

Singapore's strategy of prevention and integrated care in the community and the role of NGOs

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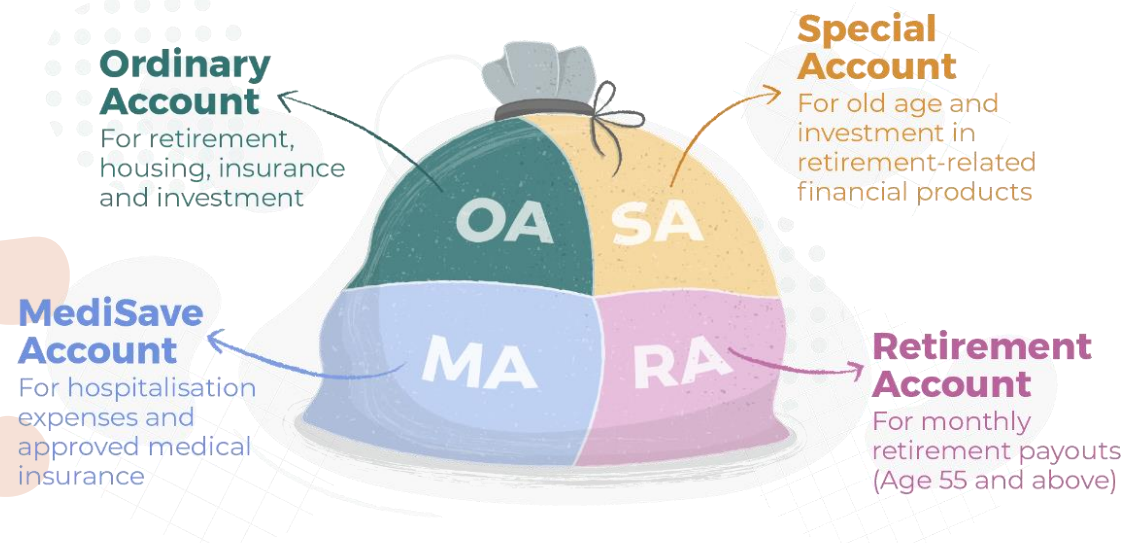
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Social Policy in Singapore

Singapore's social policies embody its national philosophy of active government support for self-reliance. This reinforces individual effort and responsibility for the family.



Individual responsibility enforced by public management



Aging Policy in Singapore

<p>1980s</p>	<p>Committee on the Problems of the Aged</p>	<p>To improve society's attitudes To increase retirement age To foster filial piety among the young: Family at the first line.</p>
<p>1998</p>	<p>Inter-Ministerial Committee on the Ageing Population</p>	<p>The vision of “Successful Ageing in Singapore” with “Many Helping Hands” <i>We want Singaporeans to age with dignity and to remain involved in society... we must maintain a strong sense of cohesion between the generations. Singapore should be the best home for all ages.</i></p>
<p>2004</p>	<p>Committee on Ageing Issues</p>	<p>To emphasize the life quality of baby boomers</p>
<p>2007</p>	<p>Ministerial Committee on Ageing</p>	<p>To achieve “Successful Ageing for Singapore”, through pursuing a whole-of-government response to ageing along the following four strategic thrusts: <i>Enhance Employability and Financial Security</i> <i>Provide Holistic and Affordable Healthcare and Eldercare</i> <i>Enable Ageing-in-Place</i> <i>Promote Active Ageing</i></p>



Reform Medical System of Singapore, 1980s to 1990s

- The first phase of reform from mid-1980s to early 1990s was to corporatize public hospitals to promote competitions.
- The 1993 white paper, Affordable Health Care, proposed that “market forces alone will not suffice to hold down medical costs to the minimum”. A series of government interventions were introduced.
- In the late 1990s, the government started to focus on the promotion of desired behaviors on the part of hospital managers without detailed intervention.

