

# Building Age-Friendly Communities

Mr Gary Khoo

Director, Healthy Ageing Division  
Health Promotion Board, Singapore



# In 2015, the Ministerial Committee for Ageing launched the S\$3 billion Action Plan for Successful Ageing, a whole-of-nation blueprint for Singaporeans to age gracefully and confidently.



## At the Individual Level: Opportunities for All Ages

- Health & Wellness
- Learning Opportunities
- Volunteerism
- Workplace Longevity



## At the Community Level: Kampong for All Ages

- Social Inclusion
- Protection for Vulnerable Elderly



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

- Aged Care Services
- Senior Friendly Housing, Transport and Parks
- Research into Ageing

# Under the Action Plan, we build Age-Friendly Communities through the following key initiatives:

## Age-Friendly Communities

### Ageing-in-Place

#### Housing for Seniors



Studio  
Apartment  
and 2-room  
Flexi Scheme

#### Integrating Needs



Kampung  
Admiralty

#### Community-Based Support



Developed  
Community  
Networks for  
Seniors  
(CNS) and grew  
aged care services  
significantly

#### Inclusive Urban Design



Innovative  
Planning and  
Design of  
Age-Friendly  
Neighbour-  
hoods

### Active Ageing

#### Lifelong Learning



National  
Silver  
Academy  
(NSA)

#### Well-being and Wellness



Wellness in  
Communities

#### Centres for Active Ageing



Senior  
Activity  
Centres  
and Active  
Ageing  
Hubs



## Studio Apartment Scheme (launched in 1998)

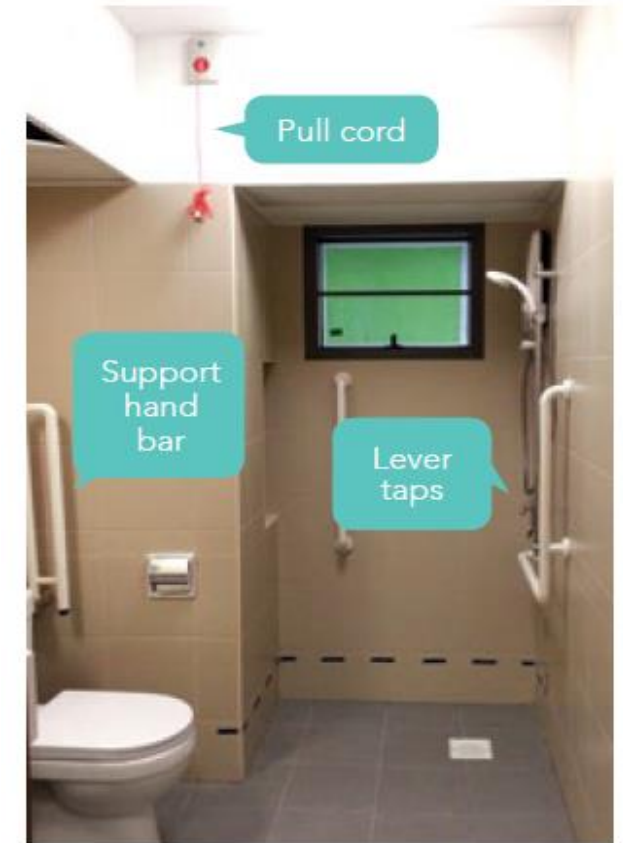
- 2-room apartments, which are ready to occupy
- Contain senior-friendly features
- For vulnerable seniors: On-site drop-in centres with basic alert alarm monitoring in case of emergencies

To cater to the diverse needs of families, singles and seniors, a new 2-room Flexi scheme was launched in 2015.

Moving forward, Singapore is also exploring **Assisted Living Facilities** and **Private Retirement Housing**.

