



Source: MOH

Building Age-Enabled, Inclusive Communities For All

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Singapore's Demographic Change

1 in 31



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



1 in 4



1970

2015

2030

YEAR

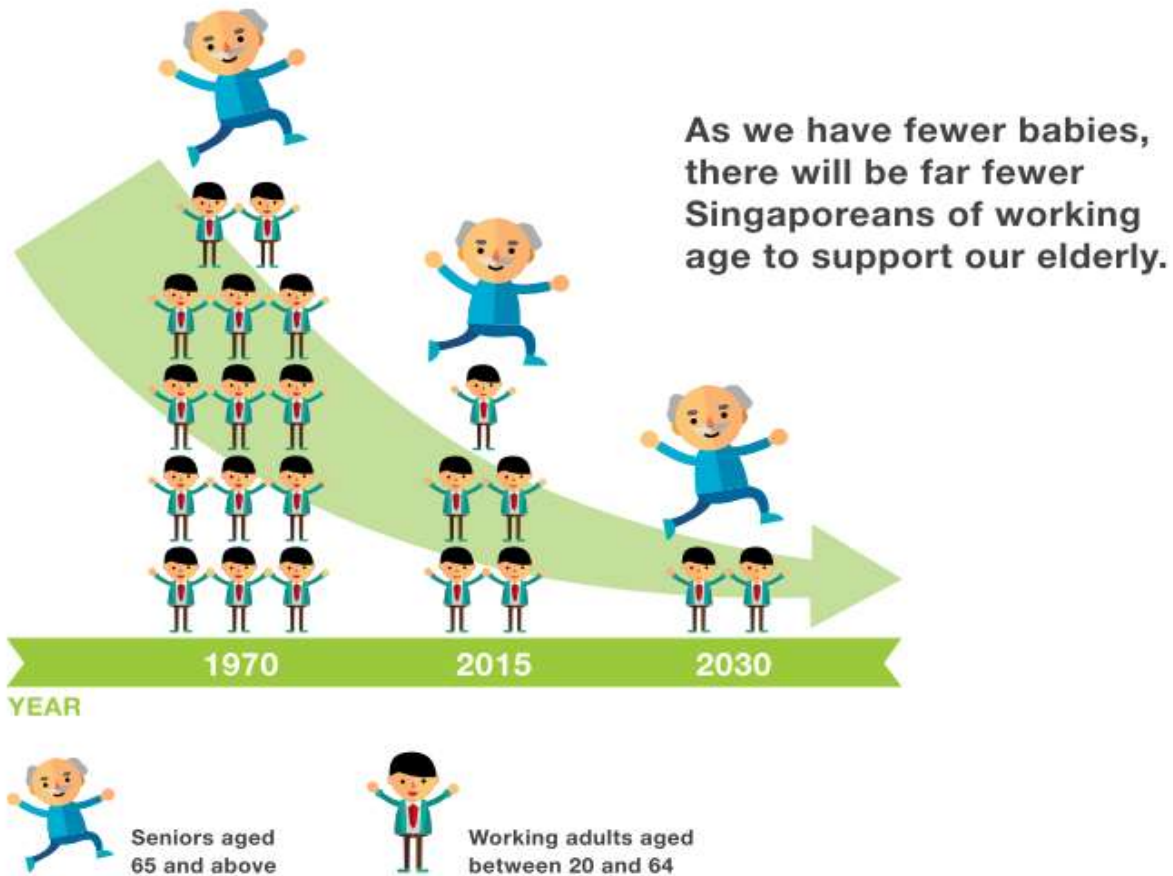


Singapore Residents are also LIVING LONGER AND STAYING HEALTHY FOR LONGER.

