

MEDIA RELEASE

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NEW INITIATIVES TO FURTHER SUPPORT FRAIL AND SOCIALLY ISOLATED SENIORS THROUGH ACTIVE AGEING CENTRES

Partnerships with CaptureProof, NUHS and Geriatric Education and Research Institute announced at the official opening of NTUC Health's 25th Active Ageing Centre at Bukit Panjang

Singapore, 19 September 2025 – Minister for Health and Coordinating Minister for Social Policies, Mr Ong Ye Kung, officially opened NTUC Health's latest Active Ageing Centre (AAC) in Bukit Panjang today. This AAC is the first to be co-located with a hawker centre, re-affirming NTUC Health's commitment to providing holistic and inclusive support to seniors in the neighbourhood.

The event also saw the announcement of two partnerships: with technology company **CaptureProof** and **National University Healthcare Systems (NUHS)** to support frail seniors with active fall screening, and **Geriatric Education and Research Institute (GERI)** to better understand the challenges socially isolated seniors face in meeting their dietary needs.

Said Ms Chan Su Yee, CEO of NTUC Health, *"While our expanded range of innovative programmes have enabled us to engage a majority of seniors, we must also remember those segments who remain harder to engage and are less inclined to join group activities at AACs. These include minority groups, men and especially those who are unable to leave their homes such as the frail, socially isolated and those who are tied up with grandparenting duties. Supporting them is just as much a part of our AACs' mission - to ensure every senior is able to access resources that enable them to live well at every stage of life."*

Supporting Frail Seniors: CaptureProof Fall Screening

Reducing frailty is one of the key priorities in supporting Singapore's ageing population, with falls being a major risk for seniors. Being aware of declining functional ability is important to ensure that preventive intervention starts early, yet most fall-risk assessments today are carried out manually by clinicians or therapists, requiring seniors to make clinic appointments, which can limit the number who undergo screening.

To address this gap, NTUC Health is collaborating with CaptureProof and National University Health System (NUHS) on a new technology-enabled fall screening pilot that brings assessments closer to seniors.

Using cameras and AI, the CaptureProof system analyses indicators like gait, walking speed, and balance to generate insights on an individual's risk of falls. With this data, seniors can then be referred to appropriate interventions, ranging from preventive programmes which build balance and strength, to rehabilitation support from physiotherapists when needed.

Meghan Conroy, CEO and Founder of CaptureProof shared, "We are honored to be a part of this important initiative with NTUC Health, NUHS, and CHISEL. At CaptureProof, we believe every senior deserves the chance to age with dignity and independence. By making a simple walking-and-standing check available right in the community, powered by AI, we can identify fall risks early, reduce preventable hospital visits, and give both seniors and their families greater peace of mind."

The CaptureProof solution, which has just been introduced to Singapore, was first piloted at NTUC Health's AAC in Boon Lay in July this year, with 200 seniors expected to be screened by the end of this year. If successful, the initiative will be extended across all of NTUC Health's 25 AACs. This initiative is in partnership with the National University Health System (NUHS), and supported by the Centre for Healthcare Innovation Start-up Enterprise Link (CHISEL) programme.

Mdm Yeoh, 73 years old, one of 63 seniors screened so far, shared: "The CaptureProof technology is very helpful as it allows me to better understand how to improve my health. Having the assessment at the AAC is much more convenient; I don't need to queue at the hospital and wait for a long time." Mdm Ijah, 73 years old, added: "It is more convenient to have the assessments conducted at the AAC. Through the assessment, I learnt the importance of taking care of my health and have since started joining more exercises, such as qigong, to improve it."

GERI's Diet Quality Project to Support Socially Isolated Seniors

The second area of focus is in addressing the nutritional gaps for socially isolated seniors.

Said Dr Lily Yeo, Head of NTUC Health AACs, *"While current diet recommendations may meet the needs of the general senior population, socially isolated seniors face distinct nutritional challenges. Many consider it too troublesome to cook for one, find supermarket portions too large, or encounter practical difficulties such as oral health issues and physical limitations that make certain foods harder to consume. Fresh produce may also be avoided because of its short shelf life, with processed food options preferred instead. Even seniors who are motivated to eat well may not always have access to reliable sources of nutritional information."*

NTUC Health is therefore partnering with the Geriatric Education and Research Institute (GERI) on a study to better understand the nutritional challenges faced by socially isolated seniors, with the aim of developing community-based interventions that can help improve their diet quality.

