Future Trends Report
Based on Analysis of the Future Scene in Mid-Term and Final Evaluation

STEP 1. Identify Challenges

Read the Future Scene carefully and generate ideas for challenges, concerns, and possible related problems. Choose the 5 most important challenges and write them in the space provided. Include applicable research with appropriate in-text citations.

Challenge #1:
Given that there would be an increase in taxes and escalating health costs in 2050 (FACT), the general population would face rising costs of living (INFERRED PROBLEM), leading to an increased sense of dissatisfaction and unhappiness with the government amongst the people(LARGER CONSEQUENCE).

Challenge #2:Given that the youths do not spend much time with the elderly, who do not seem bothered by being left alone (FACT), they might not want to have much contact or communication with anyone (INFERRED PROBLEM), leading to poor mental or emotional health like dementia and depression (LARGER CONSEQUENCE).

Challenge #3: Given that the elderly are heavily reliant on the use of technology and are not motivated enough to engage in activities at the elderly care centres (FACT), it might lead to the elderly having not much physical exercise, thus affecting their physical health (INFERRED PROBLEM). This might result in an unhealthy population of elderly people who might strain the health system further(LARGER CONSEQUENCE).

Challenge #4: Given that the elderly are not getting as much attention from the government compared to the youths, this may lead to them them feeling unwanted and useless, possibly leading to depression.

Challenge #5: Given that most of the elderly are unable to complete household chores due to them being medically restricted, they have rely on technological gadgets. The elderly might not know how to use more complicated technology, leading to the household chores being undone, resulting in poorer living conditions.

STEP 2. Select a Fundamental Problem

Using the challenges listed in Step 1, identify a problem of major importance to the Future Scene situation. Write your Underlying Problem making sure your question clearly explains the action that will be taken and the desired results/goal of that action.

Incorporating Challenge(s) # _1____2____3__

Underlying Problem:Given the inference we have made, the elderly in 2050 are likely to suffer from the potential problems of poor mental and physical health as well as the working population's unhappiness with the high costs of living (CONDITION PHRASE), how might we improve the mental and physical health of the elderly (KEY VERB PHRASE) so that they will not put extra strain on the working population (PURPOSE) in Singapore in 2050 and beyond (FUTURE SCENE PARAMETERS).

STEP 3. Produce Solution Ideas

Generate solution ideas to the Underlying Problem in Step 2. Choose the 5 most effective solutions and write the elaborated ideas in the space provided. . Include applicable research with appropriate in-text citations.

Solution #1: The Elderwatch Centre (WHO) would promote a TakeAPet Home activity whereby elderly folks can adopt a pet of their choice from the Animal Shelter (WHAT) Through taking care of the pets, the elderly will be able to be more engaged and less lonely or depressed, thereby improving their mental health. (HOW)

Solution #2: The Keep Fit Association (WHO) would promote healthy living by coming up with initiatives related to physical exercises and healthy eating. This would in the form of advertisements or campaigns that will be broadcast during commercial breaks. (WHAT) This ensures that the elderly would get up and engage in simple stretching exercises as well as being introduced healthy diets while enjoying their daily dose of drama. (HOW)

Solution #3: The Media Broadcasting Company MBC) (WHO) would organise studio and games related to TV dramas that are popular with the elderly (WHAT). This will bring the elderly who are interested in the dramas together so that they interact with one another and make more friends. Prizes and cash vouchers would be offered to the elderly participants to keep their minds and bodies alert, thus improving their mental and physical health (HOW).

Solution #4: The government(WHO) could improve facilities used by the elderly like the hospitals, elderly care centres and clinics(WHAT), making the elderly feel that the elderly care centres have special facilities and are "elderly-friendly". This is to ensure that the elderly are using the better quality facilities, attracting them to use the facilities and keeping themselves physically fit(HOW).

