

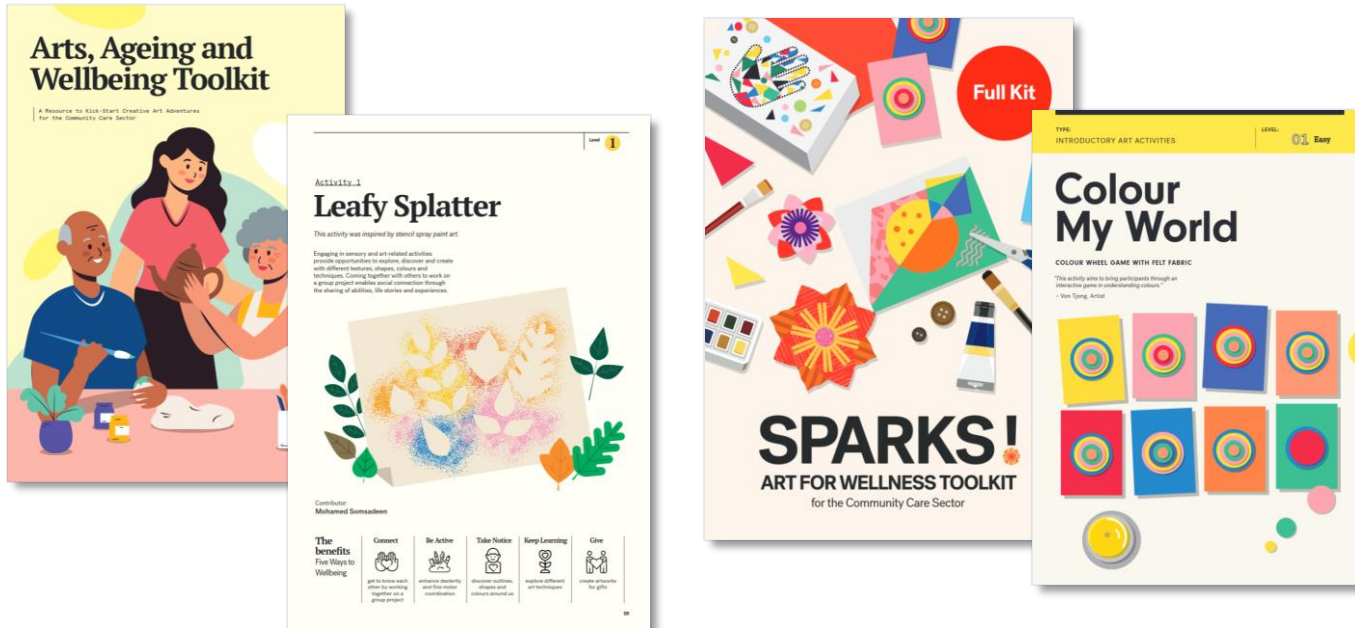
# Sharing of AIC Wellness Programme Activity Resources at *Gerak*

Healthy Ageing Department  
February 2023



# AIC Wellness Programme

The AIC Wellness Programme, by the Healthy Ageing Department, is an initiative to support pre-frail and frail seniors' needs. It involves piloting and curating a wide range of **meaningful, evidence-based activities** for this demographic of seniors, providing **training to facilitate such activities**, as well as **developing activity resources** such as toolkits.



Download free activity resources suitable for pre-frail and frail seniors at:  
<https://aic.buzz/aic-wellness>



# Annex: “Ready-to-use” toolkits developed to support pre-frail and frail seniors



<https://aic.buzz/art-ageing-toolkit>

## “Arts, Ageing and Wellbeing” Toolkit

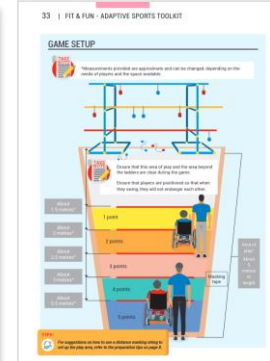
Developed by AIC in collaboration with the Nanyang Technological University, the activities were contributed by their Master of Science (Applied Gerontology) students and guided by United Kingdom's New Economics Foundation's "Five Ways to Wellbeing". This Toolkit features 8 arts activities and caters to a wide range of Community Care participants. This Toolkit is intended for use by the Community Care Sector and its volunteers.



<https://aic.buzz/sparks-toolkit>

## “SPARKS! Art for Wellness” Toolkit

This Toolkit features a selection of 20 art activities using a range of techniques. Step-by-step instructions, facilitation tips as well as selected videos are also provided, for anyone, regardless of their previous art experiences, to lead sessions confidently. This Toolkit is intended for use by the Community Care Sector and its volunteers.