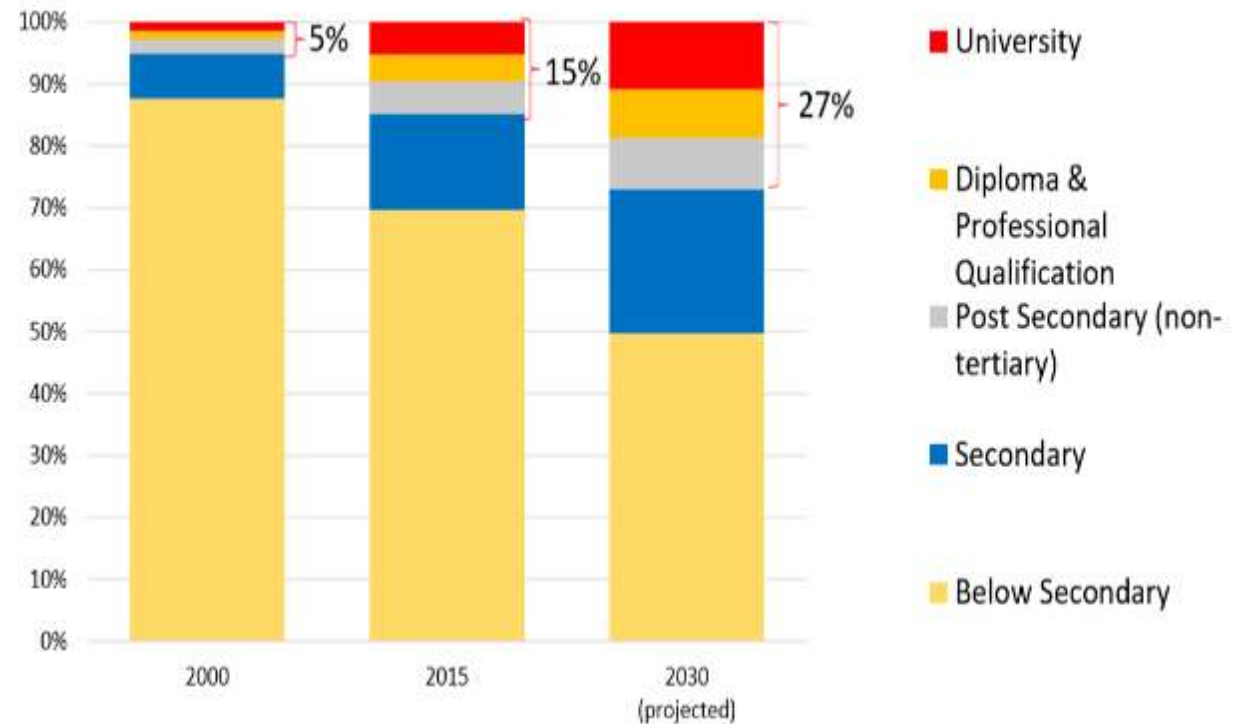
Ageing need not cause worry and gloom. If we plan ahead, ageing can be a positive experience for all.



Singapore's Demographic Change



Educational Profile of Residents Age 65 and above





ACTION PLAN FOR SUCCESSFUL AGEING

A Nation for All Ages. We want Singapore to be the best place for Singaporeans to grow old in, and a model for successful ageing.

