



Tsao Foundation  
Longevity is Opportunity

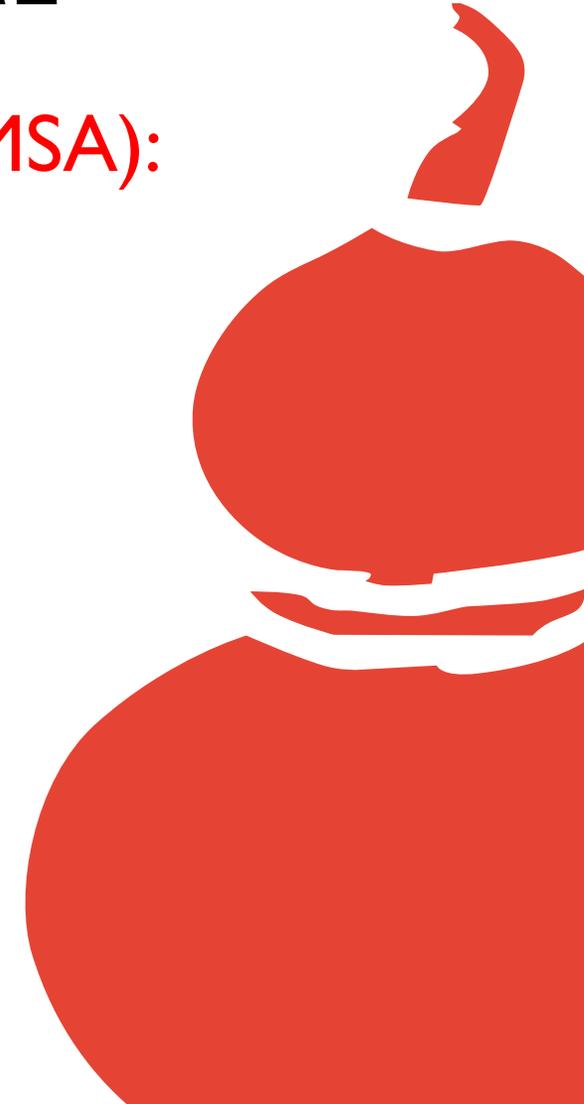
# LONG TERM CARE- COMMUNITY CARE

## COMMUNITY FOR SUCCESSFUL AGEING (COMSA): AN INTEGRATED COMMUNITY-BASED LONG-TERM CARE MODEL

