

Ageing in place in Singapore: Policies and Programmes

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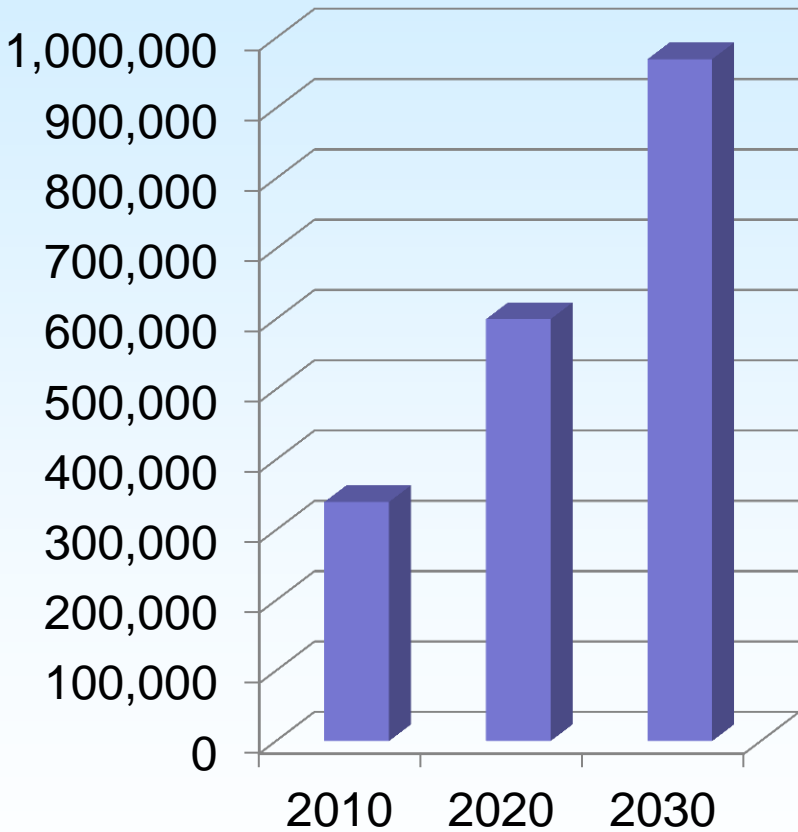


Demography/ageing landscape of Singapore

- Total Population : 5.4 million
- Residents :3.84 million
- Total fertility rate: 1.29
- Life expectancy: 65 (1965) to **82.3** (2012)
- Increasing number of older old – frail, vulnerable
- Increasing number elderly living alone/single elderly

