



Hong Kong Housing Society Conference

# Creating Inclusive Communities and Homes for All

Presenter: Elaine Tan  
Centre for Liveable Cities  
Ministry of National Development  
(Singapore)

About Us

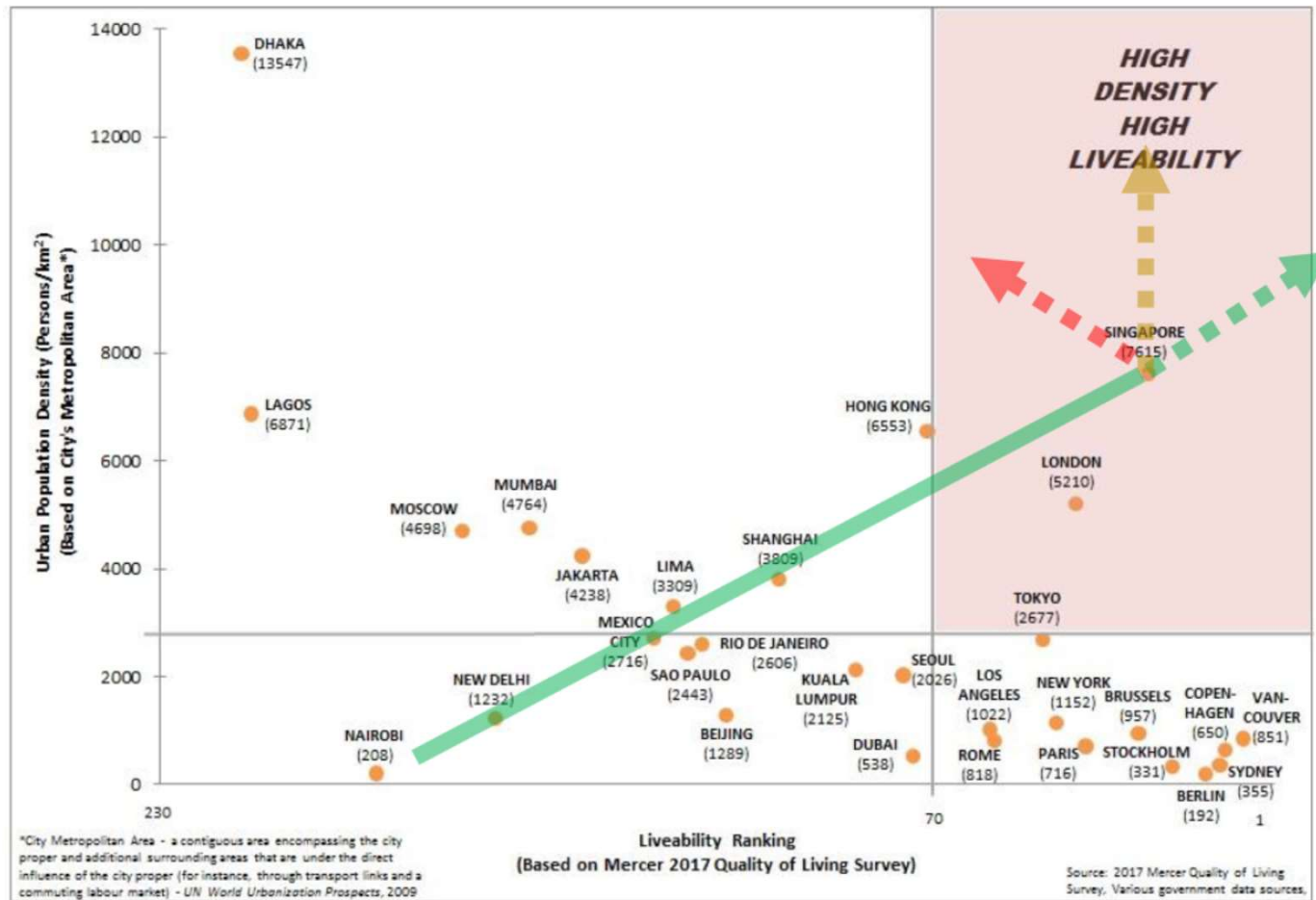
# Centre for Liveable Cities (CLC)



