



Tan Tock Seng
HOSPITAL

IGA
Institute of Geriatrics
and Active Ageing

5 YEAR
REPORT

2013 - 2018





“

People who live by the character ethic have strong roots, deep roots. They withstand the stresses of life, and they keep growing and progressing.

”

- Stephen R. Covey

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WHO WE ARE

The Institute of Geriatrics and Active Ageing (IGA) was officially established in 2013, to be at the forefront of Tan Tock Seng Hospital's expansion of research and training initiatives to serve our rapidly ageing population.



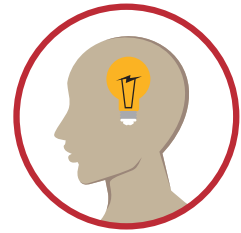
OUR VISION

To be the leader in Geriatrics Research and Education, so as to enable the delivery of holistic care, person-centric health, independence, safety and quality of life of older persons.



OUR MISSION

We strive for excellence in serving our ageing population through geriatrics research, innovation and education, underpinned by dedicated leadership, valued collaborations and strong commitment to our community.



OUR VALUES

We aim to develop better people to deliver better care and together, build a better community for our older persons.

OUR LEADERSHIP



**Associate Professor
Chin Jing Jih**
Director



**Associate Professor
Lim Wee Shiong**
Research Lead



**Dr Ravinder
Sachdev Singh**
Innovation Lead



Dr Loh Yong Joo
Innovation Co-Lead



**Associate Professor
Wong Wei Chin**
Education Lead



Dr Joanne Kua
Education Co-Lead

IGA'S RESEARCH



GERI-LABS Appreciation-Education Forum, October 2016.

Giving back to our participants and community is a firm belief of one of our pivotal research projects GERI-LABS, in appreciation of their generosity, trust and support for our study. Through the interactive forum, we presented project updates and findings to research participants, with supplements of educational and practical health information.

IGA's Research

Strategically nestled within the largest geriatrics practice in Singapore to serve the central population of Singapore, our interdisciplinary research aspires to build capabilities towards rigorous, relevant and evidence-based practice, to ultimately influence and improve clinical practice and care.



