

## Theme: Neighbourhoods

### WHAT IS THIS INITIATIVE ABOUT?

Frailty among older adults in Singapore is projected to rise significantly, from 5–6% today to 27% by 2030. Recognising frailty as a dynamic and reversible condition, our neighbourhood-based programme Revitalize, delivered through a Day Rehabilitation Centre (DRC) at Ren Ci Woodlands, offers early intervention through personalised exercise strategies tailored to each senior’s frailty status.

The Revitalize programme addresses different needs across the frailty spectrum. Pre-frail seniors engage in resistance and balance exercises to reverse frailty, improve mobility and prevent decline. Frail seniors receive a combination of aerobic and resistance training to build endurance and support daily function. Guided by the understanding that ageing-related muscle loss primarily affects type 2 fibres, our approach emphasises progressive and sufficient loading in resistance exercises to restore strength effectively.

By offering accessible and regular rehabilitation within the community, the Revitalize programme encourages consistent participation and reduces barriers to care. It also brings together seniors living nearby, promoting social connectedness, reducing isolation and encouraging peer motivation. By tailoring interventions in a familiar and supportive setting, the programme supports healthy ageing and empowers seniors to stay active, independent and meaningfully engaged in daily life.

### INITIATIVE’S IMPACT

Since its pilot launch in October 2024, the Revitalize programme has shown meaningful improvements in community health and social care. With a staff-to-client ratio of 1:3 and active involvement from family members or helpers, the programme delivers personalised, twice-weekly sessions over six months.

Participants are assessed at the pre-, mid- and post-programme stages using the Short Physical Performance Battery (SPPB), fast gait speed (10-Metre Walk Test) and handgrip strength. Based on their initial SPPB scores, participants are categorised as pre-frail (SPPB 7–9) or frail (SPPB ≤6). Physiotherapists conduct assessments, while Therapy Assistants (TAs) carry out the prescribed interventions. To date, seven participants have completed the mid-point assessment.

The use of HUR machines enables safe, progressive strength training tailored to individual abilities. Family involvement helps sustain gains beyond the centre, such as continuing resistance training at community gyms. This shared approach supports long-term participation, functional improvement and community well-being.

### PLANS AHEAD

With promising results from the mid-point assessment, Revitalize is ready to be extended to other Ren Ci DRCs, benefitting more seniors in the community. Mid-point data collection has been completed and end-point assessments are scheduled to provide a more comprehensive view of the programme’s impact. As more data is gathered, the programme will be refined to improve outcomes for frail seniors. Feedback from participants and family members is being incorporated to ensure interventions remain effective and sustainable.

Revitalize is designed to be TA-driven. TAs, who currently deliver interventions, are well-positioned to take on assessment responsibilities with proper training. This supports scalability, empowers TAs in their roles and promotes long-term sustainability.

These strategic improvements aim to establish a sustainable, community-based model that empowers seniors to stay active beyond the programme. There is potential to explore collaborations with external partners to scale and broaden its impact across the community care sector.

Participant Profile



Pre-frail	Frail
	

Figure 1: Seven participants, two pre-frail and five frail have completed the three-month midpoint assessment.