**Mission: To distil, create and share knowledge on liveable and sustainable cities**

# Achieving High Density and High Liveability

## CLC Liveability Matrix





# Singapore

## 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



Seniors aged 65 and above

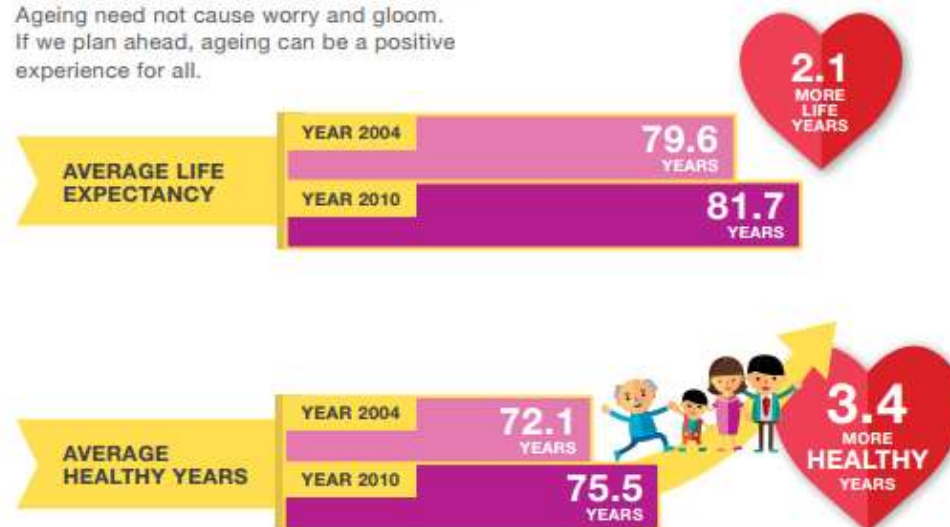


Singaporeans under the age of 65

Source: MOH

### 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.



Source: MOH

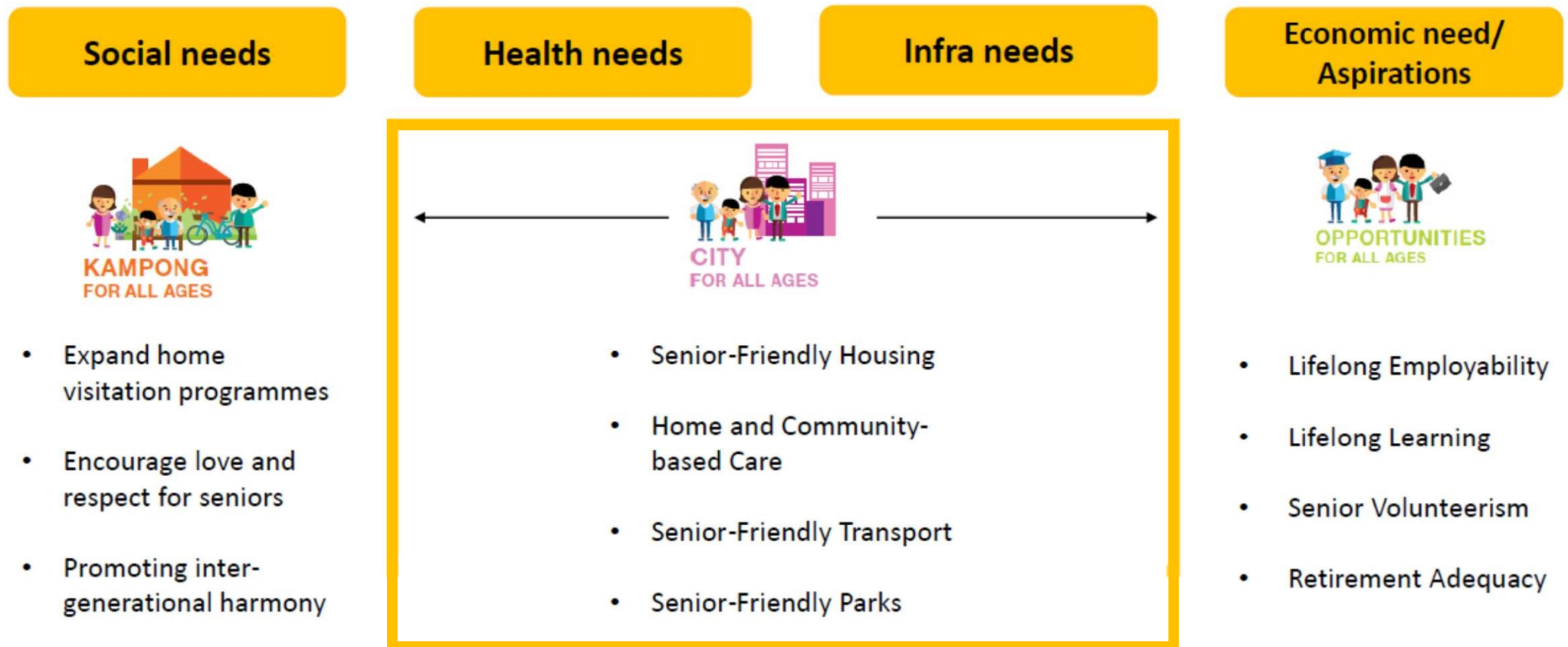
*I feel young  
in my Singapore!*

ACTION PLAN FOR SUCCESSFUL AGEING



## ACTION PLAN FOR SUCCESSFUL AGEING

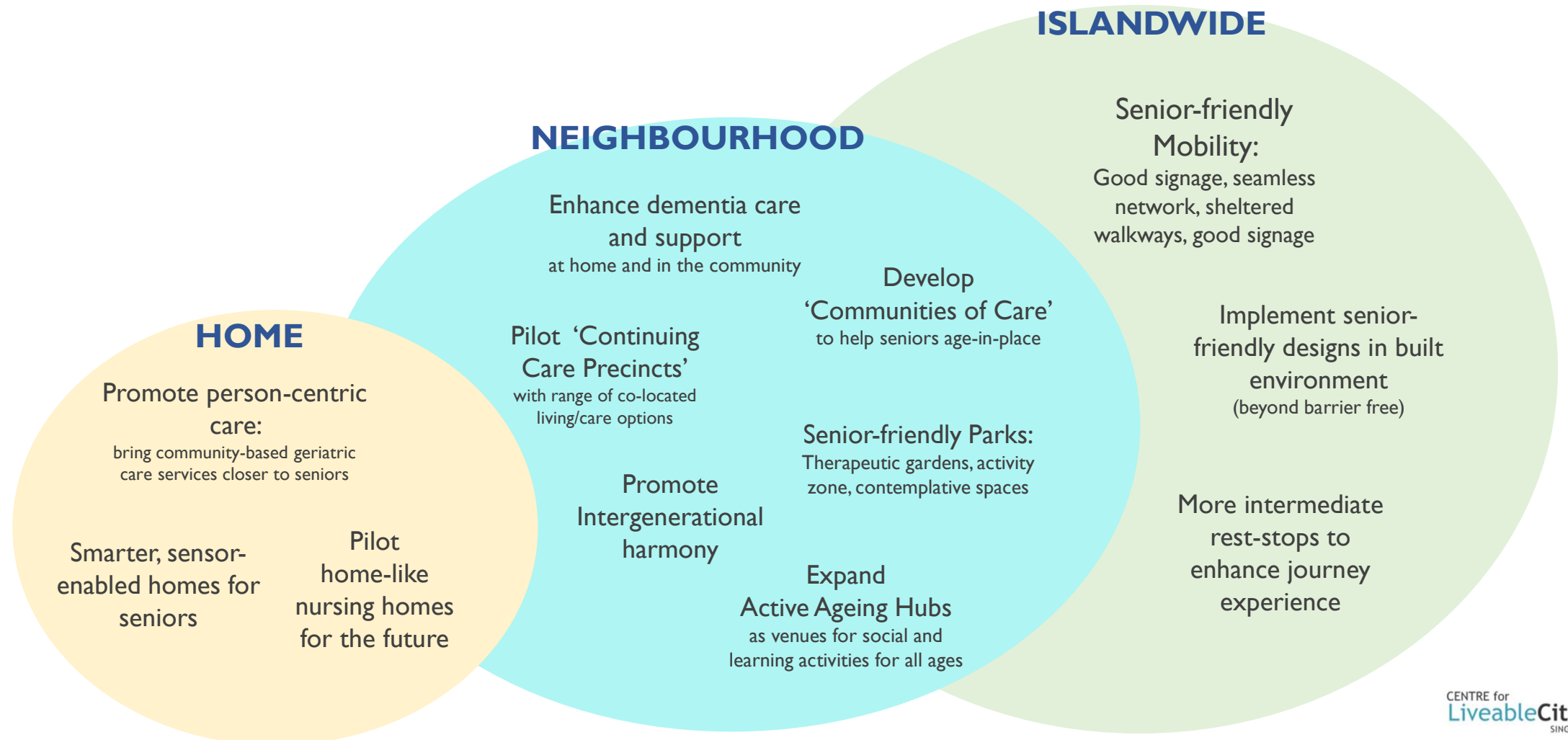
# Different **Aspects** of Intervention



Source: Action Plan for Successful Ageing, 2016, MOH

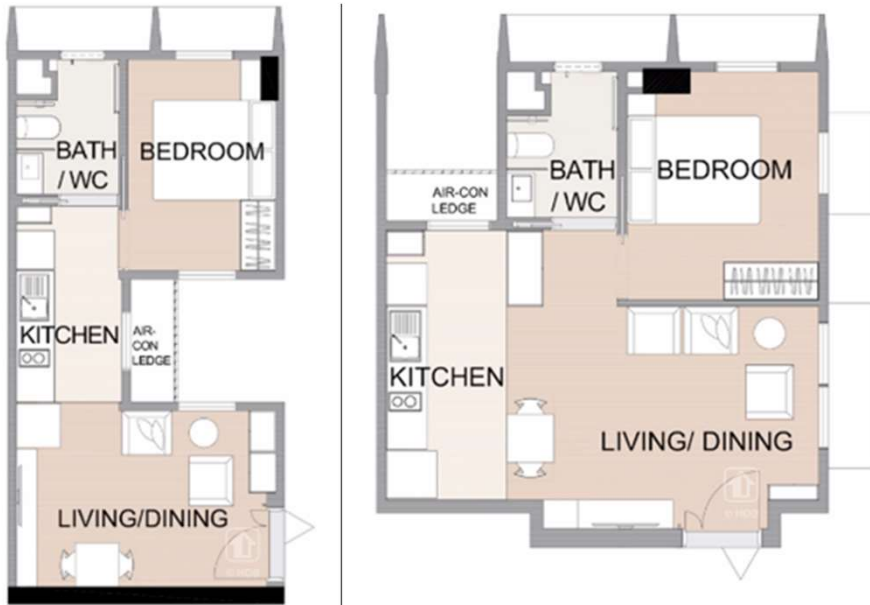


# Different Scales of Intervention



Supporting Our Seniors

# Housing Options



Source: HDB

Independent living in a Studio Apartment



