

U3A Asia Pacific International Conference 2015
Brisbane, Australia

Nurturing Mental Fitness of Third Agers

28-29 May 2015

Kim Goh
President, U3A Singapore
The Singapore Association for Continuing
Education (SACE)

SACE/U3A SINGAPORE

1. Membership currently 400+
2. Organised 100+ events last year
3. Launched “Game for Mental Fitness” project jointly with Rotary Singapore Foundation
4. Launched 8 no. SG50 free courses for third agers this year
5. Organising a U3A Symposium in Singapore on 16 -18 Oct 2015

SG50 FREE COURSES BY SACE

- Qi Gong Meditation Techniques
- Applied Psychology for Third Agers
- Mindfulness for Well-being
- Video Stories
- Art Appreciation Journey
- Adventures with People
- Starting a Small Business (Café)
- Rewriting Life Scripts

DEFINITION OF MENTAL FITNESS

Mental Fitness:

“the modifiable capacity to utilise resources and skills to flexibly adapt to challenges or advantages, enabling thriving”

In simple language:

- the ability of the mind to function normally and effectively”

MENTAL DECLINE WITH AGE

At age 70

40 %
retain
mental
abilities

60%
have some
memory
impairment

Half of 60%
30%
may be in
early stages
of dementia

SINGAPORE STUDY 2012-2015

People with dementia:

Aged 60+ : **10%**

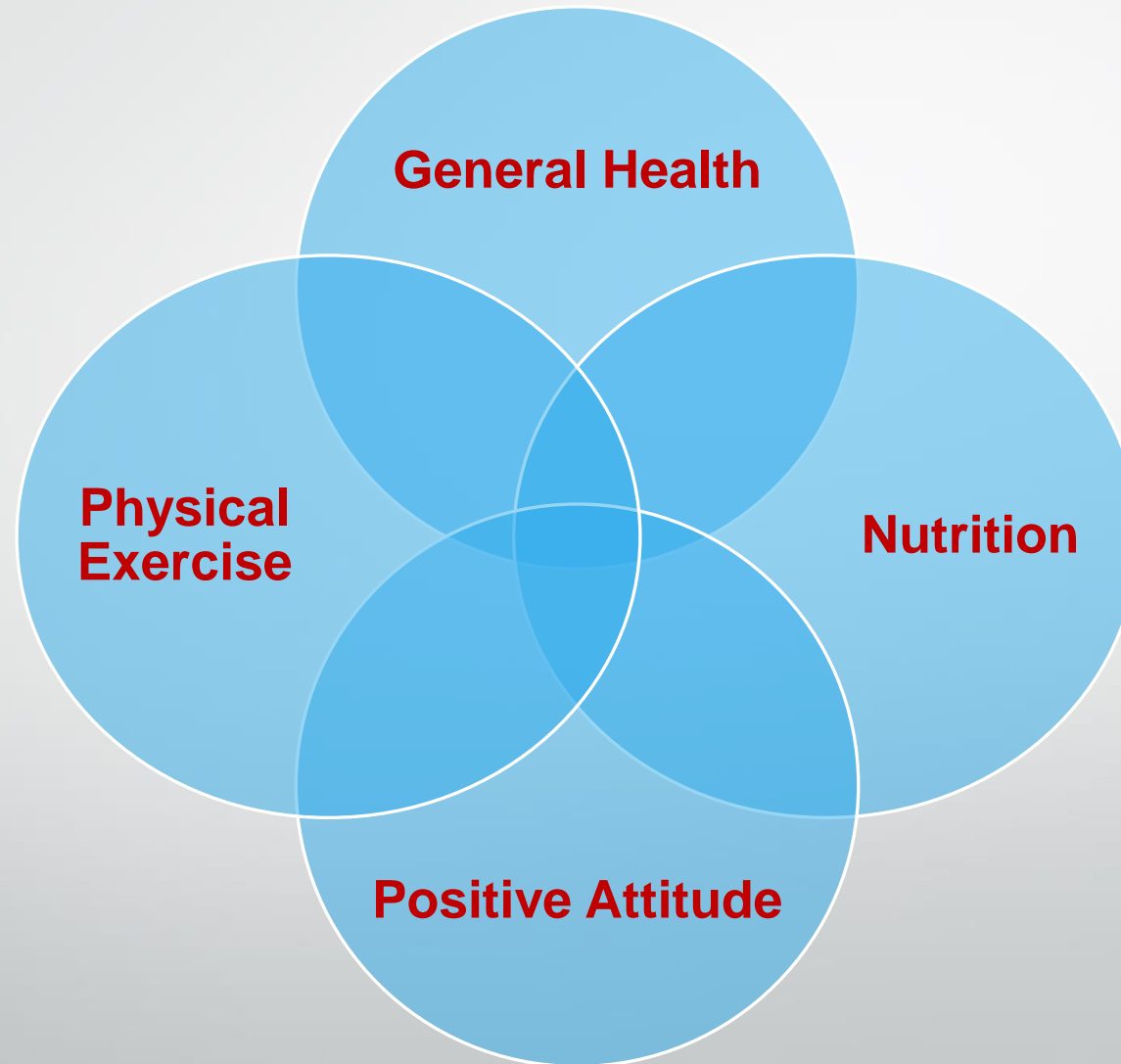
More likely to have dementia:

Primary educated compared to : **3.6 times**
tertiary educated

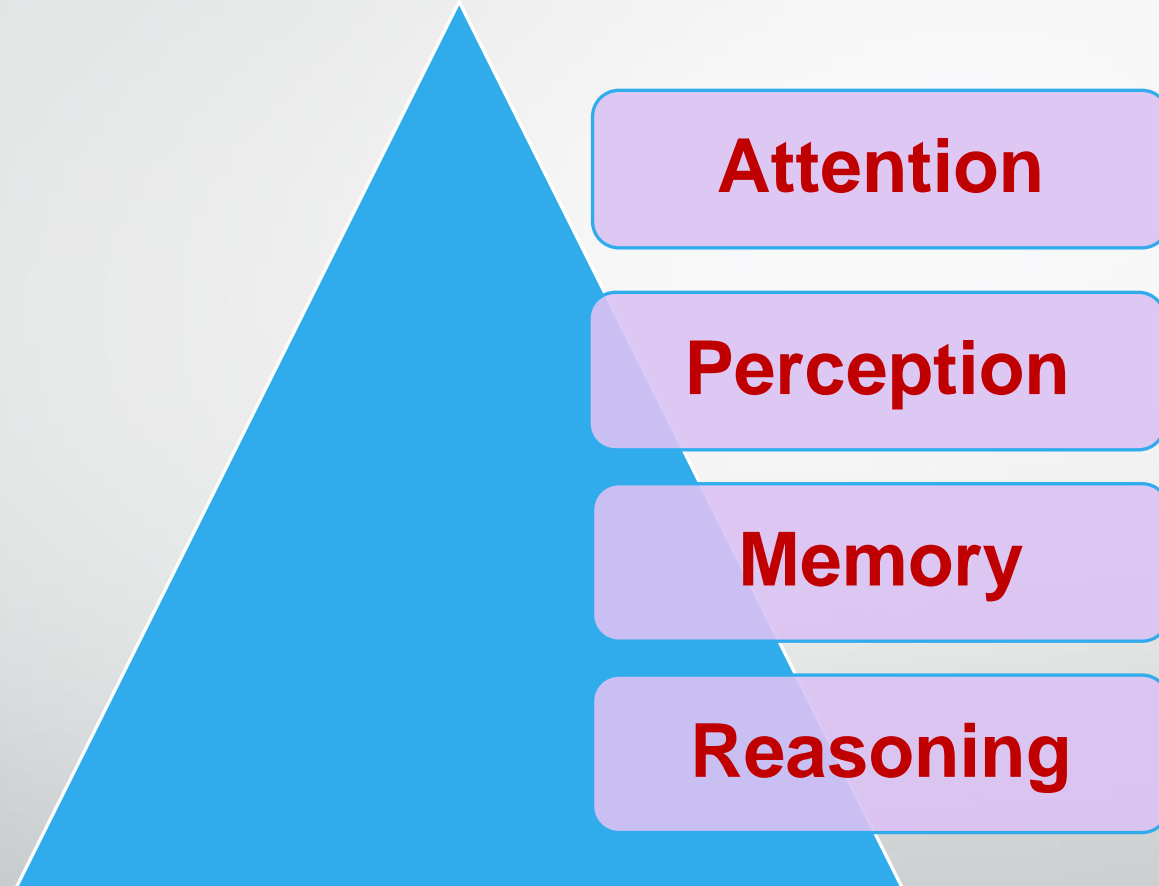
Homemakers compared to employees : **25 times**

Retirees compared to employees : **30 times**

MENTAL FITNESS PRE-REQUISITES



COGNITIVE PROCESSES



1. Avoid routine



Do new
things

Do same things
differently

BRAIN PLASTICITY

Brain plasticity

- capacity to reorganize pathways, create new connections and, in some cases, even create new neurons resulting from learning, experience and memory formation, or from brain damage

