



ILC Singapore
International Longevity Centre

A Tsao Foundation Initiative

INCENTIVISING SELF CARE: EXPLORING THE FEASIBILITY OF PRIVATE-PEOPLE SECTOR PARTNERSHIP TO DRIVE COST DOWN

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WHO WORLD REPORT ON AGEING AND HEALTH 2015

Understanding concepts and the context

Healthy ageing is the process of developing and maintaining the functional ability that enables well-being in older age

Functional ability comprises the health- related attributes that enable people to be and to do what they have reason to value. It is made up of the **intrinsic capacity of the individual, relevant environmental characteristics and the interactions between the individual and these characteristics.**

Intrinsic capacity is the composite of all the physical and mental capacities of an individual.

Environments comprise all the factors in the extrinsic world that form the context of an individual's life

AGEING TO AN AGED SOCIETY

Understanding Singapore context

In 1970, 1 in 31 Singaporeans was aged 65 or older.

In 2015, it was 1 in 8.

By 2030, it will be 1 in 4,
over 900,000 seniors, approximately double the current
440,000.

ACTION PLAN FOR SUCCESSFUL AGEING 2015

Understanding Singapore context

“Opportunities
for all
ages”

- To learn- National Silver Academy
- To volunteer- Seniors Volunteerism
- To stay healthy- National Senior's Health Programme
- To work- Re-employment age to go up to 67 in 2017
- To retire with peace of mind- Silver Support Scheme and CPF reforms

A “Kampong
for all ages”

- Care for a senior- Communities of Care
- Love and respect for seniors- PA Passion Silver Card
- Promoting inter-generational harmony- co-location of eldercare and childcare facilities, Proximity Housing Grant
- Inclusion of ageing in school curriculum
- Protection vulnerable seniors- Vulnerable Adults Act, Enhance Mental Capacity Act

A “City for all
ages”

- Receive better care- transforming healthcare-
- Live in friendlier homes
- Go about easily
- Enjoy public spaces
- Study the way we age (research)

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HUA MEI CENTRE FOR SUCCESSFUL AGEING

A suite of direct services that can be integrated around a person as his/her needs shift with advancing age

- Hua Mei Clinic
- Hua Mei Care Management
- Hua Mei Counseling and Coaching
- Hua Mei Acupuncture and TCM Centre
- Hua Mei Dementia Care System
- Hua Mei EPICC
- Hua Mei Mobile Clinic

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HUA MEI TRAINING ACADEMY

Professional Training

1. SDGC
2. SDCGN
3. APCHE
4. Service orientation and service learning at HMCSA
5. Workforce Skills Qualifications

Informal caregiving

1. Caregiver training
2. Dementia Caregiving
3. Caregiver Training for FDW
4. Dementia Caregiving for FDW

Successful ageing

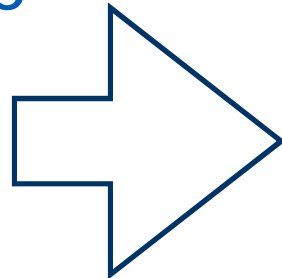
1. Health Promotion portfolio
2. Psychoemotional portfolio
3. Learning Room*



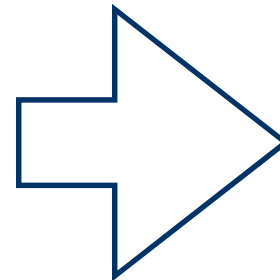
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Self care



maintaining functional ability



build resilience

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SELF CARE ON HEALTH OF OLDER PERSONS IN SINGAPORE OR SCOPE

PLAY THE VIDEO HERE



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Learning Room for Successful Ageing

Community for Successful Ageing (ComSA)



ComSA Learning Room Programme

A preventive health training programme that adopts an efficacy-based, person-centred approach to enable its participants to achieve self-care mastery and successful ageing

