

**AgeCare Workshop**  
10 June 2017, Saturday  
9.00am – 11.00am  
TTSH Main Building,  
Level 1, CareConnect

**Falls Awareness Day**  
8 Jul 2017, Saturday  
9.00am – 3.30pm  
Telok Ayer Community Club

**Intensive Practical Course  
In Delirium & Dementia Care**  
12, 19 & 26 Aug 2017, Saturdays  
8.30am – 2.30pm  
TTSH Annex 2, Level 1



## Active Agers Showcase

What does 'Active Ageing'  
mean to you?

"Active ageing means leading a  
meaningful and happy life, following a  
life-long learning mantra."

# IGA newsletter

May 17 issue

### Tan Ken, 73 yrs old, Retiree

Mdm Tan enrolled in our GRACE (Gradual Retirement Activities for the Community Elderly) programme. Other than her pursuit of counselling courses and volunteering at Singapore Fo Guang Shan Helpline to provide a listening ear to those in need, Mdm Tan also learns about Palliative Care under the Nectar Care Service to support families through the end-of-life phase. Mdm Tan's hobbies include calligraphy and drawing. To keep herself fit and healthy, yoga and Qigong are part of her routine every morning and evening. We are inspired by her active lifestyle and look up to her as a role model!



# Research & Innovation

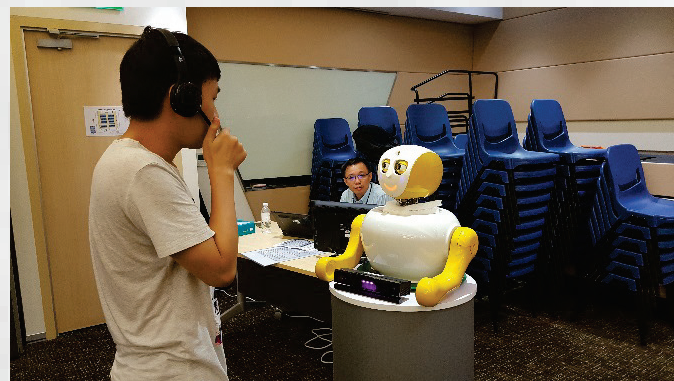
## TTSH-NYP Joint Grant Programme

As part of TTSH's collaboration with Nanyang Polytechnic (NYP) – we launched the inaugural **TTSH-NYP Joint Grant Programme** in Oct/Nov 2016. Funded jointly through TTSH (under the Ng Teng Fong Healthcare Innovation Programme) and NYP, this programme seeks to **drive innovation** in healthcare, in the area of **ageing-related** proposals and solutions.

To enhance interaction among clinicians (including nurses and AHP), engineers and IT professionals, IGA organised a networking symposium as a platform for exchange and discussion on potential proposals. We are pleased to announce that **4 teams have been awarded funding** for their project proposals, with each anchored by both clinical and technical Principal Investigators.

Through leveraging on innovative technological capabilities from NYP, we look forward to exciting concepts/solutions that serve our ageing population and help tackle healthcare challenges.

**Stay tuned for the next grant call!**



## GerILABS Symposium

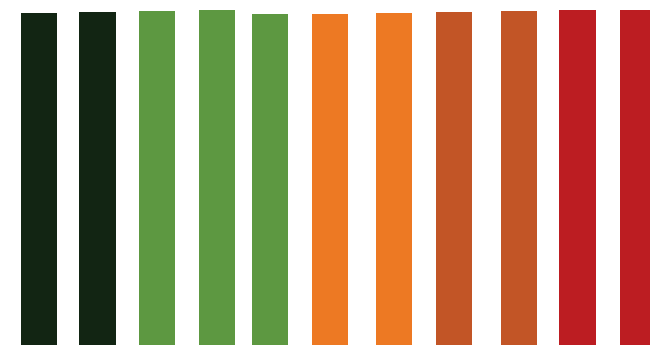
GerILABS (Longitudinal Assessment of Biomarkers for characterization of early Sarcopenia and predicting frailty and functional decline in community-dwelling Asian older adults) is IGA's pivotal longitudinal study on sarcopenia on our local senior population. Participants were recruited from the Centre of Geriatric Medicine, senior activity centres, family service centres and community centres.

The GerILABS team organised an appreciation forum with health talks on 15 Oct 2016 for the research participants and their family members. Besides expressing our heartfelt gratitude to the participants for continuing on this research journey with us, we provided them with updates of the study. Additionally, we were grateful to have a dietitian and physiotherapist speak on prevention/slowing down of muscle loss, maintenance of healthy muscle quality through diet and exercise.

Overall, feedback of both the forum and research study were very encouraging. We definitely look forward to organising more of such interactive sessions with our research participants.



# Education & Training



## GRACE (Gradual Retirement Activities for the Community Elderly) programme

- Engaged, Enabled and Empowered -

### What is the GRACE programme about?

- Anchored by geriatrician and facilitated by multidisciplinary healthcare professionals
- Comprises 3 instalments: GRACE-Engaged, Enabled and Empowered
- Specially tailored to:
  - 1) equip older adults with knowledge and skills and take active steps to set goals and age actively
  - 2) empower them with resources to become ambassadors of active ageing

### Engaged

The **first** instalment that introduces participants the concepts of active ageing and provide background knowledge on topics to help them age actively. Applied activities are aplenty during the sessions, to deepen participants' understanding.

