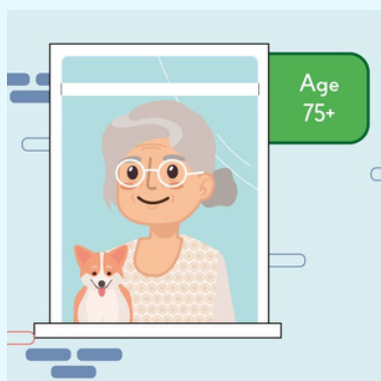


LIONS BEFRIENDERS TRAINING CENTRE SENTIMENT SURVEY RESULTS SUMMARY

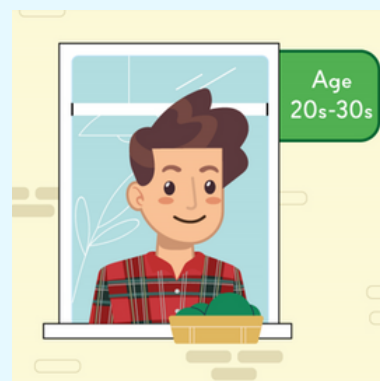
This survey gathered responses from 183 seniors and 182 non-seniors on their sentiments towards life and old age. Their responses also shed light on inter-generational issues.



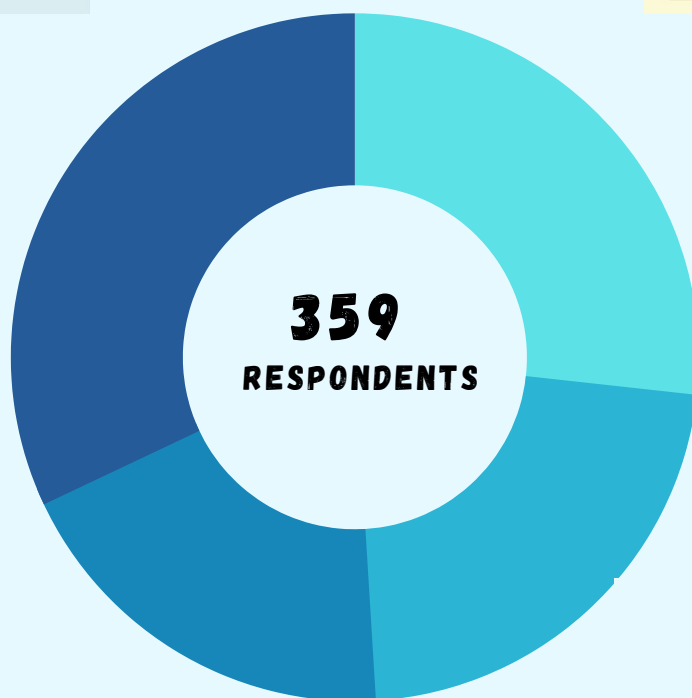
SURVEY RESPONDENTS



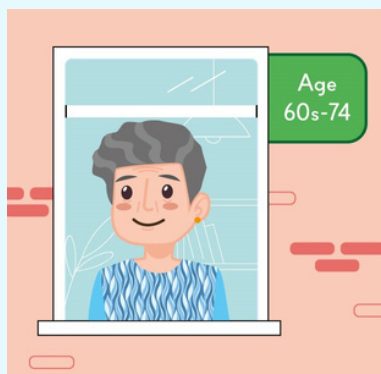
AGED 75+
32%



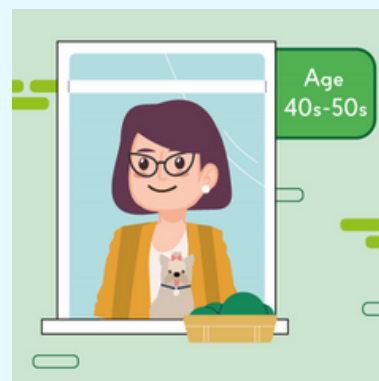
AGED 20S-30S
26.7%



AGED 60S-74
18.9%



AGED 40S-50S
22.3%



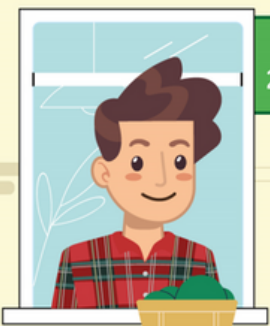
SURVEY QUESTIONS

AGED 20S TO 50S

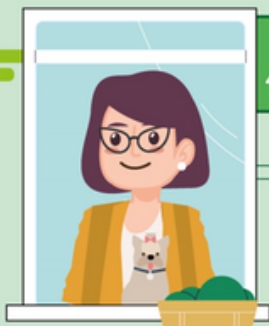
- 1 What do you yearn the most in life?
- 2 What do you fear most in life?
- 3 What do you think is most meaningful in life?
- 4 What do you think are the biggest challenges about getting old and/or old age?
- 5 How would you describe seniors?
- 6 What do you wish that the older generation would understand about the younger generation? OR What do you think seniors misunderstand about the younger generation?
