



Lien Foundation and design firm COLOURS launch book with 10 ideas to transform under-used spaces into thriving communities for seniors

TOUCH Community Services to bring one of the ideas to life in an HDB void deck

Singapore. 9 February 2018

1. A book on architectural designs released today puts forward new ideas on how unused and underused spaces in land-scarce Singapore can be re-purposed into thriving communities for seniors to lead active and engaged lives. ***Second Beginnings - Senior Living Redefined*** proposes 10 new types or “typologies” of spaces to enable seniors to pursue passions, initiate interest-based activities, exercise and, if needed, be cared for within the community.
2. Nine are building and landscape designs while one is a retrofitted bus. Each is accompanied by suggestions of a few sites in Singapore where it could be located as well as similar case studies from overseas. The designs in the 173-page book are loosely grouped into two categories: decentralised wellness/lifestyle and care centres and alternative residential living models such as assisted living facilities. Most involve re-purposing existing buildings, infrastructure or spaces found in the city and help seniors find new purpose in life.
3. It was commissioned by the Lien Foundation and produced by local design consultancy COLOURS: Collectively Ours. The authors, COLOURS founding partners Dr Chong Keng Hua, an assistant professor at Singapore University of Technology and Design, and Ms Kang Fong Ing, a landscape architect, treat Singapore’s space crunch as an opportunity to spark innovation and to do more with less, rather than an excuse to maintain status quo. The unused land below raised MRT tracks, for instance, is transformed into a ‘Viaduct Village’ where seniors can run small businesses such as a cafe, a hair salon, or even care centres for children. Yet another idea is to convert old warehouses, flattened factories or even the hangar at the old Kallang Airport into a ‘Hobby Factory’ for seniors to pursue passions old and new. While ideas like the ‘Hobby Factory’ and ‘Viaduct Village’ encourage seniors to embrace productive and creative pursuits, others like ‘Giving

Campus' – a hostel where seniors live and learn with university students -- expand the mind and forge inter-generational ties. The 'Healing Stadium' and 'Garden of Life', meanwhile, explore new models of care in communion with nature while the 'Kelong Co-Op' offers baby boomers with shared interests, an idyllic retirement community by the waterside.

4. The Foundation is working with **TOUCH Community Services** to develop one of the typologies, known as the Community Pocket, in an HDB void deck in Ang Mo Kio. The new facility will offer interest-based activities, opportunities for exercise and rehabilitation, health services and, above all, equip them with the skills to help other seniors – especially those who are frailer and more vulnerable – to stay in the community. It will also run Lien Foundation's Gym Tonic strength training programme for seniors which helps fight frailty. Some parts of the facility will remain open round the clock. (See Annex A for a summary of the 10 typologies)

Budget 2018 announcements

5. The book is being released at a time when infrastructure and services for seniors are being significantly ramped up. The Government has already signalled that the upcoming Budget will allocate more resources to enable seniors to age well in the community. The Ministry of Health also recently announced its intention to study assisted-living facilities or services so as to provide more home-based care options for older Singaporeans.
6. However, the big task of enabling seniors to age purposefully in the community needs collective effort and should not be left to the government alone, stressed Lien Foundation CEO Mr Lee Poh Wah. "This book and the project with TOUCH is part of the Foundation's efforts to forge a better future for our seniors. We believe that everyone – including property developers, service providers and the seniors themselves – can also do their part to solve the challenges of loneliness, boredom and helplessness many experience in their retirement years," he said.
7. He added that an age-friendly city is not only one that provides ramps and railings, wide walkways, ample public seating and wheelchair-friendly public transport. It is certainly not one that builds ghettos for the old. Instead, it is one where seniors can coexist in harmony with people of all ages, feeling welcome and engaged in whatever they choose to do.

8. Singapore is one of the world's fastest-aging countries and the numbers of seniors will double to nearly a million by 2030. In 2018, the number of Singaporeans aged 65 and above is expected to match the number of those aged 15 years or younger¹ for the first time. The seniors of tomorrow will be better educated and wealthier than the Pioneer Generation. With just one or two children -- or none at all – they will have more diverse needs and higher expectations of how they would like to spend their senior years. No single solution will fit all. They are also likely to want a greater say in the kinds of spaces and activities they would like as they live out their later years.

