

Ageing Society & the Role of ICT Applications

Speaker: LIM Swee Cheang, National University of Singapore

Population Ageing is a phenomenon that results from

- *declines in fertility*
- *increases in longevity*

Older Persons
increasingly are living
independently
(i.e. living alone).

Older Persons increasingly facing diseases such as

- cardiovascular diseases
- Cancers
- Diabetes
- Respiratory diseases

Older Persons increasingly facing disability:

prominent causes of disability

- Arthritis
- Hearing
- vision loss
- Depression
- Dementia
- Alzheimer's disease

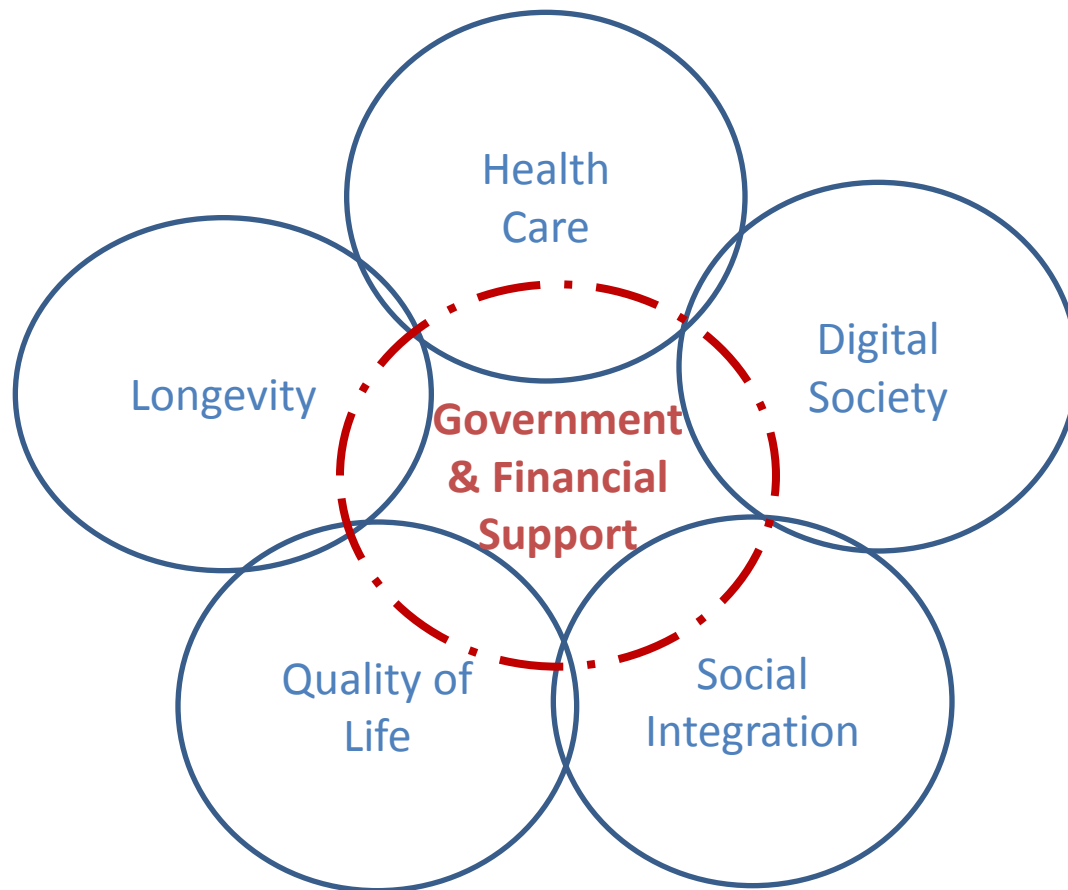
***Healthcare Systems must
adapt to meet the
changing needs of an
ageing population***

In Singapore:

