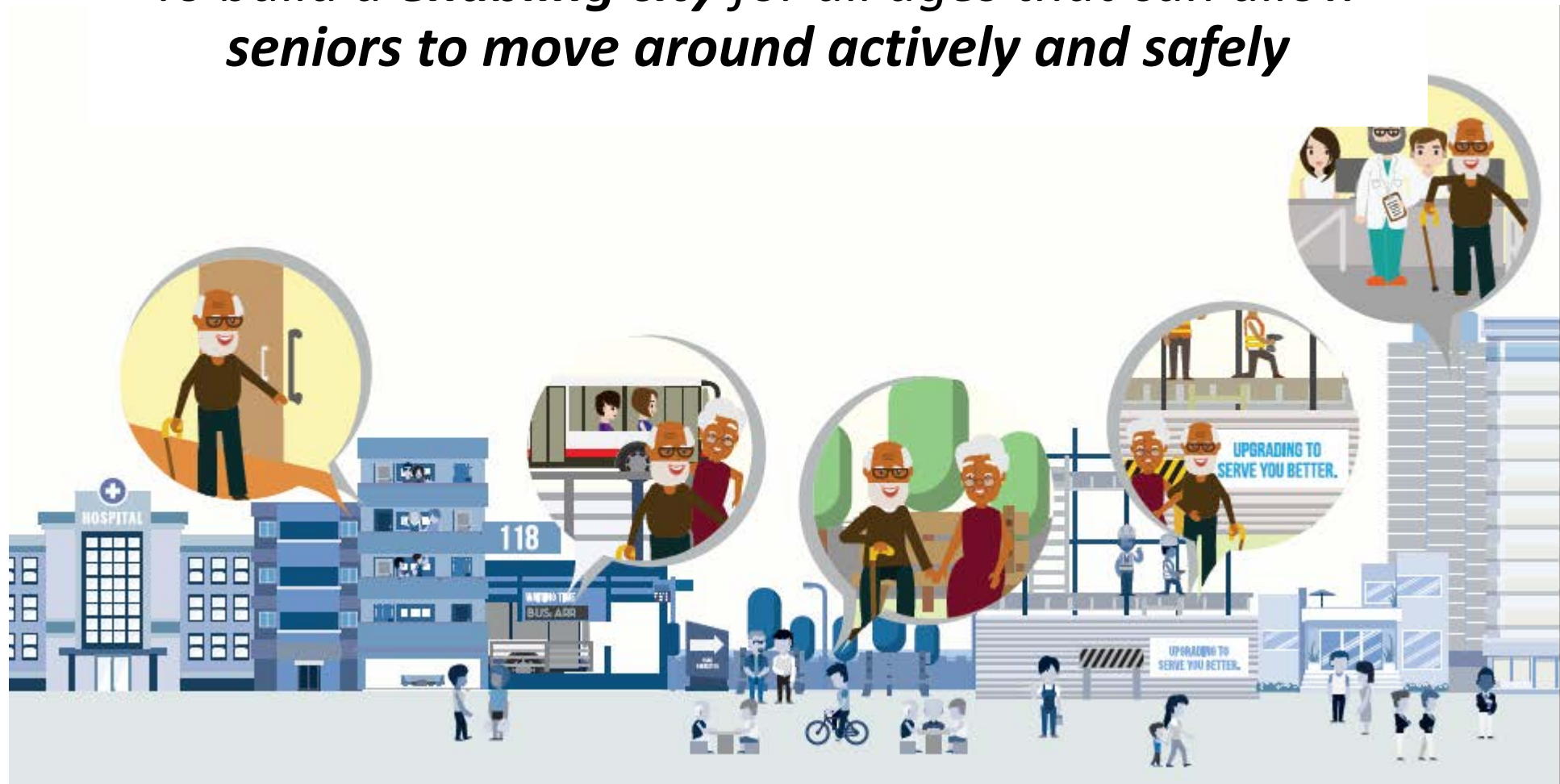
Kampung Admiralty wins top global architecture award



