



ILC Singapore  
International Longevity Centre  
*A Tsao Foundation Initiative*

Tsao Foundation  
298 Tiong Barhu Road  
#15-01/06 Central Plaza  
Singapore 168730  
Tel 6593 9500  
Fax 6593 9522  
www.tsaofoundation.org  
UEN 199302114W

Tsao Foundation Initiatives  
Hua Mei Centre for  
Successful Ageing  
Hua Mei Training Academy  
International Longevity  
Centre Singapore

December 2024

**Report of ILC Singapore  
From January- December 2024  
Submitted by  
Dr Mary Ann Tsao, President and  
Ms Susana Concorde Harding, Senior Director**

**I. Research**

I.1 The following are the research projects that have been completed this year. Each of this project produced a report (technical, policy brief or research report) which can be requested from ILC-S directly or can be accessed from the website link [Tsao Foundation - Research, Reports & Viewpoints](#)

- I.1.1 Immunization of older adults in Asia Pacific: Barriers, Strategies and Best Practices to Improve Access to Vaccines- published a technical report (Phase II) Japan and HongKong
- I.1.2 Battling Ageism, Myths, Misperceptions of Mature and Older Workers and Learners: Breaking Barriers, Mitigating Precarity, and Finding Fulfilment in Late Adulthood- in partnership with research team from the Centre for Liveable Cities at the Singapore University of Technology and Design
- I.1.3 Person-Centred Medical Home (PCMH) programme evaluation
- I.1.4 Quali- T study (The Qualitative Insights into Caregiving Transitions study (a longitudinal qualitative study informing a pilot intervention for enhancing positive aspects of caregiving- in partnership with research team from the Centre for Ageing Research and Education at Duke-NUS
- I.1.5 Long term care project with WHO-SEARO
- I.1.6 InterGen Project-Strengthening Intergeneration Solidarity- A qualitative study including RLR, FGD in 9 ALAP countries and Participatory workshop
- I.1.7 “WITH OLDER PERSONS, FOR OLDER PERSONS” – Good Practices for Community Based Organising for Older Persons
- I.1.8 Short term project for Cartoon series for DAWN- Pandemic Lessons from Elderly and Aging Population
- I.1.9 Drafted and submitted CSW69 -TF and drafted CSW69 for ILC-GA
- I.1.10 Submitted report to CEDAW

### 1.1.11 Advocacy Video On Caregiving

### 1.2 Ongoing/new research are the following:

- 1.2.1 Population Health Survey of ComSA community-PHS - COMPASS Evaluation and Population Health Survey of Whampoa Residents
- 1.2.2 RCRP Phase II - Community Resilience Against Livelihood Instability and Financial Insecurity of Older people in Selected Countries in Asia-Pacific (India, Philippines Singapore and Thailand)

## 2. Dissemination Platforms/ Engagement of Key Stakeholders

- 2.1 Organised a Symposium on Caregiving in partnership with the Centre for Ageing Research and Education (CARE) at Duke-NUS last 13 March 2024
- 2.2 Conducted a Design Thinking workshop on the immunization of older adults in Singapore last 11 May 2024
- 2.3 Organised a Plenary Session on Issues of Women as They Grow Older at the Annual Conference of the Population Association Singapore (PAS) last 17 May 2024
- 2.4 Organised and conducted Preconference workshop on Intergeneration solidarity on 10 September 2024, in Bali
- 2.5 Presented at the HelpAge Regional conference held in Bali last 13 September 2024
- 2.6 Attended and made an intervention at the 8<sup>th</sup> Committee on Social Development Meeting organised by UN ESCAP last 8-10 October 2024
- 2.7 Joined the panel (Susana) during the Angsana Evening which focused on population ageing in Singapore, and organised by the Lee Kuan Yew School of Public Health (LKYSPP) at NUS last 20 October 2024
- 2.8 Presented on Older Women's Health in Singapore at the Global Conference on Women's Health organised by Global Centre for Asian Women's Health (GLOW) last 24 Oct 2024
- 2.9 Presented at ASEAN's 20th SOMSWD Meeting last 5 Dec 2024
- 2.10 Presented on Immunisation of older adults' study at the Behavioral Society Singapore Annual Symposium last 26 October 2024
- 2.11 Susana was one of the keynote speakers at the Australian Association of Gerontology (AAG) Annual Conference in Hobart, Australia as Professor Gary Andrews International Fellow 2024, last November 2024
- 2.12 Attended and presented a statement at the 30th Regional Review Meeting of the Beijing Platform for Action on Women last November 18-20 in Bangkok
- 2.13 Presented on intergenerational solidarity at the UN ESCAP Regional Network of Focal Points on Ageing last 17 December 2024