



## Revived Jade Circle re-invents residential and community care with focus on autonomy, choices & dignity

*It will pioneer an anti-diaper, restraint-free care philosophy; establish an empowering, "play-posed" day-activity centre, learning lab & dementia-friendly community from Peacehaven in Changi*

*Partnership between Lien Foundation (LF), Khoo Chwee Neo Foundation (KCNF) & The Salvation Army Peacehaven Nursing Home (Peacehaven) seeks to address current gaps in eldercare & meet Singaporeans' rising aspirations*

Singapore, 6 July 2017

1. **Jade Circle**, the nursing home for people with dementia that was conceived to usher in a new era in eldercare, has been revived with an expanded scope to transform care and enable Singaporeans to age meaningfully. Overcoming the administrative hurdles of 2015, the project is expected to be ready by the end of 2019.
2. The project retains the original concept of having only single and twin-sharing rooms, but will also have a significantly bigger day-activity centre in keeping with the national push to enable the elderly to age in the community.
3. In terms of care approach, it will continue to pursue the person-centred, habilitative<sup>1</sup> model as before, but this time with a specific **anti-diaper, restraint-free care policy** to improve dignity, wellbeing and autonomy among the elderly.
4. Unlike in the past, Jade Circle will also embrace the full spectrum of senior services - from active ageing and preventive care to rehabilitation and residential care. In addition, it will

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<sup>1</sup> Habilitative care, as opposed to medical care is, focused on promoting positive emotions, maximising skills and abilities that remain and reducing challenging behaviours.

improve capabilities in dementia care through an on-site training centre and encourage innovations in eldercare through IT.

### ***Jade Circle's three key components***

#### **5. Residential care -**

- Jade Circle will be the first residential care facility in Singapore to implement an anti-diaper, restraint-free care policy for residents of the 22-bedder home.

#### **6. Day-activity Centre -**

- It will also have a two-storey day-activity centre and lifestyle club with a hydrotherapy pool, café, hair salon and a gym equipped with the same senior-friendly, strength-training machines currently used under the Lien Foundation's Gym Tonic programme.
- The day-activity centre will cater to 120 seniors who will engage in **purposeful play through arcade games that can stimulate their cognitive capabilities** and promote wellbeing.
- Retired seniors will be involved in the centre as volunteers.
- Membership of the club will be open to all who live nearby.

#### **7. Dementia Care Training -**

- The training facility will offer dementia care professionals and caregivers a chance learn more about innovative and emerging care methods

### ***Old vision, new scope***

8. Though the project has evolved over time, its original vision remains unchanged, said Lien Foundation CEO Lee Poh Wah. "Like before, we hope to improve the autonomy, dignity and wellbeing of our seniors with dementia and offer them high-quality services, regardless of their financial status. But we have expanded the daycare component of our project to recognise the need to empower as many seniors as possible to age in the community."

### ***New benchmarks in nursing home care***

9. The new Jade Circle has also been shaped by lessons from the foundations' public survey and research projects on long-term care. Nursing homes, for instance, continue to be highly medicalised. Although national figures are not available, a substantial majority of

residents are also believed to be on diapers, which is humiliating for most adults and can also cause bed sores and rashes.

10. Jade Circle's radical anti-diaper approach will give the elderly a chance to preserve their dignity and improve wellbeing. It will also save care workers the menial chore of changing dozens of diapers every day.
11. Inspired by Japan's Morinokaze Nursing Home, residents at Jade Circle will be encouraged to use their attached bathrooms independently. Peacehaven's Executive Director Mdm Low Mui Lang said, "If we can break away from over-reliance on diapers, we can restore independence, confidence and dignity in the elderly and improve their quality of life." The new Jade Circle will also offer residents the freedom of choice in their meals, said Mdm Low. This is a rare departure from the usual norm in many nursing homes.

