

Active Agers Showcase



"I find the GRACE workshops a wonderful experience with insightful sharing by both the teachers and classmates. It encourages me to take ageing process seriously and learn to live a meaningful life by actively pursuing well-being physically, mentally and spiritually. I am also motivated by fellow classmates in continuing with learning beyond the workshop and sharing useful tips through online chat group."

GRACE-Empowered
22 Oct 2016, Saturday
9.00am – 11.00am
TTSH Annex 2, Level B1
Centre for Geriatric Medicine

**Medicine in the Older Adults
Masterclass 2016**
5 Nov 2016, Saturday
12.30pm – 5.30pm
Holiday Inn Orchard City Centre

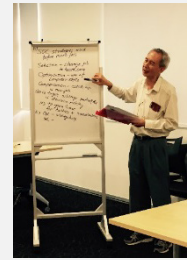
AgeCare Workshop
12 Nov 2016, Saturday
9.00am – 11.30am
TTSH Main Building,
Level 1, CareConnect

IGA newsletter

Oct 16 issue

Wang It Peng, 72 yrs old, Retired Polytechnic Lecturer

We knew Mr Wang as a participant in our GRACE (Gradual Retirement Activities for the Community Elderly) programme. We were inspired by his enthusiasm in learning and deep commitment to his health and ageing experience. As our most senior participant, he definitely encapsulates the spirit and journey of active ageing!



Research & Innovation

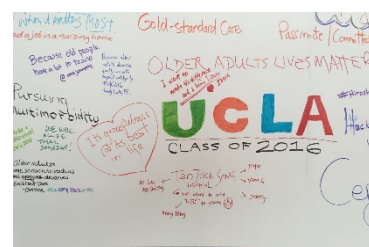
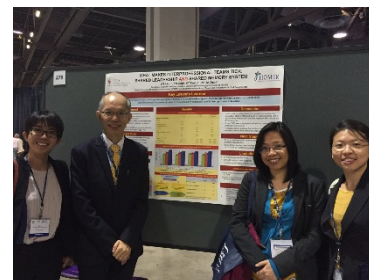
AGS 2016

The American Geriatrics Society (AGS) is a non-profit organization devoted to improving the health, independence and quality of life of all older people. AGS provides leadership to healthcare professionals, policy makers and the public by implementing and advocating for programs in patient care, research, professional and public education, and public policy.

This year, some of our TTSH colleagues attended the 2016 Annual Scientific Meeting in Long Beach, CA from 19 – 21 May 2016.

Apart from poster presentations by our colleagues, A/Prof Lim Wee Shiong was also accorded the AGS fellowship. 😊

A notable achievement this year was Dr Joyce Yap (senior resident) clinching the first spot in the Resident Poster Session, Geriatric Education category! Congratulations, Joyce! 😊



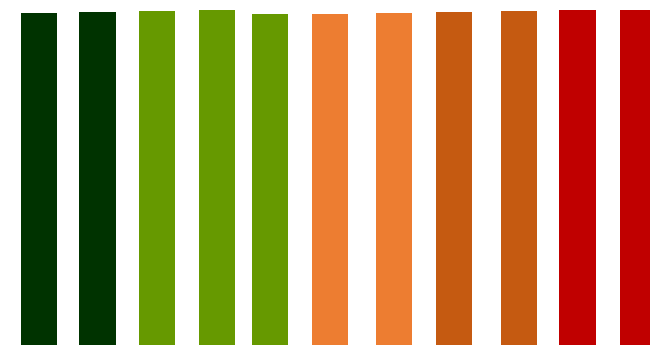
Resident Poster Session Awards Geriatric Education category

Poster title: "Benefits of Teaching Reflection in a Revamped Undergraduate Geriatric Medicine Curriculum"

Reflective practice is associated with many positive learning outcomes but has not been extensively studied in undergraduate geriatric medicine teaching. In our study, we found that a majority of medical students find reflection helpful, after being taught the skill at the beginning of their geriatric medicine posting. This group of students also had **higher self-reported knowledge attainment** and **more confidence** in performing a geriatric assessment. Given these positive preliminary results, further research can be done to evaluate the benefits of teaching reflective practice as part of a geriatric medicine curriculum.



Education & Training



Intensive Practical Course in Delirium & Dementia Care (Ren Ci)

Taught by local experts in our multidisciplinary team, our dementia course is specially customised to equip healthcare professionals with the skills and knowledge necessary to care for the rising dementia & delirium population. In April & May 2016, IGA tailored the course to equip nurses from Ren Ci Nursing Home (RCNH) with skills to care for their dementia and delirium residents.

Besides classroom sessions and role plays, one of the greatest highlights of this course is challenging the nurses to **design more dementia and elderly-friendly wards**. Divided into 5 groups focusing on 5 RCNH wards, teams were given a budget for **ward decoration and transformation**, through **applications of their knowledge and concepts learnt** in the course. The enthusiasm and creativity displayed by the teams were truly amazing – our facilitators had a hard time determining the winning team!

