

In this newsletter, we focus on ROSA's Project Silverlight and share insights from our recent meet-up with some of the Singapore Life Panel® (SLP) members. We would also like to take the opportunity to share more details about our new SLP platform and the upcoming switch to digital vouchers. We hope that by sharing these with you, you will get a better sense of the purpose of our surveys, the importance of your monthly responses, and our efforts to compensate you in a more efficient manner.

## First SLP meet-up in Malay



In our December 2023 SLP meet-up conducted in Malay, the discussions highlighted the importance of early retirement planning, and the need for a proactive approach to financial preparedness. Participants also shared about the significance of cultivating the right mindset and attitude needed to successfully navigate the journey of ageing. Furthermore, the gathering shed light on the importance of reaching out, aiding those who may be hesitant to seek help, and fostering a culture of mutual support. We extend our sincerest gratitude to all the participants whose openness and engagement enriched our collective understanding of successful ageing. Their contributions reinforce the value we place on your active participation in our life panel.

## ROSA Staff Feature

### Zidane Tiew



Zidane joined ROSA as a Research Assistant in 2023. He assists the team with quantitative and qualitative research, and financial matters at the Centre. Having graduated from SMU with a double major in Sociology and Health Economics & Management, Zidane believes that an integrative approach towards health and the social sciences would strategically position research efforts towards advancing the holistic well-being of older adults. Furthermore, he wishes that research on ageing issues will be translated into effective policy interventions that will promote successful ageing in Singapore. During his free time, Zidane enjoys jogging outdoors, spending time at bookstores, and indulging in a good read.

## Winter Nang



Winter, who joined the ROSA team in August 2023 as an IT Specialist, plays a vital role in overseeing IT systems, managing server databases, and ensuring system security.

Simultaneously pursuing

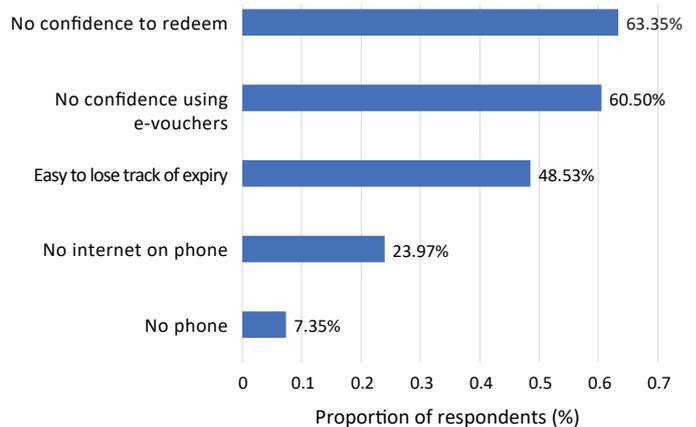
a PhD in IT Management, Winter demonstrates a strong commitment to advancing her expertise in the field. Beyond her professional and academic pursuits, she finds joy in assembling LEGO sets, showcasing her creativity and attention to detail. It's notable that Winter's office is her preferred space, where she can consistently be found working on various endeavours. Additionally, her fondness for iced coffee suggests a refreshing choice to accompany her busy and productive schedule. In essence, Winter embodies a well-rounded and industrious professional with diverse interests.

## Digital vouchers

Based on the feedback received from SLP members over the years, ROSA will be progressively issuing digital e-vouchers instead of physical NTUC vouchers from March 2024. The transition to digital vouchers is part of SMU's sustainability efforts to reduce paper waste. In addition, respondents will be able to receive the e-vouchers more securely from your preferred mobile number once the survey closes at the end of the month. There will also be the flexibility to use the e-vouchers at multiple supermarkets Island wide.

We are committed to providing support to respondents who may need additional help in downloading and using these e-vouchers. Hence, in July 2023, we asked respondents about the barriers towards adopting e-vouchers.

Figure 1: Reasons for not supporting e-vouchers (n=2,382).

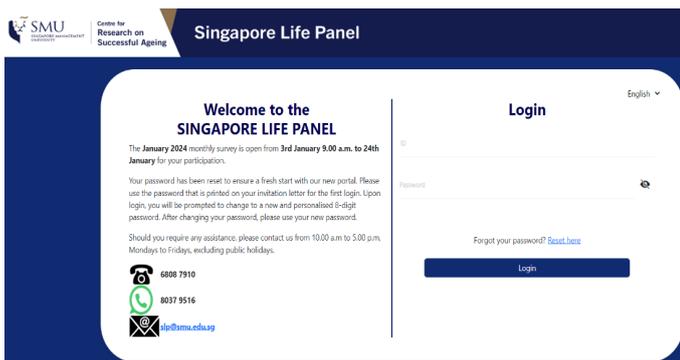


In Figure 1, the reason for not supporting the vouchers was due to a lack of confidence in redeeming or using the vouchers. For this reason, we will provide user guides and plan for in-person workshops to demonstrate how to use the vouchers in the coming months. For respondents with no mobile phones or mobile data, we will provide alternative ways of receiving the vouchers.

## Enhanced Survey Experience: Streamlined Platform and Improved Security

To enhance your survey experience, we have decided to revamp our survey platform. Specifically, we wanted to make the entire survey process more user-friendly for our participants. For instance, the updated login portal ensures improved security and provides a streamlined interface, thus offering you easy access to our surveys. Moreover, you can now conveniently

check the status of your survey completion, as well as view your personal details, including email and mobile information, directly from the portal. However, do note that there is no change for those who use proxy surveys over the phone. Should you require any assistance in taking the survey or to update your personal details, please call our Centre's hotline.



## Project Silverlight conclusion & video

Project Silverlight, led by the ROSA, aimed to empower older adults through social agency and communal participation. This project allowed older adults the flexibility to plan and shape their own social initiatives, which in turn positively impacted their well-being. The year-long pilot intervention encouraged the creation of community-based social programs, with themes like Rediscovering Singapore, Lifelong Learning, Physical Activities, Arts and Culture, and Volunteering. A total of 19 activities, like baking, pickleball, and night safari outings, were organised and led by older adults themselves.

The project highlighted the significance of maintaining physical and mental engagement for older adults. Satisfaction with the ability to choose and organise personally significant activities cultivated meaningful social connections. Silverlight's success suggests the possibility of transforming current community programs for older adults by emphasising to these programs the benefits of providing older adults with more autonomy in planning activities for themselves. The program also advocates for stronger connections with schools to engage youths in such initiatives and establishes a platform for regular communication with older adults. For a quick overview, you can watch a summary video or read the full report by scanning the QR codes below.

### Summary Video



### Report



## About the Singapore Life Panel

As a member of the Singapore Life Panel, you are part of a group of more than 10,000 respondents who are contributing to our understanding of successful ageing in Singapore. About 80% of the SLP were recruited in 2015 and the remaining 20% were recruited between 2021-2023. 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.