



DukeNUS
Medical School



Centre for
Ageing Research & Education



ANNUAL REPORT

2024-2025



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Norfaezah Abdullah, Duke-NUS Medical School

VISION, MISSION AND OBJECTIVES

VISION

- To achieve health, social inclusion and high quality of life for older persons

MISSION

- To provide an environment that promotes multidisciplinary research and education on ageing
- To inform policy and practice on ageing in Singapore

OBJECTIVES

- To undertake multidisciplinary ageing research, with a focus on the social and psychological dimensions, for a holistic understanding of the potentials and challenges of ageing at the individual and population level
- To undertake research which facilitates the development and implementation of evidence-based policies, programmes, services and products for older persons and their care-givers
- To contribute to and develop research capacity for high-quality research on ageing
- To organise education activities for stakeholders in the academic, policy and practice sectors

TABLE OF CONTENT

VISION, MISSION AND OBJECTIVES	2
MESSAGE FROM THE EXECUTIVE DIRECTOR	4
ADVISORY BOARD	6
STAFF	8
RESEARCH THEMES	9
1. AGEING AND THE ENVIRONMENT	10
2. COMMUNITY-BASED HEALTH & SOCIAL CARE SERVICES	10
3. FALL PREVENTION	11
4. FAMILY CAREGIVING	11
5. HEALTH COMMUNICATION	12
6. POPULATION HEALTH	12
7. PRODUCTIVE AGEING	13
8. SOCIAL & PSYCHOLOGICAL ASPECTS OF AGEING	13
RESEARCH PROJECTS: ONGOING	14
RESEARCH PROJECTS: COMPLETED	17
PUBLICATIONS	18
RESEARCH BRIEFS	20
CONFERENCE PRESENTATIONS	21
IN THE NEWS	24
• OP-EDS	24
• MEDIA COVERAGE	24
EDUCATION PROGRAMMES	28
• SYMPOSIUMS	28
• RESEARCH METHODS WORKSHOPS	31
• EXPERTS PROGRAMMES	32
• INDUSTRY OUTREACH	33
• ROUNDTABLE	35
• RESEARCH NETWORK ACTIVITIES	37
» LOCAL	37
» INTERNATIONAL	37
INTERNSHIPS	38
STAFF RETREAT	41

MESSAGE FROM THE EXECUTIVE DIRECTOR



The Centre for Ageing Research & Education (CARE) at Duke-NUS Medical School is 10 years old! CARE, established in January 2015, has grown and matured over the past decade, establishing its reputation as an academic research centre conducting rigorous and informative policy- and practice-relevant research for the benefit of older adults and their caregivers. CARE's Annual Report for the period from April 2024 to March 2025 thus marks a special occasion as it reflects the work done by CARE in its 10th year.

CARE's research spans eight diverse yet interrelated themes, such as Community-Based Health & Social Care Services, Fall Prevention, and Population Health, all highly pertinent for our rapidly ageing nation. Over the course of the year, CARE initiated or continued nine research projects and completed one research project related

to these themes. Some notable projects included a qualitative evaluation study of Active Ageing Centres (AACs), which are a key component of the national Age Well SG initiative; a community-based trial assessing the effectiveness of a technology-enhanced multi-component falls intervention programme; and, Wave 3 of *THE SIGNS Study*, a longitudinal nationally representative survey of older adults in Singapore.

Dissemination of CARE's scientific findings and their implications remain a key focus for the centre. Its researchers published 16 peer-reviewed papers in scientific journals in 2024-2025, including in leading journals in the field such as *Ageing & Ageing* and *The Journals of Gerontology*. Most of CARE's research projects and many of the papers include researchers beyond CARE, reflecting the centre's active research collaborations. The centre's researchers also published three research briefs and delivered numerous presentations and invited talks at international and local conferences or forums, disseminating their research findings and provide thought leadership.

Concurrently, CARE had an active education portfolio during this period. It conducted a range of education activities, such as research methods workshops, internships, experts programmes, symposiums and policy roundtable or industry outreach sessions. These enabled CARE to develop research skills among and train the next generation of 'ageing' researchers, provide a platform to leading researchers from Singapore and abroad to share their knowledge and research findings, and disseminate policy- and practice-relevant research to service providers and policy makers. CARE researchers also wrote commentaries and shared their expert opinion in local and international media outlets, contributing to the public discourse on key ageing-related issues.

I would like to take this opportunity to thank Assoc. Prof. Angelique Chan, who led CARE as its Executive Director since its establishment till March 2025, and continues to contribute to CARE as Senior Advisor. I would also like to thank all the research and administrative staff, past and present, at CARE for their efforts – it would not have been possible for CARE to deliver the meaningful research and education activities and outputs in 2024-2025 without their contributions. Finally, I am thankful to CARE's Advisory Board and the senior leadership at Duke-NUS Medical School for their thoughtful advice and guidance throughout the year.

In 2025-2026, CARE will continue to contribute through its research and education activities, which are aligned with its vision – "To achieve health, social inclusion and high quality of life for older persons". What should the next iteration of AACs look like? How do older adults perceive climate change and its effect on their physical and psychosocial health? Do arts-based programmes impact the well-being of older persons with cognitive impairment? How can we better predict and reduce fall risk among community-dwelling older adults? CARE's research will respond to these and other important questions in the coming year. Amongst other education events, CARE will be organising the Singapore Conference on Ageing and Health in February 2026. I look forward to updating you on CARE's activities in 2025-26 in its next Annual Report. Till then, Age Well!

A/Prof Rahul Malhotra

Executive Director
Centre for Ageing Research & Education
Duke-NUS Medical School

ADVISORY BOARD



PROFESSOR BRENDA YEOH

(CHAIRPERSON)

Raffles Professor of Social Sciences, National University of Singapore (NUS) and Research Leader, Asian Migration Cluster, Asia Research Institute (NUS)



MS CHAN SU YEE

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Senior Consultant, Department of Geriatric Medicine and Institute of Geriatrics and Active Ageing, Tan Tock Seng Hospital

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Group Director, Ageing Planning Office, Ministry of Health (MOH)



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Chief Executive Officer & Senior
Consultant, St Luke's Hospital



PROFESSOR ALINE WONG

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Senior Consultant, Department
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**PROFESSOR THOMAS M
COFFMAN**

(EX-OFFICIO MEMBER)

Dean, Duke-NUS Medical School

STAFF



As of June 2025

(Top row, left to right)

Ms Daphne Lee,
Management Assistant Officer
Ms Ng Jing Ting, Research Assistant
Ms Meagan Goh, Research Assistant
Ms Khong Thi Minh Thu,
Senior Research Assistant
Mr Malcolm Sujeeth Ravindran,
Senior Research Assistant
Ms Catherine Lim, Research Assistant
Ms Thulase Thamootharam Pillai,
Research Assistant
Ms Atiqah Lee, Research Associate
Ms Demiwyaty, Assistant Manager
Ms Sasha Rouse, Research Associate
Ms Siti Syazwani Bte Md Ariffin,
Executive

(Bottom row, left to right)

Ms Sumithra Devi Suppiah,
Senior Research Associate
Dr Lia Troeung, Senior Research Fellow
Dr Ad Maulod, Principal Research Scientist
A/Prof Rahul Malhotra, Executive Director
A/Prof Angelique Chan, Senior Advisor
Ms Tan Annie, Associate Director
Dr Ruan Hangqing, Research Fellow
Dr Jeremy Lim-Soh, Research Fellow
Mr Tan Kok Yang, Research Associate

In absentia:

Ms Nur Diyana Azman,
Senior Research Assistant
Dr Goh Jing Wen, Research Fellow
Ms Catherine Lim, Research Assistant
Ms Serine Thye, Research Assistant
Mr Wong Yunjie, Research Assistant

RESEARCH THEMES

Our multidisciplinary research, employing quantitative and qualitative methods, helps identify demographic, social, psychological, physical, and economic factors that impact life transitions, morbidity, and mortality at older ages.

