



Geriatric Education &  
Research Institute



Translating Research  
for **Healthy Ageing**

# ANNUAL REPORT 2025/26

**HEALTHY AGEING FOR OUR POPULATION**  
COMMEMORATING A DECADE OF RESEARCH

# ABOUT GERI

---

The Geriatric Education & Research Institute (GERI) is a national research institute established in 2015 and funded by the Ministry of Health, Singapore. We conduct research on healthy ageing, with a focus on preventing functional decline and implementing integrated care for older adults. GERI's multi-institutional team specialises in implementation research, evidence review, programme evaluation and health policy research, working closely with stakeholders from across Singapore's healthcare clusters, policy bodies and community spaces. By translating evidence-based research outcomes into real-world use to reach decision-makers and practitioners, GERI contributes to health policy and practice to advance healthy ageing for our population.

## MISSION

---

Improving the lives of seniors in Singapore through excellence in translational research and education that impact health policy and practice.

## VALUES

---

Respect



Innovate



Teamwork



Excellence



# CONTENTS

Executive Director's Message	03
Deputy Executive Director's Message	04
GERI Advisory Committee	05
Management	06
Our Scientists	07
Commemorating 10 Years Of GERI	09
GERI's Research Strategy	13
Research Projects and Collaborations	15
Journal Publications	29
GERI Research Briefs	30
GERI News	31
Life in GERI	42



## 09 GERI 10<sup>TH</sup> ANNIVERSARY RESEARCH SYMPOSIUM

View highlights from GERI's milestone event, showcasing our contributions towards health policy, systems and practice for Singapore's older population.



## 15 LEADING IMPLEMENTATION AND POLICY RESEARCH ON HEALTHY AGEING

Meet our study teams and learn about their research to optimise the functional ability of our older population, and inform more effective programmes and policies around the older person.



## 18 PROVIDING EXPERTISE FOR SCALE-UP OF HEALTHCARE INNOVATIONS

Read about how GERI partners with clinicians and scientists on national research grants to address implementation barriers and translate findings into practice.

# EXECUTIVE DIRECTOR'S MESSAGE



**ASSOCIATE PROFESSOR  
DING YEW YOONG**

Executive Director & Lead Scientist

This has been GERI's strongest year yet, as we commemorated 10 years of progress as a national research institute committed to advancing healthy ageing research that is primed for real-world practice.

This milestone has reaffirmed our mission and role: helping our healthcare practitioners, policymakers and community care providers optimise the functional ability of our older population, through research that informs more effective policy and practice implementation around the older person.

It is an exciting time to be working in this translational research space. Such work has never been more vital or more aligned with Singapore's priorities. This is underscored in developments such as the Research, Innovation and Enterprise 2030 (RIE 2030) masterplan, which identifies the cognitive and physical function of our ageing population as one of its focus areas. Amidst rising numbers of older adults living with functional impairment, and the planning and implementation of national initiatives like Age Well Neighbourhoods now underway, the urgency of our work has intensified.

## Our Annual Report 2025/26 captures some key highlights:

- For GERI's 10<sup>th</sup> anniversary, we organised a Research Symposium and hosted international experts Professor John N. Lavis and Professor Sharon Straus for a week of scientific exchanges with Singapore's healthcare research and geriatric medicine community, across the clusters. We also cemented our longstanding collaboration with the Knowledge Translation Programme at Unity Health Toronto with a new Memorandum of Understanding to strengthen our capabilities in translational research.

- We welcomed Dr Tan Woan Shin as our new Deputy Executive Director in Oct 2025. An accomplished leader of multidisciplinary research teams, Dr Tan will now play a strategic role in GERI. Two esteemed clinician-scientists have also joined our Research Management Committee: Associate Professor Laura Tay (Sengkang General Hospital) and Associate Professor Ng Yee Sien (Singapore General Hospital and Sengkang General Hospital). Our strengthened research leadership core will put us in good stead as GERI prepares for a future shaped by RIE 2030 and the Ministry of Health (MOH), Singapore's strategic plans.
- Our community-engaged research projects – around physical exercise and dementia, nutrition and social connectedness – are yielding valuable insights, while our research on health policy, intrinsic capacity, active ageing programmes, Community Care Apartments, dementia engagement and many more areas continues to shape the decision-making of our policymakers and implementers.

Thank you to all who have supported GERI and worked with us, from past to present: from MOH, our Advisory Committee members, scientists and visiting consultants, our researchers and our staff; to our wider network of collaborators, colleagues from the geriatric medicine fraternity, and beyond. We are grateful for all your contributions and expertise which have been instrumental to our progress.

The path ahead requires not just scientific excellence, but also determination, a deeper sense of purpose, and an aspiration for positive social impact. At GERI, we look forward to sustaining this momentum in support of the health and well-being of our older population for more years to come.

# DEPUTY EXECUTIVE DIRECTOR'S MESSAGE



**DR TAN WOAN SHIN**

Deputy Executive Director & Scientist

**It is a great privilege to contribute to the research at GERI during a time when rapid population ageing is presenting significant challenges for Singapore.**

My aim as GERI's Deputy Executive Director is to build upon the remarkable progress that the Institute has made over the past decade in the translation of evidence-based research for the health and care of older persons.

Interdisciplinary research is needed to tackle the complex issues faced by ageing populations. To find solutions, GERI collaborated with leading experts in community health sciences, knowledge translation and health policy, and leveraged our domain expertise in frailty, intrinsic capacity and geriatric fitness. As you read through our Annual Report 2025/26, you will observe how we applied diverse methods that seek to capture the complexity of the real world, and at the same time reduce the "know-do" gap. GERI Research Fellows also took on the challenge of leading key projects that spanned the domains of nutrition, social connection, physical exercise and intrinsic capacity screening. Find out more from pages 15 to 26 of this report.

Furthermore, in emphasising our Institute's commitment to translational research, every GERI project has outlined a plan on how our research findings can be used to inform practice, policy, or further research, as articulated by our Research Impact Framework indicators. In tandem, we pursued stakeholder engagement and dissemination with renewed vigour. Balancing intensive engagement efforts with key stakeholders,

our researchers continued to publish their research and speak at conferences both in Singapore and globally.

This past year, we built upon existing collaborations while redoubling our energies on forging new partnerships. To co-develop and evaluate care practices and interventions in healthy ageing, we worked closely with implementers from across the three healthcare clusters, as well as community partners and community members. We also sought to capitalise on local knowledge and create greater participation and urgency for change.

With the increasing digitalisation of healthcare particularly with the advent of generative AI, the health ecosystem is undergoing a seismic shift. While these innovations promise more efficient and patient-centred care, their implementation is often challenging due to a confluence of technical, clinical and user barriers.

This is where implementation research is poised to become an important enabler if we want our innovations, programmes and policies around healthy ageing to succeed. At GERI, we are building our internal capacity to evaluate the adoption and implementation of digital applications, alongside our core research on other healthcare interventions and national programmes as part of the spectrum of care for the older person. We will press on with this important work in 2026-27, so that evidence-informed and evidence-tested solutions can continue to be implemented in real-world settings effectively, efficiently, sustainably and at scale.

# GERI ADVISORY COMMITTEE

The GERI Advisory Committee welcomed Professor Phillip Choo as its new Chairman on 19 Aug 2025, succeeding Professor Chee Yam Cheng.

“On behalf of GERI, we extend our deepest appreciation to Professor Chee for his guidance and contributions over the years,” said Associate Professor Ding Yew Yoong, Executive Director.



---

**PROFESSOR PHILLIP CHOO (CHAIRMAN)**

Emeritus Consultant, Tan Tock Seng Hospital

---

**PROFESSOR CHUA HONG CHOON**

Chief Executive Officer,  
Khoo Teck Puat Hospital and Yishun Community Hospital

---

**DR GOH KHEAN TEIK**

Group Director, Health Services Group, Ministry of Health, Singapore

---

**PROFESSOR LEE CHIEN EARN**

Deputy Group Chief Executive Officer, SingHealth

---

**PROFESSOR BENJAMIN SEET**

Group Chairman Medical Board (Research) and  
Co-Chair, Academic Partnership Office, NHG Health

---

**PROFESSOR JOSEPH SUNG**

Dean, Lee Kong Chian School of Medicine and Senior Vice President  
(Health & Life Sciences), Nanyang Technological University

---

**MS TAN ZHI XU**

Director, Successful Ageing, Ageing Planning Office,  
Ministry of Health, Singapore

---

**PROFESSOR TEO YIK YING**

Dean, Saw Swee Hock School of Public Health,  
National University of Singapore

# MANAGEMENT



**PROFESSOR PANG WENG SUN**

Senior Advisor



**ASSOCIATE PROFESSOR  
DING YEW YOONG**

Executive Director  
Lead Scientist  
Chair, GERI Research  
Management Committee



**DR TAN WOAN SHIN**

Deputy Executive Director  
Scientist  
Member, GERI Research  
Management Committee



**ASSOCIATE PROFESSOR  
JAMES ALVIN LOW**

Lead Scientist  
Member, GERI Research  
Management Committee



**ASSOCIATE PROFESSOR  
LAURA TAY**

Lead Scientist  
Member, GERI Research  
Management Committee



**ASSOCIATE PROFESSOR  
LIM WEE SHIONG**

Lead Scientist  
Member, GERI Research  
Management Committee



**ASSOCIATE PROFESSOR  
NG YEE SIEN**

Lead Scientist  
Member, GERI Research  
Management Committee



**MS KONG LAI HO**

Director, Finance and Administration

## INTERNATIONAL SCIENTIFIC ADVISOR

**PROFESSOR JOHN N. LAVIS**

Director, McMaster Health Forum and WHO Collaborating Centre for Evidence-informed Policy

# OUR SCIENTISTS

**ASSOCIATE PROFESSOR  
DING YEW YOONG**

Lead Scientist  
*GERI, Tan Tock Seng Hospital*

**ASSOCIATE PROFESSOR  
LIM WEE SHIONG**

Lead Scientist  
*Tan Tock Seng Hospital*

**ASSOCIATE PROFESSOR  
JAMES ALVIN LOW**

Lead Scientist  
*Khoo Teck Puat Hospital*

**ASSOCIATE PROFESSOR  
LAURA TAY**

Lead Scientist  
*Sengkang General Hospital*

**ASSOCIATE PROFESSOR  
NG YEE SIEN**

Lead Scientist  
*Singapore General Hospital*

**DR TAN WOAN SHIN**

Scientist  
*GERI*

**DR ALLYN HUM**

Adjunct Scientist  
*Tan Tock Seng Hospital*

**ASSOCIATE PROFESSOR  
ANGELIQUE CHAN**

Adjunct Scientist  
*Centre for Ageing Research and Education,  
Duke-NUS Medical School*

**DR CHRISTOPHER LIEN**

Adjunct Scientist  
*Changi General Hospital*

**ASSOCIATE PROFESSOR  
EDWIN CHAN**

Adjunct Scientist  
*Singapore Clinical Research Institute*

**PROFESSOR MAY C. WANG**

Adjunct Scientist  
*University of California, Los Angeles*

**ASSOCIATE PROFESSOR  
MIHIR GANDHI**

Adjunct Scientist  
*Singapore Clinical Research Institute*

**DR NOOR HAFIZAH BTE ISMAIL**

Adjunct Scientist  
*Tan Tock Seng Hospital*

**ASSOCIATE PROFESSOR  
RESHMA MERCHANT**

Adjunct Scientist  
*National University Hospital*

**ASSOCIATE PROFESSOR  
PHILIP YAP**

Adjunct Scientist  
*Khoo Teck Puat Hospital*

**PROFESSOR SHARON STRAUS**

Adjunct Scientist  
*Unity Health Toronto, St. Michael's Hospital*

**DR SHI LUMING**

Adjunct Scientist  
*Singapore Clinical Research Institute*

**DR KAMUN TONG**

Visiting Consultant  
*St Luke's Hospital*

**DR RAYMOND NG HAN LIP**

Visiting Consultant  
*Woodlands Health*

**DR TEW CHEE WEE**

Visiting Consultant  
*Khoo Teck Puat Hospital*

To find out more about our  
GERI Scientists, visit [our website](#).