Ageing in Singapore

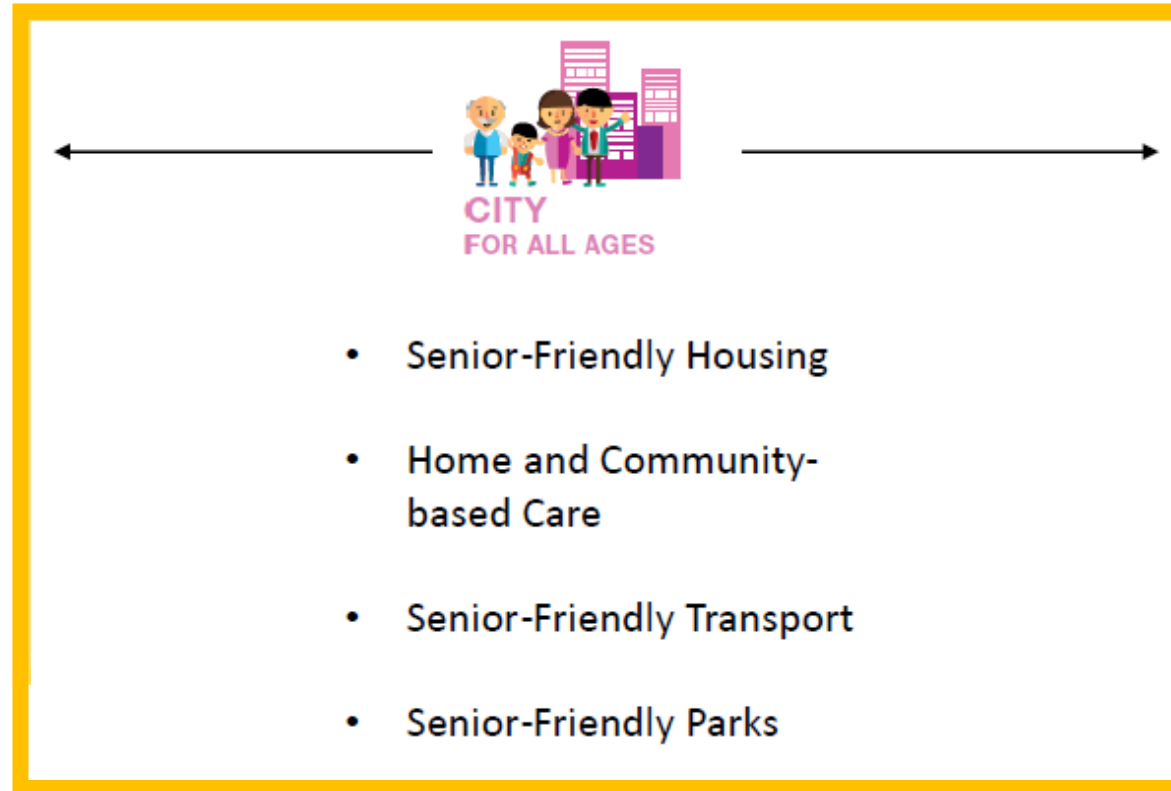
Where planning & design can make a difference

Social needs



- Expand home visitation programmes
- Encourage love and respect for seniors
- Promoting inter-generational harmony

Health needs



- Senior-Friendly Housing
- Home and Community-based Care
- Senior-Friendly Transport
- Senior-Friendly Parks