Areas of Focus



Ageing Well



Ageing Brain



**Frailty/
Sarcopenia**



**Health
Professions
Education**



**“ Learn character from trees,
values from roots,
and change from leaves. ”**



Tasneem Hameed



OUR ACHIEVEMENTS: RESEARCH GRANTS

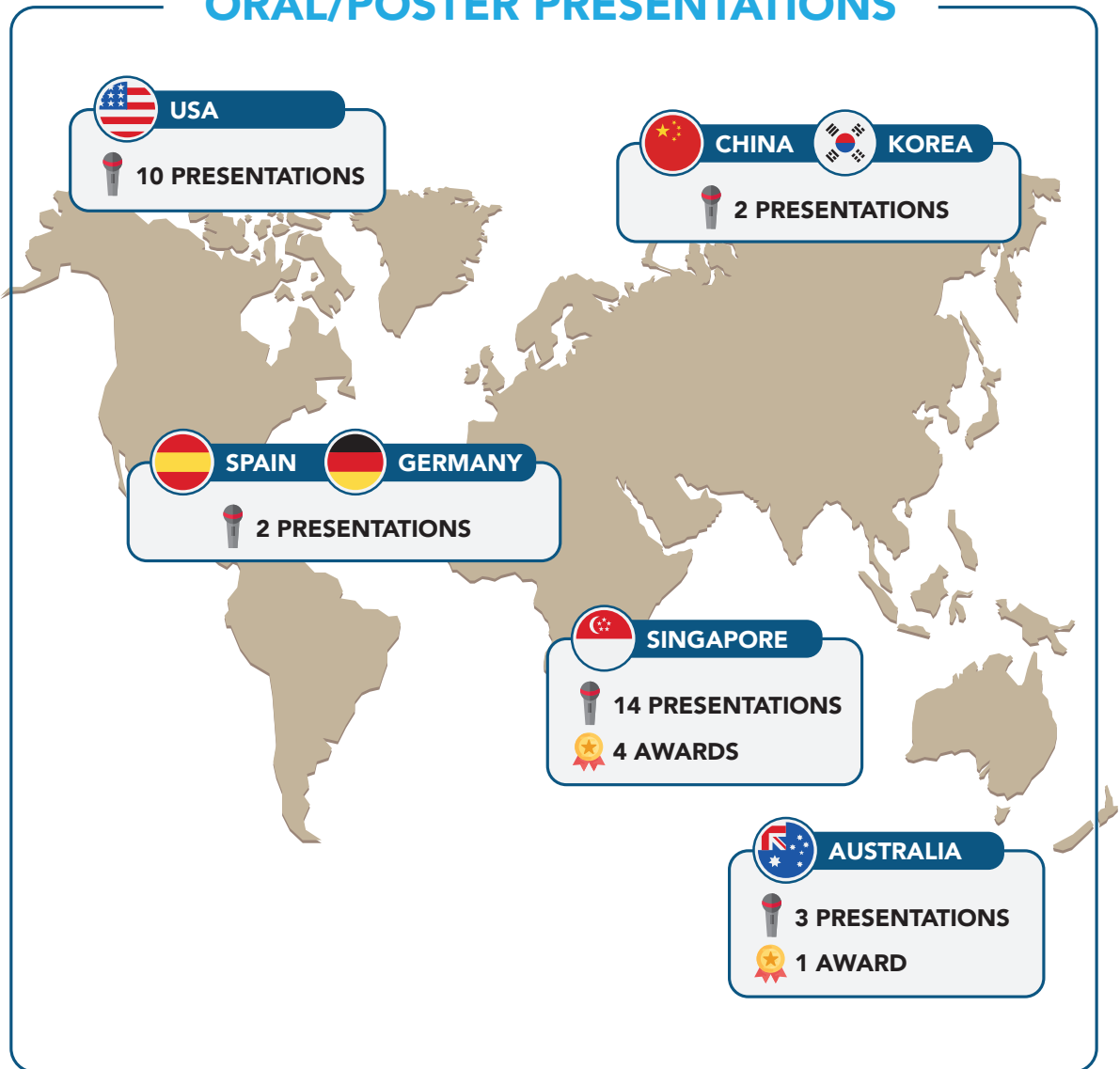
Research Study	Awarding Agency	Grant Amount	Project Duration
SAIF: An End-to-end System for Assessment and Intervention of Frailty	Ministry of Health (MOH) National Innovation Challenge (NIC) on Active and Confident Ageing, Healthy Ageing Innovation Grant Call	\$1,409,677	3 years
Longitudinal Assessment of Biomarkers for characterisation of early Sarcopenia and Osteosarcopenic Obesity in predicting frailty and functional decline in community-dwelling Asian older adults study (GERI-LABS 2)	Philanthropic	\$2,000,000	5 years
Longitudinal Assessment of Biomarkers for characterisation of early Sarcopenia and predicting frailty and functional decline in community-dwelling Asian older adults study (GERI-LABS)			
Affordable in-situ patient weight sensor measurement system for hospital beds	Ng Teng Fong Healthcare Innovation Programme	\$75,000	2 years
Emergency Department Interventions for the Frail Elderly (EDIFY)	Ng Teng Fong Healthcare Innovation Programme	\$198,342	2 years
Development of an Immersive Dual Task Training and Assessment Platform for Older Adults	Ng Teng Fong Healthcare Innovation Programme and Nanyang Polytechnic	\$21,800	1.5 years
Investigating the Reliability of a Self-reported Mobility Assessment Tool for Purpose of Early Detection of Functional Decline in Community-dwelling Older Adults	Ministry of Health	\$21,690	1 years
ADL+: A Digital Toolkit for Cognitive Assessment and Intervention	MOH NIC, Cognition Grant Call	\$2,114,398	3 years
Modelling and Optimising Home Care and Caregiving Services for the Elderly	MOH NIC, Care-at-Home Grant Call	\$1,955,933	3 years
Developing a Mastery-centric Assessment of at-risk Caregivers of Hospitalised Frail Elderly	National Healthcare Group	\$176,900	3 years
Targeting Frailty through a Combined Nutritional Intervention and Physical Exercise Programme to Prevent Disability and Functional Decline in Community-dwelling Older Fallers: A Pilot Randomised Clinical Trial	National Healthcare Group	\$89,575	3 years



GERI-LABS: OUR LANDMARK STUDY

Our GERI-LABS 1 and 2 studies have created a strong foothold in raising awareness of sarcopenia and frailty, and more recently, osteosarcopenic obesity. Following through our Asian cohorts of community-dwelling older adults, we are excited to push the frontiers of knowledge and shape future developments in this emerging field.

