

MEDIA RELEASE

21 April 2025

SPOTTING DEMENTIA EARLY: KWSH AND SUSS ROLL OUT WHO SCREENING TO EMPOWER SENIORS IN THE HEARTLANDS

In a proactive step to support seniors in the community, **Kwong Wai Shiu Hospital (KWSH)** is collaborating with the **Singapore University of Social Sciences (SUSS)** to roll out the **Integrated Care for Older People (ICOPE)** Community Screening across two of its Community Care Centres from **21 to 25 April 2025**. This initiative empowers seniors aged 60 and above to proactively detect early signs of functional decline —particularly in cognitive health.

2 Developed by the **World Health Organisation**, the ICOPE screening tool is a simple, nine-item questionnaire designed to assess six domains of intrinsic capacity: cognition, locomotor function, vitality, vision, hearing, and psychological health. The results help identify early signs of capacity loss, including potential dementia, and allow for timely intervention.

3 The ICOPE screening is conducted by trained assessors from **SUSS**, whose programme is supported by **Ngee Ann Kongsi**. Beyond screening, a **research study** by **SUSS, Hong Kong Polytechnic University and KWSH** will explore the prevalence of intrinsic capacity decline and map care pathways for seniors in Singapore.

4 The screening sessions will take place at **KWSH's Community Care Centres at St George and McNair**, with a target of **screening over 300 seniors** residing in or near the catchment area.

5 Each participating senior will receive:

- A personalised care plan with achievable goals in areas such as nutrition, mobility, mental well-being, and cognitive stimulation.
- A community resource directory for relevant services such as hearing tests and primary care clinics.
- Counselling and guidance on maintaining or improving their intrinsic capacity.

6 Those requiring medical follow-up will be referred to healthcare professionals for diagnosis and further care. Seniors will also be encouraged to return for a follow-up screening in six months.

7 The initiative reflects **KWSH's commitment to upstream senior care** and supports the national **Age Well SG** campaign, which encourages seniors to age confidently through preventive care and community support. "Through this initiative, it allows us to detect early signs of functional decline, including cognitive issues, and intervene before conditions worsen," said **Dr Mok Ying Jang, CEO of Kwong Wai Shiu Hospital**. "By bringing this to the heartlands, we make preventive care more accessible and empower older adults to age confidently in their own communities." **Assoc Prof Carol Ma, Head of Gerontology Programmes and Senior Fellow, Centre for Experiential Learning, SUSS**, added: "We're excited to partner with Kwong Wai Shiu Hospital and the WHO Collaborating Centre for

Community Health Services on this important pilot. Since 2022, we've trained over 120 assessors, including professionals, caregivers, and seniors, to identify early signs of decline and promote healthy ageing. This initiative allows us to implement focused education and interventions, helping seniors remain active and supported within their communities."

8 For more details and images, please refer to **Appendix 1**. The high-resolution photos can also be downloaded via this [link](#).

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About Kwong Wai Shiu Hospital

Kwong Wai Shiu Hospital (KWSH) is a 115-year-old charitable healthcare organisation and is registered as an Institution of Public Character, committed to looking after the sick and needy. In the last century, it has continued the strong tradition of community service, having cared for many generations of Singaporeans, beginning its legacy in 1910 even before Singapore's independence. It is now one of the most established providers in the Intermediate and Long-Term Care (ILTC) sector.

At present, KWSH operates two nursing homes, six active ageing and care centres, two traditional Chinese medicine centres, a community training institute and offers home care services. Many of its patients are from the lower-income group and their fees are heavily subsidised.

To better serve the rapidly ageing population, KWSH had undergone a major redevelopment to house the largest single-site nursing home in Singapore and also transform itself into an integrated community healthcare hub, providing healthcare services to its residents and the community. With the official opening of its second nursing home in October 2022, KWSH is now one of the largest nursing home operators with close to 1,200 beds as well as expansion in its other services. Visit www.kwsh.org.sg for more information.

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Appendix 1



Photo 1: Group photo taken on 21 April at KWS Care @ McNair, featuring KWSH, SUSS, and staff, united in supporting early dementia detection through the ICOPE screening initiative.



Photo 2: Dr. Mok Ying Jang (fourth from left) with KWSH team at KWS Care @ McNair, championing compassion through ICOPE screening.



Photo 3: Team spirit in action — KWSH and SUSS unite for early dementia screening and healthy ageing.



Photo 4: A senior undergoing ICOPE screening at KWS Care @ McNair, with support from a qualified assessor.



Photo 5: Dr Mok Ying Jang (left), CEO of Kwong Wai Shiu Hospital, interacting with one of the seniors at the ICOPE Screening at KWS Care @ McNair.