Active Ageing in Singapore

Ms Ruth Pang

Health Promotion Board
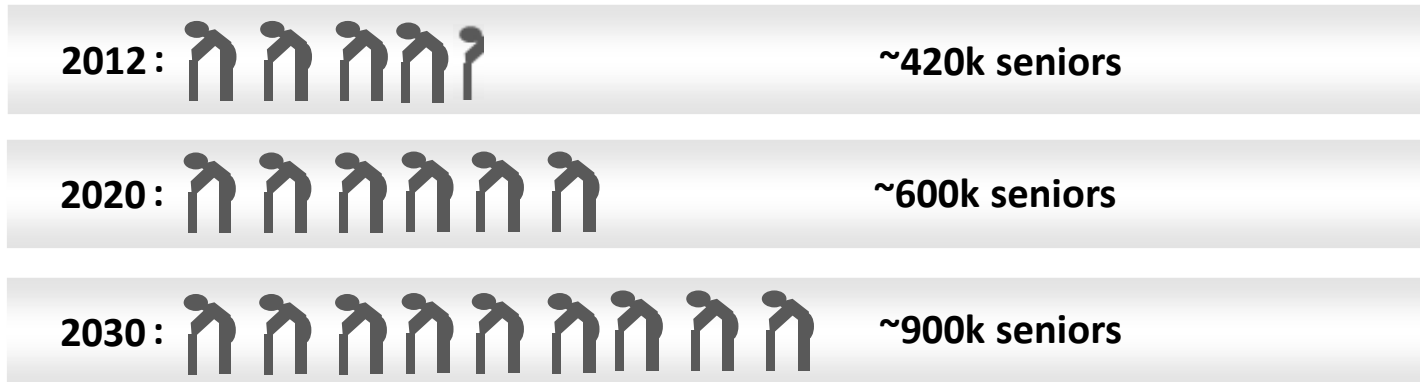
Singapore's Ageing Population -
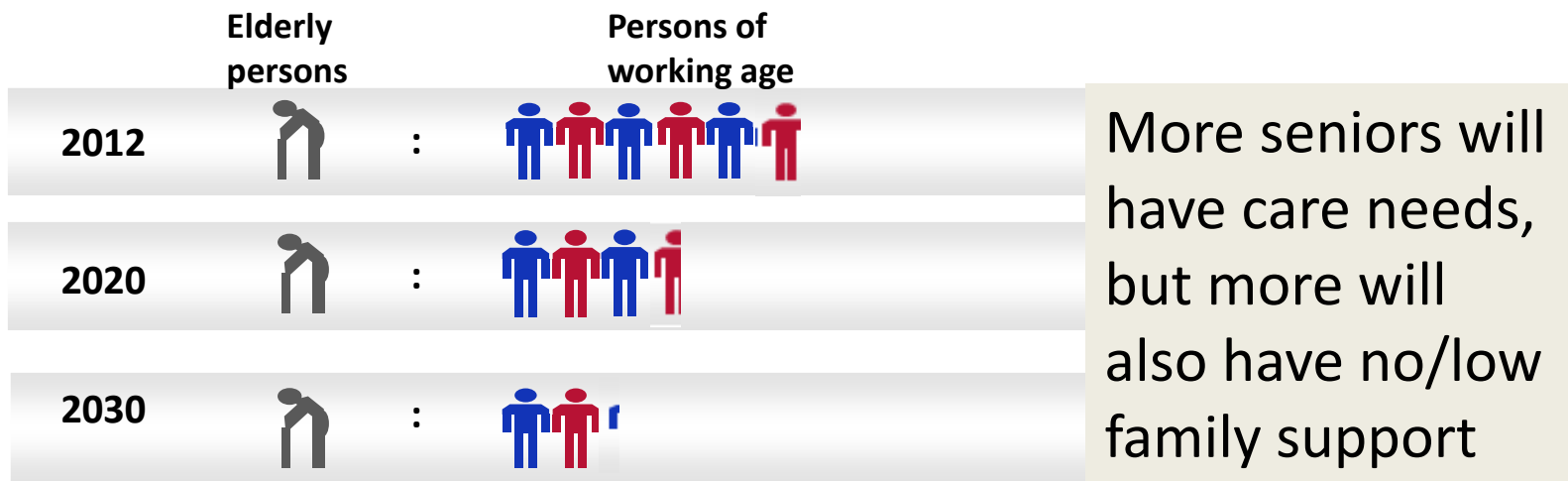
Key Challenges

SINGAPORE'S AGEING POPULATION

Our Ageing Population:

2012 :		~420k seniors
2020 :		~600k seniors
2030 :		~900k seniors

Old Age Support Ratio:

	Elderly persons		Persons of working age
2012		:	
2020		:	
2030		:	

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

Happy
- Keep seniors engaged, optimistic, resilient
- Enhance life satisfaction
- Maintain vibrancy and dynamism of ageing society

Healthy
- Delay disabilities and deterioration of health
- Encourage self-responsibility towards health

Active
- Empower seniors to be socially active and contribute to society
- Enable seniors to remain economically active and improve employability

