

# Aging center to research Singapore's elderly population

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A new center dedicated to health and independence among Singapore's elderly population launched last month.

The International Longevity Centre Singapore (ILC-Singapore) blends services, research and advocacy programs focused on the nation's rapidly aging population — one in five citizens will be 65 or older by 2030.

"We recognize that to be able to catalyze constructive change at a broader level, we must engage policy makers and other stakeholders in fully understanding the impact of aging... in seeking solutions that make sense for all," said Dr. Mary Anne Tsao, president of the Tsao Foundation, a non-profit organization focused on successful ageing, which established the ILC-Singapore.

Project SCOPE (Self-Care on health for Older Persons in Singapore), the first ILC program, is an initiative to evaluate elderly persons' ability to care for their own health, chronic diseases and functionality using an intervention program through a 2-year randomized, controlled trial of 400 people from

the Ang Mo Kio and Tiong Bahru neighborhoods.

The ILC is one of a consortium of 12 ILCs around the world, including centers in Japan, India, the US, UK and South America.

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The Singapore center has already released a report on the socioeconomic profile of local elderly men and women. On average, the life span of a woman here is 82 years while men live an average of 78 years.

Dr. Tan Chor Chuan, president of the National University of Singapore, said the results indicate the necessity of gender-specific policies with regard to aging populations.

"Research is one of the cornerstones of ILC activity and its principle aim is to con-



Officials gather to connect the Partnership Puzzle and launch ILC-Singapore's Self Care on Health of Older People in Singapore (Project SCOPE).

nect the dots between policy, practice, research and the wider community, all the

time working very closely with our elderly population at its core," Tan said. 