At the National Level

City for All Ages

*To build a **enabling city** for all ages that can allow seniors to move around actively and safely*



Making our homes and towns senior-friendly

Homes

Upgrade
infrastructure in
homes



Towns

Improvements to
town infrastructure



Parks

More senior-friendly
amenities and parks



Transport

Safer traffic
junctions; sheltered
link-ways



Wheelchair-friendly
buses



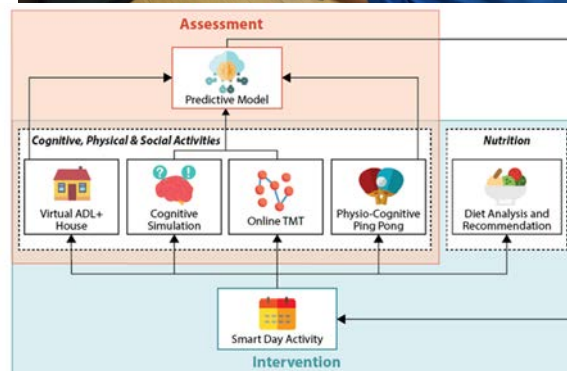
Priority queues and
barrier-free access on
MRT



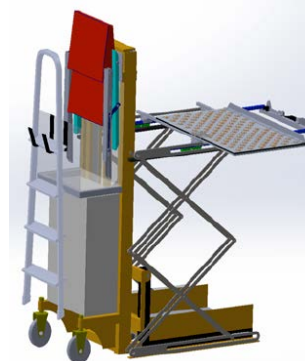
National Innovation Challenge on Active and Confident Ageing

- **Up to \$200 million set aside** to find new ways to solve existing challenges and transform the experience of ageing
- Launched **7 grant calls** in areas such as home care, cognition, ageless workplaces, assistive devices, frailty prevention, falls prevention and chronic disease management
- Awarded to projects with real-world applications:

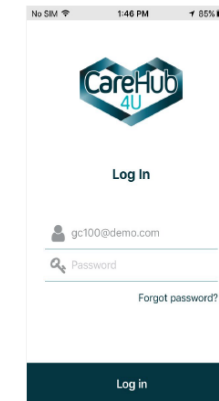
ADL+: A Digital Toolkit for Cognitive Assessment and Intervention



Semi-Autonomous Assistive Shelver: Enabling Technology at Supermarkets



CareHub: post-discharge integrated care pathway and a network of Community Caregivers