Shaping change by design

9. The Foundation's efforts to shape changes by design were seen in a similar book project in 2014, where architecture firm Lekker proposed 10 innovative ideas for designing preschool spaces. Some of the ideas in that book, titled *A Different Class*, such as building preschools in a park or above a multi-storey carpark, have since been incorporated in real life projects in Singapore.
10. *Second Beginnings* builds on those initial efforts to spark change through design in an equally important and growing demographic – seniors. The typologies in the book are a result of feedback from seniors and attempt to meld purposeful programmes with the physical environment. There is also a deliberate attempt by the authors to eschew senior living models seen commonly in Singapore such as studio apartments for the elderly and nursing homes. “From our interactions with seniors, we know that they have diverse needs, interests, and aspirations. We have also learnt that most older Singaporeans not only want to age-in-place, but also want to age with familiar people and stay in a familiar community,” said Dr Chong, who also runs a research lab focusing on social architecture at SUTD.
11. These insights form the basis of the book's senior living typologies. Dr Chong added, “By re-imagining some of the familiar and yet underused spaces, we hope to offer seniors more diverse social spaces, residences, services, and experiences to choose from. They still have much to give and many things to look forward to in their golden years. These suggested locations are places where they can 'age-in-community' and enjoy 'second beginnings'.”

¹ <https://www.todayonline.com/singapore/spores-demographic-time-bomb-starts-ticking-next-year-uob-report>

Bringing ideas to life

12. The new TOUCH facility at Ang Mo Kio, modelled after the Community Pocket typology, for instance, is being designed with inputs from more than 200 local residents who took part in the four workshops organised by COLOURS and TOUCH. Many residents wished to age at home and looked forward to exercise opportunities and health and wellness activities. A separate survey of 500 seniors by TOUCH showed that around 8 in 10 knew of an elderly or distressed caregiver in the neighbourhood who needed their help and nearly half expressed interest in becoming a volunteer.

13. Located at the void deck of Block 433 at Ang Mo Kio Ave 10, the facility will serve a catchment of 32 HDB apartment blocks with a population of 12,000, of whom 1,600 are above 65 years. It is a part of TOUCH's Community Enablement Project or CEP, which taps on the organisation's eldercare expertise to develop residents as community resources, said TOUCH CEO James Tan.

14. "This new facility will be an activity node, and a launch pad for residents to be engaged, equipped and activated as resources in the community to help seniors age in place," said Mr Tan. It will also include a community gym. To reduce care needs, certified trainers will help residents keep fit through fitness programmes and Gym Tonic. "We will provide health coaching and promote healthy habits to improve physical and mental wellbeing. Residents will also learn useful skills and knowledge, including how to help seniors prevent falls, spot and assist a person with dementia, and diabetes prevention and care management. We will raise awareness about the resources in the community, how they can be accessed and enable residents to be befrienders. These skills will help them become more confident in stepping out to give back to the community."

15. In recent years, there have been some innovations in the senior care landscape. For instance, there are day centres that offer opportunities for seniors to choose what they would like to do, rather than follow regimented routines. There are now more gyms for seniors. However, much of the focus and public discussions on ageing so far has been on increasing capacity for senior care and on the software – the programmes -- to enable people to age well in the community. "Through Second Beginnings, we wanted to train our lenses on something that is just as important but hasn't caught the public attention yet – designing physical spaces," said Mr Lee.

16. Skilful use of space, light and material in architectural design has been known to influence how people feel, think, behave and perform, he added. “As Singapore ages rapidly, we hope good design can be used more often to help seniors lead purposeful and happier lives.”