ORAL/POSTER PRESENTATIONS





GERI-LABS: AWARDS

SCIENTIFIC AWARDS



Best Allied Health Poster Award (Gold)

Ms Audrey Yeo

Combined impact of sarcopenia and frailty on health-related Quality of Life. *Singapore Health and Biomedical Congress 2018.*



Best Oral Presentation – Clinical Services

A/Prof Lim Wee Shiong

Construct and predictive validity of SARC-F as a risk assessment community screening tool for sarcopenia.

Australian and New Zealand Society for Sarcopenia and Frailty Research 2017.



Young Investigator Award

Dr Yang Yuxin

MRI estimation of intermuscular fat density in thigh in a sarcopenia population correlation with physical performance.

RadiologyAsia 2017.



Best Poster Award (Bronze)

Ms Suzanne Yew

Examining the impact of nutrition on physical performance and sarcopenia in functionally independent community-dwelling older adults.

Asia Pacific Geriatrics Conference 2017.



Young Investigator Award – Clinical Research (Gold)

Dr Laura Tay

Inflammation and the interaction between anabolic-catabolic pathways in sarcopenia.

Singapore Health and Biomedical Congress 2014.



GERI-LABS: PUBLICATIONS

1. Lim WS, Tay L, Yeo A, Yew S, Hafizah N, Ding YY. Modulating Effect of Contextual Factors on Factor Structure and Reliability of SARC-F. *Journal of the American Medical Directors Association.* 2018;19(6):551-3.
2. Yang YX, Chong MS, Lim WS, Tay L, Yew S, Yeo A and Tan CH. Validity of estimating muscle and fat volume from a single MRI section in older adults with sarcopenia and sarcopenic obesity. *Clinical Radiology.* 2017;72(5):427.e9-.e14.
3. Yang YX, Chong MS, Tay L, Yew S, Yeo A and Tan CH. Automated assessment of thigh composition using machine learning for Dixon magnetic resonance images. *Magnetic Resonance Materials in Physics, Biology and Medicine.* 2016;29(5):723-31.
4. Tay L, Ding YY, Leung BP, Ismail NH, Yeo A, Yew S, Tay K, Tan C and Chong MS. Sex-specific differences in risk factors for sarcopenia amongst community-dwelling older adults. *Age.* 2015;37(6):121.
5. Lim JP, Leung BP, Ding YY, Tay L, Ismail NH, Yeo A, Yew S and Chong MS. Monocyte chemoattractant protein-1: a proinflammatory cytokine elevated in sarcopenic obesity. *Clinical Interventions in Aging.* 2015;10:605-9.
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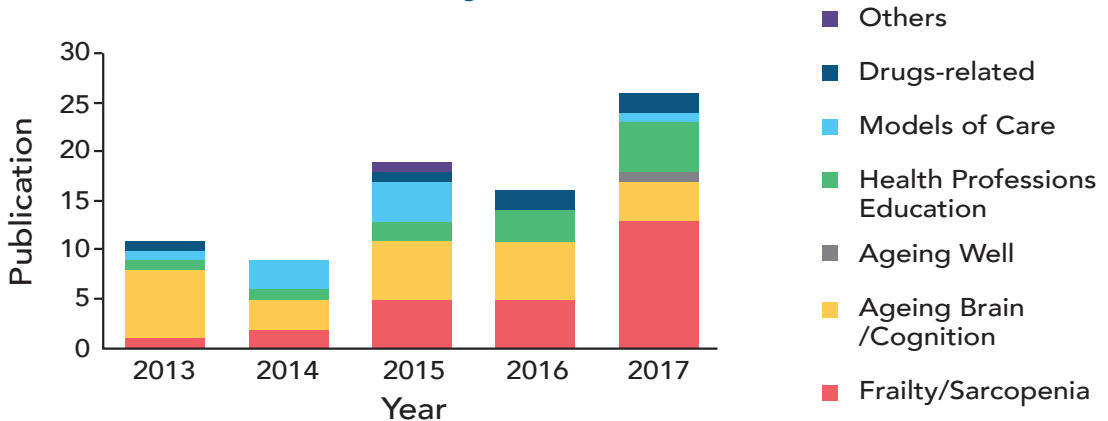
17 other articles related to GERI-LABS have also been published in respected international journals.