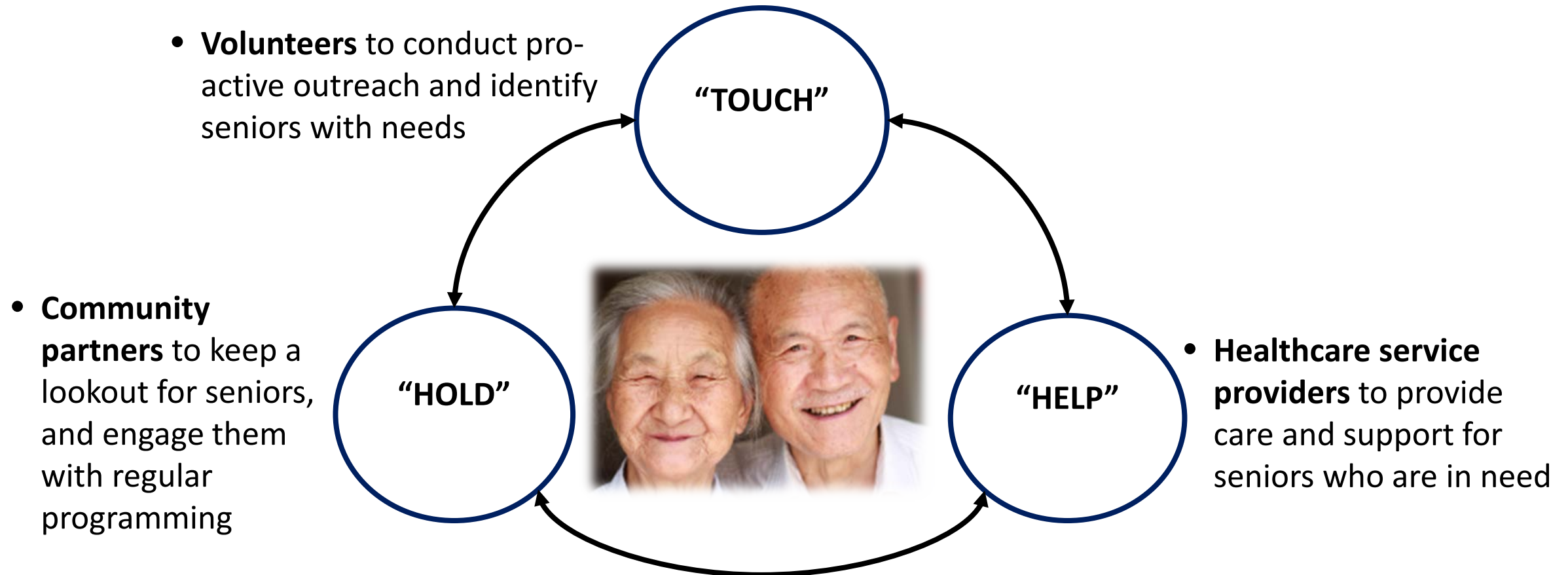
A photograph of an elderly woman with short, white hair, smiling gently. She is seated in a wheelchair, wearing a blue and white patterned short-sleeved shirt. The background is a bright, out-of-focus outdoor setting. In the foreground, there are some green plants and a white cup. A semi-transparent white banner is overlaid across the bottom of the image, containing the text "Supporting Seniors to Age In Place" in a bold, black, sans-serif font.

Supporting Seniors to Age In Place

Support for Seniors

We are building up a nation-wide community support system, wrapped around our seniors

- The **Community Networks for Seniors (CNS)** is our community-based infrastructure to support our ageing population



Support for Seniors

For Well Seniors: Systematic outreach, regular preventive health and active ageing programmes in every neighbourhood

Annual home visits by volunteers:

1. Outreach
2. Identify Risks
3. Bridge Services to Needs

Akin to “school health system” for seniors, e.g.:

