



## - FACT SHEET -

### Unleashing the longevity dividend

As the world undergoes an unprecedented demographic change, where there are now more people over the age of 65 than under 5 years old globally, we seek to reframe the Singapore narrative around ageing populations.

The Health District @ Queenstown (HD@QT) is a multi-stakeholder whole-of-society endeavour to unleash the longevity dividend. This can only be achieved if we invest in the complete definition of health across the life course<sup>1</sup> - physical, mental and social well-being, and review how we live, learn, work and play across our life span.

This unique collaboration is initiated by the National University Health System (NUHS), the National University of Singapore (NUS) and the Housing & Development Board (HDB), working closely with multiple stakeholders from the public, private and people sectors.

We are privileged to have strong support from the international community, including an International Advisory Panel comprising experts in Gerontology, Geriatrics, Public Health, Public Policy, Economics, Psychology, and Architecture, to advise HD@QT based on international benchmarks and best practices.

### Goals

We aim to co-create with residents and diverse stakeholders from across society effective, scalable and sustainable interventions targeted at four goals:

- i. **Increasing healthy longevity** by leveraging on multidisciplinary science to have the years in good health approximate life span, taking a life course approach, spanning conception to end-of-life.
- ii. **Enabling purposeful longevity** including contribution to family and community, as well as engagement through activities such as work, volunteerism, learning and caregiving throughout life. The aim is for residents to not only live longer but optimise their full potential during a life well lived.
- iii. **Promoting intergenerational bonding** through the mitigation of ageism and building on the synergies generated by the complementarity of skills and qualities of younger and older people.
- iv. **Empowering residents** to be independent and functional for as long as possible, in the company of people and surroundings that are familiar to them **so they can age in place**.

HD@QT emphasises the following across all its programmes:

- Co-design with residents and diverse stakeholders across society
- Communication and engagement
- Harnessing implementation and behavioural science
- Being data and outcome driven

---

<sup>1</sup> The World Health Organisation defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

## **Why Queenstown?**

The demographics of Queenstown closely mirror Singapore's projected national demographics by 2026. It is already a super-aged community, with more than 21% of residents aged 65 years and above. In October 2021, Queenstown was designated as the pilot site for the development of a Health District, intended as a testing ground to trial integrated solutions that enhance the well-being of residents throughout their various life stages.

Successful programmes that can be implemented sustainably can be scaled across Singapore to meet the evolving needs of our population.

## **2024 Programmes**

### **1. Preventive Health and Care Delivery**

We are studying the efficacy, composition, and effective radius of an integrated, blended multidisciplinary healthcare and social service team, supported by trained members of the community, embedded within public housing, with the aim of developing a trusted long-term relationship to understand and address unmet physical, mental and social well-being needs.

### **2. Purposeful Longevity**

We are opening the first Ibasho<sup>2</sup> project in Singapore, in partnership with a non-profit community care service provider. Ibasho, which means “a place where you can feel like yourself” in Japanese, advocates recognition of older persons as valuable assets to their community. The residents of Queenstown are actively involved in the planning and development of this project, which will take the form of an active ageing centre.

In addition, we have launched a programme targeting intergenerational engagement between older residents, students from Institutions of Higher Learning, and secondary school students to strengthen social cohesion through the mitigation of ageism.

### **3. Planning and Design of the Built Environment**

We will propose solutions in Queenstown to create a healthy town for all ages and address residents' needs across different life stages. Initiatives to create a more senior-friendly and inclusive environment can be found in new and existing precincts.

For example, mobility enhancements such as barrier-free access ramps and wider centre dividers enable seniors to commute safely. To foster inclusivity, Community Care Apartments will be built alongside blocks of 3-room and 4-room flats in Queensway Canopy, a public housing development. This development project will also feature a Social and Wellness Hub comprising social and communal facilities with healthcare services for seniors. To encourage healthy lifestyles, there will be new senior-friendly therapeutic gardens/ wellness landscapes and fitness machines, a fitness trail, and the first ActiveSG gym within a housing development.

### **4. Technology**

We are working with residents and service providers to develop technologies that allow residents to remain independent and functional, improve their health, or enable care delivery into their homes. The technologies currently under evaluation include those for fall detection, community screening of common and important eye conditions, and vital sign monitoring through mobile phones.

---

<sup>2</sup> <https://ibasho.org/ibasho-principles>

## **5. Evaluation**

We are conducting a comprehensive baseline study of residents to understand their current well-being, productivity and engagement, security, cohesion and equity. This will help identify, quantify and understand the unmet needs of residents in realizing the goals of HD@QT.

#####