

Great news! In the 24th issue of ROSA's quarterly newsletter, we are excited to share a major milestone for ROSA and what this means for our research and the Singapore Life Panel! We also highlight findings from our recent study on functional health and mental well-being, as well as preliminary insights on how the transition into retirement shapes social connectivity and perceived social contribution among older adults.

An Exciting New Chapter for ROSA!

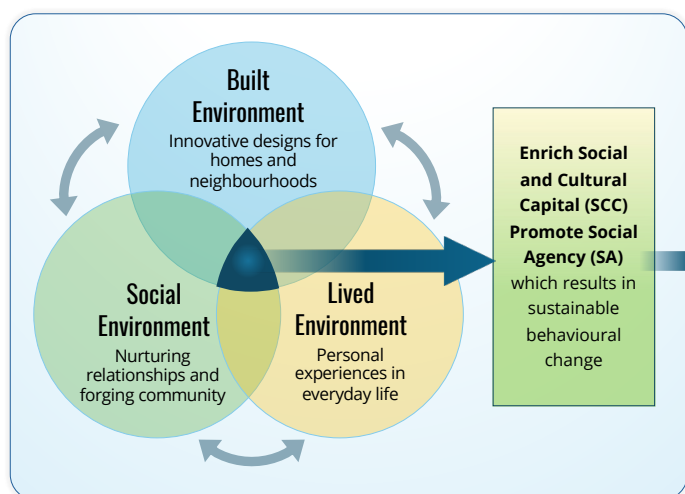
We are thrilled to announce that ROSA has secured a new 5-year research grant from the Ministry of Education under its Academic Research Fund Tier 3 programme. This allows us to continue the excellent work of ROSA (only made possible by you and your cohort in the SLP!). Building upon ROSA's existing work, the next phase of our research, titled “The Curation of Blue Zone 3.0 – Examining Societal Nudges to Promote Well-being of a Super-aged Population”, will guide our work in the coming years.

This phase extends our earlier framework and now focuses on how different environments shape ageing outcomes. We explore how the built, lived, and social environment interact to promote social agency and enrich the social and cultural capital of older adults. We will then examine how these interactions, in turn, influence pro-health behaviours, and, ultimately, holistic well-being and healthspan among older adults.

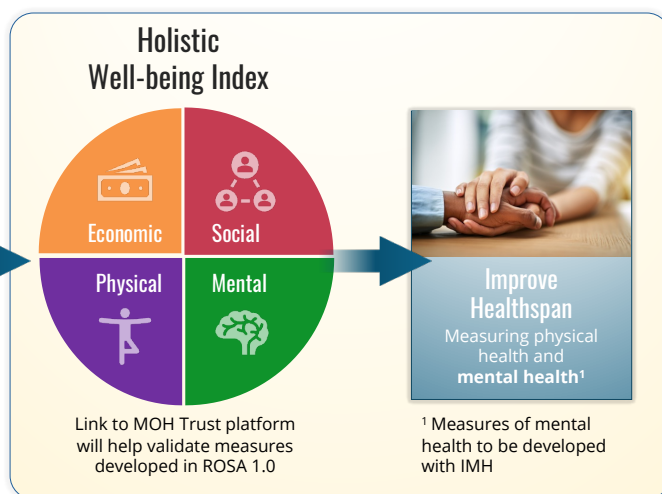
Preparing for a Super-aged Singapore Society:

To Enable Changes in Lifestyles / Normative Behaviours

Expanded focus for ROSA 2.0



ROSA's Research Focus



Under the new framework and grant extension, we also intend to validate existing measures against administrative dataset from the MOH TRUST platform. This process is essential for addressing persistent self-report bias in ageing research, particularly in areas such as income, healthcare utilisation, and insurance coverage.

To support these new research objectives, we have refreshed our quarterly surveys with new questions that will help us better understand the factors shaping well-being in later life. As part of these changes, we will be seeking your continued consent to participate in the study. If you wish to continue participating, please click “Yes, I am willing to participate” when prompted at the start of the August 2026 survey. This will provide consent for all quarterly surveys through June 2031. The table below summarises the quarterly survey schedule and participation details from August 2026 onwards.

August 2026 to June 2031				
Months	Feb	May	Aug	Nov
Compensation	\$30	\$30	\$30	\$30
Average Duration	45 mins	45 mins	45 mins	45 mins

Linkage to MOH TRUST platform

We thank the 56% of you who participated in the April survey, entrusted us with your NRIC, and consented to having your survey responses linked to administrative data on the MOH TRUST platform. This project was made possible with additional funding from the National Cohorts Office.

Media Mentions

ROSA has received commendable media attention in the last quarter, with press coverage highlighting our work in advancing active ageing, community engagement, and caregiving.

Among these includes coverage from [The Straits Times](#) featuring ROSA’s research on the evolving role of suburban malls as social hubs for older adults. Our research illustrates how these spaces can foster social connection and purposeful activities among older adults. ROSA was also recognised in stakeholder communications for our contributions towards enhancing seniors’ well-being and fostering inclusive, age-friendly spaces, reiterating our role as a key anchor in the community. ROSA’s research on the Lasting Power of Attorney (LPA) was also cited in [The Straits Times](#) to highlight that only one in three Singaporeans have made an LPA, underscoring existing gaps in older adults’ preparedness for future care arrangements and the need for early long-term care planning.

Together, media features such as these reinforce ROSA’s prominent role in shaping policies and conversations on ageing in Singapore through empirically grounded research.

Research Snippets

Impact of Functional Health on Mental Well-Being



In our quarterly surveys, we ask about your functional health, such as your Activities of Daily Living and Instrumental Activities of Daily Living, as well as your mental well-being. Our longitudinal, high-frequency survey design allows us to better capture changes unfolding over time and identify more nuanced patterns that may not be visible in studies with longer intervals between observations.

Drawing on your responses from 2020 to 2024, our researchers examined how changes in functional health are related to depression over time. The findings have been published in a [journal article](#) which can be found on ROSA's website.

Using a data-driven longitudinal clustering approach, we found that older adults with greater functional difficulty trajectories faced a significantly higher risk of worsening depression within a one- to two-year period.

These findings suggest that early intervention is key. If you notice changes in your functional health, seeking timely support, such as rehabilitation or community-based services, may help protect your mental well-being.

Retirement and Social Connectivity



As part of a broader research brief providing an overview of Singapore's recent ageing policies, a section of the brief investigates how the transition into retirement influences the social lives of older adults.

Our findings suggest that older adults participate more frequently in a range of activities in retirement, with this effect stronger among men. Gendered changes in network composition were

also observed following retirement: men reported a significant increase in the number of close friends, while women reported having more close neighbours. However, retirees also report lower perceived social contribution, indicating that many feel like they contribute less to society in their retirement years.

Together, these findings highlight an important gap between participation and purpose. While retirement may free up time for social engagement, it does not necessarily fulfil individuals' desire to feel useful or valued. Meaningful forms of engagement, such as volunteering or mentorship, may support a stronger sense of purpose in retirement.

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 through our Centre Hotline at 6808 7910 (10am to 5pm, Mondays to Fridays) or at slp@smu.edu.sg. We are always happy to hear from you.