# OUR RESEARCH



# COMMEMORATING 10 YEARS OF GERI



## GERI 10<sup>th</sup> Anniversary Research Symposium

Over 250 thought leaders, policymakers, healthcare practitioners, community partners and researchers gathered at the GERI 10<sup>th</sup> Anniversary Research Symposium, held at Parkroyal Collection Marina Bay on 8 Jul 2025. Themed “Translating Research for Healthy Ageing”, the Symposium commemorated the Institute’s contributions towards health policies, systems and practice for Singapore’s older population since its inception a decade ago.

Featuring a line-up of eminent speakers from Singapore and abroad, the Symposium’s plenary sessions explored three key themes: evidence-informed policymaking, implementation research, and ageing well in the community.



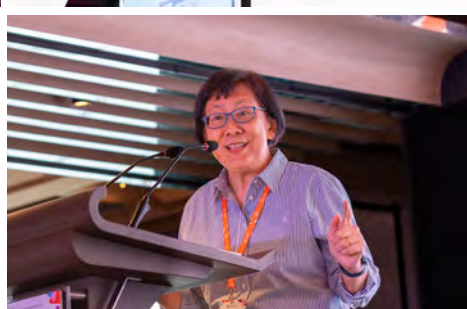
COMMEMORATING 10 YEARS OF GERI



*GERI has risen to the challenge, keeping pace with the complexities and evolving needs of our older population, practitioners and broader health system. I congratulate GERI on its decade-long journey, with more milestones to come. Continue to blaze the trail in creating and translating research to advance healthy ageing in Singapore. Happy 10<sup>th</sup> Anniversary!*



**PROFESSOR CHEE YAM CHENG**  
Emeritus Consultant &  
Former GERI Advisory Committee Chairman



Scan to view more about the Research Symposium, or click [here](#).

## Memorandum of Understanding (MOU) with Unity Health Toronto, Canada



GERI embarked on an international collaboration with the signing of an MOU with Unity Health Toronto’s Knowledge Translation Program (KTP). The two-year MOU will further expand GERI’s capabilities as a translational research leader within the ageing research space in Singapore.

Under the MOU, both institutions will explore joint research projects and grant applications in healthy ageing, co-organise academic and scientific activities such as training and seminars, and facilitate research personnel exchange between the institutions.



Scan to read the media release on the collaboration, or click [here](#).

*This collaboration builds on our ongoing relationship over the past five years and reflects our shared dedication to turning evidence into real-world improvements for older adults. By bringing our expertise together, we will strengthen the impact of our research and advance healthy ageing for older people and their caregivers.*

**PROFESSOR SHARON STRAUS**  
 Director, Knowledge Translation Program  
 Executive Vice-President and Chief Medical Officer  
 Unity Health Toronto

*As Singapore’s population continues to age rapidly, there is a pressing need to better translate research findings into practical solutions to support national initiatives like Age Well SG. This collaboration with KTP strengthens our ability to facilitate translational research and ultimately help improve health outcomes for older persons.*

**ASSOCIATE PROFESSOR DING YEW YOONG**  
 Executive Director and Lead Scientist  
 GERI

## Visiting Expert Programme with Professor John Lavis and Professor Sharon Straus

We welcomed our international experts Professor John N. Lavis of the McMaster Health Forum and Professor Sharon Straus of the Knowledge Translation Program, St. Michael's Hospital for a fruitful week of scientific exchanges from 7 to 11 Jul 2025.

At GERI, Professor Lavis engaged researchers on topics such as living evidence synthesis capabilities and considerations in health policy implementation, while Professor Straus conducted a series of interactive workshops aimed at enhancing researchers' application of implementation science principles. Beyond GERI, they also met with partners across Singapore's healthcare research and geriatrics spaces.



Additional images courtesy of the Academy of Clinician Scientists and Innovators, Chapter of Geriatricians, College of Physicians, Academy of Medicine, Singapore and the SingHealth Centre for Population Health Research and Implementation.

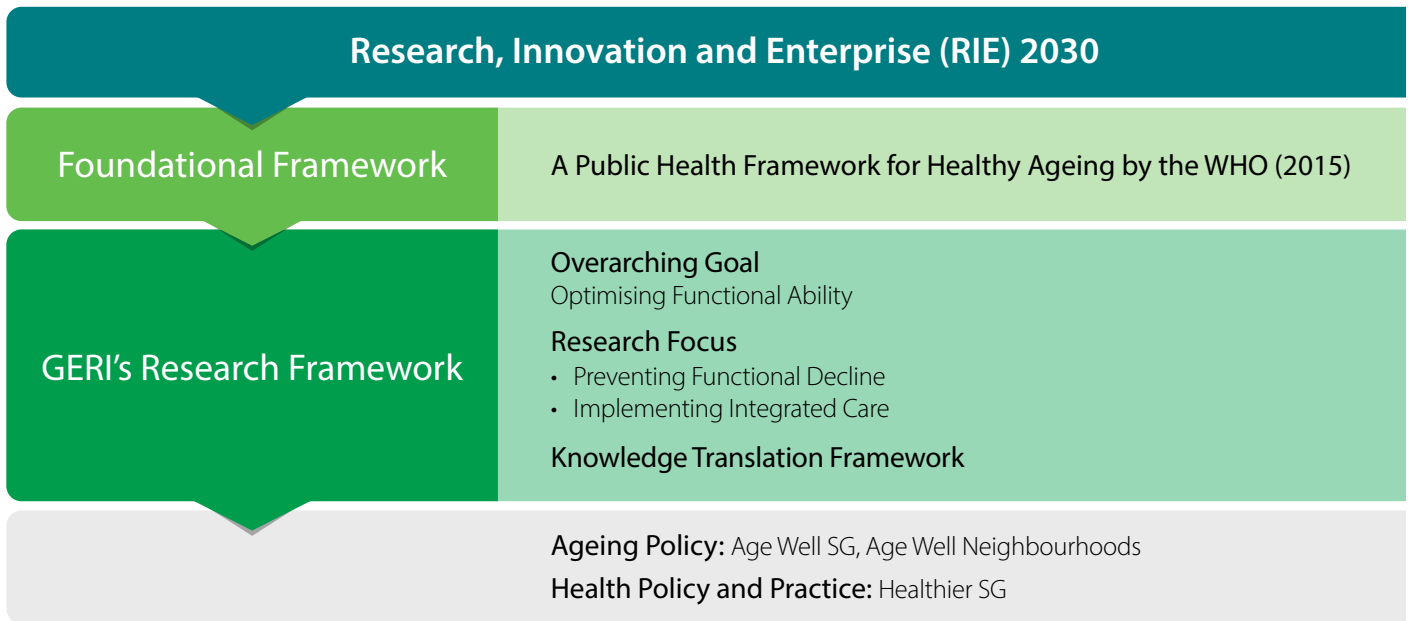


Scan to read more about the Visiting Expert Programme, or click [here](#).

# GERI'S RESEARCH STRATEGY

GERI's research is guided by the World Health Organization (WHO)'s Public Health Framework for Healthy Ageing<sup>1</sup> which aims to foster the functional ability of older adults at the individual level and environmental levels.

## Research Framework



## To support healthy ageing in Singapore, our Research Focus areas are:

### Preventing Functional Decline

Supporting the functional ability of older adults at the individual level by improving or maintaining intrinsic capacity (the combination of physical and mental capacities). Research topics encompass intrinsic capacity, frailty, physical and cognitive functioning, falls and community mobility.

### Implementing Integrated Care

Optimising supportive environments by enabling those with decline in capacity to do things that are important to them. Research topics encompass care models for those living with frailty, multi-morbidity, complex needs, dementia and advanced life-limiting illness; and incorporating caregiving support.

» *Read about our projects in these areas on page 15.*

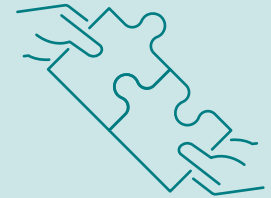
<sup>1</sup> WHO's World Report on Ageing and Health (2015): <https://www.who.int/publications/i/item/9789241565042>

Through the four nodes of GERI's Knowledge Translation Framework, we disseminate evidence-based research findings to inform real-world practice and policy.



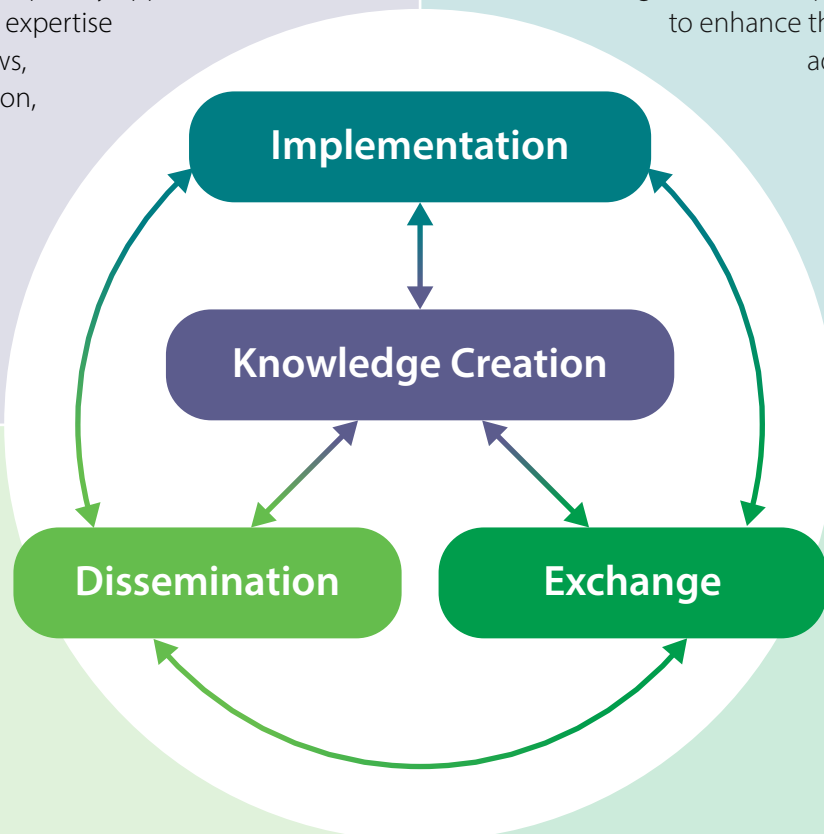
### Knowledge Creation

Working with our collaborators, we engage stakeholders to identify issues and conduct evidence-based research, with an emphasis on implementation research, health policy research and interdisciplinary approaches. Our methodological expertise includes rapid reviews, programme evaluation, Delphi method and mixed methods.



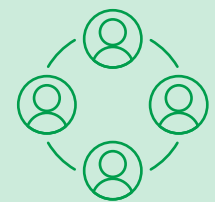
### Implementation

Research findings may span behaviours, practices, knowledge and attitudes. To create solutions that can be implemented in practice, we identify and utilise suitable interventions from a range of strategies used in implementation research to enhance the understanding and adoption of a new idea or practice.



### Dissemination

Through various channels, such as publications, Research Briefs, presentations and more, we share knowledge and related evidence-based interventions with healthcare practitioners, community care partners, policymakers and researchers.



### Exchange

Platforms for discourse are intentionally and thoughtfully created to engage our stakeholders on ways to improve effectiveness, sustain and scale up evidence-based approaches in practice. Knowledge users are engaged before, during and after the project. Through such research-practice-policy exchange, new research opportunities may emerge.

# RESEARCH PROJECTS AND COLLABORATIONS

## Leading Implementation Research Across the Health System



Working closely with healthcare providers across primary care and hospital settings, GERI co-develops, evaluates and refines interventions that address frailty, intrinsic capacity and care delivery for older adults.

Some members of the IMPACTFrail and INFA study teams. From left to right: Irene Wang Qing, Dr Grace Sum Chi-En, Robin Choo, Tang Jia Ying, Dr Mimaika Luluina Ginting and Araviinthansai Subramaniam.