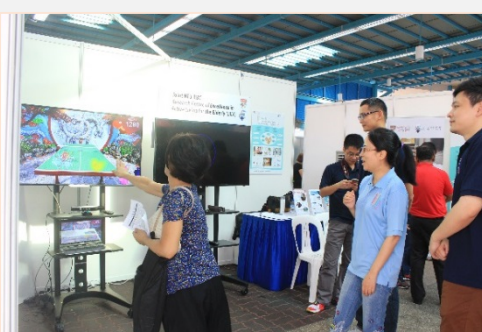
We are heartened by the loads of positive feedback from the participants, and are grateful to have been part of their learning journey. All are **true winners and dementia care champions**, with their zest and passion to constantly do better for their residents!



Falls Awareness Day (FAD) 2016

Themed 'Falls Prevention Beyond Generations', FAD 2016 seeks to raise awareness across generations that falls are not part of ageing and are preventable.

Held on 16 July at Ang Mo Kio Central Stage, the event was graced by Dr Amy Khor, Senior Minister of State for Health. Other than educational booths set up by our multidisciplinary team and external partners, free eye screening and assessment for osteoporosis were provided to the public. The Chinese version of our 'Ageing with Grace – The Complete Caregiver's Guide' handbook was also unveiled by Dr Khor, Dr Koh Poh Koon and CEO.



Remember Me Carnival 2016

2016 marked our first collaboration with Alzheimer's Disease Association (ADA) to co-organise the 'Remember Me' event on 17 September, in commemoration of World's Alzheimer's Month.

The carnival-styled event was held at Toa Payoh West Community Club, with Dr Amy Khor as our Guest-of-Honour. Apart from the traditional educational exhibition booths, carnival games and activities explored different domains (diet, physical, mental, social) for dementia prevention and healthy ageing, alongside educational talks, mini karaoke of oldies songs and mass exercises.



We are heartened by the large turn out across all ages for both community events. We endeavour to continue raising awareness on falls prevention and safety, as well as dementia and its prevention, through such meaningful outreach and collaborations with valued partners. See you in 2017!

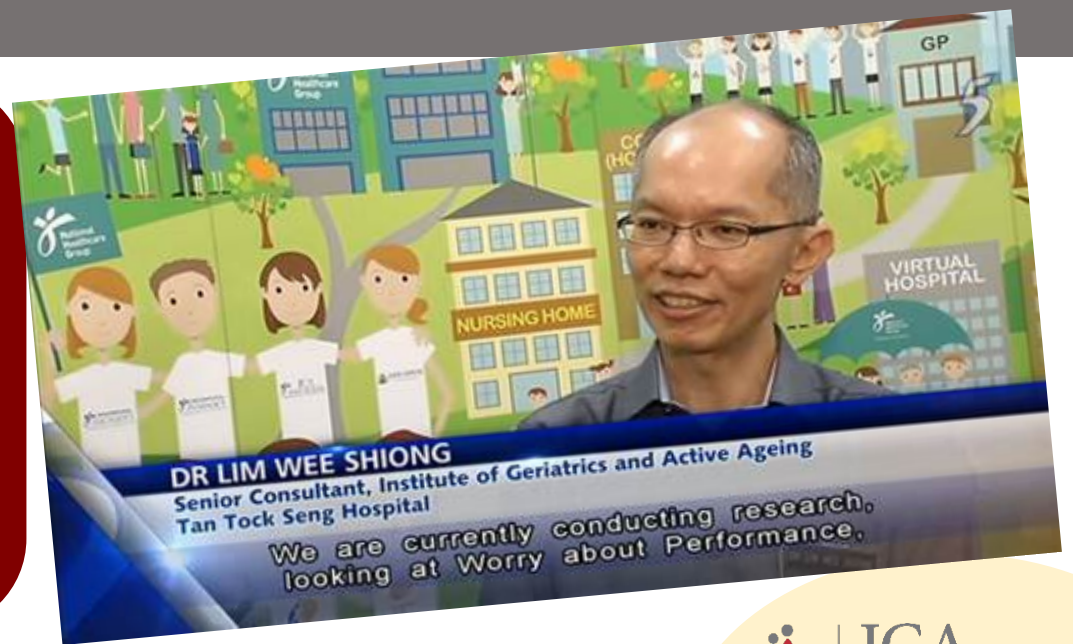


In the News

“Worry about Performance” (WaP) Stress

A study by IGA on caregivers at the Memory Clinic found that 40-60% of caregivers looking after persons with dementia suffer from "significant stress", with a tendency to feel inadequate when it comes to taking care of their loved ones. This "Worry about Performance" (WaP) stress is dangerous as it could lead to caregivers burning out.

Dr Lim Wee Shiong (Senior Consultant, IGA and Dept. of Geriatric Medicine) said during the interview that the team is currently conducting research on WaP, and the relationship with mastery of the caregiving role. Hopefully in the future, we can also develop a scale that can actually accurately measure performance, to diagnose caregivers who have WaP stress. What is important is that we affirm them in this caregiving role and also equip them. Indeed, caregivers are the unsung heroes in the care spectrum, deserving of more attention and support!



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and Active Ageing