

City For All Ages @ Whampoa

“欢乐家园”在黄埔





Objective

Develop Whampoa's own
“Masterplan” of Initiatives to help
seniors here age **Healthily, Actively**
and **Happily**



Why Whampoa

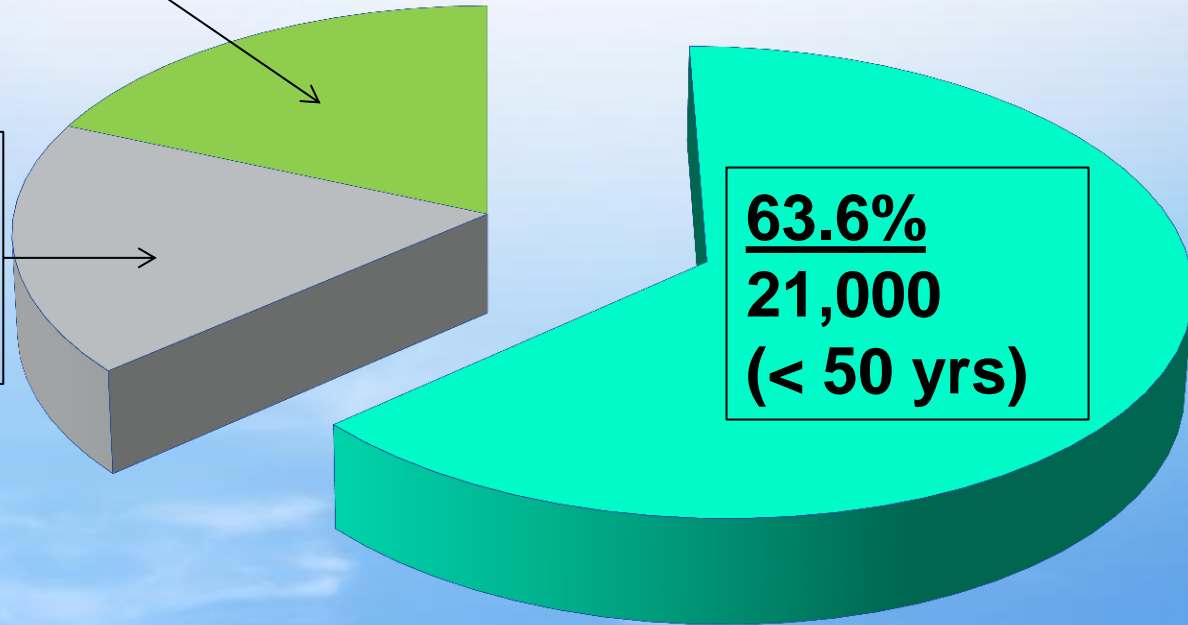


Demographics of Whampoa

Out of a population of
33,000 residents...

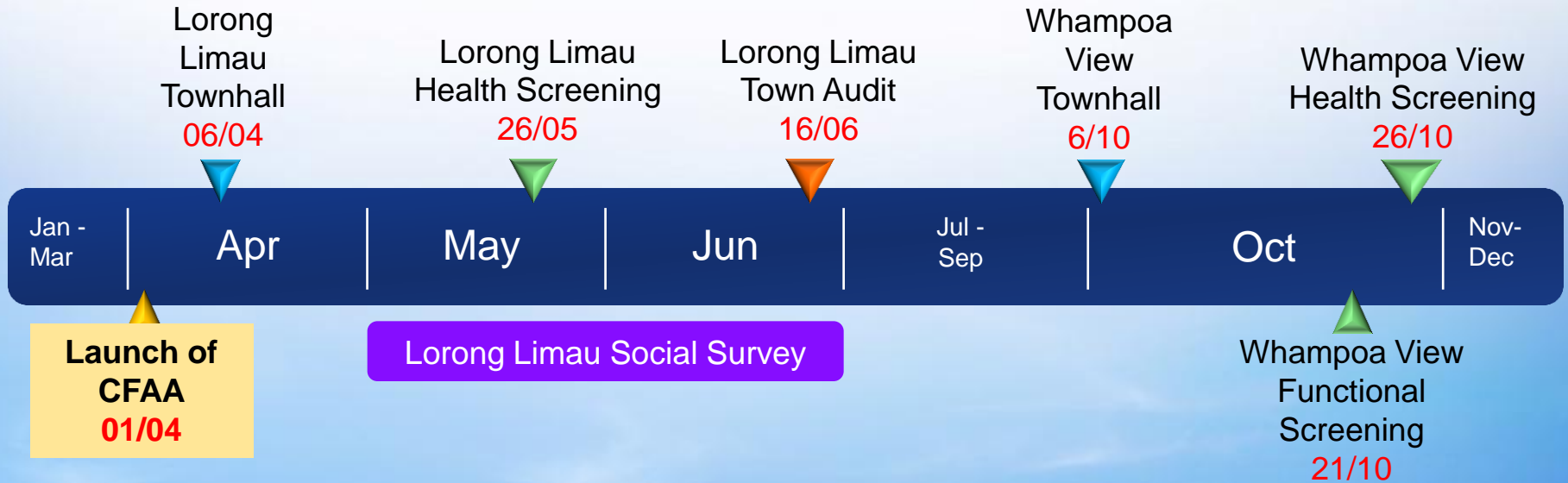
18.4%
6077
(>60 yrs)

18.0%
5,923
(50-60 yrs)

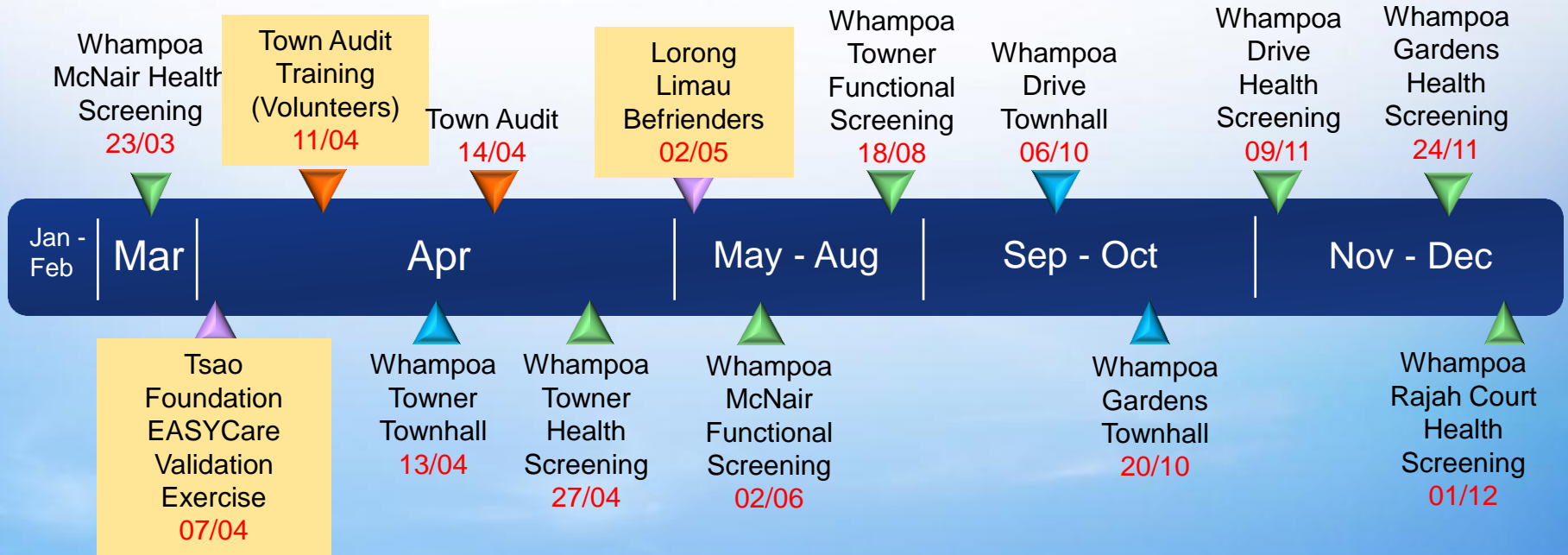


- <50 yrs
- 50-60 yrs
- >60 yrs

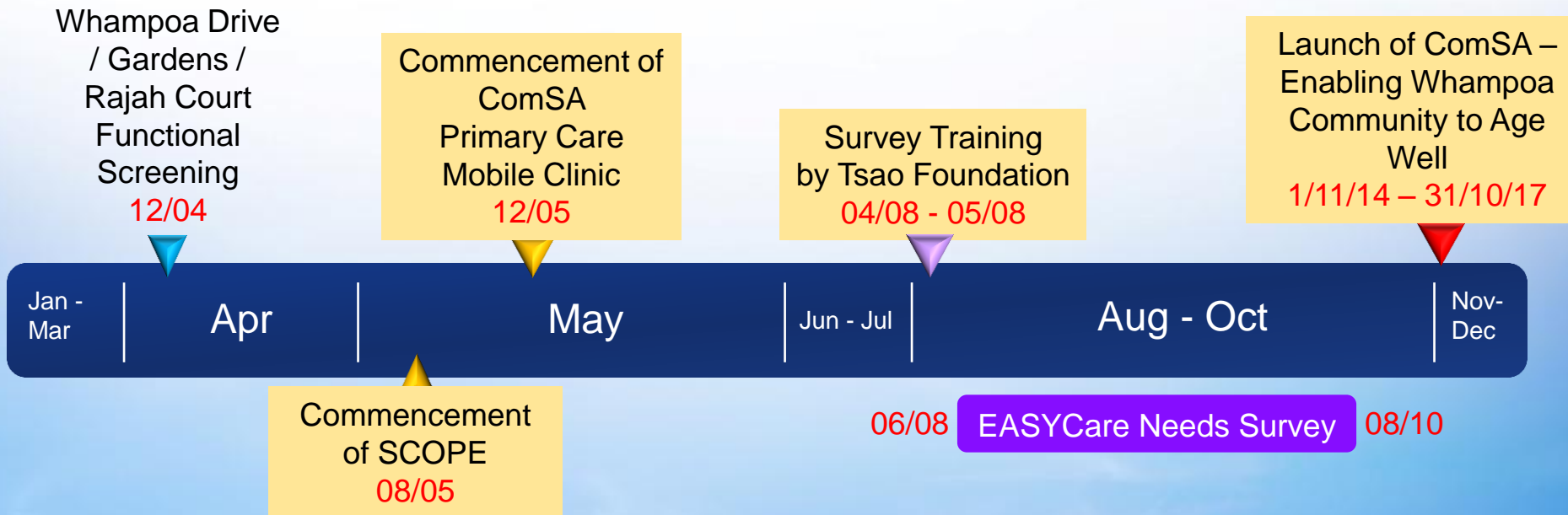
CFAA Timeline (2012)



CFAA Timeline (2013)



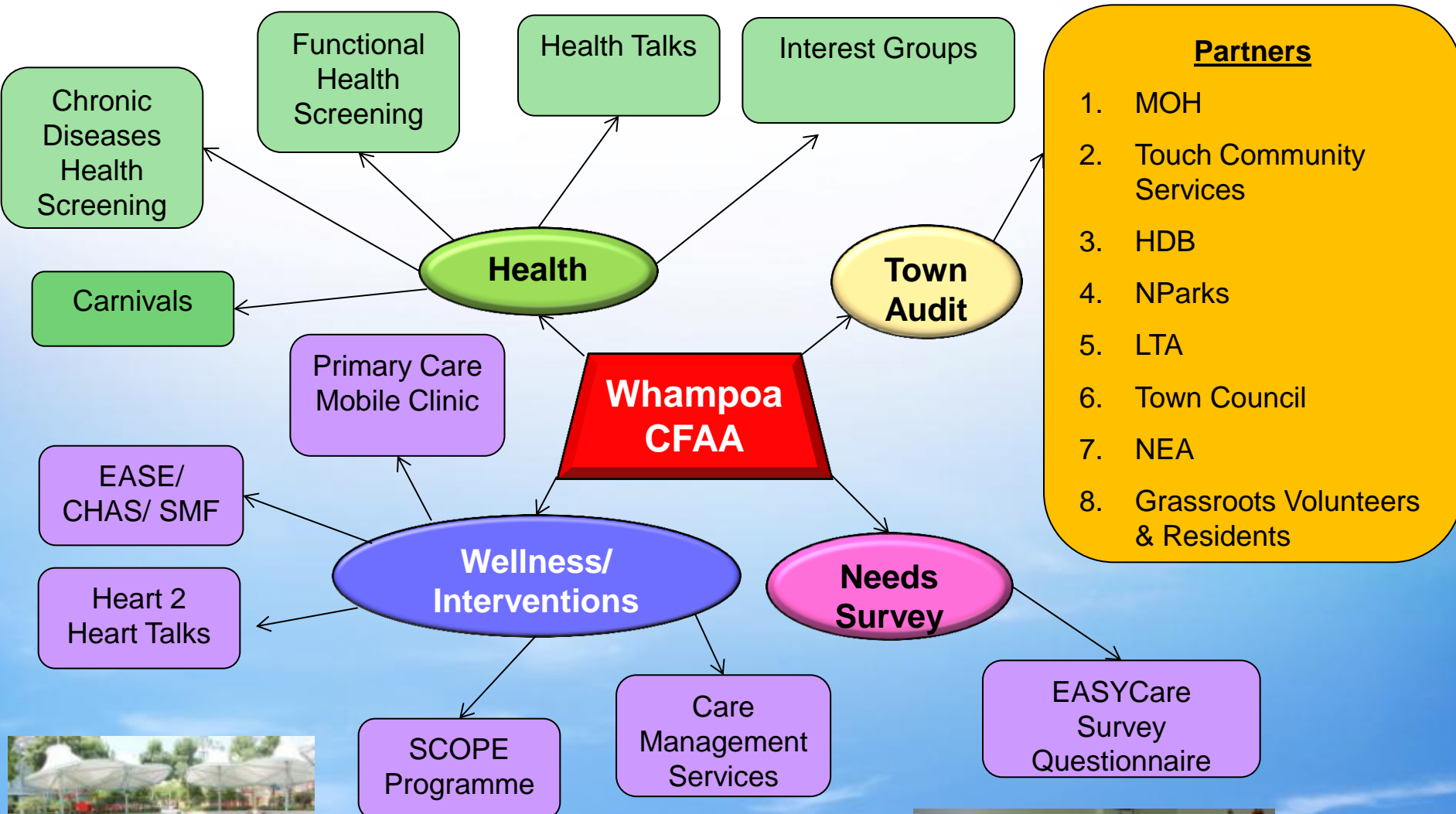
CFAA Timeline (2014)