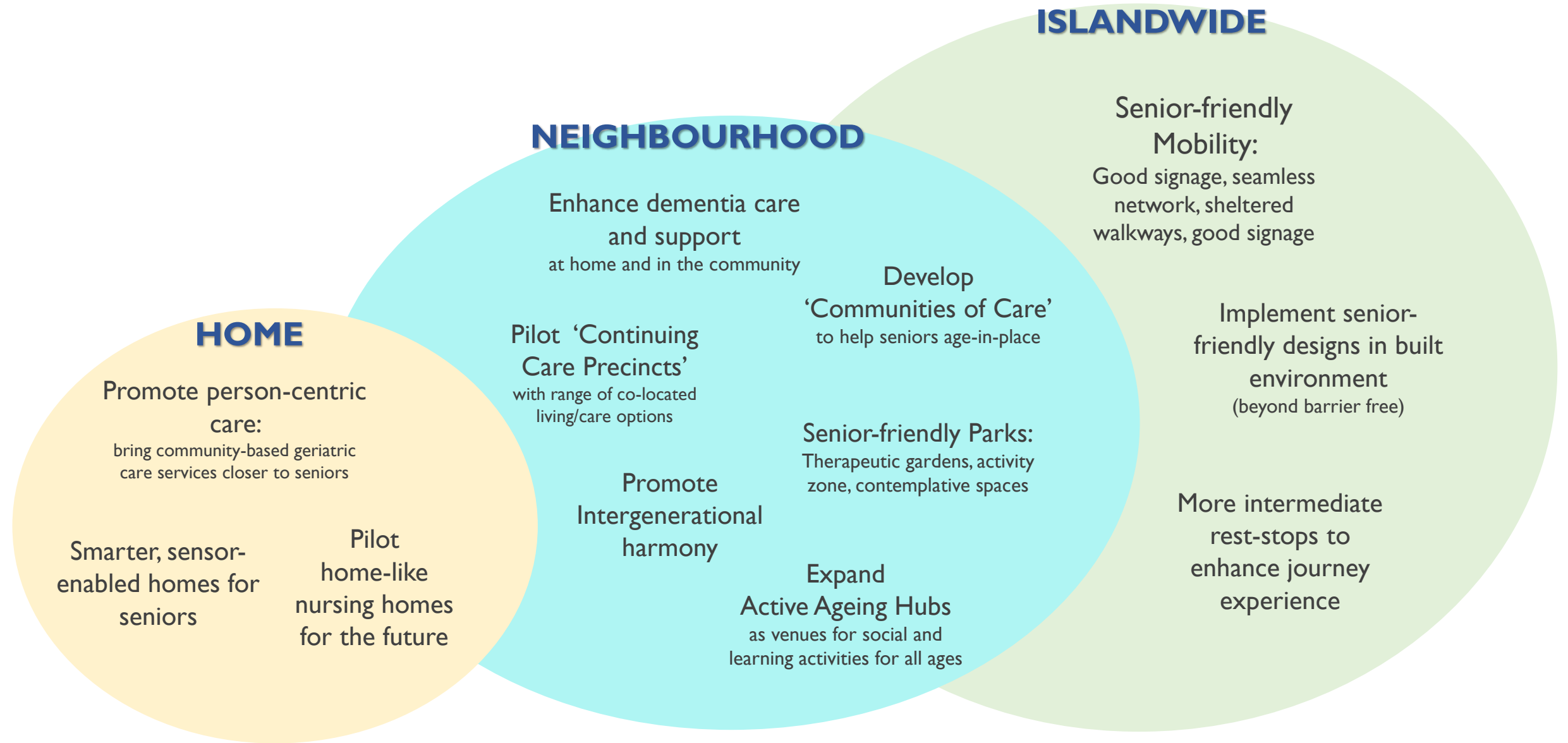
Infra needs

Economic need/ Aspirations



- Lifelong Employability
- Lifelong Learning
- Senior Volunteerism
- Retirement Adequacy

Different Scales of Interventions



Supporting Our Seniors

Safer Homes



Source: MOH



Elderly-friendly design elements make homes safer

Supporting Our Seniors

Housing Options

Source: HDB



Independent living in a 2-room flexi flat



Housing larger, multi-generations under the same roof

Supporting Our Seniors

Home-Based Care



Source: MOH

Services to help seniors
with their daily routines

Supporting Our Seniors

Quality Nursing Home



Source: MOH

Home-like, person-centric 24/7 nursing care

Supporting Our Seniors

Singapore Programme for Integrated Care for the Elderly (SPICE)



Integrated centre- and home-based services for frail seniors

Building up

Community Networks for Seniors (CNS)

TOUCH

16 Satellite Offices
3000 Silver Generation Ambassadors

HOLD

Over 100 Senior
Activity Centres
RC Centres

HELP

Over 100 Senior Care Centres
Over 70 nursing homes
Regional Healthcare Clusters and Primary Care
CNS Middle Office for last-mile service delivery

Supporting Our Seniors

Planning and designing for their needs



→ Ramp with a gentler gradient and non-slip floor surface



→ Strong colour contrast with the surroundings for greater visual clarity (applied where there is change in levels, as well as between walls, floors, furniture or fittings)



→ Adequate seats with armrests and backrest



→ Door delay function for lift and automatic doors



→ Senior-friendly steps with handrails and lower riser height

Here are the top ten most desirable features that will serve the needs of older persons, who may experience a decline in physiological and cognitive functions associated with ageing.

TOP 10 SENIOR-FRIENDLY FACILITIES AND FEATURES



→ Senior-friendly sanitary facilities



→ Access to online information on user-friendly provisions in the building



→ Intuitive wayfinding and good signage



→ Space for social interaction and activities



→ Adequate and uniform lighting, particularly for footpaths and pavements

Supporting Our Seniors

Designing for Accessibility and Convenience

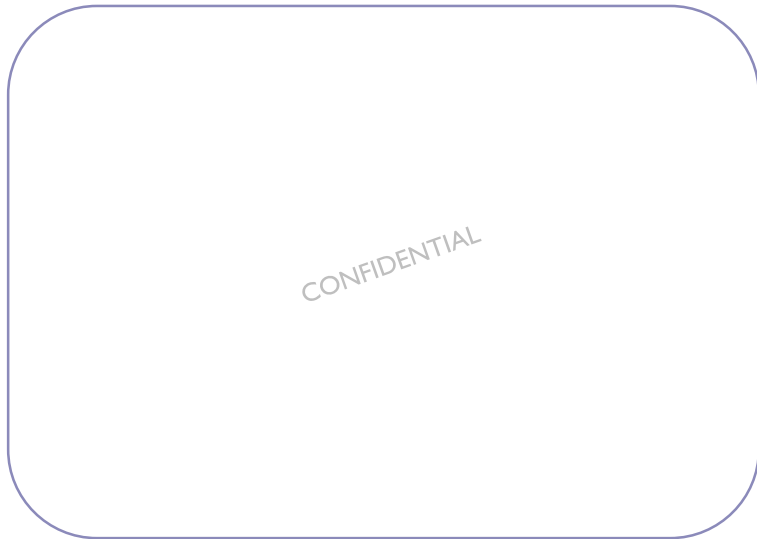
UNIVERSAL DESIGN GUIDE for PUBLIC PLACES

