



# AGEING SUCCESSFULLY IN THE COMMUNITY



Ageing  
Planning  
Office



# Ageing population has led to changing social and healthcare needs



- Changing social needs
  - Greater need for social support
  - Greater risk of social isolation



- Changing healthcare needs
  - More hospital visits and longer hospital stays
  - More chronic and long-term care needs

Needs are also getting more intertwined

# We are responding by making care more age-appropriate

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## Shifting towards care at home and the community

Younger Population

Acute, Episodic  
Healthcare needs

- Acute-centric care
- Acute care as the focus of healthcare delivery
- Focus on acute care



Ageing Population

Chronic and long-term  
Healthcare needs

- Enabling seniors to age-in-place; greater focus on:
  - ✓ Preventive health and active ageing
  - ✓ Long-term care

# Enabling seniors to age in place

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Keep  
Seniors  
**Healthy,  
Active and  
Safe**



Provide  
**Access** to  
**Quality** and  
**Affordable**  
Care

# Ageing in Place in Singapore

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Keep  
Seniors  
**Healthy,  
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- Keeping seniors healthy
- Provide senior-friendly housing and towns
- Building senior-friendly communities across Singapore

# Keeping Seniors **HEALTHY**

## ■ People's Association's Wellness Programme

- Launched in 2008
- Rolled out to all 87 constituencies at end FY2012
- Regular health screening, physical exercise programmes and social interest groups to keep seniors physically, mentally and socially active



## ■ Promote active ageing through C3A

- Senior volunteerism and lifelong learning programmes



# Senior-friendly HOUSING AND TOWNS

## ■ Senior-friendly housing - Studio Apartments

- Studio apartments
- Multi-generation family-friendly housing
- Monetising housing assets
  - Enhanced Lease Buyback
  - Silver Housing Bonus



## ■ Enhancement for Active SEniors (EASE)

## ■ Silver Zones

## ■ Barrier Free Access





# Building senior-friendly communities across Singapore through City For All Ages project



## Healthy and Active

- Get screened early
- Manage their conditions well
- Exercise and lead healthy lifestyles



## Part of a Closely Knit Community

- Have friends and know where to get help
- Those who live alone are not lonely, and engaged by the community



## Able to Live Independently & Confidently

- Can get around their flat and town safely and confidently
- Those who need help will be cared for



Example

## In Whampoa...



### Heart 2 Heart Talk

One of the GRLs in Whampoa is a heart specialist. He conducts “Heart 2 Heart” talks for the senior residents. During the talk, residents can pick up tips on chronic disease management and are encouraged to take charge of their health.



### ComSA @ Whampoa

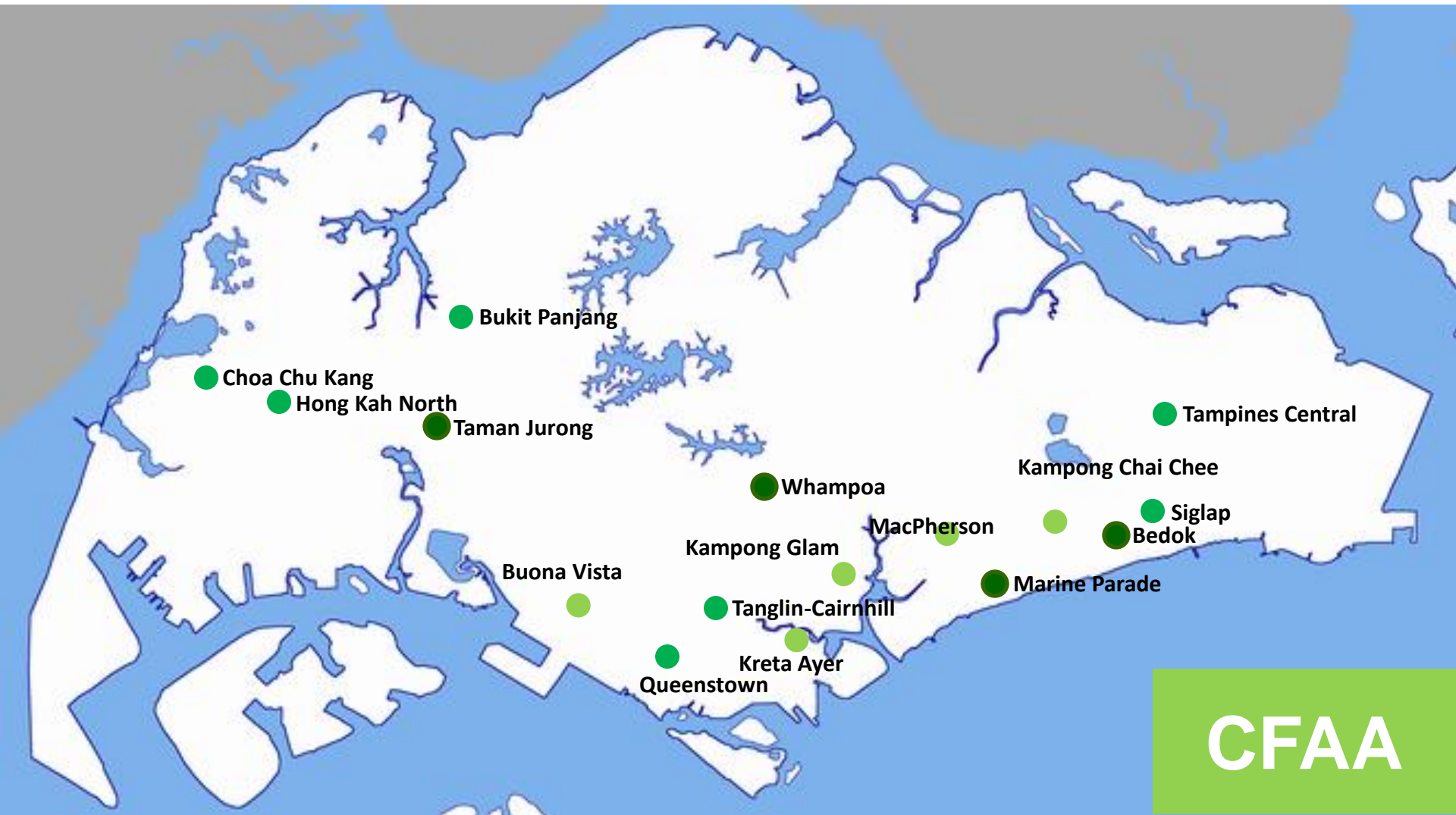
Partnership between Whampoa and Tsao Foundation, introducing a care management pilot project for the seniors.