Plan for 2015

- Approach and deepen engagement with seniors who have smaller social network. This is done through
 - active house visits
 - invitations to RC Tea Parties
 - recruitment to RC interest groups & events
 - continuous improvisation of programmes through feedbacks
- Implementation of SCOPE at all Whampoa RC Centres. This encourages
 - active self-care and better chronic diseases management
 - older persons to continue taking good care of each other





Townhall Forum



Dialogue Session



Bringing Schemes Closer



HEALTH SCREENINGS





Chronic Diseases Health Screening



Functional Health Screening



4 ↗

1 ↔

↕ 2



↘ 5



3 ↔



↘ 6



7 ↔



Town Audit



Volunteers walked the estate with ambulant seniors and residents on wheelchair to identify areas of improvement. This is carried out at each RC zone.



Before



Gap is a falls hazard for seniors



After



Gap is patched up



Difficulty in wheeling up



Smoothened out

Before



After



Short braking distance for wheelchairs

Gradual ramp constructed



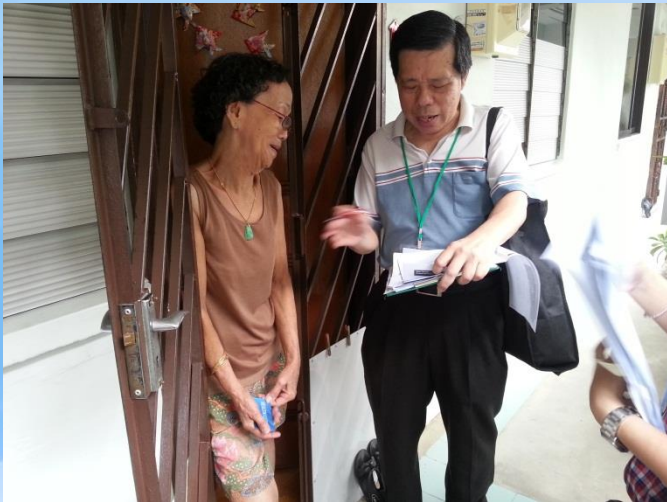
Narrow walkway with potential to fall off into the drain

Railings constructed along the entire stretch

Needs Survey



- **Pilot Social Survey done at lorong limau in May 2012**
- **Needs Survey done in August 2014 for remaining 6 RCs**
- Using EASYCare, a multi-dimensional assessment tool
- With specially trained interviewers by Tsao Foundation



INTERVENTION PROGRAMMES



ComSA @ Whampoa



Primary Care Mobile Clinic

- ❖ Offers primary healthcare for at-risk seniors
- ❖ Coordination of support services such as meal & financial assistance
- ❖ For seniors 60 years and above who are homebound or have difficulty leaving home for regular medical care



Self-Care on Health For Older Persons In Singapore (SCOPE)

