

## Programme Sheet

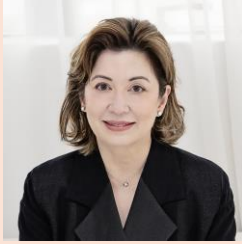
### AgeWell Symposium

0830H	Opening Speech	Mr T.K. Udairam President, Home Nursing Foundation
<b>Part I: Systems</b>		
0845H	The Impact of Social Isolation and Loneliness on Older Adults in Singapore	A/Prof Angelique Chan Executive Director, Centre for Ageing Research and Education
0910H	Promoting Mental Well-Being Among Our Seniors - The Challenges and the Way Forward	Mr Choo Jin Kiat Executive Director, O'Joy Limited
0935H	Active Ageing Hubs' – Pilots on Sustainable Aged Care Systems in Asia's Diverse Communities	Dr Ng Wai Chong Head, Clinical Development, Home Nursing Foundation
1000H	Speech by Guest-of-Honour, Dr Janil Puthuchery	Dr Janil Puthuchery Senior Minister of State, Ministry of Digital Development and Information & Ministry of Health
1015H	Panel Discussion	A/Prof Angelique Chan, Dr Ng Wai Chong and Mr Choo Jin Kiat
1040H	Break	
<b>Part II: Services and Practices</b>		
1050H	Supporting Connectedness in the Community	Ms Han Yah Yee Chief Purpose Officer, Montfort Care
1115H	Designing Activities for Elders Across the Life Stage	Ms Charmaine Tan Deputy Director, Healthy Ageing, Agency for Integrated Care
1140H	Generations Together: Fostering Meaningful Interactions between Seniors and Preschoolers	Ms Angela Yang Director, PAP Community Foundation
1205H	Panel Discussion	Ms Han Yah Yee, Ms Charmaine Tan, and Ms Angela Yang
1230H	End of Symposium	
1230H	Lunch Break	

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### AgeWell Championship

1400H	Intergenerational Angklung Performance by PCF (Sparkletots and Sparkle Care)
1410H – 1600H	Seniors Got Talent / Intergenerational Games - Volleyball - Giant Eraser - Talent Time
1630H	Award Ceremony
1700H	Closing for Championship



**A/Prof Angelique Chan**  
Executive Director,  
Centre for Ageing Research  
and Education

### **The Impact of Social Isolation and Loneliness on Older Adults in Singapore**

Loneliness has significant health impact on an individual's risk of mortality, similar to smoking and high blood pressure. This talk will distinguish between the concepts of social isolation and loneliness, highlighting the differences in measurement and impact.



**Mr Choo Jin Kiat**  
Executive Director,  
O'Joy Limited

### **Promoting Mental Well-being Among our Seniors – the Challenges and the Way Forward**

This session will explore Singapore's Community Mental Health Masterplan and its ongoing development, with a particular focus on the challenges clients face, such as access to services, assessment, intervention, and follow-up care. Understand how O'Joy tackles these issues and delve into the use of the Rainbow Model of Integrated Care (RMIC) framework to address these challenges effectively.



**Dr Ng Wai Chong**  
Head, Clinical Development,  
Home Nursing Foundation

### **Active Ageing Hubs' – Pilots on Sustainable Aged Care Systems in Asia's Diverse Communities**

Ageing brings challenges beyond physical health, including loss of independence and biopsychosocial impacts, which can strain family and community resources. No individual discipline in health and social care can fully address the needs arising from ageing. The 'Case Management Approach' makes it possible to meet the complex needs of the frail in an integrated manner. This presentation discusses how existing assets in the communities were organised into case management systems implemented in developing economies across the Asia Pacific region.



**Ms Han Yah Yee**  
Chief Purpose Officer,  
Montfort Care

### **Supporting Connectedness in the Community**

Goodlife by Montfort Care is dedicated to improving the well-being of seniors and caregivers, ensuring they lead fulfilling and “good lives”. This session will highlight Montfort Care’s experience in addressing loneliness and social isolation in the community.



**Ms Charmaine Tan**  
Deputy Director,  
Healthy Ageing,  
Agency for Integrated Care

### **Designing Activities for Seniors Across this Life Stage**

This sharing focuses on the Agency for Integrated Care (AIC)’s journey in designing activities for frailer seniors, from pilots to building partnerships and activity resource development.



**Ms Angela Yang**  
Director,  
PAP Community Foundation

### **Generations Together: Fostering Meaningful Interactions between Seniors and Preschoolers**

Intergenerational connections offer significant mutual benefits, particularly in the context of Singapore’s rapidly ageing society. By intentionally designing shared activities and collaborative learning experiences, a future where generations come together, learn from each other, and create lasting bonds that enrich our society can be fostered. In this presentation, examples of activities designed by educators at PCF Sparkletots preschools that aim to strengthen intergenerational bonds and create a more inclusive and connected community will be shared.