1. Preventive health programmes (e.g. health screening and coaching)
2. Exercise programmes for seniors



Support for Seniors

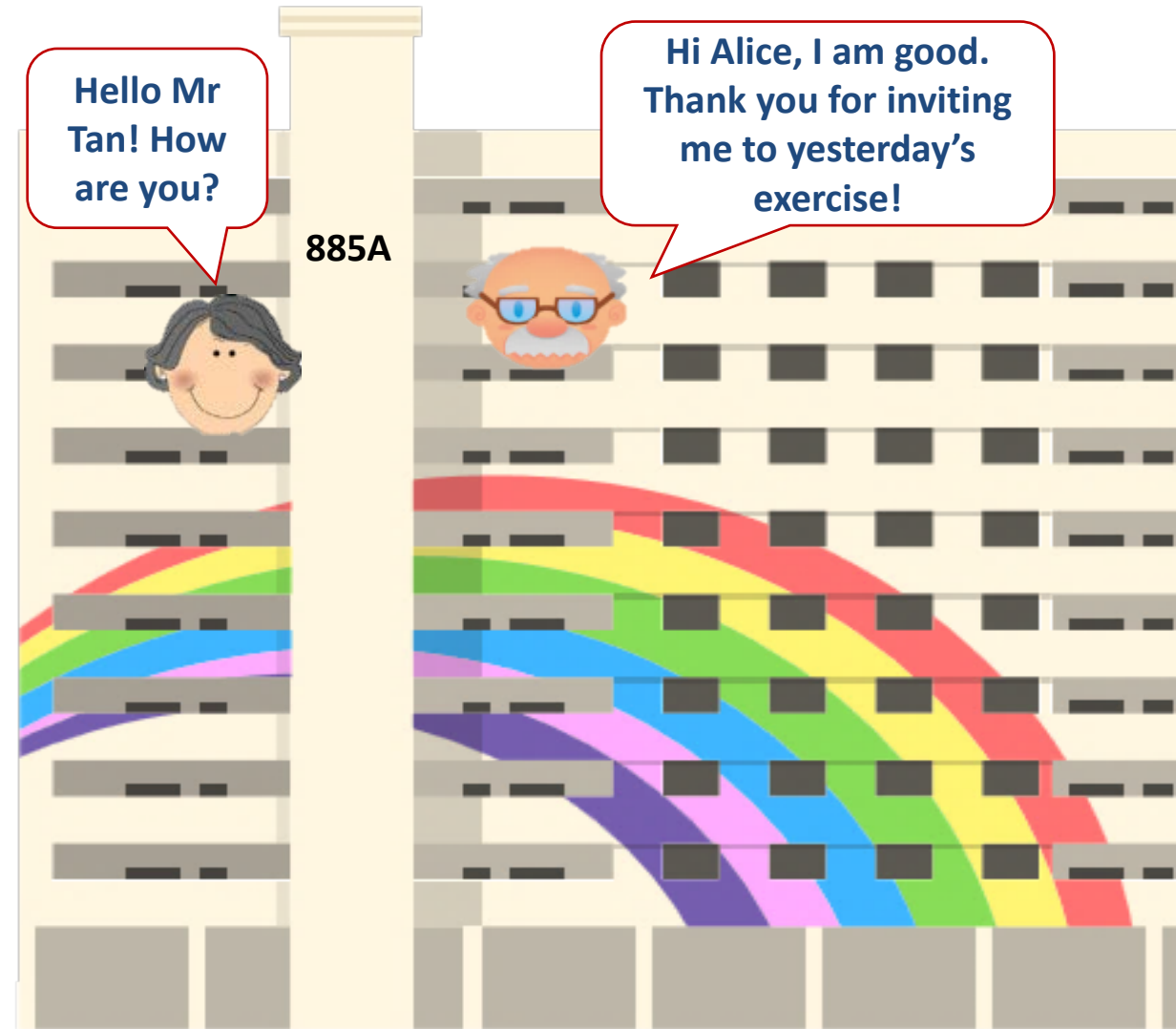
For Well but Lonely Seniors: Befriending layered on to provide social support

- Community partners provide necessary support in the form of **community befriending, home visitation programmes** as well as **activity centres** for seniors
- **24/7 hotline cum tele-befriending Care Line** as baseline level of support for seniors in the community

Care Line

Keeping you safe. Care is just a call away.

Keep Safe | Stay Active | Age Well



Planning of Aged Care Services and Facilities for the Elderly

For Pre-Frail to Frail Seniors: Home and Community Care



Support seniors with some family support to age-in-place even as needs increase

Centre-based Care Services

(e.g. day care, dementia day care, community rehabilitation)

Home Care Services

(e.g. home personal care, meals preparation and delivery, medical escort and transport)

Caregiver Support / Foreign Domestic Worker (FDW)

(e.g. Caregiver Training Grant, Eldercarer FDW Training, FDW Grant)

Planning of Aged Care Services and Facilities for the Elderly

For Frail to Very Frail Seniors: Enhanced Home and Community care, Nursing Home and Palliative Care



Varied aged care options to cater to seniors with different care needs

Integrated Home and Day Care Packages

(combination of home and centre-based care to provide flexibility of care)

Home Care Services

(e.g. home medical and nursing care)

