



ILC Singapore
International Longevity Centre

A Tsao Foundation Initiative

Plenary Session III

“Ensuring the inclusiveness and participation of older persons: Addressing the challenges of Ageing Societies: Lessons and Insights from Singapore”

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Symposium on ‘Strengthening the Capacities of Public Institutions & Developing Effective Partnerships to Realise the 2030 Agenda for Sustainable Development’
Incheon, Republic of South Korea

**2018 IDOP Theme
(October 1)**

***Celebrating
Older
Human
Rights
Champions***



Guide Questions for this presentation

- 1) What are the regional trends and national trends in the Singaporean case on how the elderly live today – please share cases of inclusion, exclusion, challenges, and a real picture.
- 2) What cases does the International Longevity Centre Singapore able to share on how it has empowered ageing communities to live an empowered life?
- 3) What are the barriers to developing or implementing these policies and programmes?
- 4) What are some success cases on how governments have developed policy to address this issue?
- 5) What are some barriers holding policies back from being scaled or replicated?

The world is ageing fast



By 2050, people over 60 will outnumber those under 14

2/3 of these older people will live in Asia

In Singapore, 40% of its resident population

Regional Trends (MIPAA Review)

1) Older Persons and Development

- ✓ Participation- OPA (older person's associations)- Vietnam, Myanmar, Nepal, Sri Lanka and PROC; Mongolia's Law on Law Enforcement in 2015; several countries do hold general public consultations; rest older people's voices are not heard at all
- ✓ Humanitarian and disaster relief- only 4 countries with plan of action that includes older persons. Overall, more efforts to harness older person's potential in all phases of humanitarian and disaster relief programmes are needed
- ✓ Contributory pensions- low pension coverage; women's coverage is significantly lower than men; only a few have gender redistributionary mechanisms (Japan and Republic of Korea with crediting of child-bearing breaks); many countries with provident funds offering lump sum in retirement but not fulfilling purpose of providing income security in old age; reforms in PROC, ROK, Armenia and Russian Federation.

Regional Trends (MIPAA Review)

1) Older Persons and Development

- ✓ Non-contributory pensions- most countries offer means-tested social pensions; benefit levels are often low relative to cost of living; those with universal social pension include Nepal, Samoa, Thailand, New Zealand, Myanmar and PROC; poverty in rural areas is being addressed by poverty reduction programmes
- ✓ Employment- re-employment opportunities for retired government officials and teachers in India and Samoa; part-time and flexible work for older persons in Vietnam; skills training in Fiji, Macao (China); increase in statutory retirement age in Indonesia, Malaysia, Singapore, Azerbaijan and Russian Federation; unavailable data on informal sector for most countries

Regional Trends (MIPAA Review)

2) Advancing health and well-being into old age

- ✓ Policies and programmes on health and active ageing- most in East and North-East Asia and South and South-east Asia have targeted policies, plans and programmes
- ✓ Affordable access to primary and secondary health care- 2/3 of respondents provide free or subsidised health ; major challenges are coverage, accessibility and quality of care under public health services
- ✓ Geriatric and gerontological training programmes- those from East and North-East Asia have developed geriatric training programmes; still, insufficient to meet older person's needs; difficult to attract younger people
- ✓ Long-term care
- ✓ Measures to enhance mental health services for older persons- less than half
- ✓ Measures to support persons with disabilities and ensure their participation in decision-making- half have targeted provisions for disabled older persons under universal plans and/programmes on disability

Participation of Older People

- ❖ policymaking
- ❖ decision-making
- ❖ social, political and economic life
- ❖ employment
- ❖ improving their access to public services.



Lessons from Singapore (1)

1. Government (Ageing Planning Office at MOH) -Champion civil servant (2013)
2. S\$3-B Action Plan for Successful Ageing (2016)

<https://www.moh.gov.sg/docs/librariesprovider3/action-plan/action-plan.pdf>

SG Action Plan for Successful Ageing

Opportunities for all ages

Lifelong employability
Health and wellness
Senior learning
Senior volunteerism

Kampong for all ages-

Community befriending
Intergenerational harmony

City for all ages

Aged care
Active ageing and assisted
living
Transport
Research

► The Community Networks for Seniors (CNS) brings together different people in the community to help our seniors age well in place. Here's what they - and their volunteers - do.

In 15 years, we will have...

