



17 September 2010

MEDIA RELEASE
For Immediate Release

KHOO TECK PUAT HOSPITAL ('KTPH') TO HELP ELDERLY BETTER MANAGE AGEING ISSUES

Efforts will be complemented by the launch of a new Caregiver Handbook and the opening of Able Studio, a new concept store targeted at the elderly and their caregivers

Singapore – Growing old can be intimidating without sufficient and appropriate knowledge of ageing-related health issues. 'Making the Best of Your Autumn Years', a health and wellness festival organised by KTPH intends to address some of these concerns and help seniors regain confidence and improve their quality of life through their autumn years.

2 "Through our education and outreach efforts, we want to empower our elderly to regain control over their own health and medical conditions so that they can continue to lead independent and meaningful lives for as long as possible. More importantly, this festival encapsulates our philosophy of bringing holistic care to the elderly through close coordination between our clinical services and strong partnerships with other care-giving organisations," said Dr Tan Kok Yang, Chairperson of the Festival's organising committee and Consultant at KTPH's Surgery Department.

3 Targeted at the elderly, their family and caregivers, the event will provide tips on confronting and living with common ageing-related ailments. Participants will learn more about preventing and managing ageing-related eye problems, continence, dementia and cancer at the public forums and have their questions answered by a panel of doctors and healthcare specialists.

4 Clinical staff will be conducting health screenings and sharing with visitors more about common ailments among the elderly at the exhibition booths. There will also be a showcase of a holistic range of products and services available both at KTPH as well as those provided by its partners to help patients transit seamlessly from hospital to home.

5 To kick off the Festival, Mr Lim Boon Heng, Minister from the Prime Minister's Office, will officiate the opening of the Able Studio, a new concept store and one-stop solution centre for all areas of the elderly and disabled care. Here, caregivers only need to come to one place to purchase a

wide range of products that provides functional convenience, including items that have been commercialised from ideas contributed by the elderly. As we tackle the challenges of an ageing population, the ABLE studio doubles up as a test-bed for the creation and exchange of new ideas to meet the needs of the elderly and their care givers. A new Caregiver Booklet which provides handy information and tips to care givers for the elderly at home, will also be launched during the opening.

6 The festival will take place at KTPH this Saturday, 18 September 2010, from 9am to 5pm. Entrance to the Festival is free. A nominal fee of \$5 will apply for participants interested in attending the public forums and specific health screening stations. The public can call 6602 3388 or visit www.ktph.com.sg for registration details and more information on the event.