

MEDIA RELEASE

For Immediate Release

Meeting Future Needs of Eldercare: NTUC Health Introduces New Initiatives to Further Support Families and Caregivers

NTUC Health introduces flexible care options and more opportunities for seniors to age well as part of its plans to meet the evolving needs of seniors

Singapore, 27 January 2023 – NTUC Health, one of the largest eldercare providers in Singapore, announced new initiatives to enhance eldercare support for families and caregivers at the official opening of its new nursing home at Jurong Spring today. These include more flexible care options and opportunities for active ageing.

This was shared at the official opening of its Nursing Home at Jurong Spring. The home is one of three new nursing homes opened over the last two years, bringing the total number of nursing homes run by NTUC Health to six, with a combined capacity of 1,700 beds, and making it the largest nursing home operator in Singapore. The event was graced by **Minister for Health, Mr Ong Ye Kung**.

New flexible care options include drop-in programmes and short-term care options

2 Most elderly care options today are longer term in nature where service is delivered on an ongoing rather than ad-hoc or temporary basis. NTUC Health shared new flexible care options for caregivers who are looking at short-term or temporary respite, as well as drop-in programmes for seniors living with dementia.

Care on weekends

3. For instance, NTUC Health kicked off a pilot day care service on Sundays called **Care On Sundays**, to cater to caregivers who have elderly loved ones, including those living with dementia, who either require some care when their domestic helpers are away, or are simply looking for activities to occupy them over the weekend.

Drop-in programmes for seniors with dementia

4. Families of seniors with dementia can also sign up for NTUC Health's **Fun with Friends**, which is a weekly three-hour programme designed specifically for persons with mild cognitive impairment or mild dementia.

Engagement from home

5. A virtual day care programme called **DayCare+** featuring live daily morning interactive sessions with our staff, and pre-recorded activities ranging from exercise, to games and virtual tours, is designed to maintain physical and cognitive functions. DayCare+ allows seniors to stay engaged in the comfort of home. DayCare+ is also an option for existing clients who may not be able to come to the centre daily but do not wish to miss out on the action.

Short-term care

4 NTUC Health also offers short-term care; such as home care, temporary stays at its nursing homes for a few days or weeks, and drop-in options at its day care centres for a few days every week, or as and when needed. This can be useful for caregivers who need to be out of the country for a while, or when domestic helpers go on home leave.

6 “As eldercare needs evolve, we will need to offer a greater variety of care options to better support caregivers and seniors. We want to go beyond caring for seniors to also care for their family members and caregivers”, said Ms Chan Su Yee, CEO of NTUC Health.

6. Caregivers can enquire directly with NTUC Health at <https://ntuchealth.sg> for short-term respite care arrangements including round-the-clock care for their loved ones, or as little as a few hours a week.

Ageless seniors: enabling choice, independence and purpose

7. In line with Healthier SG, NTUC Health has also been focusing on preventive health and enabling seniors to stay independent. Said CEO of NTUC Health Ms Chan Su Yee, “We believe that everyone can remain ageless in our approach to living by keeping ourselves physically strong and taking an ongoing interest in life and learning.”

8. For instance, fitness programmes such as circuit training, gym exercises and functional fitness training which improve core and muscle strength, have been introduced.

9. NTUC Health also encourages seniors to continue to learn and pursue their interests. At its Active Ageing Centres, seniors volunteer to initiate and run activities with minimal supervision from staff. Groups of residents at its nursing homes also meet regularly to plan and run activities they think are suitable for their peers. In the last year, more lifestyle options have also been introduced at its nursing homes, including happy hour sessions, the choice to stay up after dinner for Fun-after-7 games, or to get their hair or nails done at an in-house salon.

10. Instead of relying solely on care staff, seniors at our day care centres and nursing homes are encouraged, as far as possible, to exercise independence in their daily activities, such as preparing their own beverages at self-help pantries or cooking simple meals they like through mobile cooking stations.

11. Mr Tan Kwang Cheak, Chief Executive Officer, Agency for Integrated Care (AIC), said, "These latest initiatives reflect NTUC Health's commitment to empower seniors, and is also aligned with AIC's goal of enabling them to age well and live gracefully. Offering seniors empowerment and choices to lead their daily lives will bring them a sense of purpose and dignity as they age. We look forward to working closely with NTUC Health on their new initiatives and to deliver quality care to serve our seniors, together with our other partners."

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About NTUC Health Co-operative Limited

NTUC Health Co-operative Limited (NTUC Health) is an NTUC social enterprise that provides a comprehensive and integrated suite of quality and affordable health and eldercare services to meet the growing needs of families and their dependents. Building on more than four decades of experience and expertise, NTUC Health is among the largest senior day care, nursing home and home personal care providers in Singapore. We also offer other services for seniors such as active ageing programmes at our active ageing hubs and senior activity centres, community support for vulnerable seniors, and a sheltered senior group home. In addition, we run a chain of dental clinics, and a family medicine clinic.

We also aim to enable 'Ageless Seniors' by supporting every senior to maintain a youthful enthusiasm for life, and to embrace their potential to make a difference to our community. For more information, please visit <https://ntuhealth.sg/> or follow @NTUCHealth on Facebook and Instagram.