1 MILLION SENIORS



HOW CNS HELPS OUR AGEING POPULATION

Plan

- Identify areas in which seniors need more support
- Identify the types of seniors in each community
- Develop an action plan

Build

- Pooling together health and social care resources to better serve the seniors
- Develop new services to meet needs & gaps
- Set up systems & infrastructure

Connect

- Encouraging residents to help their elderly neighbours
- Building a Kampung to help our seniors grow old gracefully



Three Types of Seniors and the Help They Get

Healthy Seniors



Action Plan

Active Ageing:

Keeping them active through social activities

Who's involved:

- People's Association
- Health Promotion Board
- Pioneer Generation Office

Lonely Seniors



Action Plan

Befriending:

Provide emotional and psychological support

Who's involved:

- People's Association
- Voluntary Welfare Organisations

Frail Seniors



Action Plan

Care & Support:

Providing targeted care and welfare

Who's involved:

- AIC's Community Case Management Service
- AIC's Community Care Assessment Team
- Voluntary Welfare Organisations

<https://www.silverpages.sg/caregiving/Building%20Community%20Networks%20for%20Seniors>

What are some success factors from the Singapore

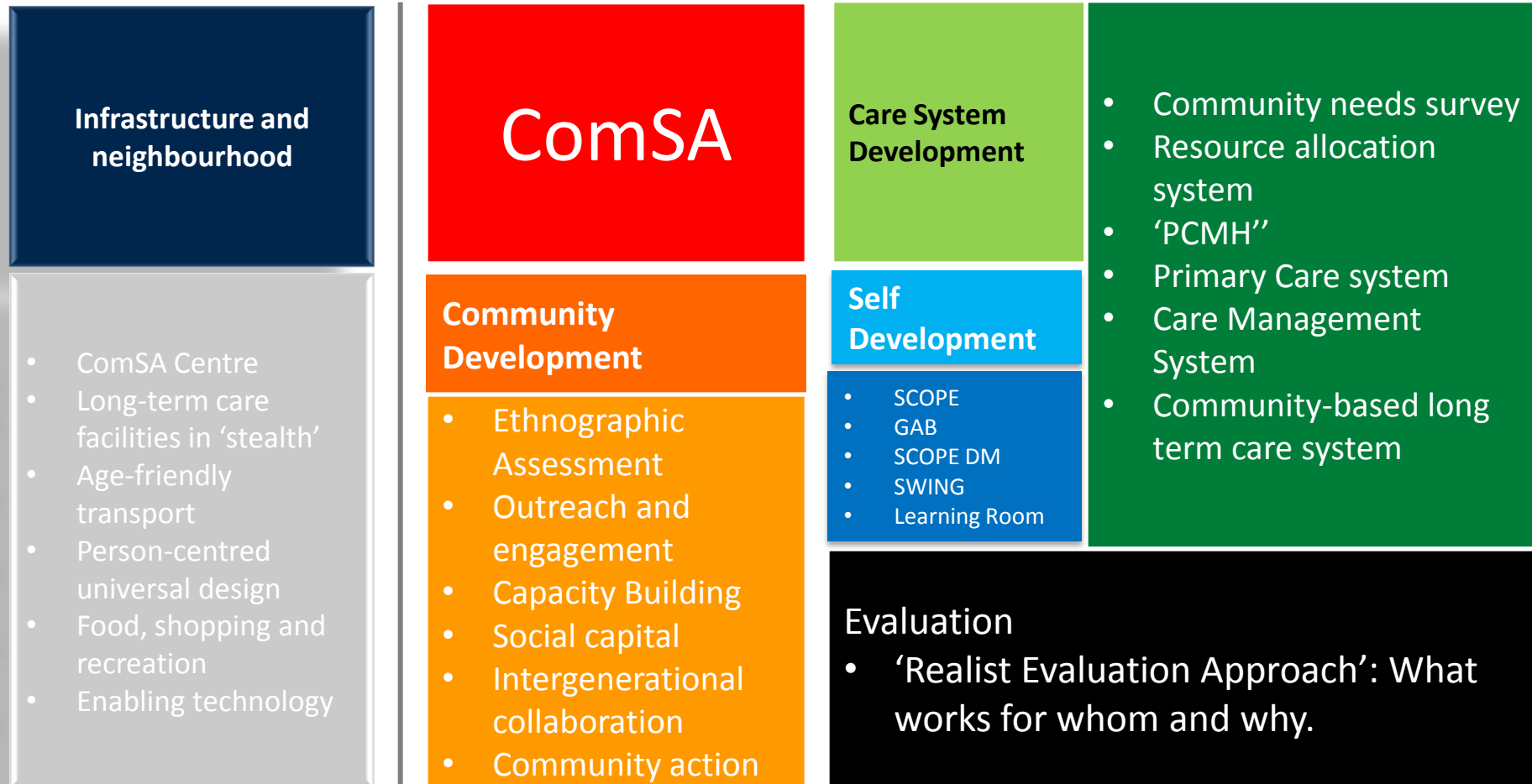
- 1) Whole of government approach to the issue of ageing- Inter-Ministerial Committee on Ageing
- 2) Integration of the health and social sector planning under one Ministry
- 3) Transformation in looking at ageing as a policy issue- from 'tsunami' to opportunities in longevity
- 4) Good leadership (champion and in touch)
- 5) Strong and active community as partners

