

To all our Chinese respondents, Happy Lunar New Year! We hope you had an enjoyable break over the new year and that you managed to spend quality time with your friends and loved ones.

In this issue, we highlight some of the key events that have been taking place at ROSA over the past few months, and present new findings on digital literacy from the survey fielded in November 2022.

## 2nd Annual ROSA Symposium on Successful Ageing

The 2nd Annual ROSA Symposium on Successful Ageing took place on the 1st of November 2022 in the newly opened School of Social Sciences/College of Integrative Studies (SOSS/CIS) building at the Singapore Management University (SMU). Themed "Advancing Healthy Ageing - Nurturing the Health Capital of Older Adults", the hybrid event covered topics on promoting healthy ageing, improving the functional ability of older adults, and addressing the care and research challenges of multimorbidity and polypharmacy. The findings, unveiled and discussed during the symposium, highlighted the importance of employing a whole-of-society approach in enabling preventive approaches to healthcare. Professor Lily Kong, President of SMU, graced the event as Guest of Honour and acknowledged the need to support healthy ageing and social sustainability in Singapore via preventive healthcare approaches in her welcome remarks. She also highlighted the need to invest more in the human capital and intrinsic capabilities of our older adult population.

In total, over 266 participants attended the symposium either physically or virtually, with participants representing over 27 different organizations! Additionally, and for the first time, 59 members from ROSA's Singapore Life Panel® attended the event as well. For those of you who took the time out to join us, we are very glad that you came and hope to see you again at more events.



*Guest of Honour for the Symposium Professor Lily Kong, President of SMU, delivering her welcome remarks.*



*Group photo of our symposium attendees who stayed till the end!*

For a full write-up of the presentations and discussions that took place you may scan the QR code below to an event summary on our ROSA website:



## SLP Meet-up Sessions @ SMU

ROSA organized three meet-up sessions with SLP members in the months of October 2022, December 2022, and January 2023. These meet-up sessions serve as an opportunity for ROSA to express our gratitude for the continued support of our SLP members over the years, and as a means for the team to hear directly from our members about the issues that you are facing. As part of their visit to SMU, SLP members were given a tour of our new building and participated in discussion sessions regarding concerns about the cost of living and types of support that will be useful for older adults. Thank you for the meaningful conversations and enthusiasm in sharing your views with us! We will continue to hold these sessions with SLP members, so do look out for our email invitations in the coming months.

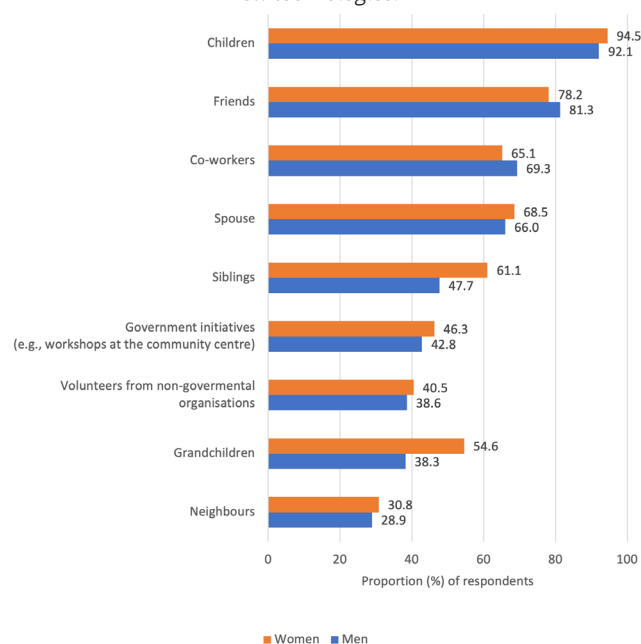


The SLP members who joined us for our October (above) and December 2022 (below) meet-up sessions. Thank you so much for joining us!

