## FINANCIAL SECURITY OF THE ELDERLY

More than 7 in 10 of nearly 100,000 women aged 60 and above who worked last year earned less than $2,000 per month. (Ministry of Manpower Labour Force Survey, 2015)

The number of women aged 60 and above who work as cleaners rose by 70% to 34,100 in 2014, from 19,800 in 2009. (Ministry of Manpower Labour Force Survey, 2016)

<table>
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<th>Financial vulnerability prevails across both genders, however, older female workers are more likely to experience interrupted employment.</th>
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<td><strong>EXISTING GAPS</strong></td>
<td>The elderly with troubled family relationships are not able to apply for help easily</td>
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<td>Seniors often face extended relationships with their children, which has difficulties receiving allocations and a poor sense of their children’s financial statuses.</td>
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<td>The disabled, widowed or those requiring long-term care still fail to fully benefit from the social security system.</td>
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<td>There is a lack of research on both policy and practical intervention for intergenerational families.</td>
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<td>Seniors have limited financial resources.</td>
<td>There is a need for more initiatives and programmes to enhance lifelong employability for older people.</td>
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**Support Community Efforts**

**TRAINING & RE-EMPLOYMENT**

Meritorious: a step by step plan that offers training in managing and accommodating mature workers.

Silver Springs is a social enterprise that helps mature and retired workers find meaningful and rewarding life opportunities.

**IMPROVING THE FINANCIAL LITERACY OF THE ELDERLY**

Support systems like a new financial literacy program for the elderly, which was adopted by People Association (PA), the community organization to benefit older women on financial literacy training.

PSBC Bank and Citi introduced Financial Literacy for Seniors, and PCF Academy, a new free community program that aims to empower elderly customers with the banking knowledge and the use of self-service banking services.

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## EMPLOYMENT AND EMPLOYABILITY OF SENIORS

1 in 3 members of the labour force are aged 50 and above, up from 1 in 4 a decade ago. (Shark Times, 2016)

By 2030, there will be over 900,000 seniors aged 65 years old and above compared to 400,000 in 2014. (Ministry of Health, 2015)

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**Support Community Efforts**

PROVIDING SUPPORT & RESOURCES

- Senior communities: an online social forum for sharing experiences, challenges, and inspiration of those who have overcome such obstacles.
- Support networks: a social enterprise that facilitates the exchange of knowledge and experiences from their diverse activity networks.

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## DEMENTIA

Dementia affects 1 in 10 Singaporeans aged 60 and above, or about 45,000 individuals in 2013. (Well-being of the Singapore Elderly Study, 2015)

The number is expected to double in 2030, to 90,000 individuals as the Singaporean population ages. (Well-being of the Singapore Elderly Study, 2015)

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<th>According to a 2014 report by the World Alzheimer’s Society, elderly dementia patients make up the largest group of all dementia patients. In fact, dementia patients and their caregivers spend about $324 billion a year on their care costs - twice the condition.</th>
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**Support Community Efforts**

**FRONTLINE STAFF TRAINING**

- DBS, DBS, McLeod, and Sheng Siong Supermarket are among a growing number of corporates that send frontline staff for training to resolve situations arising from interactions with dementia patients.
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## DEPRESSION AND SUICIDE

126 elderly people aged 60 years old committed suicide, a horrifying 60% jump from the number of cases in 2002. (The Straits Times, 2015)

1 in 5 elderly persons aged 75 and above are at risk of exhibiting signs of depression. (Singapore longitudinal Aging Study, 2012)

- The number of elderly living alone is projected to rise by 83,000 by 2030. (Singapore Department of Statistics, 2014)

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<th>Elderly who live alone see two times higher risk of suicide. Suicides in elderly people also have a 1.5 higher suicide risk as compared to their peers who live with others. (Singapore Longitudinal Aging Studies, 2015)</th>
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<td><strong>EXISTING GAPS</strong></td>
<td>Economic wellness doesn’t mean adequate social support</td>
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<td>There is a lack of programmes that support lonely, elderly, which means providing care to those who live in private properties.</td>
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<td>Gap in cultural attitudes</td>
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<td>There is a lack of cultural openness towards elderly in Singapore. Respect for older people and their needs are sometimes overlooked.</td>
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**Support Community Efforts**

**COMMUNITY-BASED SERVICES**

- Support Services: a group of volunteers who send frontline staff for training to resolve situations arising from interactions with dementia patients.
- The group works with community-based dementia care initiatives, such as Singapore’s oldest supported living home, Mobile Dementia Club, which is a living laboratory for studies on dementia care.

