



MINISTRY OF HEALTH
SINGAPORE

Opportunities from Longevity – *The Singapore Perspective*

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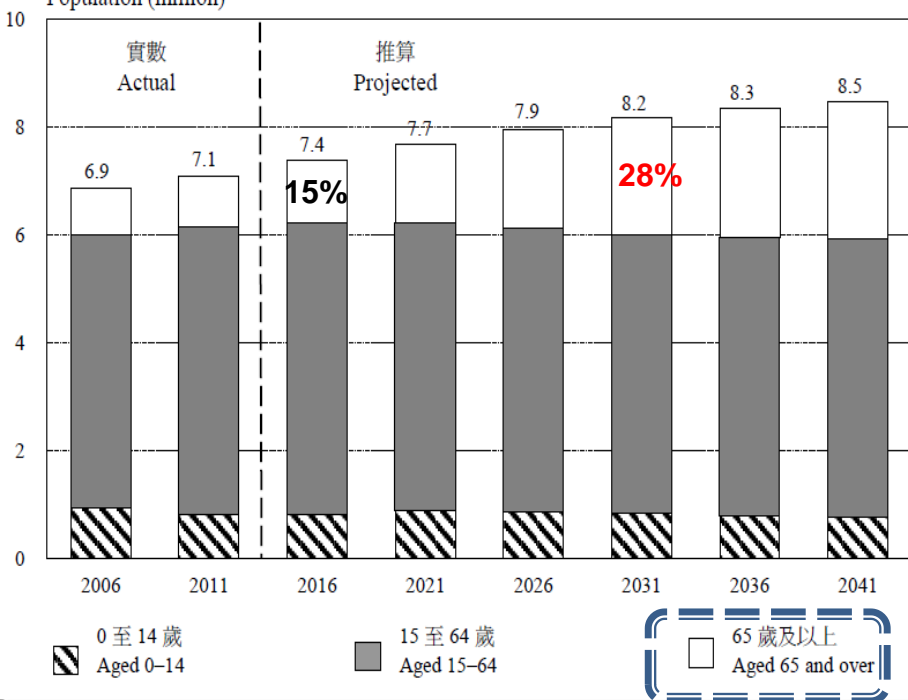
We are ageing rapidly



人口數目及年齡結構

Population Size and Age Structure

人口 (百萬)
Population (million)

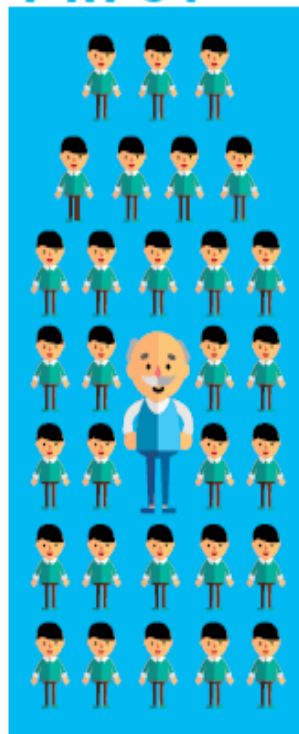


By 2031, more than one in four Hong Kong residents would be 65 years or older

Hong Kong Census and Statistics Department



1 in 31



1970

YEAR

OUR POPULATION IS AGEING RAPIDLY.

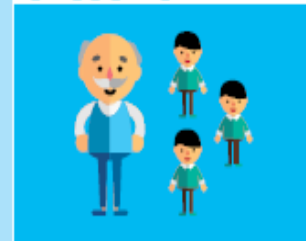
In 1970, **1 in 31** Singaporeans was 65 or older. In 2015, it was **1 in 8**. By 2030, it will be **1 in 4**. We will have over 900,000 seniors, approximately double the current 440,000.

1 in 8



2015

1 in 4



2030



Seniors aged 65 and above



Singaporeans under the age of 65

But ageing is not all doom and gloom

Singapore residents
are living longer

We are enjoying more years
in good health

Years



Life Expectancy at Birth

Male

70.8
years
in 2013

up from 65.3
in 1990



Female

73.4
years
in 2013

up from 68.5
in 1990



Healthy Life Expectancy at Birth



From worrying about the challenges to celebrating longevity

Public Consultation

Between June 2014 and May 2015, we engaged over 4,000 Singaporeans from all walks of life to hear their aspirations for their silver years:

- Almost 50 focus group discussions
- “Listening points” at public spaces
- Online consultations