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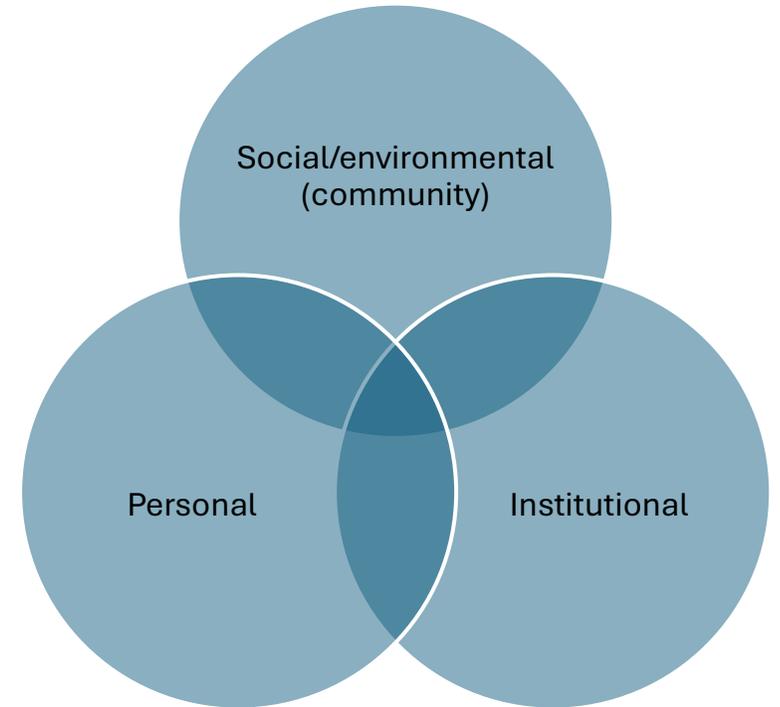
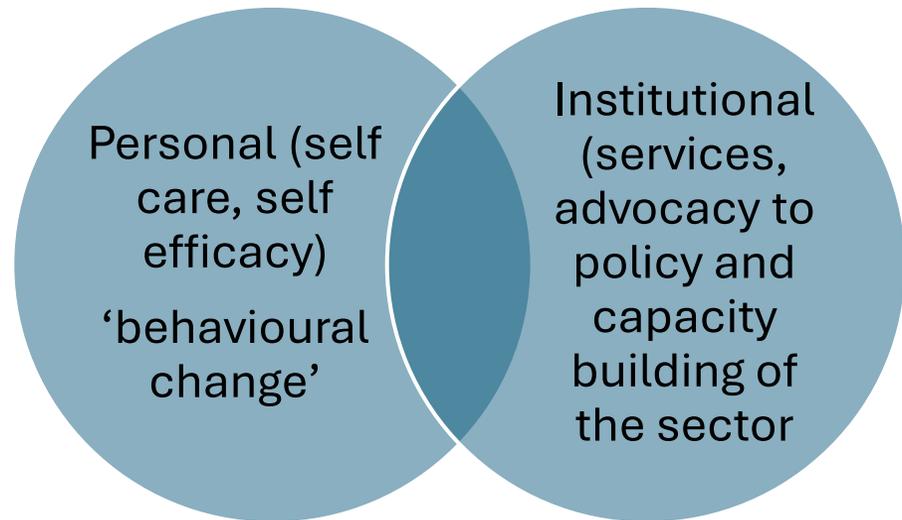
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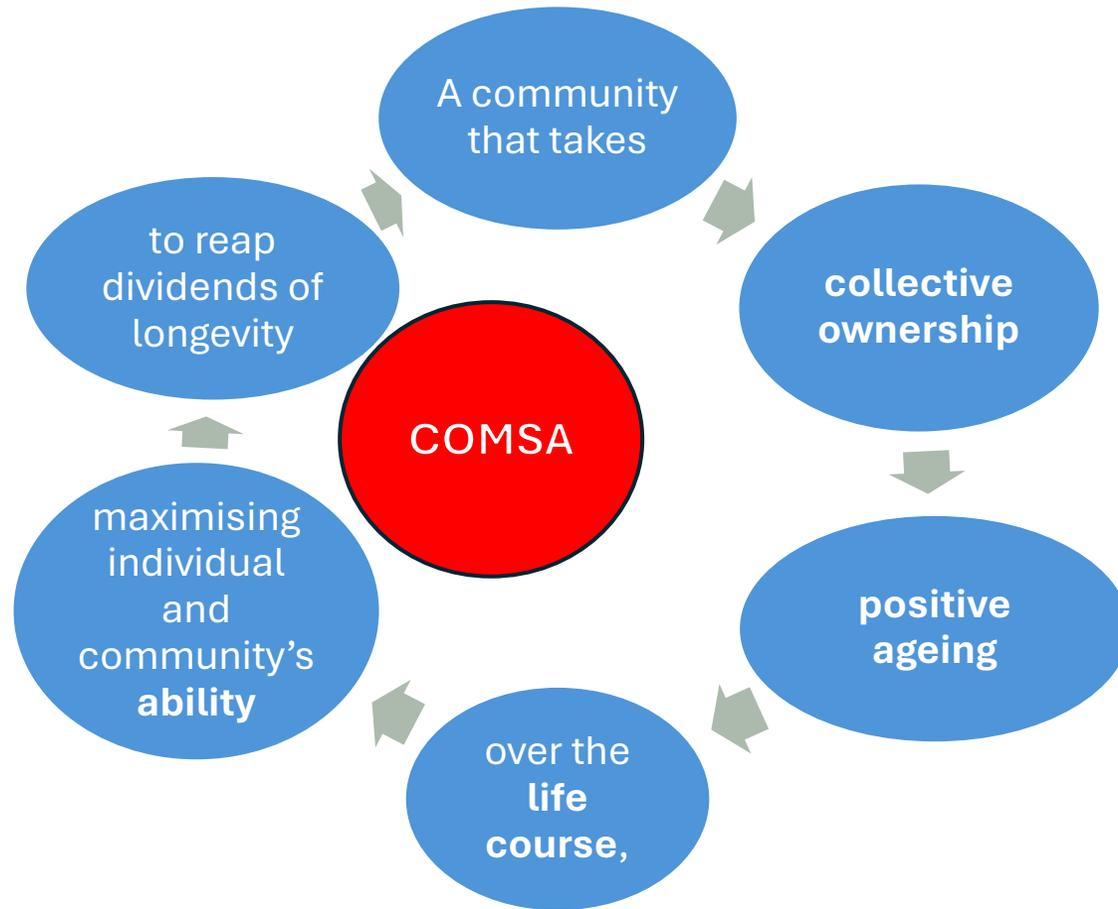
# “Reframing Ageing”

