

In this second issue of the ROSA newsletter we bring you updates on our inaugural Policy Roundtable, present findings from the July and August waves of the Singapore Life Panel® (SLP), as well as introduce two special members of the ROSA team - our Deputy Directors.

ROSA Roundtable Digest: Examining COVID-19's Impact



ROSA held its first ever Policy Roundtable on the 31st of August 2020 with representatives from various government agencies involved in ageing policy in Singapore. Our Policy Roundtables allow ROSA researchers to meet with policymakers to identify areas where our research might help inform future policy initiatives. Overall, it was a successful event presenting many opportunities for collaboration.

Below are some interesting snippets that were presented:

Managing Personal Health

- Healthcare appointments during the pandemic have not only been cancelled by care providers but also by individuals who feared the possibility of infection.
- Efforts should be made to allay their fears during the pandemic and further compel individuals to manage their health.

Need for Income Insurance

- After the "Circuit Breaker" began, there was a sharp fall in household spending. A loss in income was one of the possible reasons for the fall in expenditure.
- Income insurance was encouraged for those who might have lost incomes during such periods as well as providing income-based subsidies.

Importance of Meaningful Activities

- Time spent on physical and religious activities was associated with higher levels of well-being during the circuit-breaker. This implies the importance of engaging in meaningful activities for well-being as time spent doing nothing, on the other hand, was associated with lower levels of well-being.

The Technological Divide

- Seniors who did not use various communication technologies felt more dissatisfied and socially isolated from the rest of the community, reinforcing the need to develop tech literacy skills amongst older adults.

Research Highlights from August Wave

The August wave of the SLP also uncovered several additional findings that we found interesting:

Who receives care from older adults?

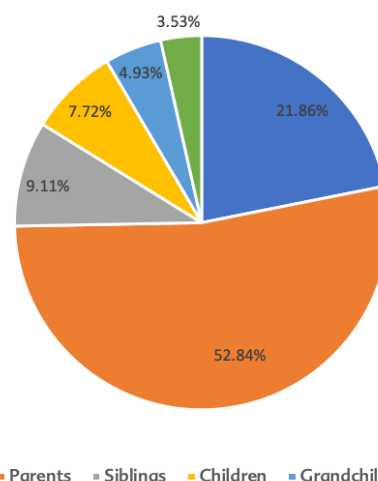


Fig 1: Pie chart showing who our caregiver respondents are caring for

More than half of those who see themselves as caregivers provide care for their parents. This large proportion may be due to Singapore's ageing population, with more older Singaporeans having to take care of their parents into later life. As such, we must be prepared for the future and put measures in place to adequately support our elderly parents into later life.



Fig 2: Higher frequency of neighbourly chatting is correlated with a higher mean life satisfaction

Our findings also suggest that reaching out to our neighbours more and fostering relations with them creates a better environment for us in terms of life satisfaction. It was further observed that our younger respondents tended to interact with neighbours less frequently than our older respondents. We should thus learn from our elders and interact more with our neighbours in order to help us live a more satisfied life!

Presenting ROSA's Deputy Directors

The ROSA team values our relationship with SLP members and would like to introduce different members of our team in every newsletter to allow you to get to know us better. In the future, we hope to feature SLP members as well! In this issue, we shine the spotlight on our Deputy Directors and their passion for what they do.



Dr William Tov, a psychology professor, is investigative by nature. His interest in ageing research is inspired by evidence that adults can develop important skills and abilities even as they get older, and he wishes to challenge the way ageing has been negatively framed. He also hopes his research will produce insights on how to build resilience in all Singaporeans as they age. Outside of work, you can find Dr Will with a cup of coffee in hand, relaxing to reggae and pop hits from the '50s & '60s.



Dr Seonghoon Kim's interests lie in public policy and economics, and in particular, how economic factors and public policy affect older Singaporeans' well-being. He wants to provide policy advice to the government so that Singapore can better prepare for the rapid phase of population ageing and retirement preparedness of older workers. His current work includes the impact evaluation of COVID-19 on older Singaporeans' well-being and CPF policies.

Dates of Surveys

- **November Survey: 1 - 24 November 2020**
- **December Survey: 1 - 27 December 2020**
- **January Survey: 1 - 24 January 2021**

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 (9am to 5pm, Mondays to Fridays) or at slp@smu.edu.sg. We are always happy to hear from you.