

## ILC Singapore

### **Vision**

The vision of ILC Singapore is the development of policies and programmes which can support individuals to maximize their full potential throughout their life course.

### **Mission**

ILC Singapore works towards the development of strong evidence based practice and policy making in Singapore through research and intersectoral collaborations.

### **Strategies**

The key strategic thrusts of ILC Singapore as driven by its mission are therefore:

- To conduct high impact research to inform policy and practice
- To establish platforms for collaborations between the academic, policy and service sectors
- To assist with capacity building in research and practice

### **I) Research**

There are four ongoing concurrent research projects which includes::

#### **i) Social Isolation, Health and Lifestyles Survey 2009**

The first wave of the Social Isolation, Health and Lifestyles Survey was conducted to design evidence-based policies and programs to enhance social networks and prevent social isolation among seniors and to plan for the health care needs of the elderly in the future. The specific objectives of the survey are to:

1. Develop a longitudinal database on the physical and mental health profile of older adults (aged 60+);
2. Determine the extent of social isolation among older adults, and changes with time, within and between income groups;
3. Understand the interactions among health status, income, social engagement, housing, network support and loneliness;
4. Understand the constraints on and channels for social participation;
5. Understand the preferences for preventing and responding to isolation and;
6. Collect anthropometric measures over time in relation to healthy aging

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## Status Updates

- Round 1 of the survey studying older adults in 2009 is completed and this survey is nationally representative. Aim to have round 2 in another year to study changes over time.
- Several publications and conference papers have been accepted :

## ii) Informal Care Survey 2010

The key objectives of the survey are to:

1. Identify the social and demographic characteristics of informal caregivers in and identify the profile of care recipients;
2. Determine the specific care giving tasks that are being performed and time spent doing these tasks;
3. Identify which informal caregivers are coping well with their care giving responsibilities and which are not, as well as the factors that might explain this difference (e.g. financial burden, lack of support, choice in providing such care);
4. Determine the impact of care giving (e.g., physical and mental health/well-being, employment) and the needs of informal caregivers (e.g., training, respite, financial assistance, education, formal home care); and
5. Identify the social and demographic characteristics of a group of potential family caregivers of elderly who will need care in the future and determine the future choice mix of care among a group of elderly who do not currently need care.

The final and full data is currently being checked and will be ready for release and analysis in December 2010

## Status Updates

- Some descriptive statistics were released at a roundtable meeting consisting of Tsao Foundation, academia and policymakers in June 2010

## iii) Cost Effectiveness of Community Care

The aim of this project is to evaluate the Tsao Foundation community care demonstration project that follows the design of the US Program of All Inclusive Care for the Elderly (PACE) for cost and quality impact compared to the alternatives i.e. institutionalized care such as nursing home.

The research design is currently in progress and the project will run for 3 years starting 2011

### iv) Self Care for Older Persons (SCOPE)

The aim of the project is to conduct a randomized controlled trial in Singapore that tests the impact of a state-of-the-art self care training program focused on teaching older adults how to manage their health and if present, their diabetes, hypertension or chronic obstructive pulmonary disease. The training will focus on health promotion, disease prevention, health seeking behavior, chronic disease management and empowerment. The project is due to commence in early 2011. Based on the experience of the Singapore pilot, SCOPE will be implemented in Cambodia, India, Indonesia and Vietnam with identified academic and practice partners from each country.

## II) Collaborative platforms & Capacity Building

**Various events were organised to raise critical ageing issues to the national agenda. These included:**

### i) Round Table and Closed Door Discussions on Caregiver Issues 18-19 May 2010

A Round Table discussion on caregiving issues based on the first wave of findings from the caregiver research. The Round Table was attended by a cross section of policy makers, researchers and providers (86 total) that made recommendations for both policy and programme. This was followed up with a closed door discussions targetted at key policy makers.

### ii) Healthy Ageing Conference 11-15 October 2010 in collaboration with Duke-National University of Singapore Medical School and Visa (the Virtual Institute on Ageing, NUS)

Consisting of lectures by international experts on aging, poster presentations, papers and site visits, the five-day symposium provided an international platform for researchers across disciplines (gerontology, medicine, nursing, economics, sociology, social work, public policy) in the Pacific Rim to network and learn about healthy aging from numerous international and local experts. A key highlight of the symposium is a research grant competition for multidisciplinary team of participants based on proposals submitted on healthy ageing for the Pacific Rim.

### iii) Experts Programme on Ageing 2010

The Experts Programme on Ageing is a trademark thought leadership programme of the Tsao Foundation and ILC Singapore. The following were organised to date:

- a) Dementia Beyond Drugs, presentations by Dr Al Power, MD, FACP, Associate Professor of Medicine, University of Rochester School of Medicine and Dentistry and Eden Mentor, Eden Alternative.
- b) Designing Age Friendly Housing and Environments, Closed Door Policy Session with Dr Emi Kiyota, Consultant Architect.

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## Future Initiatives – 2011

### I) Research

- i) Launch of Cost Effectiveness Community Care study and SCOPE evaluation
- ii) New study on Older Women in Singapore

### II) Collaborative Platforms & Capacity Building

- i) Follow up initiatives on caregiver issues
  - National Seminar on Caregiver Issues – release of final results from caregiver survey (January tbc)
  - Circulation of Recommendation Report and CD recording of the Round to relevant stakeholders for information as well as primer to our advocacy actions;
  - Developed a more targetted action plan to address key gaps in caregiver support which will include a follow up Policy Round Table in January based on further data from the caregiver study.
- ii) Round Table Discussion on second wave findings of Social Isolation Survey (August tbc)
- iii) Development of Network of Asian Researchers on Ageing – First Meeting (June tbc)

