


Ageing with G.R.A.C.E

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A scenic landscape featuring a paved road with a yellow center line that curves through rolling green hills. The sky is filled with dramatic, colorful clouds in shades of orange, yellow, and grey, suggesting a sunset or sunrise. The overall mood is contemplative and hopeful.

*Having created a new stage of life, the
next step is to make it meaningful.*
- Linda P Fried

Contents

- What is active ageing?
- How can I age with grace?
- How can I age with G.R.A.C.E?
- Summary

Who is actively ageing to you?

A)



Who is actively ageing to you?

B)



<http://presbyterianmanors.org/programs/intergenerational-programs/>

Who is actively ageing to you?

C)



<http://www.wnct.com/story/22861748/92-yr-old-woman-works-at-mcdonalds>



*What is the meaning of
Active Ageing?*

Historical background of AA

- Prior to 1987, emphasis was on average age-related losses
- Forgot about the heterogeneity of older persons



Historical background of AA



Rowe and Khan, 1998

Since then...

Productive Ageing

Robust Ageing

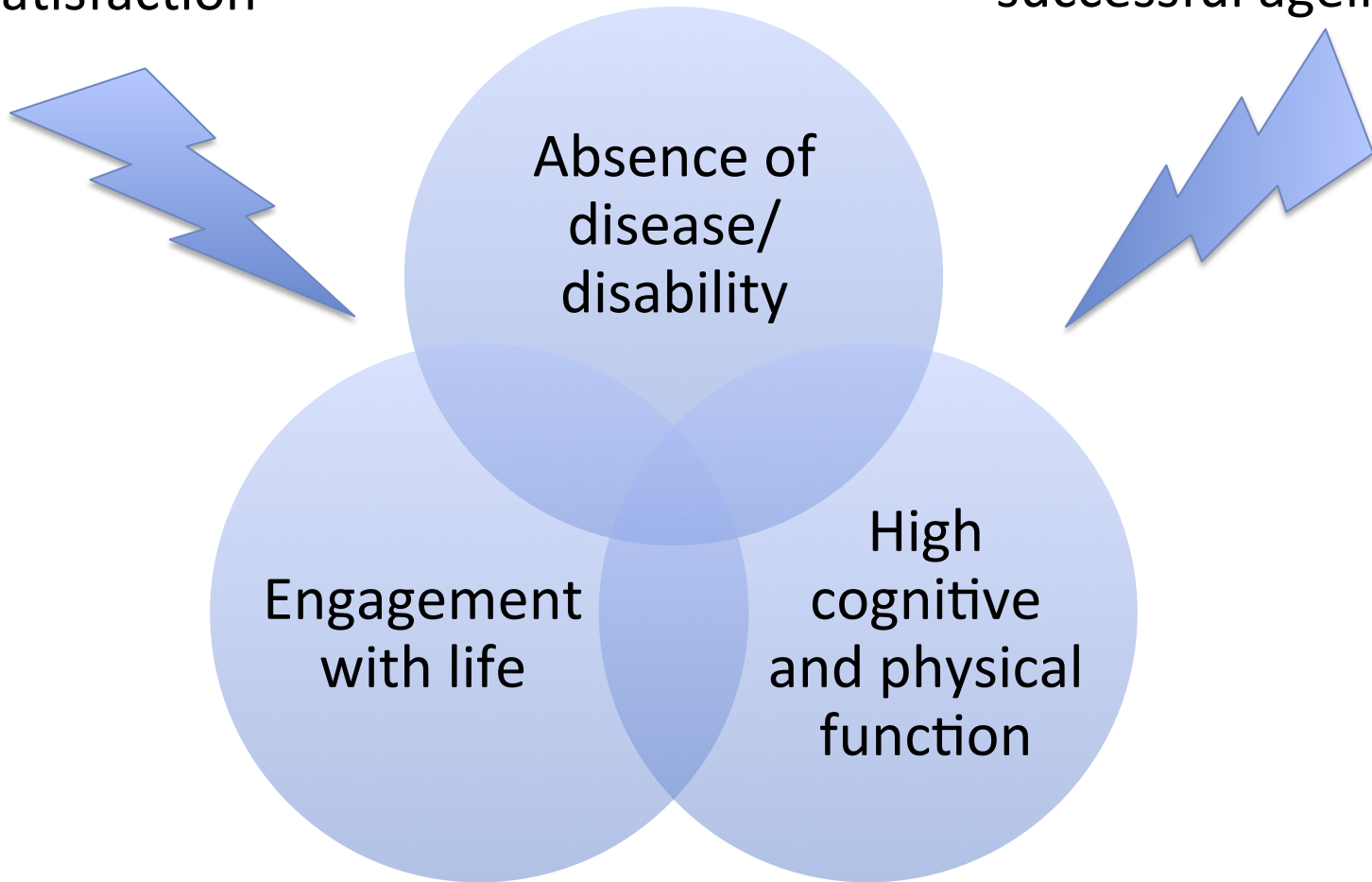
Successful
Ageing

Effective Ageing

Active Ageing

Life satisfaction

Individual's own
