

To all our respondents who celebrate the Lunar New Year, we wish you a joyful and blessed new year! May the new year usher in good health, happiness, and cherished moments with loved ones and friends. In this newsletter, we share with you our new findings on older adult caregivers and provide some insights to the motivation behind fielding questions on wealth, income and assets. We also introduce you to the team behind our call centre and a fun crossword puzzle we hope you enjoy!

Research Highlight

Caregiving in Later Life

In November 2024, we fielded a new module in collaboration with the Agency for Integrated Care on caregiving. Some preliminary findings based on 7,095 respondents can be found below.

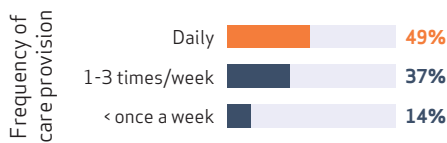
Caregiving in later life



1 in 8

older adults aged 53 to 79 is a caregiver to at least one care recipient with a physical or mental health condition.

49% provide care daily.



89% of caregivers' primary care recipient is aged 60 and above.



2 in 3

caregivers do not know of respite care services; 92% of those who know of these services have never used them.

Annual modules on Wealth and Income

Have you ever wondered why ROSA fields questions relating to your wealth, income and assets? In this section, we share with you more about why we survey these questions, and its impact on our work at ROSA.

Every February, we ask you questions relating to your annual earned income, assets and financial investments. These are important to help us better understand the income and wealth dynamics of older Singaporeans through various life stages, and document the impacts of government policies.

With the recent onboarding of respondents aged 48 to 53, we are also now able to capture significant differences in wealth, income and assets of older adults across the pre- and post-retirement age. Policy impacts from high-quality data provided by the SLP can inform policymakers to design policies that improve the economic well-being of older Singaporeans.

We understand your concerns in being candid in answering these questions, and we would like to reassure you that your data security is of the utmost importance to us. Any response provided to us are kept secure in our servers and will only be used for the purposes of conducting research. All data used in our reports will always be anonymous and aggregated, and no personally identifiable data that could compromise your identity will be shared by our team in any circumstance.

SLP Call Centre



Image 1: A snapshot of our Panel Manager Jiaying with some of our Student Assistants!

At ROSA, we are committed to providing excellent support to our valued SLP members. To ensure that your inquiries are promptly addressed, we have a dedicated call centre manned by a team of capable student assistants. From answering enquiries to assisting SLP members with completing their surveys, our student assistants play a crucial role in upholding our centre operations.

The Singapore Life Panel® currently consists of approximately 10,000 respondents, a number that is expected to grow as we onboard new members in the coming months. During certain periods of the year, particularly at the end of April and November, fewer student assistants report for work due to examinations. As such, our response times may be slightly longer than usual.

We kindly ask for your patience and understanding during these busy periods. Please be assured that we are doing our best to ensure that all your enquiries are addressed as quickly as possible. If you are unable to reach us via the hotline, we encourage you to consider leaving us a message via Whatsapp at 8037 9516. Our team will make it a priority to get back to you as soon as we can.



Image 2: An overview of our Call Centre

Thank you for your continued support over the years. We deeply appreciate the time you have taken to complete our surveys, and we look forward to assisting you in any way we can!

Staff Features

In this section, we introduce to you two more valued members of ROSA who joined last year.

Salai



Joining in July 2024, Salai brings a strong research background, holding a PhD in neuroscience and dementia from NUS. As a Research Fellow, Salai focuses on building statistical and machine

learning models to uncover valuable insights from ROSA's extensive database. Passionate about data and coding, Salai enjoys the challenge of exploring advanced models to reveal meaningful findings. Through his work, Salai hopes to expand ROSA's reach, bringing data-driven insights to wider audiences and contributing to a deeper understanding of ageing in Singapore. Beyond work, Salai finds balance through pilates and barre classes—staying active while staying curious.

Allan



Allan, a graduate of the National University of Singapore (NUS) with a Bachelor of Science (Honors) in Data Science & Analytics, joined ROSA in July 2024 as a Data Analyst. Passionate

about leveraging the wealth of data generated daily, Allan focuses on creating innovative, data-driven solutions to inform decision-making and improve outcomes.

At ROSA, Allan is instrumental in developing a simulation project designed to assist policymakers in evaluating social policies, analyzing intervention effects, and forecasting their impact on the well-being of the population. Beyond his primary responsibilities, Allan is also exploring automation techniques to enhance workflow efficiency and reduce manual processes.

Outside of work, Allan enjoys strategy-based games and a variety of sports, reflecting his love for challenges and active engagement.