Annex A – Summary of 10 Typologies

Annex B – Ageing Landscape in Singapore

Annex C – About the new facility by TOUCH

Download the book, [Second Beginnings](#)

Get [hi-resolution visuals of the 10 typologies](#)

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About the Lien Foundation

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, and extended this to person-centred care for long-term eldercare providers in 2017. To advocate better nursing home care in Singapore, the Lien Foundation released [a report](#) featuring the voices of 50 nursing home and eldercare experts that revealed why Singapore’s nursing homes need a new narrative, and showed the reality of life in a nursing home with its social documentary, [Anita’s Nursing Home Stay](#). More recently, the Foundation showcased the rich diversity of Japan’s senior services in a 10-part film series, [Genki Kaki](#)

The Foundation uses the power of design to tackle problems in early childhood, end-of-life care and eldercare. To redefine how physical spaces can better support early education, it released [A Different Class](#) in 2014, a book with 10 typologies and design guidelines that proposed creative use of overlooked and underused locations to move away from cookie-cutter preschools. Through design thinking, the Foundation presented innovative concepts and 24 design principles for the next-generation in-patient hospices with a guide, [Hospitable Hospice](#). It conceived the first global [Design for Death competition](#) to present designs redrew the boundaries of interaction between the living and the departed. The physical and care design of an upcoming eldercare facility, [Jade Circle](#), is geared to promote the autonomy, choices, privacy and dignity of persons with dementia.

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SECOND BEGINNINGS

10 Senior Living Typologies

Each of the 10 architectural typologies emphasises a unique approach to design and offers new insights into engaging seniors in the community and at home. It is hoped that the architecture catering to the elderly of tomorrow will be a major departure from what exists today.

Many of the designs involve repurposing existing buildings, infrastructure or spaces found in the city. Each typology is also accompanied by overseas examples of where the concept is drawn from. Some of the suggested designs are small-scale, reasonably economical, and readily implementable plans. A few are highly conceptual but not impossible and aim to loosen, blur and expand the boundaries of current designs and policies. The objective is to reimagine how seniors can live and redefine the possibilities.

- 1 *Viaduct Village*
- 2 *Hobby Factory*
- 3 *Community Pocket*
- 4 *Wholesome Market*
- 5 *Happy Express*
- 6 *Heartland Kaki*
- 7 *Giving Campus*
- 8 *Kelong Co-op*
- 9 *Healing Stadium*
- 10 *Garden of Life*

Viaduct Village

An interchange to empower seniors to serve the community

They could run a café, a hair salon, or even care centres for frail older folk or those with special needs and tuition classes for children. Situated right next to a high-traffic MRT station, the Viaduct Village provides an oasis of opportunities for seniors to contribute to the communities they live in. It highlights the “growing” part of “growing older” and the “productive” aspect of what professionals have come to term “productive ageing”.

Dead or wasted spaces under the elevated MRT tracks are transformed into community hubs that offer imaginative and purposeful programmes – all created and carried out by seniors. These underutilised areas could become decentralised extensions of town and neighbourhood centres, offering amenities such as food and beverage outlets, barbershops, traditional medicine shops, and facilities for childcare, tuition and after-school care as well as eldercare.

By providing ample shelter for outdoor areas, people of all ages and abilities are encouraged to get out and about. This creates a vibrant street life and adds diverse experiences through the repurposed viaduct.



TOP
Proposed site
Below Jurong East MRT Viaduct

OTHER POTENTIAL SITES
Ang Mo Kio-Bishan MRT Viaduct
Lakeside MRT Viaduct



TOP and LEFT
A myriad of outdoor activities and indoor programmes for people of varying ages and abilities can be housed under modular sloping roofs, transforming this under-utilised space below the viaduct into an Urban Village for everyone.

Hobby Factory

Co-working space for seniors to pursue their dreams

The Hobby Factory is a place where seniors can pursue their passions, share work spaces and interests with like-minded peers, and, on occasion, even convert their hobbies into creative business start-ups.

Hobby Factory prescribes no fixed timetables. The idea is for different groups of seniors to set their own schedules at the start of the day, and for the staff to distribute their roles and time to support these groups. Such a Do-It-Yourself (DIY) culture encourages the elderly to be independent and creative. Stimulating them mentally and physically to operate at their own pace in whatever pursuits interest them most is part of a deliberate process to spur “creative ageing”.