Source: The Straits Times



Supporting Our Seniors

# Housing Options



Source: HDB

Housing larger, multi-generations under the same roof



Source: The Straits Times

Supporting Our Seniors

# Housing Options



Senior Community Homes for low-income seniors without family support



# Supporting Our Seniors

# Safer Homes



Elderly-  
friendly design  
elements to  
make homes  
safer



# Supporting Our Seniors

## Providing Options

### Seniors who want to age in place with access to eldercare:

- Who do not wish to move to other living options in their last years
- Who want the assurance of help during emergency events



### Elderly couples where one partner is the caretaker:

- E.g. a female elderly who is the primary caregiver to her husband who has an early onset of dementia

### Seniors who need assistance:

- Spanning across a range of frailty (from pre-frail to frail-frail)
- Relatively healthy but require some assistance (e.g. reminders to take medication)
- Require assistance with their dietary needs
- Have borderline cognitive issues and may require help in the future
- Unable to live on their own because of age or mobility status

### Seniors who desire alternative living arrangements:

- Desire independence and/or communal living

### PROPOSED SERVICES



**Household Services**  
Meals, laundry, cleaning etc.



**Social Activities**  
By residents or neighbourhood community programmes



**Transport**  
For those with functional mobility



**Eldercare**  
Assistance with activities of daily living, 24-hour monitoring and caretaker on call



**Healthcare**  
Medicine management, active ageing/wellness programmes, mental health support



**General Assistance**  
Lived-in companion or concierge service

Source: Piloting Assisted Living Research & Workshop Insights (CLC)