“Cooking classes and communal dining programmes work well for older adults who are already socially active, but we recognise there’s a gap in reaching those who are more isolated and may be less likely to participate in such group-based programmes. Collaborating with partners such as NTUC Health allows GERI to work directly in the community to better understand what would help these older adults improve their nutrition. Rather than designing solutions in isolation, we are looking to bring in older adults into the research process as valued stakeholders so we can develop an intervention that fits their real-world circumstances and preferences. Ultimately, the goal is to create practical, sustainable solutions that can be implemented successfully in Singapore’s communities,” said Dr Zoe Lim, Research Fellow at GERI and Principal Investigator of the project.

Partnerships to support more seniors to age well

Said Ms Chan, *“Such partnerships, whether with technology providers or research institutions, augment our capabilities and enable stronger outcomes for the community. Partners bring specialised expertise that expands our ability to address seniors’ needs, while NTUC Health, with our large community of seniors, provides a platform to test, validate, and amplify the impact of successful initiatives.”*

Over the next year, NTUC Health will expand its network with two more new AACs, bringing the total to 27 centres islandwide. Close to 12,000 seniors were engaged through their active ageing programmes last year.

NTUC Health also provides intervention support to vulnerable and socially isolated seniors through home visits, mental health screening, and referrals to community assistance and AACs.

About NTUC Health

NTUC Health Co-operative Limited (NTUC Health) is an NTUC 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 close to three decades of experience and expertise, NTUC Health is among the largest providers of active ageing, senior day care, nursing home, and home personal care services in Singapore. We also serve vulnerable seniors in selected areas in Singapore through Community Case Management Services (CCMS), CREST mental health support, and a sheltered senior group home. In addition, we run a family medicine clinic.

Our purpose is to achieve 'health for life'; enabling healthy and fulfilling years by being a trusted partner of seniors and their families in our community.

For more information, please visit <https://ntuchealth.sg> or follow us on Facebook, Instagram, and LinkedIn.

Services: Senior Day Care | Home Care | Nursing Home | Active Ageing and Senior Fitness | Rehabilitation and Physiotherapy | Family Medicine

Community Support: CCMS (Community Case Management Services) | CREST (Community Resource, Engagement and Support Team) | Henderson Home

About CaptureProof and Centre for Healthcare Innovation Start-up Enterprise Link (CHISEL)

CaptureProof Fall Screening Test-bed Project introduces a simple way to spot seniors who may be at risk before accidents occur. Using AI-powered video analysis of an easy walking and standing test, the CaptureProof Balance Scan can identify fall risk with up to 96% accuracy. This project is part of the CHI Start-Up Enterprise Link (CHISEL) programme — organised by the Centre for Healthcare Innovation (CHI), presented by Temasek Foundation, and supported by the Ministry of Health Singapore (MOH).

Organised by the Centre of Healthcare Innovation (CHI), presented by Temasek Foundation, and supported by the Ministry of Health Singapore (MOH), CHI Start-Up Enterprise Link (CHISEL) is a cross-cluster led platform that convenes the Singapore public healthcare system to accelerate the adoption of market solutions from start-ups and SMEs. It is an end-to-end process that matches market solutions to public healthcare needs and provides centralised funding and standardised evaluation to catalyse adoption.

About GERI's Diet Quality Project

Improving Diet Quality of Community-Dwelling Seniors using a Community-Based Participatory Approach - A new research project led by the Geriatric Education and Research Institute (GERI), working with partners such as NTUC Health, aims to develop a new intervention to address the growing issue of older adults living alone who face higher malnutrition risks and whose needs are not adequately met by existing community programmes. The project will first seek to understand the lived experience and dietary habits of these isolated older adults, and then bring together community partners, policymakers, service providers, dietitians and the older adults themselves to co-design a culturally appropriate intervention that addresses barriers to good nutrition for this vulnerable group. The first phase of the project, which focuses on interviews and dietary assessments, began in August 2025.

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NTUC Health - Media Factsheet