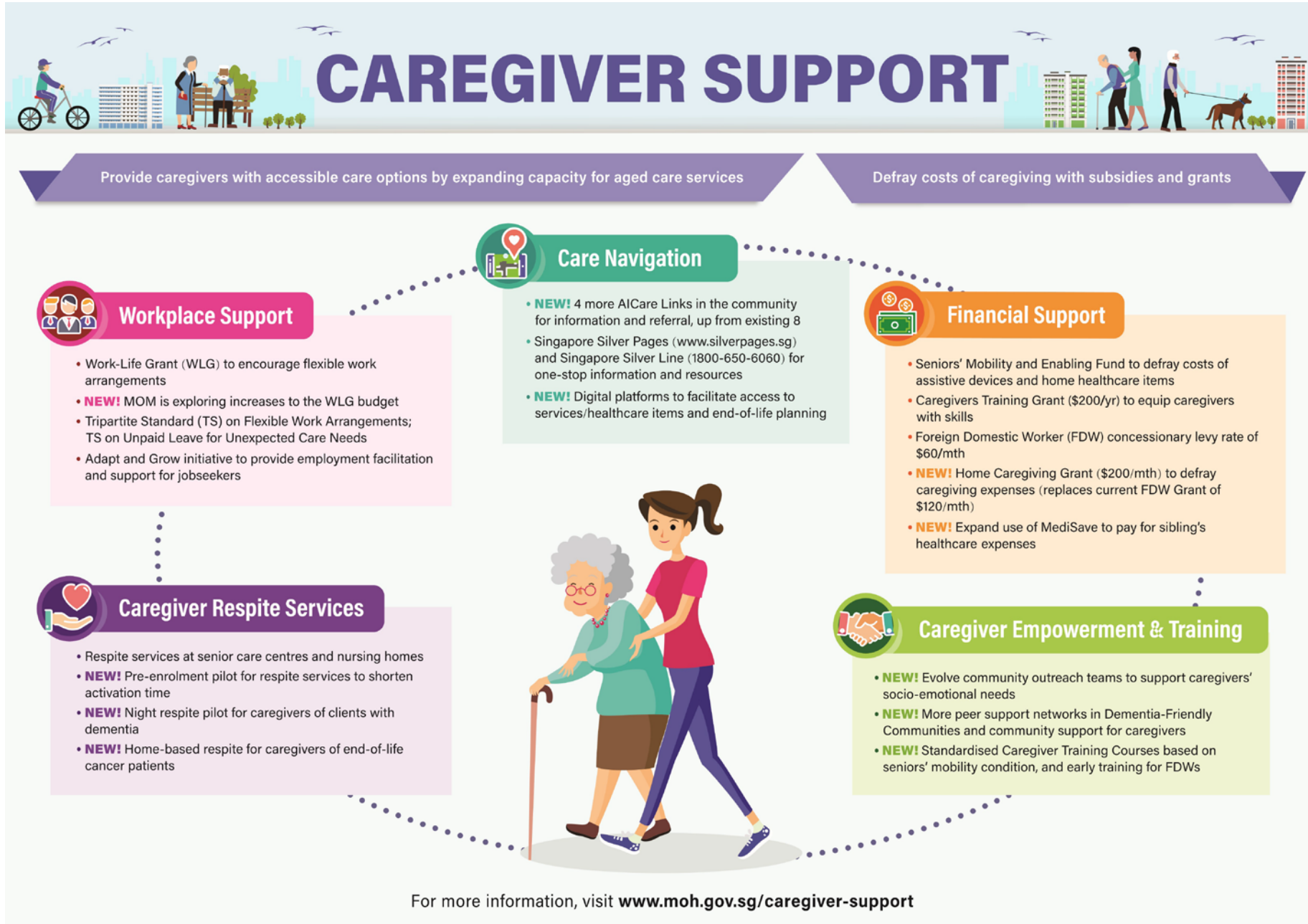
Nursing Home Services

(for seniors with high care needs with little or no family support)

Palliative Care Services

(for seniors who require terminal or end-of-life care)