### Enabled

The **second** instalment follows up with the same participants over the next months. It is a personalised programme focusing on areas including individual health plan and physical activity, nutrition, cognition and well-being.

### Empowered

The **final** instalment GRACE where we envision the older adults to:

- participate in intergenerational activities with the younger generation
- volunteer in our programme
- organise and participate in like-minded group activities together as a community

## Good news!!

For 2017, Singaporeans and PRs aged 50 & above will enjoy the National Silver Academy (NSA) subsidy for our GRACE programme! With our recent completion of GRACE-Engaged, let's countdown to GRACE-Enabled and Empowered in building capacity in participants as they form their own communities of active ageing practice. ☺

## Highlight Volunteerism & Active Ageing

One session of our Series 1 GRACE-Empowered focused on "Volunteerism & Active Ageing". The GRACE participants, together with IGA staff, spent their afternoon on 14 Jan 2017 volunteering at Ren Ci sub-acute ward. As we shared the warmth and love with Chinese New Year songs, calligraphy pieces, ward decoration and CNY goodie bags, this activity highlighted the deeper meaning residing in the volunteerism spirit. Thank you to the GRACE participants, staff including the ward nurses, and of course the seniors for making this possible!



## AgeCare Workshops

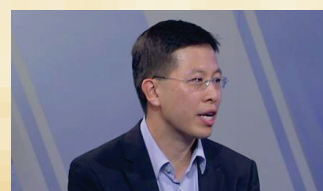
For our 2017 series of AgeCare workshops, IGA is collaborating with TTSH CareConnect as part of the Families for Care (FFC) programme. The series of workshops cover a range of ageing-related topics, and offer practical tips by healthcare professionals to support and enable family caregivers in better caring for their ageing loved ones. A new addition this year is the launch of our Mandarin talks. Registration is free for all, so do spread the news and join us! For our 2017 schedule, please visit <http://ttsh-iga.com/ageing-workshops/>.

## In the news!

### More support for family life in eldercare

The Family 365+ by the Families for Life (FFL) Council is an enhanced version of the Family 365 which is a suite of programmes to build strong resilient families for young couples. Many couples have shared their concerns on how to take care of their aging parents. The Families for Care (FFC) programme, a collaboration between TTSH and the FFL would provide help on topics such as eldercare and healthcare. **Dr Mark Chan** (pictured below), Senior Consultant and Head of Geriatric Medicine and Co-chairman of the TTSH CareConnect Volunteer Committee said, "There are a lot of education and training available for healthcare and looking after our loved ones but most of us do not seek such information until our family members or ourselves are afflicted by a disease. We will like to bring forward such conversations and weave it into family discussions. Through this collaboration, TTSH hopes to bring relevant healthcare information to families to get them more involved. We hope that by giving relevant information to the family as a social unit, we can help to activate the community to better look after ourselves than to rely on healthcare institutions".

Watch the interview at <http://video.toggle.sg/.../nov-2016-cn.../mon-28-nov-2016/461822> from the 14:33 min mark.





# In the News

## Experts call for greater awareness of sarcopenia among elderly

TODAY (22 Aug 2016 TODAY pg 22)

Article in **TODAY** paper discussed sarcopenia, the progressive loss of skeletal muscle in the ageing process that is often linked to frailty, a common geriatric syndrome that puts a person at greater risk of falls. **Dr Lim Wee Shiong, Senior Consultant, Institute of Geriatrics and Active Ageing (IGA)** noted that sarcopenia is not as widely recognised as a geriatric syndrome compared to dementia and falls, and said: *“It is thus imperative to raise awareness about sarcopenia and what can be done to prevent or delay the onset of sarcopenia.”*

An ongoing local study by IGA has found that 25 percent of participants were found to be sarcopenic, and more likely at risk of malnutrition. Dr Lim noted that the 7 percent who were at risk of malnutrition were also 2.4 times more likely to have sarcopenia. He added that while no definitive figures on local prevalence are available, estimates based on the Asian Working Group for Sarcopenia criteria indicated that between 4.1 and 11.5 percent of the older population in Asian countries have sarcopenia. While frailty can be delayed by regular physical exercise and proper nutrition from a younger age, it is not easy to screen for, diagnose, and treat elderly patients for a condition that is still under study. Dr Lim added that the diagnosis of sarcopenia is often not incorporated into routine care of the elderly, as formal diagnosis requires fairly elaborate investigations.



Full article: <http://www.todayonline.com/singapore/experts-call-greater-awareness-sarcopenia-among-elderly>

## Facing Dementia

(13 Nov 2016, Channel NewsAsia, 6pm)

First of a multi-episode documentary series on Dementia; the programme follows several individuals as they seek diagnoses and treatment for their condition, as well as their families. Dr Adeline Chuo, Senior Consultant, Centre for Geriatric Medicine, TTSH was one of the experts interviewed. Dr Chuo said: “There are challenges; not all symptoms are textbook-like or clear-cut. When we look at dementia, we don’t only look at memory, but also function, like Activities of Daily Living, going to the ATM, marketing, cooking – these would be affected if someone has dementia.” Watch the documentary at

<http://video.toggle.sg/en/series/facing-dementia/ep1/458747>



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IGA  
Institute of Geriatrics  
and Active Ageing