

1

00:00:04,920 --> 00:00:06,120

Hi everyone.

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00:00:06,120 --> 00:00:09,840

Thanks for tuning into the
NUS Nursing Research Podcast Series,

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00:00:10,000 --> 00:00:12,720

where we feature the latest works
of our brightest minds.

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00:00:13,080 --> 00:00:18,760

I'm Dr Jocelyn Chew,
a research fellow at the Alice Lee Centre for Nursing studies.

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00:00:19,520 --> 00:00:22,360

Here with us today is Dr Seah Betsy,

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00:00:22,360 --> 00:00:27,800

a Research Fellow at the Alice Lee Centre for Nursing Studies, National University of
Singapore.

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00:00:27,800 --> 00:00:32,720

She's a strong advocate for health
promotion and has developed a personalized

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00:00:32,720 --> 00:00:36,680

health resource intervention
for community dwelling older adults.

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00:00:37,120 --> 00:00:41,680

Dr. Seah is also the co-founder and health
resource specialist manager

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00:00:41,680 --> 00:00:45,960

of a charity organization called
the Health Concepts and Measurements.

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00:00:46,200 --> 00:00:48,480

In short, HealthierSG (rebranded as Total Well-Being SG from November 2023).

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00:00:48,480 --> 00:00:49,400

Hi Dr, Seah.

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00:00:49,400 --> 00:00:51,600

It's so nice to have you with us today.

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00:00:51,600 --> 00:00:54,680

Dr Seah is actually my next door neighbor in the office.

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00:00:54,680 --> 00:00:57,560

And I remember occasionally seeing her hobble by

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00:00:57,560 --> 00:01:01,160

with a walking frame, thinking that it is most likely for her research.

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00:01:01,480 --> 00:01:03,800

So Dr Seah, is it really for your research?

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00:01:04,560 --> 00:01:06,320

Thanks for having me, Jocelyn.

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00:01:06,320 --> 00:01:09,880

Yes, the walking frame is indeed for my research.

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00:01:09,880 --> 00:01:12,760

So I use it in class to share about how it is

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00:01:12,760 --> 00:01:16,320

a useful resource to aid in walking to the seniors.

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00:01:16,800 --> 00:01:19,320

So whenever we talk about planning for old age,

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00:01:19,600 --> 00:01:22,480

many people will associate it
with financial planning.

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00:01:22,840 --> 00:01:26,720

In fact, planning for old age
goes beyond that.

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00:01:26,920 --> 00:01:30,720

It includes adopting a healthy lifestyle,
cultivating a positive mindset,

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00:01:31,000 --> 00:01:35,240

going for regular health screenings,
engaging in meaningful activities,

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00:01:35,640 --> 00:01:41,000

and preparing for sudden onset of illness
and long term disabilities.

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00:01:41,160 --> 00:01:42,280

Hello, everyone.

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00:01:42,280 --> 00:01:43,880

My name is Seah Betsy.

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00:01:43,880 --> 00:01:44,920

I'm a research fellow

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00:01:44,920 --> 00:01:49,200

at the Alice Lee Centre for Nursing Studies, National University of Singapore.

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00:01:49,600 --> 00:01:50,560

So I'm curious,

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00:01:50,560 --> 00:01:55,160

how do you actually get into this whole research area on community health?

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00:01:55,320 --> 00:01:58,680

Because I remember you were previously working in the emergency department.

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00:01:58,800 --> 00:02:03,400

Yes, I work in the emergency department as a registered nurse for several years.

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00:02:03,520 --> 00:02:05,640

And you might be wondering,

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00:02:05,640 --> 00:02:09,080

my research interest is in community care for older adults,

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00:02:09,440 --> 00:02:13,680

which is very different from my clinical background in acute care.

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00:02:14,240 --> 00:02:16,520

Where is that connection? Right.

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00:02:16,520 --> 00:02:19,960

Previously, when I was working at the emergency department,

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00:02:20,280 --> 00:02:23,000

I would receive patients at their worst states

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00:02:23,560 --> 00:02:28,280

Many of them were seniors presenting with acute conditions,

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00:02:28,280 --> 00:02:34,320

that could have been prevented through daily lifestyle habits and self-care management.

