

**SINGAPORE  
PERSPECTIVES2018**  
Together

# Singapore Perspectives 2018

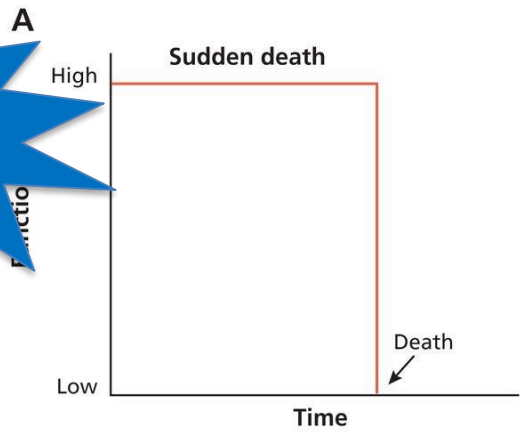
## *Together*

Monday, 22 January 2018  
Fairmont Ballroom, Raffles City Convention Centre

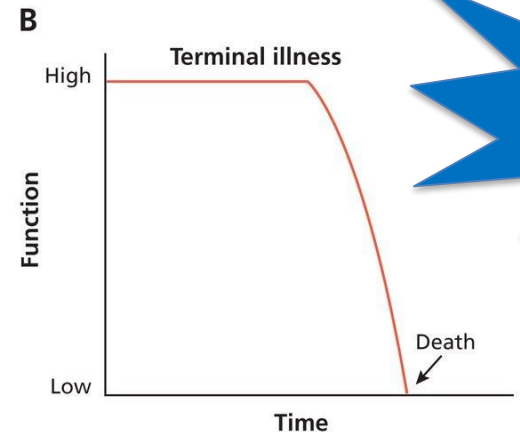
# **Creating a Golden Age for Ageing: Opportunities We are Missing**

**Laurence Lien**

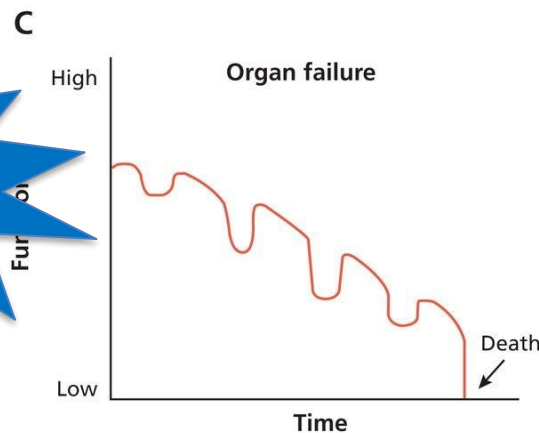
**Subsidise  
bungee  
jumping for  
seniors**