#### ***Freedom from restraints***

12. To prevent falls, nursing home residents in Singapore sometimes have to don uncomfortable body jackets that strap them to their beds. The use of such restraints has been legally prohibited in the United States, Japan and Australia. Singapore, however, still allows the use of restraints, albeit as a last resort.
13. Jade Circle will pursue a restraint-free care approach. Residents will have special beds that can be lowered close to the floor for easy movement and safety. The beds will also be equipped with sensors to alert care staff of the residents' movements, removing the need for physical restraints.

#### ***Homely environment***

14. With interiors by President Design Award winner (Designer of the Year) Peter Tay and architecture by S.A Chua Architects, the nursing home will have homely dining areas, lounges and facilities for interaction and relaxation. These features are in stark contrast to the multi-bed dormitory-style accommodation available in nursing homes today.

#### ***Innovative solutions to manpower & cost concerns***

15. Recognising the high costs of care and the manpower crunch facing the eldercare sector, Jade Circle's nursing home will have small teams of care staff sharing care and household responsibilities. The 22 residents in Jade Circle will be divided into two "households". A

senior care associate (SCA) will look after residents in each household. The SCA will be assisted by a nursing aide, should he or she need additional help. This care team will receive continual training and also have access to nurses and other health professionals from Peacehaven Nursing Home. This structure not only maximises staff strength, it also manages manpower costs.

16. In keeping with its original intent, the nursing home will admit persons living with dementia, irrespective of whether they are subsidised or private-paying clients. The estimated fees range from \$2,000 to \$3,500 per month *before* means testing, depending on the level of care.

***Arcade games, brain teasers and more***

17. The move to empower the elderly will extend to Jade Circle's day-activity centre where they will get to choose what they would like to do from a smorgasbord of activities, including arcade games, brain-teasers and physical exercises. This "purposeful play" will allow them to 'earn' credits each time they complete an activity or volunteer to help others. A "credit care card" issued to all users will keep a record of their activities as well as the points earned and credits spent. Modelled after the Dream of Mizuumi Centre in Japan, the "earn and spend" incentive system allows the elderly to use their 'credits' to get a massage, haircut or snacks from the facility's salon and café.

***Expanded vision of care & dementia-friendly community in Changi***

18. In sharp contrast to many nursing homes where residents are isolated behind locked gates and walls, Jade Circle will try to bring the community in. Its day-activity centre will welcome family members of clients as well as people living nearby to join in its activities and use the facilities by becoming members of the "Jade Circle Club". There will be study areas for students, play facilities for young children, fitness gyms for adults and interest groups for seniors. Plans are also afoot to start a dementia-friendly community from Peacehaven in Changi to create greater awareness and understanding of the condition and the people who live with it.

***Enhancing dementia care capabilities***

19. The centre of excellence at Jade Circle will foster research, training and knowledge sharing even as it boosts skills and capacity in dementia care. "There is a need for greater understanding of dementia as the number of persons with dementia is set to rise with

Singapore's ageing population. With a hands-on training facility, more healthcare professionals will be prepared to meet the demands of caring for persons with dementia," said Peggy Goh, Chairman, Khoo Chwee Neo Foundation.

20. Jade Circle's learning lab will offer clinical attachments in actual care settings. It will also offer a six-month Dementia Care course comprising theory and practicum learning and other diploma and degree courses in partnership with the University of Tasmania. There are also plans to set up an online learning management system to better equip dementia caregivers and health professionals.

### ***Raising the quality of care with smart technology***

21. Besides training, technology will be used to improve residents' safety without compromising on their freedom. It will also support their health and wellness needs. For instance, all residents and day-activity centre clients will have their own RFID-enabled cards that let them pursue activities independently while enabling care staff to track their movements remotely.
22. Through Lien Foundation's IngoT PCC (Person-Centred Care) IT platform, Jade Circle residents and day-activity centre clients will enjoy features such as personalised profiles for better care and communication, an online portal for family access and a self-service kiosk to choose their day activities. Their exercise data, medical records, personal history and preferences will be integrated in one IT system. The data collected can also be analysed to refine the model of care.