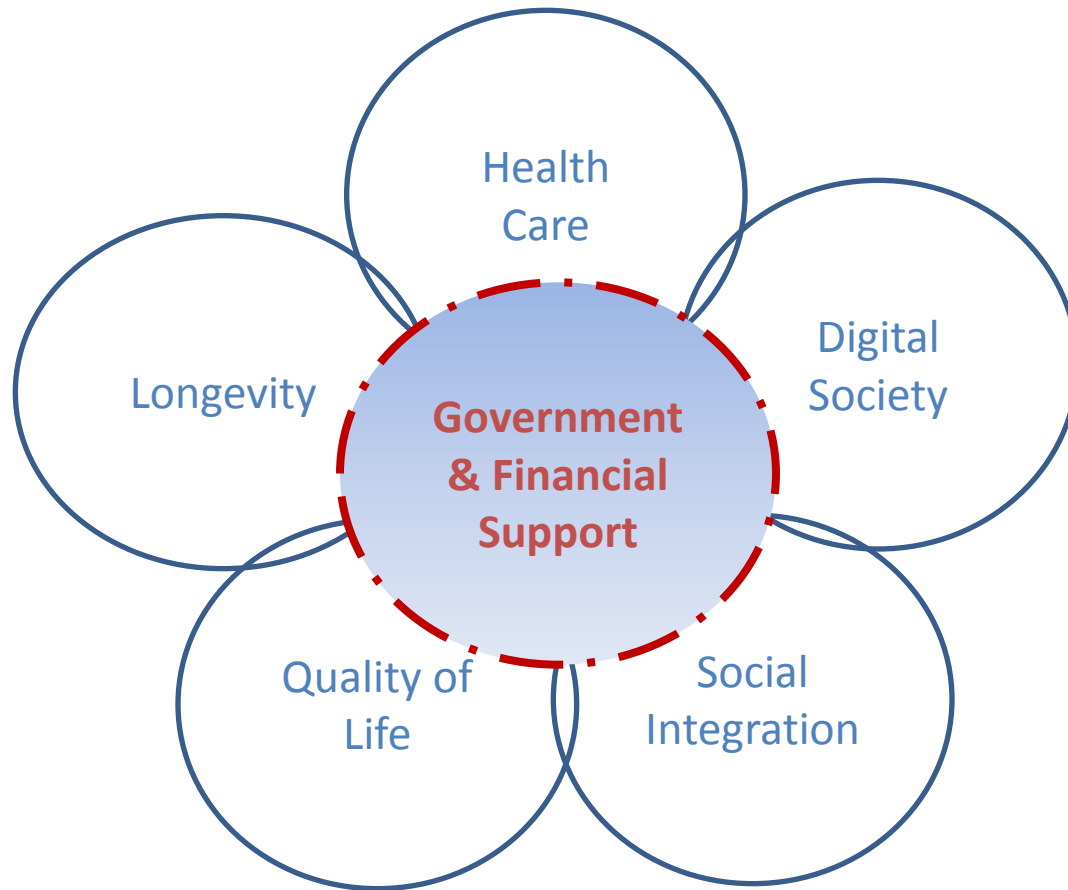
The Looming Silver Tsunami in 2030

- 25% (1 in 5) above 65
- 10% (1 in 10) above 80
- 5% (1 in 20) with moderate to severe disabilities
- Over 30% households with single resident