- 7 How do you think seniors can contribute to the community/society?

AGED 60S TO 90S

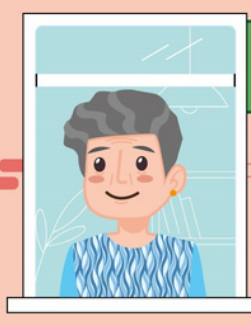
- 1 What do you yearn the most in life?
- 2 What do you fear most in life?
- 3 What do you think is most meaningful in life?
- 4 What is most difficult about ageing?
- 5 How would you describe young people?
- 6 What are some misconceptions or myths of elderly?
- 7 Where do you experience ageism?
- 8 How do you wish the younger generation would treat seniors?



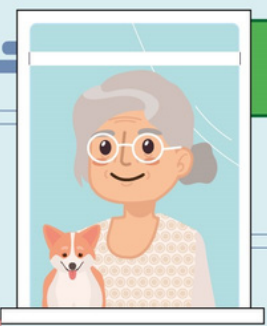
Age
20s-30s



Age
40s-50s

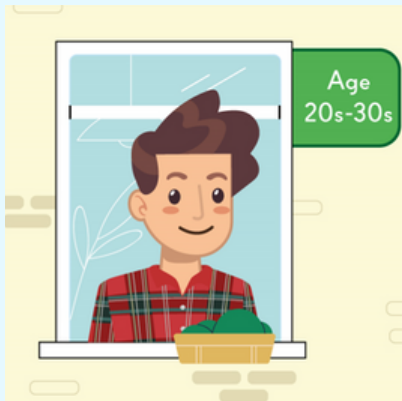


Age
60s-74

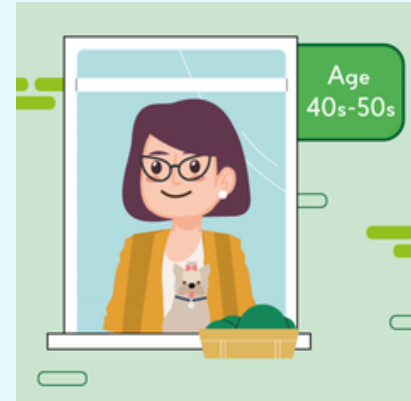


Age
75+

TOP 3 RESPONSES



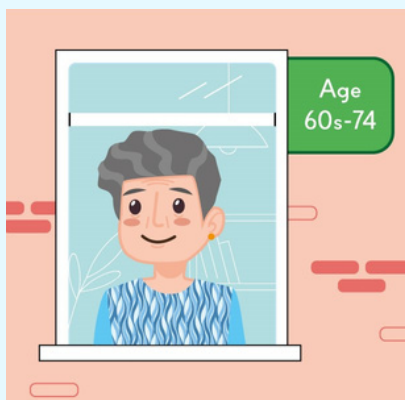
1. Financial freedom
2. Happiness
3. Stability (i.e. employment, finances, family, relationship)



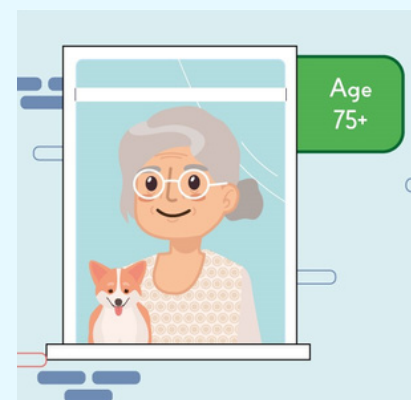
1. Good health
2. Family
3. Happy retirement/Money for retirement

1

WHAT DO YOU YEARN THE MOST IN LIFE?



