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: The future scenario states that the youths were rude, indifferent or had little contact with the elderly.(Fact) This might cause tension and unhappiness between the two generations, (INFERRED PROBLEM) leading to a breakdown in the relationship between the young and the old.(LARGER CONSEQUENCE)

Challenge #2: The future scene states that the elderly are isolated at home and taken care of through the use of modern technology (FACT). This could be problematic in 2030 because they will suffer a lack of physical activities and face-to-face contact with others (INFERRED PROBLEM), leading potentially to poor physical and emotional health (LARGER CONSEQUENCE).

Challenge #3: The future scene suggests that the elderly are not interested in taking part in the activities organised by the Silver Generation Office. (Fact) The action of refusing to participate may be problematic in 2050 as they cannot receive the healthcare that they need in order to detect early illnesses (Inferred problem) causing them to have a worse state of health. (Larger consequence)

Research 1.This sites talks about that the elderlies do not want to listen to the good advice of youngsters and refuse to get the helps that they really need as they think that the advice and help makes them "feel old" This will cause them not participating the events which helps them such as dental appointments. In some case, the elderly will disobey the instructions such as "not driving", they will drive secretly. We can see that this is a problem as it makes the elderlies less safe and have less help which they need.

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.
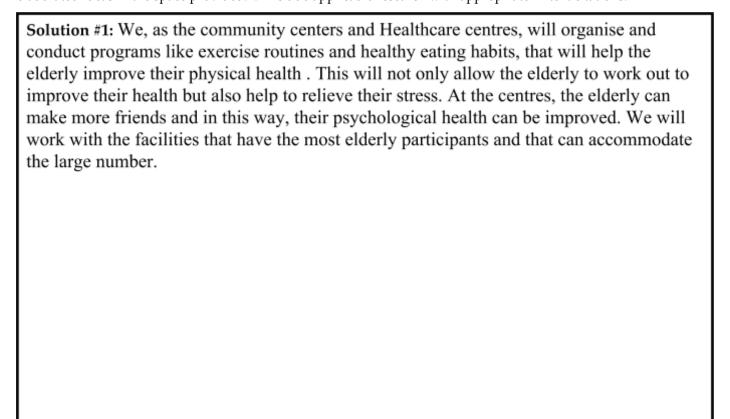
Incorporating Challenge(s) #1, 2 and 3

Underlying Problem: Given the inference we have made that the elderly are likely to suffer from poor physical and emotional health as well as inter-relationship problems with the younger generation (CONDITION PHRASE), how might we improve the physical and psychological well-being of the elderly (KEY VERB PHRASE) so that they will not feel ostracised from society in Singapore in the year 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: We, as the community centers and Healthcare centres, will organise and conduct programs like exercise routines and healthy eating habits, that will help the elderly improve their physical health . This will not only allow the elderly to work out to improve their health but also help to relieve their stress. At the centres, the elderly can make more friends and in this way, their psychological health can be improved. We will work with the facilities that have the most elderly participants and that can accommodate the large number.

Solution #2: We, as the television broadcasters, will add more exercising TV shows like Korean drama with the theme of helping health which involves youths doing exercise moves. This will make the elderly thankful for the youths for bringing these programmes to them. Before the TV show, We will also add an encouragement including a interesting animation that tells everyone about the importance of exercising. We could also add "Elderly encouraged to join in" before the show. Elderly who stay at home and watch television all day will definitely stumble across this programme and get interested. This show will attract those elderly who dwell in their home and get elderly to exercise.This will allow them to feel more joy and also treat youths better, thus solving the underlying problem fully.

Solution #3: We, as the government, will give each elderly citizen an AI robot, IPet, which can track their health condition and tell them to go for health check-ups regularly. Also, IPet have software installed, such as Facetime, in order to let the elderly connect with their children and friends. IPet will be taking care of the elderly, such as cooking and doing household chores for the elderly. Also, iPet can also help the elderly with psychological issues to connect quickly with their therapist online though the screen. IPet also has the ability to understand the elderly's routines.

