

Seniors beginning to adopt positive mindset about ageing

I REFER to Ms Jessica Jaganathan's column last Tuesday, "More elderly are taking their own lives; loneliness, ill health could be reasons". The Council for Third Age (C3A) acknowledges it is a disheartening reality that loneliness and ill health are some prime factors behind high suicide rates among seniors in Singapore.

C3A, a body established to promote active ageing in Singapore, is dedicated to providing opportunities and choices for seniors so they can achieve a better quality of life in all six dimensions of wellness – social, intellectual, physical, vocational, emotional and spiritual.

Society must acknowledge that ageing is a process that should take place within the context of friends, work associates, neighbours and family members, and not in solidarity. Active Ageing does not refer merely to the ability to be physically active or participate in the labour force; it is one that empowers individuals to continue to participate in social, economic, cultural, spiritual and civic affairs.

C3A is encouraged that the increasing formation of interest groups by seniors, such as the Singapore First Elvis Presley Fan Club and the Country Line Dance Association of Singapore, show that seniors are beginning to adopt a positive mindset about ageing and starting to live actively and age successfully.

To find out more about Active Ageing, seniors should look out for the Active Ageing Carnival at Ngee Ann City, Civic Plaza on Aug 23 and 24. Also, heartlanders can look forward to Active Ageing Roadshows in the five community development councils, next month and in November.

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