

Scaling Up Frailty Prevention Programmes - challenges & way forward

Fei Yue Retirees Centre

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Contents

- ① Our past experience
- ② Current programmes
- ③ Future plans

2000



2050



2 X



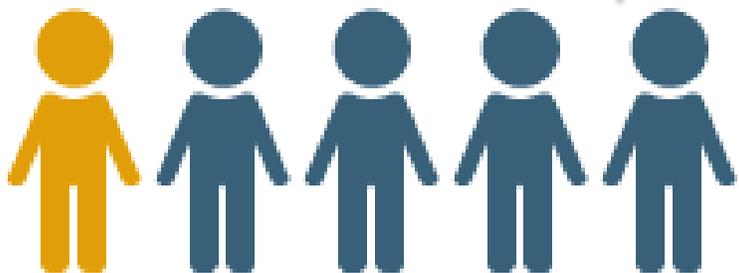


2015

440,000



2030



900,000

WHO's response



2002

Active ageing



2015-2030

Healthy Ageing

emphasizes the need for action across multiple sectors and enabling older people to remain a resource to their families, communities and economies.

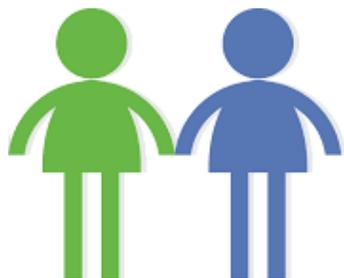
PAST EXPERIENCE



Every older person is different



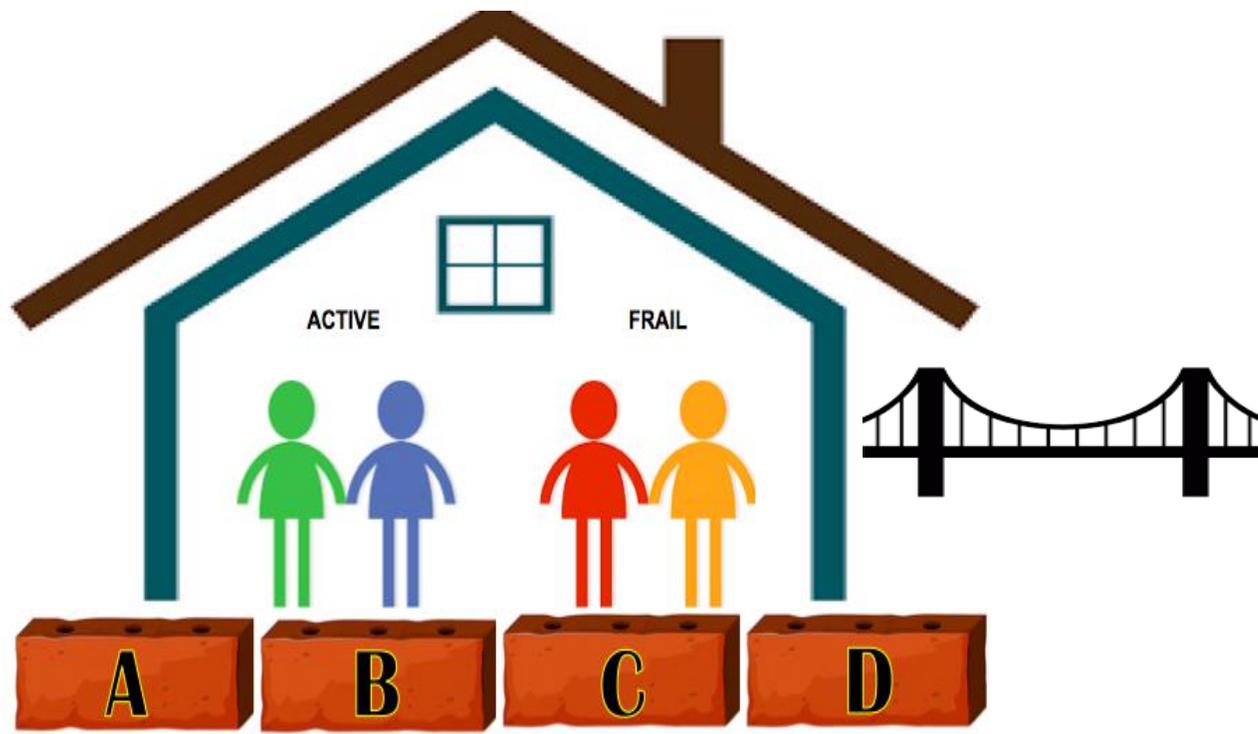




HEALTHY AGEING PROGRAMMES

- ◆ Regular senior-centric healthy ageing programmes like:
 - ✓ **HAPPY exercise**
 - ✓ Health workshops and talks
 - ✓ Language classes
 - ✓ Arts and crafts classes