COMPLETED

### Implementing the National Frailty Policy in Singapore's primary care: The Intrinsic Capacity ProMotion in PrimAry Care for The Frail Program (IMPACTFrail)

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Strengthen support for seniors with care needs in the community

- **PRINCIPAL INVESTIGATOR:** Dr Grace Sum Chi-En (Research Fellow, GERI)
- **COLLABORATING ORGANISATIONS:** NHG Polyclinics, National University Polyclinics, SingHealth Polyclinics
- **GAP:** Early mitigation of declining physical and psychological well-being (known as intrinsic capacity) in older people may help them function well and have good quality of life even as they grow old. Additionally, there is a need for more research projects with three-cluster collaborations from the outset, to facilitate the successful execution of health programmes nationwide.
- **SOLUTION:** IMPACTFrail is an intrinsic capacity identification and management programme that screens mildly frail older adults on six intrinsic capacity domains in polyclinics and provides coordinated care across health and social services. GERI co-adapted the form of delivery of the IMPACTFrail programme guided by Singapore's National Frailty Strategy Policy Report, and co-selected accompanying implementation strategies with three Regional Health System polyclinic groups. Implementation research guided the development and feasibility assessment of the new programme among five polyclinics. Subsequently, a scaled-up programme will be evaluated for its implementation and effectiveness.
- **ANTICIPATED IMPACT:** IMPACTFrail aims to impede decline in and improve intrinsic capacity and functional ability among older adults to help them maintain a socially active life. This study informs the integration of IMPACTFrail with existing clinical practices and health programmes in polyclinics, while the cost analysis will inform the cost of scaling this programme. At the decision-making level, IMPACTFrail provides polyclinic leadership teams with evidence on the feasibility of scaling this programme. Findings are being disseminated via publications, conference presentations and a final report. These include the Singapore Allied Health Conference 2025, 18<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation, Singapore Conference on Ageing and Health 2026 and 4<sup>th</sup> Swiss Implementation Science Conference/IMPACT Conference 2026.
- **DURATION:** Mar 2024 to Mar 2026

## RESEARCH PROJECTS AND COLLABORATIONS

## COMPLETED

## Inpatient Nursing Frailty Assessment (INFA): Comprehensive Geriatric Assessment and multidisciplinary intervention for frail hospitalised older adults

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Strengthen support for seniors with care needs in the community

- **CO-PRINCIPAL INVESTIGATORS:** Dr Justin Chew Linghui (Deputy Director, Research & Innovation Lead, Institute of Geriatrics and Active Ageing and Senior Consultant, Tan Tock Seng Hospital (TTSH)) & Dr Grace Sum Chi-En (Research Fellow, GERI)
- **COLLABORATING ORGANISATIONS:** TTSH, NHG Health
- **GAP:** Older adults admitted to hospital wards under General Medicine and General Surgery may miss out on geriatric assessment. There is a need to incorporate systematic screening of geriatric syndromes in those wards. Additionally, there is a growing need to empower nurses to lead the screening and care of patients.
- **SOLUTION:** The INFA programme at TTSH aims to provide geriatric assessment and coordinate care for frail older persons during and after their hospital stay. The study team from GERI and TTSH conducted implementation research before and during the programme's pilot at TTSH. Prior to implementation, the study team identified anticipated barriers and enablers to refine the programme and develop implementation strategies. During the pilot, implementation strategies and outcomes (adoption, implementation, sustainability, scalability) were assessed. Programme effectiveness was evaluated in areas such as function, quality of life, hospital readmission rates and use of healthcare services. Cost-effectiveness was also examined.
- **ANTICIPATED IMPACT:** Overall, this project contributes to building frailty-ready hospital services and informing scalability and sustainability within TTSH and to other hospitals. Research from the project was presented at the Singapore Health and Biomedical Congress 2025, where it clinched a Silver for the Singapore Young Investigator Award (Health Services Research). The team also presented at the 12<sup>th</sup> Asian Conference on Aging & Gerontology 2026 and the Singapore Conference on Ageing and Health 2026. The study protocol was published in *BMC Geriatrics* in Dec 2025, with upcoming journal publications planned.
- **DURATION:** Dec 2023 to Mar 2026

## COMPLETED

## Implementation and outcomes of a telehealth centre in a tertiary hospital (THINK)

**GERI RESEARCH FOCUS:** Implementing integrated care

**AGE WELL SG STRAND:** Strengthen support for seniors with care needs in the community

- **PRINCIPAL INVESTIGATOR:** Dr Tew Chee Wee (Visiting Consultant, GERI and Senior Consultant, Geriatric Medicine, Khoo Teck Puat Hospital (KTPH))
- **COLLABORATING ORGANISATIONS:** KTPH, Singapore Clinical Research Institute, Knowledge Translation Program, St. Michael's Hospital, Unity Health Toronto
- **GAP:** Against the backdrop of a rapidly ageing population, hospitals are seeing more elderly patients with more complex conditions, which contributes to the hospital capacity crunch.
- **SOLUTION:** Telehealth support, where nurses and telecare officers support patients' transition back home, can potentially reduce readmission rates and free up capacity for more urgent cases. GERI evaluated the implementation of the telehealth support centre at KTPH to identify the barriers and facilitators of implementation, and its effectiveness in terms of patient outcomes, resource utilisation and cost benefit.
- **IMPACT:** Study findings support efforts to optimise, scale and sustain telehealth use as an enabler of care provision across care settings, while informing policymakers on health service planning and policy formulation in establishing telehealth services. Findings have been presented at the Singapore Health and Biomedical Congress 2025, the Evidence and Implementation Summit 2025 and the Singapore Conference on Ageing and Health 2026, with plans for further dissemination through upcoming journal publications and conferences.
- **DURATION:** Apr 2023 to Sep 2025

## COMPLETED

## Intrinsic Capacity Risk Evaluation – Towards Holistic Assessment and Targeted Management of Elderly in Acute Care (I-CREATE)

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Strengthen support for seniors with care needs in the community

- **PRINCIPAL INVESTIGATOR:** Associate Professor Laura Tay (Lead Scientist, GERI; Senior Consultant, Geriatric Medicine, Sengkang General Hospital (SKH))
- **COLLABORATING ORGANISATION:** SKH
- **GAP:** In an earlier study, depression and malnutrition (which fall under the psychological and vitality domains of intrinsic capacity) were identified to be associated with risk for hospital readmission among older adults. The World Health Organization Integrated Care for Older People (WHO ICOPE) screening tool could potentially be used to guide and facilitate holistic assessment and interventions for hospitalised older adults to prevent poor health outcomes. More research is required for a proof of concept on the use of the WHO ICOPE tool contextualised to an acute care setting.
- **SOLUTION:** The I-CREATE study examined the effect of intrinsic capacity assessment and targeted interventions that address identified domain losses on 30-day readmission rates in older adults admitted to the General Medical department of a single restructured hospital. The intervention is modelled after Steps 1 and 2 of the WHO ICOPE tool but is tailored specifically to address needs in the acute care setting and support physicians in the holistic management of hospitalised older adults.
- **ANTICIPATED IMPACT:** The findings of this study have the potential to be adopted as standard care in SKH inpatient General Medicine wards, and subsequently, be potentially scaled up across SingHealth institutions. In addition, the intervention may highlight the importance of intrinsic capacity in the healthcare system in Singapore and enable non-geriatricians to provide better care for older adults. Findings have been disseminated through conference presentations, such as at the Singapore Health and Biomedical Congress 2025 and the 2025 Professional Society for Health Economics and Outcomes Research Conference. Presentations to funders and collaborators as well as journal publications are also planned.
- **DURATION:** Jan 2023 to Mar 2026

## COMPLETED

## Understanding moral distress and adaptive responses of clinicians in Advance Care Planning (ACP)

**GERI RESEARCH FOCUS:** Implementing integrated care

- **PRINCIPAL INVESTIGATOR:** Dr Raymond Ng Han Lip (Visiting Consultant, GERI; Senior Consultant and Head, Palliative & Supportive Care, Department of Integrated Care, Woodlands Health (WH))
- **COLLABORATING ORGANISATIONS:** WH, Nanyang Technological University, Khoo Teck Puat Hospital, Singapore General Hospital, National University of Singapore, National University Hospital, Tan Tock Seng Hospital
- **GAP:** Since 2011, the Living Matters programme, based on the Respecting Choices framework for ACP, has been implemented nationwide. More research is needed to understand the moral distress that healthcare professionals face in implementing ACP in real-world settings as well as effective ways to address the ethical challenges that have arisen in practice.
- **SOLUTION:** This mixed-methods study examined the relationships among factors involved in implementing ACP, moral distress, and ethical conundrums. It involved in-depth interviews and quantitative methods to identify key issues around moral distress faced by ACP facilitators and healthcare professionals.
- **IMPACT:** The findings from this study will inform the training curricula for ACP facilitators and healthcare professionals, as well as highlight potential service, knowledge and system gaps within the broader ACP service planning and operations perspective. Findings have been presented at five scientific conferences, with an upcoming presentation at the 23<sup>rd</sup> International Association of Gerontology and Geriatrics World Congress of Gerontology and Geriatrics in Jul 2026.
- **DURATION:** Mar 2022 to May 2025

## Providing Implementation Research Expertise for Scale-Up



GERI partners with clinicians and scientists on national research grants, supporting them in the scale-up of their healthcare innovations.

Some members of the GERI research team supporting the nationally-funded ADL+ 2.0 study, led by the Institute of Geriatrics and Active Ageing, Tan Tock Seng Hospital. From left to right: Dr Serene Nai, Dr Tan Woan Shin, June Teng and Zoey Tan.

### ONGOING

## ADL+ 2.0: Enhanced AI-assisted multidomain digital intervention for prevention of cognitive decline in community-dwelling older adults

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Encourage active ageing

**GERI'S ROLE:** GERI is providing implementation science and health economics expertise across both phases of the project.

**LEAD:** Dr Tan Woan Shin (Deputy Executive Director and Scientist, GERI)

- **PRINCIPAL INVESTIGATOR:** Associate Professor Lim Wee Shiong (Lead Scientist, GERI; Director, Institute of Geriatrics and Active Ageing; and Senior Consultant, Geriatric Medicine, Tan Tock Seng Hospital)
- **GAP:** The number of people living with dementia is expected to rise in Singapore. While multidomain non-pharmacological interventions show promise in addressing various risk factors for dementia prevention, practical barriers, cost-effectiveness, scalability and sustainability concerns remain as significant challenges.
- **PLANNED SOLUTION:** The ADL+ 2.0 programme will be conducted in two phases and aims to employ innovative technologies and evidence-based strategies to create a robust and scalable intervention model for early detection of cognitive decline, preservation of cognitive health, and the delay of cognitive decline and onset of dementia. GERI is conducting the implementation evaluation and cost effectiveness analysis of the ADL+ 2.0 intervention.
- **ANTICIPATED IMPACT:** The ADL+ 2.0 intervention has the potential to be a cost-effective and sustainable population-level programme for preventing cognitive decline and dementia, when implemented at scale. GERI's research will identify factors on the implementation, scaling and sustainability of ADL+ 2.0, as well as its estimated costs, supporting potential plans for it to be scaled nationally. Findings will be disseminated through journal publications and presentations at scientific conferences, and to government-affiliated agencies.
- **FUNDING:** National Innovation Challenge Grant Call on Healthy and Meaningful Longevity
- **DURATION:** Oct 2024 to Sep 2029

## ONGOING

## Integration of a PROgnostic Model for Advanced Dementia (PRO-MADE) into tertiary clinical care using the implementation research logic model: A qualitative analysis

**GERI RESEARCH FOCUS:** Implementing integrated care

**AGE WELL SG STRAND:** Strengthen support for seniors with care needs in the community

**GERI'S ROLE:** GERI is providing the PRO-MADE team with implementation research expertise on the qualitative evaluation of PRO-MADE's implementation and outcomes.

**LEAD:** Dr Tan Woan Shin (Deputy Executive Director and Scientist, GERI)

- **PRINCIPAL INVESTIGATOR:** Dr Allyn Hum (Adjunct Scientist, GERI; Head and Senior Consultant, Department of Palliative Medicine, Tan Tock Seng Hospital (TTSH))
- **GAP:** Almost 70% of patients with advanced dementia do not receive timely palliative care due to challenges of recognising the terminal phases of end-stage dementia, leading to them dying in hospitals instead of their own homes or appropriate long-term care facilities. While the PRO-MADE prognostication model has been developed to identify patients with advanced dementia who are at high risk of one-year all-cause mortality, there is a need to integrate the model into routine clinic workflows.
- **PLANNED SOLUTION:** This project aims to evaluate the implementation of the PRO-MADE model into the Next Generation Electronic Medical Records system at TTSH. GERI is the implementation research partner on this project, leading the qualitative evaluation of PRO-MADE's implementation and outcomes. Previously, GERI funded the development and validation of the PRO-MADE tool which formed the foundation for its ongoing deployment and evaluation.
- **ANTICIPATED IMPACT:** PRO-MADE's integration into the NGEMR allowed clinical care to extend from tertiary care to their site of discharge in the community, which then allows healthcare providers to prompt the initiation of palliative care plans for deteriorating patients with advanced dementia admitted to the Geriatric and General Medicine departments in TTSH. GERI's research has guided the development of implementation strategies to address implementation barriers, and will provide insights on integrating clinical and electronic workflows to support future implementation of similar predictive models as part of clinical care. The study protocol has been published in *BMC Geriatrics*, with future publications planned.
- **FUNDING:** Temasek Foundation
- **DURATION:** Jul 2023 to Jun 2026



## RESEARCH PROJECTS AND COLLABORATIONS

## ONGOING

## Built Environment in Falls and ArthriTis (BE-FIT) study

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Improve the physical living environment

**GERI'S ROLE:** GERI is providing the BE-FIT team with implementation science expertise to disseminate and translate their research findings to practice.