Building and Construction Authority

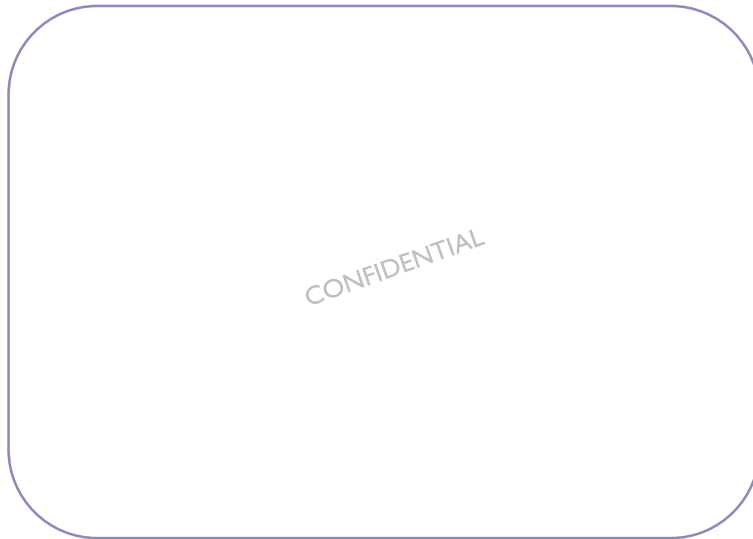


Supporting Our Seniors

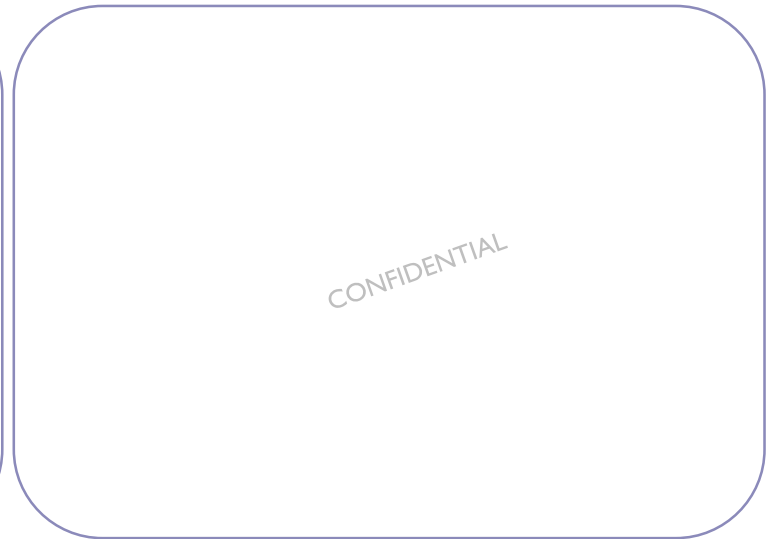
Leveraging on Data Analytics for Planning



Elderly Population – Change over next 10 years



Distance to Nearest Healthcare Facilities



Score: Elderly Density + Distance to Healthcare Facilities

Anticipate, plan and prepare for the provision and distribution of amenities and facilities for future needs

Supporting Our Seniors

Age-enabled Towns



Source: MOH

Walkable, convenient, accessible

Supporting Our Seniors

Silver Zones



Safety details to make walking safer and easier

Supporting Our Seniors

Senior-friendly Transport



Source: MOH



Providing options to help seniors move around easily

Opinion editorial

Beyond planning and design

CENTRE for
LiveableCities
SINGAPORE

Viewpoint: Emi Kiyota

Loneliness Cannot be Solved with Accessible Ramps

“
By focusing on providing
care or physical
infrastructure for the
elderly, we lead the
elderly to feel even more
dependent on others.
”