CARE collects quantitative population-level data on older persons and their caregivers through both cross-sectional and longitudinal community-based surveys, several of which are nationally representative. These data allow us to assess the prevalence, correlates, mediators, and moderators of various health and wellbeing outcomes, and inform policy and practice.

CARE's qualitative research provides a rich understanding of the complexity and diversity of older adulthood by focusing on the contexts and conditions in which people live, work and age, and the ways in which these factors interact and influence later life experiences. We use a variety of methods such as in-depth interviews, focus group discussions, ethnographic observations and photo-voice to capture the social worlds of older persons and their care environments. Our findings foreground the voices of older persons and/or their caregivers and have direct relevance to policy and practice.

Our research addresses eight diverse yet interrelated themes:



Ageing and the
Environment



Health
Communication



Community-Based
Health and Social Care
Services



Population Health



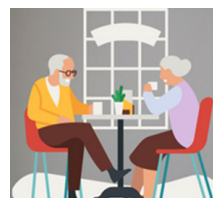
Fall Prevention



Productive Ageing



Family Caregiving



Social and
Psychological Aspects
of Ageing

1. AGEING AND THE ENVIRONMENT



The environment plays a key role in determining the physical, social, and mental capacities of individuals as they enter and progress through old age as well as in moderating the impact of decline in intrinsic capacity.

At CARE, we examine the diverse ways in which older individuals interact with their environment and how life space affects healthy ageing. Taking a broader view, the environment includes consideration of those factors that shape public understanding about what it means to age, such as discourses of ageing, cultural references, frameworks of ageing, and forces that mediate the processes and perspectives of ageing.

2. COMMUNITY-BASED HEALTH & SOCIAL CARE SERVICES



As Singapore ages, community-based health and social care services are being re-imagined and expanded to reflect the unmet needs and aspirations of current and future older persons in Singapore.

CARE's research examines the barriers and facilitators of the use of long-term care services in Singapore. We also evaluate models of care for older persons and their caregivers, to provide evidence for policy makers and community partners developing long-term care services in Singapore. Our work provides a deeper understanding of the models of health and social care services (e.g., use of community nurses, and active ageing centres) being delivered in Singapore.

3. FALL PREVENTION



The risk of falls and fall-related problems increases with age and contributes to functional limitations among older persons. Fall prevention is an important part of geriatric care and ageing research. Falls can have a wide range of contributing factors such as the health of older persons, home environment hazards, sleep quality, and others.

CARE conducts research on the determinants and outcomes of falls at the population level using national longitudinal survey data. CARE also develops and assesses the effectiveness of multicomponent fall prevention interventions, with the goal of translating the interventions through community-based facilities like active ageing centres.

4. FAMILY CAREGIVING



Family caregiving for older persons is a complex, multifaceted experience, shaped by cultural, social, and family dynamics as well as government policies and programmes. Family caregivers provide significant long-term care and assistance to their loved ones, and often engage in several aspects of care, including direct physical and emotional care, decision-making, and coordination with or supervision of other caregivers including migrant domestic workers. The caregiving trajectory is seldom straightforward and is often filled with transitions and challenges. The impact of family caregiving is wide-ranging and varied, and caregivers experience both challenges and rewards throughout their caregiving journey.

At CARE, our research examines both the positive and negative experiences of caregiving as well as family dynamics in caregiving. We also study how health and social care services, and policies for family caregivers can be improved to recognise and validate the important role of family caregivers. We collect data on working caregivers and ‘sandwiched’ caregivers who must balance multiple responsibilities in the home and at the workplace and aim to inform supportive employment policies such as Eldercare Leave and Flexi-Time work.

5. HEALTH COMMUNICATION



Health communication is an essential component of healthcare services, as good communication between healthcare providers and patients can contribute to successful treatment and patient satisfaction. Health communication also encompasses advocating for the health needs of care recipients across diverse care settings. Effective health communication needs to be delivered flexibly to provide quality care and services, especially within an ageing community.

CARE's research includes projects and studies to improve the process of health communication for older persons, to maintain and improve the quality-of-care services and health outcomes.

6. POPULATION HEALTH



Population health encompasses the health outcomes of the whole population and the distribution of health outcomes across different population sub-groups. Measures of population health at older ages include health expectancy, i.e., the number of years of remaining life that older persons on average can expect to live in different states of health, prevalence estimates for various morbidities, limitations in activities of daily living, mental health indicators such as cognition and depression, and social health indicators such as social networks and loneliness.

Longitudinal data from CARE's national studies of older persons enables us to track health and wellbeing indicators over time and identify the determinants of change in these indicators. The data also allows us to identify specific sub-groups of older persons defined by age, sex, ethnicity, socioeconomic status, or health status, who are at greater risk of adverse health and wellbeing outcomes. CARE has linked survey data from some of its national studies with administrative data held by the Ministry of Health, Singapore to further assess population-level segmentation, enable projections of health status and unmet health and social care needs, and examine patterns of healthcare utilisation.

7. PRODUCTIVE AGEING



The concept of productive ageing emphasises the contribution of older persons to their own lives, to their families and communities, and ultimately to society. Productive ageing covers a wide range of activities that older persons can participate in and technologies that they can use to improve their quality of life. Understanding how older persons aspire to be productive and generative and their diverse forms of engagement will inform the development of age-inclusive social policies.

At CARE, our research on productive ageing covers digital technology use, social engagement, generativity, volunteering, and life-long learning among older persons. Our work ties in with older-adult specific initiatives being undertaken in Singapore under the 2023 Action Plan for Successful Ageing and the Age Well SG programme.

8. SOCIAL & PSYCHOLOGICAL ASPECTS OF AGEING



Social factors (for example, social engagement, social relationships, and loneliness) as well as psychological factors (such as mental well-being, resilience and stress) play a critical role in informing how people cope with and adapt to transitions in their later lives. A comprehensive understanding of the social and psychological aspects of ageing is needed to influence better health and well-being outcomes of older persons.

At CARE, we analyse the complex interactions and relationships between these aspects of ageing. Research conducted by CARE helps identify positive factors that benefit physical, cognitive, and mental health of older persons as well as risk factors for morbidity, mortality, and other age-related challenges.

RESEARCH PROJECTS: ONGOING

AGEING AND THE ENVIRONMENT

Ageing Well in the Urban Environment: Meeting the Health and Social Needs of Older Adults

Both Singapore and Germany are ageing rapidly, which is challenging traditional family structures and models of caregiving, stressing health systems and increasing the focus on primary care and highlighting the importance of financial security among older persons. This project was developed under the Berlin University Alliance (BUA) – National University of Singapore (NUS) Strategic Research Partnership. It is investigating the extent to which four key dimensions of wellbeing at older ages - health, mobility, loneliness and equity – are related to potentially modifiable aspects of older persons' living environment, specifically health service availability and accessibility, built environment characteristics, and its age friendliness. This project is awarded as a BUA-NUS Global Health Exploration Project under the BUA-NUS Strategic Research Partnership.

FALLS PREVENTION

Assessment of Fall and Fracture Risk: Targeted Assessment and Recruitment of Geriatrics for Effective Fall Prevention Treatments (TARGET)

TARGET is a cohort study led by CARE in collaboration with ETH Zurich, Singapore ETH Centre, Singapore Eye Research Institute, and Bond University, as part of the 'Future Health Technologies' research programme. It is assessing the risk factors of falls and fractures amongst community-dwelling older persons in Singapore, including psychosocial, cognitive and sociodemographic characteristics (measured through a survey questionnaire), and gait quality parameters (measured during a 5-minute walk, using the ZurichMOVE set of wireless wearable sensors developed by ETH Zurich). The project is funded by the ETH Zurich and the National Research Foundation Singapore.

SOCIAL & PSYCHOLOGICAL ASPECTS OF AGEING

Exploring and Evaluating the Impact of 'Refresh and Reconnect!': A Museum-based Heritage Programme for Older Persons with Cognitive Impairment (ReCognition Study)

ReCognition Study evaluates the impact of "Refresh and Reconnect!", an arts-based, museum heritage programme launched by the National Museum of Singapore, on the health and well-being of older persons with cognitive impairment. This mixed methods evaluation seeks to gain insights into the factors, contexts and mechanisms that influence the effect and implementation of the museum-based intervention, and to understand how participation in the programme affects participants' understanding and perception of the museum as a place to enhance their health and well-being. The findings will inform the development of effective, non-pharmacological interventions for older persons with cognitive impairment. This project is funded by the National Heritage Board (through National Museum of Singapore).

**FAMILY
CAREGIVING,
SOCIAL &
PSYCHOLOGICAL
ASPECTS
OF AGEING,
POPULATION
HEALTH,
PRODUCTIVE
AGEING**

Grandparenting and Caregiving Exchanges in Sandwiched Families (GRACES)

Sandwiched families, or families supporting both grandparents and grandchildren, may be involved in intergenerational exchanges such as grandparenting and caregiving to grandparents, which have important implications for family formation and ageing-in-place policies in Singapore. The project will survey Singaporean grandparents, aged 60 years and older, on their past, present and potential intergenerational exchanges, including instrumental, socioemotional and financial exchanges. Quantitative methods will be applied to describe the typologies of sandwiched families, and investigate their patterns of exchanges, leading to policy insights for family formation and ageing in place. This project is funded by the Ministry of Social and Family Development.

**HEALTH
COMMUNICATION,
AGEING AND THE
ENVIRONMENT**

Health impacts of climate change based on lived experience of vulnerable older adults in Durham and Singapore: Informing health communication interventions

Climate change poses significant health risks for older persons, particularly for vulnerable older persons who experience physiological decline, have limited access to information and resources, and experience disruptions to healthcare and social support. This project investigates the impact of climate change on the physical, social, and psychological health of vulnerable older adults in Singapore. It also aims to identify the challenges in communicating the health effects of climate change to older persons and develop strategies to address them. In-depth interviews, focus groups, and co-design workshops with older persons and community stakeholders will be conducted to generate insights which will inform health communication interventions and influence healthcare policies. Findings will be compared with those of a similar project conducted in the USA with partners at Duke university to further guide intervention development and policy. This project is funded by the Duke/Duke-NUS Research Collaboration Pilot Project grant.

**COMMUNITY-
BASED HEALTH
AND SOCIAL
CARE SERVICES,
POPULATION
HEALTH**

Integrating Health and Social Service Needs for Frail Elders at Point of Care: Development and Evaluation of an IT-based Digital Needs-assessment Tool

Closer integration of hospital-based services with community-based health and social care services, in the context of frail older persons, is essential for care continuity. The project aims to (i) develop a clinical workflow for identifying, assessing, and addressing the health and social service needs (HASS) of frail older individuals, (ii) design and pilot a workflow to optimise the fulfilment of HASS needs using the Simple Segmentation Tool (SST) integrated into the SingHealth IT system, (iii) implement the IT-enabled tool in clinical settings and evaluate its impact through a mixed method approach; and (iv) develop implementation strategies for a toolkit to facilitate the tool's adoption in diverse settings. The project is funded by the National Medical Research Council through the National Innovation Challenge on Active and Confident Ageing.

COMMUNITY-BASED HEALTH AND SOCIAL CARE SERVICES

A Qualitative Study to Understand and Evaluate the ABCs of the Active Ageing Centre (AAC) Service Model

Under the Age Well SG national programme, active ageing centres (AACs) will evolve to better support older persons to age actively, stay socially connected, and be cared for within their communities. Improvements to the operating model of AACs will seek to enhance accessibility and convenience to older persons, improve the range and quality of programmes and increase collaboration with community partners and healthcare providers to bring activities and services into the community, nearer to older persons. The objective of this project is to (i) understand the context and mechanisms of implementing the (new) AAC model, (ii) evaluate its effectiveness, and (iii) co-develop a practical toolkit to help individual centres implement the model and achieve Age Well SG objectives. This project is funded by the Agency for Integrated Care.

FALLS PREVENTION

Steps to Avoid Falls in the Elderly – A TECHnology Enhanced Intervention (SAFE-TECH)

SAFE-TECH is a randomised controlled trial (RCT) led by CARE in collaboration with ETH Zurich, Singapore ETH Centre, as part of the 'Future Health Technologies' research programme. SAFE-TECH aims to demonstrate the feasibility and effectiveness of a technology-enhanced multi-domain, multi-component falls intervention programme consisting of assessments, personalised exercise across five domains (strength, balance, flexibility, coordination, and endurance), and education targeting falls risk factors such as polypharmacy, nutrition, pain, orthostatic hypotension, poor vision, and environmental hazards, to reduce falls and injurious falls among community-dwelling older adults in Singapore. The project is funded by the ETH Zurich and the National Research Foundation Singapore.

POPULATION HEALTH, SOCIAL & PSYCHOLOGICAL ASPECTS OF AGEING, PRODUCTIVE AGEING

Transitions in Health, Employment, Social Engagement and Intergenerational Transfers in Singapore Study (THE SIGNS Study) - III and IV

THE SIGNS Study - III and IV are both a continuation and expansion of a nationally representative longitudinal study examining the physical, mental and social health and wellbeing of older Singapore citizens and permanent residents, aged 60 years and older. Conducted from 2023 to 2025, THE SIGNS Study - III follows up with participants from the first two waves of THE SIGNS Study (conducted in 2016-2017 and 2019) and recruits a new representative cross-section of older Singaporeans aged 60 and older. Together, THE SIGNS Study - III and - IV will generate valuable data to assess progress following Ministry of Health's 2023 Action Plan for Successful Ageing, which focuses on the themes of Care, Contribution, and Connectedness. THE SIGNS Study – IV is planned for 2027-2028. This study is funded by the Ageing Planning Office, Ministry of Health.

RESEARCH PROJECTS: COMPLETED

FAMILY CAREGIVING, COMMUNITY- BASED HEALTH AND SOCIAL CARE SERVICES

The Qualitative Insights into Caregiving Transitions (Quali-T) Study

Quali-T was a longitudinal qualitative study of 39 caregivers across four different archetypes – Balanced, Satisfied, Dissatisfied, Intensive – which varied in the extent of positive and negative experiences of caregiving. In-depth interviews were conducted with the caregivers twice, approximately 12-months apart. Baseline interviews provided a nuanced understanding of caregiving experiences, including challenges and coping strategies, and identified key levers that amplified positive caregiving experiences. Follow-up interviews focused on changes that occurred in the past year and explored the context and mechanisms of change. Analysis of both baseline and follow-up interviews showed that caregivers who are well-resourced and supported by the family and community (more likely observed in caregivers from the Balanced and Satisfied archetypes) are better able to cope and adapt to stressors and have the capacity to mitigate the risk of burnout more effectively. In contrast, caregiving stressors are further intensified for caregivers who are resource-deprived and have limited family, social and community support (more likely observed in caregivers from the Intensive and Dissatisfied archetypes).

Key findings were shared with CARE's collaborator on the project, Tsao Foundation, who utilised the findings to develop and implement a pilot intervention that advocated for a dyadic and tailored approach in caring for both older adult clients and their caregivers. The intervention emphasised holistic assessment for caregiving and enhanced practitioners' competencies in partnering with caregivers to promote the joy, benefits, and insights from caregiving. Challenges observed during the intervention included limited interaction time between professionals and caregivers, difficulties in effectively enhancing support for caregivers in the Intensive and Dissatisfied archetypes, and funding constraints. Nonetheless, caregivers and older adult clients benefited from the intervention as caregivers were engaged more collaboratively as care partners, with their own needs prioritised as well. The project was funded by the Temasek Foundation.

PUBLICATIONS

CARE published 16 peer-reviewed papers in scientific journals

1. Ang, L. C., **Malhotra, R.**, Roy Chowdhury, A., & Liew, T. M. (2025). Pre- and post- COVID-19 trends related to dementia caregiving on Twitter. *Scientific Reports*, 15(1), 5173. <https://doi.org/10.1038/s41598-024-82405-8>
2. **Azman, N. D. B., Visaria, A.**, Goh, V. S., Østbye, T., Matchar, D., & **Malhotra, R.** (2024). Informal caregiving time and its monetary value in the context of older adults in Singapore. *Aging and Health Research*, 4(2), 100193. <https://doi.org/10.1016/j.ahr.2024.100193>
3. **Chia, A., Lee, A., & Ravindran, M. S.** (2024). Becoming community researchers: The development and implementation of a competency-based program enabling older adult learning of qualitative research in a public health setting. *Educational Gerontology*, 1–18. <https://doi.org/10.1080/03601277.2024.2412369>
4. Hussain, R., Ahmad, D., **Malhotra, R.**, & Geronimo, M. A. (2024). Physical and mental health of informal carers from culturally and linguistically diverse (Cald) and non-Cald groups in Australia. *Healthcare*, 12(20), 2072. <https://doi.org/10.3390/healthcare12202072>
5. **Koh, V. J. W.**, Matchar, D. B., Visaria, A., Lai, W. X., **Goh, J. W.**, Poh, J., Ginting, M. L., Ho, V. W. T., Hosain, H., Ismail, N. H. B., Lien, C., Lim, D. Y., Merchant, R. A., Soh, S. L. H., & **Chan, A. W.-M.** (2025). A co-designed conceptual model for implementing falls prevention programmes for community-dwelling older adults in Singapore: A systems thinking approach. *Age and Ageing*, 54(2), afaf021. <https://doi.org/10.1093/ageing/afaf021>
6. **Lai, W. X., Koh, V., Goh, J. W., Tan, K. Y., Tan, K. Z., Pai, S. G. S., Taylor, W. R., Visaria, A., Singh, N. B., Chan, A. W. M., & Matchar, D. B.** (2024). Steps to Avoid Falls in the Elderly – a TECHNOlogy Enhanced Intervention (Safe-tech) study: Randomized controlled trial protocol for a community-based, multi-component fall prevention program. *BMC Public Health*, 24(1), 3464. <https://doi.org/10.1186/s12889-024-20947-2>
7. Lee, J. M.-L., **Visaria, A., & Chan, A.** (2025). Frequent neighborhood participation reduces the probability of loneliness among older adults: A longitudinal study from Singapore. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, gbaf039. <https://doi.org/10.1093/geronb/gbaf039>
8. **Lim-Soh, J.**, Kim, D., & Kim, K. (2025). Gendered patterns of intergenerational contact in Korea: Transitions from young-old to middle-old. *Journal of Marriage and Family*, 87(1), 74–91. <https://doi.org/10.1111/jomf.13009>

9. **Lim-Soh, J., Sung, P., Quach, H.-L., & Malhotra, R.** (2024). Sharing in caring: Family caregiving task-sharing patterns for older adults in Singapore. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 80(1), gbae186. <https://doi.org/10.1093/geronb/gbae186>
10. **Quach, H.-L., Visaria, A., Iversen, M. M., & Malhotra, R.** (2024). Depressive symptoms among caregivers of older adults with both diabetes and functional limitations and moderation by caregiver expressive social support. *The Science of Diabetes Self-Management and Care*, 50(4), 298–309. <https://doi.org/10.1177/26350106241263521>
11. **Sung, P., Lim-Soh, J., Lee, J. M.-L., & Chan, A.** (2024). Stress and loneliness among family caregivers of older persons with cognitive impairment: The mediating role of social isolation and the moderating role of personal mastery. *Journal of Aging and Health*, 08982643241262374. <https://doi.org/10.1177/08982643241262374>
12. **Tareque, Md. I., Rakibuzzaman, Md., Alam, Md. J., Manierre, M., Malhotra, R., Krishna Sarker, B., & Al Mamun, Md. A.** (2025). Correlates of loneliness among middle-aged and older forcibly displaced Myanmar nationals living in Bangladesh. *Cogent Gerontology*, 4(1), 2438058. <https://doi.org/10.1080/28324897.2024.2438058>
13. **Tareque, Md. I., Wen, T. Y., Ma, S., & Malhotra, R.** (2024). Life-course socioeconomic status and all-cause mortality among older adults. *Archives of Gerontology and Geriatrics Plus*, 1(4), 100074. <https://doi.org/10.1016/j.aggp.2024.100074>
14. **Tomkinson, G. R. et al. and The iGRIPS (International handGRIP Strength) Group (Malhotra R: member)** (2025). International norms for adult handgrip strength: A systematic review of data on 2.4 million adults aged 20 to 100+ years from 69 countries and regions. *Journal of Sport and Health Science*, 14, 101014. <https://doi.org/10.1016/j.jshs.2024.101014>
15. **Xiong, S., Zhu, G., Malhotra, R., Chen, X., Gong, E., Wang, Z., Zhang, J., Peng, W., Wang, S., Jin, X., Peoples, N., Østbye, T., Tian, M., & Yan, L. L.** (2024). Community efficacy for non-communicable disease management (Coen): Conceptualization and measurement. *PLOS Global Public Health*, 4(8), e0003549. <https://doi.org/10.1371/journal.pgph.0003549>
16. **Zhu, G., Malhotra, R., Xiong, S., Chen, X., Gong, E., Wang, Z., Østbye, T., & Yan, L. L.** (2025). Family functioning, life satisfaction, and depressive symptoms in Chinese adults with diabetes and hypertension: A cross-lagged model. *Stress and Health*, 41(1), e70007. <https://doi.org/10.1002/smi.70007>

RESEARCH BRIEFS

RESEARCH BRIEF SERIES 20:

Innovation and Collaboration
in the Eldercare Sector:
Addressing the Care Needs
of Middle and Upper-Income
Seniors in Singapore

**Arthur Chia, Ad Maulod &
Wong Yunjie Jacky**

RESEARCH BRIEF SERIES 21:

Work-retirement status and
transitions at older ages in
Singapore: A comparison
with OECD countries, and
change in situation over time

**Seoyeon Ahn, Abhijit Visaria
& Rahul Malhotra**

SPECIAL REPORT:

Insights on Ageing in
Singapore from THE SIGNS
Study: Cross-Sectional
Findings from Wave 3 and
Longitudinal Trends from
Waves 1-3

**Rahul Malhotra, Abhijit
Visaria, Sumithra Devi
Suppiah, Meagan Goh
Yijing, Jeremy Lim-Soh,
Angelique Chan**

CONFERENCE PRESENTATIONS

S/N	DATE(S) AND VENUE	NAME OF PLATFORM	PARTICIPANTS FROM CARE
1.	12-13 April 2024, Singapore	Singapore General Hospital (SGH) 25 th Annual Scientific Meeting	Ha-Linh Quach



2.	18-20 April 2024, Singapore	Transforming Community and Home-based Care in an Ageing World Hybrid Conference	Jeremy Lim-Soh
3.	16-17 May 2024, Singapore	Population Association of Singapore (PAS) 2024 Annual Meeting	Jeremy Lim-Soh Ha-Linh Quach Rahul Malhotra Yongjing Ping Abhijit Visaria



4.	23-24 May 2024, Singapore	Workshop on (Re)conceptualising Ageing and Social Networks (National University of Singapore, Faculty of Arts & Social Sciences)	Arthur Chia Ad Maulod
5.	13-14 June 2024, Japan	East Asian Social Policy Conference	Jeremy Lim-Soh

S/N	DATE(S) AND VENUE	NAME OF PLATFORM	PARTICIPANTS FROM CARE
6.	30 September - 2 October 2024, Oxford, United Kingdom	Ageing, Health and Longevity Initiative: International Alliance of Research Universities	Angelique Chan Vanessa Koh



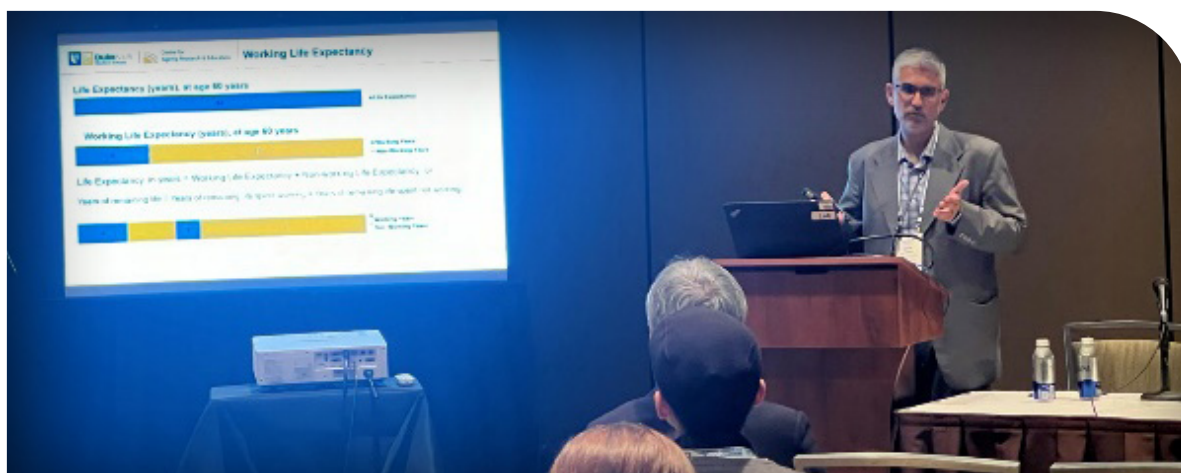
7.	6-7 November 2024, Singapore	Asian Family Conference	Jeremy Lim-Soh
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8.	7-8 November 2024, Singapore	Grief and Bereavement Conference Singapore (GBCS) 2024	Nur 'Atiqah Binte Mohd Farhan
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S/N	DATE(S) AND VENUE	NAME OF PLATFORM	PARTICIPANTS FROM CARE
9.	13-16 November 2024, Seattle, USA	Gerontological Society of America (GSA) 2024 Annual Scientific Meeting	Jeremy Lim-Soh Rahul Malhotra Ad Maulod Yongjing Ping



10.	28-29 November 2024, Singapore	1 st Asia Pacific Population Health Conference (APPHC) and 2 nd Asia Pacific Social Prescribing Conference (APSPC)	Goh Jing Wen Rahul Malhotra Ad Maulod Malcolm Ravindran
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IN THE NEWS

OP-EDS

	DATE	TITLE, AUTHOR(S)	MEDIA OUTLET
1	13 July 2024	<u>Maybe the older really are wiser when it comes to happiness</u> <i>By: Arthur Chia</i>	South China Morning Post
2	15 July 2024	<u>Living long, dying alone</u> <i>By: Ad Maulod</i>	360info
3	26 February 2025	<u>When seniors fall, it's more than a personal accident</u> <i>By: Goh Jing Wen, Lia Troeung</i>	Channel News Asia

MEDIA COVERAGE

	DATE	TITLE	MEDIA OUTLET
1	9 May 2024	<u>Volunteering improves quality of life for seniors: Study</u>	Channel News Asia
2	9 May 2024	<u>Older Singaporeans who volunteer perceive a better quality of life, finds study from NTU Singapore and Duke-NUS</u>	Duke-NUS Medical School
3	16 May 2024	<u>Tech advances can help address needs of ageing population</u>	The Straits Times
4	20 May 2024	<u>How should countries deal with falling birth rates?</u>	BBC
5	4 June 2024	<u>Do good, feel good: Singapore survey shows benefits of volunteering</u>	Yahoo News Singapore
6	4 June 2024	<u>Seniors who volunteer feel better about their quality of life: Singapore survey</u>	The Star

7	7 July 2024	<p>实况报道：看护者的“我问天”……亲情何以为继 当记忆渐渐归零</p> <p><u>Live report: Caregivers’ “I Ask the Heavens” How can family love continue when memories gradually fade away?</u></p>	Lianhe Zaobao
8	7 July 2024	<u>3 reasons to watch CNA’s 3-part series on dying alone in Singapore</u>	Channel News Asia
9	11 July 2024	<u>Living long, dying alone</u>	DailyStraits
10	11 July 2024	<p>Hidup lama tapi mati bersendirian di Singapura</p> <p><u>Living long, dying alone</u></p>	Visi.news
11	11 July 2024	<u>Living long, dying alone</u>	Newswav
12	14 July 2024	<u>Living long but dying alone in Singapore</u>	Nagaland Tribune
13	15 July 2024	<u>Living long but dying alone in Singapore</u>	Big News Network
14	17 July 2024	<u>The dark side of the Blue Zone: Living longer comes with the burden of loneliness</u>	Tatler Asia
15	24 July 2024	<p>Kenal pasti risiko warga emas meninggal sendirian tanpa diketahui</p> <p><u>Identify the risks of seniors dying alone</u></p>	Berita Mediacorp
16	24 July 2024	<u>Detik Semasa 2024/2025 Season 1 Episode 6: Lonely deaths among seniors</u>	Suria Mediacorp
17	24 July 2024	<u>How can elderly people living alone in Singapore avoid loneliness?</u>	Lianhe Zaobao

18	16 August 2024	<u>Annual informal caregiving hours for seniors valued at \$1.28 billion: Duke-NUS study</u>	Duke-NUS Medical School
19	16 August 2024	<u>Informal caregiving for seniors in Singapore valued at S\$1.28 billion annually</u>	Medical Express
20	16 August 2024	<u>Caring for elderly family comes up to S\$1.28 billion annually</u>	Lianhe Zaobao
21	18 August 2024	<u>Informal caregiving for seniors valued at S\$1.28 billion annually: Duke-NUS study</u>	The Business Times
22	19 August 2024	<u>Morning Express segment: Creative activities attract a new generation of seniors to embrace active ageing</u>	Channel 8
23	20 August 2024	<u>Annual informal caregiving hours for seniors valued at \$1.28 billion: Duke-NUS study</u>	The Straits Times
24	20 August 2024	<u>Friends can boost health, but what if you struggle to keep them?</u>	The Straits Times
25	21 August 2024	<u>Duke-NUS Study: Informal caregiving for Singapore's seniors valued at \$1.28B annually</u>	The Online Citizen
26	21 August 2024	<u>Informal caregivers provide \$1.28b in value for aged care annually</u>	Healthcare Asia
27	28 September 2024	<u>For those who are an only child, no one shares the load when Mum and Dad get sick</u>	The Straits Times
28	3 October 2024	<u>Duke-NUS launches new pictograms to clarify medication instructions, enhancing patient care</u>	Duke-NUS Medical School
29	5 October 2024	<u>How Singapore is preparing for a super aged society come 2026</u>	Channel News Asia

30	7 October 2024	Daily Cuts - Is Singapore ready for "super aged" status?	CNA938 FM
31	21 October 2024	本地研究员研发首个老年人跌倒风险评估方法 Local researchers develop first falls risk assessment model for seniors	8world
32	22 October 2024	本地与瑞士研究团队合作 开发评估老年跌倒风险筛查算法 Local & Swiss research team develop falls risk algorithm for seniors	Lianhe Zaobao
33	26 October 2024	New fall-risk screening process more easily accessible to seniors	The Straits Times
34	26 November 2024	Duke-NUS and ETH Zurich Develop Innovative Algorithm to Prevent Falls in Elderly	The Active Age
35	27 November 2024	Caregiving Conundrum - Is enough being done to support caregivers as the population greys?	Money FM 89.3
36	3 December 2024	Blue Zone 2.0: In search of the blue tick of long life	MEDICUS
37	14 December 2024	Mum was wrong. It's good to talk to strangers	The Straits Times
38	22 January 2025	We Can Prevent the Hidden Scourge of Senior Isolation	Our Better World
39	9 February 2025	Singapore develops AI intelligence game to diagnose early symptoms of dementia in 15 minutes	Lianhe Zaobao
40	19 February 2025	Detik Semasa 2024/2025 Episode 22: Is being 60 the new 40?	Suria Mediacorp

EDUCATION PROGRAMMES

CARE organised two symposiums, six research methods workshops, six experts' programmes, one industry outreach session and one roundtable.

SYMPOSIUMS



Assoc. Prof. Angelique Chan, Assoc. Prof. Adelina Comas-Herrera and Dr. Mary Ann Tsao officiating the Launch of Global Observatory on Long-Term Care

LONG TERM CARE RESEARCH AND LAUNCH OF GLOBAL OBSERVATORY ON LONG TERM CARE

On 6th November 2024, the "Long-Term Care Research and Launch of Global Observatory on Long-Term Care (GOLTC)" Symposium was organised by the Tsao Foundation and CARE. It was a momentous occasion as Dr Mary Ann Tsao, Chairperson and Interim Chief Executive Officer (CEO) of Tsao Foundation, Associate Professor Angelique Chan, former Executive

Director of CARE, and Associate Professor Adelina Comas-Herrera, Director of the GOLTC, came together to host the highly anticipated Asia launch. The symposium brought together experts from the United Nations, China, Japan, Vietnam and Singapore to discuss critical Long-Term Care challenges in Asia, promoting shared learning and innovative solutions.

HOW CAN WE MAKE THIS WORK? EVALUATION OF HOSPITAL AND COMMUNITY-BASED PROGRAMMES FOR OLDER ADULTS IN SINGAPORE

Making Interventions Work for Older Adults: Insights from the Ageing Research Network (ARN) Symposium

How do we design effective interventions for older adults? What challenges do we face, and what lessons can guide us? More importantly, how do we future-proof programmes to ensure sustainability?

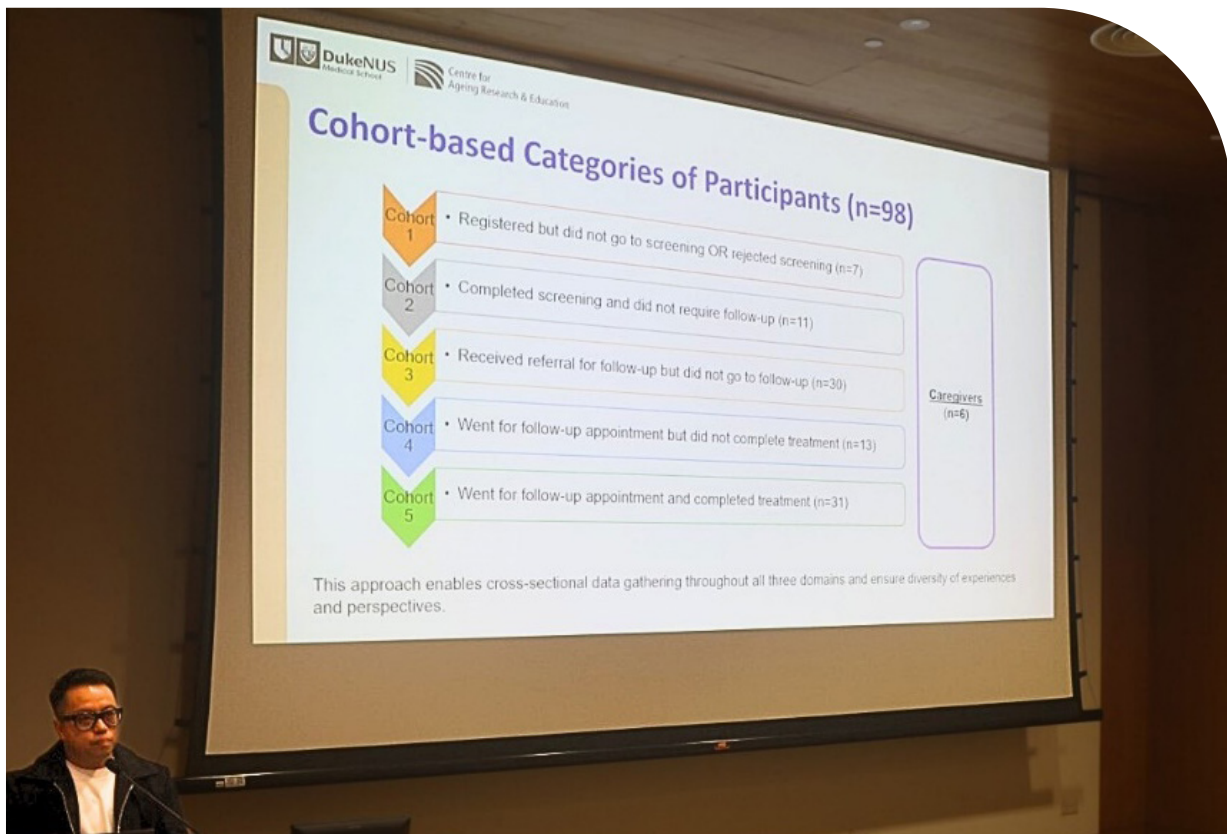
These critical questions took centre stage at this ARN symposium, organised by CARE on 14th February 2025. Researchers from four leading institutions in Singapore shared key findings on interventions supporting healthy ageing, cognitive health, and frailty management.



Four leading institutions shared their findings: Centre for Ageing Research & Education, Singapore University of Technology and Design, Geriatric Education & Research Institute, Institute of Geriatrics and Active Ageing (Tan Tock Seng Hospital)



Findings from the evaluation of Project Silver Screen (PSS), a national-level tiered screening programme for vision, hearing and oral health, were presented by Assoc. Prof. Rahul Malhotra (Executive Director, CARE) and Dr. Ad Maulod (Principal Research Scientist, CARE)



RESEARCH METHODS WORKSHOPS

27 - 28
JUN 2024

CONDUCTING
THEMATIC ANALYSIS
FOR QUALITATIVE
RESEARCH

Trainer(s):

Dr Ad Maulod and Ms
Sasha Rouse

31 JUL - 1
AUG 2024

DESIGNING AND
CONDUCTING FOCUS
GROUP DISCUSSIONS IN
QUALITATIVE RESEARCH:
THEORY AND PRACTICE

Trainer(s):

Dr Arthur Chia and Mr
Malcolm Ravindran

11 OCT
2024

LATENT CLASS
ANALYSIS FOR
BEGINNERS

Trainer(s):

Dr Jeremy Lim-Soh

5 NOV
2024

INTRODUCTION TO
SURVEY RESEARCH
METHODS: SAMPLING,
QUESTIONNAIRE DESIGN, AND
IMPLEMENTATION

Trainer(s):

Dr Abhijit Visaria and Associate
Professor Rahul Malhotra

26 NOV
2024

THE FUNDAMENTALS OF
DATA VISUALISATION

Trainer(s):

Dr Jeremy Lim-Soh

6 - 7 FEB
2025

DESIGNING AND
CONDUCTING
QUALITATIVE INTERVIEWS
FOR HEALTH-RELATED
RESEARCH METHODS

Trainer(s):

Dr Ad Maulod and Ms
Sasha Rouse

EXPERTS PROGRAMMES

25 APR
2024

LATE-LIFE
ECONOMIC
PRECARIETY

Presenter. Affiliation:

Dr Ad Maulod and
Ms Sasha Rouse

FINDINGS FROM THE
STUDY ON DEMENTIA-
INCLUSIVE STREETS FOR
COMMUNITY ACCESS,
PARTICIPATION, AND
ENGAGEMENT

20 MAY
2024

Presenter. Affiliation:

Professor Deborah Carr,
Boston University

THE EVOLUTION OF
PENSION SYSTEMS AND
THE CHALLENGES AHEAD

Presenter. Affiliation:

Mr Andrew Reilly,
Organisation for Economic
Co-operation and
Development

25 JUN
2024

EXAMINING IMPLICATIONS
OF WIDOWHOOD ON
WELL-BEING: RESULTS AND
CHALLENGES

Presenter. Affiliation:

Mr Andrew Reilly,
Organisation for Economic
Co-operation and
Development

17 JUL
2024

PREVENTION OF FALLS IN
OLDER ADULTS: AN UPDATE
FROM MALAYSIA

Presenter. Affiliation:

Professor Dr Devinder
Kaur Ajit Singh, Universiti
Kebangsaan Malaysia

26 SEP
2024

USING MUSIC TO
IMPROVE HEALTH AND
WELLBEING OF OLDER
ADULTS LIVING WITH
DEMENTIA AND THEIR
CARE PATIENTS

Presenter. Affiliation:

Dr Darina Petrovsky,
Duke University

5 NOV
2024

INDUSTRY OUTREACH

On 9th October 2024, CARE hosted key stakeholders in Singapore's eldercare industry to a discussion titled "The Missing Middle: Addressing the Care Needs of Middle-and Upper-Income Seniors in Singapore (CaMUS)". Facilitated by Dr Ad Maulod and Dr Arthur Chia, the lively discussion was anchored on research findings from the CaMUS Study, and tapped on industry representatives' diverse experiences developing services, infrastructure and programmes for different groups of older persons in Singapore to brainstorm eldercare services that meet the distinct needs of middle- and high-income older persons.

Dr Ad Maulod's anchoring presentation on the CaMUS Study findings highlighted those middle and high-income older persons:

- Regard later life as a distinct phase for exploration, self-actualisation, and freedom from family and work commitments.
- Seek or maintain deep social bonds founded on shared values, where they can be their authentic selves.
- Desire access to lifestyles, habits, and activities that support both physical and mental health.
- Seek trusted and reliable healthcare services that make them feel heard and respected, i.e. person-centred care.



Dr. Ad Maulod (Principal Research Scientist, CARE) stating the goals of the session

Attendees candidly shared opinions, anecdotal challenges and pain-points, and aspirations for better community eldercare models. All attendees agreed that more needs to be done for middle-and high-income older persons. However, many pointed to high costs that could make such efforts economically prohibitive. Most salient is the significant financial barrier to building hybrid, integrated assisted living facilities such as Perennial Holding's upcoming development in Parry Avenue, Singapore. Parry Avenue integrates geriatric care, residential and leisure facilities with services

and programming that cater well to the wide-ranging demands of middle-and high-income older persons. Yet such integrated facilities are classed by Singapore's land authorities as healthcare real estate — a classification that prohibitively increase the cost of developing integrated facilities in Singapore.

The deep and often animated discussion left attendees motivated to continue conversations with each other, hopeful of actualising future collaborations and innovations in the eldercare sector in Singapore.



20 attendees discussed recommendations for the intermediate and long-term care sector

ROUNDTABLE

The 2025 CARE Roundtable, themed *Mainstreaming Innovation – Implementing Community-Based Falls Prevention Programmes at Scale in Singapore*, was convened by CARE to advance efforts in scaling up fall prevention initiatives among community providers.

Through a series of structured activities and facilitated discussions, the roundtable focused on three key objectives. First, it assessed the existing capacity of community organisations to deliver multi-component fall prevention interventions. Second, it examined the screening and referral processes used across different settings, surfacing common challenges and areas for improvement. Third,

the roundtable evaluated the current state of monitoring and measurement practices, highlighting the importance of defining and tracking meaningful outcomes to inform programme improvement and policy advocacy.

The discussions revealed several key challenges and barriers that community providers face in their efforts to scale fall prevention programmes. One major issue is competing demands—many providers are stretched thin across multiple programmes, limiting their ability to prioritise and dedicate resources to fall prevention. Additionally, managing the complexity of fall risk emerged as a significant concern, with providers noting the need for



The roundtable aimed to combine high level insights from top management and organisation heads to understand their capacities better

better tools and training to address the multi-factorial nature of falls among older persons. Screening and tool selection also pose practical challenges, as providers often struggle with identifying appropriate and feasible screening tools that can be integrated into existing workflows. Furthermore, low participation in screening activities was a recurring concern, with providers reporting difficulties in engaging older persons and their caregivers in preventive efforts, particularly when older persons have not yet experienced a fall.

Despite these challenges, participants expressed interest in continuing dialogue, sharing best practices, and co-developing resources to support implementation. The 2025 CARE Roundtable marks an important step forward in aligning efforts across the community care sector and strengthening the foundation for a nationwide approach to preventing and reducing falls among older adults in Singapore.



Dr. Goh Jing Wen (Research Fellow, CARE) discussed specific opportunities and constraints that organisations might encounter

RESEARCH NETWORK ACTIVITIES

LOCAL

AGEING RESEARCH NETWORK (ARN)

The Network was formed in February 2016 to nurture collaborations between the various ageing research centres in Singapore. Other than CARE, members include the Active Living for the Elderly (LILY), Ageing Research Institute for Society and Education (ARISE) and Centre for Healthy and Sustainable Cities (CHESS), Nanyang Technological University, Centre for Environment and Ageing Well, National University of Singapore (ENgAGE), Centre for Healthy Longevity, National University Health System (CHL), Centre for Research on Successful Ageing, Singapore Management University (ROSA), Humanities, Arts and Social Sciences, Singapore University of Technology and Design, Institute of Geriatrics and Active Ageing, Tan Tock Seng Hospital (IGA), Geriatric Education and Research Institute (GERI), and SingHealth Centre for Population Health Research and Implementation (CPHRI).

CARE hosted a meeting of the ARN on 23rd July 2024. Representatives of the Ageing Planning Office, MOH also attended the meeting. Associate Professor Angelique Chan shared A*Star Research Collaboration opportunities and the hosting for an ARN Symposium in FY2024. A new member, SingHealth Office for Ageing Research (SOAR), joined the ARN in July 2024. The ARN Symposium was held on 14th February 2025 whereby researchers from four leading institutions (CARE, GERI, IGA (TTSH), SUTD) shared key findings on interventions supporting healthy ageing, cognitive health, and frailty management.

INTERNATIONAL

ASSOCIATION OF PACIFIC RIM UNIVERSITIES (APRU) AGEING HUB

CARE is a member of the APRU Research Hub on Population Ageing formed to deepen the collaboration among junior and senior researchers on Ageing in the Asia-Pacific. Launched in 2015, the objective of the hub is to share best practices and showcase research, engage with governments and industry, and to stimulate new and relevant research collaborations. This programme brings together renowned experts on population ageing from across the Asia-Pacific, providing a platform to engage with government and enterprise, and supporting capacity building to empower nations to deal with population ageing.

INTERNATIONAL ALLIANCE OF RESEARCH UNIVERSITIES (IARU) AGEING, LONGEVITY AND HEALTH INITIATIVE

CARE was invited to join the IARU Ageing, Longevity and Health Initiative in 2018. The group examines issues of ageing, longevity and health with a multidisciplinary approach. The initiative encompasses biological, psycho-social, cultural and public health policy issues arising from changing human population age demographics and the global human longevity transition.

INTERNSHIPS

PROGRAMME OVERVIEW

The CARE Internship Programme offers both diploma-level and undergraduate students meaningful, real-world exposure to research in ageing. Through hands-on involvement in ongoing CARE projects, interns are given the opportunity to develop essential research and analytical skills, gain valuable industry insights, and deepen their understanding of how evidence-based research informs policy and practice.

INTERNS

From May 2024 to February 2025, CARE hosted five interns from leading local institutions, including the National University of Singapore (NUS) and Temasek Polytechnic (TP).

PROFESSIONAL DEVELOPMENT

The CARE Internship Programme is committed to nurturing future professionals by offering a structured and enriching learning environment that bridges academic learning with real-world research experience.

Undergraduate interns participated in our programme through a combination of pathways—some completed credit-bearing internships as part of their academic requirements, while others undertook the internship on a voluntary basis to deepen their understanding of research and ageing-related issues. Diploma-level interns undertook the placement as a compulsory component of their diploma programme, aligned with institutional learning objectives.

All interns were actively involved in a wide range of tasks that supported the Centre's research, education, and communication initiatives. They developed core research competencies, including conducting literature reviews, supporting data collection and analysis, and engaging with stakeholders. These experiences provided interns with valuable insights into how research informs ageing-related policy and practice in Singapore.

Throughout the internship period, interns received supervision and mentorship from CARE researchers, with regular feedback and guidance to support their professional growth. Each internship concluded with a formal presentation to CARE staff, during which interns showcased their contributions, reflected on their learning journey, and demonstrated the knowledge and skills acquired over the course of the programme.

The CARE Internship Programme remains a vital platform for building research capacity among students and fostering a deeper appreciation of the role of evidence-based research in shaping effective and inclusive ageing policies.



From left to right:

Timothy Aw (Intern, NUS), Samriddhi Senthilkumar (Intern, NUS), Nur Diyana Azman (CARE Supervisor), Atiqah Lee (CARE Supervisor), Haw Hui Yi (Intern, NUS), Sumithra Devi Suppiah (CARE Supervisor), Tan Kok Yang (CARE Supervisor)

First row, from left to right:

Sumithra Devi Suppiah (CARE Supervisor), Malcolm Ravindran (CARE Supervisor)

Second row, from left to right:

Tan Kok Yang (CARE Supervisor), Atiqah Lee (CARE intern's mentor), Meagan Goh (CARE Supervisor)

Third row, from left to right:

Nur Diyana Azman (CARE intern's mentor), Jovis Lim (Intern, TP), Nur Iffah Md Amrin (Intern, TP)

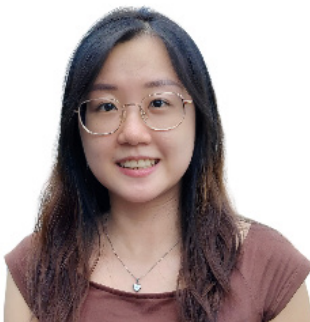
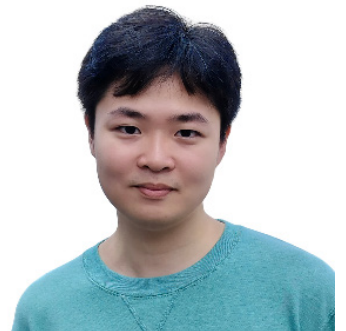


HEAR FROM OUR INTERNS...



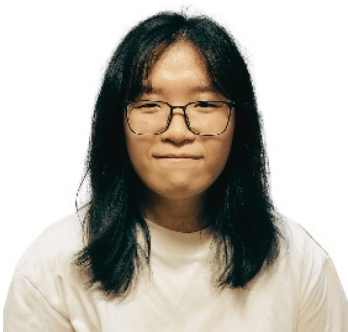
"The CARE internship was an enlightening expedition serving as a growth crucible. It undeniably exposed me to the intricacies of quantitative research, unveiling the profound wonders of the research world." – [Samriddhi Senthilkumar \(Intern, NUS\)](#)

"My internship at CARE provided many opportunities to apply myself and develop my research skills. Through enriching, meaningful work, I emerged as a better student and researcher." – [Timothy Aw \(Intern, NUS\)](#)



"My internship experience has shown me that a little CARE can go a long way. I'm thankful to have witnessed the enriching process of ageing research in a collaborative and supportive environment." – [Haw Hui Yi \(Intern, NUS\)](#)

"My internship at CARE provided many opportunities to apply myself and develop my research skills. Through enriching, meaningful work, I emerged as a better student and researcher." – [Nur Iffah Md Amrin \(Intern, TP\)](#)



"I am truly grateful to CARE for providing such a welcoming and nurturing environment that allowed me to learn and grow both personally and professionally." – [Jovis Lim \(Intern, TP\)](#)

STAFF RETREAT

The CARE staff retreat took place on 28th February 2025, at the Grand Hyatt Singapore Hotel. It began with an opening address by members of the senior management, followed by an engaging game of PowerPoint Karaoke facilitated by the organising committee. In this game, participants had to present using slides they had never seen before. This activity tested everyone's improvisation skills. After an intense hour, the group enjoyed a buffet lunch at The Straits Kitchen. The retreat concluded with archery tag and tele-match games at The Cage@Kallang.



Dr. Ad Maulod (Principal Research Scientist) facilitated the PowerPoint Karaoke segment



In the first half of the programme, members of the senior management presented CARE's achievements and outlined future initiatives



The teams engaged in tele-match activities designed to enhance camaraderie and cooperation



For many team members, it was their first experience with archery tag: a game requiring precision and agility.

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