



19 November 2021

**Report of ILC Singapore
From November 2019- October 2021
Submitted by
Dr Mary Ann Tsao, President and
Ms Susana Concorde Harding, Senior Director**

I. Research Projects

- 1.1 **Impact evaluation of the 10-year Citi-Tsao Foundation Financial Literacy for Women programme.** Completed in December 2020, the evaluation was conducted the research team from the Center for Economic and Social Research at University of Southern California (USC). The impact evaluation results showed that the programme has addressed older women's financial literacy needs, activating behavioural change that has been sustained over time. (Please refer to attached copy of the evaluation report for more details). This study was co-funded by Citi Foundation and Tsao Foundation.
- 1.2 **Programme evaluation of the Enriching and Mobilising Participation of Whampoa's Elder Residents (EMPOWER),** is a pilot programme in Whampoa community as part of the community development efforts of ComSA (Community for Successful Ageing) programme of the Tsao Foundation. The evaluation aims to investigate the effectiveness of utilizing the CCA (cultured-centred approach) to empowering elders in the community and evaluate both process and outcomes. Started in January 2019, this study has been delayed due to Covid-19 and will be completed by June 2022. This study is co-funded by the National Council of Social Service (NCSS) and Tsao Foundation.
- 1.3 **Regional Mapping of Community Resilience study.** This study aims to develop the conceptual framework of community resilience and develop case studies of programmes in the Philippines, Singapore and Thailand that shows community resilience among older adults that will contribute towards contextualised knowledge of how to design and evaluation programmes to promote community resilience among older adults in the three Southeast Asian countries. Started in June 2020, the study will be completed by September 2022. A scoping report with conceptual framework of community resilience have been produced so far by the regional project team. This study is co-funded by GDSSIL and Tsao Foundation.
- 1.4 **Effect of Community-Based Badanjuin on Functional Performance of Pre-Frail/Frail Older Adults: A Randomised Controlled and Implementation Research Study.** Started in February 2021, this study aims to investigate the effectiveness of a 16-week realistic community delivered BDJ training programme compared to a waitlist control intervention, in improving functional outcomes among pre-frail and frail older adults in Singapore; and to understand and identify the key factors for successful implementation of such an evidence-based training programme. The study also aims to assess the effects of BDJ training on mitochondrial functions of immune cells. BDJ has been identified as one of the priority area of study under the MOH TCM Research Grant. The study is jointly conducted by research team from ILC Singapore and from Geriatric Research Education Institute (GERI), and this will be completed by January 2024 (three years), with co-funding from Ministry of Health (MOH) and TCM Board.

- 1.5 Impact of Covid-19 on community-based older persons in Whampoa: a longitudinal phone-based study.** This study was developed in response to the restrictions on older adults due to Covid-19 and an alternative way for the EMPOWER project team to continue its engagement of seniors in Whampoa. The research team has produced about three reports so far and will continue to do so.
- 1.6 Supporting the health and financial security of older women through financial education: Lessons for the US from a Regional Program in Asia.** This study funded by the Robert Wood Johnson Foundation (RWJF) in the US aims to bring together comparative current evidence from across Southeast Asia to identify key components of effective interventions; describe the theory of change; facilitators and barriers to effectiveness; and other relevant outcomes related to implementation in the cross-country setting; and develop in-depth understanding of needs assessment related to these components in the US setting. Led by A/P Joanne Yoong from CESR, this study is a joint collaboration with ILC Singapore and HelpAge USA, and will be completed by October 2023.
- 1.7 Vignette development for multi-country comparisons of long term care (LTC) for older persons.** This study follows the framework developed by the ILC Global Alliance workgroup on LTC. The Singapore study is being led by Dr Wong Chek Hooi and his GERI team in collaboration with Susana and her team at ILC Singapore and Prof Julie Byles and her team at University of Newcastle (ILC Australia). The study is funded by Tsao Foundation and will be completed by December 2022.
- 1.8 The Qualitative Insights into Caregiving Transitions Study (Quali-T).** This study follows the framework agreed and developed by the ILC Global Alliance workgroup on Caregiving. The Singapore study is being led by Asst. Prof Rahul Malhotra from the Centre for Ageing and Research Education (CARE) and Susana, Dr Aw Su (Research Fellow of ILC Singapore) and Ms Wang Jing (Asst. Director, Coaching and Counselling Programme at Tsao Foundation). The study aims to present a more nuanced picture of family caregiving to steer policy, practice, research and public discussions on family caregiving away from the negative aspects; extract and distill mechanisms that can be used as levers to build a positive outlook towards caring for an older family member. The study is co-funded by Temasek Foundation.
- 1.9 Challenges to the human rights of older people during and after Covid-19 (macro study).** This study was led by Prof Julie Byles and her team at UON/ILC Australia and Susana and her team at ILC Singapore, working with the Covid-19 workgroup. The study aims to document the experiences of older persons during and after Covid-19 and to offer insights to the challenges to their human rights as a result of the pandemic. The report will be launched at a webinar on 10 December.
- 1.10 The experiences of seniors during Covid-19 (a qualitative study),** led by Prof Tineke Abma and the Covid-19 workgroup. The study involved seven ILCs and one non-ILC. The report will be ready for presentation at a webinar to be organized by ILC Netherlands in February 2022.
- 1.11 Emerging Tasks in Eldercare Study.** This study was offered to ILC Singapore by the research team from the Lee Kuan Yew Centre for Innovative Cities at Singapore University of Technology and Design (SUTD), with an aim to develop a case study of impact of Covid-19 on tasks performed by healthcare providers, caregivers and patients in the care pathway of the older person across care settings. The study will be completed by June 2022.

- 1.12 **Effectiveness of the matched savings scheme in Whampoa.** This study aims to understand the effects of the participation of Tsao Foundation in the government's Matched Retirement Savings Scheme (MRSS) programme for elders living in two-room rental flats in three blocks in Whampoa community. This study will be completed in five years (to coincide with the MRSS programme period).

2. Dissemination Platforms/Engagement of Key Stakeholders

- 2.1 Webinar jointly organised with ILC UK to engage key stakeholders in Singapore, 'Healthy ageing and adult vaccination in Singapore and Hong Kong', held last 10 October 2020
- 2.2 Webinar organised by ILC Singapore team to engage key stakeholders in Singapore, '10 Years On: Building and Enhancing Financial Resilience for SG Women: Evidence from a Longitudinal Study', held last 16 April 2021
- 2.3 Webinar jointly organised with ASEAN Secretariat and HelpAge International to engage key stakeholders in ASEAN, 'ASEAN Web Forum on Covid-19 Response: Gender and Ageing Focus', held last 9 June 2020
- 2.4 Gender and Ageing Mainstreaming Training for HelpAge International network and the ASEAN Confederation of Women's Organisations (ACWO), held last April 29 to June 17, 2021 (weekly training session of about 90 minutes per session)
- 2.5 Submitted a policy brief (From Invisible to Visible: Suggested Policy Directions on Older Women in Singapore) to Mdm Rahayu Mahzam, Co-Chair of the Gender Equality Review Committee of the Singapore government.

3. Collaboration and Partnerships

- 3.1 ILC Singapore continues to represent Tsao Foundation at the Singapore Alliance of Women for Ageing (SAWA), which has produced a report on the impact of Covid-19 on older women caregivers last May 2020, organised a closed door discussion with female MPs on the report, submitted recommendations to the Singapore government on its 2021 Budget.
- 3.2 ILC Singapore is taking the lead in the building of a regional alliance on ageing, as a result of the organisational transformation of HelpAge International and the vacuum it will leave in the regional advocacy space.