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## SOCIO-EMOTIONAL WELLBEING AND SUPPORT

In 2015, more than 1 in 2 elderly Singaporeans aged 60 and above reported being lonely. (Longitudinal Survey of Social Isolation, 2014)

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An elderly person can also feel lonely when he or she is not realizing their dreams. A study found nearly 21% of those above 80 years old felt lonely and had a low sense of self-worth, and they did not live alone. (National University Health System)

**Support Community Efforts**

**ELDERLY-SPECIFIC PROGRAMMES**

- Family-friendly care: a programme of care that provides support to elderly and their families, such as mental health services and respite care.
- Lack of Public Awareness |
- There is a specific need for better public awareness on elderly who prefer to stay alone at home. |
- Need for more Community Support Systems: |
- There is a specific need for better public awareness on elderly who prefer to stay alone at home. |
- More volunteers are needed to provide more community-based services, such as bringing elderly to hospitals and providing regular assistance.
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## ELDERLY-SPECIFIC PROGRAMMES

- Support Community Efforts |
- More volunteers are needed to provide more community-based services, such as bringing elderly to hospitals and providing regular assistance.
**HEALTHCARE NEEDS FOR THE ELDERLY**

**About**

- **12,000** of Singapore’s elderly are living in about 70 nursing homes in Singapore (Lien Foundation, 2013)
- **10,000** people are expected to need palliative care in 2020, up from 5,000 in 2013 (Straits Times, 2015)
- **77%** of the public said they would prefer to die at home but only **27%** of them do. (Lien Foundation, 2013)
- **57** palliative care specialists in Singapore (Lien Foundation, 2015)

**Why Should You Care?**

- Bed shortages in nursing homes is an immediate concern due to rising demand. Moreover, shortages in data sets within the industry as the job is perceived among Singaporeans.
- Residents are grouped in rooms with little opportunity to personalise their space. Most homes have rigidly regimented schedules with little room to develop resident autonomy, independence, fulfilling and sense of self.

**EXISTING GAPS**

- Lack of personalization for residents in nursing homes.
- The imposed lifestyle, coupled with the shortage of manpower, also results in no customised care options.
- Lack of research and recognition of the plight of residents.

**Support Community Efforts**

- **INNOVATIVE NURSING HOME MODELS**
  - A.S.M. Senior Community Home pain killing reducing homes for those who are suffering from a terminal illness.
  - St Bernadette Lifestyle Village empowers residents to take on more control over aspects of their life such as being able to engage in hobbies and sense of self.
  - AWRW Senior Community Home is piloting rooms of three residents, with residents living close to the community even as they are in a home.

**END-OF-LIFE CARE**

**About**

- **490,000** individuals aged above 65 in 2016, expected to double to **900,000** by 2030 (Singapore Department of Statistics, 2014)
- **180,000** individuals above 80 years old by 2030 (Singapore Department of Statistics, 2014)

**Why Should You Care?**

- Our ageing population will lead to an increase in healthcare expenses of over S$66 billion by 2030, a tenfold increase from 2016.
- The key challenges are helping the elderly finance their growing healthcare needs, increasing awareness and improving capacity, and ensuring healthcare needs at the primary healthcare level (GP & Polyclinics) so as to reduce the growing healthcare needs, increasing manpower and bed shortage in existing nursing homes.

**EXISTING GAPS**

- financial assistance
- Due to estranged relationships, income caps, linguistic barriers and complexity of schemes, not all elderly persons in need receive help. Some also have high medical expenses despite available schemes.

- Ageing at home has its own risks
- Due to rising demand. Manpower shortage is also acute within the industry as the job is unpopular among Singaporeans.
- Bed shortage in nursing homes is an immediate concern due to rising demand. Moreover, shortages in data sets within the industry as the job is perceived among Singaporeans.

**Support Community Efforts**

- **HEALTH PROGRAMMES**
  - Wills and life insurance are among the top three considerations for the elderly to ensure that their assets are passed on as intended to the next generation.
  - Lack of financial assistance
  - Lack of awareness about having a good death.

- **ADVANCED CARE PLANNING**
  - Death remains a taboo conversation topic for family members and community. The Lien Foundation’s Death Attitudes Survey found that only 4% of Singaporeans are aware of palliative care services.
  - Inefficiency public disclosure/family conversations on Advanced Care Planning

- **CELEBRATING THE ELDERLY**
  - 77% of the public said they would prefer to die at home but only 27% of them do.
  - The re-entry rate for out-of-work PMETs aged 40 and above is only 53%.

**AGEISM**

**Why Should You Care?**

- One prominent form of ageism is perceiving the elderly as less productive and less innovative workers.

**EXISTING GAPS**

- Lack of open conversations that acknowledge the challenges of old age
- These conversations can also include what it means to be “age-friendly”, “age-aware” and “age-inclusive”.

**Support Community Efforts**

- **CELEBRATING THE ELDERLY**
  - Tsao Foundation’s Curating Whampoa and Face Up use a trove of wisdom and a connection to the past.
  - Heritage and the stories of the elderly to show a positive side. They also inspire the public to treasure the elderly as a heritage and the stories of the elderly to show a positive side. The People’s Action Party Seniors Group also tackles ageism through advocacy.

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