

In this issue of ROSA's newsletter, we update you on our recent move to the new SMU School of Social Sciences and College of Integrative Studies and present key findings on caregiving relationships, needs, and preferences amongst our SLP respondents.

ROSA Highlights

On the 15th of June, ROSA said goodbye to our old office at the former SMU School of Social Sciences at 90 Stamford Road. The team took a month to plan and pack for the move and was able to unpack and settle into our new office on the same day of the move. ROSA's new office is now located at **10 Canning Rise, #05-01 Singapore 179873**, within SMU's new School of Social Sciences / College of Integrative Studies building! The building is situated right next to the Yong Pung How School of Law and Fort Canning Park.



Exterior of the new SMU School of Social Sciences / College of Integrative Studies

We look forward to welcoming some of you to our new office space as we begin to restart in-person interviews for the monthly surveys and focus groups from September 2022. For future reference, here are some instructions on how to

get to our new building; there are three nearby MRT stations that you may alight at to walk over to the building: City Hall, Clarke Quay, and Fort Canning. Otherwise, you may also alight at Bencoolen MRT station or Bras Basah MRT station, walk through the SMU Concourse, and follow the signs available to guide you here. You may refer to the map at <https://maps.smu.edu.sg/> to have a better idea of where our new building is!

Staff Features

We would like to introduce you to two valued members of the ROSA team who joined in December 2021 - Jia Ying and Yen Cong!



Jia Ying is a Research Assistant who assists with the operational duties of the centre. This includes handling queries that SLP members submit, so some of you may have interacted with her! With a background in Psychology, Jia Ying is passionate about contributing to the meaningful work of enhancing the well-being of older adults at ROSA. She hopes to continue using her knowledge and passion in Psychology to build a career that helps to improve the mental health and social well-being of others. During her free time, Jia Ying pursues ballet and enjoys doing art and crafts.



As a Research Assistant, Yen Cong's main task in ROSA is data processing, which is about preparing the monthly survey dataset to be ready for analysis. She also assists in the analysis of some of the research projects

in ROSA. Over the weekends, she enjoys watching daily vlogs, reading non-fictions, such as self-help books and books on different social issues, and hanging out with friends exploring Singapore.

Research Highlights

In March 2022, we asked some of you about your experiences as caregivers or, if you are not a caregiver, what your needs are, as well as your preferences for care support. Out of a total of 1529 SLP members who participated, 1251 members (81.82%) were not caregivers, while 205 members (13.41%) cared for someone aged 60 or above, and 73 members (4.77%) cared for someone aged below 60 (see **Figure 1**).

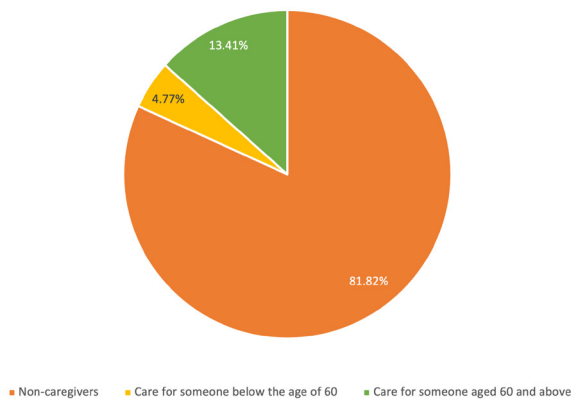


Figure 1: Proportion of caregivers

We found that caregivers were most likely to provide care to direct family members, with "Mother" and "Spouse" being the most common care recipients, as observed in **Figure 2**.

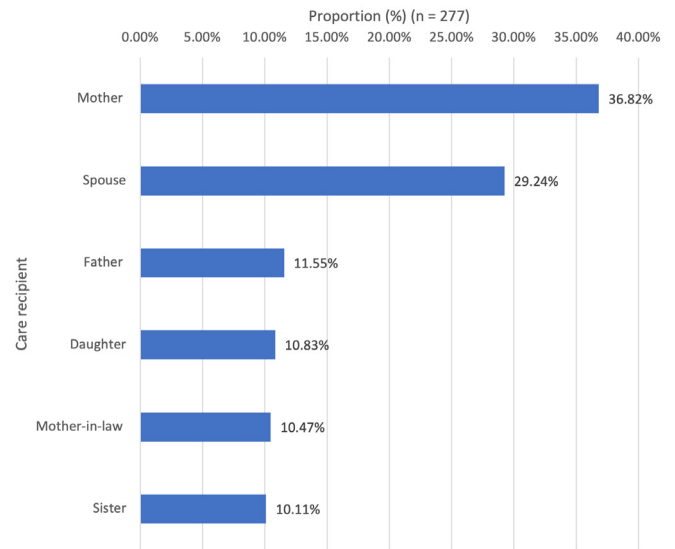


Figure 2: Recipients of care of caregivers surveyed. Figures represent the proportion of respondents who stated that they care for each category of care recipient.

36.82% of caregivers identified their mother as their care recipient while 29.24% identified their spouse as a recipient. This was followed by fathers (11.55%) and daughters (10.83%).

