LAUNCH OF THE COMMUNITY FOR SUCCESSFUL AGEING
AT WHAMPOA

IT TAKES A KAMPONG:
THE BLUEPRINT FOR ComSA

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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

Naturally Occurring Retirement Communities

CFAA, Singapore

The Village

Continuing Care Retirement Communities

The Medical Neighbourhood

Regional Health Systems, Singapore

The Greenhouse Homes

WHO Age Friendly Cities

Vermont SASH
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
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

Care System

Community Development

Infrastructure Development

Capacity Building

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THE ComSA COMPONENTS

- Housing and Transport
  - Infrastructure and neighbourhood
  - Long-term care facilities in ‘stealth’
  - Person-centred universal design
  - Food, shopping and recreation

- ComSA
  - Community Development
    - Community stakeholders network
    - Well elders engagement

- Care Management System
  - Patient-centred Medical Home (Primary Care)

- Evaluation
  - Process
  - Outcome

- Active Aging
- Risk-stratified Care Management Process
- Service Network
- Volunteer Management

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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
THE UNDERLYING PRINCIPLES
COMMUNITY WIDE, LIFE COURSE APPROACH TO WELLBEING

Population Segmented Across the Spectrum of Health Risk

- High
- Low
- Healthy

PCMH
Care Management
SCOPE, Self Care

Disease Prevention
Health Promotion

HEALTH AND PSYCHO-SOCIAL CARE
POPULATION–BASED HEALTH MANAGEMENT

Establishing Profiles and Needs

Population Based Health Management

Targeting the Vulnerable Population

Continuous Assessment
SYSTEMS INTERVENTIONS

The community

The health and social service system

The family system

The intra-psychic of the individual
PREVENTIVE TO REMEDIAL

The Elders

The ‘Hidden’ Elders

The Help Seeking Elders

The Identified Vulnerable Elders

Regular, continuous assessment and contact
COLLABORATIVE AND TEAM-MANAGED

- Nurse-social worker team
- The PCMH team

- Service network
- Virtual teams

The Community
HOLISTIC AND COMPREHENSIVE

The Elder and His Family

Bio

Environmental

Social

Psycho
SUSTAINABILITY

- Use of volunteers, virtual teams and community
- ‘Main-streamable’ programmes
- Scalable through training
EVIDENCE-BASED

Process Evaluation

Impact Evaluation
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/
THANK YOU