## Brief findings from our surveys

In November 2022, we fielded a module asking you about your level of digital literacy and importantly, who you rely on to learn how to use specific digital technologies. This is an important area as many modes of communication and processes have been digitised since the COVID-19 pandemic started. We have also received feedback from SLP members about concerns over the safety of using digital technologies.

Figure 1: Whom respondents rely on for help with learning new technologies.

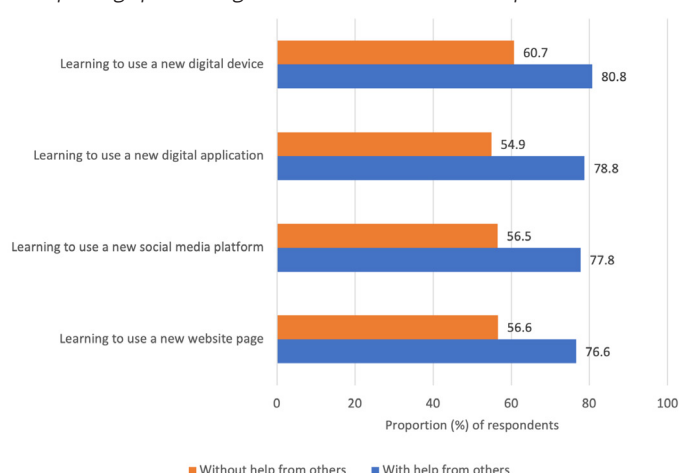


Note: Above are the proportion of respondents who rely on each source of help at least 'a little'. Proportions are calculated out of those who have the source of help available to them, e.g., 94.5% of women **who have children** rely on their children at least 'a little'.

Results indicate that SLP members are most likely to rely on their children for help if they have children, with 94.5% of women and 92.1% of men relying on their children for help in learning how to use new technologies. We also find that among respondents with siblings and grandchildren, women are more likely to turn to their siblings and grandchildren for help than men, with 13.4% more women with siblings relying on their siblings as compared to men, and 16.3% more women with grandchildren relying on their grandchildren as compared to men. This could possibly be a result of the differences in the kinds of relationships that men and women have with their siblings and grandchildren, with women perhaps being closer to their siblings and grandchildren.

Overall, we also find that respondents rely more on sources of help that they are close to, such as their children, friends, co-workers, or spouse, as compared to neighbours or initiatives by the government or non-governmental organizations.

*Figure 2: Proportion of respondents who feel at least 'fairly confident' in picking up a new digital skill with and without help from others.*



In addition, we also find that respondents felt more confident in learning a new digital skill when they were able to learn with the help of others, as compared to learning the skill on their own. On average, 21.3% more respondents felt either 'fairly' or 'very' confident that they would be able to pick up the digital skill with the help of another person. This finding illustrates the importance of having social contacts that we can rely on to help us learn new skills, especially when considering digital literacy. Having the confidence to be able to pick up a new digital skill is an important first step in becoming more digitally literate. As such, given that less than half of respondents indicated that they relied on public initiatives to pick up new digital skills as shown in Figure 1 above, we would like to encourage more respondents to consider attending one of the many publicly available (and importantly, free) programs aimed at helping older adults pick up new digital skills. This is especially for those of you who may not have others to rely on for help. For more information on such initiatives, you can visit the *Seniors Go Digital* website at [www.imda.gov.sg/en/seniorsgodigital](http://www.imda.gov.sg/en/seniorsgodigital).

## External Collaboration

In December 2022, ROSA signed a research collaboration with Income Insurance Limited to examine the holistic resilience of Singaporeans. As part of the study, 1000 SLP members and 1000 new respondents from the ages of 25-50 were invited to participate in a survey to assess their levels of resilience. The project aims to identify the kinds of resources that can bolster the levels of resilience and help develop interventions that may cushion the impact on wellbeing. We look forward to sharing the results of this important collaboration which is scheduled to be released in the second quarter of 2023.

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## 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.