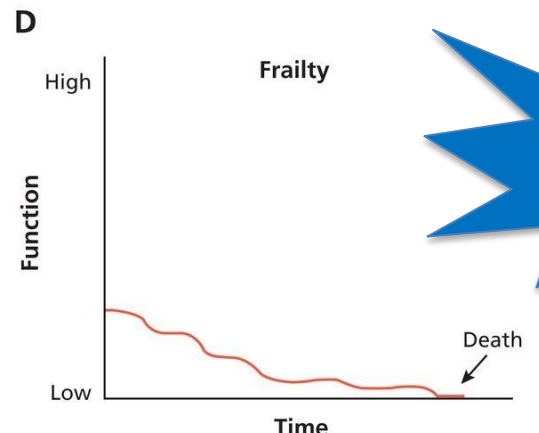
**Reduce  
Futile EOL  
Treatment**



**Focus on  
preventive  
healthcare**



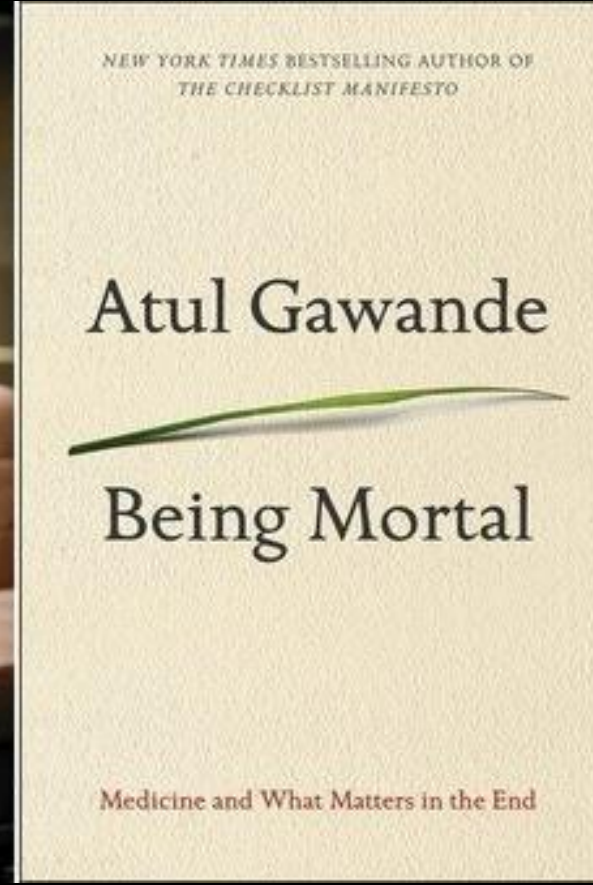
**Fight frailty**



*Which do you prefer? What will you get?*



***Too many of our older people are chronically sick and frail.***



***We are wasting too much in futile treatment.***

## Serious Illness Conversation Guide [ ©2015 Ariadne Labs ]

### **1. Set up the Conversation**

*E.g. “I’d like to talk about what is ahead with your illness and do some advance thinking about what is important to you... is this okay?”*

### **2. Assess understanding and preferences**

*E.g. “What is your understanding now of where you are with your illness? How much information... would you like from me?”*

### **3. Share prognosis**

*E.g. “I wish we were not in this situation, but I am worried that time may be as short as \_\_\_\_\_”*

### **4. Explore key topics**

*E.g. “What are your biggest fears and worries... What abilities are so critical your your life that you can’t imagine living without them... If you become sicker, how much are you willing to go through for the possibility of gaining more time?”*

### **5. Close the conversation**

*Summarise – Make a recommendation – Check in with patient – Affirm Commitment*

### **6. Document your conversation**

### **7. Communicate with key clinicians**

***We are wasting too much in futile treatment.***

# Singapore 'still very much an ageist society'

🕒 PUBLISHED JAN 7, 2014, 1:42 PM SGT

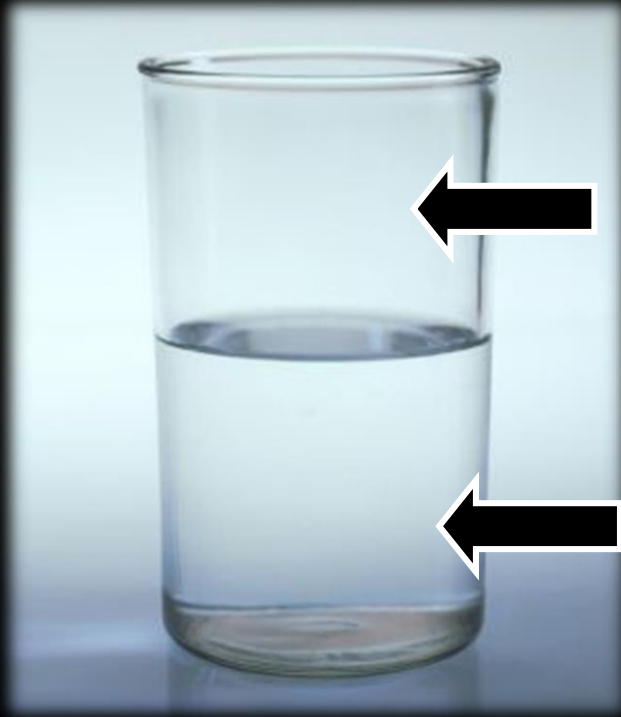


***Then Speaker Now President,  
Halimah Yacob, in an  
interview with the Straits  
Times***

This story was first published in The Straits Times on Jan 4, 2014

Speaker of Parliament Halimah Yacob, who chairs a new People's Action Party seniors group (PAP.SG), speaks to Andrea Ong about the advocacy group and tackling ageism. She also takes stock of her first year as Speaker and Parliament's performance ahead of its mid-term break this year.