Strengthening Caregiver Support

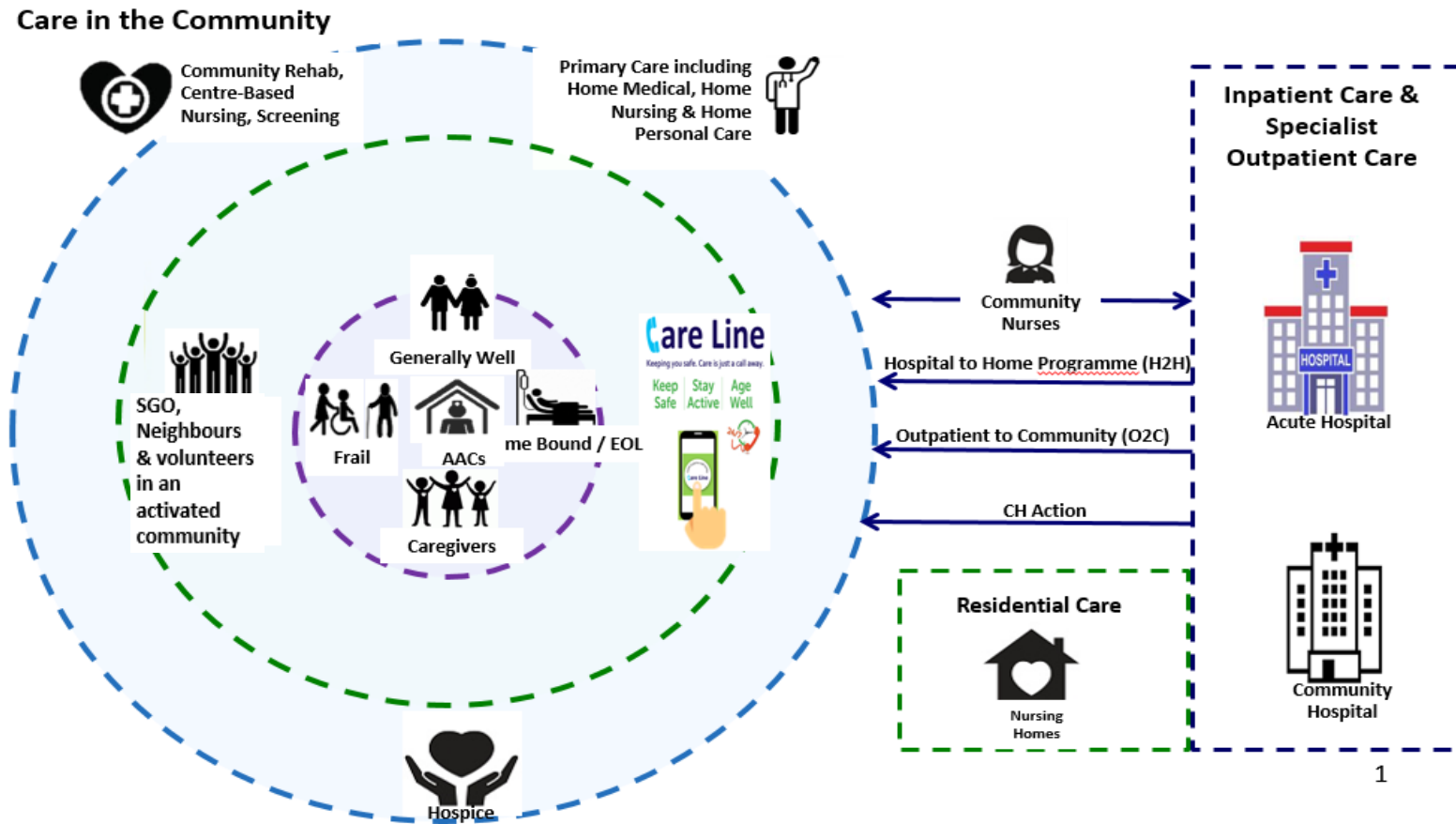


Key Shifts of the Future



Strengthening Social Health Integration

We are developing a new Eldercare Centre Model where these centres serve as key community nodes for social-health integration, in collaboration with other community partners