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00:02:34,320 --> 00:02:37,520

And that got me interested in how we could do this.

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00:02:37,920 --> 00:02:41,040

So I'm now working on projects

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00:02:41,040 --> 00:02:43,760

related to community care for older adults.

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00:02:44,200 --> 00:02:49,440

I focus on upstream health interventions that seniors can engage in

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00:02:49,680 --> 00:02:53,320

before they develop medical conditions and help them avoid

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00:02:53,320 --> 00:02:57,080

visiting emergency department as much as possible.

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00:02:57,400 --> 00:03:00,480

So I know that you started a program called SHAPE, right?

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00:03:00,720 --> 00:03:04,800

So could you maybe share a little bit more about why you think healthy aging

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00:03:04,800 --> 00:03:08,880
is so important and what kind of issues
are you actually trying to address

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00:03:08,880 --> 00:03:10,320
through this program?

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00:03:10,960 --> 00:03:13,640
So in Singapore, our aging policy

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00:03:13,800 --> 00:03:18,240
focused on aging in place,
which means we support seniors

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00:03:18,240 --> 00:03:22,280
to live independently in their homes
for as long as possible.

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00:03:22,760 --> 00:03:27,080
We have in place various elderly-centric initiatives and senior

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00:03:27,080 --> 00:03:30,960
welfare provisions that make Singapore
an age-friendly city.

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00:03:31,440 --> 00:03:34,000
Examples of such initiatives

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00:03:34,000 --> 00:03:38,560
include the the Age Well, Live Well Program
by Health Promotion Board

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00:03:38,560 --> 00:03:43,440
and People's Association to promote
physical and mental health of seniors.

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00:03:44,040 --> 00:03:51,600

the courses offered by C3A-National Silver Academy
to engage in lifelong learning.

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00:03:51,600 --> 00:03:56,840

The enhancement for active seniors
is each shot by HDB,

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00:03:56,840 --> 00:04:01,080

which is the Housing Development Board,
to provide safer home environments.

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00:04:01,680 --> 00:04:05,040

And there's also the Agency
for Integrated Care,

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00:04:05,040 --> 00:04:08,920

which is AIC, to reach out to caregivers
and seniors.

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00:04:08,920 --> 00:04:13,760

with information on aging well
and to connect them to the services

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00:04:13,760 --> 00:04:14,840

that they need.

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00:04:14,840 --> 00:04:19,000

So we are actually quite rich
in this elderly-centric resources.

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00:04:19,480 --> 00:04:22,320

However, many of the very elderly

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00:04:22,320 --> 00:04:27,600

people did not receive formal education,
and even those who received

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00:04:27,600 --> 00:04:32,040
formal education, they might not be savvy
in keeping up with these initiatives.

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00:04:32,480 --> 00:04:35,120
In particular, seniors living alone

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00:04:35,320 --> 00:04:39,240
or those with their spouse
only might have fewer interactions,

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00:04:39,360 --> 00:04:43,040
social interactions
and support of family members.

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00:04:43,680 --> 00:04:48,120
Furthermore, even though Singapore is rich
in health information portals,

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00:04:48,560 --> 00:04:54,040
the elderly might find navigating
such portals and services baffling.

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00:04:54,440 --> 00:04:58,400
Besides, in the qualitative study
where we interview older adults

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00:04:58,640 --> 00:05:01,600
who stay alone
or stay with their spouse only,

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00:05:01,920 --> 00:05:06,240
they shared their concern
about having access to immediate help

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00:05:06,480 --> 00:05:12,640
when in medical distress, for example,
if they suddenly turn unwell or fall at home.

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00:05:12,640 --> 00:05:20,640

They hear on news, or some even know of people who pass away at home for a few days before being found.

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00:05:20,920 --> 00:05:24,640

These older adults were afraid that by the time help arrives,

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00:05:24,960 --> 00:05:26,840

it might be too late.

