

Singapore lays focus on elderly health coaching training and R&D

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One key research area is the use of artificial intelligence in technology-enabled applications in enhancing the quality of life for seniors

Nanyang Technological University, Singapore (NTU Singapore) and social service agency Lions Befrienders (LB) will work together to leverage NTU's expertise in active ageing research and continuing education to develop coaching programmes and courses that help improve and transform the lives of seniors in Singapore.

Over 600 staff and volunteers from LB will be trained in health coaching under this new collaboration with NTU. Leading NTU's efforts in this training and research partnership is its Ageing Research Institute for Society and Education (ARISE).

This collaboration, the first of its kind between ARISE and the social service sector, aims to build a pool of trained health coaches within the agency who will be equipped to empower and work with seniors to co-create solutions and guide them towards living a healthier life in various aspects such as nutrition, physical fitness, relationships, and finding purpose in life.

A Memorandum of Understanding (MOU) has been signed. The 2.5-year agreement comprises a training programme for elderly health coaching, and the research and co-development of specially tailored short courses for the elderly. LB's staff and volunteers will undergo the Health Coaching for Older Adults course, 2 which is developed by ARISE and offered through PaCE@NTU, the University's lifelong learning arm. Both NTU ARISE and LB will also collaborate on research that examines the efficacy of health coaching for better eldercare.