



Tsao Foundation
Longevity is Opportunity

Implementing a “Community for Successful Ageing”

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MILESTONES OF COMSA

2009	'Seed' of Whole-of-Community Approach to Integrated Care
2011	MOH CFAA initiative
2013	CFAA Committee and Phase I
2014	Community Development
2015	Care System Development
2016	ComSA Centre
2017	Engaging Community and the Youth
2018	Dementia Care System
2019	One Stop ComSA Central



PRINCIPLES

1. Proactive population health approach

- Population needs survey
- Neighbourhood outreach

2. Preventive intervention across the life course

- Vulnerable elders detected earlier and guided into the care system
- Primary care integrated with community-based long term care

3. Emphasis on growth and resilience

- Self-care groups based on learning and development
- Galvanized into community action groups

4. Dynamic biopsychosocial model of health

- ‘PCMH’ model of primary care integrated with care management and behavioural health practice
- Supported caregiving

5. Building sustainable eco-systems

- ‘Concentric circles’ of system development from the older person, families, community, formal health and social care services, care network and integration with the Regional Health System
- Research and evaluation to study cost, outcomes and implementation

AUG 2014

Number of residents older than 60 years = 5000, out of 30000.
7 precincts (prior to 2015 GE)

1. 10% Cognitive impairment risk
2. 53% LSNS Social Isolation +ve
3. 3% 'feels threatened or harrassed'
4. 36% never married, widowed or divorced
5. 9% live alone
6. *25.6% may not see a doctor even if they have to



EXPLORING THE PERCEPTIONS OF THE AGEING EXPERIENCE IN SINGAPOREAN OLDER ADULTS : A QUALITATIVE STUDY (OF 40 ADULT SINGAPOREANS LIVING IN WHAMPOA, 2014-2015)

Perceptions of Physical, Psychological and Social Health

Slowing down – self awareness of changes in mobility, increased pain and memory problems