- Tsao Foundation in 2013 (20<sup>th</sup> anniversary),
  - From ageing to longevity- ‘longevity is opportunity’
  - From 2-dimensions to a 3-dimensional responses



**Community for Successful  
Ageing@Whampoa  
(ComSA @Whampoa)**

# ComSA: VISION AND KEY PRINCIPLES



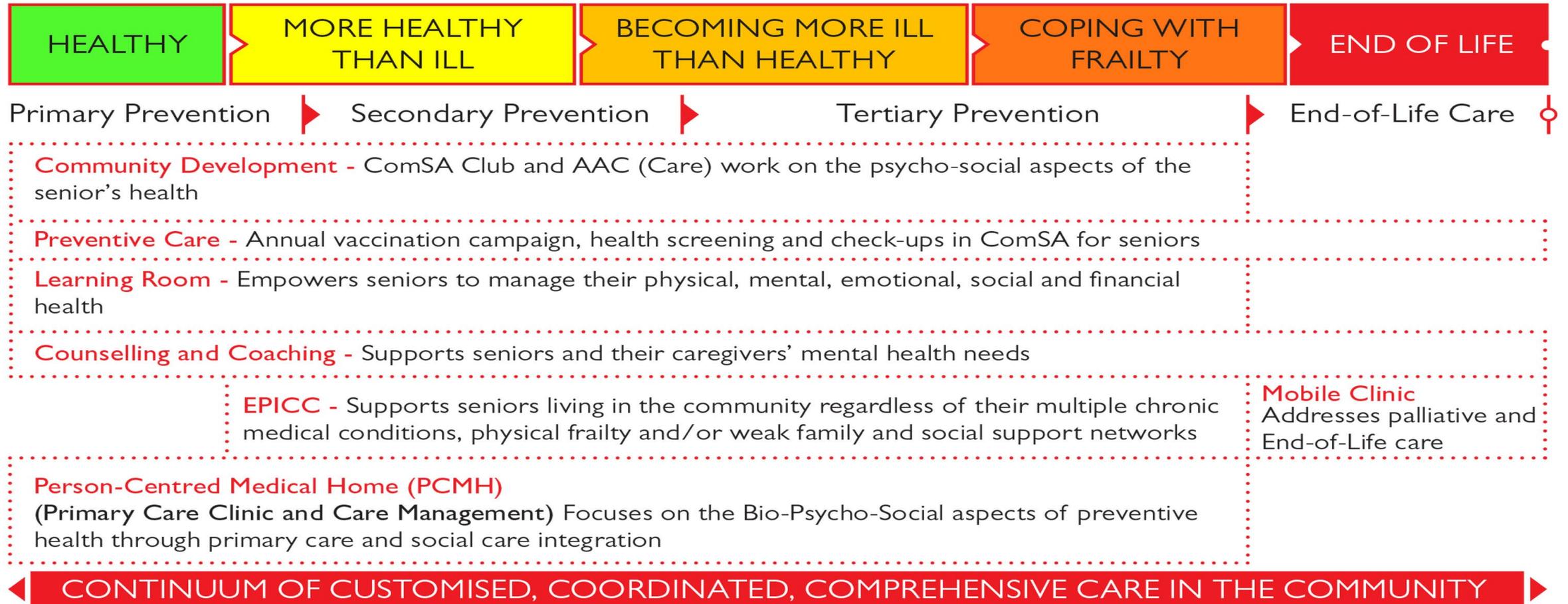
## Key Principles



# NO SENIORS ARE LEFT BEHIND

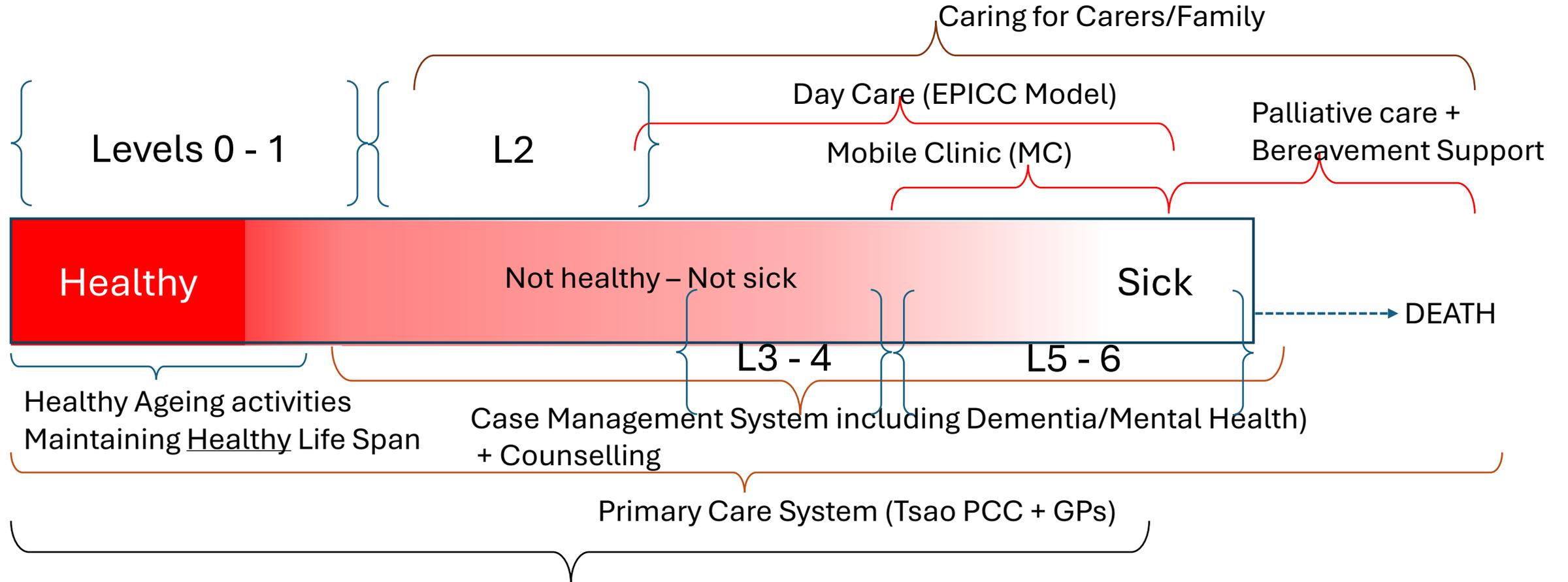
## “TO THE LEFT” AS LONG AS POSSIBLE

### Holistic Care Using the Life Course Approach



# RIGHT SITING in ComSA

## UNDERSTANDING OUR SPECTRUM OF SERVICES



Health Promotion and Prevention Activities (e.g., NCDs prevention, vaccination), Wellness Therapy (e.g., TCM )  
 Maintaining Active Life Span and preventing social isolation for as long as possible (COMSA with Strong Community Outre

**ENABLING ACTIVE LIFE SPAN IS THE CORE OF OUR BUSINESS ALONGSIDE REHABILITATING AS MUCH “HEALTH” AS IS POSSIBLE AT ALL PARTS OF THE JOURNEY**