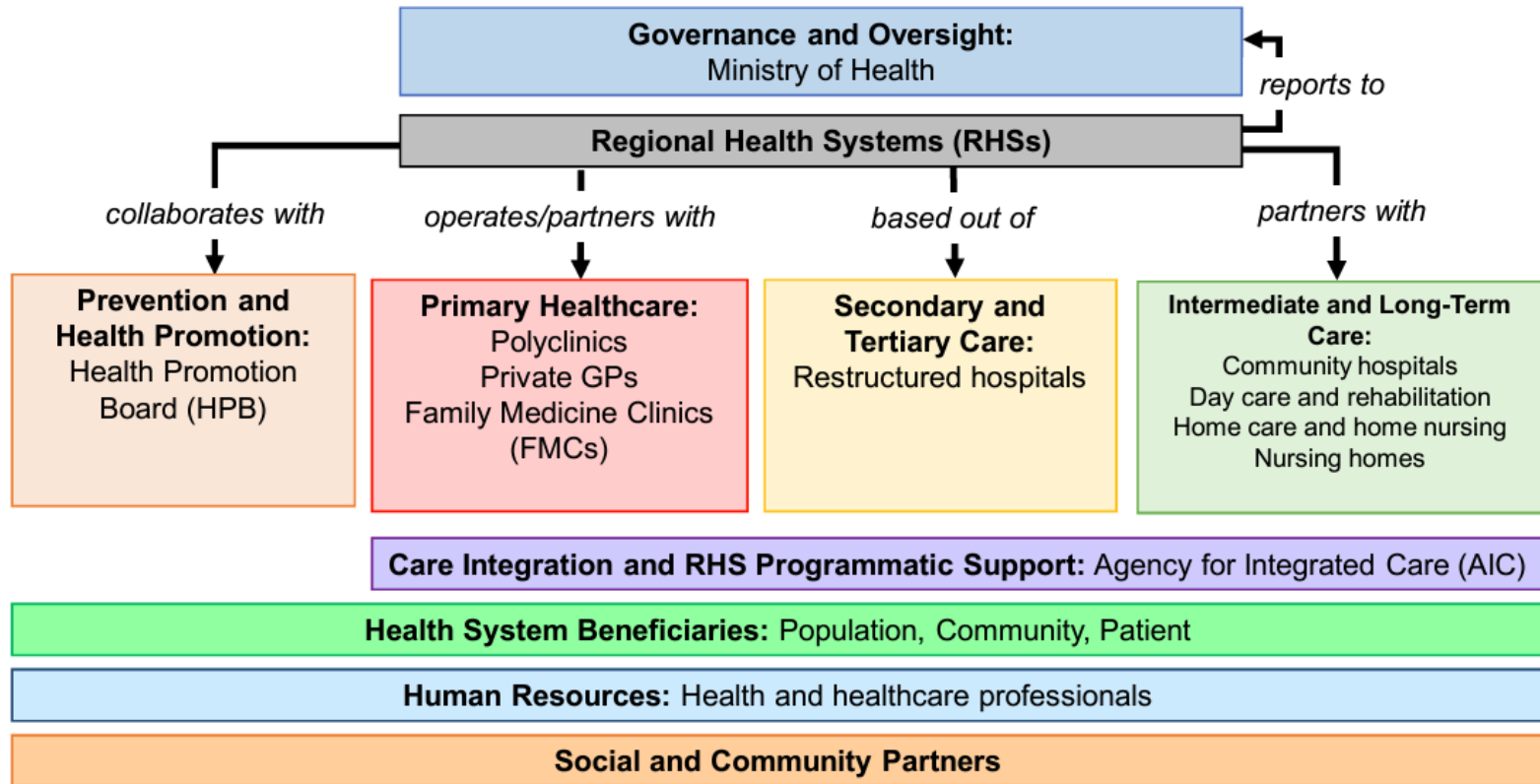


Reform toward Integrated Care in Singapore



- 1992: the Care Liaison Services (CLS) under the Ministry of Health (MOH) to coordinate and facilitate the placement of elderly sick to nursing homes and chronic sick units.
- 2001: CLS became the Integrated Care Services (ICS) and expanded to take on a greater role in discharge planning and facilitate the transition of patients from hospitals to the community.
- 2008: ICS was then renamed the Agency for Integrated Care (AIC), and a year later, AIC was established as an independent corporate entity under MOH Holdings, and assumed the role of National Care Integrator.
- 2018: AIC was designated the single agency to coordinate the delivery of aged care services, and to enhance service development and capability-building across both the health and social domains.

