DukeNUS Medical School

Centre for Ageing Research & Education



A YEAR IN REVIEW

ANNUAL REPORT 2025-2026



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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 caregivers
- 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

Message from the Executive Director



A/Prof Rahul Malhotra
Executive Director
Centre for Ageing Research & Education
Duke-NUS Medical School

The year from April 2025 to March 2026 has been a particularly meaningful one for the Centre for Ageing Research & Education (CARE). Marking a decade since the Centre's establishment gave us the chance not only to reflect on how far we have come, but also to consider the role CARE can continue to play in Singapore's rapidly evolving ageing landscape.

A fitting way to mark this milestone was the inaugural Singapore Conference on Ageing and Health, conceptualised and convened by CARE on 2 and 3 February 2026. The conference reflected our growth over the past decade—from an ageing research centre into one increasingly able to bring together the wider research, policy and practice community across Singapore and the region around important issues in ageing and health. Across 30 sessions, close to 400 participants from 19 countries exchanged ideas and evidence on topics ranging from ageing and the environment to mental health, caregiving and falls prevention.

The conference was also an occasion for the CARE team to celebrate ten years of research excellence alongside the colleagues and partners who have supported our journey. For me, it was a reminder that CARE's growth is not measured simply by the number of projects we undertake or the research outputs we produce. It lies just as much in the relationships and partnerships that have grown around our work, and in our ability to unite researchers, healthcare professionals, policymakers, community service providers and others around the shared goal of helping people age well.

Our research portfolio matured further during the year, with many of our projects moving beyond understanding the challenges of ageing towards generating evidence that can inform practical solutions. Our study of Ageing Well in the Urban Environment, conducted with the Berlin University Alliance, is examining how neighbourhood environments, services and age-friendliness shape the health, mobility, loneliness and financial security of older adults. Its findings will contribute evidence relevant to the implementation of Age Well SG, while enabling shared learning between Singapore and Berlin.

Falls prevention is another central area of our work. The TARGET study is following more than 2,000 older adults to better understand risk factors for falls and fractures, while the SAFE-TECH randomised controlled trial is evaluating a technology-enhanced, multi-component falls prevention intervention. Encouragingly, SAFE-TECH is now progressing towards translation: the SAFE-TECH GO toolkit and intervention are being developed to support scalable and sustainable falls prevention in the community.
Other projects reflect the increasingly diverse questions that ageing presents. The ReCognition Study is examining how a museum-based heritage programme can support the health and wellbeing of older persons with mild cognitive impairment, while our climate change

research is exploring how vulnerable older adults experience the physical, psychological and social effects of a changing climate—and how these risks can be communicated more effectively. With our SingHealth partners, we are also developing and evaluating an IT-enabled approach for identifying and addressing the health and social service needs of frail older persons at the point of care.

At the population level, THE SIGNS Study continues to serve as an important longitudinal evidence base on ageing and health in Singapore. The newly established THE SIGNS Study II cohort enrolled 5,306 older adults in 2024-2025, and further follow-ups of both THE SIGNS Study I and II cohorts are planned for 2027. Together, these data will allow us to track how the health and wellbeing of older Singaporeans change over time, and to continue supporting policy planning and service provision.

Disseminating high-quality research remains central to CARE's mission. In 2025-2026, CARE researchers published 24 peer-reviewed papers, up from 16 the previous year. The breadth of this work is striking, spanning falls prevention, loneliness and social networks, caregiving, urban environments, resilience and sleep, oral health, social frailty, and healthcare utilisation. These papers were published in established journals including Age and Ageing, Journals of Gerontology: Series B, Gerontology, BMC Geriatrics, Journal of Epidemiology and Community Health, and Aging & Mental Health, among others.

Alongside our research, CARE continued to strengthen its education and capacity-building role, creating opportunities for researchers, practitioners and students to learn, exchange ideas and build connections across the ageing ecosystem. During the year, we convened research methods workshops and Experts Programmes featuring local and international scholars, as well as a multi-stakeholder roundtable on reimagining active ageing for future generations. Through the Ageing Research Network, we also continued to foster collaboration across Singapore's ageing research community, including a symposium that brought together researchers from seven centres and institutes to examine how digital innovations can support older adults. Our internship programme complemented these efforts by giving five diploma and undergraduate students hands-on experience in ageing research, helping to nurture the next generation of researchers and professionals in ageing and health.

As CARE enters its second decade, our focus remains firmly on producing rigorous research that is relevant to policy and practice. CARE's first decade has shown us the value of multidisciplinary research and strong partnerships across academia, government, healthcare and the community, and the Singapore Conference on Ageing and Health demonstrated what can be achieved when this wider community comes together. As we begin CARE's next decade, we will continue to strengthen these partnerships, enable the translation of evidence into policy and practice, and develop the research capacity needed for the challenges ahead.

I would like to thank CARE's research and administrative staff for their commitment and contributions over the past year, our collaborators and partners for continuing to work alongside us, and CARE's Advisory Board and the senior leadership of Duke-NUS Medical School for their guidance and support.
Ten years is an important milestone—but it is also a starting point for CARE's next chapter. I look forward to all that we will accomplish together in the years ahead.

Till then, Age Well!

Advisory Board



PROFESSOR BRENDA YEOH (CHAIRPERSON)
Distinguished Professor, Department of Geography and Asia Research Institute, National University of Singapore (NUS) Research Leader, Asian Migration Cluster, Asia Research Institute, NUS



MR LEE KWOK MING (MEMBER)
Group Director, Ageing Planning Office, Ministry of Health (MOH)



A/PROF LOW LIAN LENG (MEMBER)
Director, Southeast, SingHealth Office of Regional Health
Director, SingHealth Centre for Population Health Research and Implementation (CPHRI)
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Executive Director and Lead Scientist, Geriatric Education & Research Institute (GERI)



PROFESSOR PATRICK TAN (EX-OFFICIO MEMBER)
Dean, Duke-NUS Medical School

Staff



(Top row, left to right)

Ms Humaira' Alfie Raihanah, Research Assistant
Ms Anisha Drall, Research Assistant
Ms Atiqah Lee, Research Associate
Ms Janice Seow, Executive
Ms Christina Chai, Research Assistant
Ms Daphne Lee, Management Assistant Officer
Ms Sumithra Devi Suppiah, Project Manager
Ms Meagan Goh, Research Assistant
Ms Anki Lim, Research Assistant
Ms Khong Thi Minh Thu, Senior Research Assistant
Ms Nur Diyana Azman, Senior Research Assistant
Ms Thulase Thamootharam Pillai, Research Assistant
Ms Demiwaty, Manager

(Bottom row, left to right)

Dr Zheng Shenglin, Research Fellow
Ms Sasha Rouse, Research Associate
Dr Zahirah Suhaimi, Research Fellow
Dr Ad Maulod, Principal Research Scientist
Associate Professor Angelique Chan, Advisor
Associate Professor Rahul Malhotra, Executive Director
Ms Tan Annie, Associate Director
Dr Goh Jing Wen, Research Fellow
Dr Ruan Hangqing, Research Fellow
Mr Tan Kok Yang, Senior Research Associate

In absentia:
Ms Catherine Lim, Research Assistant, Dr Jeremy Lim-Soh, Senior Research Fellow, Dr Lia Troeung, Senior Research Fellow, Ms Ng Jing Ting, Research Assistant, Ms Serine Thye, Research Assistant, Ms Tu Minh Thao, Senior 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



Community Based-Health & Social Care Services



Falls Prevention



Family Caregiving



Health Communication



Population Health



Productive Ageing



Social & Psychological Aspects of Ageing

Research Themes



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. 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.

Research Themes



3. Community-Based Health and 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., community nursing, and Active Ageing Centres) being delivered in Singapore.



4. 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.

Research Themes



5. Falls Prevention

The risk of falls and fall-related problems increases with age and contributes to functional limitations among older persons. Falls 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 falls prevention interventions, with the goal of translating the interventions through community-based facilities like active ageing centres.



6. 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.

Research Themes



7. 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.



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

Population ageing in Singapore and Germany is increasing pressure on health systems, highlighting the importance of supportive neighbourhood environments that enable older adults to age well in the community. Conducted in partnership with the Berlin University Alliance (BUA), this longitudinal study investigates how modifiable features of the living environment, including health service availability and accessibility, built environment characteristics, and neighbourhood age-friendliness, influence health, mobility, loneliness, and financial security among older adults in Singapore. The project is funded under the BUA–NUS Global Health Exploration Project Grant Call as part of the BUA–NUS Strategic Research Partnership.

CARE completed baseline data collection and recruited 1,077 community-dwelling older adults across multiple neighbourhoods in Singapore. Follow-up interviews are currently ongoing.

Findings from this study will support the implementation of Age Well SG by providing evidence on how neighbourhoods, services, and social environments shape ageing outcomes in urban settings. The project also contributes to international learning on age-friendly cities through collaboration between Singapore and Berlin, supporting knowledge exchange aligned with the WHO Age-Friendly Cities Framework.

Research Projects: Ongoing



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.

CARE completed baseline data collection and recruited 2291 participants. Follow-up data collection is on-going and has progressed into the second-last quarterly phone call follow-up phase. The final quarterly follow-up is expected to be completed by October 2026. Publication activities are progressing, with four manuscripts out of seven submitted to date.



Grandparenting and Caregiving Exchanges in Sandwiched Families (GRACES)

Sandwiched families, or families supporting both grandparents and grandchildren, have been highlighted as a major demographic issue. Such families 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 surveyed 350 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.

Research Projects: Ongoing



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

The ReCognition Study evaluates the impact of Refresh and Reconnect! — an arts-based, museum heritage programme developed by the National Museum of Singapore — on the health and wellbeing of older persons living with mild cognitive impairment. Using a mixed methods design, the study examines what shapes the programme's effects and implementation, and how participation changes the way older adults relate to the museum as a space for health and wellbeing.

Preliminary findings reveal a meaningful shift in participants' perception of the National Museum of Singapore — from a repository of the past, visited passively, to a social and activity space of shared meaning, reminiscence, and connection. This shift was not spontaneous but mediated by the dynamic interaction of people, place, and programme. National Museum of Singapore volunteers, called "Care Facilitators", were central to this: by creating the relational and interactive conditions for meaningful engagement, they enabled participants to move from passive recipients of heritage to active contributors — sharing lived memories, asking questions, and asserting their own expertise about the past.

The findings will inform the development of effective, non-pharmacological interventions for older persons with cognitive impairment, and contribute to a growing evidence base on the role of cultural institutions in supporting healthy ageing. This project is funded by the National Heritage Board through the National Museum of Singapore.

Research Projects: Ongoing

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, through interviews, focus group, and co-design workshops. It also aims to identify the challenges in communicating the health effects of climate change to older persons and develop strategies to address them.

Preliminary findings suggest older adults understand climate change primarily through changes in comfort, daily routine, and weather patterns, and are able to articulate challenges posed by changing weather on their physical, mental and social health. Climate change is not perceived as an individual risk, but as a 'vulnerability multiplier' operating in tandem with urban redevelopment — housing, construction, accessibility — and exacerbating everyday discomfort. Climate-health communication is most effective when it is relatable and action oriented — highlighting benefits, disseminated through trusted touchpoints, and centered around empowerment and agency.

Findings will inform the development of health communication interventions and influence healthcare policies. Results will be compared with those of a similar project conducted in the USA with partners at Duke University to contribute to a growing evidence base on the intersections of climate change and health risks, and subsequent communication and policy design. This project is funded by the Duke/Duke-NUS Research Collaboration Pilot Project grant.

Research Projects: Ongoing



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 is essential to support care continuity for frail older persons. This 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 using a mixed-methods approach; and (iv) develop implementation strategies and a toolkit to facilitate adoption of the tool across diverse settings.

The project has completed Aims (i) and (ii) and is currently in the implementation phase. A pilot phase has commenced to assess the clarity, length, translation quality, and operational feasibility of the study materials and procedures. During the implementation phase, the study aims to recruit 200 frail older adults during hospital admission at Changi General Hospital.

This project will provide critical evidence on how a digitised SST can support the implementation of integrated care models. By translating established care approaches into embedded, IT-supported workflows, the project will advance whole-person, person-centred care and offer a practical pathway for health systems seeking to better integrate medical and social care for ageing populations. The project is funded by the National Medical Research Council through the National Innovation Challenge on Active and Confident Ageing.

Research Projects: Ongoing



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.

SAFE-TECH is currently in the final stage of the intervention, with preliminary findings showing that adherence to the intervention is a key determinant of programme effectiveness, alongside improvements in physical function and reductions in fear of falling among participants. Meanwhile, the SAFE-TECH toolkit (SAFE-TECH GO) is being developed for community partners, integrating fall risk assessment, tailored interventions, and implementation strategies to support scalable, sustainable, and accessible falls prevention in the community. Recognising adherence as critical to successful implementation and long-term impact, the project also emphasises strategies to enhance sustained participant engagement and programme uptake.

Research Projects: Ongoing



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

THE SIGNS Study examines the patterns, determinants and outcomes of healthy ageing in Singapore. It adopts a broad and multidimensional perspective on health, encompassing physical, psychological and social domains.

The study currently comprises two distinct cohorts of older adults who were aged 60 years and above at baseline:

- THE SIGNS Study I, comprising participants enrolled in 2016–2017; and
- THE SIGNS Study II, comprising participants enrolled in 2024–2025.

THE SIGNS Study generates valuable data to support the Ministry of Health's policy planning and service provision for older adults in Singapore. The study is funded by the Ageing Planning Office, Ministry of Health.

THE SIGNS Study I
Wave 1 of THE SIGNS Study I was conducted in 2016–2017. A total of 2,887 participants were re-interviewed during Wave 2 in 2019. Wave 3 was conducted in 2023–2024 and involved following up with participants who had participated in both Waves 1 and 2. Participants interviewed during Wave 3 will be followed up again in Wave 4, which is planned for 2027.

THE SIGNS Study II
Wave 1 of THE SIGNS Study II was conducted in 2024–2025 and enrolled 5,306 participants. This refreshed cohort was established to ensure that the study continues to reflect Singapore's current population of older adults. Participants in THE SIGNS Study II will be followed up in 2027.

Research Projects: Completed



Study of Implementation-effectiveness of the Active Ageing Centre Service Model in Singapore (AAC Study)

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.

The AAC evaluation enabled CARE to identify key levers for extending vitality, social engagement and purpose throughout older adults' lives. This study yielded a full report on the evaluation of the AAC service model, an AAC 2.0 toolkit featuring best practices for engaging and empowering older adults, alongside a design statement reflecting their aspirations for vitality and vibrant communities.

Publications

CARE published 24 peer-reviewed papers in scientific journals in 2025.

1. **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**

2. **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, 80(6),* gbaf039. **https://doi.org/10.1093/geronb/gbaf039**

3. **Siddiqui, F. J., Kumar, A., Ansah, J. P., Yuan, G., Liu, Z., Malhotra, R., Ong, M. E. H., & Lam, S. S. W.** (2025). Long-range forecasting for emergency care systems in a highly dynamic setting: A Singapore case study. *JACEP Open, 6(4),* 100184. **https://doi.org/10.1016/j.acepjo.2025.100184**

4. **Quach, H.-L., Lim-Soh, J., & Malhotra, R.** (2025). Psychological resilience and sleep quality of family caregivers of older adults with functional limitations: A weighted comparison with non-caregivers. *Sleep Medicine, 133,* 106628. **https://doi.org/10.1016/j.sleep.2025.106628**

5. **Quach, H.-L., Lim-Soh, J., Azman, N. D. B., & Malhotra, R.** (2025). The effect of positive experiences of caregiving on post-loss depressive symptoms and prolonged grief symptoms among family caregivers. *Journal of Social Work in End-of-Life & Palliative Care, 21(3),* 184–208. **https://doi.org/10.1080/15524256.2025.2515843**

6. **Tan, E. Y.-Q., Xu, H., Malhotra, R., Paguirigan, M. R. B., Cruz, G. T., Saito, Y., & Østbye, T.** (2025). Development and validation of a social frailty index among older adults in the Philippines. *Journal of Aging and Health,* 08982643251356716. **https://doi.org/10.1177/08982643251356716**

7. **Koh, V. J. W., Beadle, N., Chia, A., Matchar, D. B., & Chan, A. W.-M.** (2025). "You have just got to be careful"—A qualitative study disentangling health beliefs and behaviors regarding falls among community-dwelling older adults in Singapore. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences, 80(7),* gbaf076. **https://doi.org/10.1093/geronb/gbaf076**

8. **Bolster, M., Visaria, A., Matchar, D., Gerstorf, D., Schmitz, T., Labohm, B., Kohl, R., Haase, D., Gellert, P., Chan, A., & Herrmann, W. J.** (2025). Ageing well in the urban environment: Meeting the health and social needs of older Adults - study protocol for a prospective, longitudinal mixed-methods study. *BMC Geriatrics, 25(1),* 650. **https://doi.org/10.1186/s12877-025-06185-0**

Publications

9. **Ting, Y., Visaria, A., & Malhotra, R.** (2025). Impact of informal caregiving at older ages on loneliness and social networks in Singapore. *Gerontology, 71(11),* 990–1002. https://doi.org/10.1159/000548267

10. **Tay, J. R. H., Cooray, U., Chan, A., Tonetti, M. S., Nascimento, G. G., & Peres, M. A.** (2026). Perceived masticatory function and mortality: A causal study. *Journal of Dental Research, 105(1),* 95–102. https://doi.org/10.1177/00220345251363851

11. **Tay, J. R. H., Nascimento, G. G., Chan, A., Malhotra, R., Tonetti, M. S., & Peres, M. A.** (2025). Estimating the causal impact of chewing disability on depressive symptoms mediated by loneliness: A longitudinal marginal structural model study of older adults in Singapore. *Innovation in Aging, 9(10),* igaf100. https://doi.org/10.1093/geroni/igaf100

12. **Quach, H.-L., Lim-Soh, J., & Malhotra, R.** (2025). Impact of the diagnosis of dementia in older care-recipients on their family caregivers' depressive symptoms and quality of life. *Dementia,* 14713012251389668. https://doi.org/10.1177/14713012251389668

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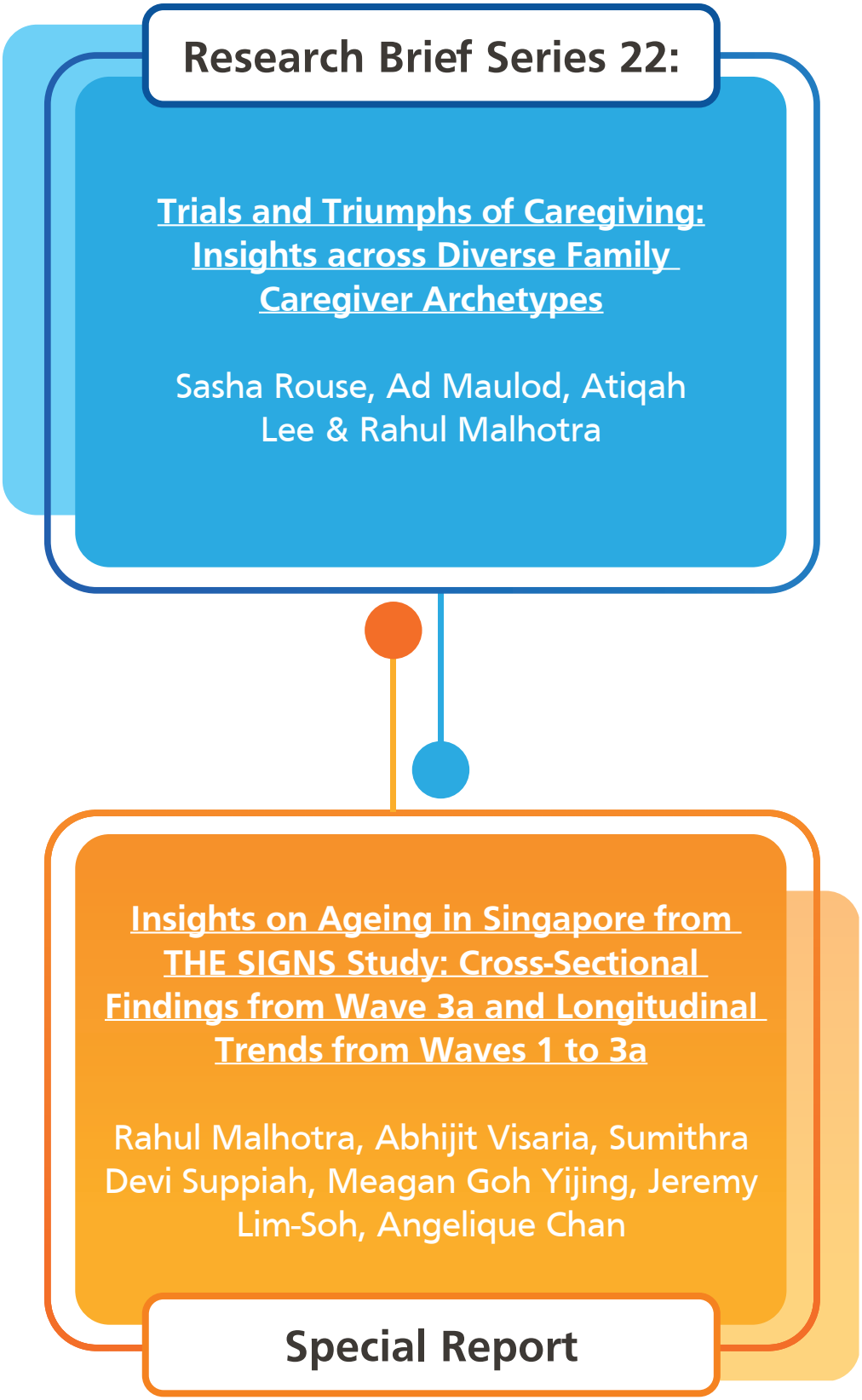
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Research Briefs



Conference Presentations

S/N	Name of Platform	Title of Presentation	Location and Date(s)	Presenter
1	**Society for Psychological Anthropology Biennial Meeting**	Being unneeded and the political economy of chronic loneliness in later life	New Mexico, USA 3 April 2025	Ad Maulod
2	**Population Association Singapore (PAS)**	The Relationship of Friend-based Social Support Networks with Older Adults' Self-Efficacy in Managing Chronic Conditions, and its Mediation by Health Knowledge	Singapore 15 May 2025	Meagan Goh
3	**Population Association Singapore (PAS)**	Impact of the Diagnosis of Dementia in Older Care-Recipients on their Family Caregivers' Depressive Symptoms and Quality of Life	Singapore 15 May 2025	Jeremy Lim-Soh
4	**Population Association Singapore (PAS)**	Psychological resilience and sleep quality of family caregivers of older adults with functional limitations: A weighted comparison with non-caregivers	Singapore 15 May 2025	Jeremy Lim-Soh

Conference Presentations

S/N	Name of Platform	Title of Presentation	Location and Date(s)	Presenter
5	**36th REVES Conference**	Association of sleep and nap duration with total life expectancy, and life expectancy with and without cardiovascular diseases among older adults: A longitudinal population-based study	Tampere, Finland 15 May 2025 	Rahul Malhotra
6	**Gerontological Society of America (GSA)**	Persistent and Episodic Depressive Symptoms Among Family Caregivers and Non-Caregivers in Singapore	Boston, USA 12 November 2025	Jeremy Lim-Soh
7	**Gerontological Society of America (GSA)**	Depressive Symptoms are Associated With Increased Healthcare Utilization Among Older Adults in Singapore	Boston, USA 12 November 2025	Rahul Malhotra
8	**Gerontological Society of America (GSA)**	Traditional retirement or bridge employment? Trajectories of depressive symptoms after returning to work in Korea	Boston, USA 12 November 2025	Jeremy Lim-Soh

Conference Presentations

S/N	Name of Platform	Title of Presentation	Location and Date(s)	Presenter
9	**Gerontological Society of America (GSA)**	TARGET: A Singapore National Cohort for Assessing Geriatric Fall and Fracture Risk in the Community	Boston, USA 12 November 2025	Tan Kok Yang
10	**Gerontological Society of America (GSA)**	Rising Above Falls: Resilience, Fear of Falling, and Impact on Functional and Psychosocial Outcomes	Boston, USA 12 November 2025	Rahul Malhotra
11	**Gerontological Society of America (GSA)**	Preliminary Findings of a Tailored, Multi-Component Falls Prevention Intervention for Community- Dwelling Older Adults	Boston, USA 12 November 2025	Goh Jing Wen



12	**Singapore Conference on Ageing and Health 2026**	Implementation Barriers in Singapore's Community-Based Falls Prevention Programmes: A Root Cause Analysis	Singapore 2 February 2026	Catherine Lim

Conference Presentations

S/N	Name of Platform	Title of Presentation	Location and Date(s)	Presenter
13	**Singapore Conference on Ageing and Health 2026**	Beyond Access: Facilities and Facilitation of Museum Engagement with Older Adult	Singapore 2 February 2026	Sasha Rouse
14	**Singapore Conference on Ageing and Health 2026**	Validation of fall screening algorithms and development of a questionnaire-based fall risk model for elderly in Singapore	Singapore 2 February 2026	Khong Thi Minh Tu
15	**Singapore Conference on Ageing and Health 2026**	"If You're Caring and Sharing, You Will Make More Friends": Navigating the Social Infrastructure of Active Ageing Centres	Singapore 2 February 2026	Nur Atiqah Binte Mohd Farhan
16	**Singapore Conference on Ageing and Health 2026**	"Hoping For the Breeze": Older Persons' Experiences of Climate Change in Urban-dense Singapore	Singapore 2 February 2026	Zahirah Suhaimi
17	**Singapore Conference on Ageing and Health 2026**	Preliminary Findings of a Tailored, Multi-Component Falls Prevention Intervention for Community- Dwelling Older Adults	Singapore 2 February 2026	Goh Jing Wen

Conference Presentations

S/N	Name of Platform	Title of Presentation	Location and Date(s)	Presenter
18	**Singapore Conference on Ageing and Health 2026**	Are Social Networks Shrinking? Cohort Differences in Social Networks of Older Singaporeans Aged 60–69 in 2009 and 2016–2017	Singapore 3 February 2026	Ruan Hangqing
19	**Singapore Conference on Ageing and Health 2026**	Prevalence, Correlates and Psychosocial Outcomes of Frailty, Using the Clinical Frailty Scale, Among Older Singaporeans	Singapore 3 February 2026	Meagan Goh
20	**Singapore Conference on Ageing and Health 2026**	The TARGET Study: Effects of Falls and Cognition on Resilience, Fear of Falling, And Quality of Life in Older Adults	Singapore 3 February 2026	Serine Thye Chin Woen
21	**Singapore Conference on Ageing and Health 2026**	TARGET: A National Cohort for Assessing Geriatric Fall and Fracture Risk in the Community in Singapore	Singapore 3 February 2026	Tan Kok Yang

Conference Presentations

S/N	Name of Platform	Title of Presentation	Location and Date(s)	Presenter
22	**Ageing Research Network 2026**	Digital Engagement and Health-Related Internet Use among Singaporeans Aged 70 years and Older: Patterns, Barriers, and Determinants	Singapore 25 February 2026	Ruan Hangqing Meagan Goh



S/N	Name of Platform	Title of Presentation	Location and Date(s)	Presenter
23	**Ageing Research Network 2026**	Technology-Enhanced Falls Risk Assessment and Preventive Intervention in Ageing Asian Populations	Singapore 25 February 2026	Angelique Chan



In the News

OP-EDS

S/N	Date	Title, Author(s)	Media Outlet
1	15 May 2025	Caregivers need more support. We owe it to them By: Diyana Azman, Atiqah Lee	The Straits Times
2	27 September 2025	Ageing well begins in the neighbourhood, but doesn't end there By: Malcolm Ravindran, Atiqah Lee	The Straits Times
3	1 October 2025	60 is the new starting line By: Meagan Goh, Rahul Malhotra	Daily27
4	9 October 2025	Harnessing Generative Ambivalence for Intergenerational Cohesion By: Ad Maulod	Population Association of Singapore
5	30 October 2025	Commentary: Age Well Neighbourhoods to plug gap in senior services, but what's next? By: Jeremy Lim-Soh, Rahul Malhotra	Duke-NUS

Media Coverage

S/N	Date	Title	Media Outlet
1	27 May 2025	Singaporeans' life expectancy rises for second year	Channel News Asia
2	29 May 2025	How can we make it safer for our elderly as pedestrians and on public transport?	CNA938
3	3 July 2025	Duke-NUS Commentary: Caregivers need more support	Duke-NUS Medical School

S/N	Date	Title	Media Outlet

In the News

Media Coverage

S/N	Date	Title	Media Outlet
4	25 July 2025	Home alone, but loneliness doesn't have to be a constant companion for Singapore's seniors	Channel News Asia
5	17 August 2025	年长者支持乐龄社区计划 指服务便利性与收费关键	8world
6	18 August 2025	乐龄人士: 乐龄社区要成功 各服务的便利性与收费是关键	Capital958
7	18 August 2025	每周坚持运动做义工 活跃乐龄谱写人生新篇章	Lianhe Zaobao
8	18 August 2025	Active Ageing Centres call for more senior-friendly infrastructural changes. Timestamp: 2:18	Channel News Asia
9	18 August 2025	Active Ageing Centres call for more senior-friendly infrastructural changes. Timestamp: 13:33	News5
10	1 September 2025	A new era of eldercare: Singapore's $260m private assisted-living arrives in 2026. Timestamp: 1:20	CNA938
11	1 October 2025	New 3D motion detector by S'pore Red Cross will better ensure safety of seniors living alone	The Straits Times
12	22 October 2025	New survey shows nearly 70% of older adults in Singapore underestimate their risk of shingles; only 1 in 4 plans to consult their doctor on prevention	Channel News Asia

In the News

Media Coverage

S/N	Date	Title	Media Outlet
13	14 November 2025	From parkour for seniors to stylish adult diapers, Singapore youths are revitalising the business of eldercare	Channel News Asia
14	12 December 2025	It takes a "kampung": Creating a sustainable ecosystem of care for everyone, by everyone	NUS News
15	27 December 2025	Singapore needs more play – not to escape life, but to live it well	The Business Times
16	4 January 2026	Derita tersembunyi wanita Melayu sebagai penjaga terhimpit antara dua generasi	Berita Harian
17	12 January 2026	Seniors in Singapore visit the dentist less often, are at risk of growing more frail: Study	The Straits Times
18	12 January 2026	Addressing loneliness and psychological distress among seniors living alone	Ministry of Health
19	15 January 2026	Age Well Neighbourhoods to plug gap in senior services, but what's next?	Duke-NUS MEDICUS
20	22 January 2026	Forum: Oral health is a cornerstone of healthy ageing	The Straits Times
21	2 February 2026	多多参与积极带头 乐龄中心长者更易交朋友	Lianhe Zaobao
22	2 February 2026	Duke-NUS Drives Policy Innovation Amid Singapore's Rapidly Ageing Population Challenges	Scienmag
23	3 February 2026	新指南助活跃乐龄中心 更好策划活动贴近长者需求	Shin Min Daily

In the News

Media Coverage

S/N	Date	Title	Media Outlet
24	4 February 2026	What it means to weave empowerment into Singapore's active ageing strategy	GovInsider
25	4 February 2026	Duke-NUS Instagram Post on Singapore Conference on Ageing and Health 2026	Duke-NUS Medical School
26	19 March 2026	Choosing career or care: More men in Singapore exiting the workforce to look after their parents	Channel News Asia
27	22 March 2026	'Super-aged' Singapore's secret to growing old well? Stay busy	South China Morning Post

Education Programmes

Over the year, CARE convened a diverse education programme, comprising one conference, one symposium, six research method workshops, six Experts Programmes and one roundtable.

Singapore Conference on Ageing and Health 2026

Ageing Well in the Community: Exploring New Horizons



Keynote speaker Professor Terry Lum (Professor in Social Work and Social Administration, The University of Hong Kong) delivers first day keynote address on the role of social capital in healthy ageing.

As part of its mission to spearhead the ageing and health research ecosystem, CARE recognised the need for a high-calibre, multidisciplinary academic platform in Singapore and the region that brings together researchers, practitioners, policymakers, community partners and other stakeholders working with and for older adults and their families. Consequently, CARE conceptualised and convened the inaugural Singapore Conference on Ageing and Health on 2 and 3 February 2026.

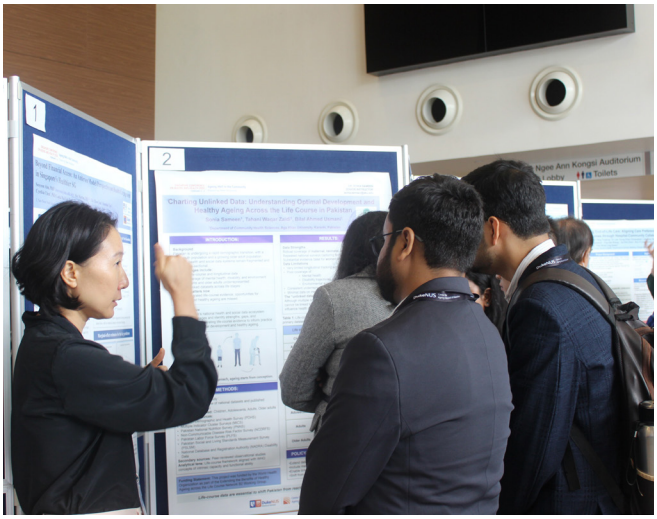
The conference attracted more than 250 local and international submissions. Following a rigorous review process, 111 abstracts were selected for oral presentation and 58 for poster presentation.

These were organised into 30 sessions over the two days, spanning a diverse range of important topics including ageing and the environment, mental health, caregiving, and much more. The conference brought together close to 400 attendees from 19 countries across Asia, Europe, and North America – including researchers, healthcare professionals, policymakers, community service providers and social enterprises. By providing a carefully curated platform for the exchange of ideas, the Singapore Conference on Ageing and Health will contribute to Singapore's role as a global leader in research on rapidly ageing populations.

Education Programmes



Keynote speaker Associate Professor Nathan Boucher (Associate Professor in Population Health Sciences and Medicine, Duke University) delivers second day keynote address on the importance of community engagement in shaping equitable caregiving policies and systems.



Dedicated poster sessions provide opportunities for lively discussions between presenters and participants.



Cherished guests Dementia & Co. energise the room with a Tea Dance led by persons living with dementia and their care partners, showcasing a specially designed intervention curated by founder Alison Lim.



Mr Goh Yew Lin (Governing Board Chair, Duke-NUS Medical School) and Professor Patrick Tan (Dean, Duke-NUS Medical School) joins **Associate Professor Rahul Malhotra (Executive Director, CARE)** and **Associate Professor Angelique Chan (Advisor, CARE)** in the cake-cutting ceremony.

Education Programmes



Dr Ad Maulod (Principal Research Scientist, CARE) engages panellists from the Ministry of Health, National University Health System, National University of Singapore, NTUC Health and World Health Organisation in a dynamic discussion on "Pioneering Ageing Futures: From Imagination to Implementation" that proved to be a highlight of the conference.



The CARE team takes to the stage to celebrate 10 years of research excellence alongside **Mr Goh Yew Lin (Governing Board Chair, Duke-NUS Medical School) and Professor Patrick Tan (Dean, Duke-NUS Medical School).**



Associate Professor Rahul Malhotra (Executive Director, CARE) delivers a heartfelt closing address, marking the end of a successful two-day conference.

Education Programmes

Ageing Research Network (ARN) Symposium

Ageing in the Digital Age: Innovation, Inclusion, and Implementation in Singapore



Presenters from seven leading centres/institutions –
- Centre for Ageing Research & Education
- Centre for Family and Population Research
- Centre for Research on Successful Ageing
- Geriatric Education & Research Institute
- Institute of Geriatrics and Active Ageing
- Lien Centre for Palliative Care
- Singapore University of Technology and Design

shared their latest findings and insights.



Professor Yow Wei Quin (Head of Humanities, Arts and Social Sciences, Singapore University of Technology and Design) presents her findings on older adults' adoption of age-friendly social chatbots.

As Singapore approaches the status of a super-aged society, how can digital innovations support older adults across health, social connection, and everyday life—while addressing real-world barriers to adoption and use?

Bringing these timely issues into focus, the symposium held on 25 February 2026 convened researchers from seven centres/institutes to present their research spanning the full innovation pipeline – from AI-enabled palliative care tools and social chatbots to wearable sensors for fall risk assessment to community-based fall prevention and digital cognitive interventions. Presenters delved into the critical questions of digital inclusion, safety, and design ethics, revealing how technological attitudes shape wellbeing for older adults living alone and how sociodemographic factors influence digital device use and online confidence.

Research Methods Workshops

1

26-27 June 2026

Making Sense of Reality – From 'things' to 'themes': A Systematic Approach to Analysing Lived Experience for Public Health Research

Trainers: Dr Ad Maulod and Ms Sasha Rouse

2

5 August 2025

Latent Class Analysis for Beginners

Trainer: Dr Jeremy Lim-Soh

3

10 September 2025

Data Preparation with STATA

Trainers: Dr Goh Jing Wen and Ms Catherine Lim

4

28 October 2025

Fundamentals of Data Visualisation

Trainer: Dr Jeremy Lim-Soh

5

25-26 November 2025

Designing and Conducting Focus Group Discussion in Qualitative Research: Theory and Practice

Trainers: Ms Atiqah Lee and Mr Malcolm Ravindran

Expert Programmes

1

21 May 2025

Living alone but not lonely: An Ageing-in-Networks Perspective

Speakers: Professor Elaine Lynn-Ee Ho, NUS Geography and Associate Professor Vincent Chua, NUS Sociology and Anthropology

2

30 July 2025

What's new in Falls and Frailty Research?

Speakers: Professor Dawn A Skelton, Glasgow Caledonian University

3

1 October 2025

I don't bounce back like I used to: How do we optimize resilience in late life?

Speakers: Professor Heather Whitson, Duke University

4

29 October 2025

More Than Culture: How Older Chinese Immigrants Claim Moral Entitlement to Children's Support

Speakers: Assistant Professor Xuemei Cao, Bentley University

5

8 January 2026

From Evidence to Action: WHO's 2025 Framework for Life Course Health

Speakers: Dr Ritu Sadana, World Health Organisation

6

3 March 2026

Frailty: How did we get here? Where is it going?

Speakers: Dr Benjamin Seligman, University of California, Los Angeles

Roundtable

Ageing Well into Singapore's Future: Reimagining Active Ageing for Gen X and Millennials



Dr Ad Maulod (Principal Research Scientist, CARE) leads the roundtable session.

On 2 December 2025, CARE convened a multi-stakeholder roundtable, Ageing Well into Singapore's Future: Reimagining Active Ageing for Gen X and Millennials, bringing together representatives from research, policy, practice, industry, and Active Ageing Centres (AACs) in Singapore. Led by Principal Investigator Dr Ad Maulod, co-facilitated by Atiqah Lee and Malcolm Ravindran, and with notes taken by Dr Zahirah Suhaimi, the roundtable extended the evidence base of CARE's Study of Implementation-Effectiveness of the Active Ageing Centre Service Model in Singapore (AAC Study) through deliberative dialogue across sectors.

Discussions affirmed and deepened key findings from the evaluation study. AACs currently serve older adults who are already engaged with formal community infrastructure, while those who are not — whether due to perceived irrelevance, structural barriers, or thriving through informal and private channels — remain largely unreached. Stakeholders converged on the view that future older adults will be more autonomous, more socioeconomically diverse, and less receptive to age-defined, prescriptive programming. They will seek roles and spaces organised around their identities and interests, not their age.

The roundtable also surfaced concerns about role expansion within the AAC model. As healthy ageing policies broaden, AACs are increasingly expected to span health screening, frailty intervention, social referral, outreach, befriending, and holistic programming — a range that risks diluting capacity for each. A more deliberate distribution of functions across the wider ecosystem, stakeholders suggested, would enable AACs to focus on what they do best: active outreach and sustained engagement of older residents.

Together, these findings carry direct implications for facility design, programme development, and the strategic positioning of AACs within Singapore's evolving healthy ageing landscape.



The roundtable marked a successful exchange of ideas, perspectives and shared insights.

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. ARN members include:

- Active Living for the Elderly, Nanyang Technological University (LILY)
- Ageing Research Institute for Society and Education, Nanyang Technological University (ARISE)
- Centre for Ageing Research & Education, Duke-NUS Medical School (CARE)
- Centre for Environment and Ageing Well, National University of Singapore (ENgAGE)
- Centre for Family and Population Research, National University of Singapore (CFPR)
- Centre for Healthy Longevity, National University Health System (CHL)
- Centre for Research on Successful Ageing, Singapore Management University (ROSA)
- Centre of Healthy and Sustainable Cities, Nanyang Technological University (CHESS)
- Geriatric Education & Research Institute (GERI)
- Gerontology Programmes, Singapore University of Social Sciences (SUSS)
- Humanities, Arts and Social Sciences, Singapore University of Technology and Design (SUTD)
- Institute of Geriatrics and Active Ageing, Tan Tock Seng Hospital (IGA)
- Lien Centre for Palliative Care, Duke-NUS Medical School (LCPC)
- Memory Ageing and Cognition Centre, National University Health System (NUHS)
- NTU Dementia Research Centre, Nanyang Technological University
- SingHealth Centre for Population Health Research and Implementation (CPHRI)

CARE hosted a meeting of the ARN on 21st July 2025 and 6 March 2026, with APO in attendance. New and existing ARN members provided an update on their centre/institute. A/Prof Rahul Malhotra encouraged feedback on the topic for the next ARN symposium for FY2026. A/Prof Malhotra also proposed a new initiative for new avenues to foster closer connections between young researchers in the ARN Network.

The ARN Symposium was held on 25 February 2026 whereby researchers from seven leading centres/institutes in the Ageing Research Network (CARE, CFPR, GERI, IGA, LCPC, ROSA, SUTD) shared key insights on the use of digital innovations to support older adults while addressing the real-world barriers to adoption and use.

Research Network Activities

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.

REVES – International Network on Health Expectancy

REVES (Réseau Espérance de Vie en Santé) is a global network of researchers invested in advancing knowledge in global longevity, aging and population health that has translational and policy impact. A particular area of research interest for REVES has been on the calculation and application of population health indicators such as health expectancy. CARE has served on the REVES Executive Committee since 2024, contributing to discussions and decisions on the annual REVES conferences, disseminating information about the network across Asia, and promoting and enabling the use of health expectancy as a population health metric.

Internships

Programme Overview

The CARE Internship Programme provides Diploma and Undergraduate students with meaningful opportunities for our students to gain first-hand experience in ageing research within a dynamic academic environment. Designed to bridge classroom learning with real-world application, the programme immerses students in ongoing research projects that address key issues affecting Singapore's ageing population.

Throughout their internship, students work alongside CARE researchers and are exposed to various stages of the research process, including literature reviews, study design, data collection, data management, quantitative and qualitative analysis, and the dissemination of research findings. Depending on project needs and their areas of interest, interns also contribute to report writing, conference presentations, stakeholder engagement activities, and the development of research outputs.

The programme aims to cultivate critical thinking, analytical, and problem-solving skills while providing valuable insights into careers in research, public health, healthcare, and social policy. Through mentorship from experienced researchers, interns gain a deeper understanding of how rigorous, evidence-based research can inform policies, programmes, and services that support healthy and successful ageing.

Beyond technical skills, the internship fosters professional development by encouraging teamwork, communication, project management, and independent learning. The programme serves as an important platform for nurturing the next generation of researchers and professionals with an interest in ageing and population health, while contributing meaningfully to CARE's research mission.

Interns

From May 2025 to February 2026, CARE hosted five interns from the following programmes:

- Life Science, National University of Singapore (NUS)
- Social Sciences (Psychology), National University of Singapore (NUS)
- Biological Sciences and Psychology, Nanyang Technological University (NTU)
- Gerontology Programme, Temasek Polytechnic (TP)

Internships

Professional Development

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.

Interns were integrated into CARE's research environment and exposed to a broad range of research activities, including project meetings, seminars, workshops, and discussions with researchers from diverse disciplinary backgrounds. This exposure provided valuable insights into the collaborative nature of ageing research and the translation of research findings into policy and practice.

In addition to developing technical research skills, interns strengthened key professional competencies such as critical thinking, scientific communication, teamwork, time management, and problem-solving. Through hands-on involvement in ongoing projects, they gained practical experience in navigating real-world research challenges and contributing to studies with direct relevance to older adults and population ageing.

The programme also provided opportunities for interns to explore potential career pathways in research, healthcare, public health, and social policy. By working closely with experienced researchers and engaging with contemporary ageing-related issues, interns were able to develop a greater understanding of the impact that research can have on improving the health and wellbeing of older adults and informing evidence-based decision-making.

The programme has also served as a valuable stepping stone for students pursuing further education and careers in research and related fields. Notably, several Diploma-level interns have subsequently enrolled in undergraduate programmes at the National University of Singapore, reflecting the programme's role in supporting students' academic and professional development while fostering sustained interest in ageing, health, and social research.

Internships

Feedback From Our 2025-2026 Interns

The internship programme received positive reviews, with all our interns rating their experiences 5 out of 5. In addition, 100% of our interns indicated that they would recommend the CARE Internship Programme to their peers.

Participants described their experience at CARE as enriching, insightful, and fulfilling. Interns valued the opportunity to apply theoretical knowledge in a real-world setting through hands-on projects and direct engagement with the community. Many highlighted the supportive and welcoming work environment, noting that colleagues were approachable and willing to share their expertise. Overall, the internship programme contributed significantly to both their personal and professional growth.

"My internship experience at CARE was enriching and fulfilling. I learned new things every day in a supportive environment, while growing my professional network and experience."

Ho Zhi Ying,
National University of Singapore,
CARE Intern of 2025 Cohort

"My time at CARE has provided me with knowledge that will last a lifetime."

Annika Tang,
Nanyang Technological University,
CARE Intern of 2025 Cohort



CARE team with interns across two batches, after their final presentations at the CARE monthly department meeting in August 2025 (top) and February 2026 (bottom).

Staff Engagement

First Retreat

The first CARE staff retreat took place on 1 August 2025, at Universal Studios Singapore. The bright and sunny day began with a brief opening address by A/Prof Rahul, Executive Director, before the team eagerly split into their smaller groups for The USS Team Challenge. Teams were tasked to complete three missions as a group – conquering a park ride, locating a mascot, and filming a funny video. The first team to complete all three missions took the winning title. Between the snaking, hours-long queues and pulse-quickening rides, genuine conversations, laughter and mutual encouragement naturally emerged, strengthening bonds across the team.



CARE members gather for a group photo before the start of The USS Team Challenge.



Photos submitted by each team as proof of mission completion.

Staff Engagement

Second Retreat

The second CARE retreat was held on 6 February 2026. The team started the day with a review of key achievements throughout the past year, reflecting on their strengths as well while also identifying areas for growth. To wrap up the morning session, the team enthusiastically participated in a "Guess-the-childhood-photo" game thoughtfully put together by the organising committee. It was a true test of how well the CARE members knew one another.

The team then headed to Park Royal Collection @ Marina Bay for a hearty lunch. After eating their hearts out, it was time to burn some calories at Triggered Games, an active indoor game venue with five different interactive gameplay experiences designed to get players moving, thinking and working together. The team split into smaller groups to compete, and the team with the highest score was crowned the winner.



Sweaty, smiling and stronger together – the CARE team after an action-packed session of fun and games.

Staff Engagement

Duke-NUS Medical School Dinner & Dance 2026



Defending their title, the CARE team was once again crowned the Best Dressed Team with their "Alice in Wonderland" theme.

The bi-annual Duke-NUS Dinner & Dance event was held on 22 January 2026 at the Marina Bay Sands Expo and Exhibition Centre. Keeping with the theme of 'A Magical Night', the CARE team embraced the occasion in near full force, transforming into an ensemble of characters from "Alice in Wonderland" after weeks of planning and preparation. From Alice and the Queen of Hearts to the Mad Hatter, White Rabbit and Cheshire Cat, and many more, the team brought the whimsical world of Wonderland to life, showcasing CARE's creativity and strong team spirit.

The evening was filled with lively performances, entertaining games and laughter, making it a memorable and enchanting night for all.





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