Ecosystems of Ageing



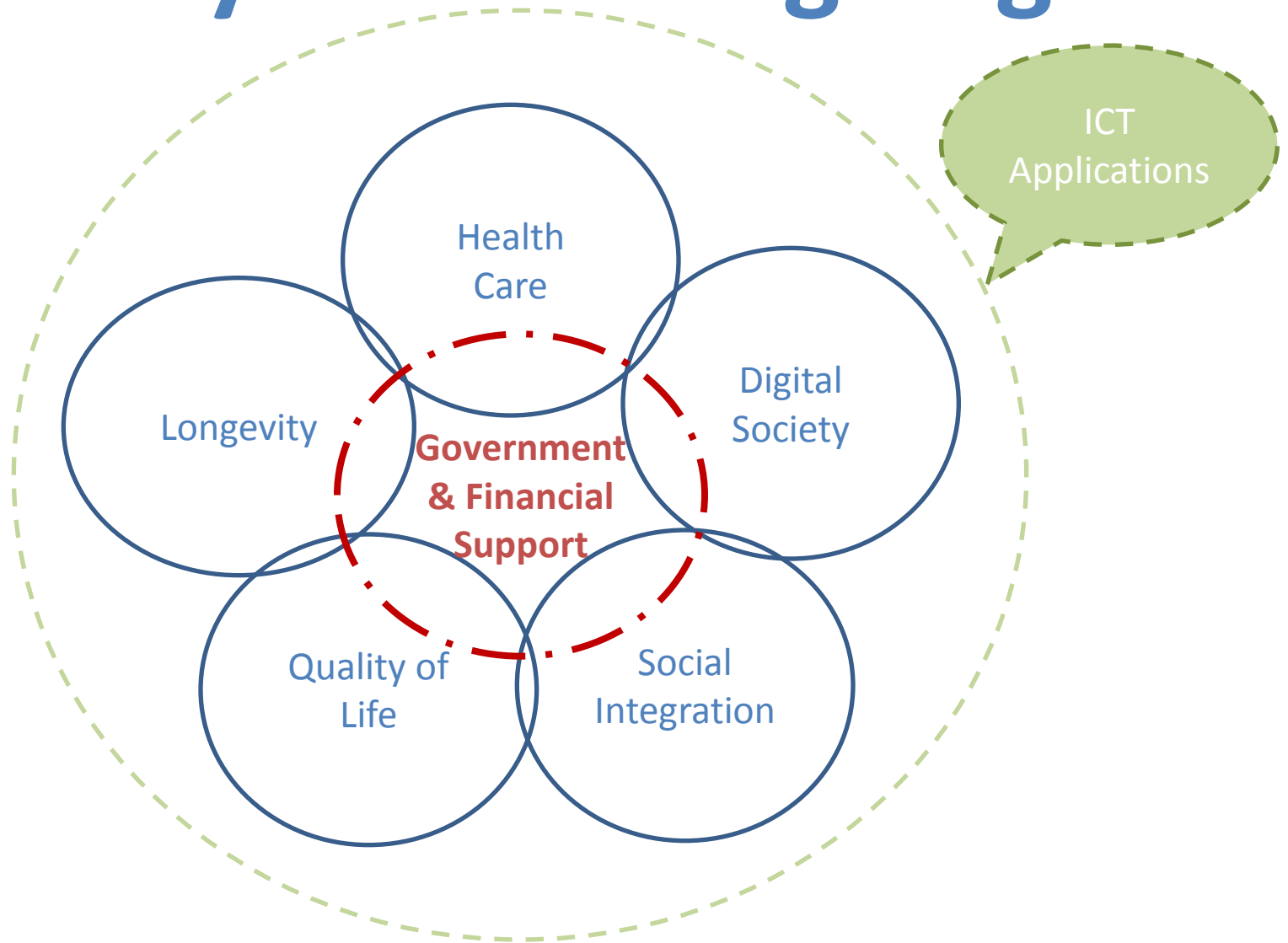
Ecosystems of Ageing



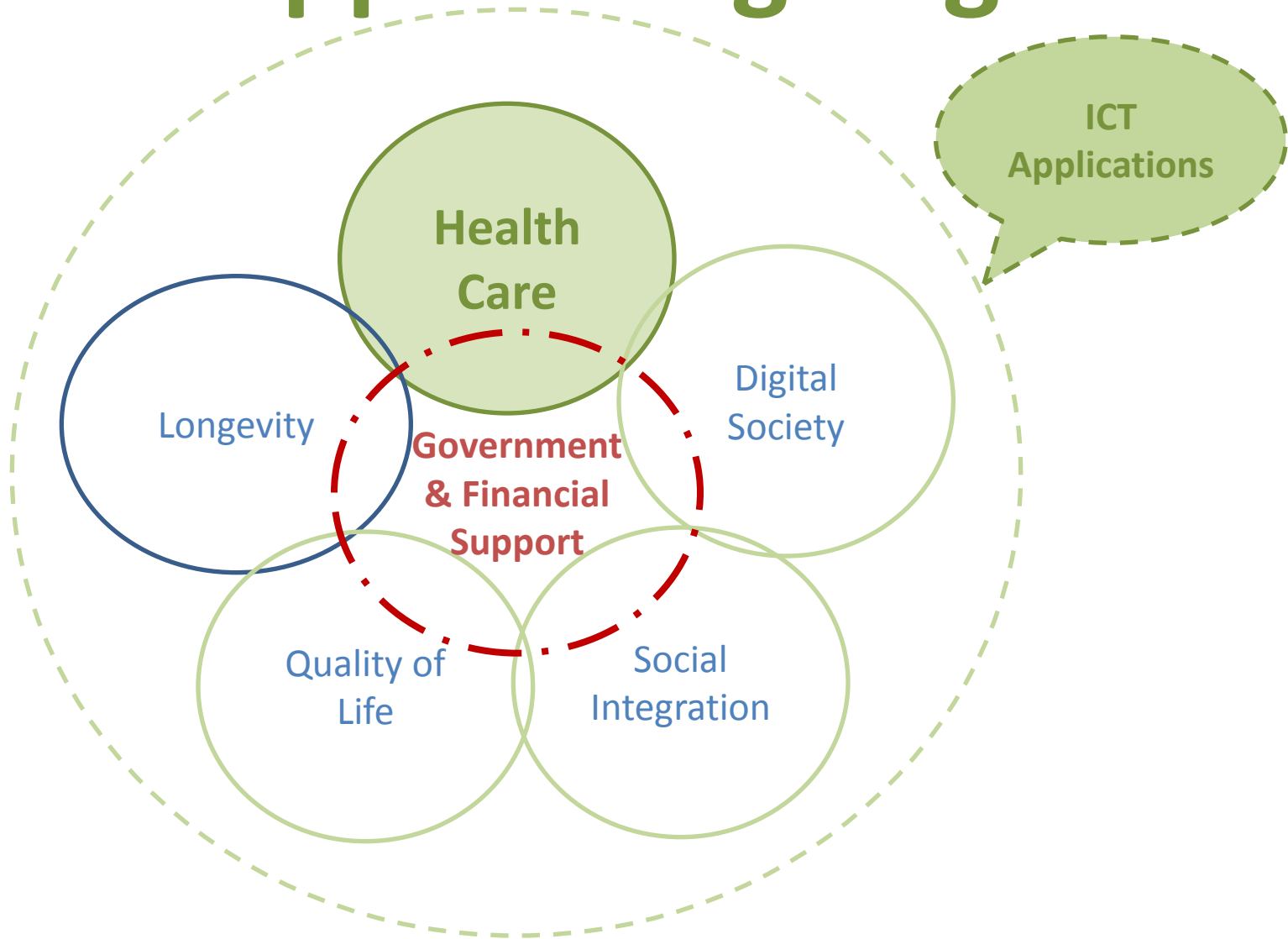
As people age, they rely on various sources of financial support:

