

C A R E



**CENTRE FOR
AGEING RESEARCH
& EDUCATION**



DukeNUS
Medical School

VISION

“To achieve health, social inclusion and a high quality of life for our ageing population”

WHO WE ARE

The Centre for Ageing Research and Education (CARE) is an academic research centre based in Duke-NUS Medical School. Drawing on its interdisciplinary expertise and collaborations across medical, social, psychological, economic and environmental perspectives, CARE conducts leading-edge research on the social and medical determinants of successful ageing.

CARE recognises the need for a consolidated, long-term approach towards longevity and thus invests in educational programmes to build competencies in ageing research amongst research, policy and practice professionals. CARE also actively engages with government and industry partners to identify needs and strategies to enhance the experience of ageing in Singapore.

MISSION

Provide an environment that enables interdisciplinary research and education on ageing

Implement and evaluate best practices to improve health and function of older adults

Inform policy and practice agenda on ageing

CARE: A TRANSLATIONAL RESEARCH AGENCY

Translational research is pivotal to CARE's work. We are invested in generating knowledge that translates into real-world practice. Findings are distilled and disseminated through multiple outreach and educational platforms that go beyond the scope of academia to reach out to policy and practice professionals.

EDUCATION

CARE's education portfolio seeks to develop the competencies of the ageing sector, and develop collaborations to deliver outcomes that address the challenges as well as harness the potentials of population ageing. Multiple platforms are organised all year round, guided by the following strategic thrusts:

- Enhance knowledge of crucial issues in ageing
- Build research capabilities
- Promote competency and collaborations across research, policy and practice

CARE's educational initiatives have become solid platforms for exchanges and networking among researchers, policy and practice professionals, enabling collaborative efforts across these sectors.

RESEARCH BRIEF SERIES

These thematically-presented briefs crystallise key research findings for use in policy and planning recommendations. Through collating and condensing findings for evidence-based decision-making, CARE aims to provide knowledge in an easy-to-reference format that will be vital to initiatives and developments in ageing.

CONFERENCES

CARE's conference addresses new themes chosen to "push the envelope" of ageing research, policy and practice in Singapore and the region. Themes explored have included "Ageing, Longevity and Health – New Frontiers and Perspectives" (2018) "Ageing and Resilience in the 21st Century" (2017), "Are Centenarians the Realisation of Successful Ageing" (2016), "Live, Learn and Work: Exploring Possibilities with Longevity" (2015) and "Healthy Life Expectancy" (2015).

EXPERTS PROGRAMME

CARE's Experts Programme features dynamic and intriguing talks from varied perspectives by key specialists in ageing. Speakers draw from their specific experiences to provide novel approaches to ageing issues.

RESEARCH METHODS WORKSHOPS

CARE's workshops offer short, practical, hands-on sessions on select intermediate and advanced issues in research methods. Led by experienced CARE faculty and consultants, these workshops cover a wide range of topics to meet the varied research needs of the ageing sector. These include topics such as "Planning Programme Evaluations", "Qualitative Interview Methods for Health Research", and "Introduction to Longitudinal Data Analysis".

ROUNDTABLES

These small group discussions pull together key players across research, policy, and practice domains to consider exigent issues in ageing. Discussions are moderated in a solution-oriented manner, creating an environment that is conducive to the development of action plans. Themes that have taken centre stage at these roundtables include 'Work & Learning', 'Approaches to Dementia Care', 'Caregiving', 'Healthy Ageing', and 'Employment and Employability of Older Adults'.

GERONTOLOGY INTERNSHIP PROGRAMME

CARE's internship programme aims to develop the next generation of ageing scholars by providing opportunities for gaining experience in ageing research and education. Interns are mentored by the CARE team who work with them to cultivate a tailored, development-oriented programme for their professional growth.

INDUSTRY ENGAGEMENT

CARE actively supports enterprise development in recognition of the need to expand the silver market. CARE is a collaborator in the Modern Ageing Programme (an initiative of ACCESS Health International and NUS Enterprise) and has been involved in various other ventures including UnAging (a project by UNFRAMED in partnership with DBS Foundation), all with the aim of expanding the possibilities of longevity.

Transitions in Health, Employment, Social Engagement and Intergenerational Transfers in Singapore Study (THE SIGNS Study I & II)

A longitudinal study to understand patterns and determinants of successful ageing from a social and health perspective among older Singaporeans (60 years and above) (PHASE I, N=4512). Results from this panel will inform policies that encourage older adults to continue participating, learning and working.

