



JOINT MEDIA FACTSHEET

Residents Invited to Co-create New Solutions to Promote Healthy Ageing in the Health District @ Queenstown

From senior-friendly gyms to remote health monitoring devices at home, members of the public can provide their views to these new proposed solutions that can help them lead more active and healthier lifestyles, at the “Promoting Healthy Ageing Together” showcase at 164A Stirling Road from 9 to 11 Jul 2022.

2 The showcase is located within the Health District @ Queenstown, a collaboration by the Housing & Development Board (HDB), the National University Health System (NUHS) and the National University of Singapore (NUS), to develop various initiatives to encourage residents to live healthily within the community. The Health District is overseen by Senior Minister of State for National Development and Communications and Information, Mr Tan Kiat How, together with Senior Parliamentary Secretary, Ministry of Health, and Ministry of Communications and Information, Ms Rahayu Mahzam, and Senior Parliamentary Secretary, Ministry of Culture, Community and Youth, and Ministry of Social and Family Development, Mr Eric Chua.

About the Health District @ Queenstown

3 Announced in October 2021, the Health District is a multi-stakeholder collaboration involving many agencies and partners from the public, private and people sectors. It aims to leverage the diverse expertise of partners to create integrated solutions to enhance the health and well-being of Queenstown residents across their life stages. This will be done via integrated planning and evidence-based design, as well as community-driven programmes to support residents in leading healthier and more fulfilling lives.

“Promoting Healthy Ageing Together” Showcase

4 To gather feedback from residents and fine-tune the solutions for implementation, HDB has organised the “Promoting Healthy Ageing Together” showcase, with participation from the Agency for Integrated Care (AIC), GovTech, Lions Befrienders (LB), MOH Office for Healthcare Transformation (MOHT), NUHS, Public Service Division (PSD), Smart Nation & Digital Government Office (SNDGO), and Sport Singapore (SportSG). They will be showcasing a number of small-scale quick prototypes and pilots intended to serve older residents at different stages of frailty. A key element of the event is to engage with seniors and involve them in shaping future proposals and applications, by understanding their needs and responses to the proposals that would be showcased.

5 The showcase aims to explore how we can leverage urban design, technology and science-backed programmes to promote more years of good health for all. It features initiatives ranging from helping older residents stay physically active, to programmes designed to reduce the risk of severe diseases and disabilities, under three themes:

Theme 1: “Let’s Exercise & Grow Stronger!”

Theme 2: “Let’s Build Our Community!”; and

Theme 3: “Let’s Stay Healthy!”

Theme 1: Let’s Exercise & Grow Stronger!

6 Physical activity plays an important role in promoting health and wellness. Particularly for the seniors, adequate physical activity will improve their overall wellbeing, enhance functional mobility and prevent age-related muscle loss. To this end, SportSG and Lions Befrienders aim to raise awareness of how activities can be incorporated into daily living, so that seniors can continue to be fit and mobile.

(i) Active Health & Adapted Sports

7 At the “Active Health & Adapted Sports” booth, seniors can get a preview of the first Active Health Fitness Trail along Mei Ling Street and learn how to incorporate simple strength and balance exercises into their walking routines by accredited Active Health Coaches. Slated to launch in 2023, this Exercise is Medicine Singapore (EIMS) compliant trail will feature new fitness equipment to improve strength, mobility, flexibility and balance, supported by SportSG’s programmatic efforts. Health and fitness resources will also be displayed on multilingual totem boards located along the trail.



Residents can learn to incorporate strength and balance exercises into their walking routines

8 Measuring is Knowing! Seniors can also measure up at the Active Health Sarcopenia screening station and try out adapted sports and activities such as Seated Floorball, Floor Curling and Square Stepping with their friends, family members and neighbours.

9 Through the above initiatives, SportSG aims to help seniors meet the Singapore Physical Activity Guidelines (SPAG) to engage in multi-component physical activity that emphasizes strength and functional balance at least 3 days of the week at a moderate-intensity or greater.

(ii) Gym Tonic

10 Beyond outdoor fitness trails and exercises, seniors can also find out more about training programmes to enhance their physical fitness. Gym Tonic is a strength training programme that Lions' Befrienders intends to introduce as part of the Health District @ Queenstown project. Participants will use state-of-the-art senior-friendly gym machines that are specially designed for older residents to work out while tracking their fitness and progress.



Seniors can improve their strength and prevent muscle loss using the specially designed gym equipment provided under Gym Tonic

Theme 2: Let's Build our Community!

(iii) Community Improvement Walk

11 Creating an accessible, inclusive and user-friendly environment for all ages will help seniors to remain active and engaged in the community more easily. In March 2022, the Community Improvement Walk led by MOHT was conducted in the Mei Ling and Stirling areas to identify areas of improvement to create an age-friendly neighbourhood. Queenstown residents were invited to share their views on how to improve, rejuvenate and re-imagine the neighbourhood during the Community Improvement Walk.



Residents provided feedback on how to improve accessibility and connectivity during the Community Improvement Walk in the Mei Ling and Stirling areas.