Relationship Harmony

❖ Family, Social, Spouse

Financial harmony

Dependence, conflict, strain, independence

Social connectedness

Sharing and caring

Caring and no sharing

Sharing is caring

No caring, no sharing

Eating together

Adaptation and self-management strategies

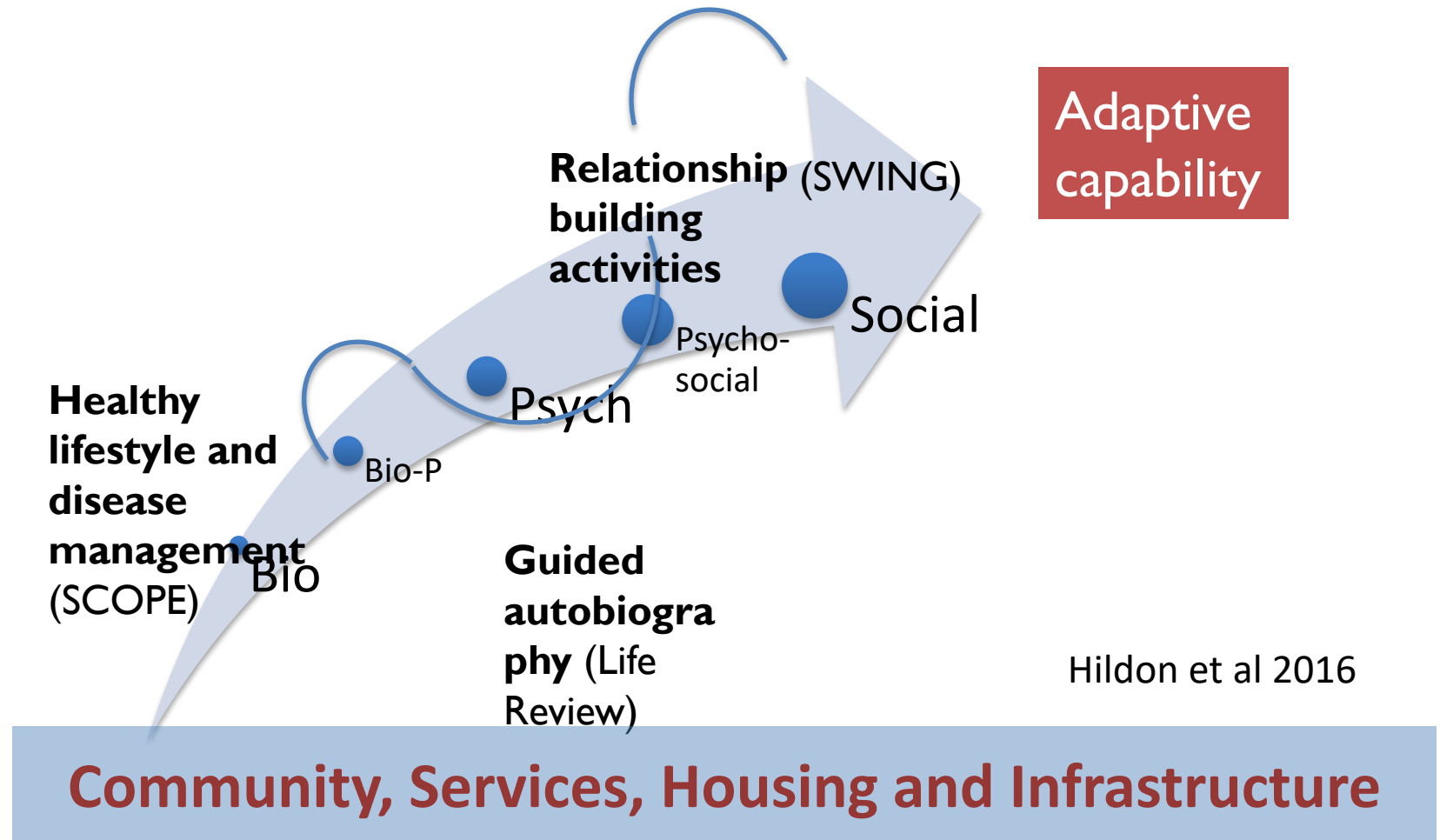
- **Keep Moving** (exercise, eating healthy)
- **Keep Learning** (active learning new technological advances)

- **Avoidant coping** (distraction, excessive sleeping, watching tv)
- **It feels good to do good** (finding meaning in life by helping others)
- **Power of Prayer** (relegating power to higher power beyond their control)

- **Social participation**
- ❖ Active community participation
- ❖ Religious/spiritual participation