**LEAD:** Dr Tou Nien Xiang (Research Fellow, GERI)

- **CO-PRINCIPAL INVESTIGATORS:** Dr Bryan Tan Yijia (Consultant, Department of Orthopaedic Surgery, Woodlands Health) & Dr Navrag Singh (Lead Principal Investigator and Senior Scientist, Future Health Technologies, Singapore ETH Centre)
- **GAP:** Older adults with osteoarthritis and/or high falls risk may have difficulty navigating and moving around Singapore's highly dense urban built environment. Currently, there is a knowledge gap on how to optimise the built environment to enhance older adults' social participation, life-space, physical safety and psychosocial outcomes.
- **PLANNED SOLUTION:** The BE-FIT study aims to understand the relationships between the built environment with psychosocial factors, social participation and functional outcomes in a vulnerable elderly population with osteoarthritis and/or high falls risk.
- **ANTICIPATED IMPACT:** To inform decision-making, the study will identify key built environment factors associated with social participation and physical activity. GERI's knowledge translation efforts are expected to translate study findings into recommendations, which can inform the design of interventions to improve mobility and promote physical activity in older adults with osteoarthritis and/or high falls risk.
- **FUNDING:** National Research Foundation Campus for Research Excellence and Technological Enterprise Network Grant
- **DURATION:** Nov 2023 to Apr 2027



### GERI leads World Café at NHG Health Musculoskeletal Day 2026 as part of BE-FIT study collaboration (27 Mar 2026)

How do we translate mobility research into real-world interventions for older adults? Working alongside BE-FIT's Co-Principal Investigators, GERI researchers organised a World Café which brought together over 30 participants from across government agencies, community organisations, healthcare and research to discuss preliminary study findings.

Discussions generated insights and potential intervention recommendations on issues such as older adults' fear of falling, and how these can be addressed through social aspects and the built environment. These takeaways will guide the design of solutions for the next phase of the study, which aims to promote participation in activities outside their homes in older adults with osteoarthritis and high falls risk.

**“** *The World Café is a collaborative, participatory approach in implementation science that creates space for conversations that matter. Given the complex interplay between individuals and the built environment in shaping one's physical and social activity participation, it taps into the collective experience and expertise of participants, helping to generate diverse perspectives.*

**DR TOU NIEN XIANG**  
Research Fellow, GERI

## ONGOING

## Optimising INtrinsic Capacity for Functional INdependence and to Impede FrailTY in Older Adults: Adaptation of the World Health Organization Integrated Care for Older People (WHO ICOPE) for Healthy Ageing in Singapore (INFINITY-ICOPE)

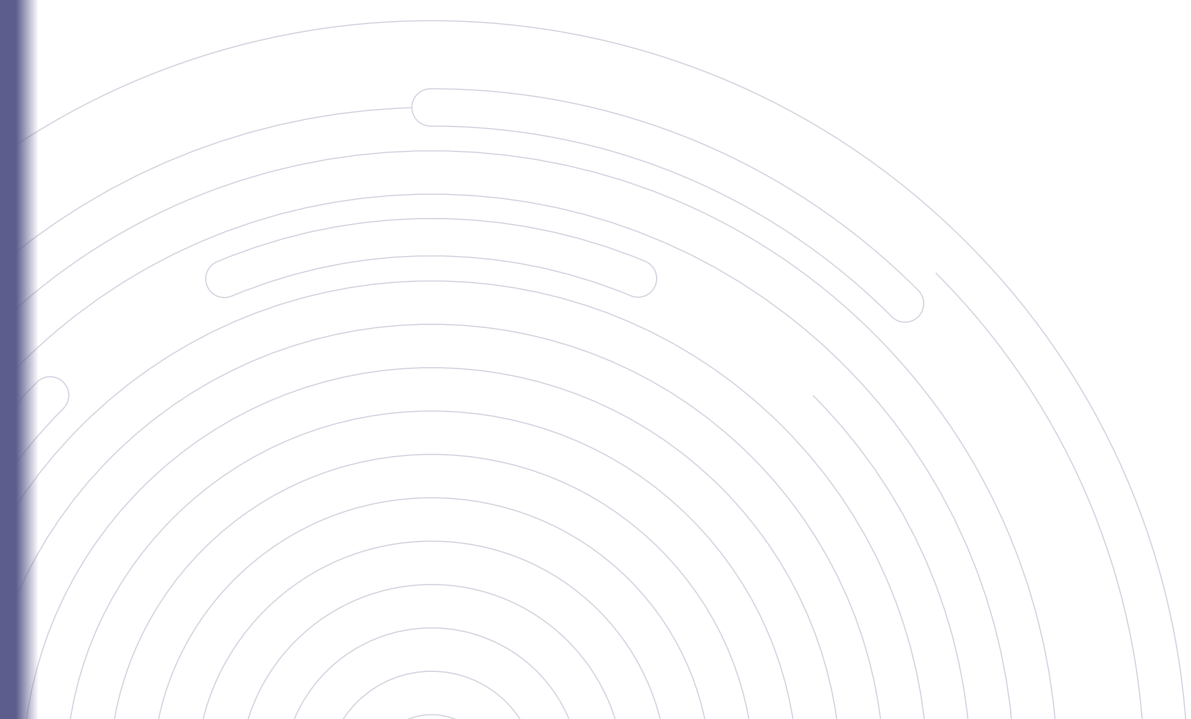
**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Strengthen support for seniors with care needs in the community

**GERI'S ROLE:** GERI leads the implementation research for this study, focusing on adoption, implementation, sustainability and scaling of the INFINITY-ICOPE programme.

**LEAD:** Dr Grace Sum Chi-En (Research Fellow, GERI)

- PRINCIPAL INVESTIGATOR:** Associate Professor Laura Tay (Lead Scientist, GERI; Senior Consultant, Geriatric Medicine, Sengkang General Hospital)
- GAP:** With the potential rise in disability prevalence of activities of daily living and instrumental activities of daily living in Singapore's ageing population, it is important to maintain functional independence in older adults in the community. There is a need to optimise efforts in assessing and preventing declines in intrinsic capacity, to facilitate the proactive diagnosis and management of frailty.
- PLANNED SOLUTION:** The INFINITY-ICOPE programme integrates concepts of frailty and intrinsic capacity to facilitate entry to comprehensive geriatric assessment for frail seniors, while monitoring intrinsic capacity trajectories for the early detection of frailty. GERI is evaluating INFINITY-ICOPE's implementation outcomes of fidelity, penetration and sustainability within the community, alongside the development and operationalisation of the programme's implementation strategies.
- ANTICIPATED IMPACT:** INFINITY-ICOPE seeks to reorient health and social services towards person-centred care to optimise the functional ability of older adults in the community. GERI's research will inform implementation strategies and potential future scaling of the programme. Findings-to-date have been published in a journal and presented at the 2025 Evidence and Implementation Summit, Singapore Allied Health Conference 2025, the 4<sup>th</sup> Swiss Implementation Science Conference/IMPACT Conference 2026, and the Singapore Conference on Ageing and Health 2026.
- FUNDING:** National Innovation Challenge on Active and Confident Ageing Grant Call on Frailty
- DURATION:** Jan 2023 to Jan 2028



## Leading the Evaluation of Public Programmes in Healthy Ageing



GERI leads mixed-methods evaluations of public programmes and care models for older adults, generating evidence that refines programme development and implementation by policy agencies.

Some members of the Live Well, Age Well and Community Care Apartments study teams, who work closely with GERI's Knowledge Translation team (also pictured). From left to right: Pirratheep Moorthy, Dr Charlene Lau, Charlotte Ong, Norhidayah Ishak, Nongluck Pussayapibul, Nur Adilah Faizal, Dr Kamun Tong and Dr Benedict Pang.

### ONGOING

## Biosocial outcomes of Community Care Apartments (CCAs): A mixed-method evaluation

**GERI RESEARCH FOCUS:** Implementing integrated care

**AGE WELL SG STRAND:** Improve the physical living environment

- **PRINCIPAL INVESTIGATOR:** Dr Kamun Tong (Visiting Consultant, GERI)
- **COLLABORATING ORGANISATIONS:** Ageing Planning Office, Ministry of Health, Singapore (MOH), Vanguard Assisted Living (formerly Atlas Care), MOH Holdings
- **GAP:** The CCA is the first public assisted-living housing option in Singapore. It was jointly developed by the Ministry of National Development, MOH and the Housing Development Board, and aims to provide seniors with age-friendly housing alongside eldercare support. However, there is a knowledge gap around how CCAs affect biopsychosocial outcomes and support healthy ageing-in-place. GERI was commissioned by MOH in 2024 to evaluate the first CCA at Bukit Batok.
- **PLANNED SOLUTION:** Using a mixed methods approach, GERI aims to understand the biopsychosocial aspects of healthy ageing-in-place, including older persons' perceptions of their living spaces, service utilisation, social networks, well-being and quality of life.
- **ANTICIPATED IMPACT:** The findings from this evaluation will help to guide future iterations of the CCA and have the potential to inform future housing policies and housing models in combination with geriatric care delivery.
- **FUNDING:** MOH, GERI
- **DURATION:** Oct 2024 to Mar 2027

## COMPLETED

## Evaluating the implementation of Live Well, Age Well (LWAW) programme in the community

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Encourage active ageing

- **PRINCIPAL INVESTIGATOR:** Dr Charlene Lau Lay Khoon (Senior Research Fellow, GERI)
- **COLLABORATING ORGANISATIONS:** Ageing Planning Office, Ministry of Health, Singapore (MOH), Health Analytics Division, MOH; Health Promotion Board (HPB), People's Association (PA)
- **GAP:** The LWAW Programme, administered by HPB and the PA, comprises a suite of active ageing programmes to empower older adults to improve and maintain their physical, mental and social health. To better understand the effectiveness of the LWAW programme, GERI led an evaluation of the programme, supported by MOH.
- **SOLUTION:** Using a mixed methods approach, the team evaluated the programme's implementation outcomes as well as its immediate and short-term outcomes amongst older adults, such as knowledge, self-efficacy and stages of behaviour change.
- **IMPACT:** Findings have been shared with relevant stakeholders, contributing to the planning, design and implementation of future iterations of active ageing programmes for community-dwelling older adults.
- **FUNDING:** MOH, GERI
- **DURATION:** Jul 2024 to Mar 2026

## COMPLETED

## Connecting through reminiscing: Evaluating a dementia engagement programme in two day care centres in Singapore using multimedia heritage resources

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Strengthen support for seniors with care needs in the community

- **PRINCIPAL INVESTIGATOR:** Dr Yu Chou Chuen (former Senior Research Fellow, GERI)
- **COLLABORATING ORGANISATIONS:** National Heritage Board (NHB), NTUC Health, Khoo Teck Puat Hospital (KTPH)
- **GAP:** NTUC Health, with help from KTPH, used resources provided by NHB to develop a dementia engagement programme (DEP) that provides an alternative, non-pharmacological approach toward dementia care. To better understand its implementation, GERI collaborated with NHB, NTUC Health and KTPH to evaluate the DEP.
- **SOLUTION:** In this evaluation, GERI examined the impact of utilising heritage resources in a non-pharmacological care programme targeted at people with dementia in day care settings. This DEP consists of conversational as well as interactional activities between professional caregivers and clients with dementia in a group setting that utilises multimedia heritage resources provided by NHB.
- **IMPACT:** Findings have been shared with relevant stakeholders. The findings from this evaluation will potentially improve the delivery and guide future iterations of the DEP, contributing towards a better understanding of how the programme will be able to enhance the caregiving practice for people with dementia in senior day care settings in Singapore.
- **FUNDING:** NHB
- **DURATION:** Jul 2023 to Dec 2025

## Driving Community-Engaged Research for Ageing-In-Place



GERI leverages participatory research approaches to co-design interventions with community partners and older adults, developing sustainable solutions that work in community settings.