definitions of
successful ageing

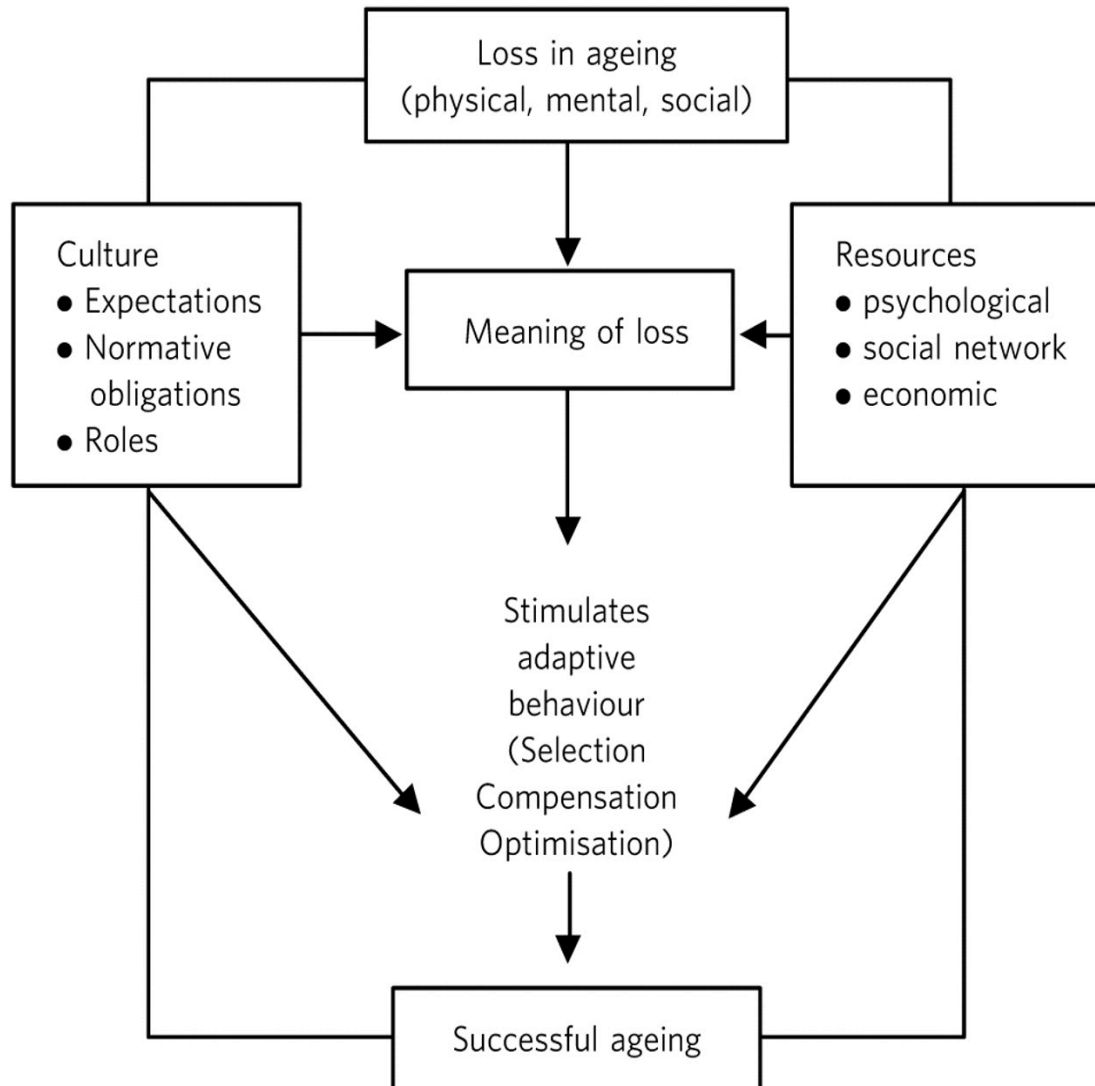


Absence of
disease/
disability

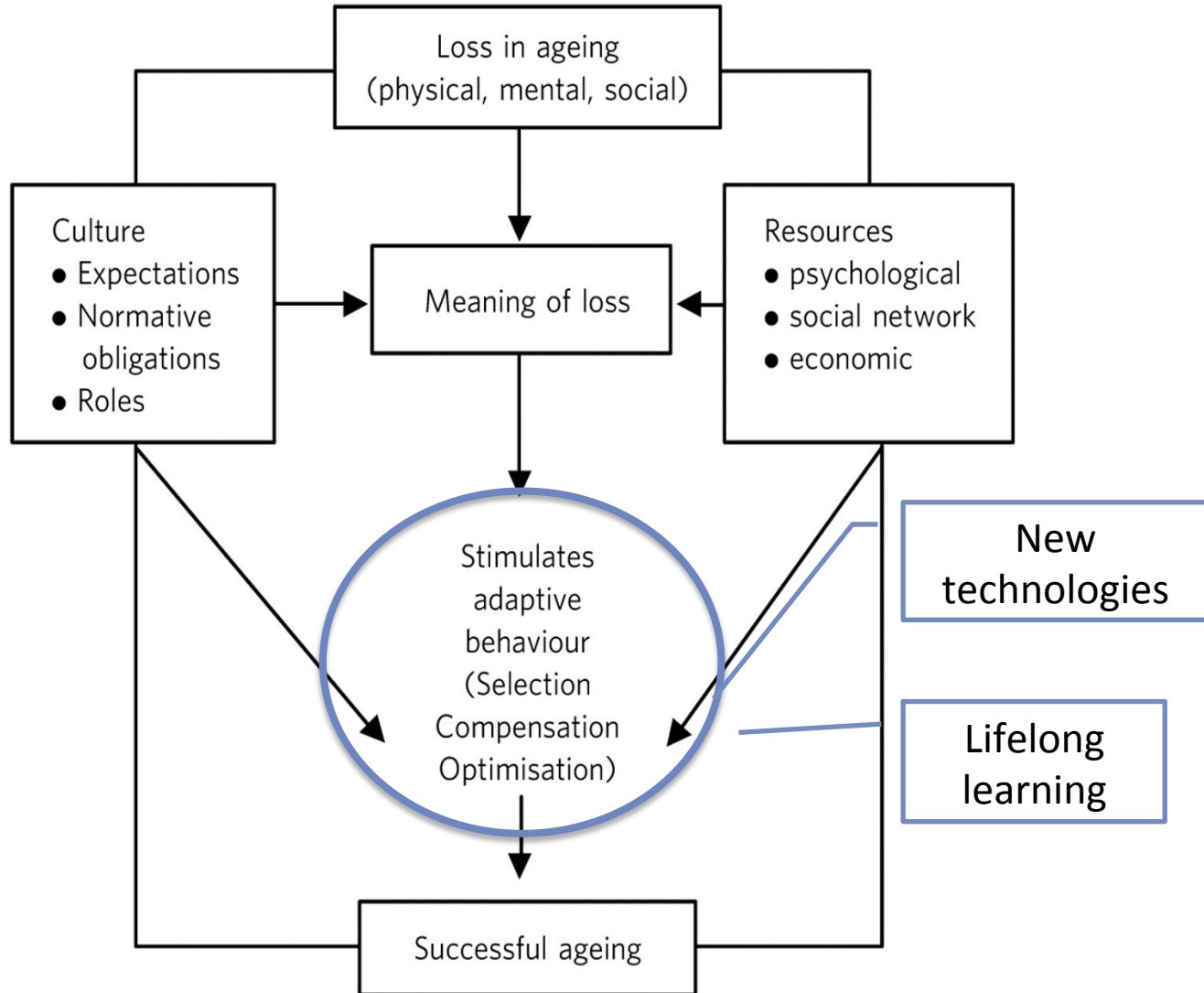
Engagement
with life

High
cognitive
and physical
function

Baltes framework of successful ageing



Baltes framework of successful ageing



Life-course perspective

- Schulz & Heckhausen et al
- ...optimisation of human development over the life course...
- ...within a broad range of categories: physical, cognitive, intellectual, affective, creative functioning and social relations
- Evaluated in relation to the genetic and socio-cultural context of the individual

