



**ILC Singapore**  
International Longevity Centre

A Tsao Foundation Initiative

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

December 2025

**Report of ILC Singapore  
From January- December 2025**  
**Submitted by**  
**Dr Mary Ann Tsao, President and**  
**Ms Susana Concorde Harding, Senior Director, ILC Singapore and**  
**Co-President ILC-GA**

**I. Research and Publication**

**I.1 Completed research projects and reports produced**

- I.1.1** *Population Healthy Survey 2025 for Whampoa Older Residents*
- I.1.2** Contributed as co-author for a manuscript with WHO SEARO team- *Long-term care landscape in the WHO South-East Asia Region: Findings from A Rapid Literature Review and Case Studies from India, Sri Lanka and Thailand*
- I.1.3** Intergenerational solidarity in Singapore- *Resilience, Respect and Reciprocity: Renewing Intergenerational Solidarity in Singapore: Findings from an Exploratory Qualitative Study*
- I.1.4** Contributed to ILC France report- *Vaccinations in Older Adults: Recommendations, Coverage and Barriers from VIEWS Multi-Country Survey*
- I.1.5** Contributed as an expert to Novartis Foundation study being done by research team from UCL on AI4 Healthy Cities: Singapore (focus is on cardiovascular health)
- I.1.6** Patient-Centred Medical Home (PCMH) re-evaluation project

**I.2 Ongoing piloting and research projects**

- I.2.1** 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)
- I.2.2** WHO Geneva- Developing LTC Standards- contributed to the drafting and review of two chapters so far. Susana is appointed by Hyobum to co-Chair the LTC Workgroup with Dr Jane Barratt.

**I.3 Publications**

- I.3.1** Article published in Australian Association of Gerontology- *Advancing Gerontology through intergenerational solidarity, social equity and healthy longevity*. DOI: [10.1111/ajag.13410](https://doi.org/10.1111/ajag.13410)

- 1.3.2 Article published in The ASEAN magazine- *Ageing, Caregiving and Gender Equality: Reimagining the Narrative*
- 1.3.3 Contributed a Chapter to the book (*What Matters for Healthy Ageing)- Lifelong Learning and Healthy Ageing: A Global and Singaporean Perspective*
- 1.3.4 Upcoming article to be included in a publication -*Time Capsule 2050 (Visions of the Future of Ageing and Old Age)*
- 1.3.5 Contributed an article to UN OHCHR #Agency&Dignity Issue 5 Fall 2025- *Is Asia-Pacific Ready to do Right for its Women- Caring for Them in Old Age?*
- 1.3.6 Published article at SAGE Open Access based on community resilience study we conducted- *Towards Community Resilience and Individual Resilience at older ages: A Scoping Review and Development of “Heart-Head-Hands” Conceptual Framework*
- 1.3.7 Drafted and submitted CSW 69 on behalf of Tsao foundation
- 1.3.8 Drafted CSW 69 on behalf of ILC-GA

## **2. Dissemination Platforms/ Engagement of Key Stakeholders**

- 2.1 Keynote Plenary speaker at 2<sup>nd</sup> APIC ADVA Asia Pacific Submit presented findings from our study on Immunisation of Older Adults in the Asia-Pacific: Barriers, Facilitators, and Strategies to Improve Access to Vaccines – Phase II: Hong Kong and Japan-11-13 Feb 2025
- 2.2 Panel speaker at the Tsao Foundation’s Longevity Discourse 2025- presented results of the intergenerational solidarity study we conducted
- 2.3 Moderated experts round table discussion on Intergenerational solidarity in Asia pacific region
- 2.4 Organised a Plenary Session on Intersectionality of Ageing, Gender and Inequality at the Annual Conference of the Population Association Singapore (PAS) last 16 May 2025
- 2.5 Presented at panel session- Uniting Sectors for Healthy Ageing: Aligning Immunisation, NCDs and Age-Friendly Environments at the 17<sup>th</sup> IFA Global Conference on Ageing. Co-run a masterclass workshop on advocacy, co-facilitator at an LTC workshop. Participated in ILC-GA Special Board Meeting held in Cape Town
- 2.6 Presented at the APEC Health Working Group Meeting SOM1 in Gyeongju, South Korea (5 March 2025)
- 2.7 Plenary speaker at the 19<sup>th</sup> Singapore Public Health and Occupational Medicine Conference – Community for Successful Ageing (ComSA): A Decade of Ground Up Community Development in Whampoa; concurrent session speaker- Singapore’s Well Continuum and a panelist – Building a Population Health System
- 2.8 Ms Susana Harding moderated a panel at the GovInsider Live: Healthcare Day 2025- Age Well SG: A Multi-Agency Approach to Community Eldercare
- 2.9 Organised a visit by Prof Julie Byles, ILC GA Co-President to Singapore on 24 June 2025, where we organised a webinar on LTC
- 2.10 Roundtable discussion on LTC during Prof Byles visit
- 2.11 Co-organised with CROWELL Advisors a webinar focused on LTC financing last 6 November 2025
- 2.12 Drafted and submitted Tsao Foundation’s Shadow Report on Singapore’s Universal Periodic Review on Human Rights
- 2.13 Attends regularly the monthly meeting being organised by UN ESCAP of the Regional Network of Focal Points on Ageing
- 2.14 Presented on themes, trends, and outcomes of the recent IFA Cape Town Conference in webinar organized by Ageing NGO Committee NYC

2.15 Presented on *Long-Term Care is (mostly) Community Care* Global webinar organised by GoLTC

**3. Capability Building (Training and Learning Exchanges)**

- 3.1 Co-organised and run with IWRAW (International Women's Rights Action Watch) Asia Pacific, a training with regional partners in the region on CEDAW and how to draft Shadow Report
- 3.2 New 3-Year Strategic Directions approved by Tsao Foundation for ILC Singapore
- 3.3 Proposal submitted to Singapore's Design Council is approved- Developing a Prototype for Strengthening Women's Resilience Across Life Stages and will be implemented in 2026
- 3.4 Proposal submitted to support the Alliance on Longevity in Asia Pacific (which is being led and supported by ILC Singapore team) is being processed - ALEX (ALAP Learning Exchange) Project, focusing on piloting a community-based ground up advocacy towards the 2027 MIPAA Regional Review Process