- *pension fund, assets, family support and public programs*
- *Legal framework for protection*
(e.g. Vulnerable Adult Act, Mental Capacity Act, Maintenance of Parents Act)
- *Retirement age from 62 to 65, may be soon to 67*

Ecosystems of Ageing



ICT Apps for Ageing



An Integrated Healthcare

- *Hospital to be connected with homes*
- *From **Pre-illness** to **Illness** to **Post-illness***
- *Seamless flow of Information is needed*



Ageing in Place & Community Network

Doctor House Calls or Tele-Medicine

Seamless Flow of Information

Hospital Customer Contact Center

General Practitioner Connection



Digitally Integrated View of a Customer

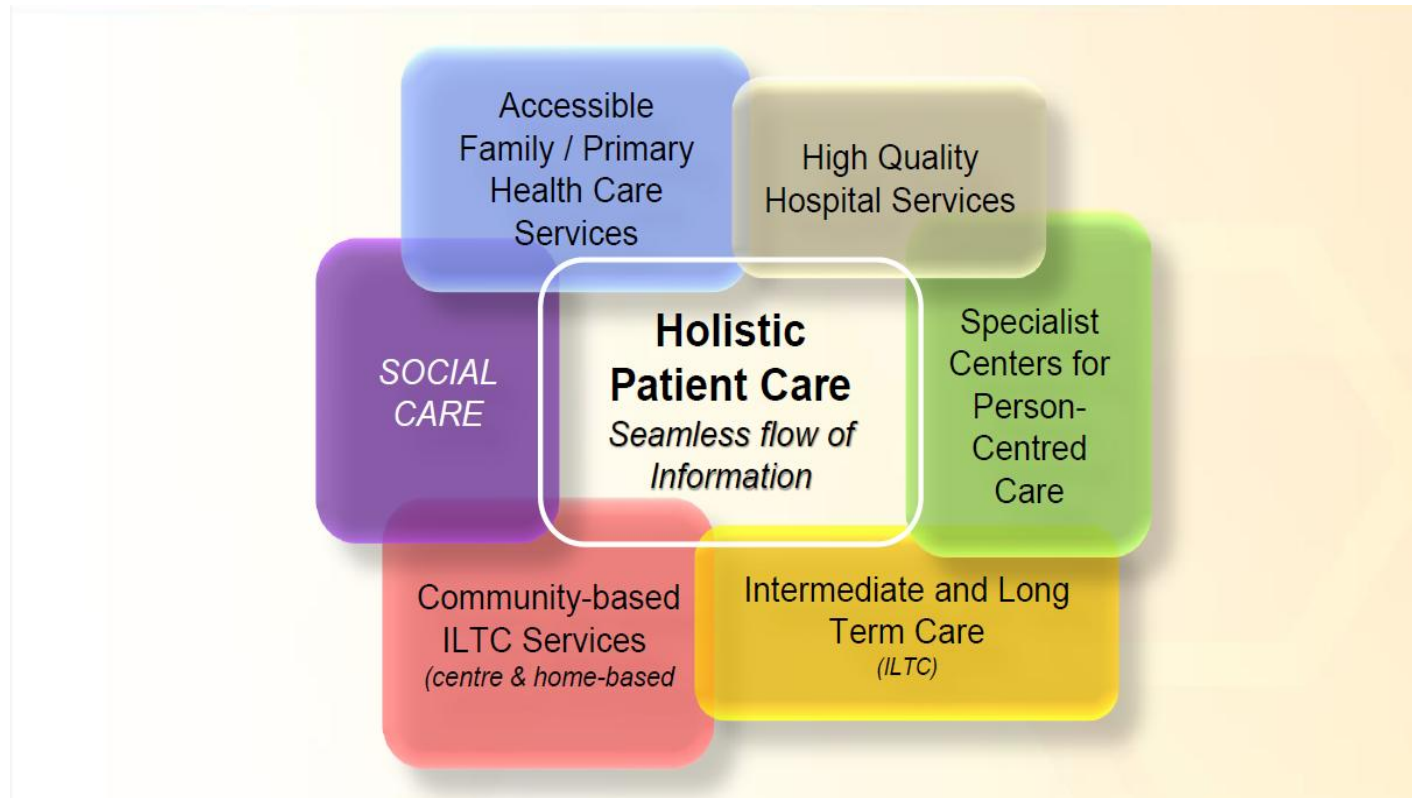
- Identify me
- Check-in for me
- Direct me
- Track me
- Gather Medical Records for me
- Check-out for me
- Stay in touch with me

