

New \$4.48M Parkinson's Initiative Features Community Rehab Programme to Benefit 2,000 Individuals

Singapore, 17 August 2026 — Regular exercise is as important as medication in managing Parkinson's disease (PD), but PD symptoms prevent most persons with Parkinson's (PD warriors), from being active.

To address this, Lien Foundation in partnership with Parkinson Society Singapore (PSS), NHG Health's Tan Tock Seng Hospital (TTSH), National Neuroscience Institute (NNI) and other SingHealth institutions, have launched a Parkinson's Disease community rehabilitation programme called **Kickstart Exercise and Empower Parkinson's (KEEP)**. The programme kicked-off in January 2026 and 2,000 PD Warriors in their early to mid-stage of disease progression are expected to benefit from the programme over the next five years.

In 2019, more than 8,000 persons in Singapore were estimated to be living with PD. Now in 2026, that figure is estimated to be more than 10,000 due to Singapore's ageing population. The condition damages the dopamine producing neurons in the brain, causing tremors, rigidity and slowness. In addition, non-motor symptoms like fatigue, apathy and depression may also occur.

"Not knowing what exercises are safe to do, the fear of falling and lack of motivation are some of the common reasons PD Warriors give for not exercising, yet being active is known to slow down this mobility disabling condition. KEEP aims to address these challenges through bringing structured rehabilitation programmes in the community that support both PD Warriors and their caregivers," says Clinical Associate Professor Tay Kay Yaw, Head & Senior Consultant, Regional Department of Neurology (North), National Neuroscience Institute (NNI), SingHealth.

The KEEP Framework

KEEP was co-designed by a multidisciplinary team of physiotherapists, occupational therapists, medical social workers, and PD movement disorder specialists from NNI and TTSH.

The programme is anchored on an evidence-based community care model. It introduces fitness and rehabilitation in the earlier stages of the disease, while using group sessions to address the problem of social isolation which is common as PD progresses.

The KEEP framework has three core components to provide rehabilitation and support; each tailored to the needs of PD Warriors at different stages of PD:

- **KEEP Fit - Physical fitness for neuroprotection and neurorestoration**

24-sessions of 60-minutes structured group rehabilitation integrates cardiovascular exercises, strength, agility and balance training to improve fitness whilst addressing movement challenges.

- **KEEP Active – Restore function and promote independence**

16 sessions of occupational therapy and 8 physiotherapy sessions that equip participants with practical movement, safety, and problem-solving strategies to maintain independence in daily

activities, prevent falls, and stay actively engaged in their homes and communities.

- **KEEP Well – Mental health and caregiver support**

3 weeks cognitive rehabilitation training following mental health screening, assessment and intervention for psychological and depressive symptoms. Caregivers will also receive 6 sessions of caregiver training to better cope with care of PD Warriors.

“Our aim is to support and empower PD Warriors with the knowledge, confidence and access to care needed to stay active independently and alongside fellow participants beyond the programme. To ensure participants receive timely support if their symptoms evolve, we will check in with them every six months from the date of enrolment, for up to two years to adjust their rehabilitation and mental health plans if any decline is detected,” says Dr Chloe Chung Lau Ha, Senior Principal Physiotherapist, Tan Tock Seng Hospital, NHG Health.

Psychological and practical support will also be extended to caregivers of PD Warriors.

“PD symptoms can change from day to day and hour to hour, which is disruptive for both PD Warriors and their family members. Through KEEP Well, we aim to help caregivers better understand PD and how to adjust their daily routines and expectations, so they can support their loved ones, reduce the risk of burnout and improve the quality of life for both the caregiver and PD Warrior,” says Ms Phyllis Lim, Executive Director, Parkinson Society Singapore (PSS).

For 67-year-old retiree and PD Warrior William Wong (黄海昌), who joined the KEEP Fit trial, group rehabilitation provided both physical strength and vital motivation: “If you expect yourself to do exercises at home alone, chances are you lose motivation,” William shared. “Parkinson’s is not easy to manage by yourself—if you stay at home and stop being active, you risk falling and deteriorating. The key is getting out of the house, building muscle to keep walking, and finding something nice to do with others.”