Build Regional Health System

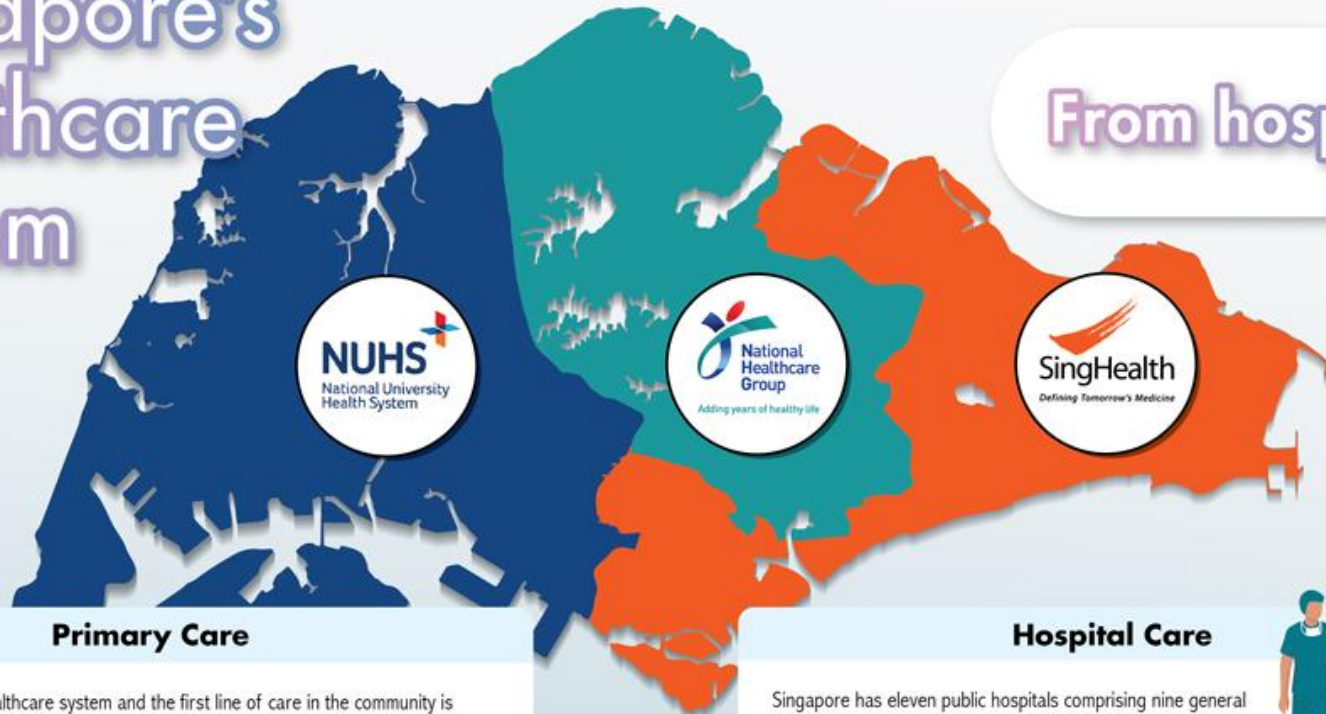


11 public hospitals: 9 acute general hospitals, 1 women's and children's hospital, 1 psychiatry hospital

26 polyclinics

> 2,000 private GP clinics.

Singapore's Healthcare System



From hospital...

Primary Care

The foundation of our healthcare system and the first line of care in the community is provided through a network of outpatient polyclinics and clinics run by private general practitioners (GPs) island-wide.

Polyclinics

Provide subsidised primary care which includes medical treatment, preventive healthcare and health education.

GPs

Provide preventive, acute and chronic care.

Family Medicine Clinics

Provide medical care with support services for chronic disease management.

Community Health Centres

Work with GPs to support patients with chronic illnesses within the community.



Hospital Care

Singapore has eleven public hospitals comprising nine general hospitals, a women's and children's hospital, and a mental health hospital as well as nine speciality centres.

General Hospitals

Provide multi-disciplinary inpatient and specialist outpatient services, with 24-hour accident and emergency departments.