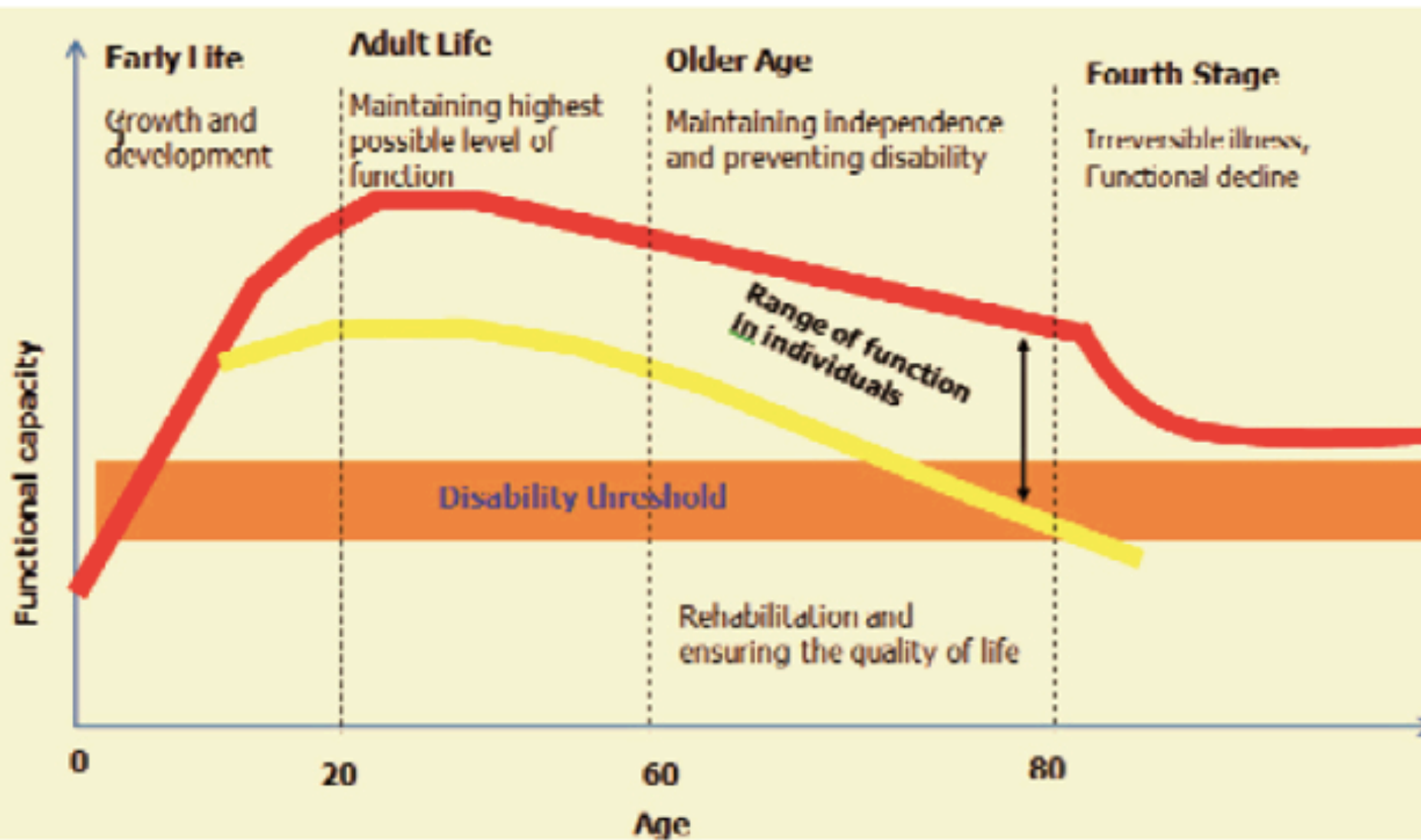


Fig. 2: A life course approach to active ageing plus a fourth age.

ACTIVE AGEING

Allows people to realise their potential for physical, social and mental well being throughout the life course and to participate in society, while providing them with adequate protection, security and care when they need.

Historical background of AA

- People need to be empowered to prescribe a life course that best fits who they are and who they want to become.

Ponzo 1992

- We need health promoting attitudes and actions that move us to a society where the prime of life can be all of life and where most of us die in our prime, at ripe old age

Challenges (Research)

- 1) How to classify active ageing
- 2) How to measure active ageing
- 3) How to quantify the components of active ageing
- 4) How to use qualitative approaches that focus on individual's experiences, understandings of active ageing and life satisfaction

New knowledge

- 1) Dissemination of scientific knowledge about ageing
- 2) Increased knowledge about predictors and risk factors of active ageing
- 3) Study of something someone does that is successful becoming an aim for others
- 4) Emphasis on prevention as the answer on how to achieve successful ageing



Lay perspectives of Active Ageing

Phelan EA, Anderson LA, Lacroix AZ et al Older adults' views of 'successful aging'- how do they compare with researcher's definitions? J Am Geriatr Soc 2004; 52: 211-6

Factors mentioned:

1) Accomplishments	2) Enjoyment of diet
3) Financial security	4) Neighbourhood
5) Physical appearance	6) Productivity and contribution to life
7) Sense of humour	8) Sense of purpose
9) Spirituality	10) Learning new things

Older Adults' Perspectives (I)

Building Blocks of Successful Ageing: A Focus Group Study of Older Adults' Perceived Contributors to successful ageing

Am J Geriatr Psychiatry 2007; 15(3): 194- 201

- 72 community dwelling older adults
- 12 focus group discussions

Results (I)

4 major themes:

- 1) Attitude/ adaptation
- 2) Security/ stability
- 3) Health/ wellness
- 4) Engagement/ stimulation

Older Adults' Perspectives (II)

Older adults' perspectives on successful ageing: Qualitative Interviews
Am J Geriatr Psychiatry 2010 18(7): 567-575

- Mean age 80 years old
- 59% women

Questions asked during qualitative Interviews:

- 1) How would you define successful aging?
- 2) What is important to aging successfully?
- 3) How have your life experiences influenced the course of your life and how you age?
- 4) What are your suggestions on how to age well and recommendations for specific interventions to promote healthy aging?

Results (II)

1) Self- Acceptance and Self- Contentment

- Realistic self-appraisal
- A review of one's life
- Focusing on the present

Results (II)

2) Engagement with life and self-growth

- Novel pursuits
- Giving to others
- Social interactions
- Positive attitude

Take home message

- Ability to adapt
- Positive attitude
- Maintenance of well-being
- Engagement

How about Singaporeans?