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00:05:26,840 --> 00:05:29,120

To overcome these difficulties,

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00:05:29,120 --> 00:05:34,240

I developed a health resource program to equip these seniors with better

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00:05:34,240 --> 00:05:38,600

coping behaviors and strategies for them to place healthily.

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00:05:38,800 --> 00:05:41,520

So I keep hearing this, but "health resource".

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00:05:41,720 --> 00:05:45,480

So could you give us a little bit more about what exactly is "health resource"?

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00:05:46,560 --> 00:05:49,160

So health resources for older adults

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00:05:49,320 --> 00:05:53,640

refer to characteristics that help them cope with stressors of healthy ageing,

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00:05:54,120 --> 00:05:57,120

such as experiencing physiological decline

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00:05:57,440 --> 00:06:00,360

and having fewer social connections
with others.

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00:06:00,840 --> 00:06:04,880

So health resources can be both internal or external.

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00:06:04,880 --> 00:06:08,120

Examples of internal health
resources are resilience,

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00:06:08,160 --> 00:06:13,040

having health knowledge,
past experiences

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00:06:13,080 --> 00:06:16,760

and even their own state of health.

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00:06:16,760 --> 00:06:19,360

And examples of external health resources,

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00:06:19,800 --> 00:06:23,560

such as having social support
from family and friends,

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00:06:24,200 --> 00:06:28,920

the activities and services
provided by community based organizations,

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00:06:29,280 --> 00:06:35,800

government support schemes,
and having barrier-free access physical infrastructure.

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00:06:35,800 --> 00:06:38,440
So there came the SHAPE program, right?

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00:06:38,640 --> 00:06:44,480
So SHAPE is the short form for
"Salutogenic healthy ageing program embracement"..

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00:06:44,480 --> 00:06:47,680
So what does the term 'salutogenic' refers to?

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00:06:48,200 --> 00:06:55,720
The SHAPE intervention is underpinned by a theoretical concept known as salutogenesis.

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00:06:55,760 --> 00:07:02,520
. The word, 'Salute' means 'health'
and 'genesis' refers to 'origin' in Latin.

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00:07:02,520 --> 00:07:04,800
So when we put them together,

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00:07:04,800 --> 00:07:08,720
the term 'salutogenesis' refers to the origins of health.

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00:07:08,960 --> 00:07:13,680
The concept of salutogenesis focuses
on what creates health in people,

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00:07:13,840 --> 00:07:19,520
and how people use resources that they have to cope with stressors in their lives.

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00:07:19,520 --> 00:07:22,880
So this concept is different
from the biomedical model

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00:07:22,880 --> 00:07:29,760
that we are familiar with in health care, on pathogenesis,
focusing on what causes diseases,

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00:07:29,760 --> 00:07:35,040

the risk factors, and how we manage and prevent diseases.

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00:07:35,040 --> 00:07:41,360

So in this Salutogenic Healthy Ageing Program Embracement (SHAPE) intervention,

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00:07:41,360 --> 00:07:46,400

it is designed to inform older adults how to identify,

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00:07:46,400 --> 00:07:52,840

access and use resources that are available to cope with ageing processes and promote their health.

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00:07:52,840 --> 00:07:54,600

I think that's really interesting,

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00:07:54,600 --> 00:07:58,400

especially when now we are talking about focusing on how to create health, right?

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00:07:58,400 --> 00:08:00,400

Instead of treating ill health.

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00:08:00,440 --> 00:08:04,520

So could you share a little bit more about what this SHAPE program is about

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00:08:04,760 --> 00:08:06,880

and who is it actually for?

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00:08:06,880 --> 00:08:10,560

So the SHAPE intervention is a health resource program

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00:08:10,560 --> 00:08:15,760

that aims to promote healthy aging in four different aspects of health.

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00:08:15,760 --> 00:08:20,520

The physical, psychological, social and spiritual.

