

Project Title

MoCa (Moulmein Cairnhill) Mini Mart to Motivate Seniors to Stay Physically and Mentally Active and Healthy In The Community

Project Lead and Members

- Alan Tan
- ChngTeck Huat
- Serene Lim
- Steven Loo
- Ang KhoonWee
- Cynthia Ho Shu Han
- Ang Chin Koon

Organisation(s) Involved

Chong Hua Tong Seniors Activity Centre, Moulmein Cairnhill Silver Generation Office,
C K Department Store Pte Ltd

Healthcare Family Group(s) Involved in this Project

Healthcare Administration

Aim(s)

To overcome the challenge of reaching out to seniors and getting them to participant in the various Active Ageing Programs conducted by SAC/ElderCareCentre (EC). This challenge is commonly faced by many of our community partners on the ground.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Lessons Learnt

See poster appended/ below

Conclusion

See poster appended/ below

Additional Information

This project was featured at the Central Health Action & Learning Kampung (CHALK) Poster Showcase 2022.

Project Category

Care Continuum

Intermediate and Long Term Care & Community Care

Keywords

Homebound, Blood Test

Name and Email of Project Contact Person(s)

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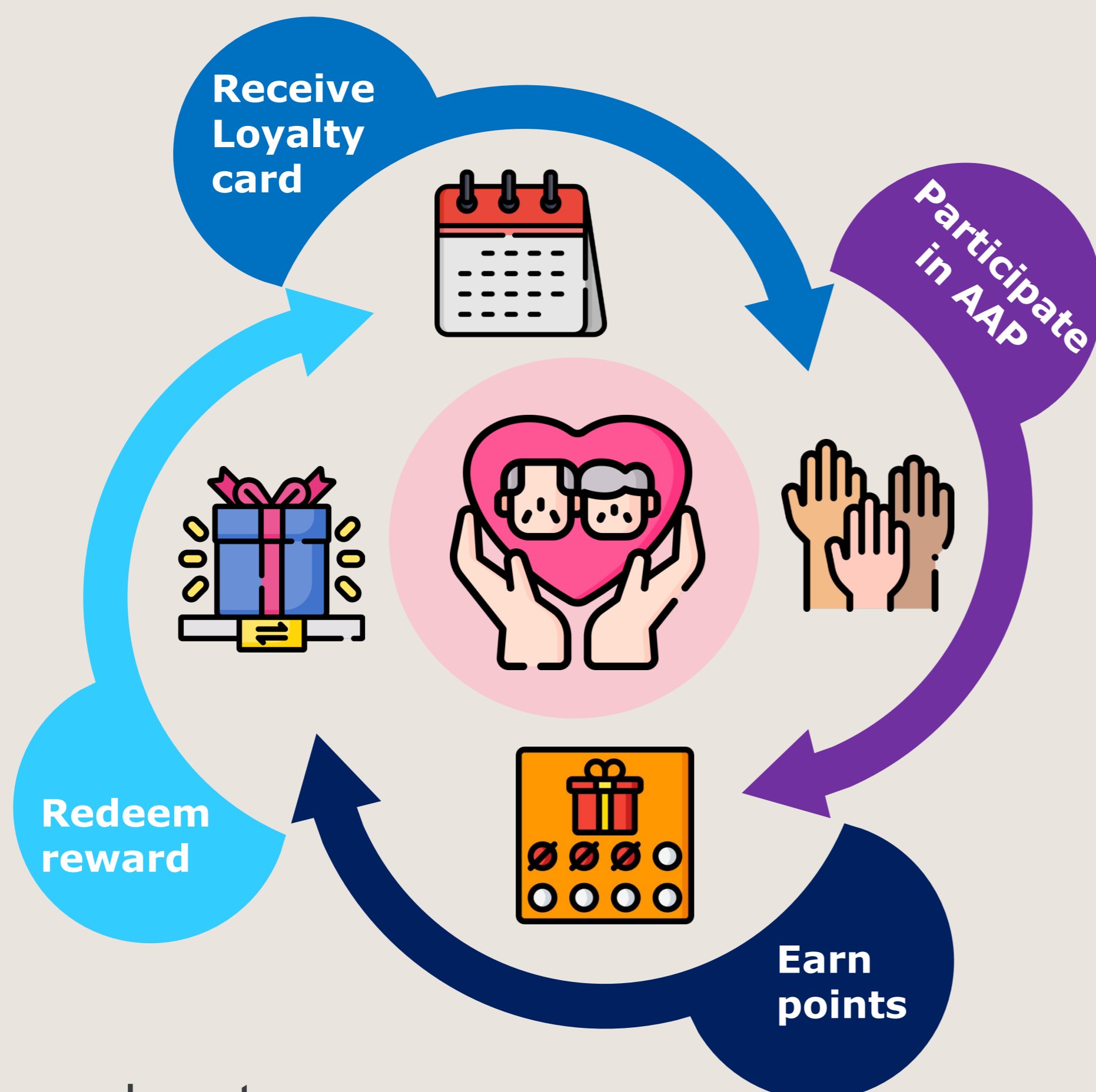
Project Synopsis

To encourage seniors in the community to stay physically and mentally active and healthy with sustainable food support through Active Awards Programs.

Purpose

To overcome the challenge of reaching out to seniors and getting them to participate in the various Active Ageing Programs conducted by SAC/ElderCare Centre (EC). This challenge is commonly faced by many of our community partners on the ground.

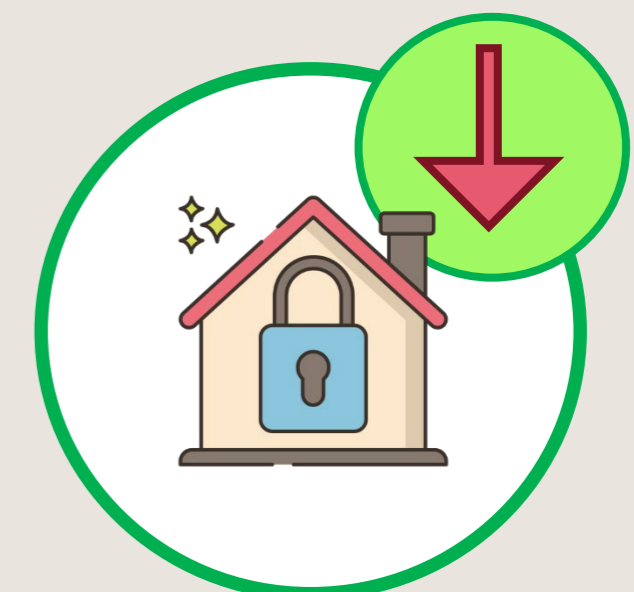
Project Details



The reward system

Senior members of Block 47 Owen Road and its neighbourhood will be given a Loyalty Card where they are encouraged to participate in Active Ageing Programs (AAP) to earn credits for exchange of items of their choice from the MoCa Mini Mart located in the Centre.

Project Outcomes



Reduce social isolation



Maintain functional status



Monitor and escalate any issues

MoCa Mini Mart



Upcoming plans



To study the effectiveness of using a 'pull system' through incentives to motivate seniors to continuously participate in the Centre's AAP in order to maintain or even improve their functional status.