Lessons from the people sector (community) in Singapore (2)

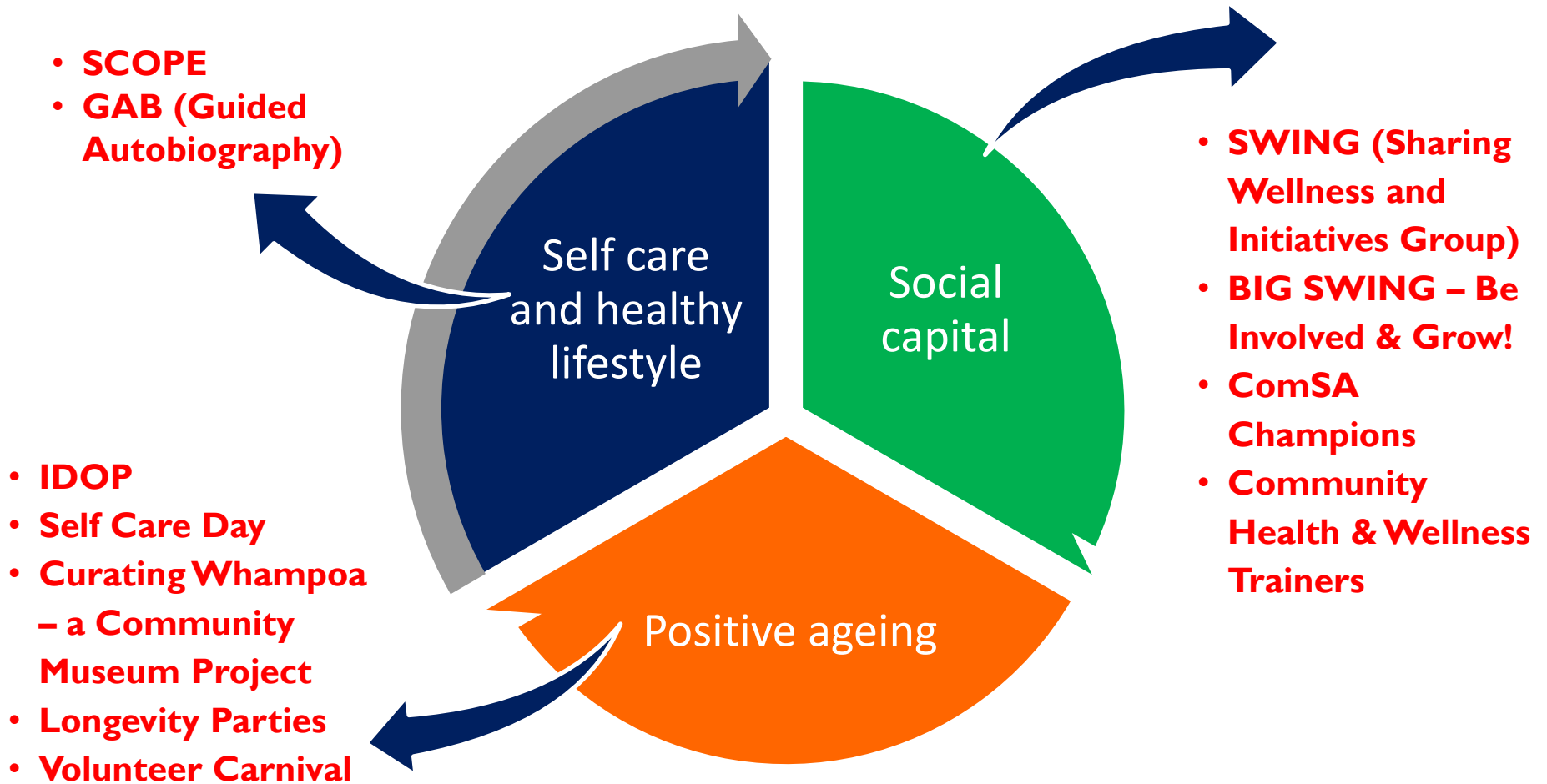
ComSA or Community for Successful Ageing

A 'community-up' approach to support ageing-in-place by Tsao Foundation in collaboration with National Healthcare Group (RHS) and Whampoa grassroots organization in an effort towards "City for All Ages"

How to create a Community where *people of all ages thrive?*



Developing community to Age Well



Barriers to developing or implementing these policies and programmes

1. Lack of political will and vision from the leadership
2. Mainstreaming issue
3. Engagement and involvement of the community and the private sector

What are some barriers holding policies back from being scaled or replicated?

- 1) Requires evaluation to prove that it is going to be worth the investment- RCT does not work, realist evaluation may be the way to go
- 2) How to sustain the cost of scaling up or replication?
- 3) Who will scale up and replicate?

IWD 2018 Theme (March)





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Thank you

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