Specialised Hospitals

Provide specialised care for maternal and child health (KK Women's and Children's Hospital) and mental health (Institute of Mental Health).

Specialty Centres

Provide treatment for cancer, cardiac, eye, skin, neuroscience and dental issues.

Community Hospitals

Provide care for patients who require a period of recuperation, usually after discharge from a general hospital.



...to community

Community Care in Singapore



Centre-based Services

Day Care Centre

Provide supervision, care and recreational activities to seniors while their caregivers are at work during the day.



Senior Activity Centre

Provide a communal space for social and recreational activities for seniors living in the neighbourhood, helping them to stay connected to the community.

Community Rehabilitation Centre

Provide therapy services to enable seniors to regain or maintain their ability to perform daily activities.



Residential-based Services

Community Hospital

Provide care for patients who require a period of recuperation, usually after discharge from a general hospital.



Nursing Home

Provide long-term residential care for those who can't be cared for at home and require assistance with activities of daily living and/or daily nursing care.

Inpatient Hospice

Provide care to patients with life-limiting illnesses. Emotional support is also given to their families and caregivers.



Home-based Care

Home Nursing

Provides care for those who need help with services such as wound dressing at home. It also involves managing the care of the patient together with their caregivers and doctors.



Home Therapy

Provides rehabilitation services such as physiotherapy, occupational therapy and speech therapy to support those who are recovering their functional abilities at home.



Hospice Home Care

Provides services for those with life-limiting illnesses and prefer to spend their days at home. Services include medical and nursing care as well as emotional support to their caregivers.



