

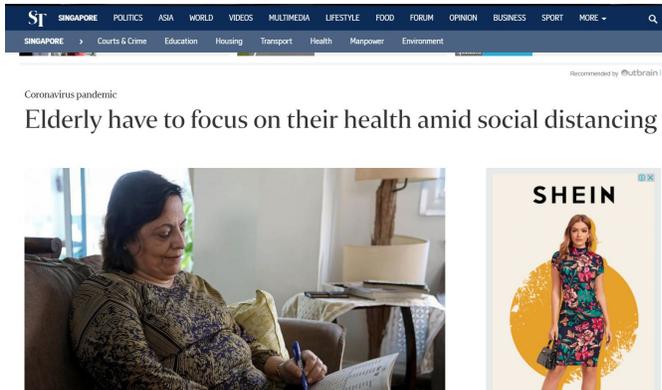


Project Silver Lining #7-02
Chong Yu Zhen (Leader) 4O1 02
 Marcus Wee 4A3 16
 Samuel Chai 4H1 23
 Liu Juncheng 4O1 13
Edward Hew Yee Chern 4O1 05
(Single Year Project)

Section 1: Overview

1. Area of Concern

Singapore is facing an ageing population due to increasing life expectancy and low fertility rate. It is expected that by 2030, one in four Singaporeans will be >64 according to then Senior Minister of Health, Amy Khor. Currently, the amount of support given is insufficient to combat our ageing population. Additionally, the elderly, who are vulnerable, are facing problems such as declining physical and mental health because of COVID-19.



2. Challenges Identified

Based on discussions with our beneficiary, many elderly live alone, are unfamiliar with technology, and frequent CDAC centres for entertainment and socialisation. With other problems including the lack of support and interaction from youths, and feeling left out by society, the current pandemic, definitely exacerbated the problems they face. Many elderly who live alone may develop mental illnesses, and others face difficulty in acquiring daily necessities.

3. Underlying Problem

Given that the elderly face many problems in their present lives, especially in the current COVID-19 situation, such as difficulty in going out to acquire daily supplies, loneliness at home, and are generally neglected by society, leading to insufficient care, causing the elderly to feel left out of society, how might we understand their situation, raise awareness and provide assistance to them, so that they can feel cared for, alleviate any problems they may face, and be better heard

in society so as to enable them to lead better lives in year 2020 and beyond?

4. Plan of Action

Our plan of action is detailed in the table below. We started with a needs analysis to identify the issues faced by the elderly in Singapore as well as to assess the level of receptiveness youths have to the elderly. We wanted to organise events to interact with the elderly as well as to provide them with daily necessities to improve their lives.

Date	Action	Objective(s)
Dec 2019 - Jan 2020	<p><u>Initialisation</u></p> <ol style="list-style-type: none"> 1. Linking up with CDAC 2. Recruitment of Extended Organising Team 3. Planning the scope of activities 	Understanding the needs of the beneficiary
Feb 2020 - Apr 2020	<p><u>Preparations and planning</u></p> <ol style="list-style-type: none"> 1. Securing of funds 2. Setting up of Instagram page 3. Finalised plans for activities at CDAC (delayed, then cancelled due to COVID-19) 	Awareness
Apr 2020 - Jun 2020	<p><u>Ideation</u></p> <ol style="list-style-type: none"> 1. Restructuring of project aims 2. Brainstorming and planning new initiatives 	Follow country's new protocols Ideation
Jul 2020	<p><u>Online Interview</u></p> <ol style="list-style-type: none"> 1. Online interview with elderly through zoom made into a video 2. Video was featured in NDP montage in collaboration with similar SL projects 	Understanding of the elderly Interaction Publicity
Aug 2020	<p><u>Donation Drive</u></p> <ol style="list-style-type: none"> 1. Collected supplies for the elderly 2. Supplies gathered in marketplace and delivered to CDAC centres 3. 80 sets collected 	Spread awareness Provide help to our seniors
Sept 2020 - mid Nov 2020	Exam Break	

Mid Nov 2020 - future	<u>Future Plans</u> 1. Passing down to junior group	Long-lasting relationship with the beneficiary
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Section 2: Implementation of Action Plan

1. Actions and Outcomes to date

After discussions with our beneficiary, we managed to acquire their funding. 3 small activities and 1 big activity were planned, but these plans were cancelled due to early COVID-19 restrictions.

We have gathered an extended OT of 40 members comprising many different schools, that we try to engage online.

We also raised awareness for the elderly and publicised our project through an Instagram account. After the centres prepared the necessary equipment, we interviewed elderly from CDAC centres using Zoom, to inquire about the troubles the elderly face, better understanding them, also allowing us to interact with the elderly. The video of our interview was featured during the school National Day Concert..

