



## **AFFECTED SERVICES AND ACTIVITIES**

### **Suspended activities**

#### Agency for Integrated Care

- Group and individual activities at Senior Activity Centres and Active Ageing Hubs
- Group activities at CREST centres
- Merdeka Generation roadshows

#### Health Promotion Board

- Community Physical Activity Programme (Seniors)
- Move It, Feel Young (MIFY)
- FIT+
- Seniors' Health Curriculum
- Balik Kampung
- Rolling Good Times
- National Steps Challenge Season 5 Silver Challenge Trails
- Cooking demonstrations

#### People's Association

- Senior-centric courses, activities and interest groups at Community Clubs/ Centres and Residents' Committee Centres

#### SportSG

- Dance programmes (e.g. Zumba)
- Aqua sports (e.g. aqua aerobics)
- Sports Interest Groups (e.g. badminton, pickleball)
- Social Interest Groups (e.g. urban gardening, hiking)
- Active Health (e.g. lab and gym sessions)

### **Care services for seniors that will continue**

- Nursing home and inpatient hospice, psychiatric rehabilitation homes and psychiatric sheltered home
- Home medical, home nursing, home palliative, home therapy, home personal care, interim caregiver service, home-based respite care, Care Close to Home
- Meals-on-Wheels
- Medical escort and transport
- Senior Care Centres, integrated home and day care, day hospice centres, day rehabilitation centres, and psychiatric day centres
- Senior Activity Centres and Active Ageing Hubs will continue weekly check-ins on frail and/or homebound seniors who live alone or without a competent caregiver via telephone, with physical visits only if the senior is uncontactable
- Befriending/ counselling/ case Management

- Community mental health support services by CREST (Community Resource Engagement and Support Team) and COMIT (Community Mental Health Intervention Team) will continue care and support for clients through phone consults or home visits as needed