***We need to challenge the ageism that is rampant in our society.***



**What we have lost**

**What we still can do & are learning**

*We are missing out on significant opportunities by focusing on what we have lost.*





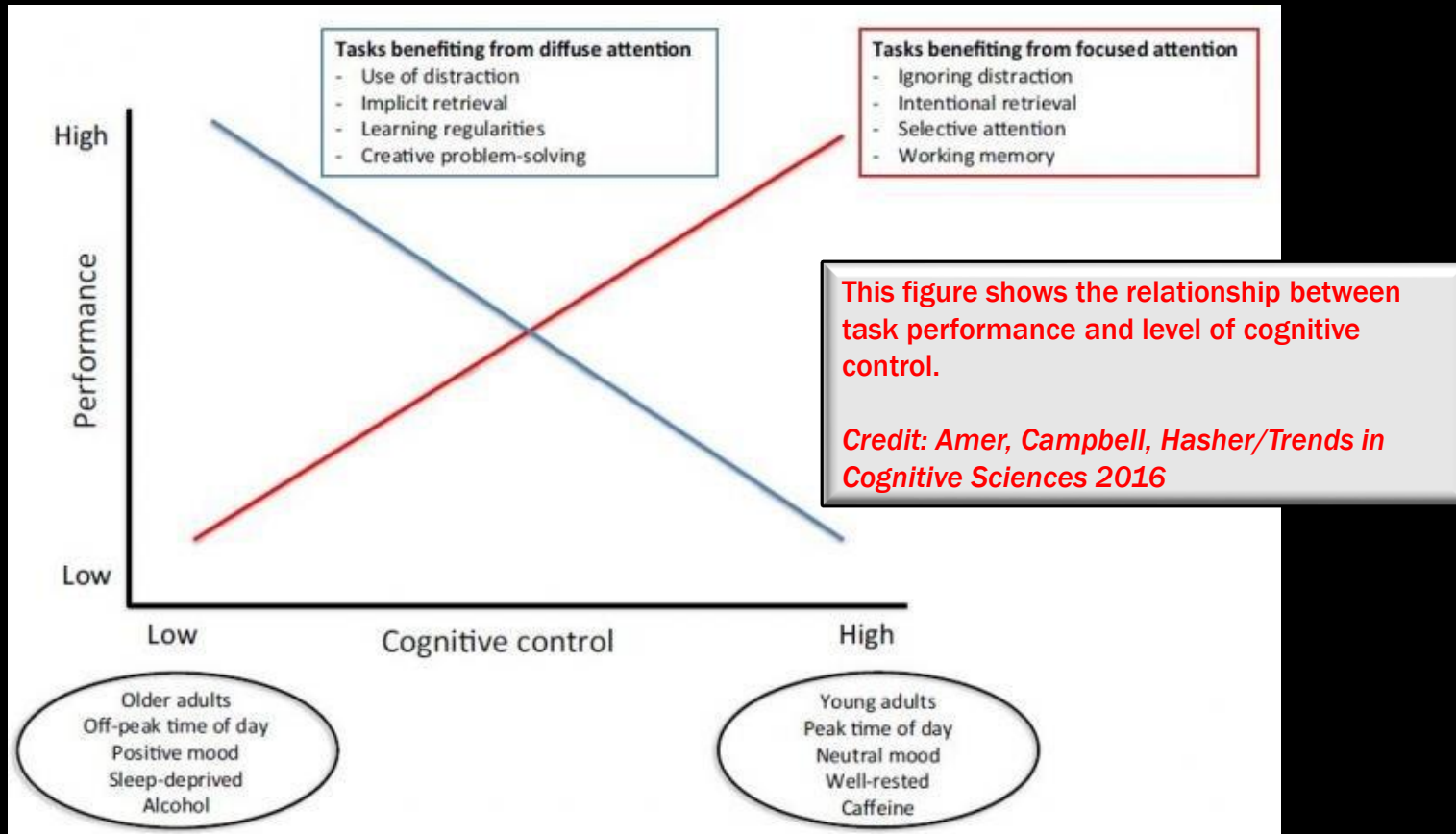
## A HEALTHY SELF-IMAGE

Seven and a half years—that was the longevity boost or study participants who had positive self-perceptions of aging, compared to those without. And people who scored high on a purpose assessment fended off Alzheimer’s disease better than low scorers.

