



## Why we are here?

By 2030, 1 in 4 will be over the age of 65. As such, our role is to ensure every senior who needs to be supported receives the required services to:



Age healthily



Get timely access to quality care



Contribute as they wish



Build and strengthen social connections



## How do we serve the seniors?

- We work with Silver Generation Office (SGO) and community partners to identify the profile and needs of seniors.
- We aim to improve care continuity by working with multiple agencies to better support/monitor seniors' needs.
- Plus, we roll out interventions through provision of a suite of programmes to help all seniors live healthier lives and support their aspirations to age in place.



## Other partners in the community AACs work with include:

- National Agencies
- Health and Social Care Providers
- Local Community Partners

Visit an AAC near to you:



Scan here to find out more.



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In support of

Active Ageing Centre

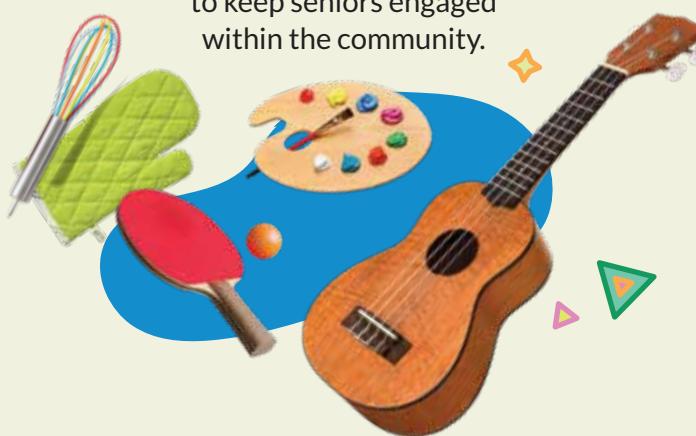
**LET'S GO!**  
**Be active, healthy and happy.**



## Services you can benefit from at AAC

An AAC provides a suite of services which include active ageing activities that range from karaoke sessions, arts and craft, music classes, physical fitness classes, workshops and more

to keep seniors engaged within the community.



### The place to be

An Active Ageing Centre (AAC) is a drop-in social recreational centre that serves as a go-to place for all seniors within a geographical area for their social and health related matters.

An Active Ageing Centre (Care) provides additional care services such as day care and community rehabilitation for seniors who are frail. There are currently over 200 AACs and AACs (Care) across Singapore and growing.

### Our doors are open

We welcome all Singapore Citizens and Permanent Residents aged 60 years old and above living in the neighbourhood.



## Services offered:

### 1 Active Ageing for Well and Active Seniors

- Provide and/or refer seniors to active ageing programmes.
- Promote volunteerism and/or micro-jobs.

### 2 Befriending for Seniors with No or Limited Social Networks

- Provide support to seniors through home visits and phone calls.

### 3 Information and Referral to Care Services

- Provide information on relevant schemes, grants, and support and/or conduct referrals for seniors to care services.

### 4 Social Connector for Social and Lifestyle Interventions

- Assist and empower seniors to register and participate in active ageing programmes offered by the centre and/or other organisations in the community (as recommended by their enrolled doctor).

### 5 Community Screening

- Assist seniors with measuring their vital signs (as recommended by doctor).
- Work with community or healthcare partners to provide health and/or functional screening.