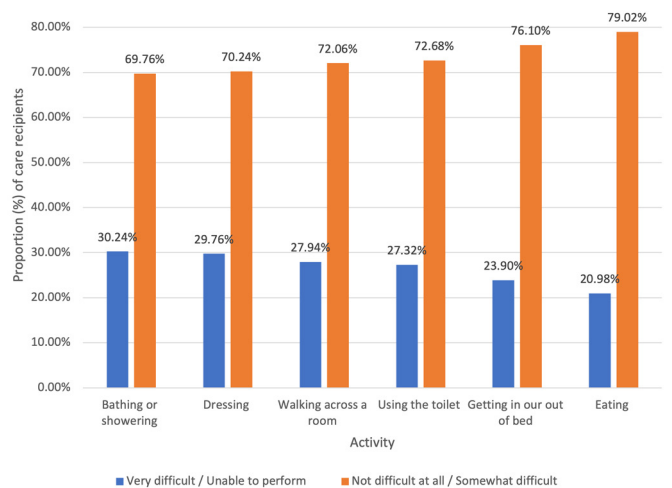


Figure 3: Difficulty faced by care recipients of caregivers surveyed in performing various activities of daily living (n = 205)

We also asked caregivers of individuals aged 60 and above what their care recipients needed help with. Based on **Figure 3**, care recipients faced the least difficulty with eating and getting in and out of bed. However, almost one-third of care recipients find it difficult to or are unable to dress or bathe without assistance from their caregivers or the aid of assistive devices. Thus, while a majority of care recipients may not have significant needs for assistance in such activities, there is still a significant proportion of caregivers who have to assist their care recipient with such activities, a very demanding task.

We then asked respondents what kinds of services they felt would either be useful for their caregiving responsibilities, or for their own care if they were not a caregiver (see **Figure 4**).

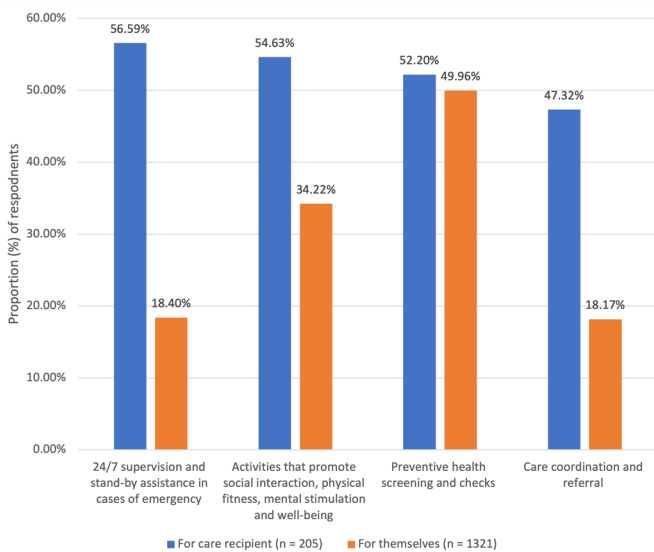


Figure 4: Services that respondents find useful in helping with their caretaking duties. Figures represent the proportion of respondents in each group who selected each service

The desire for different types of services appears to vary quite significantly between the two groups. While most caregivers believed that 24/7 supervision and standby assistance in case of emergency would greatly

help them, recipients who were not caregivers believed that preventive health screening and checks would be the most useful in addressing their needs.

Finally, we asked respondents about their preferred living arrangements of their care recipients (for caregivers) or for themselves in the future if they were not caregivers.

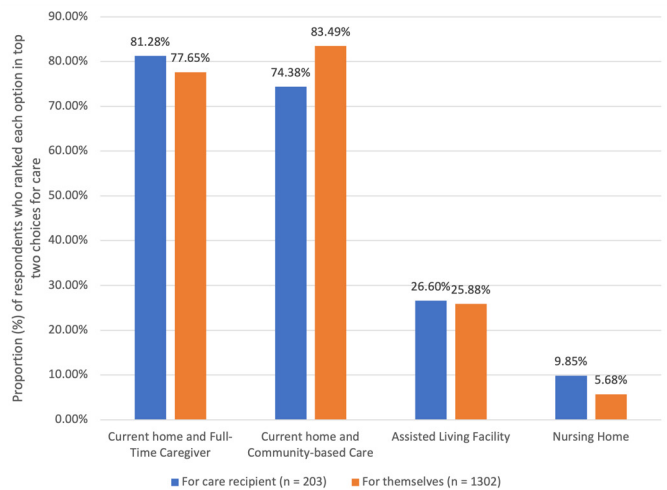


Figure 5: Preferences for living arrangement amongst respondents. Figures represent proportion of respondents in each group who ranked each option among their top two choices for either themselves or their care recipient.

The results displayed in **Figure 5** show that both groups had largely similar preferences with living at home with community-based care or with a full-time caretaker being the top 2 choices for both groups. This suggests that respondents, be it for themselves or for their care recipients, prefer to age in a comfortable and familiar environment such as their home, rather than in an assisted living facility or nursing home. Here, the importance of social relationships in our everyday life is reiterated as our SLP respondents prefer to spend their older adulthood remaining socially engaged in the community!

Protecting ourselves against COVID-19

At the point of writing this newsletter, the Ministry of Health has predicted that a new wave of COVID-19 infections may occur between July to August 2022. We would like to remind all our SLP members who have not yet gotten their booster shots to do so when possible! Vaccination is the best way for us to protect both ourselves and those around us from COVID-19. For more information on the booster shot and COVID-19 vaccine in general, you can visit www.moh.gov.sg/covid-19/vaccination.

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.