

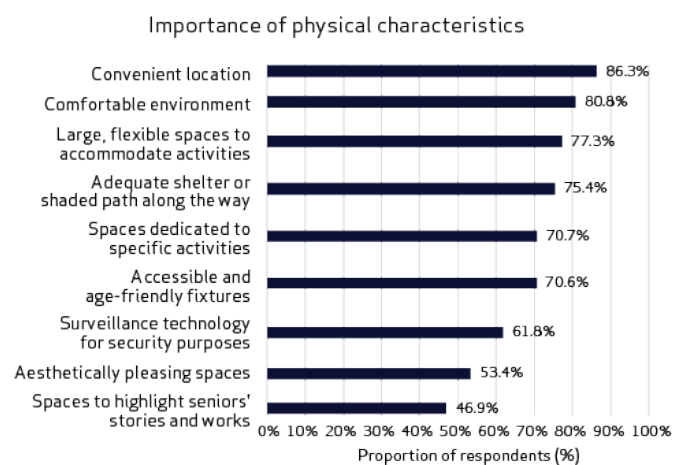
In this newsletter, we share with you findings on older adult perceptions of Active Ageing Centres. We also share more about the upcoming changes to the survey after June 2025!

Research Snippet

In January 2025, we asked you about your awareness, participation and perception of Active Ageing Centres (AACs). AACs are go-to points for Singapore Citizens and Permanent Residents aged 60 and above to build strong social connections, take part in recreational activities, access community health services, and contribute to the community.

We were interested to find out your perceptions towards the physical characteristics, centre offerings and resources, and social resources that may be important to you when considering whether or not to visit an AAC. From the 4,745 respondents who responded to these questions, we found that having the AAC in a convenient location and a comfortable environment (e.g., air-conditioned venue, comfortable seating area) were the physical characteristics that were most important to you, with over 4 in 5 respondents indicating that these characteristics are important.

Figure 1. Proportion of respondents who rated each physical characteristic as important.

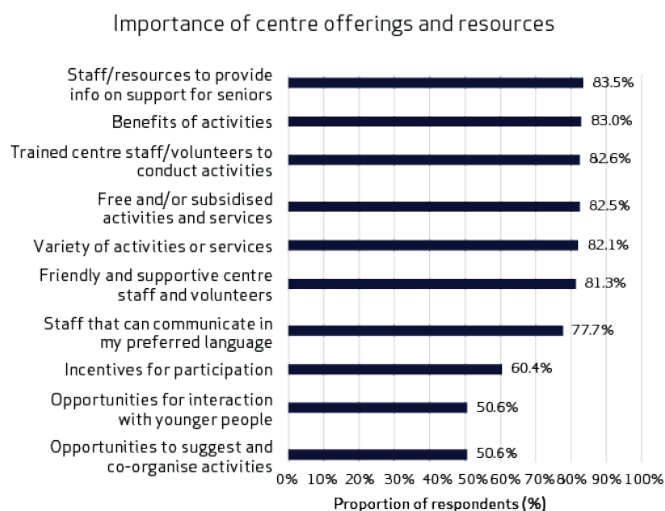


In terms of the centre offerings and resources, over 4 in 5 respondents indicated that the following were important to them: presence of staff or resources to provide information on support available for seniors, benefits of activities (e.g., learning a new skill), presence of trained centre staff and volunteers to conduct activities, free and/or subsidized activities and services, variety of activities or services, and friendly and supportive centre staff and volunteers.



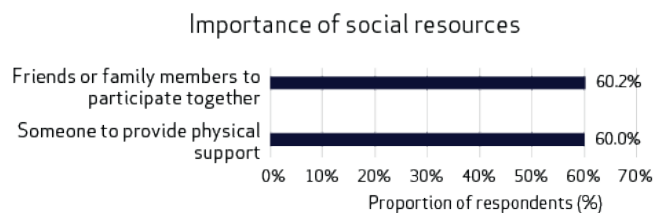
Did you know that staying hydrated can help improve your mood and energy levels? Drinking enough water also aids in digestion, flushes out toxins, and keeps your skin looking fresh and glowing!

Figure 2. Proportion of respondents who rated each centre characteristic as important.



In terms of the social resources, about 3 in 5 respondents felt that having friends or family members to participate in activities together and having someone to provide physical support (e.g., transportation to and from the centre) was important in visiting an AAC.

Figure 3. Proportion of respondents who rated each social resource as important.



This suggests that many of you still prioritise practical considerations such as convenience of location, availability of important information, and benefits of participation as well as personal comfort such as having a comfortable environment and friendly staff at the centre. We will be performing further analysis on the data collected and will be sharing the information with the Agency for Integrated Care (AIC), which initiated this survey module.

Research Study Extension

On 1 July 2020, the Centre for Research on Successful Ageing (ROSA) secured a Ministry of Education Tier 3 Grant to continue conducting research with the Singapore Life Panel for the following 5 years. As we approach the end of this 5-year term, the team at ROSA has been working hard to ensure that the valuable data and insights gathered from your participation continue to contribute to meaningful research on successful ageing.

We are excited to inform you that ROSA has secured an extension for the study till **June 2027**. Your responses remain crucial to shaping our understanding of the factors that promote well-being in older adults and how we can best shape it to promote successful ageing.

In the coming months, you can expect to see some changes to the survey schedule and potentially new questions designed to explore emerging topics related to health and ageing.

Upcoming changes

Starting July 2025, to reduce any fatigue that may have come from completing surveys every month, we will be shifting to a quarterly survey cycle. Going forward, you will be invited to complete surveys in the months of **February, May, August and November**. You may recall these months to contain longer surveys, particularly in the months of February and August. Each survey will now be estimated to take 30-45 minutes to complete, and you will receive a \$30 grocery voucher for the completion of the survey. This change is aimed at creating a more comfortable and sustainable participation experience for you while ensuring we can continue collecting valuable insights for our research. We hope this adjustment will make your participation more convenient and enjoyable moving forward.

From August 2025				
Month	Feb	May	Aug	Nov
Compensation	\$30	\$30	\$30	\$30
Average Time (mins)	45	45	45	45

Due to these changes, we will be asking you to provide your consent to continue participating in this study in **August 2025**. If you wish to continue participating, simply click “Yes, I am willing to participate” when prompted at the start of the survey.

In addition to the main surveys, we are also working closely with our partners to introduce additional questions on emerging topics of interest. These questions may be fielded alongside the main surveys, or separately as standalone surveys. We hope that you will find these questions interesting and relevant to you.

Thank you for participating with us these past few years! We deeply appreciate your participation with us and hope that you will be able to continue with us on our journey. Your answers are most valuable to us and have enabled us to better understand and contribute to the ageing landscape in Singapore and we look forward to continuing this study with you in the next two years. If you have any questions or concerns regarding this, please do not hesitate to contact us.

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.



Did you know that good sleep is just as important for your health as exercise and eating a balanced diet? It helps your body repair and regenerate, improves memory and concentration, and strengthens your immune system.