The Hobby Factory can be built in any unused warehouse, flatted factory space or even an old airport hangar. Its modular design enables different areas to be customised to suit varying purposes, for example, maker space, exhibition gallery, marketplace and meeting rooms. This encourages seniors to mingle and network freely, or get into production with others. The possibilities include but are not limited to the creative arts, traditional crafts, and product design using cutting-edge fabrication technology for those keen to immerse themselves in what has become known as the maker movement that embraces independent designers, inventors and artisans. These creative tinkerers may set up new businesses that leverage on social media or even apply their business and management know-how to become advisors to millennial entrepreneurs.



TOP
Proposed site
Hangar at Kallang Airport (Former Singapore Civil Aerodrome)

OTHER POTENTIAL SITES
Industrial Building at Kampong Ampat
Former Pasir Panjang Power Station



TOP
Vintage car hobbyists, sculptors, potters and others will occupy the maker space at the entrance of the foyer.



LEFT
A common area for seniors, with a variety of physical activity zones and casual co-working spaces on the ground floor. With the generous height of the repurposed hangar, the mezzanine floor can be used for meeting spaces.

Community Pocket

A launch pad to connect residents and create resources to support ageing in community

The Community Pocket is a hangout for seniors in an HDB void deck, where residents can initiate interest-based activities, exercise, attend health checks and pick up skills to help other seniors in the community. Unlike existing senior care centres at HDB void decks, this community hub will be open to all seniors in the precinct, and not just to those who are referred by healthcare professionals. Most parts will also be accessible 24/7.

With the aim to keep residents happy, healthy and helpful, the Community Pocket will be a go-to-point for seniors to take charge of their own lives and be equipped to support other more vulnerable elderly in their midst. It will run Lien Foundation's Gym Tonic, a customised strength-training programme for seniors which can be used by healthy older folk as well as those who need rehabilitation. Seniors get a chance to attend nutrition talks, prepare healthy meals, dine together and even distribute the meals to other residents in their block. They take ownership of a fence-free community garden and hone their green fingers. Food waste from block parties is used as compost for the garden, and fruits and vegetables harvested are ingredients for regular cookouts. Nurses drop by on certain days to conduct health screenings and check residents with chronic conditions.

Architecturally, the Community Pocket will feature a ribbon of spaces extending from indoors to outdoors, with a continuous shelter that allows pockets of activities to co-exist. While the HDB void deck remains largely a public space for all, giving seniors more flexibility to use different pockets of spaces collaboratively heightens their sense of ownership of the place, and the feeling of community.



TOP
Proposed site
HDB void deck at Chong Boon, Ang Mo Kio

OTHER POTENTIAL SITES
HDB void deck at Marsiling Drive
HDB void deck at Nee Soon Central



TOP
A sheltered linkway passes through a fenceless community farm that projects inclusivity and promotes openness in the neighbourhood.



LEFT
Most of the void deck and outdoors remain largely flexible places that seniors can take over and use collectively for activities such as exercise, cooking and dining, with the chosen activity flowing seamlessly from the void deck to the outdoors.

Wholesome Market

Weaving geriatric care into seniors' daily routine

The Wholesome Market aims to weave care for seniors into their everyday routine. It co-locates places that offer geriatric care and healthy comfort food in the neighbourhood. This allays anxiety and cuts down travelling time for the elderly. Instead of spending the better part of a day in a hospital waiting in line after line for tests, checks and consultations, they can linger with friends at the hawker centre while waiting for their turn to see the doctors or collect medicine.

Seniors may want to stroll up the curved ramp from the market entrance to the rooftop where they can mingle with songbird enthusiasts who frequent the bird-singing corner, learn taiji or gentle aerobics with exercise enthusiasts or visit the herb garden. The gentle gradient of the ramp promotes “stealth exercise”, sneakily nudging even the most sedentary senior to exercise without making a conscious effort. The circular form of the market, with a clear demarcation of the route, makes it easy for older folk with memory issues to meander in a safe and familiar environment. In the evening, the courtyard can become an event space for performances or health talks.

