LAUNCH OF THE COMMUNITY FOR SUCCESSFUL AGEING AT WHAMPOA

“Enabling Whampoa to Age Well” Through Community Development

Susana Concordo Harding
Director, International Longevity Centre Singapore
Tsao Foundation
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

Community Assessment
- Ethnographic study
- Socio-economic survey

Community Capacity Building
- Self Care Groups
- Community Health Trainers
- Self Care & Wellness Interest Group

Community Outreach and Engagement
- Longevity Parties
- Self Care Day
- SCOPE graduation day
- Community Museum
- Etc

Programme evaluation by a research team from the Saw Swee Hock School of Public Health
COLLABORATION PARTNERS AND TARGET PARTICIPANTS

40-59

60 and over

families

children and youth

• Active Ageing Committee in Whampoa, CCC, RCs (7), SEC, WEC
• Local business community
• Other potential private sector partners

• CFAA, APO, AIC, HPB, MOH, NCSS and MSF

• Comsa Service Network, other VWOs
• Saw Swee Hock School of Public Health

60 and over

children and youth

families

40-59
THANK YOU