SILVER HORIZON:
BUILDING ASPIRATIONS FOR SUCCESSFUL AGEING
PRESENTATION SYNOPSIS

Dr Kanwaljit Soin

Silver Mandate: Ending Ageism and Empowering Older Adults

AGEISM is central to unsuccessful ageing. It is not possible to achieve successful ageing, it is not possible to empower older adults and it is not possible to be effective stakeholders of older adults without truly understanding the corrosive effects of ageism on older adults and its negative consequences on society. That is why I used the word “mandate” in the title–we need to commission ourselves to end ageism.

Associate Professor David Allen

Longevity by Design: Crafting a Purposeful Life

Social wellbeing, purpose in life and healthy longevity individually contribute to our quality of life. Experiencing any one of these states is not required to achieve the others, but their presence increases the odds we will be healthier longer. “Purposeful longevity” is intentional lifespan extension while pursuing meaningful goals, contributing to society, and experiencing fulfillment. Today’s discussion will discuss the benefits of Purposeful Longevity, the means of achieving it and the headwinds individuals and societies face in attaining Purposeful Longevity. Examples from the Health District @ Queenstown will serve to illustrate a platform to co-create and validate Productive Longevity programs.

Dr Yang Silin

Enhancing Employment and Employability of Mature Workers

This presentation will delve into strategies aimed at enhancing employment and employability for mature workers. Factoring in the diverse needs of both employers and mature workers has become an important agenda to help mature workers remain employed for as long as they are willing and able to. Drawing on insights from research studies, we will explore facilitators that support mature workers in maintaining employment. Case studies of organisations empowering mature workers and suggestions for fostering partnerships among stakeholders will also be shared.

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Mr Adrian Tan

Enhancing Employment and Employability of Mature Workers

Leveraging Senior Experience for Sustainable Community Engagement explores innovative strategies for harnessing the vast experience, skills, and time of seniors to enhance community vitality and sustainability. This presentation will discuss the design and impact of micro-jobs that not only provide economic benefits but also meaningful social contributions, highlighting successful case studies and offering solutions to integrate seniors more effectively into the workforce and community initiatives.

Assistant Professor Vivien Wu

Empowering Seniors through Community Participation – from Research to Practice

"Empowering Seniors Through Community Participation – From Research to Practice" delves into the transformative journey of harnessing the collective wisdom and experience of seniors. The research work on Healthy Ageing Interventions provides insightful picture on the intersection of research and practical implementation, offering a roadmap for inclusive community engagement. From identifying key challenges faced by seniors to co-creating sustainable solutions, it advocates for active involvement and collaboration among key stakeholders. Through scientific evidence generated by research programmes, the session highlights the profound impact of community participation on seniors' health and societal cohesion. It serves as a compelling call to action, urging academics, policymakers, eldercare practitioners, and citizens alike to champion community-based initiatives that empower seniors and strengthen our community support system.