Survey + Case Management +  
Primary Care Mobile Clinic



The mobile clinic is housed in the RC.

# Building senior-friendly communities across Singapore through City For All Ages project



# Ageing in Place in Singapore

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- Building up home-based care services
  - Home care
  - Centre-based care
- Nursing home as a back-up

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- Improving accessibility
- Enhancing quality
- Enhancing affordability



# We are ramping up capacity aggressively



**Home Care**

E.g. Home Care Suite



**Community Care**

E.g. Senior Care Centre (SCC)



**Nursing Home Care**

Capacity in 2012

4,500 home places	2,100 day places	8,800 beds
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Current Capacity

6,500 home places	3,100 day places	9,800 beds
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Targeted Capacity by 2020

10,000 home places	6,200 day places	17,000 beds
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# Integrating care to be more person-centric through our Regional Health Systems

We need to reorganise our system to deliver patient-centric care through the integration of services and processes



Moving away from acute, episodic care towards person-centric care. With primary, acute, intermediate & long term and home care working together to support Singaporeans

# Making home care more comprehensive to support Care at Home

- **Current suite of home care services** to meet diverse needs of seniors and caregivers at home

Aid transition from hospital to home

## **INTERIM CAREGIVING**

12-hour, 6 days a week caregiving service at home post-discharge

## **HOME ENVIRONMENT**

Assessment and home modification on admission to home care

## **TRANSITIONAL CARE**

- Intensive home care post-discharge for those with complex needs



[Photo credit: The Pond © The Pond Photography](#)

Anchored by long-term care services

## **HOME REHAB**

Active and supportive rehab for those who cannot go CHs, DRCs

## **DEMENTIA SUPPORT**

Behaviour management

- Respite and elder-sitting support for caregivers

## **HOME PALLIATIVE**

- More intensive home care for those nearing end-of-life

To meet specialised needs

## **HOME HEALTH**

- Home medical
- Home nursing
- Care coordination

## **HOME PERSONAL CARE**

- Assistance with personal care and hygiene
- Housekeeping, laundry



# Innovating to support Care at Home



**Community health screening:**  
Picking up conditions early one



**SPICE:** Supporting nursing home bound seniors at home



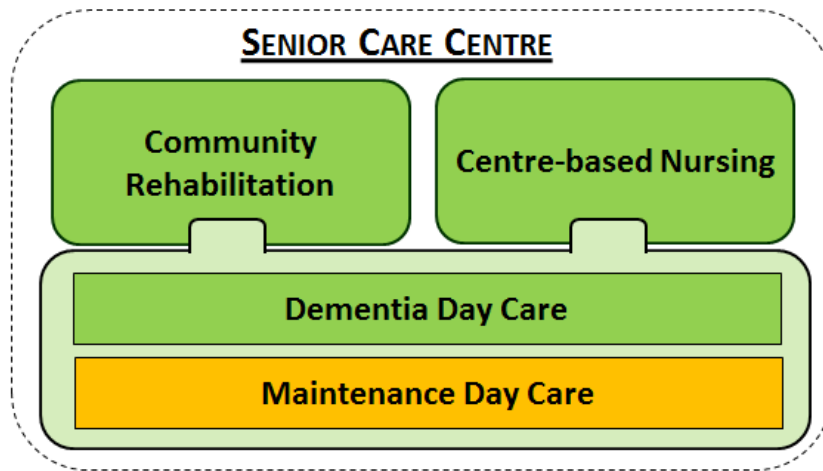
**Transitional Care:** Supporting patients transiting from hospitals to homes



**Ageing-In-Place:** Helping seniors stay healthy at home to avoid staying at hospitals  
**2014 UN Public Service Award Winner**

# Integrating care across health and social sectors

- Providing both social and health care under one roof in our senior care centres
- Providing social care to facilitate discharge from hospitals



## Help for the elderly fresh out of hospital

Carers visit their homes for up to 24 hours a day under scheme

By POON CHIAN HUI

TRAINED carers are to be stationed at elderly patients' homes for up to 24 hours a day under a new hospital scheme.

