

SILVER VITALITY LEVER (SVL)



& MDM ANG

Mdm Ang, a sprightly 60 year old, is a familiar face in the bustling community of Toa Payoh. She finds companionship in the company of fellow seniors at the THKMC Active Ageing Centre (AAC).

One day, Mdm Ang was invited by the AAC to attend the SVL Briefing. Mdm Ang was puzzled. What is SVL? Curious and intrigued, Mdm Ang decided to attend the briefing.

The SVL Programme

The programme facilitator explained that SVL is short for "Silver Vitality Lever." The programme is designed to empower seniors like Mdm Ang to better manage their health through lifestyle changes by:

1. Bringing about nutrition awareness and monitoring
2. Increasing mobility and exercise routines (150 mins a week)
3. Management of chronic ailments

How does SVL help?

Seniors often tend to be lax with diet and exercise unless they have been advised by doctors. This causes their chronic ailments to be not well managed even with medication.

This can lead to unexpected health crises or emergencies, the facilitator explained. Your quality of life will deteriorate over time and disease burden will increase with age; a cause of distress for your loved ones.

“Preventive health is the way to go!”



“Is this necessary?”
Mdm Ang was thinking.
“I think I’m healthy.”



SVL Programme Journey



A befriender will be matched to each senior to provide support and motivation for lifestyle changes

Monthly support group meetings and preventive health check-ups to keep everyone connected



Seniors will be taught on how to keep track of their diet, exercise, and to monitor their vitals

Seniors will be provided with IOT enabled vital monitoring devices with mobile app support



“So I will get to manage my health and make new friends! This is wonderful!”
Mdm Ang exclaimed.