

In this issue, we're proud to spotlight the latest research by the ROSA team. Notably, the success of our 3rd ROSA annual symposium, themed "Supporting Active Ageing in Our Communities," aligning with the 2023 Action Plan for Successful Ageing in Singapore. The symposium discussed topics such as economic wellbeing, exploring facets like the essence of work, re-employment, and financial retirement adequacy. We also discussed how transforming the built environment fosters longevity through social inclusivity and mobility. This event underscored ROSA's role as a platform uniting policy makers, academics, professionals, and the public to discuss practical solutions. We also share other insights and developments demonstrating the significance of your participation in the Singapore Life Panel.

## Singapore Life Panel® Meet-up Sessions in August 2023



*The SLP members who joined us for our August meet-up session.*

In our discussion on combating social isolation among older adults and the Healthier SG initiative, several interesting points were raised. These include a need to (1) foster acceptance and understanding in our modern family living arrangements, (2) diversify available activities for older adults, (3) combat negative connotations of 'ageing' and, (4) promote awareness of the Healthier SG initiative, along with better doctor-patient practices.

## ROSA Staff Feature

Mindy joined ROSA as a Research Assistant in 2021. She assists in the writing of the Centre's internal and external research publications and enjoys the process of communicating ROSA's work to a wider audience. She is inspired by the work ROSA is doing to extend healthy longevity in Singapore. Outside of work, she can be found running around with her children and keeping active through swimming and tennis.



Yiwen joined ROSA as a Research Fellow in 2023. He primarily conducts research for ROSA, focusing on both academic and non-academic publications. Yiwen is driven to advance ROSA's mission of examining contemporary trends in aging to enhance our research footprint. He is enthusiastic about exploring advanced research methodologies that contribute to ROSA's research endeavours.



## Research Snippet

ROSA's research briefs showcase insights derived from the data contributed by you as a valued member of the Singapore Life Panel. These research briefs can be downloaded from the ROSA website and serve to inform policy makers and the broader public about pertinent findings related to healthy longevity and ageing. In this issue, we share the key highlights from the 3 most recent research briefs.

### Neighbourhood satisfaction

Here we explore how the diverse physical and social elements contribute to overall satisfaction within neighbourhoods. As shown in Figure 1 and Figure 2, we found those residing in neighbourhoods with 6 or more amenities (i.e., eateries, clinics, community centres, etc.) within walking distance were more satisfied with their neighbourhood. This was especially the case for those who live near greenspaces or parks, who reported higher levels of satisfaction. Also, only 1 in 10 indicated they knew most or all their nearby neighbours by name, as shown in Figure 3. Meaning, we found that there is an indication of limited social activity among some of our respondents. However, satisfaction and social connectedness may differ according to age and housing type. Policies should encourage neighbourhood interactions among older adults from diverse backgrounds and address social connectedness by diversifying public activities.

Figure 1. Proportion of respondents who are somewhat or very satisfied with their neighbourhood by total number of amenities.

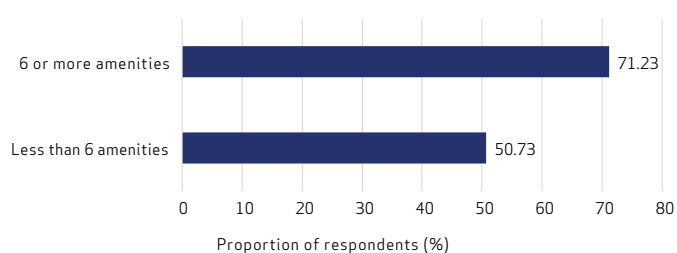


Figure 2. Proportion of respondents who are somewhat or very satisfied with their neighbourhood by presence or absence of parks, greenspaces or exercise spaces.

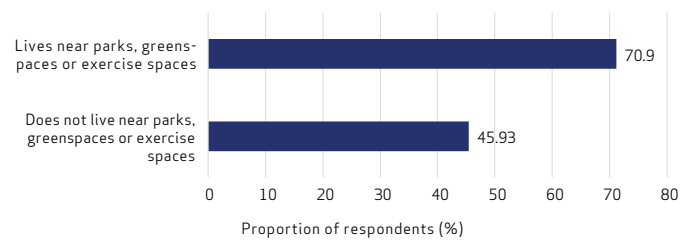
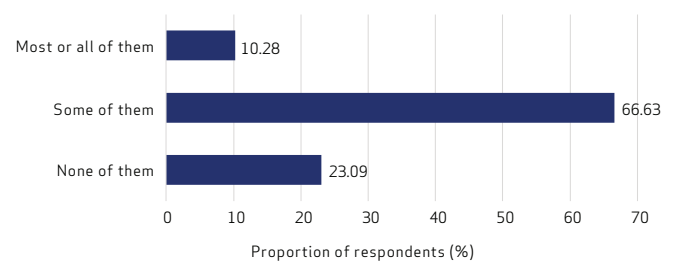


Figure 3. Proportion of respondents who know their nearby neighbours by name.



### Determinants of life satisfaction

We utilised an advanced machine learning method to examine potential causes of life satisfaction among older adults. We found that four domains; sense of meaning and purpose, satisfaction with daily activities, satisfaction with economic situation and health satisfaction, were most associated with overall life satisfaction. We also found that having a sense of meaning and purpose may act as a pre-requisite to influence economic and life satisfaction. We also conducted further computer simulations to study the impact of interventions on life satisfaction when targeting specific domains. For instance, if there were interventions that could enhance perceived health satisfaction, this may also lead to an increase in life satisfaction. Policies should consider the importance of subjective perceptions of life satisfactions when formulating policies about wellbeing. Furthermore, agencies and ministries need to work in tandem, to integrate health, economics and other social activities to enhance the wellbeing of older adults. Finally, the importance of accounting for meaning and purpose has far-reaching implications for life satisfaction among older adults.

Figure 4. Four fundamental domains influencing life satisfaction among older adults.



## 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](mailto:slp@smu.edu.sg). We are always happy to hear from you.

## Pioneer, Merdeka, and Majulah Packages

In this report, we compare three generational groups: the Pioneer Generation, Merdeka Generation, and the Majulah Generation, with a particular focus on their financial status, demographics, health, and retirement characteristics. This is in line with the new 'young seniors' and aligned with objectives of the Majulah Package – an initiative to bolster economic stability by extending the workforce. As expected, older cohorts, who are more likely to work less or contend with chronic health issues, exhibit lower income levels, potentially resulting in reduced spending power. Approximately 21.5% of respondents have a retirement plan, while about 22.8% do not. Meanwhile about 50.5% have some form of retirement plan, but they feel it may not be as robust. This research sheds light on critical demographic trends and financial dynamics among these generational groups, offering valuable insights for policymakers and stakeholders.

Figure 5. Proportion of young seniors with or without a retirement plan in January 2023 (n=2,246).