OBJECTIVE OF THE LEARNING ROOM

To enhance its participants' ability to take responsibility and develop confidence in mastering the following areas of self care for successful ageing:

- Avoid disease and disability in late life
- Maintain & enhance mental and physical functions
- Sustain social connectivity and engagement
- Achieve security

KEY BENEFICIARIES OF THE LEARNING ROOM

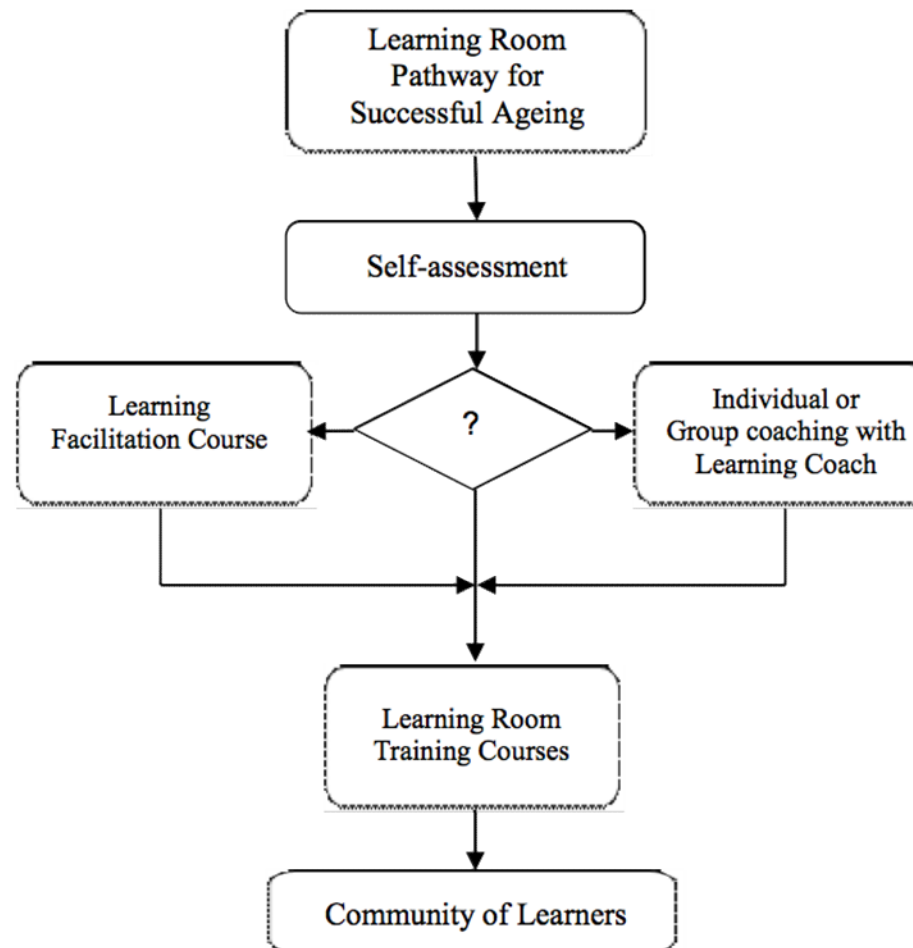
- The residents aged 40 and above
- Those who seek to enhance their wellbeing and health in order to achieve successful ageing
- Those who are potentially at risk for chronic disease(s) or those who have suffered from one or two chronic diseases
- Family care-givers of chronic disease sufferers

METHODOLOGY

To facilitate participants to begin and sustain positive behavioural changes through:

- 1) Assistance of a learning coach,
- 2) Learn and apply self-coaching principles
- 3) Incorporate mindfulness as part of the learning framework

PROGRAMME DESCRIPTION





STRUCTURE AND PRICING OF THE LEARNING ROOM PROGRAMME

Course duration :

- 10 weekly sessions
- 2 modules of 4-5 weekly sessions each
- Weekend course

Coaching : individual or small group (<5) for 3 or more sessions



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THANK YOU

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