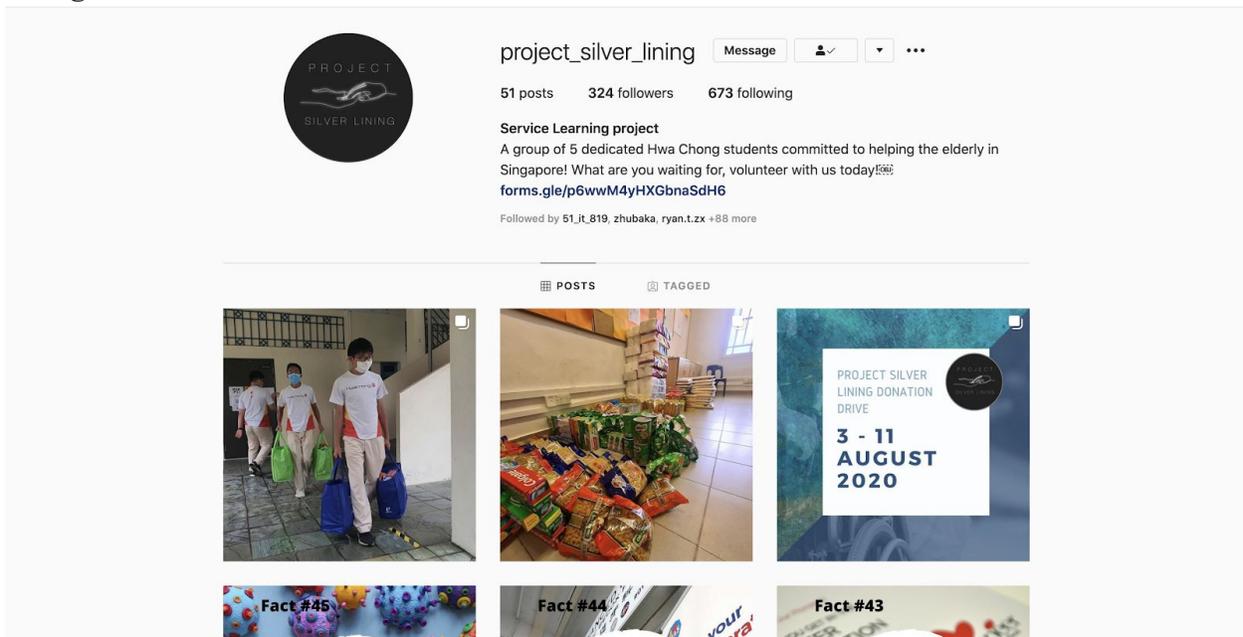
We also conducted a donation drive to collect daily supplies that the elderly need in order to provide necessities for them.

Section 3: Project Outcomes

1. Accomplishments

Through our donation drive, we have collected **80 sets**, **\$5320.50** worth of supplies for the elderly. We have **324 followers** on Instagram, with **51 posts**. We have gathered an organising team consisting of **40** people from multiple schools in order to increase our influence. We also managed to conduct an interview with the elderly through zoom which was **featured during the school NDP**.

Instagram



Interview



Donation Drive

1 set :

quantity	item	estimated price per item/\$
2	2.5kg rice	5.25
1	Macaroni/elbow/spiral/shells etc, 500g	1.85
1	Instant noodles, 5/pack	2.20
1	Toilet roll, 10/pack	4.75
2	Milo, 400g	3.95
1	Packet of crackers	1.85
2	Cooking oil, 1L	2.95
1	Toothpaste, 2/pack	5.85
1	AXE brand medicated oil No.3, 14ml	2.50
2	Instant oatmeal, 400g	2.95
1	Hand sanitizer, 50ml	2.65





2. Reflection on Outcomes

Overall we feel that this project was done smoothly, but there are definitely many areas for improvement. Albeit our initial plans for activities and interactions had to be cancelled due to COVID-19, we managed to draft alternate action plans which allowed us to reach our objectives of raising awareness of the elderly situation in Singapore as well as aiding them in their lives. We are heartened by the overwhelming response from the people who sacrificed time and money to help the elderly. The overwhelming success of our initiatives proves the substantial impacts we have on our community. However, in hindsight, we believe we could have anticipated the COVID-19 restrictions earlier and made the necessary arrangements. Though we interacted with the elderly through online mediums, due to COVID-19 we were unable to forge a personal relationship with them, and that is possibly our biggest regret our project holds.

3. Scope of the Project

Resolution Of Underlying Problem

To address the inability to acquire daily supplies, we hosted a donation drive to ensure the elderly get their necessities. To help voice their concerns, we started our Instagram page and made a video featured during the school NDP, ensuring that their voices are heard and the public are familiar with problems they face. We also interviewed them through Zoom to respect social distancing measures and understand each other better.

Community Impact

Through our weekly facts on social media and the widely publicised donation drive, we raised awareness into the lives of elderly and ways we can better support them directly.

Community involvement

Volunteers have helped out whenever possible, through voting on our activities and even small things like sharing our social media posts have contributed to our project's success. We hope this learning experience will leave our volunteers a lasting impact.