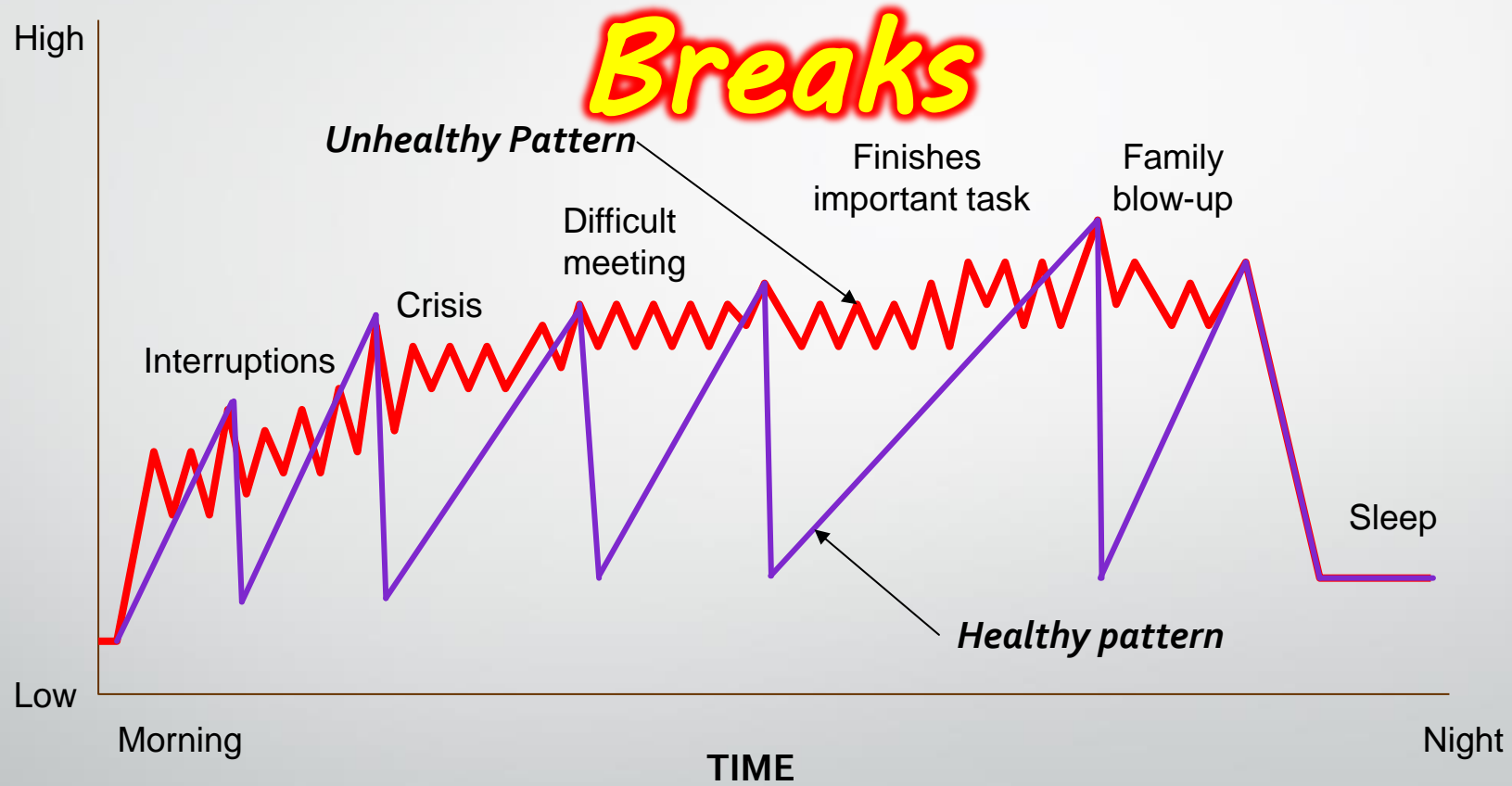
Functional plasticity

- transfer of functions from a damaged area to other undamaged areas

Structural Plasticity

- change it's physical structure as a result of learning

2. Take Stress



3. Mental Exercises





Gardening
in Your Home

Rotary
**GAME
FOR
MENTAL
FITNESS**

A Special Project Of:
Rotary
The Foundation of Rotary Clubs Singapore
Rotary Club of Queenstown Singapore
UTA
SINGAPORE
University of 3rd Age Singapore

The Singapore
Association for
Continuing
Education (SACE)

The Singapore Association for Continuing Education (SACE) serves the continuing learning needs of adults of all ages. It officially launched U3A Singapore in March 2014 to provide a range of learning and enrichment activities for retirees, the unemployed and those seeking retirement relief. U3A members meet at learning centres in various towns, weekly meetings, in small groups or through technology. U3A Singapore is part of a worldwide movement of U3A at Universities of the Third Age.

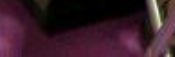
U3A
SINGAPORE

For more information, visit our website: www.uta.org.sg or call us at 6733 1111.

Don't miss out!
Join us for a FREE
Workshop on
Financial Planning

University of the Third Age
U3A
SINGAPORE

Providing learning and enrichment activities for retirees, the unemployed and those seeking retirement relief.



LIVE

Get a L.F.E.!
SINGAPORE JUBILEE EDITION

SPIN LIVE
FULFIL



Thank You