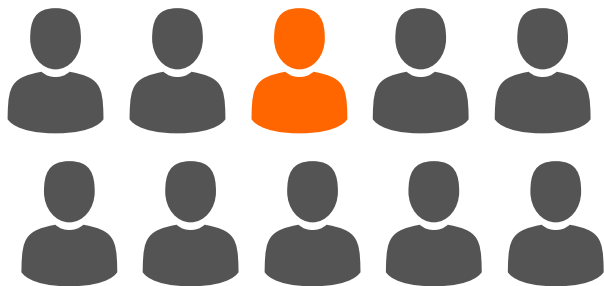




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Age Well
Everyday

Programme



The Ministry of Health reported that

1 in 10

seniors aged 60 and above has dementia.

**It is important to raise awareness of dementia
and focus more efforts on prevention.**

The Yeo Boon Khim Mind Science Centre (YBK MSC) Dementia Prevention Programme at Jurong, which utilised non-drug interventions, reported a **prevalence of 3%** after 5 years follow-up, as compared to 10% in general health population.

Active Ageing

In the community, by the community, for the community

Age Well Everyday (AWE) programme encourages people to engage in active ageing. The holistic community programme is rooted in research and designed to delay cognitive deterioration.



The activities include **health education, physical exercise, mindfulness practice, art and music reminiscence, horticultural therapy, choral singing, therapeutic rainforest walk**, and more. These activities can help to instil a resilient mind and increase socialization among seniors. Through healthy ageing, the aim is to delay the onset of dementia and improve the senior's quality of life.

A closely-knitted community of **participants, volunteers and trainers** is built with the help of our community partners. With a self-supporting programme structure, where volunteers ensure a sustained run of AWE activities, we are able to impact more people in the community.

Our Story

Yeo Boon Khim Mind Science Centre takes an upstream and evidence-based approach to optimise cognitive performance, build emotional resilience and promote mental well-being through translational research and community-based interventions.

Professor Kua Ee Heok, Associate Professor Goh Lee Gan, Associate Professor Rathi Mahendran, and Mrs Wee Geok Hua sparked the idea of using research to guide a community programme that helps seniors engage in active ageing and possibly, even prevent dementia.

After gathering a group of like-minded researchers and generous philanthropists, they embarked on the idea to translate the then-ongoing Jurong Ageing Study (JAS) into a rolling community programme, called the Dementia Prevention Programme, later rebranded as ***Age Well Everyday (AWE) Programme***.



Jurong Ageing Study

A 10-year comprehensive research by YBK MSC

The extensive study investigated various **cognitive stimulating activities** for community-living seniors. It was found that **early psychosocial intervention** with seniors may help to delay the deterioration of cognitive capabilities and reduce the incidence of depression and anxiety.

With an improved quality of life through **active ageing**, seniors can embrace their golden age with a resilient mind. Beyond that, the family and society benefit from reduced burden of disease.

Click on the QR code
to find out more!



Be a Participant

Take part in the activities or events organized by our **respective community partners** to learn more about the lifestyle you can adopt to age healthily. Our AWE Volunteers have been well-trained in a variety of activities that are known to improve cognitive health!

Sign up for something you are interested in and get ready to make new friends while you learn new things!

“I get the chance to be sociable again.”

– Mr Ng Eng Yam

“Being involved in AWE activities keeps me on the move.”

– Mdm Asiah



Join us as a Volunteer

“As a retiree, I don't want to grow old. I chose to volunteer to keep my mind and body active, no matter how long I live.”

– Mr Gopal Kanapatty

We want you if....

- You are **enthusiastic** about active ageing and ready to share the knowledge with seniors, family and friends!
- You can speak **English / Mandarin / Malay**.
- You enjoy interacting with seniors.
- You are **able to commit** to regular activity schedules as planned by the respective community partners.



As we expand to partner with more communities, more volunteers will be needed to facilitate the regular AWE activities for our growing number of senior participants to facilitate the activity planned for the participants. If you would like to become an AWE volunteer, please approach any of our community partners to find out more.

