

In this newsletter, we share with you our new findings on ageing-in-place perceptions amongst older adults in recent months. We also share insights from our latest research brief on activity participation and well-being, as well as our recent meet-ups with some of the Singapore Life Panel® (SLP) members.

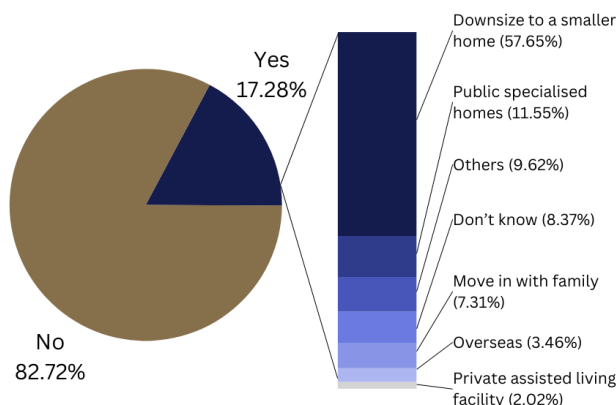
Research Highlights

Ageing-in-place

In September, we asked you some questions related to ageing-in-place. Ageing-in-place refers to the ability to continue living in one's own home safely, independently, and comfortably, to foster a sense of continuity and belonging in one's surroundings and community. Recent initiatives by the government such as the Age Well SG programme have also been targeting at encouraging active ageing and improving older adults' environment and care support to facilitate ageing-in-place.

We found that 1,039 of 6,013 respondents (17.28%) indicated that they intend to move out of their current home in the future, while 4,974 respondents (82.72%) indicated that they do not intend to do so. Of those who intended to move out in the future, a majority of them (57.65%) indicated that they plan to downsize to a smaller home. Other potential future living arrangements include public specialised homes for seniors (11.55%) and moving in with family (7.31%).

Do you intend to move out of your current home in the future?



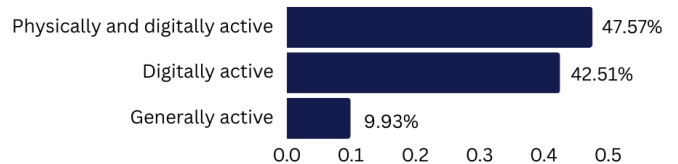
As ageing-in-place becomes an increasingly pertinent topic in our ageing society, we hope to further our research efforts to better understand the needs of older adults and how society can better support these needs.

Activity participation and well-being

Active engagement in life has long been recognised as an important aspect of successful ageing. In our recent study, we identified patterns of activity participation among older adults, as well as how these may be related to their well-being. We identified three types of activity participation among respondents: (i) generally active – respondents who were likely to participate frequently in all eight listed activities, (ii) physically and digitally active – respondents who were likely to engage with physical activities, spend time outdoors, and digitally connect with others, and (iii) digitally active – respondents who were only likely to digitally connect with others.

The graph below illustrates the distribution of activity participation types and the activities that each group were more likely to participate in.

Distribution of activity participation types among SLP respondents



We also found that respondents who were generally active were more likely to experience greater life satisfaction than the other two groups, and those who were physically and digitally active were also more likely to experience greater life satisfaction than those who were only digitally active. These findings suggest that participating in a variety of activities, including social, physical and digital, can be beneficial for the well-being of older adults.

Recent SLP Meet-ups



In June and August, we invited you to join us for the SLP Meet-ups and discussed how we can better prepare Singapore's infrastructure to support ageing-in-place. SLP members shared what they believed would be essential for older adults to age-in-place successfully; for instance, medical clinics, accessible transportation, and social activities for older adults to participate in. SLP members also suggested that having more age-friendly infrastructure in the neighbourhood, such as lifts and wheelchair ramps, would increase the accessibility of neighbourhood amenities for older adults who face mobility challenges and encourage them to engage more with their community.

In addition to the availability of amenities, SLP members also proposed raising awareness of community ageing-in-place services within the neighbourhood so that residents can fully utilise the services provided to support the ageing-in-place process.

These meet-up sessions serve as an opportunity for us to better understand your sentiments regarding important issues surrounding ageing beyond your survey responses, and we hope to continue engaging with you in the coming SLP Meet-ups!

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.