



PPT for Seniors in Our Community



A New Lease on Life

At 71, Mdm Kang never expected that the exercise programme at En Community Services Society would transform her life. A Singaporean Chinese housewife, she had grown used to taking walks alone and dealing with constant aches, but reluctantly joined the program at the urging of her children.

"What difference could it make at my age?" she thought. But weeks later, Mdm Kang noticed a remarkable change. Her stiff legs moved with surprising ease, and chronic pain began to fade.

"It is like my body is waking up," she marveled. "I feel lighter, more energetic, and happier than I have been in years."

The programme not only improved her physical health but reignited her zest for life. Surrounded by a supportive community, Mdm Kang found herself laughing more and forming new friendships.

Like how younger Singaporeans undergo National Service, silver generations in Singapore have access to their very own Individual Physical Proficiency Test (IPPT-S), aimed at identifying signs of frailty. This program involves seven physical tests that take each participant around 45 minutes to complete.

Developed by Singapore General Hospital and Sengkang General Hospital back in 2017. The IPPT-S aims to support silver generations aged 55 and above. Participants must be able to walk independently, with or without walking aids, and will undergo a pre-screening that checks key health indicators such as body mass index.

Frailty, while not a disease, increases the risk of falls and hospitalisation and is linked to aging and medical conditions. Signs include significant weight loss (at least 4.5kg over the past year) and a slower walking pace.

The IPPT-S evaluates aspects like strength, balance, and flexibility through 7 tests such as the sit-and-reach, grip strength, and a 10m walk. These assessments are conducted by ECSS's trained staffs and volunteers.



PPT for Seniors in Our Community

Her progress even amazed her doctor. "He asked what my secret was!" she said proudly.

Now an enthusiastic advocate, Mdm Kang urges others to join. "Don't let age hold you back," she insisted. "This programme has something for everyone, young or old. It is not just exercise; it is rediscovering joy in movement and connection."

What kind of exercise do you enjoy? Share with me at solomon_kang@ecss.org.sg



In our recent run in September, approximately 100 participants took part in our IPPT-S program that was conducted over 2 sessions in our centre in CT Hub.

Stay connected with us as we continue to promote the well-being of seniors through initiatives like the IPPT-S!

*Information in this newsletter was adapted from a newsletter published by [The Flagship Publication of The Singhealth Duke-NUS Academic Medical Centre] on [Jun - June 2018].

