

**LAUNCH OF THE COMMUNITY FOR SUCCESSFUL AGEING
AT WHAMPOA**

IT TAKES A KAMPONG: THE BLUEPRINT FOR *ComSA*

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Tsao Foundation



THE VISION



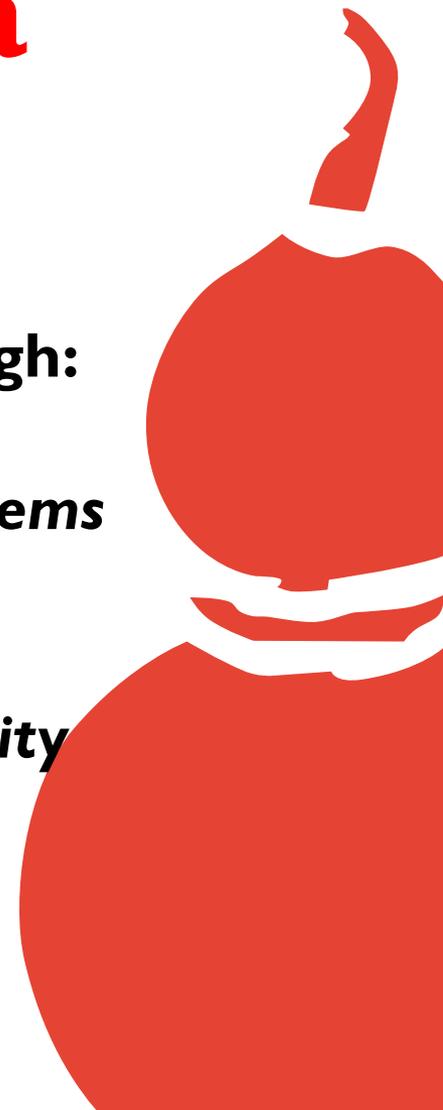


ComSA@Whampoa

Community for Successful Ageing

Optimise opportunities in longevity through:

- ***Creating Integrated, Sustainable Care Systems for an Age-Friendly Community***
- ***Promoting Healthy Ageing in the Community***



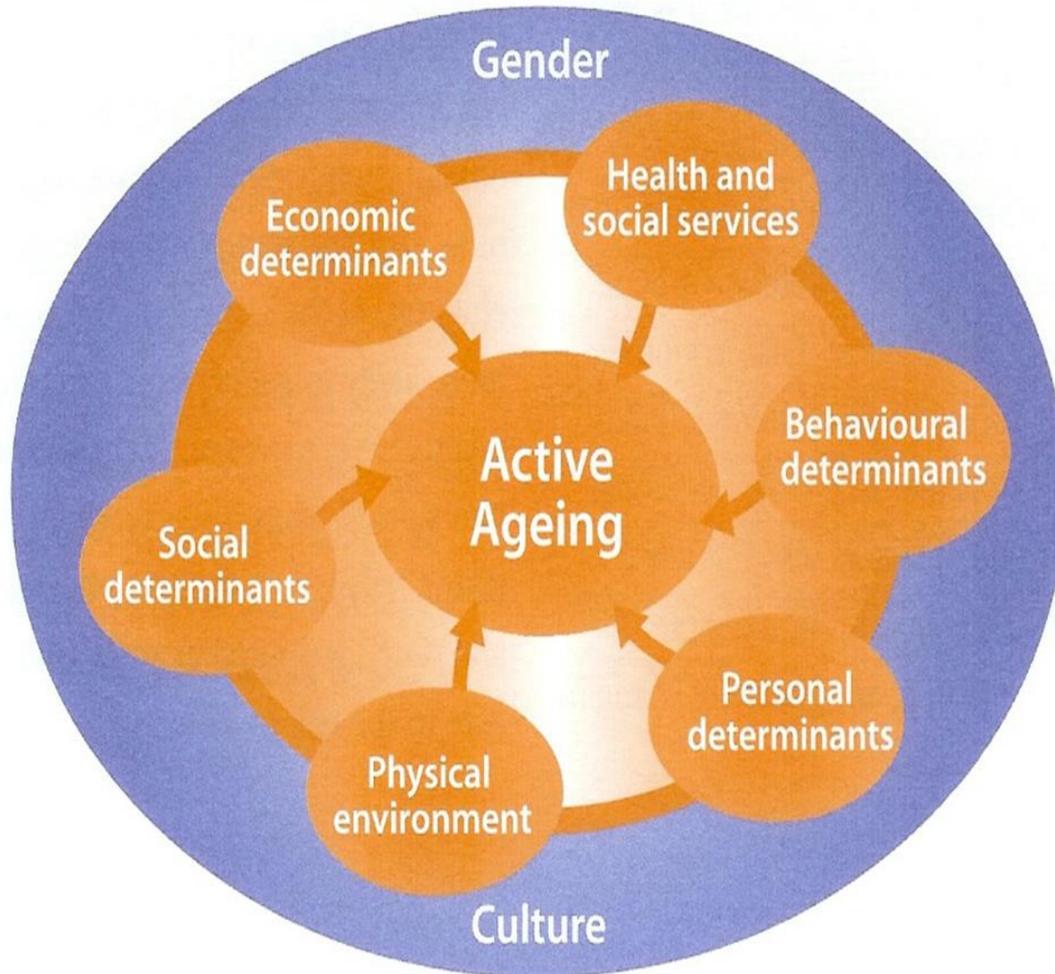
TO AGE IN PLACE... TO AGE IN THE COMMUNITY

Our Founding Vision

- Age in one's own home
- Be surrounded by loved ones
- Remain master of one's destiny
- Have access to affordable, quality care