12 Key insights and feedback from the Community Improvement Walks have been reviewed by the relevant agencies, and a few key improvement ideas have been prioritized and we hope to continue seeking residents' views and preferences before we implement them in the neighbourhood. For example, at today's showcase, we sought residents' support on some of the preliminary ideas for improvements in the neighbourhood. With the support of residents, we look forward to implementing these enhancements this year.

Theme 3: Let's Stay Healthy!

13 Residents can stay healthy by adopting preventive health measures that help reduce the risk of severe disease and disability. Along with innovations in care delivery, seniors with chronic health conditions like high blood pressure, high cholesterol and diabetes can be cared for and supported at home, allowing them to age-in-place.

(iv) My Health Map

14 My Health Map is a health management plan developed by NUHS which improves access to preventive health services by enabling residents to keep track of their recommended age-appropriate health screenings and vaccinations. Screenings will also be conducted closer to the homes of residents. NUHS will work closely with partners such as AIC and the Lions Befrienders Service Association in Queenstown to actively onboard the residents to onto the programme.

15 At the showcase, residents will be able to find out how they can benefit from My Health Map. Residents can also sign up for My Health Map on the spot, via the OneNUHS app.



OneNUHS App Features

- + Manage your appointments and pay on the go
 - APPOINTMENTS**
 - Book, reschedule or cancel
 - Register before arriving at the clinic
 - PAYMENTS**
 - View and pay bills at your convenience
- + Request for medication refill and medical reports
 - MEDICATION REFILL**
 - Top-up your medication wherever, whenever
 - MEDICAL REPORT**
 - Purchase and download your medical reports directly from the app
- + Help your loved ones manage their care
 - CAREGIVER CONSENT**
 - Manage NUHS services for your children and dependents
- + View your health reports anytime, anywhere
 - LAB TEST RESULTS**
 - View selected laboratory test results from the past 3 years
 - PRESCRIBED MEDICATION**
 - Check your prescription records and drug information
 - IMMUNISATION RECORDS**
 - Access both your personal and your dependent's immunisation records

Residents of Queenstown are encouraged to sign up for the My Health Map programme via the OneNUHS app, to take active steps to enhance their health and overall well-being.

(v) Care at Home

16 For residents with stable chronic medical conditions, NUHS will work with community partners such as the Lions Befrienders, General Practitioners and other social care and community care providers as a Community Care Team Network to bring care and support services to their homes. Assisted by technology such as touch screen devices placed in residents' homes, the Community Care Team will remind residents to take their medication and alert them on their upcoming medical appointments. In-home sensors can be used to monitor vital signs such as breathing and heart rate. Residents can also use the touch screen devices to readily access health coaching and tips. Follow-up medical appointments with Queenstown Polyclinic may also be conducted via video teleconsultation for suitable patients at home, saving older residents time, while ensuring they continue to receive the necessary care required.



Teleconsultation at home with a Healthcare Professional from NUHS. This helps to ensure that older residents have access to the care they need to manage their chronic health conditions

17 NUHS and its partners will study the feedback gathered at the showcase and continue to further refine the programmes which are expected to be progressively implemented over the next few years.

Second Community Care Apartments (CCAs) pilot in Queenstown

18 Besides implementing programmes to promote healthy living, agencies will also continue to support more seniors to age independently in their silver years within the community. To this end, HDB will be launching the second Community Care Apartments (CCAs) pilot later this year in the Health District. With Alexandra Hospital in proximity, medical and healthcare services will be seamlessly incorporated into the care model for residents. About 200 CCA units will be offered in the project, along with other flat types. There will be common facilities such as roof gardens, fitness stations and community living rooms, to promote social interactions between all residents. More details will be shared in due course.

19 The CCA is a public housing assisted living concept jointly developed by HDB, MND and MOH, to expand the continuum of residential options for seniors. It integrates senior-friendly housing with care services that can be scaled according to individual care needs, with the aim of better supporting seniors to age in place independently. Beyond the senior-friendly flat features and customisable care services, there will also be communal spaces on each floor for residents to build meaningful social networks and stay engaged with the community.

A Long-term Project with Potential to Scale Initiatives to Other Parts of Singapore

20 We will continue to work with various stakeholders to formulate solutions that can enhance the physical, social, and mental well-being of residents. In the past few months, agencies have been engaging stakeholders, including residents. For example, in partnership with the Lions Befrienders and People's Association, NUS held the GeronTech Showcase in the Health District in April 2022, where prototypes of gerontechnology were exhibited. About 200 residents provided feedback on the prototypes, which will be finetuned further.

21 In addition, the Health District's International Advisory Panel (IAP) in April 2022 discussed ways to achieve the goals of the Health District based on international benchmarks and best practices. Noting that the Health District is an important long-term project that builds on earlier efforts, the IAP emphasized the importance of reaching out to residents to understand their needs and priorities, and to work with them to co-design programmes that are effective and sustainable.

22 As infrastructure projects and the improvement of health outcomes require time, the Health District is intended to be a long-term project that will take many years to realise its full potential. We remain committed to enhancing the well-being of residents through good design and community programmes that can be implemented sustainably and scaled across Singapore to meet the evolving needs of our population.

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