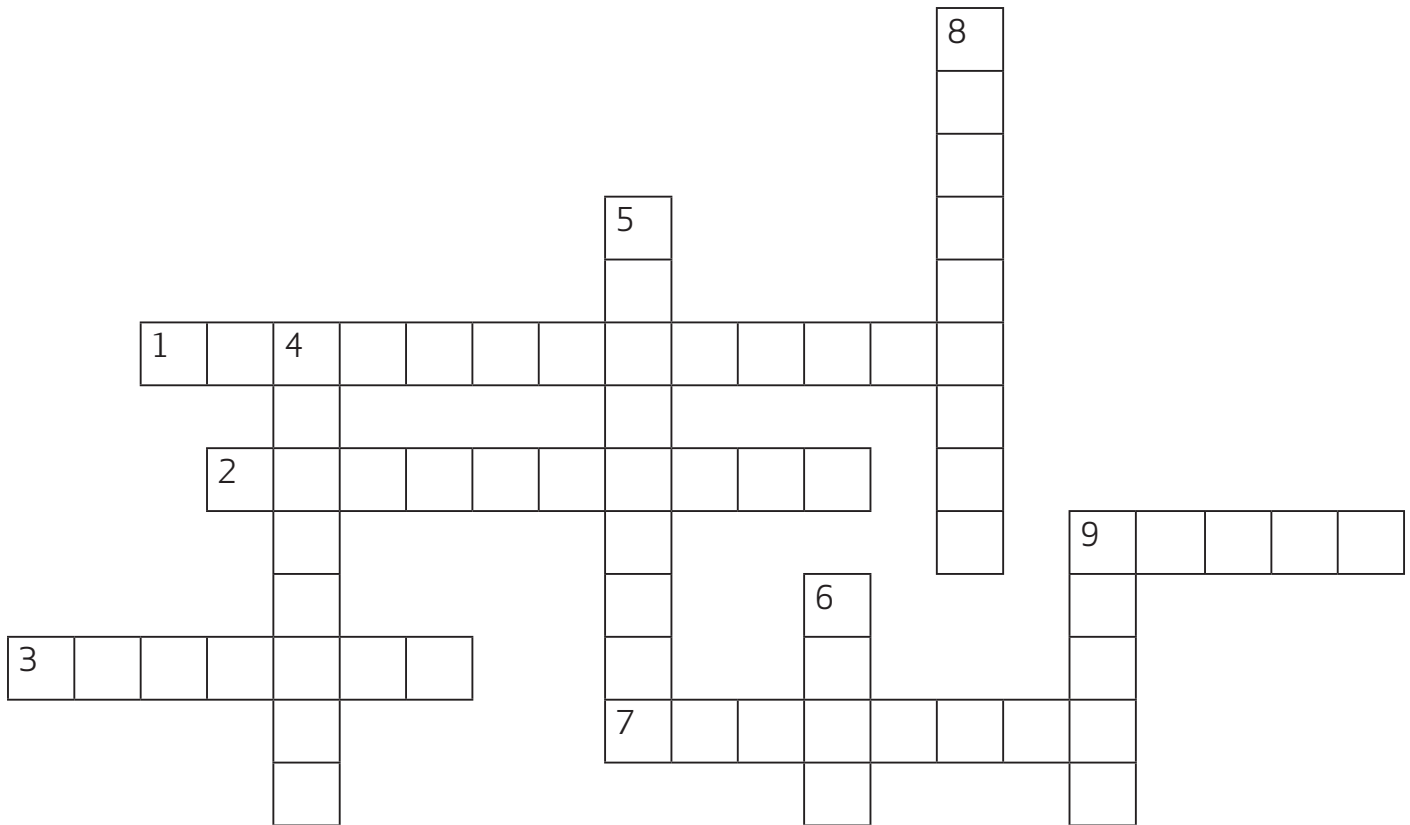
About the Singapore Life Panel

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 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. We are always happy to hear from you.

Test your knowledge!



ACROSS

1. _____ refers to the ability to continue living independently, safely, and comfortably in one's home as one ages. It is associated with a sense of identity, continuity, and inclusion in one's environment.
2. _____ is the ability to recover from challenges, such as health issues or personal loss. Building _____ through maintaining strong relationships and social support can help seniors adapt to ageing.
3. Osteoporosis is a condition that makes bones weak and prone to fractures. To keep bones strong, ensure you consume foods that are rich in _____, such as milk, sardines, and cheese.
7. 1 in 11 seniors aged 60 and above in Singapore live with _____, a condition that affects the brain and results in memory loss, language difficulties, and challenges with tasks. Staying mentally, physical and socially active can help reduce the risk.
9. Getting quality _____ is crucial for maintaining daily energy levels and improves your ability to engage in activities.

DOWN

- 4,6. Good physical health and maintaining a healthy weight can be achieved through regular _____ and a healthy and balanced _____.
5. Isolation and loneliness are known risk factors for poor physical and mental well-being. As we age, it's important to stay _____ with friends and loved ones.
8. _____ refers to the state of being in good mental, emotional, and physical health, which can be supported by maintaining social connections, managing stress, and staying active.
9. A high _____ intake can increase the risk of Type 2 diabetes due to its links with obesity. Be mindful of sweetened beverages such as soft drinks, fruit juices, sweet tea and coffee, which has been shown to increase the risk of Type 2 diabetes.

Answer Key

- Across
 1. Ageing in place
 2. Resilience
 3. Calcium
 4. Diet
 5. Wellbeing
 6. Sleep
 7. Dementia
 8. Exercise
 9. Sugar