

Project Title

Bringing our Active Ageing Programmes to Nearby Doorsteps by Close Collaborate with the Resident's Committees

Project Lead and Members

Project lead: Anita You, Lily Han Swee Lin, Cheow Hui Xin, Soh JiaMiin, Erica Chan
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Organisation(s) Involved

Kwong Wai Shiu Hospital

Healthcare Family Group(s) Involved in this Project

Allied Health

Applicable Specialty or Discipline

Occupational Therapy

Project Period

Start date: 2024

Completed date: 2024

Aims

With a series of fun adaptive physical games, the Sports Day re-ignited a competitive spirit among the seniors to participate actively, provide purposeful rehabilitation training leading up to the event, build camaraderie amongst seniors and allowed cross interaction across different groups of seniors.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Care Continuum

Intermediate and Long Term Care & Community Care, Day Care

Keywords

Collaboration, Residents' Committee, Active Ageing

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CHALK
2023

Poster
#7

KWONG WAI SHIU CARE'S JOURNEY TO STRENGTHEN THE COLLABORATION WITH WHAMPOA SOUTH RESIDENTS' COMMITTEES

BRINGING OUR ACTIVE AGEING PROGRAMMES TO NEARBY DOORSTEPS
BY CLOSE COLLABORATION WITH RESIDENTS' COMMITTEES

Team Leads:

Anita Yiu | Lily Han Swee Lin | Cheow Hui Xin | Soh JiaMiin | Erica Chan Suok Leng |
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Whampoa South RN



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

Background

- Agency for Integrated Care (AIC) has assigned 3009 seniors to KWSC @ St George. We have successfully engaged around 20% of the seniors, which is around 600 seniors, by administering the Community Screening Tool. 120 seniors are attending the centre regularly.
- Around 240 seniors have given feedback that the centre is not easily accessible, with the average walking distance from their places of residence approximately 25 minutes.
- Bringing our programmes to their nearby void deck or Resident's Corner is potentially a more feasible and practical solution.

Approach

- We have identified the Kolam Ayer Whampoa South Residents' Network (RN) as strategic partners in early 2024 to reach out to 350 seniors within 12 blocks and have successfully linked up with Residents' Network (RN) to support us in facilitating our programmes through the provision of venues (including Senior Care Corner) and logistics.
- Forthcoming outcome is achieved as Senior Care Corner, Pavilion and even chairs and tables are provided by RN to us for conducting all types of social, wellness and cognitive programmes.

- Rapport is built progressively with new senior residents who enrol in our programmes which include activities focused on cognitive, physical and psychosocial wellness. These were complemented by the RN's Durian Party, Mid-Autumn Festival and Breakfast etc.

Outcomes

- To date, this new initiative has enabled Kwong Wai Shiu Care to successfully reach out and connect with 142 new senior residents in Whampoa South.
- 5 active ageing programmes have been implemented in the estate's void deck, pavilion, RN centre and Senior Care Corner.
- Tan Tock Seng Hospital's Community Division has introduced their Home Improvement Project (HIP) to promote home safety and fall prevention through our RC programmes.



Conclusion

- A more proactive strategy in outreach has been realised by bringing our Active Ageing Programmes into the community through establishing a network of support – in line with Ministry of Health's current Healthier SG schema.
- Senior Residents who enrol have an avenue to seek healthcare and social support by multiple community partners with this new comprehensive approach.