
Vision

The vision of ILC-Singapore is for 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 practise and policy making in Singapore through research and intersectoral collaborations.

Strategic Thrusts

1. To stimulate and conduct high impact policy-and-programme-relevant interdisciplinary research on ageing to identify important emerging trends and to generate necessary evidence and knowledge to inform policy and practise
2. To engage with and create stakeholder platforms and networks for ongoing knowledge exchange, discussions on trends, issues and possible solutions
3. To pilot innovations that can serve as catalysts for positive change in how we view and work with older people, identify their needs and address their issues
4. To promote awareness and knowledge of ageing issues in Singapore and the region and learning from the international arena
5. To support policymakers, community leaders and service providers in strengthening service delivery-both in improvement of current models as well as development of new models and systems of effective services
6. To contribute to the development of leadership in the ageing field.

Research

There are four ongoing concurrent research projects and status is presented below. All researches are being undertaken by the team that forms part of the Tsao Foundation Ageing Research Initiative at the National University of Singapore with Associate Professor Angelique Chan from the Faculty of Arts and Social Sciences as Director.

1. Health and Well-being of Older Singaporeans

- i) Two projects are under this theme. The first is the nationally represented survey on social isolation, health and isolation (Project Title: Social Isolation, Health and Isolation Survey or SIHLS). Wave 2 of the survey has started with re-interview of the participants from the Wave 1 survey done in 2009. Data will be ready for dissemination by December 2011. The survey was done with the following specific objectives:

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- (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;
- ii) The second project is the publication of the profile of older Singaporeans based on published data and information from different government agencies and studies done by the ILC-Singapore research team. The result is the printing of the “Profile of Older Men and Older Women in Singapore 2011” which was launched last 16 August 2011. The report is now uploaded on the website of the ILC Global Alliance. The report was also covered by the local media in an article that was printed last 14 August, Sunday Times. Attached here is the copy of the article.
- iii) Peer reviewed scientific publications produced:
- (1) Chan A, Malhotra R, Malhotra C, Østbye T “Self- reported pain severity among multiethnic older Singaporeans: Does adjusting for reporting heterogeneity matter?” *European Journal of Pain*, Jun 2011
 - (2) Wu T and Chan A “Families, Neighbors and the Social Network of Older Adults: Evidence from HDB Housing in Singapore”
 - (3) Wu T and Chan A “Older Women, Health and Social Care in Singapore” *Asia Europe Journal* 2011, Vol.8 No. 4, pp. 513 – 526.
 - (4) Østbye T, Malhotra R, Chan A. “Variation in and correlates of body mass status of older Singaporean men and women: Results from a national survey”. *Asia Pac J Public Health* November 2010
 - (5) Chan A, Malhotra C, Østbye T. “Correlates of Limitations in Activities of Daily Living and Mobility among Community Dwelling Older Singaporeans.” Accepted *Ageing and Society*.
 - (6) Malhotra R, Chan A, Malhotra C, Østbye T. “Prevalence, awareness, treatment and control of hypertension in the elderly population of Singapore”. *Hypertens Res*. Published online September 30, 2010, DOI: 10.1038/hr.2010.177
 - (7) Chan A, Malhotra C, Malhotra R, Østbye T. Living arrangements, social networks and depressive symptoms among older men and women in Singapore. *Int J GeriatrPsychiatry* Published online July 30, 2010, DOI: 10.1002/gps.2574
 - (8) Østbye T, Chan A, Malhotra R, Kothalawala J. 2010. “Adult children caring for their elderly parents: Results from a national survey of ageing in Sri Lanka.” *Asian Population Studies*. 2010; 6(1): 83-97

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- (9) Malhotra R, Chan A, Østbye T. 2010. "Prevalence and correlates of clinically significant depressive symptoms among Sri Lankan elderly: Findings from a national survey." *International Psychogeriatrics* 2010; 22(2): 227-236.
- iv) Conference presentations:
- (1) International Society of Advance Care Planning and End of Life Care Conference 2011 London, UK
 - (2) Singapore Economic Review Conference 2011
 - (3) Conference on Shifting Boundaries of Care Provision in Asia, Policy and Practice Changes, Asia Research Institute, National University of Singapore, March 2011
 - (4) Inaugural Asian Conference on Integrated Care, Agency for Integrated Care, Singapore February 2011
 - (5) Population Association of America 2011 Meetings Washington DC
 - (6) UNESCAP and WHO Regional Seminar on Health Promotion & Active Aging in Asia, November 2010 Bangkok
 - (7) Gerontology Society of America 2010 Meetings
2. Informal Care Survey 2010
- i) 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 groups of elderly who do not currently need care.
- ii) Status Updates
- (1) Full dataset cleaned and completed July 2011. Release of full data and analysis is targeted by November 2011.
3. Long term care financing

i) Status Updates

- (1) The “Long Term Care Financing Systems in Five Regions in the Asia Pacific Rim” final version completed in July 2011 and will be published by October 2011.