Supporting Our Seniors

# Home-Based Care



Services to help seniors with their daily routines

Supporting Our Seniors

# Singapore Programme for Integrated Care for the Elderly (SPICE)



Integrated centre- and home-based services for frail seniors



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# Assisted Living Facilities



Providing residential living and  
customized care component

Source: The Straits Times

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# Providing Quality, Person-centric Care

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

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# Providing Quality, Person-centric Care

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Promoting integration and interaction



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# Age-Friendly Towns



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# Leveraging on Data Analytics for Planning

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



Supporting Our Seniors

# Senior-friendly Transport



Source: MOH



Providing options to help seniors move around easily



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# Silver Zones



Safety details to make walking safer and easier

## Supporting Our Seniors

# Designing for Accessibility and Convenience

### UNIVERSAL DESIGN GUIDE for PUBLIC PLACES

Building and Construction Authority



Source: BCA

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

- 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
- 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



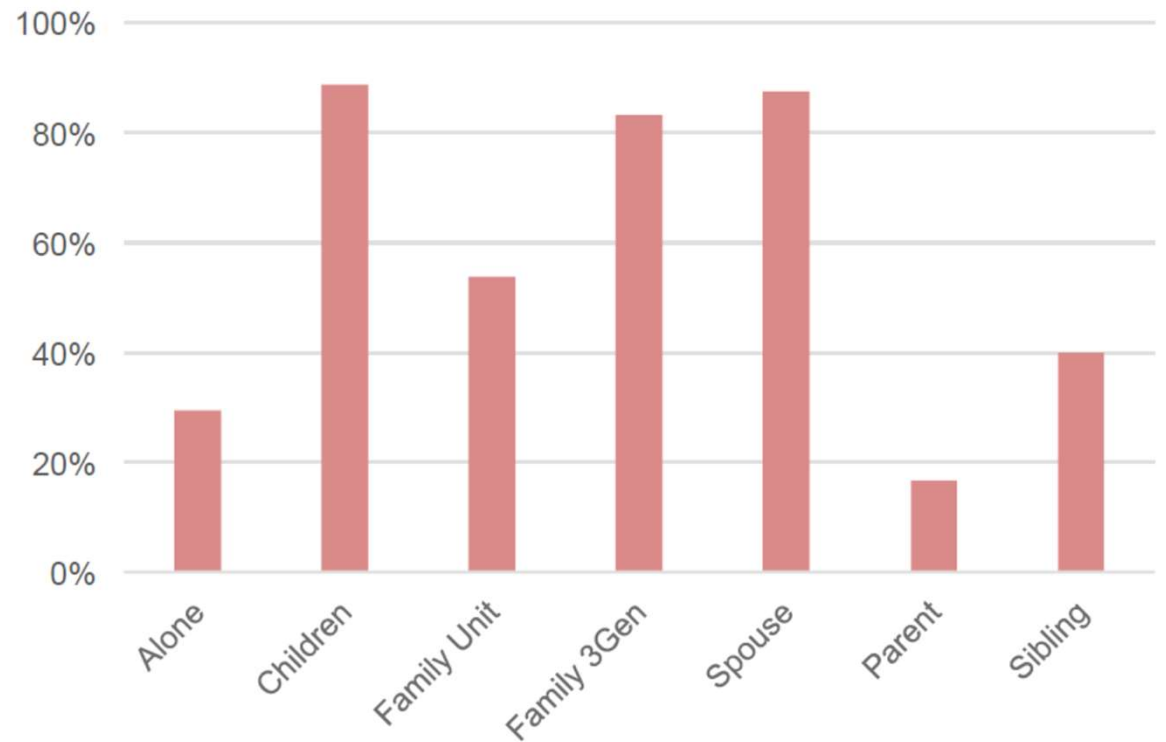
Viewpoint: Emi Kiyota

## 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.  
”



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Percentage breakdown of interviewees who described spending most of their day alone based on their current living arrangements