Some members from our study teams working on nutrition among isolated older adults, hearing loss and social connectedness, and exercise interventions for persons with dementia. From left to right: Wong Yock Leng, Dr Tou Nien Xiang, Dr Zoe Lim, Wong Yunjie and June Teng.

### ONGOING

## POPEYE (POwer my Plate with divErsitY and tastE)\*

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Encourage active ageing

- **PRINCIPAL INVESTIGATOR:** Dr Zoe Lim (Research Fellow, GERI)
- **COLLABORATING ORGANISATIONS:** NTUC Health, Thye Hua Kwan Moral Charities, Agency for Integrated Care, Health Promotion Board, Khoo Teck Puat Hospital, Montfort Care
- **GAP:** Studies in Singapore have reported undernutrition in about one third of community-dwelling older adults aged 60 and above, and obesity in almost 1 in 10 older adults aged 60-74. Diet quality is a common driver in addressing both forms of malnutrition, as it moves away from the focus on single nutrients (e.g. reducing salt). However, local nutrition surveys, food programmes and public health messaging rarely address diet quality.
- **PLANNED SOLUTION:** The study aims to develop a community-based intervention to improve diet quality, with a long-term goal of decreasing risk of cognitive decline and other diet-related non-communicable diseases. The findings will then be used to design a Type 2 hybrid implementation-effectiveness trial.
- **ANTICIPATED IMPACT:** At an individual level, the intervention hopes to contribute towards improved access to nutritious food, which can improve older persons' diet quality in the short term and health status in the long term. Community-level impact will be driven by the use of community engagement as a methodological approach, to bring positive outcomes related to social support, social capital and empowerment of community members. At a societal level, the project seeks to reduce health inequity by focusing on isolated seniors whose needs are not adequately met by existing services and programmes. Findings will be disseminated via conference presentations, presentations to collaborators and journal publications.
- **FUNDING:** GERI, NTUC Health
- **DURATION:** Apr 2025 to Dec 2026

\* Note: This project was originally titled "Improving Diet Quality of Community-Dwelling Seniors using a Community-Based Participatory Approach" but has been renamed "POPEYE (POwer my Plate with diversitY and tastE)" to reflect the community-driven nature of the research. The name "POPEYE" emerged organically during engagement sessions when participating older adults were invited to create a name to foster group cohesion.

## COMPLETED

## Hearing Loss and Potential Links to Social Connection Among Older Adults (HELLO)

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Strengthen support for seniors with care needs in the community

- **PRINCIPAL INVESTIGATOR:** June Teng (Research Fellow, GERI)
- **COLLABORATING ORGANISATIONS:** Singapore Association for the Deaf, Singapore Management University Centre for Research on Successful Ageing, Lions Befrienders, Fei Yue Community Services
- **GAP:** Hearing issues are associated with a higher risk for social isolation and loneliness which are in turn linked to poorer mental- and cognitive-health outcomes. In Singapore, the prevalence of hearing issues among older adults ranges from 16.1% to 64.6%. There is currently a lack of research on the psychosocial and health implications of hearing loss, with only one local study finding that it was associated with lower social network, more depressive symptoms and lower quality of life.
- **SOLUTION:** This study examined social isolation and loneliness (collectively termed as social connection) among older adults with hearing loss in Singapore and their associations with mental- and cognitive-health outcomes in the community setting.
- **ANTICIPATED IMPACT:** The findings will inform existing practices and services in health and social care, and if necessary, the development of potential interventions to help older adults with hearing loss stay socially connected in their communities. Findings will be disseminated via conference presentations, presentations to collaborators and journal publications.
- **DURATION:** Apr 2025 to Mar 2026

## COMPLETED

## Implementation of a Minimal Equipment Exercise Intervention in Community-Dwelling Older Adults with Dementia

**GERI RESEARCH FOCUS:** Preventing functional decline

**AGE WELL SG STRAND:** Encourage active ageing

- **PRINCIPAL INVESTIGATOR:** Dr Tou Nien Xiang (Research Fellow, GERI)
- **COLLABORATING ORGANISATION:** Dementia Singapore
- **GAP:** Exercise is a recommended non-pharmacological intervention to manage the progression of dementia. However, the use of specialised equipment or facilities in some interventions limits their translation into community settings. Since most older adults with dementia reside in the community, there is a critical need for accessible, feasible exercise interventions that can be effectively implemented in such environments.
- **SOLUTION:** This study is an effectiveness-implementation hybrid Type 1 trial that adopted a community-based approach, and involved intended knowledge users from Dementia Singapore in the co-design and implementation of a minimal-equipment exercise intervention in dementia daycare settings.
- **ANTICIPATED IMPACT:** The findings are expected to inform and promote the uptake of evidence-based exercise prescription practice for community-dwelling older adults with dementia and contribute to advancing the field of implementation science by furthering our understanding of the underlying mechanisms of implementation strategies. This project has been presented at 3 local and international conferences, with more presentations and journal publications planned. Translation plans include an exercise manual and instructional exercise videos, which are being developed for dissemination to caregivers and other community partners.
- **DURATION:** Apr 2025 to Mar 2026

## Supporting Evidence-Informed Policymaking



GERI's Health Policy Group tackles complex policy questions by synthesising evidence, engaging clinical experts, and collaborating with government agencies to inform decision-making.

Some members of our Health Policy Group. From left to right: Silvia Sim, Dr Charlene Lau, Dr Tan Woan Shin and Dr Jonathan Gao.

### ONGOING

As part of GERI's efforts in the T4 (to population) translational research space, the Health Policy Group aims to impact population health by supporting evidence-informed policymaking around ageing.

The Health Policy Group employs diverse methodological approaches including retrospective analysis of survey data, evidence synthesis through rapid and scoping reviews, primary surveys incorporating Delphi panels, and qualitative research methods. This includes tapping on domain expertise from leading geriatricians who are part of GERI's Clinical Expert Panel, whose insights from across the health system are crucial for generating clinically-sensible evidence for decision-making.

The Group creates evidence that defines policy problems, provides insights on intervention effects, identifies implementation considerations, and generates new ideas for testing and evaluation. Some issues tackled include the feasibility of brief geriatric assessments for community settings, and the measurement and implementation of the World Health Organisation's Integrated Care for Older People framework.

With outputs ranging from policy briefs, journal publications to briefings with policymakers, GERI's Health Policy Group is committed to translating research findings into formats accessible to and useful for policymakers, whilst maintaining scientific rigour.

# OUR PARTNERS

GERI continued to build on existing collaborations and partnered with new organisations with a focus on harnessing expertise from different domains, creating and translating knowledge.

- Ageing Planning Office, Ministry of Health, Singapore
- Agency for Integrated Care
- Centre for Behavioural and Implementation Science Interventions, National University of Singapore
- Centre for Research on Successful Ageing, Singapore Management University
- Centre for Ageing Research & Education, Duke-NUS Medical School
- Dementia Singapore
- Fei Yue Community Services
- Health Analytics Division, Ministry of Health, Singapore
- Health Promotion Board
- Institute of Geriatrics and Active Ageing, Tan Tock Seng Hospital
- Khoo Teck Puat Hospital
- Knowledge Translation Program, St. Michael's Hospital, Unity Health Toronto
- Lions Befrienders
- MOH Holdings
- Montfort Care
- Nanyang Technological University
- NHG Health
- NHG Polyclinics
- National Heritage Board
- National University of Singapore
- National University Hospital
- National University Polyclinics
- NTUC Health
- People's Association
- Sengkang General Hospital
- Singapore Clinical Research Institute
- Singapore-ETH Centre
- Singapore General Hospital
- SingHealth Polyclinics
- Tan Tock Seng Hospital
- Thye Hua Kwan Moral Charities
- Vanguard Assisted Living (formerly Atlas Care)
- Woodlands Health



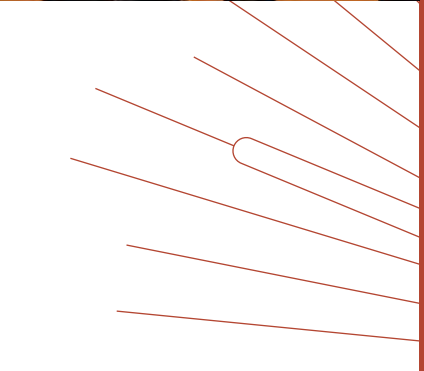
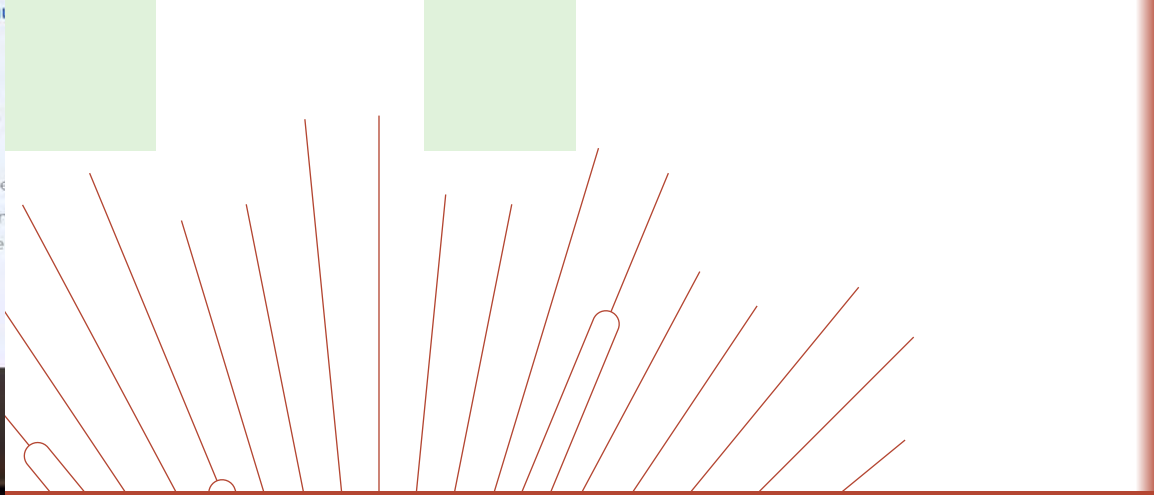


SINGAPORE CONFERENCE  
AGEING AND HEALTH 2026  
FEBRUARY 2 - 3

Ageing Well in the Community  
Exploring New Horizons

## Poster Presentation Dr Jonathan Gao

Geriatric Education & Research Institute, Singapore  
Development of a Novel Healthcare Programme in Primary Care  
Singapore to Manage Early Functional Decline



# SHARING OUR RESEARCH



# JOURNAL PUBLICATIONS

View more journal publications on our [website](#).