1. Good Health
2. Money
3. Companionship

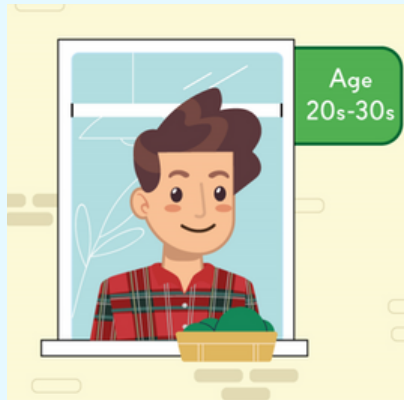


1. Good Health
2. Companionship
3. Pursue Interests

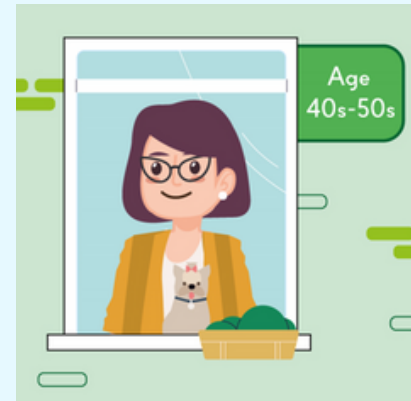


As people get older, health becomes a top priority.

TOP 3 RESPONSES



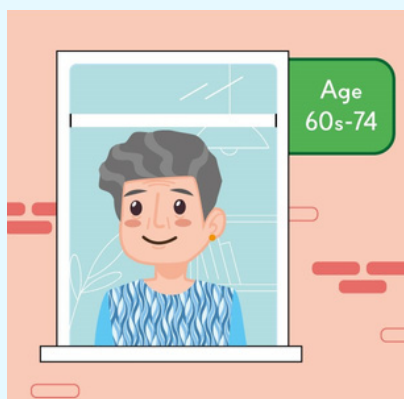
1. Loss of loved ones
2. Lack of money for future/Financial instability
3. Critical illnesses/Falling sick/Health issues



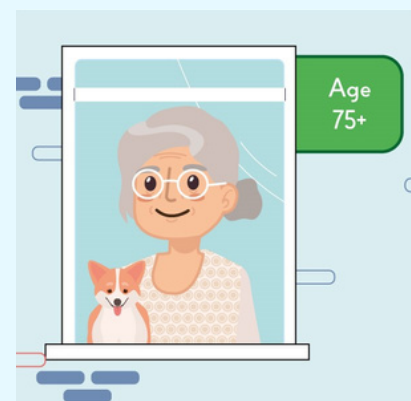
1. Illness/Health issues
2. Lack of money/Retiring without sufficient funds/Loss of income
3. Loneliness

2

WHAT DO YOU FEAR MOST IN LIFE?

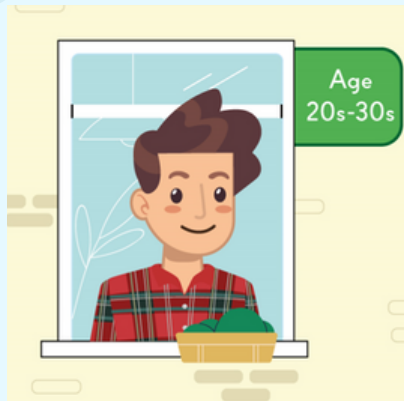


1. Poor Health/Falling Sick
2. Lack of Money
3. Loneliness

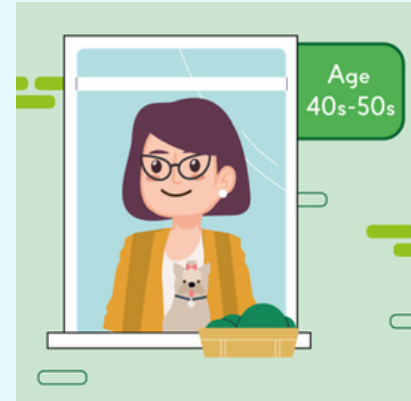


1. Poor Health/Falling sick
2. Loneliness
3. No fear (take life as it is)

TOP 3 RESPONSES



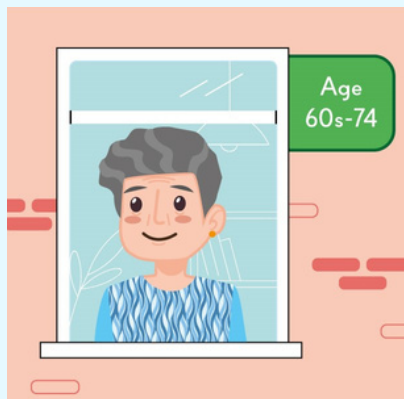
1. Being with family and loved ones/Meaningful relationships
2. Happiness
3. Volunteering/Helping others/Contributing back to society



