

# Ageing Well



## About C3A

The Council for Third Age, C3A, set up in May 2007, is an agency which promotes active ageing in Singapore through public education, outreach and partnerships. As an umbrella body in the active ageing landscape, with its focus on lifelong learning, senior volunteerism, and positive ageing, C3A works with and through partners to help third agers age well.

## Our Mission

To make active ageing a way of life.

## Our Vision

Fostering a society where seniors live full, active and meaningful lives.

## NSA Highlights

National Silver Academy (NSA) is an initiative under the Action Plan for Successful Ageing. Launched in 2016, it is a network of post-secondary education institutions (PSEIs) and community-based organisations offering a wide range of learning opportunities subsidised for seniors aged 50 years and above. Most courses are also SkillsFuture Credit eligible.



[www.nsa.org.sg](http://www.nsa.org.sg)



OVER  
**1,000**  
COURSE TITLES PROVIDED BY



**40**  
PARTNERS

MORE THAN  
**54,000**  
LEARNING PLACES TAKEN SINCE LAUNCH



**COURSE SUBSIDIES**

&

**NO EXAMS FOR**



► **ITE**  
► **POLYTECHNIC**  
► **UNIVERSITY**  
COURSES

**NSA WEBSITE**



OVER **5 MILLION** PAGEVIEWS & OVER **1 MILLION** SESSIONS SINCE LAUNCH

## Intergenerational Learning Programme

AIMS TO ENCOURAGE INTERGENERATIONAL BONDING BY PAIRING YOUTHS AND SENIORS IN A GROUP LEARNING ENVIRONMENT



**152** SCHOOLS SINCE INCEPTION  
**17,000** SENIORS BENEFITED  
OVER **26,000** STUDENTS BENEFITED

## Senior Volunteerism

Through senior volunteerism, the silver years can be rich and fulfilling, a time when a wealth of experiences can be shared.

Volunteers can take up different roles such as being a facilitator, interpreter, counsellor or event organiser. Seniors can also volunteer as a befriender through the Community Befriending Programme (CBP), run by community organisations across Singapore.



**7,900** SENIOR VOLUNTEERS  
**39** VOLUNTEER ORGANISATIONS  
**35** VOLUNTEER & CBP PROGRAMMES



Visit [www.c3a.org.sg/volunteerism](http://www.c3a.org.sg/volunteerism) to view the full list of volunteer programmes.

## NSA @ The Community

BRINGING ACTIVE AGEING OPPORTUNITIES TO SENIORS IN THE COMMUNITY

NSA ROADSHOWS

**39,700**  
TOTAL OUTREACH



- Held in the community to extend outreach to the heartlands.
- NSA Roadshows were held at The Star Vista, Our Tampines Hub and Ang Mo Kio Central, where partners offered senior learning and volunteering opportunities. Additionally, NSA's 3<sup>rd</sup> Anniversary Celebration and Roadshow was held at National Library on 2 August 2019 and graced by President Halimah Yacob.

NSA TEASER TALKS AND BITE-SIZED COURSES

**70** SESSIONS @ **18** LIBRARIES

- Held in collaboration with NLB at various public libraries, teaser talks and bite-sized courses aim to introduce NSA and selected course topics to seniors in the community. Topics include mindfulness, crafts, financial literacy and more.



SENIOR ACTIVITY CENTRES (SACs)

**64** SESSIONS @ **25** SACs

- To provide more accessible learning opportunities for seniors, NSA courses were held at Senior Activity Centres which were conveniently located in the neighbourhood.

## Positive Ageing

**C3A PORTAL** ([www.c3a.org.sg](http://www.c3a.org.sg))

The C3A Portal is a one stop digital resource platform which aggregates senior-related news, activities, deals and schemes to cater to the needs and interests of seniors.



**9** MILLION PAGEVIEWS SINCE LAUNCH

**POSITIVE AGEING TOOLKIT**

To instil a positive mindset towards ageing and help seniors in their self-discovery journey, C3A developed the Positive Ageing Toolkit, which is a DIY tool to aid seniors to discover and track their wellness levels through the 7 Dimensions of Wellness.

OVER **46,000** POSITIVE AGEING TOOLKITS DISTRIBUTED SINCE LAUNCH



Available in English, Chinese, Malay, as well as online at [www.c3a.org.sg](http://www.c3a.org.sg)