## A HEALTHY SELF-IMAGE

Source: Becca R. Levy et al., Journal of Personality and Social Psychology; Milken Institute Center for The Future of Aging, The Power of Purposeful Aging

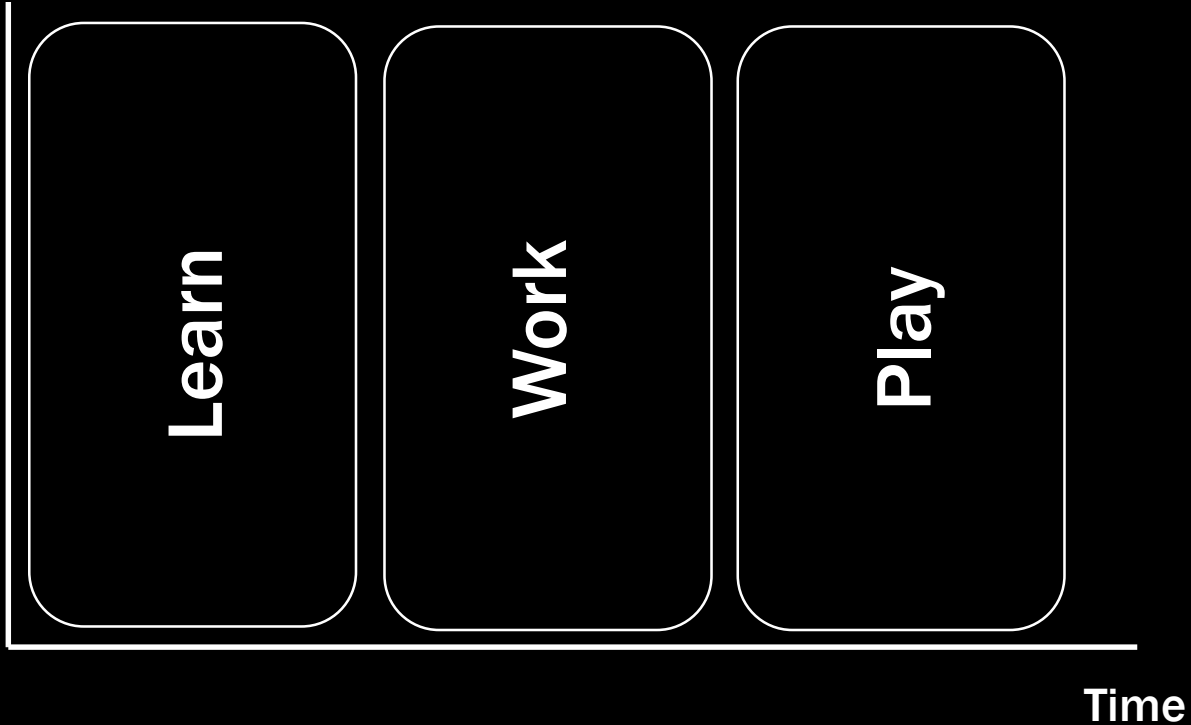
*Ageing is a self-fulfilling prophecy.*



***Seniors may be easily distracted but this is better for problem solving and taking in new information.***

	1999	2014	Source
Life Expectancy at birth	77.6	82.6	Singstat
Labour Force Participation Rate			
65 Years & Over	12.4%	25.2%	MOM
70 Years & Over	7.6%	15.3%	MOM
Health-Adjusted Life Expectancy at Birth			
(* Estimates from Lancet data for 1990, 2006 and 2016)			
Male	68	72	Lancet*
Female	71	75	Lancet*
Old Age Dependency Ratio			
65 Years & Over (per 100 aged 20-64)	10.8%	16.7%	Singstat
70 Years & Over (per 100 aged 20-70)	6.5%	9.9%	Singstat

***Old age dependency ratio actually improved if 70 is the new 65!***



***We live our lives in sequence....***



*.... but need to live more in parallel.*



***“Age not as pathology, but age as potential.” “Age is a staircase.” Jane Fonda***



***Creating socially integrated and sustainable communities that value their elders.***

## Ibashi's Eight Principles

1. Older people are a valuable asset to the community (elder wisdom)
2. Creating informal gathering places (normalcy)
3. Community members drive development and implementation (community ownership)
4. All generations are involved in the community (multi-generational)
5. All residents participate in normal community life (de-marginalization)
6. Local culture and traditions are respected (culturally appropriate)
7. Communities are environmentally, economically, and socially sustainable (resilience)
8. Growth of the community is organic and embraces imperfection gracefully (embracing imperfection)

***Creating socially integrated and sustainable communities that value their elders.***





CREDIT SUISSE 

“Philanthropists can support the development and application of innovative products and services that could enhance the ageing experience ....these could include innovative ways to better support caregivers and care services, including assisted living services.”