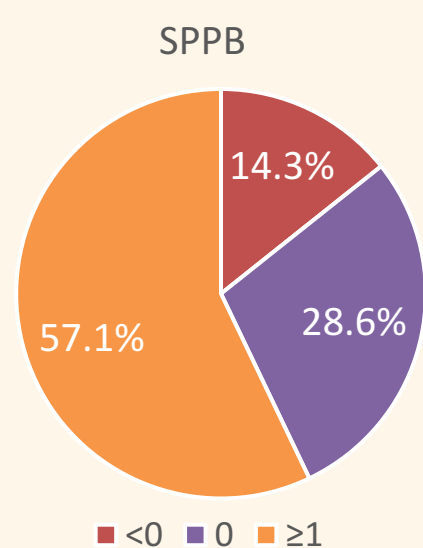


Figure 2: 85.7% maintained or improved their SPPB scores

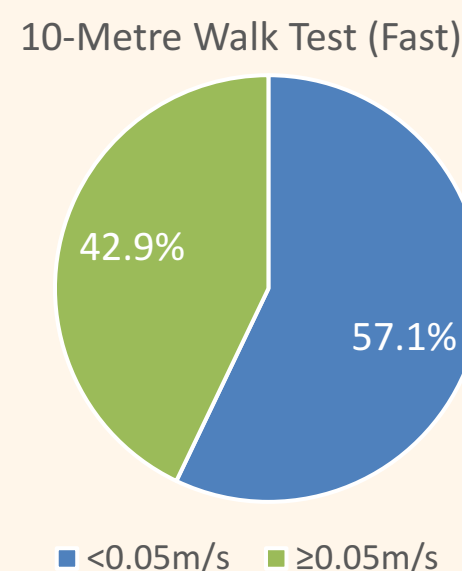


Figure 3: 42.9% demonstrated significant gains in fast gait speed, as measured by the 10-Metre Walk Test.

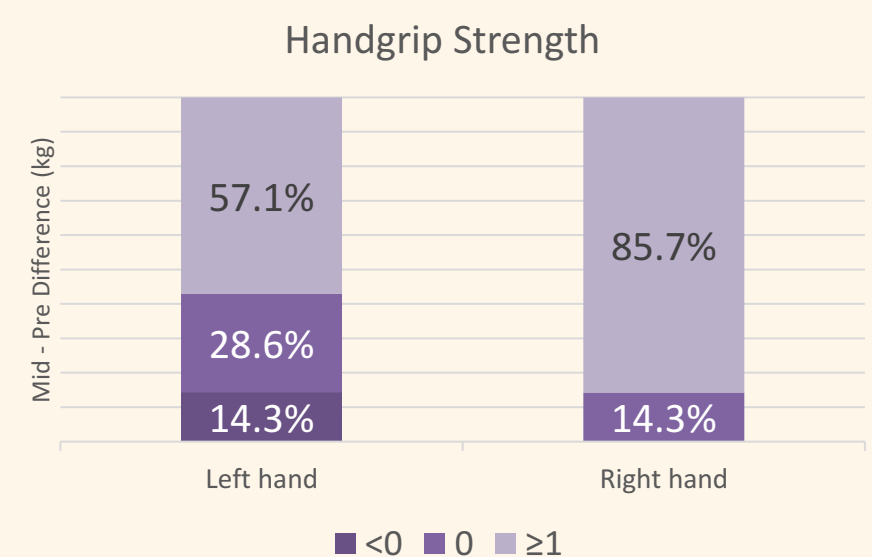


Figure 4: Handgrip strength showed positive gains, with 85.7% of participants maintaining or improving in the left hand and 100% in the right.

### OUR OFFER

Revitalize offers a community-based, TA-led frailty intervention model that can be shared for learning. This includes insights on programme design, client triaging based on frailty status, outcome measurement using SPPB and the 10-Metre Walk Test and the use of HUR machines for safe and progressive strength training. The model’s approach to involving family members and fostering peer support can also be shared to support social engagement and sustainability.

Revitalize is particularly relevant for seniors undergoing rehabilitation for deconditioning under the National One-Rehabilitation Framework. Joint piloting with primary care providers such as General Practitioners and polyclinics can help enrol eligible seniors into Revitalize, enhancing accessibility and impact.

For long-term sustainability, collaboration with elderly-friendly active gyms, such as Active Ageing Centres or local community gyms, will ensure continuity of exercise beyond the DRC, providing seniors with familiar and supportive environments.

Through shared learning, adaptation and collaboration, Revitalize contributes to building an effective manpower-optimised model that empowers seniors to stay active, independent and socially connected. These efforts aim to support the broader transformation of community care, contributing to more sustainable and effective senior health programmes.