Singapore Longitudinal Ageing Studies (SLAS)

- Conducted from 2004-2013
- Community dwelling older adults >55 years of age
- 3 areas: South East Region, South Central Region and South West Region

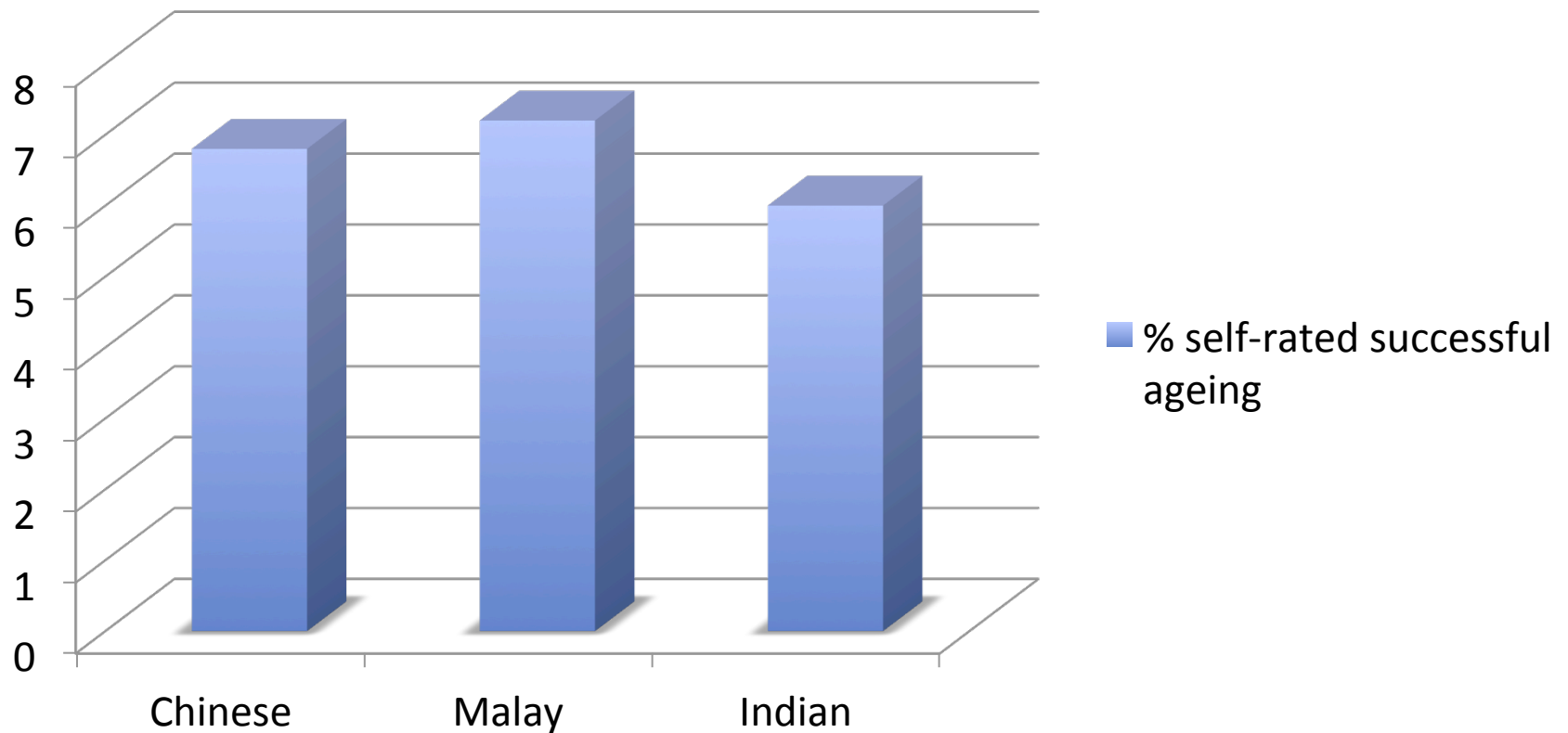
Singapore Longitudinal Ageing Studies (SLAS)

Successful Ageing Determinants:

- 1) Female gender (OR= 1.37)
- 2) ≥ 6 years of education (OR= 2.31)
- 3) Better housing (OR= 1.41)
- 4) Religious or spiritual beliefs (OR= 1.64)
- 5) Physical activities and exercise (OR =1.90)
- 6) Low or no nutritional risk (OR = 2.16)