<https://aic.buzz/fit-fun-toolkit>

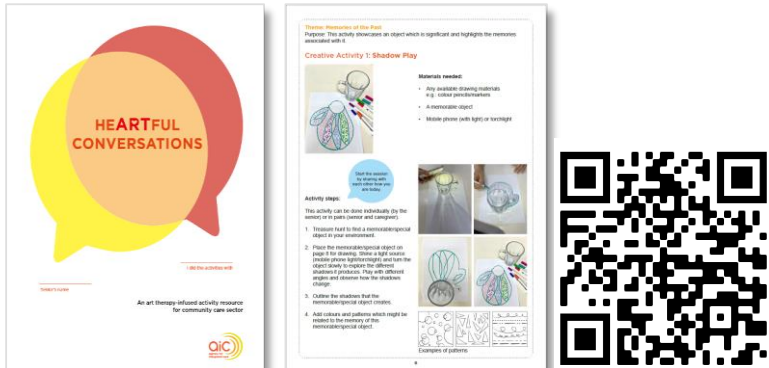
## “Fit & Fun” Adaptive Sports Toolkit

Adaptive sports are sporting activities that have been modified to enable players of differing abilities to actively participate. This Toolkit contains 14 sports that are suitable for wheelchair players in Community Care Organisations. It was developed by AIC in collaboration with Sport Singapore (SportCares) and piloted with nursing home residents and senior care centre clients.

Note: These toolkits were designed for use by staff, caregivers, volunteers and community care partners. However, some activities within the toolkits are also suitable for pre-frail and frail seniors living in the community.



# Annex: “Ready-to-use” toolkits developed to support pre-frail and frail seniors



[https://aic.buzz/heartfulconversations\\_p](https://aic.buzz/heartfulconversations_p)

## “Heartful Conversations” - An Art Therapy-Infused Activity Resources for Seniors and their Caregivers

This Activity Resource aims to enhance person-centered care by providing insights into seniors' memories and values. It is intended to cultivate purposeful engagement between seniors and their caregivers to strengthen bonds through creative art-making and valuable conversations.



[https://aic.buzz/ColoursEveryday\\_p](https://aic.buzz/ColoursEveryday_p)

## “Colours in Everyday Life” - An Illustration-based Activity Booklet

This activity booklet consists of 56 illustrations depicting the sights, sounds, tastes and everything familiar about Singapore. The illustrations have been tiered to be enjoyable for all seniors, caregivers and their loved ones as they discuss memories associated with the illustrated items.



<https://aic.buzz/joyfully-engaged-toolkit>

## “Joyfully Engaged” - An Activity Toolkit for Seniors with Higher Care Needs

This activity toolkit was developed in collaboration with the Singapore Institute of Technology. It features 12 activity ideas, facilitation tips and considerations for staff/volunteers/caregivers to engage these seniors to participate in meaningful activities that are suitable to their needs and interests.

Note: These toolkits were designed for use by staff, caregivers, volunteers and community care partners. However, some activities within the toolkits are also suitable for pre-frail and frail seniors living in the community.

# Annex: “Ready-to-use” toolkits developed to support pre-frail and frail seniors



<https://www.aic.buzz/activity-booklets>

## Activity Booklets for Seniors

Each booklet contains 16 fun arts-based activities and puzzles for seniors to complete in the comforts and safety of their home. Download the free activity worksheets and enjoy the activities individually or with loved ones and caregivers. There are a total of three booklets and they are bilingual (English/Chinese).



<https://aic.buzz/planning-activities-p>

## “Planning” Effective Group Activities Guide

This guide has been developed to offer tips to staff/volunteers who plan and conduct group activities for Community Care clients. While designed to be paired with “ready-to-use” toolkits and resources under the AIC Wellness Programme, these principles can also be applied to other activities.

Note: These toolkits were designed for use by staff, caregivers, volunteers and community care partners. However, some activities within the toolkits are also suitable for pre-frail and frail seniors living in the community.

# AIC Wellness Programme: Everyday Waltzes for Active Ageing

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A collaboration between the **Agency for Integrated Care** and the **National Arts Council**  
Artist: **The ARTS FISSION Company**

<https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fyoutu.be%2f7PAS%5fC74dHo&umid=1A1EEF94-F440-7705-AEB8-6D0F960BA3EA&auth=6e3fe59570831a389716849e93b5d483c90c3fe4-33b03ed263a861d9ad15d5d954ce9e831d72f858>

# Thank You!

Please contact Charmaine ([charmaine.tan@aic.sg](mailto:charmaine.tan@aic.sg)) for more information