Solution #4: We, the ministry of aging modernly, will work together with technology companies such as Xiaomi, Apple, Google,e.t.c to conduct lessons in different venues to teach elderly how to use modern technology device, applications and software that may be able to help them in their daily lives such as facetime to allow them to communicate better with friends and family members, delivery apps such as foodpanda which can help those elderlies living alone and not capable of moving. Online psychological counselling websites on the internet will also help greatly on the psychological health of the elderly.

Solution #5: We, the government, will give more tax relieves to families that are economically poor with old elderlies who need them to take care of. This will lower the economic burden of the family taking care of the elderly. This leaves the family with more money that they could use to provide better health treatments and lifestyles for the elderlies. The older the elderly, the more the relieve. Also, health relieves are given to elderlies with health issues such as diabetes, cancer, e.t.c.

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.
The amount of stress adults receive

Criterion #1: Which solution will be the fastest to implement for the society so that we can improve the physical and psychological well-being of the elderly quickly?

Criterion #2: Which solution is the most effective in improving the physical, emotional or psychological well being for the elderly so that the problem could be solved at a faster rate?

Criterion #3: Which solution can attract the most number of elderly to participate in our event so that more elderly will be under the help from our solution and will not be feeling ostracised from the society?

STEP 4b. Apply Criteria

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			Total
		1	2	3	
#1	**Working with community centres**	4	**3**	**4**	22
#2	Programs or dramas with theme of keeping fit	5	**1**	**3**	20
#3	**IPet**	1	**5**	**5**	18
#4	Working with software	2	**2**	**1**	11
#5	more elderly reliefs	3	**4**	**2**	19

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 #__1__:
Given the inference we have made that the elderly are likely to suffer from poor physical and emotional health (CONDITION PHRASE), how might we improve the physical and psychological well-being of the elderly (KEY VERB PHRASE) so that they will not feel ostracised from society in Singapore in the year 2050 and beyond (FUTURE SCENE PARAMETERS).

We, as the ministry of ageing modernly, will create a big community centre in every area. These community centres will conduct many programs that help the elderly improve their physical health like yoga and Taichi. It will also conduct programs about recent technologies, software and applications that may have great help to the elderly, as they will not feel too outdated. Robot couches are there to teach the elderly skills that may be helpful to them in their daily life, guide and guard them. Also, the centre could be equipped with a psychological clinic and many counsellors. This will not only allow the elderly to work out to feel more relaxed so that they feel like they belong in the society, but also help the elderly make more friends, that way their psychology health can be improved when spending time with each other. We will work with the facilities that have the most elderly participants and that can accommodate the large number.

This solves the underlying problem as it allows the physical and psychological of the elderly to improve as friends allow the elderly to feel more relaxed and needed in society, exercise helps to improve the physical state of the elderly.

This can be implemented easily as we can hire more trainers, build more places and facilities and create more robot couches as our economy and technology grow over time. To attract more elderly to participate, we can ask the elderlies who are already participating in these activities to recommend these activities to any neighbours they know who is old and does not talk much. After all, elderlies feel better communicating with people similar to them.

New England Geriatrics states that staying fit and active is especially important for many elderly. Staying fit and active gives them many benefits, such as preventing falls. Activities like Taichi allows people to increase their leg strength and balance, thus being more fall resistant. Other benefits include reducing depression risk, preventing illnesses and staying more socially active.

The Ministry of Health also states that they are going to make more senior activity centers to support the greatly increasing amount of elderly.

(Action Plan Continued)
With this, the elderlies will feel better in both psychological and physical health. With better psychological health and more friends and counsellor, that they could talk to, the suicide rate due to psychological issues such as depression will decrease. Also due to the better physical health, fewer elderlies will get sick easily. This reduces the economic stress of their families as less money is required to tend to the health issues of elderly which are very expensive. With lessons for elderlies on technologies, the elderly will not find themselves outdated. Technologies can also help elderlies in lots of ways such as chatting with family members or friends, order food online, etc. This makes elderlies' lives easier and releases their stress. This also increases the chance of family bonding.

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Cite the resources you consulted using the APA format.

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