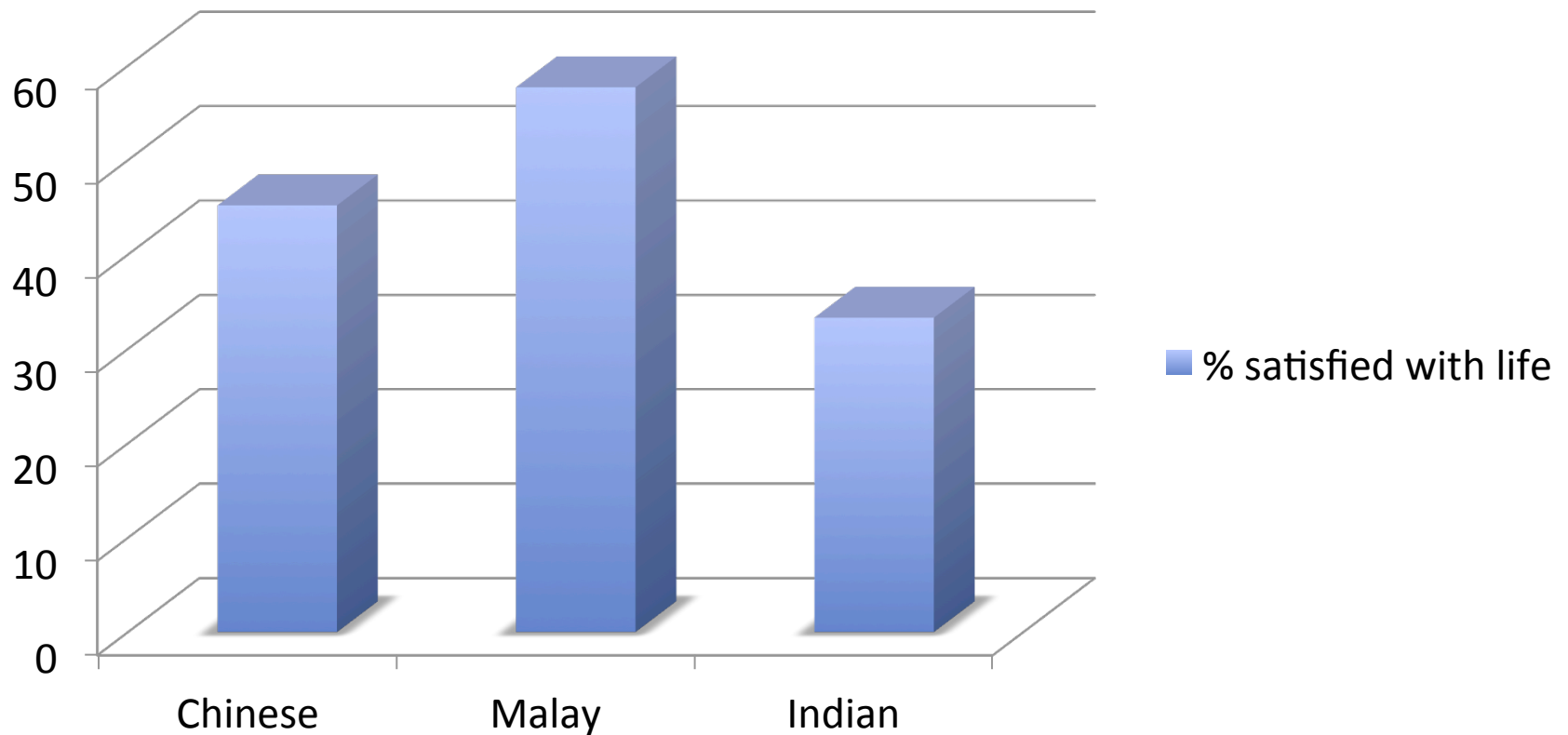
Singapore Longitudinal Ageing Studies (SLAS)

% self-rated successful ageing



Singapore Longitudinal Ageing Studies (SLAS)

% satisfied with life



4 factors Singaporeans look for:

- 1) Life long learning
- 2) Social connectiveness
- 3) Well being
- 4) Aged care

An elderly couple is captured in a moment of pure joy, jumping high into the air against a clear, bright blue sky. The woman on the left has her right arm raised high, and both she and the man on the right have their mouths open in a shout or laugh. They are holding hands, and their bodies are suspended in mid-air, conveying a sense of freedom and vitality. The woman is wearing a blue long-sleeved shirt and white pants, while the man is wearing a light-colored t-shirt and dark pants. The overall mood is one of happiness and active living.

How do we achieve active ageing?

Successful Ageing

ACTIVE AGEING

ACTIVE AGEING

Spectrum of older adults

Peri-
retirement

Immediate
Post
retirement

Delayed post
retirement

Protection

- Physical
- Cognition

Security

- Financial
- Health

Care

- Social
- Family

Spectrum of older adults

Peri-
retirement

Immediate
Post
retirement

Delayed post
retirement

Protection



Security



Care



	Peri-retirement	Early Post-retirement	Delayed Post-retirement
Protection - Health	<u>Education</u> SOC <u>Physical</u> Exercise prescription Cognitive training Healthy Diet Sleep care <u>Preventive</u> Screening Vaccinations	<u>Education</u> SOC <u>Physical</u> Exercise class Cognitive training Healthy Diet <u>Preventive</u> Screening Vaccinations	<u>Physical</u> Exercise class Cognitive training Healthy Diet <u>Preventive</u> Screening Vaccinations
Security - Financial	Financial Planning	Introduction to: - LPA - AMD	Introduction to: - Pioneer package - Medisafe
Care - Social and psychological	Psychosocial care - Group activities Volunteerism Mood and Wellbeing	Psychosocial care - Group activities Volunteerism Mood and Wellbeing	Transition of care (if applicable)