By creating a free-flowing architectural space where healthcare programmes, fresh food products and nutritious meals can overlap with physical and social activities, the geriatric centre is redefined as an informal local market that makes long-term care a part of daily life for the elderly.



TOP
Proposed site
Jurong West St 41 Market

OTHER POTENTIAL SITES
Jalan Kukoh
Sungei Road



TOP
Seniors are encouraged to take a stroll up and down the gently sloping ramp to the rooftop to enjoy the bird-singing corner or browse flea market offerings.



LEFT
With geriatric care and a hawker centre co-located under one roof, seniors can enjoy a cuppa with friends while waiting their turn to consult a doctor, nurse or therapist. In the evening, the courtyard transforms into an event space offering performances or educational talks on healthy living.

Happy Express

Senior centre on the move

Happy Express is a mobile alternative to standard eldercare facilities that are static and fixed. Unlike run-of-the-mill centres, it connects seniors' favourite haunts and places of interest with familiar landmarks and predictable routes. It enables older folk to re-establish their independence and mobility in the city, encouraging them to be spontaneous in a safe manner while injecting vibrancy into the streets.

Unlike conventional building typologies, Happy Express is a decommissioned bus which is redesigned and refurbished to meet the needs of seniors. The travel routes and destinations as the bus trundles around the island can also be customised.

The bus is retrofitted as a mobile lounge with various entertainment options, including karaoke and television on the move. It stops for an hour or so at certain pre-determined stops, such as in the older HDB estates, to offer riders and local residents health checks. A pop-up activity zone attracts other seniors in that area to join the island tour and also check their blood pressure, sugar levels, body mass index and visceral fat levels. Or they can just board the bus to browse magazines from its mobile library. With a tour of senior-friendly places in Singapore, led by older tour guides, Happy Express is open to members of the public who want to experience Singapore through the eyes of the elderly and their textured memories.



TOP
Proposed site
Big Splash car park, East Coast Park

OTHER POTENTIAL SITES
Buddha Tooth Relic Temple car park
Tanjong Katong Complex car park



TOP
Selected open-air car parks become pit stops for Happy Express. The bus opens on one side when parked, instantly turning a mundane car park into a public space alive with possibilities.



LEFT
The original bus is transformed into a mobile senior activity centre. Volunteers on board serve snacks and drinks and conduct basic health screenings. Seniors can choose to sing karaoke, play games, have basic health checks, hop on and off at any stop enroute.

Heartland Kaki

Lifelong community in existing housing estates

This typology makes it easy for people to make friends and take care of one another in Singapore's heartlands.

Mature estates are often caught in a conservation/redevelopment dilemma, between the contradictory impulses for ageing in place and relocation. The aim of Heartland Kaki is to achieve a lifelong community by keeping existing housing blocks and the social fabric intact while continuing to redevelop the precinct and increase its population density. By adding new housing layers above existing housing blocks, a younger generation is brought in and an environment suitable for multi-generational living is created. A landscaped deck between the existing housing and new high-rise blocks above then form a new ground level where social care and healthcare infrastructure can be added.

Existing caregivers and their social networks can be tapped on to look after the growing number of seniors in these estates. New housing units constructed above the older ones could also cater to elderly residents who want to "upgrade" to smaller but better-equipped units with integrated technology, without having to leave a familiar location. Certain floors can also be adapted for use as assisted-living facilities, with community space and medical support.



LEFT
Proposed site
Redhill Close

OTHER POTENTIAL SITES
Bukit Ho Swee
Stirling Road



TOP and RIGHT

To encourage multi-generational living, communal spaces are introduced at the ground level and roofs of existing flats, where new landscape decks with play area, social care and healthcare services can be added.