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00:08:20,520 --> 00:08:24,080

So it is a 12 week program which comprise

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00:08:24,080 --> 00:08:28,560

weekly group sessions and at least two individual home visits.

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00:08:28,920 --> 00:08:37,200

It involved older adults living alone or those who stay with spouses only and they must be aged 60 years and above.

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00:08:37,200 --> 00:08:45,120

So it seems like this SHAPE program is a multi dimensional program that is more suited for the elderly.

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00:08:45,120 --> 00:08:47,200

That's what I understand from you.

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00:08:47,200 --> 00:08:50,080

So, actually, could you share a little bit more about

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00:08:50,080 --> 00:08:54,960

what are the contents covered during each session or each visit?

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00:08:55,440 --> 00:08:58,960

Each group session focus on this specific topic of ageing

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00:08:59,720 --> 00:09:03,920

So topics covered include
what are the normal aging processes,

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00:09:04,240 --> 00:09:09,600

how to manage emotional health,
how to eat nutritiously, as a senior.

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00:09:10,000 --> 00:09:15,400

How to prevent falls and how to prepare
for illness and end of life.

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00:09:15,760 --> 00:09:18,960

Simple functional exercises
and nutritious snacks

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00:09:19,200 --> 00:09:21,960

were also introduced
during each group session.

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00:09:22,280 --> 00:09:26,520

So in fact, the key
component of this program

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00:09:26,800 --> 00:09:29,520

was the reflective,
personalized home visits.

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00:09:30,000 --> 00:09:32,160

During the home visits,

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00:09:32,680 --> 00:09:35,120

seniors would reflect on different
aspects of their lives

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00:09:35,400 --> 00:09:38,920

and do consolidate their learning
from the group sessions,

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00:09:39,360 --> 00:09:44,720

set specific health goals, and develop an action plan to work on these goals.

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00:09:45,320 --> 00:09:48,480

Each senior will set health goals according to his

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00:09:48,480 --> 00:09:52,000

or her health concerns or personal needs.

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00:09:52,080 --> 00:09:55,600

As such, these health goals activity from senior to senior.

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00:09:55,880 --> 00:10:01,360

So for example, some seniors focus on increasing and intensifying their

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00:10:01,360 --> 00:10:06,760

quad and calf exercises to strengthen their leg muscles.

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00:10:06,760 --> 00:10:08,880

While other seniors, they start to attend

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00:10:08,880 --> 00:10:12,320

more regular health screenings and dental checkups.

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00:10:12,840 --> 00:10:16,560

A few of them want to pursue their individual interests at leisure,

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00:10:16,800 --> 00:10:20,840

such as playing the ukulele
and learning how to do crochet.

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00:10:21,360 --> 00:10:24,120

So there are also others that set goals

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00:10:24,120 --> 00:10:27,120

on discussing their care preferences

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00:10:27,400 --> 00:10:30,200

and will-making plans
with their family members.

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00:10:30,520 --> 00:10:33,760

That sounds so interesting,
especially when it seems to cover a very

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00:10:33,800 --> 00:10:37,600

holistic view, a holistic intervention
for your participants.

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00:10:37,680 --> 00:10:41,400

So are there any feedbacks
that you received from your participants

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00:10:41,400 --> 00:10:45,640

or any impressionable moments
that you feel are worth mentioning?

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00:10:46,800 --> 00:10:47,720

So in our pilot study,

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00:10:47,720 --> 00:10:50,760

the seniors shared that they gain

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00:10:50,760 --> 00:10:54,280

practical health knowledge

about self-care and ageing.

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00:10:54,800 --> 00:10:58,200

One of them shared that she learned how to face

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00:10:58,200 --> 00:11:01,280

and cope with living as an older adult.

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00:11:01,440 --> 00:11:07,400

It helped her to understand how to face various events such as illness and death.

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00:11:08,000 --> 00:11:12,360

The seniors also expressed that they were more motivated to take actions

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00:11:12,480 --> 00:11:15,120

for their own health and some experience

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00:11:15,480 --> 00:11:18,120

improvements in their physical condition.