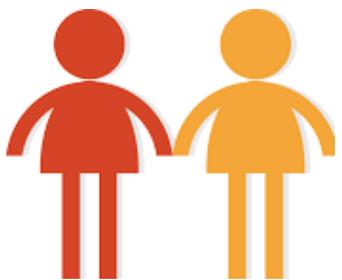
Recreational & social activities

Mental health screenings

Exercises

Befriender services

Care coordination



PROGRAMMES FOR FRAIL SENIORS

- ◆ Cater different kinds of activities that could help delay the progression of their conditions :
 - ✓ Arm Chair Travelling
 - ✓ Art Therapy
 - ✓ Music Therapy
 - ✓ Digital Reminiscence



We believe that this group of seniors still have stories to tell and they're all unique individuals. We will want to continue this wonderful interaction with them and their caregivers.



NUTRITION AND WELLNESS

-For active and frail seniors

- ◆ Nutrition activities to create awareness on healthy eating:
 - ✓ Nutrition and health talks
 - ✓ Food safety awareness
 - ✓ Healthy Lunch and tea break
 - ✓ Nutrition consultations
 - ✓ Cook and Connect

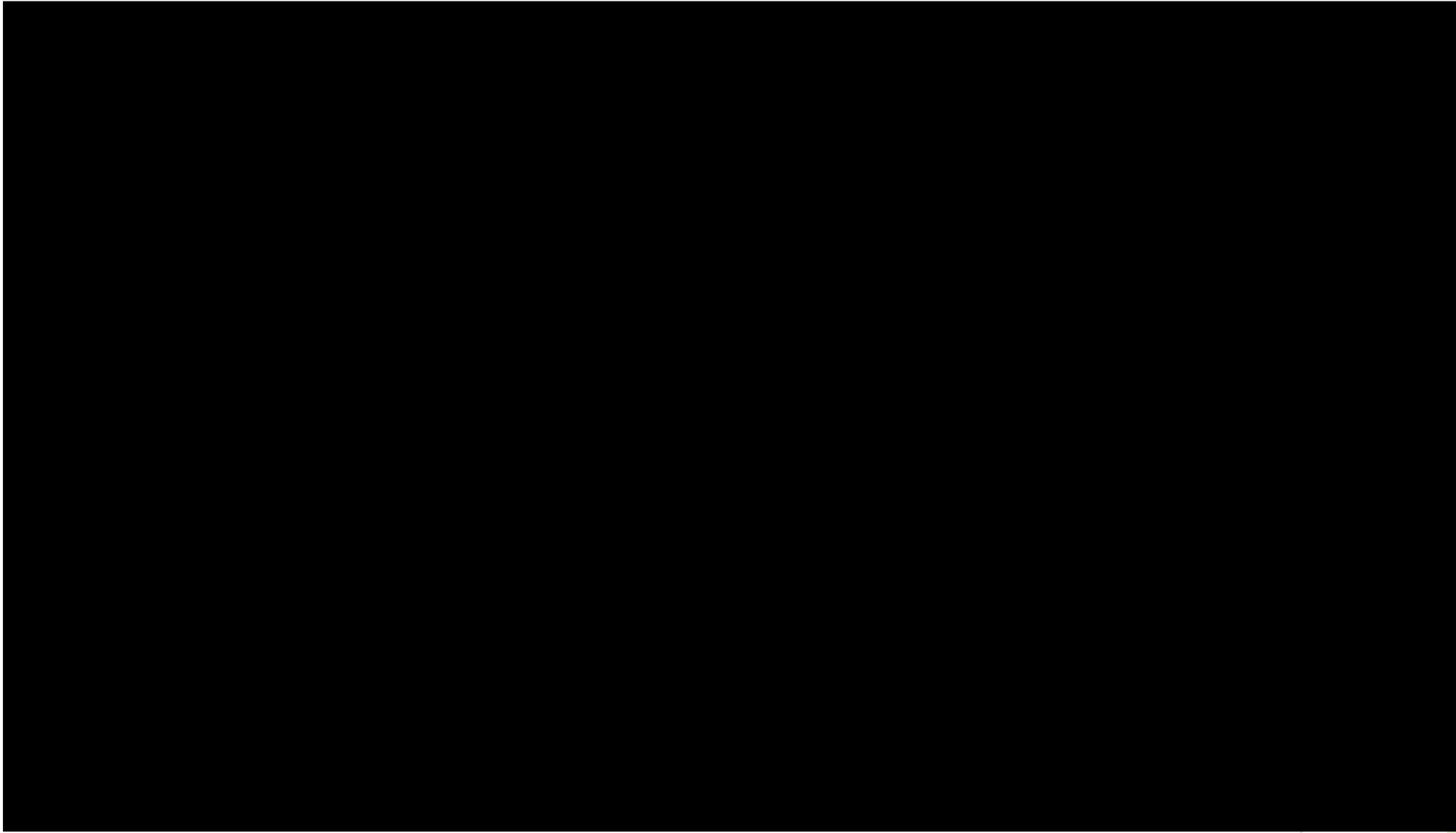




- ◆ Started in Aug 2017
- ◆ About 15 trained volunteer-trainers







Blk 6



Blk 11



HAPPY VOLUNTEERS



HAPPY VOLUNTEERS

After being a HAPPY trainer for more than a year, she feels **satisfied and grateful**, seeing the seniors who are wheelchair-bound, showed active and supportive participation in HAPPY exercise. She is also very **thankful for the platform and opportunity** given to her by Fei Yue Retirees Centre and NUHS where she could experience and journey together with the frail seniors through HAPPY exercise.