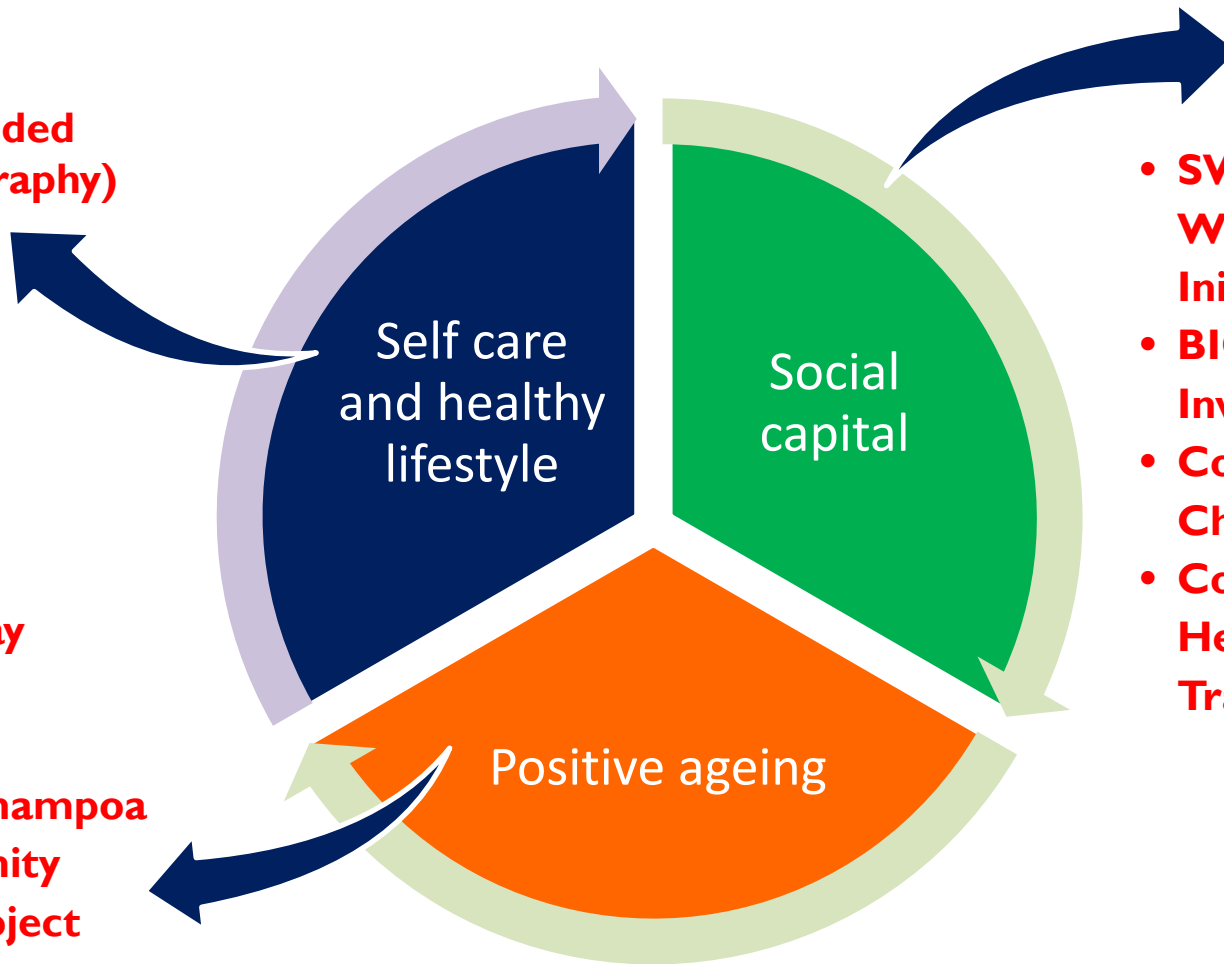
Shiraz et al 2020 (under review)