# ComSA [Community For Successful Ageing] A One-Stop Longevity Hub

Well, ambulant, active

Cognitive decline,  
Frailty

## Integrated Care System for Community Action and Positive Ageing

**Active Ageing Programme**

**Befriending & Buddying**

**Learning Room**

**Café Kawan**

**ComSA CLUB**

**PCMH**  
*Person-Centred Medical Home*

**EPICC**  
*Elder-centred Programme of Integrated & Comprehensive Care*

**COUNSELLING & COACHING**

**MOBILE CLINIC**

*COMMUNITY DEVELOPMENT*  
*Social Prescription for clinical teams*

**Primary Care Clinic**

**Care Management Service**

**Dementia Care System**

## Community Partnership

Service Partners

NHG

Family Caregivers

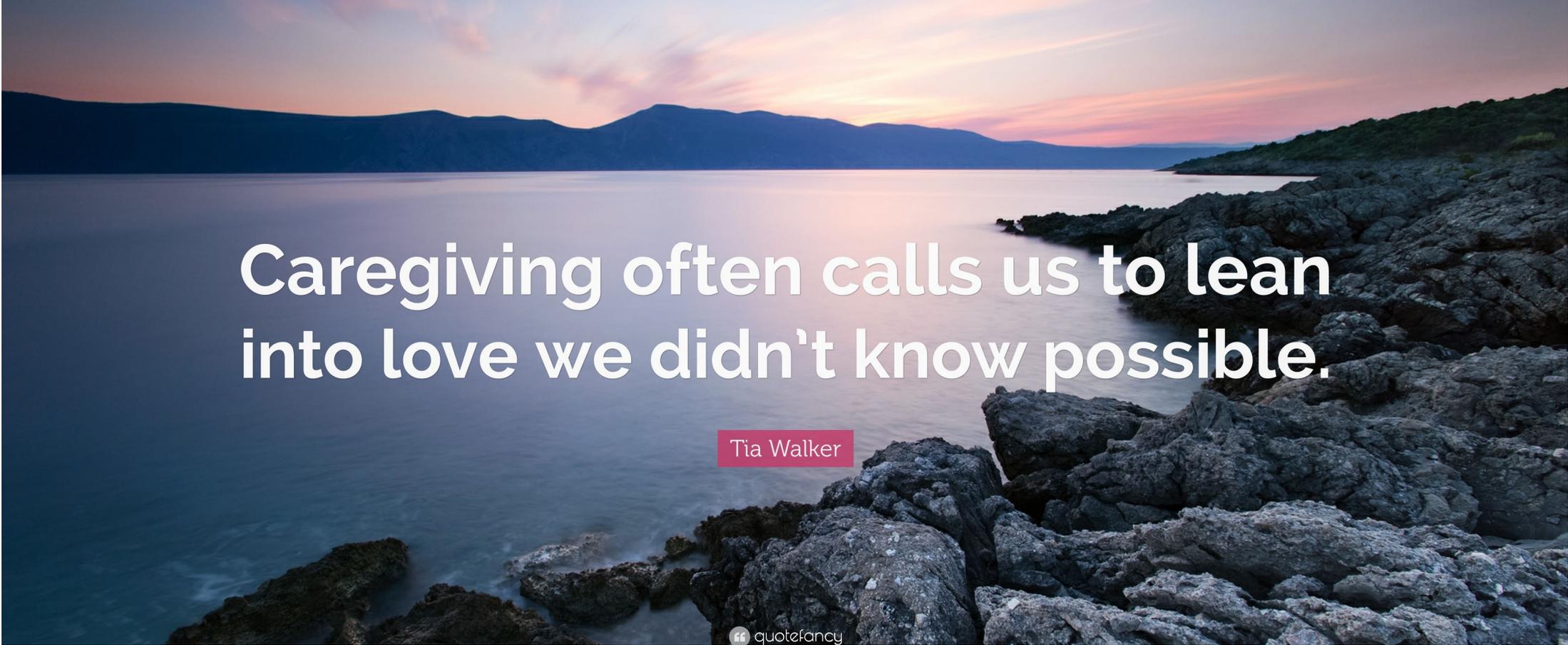
Volunteers

Grassroots

# REDESIGNING LONG-TERM CARE FOR LONGEVITY: LESSONS FROM COMSA'S LIFE-COURSE APPROACH

- 1. Long-term care begins long before disability** ComSA includes *preventive, life-course approaches* that can delay decline and reduce LTC burden.
- 2. Integrated health + social care is essential** the ComSA model demonstrates seamless coordination across primary care, dementia care, care management, social prescription, TCM, counselling, and community support.
- 3. Community is the backbone of LTC** volunteers, families, grassroots partners, and service providers jointly enable ageing in place.
- 4. Right-siting ensures seniors receive the right care at the right time** keeping them “to the left” (healthy, active, independent) for as long as possible.
- 5. A living laboratory for scalable LTC solutions** ComSA generates evidence, innovations, and models that can be adapted for ageing societies globally.
- 6. Outcome-driven, person-centred ecosystem** enabling longer independence, improved well-being, stronger resilience, and dignity for seniors and caregivers.
- 7. Future-ready LTC requires collaboration** across healthcare, social care, government, and community stakeholders.

# Thank you



Caregiving often calls us to lean  
into love we didn't know possible.

Tia Walker