Figure 8. The determinants of Active Ageing

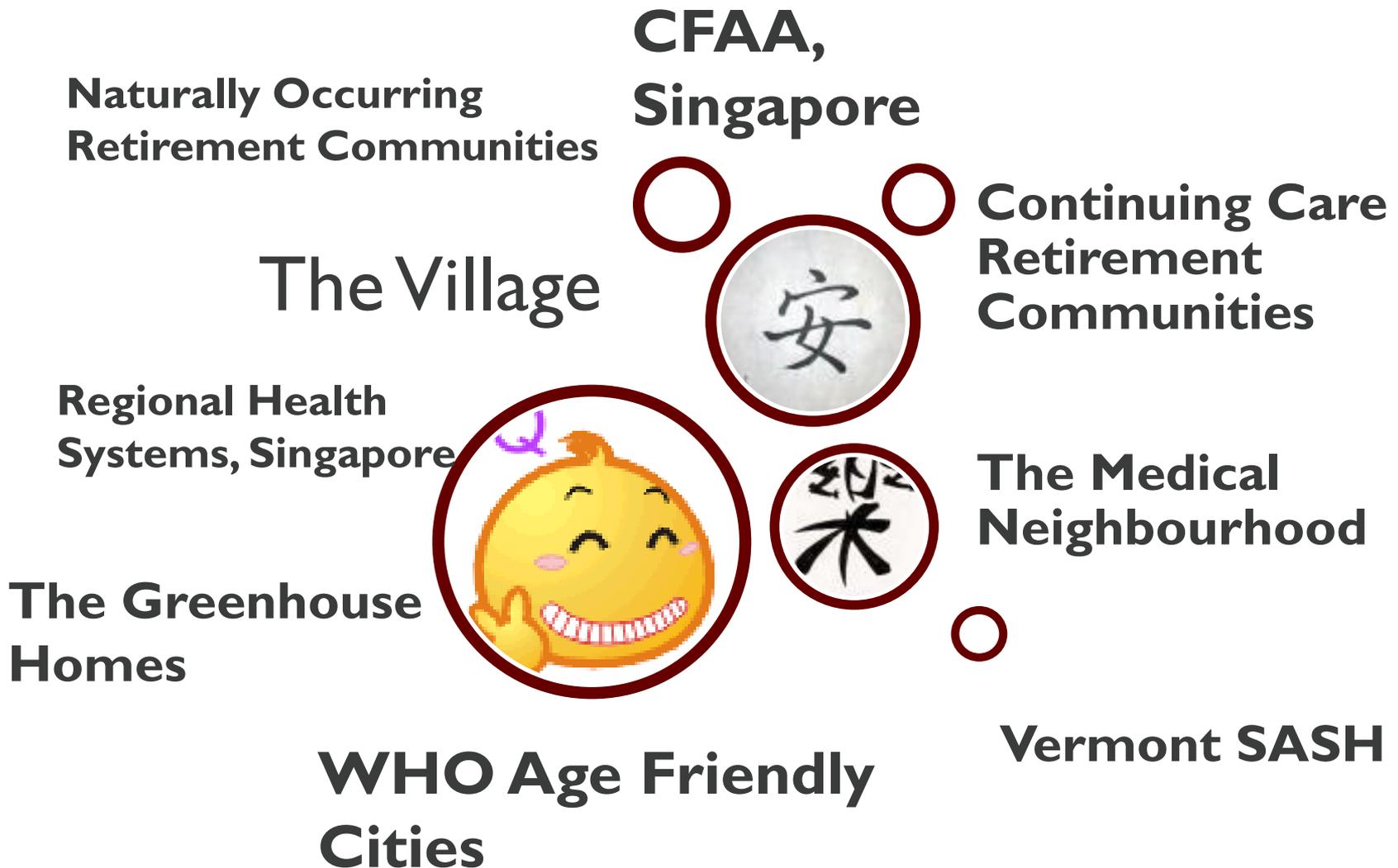


Four Pillars:

- **Health and Access to Care**
- **Participation**
- **Life-long Learning**
- **Income Security**

Source:WHO

AGEING IN PLACE – SOME EXISTING MODELS



THE PLACE TO BE : AN INSPIRATION FOR COMSA

It is a place that enables people of all ages to actively participate in community activities. It is a place that treats everyone with respect, regardless of their age. It is a place that makes it easy to stay connected to those around you and those you love. It is a place that helps people stay healthy and active even at the oldest ages. And it is a place that helps those who can no longer look after themselves to live with dignity and enjoyment

Source: WHO: Age Friendly Cities

WHY WHAMPOA?

Number of residents older than 60 years = 5,500 (18% of total population)