OUR RESEARCH PUBLICATIONS

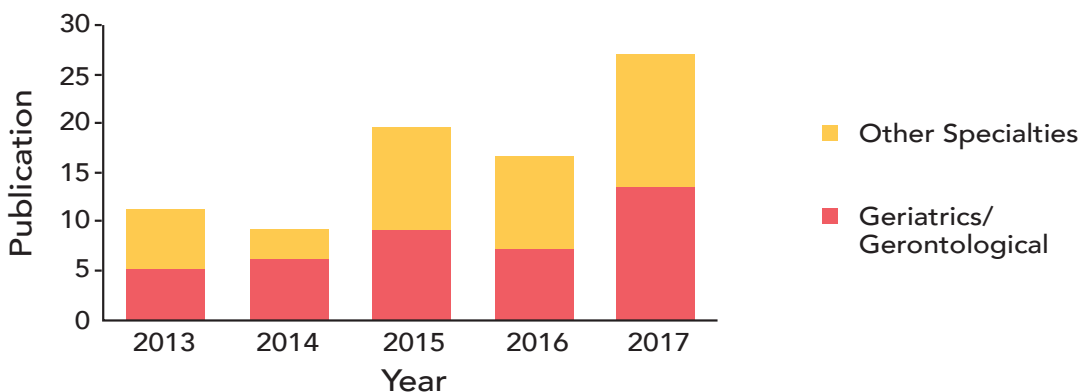
Amidst competing demands of clinical care, educator and administrator roles, our research output displays a steady increase in the number of publications, in many top-ranked geriatrics and gerontology journals.

Publications by Year



Aligned with IGA's strategic growth, valuable collaborations with local and international partners pave the way for multidisciplinary and interdisciplinary research, striking a positive balance of publications from geriatrics/gerontological field and other specialties.

First Authorship





OUR RESEARCH PUBLICATIONS

2018

Chan EY, Glass G, Chua KC, Ali N, Lim WS. Relationship between Mastery and Caregiving Competence in Protecting against Burden, Anxiety and Depression among Caregivers of Frail Older Adults. *The Journal of Nutrition, Health and Aging*. 2018;22(10):1238-45.

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OUR RESEARCH PUBLICATIONS

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IGA'S INNOVATION

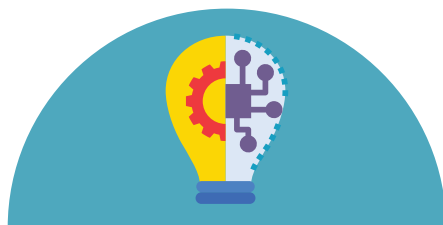


MOU Signing Ceremony, July 2014.

A Memorandum of Understanding (MOU) was inked between IGA and one of our key collaborators, Joint NTU-UBC Research Centre of Excellence in Active Living for the Elderly (LILY). Merging clinical and technical expertise and steered by strong leadership, we sealed this harmonious partnership in the many years to come.

IGA's Innovation

Harnessing on the strengths and synergy of respected collaborations with like-minded scientists, academia, engineers and industry partners, we drive innovation through gerontechnology to enhance opportunities for and aspirations of older persons.



Areas of Focus



Enabling Health



Connecting Older Persons



Workforce Productivity



Ageing -in-Place



“

We can learn a lot from trees: they're always grounded but never stop reaching heavenward.

”

Alexander Pope



OUR PARTNERS



Joint NTU-UBC Research Centre of Excellence
in Active Living for the Elderly

The Joint NTU-UBC Research Centre of Excellence in Active Living for the Elderly (LILY) is a world-class research centre focused in the design of computing technologies that help older adults enjoy an active and independent lifestyle.

Together with LILY, IGA has been awarded two national grants under the Ministry of Health (MOH) National Innovation Challenge (NIC) on Active and Confident Ageing, on cognition and frailty respectively.



Ageing Research Institute
for Society and Education

Supporting multidisciplinary and interdisciplinary ageing-related research, programmes and activities, Ageing Research Institute for Society & Education (ARISE) is a pan-university institute that coordinates and synergises efforts across NTU, towards empowering the ageing community.



Harnessing on the close relationship TTSH has forged with Nanyang Polytechnic (NYP) over the years, the TTSH-NYP Joint Grant Programme was established in FY2016 to drive innovation targeting our ageing population.

Since inception with funding and support from both institutions, the Joint Grant has awarded several noteworthy projects through IGA as grant secretariat, succeeding numerous collaborative opportunities across TTSH clinical departments and NYP schools.

IGA'S EDUCATION



Active Ageing Day, September 2018.

From infants to 80 year olds, more than 300 participants and volunteers got moving in our walkathon and mass exercise during our inaugural Active Ageing Day event at Marina Barrage. Intergenerational bonding was encouraged and exhibited through our photo contest, against the scenic backdrop.

