



# 14<sup>th</sup> SINGAPORE PUBLIC HEALTH & OCCUPATIONAL MEDICINE CONFERENCE

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## PREVENTIVE HEALTH IN A CHANGING WORLD

### Senior Data Collection Through Guided Engagement

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#### **Background**

The Silver Generation Office (SGO), formerly known as the Pioneer Generation Office, was set up in 2014 to communicate government policies and schemes to seniors, as well as connect seniors to active ageing programmes in their community. A Post-Engagement Form was designed to facilitate data collection from seniors for policy planning and senior support purposes.

#### **Methods**

The Post-Engagement Form (PEF) was formulated, with inputs from the Agency for Integrated Care (AIC), Ministry of Health (MOH), healthcare and academic partners to guide volunteers on collecting personalised information on seniors' health, financial and social situations. Clinically approved standards such as the universal 9-point Clinical Frailty Scale is used to assess seniors' frailty status.

#### **Results**

The PEF provides healthcare and policy agencies a clear indication of seniors' abilities to carry out Activities of Daily Living (ADLs), fall risk, mental wellness, and frailty statuses. For example, based on outreach between April to June 2019, about 2% of seniors were found to have issues with ADLs and about 1% were frail. This allowed for targeted assistance. Longitudinal tracking enables assessment of the effectiveness of healthcare and financial schemes in providing greater assurance to seniors.

#### **Conclusion**

PEF facilitates data collection on seniors' health, financial and social situations longitudinally, providing avenues for policy agencies, regional health systems, and community and healthcare partners to shape and improve ageing and healthcare policies for seniors.