



**THYE HUA KWAN  
MORAL CHARITIES**



## **MEDIA RELEASE**

### **Thye Hua Kwan Moral Charities Launches Refreshed THK Active Ageing Centre @ Bedok and Bedok Sanctuary**

**Friday, 20 Sep 2024** – Thye Hua Kwan Moral Charities (**THKMC**) launched the refreshed **THK** Active Ageing Centre (AAC) @ Bedok and Bedok Sanctuary on 20 September 2024, with the attendance of Guest of Honour, Minister for Health, Mr Ong Ye Kung.

**THK** AAC @ Bedok is a collaborative initiative in consultation with the Agency for Integrated Care (AIC) and SingHealth, which aligns with the Age Well SG strategy, a national initiative to support seniors to age well in their homes and their communities.

**THK** AAC @ Bedok now harmoniously blends the tranquillity of nature with contemporary elegance, offers extended operating hours, integrates home care, community nursing services, and advanced Internet of Things (IoT) technology to create a seamless experience for seniors. With funding support from Temasek Foundation, these initiatives focus on preventive care, social engagement, and comprehensive community support to improve the quality of life for seniors, supporting the national Smart Nation goals.

#### **THK AAC @ Bedok and Bedok Sanctuary**



With an estimated 15,000 seniors in Bedok, **THK** AAC @ Bedok now extends its operating hours from 6am to 10pm every day, providing personalised programmes that meet the needs of the senior population, especially on areas of social isolation. **THK** AAC @ Bedok will now be the first AAC in Singapore to open 16 hours daily for seniors to enjoy. The Centre's holistic implementation of cutting-edge Internet of Things (IoT) technology, including facial recognition systems, gait speed monitoring, health kiosk that enables seniors to have their health monitored, ensuring early intervention when necessary, and a remote surveillance system, ensures seniors can remain engaged with their community, maintain an active lifestyle, and have easy access to primary medical care through comprehensive health plans.



The Bedok Sanctuary is a pivotal part of this care model. It is designed as a nature-inspired retreat, with an interior featuring soft taupe and creamy wood accents, lush indoor plants, and earthy tones. This environment promotes wellness, providing seniors with a peaceful space to recuperate or receive care within their community, minimising the need for institutionalisation. The integration of technology, including sensors and telehealth, has enhanced care delivery and monitoring, ensuring the well-being of residents.

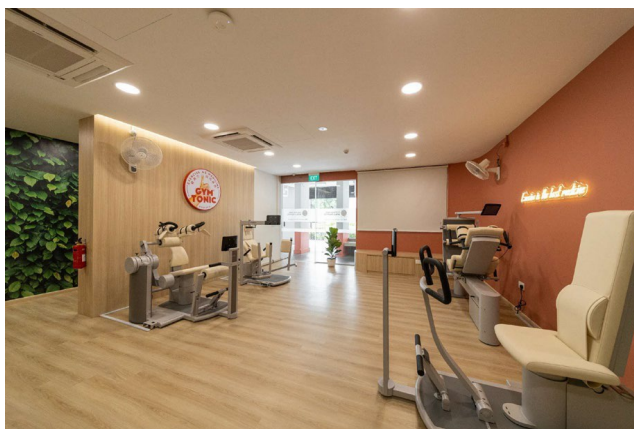
Through Bedok Sanctuary, **THKMC** collaborates with healthcare providers such as SingHealth, a public healthcare cluster, to offer integrated care and support for seniors in Bedok. This collaboration centres around SingHealth's place-based community care teams known as SingHealth Healthier SG Teams, comprising Community Nurses and Wellbeing Coordinators who are based at the Community Health Post sited within **THK** AAC @ Bedok. The Community Nurses will support seniors' health needs and coordinate their care. Wellbeing Coordinators will focus on seniors' overall wellbeing

and connect them with appropriate social care provider support. With this collaboration, SingHealth Healthier SG Teams work closely with **THK** AAC @ Bedok to coordinate health and social services that are tailored to each senior's needs.

