Active Ageing in Singapore

Ms Ruth Pang
Health Promotion Board
Singapore’s Ageing Population - Key Challenges
SINGAPORE’S AGEING POPULATION

Our Ageing Population:

<table>
<thead>
<tr>
<th>Year</th>
<th>Elderly Persons</th>
<th>2012: ~420k seniors</th>
<th>2020: ~600k seniors</th>
<th>2030: ~900k seniors</th>
</tr>
</thead>
</table>

Old Age Support Ratio:

<table>
<thead>
<tr>
<th>Year</th>
<th>Elderly persons : Persons of working age</th>
<th>2012</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>~1:3</td>
<td>~1:3</td>
<td>~1:3</td>
<td>~1:3</td>
</tr>
<tr>
<td>2020</td>
<td>~1:2</td>
<td>~1:2</td>
<td>~1:2</td>
<td>~1:2</td>
</tr>
<tr>
<td>2030</td>
<td>~1:3</td>
<td>~1:3</td>
<td>~1:3</td>
<td>~1:3</td>
</tr>
</tbody>
</table>

More seniors will have care needs, but more will also have no/low family support.
Our Goal: To facilitate **Ageing-in-Place**

- Active Ageing and Employability
- Aged Care Infrastructure
- Quality Aged Care and Manpower
Active Ageing and Employability
# Active Ageing & Employability

## Key Outcomes

<table>
<thead>
<tr>
<th>Happy</th>
<th>Healthy</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Keep seniors engaged, optimistic, resilient</td>
<td>• Delay disabilities and deterioration of health</td>
<td>• Empower seniors to be socially active and contribute to society</td>
</tr>
<tr>
<td>• Enhance life satisfaction</td>
<td>• Encourage self-responsibility towards health</td>
<td>• Enable seniors to remain economically active and improve employability</td>
</tr>
<tr>
<td>• Maintain vibrancy and dynamism of ageing society</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Key Thrusts of Active Ageing

- Health and Fitness
- Social Connectedness
- Public Education and Engagement
Wellness Programme

Objectives
- Enable seniors to stay engaged and connected to society
- Enhancing neighborliness
- Upstream health-prevention

3 Key Components
- Social interest groups
- Physical activity
- Better management of health and chronic diseases:
  - Health screening & education
  - Medical and social follow-ups

Target
50% of the people aged 50 and above by 2015

www.pa.gov.sg
one.pa.gov.sg

www.hpb.gov.sg
Seniors Fitness Ecosystem

Preliminary Recommendations

- Enhancing multi-agency collaborative platforms
- Creating multi-tiered outreach programmes to motivate seniors of all ages and abilities to take up these sports
- Identifying accessible sports for seniors to promote cardiovascular health, balance, strength and flexibility
- Developing national standards for sports participation and sports safety for seniors
- Creating pathways for seniors to continue contributing to sports throughout their lifetimes
Senior Volunteerism

Volunteerism as a way of life

Build Capacity

Facilitate Collaborations

Catalyst

Social Connectedness

www.nvpc.gov.sg

WWW.SGCARES.ORG
Council for Third Age

Key Roles
Catalyst Active Ageing
Nurture Active-Ageing Ecosystem
Facilitate Dialogue on Active Ageing Issues

Focus Areas
Lifelong Learning
Social Gerontology
Employability

Key Achievements
• Propelled concept of Active Ageing in public minds
• Organised 50Plus Expo and Active Ageing Festival
• Capability build and seed fund active ageing organisations
• Supported more than 90 projects and outreached to 400,000 seniors.

www.c3a.org.sg
City for All Ages

Locality-based projects to test out holistic, concrete solutions to support the ageing-in-place strategy

- Town Hall Forums
- Health Screenings
- Needs Survey
- Town Audits
Aged Care Infrastructure
More than 100 facilities for elderly to be built in estates

Published on Sep 29, 2012

More than 100 facilities for elderly to be built in estates

Singapore: The government will spend more than $500 million over the next five years to build more eldercare facilities to support the needs of an increasing ageing population.

The Ministry of Health and the Ministry for Community Development, Youth and Sports joint release on Friday revealed plans to build 10 new nursing homes, 21 Senior Care Centres (SCCs), and 45 Senior Activity Centres (SACs) by 2016.

Tan Tau Tin takes five minutes to walk from his home to visit his mother at the Man Fung Nursing Home in Woodlands.

Close proximity allows him to visit his mother daily and he said having a nursing home very important to elderly residents like himself who needs it.

Mr Tan, more Singaporeans will also benefit from having more eldercare facilities in their neighbourhood.

Minister for Health Gan Kim Yong said: "Our goal is to eventually make every neighbourhood a senior friendly neighbourhood, by having aged care facilities that can provide accessible care to seniors living all over the island. Many of these seniors are our pioneers, our parents and our grandparents. We too will age. So this investment in aged care facilities is for Singapore and for our future."

A population trend report showed that the proportion of elderly aged 65 years and over was generally higher among Singapore residents staying in older estates.

And so the new nursing homes will be in areas such as Yishun, Jurong West, Geylang, Hougang and Queenstown which will also have senior activity and senior care centres.

The 10 new nursing homes will add an estimated 3,300 beds to Singapore's existing nursing home capacity of 9,000.
Quality Aged Care and Manpower
Quality Aged Care and Manpower

• **Enhancing Care Standards**
  - Enhanced standards for Nursing Home to be introduced in 2015
    - Clearer articulation of **new clinical domains**
    - Increased focus on **social aspects of care**
    - Emphasis on **organisational excellence** as good care is underpinned by good management
  - Review of standards for centre-based and home care services
THANK YOU
Key Partners in Active Ageing

- People’s Association
- Council for Third Age
- National Volunteer & Philanthropy Centre
- Health Promotion Board
- Singapore Sports Council

Promote Active Ageing