


Health Up Elders!

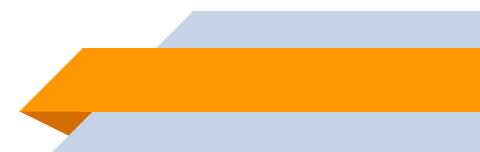
Group ID: 10-12

Class 1A2

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We decided to focus on the healthcare systems in Singapore and the personal health and well-being of the ageing population.



Drawing links

*With a rapidly ageing population, the Singapore Government will have to increase its spending on **healthcare and social services.***

From the first prompt, Singapore's 'demographic time bomb' explained, in 5 charts by Asyraf Kamil.

This statement subtly states that there will be more elderly in the future and many of them will be sick. How might we be able to try and keep our aged people living healthily?

Healthcare for the elderly

From the second prompt, the video shows an old lady, quite contented with her life, telling us how she wants to live her remaining years.

She wanted to live a simple, carefree and happy life. Many elderly would want to also lead a happy lifestyle and this is about their emotional health and how to stay emotionally healthy.

Year published: 2016

Format: Image

A old woman thinking about her hopes and dreams.

Url: https://www.youtube.com/watch?v=Ck8RqaTWD_w

Access date: 2 April 2018



Simple, carefree and happy.

Healthcare for the elderly

From the last prompt, the video showed Minister Tan Chuan Jin talking about how important staying healthy is for the elderly.

This shows that healthcare is a big problem in the ageing population and we need to try and tackle the problems.

Year published: 2014

Format: Image

A governer talking about the aging problems.

Url: https://www.youtube.com/watch?v=mWa_u3qS1AA

Access date: 2 April 2018

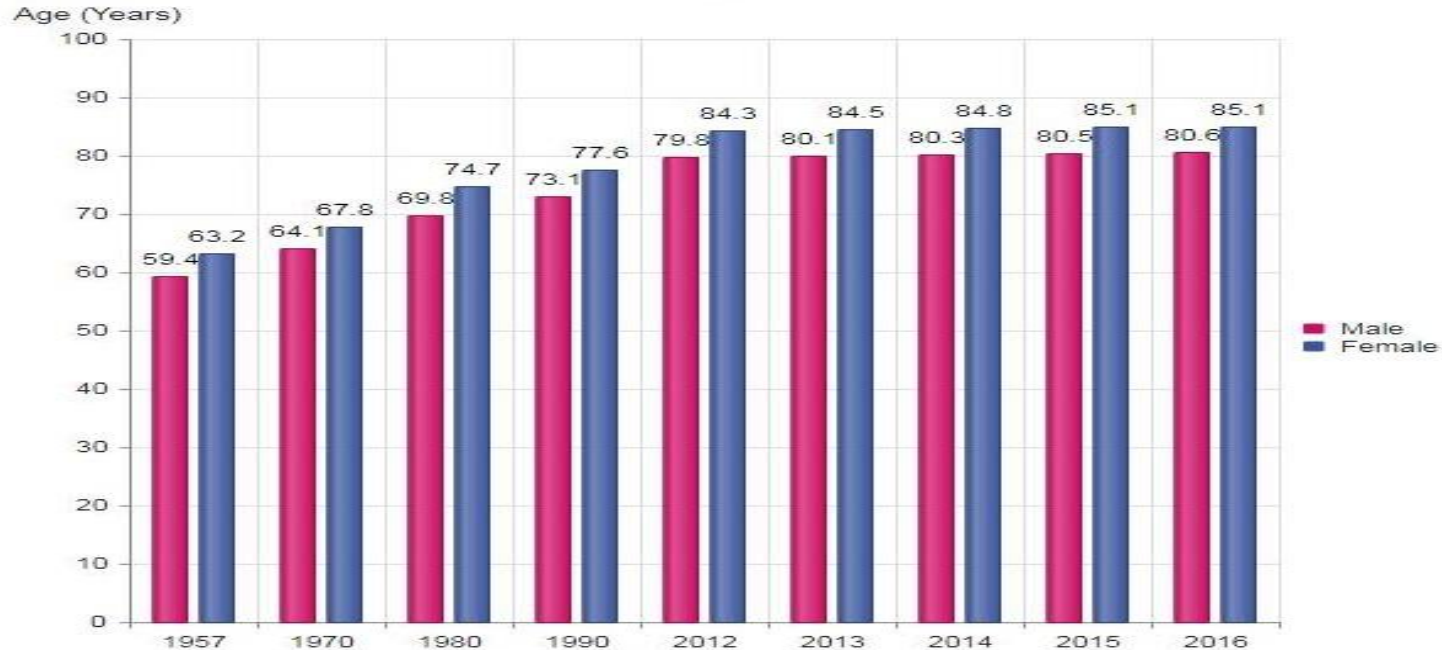


Number of Births and Deaths



Article title:
Statistics Singapore - Number of Births
and Deaths
Website title:
Singstat.gov.sg
URL:
<https://www.singstat.gov.sg/statistics/visualising-data/charts/number-of-births-and-deaths>