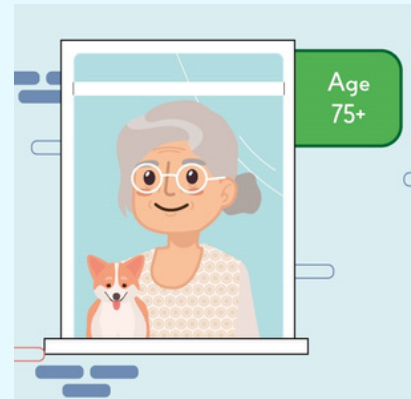
1. Being with family and loved ones
2. Good health
3. Helping others

3

WHAT DO YOU THINK IS MOST MEANINGFUL IN LIFE?



1. Good Health
2. Happiness
3. Family



1. Good Health
2. Happiness
3. Family

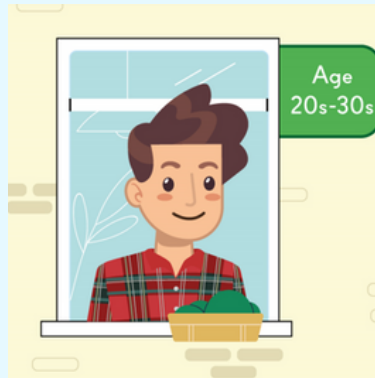


Up until middle age, people find family and relationships most meaningful.

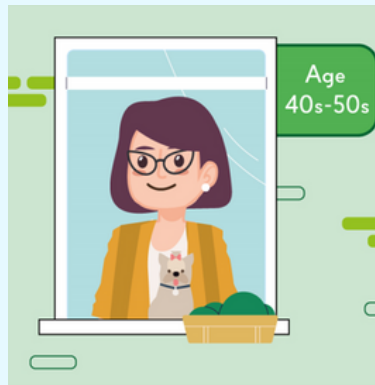
TOP 3 RESPONSES

4

**WHAT DO YOU THINK
ARE THE BIGGEST
CHALLENGES ABOUT
GETTING OLD AND/OR
OLD AGE?**

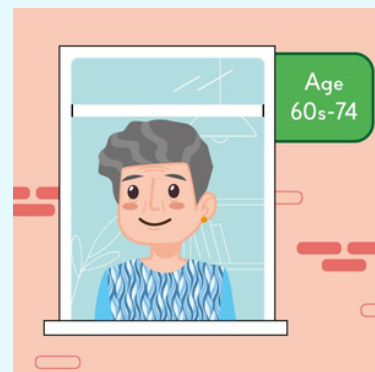


1. Declining health and physical abilities
2. Loneliness and isolation
3. Insufficient retirement funds



1. Poor health
2. Medical bills/Lack of money
3. Remaining active, mobile and independent

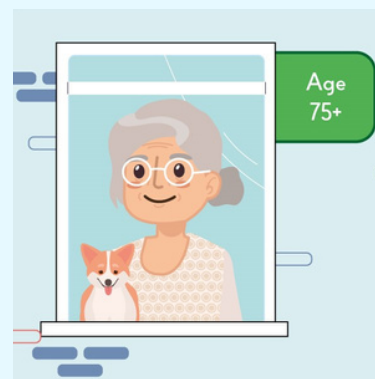
1. Poor Health
2. Becoming disabled/Less mobile
3. Dementia/Becoming Forgetful