## Seniors' Journey

One of the key features of the refreshed **THK** AAC @ Bedok is the cutting-edge IoT appliances. Upon entering the Centre, seniors will be greeted with a seamless entry experience – a facial recognition system which identifies and authenticates each senior for a secure check-in process and a gait speed monitoring system to check on any abnormalities in walking patterns. By providing real-time data, the gait system enables healthcare providers to intervene promptly and tailor rehabilitation programmes to individual senior's needs. These features, combined with interactive health kiosks, allow seniors to monitor key physiological metrics like blood pressure and heart rate, ensuring their health is cared for in a secure and convenient manner. Throughout the journey, seniors can be assured that their safety is a priority with the remote surveillance system. For instance, with Fall Detection A.I. and Radar Sensor, it enables the detection of falls to ensure seniors' safety.

To promote social engagement, seniors will be able to enjoy friendly conversations and relax at the café. The café area, with its smart lighting and USB charging points, is a space where seniors can meet friends, participate in activities, or enjoy a book, fostering a sense of community. This creates opportunities for them to meet new and old friends from the neighbourhood.



In addition, the Centre's senior-friendly gym has partnered with the Gym Tonic programme, which is designed to combat frailty by building muscle strength and improving seniors' overall fitness with a personalised approach.

## Micro-jobs programme at **THK AAC @ Bedok**

Following the successful launch of the micro-jobs programme in 2023, **THK AAC @ Bedok** continues to provide opportunities for seniors who wish to continue working. The micro-jobs programme allows seniors to assist other seniors, while achieving financial independence and maintaining a sense of purpose. With Singapore's increasing ageing population where 1 in 4 will be seniors in 2026, it addresses the workforce shortage in the healthcare sector by integrating seniors into essential care services. Some of the community-based tasks include meal delivery, medication reminders, accompanying seniors to medical appointments and providing custodial support. These seniors complement **THKMC's** staff to be the eyes and ears for the community, ensuring the support for other seniors in the community.

Mr Jason Lee, Chief Executive Officer of **THKMC** shared, "The refreshed **THK Active Ageing Centre @ Bedok** is a significant step forward in our commitment to enhance the quality of life for seniors in Singapore. By integrating advanced technology with person-centred care, we seek to improve the physical and social needs of our seniors, and also creating a model for the future of eldercare in the community. We thank our partners for making this vision possible."

Professor Lee Chien Earn, Deputy Group Chief Executive Officer (Regional Health System), SingHealth said, "We are thrilled to partner with **THKMC** to enhance the health and wellbeing of seniors in our community. By combining our respective expertise, experience and dedication to population health, and in particular to eldercare, we can create a comprehensive support system that addresses the needs of Bedok residents. Together, we aim to improve health outcomes, reduce hospitalisations, and empower seniors to live their best lives. This collaboration embodies our commitment to place-based person-centred care and elevates the standard for senior care in our region."

### **Annex**

For more information on the refreshed Centre, please refer to the annex titled "**Refreshed THK Active Ageing Centre @ Bedok**".

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## **About Thye Hua Kwan Moral Charities (THKMC)**

**THKMC** was incorporated on 13 October 2011 as a charity to provide multiple social and welfare services to the community at large, and achieved an Institute of Public Character (IPC) status on 18 November 2011. **THKMC** is the charitable arm of Thye Hua Kwan Moral Society, which lives by the mission of serving people with diverse needs by providing impactful community services. **THKMC** today serves more than 57,000 beneficiaries through more than 70 programmes across five Services, which include Disability, Early Intervention for Children, Family, Seniors' Community, and Therapy. For more information, please visit [www.thkmc.org.sg](http://www.thkmc.org.sg).

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## **About the Agency for Integrated Care**

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients. We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need. We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need. For more information, please visit [www.aic.sg](http://www.aic.sg).

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## **About Singapore Health Services (SingHealth)**

SingHealth, Singapore's largest public healthcare cluster, is committed to providing affordable, accessible and quality healthcare to patients. With a network of acute hospitals, national specialty centres, polyclinics and community hospitals offering over 40 clinical specialties, it delivers comprehensive, multi-disciplinary and integrated care. Beyond hospital walls, SingHealth partners community care providers to enable the population to keep well, get well and live well. As part of the SingHealth Duke-NUS Academic Medical Centre, SingHealth also focuses on advancing education and research to continuously improve care outcomes for patients. For more information, please visit: [www.singhealth.com.sg](http://www.singhealth.com.sg).

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