*Gan Kim Yong, Minister for Health  
Credit Suisse Philanthropy Forum,  
16 Nov 2017*

***Answering Minister Gan’s Clarion Call***



**FOR IMMEDIATE RELEASE**

## **Survey Reveals Singaporeans' Concerns and Aspirations of Aged Care**

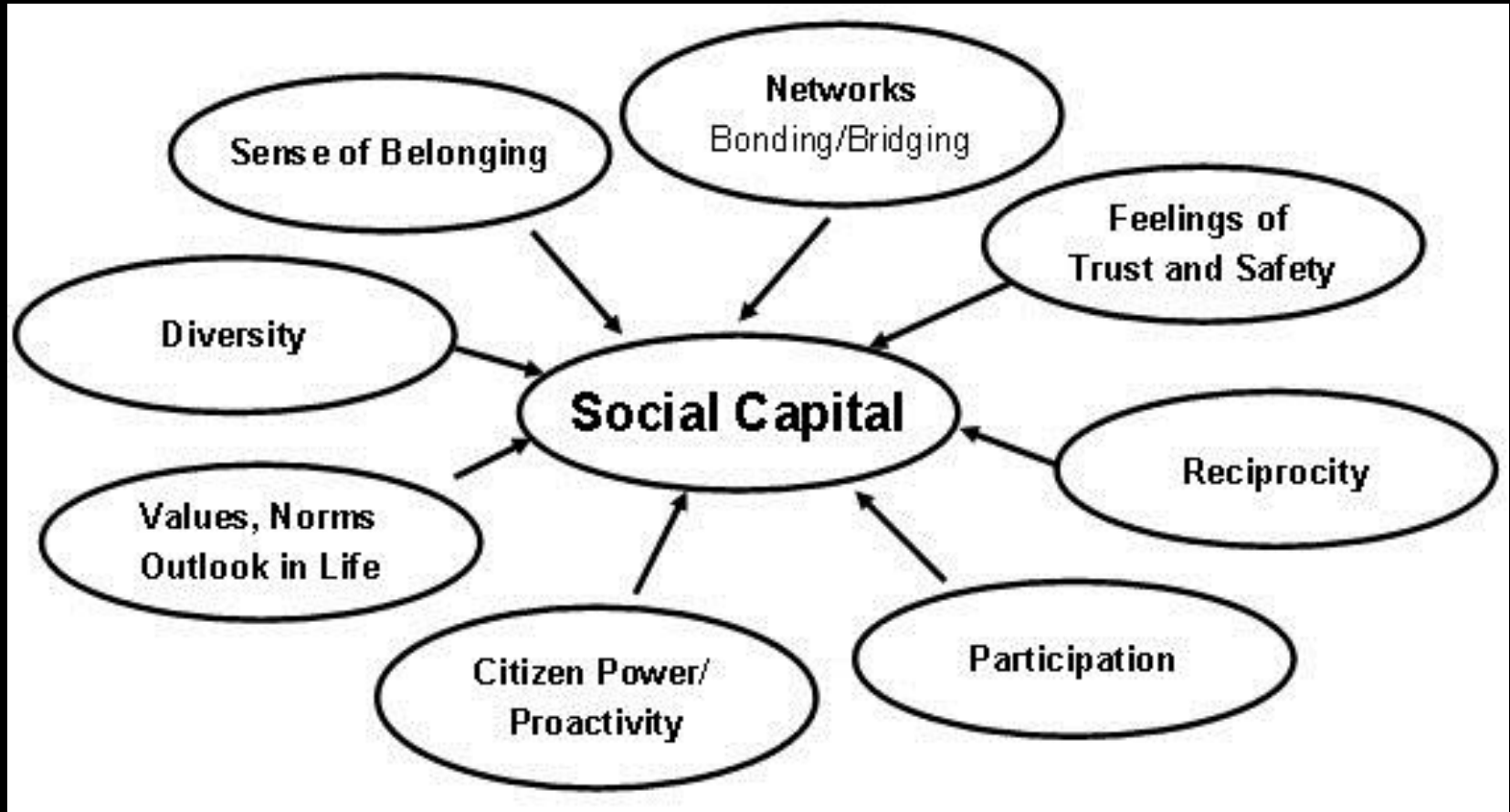
- *Singaporeans<sup>1</sup> are most concerned about being able to care for oneself and ageing in place<sup>2</sup>*
- *Their top aspirations for old age are good health, financial readiness & having a sense of purpose*
- ***Nearly half of respondents (47%) are willing to stay in assisted-living facilities; three in five (60%) think that residents in nursing homes should stay in single or twin-bedded rooms***
- *Income unveils Silver Secure in response to key insights to survey findings*