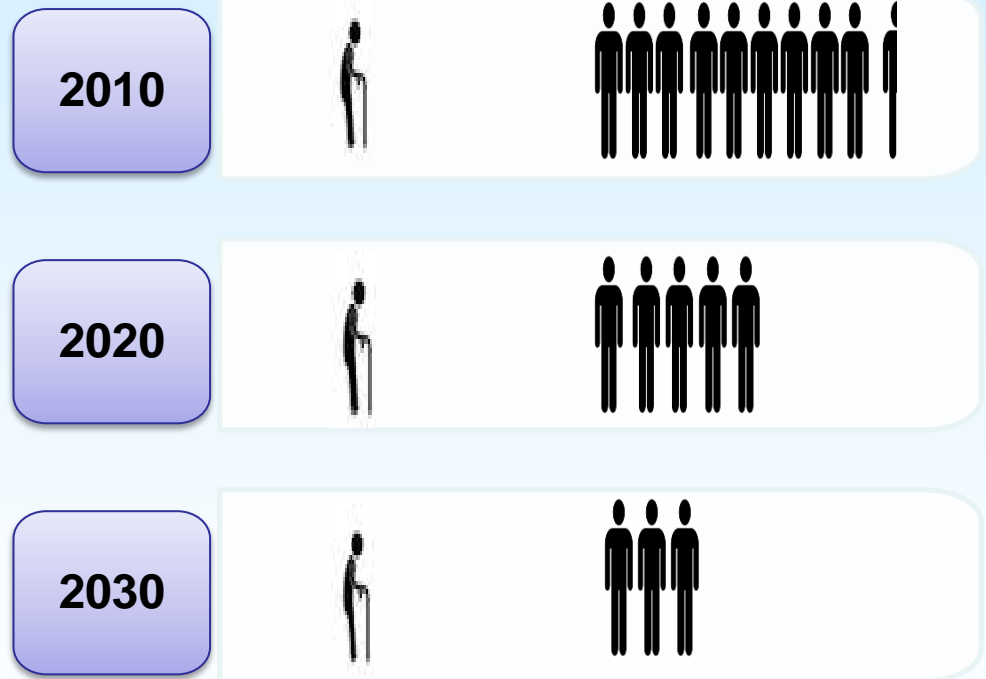
Singapore's Ageing Landscape

Elderly Population 65+



Old Age Support Ratio

Elderly Persons : Persons of Working Age



9.3% aged 65+ in 2013, 20% will be 65+ in 2030

Ageing in place policies

“Healthy, active and independent”

“Access to quality care that is affordable”

- Economic (social security, employment, immigration)
- Infrastructure (housing, built env, transport)
- Health (health promotion/wellness and care)
- Social (community, family, social assistance)
- Special measures

Economic policies

- Social security policies:
 - Central Provident Fund : Mandatory comprehensive savings schemes used essentially for retirement, healthcare , housing
- Employment and labour market policies:
 - Extend retirement age (Reemployment Act 2012)
- Tax policies
- Immigration policies esp. for foreign domestic workers, care staff

Infrastructure polices (housing)

- Universal design for all government housing
- Falls prevention programme (screening, workshops)
- Home modification - Enhancements for Active Seniors (EASE), now nationwide
 - Subsidized elder-friendly home modifications to improve home safety e.g. anti-slip floor treatment, grab bars for falls prevention.

Age-friendly built environment



- Benches for resting
- Longer crossing time at traffic lights (green man +)
- Larger, more visible signage/ block numbers
- Slopes and handrails for level differences
- “City For All Ages”

Transport/mobility policies

- Affordable transport
 - fare concessions
 - subsidies for transport services to care centres
- Accessible public transport (Enabling Masterplan for Disability)
- Seniors Mobility and Enabling Fund

Health and care policies

Promoting a healthy body and mind

- Health screening with follow-up
 - ✓ Health counselling
 - ✓ Community nurses
 - ✓ Link to neighbourhood doctors
- Mental First Aid Kit – to reduce risk of mental illness
- Involving young generation
 - ✓ School health promotion programme
 - ✓ Health promoting schools (youth ambassadors)
- Healthier food options in food outlets (Healthier Hawker Centre initiative)