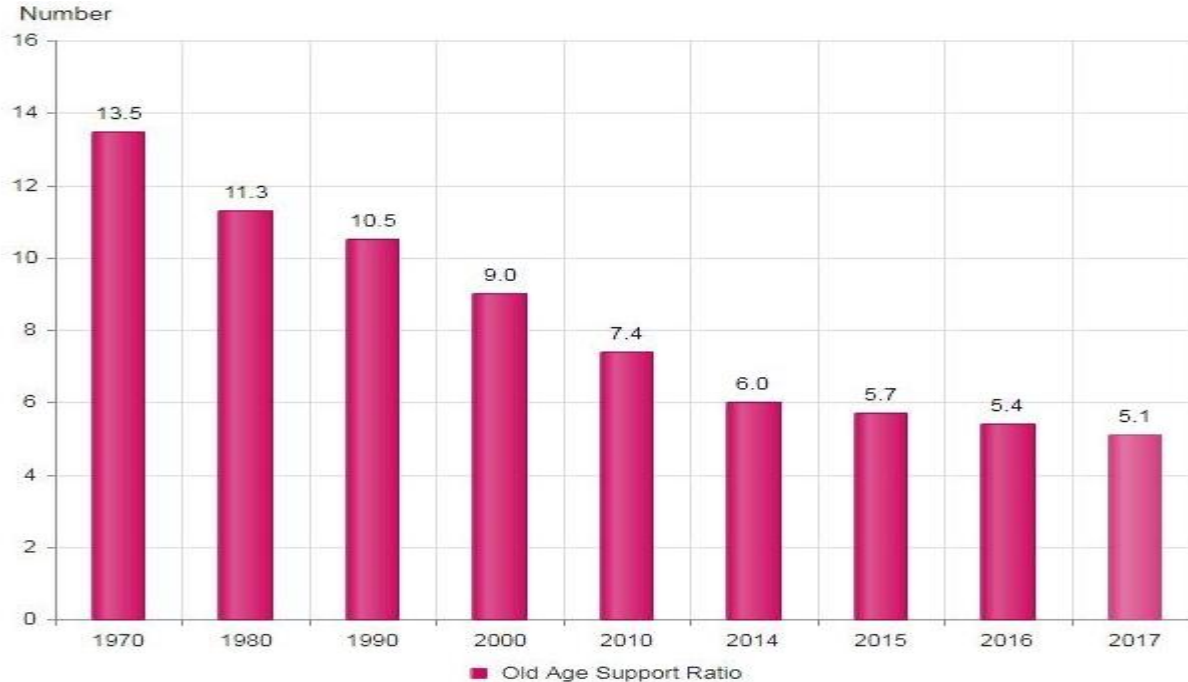
Life Expectancy



*Data from 1980 onwards refer to the resident population.
Data for the latest available year are preliminary.

Article title:
Statistics Singapore - Life
Expectancy at Birth
Website title:
Singstat.gov.sg
URL:
<https://www.singstat.gov.sg/statistics/visualising-data/charts/life-expectancy-at-birth>