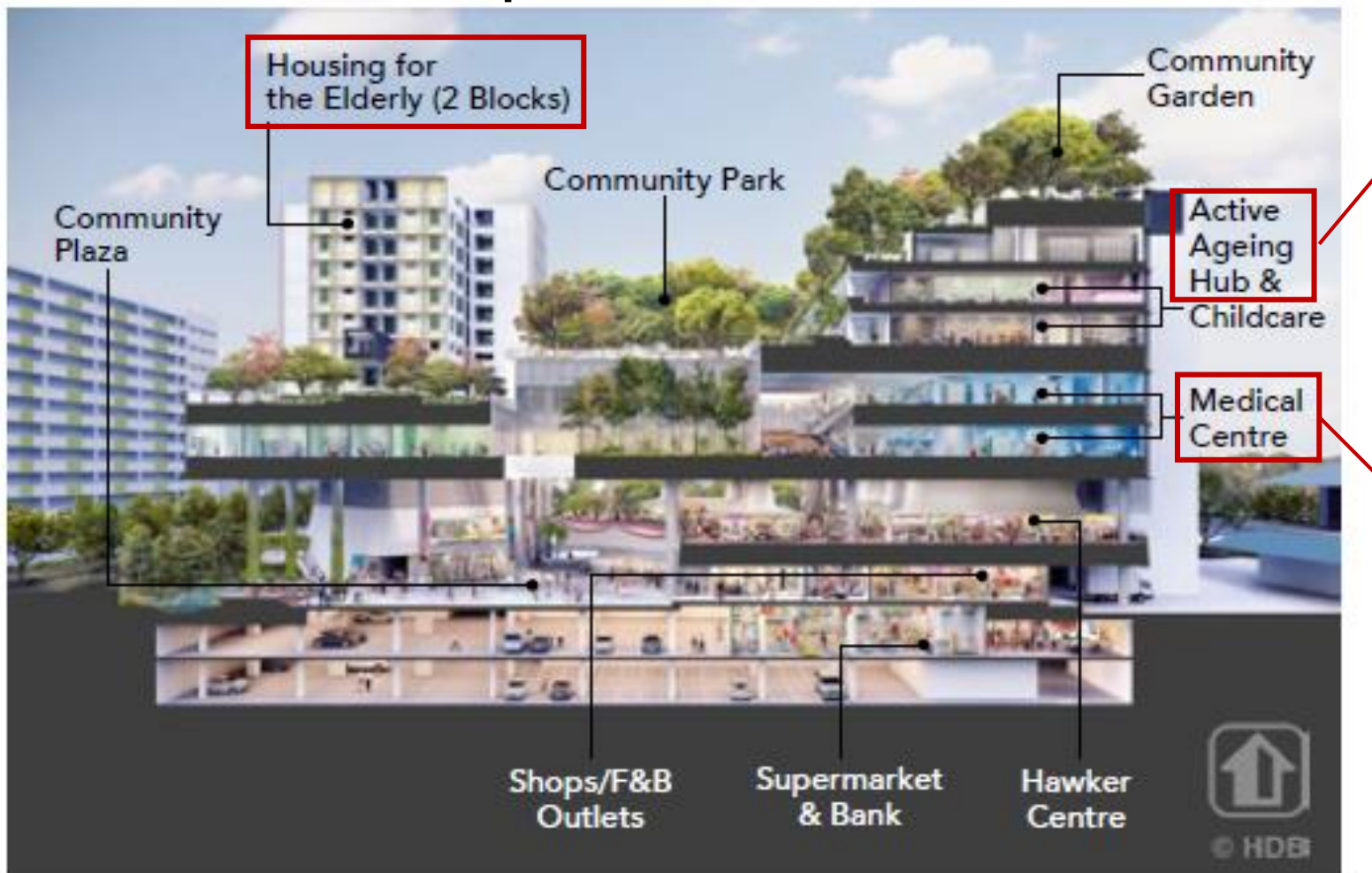


*Layout of a studio apartment*



*Senior-friendly fixtures to aid mobility and independent living*

### All-in-one village combining housing, health-care, care facilities and shops

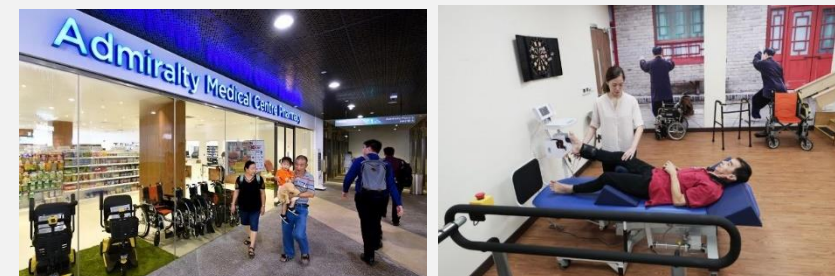


- Attend active ageing & preventive health programmes



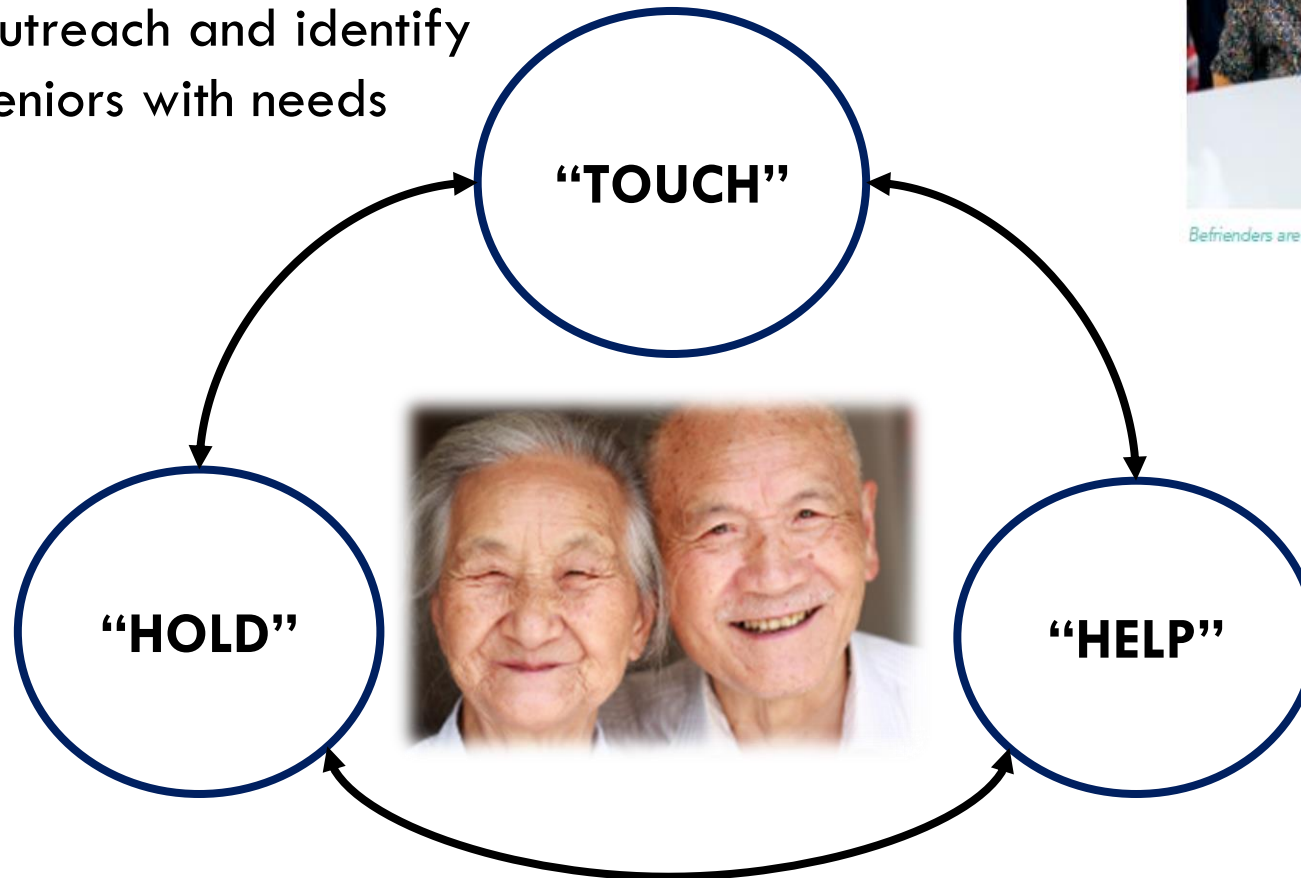
- Community Nurses

- Outpatient care, supported by specialists from an acute hospital.



- **Volunteers** to conduct pro-active outreach and identify seniors with needs

- **Community partners** to keep a lookout for seniors, and engage them with regular programming



Befrienders are deployed to support seniors at higher risk of social isolation.

- **Relevant agencies** provide aged care services (e.g. home and centre based care) and care coordination to "care for" vulnerable seniors, as well as close "last-mile" service delivery.



## Current Initiatives



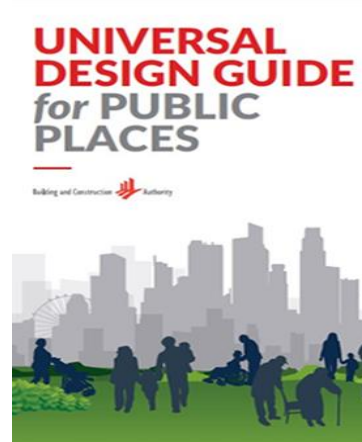
**HDB Enhancement for Active Seniors (EASE) Programme**



**LTA Silver Zones**



**BCA Universal Design Guide**



**NParks Therapeutic Gardens**



### “Innovative Planning and Design of Age-Friendly Neighbourhoods in Singapore” Research Study

- To better inform the planning and design of age-friendly neighbourhoods
