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FIVE YEARS OF SUPPORTING THE COMMUNITY CARE SECTOR IN HELPING CLIENTS TO EAT WELL, AGE WELL AND LIVE WELL

Over 500 cooks and staff from more than 80 Community Care organisations have participated in the Intermediate and Long-Term Care (ILTC) Nutrition Movement spearheaded by Agency for Integrated Care (AIC) over the past five years. This was part of the sector's overall efforts to deliver better quality care, shared Mayor for South West District Ms Low Yen Ling. Ms Low was the Guest-of-Honour at the ILTC Nutrition Movement 2016's "Eat Well. Live Well. Age Well" finale event at Biopolis this morning.

2. Since 2012, AIC has been working with the sector to build their capability in preparing a greater variety of nutritious, appetising and elderly-friendly meals. Over the past five years, this has been done through the ILTC Nutrition Movement's training sessions, the development and distribution of information and resources, and its awareness events.

3. "The ILTC Nutrition Movement has been an important vehicle in raising awareness of nutrition and good food services in the Community Care sector. Now at the fifth year mark, we intend to grow the movement by moving beyond training to the sharing of best practices within and outside the healthcare industry. There will also be an added focus on improving our partners' productivity in food preparation through the use of technology and process redesign," shared Dr Jason Cheah, AIC's Chief Executive Officer.

4. AIC will continue its collaboration with the Singapore Chefs Association (SCA) whose chefs will continue to impart culinary know-how as well as best practices in

bulk cooking and the use of kitchen technology. A new collaboration will also be started with Tan Tock Seng Hospital's dietitians to tap on their expertise in modified diet preparation, particularly soft diets. Community Care partners can tap on the Healthcare Productivity Fund administered by AIC to redesign kitchens, review work processes and purchase new equipment to cook more productively.

5. Meanwhile, the hands-on boot camp training sessions will continue to be a mainstay of the ILTC Nutrition Movement. The training sessions have been well-received by the participants who range from newcomers to F&B veterans, such as Society for the Aged Sick's (SAS) Head Chef Mr Richard Loh. "Food is something the residents can look forward to every day. Thus it is important to innovate, create and introduce new and appetising meals for them. The boot camp training sessions allow me to explore new recipes and cooking methods suitable for seniors. Positive feedback from them and their family members motivates me and my team to do better," shared Mr Loh who has 25 years of F&B experience. The SAS has been a strong supporter of the ILTC Nutrition Movement since 2012, sending over 35 staff for training. SAS' Chief Operating Officer Mr Joe Ong noted that the nursing homes' cooks have shown improvements after undergoing training. In the spirit of ongoing improvement, SAS will continue to support the movement so as to provide better care for their residents.

6. More than 70 Community Care cooks took part in this year's boot camps organised by the SCA chefs, who also produced 12 new recipes using commonly donated ingredients. The recipes includes soups, vegetable and protein-based dishes. A meal made up of dishes from each of the three categories would sufficiently meet a senior's daily nutritional intake. Besides the conventional preparation method, each recipe also comes with a combination-oven method to encourage the use of technology. These recipes will be distributed to all Community Care institutions in the form of inserts. Members of the public can also view these recipes at www.aic.sg.

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About the Agency for Integrated Care

The Agency for Integrated Care (AIC) seeks to create a vibrant Care Community enabling people to live well and age gracefully. AIC coordinates and facilitates efforts in care integration to achieve the best care outcomes for our clients. We do this by empowering them with health and social care information and arranging for their care when they are discharged from hospitals. We enable stakeholders to raise the quality of care, and also enhance collaboration by working with health and social care providers to increase services to support the ageing population. Our work in the community brings care services and information closer to those in need. For more information, please visit www.aic.sg.