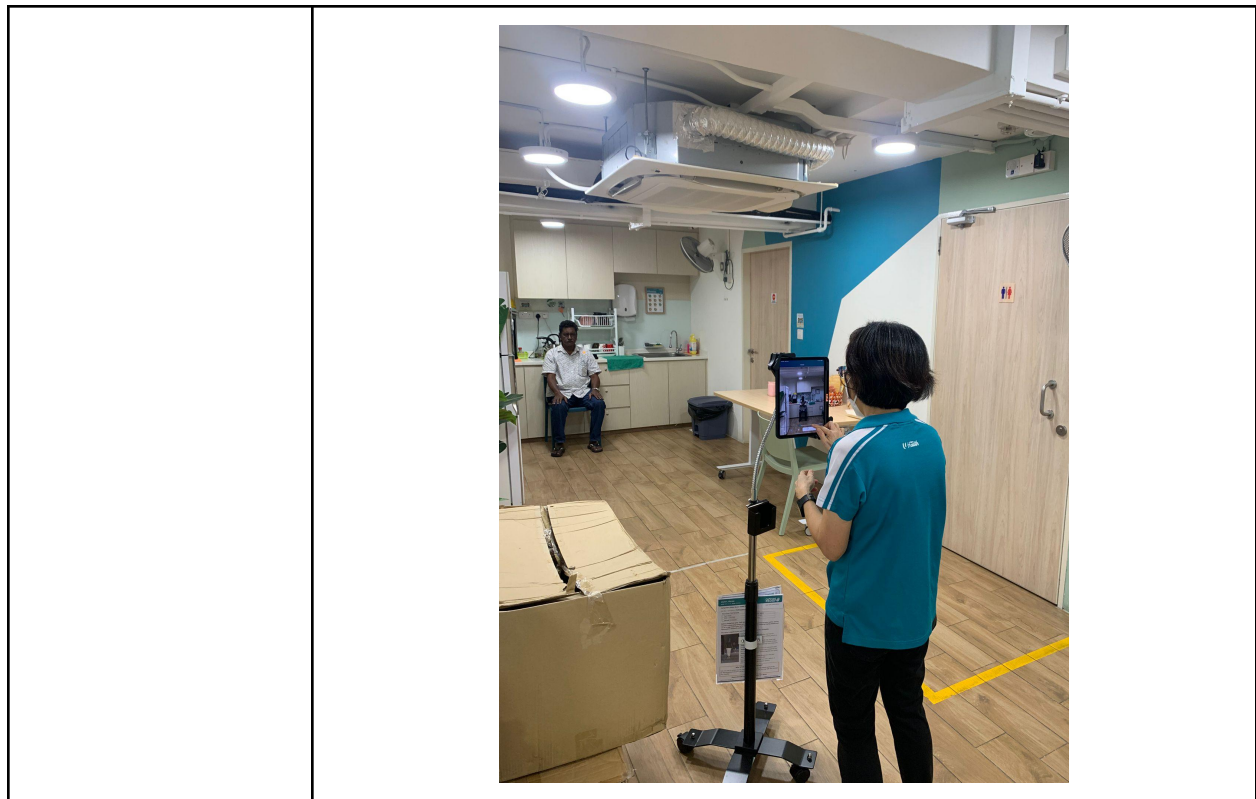
New Initiatives Supporting Frail and Socially Isolated Seniors

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1. CaptureProof Fall Screening

Programme Name	CaptureProof Fall Screening
Target Senior Group	Frail Seniors
Partners	• CaptureProof • National University Health System (NUHS) • Supported by Centre for Healthcare Innovation Start-up Enterprise Link (CHISEL)
Roll Out Details	• First piloted at NTUC Health Active Ageing Centre (Boon Lay) in July 2025 • If successful, initiative will be rolled out across all NTUC Health's AACs
No. of Seniors Screened	• 63 seniors screened thus far • 200 seniors expected to be screened by end-2025
Programme Details	CaptureProof Fall Screening is a technology-enabled fall screening pilot that brings assessments closer to seniors. Using cameras and AI, the CaptureProof system analyses indicators like gait, walking speed, and balance to generate insights on an individual's risk of falls. With this data, seniors can then be referred to appropriate interventions, ranging from preventive programmes which build balance and strength, to rehabilitation support from physiotherapists.
Programme Image	<i>Note: For illustration purposes only. Media images will be provided post-event on 19 September.</i>



2. GERI Diet Quality Project

Project Name	GERI's Diet Quality Project
Target Senior Group	Socially Isolated Seniors
Partners	Geriatric Education and Research Institute (GERI)
Roll Out Details	● Research is currently piloted across seven centres in the West Cluster in August 2025 ○ Bukit Panjang ○ Bukit Batok West ○ Boon Lay ○ Taman Jurong ○ Jurong Central Plaza ○ Nanyang ○ Pioneer ● Once research is completed, community-based interventions will be developed and implemented nationwide ● First phase of this project is expected to be completed in March 2026
No. of Seniors	● 11 seniors interviewed thus far

Screened	
Project Details	The goal of this project is to develop a community-based intervention to improve diet quality of socially isolated seniors. The project will first seek to understand the lived experience and dietary habits of isolated seniors. A Community Advisory Board (CAB) will be set up for stakeholders of diverse backgrounds and perspectives to provide advisory inputs to the project. This includes representatives from NTUC Health, Agency for Integrated Care (AIC), Health Promotion Board (HPB), and dietitians. Eventually, seniors will also be brought on-board to co-design a culturally appropriate intervention that addresses barriers to good nutrition. The first phase of the project, which focuses on interviews and dietary assessments, began in August 2025.