IGA's Education

From the development of infrastructure and expertise to propagation of evidence-based practices, our educational efforts strive to equip, engage, enable and empower different stakeholders towards our unified vision of improving the quality of life of older persons.



Areas of Focus



Healthcare Professionals



**Patients/
Caregivers**



Active Agers



General Public



“

**Education forms the common mind.
Just as the twig is bent,
the tree's inclined.** ”

”

Everett Mamor



OUR REACH: HEALTHCARE PROFESSIONALS

INTENSIVE PRACTICAL COURSE IN DELIRIUM AND DEMENTIA CARE



7 RUNS



202 PARTICIPANTS

Delivered by our multidisciplinary local experts, our Intensive Practical Course in Delirium and Dementia Care aims to build capabilities in healthcare professionals with skills and knowledge necessary to care for our dementia/delirium population.



MEDICINE IN THE OLDER ADULTS MASTERCLASS



5 RUNS



209 PARTICIPANTS

Focusing on topics pertinent to older adults, our Medicine in the Older Adults Masterclass workshop is designed to equip doctors with current and best practices in geriatric medicine, inculcating better appreciation and care delivery for older patients.





OUR REACH: PATIENTS & CAREGIVERS

AGECARE WORKSHOPS



4 SERIES



505 PARTICIPANTS

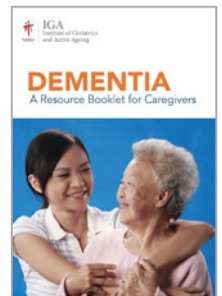
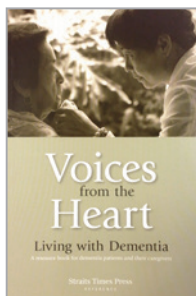
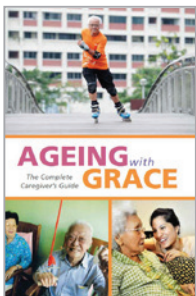
Our series of AgeCare workshops strive to provide older patients with practical tips on taking charge of their health, and equip family caregivers of older adults with competence and confidence in optimising support for their loved ones.



OUR EDUCATIONAL RESOURCES

In collaboration with our clinicians and partners, IGA has developed multiple educational resources beneficial to patients and caregivers.

Putting together the minds and hearts of healthcare professionals intimately involved in the care of older adults, it is with confidence the resources function as practical tools in a local context, towards betterment of quality of life for our older persons.





OUR REACH: ACTIVE AGERS

GRACE PROGRAMME



3 RUNS



33 PARTICIPANTS

Befitting IGA's name and mission, we develop the Ageing with Meaning: Gradual Retirement Activities for the Community Elderly (GRACE) programme, in challenging and empowering participants to attain mastery of active ageing concepts towards becoming ambassadors of active ageing.

Anchored by geriatricians and facilitated by healthcare professionals, the GRACE programme provides in-depth coverage of pertinent topics including cognition, nutrition and spirituality among others, augmented by an individualised health plan and exercise prescription.

ACTIVE AGEING DAY



335 PARTICIPANTS

Our inaugural Active Ageing Day in 2018 celebrated the positivity of ageing in a fun and safe manner whole-heartedly, in conjunction with the Active Ageing week campaigned by the International Council of Active Ageing, Canada.

Themed Go4Life, the four activation pillars of Physical Activities, Nutrition, Volunteerism and Intergenerational Activities were illustrated through a walkathon complemented by healthy food and fruits, showcasing an impossible feat without committed volunteers and families exuding intergenerational bonding! Take-home message: We can all age actively in our own creative ways!





OUR REACH: GENERAL PUBLIC

COMMUNITY OUTREACH



10 EVENTS



5286 PARTICIPANTS

Serving as a springboard for community educational outreach, our annual Falls Awareness Day and World Alzheimer's Day aim to heighten awareness of falls and dementia among the general public, including the young.

Organised by a comprehensive multidisciplinary team of doctors, nurses and allied health professionals, these events offer a holistic perspective of preventive strategies relating to falls and dementia.

Collaborations with community partners have provided valuable connections to residents in various parts of Central Singapore, as we progress collectively towards a better community for our older persons.



COMMUNITY EFFORT



Photo source: TODAY Online

In collaboration with the Ministry of Health (MOH), Health Promotion Board (HPB), National Transport Workers' Union, SBS Transit and SMRT Buses, IGA is privileged to be part of the pilot Workplace Health Programme for Bus Captains, launched on 31 July 2015 jointly by then Senior Minister of State for Health and Manpower Dr Amy Khor, and Senior Minister of State for Finance and Transport Mrs Josephine Teo.