4

**WHAT IS MOST
DIFFICULT ABOUT
AGEING?**

1. Poor Health/Falling Sick
2. Becoming disabled/Less mobile
3. Dementia/Becoming forgetful

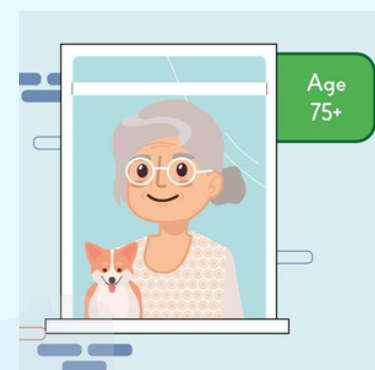
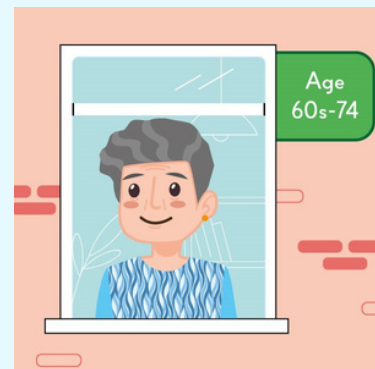
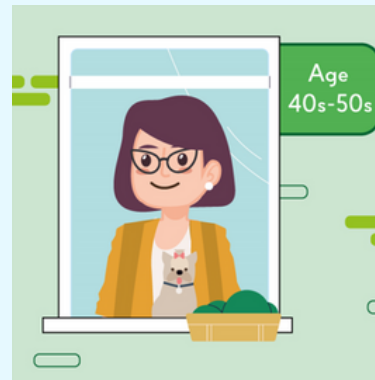
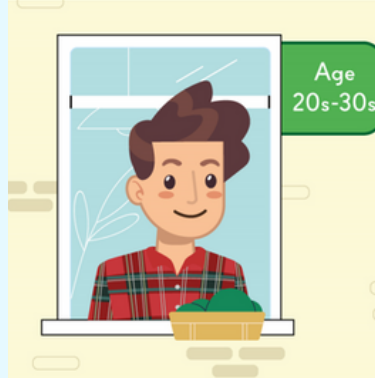


Across all ages, poor health is believed to be the most difficult about getting old.

TOP 3 RESPONSES

5

**HOW WOULD YOU
DESCRIBE SENIORS?**



Positive

- Have rich life experiences/Wise and knowledgeable
- Nice and friendly

Negative

- Stubborn/Resistant to change/Set in their old ways
- Conservative/Close-minded
- Lonely

Positive

- Kind/Compassionate/Helpful
- Friendly
- Energetic
- More fortunate and educated (e.g. smart, tech savvy)

Negative

- Arrogant/Cold/Selfish/Rude
- Stubborn

5

**HOW WOULD YOU
DESCRIBE YOUNG
PEOPLE?**

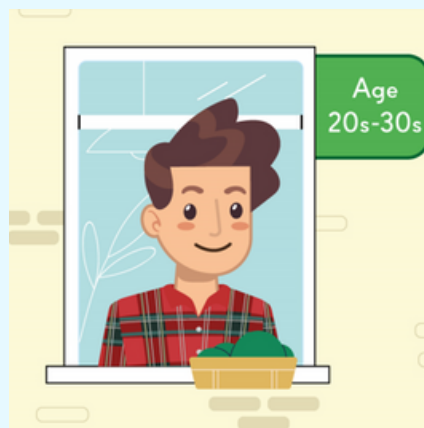
TO THE OLDER GENERATION (PART 1/2)

- from the younger generation

WHAT DO YOU WISH THAT THE OLDER GENERATION WOULD UNDERSTAND ABOUT THE YOUNGER GENERATION?

1. We grew up in a different time period with different societal expectations and norms. Our way of life are not the same as the older generation. The younger generation may have different life goals and priorities.
2. Being innovative and deviating from traditional ways are not a rebellion against old ways, but finding new ways to solve modern problems.

6



1. Some might think that the younger generation is a strawberry generation - that we are sheltered, lazy and entitled, and we take things for granted.
2. Some think we are reckless, careless, impulsive, and do not plan for the future.

WHAT DO YOU THINK SENIORS MISUNDERSTAND ABOUT THE YOUNGER GENERATION?

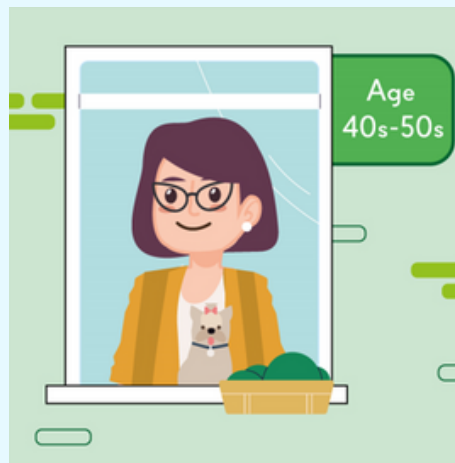
TO THE OLDER GENERATION (PART 2/2)

- from the younger generation

WHAT DO YOU WISH THAT THE OLDER GENERATION WOULD UNDERSTAND ABOUT THE YOUNGER GENERATION?

