

# Recipe for AGEING WELL



Singapore is getting older, and its citizens may now be living longer than ever, but a longer lifespan is only one part of the equation of ageing well.

*Healthspan, the period of time that one remains in good health, matters too!*



SMU's **Centre for Research on Successful Ageing (ROSA)** strives to conduct collaborative and interdisciplinary research on issues relating to the well-being of ageing populations.

At a Policy Roundtable that was supported by The Ngee Ann Kongsi philanthropic organisation and the Ministry of Education, Singapore, ROSA researchers presented their findings aimed at increasing the healthspan of Singapore's older population. [Read more here.](#)

## FINDINGS!



### Getting to the Doctor



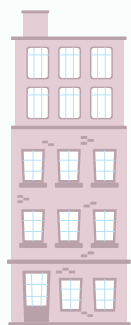
Social interventions such as buddy programmes would encourage healthcare utilisation, especially in neighbourhoods with low physical access to health care, and where older adults tend to be more isolated.

### Evidence for Education

Older adults tend to have misperceptions of their body weight, and thus may not follow scientific suggestions on weight management and healthy behaviour. Frequent targeted public education strategies are recommended.



### What Makes for a Satisfying Life



An increase in the number of Silver Zones\* nearby was associated with older adults leaving homes more frequently, but was not associated with more social participation or satisfaction. Further analyses will be done to find out how Silver Zones will influence physical and mental health.



*\*Silver Zones are dedicated locations with road safety features designed to protect senior pedestrians.*



In assessing their health, older adults gave more weight to physical health over mental health. There is a risk that mental health issues may be overlooked. A holistic healthcare policy should consider raising awareness of the role mental health plays in subjective health evaluations among older adults.