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00:11:18,480 --> 00:11:21,640

So particularly there was this senior who had a

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00:11:21,640 --> 00:11:24,560

hip replacement surgery done years ago.

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00:11:24,760 --> 00:11:28,240

So when she came to us, she walked slowly with a limp.

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00:11:28,680 --> 00:11:33,800

So she's this very quiet lady who did not socialize much because of a heat pain.

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00:11:34,320 --> 00:11:37,320

And at the end of the program,
it really hearten me

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00:11:37,440 --> 00:11:41,720

when she shared that the exercises
introduced strengthen her muscles

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00:11:41,920 --> 00:11:44,320

and her muscles no longer ache that much.

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00:11:44,720 --> 00:11:48,760

So now she has greater confidence
and she can move around better.

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00:11:49,200 --> 00:11:52,800

She no longer rejects her friends
when they ask her out for gatherings.

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00:11:53,520 --> 00:11:55,920

Previously, she was limited by her hip pain

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00:11:56,160 --> 00:11:59,920

and was afraid of being a burden
to her friends when she was out with them.

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00:12:00,720 --> 00:12:01,080

Right.

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00:12:01,080 --> 00:12:03,240

This sounds like
a truly impactful project.

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00:12:03,480 --> 00:12:07,480

So do you encounter any challenges
while performing this project?

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00:12:07,720 --> 00:12:08,720

Oh, yes.

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00:12:08,720 --> 00:12:12,600

The SHAPE program was designed
and targeted to address

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00:12:12,600 --> 00:12:17,680

the needs of seniors who stay alone
and those who live with their spouse only.

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00:12:18,400 --> 00:12:22,680

So although we approached these seniors
based on their living arrangement,

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00:12:22,960 --> 00:12:26,360

they had different health and daily needs,

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00:12:26,360 --> 00:12:29,160

different literacy levels
and learning abilities.

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00:12:29,560 --> 00:12:33,120

As such, I had to be adaptive and flexible

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00:12:33,240 --> 00:12:36,480

in facilitating the group sessions
and home visits.

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00:12:36,840 --> 00:12:41,280

And at the same time ensuring
that the learning outcomes of the program

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00:12:41,280 --> 00:12:42,040

are being met.

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00:12:42,040 --> 00:12:47,080

Another challenge faced, was to reach out to this group of seniors in the community.

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00:12:47,520 --> 00:12:51,360

So apart from distributing fliers at the community events

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00:12:51,600 --> 00:12:55,080

and putting up posters at our residential areas,

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00:12:55,080 --> 00:12:58,240

we also did door to door canvassing

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00:12:58,440 --> 00:13:01,680

to reach out to the socially less visible older adults.

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00:13:02,400 --> 00:13:06,440

It was really hard work and it took quite a fair bit of time.

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00:13:07,040 --> 00:13:12,280

And many of the approached seniors were quite wary and guarded as

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00:13:12,280 --> 00:13:16,120

we were conducting the recruitment, the number of reported

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00:13:16,120 --> 00:13:18,320

scam cases were on the rise.

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00:13:18,640 --> 00:13:21,920

As such,

it was important to identify ourselves

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00:13:22,240 --> 00:13:24,880

and to build trust
with these older adults.

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00:13:25,400 --> 00:13:29,400

What also helped in recruiting
these seniors was the perceived

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00:13:29,400 --> 00:13:32,520

personal benefit
in participating in this program.

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00:13:32,760 --> 00:13:36,520

So what are your current and future plans
for this health resource program

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00:13:36,520 --> 00:13:37,680

moving forward?

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00:13:37,680 --> 00:13:41,280

At present, I'm
working on the validation of instruments

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00:13:41,280 --> 00:13:44,120

to better evaluate
this health resource program

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00:13:44,680 --> 00:13:49,280

and as part of improving the utilization
of committee resources

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00:13:49,760 --> 00:13:52,120

such as the senior activity centers,

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00:13:52,480 --> 00:13:56,840

I'm interested to explore
what contributes to and increases

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00:13:56,840 --> 00:13:59,640
the activity engagement of older adults

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00:13:59,840 --> 00:14:02,360
at seniors activity centers in Singapore.

