

## MEDIA RELEASE

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### **Celebrating 25 Years of Service with Heart & Hope with launch of a New Home**

- Fully operational Ren Ci @ Ang Mo Kio brings better care and supports ageing in place for seniors -

Singapore, 11 May 2019 – The official opening of Ren Ci Hospital's new nursing home in the heartland of Teck Ghee marks yet another milestone as the charity organisation celebrates 25 years of delivering quality and affordable medical, nursing and rehabilitative care services for the elderly community.

Ren Ci @ Ang Mo Kio is a purpose-built 472-bedded nursing home, designed to provide greater privacy and allow the residents more autonomy and dignified living in a space-efficient way. The design was a pilot together with MOH to allow our seniors to age in more homely environment.

### **Eight Foot Way**

Along the corridor linking three households on the same floor is an “eight-foot way”, a play on the old five-foot way or “wu jiao ji (五脚基)” in Chinese and “kaki lima” in Malay. While the ubiquitous five-foot ways were continuous corridors or verandahs, built in front of the shophouses to demark a common boundary along the streets, the eight-foot ways in the new home aims to foster the connection between households where the residents can gather and spend time over a cup of coffee at the kopi corners. Each level will also feature a themed area such as the bird or the reminiscence corner to inject the nostalgic mood of the olden days within the home.

“The cluster-living concept and the eight-foot way allow activities of daily living to occur within a smaller-scale environment, reminiscent of a large family home, and yet promotes interaction among seniors. Like what a home would be like, this concept does not segregate or confine seniors in isolated rooms which may be more challenging in terms of monitoring and care, said Mr Joe Hau, CEO of Ren Ci Hospital.

### **Short Stay Unit**

Ren Ci @ Ang Mo Kio also piloted the 80-bedded Short-Stay Unit (SSU) with MOH programme funding to provide a limited term of care of up to 6 months for a selective group of residents to recuperate in a supportive environment before returning to the community. This pilot is driven by Ren Ci's social work team who has determined that most seniors require longer period of rehabilitation after discharge from acute hospitals to slowly get back into their daily routines and activities. They also require post-care services such as meals-on-wheels and medical escort services which the SSU team will arrange at the end of their interim care.

The other aspect of SSU is to increase the residents' sense of independence, self-worth and meaning in life through self-discovery and reconnection. Since the launch of the SSU service, 70 seniors have benefited from the short term care and 34 of them have returned home.

### **Improve Productivity through Innovation**

With the focus on process optimisation through use of healthcare innovation to enhance productivity, the home has embarked on a trial of a new showering system that removes the need for extensive manual bathing, thereby cutting down the time required to bath a wheelchair-bound patient.

The VIAMI shower system, which is widely used in Japan to bath elderly on wheelchairs, is a dome-shaped chamber which envelops the person and the wheelchair and offers a full, automated shower for the body. This reduces the burden on the caregiver, keeping them dry throughout the shower. It also offers patients more privacy during bath time and prevents the risk of injuries from potential falls. Preliminary result demonstrated 55% time saving in the shower process from a ten minutes assisted showering to a mere 4.5 minutes.

Ren Ci will be tapping on the Healthcare Productivity Fund administered by the Agency for Integrated Care (AIC) to acquire and install the showering equipment. Ren Ci will work with AIC to assess the productivity benefits of this new equipment and to share the insights from the trial with other organisations in the Community Care sector.

### **Ren Ci Learning Academy**

The increasing demand for healthcare professionals in light of the ageing population and the importance of delivering quality healthcare has propelled the establishment of Ren Ci Learning Academy (RCLA). RCLA seeks to upskill the community's capabilities to better care for the elderly. It will also be at the forefront to drive the innovation and redesign of care to deliver and spread value-based and affordable care for the elderly.

"As Ren Ci celebrates our 25th Anniversary, we also reflect on our journey of continuous progress and improvements in our care delivery. In view of the vast knowledge and experience that we have gained, it is timely now to conduct training for external healthcare professionals, volunteers and the community," said Ren Ci Chief Nurse & RCLA Executive Director, Mdm Sim Teck Meh.

One of the focuses of RCLA is the cross-training and transdisciplinary model of care for Allied Health professionals (AHP) to reduce the number of touch points that an elderly goes through in the healthcare system. The transfer of knowledge helps to identify and target the group of patients who require rehabilitation services effectively, thereby meeting the needs of an ageing population. For example, an occupational therapist can be trained to perform basic physiotherapy assessment and vice versa. With the added skillsets, time is saved as an elderly only need to be seen by one therapist for the initial assessment.

To facilitate these developments, RCLA has signed a Memorandum of Understanding (MOU) with the Centre for Allied Health and Pharmacy Excellence (CAPE) of Tan Tock Seng Hospital (TTSH). CAPE is a new strategic platform to build thought leadership and drive innovation in the roles and care models as future-ready Allied Health & Pharmacy professionals. This is done through collaborating, co-learning and co-creating with patients and community partners across health-social sectors.

Ms Lim Hong Yee, Director for CAPE says, "This collaboration will enable the transfer of knowledge and skills to improve the accessibility of Allied Health services in the community. We look forward to working closely with Ren Ci and our community care partners to address the varying health and social needs of the population."

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### **About Ren Ci Hospital**

Established since 1994, Ren Ci Hospital is one of the few charity healthcare institutions in Singapore to provide high quality and affordable medical, nursing and rehabilitative care services for the community, based on the principles of loving kindness and compassion. Ren Ci plays an integral role in supporting the healthcare needs of the elderly through adopting holistic way of delivering person-centred care.