

MY FORWARD SINGAPORE IDEA

FEATURING

Geline Lim

Manager at local charity, 34
Forward SG Participant



“ Have more opportunities for seniors to contribute meaningfully to society, through employment or other means. To help the older population stay healthy in their golden years, we have to look beyond their physical health and consider their mental, emotional, and social health. ”



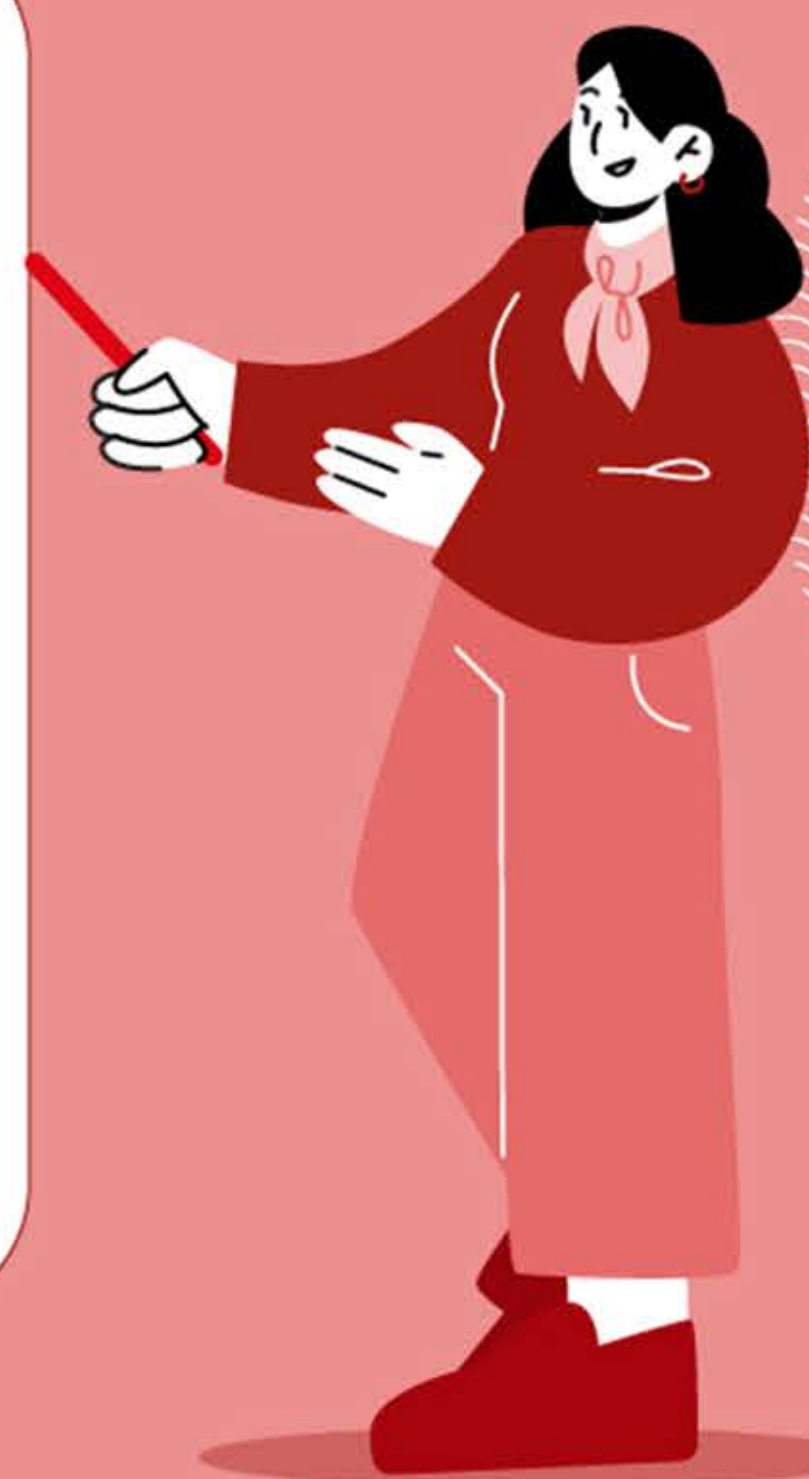
OPPORTUNITIES FOR SENIORS TO CONTRIBUTE

KEEPING THEM ENGAGED

“ I work in a charity that deals with seniors and many want to contribute to society, but don't know how to. After retirement, some end up disconnected and isolated from the community. If they have mild cognitive impairments or dementia, deterioration accelerates when they lack mental stimulation and engagement. ”



“ There should be more employment opportunities matched to the elderly's skills and life experiences. For instance, seniors could take on advisory roles in conflict resolution and relationship-building that would be valuable to an organisation. ”



“ Also, while there are many volunteering opportunities that support the elderly, it would be helpful if youth advocates could help to raise awareness on how we could be more compassionate and understanding when engaging the older generation. ”

TAILORED PROGRAMMES TO MEET DIFFERENT NEEDS

“ For programmes targeted at the seniors, it is important to not generalise their needs. Between those aged 60 to 80, there is a wide spectrum of generational values, educational levels, communication styles. There should be a tailored approach. ”



OPPORTUNITIES FOR SENIORS

MORE EMPATHY FOR THE ELDERLY