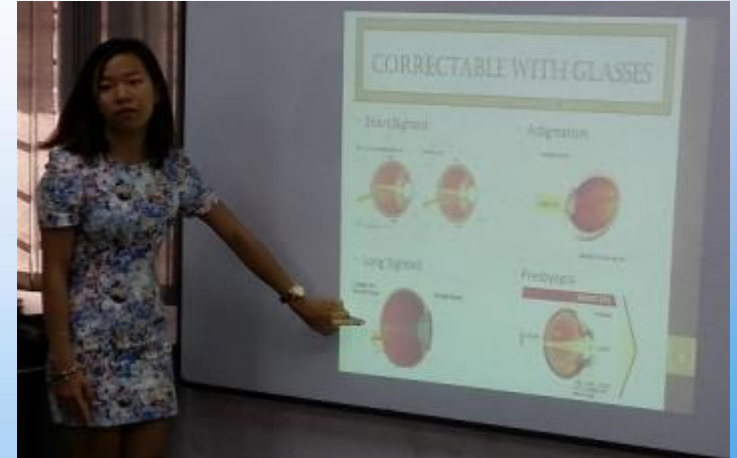


Functional Health Talks

Functional Health Talks are follow up programmes to Functional Screenings

Topics Include:

1. Mental Depression
2. Importance of Dental Health
3. Causes of Poor Vision in Elderly
4. Common Hearing Problems in Elderly
5. Urinary Continence



Talk on Poor Vision



**Urinary Continence
Talk**

Heart-To-Heart Talks



Blood Pressure Monitoring

1



Introduction & Sharing

2



**Sharing of self-care health tips –
Knee exercises**

3



Healthy Refreshments prepared by Health Ambassadors

4

Enriched seniors



Heart-To-Heart Talks



Heart-To-Heart Talks – Heart Smart Oil Free Cooking Demonstration

Recipes shared:

1. Broccoli Mushroom Pie
2. Quinoa Chickpea Salad



**WELLNESS
PROGRAMME @
Whampoa**





Whampoa Health Talk Series 2015 “East Meet West On Health Issues”



黄埔健康保健讲座系列2015年 “中西谈健康”

陈言森医生
Dr Tan Yong Seng, PBM
Senior Consultant Heart Specialist

王贵南医师
Dr Ong Kwee Nam
TCM Practitioner

DATE / 日期	SPEAKER / 主讲者	TOPIC / 讲题
26/04/2015	陈言森医生, PBM 和王贵南医师 Dr Tan Yong Seng, PBM & Dr Ong Kwee Nam	East Meet West: Health and Longevity 健康长寿: 科学养生 (药补, 食补, 气补, 意补)
28/06/2015	陈言森医生, PBM 和王贵南医师 Dr Tan Yong Seng, PBM & Dr Ong Kwee Nam	East Meet West: Insomnia 天天好睡眠: 失眠/ 提升睡眠质量
27/09/2015	陈言森医生, PBM 和王贵南医师 Dr Tan Yong Seng, PBM & Dr Ong Kwee Nam	East Meet West: Weight Management 我為何觉得飢餓? 体重管理/永久性保持健康体重



Health Talks

Uniqueness:

Blood Pressure monitoring assisted by Whampoa Health Ambassadors before each talk



Taking charge of their health



Health Talks



**Dr Tan shares topics
on chest pains**

Taking notes...



Your Whampoa Health Carnival



Falls Risk Assessment



Blood Pressure Monitoring



HPB 'Wheel of Health'



Rummy O Contest



Your Whampoa Carnival



WELLNESS PROGRAMME:

Social Engagement



Social Engagement through Interest Groups & Activities

i-Active Living Interest Group



i-Rummy O Interest Group



i-Otago Taichi Interest Group



Dance Fit Club



i-Sing & Dance



Dazzling Whampoa





Knees Exercises



Making Friends

SCOPE Programme



Whampoa CFAA Partners

Anchor Partners:



MINISTRY OF HEALTH
SINGAPORE



Tsao Foundation
Longevity is Opportunity

Health Screenings



Tan Tock Seng
HOSPITAL



太和观 THK



Adding years of healthy life

ST Logistics Pte Ltd

the total integrated logistics solution...

Town Audit



Moulmein-Kallang
TOWN COUNCIL



Interventions



KWONG WAI SHIU HOSPITAL
廣惠肇留醫院
Since 1910



Better Jobs For Life
Employment and Employability Institute



Thank You