Giving Campus

Going back to school to learn, play and live with youths

Situated across the road from a university, the Giving Campus transforms an old school building into an inter-generational hostel and learning centre. By living and learning together, seniors and secondary or tertiary students are able to form reciprocal relationships in which they care for one another.

For seniors entering retirement, going back to school could be a welcome change and a meaningful lifelong learning endeavour. The retirees might once have been chefs or CEOs, administrators, accountants or architects whose experience means that they have much to offer. Giving Campus provides them with a platform to grow and give. On campus, seniors can mentor students. For example, a retired teacher may choose to coach students in their coursework, or share practical life skills such as gardening.

Students can offer seniors help with chores like grocery shopping, or teach them how to use electronic devices. Special incentives – such as discounts for hostel accommodation – can be offered to these students for rendering assistance. With young and old looking out for each other, this typology cultivates inter-generational kindness and compassion, values that are vital to building a resilient society.



TOP
Proposed site
Former Changkat Changi Primary
School (opposite SUTD)

OTHER POTENTIAL SITES
Old school building beside St
Margaret's Secondary School
Former Pandan Primary School (beside
Commonwealth Secondary School)



TOP
The underground entrance to the new MRT
station connects Giving Campus with SUTD
across the road. It doubles up as an
amphitheatre that can be used for outdoor
performances by amateurs and professionals
alike.



LEFT
University students and seniors share the
courtyard space which has a communal dining
area and herb garden. They can pursue
common interests together at the
cantilevered pods.

Kelong Co-op

Cluster living on a floating village

Kelong Co-op is ideal for seniors who are drawn to a rustic living environment but do not want to be too far from urban amenities and family members. Derived from the 'Kelong' typology (vernacular for a fisherman's stilt house on water) and located on Coney Island, at the north-eastern coast of Singapore, the Kelong Co-op enables older folk to live with nature in a way reminiscent of the village life of yesteryear.

A modular basic living unit is repeated and arranged around common areas that become central public spaces. These serve as fishing decks, community farms, or simply open communal spaces for seniors to relax and enjoy the setting sun.

Cluster living allows the elderly to live close to people with similar interests, and engage in activities of their liking. They can even work together and take care of one another. Living arrangements can also be clustered according to healthcare needs, enhancing care differentiation. Over time, the seniors can cultivate interdependent living, developing a sense of care and concern for one another.



TOP
Proposed site
Serangoon Island (Coney Island)

OTHER POTENTIAL SITES
Changi Beach
Marina South Pier



TOP
Seniors are clustered according to interests, circle of friends, or similar healthcare needs.

LEFT
Residents in a cluster share a hydrotherapy pool.

Healing Stadium

A sanctuary to restore body and mind

The Healing Stadium is a cluster of apartments for seniors built in an old sports complex with plenty of safe green spaces for exercise and onsite care services should they need it someday.

In this adaptive reuse of an old stadium, some of the concrete seating can be readily repurposed for terrace farming. A cat and dog shelter under the grandstand offers pet therapy to the elderly. Existing features of the stadium such as its running track and steps will practically take exercise options to the seniors' doorsteps. Those with limited physical mobility who need to use wheelchairs will find the ramps that lead to their apartments from the jogging track useful.

The man-made tropical forest in the stadium provides a therapeutic landscape and offers health benefits that come from being close to greenery. Planting the forest in the heart of the stadium allows seniors with dementia or cognitive challenges to trek independently, while making it impossible for them to wander out of the compound. The terrain is sculpted to imitate Nature's slopes, dirt trails, rocks and overhanging branches, thus challenging users to continuously exercise body awareness and apply their senses to navigate these features.



TOP
Proposed site
Jurong Stadium

OTHER POTENTIAL SITES
Former SIA Groups Sports Club
Turf City



TOP
Assisted living apartment units are built on top of the existing stadium structure, each with a view of the central forest. Some of the original concrete seats are repurposed for terrace farming.

LEFT
A shelter for cats and dogs is located within the existing stadium grandstand. Seniors can enjoy the forest trails and, at the same time, help the shelter animals get some exercise. The safe and enclosed route within the stadium allows persons with dementia to explore the area independently and safely.

