



Nearly 1 in 5 in S'pore do not meet basic financial planning norms: Study

straitstimes.com

READ MORE >

Cutting-edge technology and seniors run active ageing centre in Bedok



Madam Rosnah Sulaiman, 76, entering THK Active Ageing Centre @ Bedok on Sept 20 without have to register manually like she used to, thanks to a facial recognition system. PHOTO: LIANHE ZAOBAO



Judith Tan
Correspondent

UPDATED SEP 22, 2024, 10:52 AM •



SINGAPORE – Madam Rosnah Sulaiman breezes into THK Active Ageing Centre (AAC) @ Bedok and heads straight for the activity area without stopping to register manually at the counter as she used to.

Instead, the 76-year-old is identified and authenticated by a facial recognition system, part of the cutting-edge technology adopted by the centre to provide members with an easier, more seamless experience.

This technology measures their gait speed, providing data on mobility and balance without being intrusive. A kiosk allows them to monitor their health and ensure early interventions when necessary.



Streamline IT, accelerate growth: How platform drives business efficiency

businesstimes.com.sg

READ MORE >

With funding from Temasek Foundation, these initiatives focus on preventive care, social engagement and comprehensive community support to improve the quality of life for the elderly.

To keep them active, the centre offers employment opportunities through its micro jobs programme. Some seniors man the cafe and others organise meals on wheels for the housebound.

The refreshed THK AAC @ Bedok and Bedok Sanctuary, located at Block 12, Bedok

South Avenue 2 was officially launched by Health Minister Ong Ye Kung on Sept 20.

During a tour of the centre, he visited the cafe for communal dining, the activity hall and gym, and the wellness room where they can relax and recuperate.



Get a round-up of the top stories to start your day

Enter your e-mail

Sign up

By signing up, I accept SPH Media's [Terms & Conditions](#) and [Privacy Policy](#) as amended from time to time.

Yes, I would also like to receive SPH Media Group's [marketing and promotions](#).



He was shown the interactive health kiosks, where seniors can check their own blood pressure, heart rate and body mass index. Such technology simplifies operations and saves time for staff who previously performed these screenings.



Health Minister Ong Ye Kung (second from right) observing a dance class during a tour of the centre. PHOTO: LIANHE ZAOBAO

Mr Cheong Heng Kee, deputy director of Seniors' Community Services at Thyee Hua Kwan Moral Charities (THKMC), said: "Resource and manpower is and has been a problem, and it will be increasingly so when Singapore's population ages rapidly, with around one in four aged 65 and older by 2030.

"Here is where technology can help out so that staff can focus on important areas such as strategic planning and liaising with partners, and on the seniors themselves."

He said having seniors serve other seniors can encourage those who are healthy to assist those who are more frail.

THK AAC @ Bedok is run by THKMC in consultation with the Agency for Integrated Care and SingHealth, in line with the national initiative to support seniors in ageing well in their homes and their communities.

Seniors are given an allowance for helping in projects such as delivering meals to those too weak to leave their flats.





Seniors exercising at the gym at THK Active Ageing Centre @ Bedok. PHOTO: LIANHE ZAOBAO

The centre has extended its operating hours from 8.30am to 5.30pm on weekdays and from 8:30am to 12:30pm on Saturday to 6am to 10pm, seven days a week, to better meet the needs of the estimated 15,000 seniors in Bedok, particularly those who are socially isolated.

Next to the centre is Bedok Sanctuary, a nature-inspired retreat with indoor plants, providing seniors with a space to recuperate or receive medical care, minimising the need for hospital stays.

Here, THKMC works with healthcare providers such as SingHealth to offer integrated care and support for seniors in Bedok. The healthcare group serves the eastern region of Singapore through its network of hospitals and clinics.



Seniors can have teleconsultations with a doctor at Bedok Sanctuary, with the SingHealth community care team on hand to provide assistance. PHOTO: LIANHE ZAOBAO

SingHealth's community care teams comprising community nurses and well-being coordinators are based at the Community Health Post within THK AAC @ Bedok. They support seniors' health needs and coordinate their care.

Professor Lee Chien Earn, SingHealth's deputy group chief executive for its regional health system, said: "This collaboration embodies our commitment to place-based person-centred care and elevates the standard for senior care in our region."

Correction note: In an earlier version of the story, we said that the centre has extended its operating hours from 8.30am to 12.30pm on weekdays to 6am to 10pm, seven days a week. This has been corrected. We are sorry for the error.

MORE ON THIS TOPIC

[Fitness trails, gardens and access ramps: Senior-heavy precincts to be upgraded for active ageing](#)

[AI, technology being used to help seniors tell their life stories, keep active](#)

Enjoying ST's content? Become a subscriber to access premium articles

FEATURED PLANS

ST ONE DIGITAL - ANNUAL

~~\$9.90~~ **\$4.95/12 months**

Subscribe today!

Billed at \$59.40 for the first year, \$118.80/ year thereafter.

ST ONE DIGITAL - MONTHLY

\$9.90/1 month

Subscribe now

No lock-in contract.

Subscriber-exclusive benefits:

- ✓ Access all subscriber-only content on ST app and straitstimes.com.
- ✓ Easy access any time via ST app on one mobile device.
- ✓ myST: Follow up to 30 authors and 30 topics.

- Join **ST's WhatsApp Channel** and get the latest news and must-reads.

Senior citizens

Senior Activity Centre

Ong Ye Kung

Ministry of Health



FROM AROUND THE WEB

Outbrain

Ad

Work From Home Jobs in Suwon May Pay More Than You Think

Search Ads

Ad

Top Trends in Gold Jewelry for Every Occasion

Sponsored results

Ad

Looking for More Content? We May Have What You Want

DiscoveryFeed

Ad

Secrets Behind Hollywood Contract Negotiations

Sponsored links

Ad

From Screen to CEO: Actors Who Became Successful Entrepreneurs

millionairclubs.in

Man who copied French rapist says he deserves to be punished

From 'dating' to 'married': Actor Yao Wenlong shares old photo with...
actress Cynthia

From Choi Si-won to Simu Liu: Celebrities in Singapore during FI...
weekend

Ad

The Best Places to Buy Second Hand Furniture in South Korea

Search Ads

How well do you know your TPPs from your RCEPs, NAFTAs and OBORs?

Djokovic comes through Prizmic test in Melbourne opener

How Hamas uses brutality to maintain power

Rescued 17kg cat in Russia gets stuck in shoe rack when trying to escape 'fat camp'

Man with 'anime fantasy' fetish for girls in school uniform pleads guilty to molesting 11-year-old

THE STRAITS TIMES



Available for iPhones and iPads



Available in Google Play



Subscribe today

Get unlimited access to exclusive stories

- SINGAPORE
- ASIA
- WORLD
- OPINION
- LIFE
- TECH
- SPORT
- VIDEOS
- PODCASTS
- MULTIMEDIA

Get unlimited access to exclusive stories and analyses by the ST newsroom

Choose your plan

• BUSINESS

About Us

Terms & Conditions

Privacy Policy

Need help? Reach us here.

Advertise with us

 E-paper

 Facebook

 Instagram

 Twitter

 LinkedIn

 Newsletters

 RSS Feed

 Telegram

 Youtube

 TikTok

BACK TO THE TOP 