

In this newsletter, we are pleased to share updates regarding our new digital e-vouchers. We also spotlight research findings from our work and insights gleaned from the latest SLP meet-up. We hope these will give our respondents a better appreciation of their participation, and the impact that this creates for research and policy. Lastly, we present an enlightening event attended by our team, enhancing our understanding of the ageing process.

Digital e-Vouchers

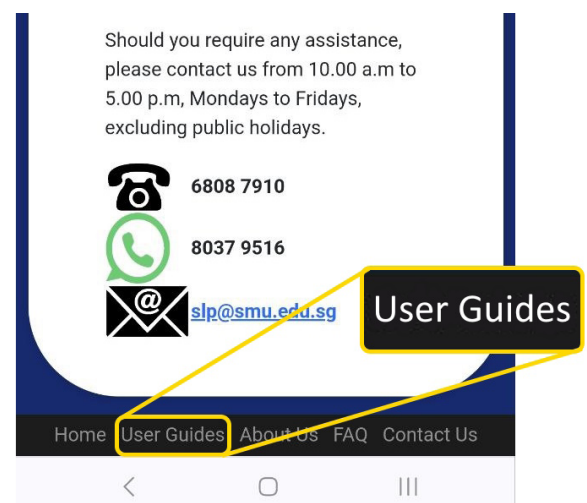
In March 2024, we introduced the option for our respondents to receive vouchers digitally via mobile phones, and 70% of our respondents have opted to switch to e-vouchers from April 2024. These e-vouchers were issued via the RedeemSG platform and can be used in the following 7 supermarkets island wide.

- Cold Storage
- Giant Singapore
- Hao Mart
- NTUC Fairprice
- Prime Supermarket
- Sheng Siong
- U Stars



Cashiers with the **'REDEEMSG REWARDS'** decal will accept the RedeemSG voucher.

We understand that some respondents may need additional help in transitioning to e-vouchers. A user guide has been uploaded on the slp.smu.edu.sg site for your reference.



For respondents who prefer to use physical vouchers, please be assured that we will continue to issue the physical NTUC vouchers that respondents have been receiving. However, for those who wish to opt for e-vouchers, please indicate it at the end of this month's survey to receive it from June 2024.

SLP meet-up

In our latest SLP meet-up, we discussed the concerns regarding cost of living and how ageing-in-place can be supported in Singapore. Amid increasing costs, SLP members were largely concerned about the rise in healthcare costs and felt that government payouts and subsidies were lacking.

On the topic of ageing-in-place, while SLP members welcomed measures allowing older adults to age-in-place, some raised concerns regarding the affordability of doing so and difficulties maintaining social connections as they age. Members suggested more could be done to increase accessibility to amenities to better support ageing-in-place.

We are grateful for the opportunity to have these meaningful conversations with our SLP members and thank you for taking the time to come down and share your views with us!



The SLP Members who joined us in the March meet-up session

Research snippet

A causal discovery of determinants of social isolation

In our recent study, we employed machine learning techniques to explore potential causes of social isolation among older adults. Our model suggests older adults who have a strong sense of purpose may be less likely to feel socially isolated. Two factors that may help older adults to maintain their sense of purpose in life are (i) feeling helpful to others; and (ii) feeling like they are in good health. This suggests promoting a sense of helpfulness among older adults through a variety of programs, such as volunteer opportunities, and aligning these with health campaigns may help older adults feel more socially connected.

Understanding Ageing Process through Experiential Learning

In March 2024, we engaged in a unique learning experience organised by the Lions Befrienders to gain a deeper understanding of the ageing process and its effects on physical, emotional, and mental health. This hands-on experience involved the use of a GERT suit, a special tool that mimics some common impairments in sight, sound and movement that some older adults face with age. This immersive simulation allowed us to experience first-hand the physical and emotional challenges older adults may encounter daily because of such impairments.

This enlightening experience broadened our perspective on ageing, which enriched our work, enabling us to better contextualise and tailor our efforts to the needs of older adults.



Our youngest ROSA member trying on the full GERT suit!

Thus far, he has co-authored the Jan'24 research brief on causal factors affecting social isolation (“A Causal Discovery Exploration of Determinants of Social Isolation”) and is working on more research publications for ROSA. Proficient in using software such as TETRAD for causal discovery, he hopes to apply his skills and expertise to uncover new insights and further ROSA’s research efforts.

Kenneth Choo



Kenneth is a Research Assistant at ROSA. He graduated from the National University of Singapore with a Bachelor of Honours in Social Sciences, majoring in Geography. Kenneth is interested in Social Science research, including the effect of new developments and socioeconomic factors on people’s livelihoods and well-being.

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.