

CONNECTING SENIORS TO SOCIAL AND HEALTH SUPPORT IN THE COMMUNITY

By Agency for Integrated Care

Overseen by the Ministry of Health and the Agency for Integrated Care, the Community Networks for Seniors (CNS) programme brings government agencies and community partners together to bring "ABC" – **A**ctive Ageing, **B**efriending, and **C**are and Support to help our seniors age gracefully. The CNS will be progressively expanded to achieve nationwide coverage by 2020.

Silver Generation (SG) Ambassadors actively reach out to all Singapore Citizens aged 65 and above to share with them activities and services under CNS. They are trained to identify the needs of seniors and will link vulnerable seniors to social and health community partners, so that they receive timely help.

THE "A, B, C"s OF AGEING WELL

WELL SENIORS



Active Ageing:

Encourage seniors who are well to stay active, healthy and socially engaged by participating in active ageing activities



LONELY SENIORS



Befriending:

Connect seniors who are lonely or at risk of social isolation with volunteers within the neighbourhood



FRAIL SENIORS



Care & Support:

Ensure frail and vulnerable seniors get health and social support services



ACTIVE AGEING:

There are regular Active Ageing Programmes (AAPs) conducted in more than 360 neighbourhoods today. Over 7,000 seniors have also attended functional screening sessions to have their eyesight, oral health and hearing checked.

Health Screening



- **Functional Screening:** Eyesight, hearing and oral health checks for Singapore citizens aged 60 and above.
- **Health Coaching:** Seniors can visit Community Health Posts and consult health coaches on how to adopt a healthier lifestyle.

Exercises



- Seniors can join a range of different exercise classes, including Resistance Band Exercises, Low Impact Aerobics, Line Dance, Qigong and Taichi in the community.

Social Activities



- **Seniors Health Curriculum:** Seniors can attend workshops to learn about healthy ageing, such as tips on healthier lifestyle choices.
- **Healthy Cooking Classes:** Seniors can attend cooking classes to learn how to prepare healthy dishes.
- **Social Activities:** Seniors can join activities such as Karaoke and Cafe Corner and make new friends.

BEFRIENDING:



CNS connects lonely seniors to befrienders and neighbourhood volunteers who help to keep an eye out for these seniors.

CARE & SUPPORT:

CNS assists seniors with complex health/social needs by referring them to community and government partners to render holistic and integrated assistance.



NEIGHBOURHOODS WITH CNS:

- | | | | |
|---------------------------|---------------------|--------------------------|----------------------|
| 1 Aljunied GRC | 5 Chua Chu Kang GRC | 9 Marine Parade GRC | 13 Sembawang GRC |
| 2 Holland-Bukit Timah GRC | 6 East Coast GRC | 10 Marsiling-Yew Tee GRC | 14 Tampines GRC |
| 3 Ang Mo Kio GRC | 7 Jalan Besar GRC | 11 Nee Soon GRC | 15 Tanjong Pagar GRC |
| 4 Bishan-Toa Payoh GRC | 8 Jurong GRC | 12 Pasir Ris-Punggol GRC | 16 West Coast GRC |



If you wish to refer seniors to CNS services indicated above or sign up as Silver Generation Ambassadors, please call the Singapore Silver Line **1800 650 6060**