Specially tailored for the bus captains, this programme brings healthcare to their doorstep so that this group of mature workers can better manage their health.

Bus captains undergo health and vision screenings, in addition to attending monthly health coaching sessions held at the bus interchanges. Various clinical specialties are assembled to provide domain expertise and guidance for health sessions, with topics ranging from chronic disease management and smoking cessation, nutrition and physical activity, stress management and sleep, to driving ergonomics.

MEDIA RELEASES

Frailty Myths. The Straits Times. 12 June 2018.

MIND & BODY
FRAILTY MYTHS
 Condition is not inevitable with age and should be tackled early
 Wong Wei-Chin and Lim Wai-Shing
 Frailty is not inevitable with age and should be tackled early. It is a complex condition that can be managed with the right approach. Experts advise that frailty is not just about physical weakness but also includes cognitive decline and social isolation. Early intervention through exercise, nutrition, and social engagement can significantly improve outcomes for older adults.

On the job as geriatric nurse: bleak at times, mostly draining, but ultimately fulfilling. Channel NewsAsia. 9 December 2017.

Knowing when to pause: A caregiver's perspective. The Straits Times. 13 October 2017.

Doctors need to be on lookout for caregiver stress. The Straits Times. 12 October 2017.

Research: Maintaining positive attitude is Chinese seniors' secret to longevity. Lianhe Zaobao. 12 October 2017.

调查：保持正面心态是华族高龄者长寿秘诀
 一项由新加坡老龄化研究局进行的调查，通过问卷调查了1000多名65岁及以上的华族长者。结果显示，93%的受访者认为保持积极的心态是长寿的关键。此外，83%的受访者表示，与家人和朋友保持密切联系也是重要的。调查还发现，许多长者通过参与社区活动和志愿服务来保持身心健康。

Patients with dementia fare better at home: study. The Straits Times. 22 September 2017.

Higher quality of life, fewer hospital visits for dementia patients on home care pilot. Channel NewsAsia. 21 September 2017.

A candle burning at both ends: spotting the signs of caregiver burnout. Channel NewsAsia. 13 August 2017.

Healthcare beyond treatment: empowering caregiver. CNA Perspective. 14 June 2017.

Dementia not part of natural ageing process. Berita Harian. 17 May 2017.

Do not neglect physical and mental preparation for old age. Berita Harian. 17 May 2017.

Caregivers of dementia patients are under huge pressure and burn out. Shin Min Daily News. 4 May 2017.

Caregivers of dementia patients need a "vacation" to prevent burn out. Shin Min Daily News. 4 May 2017.

活得好
 文 / 任秀强 zhouqiang@shin.com.sg
压力太致倦怠
 失智病患者看护者
 由于记忆力、失智症患者失去完成较高难度任务的能力，如处理金钱、认路等，严重的，连基本功能，如自行上厕所、冲凉、吃东西，也无法完成。一些患者还可能出现幻觉、幻想。照顾失智症患者极具挑战性，看护者往往面对不少压力，长期下来，可能感到疲惫、甚至崩溃。
 在新加坡，大部分看护病患的责任由成年儿女承担，接着是侄子和孙子。一些成年儿女可能不直接照料病患，但是决策人。许多看护者往往是患病父母的同事，要兼顾自己的家庭，成了夹心人。
 国立健保集团陈笃生医院老年医学与活跃老年学老年医学科高级顾问医生林伟雄教授说，看护者的压力主要可分为三种（以照顾患失智症父母的子女为例）：
 ●角色压力 (role strain)：来自当看护者的需求，如担心不知如何照顾病患，或现有资金不足是否够负担治疗费用。
 ●个人压力 (personal strain)：直接影响看护者，如没有属于自己的时间、睡眠不足，或病患者出门时感到不舒服。
 ●身心已崩溃：压力往往来自看护者本身和周围的人。例如，当父母被诊断患失智症时，感到焦虑，然后担心该怎样照顾才确保病情不恶化。
 在结构较复杂或大家庭里，没参与照料或居住国外的兄弟姐妹和亲戚，可能给予宝贵的资源，例如：“母亲能来更度，你方何没有把她照顾好？”，缺乏实际和精神支援，往往加重看护者的压力。
留意倦怠迹象
 一般上，失智症的病情进展是缓慢的。当病情较轻时，照顾的难度通常没那么高。林伟雄医生建议，看护者应该趁这个时候装备自己，以具备正确的技能和足够的资源。
 随着病情越来越严重，看护者一般会需要更多精力照顾患者，压力也会增加。若看护者感到无法胜任，重大的压力可能引致倦怠 (burn out)。
 倦怠前期明显的迹象，是看护者无法在看护任务找到任何意义，而且，也可能表现在生理上，如没胃口、失眠和慢性疲劳。一些人和世界脱节的疏离感。
 值得注意的是，当看护者开口说“不要再照顾下去”时，往往表示已进入倦怠期了。
 (资料来源：国立健保集团刊物《Lifewise》)
明天预告：失智症看护者该如何避免陷入倦怠期？