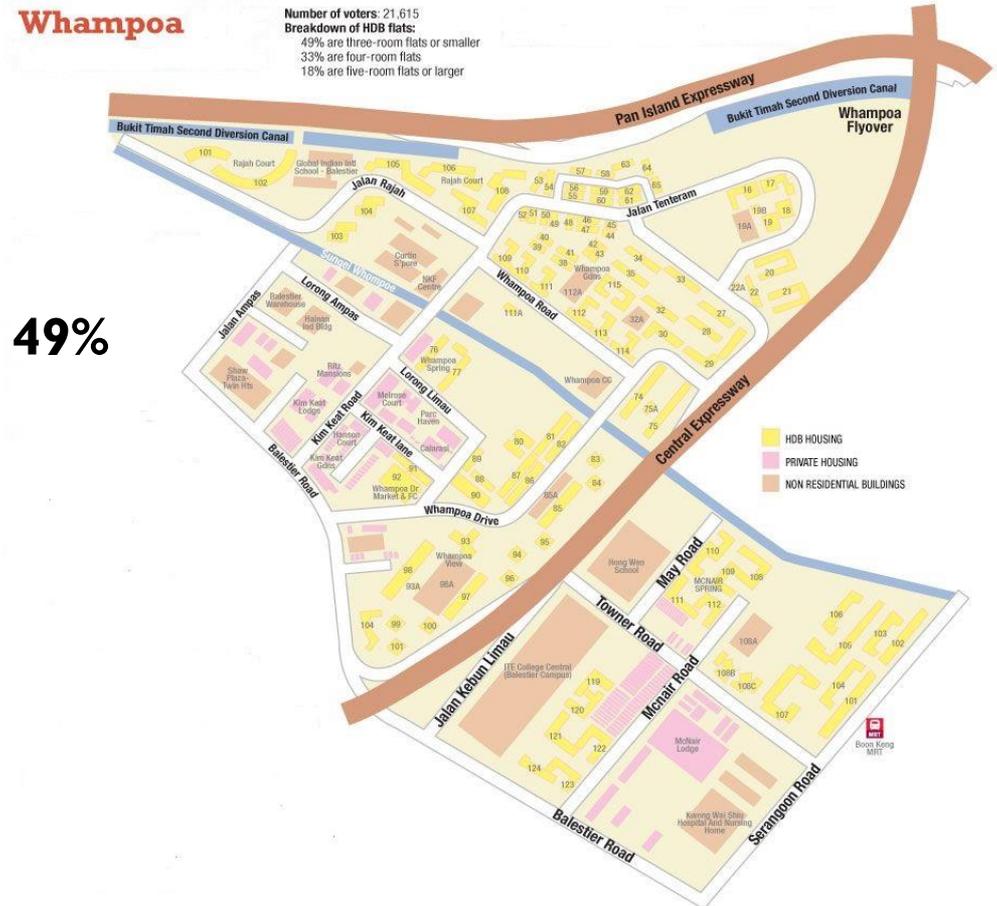
Housing type:

HDB 3 room flats or smaller - 49%

4-room HDB flats - 33%

5-room flats and bigger - 18%

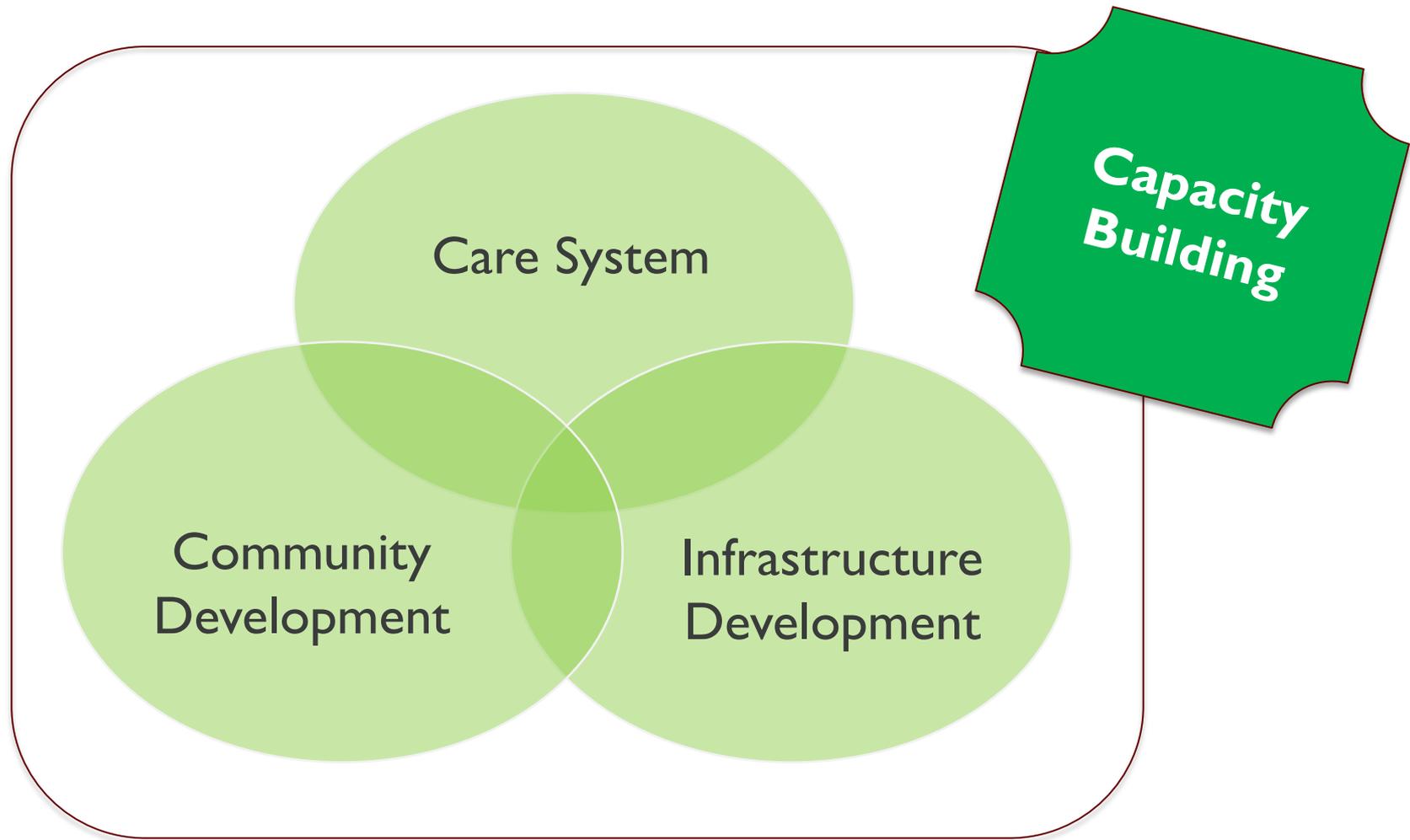
7 precincts



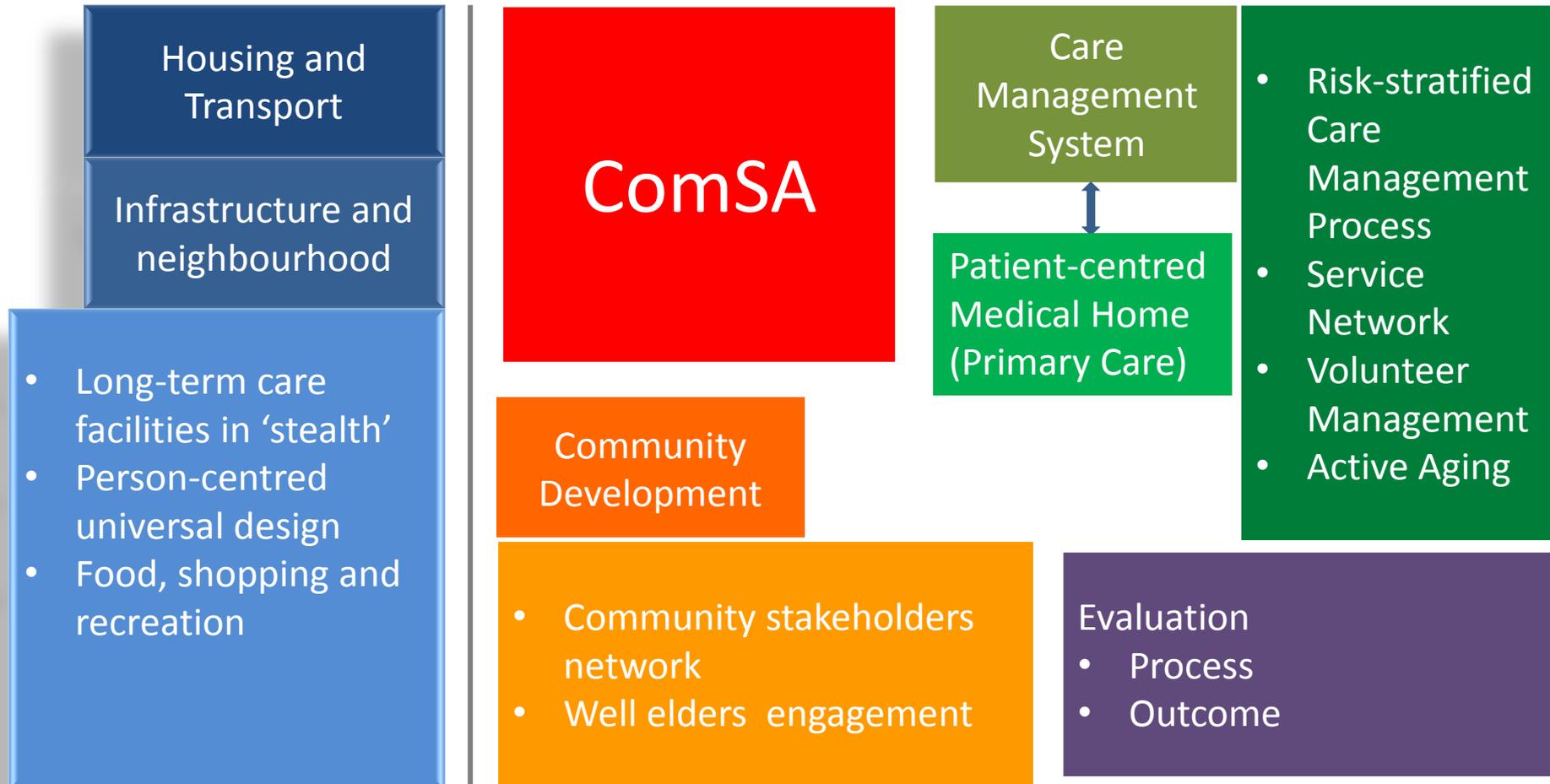
THE FORM



THE ComSA STRUCTURE



THE ComSA COMPONENTS

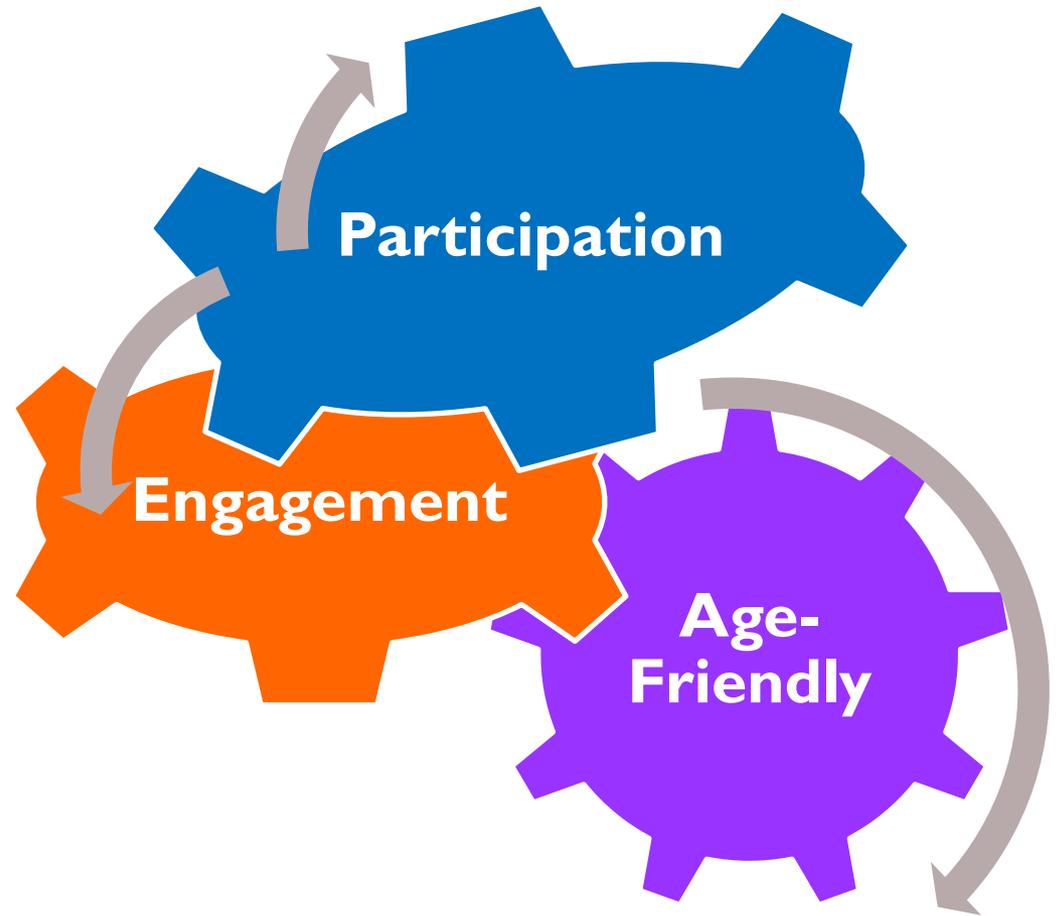


THE COMMUNITY-BASED CARE SYSTEM

- *Community needs assessment*
- *Community risk screening and risk stratification algorithm*
- *Care management system catering for simple to complex care needs*
- *Para-care manager volunteer management system*
- *Advanced primary care model for complex, frail elders and their families working closely with care management – the ‘Patient-Centred Medical Home’*
- *A service partners’ network*

COMMUNITY DEVELOPMENT

- **Self Care and Wellness Interest Groups**
- **Community Health Champions**
- **Community Health Partners**
- **Community Outreach and Engagement**



