

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:

As elderly grow old, they experience inconveniences like degeneration, dementia, loss of function in certain parts of the body. Most elderly have illnesses as they grow old and often, their illnesses deteriorate as they age. Hence this causes eventual death. Most elderly do not feel like being old is a good and comfortable thing as they can have illnesses. Living the last years of their lives painfully.

Quoting the website VitalRecord, "According to the National Council on Aging, about 92 percent of seniors have at least one chronic disease and 77 percent have at least two."

Challenge #2:

The fact that technology is replacing many jobs that elderly are in, causing them to be redundant and stay cooped up at home. This would lead back to our first challenge, causing dementia, degeneration and many more inconveniences for them.

Quoting the scenario, "Two of her colleagues had already been made redundant by tray-returning robots." This could potentially affect the entire population of elderly, causing them to be redundant and bored at home, once again emphasising the fact that they will have health issues later on as they grow old. The cons: She was lonely, even though she slept in a room with nine other people. Mrs Hogan recalls: "It was dull. The people there couldn't really communicate, and my family hardly visited. I would lie on my bed, just looking at the sky outside the window." This is a quote from the Straits Times article "Growing old: Should you be worried?"

Challenge #3:

The elderly are not getting their activities and exercise they need in the neighbourhood. For example, they are always bored at home with nothing to do and also cannot get jobs to do. As you can see in the video, the elderly lady stays at home and cannot do anything exciting or something to keep her entertained. This repeats day after day. Everyone now stays at home as there are no more activities daily and regularly in the neighbourhood and void deck. She has few friends as her neighbours do not like to interact.

From The Straits Time, it is stated that "the number of elderly who lives alone by themselves has tripled since 2000."

Challenge #4:

The elderly are getting bored and lonely at home. They only have robots to help them and stay with them at home. Their children are all working and have their own family to take care of and does not usually come home to keep the elderly company. In the video, the elderly rarely gets any entertainment as the TV shows are all not interesting and not appealing at all. Even the advertisements are very bad. The only thing that makes her happy is when her son comes home to visit her and he rarely does this.

Challenge #5:

Family members are finding it harder to pay for the elderly bills, such as medical fees etc.

Quoting the Asianparent Singapore Do you know how much it costs to care for the elderly? "But nursing home costs may not be the only cost incurred by caregivers. 40-year-old wellness coach Ms. Wendy Lin* recalls that she spent as much as \$6,000 in a month when her late father needed to be cared for." This shows that the diseases that old people have as well as other health issues that they may face show that they are rather expensive to care for in the modern world.

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.

Fundamental Problem:

Given the inference that elderly will lead a sedentary lifestyle, how might we encourage them to leave their houses to live a healthy and enjoyable life (KVP) so that they will not succumb to mental illnesses in years 2030 and beyond.

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 can try to encourage the elderly to exercise, through organising community events in the park for the elderly living near the park to exercise alongside with the other elderlies in the event. We can organise taichi or simple yoga exercises to let the elderly exercise together and communicate together. Such events can be conducted daily, for the elderly to have a healthy exercise routine. Through this, new friendships may be created among the elderly so they will go out together and not feel so bored and cooped up at home.

Solution #2:

We can make a point system in their community centre in their neighbourhood so that whenever they go down to do some activities or exercises they can get points added into their own system and in return, they can use these points to exchange for rewards. For example, they can have some massages and free meals, or if they have a lot of points, they can exchange it for daily necessities. This would make the elderly want to go out and do more exercise and also let the elderly socialise and enjoy their time in the community centre.

Solution #3:

We can first make a survey and ask the elderly about their interests and hobbies. Then, we can set up "Interest" classes/groups at the community centre based on what the elderly are interested in. This will boost the elderly's motivation to leave their house to do something they like at their community centre and also let the elderly socialise with people that have the same interest.

Solution #4:

We can have a daily morning exercise routine at the multi purpose space at their void decks about two to three hours after their lunch to let the elderly lead a healthy and active lifestyle and also interact with other elderlies and exercise together. After the morning exercise, the elderlies can have a community breakfast together to bond together and enjoy their time together. They can do this every two days or regularly and in the morning as the kids have gone to school and the parents are working so that they would not disturb anyone.