Integrated Care at Community in Singapore

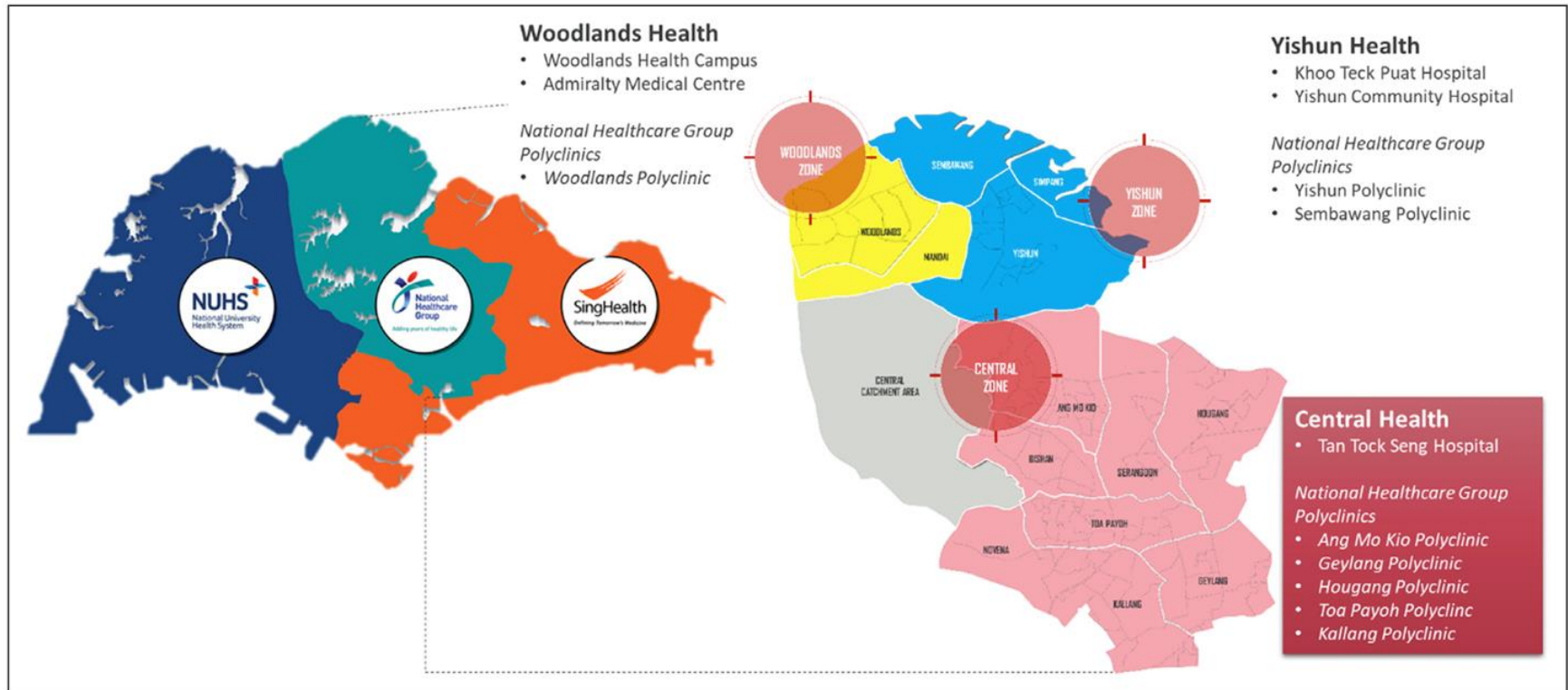


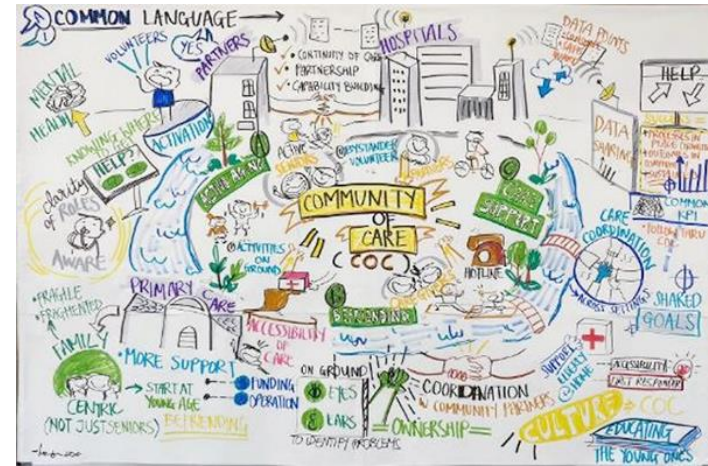
Figure 1 Overview of Singapore's Public Healthcare Clusters and National Healthcare Group's Integrated Care Networks (ICN) in the Central-North region.

Chen et al .2024. Communities of Care Approach: Developing a Place-based Model of Care and Building Partnerships in the Communities in Central Singapore

Community of Care (CoC) is an overarching framework commissioned by AIC to build local networks of collaboration among providers, and to deliver holistic health and social care in the neighborhood:

1. **Anchor partner** who drives and coordinates collaborative efforts to ensure the overall well-being of the residents;
2. **CHTs** from the Hospital who work alongside the anchor partner and provide health and lifestyle interventions;
3. **Primary care providers** who anchor the clinical management;
4. **Community partners** who provide additional services that residents require beyond what the Anchor Partners and CHTs offer;
5. **Empowered residents or Peer Support Leaders** who motivate and lead their own peers to continue engaging in self-directed activities and to spread health behaviors

Community of Care



Community of Care

Set-up of three **Community Health Posts** in one neighbourhood in 2016.