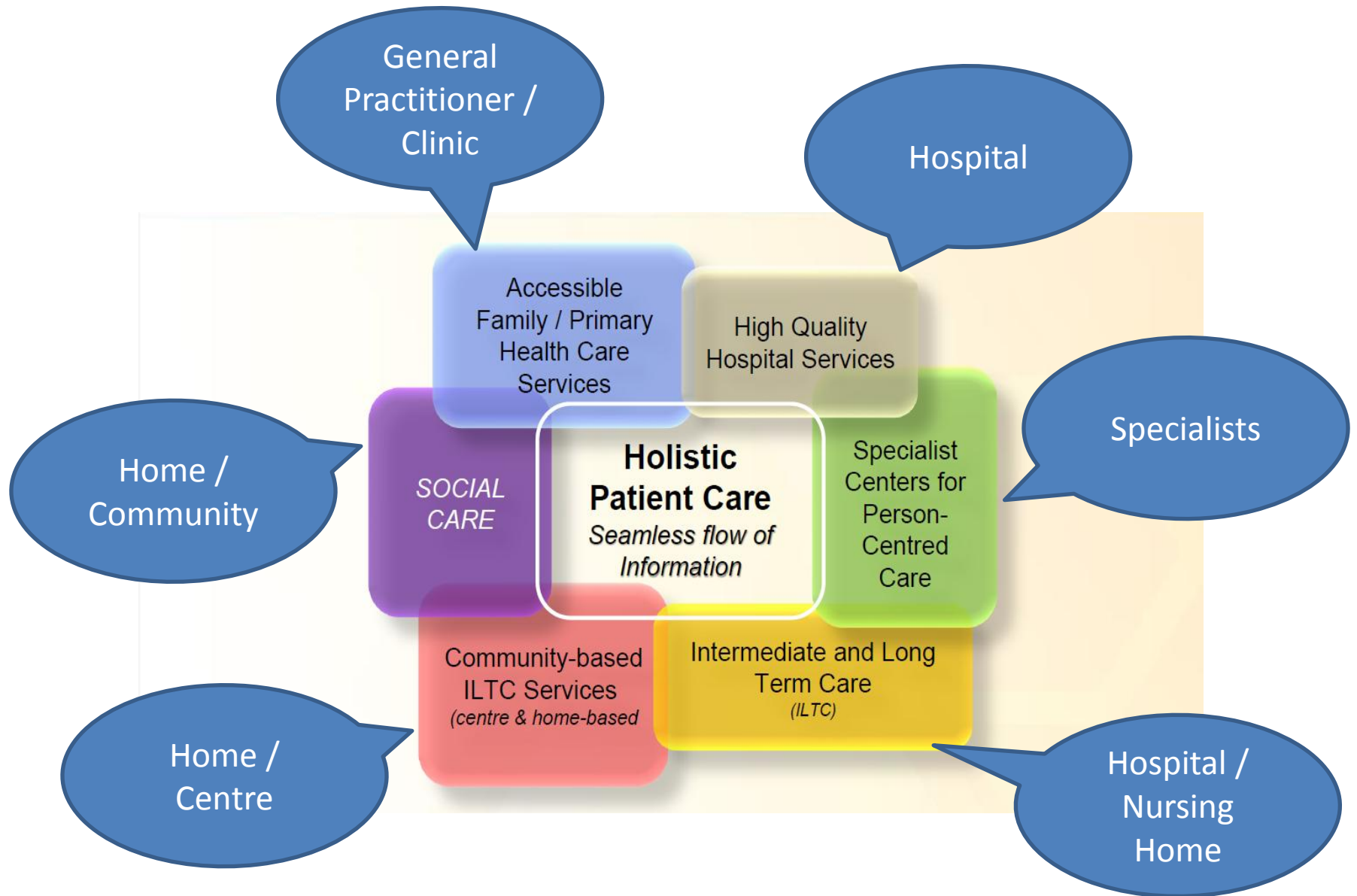


Share health records for people moving from one care service to another

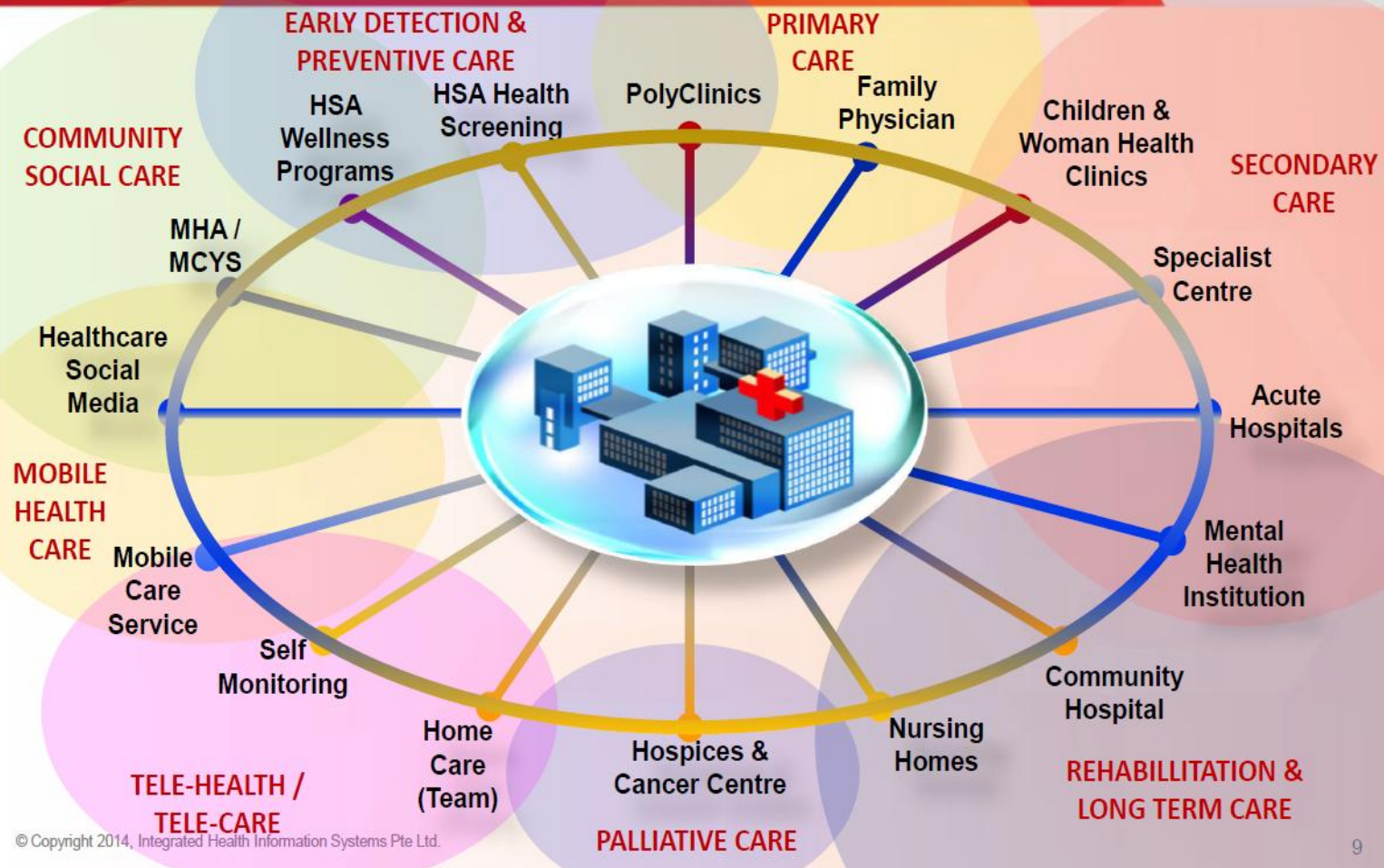
Holistic Patient Care

with Seamless Flow of Information





Singapore Healthcare Ecosystem



Singapore
Silver Pages
Agency for Integrated Care

The screenshot shows the homepage of the Singapore Silver Pages website, accessed via a web browser. The browser's address bar shows the URL <https://www.silverpages.sg/>. The website features a navigation menu with links to HOME, FINANCIAL ASSISTANCE, CARE SERVICES, CAREGIVING, TOOLS, and RESOURCE LIBRARY. A prominent banner image of two smiling women is overlaid with the text "WHAT YOU NEED TO HELP YOUR LOVED ONES RECEIVE CARE IN THE COMMUNITY." and a "READ MORE" button. To the right of the banner is a sidebar with four interactive links: "LOOK FOR SUBSIDIES Self-Assessment Tool", "FIND SERVICES NEAR YOU E-care Locator", "CALL US AT 1800-650-6060 Singapore Silver Line", and "TELL US WHAT YOU THINK Singapore Silver Pages Survey". Below the banner, there are four smaller images with text: "Find out more about financial help available", "Your Mind Matters - Support On Mental Health", and "Apply for caregivers' training to better care for your loved one". At the bottom, a dark grey section titled "YOU NEED..." contains a newsletter subscription form with the text "SUBSCRIBE TO OUR NEWSLETTER FOR THE LATEST EVENTS & NEWS!" and a "Leave a message" button.