4. Programme Evaluation

i) Status Updates

- (1) There are three programmes under this theme that are being/will be evaluated for cost effectiveness as a Community Care.

(a) SingaPACE (or Singapura Programme for All Inclusive Care of Elders) is a 3 year demonstration project co funded by Tote Board Singapore. The project has started in August 2011. An RCT will be conducted to evaluate SingaPACE with the following hypothesis:

- i) H₀₁: The elderly in SingaPACE will have fewer admissions to accident & emergency (A&E) hospitalization than the elderly who are not in SingaPACE.
- ii) H₀₂: The elderly in SingaPACE will have fewer admissions to acute care hospitalization than the elderly who are not in SingaPACE.
- iii) H₀₃: The elderly in SingaPACE will delay first admission to institutionalized residential care nursing home more than the elderly who are not in SingaPACE.
- iv) H₀₄: The elderly in SingaPACE clients will have an enhanced QOL and satisfaction compared to the elderly who are not in SingaPACE.
- v) H₀₅: Caregivers of the elderly in SingaPACE will have less care-giving burden compared to caregivers of the elderly who are not in SingaPACE.

(b) Self Care on Health of Older Persons (SCOPE) is a community development programme to build the self care capability of elders as well as their health partners in disease prevention and health promotion. The study is an RCT to test the impact of a state-of-the-art self care training programme focused on preventive care and care management. This programme was launched in August and will be implemented for two years. SCOPE is also a regional programme in that two other countries (Indonesia and India) will be pilot testing this and will also run an RCT, similar to the Singapore project. IRB

approval has been received in May 2011. Randomization is underway and data collection will commence in September 2011.

- (c) WE CARE is a programme that provides a measurement to identify elders at risk, taking into consideration the three domains of health-physical, mental and social. This RCT study will be carried for two years and will start September 2011.

Collaborative platforms & Capacity Building

Events organized to date included the following:

1) Experts Series Programme on Ageing 2011

- i) The Experts Series Programme on Ageing is a trademark thought leadership programme of ILC-Singapore and the Tsao Foundation. For this period, one programme was organized:

(1) Age-Friendly Cities and Active Ageing: A Visit by Dr Alexander Kalache, 18-21 May 2011.

2) Ageing Research Network

- i) Senior researchers from 10 countries in Asia met up at NUS last 17-19 August and all 16 researchers agreed to form a network that will drive research agenda within the region for the next two years. Four themes were selected as priorities: caregiving, financial literacy, social protection and migration.
- ii) The ILC-Singapore will act as the network secretariat and will coordinate the implementation of the plans as drafted and developed at the meeting.

3) Voices of Older People Programme

- i) ILC-Singapore has created a platform whereby older Singaporeans are engaged by different stakeholders, policymakers and programme planners as community facilitators/moderators and participants in focus group discussions.
- ii) For this year, about 224 elderly have participated in this platform.

Publications

So far, only one report has been published:

1. Profile of Older Men and Older Women in Singapore 2011, August 2011

Pilot Testing of Programmes

1) Financial Education Programme for Mature Women

- i) Developed in 2007, this programme has been running as a pilot for the past four years and had about 1,000 women, aged 40 to 60 from lower income families (household income of between S\$1,500 to S\$3,500 per month) as participants. An analysis of the results of the pre and post programme evaluation has been completed with the first 280 participants. The results were positive in terms of financial preparedness and awareness of the need to prepare for their old age.
- ii) The programme is now being replicated in Indonesia for the same target group: women from lower income families.

2) Self Care on Health of Older People (SCOPE) Singapore

- iii) Developed in 2009, this programme has just started and will be run for two years as an RCT project with 400 Singaporeans aged 55 and over (200 will be intervention group and 200 will be control group).
- iv) The intervention will be delivered over 7 months of weekly training and 6 months of fortnightly support group facilitated by community trainers (also called community health workers).
- v) The project will also be implemented as an RCT project in Indonesia.