Foundational Surveys

CARE conducts foundational surveys to answer policy questions related to ageing. We build on this knowledge to drive interventions.

RESEARCH

Prescription Medication Label Improvement for Singaporean Elderly (PROMISE)

PROMISE will establish the need for improving current practices and elucidating potential solutions, which can then be translated to real-world medication labelling practices. This baseline research is key to implementing solutions, and further, more complex, evaluation studies investigating the impact of improving labels. PROMISE will also inform resource allocation and decision-making under current national efforts to standardise pharmacy systems and develop Singapore-specific pictograms for national use. Study recommendations will also benefit other patient groups in Singapore and the region, such as clients with low literacy or a poor command of English.

Panel on Health and Ageing of Singaporean Elderly (PHASE) – I, II & III

With a focus on Singapore Assessment for Frailty in Elderly, PHASE-3 builds on earlier panels started in 2009 (PHASE-1 and PHASE-2). PHASE-3 (N=1572) assesses the incidence and progression of various health conditions among older Singaporeans. The survey focuses on developing a comprehensive frailty measure for Singapore which will enable better identification of at-risk older adults who can then be targeted for early interventions to mitigate or reverse health decline. Both the frailty measure and frailty-free life expectancy estimates are crucial to health and formal long-term care planning, as results will inform optimal allocation of scarce resources for older adults.

Panel on Ageing and Transitions in Health Survey (PATHS)

A longitudinal study investigating patterns and determinants of successful ageing from a social and health perspective among Singaporeans in late mid-life (50-59 years, N=1470). The findings will inform policies encouraging work-life balance and retirement planning among Singaporeans transitioning from middle to later life.

Caregiving Transitions among Family Caregivers of Elderly Singaporeans (TraCE)

TraCE studies the family caregivers of elderly Singaporeans who have functional limitations on a longitudinal basis. Dyad participants (i.e. elderly participants and their caregivers, present or future) will be interviewed every six months over one and half years. The study will track trajectories of health, work, and caregiving-related outcomes among caregivers, which can then enable deeper understanding of the variability in longitudinal patterns of caregiver outcomes. The study will also yield national estimates of the quantities and costs of caregiving time required. Finally, TraCE will also examine the impact of transitioning into caregiving on 'new' caregivers' health and assess grief among former caregivers.

An Evaluation of the Impact of Lifelong Learning Among Older Singaporeans

This evaluation assesses the impact of participation in lifelong learning courses offered in Singapore in terms of immediate and sustained benefits to health and well-being, and maps the wider benefits of lifelong learning. The study also aims to develop an understanding into older persons' learning and teaching preferences. This study contributes to the development of policies and programmes on life-long learning in Singapore - a key initiative under the 2016 Ministry of Health Action Plan for Successful Ageing.

Caring for Persons with Dementia and their Caregivers in the Community: Towards a Sustainable Community-Based Dementia Care System

Alongside the Tsoo Foundation and Temasek Polytechnic, the project implements and evaluates a new, multifaceted, model of dementia care involving care management, enrichment, and cognitive training. This project is based on an in-depth understanding of persons with dementia and their caregivers in Singapore's Whampoa community, and aims to improve the lives of persons with dementia and their family caregivers.

Intervention Studies

CARE collaborates with partners to develop and evaluate new and innovative approaches for engaging and empowering older adults.

CARE's research portfolio consists of a diverse array of research projects organised around four key themes: Healthy Ageing, Retirement and Wellbeing, New Models of Integrated Care, and Caregiving / Long term Care.

An Evaluation of the Care Close to Home (C2H) programme: Assessing the Impacts of Home Personal Care Services on Low-income Older Adults in Singapore

The Care Close to Home (C2H) programme supports vulnerable older adults living in public rental flats. Under the programme, home-based care teams co-ordinate the range of needs to provide basic clinical, personal, and psychosocial support for clients. The research design uses exploratory mixed methods, aiming to evaluate the efficacy of the C2H programme in maintaining older adults capacity and functional ability to age well in the community.

Implementation Research

CARE has begun to undertake implementation research to develop and evaluate evidence-based interventions addressing issues facing older Singaporeans.

Steps to Avoid Falls in the Elderly: Translating Research into Practice (SAFE-TRIP)

SAFE - TRIP is a project that aims to identify and evaluate innovative strategies for implementing an evidence-based falls prevention programme in the community. Under the project, the SAFE programme which has been shown to be effective in reducing falls as well as reduce the costs associated with falls and injurious falls will be replicated in various sites in the community including senior activity and day centres.

MEMBERS

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