

In this newsletter, we share with you highlights from the 5th SMU ROSA Annual Symposium on Successful Ageing, as well as findings from our latest module on the lasting power of attorney and relevant resources. We also update on our plans to link SLP data with government data from March 2026.

5th SMU ROSA Annual Symposium on Successful Ageing

The 5th SMU ROSA Symposium on Successful Ageing, themed “Living Well: Understanding How Our Built Environment, Lived Experiences, and Social Connections Shape Well-Being”, was held on 19 November 2025.



Professor Paulin Straughan, Director of ROSA, presented the Centre’s latest findings on factors for living well, including Healthier SG enrolment patterns, levels of physical activity, uptake of healthy dietary options, and how Nutri-Grade labelling shapes beverage choices among older adults.

The findings reflect that despite strong pro-health policies and awareness among older adults, everyday adoption remains limited. Prof Straughan emphasised the need for environmental nudges that make healthier behaviours easier, more intuitive, and part of daily routines.

The symposium also welcomed international perspectives with a presentation by Professor James Raymo from Princeton University and a panel discussion with Professor Nicolas Cherbuin from the Australian National University, Prof Raymo, and Prof Straughan, moderated by Associate Professor William Tov, Deputy Director of ROSA.



The event was attended by over 250 participants from more than 40 organisations. By engaging government agencies and industry partners, we hope to expand our collaborative efforts to generate actionable insights that support healthy and successful ageing in Singapore. We are also grateful for the many Singapore Life Panel® members who joined us, and we look forward to welcoming you at future ROSA events.

Scan the QR code to watch the symposium highlights video published on the SMU YouTube channel.



Research Snippets

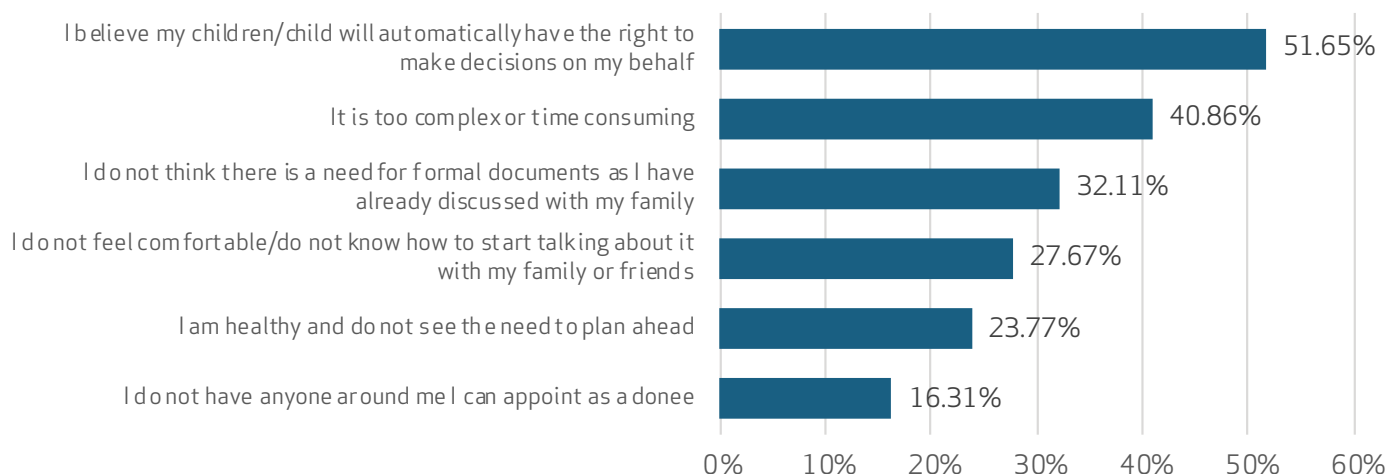
In last November's survey, we introduced a new module on the lasting power of attorney (LPA). The LPA is a legal instrument that enables individuals to appoint a donee to act on their behalf regarding personal welfare and/or financial matters should they lose mental capacity, such as after an accident, a stroke or dementia.

Despite its importance in future planning and safeguarding autonomy, uptake remains relatively low. As of 15 August 2025, only 350,000 LPAs have been made among Singapore Citizens (Ministry of Social and Family Development, 2025). This module was thus launched to examine public perceptions, knowledge, and experiences regarding the LPA in Singapore.

From the 7,910 respondents who participated in this module, we found that the majority (69.23%) were aware of the LPA. Nevertheless, while 31.34% of respondents already had an LPA and another 27.60% intended to apply in the future, a significant proportion of respondents (41.06%) indicated that they had no plans to apply for one.

Among the 3,242 who have not registered for an LPA and do not intend to, the main reasons include believing that their children/child will automatically have the right to make decisions on their behalf (51.65%), finding it too complicated or time-consuming (40.86%), and not seeing a need for formal documents as they have already discussed with their family (32.11%).

Reasons for not registering for an LPA



These findings suggest that although awareness is increasing, misconceptions about the LPA still persist. We address some of these common misconceptions below:

MYTHS

My children will automatically have the right to make decisions on my behalf if I lose my mental capacity.

It is too complex and time consuming to register for an LPA.



FACTS

Without an LPA, your next of kin will need to apply to the court to be authorised to manage your affairs.

You can appoint your Donee(s) via the Office of Public Guardian Online (OPGO) portal in 15 minutes.

We hope that our findings will encourage you to learn more about planning ahead. More details about the LPA can be found via the QR code on the right.



Updates on the linkage of SLP data with TRUST data

From the second quarter of 2026, ROSA intends to link SLP data with selected administrative data through the government's TRUST platform. This linkage will allow us to validate existing self-reported measures (such as those on demographics, economics, healthcare utilisation, and morbidity), and strengthen the accuracy and credibility of academic work and policy translation.

TRUST is a secure national data exchange platform co-developed by the Ministry of Health (MOH), the Ministry of Digital Development and Information (MDDI), the Government Technology Agency (GovTech), and Synapse. It enables approved institutions to contribute to, access, and use de-identified and anonymised real-world health data in a controlled and secure environment.

To facilitate this linkage, we will be inviting you to provide your NRIC in the upcoming March survey. We understand that NRIC is sensitive information, and strong safeguards are in place. NRICs are used solely for data linkage, which will be conducted through the TRUST platform.

Researchers will not have access to personal identifiers (e.g., NRICs and medical record numbers) and can only work with fully de-identified and anonymised datasets. Other identifiers, such as name and contact information, are not included in TRUST data. Access is strictly controlled, audited, and approved in accordance with ethics and data governance frameworks.

You will receive further information in **March 2026**, when we seek your informed consent. We will only contact you through official SMU channels such as 'SMU' SMS sender ID, slp@smu.edu.sg, hotline 6808 7910 and mailed invitation letters. Participation in this data linkage is **completely voluntary** and will not affect your participation in the SLP. However, we strongly encourage your contribution to the data linkage, as it helps strengthen the quality and reliability of research that supports evidence-based decision-making.

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.