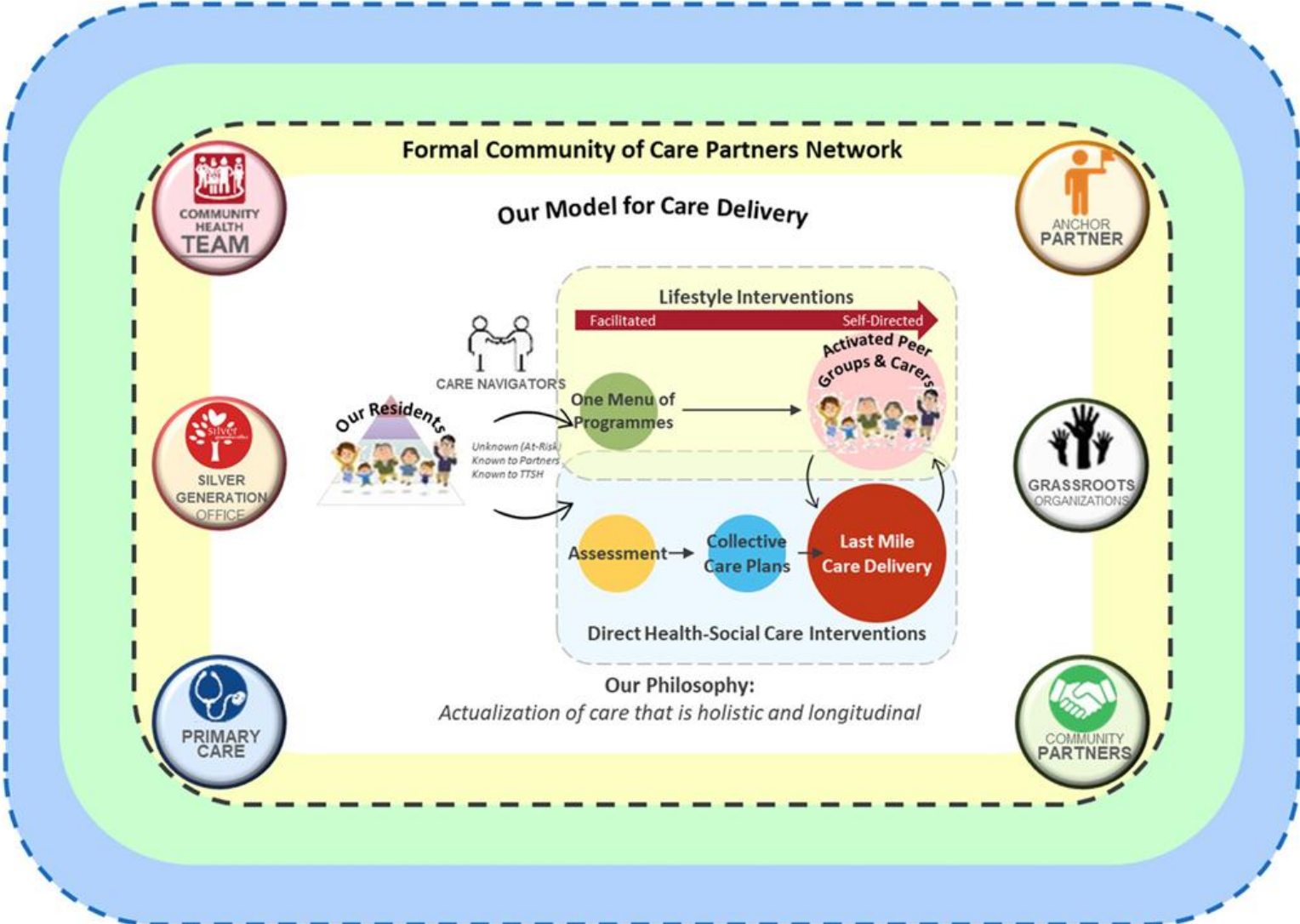
Co-location of Tan Tock Seng Hospital's (TTSH) Community Health Teams (CHT) within Senior Activity Centres (SACs) and local citizens' activity centers.

The partnerships evolved from the co-location of services to established **bilateral referral workflows** for increased access to care.

The CoC framework is set to bring together a network of health and social partners to integrate and actualize community care in a neighborhood.

A first CoC was piloted in 2020 to 2023, in which a total of 76 provider organizations have been engaged.

Community of Care



Chen et al .2024. *Communities of Care Approach: Developing a Place-based Model of Care and Building Partnerships in the Communities in Central Singapore*



Healthier SG in 2023

Healthier SG is a national program in Singapore, launched in July 2023, that aims to improve the health of its citizens and permanent residents by highlighting ***preventive and integrated healthcare***.

KEY FEATURES OF HEALTHIER SG



Healthier SG is designed with these objectives in mind. There are **five key features**. We will first, mobilise★ family doctors to deliver preventive care for residents; second, develop★ health plans that include lifestyle adjustments, regular health screening and appropriate vaccinations which doctors will discuss with residents; third, activate★ community partners to support residents in leading healthier lifestyles; fourth, launch★ national enrolment exercise for residents to commit to seeing one family doctor and adopt a health plan; and finally, set up necessary★ enablers such as IT, manpower development plan and financing policy to make Healthier SG work.

MOH will work closely with the healthcare clusters, family doctors, and community partners to implement these features.