Solution #5:

We can make an online social website for the elderly to interact with each other by speaking to each other over the platform. It would be similar to whatsapp, where they can form groups of similar interest by interacting with each other. However, the elderly would instead of manually sending the messages by typing and using voice chat, they would use their mind to send messages. We can have a brain wave scanner installed on the elderly head, so they would just have to think and send out brain waves for the device to detect then what they thought would be sent automatically to the chat. Then, we would have a reward system, when they go out 5 times, they would be rewarded with a gift, a discount shopping booklet or a free movie ticket. The elderly would be encouraged able to make friends and thus form groups with people living in the same neighbourhood. Thus through this, they can also meet each other outside, for example to go to the nearby coffee shop and have a chat, or they can also go together to watch a movie perhaps, so they would not be bored with each other's company.

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 benefit the elderly the most so that the problem of the elderly being alone at home can be solved as quickly as possible.

Criterion #2:

Which solution will be the most convenient for the elderly so that they would feel most comfortable when solving the issue of being cooped up at home, which would eventually lead to them not being able to keep healthy, physically and mentally.

Criterion #3:

Which solution would be most likely to succeed to solve the problem of the elderly being lonely at home.

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.

Each criteria is 5 points

Step 3 Sol'n #	Solution Idea	Criteria			Total (max = 15)
		1	2	3	
#1	Organising exercise events in the park in the morning	2	1	2	5
#2	Encouraging the elderly to go to the community center for some activities that will reward them by letting them have free meals for example.	5	3	3	11
#3	Collecting information on what the elderly like to do and then organise classes for the elderly on what most of them prefer to learn.	4	4	4	12
#4	Organising exercise events in the void deck in the afternoon.	1	2	1	4
#5	Online social app so they can find friends and go out for exercise together.	3	5	5	13

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 #5:

How does our plan address KVP:

Our plan addresses the KVP as it encourages the elderly to go out of their house to exercise or go out with each other for companionship. Going together for exercises keeps them healthy and going out together with their friends make them enjoy their life more, thus our plan addresses the KVP.

How does our plan address the UP's purpose:

Our plan will allow the elderly to communicate and have more interaction with their friends while doing exercise so as to prevent them from leading a sedentary lifestyle.

Our timeline for implementation:

Within the first week, we would educate the elderly through different lessons (on the use of the social platform) over the week that are taught in different dialects and languages such that all the elderly knows how to use the social platform. These elderly would mix around and make friends during the meet-up sessions. Thus they would be able to get to know each other and form groups. Within the following week, we would give out such brainwave detecting devices for the elderly. Then, we would introduce the group finder for the platform for the elderly that are unable to find groups. A few days later, we would organise a fundraising programme to collect money for the gifts exchanges that the elderly would have. Lastly, the elderly needs to show a picture of them and their friends to get their rewards.

Obstacles we might encounter:

The elderly might not like technology or they might not be persuaded to go out with their friends for exercise and rather stay at home to watch their drama as stated in the future scene. Another obstacle is the language barrier. Some elderlies speak different dialects and languages from one another, this might lead to difficulty when trying to communicate with them.

Our resistors:

The new VR technology, where the elderly would find it very fun, thus they would be more willing to stay at home and use it.

Our assistors:

We could request assistance from the government to help promote the app as part of the ActiveSG plan so as to raise awareness to a healthier living.

Why our plan is humane:

Everything in our plan is all feasible. For example, the money needed to buy the Wearable EEG Meditation Headset. Biofeedback headsets measure your brain waves, using EEG. They're small bands that sit easily on your head and measure activity through sensors. EEG stands for Electroencephalography. All humans have brain waves and these headsets are already in the process of making, thus we fell that these might be a great way for elderly to communicate with the device because of the language barrier.

How our plan will affect the future scene:

The elderly would not be that cooped up at home using all those technological devices with no social contact with others. They would not that easily develop illnesses as they would be able to interact with the other elderly in our plan. The elderly would become more healthy as they would also go out with each together to exercise as they would not have the will to exercise if they are alone at home. Thus, because of our planning, the elderly would not be negatively affected by the advance of technology in the future and would instead have a healthy and enjoyable life.

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Cite the resources you consulted using the APA format.

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