Garden of Life

Public park with an in-patient hospice to celebrate lives well lived

“Why wait until you are dead to celebrate your life? Why not deliver your own eulogy?”

These were the words of Professor Tan Teng Kee, a Professor of Innovation, who started the Living Memorial Celebration movement when he was diagnosed with cancer. He believed that one should seize the day and deliver the eulogy while surrounded by close friends and family who come to share memories and celebrate life.

Garden of Life builds on this idea, and expands it into a typology that integrates an inpatient hospice with a nature park and tree nursery. This is a place where the terminally ill can live out their last days in peace and tranquillity in an open, natural setting. It is also a public space that invites people to join in to celebrate life. Family members can choose to stay with their loved ones in the hospice. Close friends and relatives can visit the residents, have meals together and take turns to share memories. They may plant a new tree together at the nursery, or set off sky lanterns in the evening. The nursery park doubles as an ash garden. The celebration can include having a loved one’s ashes scattered under a tree that was planted while he or she was still alive, thus closing the loop on the circle of life.



TOP
Proposed site
Tanjong Rhu Promenade

Other potential sites
East Coast Park Camping Site G
Jurong Bird Park



TOP
Garden of Life with lush landscaped parks, with the city in the distance.



RIGHT
Planting a memorial tree in the company of family and loved ones at the tree nursery.

1 Singapore's ageing landscape

	Number of Singaporeans ¹ aged 65 years & above ²
2005	1 in 11 (270,000)
2010	1 in 10 (320,000)
2015	1 in 8 (440,000)
2017	1 in 7 (500,000)
2020 (projected)	1 in 6 (590,000)
2025 (projected)	1 in 5 (760,000)
2030 (projected)	1 in 4 (900,000)

2 Government initiative to create an age-friendly Singapore

Action Plan For Successful Ageing³

This Action Plan charts the way forward for Singaporeans to age more confidently. It was jointly developed by government agencies, voluntary welfare and non-profit organisations, academia, businesses and union members, with feedback received from the public.

There are more than 70 initiatives in 12 areas – health and wellness, learning, volunteerism, employment, housing, transport, public spaces, respect and social inclusion, retirement adequacy, healthcare and aged care, protection for vulnerable seniors and research.

Based on feedback from over 4,000 Singaporeans, this is what a 'successfully ageing' Singapore will look like:

Opportunities for All Ages

Singapore will be a place where everyone, including seniors, can continually learn, grow and achieve their fullest potential.

A Kampong for All Ages

Singapore will be a caring and inclusive society that respects and embraces seniors as an integral part of our cohesive community.

A City for All Ages

Singapore will be distinctive globally not just for its economic success, but also as a model for successful ageing.

¹ 'Singaporeans' refers to Singapore citizens and does not include Singapore permanent residents

² <https://www.population.sg/articles/older-singaporeans-to-double-by-2030>

<https://www.strategygroup.gov.sg/docs/default-source/default-document-library/population-in-brief-2017.pdf>

<http://www.gs.org.sg/sg50conference/pdf/s4-1.pdf>

http://www.singstat.gov.sg/docs/default-source/default-document-library/publications/publications_and_papers/population_and_population_structure/population2017.pdf