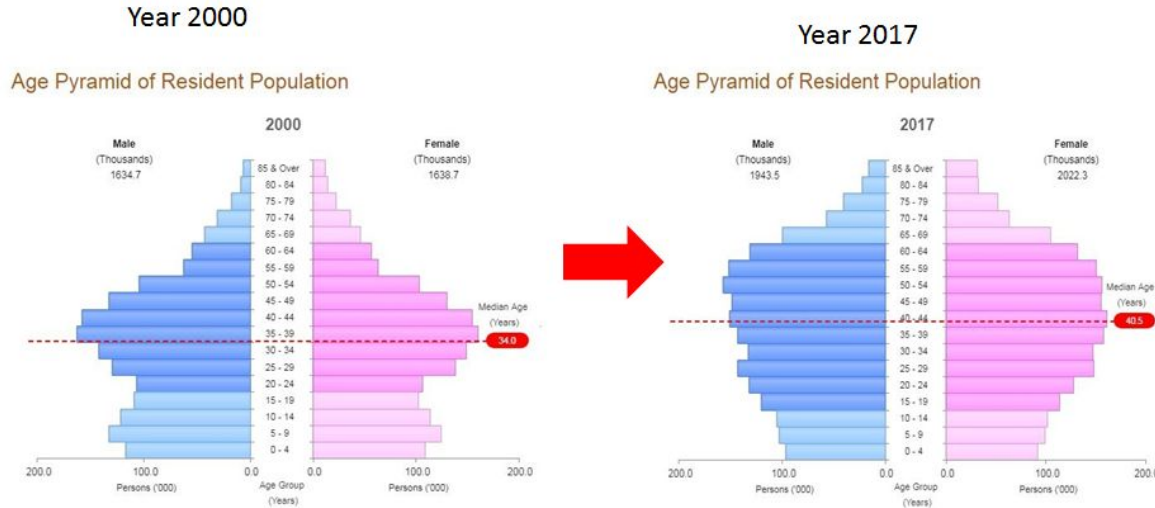
Old Age Support Ratio



*Old Age Support Ratio refers to residents aged 20-64 years per resident aged 65 years & over.

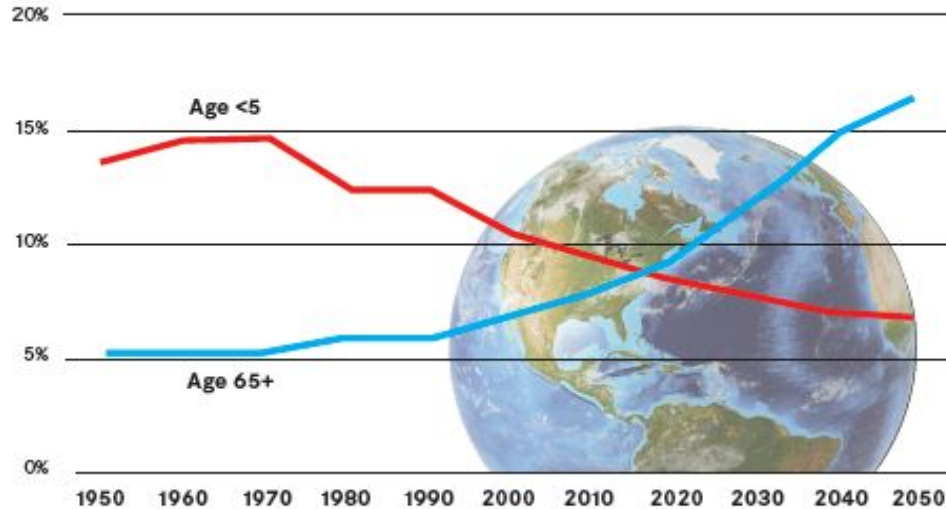
Article title:
Statistics Singapore - Resident
Old-Age Support Ratio
Website title:
Singstat.gov.sg
URL:
<https://www.singstat.gov.sg/statistics/visualising-data/charts/old-age-support-ratio>

Changing Age Demographics



Comparison between the number of young children and older people globally

FIGURE 1: YOUNG CHILDREN AND OLDER PEOPLE AS A PERCENTAGE OF THE GLOBAL POPULATION: 1950-2050¹



Source: *World Population Prospects: The 2010 Revision*, United Nations.
Adapted from *Global Health & Aging*, World Health Organization, 2011.

Article title:
young children and older people as a
percentage of the global population -
Google Search
Website title:
Google.com.sg
URL:
https://www.google.com.sg/search?q=young+children+and+older+people+as+a+percentage+of+the+global+population&rlz=1C1C HBD_enSG724SG724&source=Inms&tbm=isch&sa=X&ved=0ahUKEwijiipu6y5vaAhWJ Po8KHVslBZIQ_AUICygC&biw=1600&bih=794#imgrc=fHyEDEmFc-3DGM

Hospital Rates by Age and Gender

2014

Age Group (Years)	(Rate Per 1,000 Resident Population)								
	Acute Hospitals ¹			Psychiatric Hospitals			Community Hospitals ²		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
0 - 14	126.6	109.4	118.2	0.2	0.1	0.2	0.0	0.0	0.0
15 - 64	71.0	80.0	75.5	3.0	1.7	2.3	0.6	0.5	0.6
65 & Above	347.7	299.9	321.4	2.0	1.5	1.7	14.4	16.7	15.6

Article title:
Hospital Admission Rates* by Age and Sex, 2014 | Ministry of Health