Solution #5: Robots called the Smart Shopper Companions (WHO) would be stationed at all convenience stores and supermarkets (WHAT) to guide elderly shoppers on how to choose food that are more healthy and nutritious. They will also share simple recipes for cooking healthy meals and samples of such meals will be available tasting at the customer service counters (HOW).

STEP 4a. Select Criteria

Generate criteria to determine which solution idea does the best job of solving your Underlying Problem and/or addressing the Future Scene situation. Select the 3 most important criteria for measuring solution ideas and write them in the spaces provided.

Criterion #1: Which solution will be the most effective for the elderly care centres and government to implement so that the elderly don't feel depressed and useless?
(5 being the most effective, 1 being the least effective)

Criterion #2: Which solution is the most affordable for the elderly care centres and government to implement so that the elderly don't feel depressed and useless?(5 being the most affordable, 1 being the least affordable)

Criterion #3: Which solution will the elderly accept most willingly for elderly care centres and government to implement to ensure that the elderly don't feel depressed and useless?
(5 being the elderly will be most willing, being the elderly will be least willing)

STEP 4b. Apply Criterias

List the solution ideas from Step 3 on the grid. Use each criterion to rank the solutions on a scale from 1 (poorest) to 5 (best). The weighting for one important criterion may be doubled if necessary.

Step 3 Sol'n #	Solution Idea	Criteria 1	2	3	Total
#1	**Pet-Pairing Programme**	3	5	4	12
#2	**Commercials on keeping fit**	5	1	5	11
#3	**Create Activities**	2	3	2	7
#4	**Improve Facilities**	4	2	3	9
#5	**Smart Shopper Robots**	1	4	1	6

STEP 5. Develop an Action Plan and Evaluate its Feasibility

Develop your top-scoring solution idea into an Action Plan. Thoroughly explain how the Underlying Problem is solved, how the plan will be implemented, and how the Future Scene will be affected. Explain how this Action Plan is feasible with research consulted.

Writing on the reverse side or in margins will not be scored.

Action plan derived from solution 2

The robots known as smart shoppers will be stationed at supermarkets and grocery stores to guide customers to choose their food products and cooking methods wisely in order to lead a healthy and balanced diet. This therefore urges more people who frequent the grocery stores to be alert of the better choices of food products they can make. Research have shown that most people living in America consume less vegetables, fruits, whole-grains and dairy products while 90% of the Americans have intakes of sodium which are much more than the recommended amount. These are factors of why people are not having a healthy diet and eventually causes them to be unhealthy and may even lead to the country having a extremely unhealthy population. This may happen to Singapore and cause Singapore to have a unhealthy population. Besides the factors of having a unhealthy diet, there are also the effects of a unhealthy diet. The amount of fast-food outlets in Singapore has doubled in the past forty years. This effect shows us that the fact that Singaporeans are having less healthy meals and are often eating at fast-food outlets, causing a drastic rise in the amount of those outlets in order to beat the demands of fast-food.

This brings us back to our underlying problem of people having poor physical health, one mainly due to having less exercise and another having a poorly balanced diet. With these robots stationed at the grocery store, they could recommend foods and cook methods to ensure that the elderly of the future will most likely to have a much more healthier diet compared to only having fast-food. However, most people assume that the fact that fast-food taste more flavorful and delicious than home cooked food and therefore causes much appeal towards fast-food. With food recipes that are easy to learn from and even food samples to try out to ensure that the food does taste delicious, people may consider home cooking to fast-food outlets in future for their meals.

A interview with a lady at AWWA has mentioned that home-cooked food is much better than fast food outlets an the manager of AWWA has asked them to avoid fast-food outlets as they are unhealthy and most of them do.

The timeframe take for this action plan will take around 2 years to be accomplished. The products need to be advertised to many others and the act of having a healthy diet would take a considerable amount of time to see the benefits and the positive effects of having a healthy diet as consumers need time to adapt and having one for a period of time then the effects will show

Bibliography
Cite the resources you consulted using the APA format.

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