Being a HAPPY trainer, she also benefited much from it. Her **cognitive functioning, physical strength and social interaction** improved gradually with **greater sense of well-being and satisfaction with life**. Her proud moments were times where she happily showed her family members her HAPPY trainer certificate, the recognition of her efforts and how her family members supported and affirmed her in volunteering in HAPPY exercise programme.

Moving forward, she will **continue to impact lives in the community by volunteering in HAPPY** exercise at Fei Yue Retirees Centre to set good example to her family and friends that volunteering is an empowerment for seniors to enhance their self-worth and self-efficacy.



Shirley Lim

MOVING FORWARD



**Mobile
clinics**



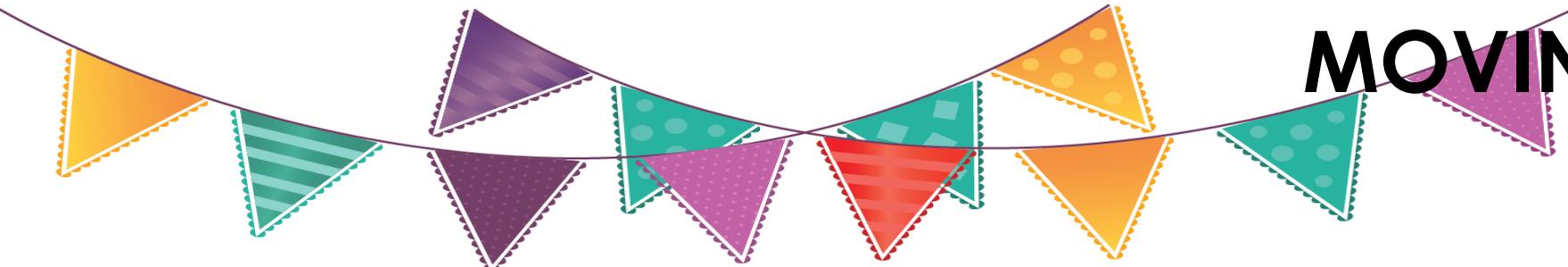
**Interest
groups**



**Nutrition
Ambassadors**



MOVING FORWARD



NUTRITION & HEALTH CARNIVAL 2019

Theme: Eat Right, Feel Right

- ✓ to raise public awareness of active ageing and mental health
- ✓ to motivate the community to make positive behaviour changes in managing health and wellness

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Intergenerational programmes (IGP)

- Enhanced life satisfaction & self-esteem¹
- **Reduced depressive symptoms¹**
- Positive change in attitudes towards older adults²
- **Improved communication skills²**
- Reduced social distance in relationships with older adults²



Reference:

1. Su (2017)
2. Park (2015)



Thank you for your attention