PROGRAMMING TO SUPPORT SELF-MANAGEMENT BASED ON ABOVE FINDINGS



Self Care and Community Development

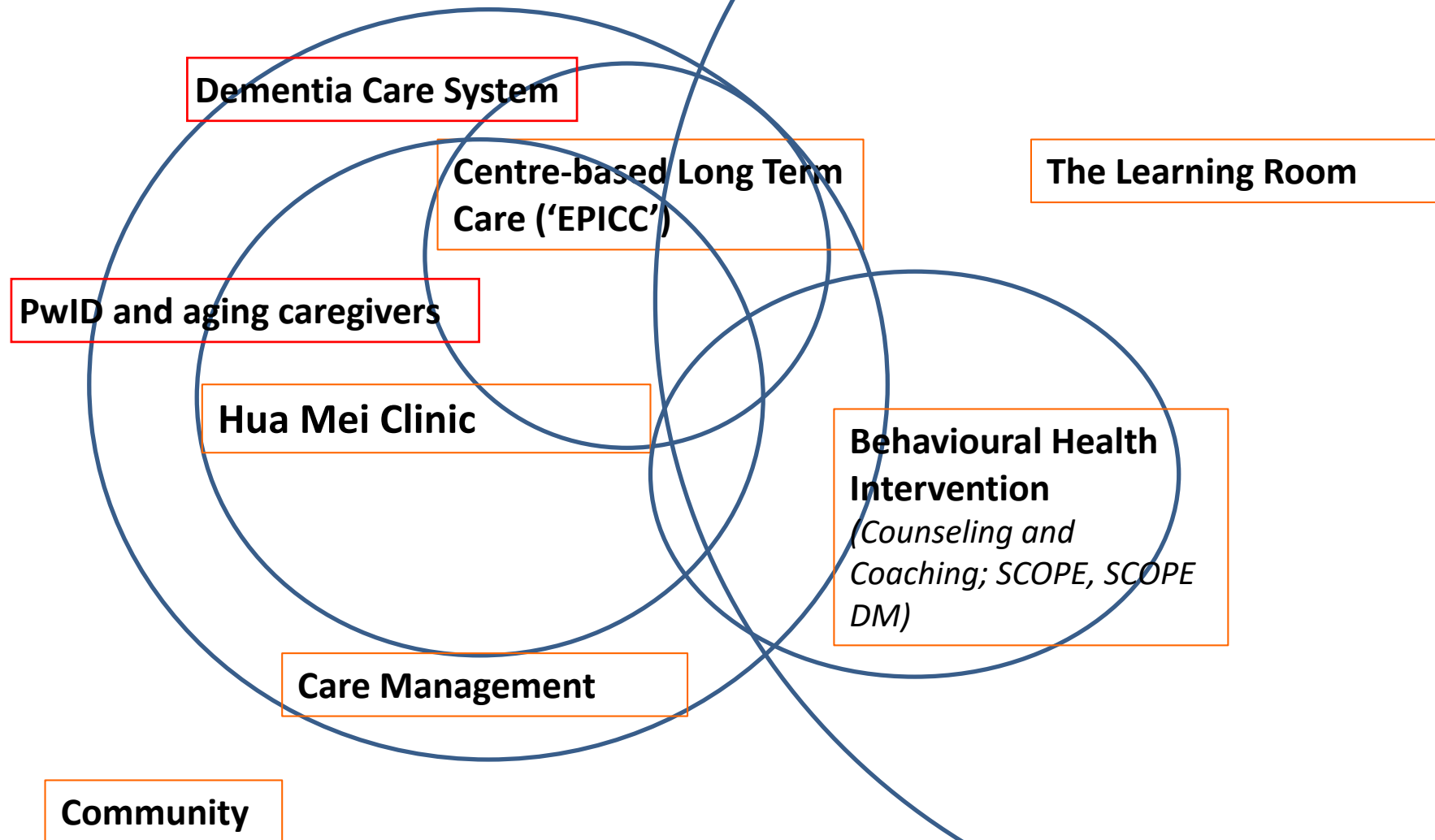
- **SCOPE**
- **GAB (Guided Autobiography)**



- **SWING (Sharing Wellness and Initiatives Group)**
- **BIG SWING – Be Involved & Grow!**
- **ComSA Champions**
- **Community Health & Wellness Trainers**

- **IDOP**
- **Self Care Day**
- **SOTA Arts exhibition**
- **Curating Whampoa – a Community Museum Project**
- **Longevity Parties**
- **Volunteer Carnival**

Patient-centred Medical Home' PLUS Centre-based Long-term Care For Seniors With High Institutionalisation Risk