Key Thrusts of Active Ageing

Health and Fitness

Social Connectedness

Public Education and Engagement

Wellness Programme

Objectives

- Enable seniors to stay <u>engaged</u> and <u>connected</u> to society

- Enhancing <u>neighborliness</u>

- Upstream <u>health-prevention</u>

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

VISION2030
LIVE BETTER THROUGH SPORTS

www.vision2030.sg

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
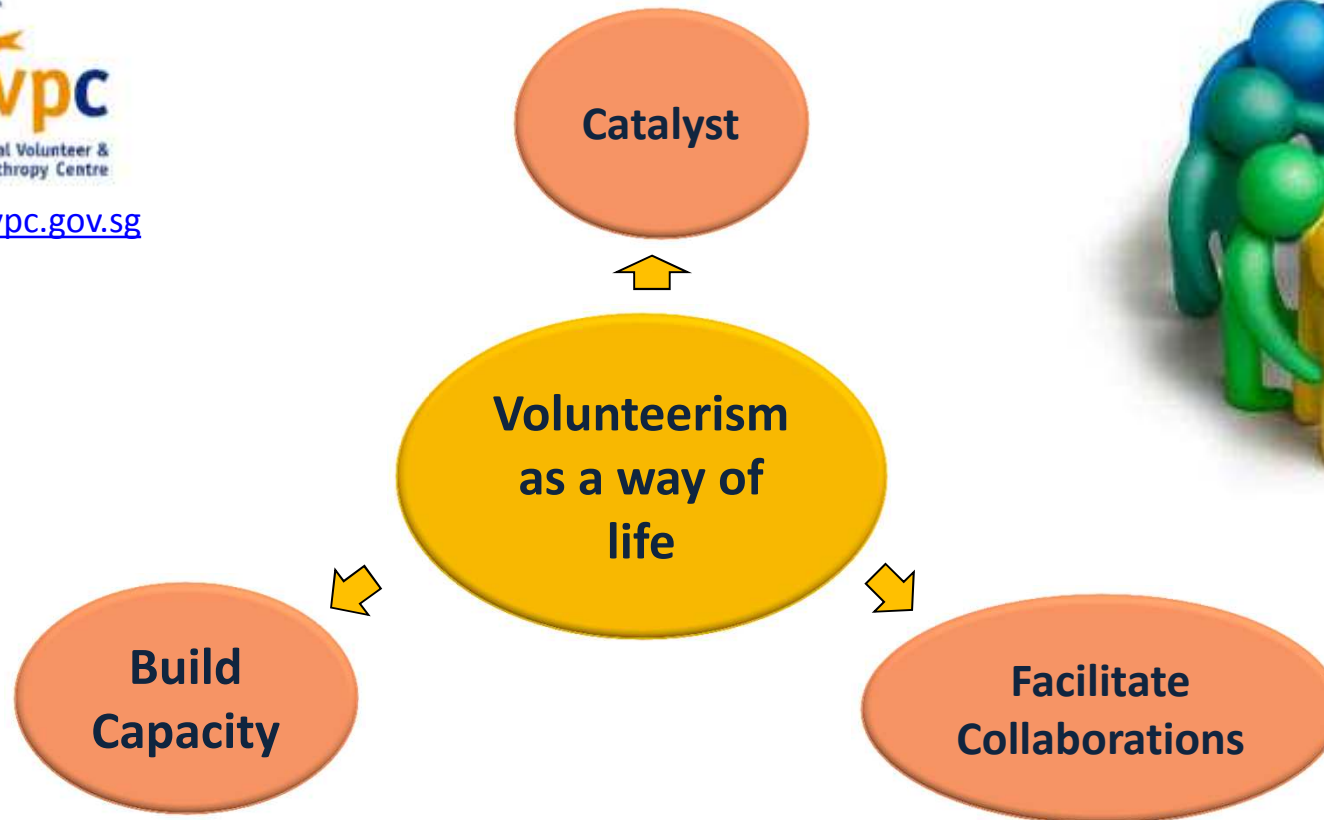
Council for Third Age

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.

COUNCIL FOR THIRD AGE

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

Needs Survey

Health Screenings

Town Audits

Aged Care Infrastructure

100 Aged Care Facilities in Community

More than 100 facilities for elderly to be built in estates

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More than 100 facilit
communities over th
needs of an ageing p

10 NEW NURSING HOMES BY 2016

Yishun

Choa Chu Kang · · Hougang
· Ang Mo Kio
Jurong West · ·
Jurong East
Queenstown · · Chai Chee
Geylang

Radin Mas **OTHER ELDERCARE FACILITIES**
21 SENIOR CARE CENTRES (SCCs):

45 SENIOR ACTIVITY CENTRES (SACs):

Scaling Up of Care Capacity

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lore eldercare facilities to be built over 5 years

y Vimita Mohandas | Posted: 28 September 2012 2121 hrs

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

ites to build 10 nursing homes, 21 Senior Care Centres (SCCs), and 45 Senior Activity
entres (SACs) by 2016 were revealed on Friday in a joint release by the Health Ministry
nd the Ministry for Community Development, Youth and Sports.

he Health Ministry said it's important to plan ahead for aged care facilities to serve every
eighbourhood, in the same way that childcare, community centres and other amenities to
upport the population's needs.

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

he 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.

ke Mr Tan, more Singaporeans will also benefit from having more eldercare facilities in
eir 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 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