10 TOPICS THAT WERE DISCUSSED

- | | |
|--|--|
| 1 EMPLOYABILITY
Ageless workplaces,
lifelong employability | 6 AGED CARE SERVICES
Ageing-in-place,
remaining independent |
| 2 LIFELONG LEARNING
Never too old to go
back to school | 7 HOUSING
Supporting
changing needs |
| 3 SENIOR VOLUNTEERISM
Helping others,
fulfilling lives | 8 TRANSPORT
Re-defining the
travel experience |
| 4 HEALTH AND WELLNESS
Healthy seniors,
happy seniors | 9 PUBLIC SPACES
Making our urban
infrastructure more
senior-friendly |
| 5 SOCIAL ENGAGEMENT
AND INCLUSION
Connecting people
of all ages | 10 RESEARCH
ON AGEING
Understanding needs,
encouraging innovation |

Action Plan for Successful Ageing

- **\$3Bn to cover more than 70 initiatives over 12 areas**

At the Individual Level:

Opportunities for All Ages



- Workplace Longevity
- Learning Opportunities
- Volunteerism
- Health and Wellness
- Retirement Adequacy

At the Community Level:

Kampong for All Ages



- Social inclusion
- Protection for vulnerable elderly

At the National Level:

A City for All Ages



- Healthcare and aged care
- Senior friendly housing
- Senior friendly transport
- Senior friendly public spaces and parks
- Research into ageing

Action Plan for Successful Ageing

INDIVIDUAL:

Opportunities for All Ages

Singaporean seniors will have opportunities to continue learning and growing as they enjoy many more years of healthy life.

COMMUNITY:

Kampong for All Ages

Singapore will be a cohesive society with inter-generational harmony.

CITY:

City for All Ages

We will transform our city into an enabling place for Singaporeans to grow old in. Seniors can live independently, confidently and gracefully in their homes or in communities familiar to them.

Opportunities for All Ages

Longevity is Opportunity



**Workplace
Longevity**

**National
Senior
Volunteerism
Movement**

**Retirement
Adequacy**

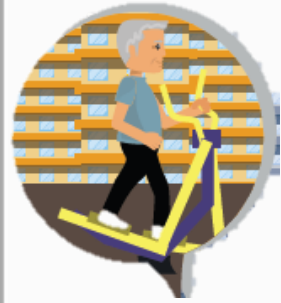
**National
Seniors'
Health
Programme**



**National Silver
Academy**



National Seniors' Health Programme



- **Healthy lifestyle campaigns and activities in the community**, covering key aspects such as nutrition, dementia, physical activity, and falls prevention
- **Mobile health services** to make these more accessible for seniors
- **Targeted interventions for mature workers at workplaces**

e.g. falls prevention

e.g. mobile screening

e.g. "Check Car, Check Body" programme



- **Opportunities for seniors to learn for interest and to stay active:**
 - Attend short courses or sit in for modules offered by post-secondary education institutions without having to take exams
- **Intergenerational Learning Programme**

SUBSIDISED SHORT COURSES & AUDIT OPPORTUNITIES

*Within a network of universities,
polytechnics, ITE, non-profit community
organisations*

INTER-GENERATIONAL LEARNING

In Schools



- **Championed by the President's Challenge**
- **\$40 million Silver Volunteer Fund**
- **Range of volunteer opportunities:** Aged care, arts, horticulture, learning, sports

TRAINING AND OUTREACH

For senior volunteers

CAPABILITY BUILDING

For community organisations

Cohesive home with inter-generational harmony



**Expand home
visitation
programmes in
all mature
divisions**

**Greater
Recognition and
support**

**Greater legal
protection**

**Early Investment in
inter-generational
harmony**





- **Co-location of childcare and eldercare facilities in some 10 new public housing developments**
- Encourage existing eldercare facility operators to introduce innovative programming that allow young and old to interact

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

Live well and age confidently in place

**Senior
Friendly
Housing**

**Transform healthcare
service delivery**

**National Innovation
Challenge on Ageing**

**Senior
Friendly
Transport**

**Senior
Friendly
Parks**

**Age-friendly
built
environment**



**Beyond
healthcare to
health**

**Beyond hospital
to home and
community**

Better Support for Seniors to age at Home and in Community

- New home and day care integrated care packages for more holistic care of seniors
- New initiative for Foreign Domestic Workers to be trained before deployment

Active Ageing Hubs



- Active Ageing Hubs in at least 10 future public housing developments, to provide both active ageing programmes as well as day care, day rehabilitation and assisted living services.