	Peri-retirement	Early Post-retirement	Delayed Post-retirement
Protection - Health	<u>Education</u> SOC <u>Physical</u> Exercise prescription Cognitive training Healthy Diet Sleep care <u>Preventive</u> Screening Vaccinations	<u>Education</u> SOC <u>Physical</u> Exercise class Cognitive training Healthy Diet <u>Preventive</u> Screening Vaccinations	<u>Physical</u> Exercise class Cognitive training Healthy Diet <u>Preventive</u> Screening Vaccinations
Security - Financial	Financial Planning	Introduction to: - LPA - AMD	Introduction to: - Jubilee package - Medisave
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	GRACE: Gradual Retirement Activities for the Community Elderly	Early Post-retirement	Delayed Post-retirement
Protection - Health	<u>Education</u> SOC <u>Physical</u> Exercise prescription Cognitive training Healthy Diet Sleep care <u>Preventive</u> Screening Vaccinations	<u>Education</u> SOC <u>Physical</u> Exercise class Cognitive training Healthy Diet <u>Preventive</u> Screening Vaccinations	 <u>Physical</u> Exercise class Cognitive training Healthy Diet <u>Preventive</u> Screening Vaccinations
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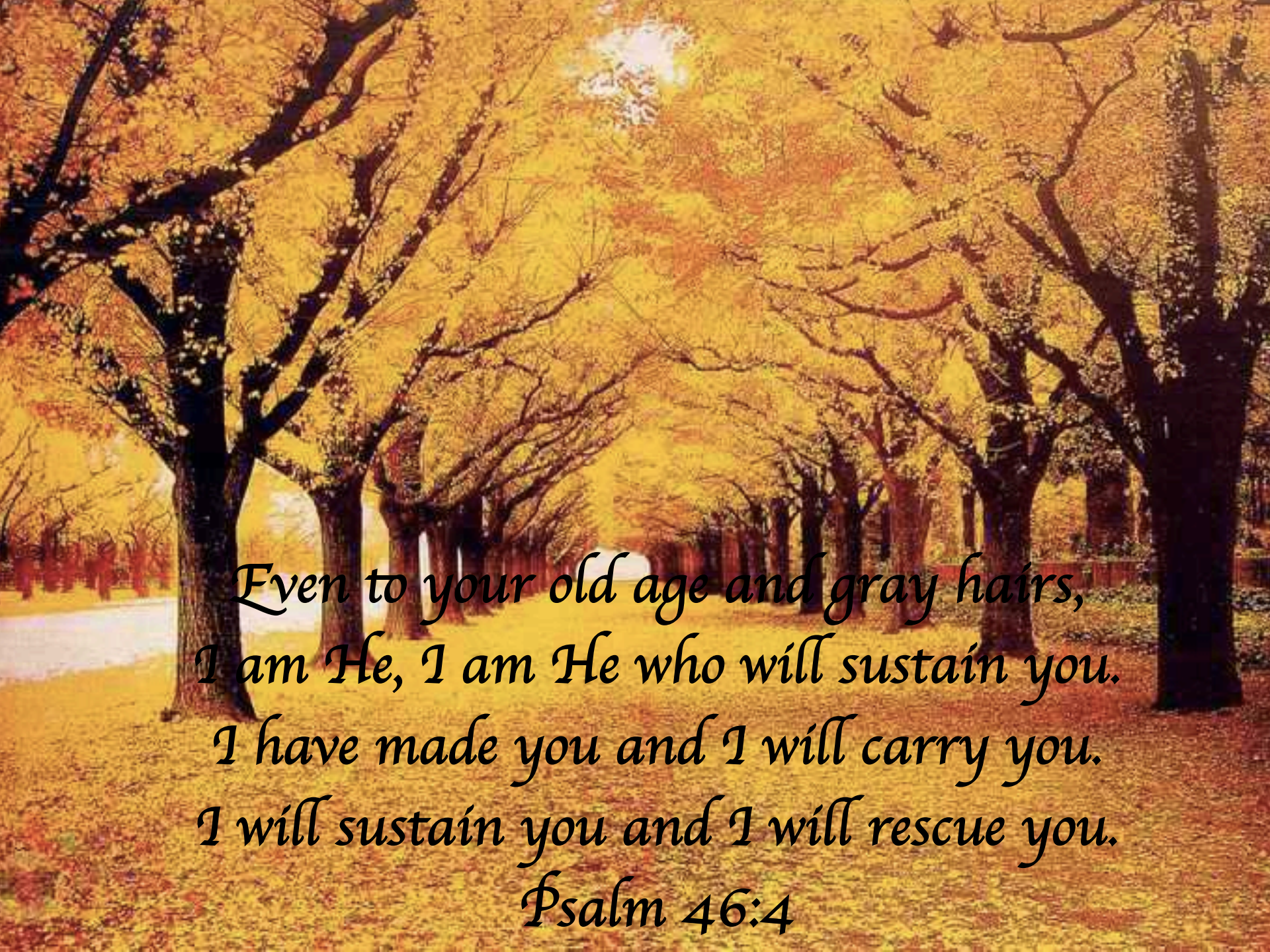


Engaged

Enabled

Empowered

GRACE



*Even to your old age and gray hairs,
I am He, I am He who will sustain you.
I have made you and I will carry you.
I will sustain you and I will rescue you.
Psalm 46:4*

*Even when I am old and
gray, do not forsake me, O
God,
Till I declare your power
to the next generation,
Your might to all who are
to come.
Psalm 72: 18*



GRACE-Engaged

- 6 weekly sessions:
 - 1) Ageing well
 - 2) Nutrition
 - 3) Physical activity
 - 4) Occupational balance
 - 5) Ageing well-being and mood
 - 6) Financial planning for retirement



Ageing With Meaning

GRACE - Engaged

Date	Topic	Speaker
20 Jun 2015	Ageing Well	Dr Chan Mei Leng
27 Jun 2015	Healthy Food, Healthy Me	Ms Christina Hong
04 Jul 2015	Strong Today!	Ms Lee Sin Yi
11 Jul 2015	Living Life on a Balance	Ms Eileen Lim
18 Jul 2015	Well-being and Me	Dr Chan Mei Leng
25 Jul 2015	Managing Finances	Mr Alvin Fong

Lead Coordinator: *Dr Joanne Kua, Consultant Geriatrician*

** All sessions are held from 9am - 12pm, at TTSH Annex 2*

If you are:

- ✓ between 55 and 70 years old,
- ✓ conversant in English,

join us for the series of 6 workshops to kick start retirement planning!