3. NTUC Health Active Ageing Centre (Bukit Panjang)

About	• NTUC Health's 25th Active Ageing Centre • First Active Ageing Centre located in a hawker centre, making it especially convenient for seniors to visit the Centre • Started operations in mid-April 2025
Senior Population Expected to be Engaged	4,500 within Bukit Panjang area
No. of Seniors Engaged Thus Far	900 • 500 from Bukit Panjang area • 400 from other parts of Singapore ○ Note: NTUC Health's AACs is opened to seniors from across Singapore - Borderless AAC approach
AAC Theme	Unleash Your Inner Rockstar - This is in line with NTUC Health's philosophy of enabling seniors to live agelessly, and to retain their zest for life!
Area	Approximately 200 sqm

4. NTUC Health Active Ageing Centres

Total No. of AACs across Singapore	25, including Bukit Panjang
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AACs Forecast	To expand to 27 AACs by Q1 2026
Total No. of Seniors Engaged across Singapore	Close to 12,000 in 2024
Signature Programmes and Activities	NTUC Health runs a variety of programmes aligned with NTUC Health's CASHEW Framework - a holistic approach to ageing: Be Connected Be Active Be Sharp Be Happy Be Enriched Be Well ● Intergenerational programmes: To encourage interactions between seniors and students through shared activities to foster mutual learning and social connectedness. ○ For example, LEGGO with Grandkids Programme targets seniors who have to look after their grandchildren. This programme allows them to bring their own grandchildren to the AAC to engage in activities together. ● Exercise programmes: Designed for different fitness levels and preferences. Offerings include ○ Male-exclusive Steel Combat - rolled out across 12 AACs ○ Piloxing - a dynamic fusion of Pilates, boxing, and dance that enhances cardiovascular fitness ● Workshops: Includes activities such as photography, Tik Tok and ukulele classes that encourage lifelong learning ● Programmes targeting minority seniors: To feature culturally sensitive or language-accessible outreach or programmes tailored for ethnic minorities. This improves our programmes' accessibility and community representation. Examples of programmes:

	○ AAC (Jurong Central Plaza) runs monthly Malay community programmes that include hands-on baking sessions along with ice-breaking activities such as Rummy-O games, casual chit-chat sessions, and trivia quizzes. These sessions are supported by Malay senior volunteers and regulars, who help host activities and reach out to new or less-engaged seniors. ○ AAC (Boon Lay) offers programmes such as “Just Be Happy”, a reminiscence programme conducted quarterly in Malay. They also organise monthly karaoke sessions in English and other languages, aimed at encouraging participation from minority seniors. ○ AAC (Pioneer) actively invites minority seniors to participate in communal dining sessions and outings. Currently, minority seniors are attending the second run of the WSQ Food and Hygiene Course and contributing back to the centre by preparing communal dining meals every fortnight. ● Dedicated programmes for male seniors: Addresses common underrepresentation. Examples include Steel Combat, Let’s Meditate, and “Lim Kopi”. These programmes empower men to stay strong, build friendships, and talk openly.
Community Engagement & Volunteering	In line with our 'Borderless AAC' approach, seniors in the community are not limited to programmes only in their neighbourhood; they are welcomed to participate in programmes across all 25 NTUC Health AACs island-wide. By doing so, we foster a vibrant and connected community where seniors from different neighbourhoods come together to share experiences and widen their social networks. Schools, corporate partners, and community organisations are encouraged to contribute through partnerships and volunteering opportunities.

5. Glossary of Terms in Chinese

Organisations	
NTUC Health	职总保健合作社
NTUC Health Active Ageing Centre	职总保健活跃乐龄中心
CaptureProof Fall Screening	Does not have Chinese term
CaptureProof	Does not have Chinese term
National University Health System (NUHS)	国大医学组织
CHI Start-up Enterprise Link (CHISEL)	Does not have Chinese term
Centre for Healthcare Innovation (CHI)	医疗保健创新中心
GERI's Diet Quality Project	老年教育与研究院的饮食质量项目
Geriatric Education and Research Institute (GERI)	老年教育与研究院

Spokespersons		
NTUC Health	Ms Chan Su Yee, CEO, NTUC Health	陈淑仪, 职总保健合作社总裁
	Dr Lily Yeo, Head of NTUC Health Active Ageing Centres	姚莉莉(博士), 职总保健活跃乐龄中心总监
CaptureProof	Meghan Conroy, CEO and Founder of CaptureProof	Does not have Chinese name
GERI	Dr Zoe Lim, Research Fellow at GERI and Principal Investigator of GERI Diet Quality Project	林专琪博士 (Dr Zoe Lim) 研究员 老年教育与研究院