

Better Health, Better Care, Better Life

Better Health and Aged Care Support for Successful Ageing



Overview

In August 2015, the Ministerial Committee on Ageing released the **Action Plan for Successful Ageing** to help Singaporeans age confidently and lead active lives, with strong bonds with family and community. The Ministry of Health (MOH) has planned a suite of initiatives along two directions:

- **Going beyond healthcare to health.** We will invest more in health promotion and active ageing to help seniors live longer and live well.
- **Going beyond hospital to home and community.** We will build up a good system of home and community-based care that can provide **person-centric care** for our seniors.



National Seniors' Health programme

The National Seniors' Health Programme aims to systematically promote health education and preventive health services for older adults.

- A set of “healthy ageing 101” talks includes education on health issues critical for seniors, such as nutrition, exercise, mental wellness and chronic disease management to be introduced to community centres and other social community spaces.
- National public education campaigns on seniors health issues.
- MOH and HPB will expand **targeted, sector-specific workplace initiatives** to help seniors stay healthy across seven sectors: Transport, Security, Education, Retail, Food and Beverage, Cleaning and Healthcare. We aim to reach 120,000 mature workers by 2025. To date, some 15,000 mature workers in the transport, retail, cleaning and security sectors have participated in the programmes.



National Silver Academy

MOH has worked with the Ministry of Education (MOE) to establish the **National Silver Academy (NSA)**. The NSA enables seniors to pursue learning in diverse areas for interest and to stay active. It will provide more than 10,000 learning places for over 500 courses, for seniors aged 50 years and above.



National Silver Academy (Continued)

- The Council for Third Age (C3A) will drive broad-based participation in learning by seniors and facilitate the administration of courses under the NSA.
- Seniors will receive subsidies for short courses offered by post-secondary education institutions (PSEIs) and Voluntary Welfare Organisations (VWOs). Singaporeans will receive subsidies of **up to 50%** of course fees for short courses at the PSEIs.
- Examples of such courses include “Wine Appreciation and Tasting Workshop” by ITE, “Psychology of Ageing” by Temasek Polytechnic, “Water Colour Painting” by LASALLE College of the Arts (LASALLE), “Introduction to Interior Design” by the Nanyang Academy of Fine Arts (NAFA) and “Introduction to Playwriting” by the Singapore Association for Continuing Education (SACE).
- Singaporeans will be able to take selected modules from existing full qualification programmes offered by PSEIs without taking the corresponding exams.
- Seniors can enrol in a wider range of courses from educational institutions and community-based organisations which would also include ad-hoc learning opportunities such as inter-generational learning programmes. The ILP is developed and co-ordinated by C3A.
- Seniors can start applying for the courses from May 2016.



Home and Community Care Masterplan

MOH will pilot new initiatives under a new Home and Community Care Masterplan to better enable seniors to age in place. New initiatives under the plan include:

- 1. A new “Eldercarer” training initiative to empower domestic helpers to better help families care for their elderly.**
 - The domestic helpers will be better trained in eldercare before being deployed to families.
 - The training will be based on a new curriculum developed by the Agency for Integrated Care (AIC) and MOH. This includes a four-day long classroom training, as well as on-the-job training and assessment.
 - Families who want to send their existing helpers for this eldercare training can also contact AIC.
- 2. Growing the number of befrienders to serve as informal caregivers in the community.**
- 3. Pilot new Integrated Home and Day Care packages that bundle home based care and centre based care together to serve needs of seniors more holistically.**
 - Seniors can choose from three or more care packages with different combinations of home and centre based care to better meet their needs.



Home and Community Care Masterplan (Continued)

4. Larger spaces pre-built by MOH and HDB within new Build-to-Order HDB developments to serve as “Active Ageing Hubs”.

- These are one-stop day centres for seniors that can serve a range of needs – from active ageing services for ambulant and healthy seniors, to day care and day rehab services for seniors in need of care.
- The first Request-For-Proposal (RFP) for operating two Active Ageing Hubs (AAHs) at Kallang-Whampoa was launched last month. At least ten future HDB housing developments will have AAHs by 2020.

5. Improving the system of transportation to care services.

- AIC has piloted a programme with Comfort Delgro to engage taxi drivers to help send seniors from home to their care centres.



Developing the Aged Care Sector

- We will pilot a **new Integrated Operator (IOP) Scheme this year**. We will launch RFPs to appoint operators for bundles of “three-in-one” care services comprising nursing homes, eldercare centres and home care, within the same area. Seniors can receive continuous, seamless and person-centric care across care services as their needs change.
- We will continue to call RFPs for individual facilities and services for providers who prefer to focus on a particular care setting.



Community Networks for Seniors

Beyond individual services, we need to better integrate the programmes, services and resources within each community, to build a strong “community of care”. This is to enable our seniors to age actively and gracefully in place.

The Community Networks for Seniors aim to enable a more systematic collaboration between government agencies and community-based stakeholders such as VWOs and grassroots, to leverage on each other’s strengths and resources, to jointly support our seniors.

At the heart of these Networks will be a small team of coordinators from different agencies that will work together to drive the development of the networks. This team will:

- a. Expand outreach to a bigger pool of seniors
- b. Link healthcare and social service together to serve seniors better
- c. Engage stakeholders and recruit more resident volunteers to help care for seniors living alone in the community

The Community Networks for Seniors will help us build kampongs for all ages, where our seniors can age happily, healthily and actively for as long as they live.