

In this newsletter, we share with you a reminder of our new schedule for quarterly surveys and some interesting trends from our latest research findings. We also introduce you to two new members who have joined our team recently and included a sudoku puzzle for you to solve!

## Moving Forward: Quarterly Surveys and Ad-hoc Surveys

Starting July 2025, we have shifted to a quarterly survey cycle to reduce any fatigue that may have come from completing surveys every month. You will be invited to complete surveys in the months of **February, May, August, and November**. Each survey will be estimated to take **30-45 minutes** to complete, and you will receive a **\$30 grocery voucher** for the completion of each survey.

From August 2025				
Month	Feb	May	Aug	Nov
Compensation	\$30	\$30	\$30	\$30
Average Time (mins)	45	45	45	45

Additionally, we may have ad-hoc surveys that will be launched in the other months. We are working hard to secure partnerships with various organisations to continue collecting relevant data and contributing meaningful research on ageing and well-being.

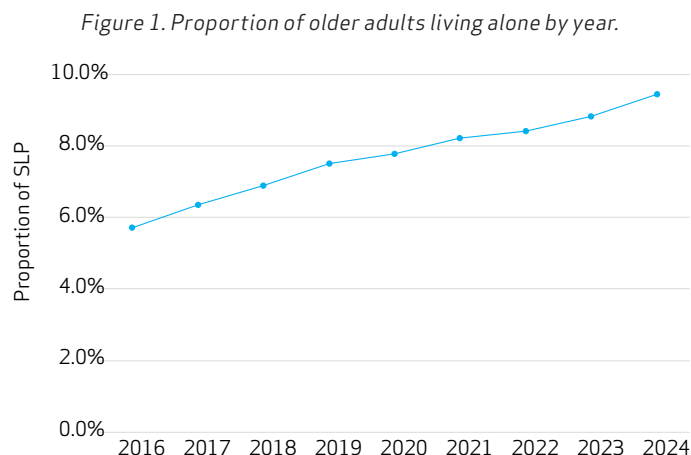
Thank you for participating in the SMU surveys these past few years! Your answers are most valuable to us and have enabled us to better understand and contribute to the ageing landscape in Singapore. We look forward to continuing this study with you in the next two years. If you have any questions or concerns regarding this, please do not hesitate to contact us.

## Research Snippets

We have observed several key findings based on the data collected over the last decade from members of the Singapore Life Panel.

### *Increasing proportion of SLP respondents living alone*

Our data reveals a rising trend in the proportion of our respondents who reported living alone over the past 9 years, from 5.5% in 2016 to almost 1 in 10 older adults (9.2%) in 2024.



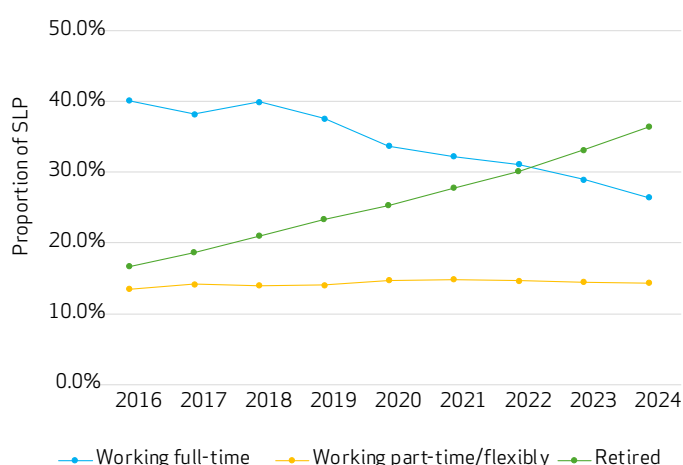
This shift reflects the natural rhythms of life—where partners or family members may pass on, and children may move out and begin families of their own. Nonetheless, we recognise that this may present challenges for social isolation, loneliness, and well-being in our super-aged society.