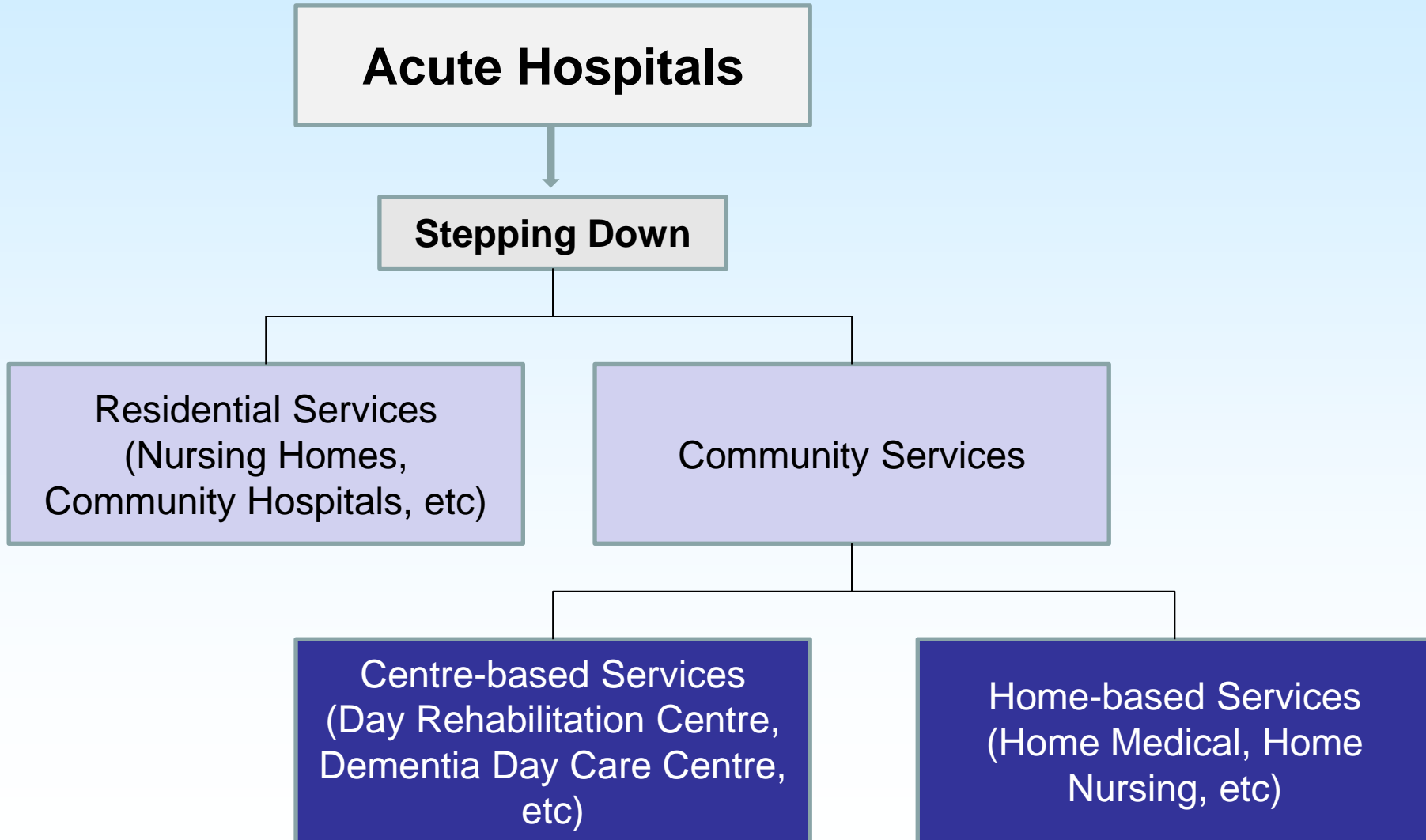


Health promotion



- Exercise stations
- Walking trails with progress markers
- Interest groups e.g. tai chi, project sunrise

Spectrum of care services



Community-based /centre-based services



- Senior daycare centre
 - Supervision and care for frail elderly
 - Caregiver respite/support
 - Social and recreational activities
 - Maintain functionality
 - Information/referral centre
- Day rehabilitation centre
 - Day rehabilitation centre at community hospital
 - Maintain functionality

Non-centre based/home services

- Home Medical/ Home Nursing
- Foreign Domestic Workers
 - 49% hired for eldercare
 - 45% with experience/formal training in eldercare
 - FDW grant (S\$120) to support families who care for frail elderly or persons with disabilities
- Home Help Service
 - Allows frail elderly to continue living in community and support family caregivers
 - Services provided: meals delivery, housekeeping, personal care hygiene, laundry, medical escort

Social Policies

- Community based support
 - Community facilities (community club, senior centres, etc)
 - Activities (e.g. sports - activeSG , courses - course Xpress etc
 - Neighbour help neighbour, befriending and monitoring network.
- Family friendly policies
 - Tax relief for parental support, more for living together
 - Priority given to multigenerational housing
 - Family life education
 - Maintenance of Parent Act
- Social assistance programmes
 - Comcare schemes (benefits and transfers) etc...

Recent Special Measures

- Pioneer Generation Package
 - Recognize contribution of generation which built up Singapore (65 and above in 2014)
 - Additional healthcare benefits, medical insurance for life
- Medishield Life Benefit Enhancement
 - coverage for all, coverage for life

Pillars for ageing-in-place

- Coordinated at high level - Ministerial Committee on Ageing
- Holistic, multisectoral and integrated - economic, health, housing/infrastructure, and social services
- “Many helping hands” - web of support from family, community, VWOs, private and public sector

THANK YOU