

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

**“Enabling Whampoa to Age Well”
Through Community Development**

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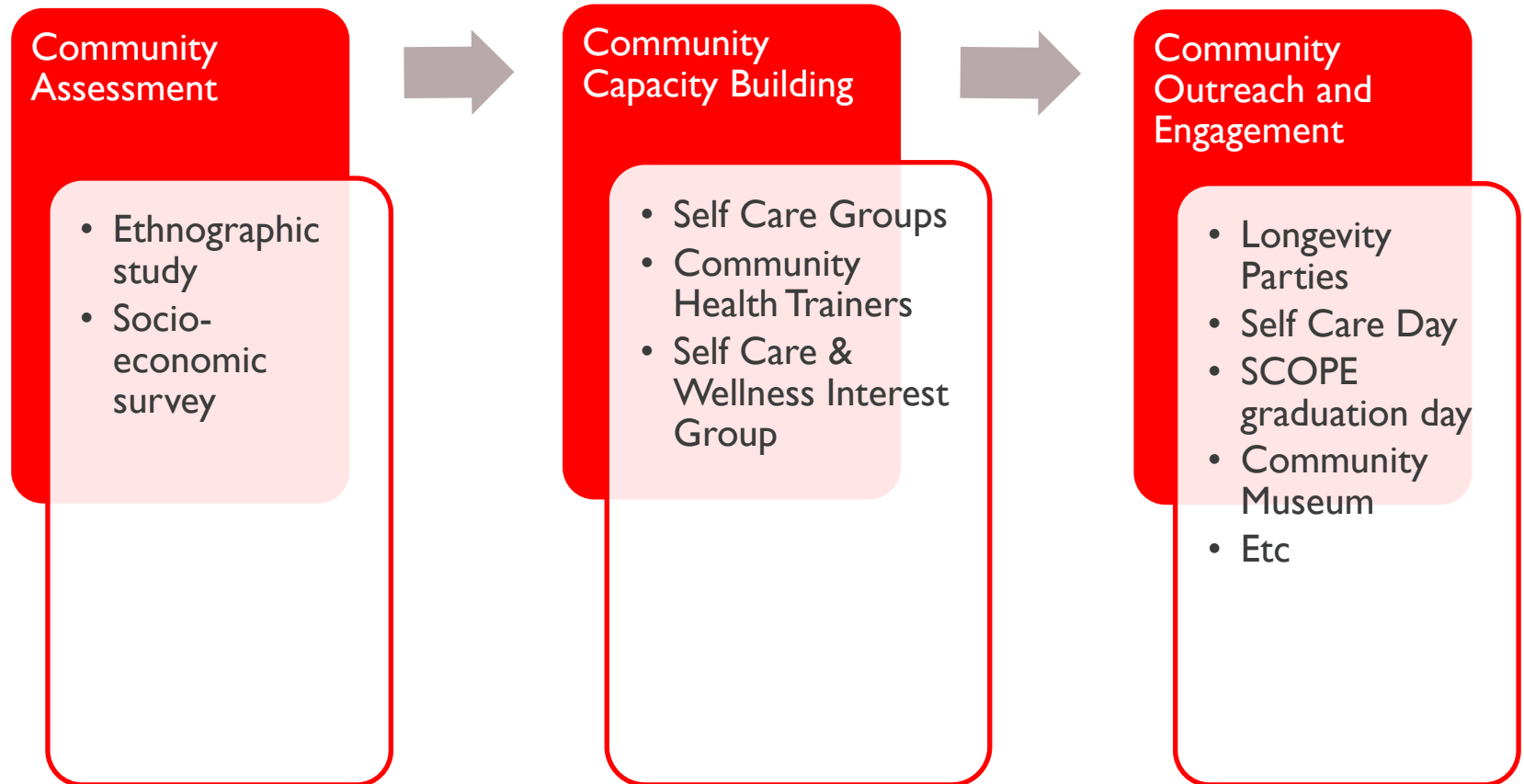
COMMUNITY DEVELOPMENT

1. **UN definition**: "a **process** where community members come together to take collective action and generate solutions to common problems." It is a broad term given to the practices of civic leaders, activists, involved citizens and professionals to improve various aspects of communities, typically **aiming to build stronger and more resilient local communities**.
2. **WHO** – **Quality of community life, social support and social networks** are major influences on individual and population health, both physical and mental.
3. **Mobilisation of assets within communities, promoting equity and increasing people's control over their health and lives**

