

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

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



Singapore: Context

- Island city-state, land area >720 km²
- 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

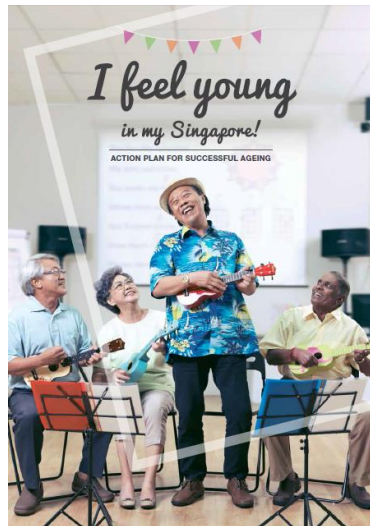
 **Changing
Family Structures**

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



... and Healthier SG, to strengthen preventive care



Preventive care
Strong patient-doctor relationship

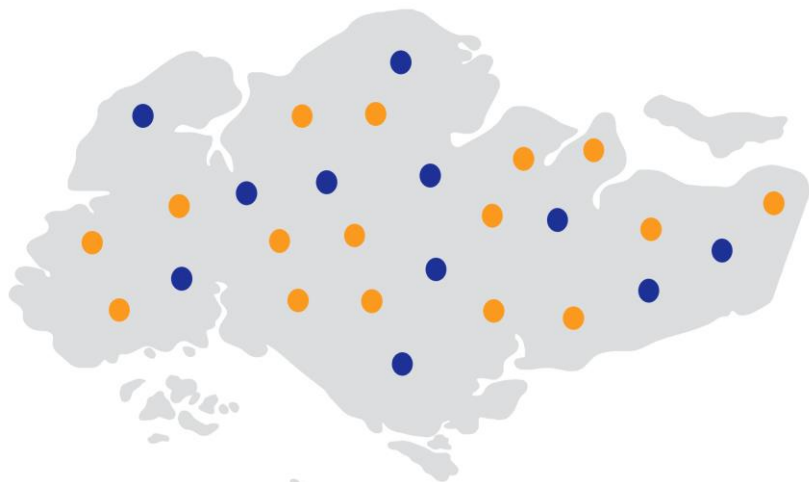
Active and healthy lives
Strong partnerships with the community

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

Active Ageing



Befriending & Buddying



Care Services Referral



+2S

- Social Connector
- Community Screening



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

LIVE WELL 😊 **AGE WELL**



Keeping seniors active & contributing through volunteering

AACs play key role to activate seniors

Leading ground-up initiatives



Checking in on other seniors



Serving other seniors, e.g. in community kitchens

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)