- By understanding the physical, social, cognitive and psychological dynamics of older adults and their day-to-day interaction with the built environment

Overview

- Launched in 2016
- Network of over 30 post-secondary education institutions, community-based organisations and partners that offer a wide range of subsidised courses for seniors



Class on Traditional Chinese Medicine (TCM).



Engaging seniors through active learning and pursuing interests.

Type of Learning Opportunities



Subsidised  
Short  
Courses



“Exam-free”  
modules



Other learning  
opportunities



# Introduce Health & Wellness initiatives in neighbourhoods to keep seniors healthy and active

## Active Ageing Programmes



Basic Health Screening conducted as part of the Wellness Programme.



Wellness Programme activities such as briskwalking keep seniors physically and socially active.



## Wellness Kampung



Wellness Kampung were designed to look like extended 'community living rooms' with open concept plans and minimal physical barriers.

- Located at the ground floor of housing blocks
- Programmes are co-owned by residents, facilitated by centre manager
- Inter-generational programmes with students from nearby schools

## Senior Activity Centres

- Encourage seniors to keep mentally, socially and physically active through social and recreational activities.
- Provide basic support (e.g. emergency response, information or referral for care support)



## Active Ageing Hubs

- One-stop hubs
- Integrate Active Ageing Programmes & care services



Gym designed for seniors in Kwong Wai Shiu Care @ McNair.



Intergenerational reading and art and crafts programmes at NTUC Health Active Ageing Hub.



Seniors prepare soup together at NTUC Health Active Ageing Hub.





# Healthier, Longer Lives

by

**improving and  
maintaining functional  
ability**

through

**healthy lifestyle practices  
and social connectedness**

*This means:*

- *Promote healthy behaviours and social connectedness*
- *Moderate rate of decline through early intervention and management of conditions*
- *Adapt the environment to enable an individual to continue functioning for as long as possible*



**Thank You**