### ***Collective eldercare ideology***

23. Jade Circle is just a small project that tries to offer innovative solutions to some pervasive problems plaguing the wellbeing of seniors who need care, pointed out Mr Lee. "We need to put in more thought to collectively craft an eldercare ideology with worthy ideals and ideas, one that is more concerned with wellbeing and quality of life for seniors," said Mr Lee. "Singapore must not be trapped by dogma when designing solutions to complex challenges. We hope we have made a start."

*Annex – Factsheet*

*Download pictures of Jade Circle - [tinyurl.com/JCIimages](http://tinyurl.com/JCIimages)*

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**ABOUT LIEN FOUNDATION**

**[www.lienfoundation.org](http://www.lienfoundation.org)**

The Lien Foundation is a Singapore philanthropic house noted for its model of radical philanthropy. It breaks new ground by investing in innovative solutions, convening strategic partnerships and catalysing action on social and environmental challenges. The Foundation seeks to foster exemplary early childhood education, excellence in eldercare and effective environmental sustainability in water and sanitation. It supports innovative models of eldercare, advocates better care for the dying and greater attention on dementia care.

Since 2005, the Foundation has harnessed IT for capacity building and enhanced the quality of care in healthcare nonprofits like hospices and nursing homes. To advocate better nursing home care in Singapore, the Lien Foundation commissioned a study in 2016 on what a habilitative nursing home model for enhanced wellbeing would cost and also released an in-depth report featuring the voices of 50 nursing home and eldercare experts that revealed why Singapore’s nursing homes need a new narrative. In 2017, the Foundation showed the reality of life in a nursing home with its social documentary, “Anita’s Nursing Home Stay”, highlighting the need for a review of current norms and practices.

**ABOUT THE KHOO CHWEE NEO FOUNDATION**

**[www.kcnf.org](http://www.kcnf.org)**

The Khoo Chwee Neo Foundation was incorporated in January 2015 to achieve its Founder - Peggy Goh's philanthropic aspirations. The Foundation's mission is to put God's love into action by creating lasting solutions to poverty and social injustice through the Foundation's well-rounded care programmes for the elderly poor, and education and rehabilitation programmes for children.

The Foundation's main programmes are to provide care for the physical and emotional needs of the elderly poor, and to provide access to education for underprivileged children and children with special needs in Singapore, as well as from other developing countries in Southeast Asia. The Foundation was named after the Founder's mother, Khoo Chwee Neo, to remember Madam Khoo's passion in helping the poor and needy.

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### A Overview

Jointly developed by **The Salvation Army Peacehaven Nursing Home** (Peacehaven), **the Lien Foundation** (LF) and **Khoo Chwee Neo Foundation** (KCNF), the Jade Circle nursing home for people with dementia was announced in February 2015 to champion a new philosophy of care that is person-centred and relationship-based. It also aimed to raise the standards of dementia care in Singapore. Designed like a cosy home and comprising only single and twin-sharing rooms with en-suite toilets, the nursing home was meant to offer more privacy and social living spaces, as well as enhance the autonomy, dignity and wellbeing of residents. A small day-centre and training centre were also planned on its premises.

The project was shelved in December 2015 due to the lack of Government subsidies for means-tested residents in Jade Circle's single and twin rooms. During this period, Peacehaven and the Foundations reformulated their plans in their quest to continue innovating and advancing eldercare in Singapore.

At the end of 2016, after further discussions with MOH, Peacehaven agreed to add multi-bedded rooms in its existing building as part of the overall development of the nursing home. Based on Peacehaven's revised plans, MOH is considering Jade Circle and Peacehaven as one entity with regard to subvention for those eligible for government subsidies, leaving Peacehaven to decide on who they will admit into Jade Circle.

