

In this fourth issue of ROSA's newsletter we bring you updates on our Second Policy Roundtable, introduce two more members of the ROSA team, as well as present several key findings from our research.

Updates and Notices

ROSA Second Policy Roundtable Digest: In Recovery - Older adults and the transition into the new normal

On 3rd March 2021 ROSA held its second policy roundtable. The roundtable sought to provide evidence-based policy recommendations to bridge the gaps in Singapore's post-COVID-19 recovery. The roundtable was held virtually and was attended by more than 80 participants, of which over 50 came from various government ministries and non-governmental organizations involved in ageing-related policies such as the Ministry of Social and Family Development and the Agency for Integrated Care. Overall, it was a successful event covered by local news outlets such as Channel News Asia, The Straits Times, Lianhe Zaobao, and on CNA938.

Revamped ROSA Website

We are pleased to share that we have given our website a revamp to make it more visually appealing (you can access the website at rosa.smu.edu.sg). We plan to update the website frequently so do drop by regularly if you wish to be kept up to date. You can also find out more about our amazing team of staff and researchers and their areas of research on the website.

Meet ROSA's staff members

We would also like to take this opportunity to introduce two more members of our team - Stephen Hoskins and Catherine Loh!

As a Principal Research Associate at ROSA, Stephen's typical workday includes writing survey questions, working with our operations team to field the monthly surveys, conducting research including reading papers and analysing SLP data, and finally meeting with government representatives or researchers to transform our research findings into pragmatic policy interventions.



Principal Research Associate, Stephen Hoskins, hard at work!

Stephen considers the SLP to be a unique window into the complex lives of Singaporeans. Through his research, he has enjoyed discovering how eager Singaporean workers are for more skills training, how quickly they get back to work after unemployment shocks, and the important role that intergenerational financial transfers play in Singaporean families. During his free time, Stephen likes to ride his bike around Singapore, read novels in cafes, jog in Fort Canning, and discuss geopolitics with his friends.



Research Panel Manager, Catherine (right), and her daughter.

Catherine is the Research Panel Manager at ROSA and is probably someone you are quite familiar with! On a typical workday, she works closely with student assistants to manage feedback from the SLP, monitors survey response rates, and oversees the data collected.

She enjoys working with the SLP as she gets to listen to respondents' stories, life experiences and advice. Working with the SLP has also deepened her understanding of retirement preparedness. Her most rewarding experiences include receiving appreciation and well-wishes from respondents. In her spare time, she enjoys reading novels and learning technical and soft skills through an online learning platform called LinkedIn Learning.

Research Highlights

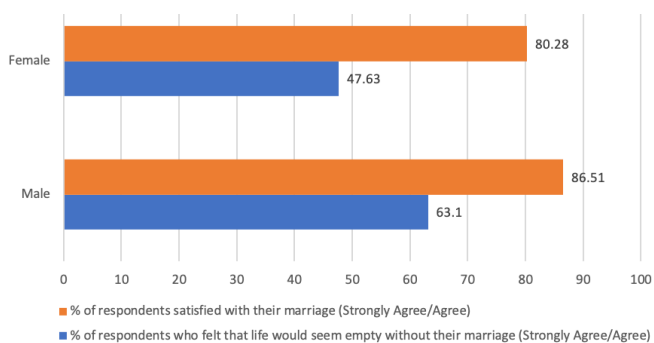


Figure 1. Marital Satisfaction by Gender

In December 2020, we asked SLP members about their marital satisfaction. We found gender differences in the proportion of respondents satisfied with their marriage, as well as the proportion of respondents stating that their life would seem empty without their marriage. In particular, a greater proportion of male respondents reported that they were satisfied with their marriages, and that life would seem empty without their marriage as compared to female respondents.

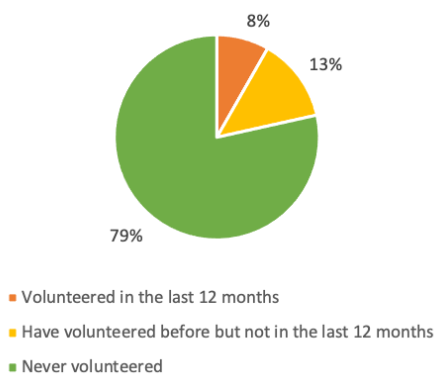


Figure 2. Volunteering rates among SLP Members

In February 2021, we asked SLP members about their volunteering experiences. It was observed that only 21% of respondents have volunteered before, with only 8% having volunteered in the last 12 months.

The three most common reasons for volunteering amongst respondents who have volunteered are: (1) that it feels good to contribute to the community (91.1% agreed), (2) that volunteering gives life a sense of purpose and meaning (88.2% agreed) and (3) that by volunteering, respondents felt they could help make the world a better place (87.5% agreed).

Volunteering helps older adults to live active lives while also offering valuable services to the community. In addition, a growing body of research suggests that volunteering has mental well-being benefits. With this in mind, we encourage more SLP members to participate in volunteer work to improve their well-being! There are many organisations, such as RSVP Singapore, that provide meaningful volunteering opportunities to seniors. Now that most restrictions are lifted, we can come together to rebuild a better, post COVID-19 world.

Dates of Surveys

- **May Survey: 1 - 24 May 2021**
- **June Survey: 1 - 24 June 2021**
- **July Survey: 1 - 25 July 2021**

Contact Us

If you have changed your address or telephone number, need any form of assistance in completing the survey, or have any questions or feedback, please contact us on our Centre Hotline at 6808 7910 (9am to 5pm, Mondays to Fridays) or at slp@smu.edu.sg. We are always happy to hear from you.