ENABLING WHAMPOA COMMUNITY TO AGE WELL

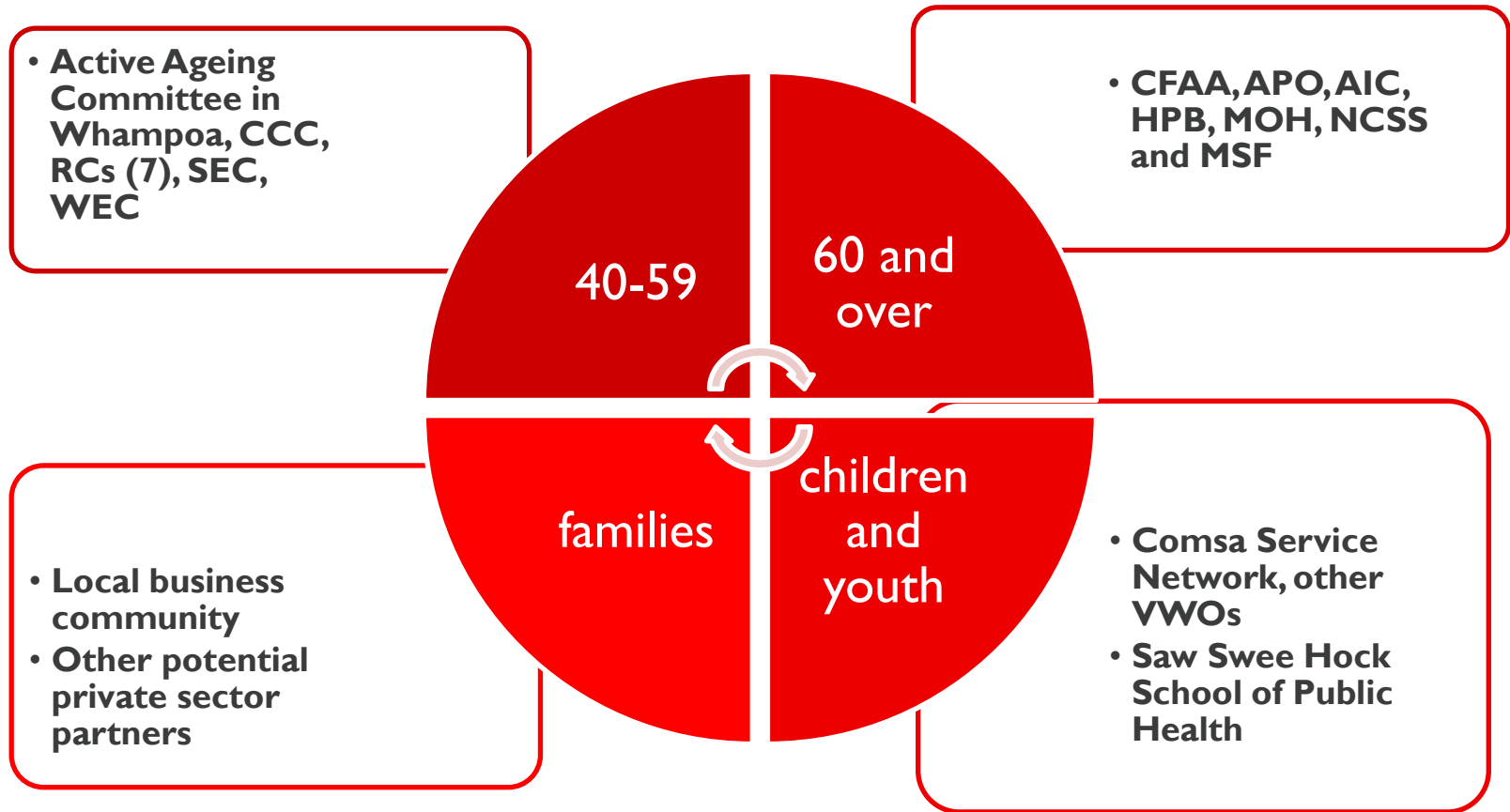
- PROCESS to ENABLE WHAMPOA
- To AGE WELL (social capital, healthy lifestyles and positive ageing)
- As a COMMUNITY, by setting up social support and social networks
 - **Self care groups (SCOPE)**
 - **Health Partners**
 - **Community Health Trainers**
 - **Self Care and Wellness Interest Group**
- Will run for 3 years, from November 1, 2014 to 31 October 31, 2017

PROGRAMME COMPONENTS



Programme evaluation by a research team from the Saw Swee Hock School of Public Health

COLLABORATION PARTNERS AND TARGET PARTICIPANTS





Tsao Foundation

Longevity is Opportunity

THANK YOU