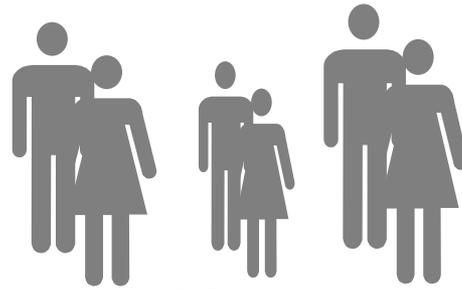


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Longevity is Opportunity

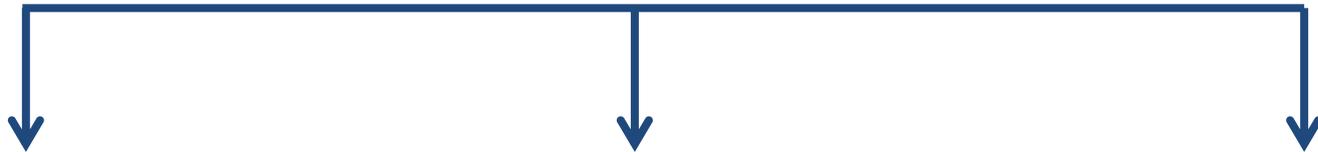
THE UNDERLYING PRINCIPLES



COMMUNITY WIDE, LIFE COURSE APPROACH TO WELLBEING



Lives



Population Segmented Across the Spectrum of Health Risk

High

Low

Healthy



PCMH

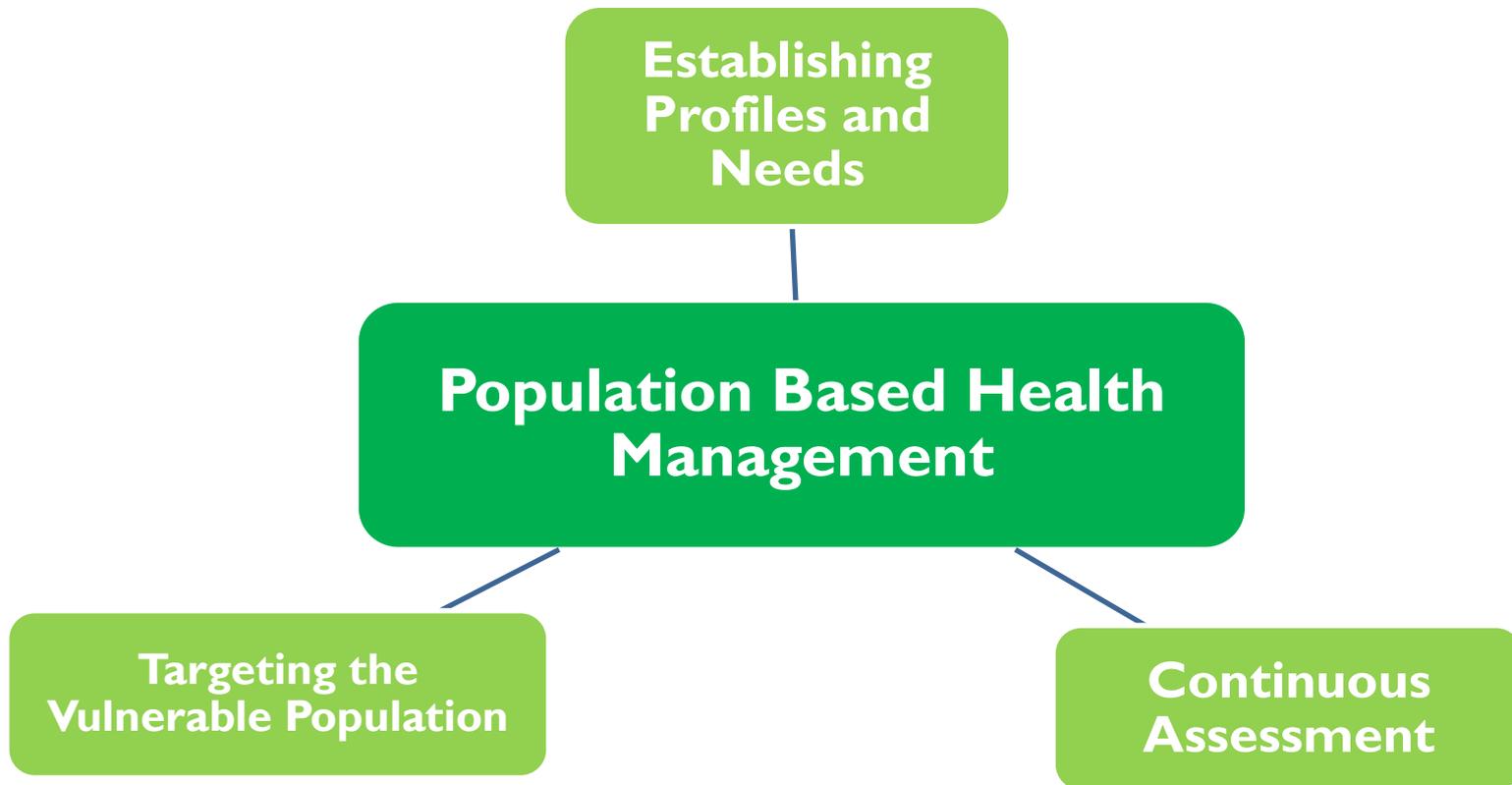
Care Management

SCOPE, Self Care

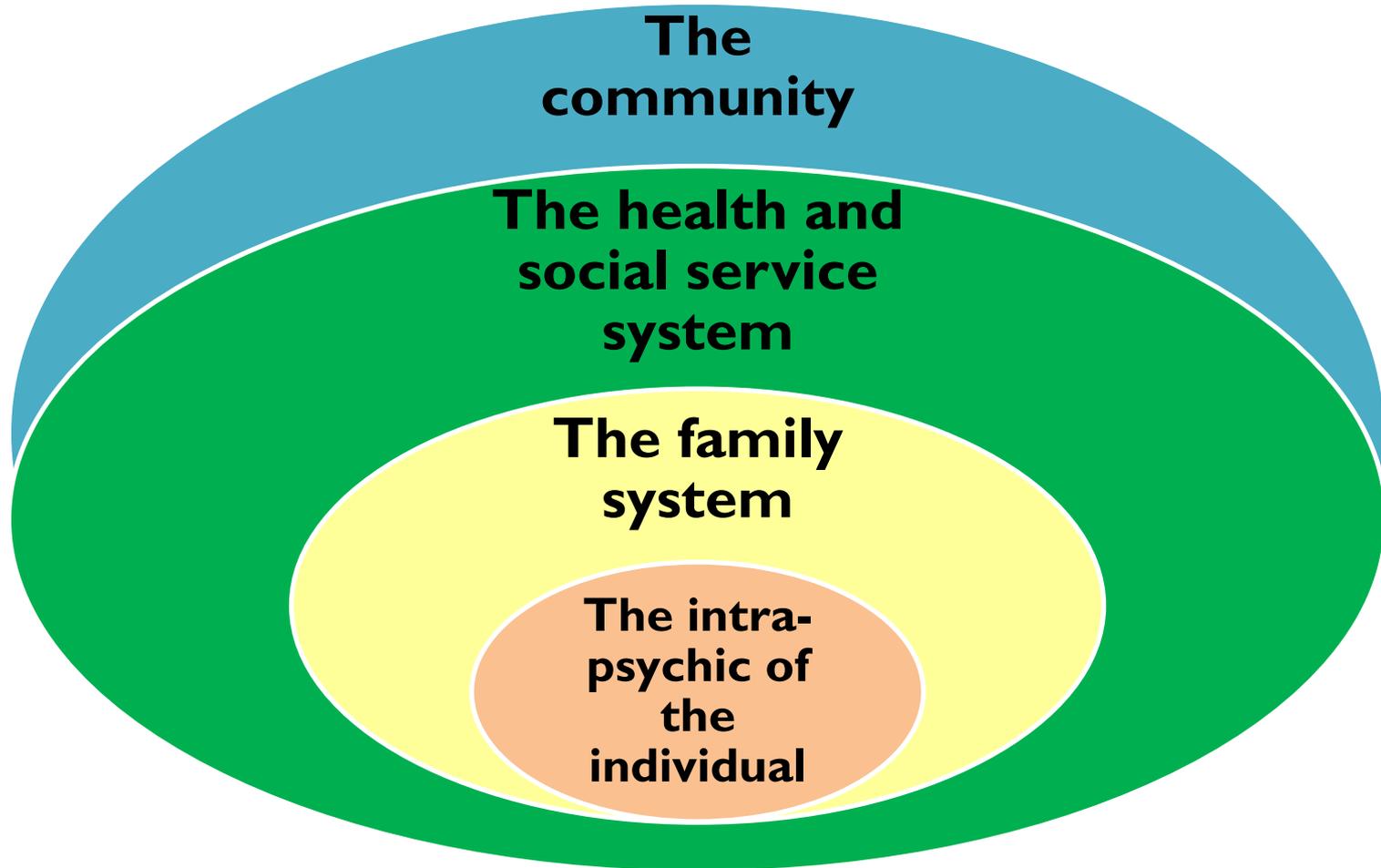


HEALTH AND PSYCHO-SOCIAL CARE

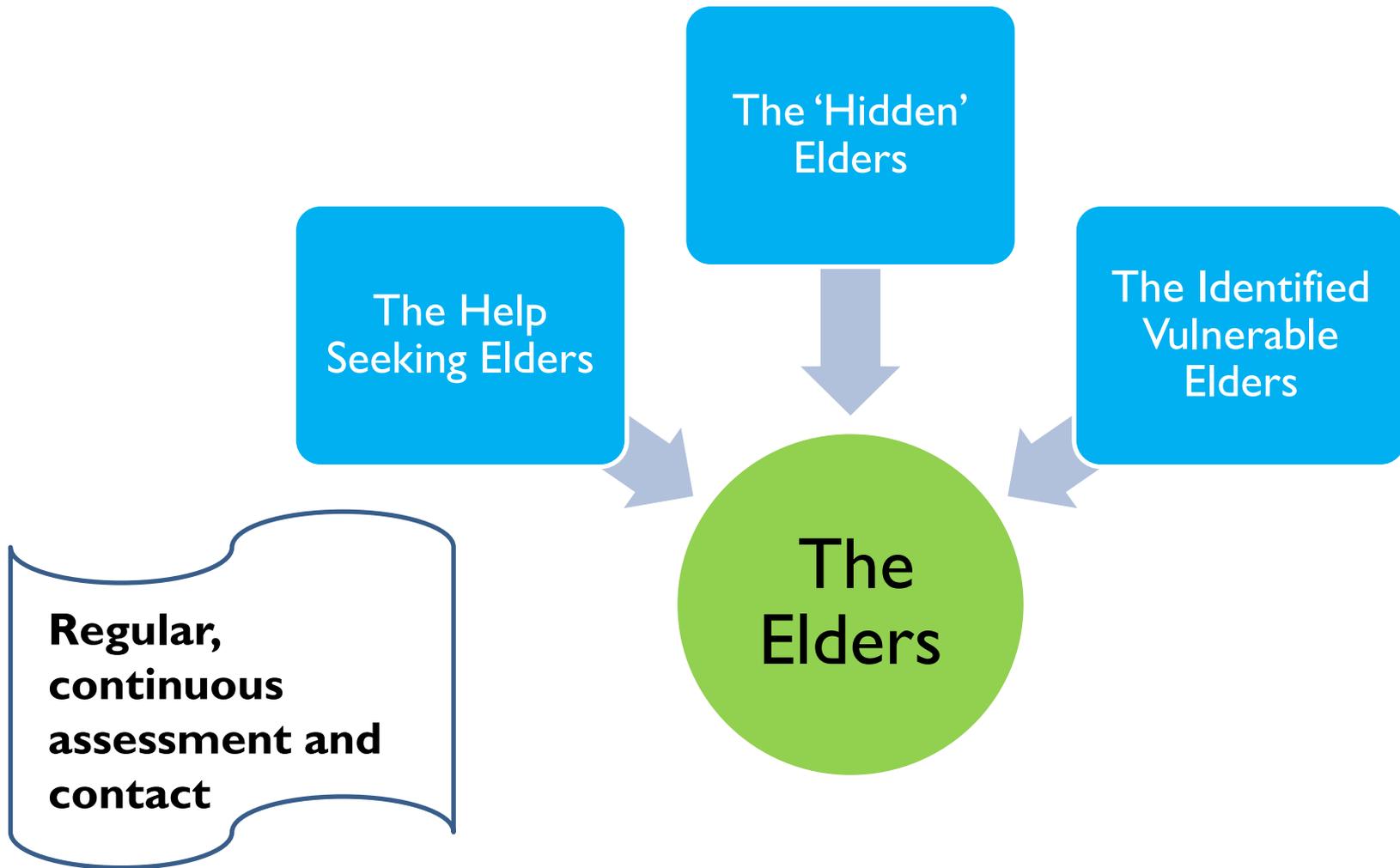
POPULATION-BASED HEALTH MANAGEMENT