1. Times have changed. Younger generation have different lifestyles, values, mindset, life pursuits, needs and desires.
2. Younger generation meet challenges and stress, and we work hard for a better life as well.
3. The sandwich generation is stressed and stretched thin.

6



They might think the younger generation doesn't care enough about the older generation or are not willing to take care of them.

WHAT DO YOU THINK SENIORS MISUNDERSTAND ABOUT THE YOUNGER GENERATION?

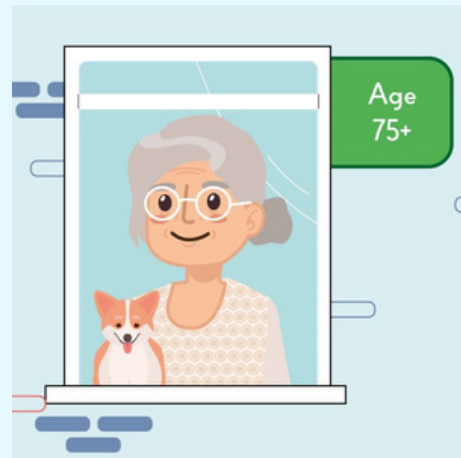
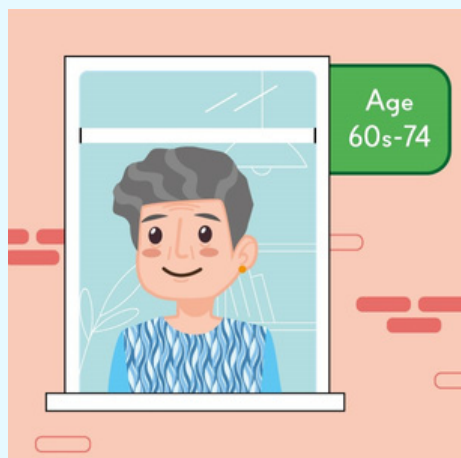
TO THE YOUNGER GENERATION

- from the older generation

6

WHAT DO YOU THINK ARE SOME MISCONCEPTIONS OR MYTHS ABOUT THE ELDERLY?

1. Seniors are useless, sickly and weak
2. We are grumpy, rude and unfriendly
3. We are stubborn and unwilling to learn and accept new ideas
4. We have no social life



Most respondents reported they have not experienced ageism.

Below are responses of those who have experienced ageism:

1. When people think I'm walking too slowly
2. When I'm on public transport
3. When I'm looking for a job

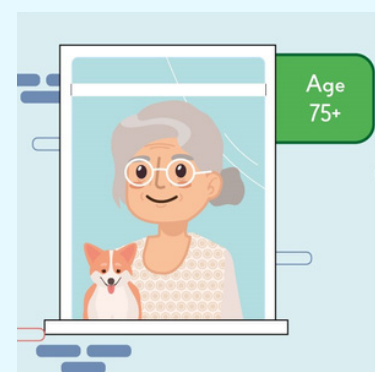
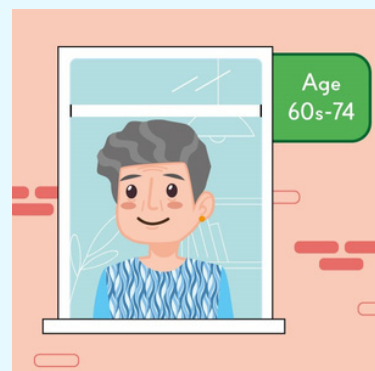
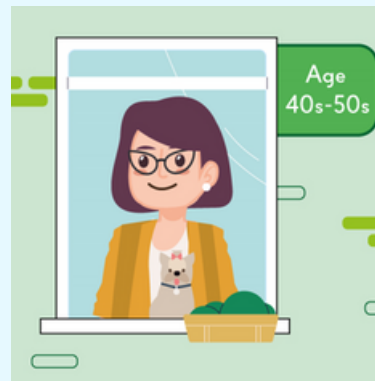
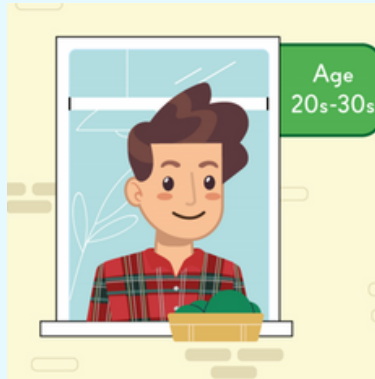
7

WHERE DO YOU EXPERIENCE AGEISM?

