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Media Release

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NTUC HEALTH NURSING HOME SETS GOALS OF RESIDENTIAL CARE; REHABILITATES RESIDENTS BACK INTO THE COMMUNITY

Partnerships inked with SIT and CGH to raise quality of care and develop allied health and nursing professionals

1 NTUC Health shared the goals of its nursing homes today, one of which was to provide not just quality care, but to enable residents with high potential for recovery, to be rehabilitated back to the comfort of their own homes and community. To further support the development of allied health and nursing professionals and raise overall quality of care, NTUC Health also signed two Memorandums of Understanding (MoUs) with Singapore Institute of Technology (SIT) as well as Changi General Hospital (CGH). This took place at the official opening of NTUC Health's second nursing home at Chai Chee, which was graced by Mr Tan Chuan-Jin, Speaker of Parliament, Adviser to Marine Parade GRC Grassroots Organisations and Member of Parliament for Marine Parade GRC (Kembangan-Chai Chee).

Enabling residents to return home or back to their communities, through rehabilitation

2 NTUC Health, which started operating nursing homes two years ago, has been investing time and resources to help residents regain their mobility and independence. This model of care, with a focus on rehabilitation for discharge, is still not widespread among nursing home operators.

3 Said NTUC Health's Chief Executive Officer, Mr Chua Song Khim, "As a social enterprise, NTUC Health strives to provide quality and affordable health and eldercare services. We are aligned with the Ministry of Health's focus to enable our seniors to age in place, in the comfort of their own homes where possible. From our experience to date, we were able to identify 5-10% of residents who, with the appropriate rehabilitation and care coordination, have the potential to return home and be with their loved ones; or to be independent within their communities. We aim to reduce the stigma of nursing homes being the end point of one's life."

4 To date, NTUC Health has successfully rehabilitated and discharged more than 20 residents across its nursing homes, and hopes to discharge another 20 by the end of 2018. Residents who are discharged from NTUC Health's nursing homes can continue to receive care and therapy support from its home and day care services.

5 One such resident is 63-year-old Mdm Ang Cheh Eng who, diagnosed with cancer, became wheelchair bound and lost the ability to care for herself. Upon admission to NTUC Health's nursing home at Chai Chee, she was assessed and identified as a resident with high potential for discharge. With the support of a multi-disciplinary team of doctors, nurses, therapists and social workers, Mdm Ang went through intensive rehabilitation and worked closely with the team to learn how to walk and care for herself again. She was discharged in July 2017 and continues with outpatient therapy with NTUC Health, twice a week.

6 Mdm Ang shared "I am really happy to be independent again now, being able to move about on my own and care for myself. I was also very motivated, as not being able to move about affected me more than my cancer! I really appreciate the efforts of the NTUC Health nursing home team as they were very encouraging and professional the whole time. I am so glad they have helped me to return home to be with my husband again."

Collaborating with the community to develop allied health and nursing professionals and raise quality of care

7 With an emphasis on rehabilitation, NTUC Health inked its collaboration with SIT today, to develop a talent pool of allied health and nursing professionals in Singapore through knowledge and skills sharing; as well as opportunities for SIT students to gain hands-on experience and relevant industry know-how. Associate Professor Ivan Lee, Vice President (Industry & Community), SIT, shared, "It is vital for our students to stay ahead with evolving skill sets required by the industry. Through our applied learning pedagogy, strong industry focus and close collaboration with our healthcare partners, SIT will enhance our Health and Social Sciences' programmes to meet the professional manpower needs of the local healthcare industry. Our students will benefit as we leverage on the expertise of NTUC Health and collaborate to pilot innovative activities to support research work and learning. Ultimately, this partnership will enhance the learning experience of both SIT students and NTUC Health employees; and develop them for successful careers ahead."

8 To better support the needs of residents, NTUC Health’s nursing home at Chai Chee also inked its collaboration with CGH, to reflect its commitment to enhance the quality of care for residents. The partnership will facilitate the sharing of resources, adoption of best practices between the two facilities; and also support the training and development of NTUC Health’s care staff in areas such as dementia care, Advanced Care Planning, and geriatric care. Said Dr Lee Chien Earn, Chief Executive Officer, Changi General Hospital, “Working with partners such as NTUC Health is a key part of our collective efforts to create an ecosystem of care in the East. This will enable patients to benefit from seamless care across different settings. We are delighted to partner NTUC Health in enhancing the quality and integration of care at NTUC Health’s nursing home at Chai Chee, through training and development as well as quality improvement initiatives.”

9 Apart from staff training and development, NTUC Health also reaches out to other community partners to support the well-being of its nursing home residents. These include other members of the NTUC Social Enterprise family such as My First Skool, NTUC Foodfare; NTUC LearningHub, as well as corporate and community partners such as POSB and East Coast Primary School for volunteering initiatives.

NTUC Health’s second nursing home at Chai Chee

10 NTUC Health’s nursing home in Chai Chee can serve more than 300 residents, as well as 100 clients at the Silver Circle Senior Care Centre located within its premises. The NTUC Social Enterprise currently runs a total of three nursing homes; with the first in Jurong West, and its newest in Geylang East. With close to 1,000 beds, NTUC Health is currently one of the largest nursing home providers in Singapore.

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About NTUC Health Co-operative Limited

NTUC Health is an NTUC social enterprise that provides quality and affordable health and eldercare services. Building on more than four decades of experience and expertise, it provides an integrated suite of services to meet the growing needs of families and their dependents. In addition to dental clinics and a family medicine clinic, NTUC Health also has one of the most comprehensive range of eldercare services in Singapore. These include facilities such as senior day care centres, nursing homes, senior activity and wellness centres, as well as a sheltered / senior group home. It also runs services such as home care and community support for vulnerable seniors. For more information, please visit www.ntuhealth.sg.

NTUC Health brands

Care@home . Henderson Home . NTUC Health Cluster Support . NTUC Health Nursing Home . SilverACE (Senior Activity Centres) . Silver Circle (Senior Care Centres) . SilverCOVE (Senior Wellness Centre) . Unity Denticare . Unity Family Medicine Clinic .

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About the Singapore Institute of Technology

Singapore Institute of Technology (SIT) is Singapore's university of applied learning. It aims to be a leader in innovative university education by integrating learning, industry and community. SIT offers applied degree programmes targeted at growth sectors of the economy with a unique pedagogy that integrates work and study. It also offers specialised degree programmes in partnership with world-class universities. To find out more about SIT, visit singaporetech.edu.sg.

About Changi General Hospital

Changi General Hospital (CGH) is an award-winning public hospital with over 1000 beds serving a community of 1.4 million people in eastern Singapore. CGH offers a comprehensive range of medical specialties and services, helmed by a highly experienced and skilled team of healthcare professionals who consistently deliver excellent health outcomes and care for patients. CGH has been JCI (Joint Commission International) accredited since 2005.