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00:14:02,680 --> 00:14:08,000
Such activity engagement
can expand the size of social networks

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00:14:08,280 --> 00:14:11,640
and improve
the psychosocial health of older adults.

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00:14:12,240 --> 00:14:14,480
So no man or woman is an island, right?

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00:14:14,720 --> 00:14:18,240
So I think most of us should also continue
to keep a close

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00:14:18,240 --> 00:14:20,120
social circle to stay healthy.

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00:14:20,120 --> 00:14:23,400
So now let's move on to talk
about your charity organization.

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00:14:23,600 --> 00:14:25,840
Can you share a little bit more
about that?

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00:14:25,840 --> 00:14:26,640
Sure.

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00:14:26,640 --> 00:14:31,680

So I'm also a co-founder
and a health resource specialist manager

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00:14:31,680 --> 00:14:38,360

of a charity organization, named
Health Concepts and Measurements-HealthierSG (rebranded as Total
Well-Being SG from November 2023) in short.

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00:14:38,360 --> 00:14:43,520

Coincidentally, the name of the charity organisation, HealthierSG
(rebranded as Total Well-Being SG from November 2023),

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00:14:43,520 --> 00:14:49,640

has the same name as the Ministry of Health's
recent whitepaper, Healthier SG.

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00:14:49,920 --> 00:14:56,800

This non-profit organisation was incorporated in 2020 and established as
a

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00:14:56,800 --> 00:15:01,280

registered charity under the Ministry of Health in 2021.

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00:15:01,280 --> 00:15:03,280

So your organization is two years old now.

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00:15:03,320 --> 00:15:04,560

Yes.

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00:15:04,560 --> 00:15:09,080

And so what actually motivated you
to start this organization?

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00:15:09,280 --> 00:15:12,640

HealthierSG (rebranded as Total Well-Being SG from November 2023) was
set up with a group of like-minded friends,

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00:15:12,840 --> 00:15:21,600

to implement the SHAPESG health resource program and to reach out to more seniors residing in the community.

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00:15:21,600 --> 00:15:26,240

Like other research involving community-based complex interventions,

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00:15:26,240 --> 00:15:30,680

implementing the SHAPE intervention in a real-world setting compared to

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00:15:30,680 --> 00:15:37,680

conducting it as a pilot randomised controlled trial is different and challenging.

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00:15:37,680 --> 00:15:46,240

Implementing such complex interventions in real-world setting involves a lot of coordination and multiple interacting components,

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00:15:46,240 --> 00:15:50,480

such as the behaviors of older adults, the variability in which

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00:15:50,520 --> 00:15:54,200

how the health resource facilitators conduct these sessions

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00:15:54,600 --> 00:15:59,080

as well as the different environments which the older adults live in.

241

00:15:59,080 --> 00:16:02,440

So it is unlike the pilot randomized controlled trial

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00:16:02,440 --> 00:16:06,280

where confounding factors can be controlled in experiments.

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00:16:07,120 --> 00:16:11,000

So from the pilot trial,
we saw potential of the SHAPE intervention

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00:16:11,000 --> 00:16:15,480

as a feasible and beneficial program.

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00:16:15,480 --> 00:16:18,240

The trial actually helped us to understand

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00:16:18,240 --> 00:16:22,840

the demands and resources
needed to scale up the intervention.

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00:16:22,840 --> 00:16:25,280

So currently at HealthierSG (rebranded as Total Well-Being SG from November 2023),

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00:16:25,280 --> 00:16:29,760

we are building and training our core multi-disciplinary team.

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00:16:29,760 --> 00:16:38,200

It includes nursing, occupational therapy, physiotherapy, and psychology trained healthcare
personnel,

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00:16:38,200 --> 00:16:41,080

to deliver and scale this program up.

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00:16:41,280 --> 00:16:47,360

The SHAPESG program is now offered to older adults in the community as a service,

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00:16:47,360 --> 00:16:50,360

regardless of their living arrangement.

