

Project Title: CareBridge: Empowering Isolated Seniors through Digital Wellness & Community Care

1. Background & Justification

The lingering impacts of COVID-19 continue to exacerbate the isolation experienced by elderly residents in Singapore's rental flat communities. Many seniors face digital illiteracy, weak social support, and limited access to community resources. This project is conceived as a ground-up youth-led initiative to address these issues through holistic support and scalable volunteer action.

2. Objectives

- Deliver 500 wellness kits to vulnerable elderly with essentials and mental health resources.
- Conduct weekly home visits or virtual check-ins by 60 trained volunteers.
- Host monthly workshops (x6) focused on:
 - Nutrition & Active Aging
 - Digital literacy (e.g., using MyICA, Singpass)
 - Mental health first aid
- Foster intergenerational connection through a digital pen-pal system.

3. Project Timeline

- Start Date: 15 August 2025
- End Date: 15 January 2026
- Duration: 6 months (within OSCAR limits)

4. Budget Summary (Total: \$4,980)

- Wellness kits: \$2,000

- Venue rental (3 months x \$300): \$900
- Workshop materials: \$1,200
- Transport & logistics: \$600
- Volunteer T-shirts & ID badges: \$280

(All items are within direct allowable expenses under OSCAR's policies)

5. Key Directions Aligned to OSCAR Grant

- Helping the vulnerable through pandemics
- Uplifting vulnerable communities
- Encouraging grassroots and citizen-led solutions
- Supporting mental and digital wellbeing
- Promoting new philanthropic ideas (e.g., digital pen-pal system)

6. Team & Partners

The team consists of 5 student leaders with experience in ground-up community initiatives. We are partnering with [local CDC/RC] for outreach and space, and [community mental health org] for workshop guidance.

7. Evaluation & Reporting

Success will be measured through:

- No. of seniors reached (target: 500)
- Volunteer retention and engagement (target: 90%)
- Post-program surveys (target: 80% satisfaction)
- Digital literacy improvement metrics from pre-post workshop forms