

## WEBINAR

# Empowering Older Adults In The Community Through Participatory Research

Chaired by : Associate Professor Thang Leng Leng  
Co-Director of the Next Age Institute and President of the Gerontological Society (Singapore)

30 July 2022 (Sat) | 2pm - 3.15pm

### Organised by:

The Next Age Institute (NAI) is a partnership between NUS and Washington University in St. Louis (WUSTL) to study, design, and test social innovations. NAI is guided by the vision of a world where people develop their capabilities and engage with the world across the life course, and where the poorest and oldest are not isolated in hardship. The institute aims to illuminate issues, create and test innovations, build capacity for voice and action, and inform positive and lasting changes, not only in Singapore and the United States but also in other countries in Asia and around the world.


The Gerontological Society (Singapore) was founded in March 1986 by a multi-disciplinary group consisting of geriatricians, psychiatrists, social scientists, physiotherapists, and other professionals. It aims to (a) promote and encourage cooperation between organizations and individuals interested in Gerontology, (b) promote the interests and influence of organizations concerned with Gerontology, (c) promote, improve and encourage training in Gerontology and (d) promote Gerontological research.

### Title: Participation Action Research and Social Betterment: A Singapore Experience

#### SYNOPSIS

Participatory action research (PAR) is intended to study and change a particular community, organization, or group with the goal of social betterment. PAR purposively involves the people who are most affected by an inquiry in the design and execution of the investigative process so as to ensure that the methods and findings reflect their perspectives, cultures, priorities and concerns. In essence, PAR is conducted with the people, by the people, and for the people. This webinar will provide an overview PAR with local examples of community empowerment.

#### SPEAKER



Dr Andy Hau Yan HO is the President of the International Association of Death Education and Counseling, Head and Associate Professor of Psychology at Nanyang Technological University Singapore. He specializes in the research and teaching of psychosocial gerontology, public health palliative care, integrative therapies, and community empowerment. Dr Ho has authored 120 top-tier publications and over 200 keynotes and plenary presentations across the globe. He social and scholarly contributions are recognized with numerous distinctions and awards by academic, professional and government bodies around the world.

### Title: Evaluation of the EMPOWER Program in Whampoa: Using Participatory Action Research (PAR) with older persons to identify and co-create solutions to community issues

#### SYNOPSIS

Enriching and Mobilising Participation of Whampoa's Elder Residents (EMPOWER) is a 3- year pilot programme that aims to empower older persons in the community through co-design of program and services. Older persons were coached to assess needs of other older adults in their community, using methods of PAR and identified four issues of concern to them : social isolation, caregiving stress, age-based job discrimination, challenges navigating the built environment, Older persons then engaged stakeholders and other members in their community to share their finding and co-create activities or services to address these issues through community design thinking workshops. I will share about the process, challenges, and outcomes of the program on resilience of older persons and at the community level, using a quasi-experimental evaluation design.

#### SPEAKER



Dr Su AW is a research fellow at the International Longevity Centre- Singapore, an initiative at Tsao Foundation that aims to promote the wellbeing of older people through policy-relevant research and piloting innovative programs in Singapore and the region. Her portfolio involves the designing, mapping and evaluation of community resilience and empowerment programs for older adults in Southeast Asia. A mixed-methods researcher with passion in using community-based participatory research (CBPR) and arts for older person, her background is in psychology and public health. She graduated with a PhD from the NUS School of Public Health in 2020 and teaches in the Masters in Gerontology program at SUSS.



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