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00:16:50,360 --> 00:16:51,840

And as we conduct the program,

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00:16:52,040 --> 00:17:02,680

we are also keeping abreast with resources in the community and refining it with input of different healthcare discipline professionals,

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00:17:02,720 --> 00:17:07,400

so as to make it a multi-disciplinary and holistic initiative.

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00:17:07,400 --> 00:17:13,320

As a resource and learning hub,
we apply the concepts of implementation science.

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00:17:13,320 --> 00:17:18,440

The SHAPESG program is evidence-based
and is work in progress.

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00:17:18,960 --> 00:17:21,000

For example, we apply the double loop learning.

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00:17:21,000 --> 00:17:27,760

It involves constant reviewing of existing practices, on how we run the program.

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00:17:27,760 --> 00:17:34,640

And we are also constantly challenging our underlying assumptions - thinking about why we do what we do.

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00:17:35,160 --> 00:17:37,680

So we constantly learn and improve

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00:17:37,680 --> 00:17:41,600

based on the feedback of seniors
receiving the program,

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00:17:41,720 --> 00:17:43,640

our community partners

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00:17:43,640 --> 00:17:47,000

and the health resource specialists
involved in the implementation.

265

00:17:47,160 --> 00:17:48,520

I loved the whole idea

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00:17:48,520 --> 00:17:52,400

of having a multi-disciplinary team and,
you know, doing this closed loop

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00:17:52,680 --> 00:17:56,280

evaluation to make sure that, you know,
you are constantly improving.

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00:17:56,280 --> 00:17:59,880

So do you have any key takeaways
for our audience?

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00:17:59,920 --> 00:18:04,320

So I would like to share
that health is actually a process.

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00:18:04,320 --> 00:18:07,800

It is generated from our everyday lives,

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00:18:07,800 --> 00:18:11,880

from what we think, what we do
and what we feel.

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00:18:11,880 --> 00:18:15,200

Likewise, there are no secrets to healthy ageing.

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00:18:15,520 --> 00:18:20,560

For seniors, it is about being consistent
in everyday lifestyle habits,

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00:18:20,560 --> 00:18:25,320

being responsible and proactive
in managing all health conditions,

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00:18:25,320 --> 00:18:30,000

knowing when to seek help
in times of distress and illness.

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00:18:30,080 --> 00:18:33,840

And lastly,
preparing for the last lap in life.

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00:18:33,880 --> 00:18:41,000

And this is what the SHAPESG health resource program seeks to c for older adults in the
community.

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00:18:41,160 --> 00:18:45,640

So if you are interested to find out
about my research or the SHAPESG program

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00:18:45,640 --> 00:18:50,240

or even to find out what we do
at HealthierSG (rebranded as Total Well-Being SG from November 2023),

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00:18:50,240 --> 00:18:52,040

please feel free to approach me.

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00:18:53,040 --> 00:18:57,240

Thank you, Dr Seah,
for sharing about how you developed SHAPESG,

282

00:18:57,240 --> 00:19:05,920

a health resource program for older adults and about HealthierSG (rebranded as Total Well-
Being SG from November 2023), the charity organization that you started.

283

00:19:06,640 --> 00:19:08,400

You've been listening to a podcast on

284

00:19:08,400 --> 00:19:12,560

“Shaping the health of older adults
through a health resource program“

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00:19:12,560 --> 00:19:16,040

part of the NUS Nursing Research Podcast series.

286

00:19:16,040 --> 00:19:19,800

With us in the studio was Dr Seah Betsy, a Research Fellow at the

287

00:19:19,800 --> 00:19:23,800

Alice Lee Centre for Nursing Studies, National University of Singapore.

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00:19:23,800 --> 00:19:25,320

I am Dr Jocelyn Chew,

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00:19:25,320 --> 00:19:27,320

Thank you for joining us in this episode.

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00:19:27,320 --> 00:19:29,640

And stay tuned for our next podcast.