https://www.silverpages.sg/

File Edit View Favorites Tools Help

Norton Search

Google Search

Event Time Announcer - ... mylink Gmail Welcome! LinkedIn

CONNECT WITH US

Facebook YouTube

QUICK SEARCH

Type keywords here

HOME FINANCIAL ASSISTANCE CARE SERVICES CAREGIVING TOOLS RESOURCE LIBRARY

WHAT YOU NEED TO HELP YOUR LOVED ONES RECEIVE CARE IN THE COMMUNITY.

READ MORE

LOOK FOR SUBSIDIES
Self-Assessment Tool

FIND SERVICES NEAR YOU
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Your Mind Matters - Support On Mental Health

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YOU NEED...

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Email

Leave a message

2/8/2016

Orga

Preventing disease and postponing morbidity to later ages can both improve older persons' quality of life and mitigate future increases in health care costs implied by population ageing.

Remote Monitoring and Interactive Care



Piloting with Acute Interstitial Pneumonia (AIP) Patients with *Congestive Heart Failure (CHF)* Treatment

More Technology Possibilities



Sensing Technologies Explorations

Health Coverage

- *MediShield Life*
- *Health Insurance by Government*
- *Lower Bills, Wider Coverage*



Madam Wong Kui Lan, 65, (left) suffered kidney failure two years ago and now pays \$46 for dialysis every month. She has no MediShield coverage now, but under the new MediShield Life, she will be able to claim for the expenses. She and (from second left) her husband, Mr Lim Liang Huat, 66, their daughter Jeslyn Lim, 38, and granddaughter Corliss Ng, 11, live in an HDB flat in Yishun.

RECOMMENDATIONS AT A GLANCE

Benefits

- No limit to claims on medical bills over lifetime
- Annual claim limit also raised from \$70,000 to \$100,000
- Over 90 per cent of subsidised bills to be fully insured
- Patient co-payments lowered from 10-20% to 3-10%
- Substantial increase in claim limits for cancer treatments, including chemotherapy

Premiums

- No additional cash outlay for most families
- Extra 1 percentage point employer Medisave contribution to cover premium rise for most households
- On top of that, permanent premium subsidies for two in three households
- Separate set of transient subsidies over four years for all

LOWER BILLS, WIDER COVERAGE

Current MediShield

Recommended MediShield Life

MediShield Life to offer much better benefits for all

Government subsidies and Medisave will cover new premiums, says panel

By SALMA KHALIK
SENIOR HEALTH CORRESPONDENT

NINE in 10 subsidised patients will have their bills fully insured by MediShield Life, under new recommendations that the Government supports.

This outcome follows the higher claim limits and lower co-payments being proposed by a review committee, a change that will see the vast majority of these patients paying less than \$3,000 a year for their big hospital bills.

Even among those whose various bills add up to \$10,000 or more a year, 55 per cent will pay less than \$3,000 a year out of their Medisave or in cash, said Mr Bobby Chin, chairman of the MediShield Life Review Committee.

But with these changes, it is necessary for premiums to go up, he said yesterday when giving an update on the committee's work.

The premium amounts are still being finalised and will be released later this month.

er Medisave contribution they will receive from next year.

Responding to the panel, the Government said it was supportive of the changes proposed and will bear most of the cost of bringing into MediShield Life those with pre-existing conditions.

To help Singaporeans with the premium increases, the Government said it will provide permanent premium subsidies to help up to two in three Singaporean households. The pledge means a household with per capita family income of up to \$2,600 a month can expect the subsidy.

Those who are 65 years and older will get some subsidy for their premiums, regardless of their income levels, while people aged 80 and older will have their premiums entirely covered by subsidies and Medisave top-ups.

And everyone under age 80 when MediShield Life takes effect at the end of next year, regardless of income, will also get four years of "transient subsidies" to offset

The most intensive discussions were on the trade-offs, Mr Chin said, explaining why some things people had asked for could not be included. Among them are lower premiums for those who stay healthy, and lower deductibles.

The more that is given, the higher the premiums. When this was told to people during the discussions, most preferred to be protected against large bills.

The committee therefore left the deductible intact - at between \$1,500 and \$3,000 - but reduced the co-payment from the current 10 per cent to 20 per cent, to 3 per cent to 10 per cent.