For 78-year-old PD Warrior Mr. KS Amarjit Singh Bal and his wife Mrs. Charanjit Kaur Bal (75), the combination of movement sessions and caregiver workshops transformed their daily lives: “I used to do everything for him. Now, after working on his mobility, he gets up in the morning, showers, and changes on his own,” shared Mrs. Singh. “Attending the caregiver workshops showed me I wasn’t alone. Understanding what he goes through emotionally and physically made it much easier to support him.”

Nationwide Community Integration

The KEEP programme is being progressively rolled out across 13 Day Rehabilitation Centres (DRCs) operated by six community providers, AWWA Ltd, Care Corner Seniors Services Singapore, NTUC Health, Parkinson Society Singapore (PSS), St Luke’s Eldercare (SLEC), and St Luke’s Hospital (SLH), providing island wide support to PD Warriors and their caregivers. Healthcare professionals in the DRCs can consult clinicians at NNI and TTSH in the management of more complex cases.

Leading the community programming is PSS. The charity, which celebrates its 30th anniversary of serving the PD community this year, will serve as the master trainer and primary training site for community partners in the enhancement of rehabilitation standards. \$1.2 million from Lien Foundation’s investment of \$4.48 million has been set aside to co-design and launch a

progressive second PSS centre.

Mr Lee Poh Wah, CEO of the Lien Foundation, said: "With KEEP, we are building a stronger community rehabilitation ecosystem for Parkinson's disease by bringing together our key stakeholders to provide earlier, sustained and stage-appropriate support. Our vision is that more people can access the science of rehabilitation and the strength of community to redefine what living well with Parkinson's can look like."

Parkinson's Disease Awareness Campaign

Complementing the community rehabilitation programme for PD Warriors, a public campaign is also being planned to raise awareness, spark empathy, and reduce the stigma associated with PD. Lien Foundation is curating a PD public symposium and activation, co-organised with the Singapore Institute of Technology (SIT), NNI, TTSH, and PSS, which will be launched at SIT campus in Punggol Digital District on 31 October 2026. More details will be shared closer to the date.

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Annex A

Translation of names and designation in order of mentions in the press release:

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Ms Phyllis Lim Executive Director Parkinson Society Singapore	林嫦装 执行董事 新加坡帕金森协会
Mr Lee Poh Wah CEO Lien Foundation	李宝华 总裁 连氏基金

Glossary of terms in Chinese

KEEP Programme	跃动帕金森
Parkinson's disease	帕金森病 / 帕金森氏症
PD movement disorder specialist	帕金森病运动障碍专家

About 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 models of care, convening strategic partnerships and catalysing action at the intersection of health and social care. The Foundation's focus areas include palliative care, rehabilitation, aged care, and child & maternal health.

For more information, visit www.lienfoundation.org.

About Parkinson Society Singapore

Parkinson Society Singapore (PSS) was set up in 1996 by a group of doctors and caregivers. The society is an Institute of Public Character and a member of National Council of Social Service (NCSS). PSS established Singapore's first community-based Parkinson's Disease (PD) Centre at Bishan in 2013 to provide the PD community with much-needed care and support beyond that provided by hospitals. PSS objectives are to promote understanding and awareness of PD. PSS provides therapeutic programmes and activities to enhance the wellbeing of persons with Parkinson (PwP). PSS also provides a social network for PwP to support one another in the community so all can age-in-place with dignity and independence.

PD is a chronic progressive neurodegenerative condition that affects not only the mobility of the person but also the cognitive and psychosocial aspects. In Singapore, the incidence is three per 1,000 individuals aged 50 years and above, and this increases with age. PD impacts the patients, their families and the community. However, with good rehabilitative programmes and social support, many of our PwP can continue to enjoy quality life through social connections with supportive relationships so as to integrate with society.

For more information, please visit www.parkinson.org.sg.

About Tan Tock Seng Hospital

Tan Tock Seng Hospital (TTSH), an anchor hospital of [NHG Health](#), is one of Singapore's largest and pioneering multidisciplinary hospitals. TTSH has a dedicated healthcare team of over 11,000, operates more than 2,000 beds, and provides care across more than [60 clinical disciplines](#). It is home to NHG Health's [National Centre for Infectious Diseases \(NCID\)](#), a 330-bed purpose-built facility designed to strengthen Singapore's capabilities in infectious disease management and prevention. It also helms [HealthCity Novena](#), Singapore's first integrated healthcare hub spanning 17 hectares. TTSH is committed to empowering individuals across Central and North Singapore to lead healthier lives, transforming care through innovation, research, and clinical excellence to add years of healthy life to the community.