FROM A MUSIC ROOM IN A BOMB SHELTER TO A PATIENT-CENTRED MEDICAL HOME WITH LTC FACILITIES



Primary care and community services integration

SINGAPORE'S HEALTHCARE CLUSTERS

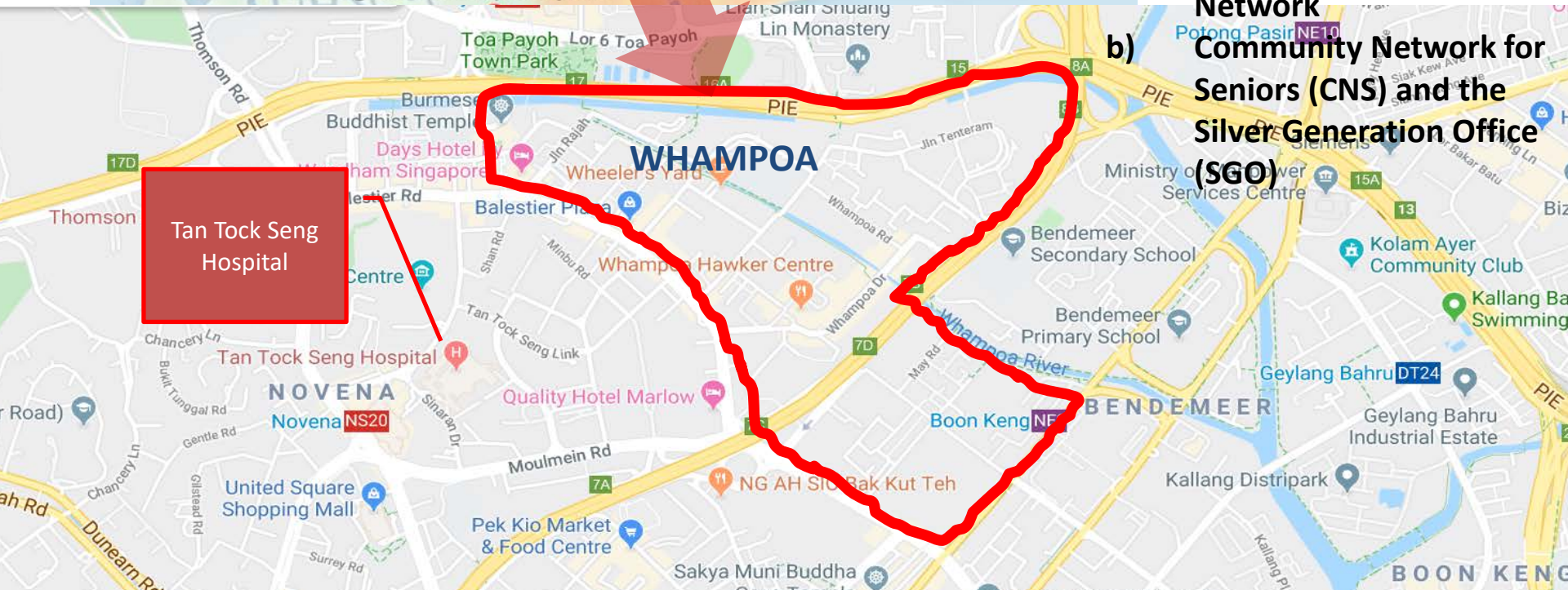


Integration with the Healthcare Clusters (Regional Health Systems, RHS)

- a) Patient transfers
- b) Information flow
- c) Resources

“Health-social” integration

- a) Novena-Kallang Network
- b) Community Network for Seniors (CNS) and the Silver Generation Office (SGO)



EVALUATION AND SHARING

- Research
 - ComSA Realist Evaluation (Panaxea, Netherlands)
 - “The ComSA Patient-Centered Care (COPACC) Study” (GERI)
 - “Caring for Persons with Dementia and their Caregivers in the Community: Towards a Sustainable Community Based Dementia Care system” (CARE)
 - **ComSA BPS Risk Screener** – further research (In discussion with SSHSPH)
 - EMPOWER Initiative (Massey U, NZ)
 - SCOPE DM (SSHSPH)
 - Impact of Baduanjin on Frailty Reversal (GERI)
- Sharing
 - Use of ComSA BPS Risk Screener for population health
 - Clinical Training Centre for Community Nursing

conclusion

Components of ComSA