Supporting Our Seniors

Community in Bloom



Source: NParks

Gardens serve as community bonding spaces

Supporting Our Seniors

Community 'Living Rooms'



Source: SCCFSC



Break down barriers, foster community spirit

Supporting Our Seniors Inter - Generational Bonding

Where young and old can play together

Infant, childcare centre within nursing home bridges generational gap with shared spaces

See Ann Tan

One is 65 years old and in a wheel chair, the other is only five years old and bursting with energy. Yet, they sit opposite each other on the merry-go-round, enjoying the ride together.

It may sound unusual, but this is a new way of life for Madam Veronice Koh and pre-schooler Tay Yukai.

The young and old interacting and playing alongside each other is part of a new curriculum introduced at St Joseph's Home in Jooong West, Singapore's first inter-generational playground, and infant and childcare centre within a nursing home. It was officially launched yesterday.

Dr Alvin Koh, Senior Minister of State for Health, said at the launch: "The home's inter-generational playground is a trailblazer among nursing homes in experimenting with shared spaces for the young and old. By leveraging the simple yet universal concept of play, this playground aims to attract more children and young ones to interact with seniors."

It is part of a nascent development across Singapore, to build more inter-generational facilities. For instance, there are co-located childcare and childcare centres being planned in 10 new HDB estates, including Kembangan Admiralty, Jooong West and Yoo Payoh, said a Ministry of Health spokesman.

The childcare centre and inter-generational playground were added to St Joseph's Home after a 2½-year renovation.

The refurbished home, which reopened early this year, can take in up to about 400 elderly residents. The infant and childcare centre is open to up to 36 children, aged two months to six years.

St Joseph's Home executive director Geraldine Tan said: "Having an infant and childcare centre within



The inter-generational playground has a merry-go-round with wheel-lock features, allowing both children and seniors to ride together. ST PHOTO: ANN TAN

LIFE & SURROUNDINGS

Some nursing homes are very quiet with no activities. It is a good environment here and I'm happy, especially when I listen to the children sing.



MADAM VERONICA KOH, 65, resident of St Joseph's Home and the home's inter-generational curriculum.

the home reminds us of the purpose of life and of the importance of play and simplicity."

Children and the elderly will interact in activities such as singing and doing arts and crafts. The childcare teachers and nursing home staff will collaborate and implement a curriculum tailored to the needs of both young and old.

To promote interaction across generations, the playground also has special features. For instance, the merry-go-round is equipped with

wheel-lock features for wheelchairs and has custom-built seats for toddlers.

SMART Corporation has pledged \$100,000 towards the development of the playground.

Apart from the playground, the home has other shared spaces, such as a cafeteria and a "tea house" where elderly residents, children and volunteers can engage in activities such as painting.

MacPherson MP Tan Joo Ee, deputy chairman of the Government Parliamentary Committee for Social and Family Development,

said she is keen to see more of such spaces in her constituency where the generations can interact.

"It is an old estate and sometimes it makes someone feel even older. Mixing with children can be good for the elderly from a social-emotional perspective. Many elderly people are delighted to see children, and the young can learn to have empathy for their elders," she said.

Nursing manager Arthur Tay, 41, decided to put his son Yukai at the childcare centre because of its facilities, although he was initially hesitant.