We encourage older adults to remain socially connected and engaged within their communities, and to reach out to others in their neighborhood who may be a little more socially isolated.

### *Stable but low adoption of flexible working arrangements*

As older adults age, it is expected to observe a decline in those who are working full-time and an increase in those who are retired. Interestingly, the proportion of SLP respondents who reported working part-time or flexibly remained relatively constant, at about 14%.

Figure 2. Proportion of older adults working full-time, part-time or flexibly, and retired.



While the government has enhanced support for flexible work arrangements through schemes such as the Part-Time Re-employment Grant (PTRG), it appears that more support can be provided to encourage both older workers and employers—for older adults who have the capacity to remain economically productivity at a reduced intensity, and for employers to be willing to provide suitable opportunities and training.

## ROSA Staff Feature

In this section, we are excited to introduce to you two valued members of ROSA who joined us recently.



Linh holds a Master of Science in Business Analytics from the National University of Singapore (NUS) and a Bachelor of Commerce from Monash University, Australia.

She specializes in data science, analytics, and AI development. At ROSA, she supports quantitative studies and analyses, contributes to data management, processing, and publication efforts, and spearheads efforts to streamline workflows for greater efficiency.

Linh is passionate about translating data-driven insights into impactful decisions to address societal challenges. In her free time, she enjoys reading, drawing, crafting ceramics, playing with her cats, and tackling coding challenges.



Benjamin is a warm, patient, and quick-thinking addition to the team. Holding an Honours bachelor's degree in chemical engineering, he brings a versatile skill set to his role as a Research

Administrator for ROSA, where he ensures seamless operations, procurement, and financial management.

What truly drives Benjamin is the opportunity to listen and understand the daily lives of elderly respondents. Their stories inspired him to work harder, refining processes to create seamless and meaningful research experiences.

Outside work, Benjamin enjoys cycling, jogging, and weekend gardening—balancing an active lifestyle with moments of relaxation. He loves sharing his experiences and insights with the team, fostering both camaraderie and fresh perspectives.



**Did You Know**

Did you know that learning a new skill (like painting or playing an instrument) can help keep your brain sharp?

Tip: Start with just 10-15 minutes a day. The key is to have fun while giving your brain a gentle workout!

## Sudoku: A Brain-Boosting Exercise for Older Adults

Sudoku offers numerous benefits for seniors, promoting mental stimulation and cognitive health. Regularly engaging in the puzzle helps to augment memory, concentration, and logical thinking, which slows down age-related cognitive decline. Additionally, engaging in puzzle-based tasks also provides a sense of accomplishment and enjoyment, supporting emotional well-being. According to a study done by the University of Exeter and King's College London, older adults who do number and word puzzles have better brain function than those who do not.

## About the Singapore Life Panel

As a member of the Singapore Life Panel, you are part of a group of about 10,000 respondents who are contributing to our understanding of successful ageing in Singapore. About 73% of the SLP were recruited in 2015 and the remaining 27% were recruited in two refresh exercises in 2021 to 2023 and 2024 to 2025 respectively. We thank you for consistently taking our surveys and sharing your comments!

## 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 (10am to 5pm, Mondays to Fridays) or at [slp@smu.edu.sg](mailto:slp@smu.edu.sg). We are always happy to hear from you.

Try today's Sudoku below!

5	9				1			2
	4			8	5	9	1	3
		1	2		3	4		
2			5	1	4		7	9
				3	2	1		
		4		7	6	2		
7		8				5		
3	6		4		7		9	
	2							

4	2	9	1	5	8	6	3	7
3	6	5	4	2	7	8	9	1
7	1	8	3	6	9	5	2	4
1	3	4	9	7	6	2	5	8
9	5	7	8	3	2	1	4	6
2	8	6	5	1	4	3	7	9
8	7	1	2	9	3	4	6	5
6	4	2	7	8	5	9	1	3
5	9	3	6	4	1	7	8	2

Answer key: