

Project Title

Mindful Steps: Journey to Wellness

Organisation(s) Involved

Care Corner Seniors Service Ltd

Healthcare Family Group(s) Involved in this Project

Ancillary Care

Applicable Specialty or Discipline

Population Health

Aims

- To promote mental wellness in the community
 - To lower barriers for help-seeking and increase access to services
 - To encourage active and healthy ageing
 - To support the development of a Dementia-Friendly Community
- To cultivate a volunteerism and community engagement

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Care Continuum

Social Care, Social Welfare

Keywords

Active Ageing Centres, Mental Wellness Services, Low-Barrier Engagement

Name and Email of Project Contact Person(s)

Name: Joe Tan

Email: joetan@carecorner.org.sg

CHALK
2023

Poster
#5

MINDFUL STEPS

JOURNEY TO WELLNESS

Organised By:  care corner

Supported By:  SG Cares
Volunteer Centre
@Toa Payoh

 People's Association

THE ORIGINAL
 OATLY!  Kellanova

About Mindful Steps

Nestled in Toa Payoh, **Mindful Steps** is dedicated to improving mental wellness, offering dementia support for residents and promoting active ageing. This programme aims to reduce stigma on mental health, reduce dementia risk, foster support for psychosocial well-being and activate residents' and the community's participation in building an inclusive and supportive environment for mental wellness.



Our Rationale

To promote mental wellness in the community

To lower barriers for help-seeking and increase access to services

To encourage active and healthy ageing

To support the development of a Dementia-Friendly Community

To cultivate a volunteerism and community engagement

Features of Mindful Steps

- Group walking around the neighbourhood
- Cognitive stimulation & mindfulness activities
- Mental wellness talks & screenings
- Wheelchair-friendly routes in the community
- Opportunities for socialisation amongst residents & incentives
- Collaboration between community partners, corporates, residents
- Takes place every 2nd and 4th Mondays and Fridays of the month



Our Achievements

- Low-barrier engagement to reach out to seniors and their families in need of additional assessment and support
- Improved physical and mental well-being of seniors who were previously homebound, socially isolated or afraid to walk by themselves
- Senior residents actively engaging in volunteerism and contribution
- Collaboration among community partners and corporate partners

Total residents participated: **161**

Avg Attendance: **20-30**/session

Moving Forward

- **Current Achievements:** Successfully improved residents' accessibility to mental health services and Active Ageing Centres (AAC)
- **Future Plans:** To explore partnerships to embed Mindful Steps in the community (e.g. NParks) or validate its effectiveness. Deepening community involvement and forging partnerships to provide a continuum of social-health care in the community.
- **Overall Goal:** To reduce stigma on upkeeping mental wellness, seeking help and promote access to mental wellness services in the community.



Scan for Mindful Steps video

Happenings at Mindful Steps



Residents socialising with one another through interactions



Residents engaging in cognitive interactive games



Partners conducting health talk



Participants engaging in the mindful walk



One to one engagement with participants



Partners facilitating activities for participants