For more information, please visit www.nhghealth.com.sg/ttsh.

About National Neuroscience Institute

The National Neuroscience Institute (NNI) is Singapore's national and regional centre of excellence for treatment, education and research in the neurosciences. NNI offers over 20 clinical subspecialties and treats a broad range of conditions affecting the brain, spine, nerves and muscles. In the area of patient care, it provides clinical neuroscience services to various hospitals in Singapore. The Institute also coordinates and provides clinical neuroscience training, and is actively involved in conducting basic and clinical neuroscience research in Singapore. NNI is a member of the Singapore Health Services (SingHealth) – a public healthcare cluster which manages four hospitals, five specialty centres, nine polyclinics and a network of community hospitals.

For more information, please visit www.nni.com.sg.

About AWWA

AWWA was founded in 1970 by a group of volunteers supporting low-income families and has since evolved into one of Singapore's largest multi-service social service agencies. AWWA's multi-professional team supports the integration and inclusion of children with developmental needs, families with complex social issues, the elderly, and persons with additional needs so that they may live out their various dreams and aspirations. AWWA is a registered charity with an Institution of a Public Character status.

To find out more about AWWA, please visit www.awwa.org.sg.

About Care Corner Singapore

Established in 1981, Care Corner Singapore is a non-profit organisation providing social and health care services to build hope and promote well-being for those in need. With more than 40 service points across Singapore, the charity helps children with special learning needs or from disadvantaged backgrounds, youths at risk, troubled families, vulnerable seniors, and individuals with counselling and mental health needs. Woven into the fabric of the community, Care Corner aims to provide a holistic continuum of care to the marginalised across their life stages and major transitions.

A member of the National Council of Social Service, Care Corner has an Institution of a Public Character (IPC) status and is in full compliance with the Charity Code of Governance. The organisation received the Charity Transparency Award 2017, Charity Transparency Award 2018, Charity Transparency Award 2019 and Charity Governance Award 2017 - Special Commendation for Risk Management.

For more information, please visit www.carecorner.org.sg

About NTUC Health Co-operative Limited

NTUC Health Co-operative Limited (NTUC Health) is an NTUC enterprise that provides a comprehensive and integrated suite of quality and affordable health and eldercare services to meet the growing needs of families and their dependents. Building on close to three decades of experience and expertise, NTUC Health is among the largest providers of active ageing, senior day care, nursing home, and home personal care services in Singapore. We also serve vulnerable seniors in selected areas in Singapore through Community Case Management Services (CCMS), CREST mental health support, and a sheltered senior group home. In addition, we run a family medicine clinic.

Our purpose is to achieve 'health for life'; enabling healthy and fulfilling years by being a trusted partner of seniors and their families in our community.

For more information, please visit www.ntuchealth.sg or follow us on [Facebook](#), [Instagram](#), and [LinkedIn](#).

About St Luke's ElderCare

St Luke's ElderCare (SLEC) is a Christian healthcare provider dedicated to enriching the lives of seniors in Singapore, regardless of race, language and religion. Guided by our GRACE philosophy of care, we are committed to providing compassionate and holistic care that fosters autonomy and choice.

To empower seniors of varying needs, from the fit to the frail, we offer a comprehensive suite of services islandwide. These include community-based programmes that promote active ageing; centre-based offerings such as day care, rehabilitation and nursing; residential (nursing home) services for long-term care; and home-based services covering medical, nursing and therapy needs.

Leveraging our legacy of over 25 years, we are on an unstoppable mission to transform the care challenges of Singapore's ageing population. Through innovation, collaboration and education, we seek to elevate the community care sector, where seniors thrive in their golden years and age with dignity, independence and joy.

Incorporated in 1999, SLEC is a registered charity and an Institution of a Public Character.

Find out more at www.slec.org.sg or follow us on [Facebook](#), [Instagram](#) and [LinkedIn](#).

About St Luke's Hospital

St Luke's Hospital, named after the patron saint of the medical profession, was the first hospital in Singapore dedicated to the care of older persons. An Institution of a Public Character, we care for more than 7,200 patients and beneficiaries each year, regardless of race, language or religion. Through our Clinical, Social, Pastoral (CSP) care model, we transform lives holistically beyond physical health.

To learn more, please visit www.slh.org