<http://www.gs.org.sg/sg50conference/pdf/s4-1.pdf>

<http://www.gs.org.sg/sg50conference/pdf/s4-1.pdf>

³ https://www.moh.gov.sg/content/dam/moh_web/SuccessfulAgeing/action-plan.pdf

FACT SHEET

Venue:	Located at the void deck of Block 433, Ang Mo Kio Ave 10, within the Cheng San-Seletar constituency, Ang Mo Kio
Operator:	TOUCH Community Services
Objectives:	<p>a) A go-to-point where residents can be happy, healthy and helpful. TOUCH staff to identify needs and build on their trust – to foster a culture of mutual support while improving access to stakeholders and services in the community</p> <p>b) Part of TOUCH’s Community Enablement Project’s or CEP efforts to build an environment that is a safe, self-reliant and stimulating, and help them age in place</p> <p>c) To be a community connector and enabler – an activity node and launch pad for residents to be connected, equipped and activated as a resource in the community</p>
Size:	450sqm or about the size of 2.5 basketball courts / Can hold up to 150 individuals
Target clients:	Residents residing in the Ang Mo Kio precinct covering 32 HDB blocks with a population of 12,000, out of whom 1,600 are seniors above 65 years old
Facilities:	<ul style="list-style-type: none"> - Elder-friendly gym with “Gym Tonic” equipment - Community garden - Outdoor pavilions - Rehabilitation and health consultation room - Flexible section that can be open or closed for activities
Unique Features:	<p>a) To be located at a void deck in Ang Mo Kio with most parts accessible to residents 24/7; within 600m to most blocks in the precinct</p> <p>b) To set up a Community Health Post where nurses & health coaches can monitor residents’ health and help address any chronic health issues</p> <p>c) To upskill residents and equip them with useful knowledge and skills so that they can become a resource in the community</p> <p>d) To run Lien Foundation’s Gym Tonic, a customised strength training programme for seniors that helps fight frailty. Supervised by certified trainers, the programme will help both healthy seniors as well as those who need rehabilitation</p> <p>e) To feature a ribbon of spaces extending from indoors to outdoors, with a continuous shelter for residents to gather and engage</p> <p>f) To run programmes and activities based on residents’ interests and empower them to duplicate these efforts, if possible, beyond the hub to benefit more people</p>
Completion Date:	By the third quarter of 2018

About the Community Enablement Project (CEP)

The CEP is a pilot project by TOUCH Community Services to build an environment that is safe, self-reliant and stimulating - with the aim of enabling even nursing home-eligible residents to stay at home as long as possible. It is aligned with TOUCH's vision to see Enabled Communities and the Government's efforts for seniors to age in place. Spearheaded by TOUCH, the CEP taps on more than two decades of eldercare experience to build an enabled community within an Ang Mo Kio precinct where older people can be supported to live and contribute. The platforms provided by the CEP develops residents and other stakeholders as community resources while considering infrastructural and technological factors that support ageing in place. Residents are engaged and relationships bonded through strength training sessions, talks, health screenings and interest group activities that equip neighbours to help foster a culture of mutual support among ageing residents. The CEP is part of TOUCH's efforts to explore sustainable and practical care solutions to address the impending challenges of an ageing nation and resource limitations.

About TOUCH's New Facility

The new facility, initiated and developed by TOUCH Community Services, is a gathering place and launch pad for residents to become resources to support ageing-in-place. Located conveniently at a void deck in Ang Mo Kio with most parts accessible 24/7, it is an activity node where residents can initiate interest-based activities, exercise, attend health checks, learn skills and be empowered to help others in the community. With the aim to keep residents happy, healthy and helpful, the new facility will be a go-to-point for seniors to take charge of their own lives, and be equipped to support other more vulnerable seniors in their midst. The new facility will also run Lien Foundation's Gym Tonic, a customised strength-training programme for seniors, which can be used by seniors who are healthy as well as those who need rehabilitation. Architecturally, the new facility will feature a ribbon of spaces extending from indoors to outdoors, with a continuous shelter that allows pockets of activities to co-exist. The new facility is part of TOUCH's Community Enablement Project to enable communities to age in place.

About TOUCH Community Services

TOUCH Community Services or TOUCH is a not-for-profit charitable organisation, dedicated to meeting the needs of children from low-income or single-parent families, youths at risk, needy families, people with special and healthcare needs, and the frail elderly. Through its network of 18 services, TOUCH is committed to serving people of all ages, races, religions and backgrounds. At TOUCH, we believe that the community can be enabled to help seniors age well with grace and dignity. The Elderly Group, the arm of TOUCH that supports the needs of older people, provides seniors with a continuum of support to help them age in place. They include home care and caregiver support services, senior activity centres, cluster support services and a senior group home.

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