Promotion of measures to minimise the need for long-term care in Singapore

Ms Keung Xi Zhen
Deputy Director, Ageing Planning Office
Ministry of Health, Singapore

27 Nov 2023
21st ASEAN & Japan High Level Officials Meeting on Caring Societies

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Singapore: Context

- Island city-state, land area >720 km^2
- 5.9 mil population (4.2 mil residents)
- % of citizens aged 65 will grow from 1 in 5 today, to 1 in 4 in 2030
- Rising prevalence of chronic diseases

In 2030,

⇩ Shrinking Workforce

For every senior above 65 years old, there will be 2.7 working adults in our population

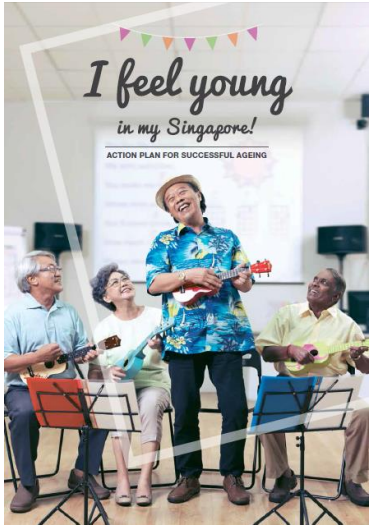
△ Changing Family Structures

An estimated 83,000 seniors will live alone

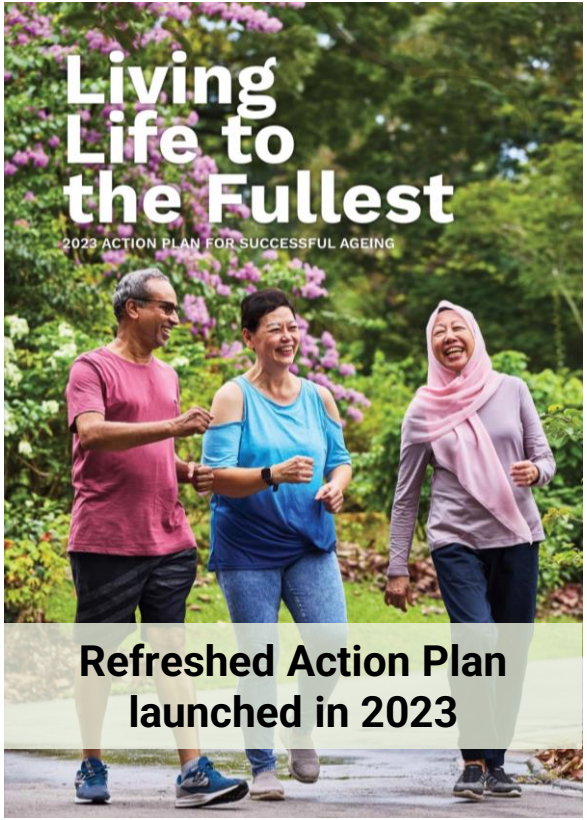
⇧ Growing Care Needs

About 100,000 seniors will have at least mild disability
(requiring assistance with at least 1 activity of daily living)

We launched the Refreshed Action Plan in 2023



1st Action Plan for Successful Ageing in 2015



Refreshed Action Plan launched in 2023

3 'C's for Healthy, Meaningful and Inclusive Ageing

Care

Contribution

Connectedness

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SINGAPORE

… and Healthier SG, to strengthen preventive care

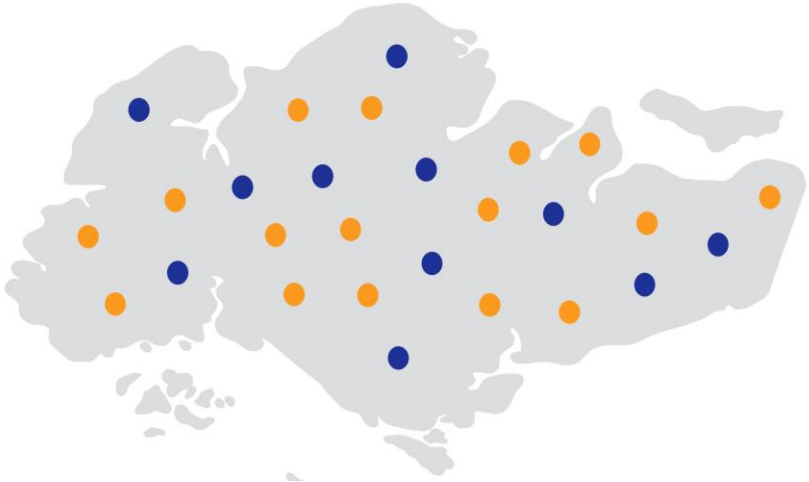
Preventive care
Strong patient-doctor relationship

Active and healthy lives
Strong partnerships with the community

Enhance supporting enablers such as IT, data and training of healthcare professionals

Active Ageing Centres – our key assets in community

154 today ➡ 220 by 2025



Serving 1,000 to 4,000 seniors each

Befriending & Buddying

Active Ageing

Care Services Referral

+2S

- **S**ocial Connector
- Community **S**creening

MINISTRY OF HEALTH
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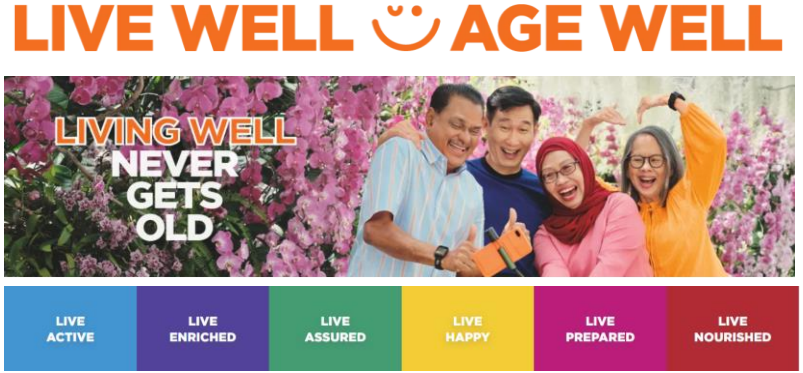
We are anchoring preventive care in the community

"Live Well, Age Well" Active Ageing Programmes (AAPs)

- Enhance offerings to meet seniors' diverse needs and interests
- Sustain awareness through always-on publicity efforts

(1) Digital Ads *(2) H365 Targeted Nudges* *(3) TV Commercials*

- Increase accessibility and availability of AAPs in the community



Health Promotion Board

People's Association

Keeping seniors active & contributing through volunteering

AACs play key role to activate seniors

Leading ground-up initiatives

Serving other seniors, e.g. in community kitchens

Checking in on other seniors

Keeping seniors engaged through learning and work

Learn

Subsidised learning opportunities

Work

Wage offsets and grants for employers who hire senior workers

Mid-career Pathways Programme provides on-the-job training

Opportunities and challenges

Opportunities

- Strong leadership by inter-ministerial committee to plan for aged society and invest in preventive care
- Ground-up initiatives from community to complement Government schemes and services

Challenges

- Racing against time to scale up assets and programmes
- Mindset change needed
  - From seniors – take action to remain healthy, independent, contributing members of society
  - From society – value seniors' contributions

Thank you

The 21st ASEAN & Japan High-Level Officials Meeting on Caring Societies

Towards building a society where everyone can live lively as being oneself in communities
– focusing on maintaining and strengthening physical and mental capacities to optimize one's full potential –

28 - 30 November, 2023
Oita, Japan

Ministry of Health, Labour and Welfare
(MHLW)