### B About the new Jade Circle

In its new incarnation, Jade Circle is being planned as a four-storey purpose-built eldercare facility catering to persons with dementia, with a nursing home, an expanded day-activity-centre/lifestyle club and a training centre. It will be built on an adjoining parcel of land north of the current Peacehaven Nursing Home as an extension/annex to the existing main building. In addition to offering habilitative<sup>1</sup> residential care, the nursing home will pursue an anti-diaper, restraint-free care approach to ensure a better quality of life.

The day-activity centre will be four times its original size. It will engage seniors and aim to improve their wellbeing through arcade games, technology and self-determined activities. It is expected to be completed by end 2019.

#### Who is it for

Nursing home: Persons living with dementia

Day-activity centre: Seniors, members of the community

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<sup>1</sup> Habilitative care, as opposed to medical care is, focused on promoting positive emotions, maximising skills and abilities that remain and reducing challenging behaviours.

## **When**

Estimated to be ready by 4Q 2019

## **Facilities**

- Residential home for persons living with dementia
- Innovative senior day-activity centre
- Community space on level one will have a hair salon, grocery store, café, indoor gym, and hydrotherapy pool
- The use of smart technology will give the elderly more freedom while supporting operations and improving productivity, patient care, patient safety and facilitate data collection.
- Learning lab to train healthcare professionals/ caregivers in dementia care

## **Estimated Fees**

Jade Circle will admit both private and subsidised patients. Depending on the level of care needed, the estimated fees range between \$1,500 to \$2,500 for day-activity centre and \$2,000 to \$3,500 for residential care *before means testing*.

## **C Highlights of the new Jade Circle**

### **Anti-diaper, restraint-free Nursing Home**

- Jade Circle 2017 will be the first nursing home in Singapore to adopt an anti-diaper, restraint-free policy to encourage independence, freedom and dignity.
- Purpose-built for persons with dementia, it pioneers a new model of habilitative care where autonomy and choice is emphasised, from meal options to daily activities.

### **An Empowering Day-Activity Centre**

- A new concept day-activity centre designed to empower the elderly with choices and autonomy.
- Its “Earn & Spend” programme, family portal and self-selection activity kiosk are some features created to engage seniors. They will get to choose what to do and what to eat. They can even be rewarded with credits for completing their exercises/games that they can use to buy things from the grocery store or cafe.
- The two-storey day-activity centre providing preventive care, dementia day care and rehabilitation care will cater for up to 120 elderly persons daily.
- Meeting the needs of the elderly as well as those with dementia, the centre welcomes and invites members of the nearby community to join its gym and activities, thereby encouraging preventive care, active ageing and starting a dementia-friendly community from Peacehaven in Changi.

### **Centre of Excellence for Dementia Care Training**

- The centre will provide an active learning lab to dementia care professionals and caregivers through clinical attachments in actual care settings, as well as an online Learning Management System.

### **Care innovations with technology**

- Jade Circle will implement the IngoT PCC (Person-Centred Care) system to better customise care plans for each elderly person based on his/her clinical, personal and social profiles. The IT system will integrate data such as exercise records, therapy



sessions or personal history, allowing care staff to have a more holistic perspective of the residents.

- The new facility will also adopt evidence-based approaches to test-bed and implement innovative care practices, technologies, assessment instruments, as well as complementary and alternative therapies for persons with dementia.

## D Jade Circle 2015 and Jade Circle 2017

### 1) Capacity

	Jade Circle (as planned in 2015)	Jade Circle (as planned in 2017)
<b>Residential care</b>	60 beds - 24 single rooms - 18 twin-sharing rooms	22 beds - 8 single rooms - 7 twin-sharing rooms
<b>Day-activity centre</b>	30 persons per day	120 persons per day