- Aw S, Shiraz F, Vrijhoef HJM, Jiajing KX, Yin JD, Ng WC, Lim ZZB, Keong POC, Koh GCH, Hildon ZJ. Validating Community for Successful Ageing (ComSA) BioPsychoSocial Risk Screener Version II (BPS-RS II) with Diverse Multi-Ethnic Senior Populations in Singapore: A Mixed-Methods Study. *BMC Geriatrics*. 2025 Jul 2;25(1):479. doi: 10.1186/s12877-025-06055-9.
- Choo RWM, Lau LK, Cheong GLL, Tan MCS, Tov W, Straughan P, Ding YY, Lim WS. Reliability and validity of a self-administered online assessment of intrinsic capacity: a Singapore cohort study. *Annals of Geriatric Medicine and Research*. 2025 Sep 3. doi: 10.4235/agmr.25.0036.
- Ginting ML, Sum G, Wang SZ, Ding YY, Tay L. Integrated frailty and intrinsic capacity care model for community-dwelling older adults in Singapore: a rapid qualitative study of anticipated implementation barriers and enablers using the Consolidated Framework for Implementation Research and its Outcomes Addendum. *Frontiers in Health Services*. 2025;5:1563686. doi: 10.3389/frhs.2025.1563686.
- Hum A, Kaur P, Goh WY, Tay R, Neo HY, Koh MYH, Ali NB, Lim WS, Tan YJ, Wu HY, Kannapiran P, Tan HTR, Sun Y, Ong CE, Sachdev RS, Low ZJ, Tey LH, Tan WS, Ding YY. Implementing a transmural model of early palliative care in advanced dementia: the use of a hybrid effectiveness-implementation study design. *BMC Geriatrics*. 2025 May 2;25(1):303. doi: 10.1186/s12877-025-05955-0.
- Lim C, Ginting ML, Subramaniam A, Tang JY, Rodrigues EE, Chia JQ, Chua SY, Tan WS, Lim WS, Ding YY, Chew J, Sum G; INFA group. Nurse-led geriatric syndrome screening and intervention program for frail older inpatients in Singapore: a study protocol on implementation research and program evaluation. *BMC Geriatrics*. 2025 Dec 22;26(1):131. doi: 10.1186/s12877-025-06861-1.
- Lun P, Yu CC, Pussayapibul N, Straus S, Goh SF, Low J, Tan WS, Ng R. Using an implementation science approach to enhance advance care planning practice: a community case study. *Frontiers in Health Services*. 2025;5:1680369. doi: 10.3389/frhs.2025.1680369.
- Nai ZL, Choo R, Sum G, Goh SF, Ding YY, Lim WS, Tan WS, Geriatric Service Hub Programme Group. Patient-outcomes of a frailty management program for community-dwelling older adults in Singapore: A cohort evaluation. *The Journal of Frailty & Aging*. 2025;14(4):100048. doi: 10.1016/j.tjfa.2025.100048.
- Ng YS, Zhao F, Ho LYC, Tay L, Shum E, Latib A, Choo S, Chew S, Leong T, Pua YH, Yuen B, Joyce SC, Yang X, Chan A, Maulod A, Wong Y, Soh D, Balan RK, Low LL, Thumboo J, Ding YY, Hoenig HM, Lin S. Elderly Activity Life-Space Envelopes (EASE): Development and Feasibility of a Comprehensive, Integrated Protocol for Life-Space Mobility Research in Population Health. *JMIR Research Protocols*. 2025;14:e79308. doi: 10.2196/79308.
- Tan L, Yu CC, Choo RWM, Le MK, Ng R, Tierney T, Lim E, Lim D, Liaw SY, Hansra G, Ho YY, Ngeow C, Chia SC, Low JA. Development and validation of the Multidimensional Clinical Empathy Scale for healthcare professionals and students. *SAGE Open Medicine*. 2025 Aug 28;13:20503121251365011. doi: 10.1177/20503121251365011.
- Tan WS, Gao J, Ho E, Lau LK, Lun P, Ding YY. Brief geriatric assessments for older adults in the community in Singapore: a policy brief. *Frontiers in Public Health*. 2025;13:1584990. doi: 10.3389/fpubh.2025.1584990.
- Teng PHJ, Tan HTR, Ha NHL, Lim WS, Ding YY, Tan WS; Geriatric Services Hub Programme Group. Enablers and constraints influencing implementation of a novel, multi-site community-based frailty programme: perspectives of leaders and implementers. *BMC Geriatrics*. 2025 Jul 29;25(1):557. doi: 10.1186/s12877-025-06164-5.
- Tou NX, Lau LK, Gao J, Tang JY, Guo L, Munro YL, Ding YY, Ng YS. Exercise Interventions Involving Minimal Equipment for Community-Dwelling Adults With Dementia: A Systematic Review and Meta-analysis. *Journal of the American Medical Directors Association*. 2025;26(12):105917. doi: 10.1016/j.jamda.2025.105917.
- Wang Q, Ginting ML, Ho E, Goh SF, Gao J, Tan WS, Ding YY, Ng WLD, Ng JCA, Kwek SC, Hui RJY, Wang ZS, Ng CJ, Sum G; The IMPACTFrail Group. Development and Feasibility Assessment of an Intrinsic Capacity Program in Primary Care: Protocol for an Implementation Science Approach. *JMIR Research Protocols*. 2026;15:e84257. doi: 10.2196/84257.



# GERI NEWS

In the past year, our researchers have participated in conferences and exchanges, joining national conversations to advance healthy ageing. By featuring our work and our people across platforms, GERI has expanded the reach of our research to a broader audience.

## GERI in the News



**CNA, 26 Aug 2025:**  
*“Life for seniors inside Singapore’s first community care apartments and the lessons for Age Well Neighbourhoods”*

Dr Tan Woan Shin, Deputy Executive Director and Scientist, GERI was quoted in CNA on community care models following the launch of the new Age Well Neighbourhoods national initiative. She said it is important to study different community-based care models, alongside housing models such as community care apartments, so that we can better understand how to build and sustain supportive environments for our older adults.



*Older adults are diverse rather than homogenous, with different healthcare and social needs as well as preferences. Having a greater range of supportive services that cater to older adults across different housing types is key to ageing in place.*

**DR TAN WOAN SHIN**



**CNA, 19 Sep 2025:**  
*“NTUC Health to step up efforts to engage hard-to-reach seniors in community”*

NTUC Health and GERI have unveiled a new research partnership to tackle nutritional challenges faced by socially isolated older adults.

Dr Zoe Lim, Research Fellow, GERI and Principal Investigator for the study, spoke to the media where she shared how her team will be studying potential solutions to support hard-to-reach older adults. These interventions could possibly include working with supermarkets to adjust food portion sizes for older adults living alone, and co-developing more reliable ways for them to access nutrition information.

Click to read additional news coverage in [The Straits Times](#), [The New Paper](#), [Lianhe Zaobao 联合早报](#), and [Channel 8/8world](#).



Scan to read the full story or click [here](#).



Scan to read the full story or click [here](#).

*GovInsider, 5 Nov 2025:*

*“As Singapore ages, how can public healthcare innovations be scaled for lasting impact?”*

In this commentary, Dr Tan Woan Shin, Deputy Executive Director and Scientist, GERI discusses an evidence-driven and evidence-tested approach to scale, sustain and integrate tech enablers aimed at managing rising healthcare demand amid population ageing. A key challenge is to ensure that digital enablers also “age well” and deliver lasting impact for our older adults and health system.



Scan to read  
the full story  
or click [here](#).



*These tools should be developed based on what we know works, using internationally available evidence and, where possible, local data.*

*Importantly, their content and implementation need to be culturally appropriate so they can work well in local settings and for local users.*

**DR TAN WOAN SHIN**

## Awards

### GERI Research Management Committee members are among the world’s top 2% most-cited researchers

Congratulations to Associate Professor Ding Yew Yoong, Associate Professor Lim Wee Shiong and Associate Professor Ng Yee Sien who have been recognised in Stanford and Elsevier’s global round-up of distinguished scientists and most-cited researchers in 2025.

### Silver Award – Scientific Competition at the Singapore Health and Biomedical Congress (SHBC) 2025 (9 – 10 Oct 2025)

Araviinthansai Subramaniam, Research Associate, clinched Silver at the SHBC Scientific Competition, under the “Singapore Young Investigator Award (Health Services Research)” category. His presentation was based on the implementation of the INFA programme conducted at Tan Tock Seng Hospital.



## Advance Care Planning Appreciation Award

Dr Tan Woan Shin, Deputy Executive Director and Scientist, was recognised for her contributions towards Advance Care Planning at an appreciation event on 1 Sep 2025 graced by Minister of State for Social and Family Development, Mr Goh Pei Ming. Dr Tan co-led an ACP workgroup that contributed to a set of national guidelines, launched by the Agency for Integrated Care, to promote consistent standards of ACP implementation in different care settings.



## Best Poster Presentation Award – Singapore Conference on Ageing and Health (SCAH) 2026

Dr Jonathan Gao, Research Fellow, clinched the Best Poster Presentation award at SCAH 2026. Dr Gao's winning poster focused on the co-development of the IMPACTFrail programme to manage early functional decline.



## Building Implementation Science Capacity

GERI conducted an Introductory Workshop on Implementation Science for Sengkang General Hospital's healthcare professionals on 16 Sep 2025, exploring how this field can enhance the adoption of healthcare innovations.

Associate Professor Ding Yew Yoong, Executive Director, discussed the fundamentals of implementation science, including its role in bridging the research-to-practice gap and how it differs from quality improvement projects. Meanwhile, Research Fellow Dr Grace Sum provided an overview of key implementation science building blocks including implementation frameworks, contextual factors, implementation strategies, and research study designs.



## Meet our Researchers Series

### Making empathy measurable: the Multidimensional Clinical Empathy Scale (M-CES)

A multi-institutional research team\* led by GERI and Khoo Teck Puat Hospital has developed the M-CES, a clinical scale that has been locally validated among nearly 1,000 healthcare professionals in Singapore. The M-CES assesses both cognitive and affective empathy in healthcare professionals.

We speak to the core project team behind the M-CES: Dr Laurence Tan (Principal Investigator and Senior Consultant, Geriatric Medicine, Khoo Teck Puat Hospital (KTPH) and Yishun Community Hospital (YCH)), Associate Professor James Alvin Low (Lead Scientist & Member, Research Management Committee, GERI and Senior Consultant, Geriatric Medicine and Palliative Care, KTPH and YCH) and Dr Yu Chou Chuen (Co-Investigator and former Senior Research Fellow, GERI).



Moreover, measurement enables accountability and quality improvement. Just as we measure clinical indicators, measuring empathy ensures it remains central to healthcare delivery rather than being overlooked under operational pressures.



**DR LAURENCE TAN**



In the area of translational research and implementation science, it is very important that we identify barriers and enablers that impact a programme or service, determining its ultimate success or failure.



**ASSOCIATE PROFESSOR JAMES ALVIN LOW**

\*With collaborators from the Lee Kuan Yew School of Public Policy, Lee Kong Chian School of Medicine at Nanyang Technological University, Nanyang Polytechnic, the Alice Lee Centre for Nursing Studies at the National University of Singapore, Ngee Ann Polytechnic and Tan Tock Seng Hospital

### Tackling malnutrition among isolated older adults through collaborative research and co-design

GERI's POPEYE (POwer my Plate with divErsitY and tastE) project adopts a community-based participatory research approach to work directly with isolated older adults and understand their lived experiences, with the ultimate goal of improving their nutrition. In collaboration with community partners like NTUC Health, the team has been conducting interviews and dietary assessments with older adults who are socially isolated.

We speak to Dr Zoe Lim, Research Fellow, GERI and the Principal Investigator of the study team, about her fieldwork insights, the challenges of reaching isolated older people in Singapore, and why doing research "with" rather than "on" communities matters.



Diet change is very challenging, so we can only do our best. But I think it is already good news if we can create a positive shift that builds momentum and leads to further improvements. All small shifts count, and in the long run, one small shift for individuals can translate to significant population-level effects.



**DR ZOE LIM**

## Ageing well and staying socially connected with hearing loss

GERI's HELLO study aims to uncover much-needed evidence to help policymakers, care providers and community partners better support older adults with hearing difficulties.

On World Hearing Day 2026, we catch up with the HELLO study team: Principal Investigator, June Teng (Research Fellow, GERI) as well as the project's quantitative analysis lead Dr Serene Nai (Research Fellow, GERI) and qualitative analysis lead, Araviinthansai Subramaniam (Research Associate, GERI). They tell us more about their collaborations, methods and how they hope their research will make an impact.



Read more feature stories on our Scientists and researchers on our [website](#).



*Each partner provides a vital piece to this project: Singapore Association for the Deaf brings experience in working with the hard-of-hearing, Lions Befrienders and Fei Yue Community Services provide extensive community reach to seniors, and ROSA offers academic knowledge in social well-being and the nationally-representative Singapore Life Panel dataset. We hope to work with them to inform existing health and care services and if needed, develop new programmes shaped by evidence, to enhance the social connectedness of older Singaporeans with hearing loss.*



**JUNE TENG**

## Conference Presentations

- AcademyHealth 2025 Annual Research Meeting, Minneapolis (7 – 10 Jun 2025)**  
 Deputy Executive Director Dr Tan Woan Shin delivered two poster presentations. The first presentation explored Brief Geriatric Assessments as a screening strategy for older adults in primary care and community settings, while the second examined implementation challenges of the PRO-MADE prognostication tool.
- International Society of Behavioral Nutrition and Physical Activity Conference, Auckland (11 – 14 Jun 2025)**  
 Senior Research Fellow Dr Charlene Lau gave a poster presentation sharing insights from GERI's collaborative study with the Health Promotion Board. It examined the barriers and motivators to older adults' participation in exercise programmes, and whether functional assessments in community settings can motivate sedentary older adults to become more physically active.
- International Life Sciences Institute Symposium on Nutrition and Healthy Longevity (6 – 7 Aug 2025)**  
 Research Fellow Dr Zoe Lim presented on the POPEYE study which aims to co-design a culturally appropriate intervention that improves the diet quality of older adults living alone, outlining its community-based participatory research approach in collaboration with NTUC Health.
- Australasian Research Management Society Conference, Melbourne (10 – 12 Sep 2025)**  
 Assistant Director Dr Edward Tan delivered an oral presentation highlighting GERI's strategic approach to research translation and how our research management professionals support the real-world impact of GERI's scientific findings.

