

PRESS RELEASE

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COMPREHENSIVE GUIDE ON POLICIES AND PROGRAMMES TO HELP SINGAPOREANS PREPARE FOR SENIOR YEARS

1. The Government has released a comprehensive guide to help Singaporeans and their families prepare better for their senior years. Titled “Adding Life to Years – Happy, Healthy & Active Seniors”, the book brings together the many schemes and programmes which have been put in place in recent years to help Singaporeans lead happy, healthy and active senior years within their homes and in the community in which they live.
2. This book outlines the whole-of-Government effort that is targeted at addressing the impact of ageing on Singapore. Today, one in 12 residents are aged 65 and above. From 2012, our baby boomer generation - Singaporeans born between 1947 and 1964 - will start turning 65 years old. By 2030, one in five residents in Singapore will be 65 and above – comparable to Japan today. To meet the needs of our rapidly ageing population, existing schemes such as the Central Provident Fund (CPF) have been updated while new initiatives such as re-employment legislation will be introduced.
3. Mr Lim Boon Heng, Minister in the Prime Minister’s Office and Chairman, Ministerial Committee on Ageing, said, “This book outlines the government’s effort to help seniors add life to years. As we gain more years, we can also do more with our years. Through this publication, we hope to motivate Singaporeans to prepare early by saving, by adopting healthy lifestyles, maintaining social ties, continuing with their careers or pursuing various

interests. We want to build a Singapore that enables older people to participate, contribute and be supported in the place where they live.”

4. The book provides information on work, savings, health, lifestyle and legal issues relevant to seniors. It also features real-life seniors who have chosen to make a difference to their own lives by planning ahead and benefiting from the programmes which have been put in place.
5. Ms Mary Lim, 60, said, “I’m very honoured to be featured in this book which quashes stereotypes about seniors in Singapore. As a health enthusiast, active volunteer and generally, a Jack of all trades, I want to inspire other seniors to do the same and to show our younger generation what a real senior is like. The book also features other seniors who are breaking moulds in their own ways. I hope Singaporeans will find this book useful and our stories inspiring.”
6. The government welcomes feedback on the book and other issues on ageing via email at reach@reach.gov.sg or 1800 353 5555 (toll free line). The book will be available to the public from Monday 30 March 2009 at community centres and public libraries. It can also be downloaded from www.mcys.gov.sg/addinglifetoyears.

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