Age-friendly Housing+ in Singapore

For ADB Ageing Asia and the Pacific
Manila 28-29 June 2017

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Talk Outline

• Population Ageing in Singapore
• Age-friendly Housing
• Also the Neighbourhoods
• Conclusion
Singapore Ageing Fast

- No. of 65+ is predicted to **double** to **900,000** (1 in 4 Singaporean residents) by 2030
France took 117 years to increase its older population from 7% to 14%.
Japan took 24 years; S Korea will take 19 years; Singapore will take 17 years.

Source: UN report World Population Ageing 1950-2050
Not just Asia
World Ageing Fast

- The world is not just rapidly urbanizing but also rapidly ageing

By 2050, older people will make up 21.1% or >2 billion people

Source: UN World Population Ageing 1950-2050
Singapore

- Location: 1°22’N 103°48’E
- Land area: 719 sq km island-state
- Population: 5.5 million
  - >90% live in high-rise housing
  - 82% in public housing
  - 11% of them are 65+
  - <0.3% of 65+ live in institutional care
Singapore Action Plan for Successful Ageing
Public-People-Private joined-up effort

A society of longer and more productive lives

Public, People, Private Sectors

Health & Wellness
Education
Employment
Volunteerism
Retirement Adequacy
Built Environment, Housing and Transport
Healthcare System and Aged Care

Research and Development

Source: Singapore Ministry of Health
Planning Age-friendly City

• Older people should be fully enabled to continue participating in all aspects of life as they age

• Ageing in Place, preferred option
  o Special housing design for older people
  o Installation of safety and convenience equipment
  o Provision of home care and community service that enable older person to remain at home while ensuring needs are met
Bespoke Housing

- Developing customized housing to support ageing in place


- Latest edition (2016) Kampung Admiralty – 1-stop integrated development for active living
Do Not Forget Existing Housing

- Enhancement for Active Seniors (EASE) – elder-friendly installations in 3 key spaces:
  - Within flats (e.g. non-slip floor tile treatment, grab bars)
  - At block (e.g. lift to stop on every floor)
  - At Precinct (e.g. barrier free ramps)

Subsidised home safety fixtures for more seniors
Down-size, Right-size

- Support/priority schemes e.g. Enhanced Lease Buyback Scheme (2009), Ageing-in-Place Priority Scheme (2012)

- Continue to live in familiar environment by ‘right-sizing’ to smaller housing near existing dwelling
Harnessing Technology

- Introduce and test-bed smart technologies in flats for better care of elderly residents alone at home

SMART ELDERLY MONITORING AND ALERT SYSTEM

CARING FOR YOUR LOVED ONES WHILE YOU ARE AWAY

The Smart Elderly Monitoring and Alert System (SEMAS) lets you monitor your elderly relatives through sensors placed in the flat, and alert caregivers via text messages.
More Inclusive Neighbourhood

• At Community level, co-locate eldercare and childcare facilities in 10 new HDB developments by 2025

• At City level, more senior-friendly amenities in parks e.g. exercise equipment, therapeutic gardens
But, What do Older Adults Want?

HDB Sample Household Survey 2013

- 96% of 65+ expressed no intention to move within next 5 years
- 80% keen to age in same flat
- >95% reported a sense of belonging to their public housing towns and satisfaction with their flat and neighbourhood
Eldercare services in public housing

- Awareness
- Utilization
- Importance

Source: HDB Sample Household Survey 2013
Preferred Cluster of 3 Desired Facilities for Ageing

Healthcare facilities
- No. 1 priority facility among 85+

Transport facilities
- Top choice among 55-64 and women

Cooked food facilities
- More younger old and men selected this
Understanding Older People Changing Needs

Physical Changes
• Reduction in muscle strength, agility, coordination, balance, hearing, vision, etc.
• Decline in mental ability, memory loss, dementia

Psychological and Social Needs
• Social isolation, loneliness, self-esteem, independence, purpose and meaning, emotional wellbeing, etc.

Older person’s priorities vary by sub-groups