

FACT SHEET AIC WELLNESS PROGRAMME

About the AIC Wellness Programme

The Wellness Programme was launched by the Agency for Integrated Care (AIC) in 2014. It aims to improve the wellbeing and quality of life for Community Care clients by:

- Increasing the range of recreational and social programmes they can take part in.
- Exposing them to new activities to pick up new skills and interests.
- Increasing awareness about such activities in the sector and their benefits.

As part of the Programme, Community Care staff are trained to facilitate activities with their residents and clients. They also receive a ready-made, comprehensive curriculum that they can use to implement the activities immediately.

As of February 2018, close to 500 staff from over 100 eldercare facilities have been trained to facilitate the various activities. Facilities include community hospitals, nursing homes, hospices and senior care centres.

AIC Wellness Programme activities

There are currently five activities under the AIC Wellness Programme.

Visual arts

1. “Sensory Art” Toolkit



*(Left) Nursing home staff facilitating a sensory art session and
(Right) an art piece from the Sensory Art curriculum
(Photo credit: National Arts Council)*

Sensory art activities are used to engage elderly clients and to maximise social interaction. This toolkit was co-developed by Singapore Association for Mental Health (SAMH) and National Arts Council (NAC), and explores art making from an occupational therapy perspective.

In “Sensory Art” Toolkit, staff are equipped with the knowledge of how an individual's senses can be stimulated through the art materials, textures, sounds produced, hand movements and visual stimulation within the art-making process.

Through a 1.5-day workshop, and a 2-hour post-workshop coaching session, care staff are taught how art-making can stimulate the senses. Hands-on practise allows them to try the activities and get tips on how to adapt them for their clients.

Participants receive a guidebook containing instructions on how to carry out the activities, and a facilitation guide to assist them in running the sessions in their care facility.

2. “2D Arts Expression” Toolkit



*Art pieces using techniques from the “2D Arts Expression” Toolkit.
(Left) “Button Tree” by Lim Soong Hiang, AWWA and
(Right) “The Clown” by Phua Geok Huay, Ling Kwang Home for Senior Citizens*

This activity engages elderly clients in visual arts activities involving painting and printing, among other areas, and is taught by an experienced artist-arts educator.

The toolkit contains 10 techniques from the “2D Arts Expression” guidebook developed by the NAC. AIC worked closely with NAC to fine-tune the original curriculum, which had originally been intended for a general audience, to make it more suitable for Community Care clients.

It was the first activity to be rolled out under the AIC Wellness Programme in 2014 and was very well-received.

Today, this toolkit is used to train volunteers such as the youth from Youth Corps Singapore for the intergenerational YOLDEN (Arts) initiative.

Movement-based activities

3. “Everyday Waltzes for Active Ageing” Toolkit



Residents of Villa Francis Home for the Aged and The ARTS FISSION Company taking part in “Everyday Waltzes for Active Ageing”

Elderly clients connect everyday actions into creative movements to enhance their mobility, sensory experience and imagination in this activity. This creative movement activity also facilitates social interaction and mind-body connection to improve seniors’ wellbeing and quality of life.

AIC worked with professional dance company, The ARTS FISSION Company helmed by Cultural Medallion recipient Angela Liong, to pilot this activity in the Community Care sector and subsequently to develop the curriculum. This activity was also co-funded by NAC.

Through four 2-hour workshops and two 3-hour post-workshop coaching sessions, Community Care staff are equipped with facilitation skills and content to run a movement programme for 12 weeks using the “Everyday Waltzes for Active Ageing” curriculum.

Participants receive a facilitation manual containing instructions on how to carry out the activities, a training DVD and specially composed music to assist them in conducting the sessions in their care facility.

A video on the creative movement pilot can be viewed [here](#).

4. “Tai Chi for Health”



(Left) Community Care staff learning tai chi movements at the training workshop and (Right) facilitating sessions at their facilities with trainer, Jennifer Chung

This activity helps seniors to improve their physical fitness, strengthen their joints and muscles, improve their range of motion and posture, relieve pain and promote relaxation and concentration.

It was developed by Dr Paul Lam, an Australian-based physician and Tai Chi practitioner, and has been implemented in a range of healthcare organisations in Australia, USA, South Korea and the United Kingdom. Tai Chi has received favourable mention in the USA by the Centers of Disease Control and Prevention and the Administration on Aging as an exercise form to prevent falls, and as a good evidence-based activity for promoting health and wellness for older adults. Sessions are led by Tai Chi Master Trainer, Jennifer Chung.

Through two 8-hour workshops and two 1.5-hour post-workshop coaching sessions, care staff are equipped with knowledge about how Tai Chi can positively impact health and learn the Tai Chi movements. Staff are also taught how to facilitate these sessions for their clients.

Participants receive a facilitation guide as well as a training DVD to support their learning. They also receive a facilitator’s certification which is valid for two years.

Others

5. “Social and Therapeutic Horticulture” Toolkit (new)



*(Left) Community Care staff learning the basics of gardening during a training session
(Right) Tan Hwei Lan, a lecturer from Nanyang Polytechnic’s School of Health Sciences (Occupational Therapy) sharing with participants about considerations when implementing activities for Community Care clients*

Gardening-related activities can help improve muscle strength and fine motor skills, stimulate senses through textures, tastes and smells, and offer opportunities for socialising and learning new skills.

The content for the toolkit was developed by students in Nanyang Polytechnic’s (NYP) School of Health Sciences’ Occupational Therapy programme in 2017. It comprises a range of gardening-associated activities to promote health, wellbeing, social interaction and the enjoyment of nature. The content was then fine-tuned by AIC for use in the Community Care sector.

Training for this activity started in end January 2018. Through a two-day workshop, Community Care staff are equipped with knowledge on gardening (day 1) and how to meaningfully facilitate gardening-related activities with their clients (day 2). The workshops are conducted by National Parks Board for day 1, and a NYP Occupational Therapist on day 2.

Participants receive a guidebook containing instructions on how to carry out the activities, and a facilitation guide to assist them in running the sessions back at their eldercare centres or nursing homes.

Partnerships over the years

March 2016	<ul style="list-style-type: none">• Signed a three-year Memorandum of Understanding (MOU) with National Arts Council (NAC)• Aim: To introduce more arts-based activities into the Community Care sector.
November 2016	<ul style="list-style-type: none">• Signed a MOU with NAC and Youth Corps Singapore• Aim: To train youth in arts-based activities, basic eldercare and dementia awareness to engage seniors in the sector.
August 2017	<ul style="list-style-type: none">• Signed a MOU with Nanyang Polytechnic (NYP)• Aim: To develop a “Social and Therapeutic Horticulture” toolkit and training for the sector.