The aim is to provide temporary help for those who have been discharged but have nobody available to look after them.

Carers will help them move around the house, shower and feed themselves and take any medicine promptly.

The service is designed to give families a couple of weeks of breathing space while they arrange for longer-term care for their loved ones.

It will be officially launched next month by Changi General Hospital. Chief operating officer Peter Tay said: "Older folk always want to go home."

"But sometimes, caregiver arrangements, like hiring a maid, cannot be done by the time they are discharged."

Madam Chia Choo Tey, 77, found herself in this situation last



Madam Chia with her son William Lim and Thye Hua Kwan Moral Charities senior care associate Daisy Jane Pagaling, 28, who helped her at home for two weeks after she was discharged. PHOTO: LIM YAOHUI FOR THE STRAITS TIMES

received "overwhelming" response since it started piloting the programme five months ago.

Carers are stationed at patients' homes for 12 hours a day for two weeks. If the family needs round-the-clock help, they can use the service 24 hours a day for a week.

About 80 patients have so far

To be eligible for the scheme, patients need to be fit enough to go home but require help with daily tasks while they wait for a maid to arrive or an available nursing home place.

Some discharged patients need round-the-clock care because they are bedridden, said Mr Saty-  
anurakash Jyngri, divisional direc-

# Integrating care across settings

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- Eldercare facilities with bundled home care, centre and nursing home services under one roof



**Nursing Home Care**



**Day Care**



**Home Care**



# Designing care facilities near homes

## Kampong Admiralty

### ALL-IN-ONE VILLAGE

This integrated development next to Admiralty MRT combines housing, health-care and care facilities, and shops amid lush greenery in a bid to be a 'modern kampung'

#### Studio apartments

- Two blocks with about 100 units, up for sale in the July Build-To-Order exercise
- New features: induction stoves, "resilient flooring" with a parquet design and retractable racks for easier drying of laundry

#### GREEN FEATURES

##### Pneumatic waste conveyance system

- Household trash will zoom through vacuum pipes underground into a sealed container which will be collected by trucks

##### Bioswales

- Rainwater will be filtered through these sloping stretches of plants and soil on the ground floor

##### Solar panels

- The apartment blocks will be topped with solar panels to power common lighting, for instance

#### Community park

- Features fruit trees such as rambutan and kaffir lime
- Includes a three-generational playground for both young and old

#### Community farm

Residents can grow vegetables, herbs and ornamental plants

#### Eldercare and childcare centre

- Located side by side to promote bonding between generations
- The eldercare centre has space for about 100 seniors, and the childcare centre will offer 200 places

#### Admiralty Medical Centre



- Spans two levels with an area of 8,500 sq m
- Offers outpatient consultation, day surgery, rehabilitation and diagnosis

#### Hawker centre

- Will have 50 cooked food stalls and about 900 seats

#### Community plaza and shops

- An airy space for community activities, from National Day dinners to cultural performances
- Grassroots organisations will provide feedback on what the 20 shops and two or three food and beverage outlets should offer

#### Supermarket

- After feedback from residents that supermarkets in the area were too small, the new one will cover 1,000 sq m

#### Basement carpark and bicycle parking

- Two basement floors will house the carpark and a mechanical bicycle parking system which can store 500 bicycles



Source: HDB



# Enhancing quality in the long-term care sector

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## ■ Enhancing Care Standards

- Enhanced standards for Nursing Home to be introduced in 2015 but enforced in 2016
- Finalised guidelines for centre-based and home care services



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# Making outpatient care more affordable

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- Means-tested subsidies at private GP clinics
- Use of Medisave for chronic diseases



# Making long-term care more affordable

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- **Make home and community care financially attractive**
  - Enhanced ILTC subsidies (major shift in 2012)
- **Enhanced Seniors' Mobility Fund** to subsidise transport and consumables for more home and community care patients
- **ElderShield – Long-term financial protection for our seniors**
  - Severe disability insurance scheme to provide basic financial protection for those who require long term care



# Looking at ageing holistically: Action Plan to Achieve Successful Ageing



**Transport**



**Aged Care**

[Photo credit: The Pond © The Pond Photography](#)



**Lifelong Learning**



**Homes and City**



**Social Inclusion & Engagement**



**Lifelong Employability**



**Health & Wellness**



**Research**



**Retirement Adequacy**





Making Singapore a Nation for All Ages where  
Seniors can Age In Place and Successfully



MINISTRY OF HEALTH  
SINGAPORE

Ageing  
Planning  
Office