Room with antique cupboards allows dementia patients to reflect on old times. Berita Harian. 11 March 2017.

Old can be gold for dementia patients. The Straits Times. 11 March 2017.

Caregivers must take care too. Lifewise. March - April 2017.

Empowering You to Live Healthier. CNA Perspectives. 8 December 2016.

Dementia has no link with ageing. Berita Harian. 30 November 2016.

More support for family life in eldercare. Singapore Tonight. 28 November 2016.

The future of healthcare & you. CNA Perspectives. 16 November 2016.

Facing Dementia Episode 1. Channel NewsAsia. 13 November 2016.

The doctor will see you now - in a new light. The Straits Times. 8 November 2016.

The doctor will see you now - in a new light
 Patients and families can be "activated" to become more proactive in taking charge of their care, working closely with healthcare professionals.
 Mark Chan
 For The Straits Times
 Attention-grabbing "activated" patients and families are becoming proactive healthcare partners. With all going for longevity, Singapore has the potential to become a leading nation in geriatric care. But to do so, it needs to move beyond "waiting for the doctor" to a more proactive approach. Patients and families can be "activated" to become more proactive in taking charge of their care, working closely with healthcare professionals.
 Mark Chan is a geriatrician and a senior consultant at the Singapore General Hospital. He is also a senior advisor at the Singapore Health Services. He has been involved in various healthcare initiatives and is a frequent speaker at conferences and seminars. He is also a member of the Singapore Medical Association and the Singapore Geriatrics Society.

Experts call for greater awareness of sarcopenia among elderly. Today. 22 August 2016.

MEDIA RELEASES

Falls awareness and prevention for the elderly. Channel 8 News. 26 July 2016.

Falls awareness day: hospital provides tips on falls prevention for elderly. Lianhe Zaobao. 18 July 2016.

Falls awareness day: hospital provides tips on falls prevention for elderly. Channel 8 News. 16 July 2016.

Exercise for the elderly. Channel 8 Morning Express. 12 July 2016.

Caregivers of dementia patients may suffer from self-appraisal stress: NHG. Today. 11 May 2016.

Caregivers' 'performance stress' under study. The Straits Times. 11 May 2016.

Caregiver stress present in half of caregivers of dementia patients. Lianhe Zaobao. 11 May 2016.

调查：半数失智症患者家属承受巨大看护压力

张佳莹 报道
jzhang@nhg.com.sg

选择亲自照顾失智症患者对于高龄或成年子女而言，随之而来的生活压力负担相当显著。

陈笃生医院日前发表一项为期两年的研究结果，发现40%至60%的家属在照顾病患时承受不少压力。



陈笃生医院研究员周医生（右）和神经科媒体解释，研究调查发现，失智症患者的照护者对自身感到压力。认为自己照顾不周，多为陈笃生医院老年医学顾问周医生（左）。（黄敏树摄）

60岁85岁的母亲患上失智症，原是教育理想的她目前面临日益严重的老年痴呆症困扰。在家庭悉心照顾多年，目前母亲患有严重失智症，不但不能自理生活，又对照顾人造成过重的负担。周医生表示，她了解母亲的需求及状况。

他表示，母亲因“照顾压力”（Caregiver Stress）每天下午下班后感到疲惫不堪，常让她感到身心疲惫。但自前年有了孙儿后，情况得以好转。他说，每周需照顾母亲需了30分钟，不但照顾母亲生活，还要努力在照顾之余，让自己专心照顾母亲需求，需了两周时间照顾三个孩子。“每天照顾母亲的父亲一样，工作一天回来就一边吃晚饭，一边与孩子聊天，必须陪母亲去其他她爱做的事情了。”

40-60% of caregivers of dementia patients suffer from "significant stress": TTSH study. Channel NewsAsia, Channel 5 News, Channel 8 Hello Singapore, Channel 8 News Tonight, Channel U News Tonight, Suria Berita, Vasantham Tamil Seithi. 11 May 2016.