Highlights:

- ✓ Professionals-led sessions
- ✓ Sharing by trained multi-disciplinary experts
- ✓ Interactive sessions

Hurry, places are limited!

*To register, please contact
TTSH IGA via*

Email: IGA@ttsh.com.sg

Tel: 6359 6331

Registration fees:

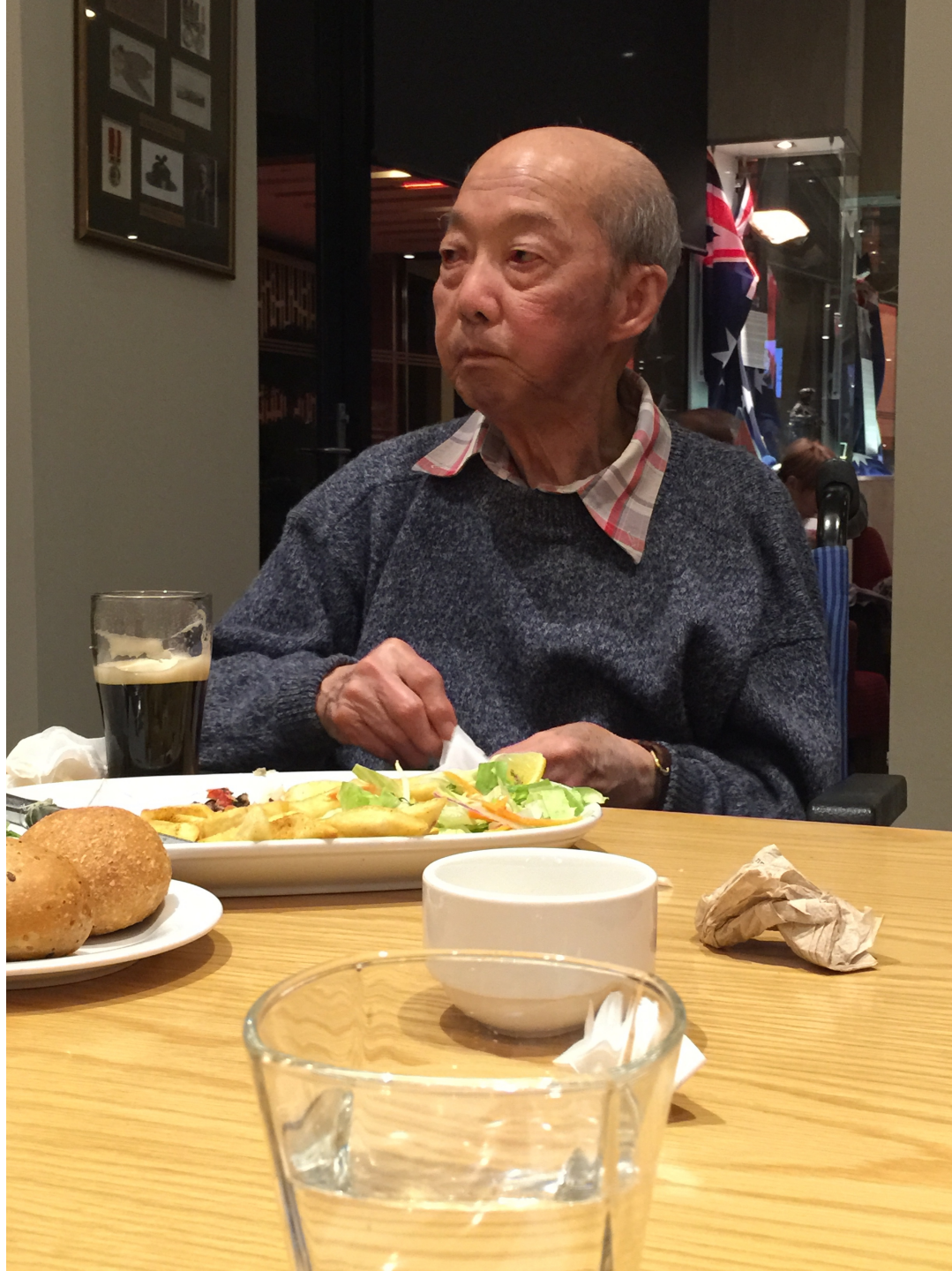
\$99 per participant

*(all 6 workshops, including refreshments
and materials)*



Tan Tock Seng
HOSPITAL

IGA
Institute of Geriatrics
and Active Ageing



Thank
You