**SINGAPORE, 18 OCTOBER 2016** – In the latest figures released by the Department of Statistics Singapore, the city state has passed the half-way mark to hit 900,000 seniors (those above 65 years old) by 2030<sup>3</sup>. Currently, there are 487,570 people in Singapore who are 65 years old<sup>4</sup>.

To better understand the needs of Singapore's rapidly ageing population, Lien Foundation and NTUC

***Singaporeans want the option of assisted living facilities.***





*Social capital is key not just among seniors, but with others to problem solve.*

HOTSPOTS FOR THE YOUNG AT HEART

# HOTSPOTS FOR THE YOUNG AT HEART

WITH ONE IN THREE CITIZENS ALREADY IN THEIR 60S OR OLDER, JAPAN HAS MALLS, SUPERMARKETS AND EVEN SHOPPING STREETS THAT PAY SPECIAL HEED TO OLDER CUSTOMERS' NEEDS. IN A BID TO ATTRACT THE SILVER DOLLAR – AND IMPROVE THE WELLBEING OF CUSTOMERS – SOME MALLS ARE EVOLVING INTO REGULAR HANGOUTS FOR THE ELDERLY, OFFERING RECREATION SPACES, WORKSHOPS, EXERCISE CLASSES AND MORE.

It's 7.30 am on a Tuesday and a Tokyo mall is already abuzz with activity. In a large foyer area, a mass exercise class is in session. Nearby, some customers flip pages at a book store.



APAC Ageing Market  
Potential by 2020  
**US\$3.3 Trillion**

READ

*Older people are consumers too!*



**SIT. TAP. GO.  
STRENGTH TRAINING  
MADE EASY**

PANDARAJAN,  
SENIOR OCCUPATIONAL  
THERAPIST

YUSOF BIN  
MAT ADA, 78

ANITA RAHMA AND ONG CHH CHH

www.gymtonic.sg INITIATED BY Lien Foundation PROJECT ARCHITECT PulseSync Pte Ltd TECHNOLOGY ENABLERS AB Hur Oy, Raisoft Oy Ltd RESEARCH ADVISOR University of Jyväskylä



**EXERCISE IS  
THE  
BEST MEDICINE  
EVEN WHEN YOU'RE OLD**

TAN  
TEE LIANG, 84

ANITA RAHMA AND ONG CHH CHH

www.gymtonic.sg INITIATED BY Lien Foundation PROJECT ARCHITECT PulseSync Pte Ltd TECHNOLOGY ENABLERS AB Hur Oy, Raisoft Oy Ltd RESEARCH ADVISOR University of Jyväskylä

# Pneumatic Exercise Equipment (HUR)



**Touch Screen Panel**

**DISPLAY**

Touch Screen Panel

**RFID Wristband**

1. Leg Press
2. Chest Press Easy Access
3. Leg Extension/Curl
4. Lat Pull Easy Access
5. Abdomen/Back Easy Access
6. Hip Adduction/ Abduction
7. Functional Trainer (Pulley) - Optional



EXTERNAL



# PROJECT JADE CIRCLE

EXTENSION TO PEACEHAVEN NURSING HOME





CAFE



DOUBLE ROOM

**Change mindsets - See what is possible**

**Prototype quickly, with seniors as part of the solution**

**Focus long-term and inter-  
intergenerational solidarity would not  
be an issue**

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