Building Age-Friendly Communities

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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

- **Community-Based Support**
  - Developed Community Networks for Seniors (CNS) and grew aged care services significantly

### Integrating Needs

- **Kampung Admiralty**

### Inclusive Urban Design

- Innovative Planning and Design of Age-Friendly Neighbourhoods

**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
Housing to encourage independent living among seniors

**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.
Integrating needs of seniors in the same development
Kampong Admiralty

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.
Providing community-based support for seniors
Community Network for Seniors

• 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

• 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.
Ageing – in-Place

An inclusive urban design to promote healthy ageing and social interaction

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

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 brisk walking to keep seniors physically and socially active.

Wellness Kampung

- 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.

Community activities that keep you healthy.
Active Ageing Centre-based services to support seniors with mild to moderate care needs.

**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
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