### 2) Size

	Jade Circle (as planned in 2015)	Jade Circle (as planned in 2017)
GFA	Approximately 4,000 m <sup>2</sup>	Approximately 3,050 m <sup>2</sup>
Single Room*	16 m <sup>2</sup>	16 m <sup>2</sup>
Twin-sharing Room*	21 m <sup>2</sup>	21 m <sup>2</sup>
Day-activity centre	105 m <sup>2</sup>	380 m <sup>2</sup>
Training centre	279 m <sup>2</sup>	279 m <sup>2</sup>

\* The room sizes exclude en-suite toilets, which will be approx 5sqm each

### 3) Financial Commitment by the Foundations

The overall development cost of Jade Circle has been reduced from \$15m in 2015, to \$14m. As such, the funding commitments from both foundations have been adjusted accordingly.

	Jade Circle (as planned in 2015)	Jade Circle (as planned in 2017)
Lien Foundation	\$5 million	\$4.5 million
Khoo Chwee Neo Foundation	\$5 million	\$4.5 million

## E Benefits of Single/Double Rooms On Elderly & Persons with Dementia

Benefits	Research
<p><b>Enhanced feelings of security</b> for PWDs who can easily be overwhelmed, confused and/or distracted when faced with large groups or spaces.</p> <p><b>Better control and dignity</b> comes with more privacy offered by single rooms.</p>	<p>Excellence in Design: Optimal Living Space for People with Alzheimer’s Disease and Related Dementias (Alzheimer’s Foundation of America, 2014)  <a href="http://www.alzfdn.org/documents/Excellence_inDesign_Report.pdf">http://www.alzfdn.org/documents/Excellence_inDesign_Report.pdf</a></p>
<p><b>Reduced infection and hospitalisation due to infection</b> for residents in private versus those in shared rooms (Cited UK’s NHS study).</p> <p><b>Lower operational costs</b> - less time needed to clean, manage conflict (due to not having a roommate) and handle transfers.</p>	<p>Evidence Behind the Green House and Similar Models of Nursing Home Care (Aging Health, 2010) <a href="http://www.medscape.com/viewarticle/740653">http://www.medscape.com/viewarticle/740653</a></p>
<p><b>Reduced anxiety and aggression</b> found in facilities with greater bedroom privacy and more personalisation.</p>	<p>Exploring the cost and value of private versus shared bedrooms in nursing homes (Ideas Institute, 2007)</p>
<p><b>Satisfaction level of the residents improved after they moved from shared room to single rooms.</b> Although Japanese culture tends to be communally focused, it was nevertheless surprising that even those who indicated they did not want a private room and expected not to like having a private room, were completely satisfied with their private room eight months after the move.</p>	<p>The Terakawa Study, 2004  <a href="http://iaps.architexturez.net/doc/oai-iaps.id-iaps_18_2004_592">http://iaps.architexturez.net/doc/oai-iaps.id-iaps_18_2004_592</a></p>
<p><b>More willing to interact with others</b> as residents have their own personal space. Those living in multi-bedded rooms have the tendency to ignore the existence of others in order to secure their personal time and space.</p> <p><b>Improved quality of life and mobility.</b> Residents spent more time out of bed, sitting on chairs and interacting with staff. Their appetites improved, they were able to sleep better, and there was less conflict between residents.</p> <p><b>More personalised care</b> as residents had better mobility, leading to <b>reduction in care staff workload &amp; higher staff satisfaction.</b></p>	<p>A study on the introduction of private rooms and small scale units at long- term care insurance facilities by Dr. Tadashi Toyama, 2002</p>
<p><b>Reduction in conflict</b> between PWD residents due to greater privacy and personal space.</p> <p><b>Less intervention required</b> as residents with advanced Alzheimer’s disease and other types of dementia spent more time in their rooms during the day and required fewer interventions (including medications) to promote sleep at night.</p>	<p>Multiple Occupancy Versus Private Rooms on Dementia Care Units (Environment and Behavior, Jul 1998)  <a href="http://eab.sagepub.com/content/30/4/487.abstract">http://eab.sagepub.com/content/30/4/487.abstract</a></p>