Website title:

Moh.gov.sg

URL:

https://www.moh.gov.sg/content/moh_web/home/statistics/healthcare_institutionstatistics/hospital_admissionratesbyageandsex/Hospital_Admission_Rates_by_Age_and_Sex_2014.html

2016

Acute hospital admission for 65 years and above has increased by 5.1% in 2 years

Age Group (Years)	(Rate Per 1,000 Resident Population)								
	Acute Hospitals ¹			Psychiatric Hospitals			Community Hospitals ²		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
0 - 14	142.0	121.4	131.9	0.1	0.2	0.1	0.1	0.0	0.1
15 - 64	81.4	88.5	85.0	2.9	1.5	2.2	1.1	0.8	0.9
65 & Above	366.5	314.0	337.8	2.0	1.4	1.7	20.2	23.2	21.9

Article title: Hospital Admission Rates* by Age and Sex, 2016p | Ministry of Health

Website title: Moh.gov.sg URL: https://www.moh.gov.sg/content/moh_web/home/statistics/healthcare_institutionstatistics/hospital_admissionratesbyageandsex/Hospital_Admission_Rates_by_Age_and_Sex_2016P.html



Therefore, in the future, taking care of the elderly and keeping them healthy will be a big issue.



Visit Findings.

Analysed Findings of Doctor's interviews

We have learnt from our interview with a geriatrician that old people are extremely prone to falling sick and falling down. Generally, she looks at the whole picture and tries to improve their quality of life, by educating their caregivers.

Analysed Findings of Doctor's interviews

She also works with other allied health professional nurses specialising in physiotherapy to improve the quality of life for the old people.

However...

There is a decrease in the number of people willing to help out as caregivers and trained doctors to take care of old people. There is also a growing population of old people.

Therefore,

The government has proposed many incentives and programmes to promote a healthy life and to keep the elderly out of the hospital as much as possible.

Our request to interview her.


I am Yi Kai and I would like to know if u r free thus friday in the afternoon for us to meet for a project that my classmates n I have to do. We r doing abt the aging population so we need your help to interview u. I would also to know if u will be ok with us taking videos of it or taking some pictures of the interview and stuff.

3:30 ok? 20:03

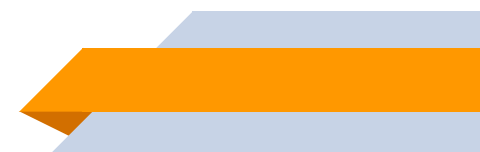
20:02 ✓✓




**So, we went to an old
folks home to
interview them.**

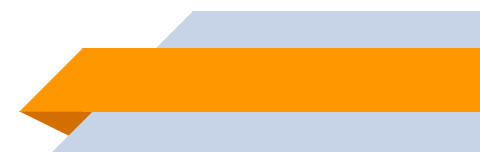


We went to the Lion's Befrienders at Bendeemer Road, which is run by an old boy. The elderly there usually have the usual problems, like high blood pressure and diabetes. The owner also says that the government is trying to promote a healthy lifestyle with programmes, like fitting handle bars in the toilet





The elderly exercise in the centre regularly and some even go outside to exercise, which is extremely good. The owner also believes that walking devices are good for safety but they also need to exercise to not lose their muscle mass.



However,

There are always not enough people that volunteer and with the aging population, the amount of people in the centre will increase and they will need more volunteers.

All in all,

They need to have a positive mindset to be happy and not be too concerned on what is coming for them. Diets are extremely important too, even more important than exercise, but the cost is very menacing.

Picture of fall prevention toilets

Pictures of toilets taken at a senior activity centre near Bendemeer




Pictures of exercise equipment for elderly

Pictures of exercise equipments taken outside the senior activity centre

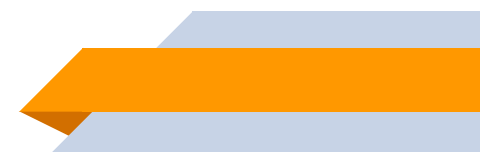



Futuristic scenario

Step into the future year of 2040.
In this new era, we will see a
much greater number of old
people and a increase in the cost
of living.

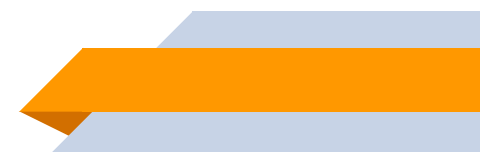


Many of them suffering from health problems such as dementia, diabetes and even alzheimer's disease, despite the advancement in technology.