---

## 5. Singapore Health and Biomedical Congress (SHBC) 2025 (9 – 10 Oct 2025)

GERI researchers delivered the following poster presentations at the conference:

- Dr Benedict Pang, Research Fellow: Co-designing a minimal-equipment resistance exercise intervention for community-dwelling older adults with dementia – A participatory approach
- Dr Tew Chee Wee, GERI Visiting Consultant and Senior Consultant, Khoo Teck Puat Hospital and Yishun Community Hospital: Implementation of a telehealth service – A mixed method study
- Dr Serene Nai, Research Fellow: Association of identified intrinsic capacity domains with 30-day post-discharge hospital and emergency department admission
- Araviinthansai Subramaniam, Research Associate: Identifying and addressing anticipated barriers and facilitators in implementing an integrated nursing-led frailty management programme within a hospital in Singapore (Winner: Silver, Scientific Competition)



Scan to read the recap of GERI's presentations at SHBC 2025, or click [here](#).

---

## 6. 19<sup>th</sup> Singapore Public Health & Occupational Medicine Conference (23 – 24 Oct 2025)

Research Officer Tang Jia Ying's poster shared updates from a pragmatic controlled trial which assessed the impact of the I-CREATE study. Research Officer Zoey Tan presented a poster on the THINK telehealth service evaluation, outlining gaps between service design assumptions versus older adults' needs.

---

## 7. Evidence and Implementation Summit, Melbourne (27 – 29 Oct 2025)

GERI researchers delivered the following talks and poster presentations:

- Dr Tou Nien Xiang, Research Fellow: Theorising implementation mechanisms for a community-based exercise intervention for people living with dementia using causal pathway diagrams (Oral presentation)
- Dr Mimaika Luluina Ginting, Research Associate: Key factors and strategies driving successful adoption and implementation from the pilot of the INFINITY-ICOPE programme (Lightning talk)
- Wang Qing, Research Associate: Stakeholder-driven approach to balance implementation fidelity and contextual complexities for the IMPACTFrail programme (Poster presentation)
- Pirratheep Moorthy, Research Officer: Evaluation of a hospital-based post-discharge telehealth service - Barriers and facilitators to delivery, patient outcomes and resource utilisation (Poster presentation)



Scan to read the recap of GERI's presentations at EIS 2025, or click [here](#).

---

## 8. Singapore Allied Health Conference 2025 (6 Nov 2025)

Research Fellow Dr Grace Sum was invited to speak on the role of implementation science in enabling better implementation of complex healthcare interventions in real-world contexts, showcasing GERI's projects on optimising functional ability in primary care and community settings.

---

## 9. ISPOR (Professional Society for Health Economics and Outcomes Research) Europe 2025, Scotland (9 – 12 Nov 2025)

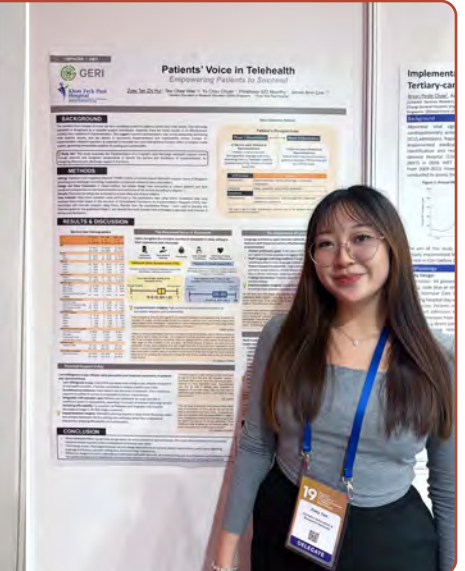
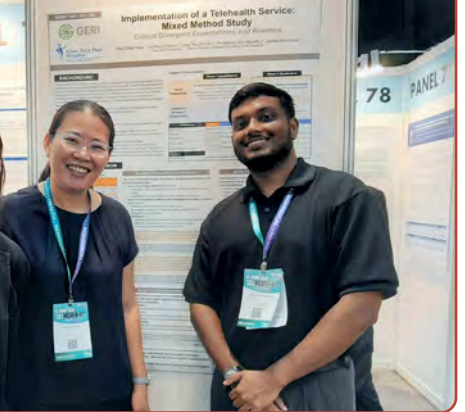
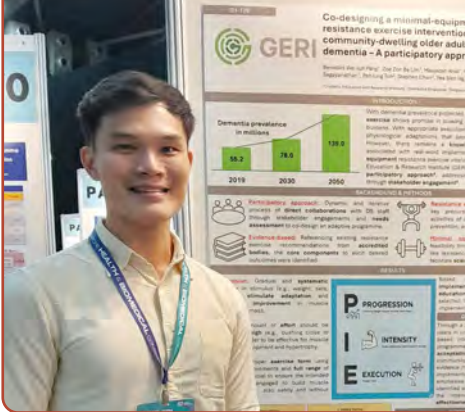
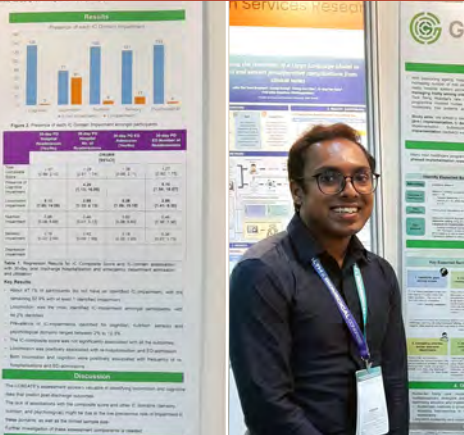
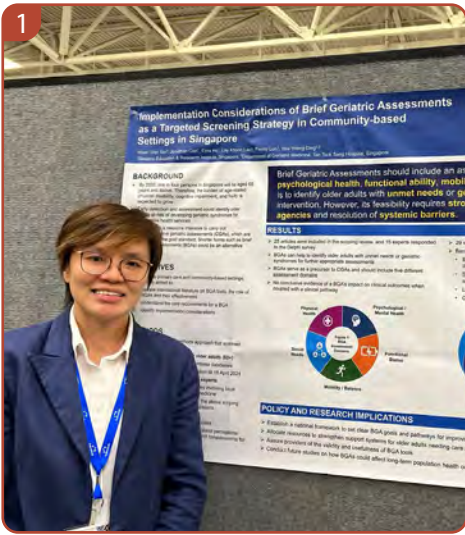
Research Fellow Dr Serene Nai presented a poster on the cost-effectiveness of the I-CREATE programme, showing that programme participants gained more quality-adjusted life years but also incurred more healthcare costs.

---

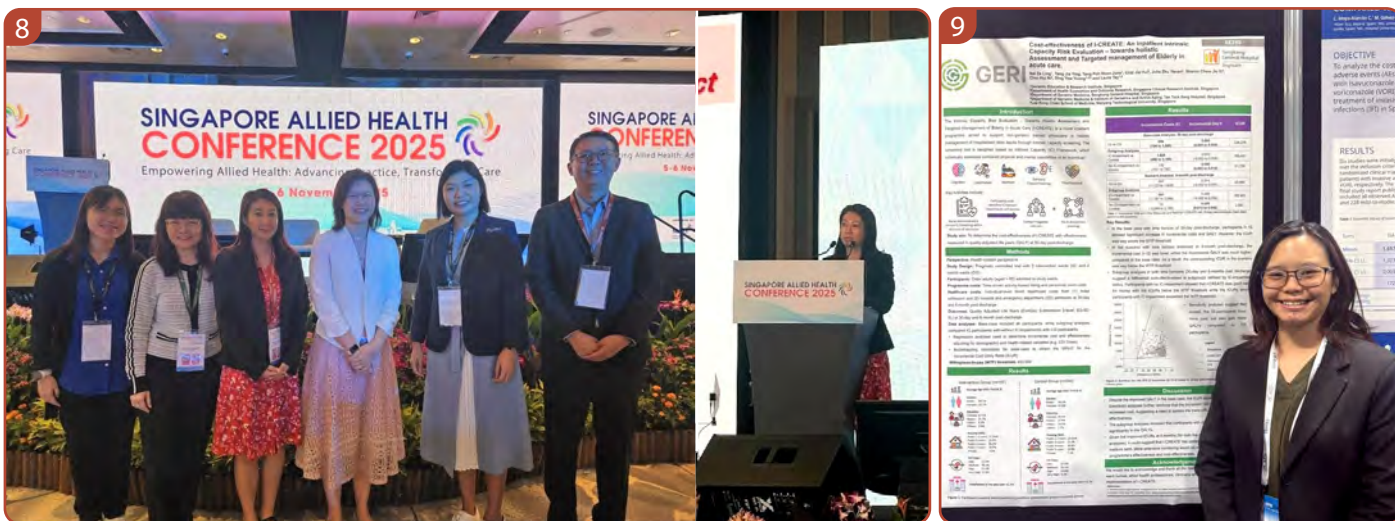
## 10. Asian Conference on Implementation Science 2025, Guangzhou (11 – 14 Nov 2025)

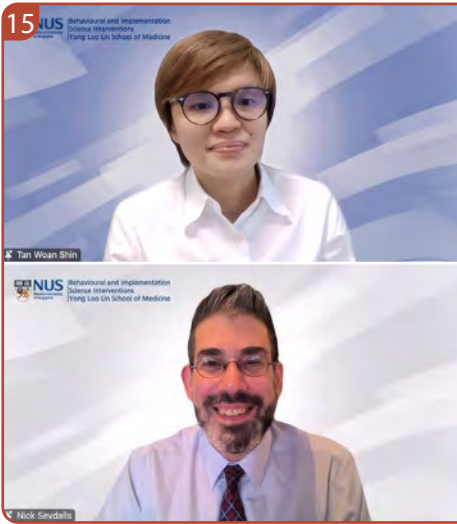
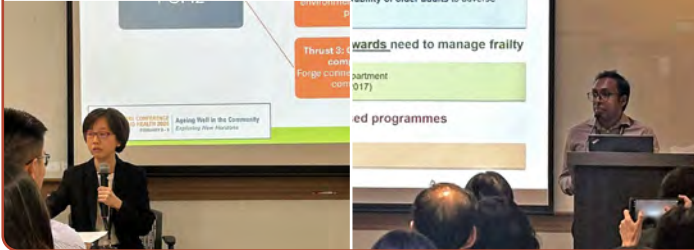
Research Fellow June Teng presented key implementation insights from a GERI study on I-CREATE, a programme which was piloted at Sengkang General Hospital to reduce adverse hospitalisation outcomes in older adults admitted to general medical wards.

---



GERI NEWS





---

### 11. 18<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health, Washington DC (14 – 17 Dec 2025)

GERI Executive Director Associate Professor Ding Yew Yoong delivered an oral presentation on the IMPACTFrail study, including how GERI and collaborators across three Regional Health Systems jointly adapted the recommendations in the National Frailty Strategy to fit local polyclinic contexts, while selecting and tailoring implementation strategies.

---

### 12. Singapore Conference on Ageing and Health 2026 (2 – 3 Feb 2026)

In total, 11 GERI researchers presented on eight projects. Highlights include oral presentations from the following researchers:

- June Teng, Research Fellow: Evaluating a peer support programme to support caregiver well-being in the community: A feasibility study
- Dr Tou Nien Xiang, Research Fellow: Barriers and Facilitators of Implementing Resistance Training in Dementia Care-A Qualitative Study Using the COM-B Model
- Araviinthsai Subramaniam, Research Associate: Nurse-Led Integrated Care for Hospitalised Older Adults with Frailty: Insights into Implementation Barriers and Enablers
- Dr Mimaika Luluina Ginting, Research Associate: Embedding context in implementation: Lessons from a community-based intrinsic capacity programme in Singapore
- Silvia Sim, Research Associate: Science meets Stories: Using the Global Diet Quality Score to assess diet quality amongst isolated seniors in Singapore
- Wang Qing, Research Associate: Evaluating implementation strategies' implementation quality for intrinsic capacity management programme in primary care
- Pirratheep Moorthy, former Research Officer: Implementation of a Telehealth Service: User Age, Expectations and Realities



Scan to read more on GERI at SCAH 2026, or click [here](#).

