

A close-up photograph of several pearls of various sizes resting on a dark, textured fabric. The pearls are illuminated from above, creating bright highlights and soft shadows. The background is dark and out of focus, with some bokeh light effects.

# PRICELESS

TRANSFORMING COMMUNITY CARE • 25 YEARS & BEYOND



# CHAIRMAN'S MESSAGE

*Again, the kingdom of heaven is like a merchant seeking beautiful pearls, who, when he found one pearl of great price, went and sold all that he had and bought it.*

**Matthew 13:45-46 NKJV**

## PRICELESS

Like a pearl that started off as a mere tiny grain of sand in an oyster, St Luke's ElderCare (SLEC) had humble beginnings, with just four senior care centres serving 220 elders when we were established in 1999.

Since then, we have been blessed to be a blessing. We now deliver a full range of integrated services, serving over 15,000 elders across more than 30 locations islandwide. We have had the opportunity to discover more beautiful pearls as we impact more elders. **The joy we receive as we serve them has been priceless.**

While it takes a village to raise a child, it takes a nation to empower elders, especially when one in four Singaporeans will be aged 65 and above by 2030. We want to reframe

the narrative of ageing – driving innovation, collaboration and education to make a greater I.M.P.A.C.T. We aim to raise \$30 million over the next five years through SLEC Community Transformation Fund. As you learn about our work over the past 25 years, I invite you to join us in **impacting lives in the community – this is priceless.**

Thank you to all our partners and supporters – who have served and uplifted many elders with your talent, time and treasures. As we celebrate our achievements and aspirations, we also celebrate and appreciate you. **Your support for us is priceless.**

**Professor Ho Yew Kee**  
Chairman, Board of Directors  
St Luke's ElderCare

# SLEC SERVICES OVERVIEW



> 15,000

Elders served

At SLEC, we are dedicated to serving Singapore's growing ageing population with care and compassion. As life expectancy rises and the needs of our elders become more complex, our role is to provide holistic care to enrich their physical, cognitive, psychosocial, and spiritual well-being.

> 30

Locations  
islandwide

Our mission is deeply rooted in our belief that every elder deserves to live a life of dignity, purpose, and joy. Through a continuum of care that includes **Active Ageing, Senior Care, Rehabilitation, Home Care and Residential Care**, we strive to support elders in staying engaged, independent, and integrated into their communities.

> 800

Staff caring  
for the elders

At SLEC, we believe it takes a community to care for a community. We value each individual's story and believe that by supporting our elders, we can build a stronger, more compassionate society for all.

Over the next few pages, you will read the impact of our services on individuals. You may also hear more of their stories in this video.



## ACTIVE AGEING: EMPOWERING ELDERS TO LIVE INDEPENDENTLY

SLEC Active Ageing Centres' mission is to empower our elders to **"Discover New Adventures, Ignite New Passions"**. Our centres provide a safe and vibrant space for Active Agers to stay active and connected within their communities. Our programmes focus on helping our Active Agers maintain independence and pursue their passions.



“ I learnt new skills like making bags out of plastic wrappers. I'm thankful for new friends I have made in my Bishan kampung. I've never felt so happy and healthy for a long time after my husband passed away. ”

**Mdm Kamisah Bte Abd Rashid**

Active Ager at SLEC Active Ageing Centre (Care) @ Bishan



## REHABILITATION: HELPING ELDERS REGAIN INDEPENDENCE

SLEC offers personalised rehabilitation services for elders recovering from a stroke, surgery, or chronic illness. With advanced treatments like robotics therapy, we focus on helping our elders regain their mobility and return to their everyday lives. SLEC has incorporated virtual reality and gamification elements to make rehabilitation both effective and enjoyable. This innovative approach transforms rehabilitation exercises into engaging activities, motivating our elders to participate actively in their recovery.



“ Before my stroke, I used to be able to walk 20km every week with my friends and did walkathons. The rehabilitation sessions are tiring, but I know they help me get better. Walking on the Lokomat reminds me of long walks in the park. ”

**Mr Sandara S/O Kuppusamy**

Elder receiving rehabilitation therapy at SLEC Day Rehabilitation Centre @ Bukit Batok Central

## SENIOR CARE CENTRES: PROMOTING SOCIAL ENGAGEMENT AND WELLNESS

Our Senior Care Centres provide a full day of activities, personalised care, and meals for elders who require more assistance with daily living. Our centres offer a nurturing space where elders can stay physically active, engage in social activities, and receive care while their caregivers are working. From exercise programmes to creative activities, our centres are designed to promote overall well-being and a sense of belonging.