Active Ageing Programmes

For active and ambulant seniors

Day Care, Day Rehab and Assisted Living Services

For seniors who are frail

Social and Learning Activities

For All Ages

National Innovation Challenge on Active and Confident Ageing



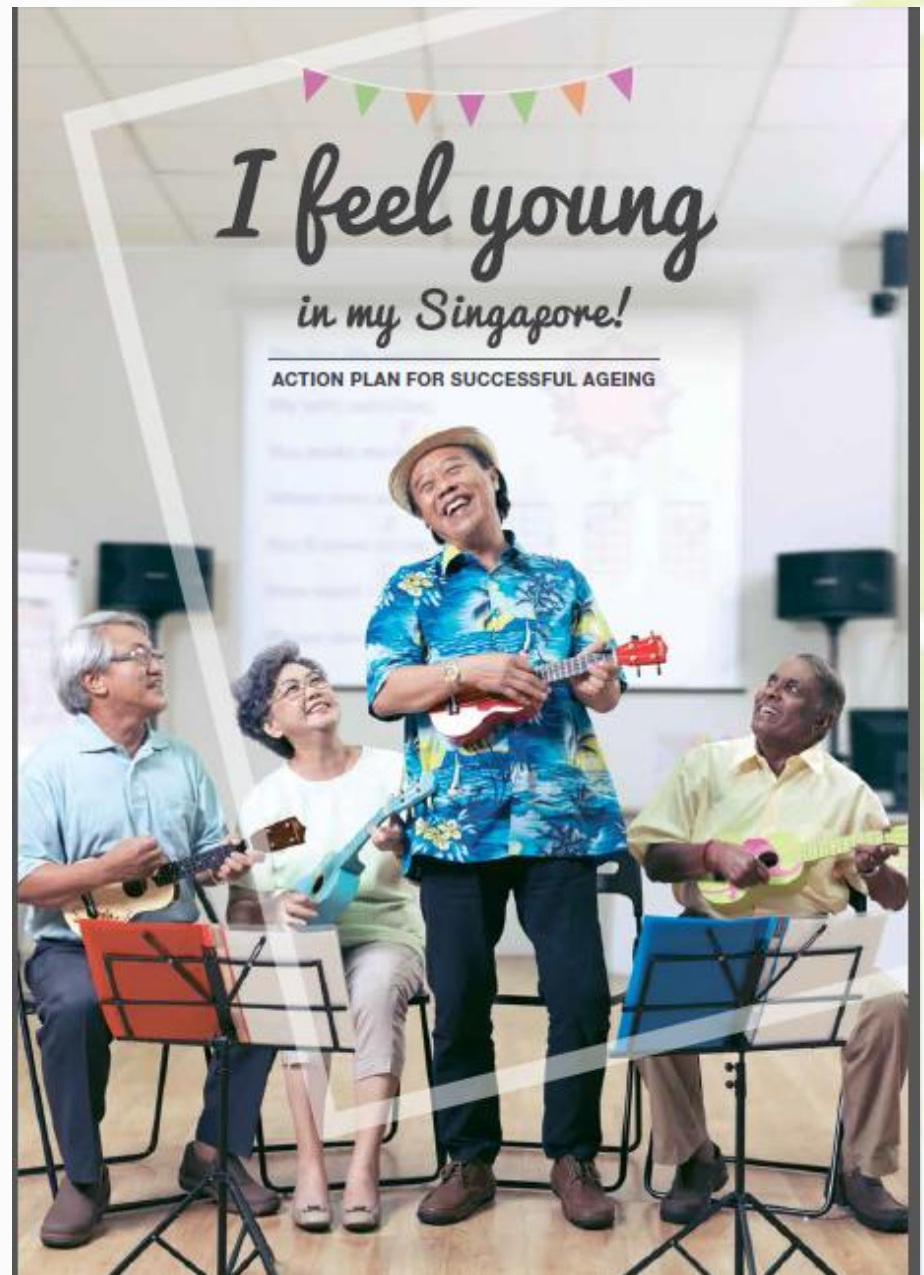
- **Up to \$200 million set aside for a National Innovation Challenge**, so as to find new ways to solve existing challenges and transform the experience of ageing

**Functional &
cognitive health**

**Telehealth/
Robotics**

**Enabled
living**

The Action Plan is a first step towards making Singapore a ***Nation for All Ages.***



Thank You

Visit the Action Plan for Successful Ageing website for more exciting and new materials:

www.successful-ageing.sg