---

### 13. 4<sup>th</sup> Swiss Implementation Science Conference/IMPACT Conference 2026 (12 – 13 Feb 2026)

Dr Grace Sum Chi-En, Research Fellow, presented on the IMPACTFrail and INFINITY-ICOPE research projects. She discussed the execution of implementation strategies in relation to organisational context, stakeholder groups with competing priorities, and varying resource availability.

---

### 14. Ageing Research Network Symposium 2026 (25 Feb 2026)

Dr Serene Nai, Research Fellow, gave a presentation on the role of communication technology in enhancing emotional support and subjective well-being for older adults. Her findings showed that attitudes towards technology directly affect older adults' emotional well-being and happiness, especially for those living alone.

---

### 15. Centre for Behavioural and Implementation Science Interventions (BISI) Webinar (11 Mar 2026)

Dr Tan Woan Shin, Deputy Executive Director, was an invited speaker alongside other panellists including BISI's Academic Director, Professor Nick Sevdalis at a BISI talk around the topic "What Comes After What Works? Stepping Forward into Complexity Through Programme Evaluation".

---

### 16. 12<sup>th</sup> Asian Conference on Aging & Gerontology, Tokyo (22 – 27 Mar 2026)

Araviinthsai Subramaniam, Research Associate, presented on the Inpatient Nursing Frailty Assessment (INFA) pilot programme. His talk covered the role of implementation strategies in improving use of resources, addressing stakeholders' competing priorities and catering to patient diversity. He also discussed how to enhance programme uptake and delivery.

---

# LinkedIn Highlights

Another channel of engagement with GERI's external stakeholders and the wider community is our LinkedIn page. Reaching over 1,200 subscribers and counting, our page provides regular updates on recent publications, research findings and researchers' dissemination activities.



Scan to follow us for more updates or click [here](#).

**Geriatric Education & Research Institute**  
1,229 followers

Implementation [#research](#) helps to ensure that [#healthcare](#) innovations are translated into local practice in a way that is contextualised, relevant and useful. Theories and frameworks are used to provide explicit descriptions of implementation-related phenomena to facilitate shared understanding across diverse settings.

One example is the updated Consolidated Framework for Implementation Research (CFIR) with its Outcomes Addendum (OA). GERI researchers applied the CFIR with OA in a recent rapid qualitative study on the INFINITY-ICOPE programme led by [SingHealth](#), which aims to help [#olderadults](#) maintain their functional independence and age well in the [#community](#).

Using the CFIR with OA, the study team comprehensively mapped the potential barriers and enablers around the likelihood of key stakeholders adopting INFINITY-ICOPE, prior to its implementation. Through early engagement, these factors can be anticipated prior to actual programme implementation, enhancing its potential for successful adoption and execution.

Published in the *Frontiers in Health Services* journal, the findings suggest implementation readiness at clinical and service levels, though strategies need to address barriers and leverage on enablers. Click to read the full paper: <https://lnkd.in/g/Cex935>

[#implementationresearch](#) [#impsci](#) [#impresearch](#) [#intrinsiccapacity](#) [#healthservicesresearch](#) [#knowledgetranslation](#) [#communitycare](#) [#healthyageing](#)

**Putting health programmes into action: Using the updated Consolidated Framework for Implementation Research (CFIR)**

Key components:

01. Identify the target population and setting
02. Select the intervention to be implemented
03. Tailor content to address the implementation setting needs
04. Identify enablers
05. Develop an implementation strategy

THE GERI TEAM COMPLETED CFIR WITH ITS OUTCOMES ADDENDUM IN ORDER TO:

- Articulate the implementation strategy that the team aims to address.
- Explore relationships between implementation sustainability and facilitator.

1 comment · 2 reposts

**Geriatric Education & Research Institute**  
1,229 followers

How can we translate evidence-based [#exercise](#) prescriptions for [#olderadults](#) into real-world practice? Our GERI researchers share snapshots from the field as they work closely with collaborators from [Dementia Singapore](#) to implement a progressive resistance exercise intervention in [#dementia](#) daycare settings, using minimal equipment.

It is critical for interventions to fit into existing implementation settings in order to deliver their intended benefits.

For this study, the GERI team adopted a participatory approach to co-design the exercise intervention with [#community](#) partners, with a focus on using low-cost and portable equipment like resistance bands and wrist weights. These are promising and scalable interventions to maintain the [#functionality](#) of older adults in community settings, where specialised equipment may not be available.

Recently, the study team conducted training sessions for staff at Dementia Singapore's New Horizon Centre in Bukit Batok in preparation for rolling out the exercise intervention. In addition to hands-on training, our researchers shared educational materials and discussed potential barriers to implementation.

Click through the photos below for a behind-the-scenes look!

Read more on our website: <https://lnkd.in/g62UVWpn>

[#ageing](#) [#ageingresearch](#) [#healthyageing](#) [#cognitivehealth](#) [#cognitivedecline](#) [#socialcare](#) [#communitycare](#) [#impsci](#) [#implementationresearch](#) [#participatoryresearch](#) [#communitybasedresearch](#)

with Benedict Pang, PhD and 3 others

4 reposts

**Geriatric Education & Research Institute**  
1,229 followers

Yesterday marked World Evidence-Based Healthcare Day (20 October), a global initiative that calls for better evidence to inform practice, policy and decision-making in order to improve health outcomes.

At GERI we take a special interest in evidence-based healthcare and its real-world [#implementation](#) for Singapore's [#ageing](#) population. Recently, our researchers had the opportunity to disseminate our ongoing research in this area at the 21st Singapore Health & Biomedical Congress 2025 ([#SHBC2025](#)).

4 studies were showcased, demonstrating how GERI works with stakeholders in healthcare and [#community](#) care to co-develop strategies to improve, sustain and scale up evidence-based interventions for [#healthyageing](#).

These include our collaborations with [Dementia Singapore](#) on co-designing exercise interventions for older adults with [#dementia](#), [Tan Tock Seng Hospital](#) on a nurse-led programme targeting [#frailty](#), [Khoo Teck Puat Hospital](#) on telehealth and [Sengkang General Hospital](#) on intrinsic capacity screening.

View the slideshow below for highlights.

Read the full story on our website: <https://lnkd.in/g/CunGSEI>

[#healthservicesresearch](#) [#implementationscience](#) [#impsci](#) [#ageingresearch](#) [#olderadults](#) [#translationalresearch](#) [#SHBC](#) [#WorldEBHCDay](#) [World EBHC Day](#)

**World Evidence-Based Healthcare Day 2025**

GERI at SHBC 2025  
**I-CREATE study: Association of intrinsic capacity domains with 30-day post-discharge readmission**

Dr Serene Nai Ze Ling, Co-Investigator

I-CREATE is a novel intrinsic capacity screening programme conducted in inpatient settings. Findings suggest that participants with locomotion domain impairment were more likely to be admitted to hospital and the emergency department. Locomotion and cognition domains were also positively predictive of the number of admissions.

Read the full story on [www.geri.com.sg](http://www.geri.com.sg)

You and 50 others · 8 reposts

**Geriatric Education & Research Institute**  
1,229 followers

Today, we commemorate the International Day of Older Persons ([#IDOP](#)), under the United Nations Decade of [#HealthyAgeing](#), which shines a spotlight on the challenges and opportunities faced by older adults around the world.

Older populations are diverse rather than homogenous. This year's IDOP theme, "Older Persons Driving Local and Global Action: Our Aspirations, Our Well-Being, Our Rights", calls for us to reframe [#ageing](#) through the lens of dignity and strength.

We speak to our researchers Pirratheep Moorthy, Zoey Tan Zhi Hui and Tang Jia Ying on how their work at GERI has given them fresh insights into the agency of [#olderadults](#), what matters in the ageing journey and how we can better support the broader process of ageing well in Singapore.

Read their reflections below!

[#IDOP2025](#) [#research](#) [#ageingresearch](#) [#translationalresearch](#)

**International Day of Older Persons 2025**

Zoey Tan  
Research Officer  
GERI

Working with residents at Bukit Batok's Community Care Apartments changed my assumptions about retirement. I got a glimpse into the vibrant lives of retirees who were living independently and ageing gracefully, be it attending centre outings with their neighbours, playing pool on a weekday morning, or cooking and sharing meals with one another.

Swipe for more

2 comments · 8 reposts



# LIFE IN GERI





## Supporting GERI's Research

Beyond our Research and Knowledge Translation units, we also acknowledge the contributions of our Research Administration, Finance & Administration, Strategy & Communications teams. Together, they provide essential supporting expertise to enhance GERI's capability and operations.

### Finance & Administration:

Kong Lai Ho, Vivien Teng, Foo Lea Ping

### Research Administration:

Qiu Shijia, Kelly Wong, Chang Chui Rhong, Jasmine Tan, Junn Lim, Natasha Lee

### Strategy & Communications:

Chiam Ai-Ling, Dr Edward Tan, Charlotte Ong, Jenny Ganeshrays, Fahreeq Fattah Medina



## Facilitating Research Impact at GERI

With the pressures of an ageing population, there is an even greater need to turn research evidence into effective programmes, interventions and policies that improve the health of older persons. Our Assistant Director, Strategy and Communications, Dr Edward Tan, delved into the evolution of research impact at GERI.



*What I've come to appreciate is that research impact isn't just about producing papers or securing grants – it's about creating tangible and sustainable benefits for the everyday person on the street, including our future selves as we age.*

**DR EDWARD TAN**



Scan to read the full story or click [here](#).





## Capability Building

### A Primer on the Science of Behaviour Change Workshop

GERI researchers participated in a three-part workshop series in Apr 2025 on the science of behaviour change led by Professor Ayelet Gneezy, Visiting Professor, Behavioural and Implementation Science Interventions, Yong Loo Lin School of Medicine, National University of Singapore. Through interactive sessions, the researchers gained valuable insights into the processes and methods essential for designing effective behaviour change interventions.



### GERI supervises NUS BISI Master's students

As part of their thesis project with GERI, Cheryl Tay and Celeste Neo from the Centre for Behavioural and Implementation Science Interventions (BISI) at the Yong Loo Lin School of Medicine, National University of Singapore (NUS) are exploring how to better support older adults in ageing well. Under the supervision and mentorship of our Research Fellows Dr Grace Sum Chi-En and Dr Jonathan Gao, they are working on an evidence synthesis project related to intrinsic capacity and the WHO Integrated Care for Older People framework.



From left to right: Celeste Neo, Cheryl Tay, Dr Grace Sum and Dr Jonathan Gao.



*The mentorship at GERI has been extremely supportive and enriching. Overall, this experience has broadened how I approach research beyond clinical outcomes and will directly support my future research endeavours, allowing me to bridge clinical expertise with rigorous, real-world implementation work, including in nursing and oncology settings.*

**CHERYL TAY**



*Conducting research with GERI has strengthened my understanding of how evidence can be translated into practice and policy. I've learned how behavioural and implementation science frameworks like COM-B and CFIR can support ageing research, particularly in understanding and enhancing older adults' intrinsic capacity and participation.*

**CELESTE NEO**



## Staff Welfare

### Monthly Birthday Celebrations

GERI's monthly birthday celebrations offer a pause from our busy schedules, as we take time to appreciate the people who make our organisation special, while bonding over cake and treats. Recognising these personal milestones together helps us build a workplace that values both professional growth and personal connections.



### Annual Staff Lunch and Long Service Awards

GERI researchers and staff kicked off the year with our annual staff lunch on 15 Jan 2026, spending time connecting with each other and looking forward to the year ahead. We also celebrated the achievements of our deserving colleagues who received their Long Service Awards from our Executive Director, Associate Professor Ding Yew Yoong. The recipients were: Dr Tou Nien Xiang, Research Fellow; Dr Serene Nai, Research Fellow; June Teng, Research Fellow; Charlotte Ong, Manager; and Norhidayah Ishak, Senior Assistant Manager.





**Geriatric Education & Research Institute**



2 Yishun Central 2, Singapore 768024



[www.geri.com.sg](http://www.geri.com.sg)



Geriatric Education & Research Institute



[enquiry@geri.com.sg](mailto:enquiry@geri.com.sg)