Our Community Partners	Contact Information
Bukit Timah Community Club	audreywong29@yahoo.com.sg
Eunos Community Club	pa_eunoscc@pa.gov.sg
Kong Meng San Phor Kark See Monastery	6849 5339 joyousheart@kmspks.org
Marymount Community Club	6451 5955
Queenstown Community Centre	6474 1681
RSVP Singapore	vlc@rsvp.org.sg
Tampines-Changkat Community Club	iarashid@hotmail.com

For the latest information, please visit our website mindsciencecentre.sg



HORTICULTURE THERAPY

MINDFUL AWARENESS
PRACTICE



MUSIC REMINISCENCE



PHYSICAL EXERCISE

AWE *in action*

**Most AWE activities are free of charge, unless stated otherwise*

AWE E-Learning Course



Knowledge accessible anytime, anywhere

AWE E-Learning Course is **open to the public**. The course content is suitable for individuals who want to gain relevant knowledge about ageing, especially in the area of **dementia, caregiving, lifestyle management, stroke and depression**.



Click on the QR code
to find out more

Beyond that, the e-learning platform was developed in collaboration with **SUSS UniLEARN** and **Stroke Support Station** to increase the training capacity of AWE volunteers. The e-learning program replaces the face-to-face teaching sessions provided to volunteers and allows **interested volunteers** to acquire knowledge and skills **at their own pace and time**, before volunteering their time at our respective community partners.

Available Courses:

- Dementia
- Caregiving
- Lifestyle Management I
- Lifestyle Management II
- Stroke
- Depression
- Teaching and Facilitation

Course Title	Full Fees	NSA Subsidised Fees*
Full suite**	S\$250.30	S\$134.40
Lifestyle Management	S\$117.10	S\$62.90
Individual modules	S\$33.30	S\$17.90

Sign up at awe.unilearn.edu.sg



* Singaporeans aged 50 and above are eligible for National Silver Academy subsidised fees

** The full suite E-Learning Training Course comprises 6 online modules, 2 Mindful Awareness Practice sessions and a webinar session.

Your one-stop resource portal on dementia prevention & management



dementiaasia.sg



Supported by Professor Hong Hai





LIVING WITH DEMENTIA WEBINAR SERIES

PART 1

Coping Strategies for Caregivers



The inaugural topic took a focus on the caregiver experience, as well as the useful coping strategies. Our panelists shared their experience, provided some tips on how to care for people with dementia and introduced some useful self-care methods for caregivers. Research data on local studies was also presented.

Watch the
recording!



PART 2

Memory & Medications

Common causes of poor memory

- Not paying attention
- Lack of sleep
- Stress and anxiety
- Depression
- Medications and alcohol
- Benzodiazepines and sleeping pills



Be it for prevention or active treatment, elderly people are often prescribed many medications. Over-prescription or polypharmacy can lead to confused state, accidents and other disabilities. In this webinar, we have with us, a pharmacologist and pharmacist, who discussed common complications and dangers of polypharmacy, including over-the-counter drugs.

Watch the
recording!



PART 3

"Doctor, am I at risk of dementia?"



The third series focused on the causes of dementia and what we can do to prevent the illness, both on a community and individual-level.

The types of dementia and early signs were also explored.

Watch the
recording!



Help us impact more



YBK MSC is fully dependent on ***philanthropic support and grants*** to discover and co-create innovative solutions to enhance emotional resilience and cognitive performance across all ages. These efforts have touched the lives of more than 2,800 seniors, healthcare workers and youths.

Join our efforts to promote mental resilience in Singapore.

**Visit <https://bit.ly/mscgiving>
or click on the QR code to donate today!**

Via YBK MSC official website



**Via PayNow!*



**If tax deduction is required, please email your full name and tax reference number to giving_med@nus.edu.sg*

Acknowledgements

Yeo Boon Khim Mind Science Centre would like to thank these wonderful individuals who had supported YBK MSC since the beginning:

The late ***Mrs Teo Poh Yim.***

The idea of translational research for dementia prevention was first mooted by Mrs Teo Poh Yim in August 2014. She was a Patron of MSC from 2017 to 2021 and was instrumental in shaping and leading the Centre to achieve various crucial milestones during its formative years.



The late ***Mr Wee Sin Tho.***

Mr Wee Sin Tho was the founding Chairman of MSC. His active leadership in the AWE programme enabled scientific elderly research to be translated into a community programme, benefitting more than 1,000 seniors. Mr and Mrs Wee pioneered the Mindful Awareness Practice (MAP) in Singapore.



Join our Mailing List!



Be in the loop for YBK MSC's latest news, events and initiatives via email.



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mindsciencecentre.sg



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YEO BOON KHIM MIND SCIENCE CENTRE

A research centre of:



Yeo Boon Khim Mind Science Centre is a National University Health System Centre and an academic research centre of NUS Yong Loo Lin School of Medicine, under the Department of Psychological Medicine.