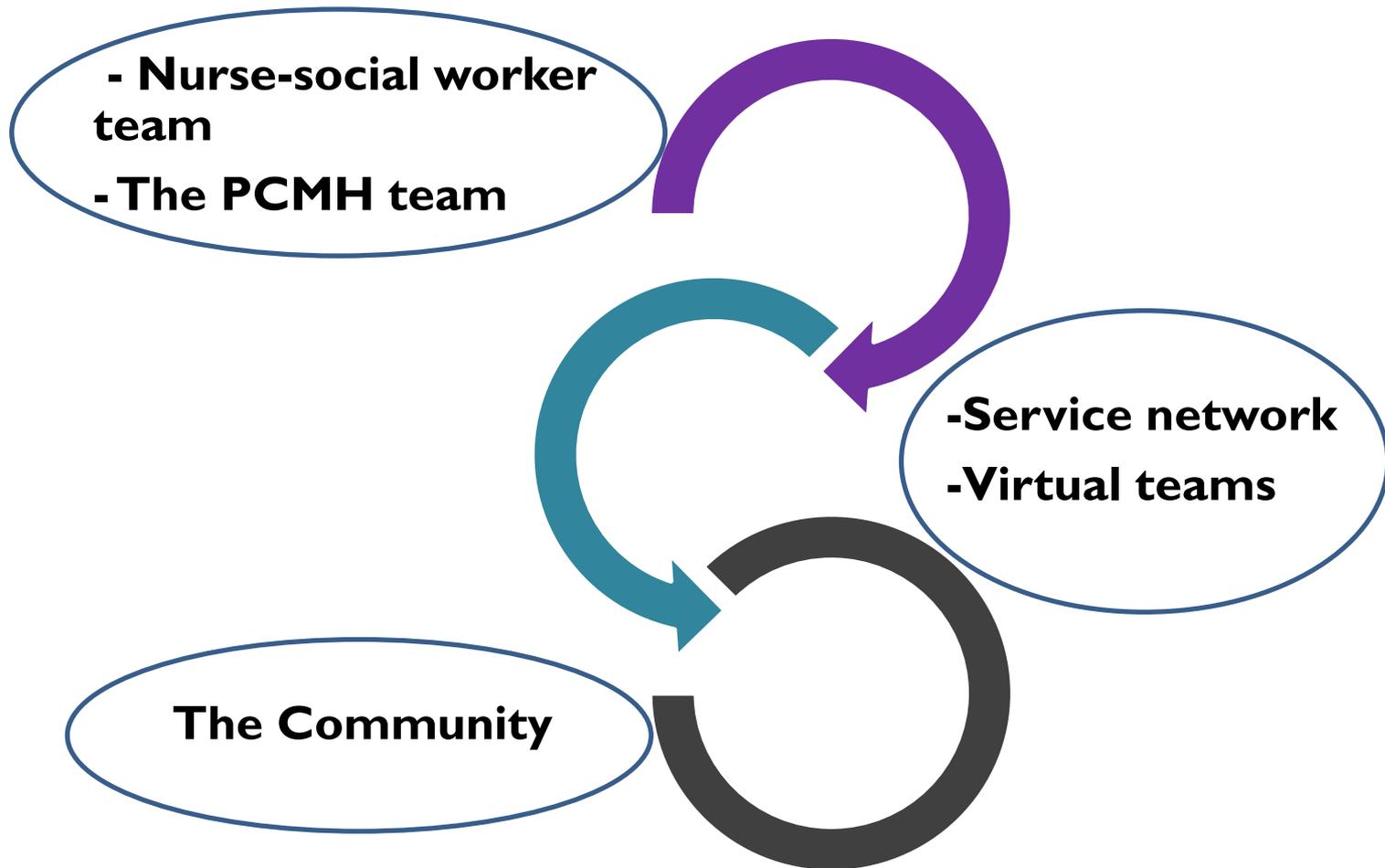
SYSTEMS INTERVENTIONS



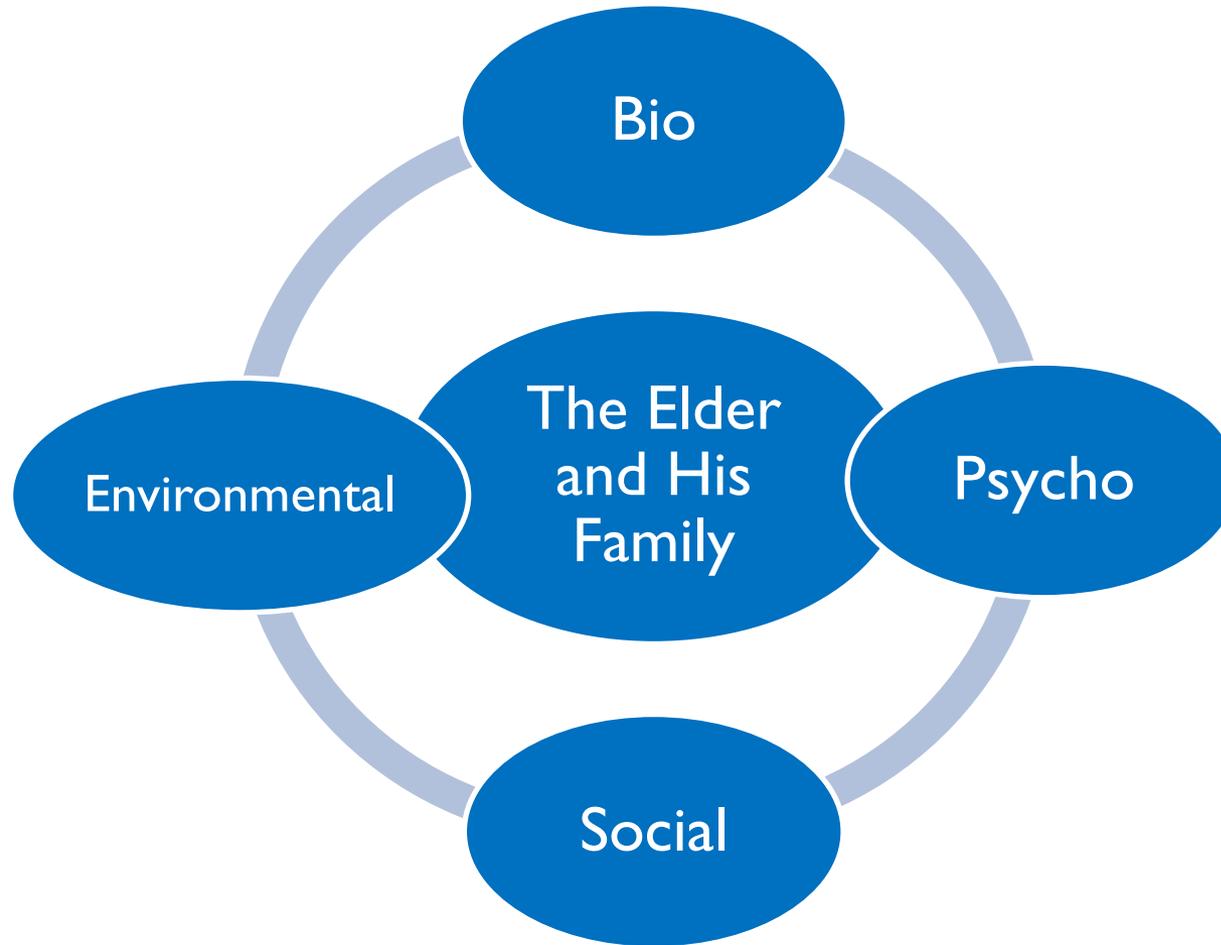
PREVENTIVE TO REMEDIAL



COLLABORATIVE AND TEAM-MANAGED



HOLISTIC AND COMPREHENSIVE



SUSTAINABILITY

Use of volunteers, virtual teams and community

'Main-streamable' programmes

Scalable through training

EVIDENCE-BASED



PROGRESS TO DATE

- **Completion of community survey in collaboration with CFAA@Whampoa**
- **A nurse-social worker led care management service**
- **Establishing the ‘Patient–Centred Medical Home’ for the most complex clients**
- **A volunteer para–care management service to support stable but vulnerable individuals**
- **Establishing health self–care groups for low-risk individuals**
- **A service partners’ network**
- **On-going validation of the risk screener**

A SOCIETY OF LONGER LIVES?

“It is a great gift that we live much longer than in previous generations. But to fully enjoy our longer lives, we need to adapt the structure of the life course as well as its institutions.”

Ursula M. Staudinger

<http://wisdom.unu.edu/en/active-aging/>



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THANK YOU