Source: Piloting Assisted Living Research & Workshop Insights (CLC)



Supporting Our Seniors

# Senior Activity and Care Centres



Spaces for socialising and activities

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# Community 'Living Rooms'



Break down barriers, foster community spirit

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# Community in Bloom

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Gardens serve as community bonding spaces



# Supporting Our Seniors Inter - Generational Bonding

TUESDAY, AUGUST 29, 2017 | THE STRAITS TIMES

HOME | B3

## Where young and old can play together

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

Sue-Ann Tan

One is 65 years old and in a wheelchair; 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 Veronica 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 Jurong West, Singapore's first inter-generational playground, and infant and childcare centre within a nursing home. It was officially launched yesterday.

Dr Amy Khor, 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 eldercare and childcare centres being planned in 10 new HDB estates, including Kampong Admiralty, Jurong West and Toa 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 infantcare 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



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

### LIVELY 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, an elderly resident at St Joseph's Home, on the new 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 see-saw has a ramp for those using a wheelchair, while the merry-go-round is equipped with

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

SMRT 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 "fun house" where elderly residents, children and volunteers can engage in activities such as painting.

MacPherson MP Tin Pei Ling, 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. Mingling with children can be good for the elderly from a social-emotional perspective. Most elderly people are delighted to see children, and the young can learn to have empathy for their elders," she said.

Sales manager Arthur Tay, 41, decided to put his son Yukai in 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. "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."

stuetan@sjh.com.sg

Source: The Straits Times

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Supporting Our Seniors

# Integrated Developments

## ALL-IN-ONE VILLAGE

This integrated development next to Admiralty MRT combines housing, health-care and care facilities, and shops amid lush greenery in a bid to be a 'modern kampung'.

### Studio apartments

- Two blocks with about 100 units, up for sale in the July Build-To-Order exercise
- New features: induction stoves, "resilient flooring" with a parquet design and retractable racks for easier drying of laundry

### Community park

- Features fruit trees such as rambutan and kaffir lime
- Includes a three-generational playground for both young and old

### Community farm

Residents can grow vegetables, herbs and ornamental plants.

### 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

### Admiralty Medical Centre

- Spans two levels with an area of 8,500 sq m
- Offers outpatient consultation, day surgery, rehabilitation and diagnosis

### Hawker centre

- Will have 50 cooked food stalls and about 900 seats

### Supermarket

- After feedback from residents that supermarkets in the area were too small, the new one will cover 1,000 sq m

### Basement carpark and bicycle parking

- Two basement floors will house the carpark and a mechanical bicycle parking system which can store 300 bicycles

### Community plaza and shops

- An airy space for community activities, from National Day dinners to cultural performances
- Grassroots organisations will provide feedback on what the 20 shops and two or three food and beverage outlets should offer

### GREEN FEATURES

#### Pneumatic waste conveyance system

- Household trash will zoom through vacuum pipes underground into a sealed container which will be collected by trucks

#### Bioswales

- Rainwater will be filtered through these sloping stretches of plants and soil on the ground floor

#### Solar panels

- The apartment blocks will be topped with solar panels to power common lighting, for instance

