



Healthy Ageing

Your loved one can be independent for a longer time by eating well, exercising regularly, going for regular health screenings, and staying connected to you and their friends.



Be Happy

Your loved one can get in touch and connect with others through activities such as volunteering as a Befriender or a Silver Generation Ambassador.



Stay Healthy

Go for screenings and immunisations such as Enhanced Screen for Life, Project Silver Screen and Chronic Illness Screening.



Stay Active

It is never too late to start! Your loved one can pick up an exercise or activity that they enjoy from Active Ageing Programmes near them.



Stay Connected

Download the LifeSG app for easy and quick access to Government benefits and find the latest Active Ageing Programmes near you. Your loved one can also show their Merdeka Generation e-card at CHAS GP and dental clinics and selected merchants to enjoy subsidies or discounts.

Is your loved one an active senior?



Learn about the services that can support you and your loved one.





Everyone wants to live well and age gracefully. By staying physically and socially active, we can live life to the fullest.

Encouraging your loved one to be as independent as possible is a good way to support their health.



Select from the schemes and services which may be most suitable for your loved one. Contact us to learn more.

Support in the Community



Active Ageing Centre and Active Ageing Care Hub

A drop-in social recreational centre that extends support to seniors living nearby in the community. Your loved one can receive timely access to quality care, have the opportunity to build strong social connections, take part in recreational activities, and contribute to the community as they wish.



Caregivers Training Grant

Receive an annual \$200 subsidy if you, or your Foreign Domestic Worker (FDW), attend approved caregiving courses.

You can tap on this grant to offset the course fee for sending your helper for Basic Caregiver Training*.

*This course covers the key parts of senior care based on your loved one's mobility condition.



Community Health Assist Scheme (CHAS)

Receive subsidies at participating General Practitioner (GP) and dental clinics near your home.

The Heart of Care



Click
www.aic.sg



Call
1800 650 6060



Visit
AIC Link

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need.

We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need.