Reviewing the Action Plan

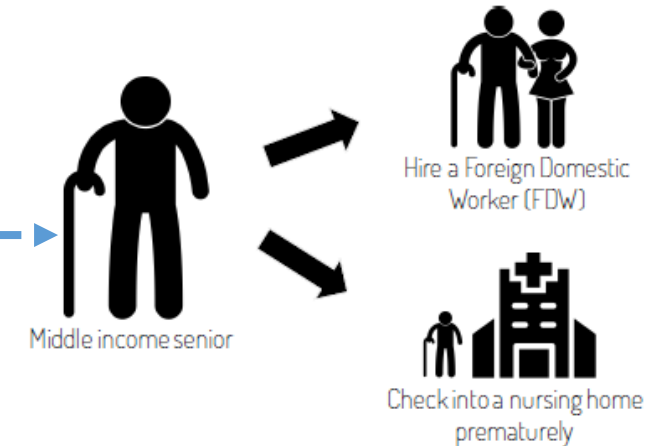
- Strengthening the Nexus Between Social and Health Care via **3 Ps**:
 1. **People**: Working closely with Silver Generation Ambassadors, Silver Generation Offices, Social Service Offices and community care providers
 2. **Places**: Age-friendly neighbourhoods, with accessible care and amenities
 3. **Programmes**: Around 150 Community Health Posts to support preventative health. Expand areas covered by Community Nursing teams and working to make community nursing services accessible to more seniors by 2020
- New Models of Ageing in Place with Assisted Living

Assisted Living – Impetus

Gap in Current Landscape: need to develop a range of diverse assisted living options, Private, Public and In-Situ

	Integrated Residential Plus Care Models			
Impairment/ Income	No impairment (Cat 1)	Mild impairment (Cat 2)	Moderate impairment (Cat 3)	Severe impairment (Cat 4)
Low Income	Sheltered Home	Rental Housing & Senior Activity Centres	Senior Group Home	Subsidised Nursing Homes
Lower Middle	I. Public Track: Assisted Living and in-situ strategy			Private Nursing Homes
Upper Middle				al Caregiver
High Income				

Senior Care Centre (SCC) and Home Care (HC) Services



Assisted Living – What it is

New models of Housing + Care for independent living with critical social support

“Housing+”

Right sized homes
designed for
seniors

+

Basic domestic services to support independent living

+

24/7 emergency monitoring and response

+

Shared spaces to complement homes and create opportunities for socialisation

+

Community manager to actively monitor health condition, facilitate social interaction and activate relevant support as needed