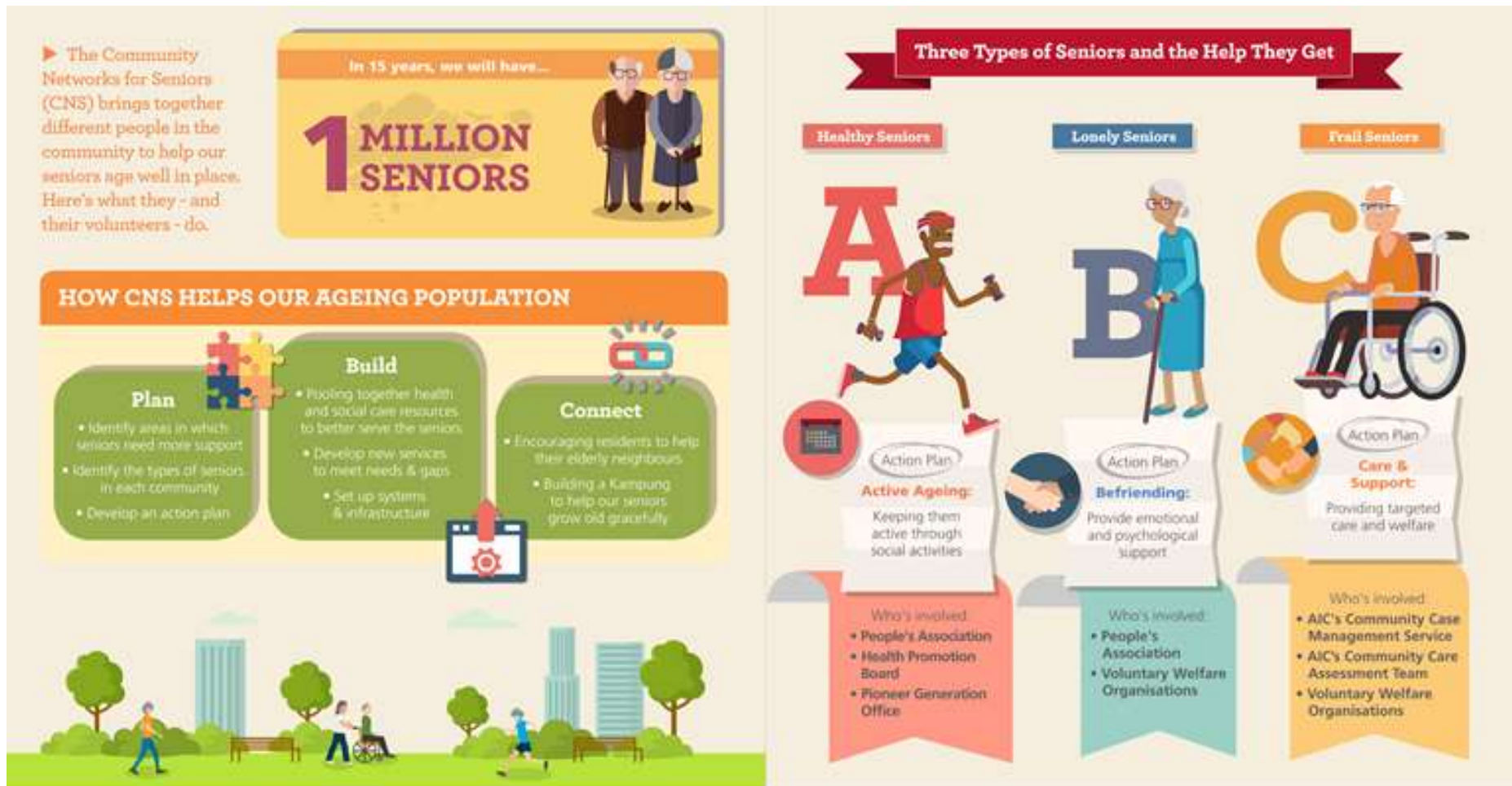
Source: HDB

Source: The Straits Times



Building up

# Community Networks for Seniors (CNS)



Source: AIC



what  
**MORE**  
can we do?



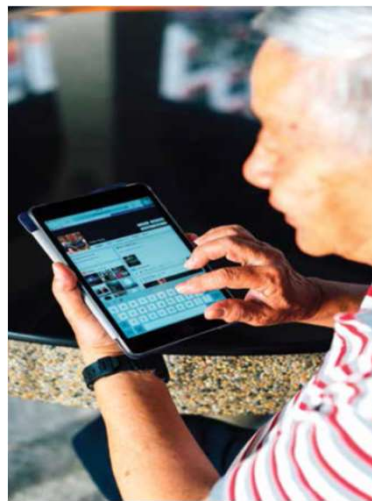
Source: MOH

Supporting Our Seniors

# Technological Aids



Source: MOH



Innovative ideas to improve healthcare delivery



Source: The Straits Times

Supporting Our Seniors

# Dementia-Friendly Communities

A joint initiative by / 联合发起



Supported by / 协助机构



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Forget  
US  
NOT

勿忘我



[www.forgetusnot.sg](http://www.forgetusnot.sg)

Your guide to helping persons with dementia live dignified lives

如何帮助失智症患者活得有尊严

Source: [www.forgetusnot.sg](http://www.forgetusnot.sg)

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