TOP 3 RESPONSES

7

HOW DO YOU THINK SENIORS CAN CONTRIBUTE TO THE COMMUNITY/SOCIETY?



1. Impart life advice and experience/Mentor to the young
2. Share cooking skills and recipes
3. Volunteering/Charity and community work
4. Grandparenting
5. Oral History

1. Try to be more understanding and have more compassion towards seniors.
2. Try to have a bit more patience when interacting with us.
3. Try to pay more attention and show care and concern to your elderly loved ones.

8

HOW DO YOU WISH THE YOUNGER GENERATION WOULD TREAT SENIORS?

What do you
FEAR MOST
in life now?

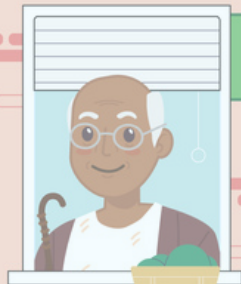
What do you
YEARN MOST
in life now?

What do you
FIND MOST
MEANINGFUL
in life?

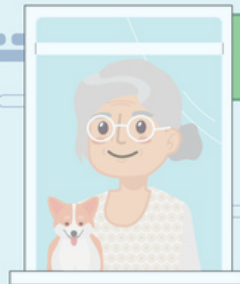
What is the
MOST DIFFICULT
thing about
getting old?



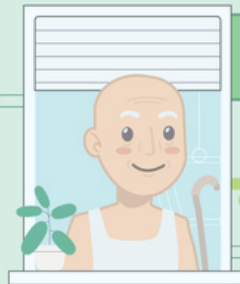
Age
75+



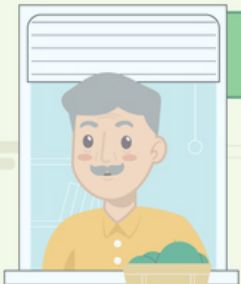
Age
75+



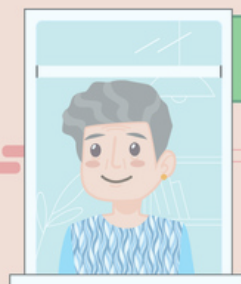
Age
75+



Age
75+



Age
60s-74



Age
60s-74



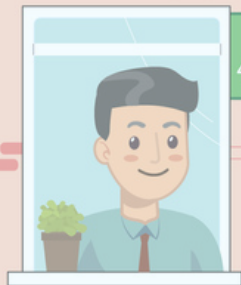
Age
60s-74



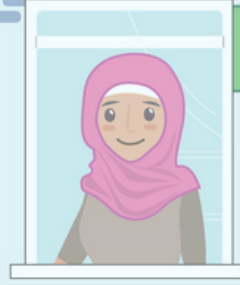
Age
60s-74



Age
40s-50s



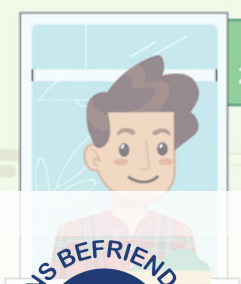
Age
40s-50s



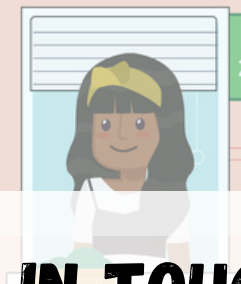
Age
40s-50s



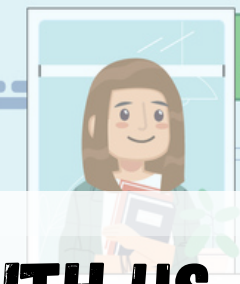
Age
40s-50s



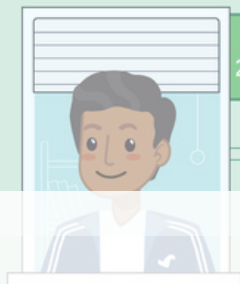
Age
20s-30s



Age
20s-30s



Age
20s-30s



Age
20s-30s

GET IN TOUCH WITH US

VISIT US AT WWW.LIONSBEFRIENDERS.ORG.SG

CALL US AT 6375 8600