They are more prone to falling and will have a weak immune system, thus falling sick easily.



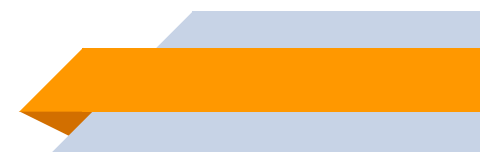



But, we need more people to
support them!



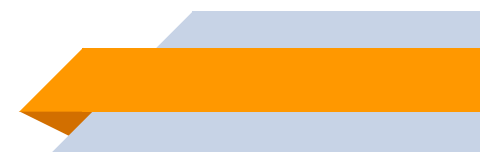



However, birth rates in
Singapore have been
decreasing these years,



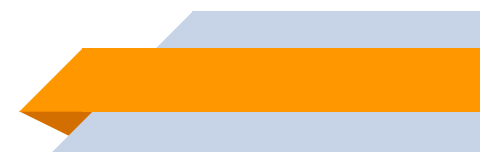



meaning that there will be
lesser working population to
support and care for ageing
population.



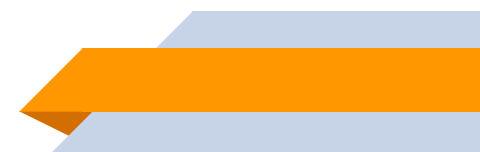



Many of the elderly will have retired at around their mid sixties, but will be living till about 80+, 90 years old, some even longer.







Living on their CPF for so many years will leave them with almost nothing in their last few years.







They will not be willing to spend their money on medical attention due to the high costs even after subsidy, so they have to stay healthy in order not to need to see a doctor.







Diet plays an important role on one's health but eating healthily comes at a higher cost than just eating unhealthy food. Therefore, they might opt for an unhealthy meal just to save that small amount of money.



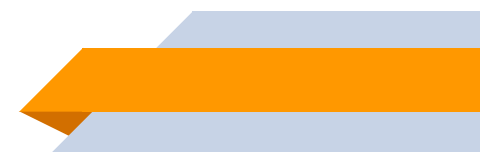



It then would not be ideal for the government to invest so much money just to keep the elderly safe and healthy by installing grab-bars and non-slip floor tiles in their houses and setting up senior centres for them when



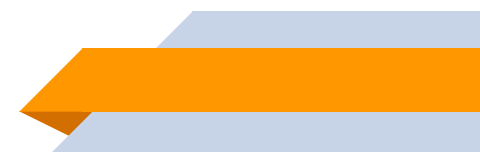



they themselves are not aware
of how to stay safe and healthy
even though the
implementations are a
necessity.



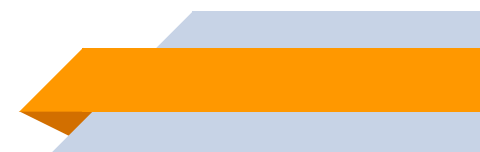



Without them, the elderly
will fall easily, breaking their
brittle bones.



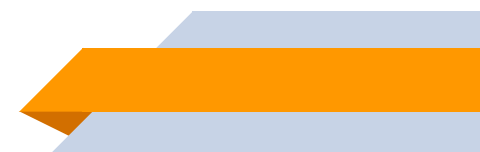



They will then need to seek urgent medical help which costs a huge amount of money. As a result, straining the government's resources.



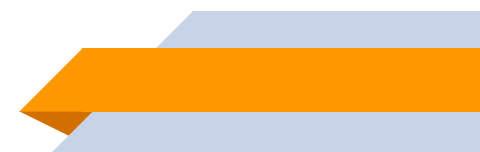



Our ageing population retires at an average age of 63 years old, many will feel bored at home with nothing to do.



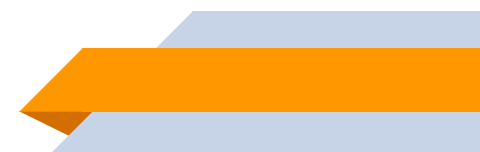



They will start thinking wild thoughts, which increases the risk of depression and other psychological illnesses.



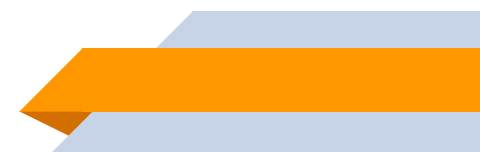


This harms their emotional wellbeing and they think that they are useless to the world and will only be a burden to the family.





This eventually might lead to
them being suicidal if not
stopped in time.





The End.

Thank you for your kind attention.

Q&A?