Person-centric care must be sustainable. The Straits Times. 15 January 2016.

Help for Dementia Sufferers. CNA Singapore Tonight, Suria Berita. 23 October 2015.

TTSH, polyclinic tie-up sees better care for dementia patients. Today. 23 September 2015.

陈笃生医院和国立健保集团合作 综合诊所医生可看失智症病人

陈笃生医院和国立健保集团合作，综合诊所医生可看失智症病人。综合诊所医生可看失智症病人。综合诊所医生可看失智症病人。

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TTSH's World Alzheimer's Week. Lianhe Zaobao. 23 September 2015.

Polyclinics to be able to diagnose dementia. Lianhe Wanbao. 23 September 2015.

TTSH's World Alzheimer's Week. CNA Singapore Tonight, Channel 8 Good Morning Singapore, Channel 8 News Tonight, Channel U News Tonight. 22 September 2015.

World Alzheimer's Week. 938 LIVE. 21-22 September 2015.

Helping those with dementia. The Straits Times. 15 September 2015.

Drive to help bus captains stay healthy. The Straits Times. 2 September 2015.

Bus captains get health checks and tips on how to stay healthy, under new scheme. The Straits Times. 31 July 2015.

Health programme for bus captains launched. Today. 31 July 2015.

Bus captains to get free health screening and coaching. Channel NewsAsia. 31 July 2015.

Stepping up on step-down care. The Straits Times. 20 July 2015.

Stepping up on step-down care



Affordable options are available for elderly patients who need long-term medical attention after being discharged from the hospital

GRACE MA

FINANCIALLY sustainable care options for frail elderly after they have been discharged from the hospital can be challenging, especially for those who are working and are unable to have a caregiver at home.

Step-down care, or continuity care, gives patients the option to receive home or centre-based care services if they are discharged from the hospital. This includes regular home visits by a medical team, social home care that supports caregivers looking after elderly at home and centres that provide rehabilitation services and recreational activities at the day while family members are working.

In Asian, few centres have in the department of continuing and community care at Tan Tock Seng Hospital (TTSH), view their step-down care is most suitable for patients who are homebound and have complex, high-acuity conditions in order to medical conditions that are somewhere between acute and chronic medical states, such as recovering

Falls aren't just a part of the ageing process. Today. 29 April 2015.

Applying the brakes. The Straits Times. 16 October 2014.

Recognising burnout in caregivers. Today. 15 Oct 2014.

Guidebook gives tips on caring for seniors. The Straits Times. 29 September 2014.

Guidebook gives tips on caring for seniors

By SAMANTHA BOH

TO PREVENT falls at home, use luminous-coloured tape to mark wet steps, or place a non-slip mat under floor mats.

These tips are captured in a new guidebook that looks at caring for a senior, and preparing for and managing old age.

The 300-page guide, titled *Ageing With Grace: The Complete Caregiver's Guide*, was



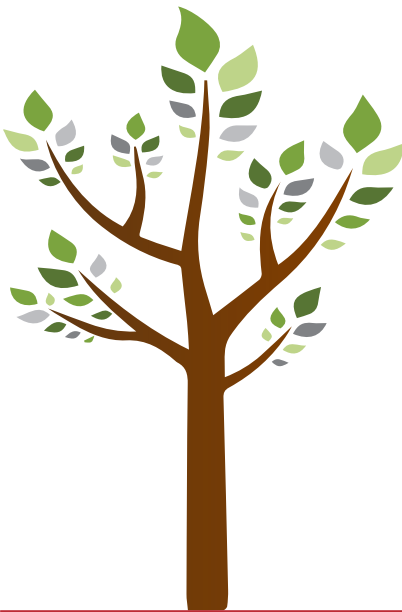
Heather Ho Chee Hai (left), 52, playing a game with her mother, Madam Lim Chang Ngiat, 82. The game mimics partial loss of vision and hearing and demonstrates how difficult life can be for the aged. (PHOTO BY HEE JING)

New Geriatric Medicine Centre opens at Tan Tock Seng Hospital. The Straits Times. 25 July 2014.

A centre for the elderly and caregivers. The Straits Times. 19 July 2014.



The Holy Grail of Eldercare in Singapore. The Straits Times. 1 March 2014.



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