Explaining why the improved coverage will not fully cover the top 10 per cent of subsidised bills, Dr Tan See Leng, group chief executive officer of Parkway Pantai Group, who chaired the subcommittee on benefits, said these bills could be so large that including them would mean premiums have to go up "exponentially".

Still, they will get more insurance help than today, he added.

Dr Chia Shi-Lu, head of the Government Parliamentary Committee for Health, praised the committee for its "quite generous" recommendations. He said:

Eliminating Digital Divide

- *access to computers and internet services for seniors free-of-charge*

Silver Infocomm Junctions and Hotspots

access to computers and internet services for seniors free-of-charge



Silver Infocomm Junctions and Hotspots

access to computers and internet services for seniors free-of-charge

- **90 Silver Infocomm Hotspots** (SIHs) to provide **access** to computers and internet services for seniors free-of-charge.
- **Nine Silver Infocomm Junctions** (SIJs) offer affordable infocomm **training** and customised curriculum for seniors. Seniors are also able to enjoy follow up tutorials for more in-depth learning.

Curriculum for the Seniors

- e-Entertainment, the Internet, and email.
- The use of self-service banking, SMS banking and e-Government services.
- Through hands on experience.
- A collaboration between the Infocomm Development Authority of Singapore (IDA), Community Development Council, Bank and participating schools.

Seniors learn to tap 'mouse & finger power'



Hundreds of seniors learned how to use technology in their daily lives, with the help of teenage volunteers

Social Integration

- *Senior Activity Centres*
- *Family IT Festival*

Senior Activity Centres (SACs)

- SACs are drop-in centres **for needy and vulnerable seniors** staying in public housings.
- A hub for activities that provide a warm, receptive and familiar environment with **socio-recreational programs and activities** for the seniors to drop by.
- SACs also provide support services such as **monitoring of frail and/or homebound elderly, befriending, emergency alert response calls, guidance, advice, information and referral.**



Silver IT Fest @ Nanyang Poly

- Come with your family!
- Admission is free and you stand a chance to win an iPhone 6S Plus, GoPro Hero 4 or Xbox 360!
- Post a photo with your parent/grandparents with the hashtags [#SilverIT](#) [#SilverTechie](#), and caption:
- **"I'm bringing my parents/grandparents down to the Silver IT Fest to... (complete the sentence)"**

Exhibition Information

Date: 3 & 4 October
Opening Hours: 8.30am - 6.30pm
Venue: Nanyang Polytechnic

- **LIVE** - Experience amazing technology solutions!
- **DISCOVER** - Learn useful apps and services that can help you daily!
- **PLAY** - Build your own fighting robot or print your own 3D models! So many games and activities!



Quality of Life

- *Enabling Village*



Lee Hsien Loong

- Opened the [Enabling Village](#) yesterday, a purpose-built Village for persons with disabilities. It is an inviting hangout with shared spaces and events, designed to integrate persons with disabilities into the community.
- Besides offering **job training and employment support**, the Enabling Village also has a preschool, **gym, art gallery, cafes and a supermarket**. These can be used by both disabled and abled-bodied persons.

Disabled get their own one-stop village

Enabling Village: facilities and services dedicated to integrating them with others in society.

A community space for people with disabilities

The Enabling Village, the first community space here dedicated to integrating people with disabilities in society, was launched yesterday. Sited a short walk from Redhill MRT station, the space was developed by SG Enable and the Ministry of Social and Family Development. The Straits Times takes a closer look at the facilities and their disabled-friendly features.

Retail art gallery

This features artworks and merchandise such as mugs designed by people with autism.



Information and career centre

People can approach staff for information on funding schemes and career consultancy services.



Playground and pre-school

Run by welfare group AWWA, the inclusive playground has ramps and swing seats that give more stability for children with mobility challenges. The pre-school also has wheelchair-friendly play structures.



Outreach clinic

The Mount Alvernia Outreach Medical Clinic aims to serve the disadvantaged community, by partnering with welfare groups such as Caritas Singapore to help their beneficiaries. They need to pay only \$5 for all outpatient treatments.

Training facilities

These include a training kitchen, a mock hotel room for people to learn housekeeping work, and seminar rooms

Tech Able

A showroom of assistive devices and technology. Staff on site can help people with disabilities assess their needs and recommend devices for them to try.



FairPrice supermarket

There are special trolleys which can be attached to wheelchairs, allowing users to move their wheelchair and trolley as one. Lower checkout counters for wheelchair users and magnifying glasses for people with poor vision are also available.



Outdoor amphitheatre

The tiered seating area has several ramps for wheelchair users. Outdoor events such as performances and movie screenings could be held here.



Gym

Gym machines can be modified – their seats are removable – so that wheelchair users can use them. Some treadmills also have Braille dots for people who are blind.



Thanks You!