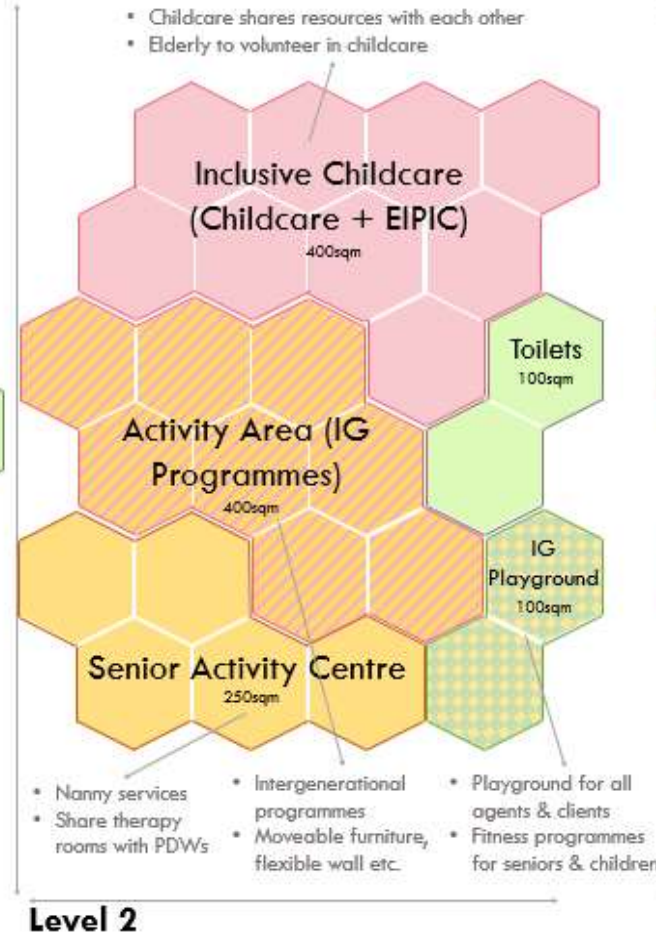
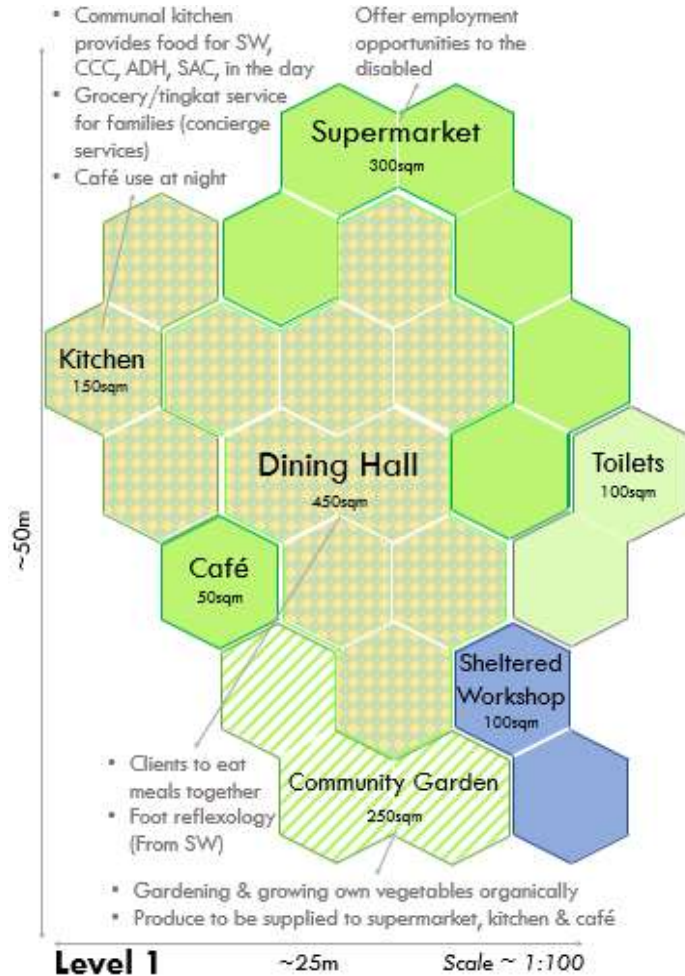
"At first I was unsure about the environment but I realised that it's very clean and hygienic, and has a large space for my energetic son to run around. Mingling with the elderly will also be good for the children's growth."

Madam Koh said she enjoys the presence of the children and the shared playground. "These nursing homes are very quiet with no activities. It is a good environment here and I'm happy, especially when I listen to the children sing."

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Supporting Our Seniors

Planning for Life Cycles



Supporting Our Seniors

Integrated Developments



Community Plaza

Kampung Admiralty



Source: HDB

Hawker Centre & Shops

Kampung Admiralty



Medical Centre

Kampung Admiralty



Source: HDB

Rooftop Community Garden and playground

Kampung Admiralty



Source: HDB

Intergenerational Contact

Kampung Admiralty



what
MORE
can we do?





Thank you