As needs increase, **options to layer on care services**

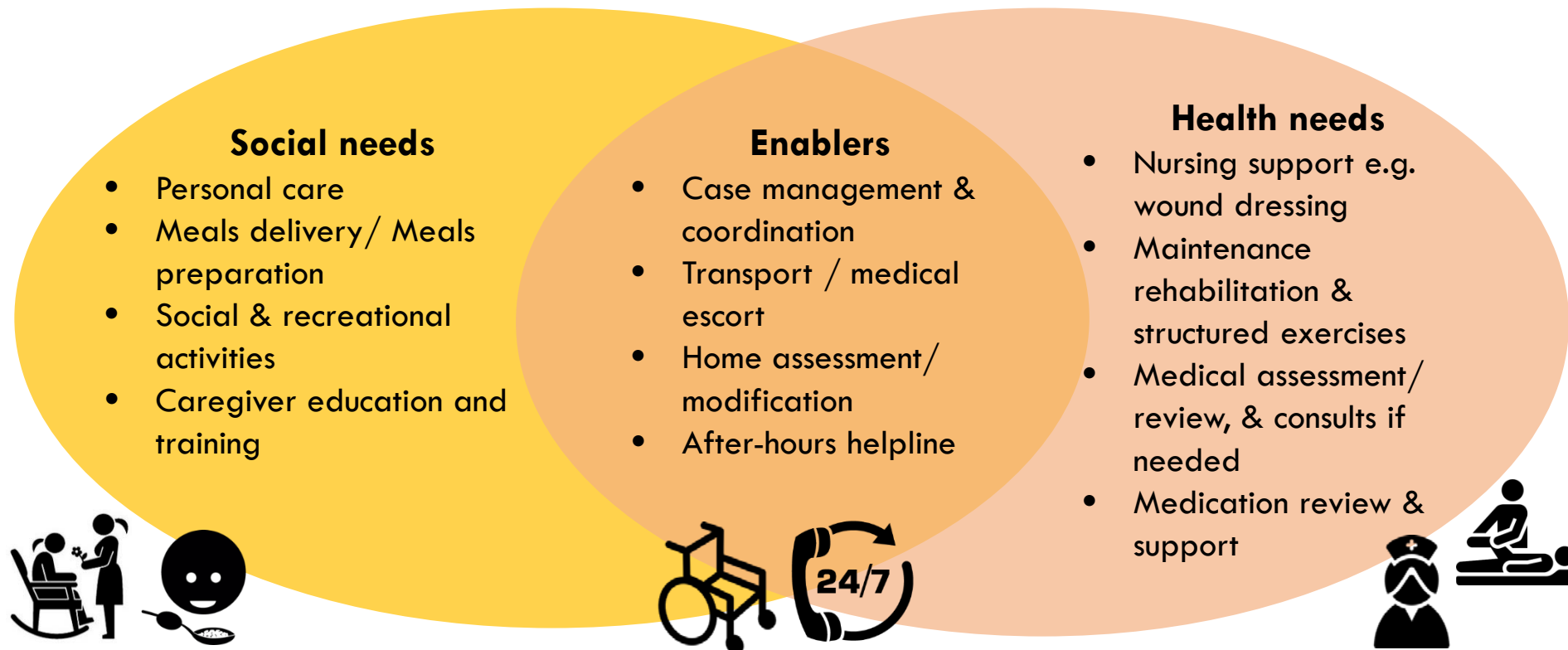
Piloting private and public models with URA and HDB

New Models of Care in the Nursing Homes

- **In our nursing homes, we are evolving new models of care to enable seniors to recuperate and eventually return home.**
 - E.g. Vanguard Healthcare which was set up by the Ministry of Health (MOH) under MOH Holdings to operate nursing homes (NH) is piloting the Home Enablement and Autonomous Living (HEAL) programme at its nursing homes.
 - Under the HEAL programme, residents are encouraged to be independent. They have the autonomy to decide their daily activities including rehab, serve their own meals, wash their laundry and handle their toileting and showering needs in preparation for their discharge.
- **We are also working with nursing home operators to improve the design of nursing homes and living environment to create more comfort and support for the residents.**
 - E.g. MOH had worked together with the operator of Ren Ci @ Ang Mo Kio to design shared common living and dining spaces among smaller groups of residents to promote interaction and mutual support.
 - Some of the suggestions, such as having a pantry within the living room allow opportunities for residents to improve their confidence to self-care and to manage everyday activities such as household chores and meal preparations, as part of their preparation to return home.

Pilot: Integrated Home and Day Care Packages

- Piloted in 2016, with the aim of enabling seniors with complex needs to receive setting-neutral holistic care (e.g. comprising both home- and centre-based care)
 - Seniors can select from three package tiers based on their needs
 - As of 31 Dec 2018, we have 10 service providers running IHDC



Pilot: Care Close to Home (C2H)

- Through C2H, we can enable seniors in ageing rental precincts to age-in-place, by effectively turning these precincts into in-situ “care homes” with assisted living support.



Care Manager
(RN)

Provision of clinical support & custodial care



Healthcare Aides
(HCAs)



Programme
Coordinator (SW)



Senior Activity Centres – SAC (rental)

- Pilot programme to provide clinical support and custodial care services (e.g. assistance with ADLs such as personal hygiene and iADLs such as medication reminders) to seniors in rental blocks where there is typically a higher concentration of seniors
- Operates out of nearby Senior Activity Centres to reduce travel time
- C2H pilot running in 15 sites currently
- To also study how similar models could be applied to non-rental blocks

**Active ageing in every neighbourhood, a
befriender for every senior living alone, and
accessible care for every senior**

Thank you.

