

## **Project Title**

MoCa (Moulmein Cairnhill) Mini Mart to Motivate Seniors to Stay Physically and Mentally Active and Healthy In The Community

## **Project Lead and Members**

- Alan Tan
- ChngTeck Huat
- Serene Lim
- Steven Loo
- Ang KhoonWee
- Cynthia Ho Shu Han
- Ang Chin Koon

## **Organisation(s) Involved**

Chong Hua Tong Seniors Activity Centre, Moulmein Cairnhill Silver Generation Office,  
C K Department Store Pte Ltd

## **Healthcare Family Group(s) Involved in this Project**

Healthcare Administration

## **Aim(s)**

To overcome the challenge of reaching out to seniors and getting them to participant in the various Active Ageing Programs conducted by SAC/ElderCareCentre (EC). This challenge is commonly faced by many of our community partners on the ground.

## **Background**

See poster appended/ below

## **Methods**

See poster appended/ below

## **Results**

See poster appended/ below

## **Lessons Learnt**

See poster appended/ below

## **Conclusion**

See poster appended/ below

## **Additional Information**

This project was featured at the Central Health Action & Learning Kampung (CHALK) Poster Showcase 2022.

## **Project Category**

Care Continuum

Intermediate and Long Term Care & Community Care

## **Keywords**

Homebound, Blood Test

## **Name and Email of Project Contact Person(s)**

Name: TTSH Network Development (Partnerships)

Email: [partnerships@ttsh.com.sg](mailto:partnerships@ttsh.com.sg)



# MoCa (Moulmein Cairnhill) Mini Mart to motivate seniors to stay physically and mentally active and healthy in the community

Alan Tan, Chng Teck Huat, Serene Lim, Steven Loo (Chong Hua Tong Seniors Activity Centre),

Ang Khoon Wee, Cynthia Ho Shu Han (Moulmein Cairnhill Silver Generation Office),

Ang Chin Koon, BBM (C K Department Store Pte Ltd)

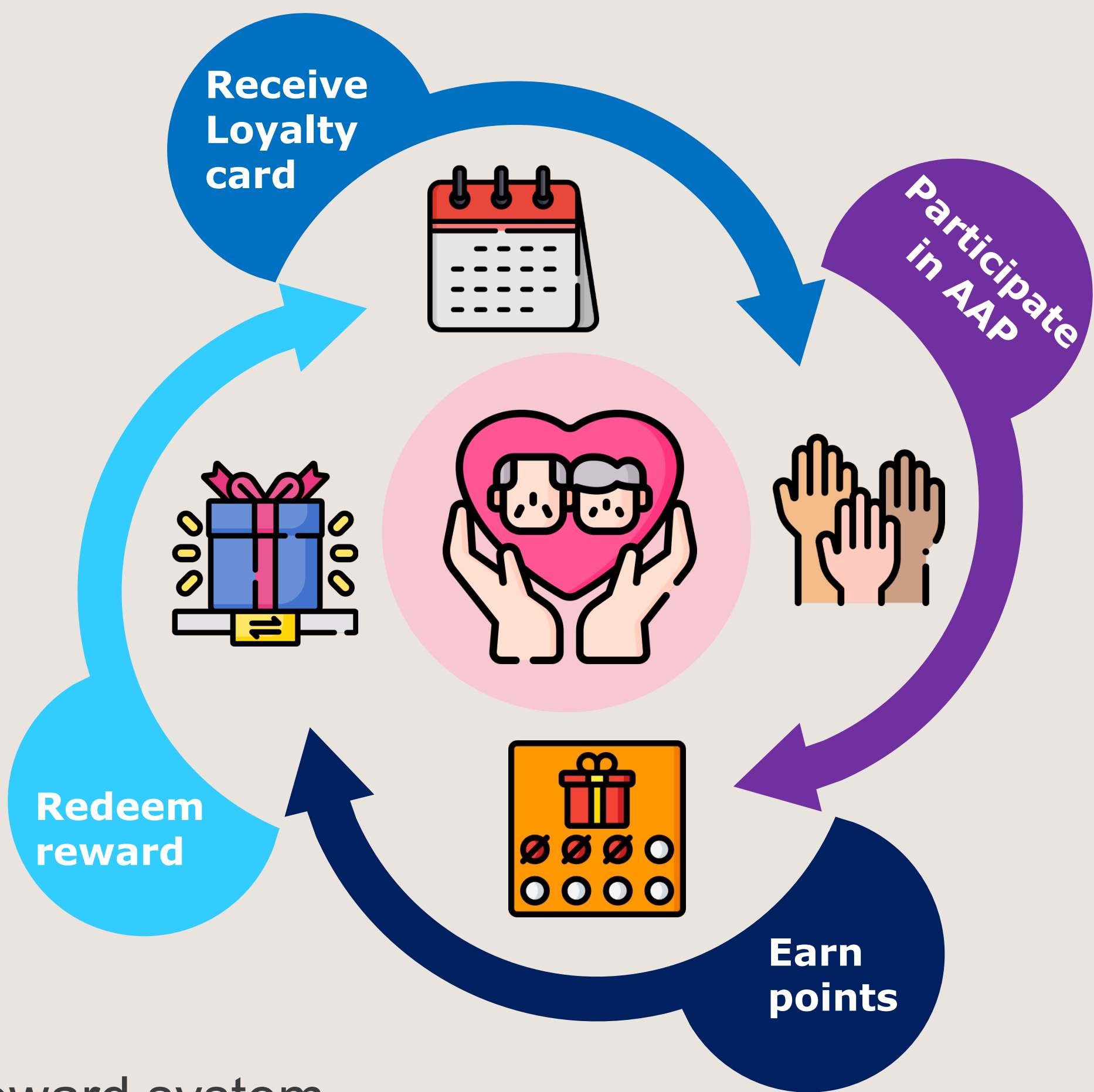
## Project Synopsis

To encourage seniors in the community to stay physically and mentally active and healthy with sustainable food support through Active Awards Programs.

## Purpose

To overcome the challenge of reaching out to seniors and getting them to participate in the various Active Ageing Programs conducted by SAC/ElderCare Centre (EC). This challenge is commonly faced by many of our community partners on the ground.

## Project Details



### The reward system

Senior members of Block 47 Owen Road and its neighbourhood will be given a Loyalty Card where they are encouraged to participate in Active Ageing Programs (AAP) to earn credits for exchange of items of their choice from the MoCa Mini Mart located in the Centre.

## Project Outcomes



Reduce social isolation



Maintain functional status

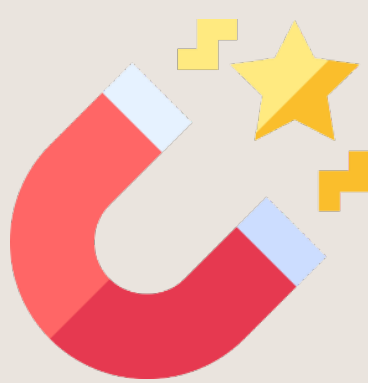


Monitor and escalate any issues

## MoCa Mini Mart



## Upcoming plans



To study the effectiveness of using a 'pull system' through incentives to motivate seniors to continuously participate in the Centre's AAP in order to maintain or even improve their functional status.