“ At SLEC, we create a place where elders feel known and loved. Recently, Mdm Loh was reunited with a friend she hadn't seen in eight years. Seeing the joy on her face when they recognised each other was priceless. At our centre, we nurture not just the body, but also the heart and mind, ensuring our elders find connection and happiness. ”

**Mr Stephen Chua**

Centre Manager of SLEC Senior Care Centre @ Whampoa



## HOME CARE: BRINGING PROFESSIONAL CARE TO OUR ELDERS

Our Home Care services allow elders to receive therapy, nursing, and personal care in the comfort of their own homes.

This service allows our elders and their families to enjoy peace of mind, knowing that their loved ones are cared for without the need to leave their homes.

“ When my husband stopped attending daycare after being hospitalised, I didn’t know if he could recover. But since we began SLEC Home Therapy, he started being encouraged to exercise on his own, and his condition improved. I’m so grateful for the peace of mind that home care service has given me. ”

**Mdm Tan Piak Khim**

Wife of Mr Lim Hwee Meng,  
Elder receiving SLEC  
Home Care Therapy



## RESIDENTIAL CARE: A HOME AWAY FROM HOME

For elders who require long-term care, our residential facilities provide a warm and homely environment. The SLEC Residence is designed to give our elders a “home away from home” experience. Our elders are empowered to make choices about their care and interests, such as wearing home clothes and making their own tea-break. They also participate in meaningful activities such as “My Life Story. My Legacy.”, curated to honour the lives and experiences of our elders through the creation of personalised scrapbooks, and MELO-D, a music therapy that engages elders with dementia in activities that stimulate their social, motor, speech, and cognitive abilities.



“ At SLEC Residence, our unique programmes help us connect with our elders, bringing them joy and fulfilment every day. At the heart of it all is the care and respect we have for each individual. One of the highlights of my day is hearing Mdm Ong’s cheerful ‘Good Morning!’ - her warmth is so contagious. ”

**Ms Fayth Yee**

Staff Nurse of SLEC Residence @ Ang Mo Kio

# TRANSFORMING LIVES THROUGH THE SLEC COMMUNITY TRANSFORMATION FUND

For 25 years, SLEC has been at the forefront of community care, helping thousands of elders lead meaningful lives. To continue our mission, we launched the SLEC **Community Transformation Fund (CTF)**, a bold initiative that will enable us to scale up services, innovate care solutions, and transform community care across Singapore.

## *Innovate*

**Innovating models of care** through digitisation, digitalisation, and research in our areas of excellence. This entails **adopting advanced technology and research approaches** to boost operational efficiency, accessibility and overall quality of care provided to elders.



*Robotics therapy has allowed elders like Mr Sandara to regain mobility and hope after debilitating strokes. Through innovative therapies, we are restoring independence.*



*The LifeLab™@SLEC is a pioneering effort to engage the younger generation on the experience of ageing. Participants take a unique journey through different care settings and immersive experiences to discover what ageing well entails.*

## *Mentor*

Pioneering community-centric academic collaborations with institutions of higher learning and appointing academic fellows **to mentor and guide research efforts dedicated to innovating new care models.**



The SLEC CTF is not just about providing more care; it's about **building a sustainable future** for community care—embracing technological advancements, nurturing talent, and creating impactful programmes to meet the growing needs of our ageing population. Through six key pillars, we aim to leave a lasting legacy that transforms community care for generations to come.

## Programme

Developing and scaling carefully tailored **graceful ageing programmes** for elders across the care continuum - from frail to agile, while also **professionalising initiatives** that align with our GRACE model of care, emphasising holistic and personalised approaches to ageing that prioritises the elders' individual needs and well-being.



*Programmes like MELO-D have transformed the lives of elders with dementia, bringing joy and improved cognitive function through music therapy.*



*Advocating for a more inclusive and elder-friendly society, SLEC works to ensure that elders are heard and cared for.*

## Advocate

Strengthening **thought leadership and knowledge sharing** within the community care sector and advocate impactful changes which may influence eldercare policies and elevate standards of eldercare across Singapore.

## Connect

Fostering a **collaborative ecosystem with both internal and external stakeholders** to support ageing-in-place initiatives, facilitating intergenerational connections, and forming consortiums with like-minded partners to enhance community well-being and sustainability.



*SLEC is part of a five-party Memorandum of Understanding to deliver collaborative and seamless care services in the Bukit Panjang community. The combined effort will also create synergy that will bring benefits to each of our organisations as well as the larger community.*



*The SLEC CommCare Academy aims to be a thought leader in community care training and education, and a premium training provider in the community care sector.*

## Train

Continual **upskilling and reskilling of healthcare professionals, volunteers and caregivers** to meet the evolving industry demands. This includes providing **professional development opportunities** for future-ready leaders in community care, facilitating career transitions into the care economy, and enabling senior staff to adapt to new roles.



## WAYS TO GIVE

The **SLEC Community Transformation Fund** enables us to make a lasting **I.M.P.A.C.T.** to the lives of our elders and their families, our staff, our partners and volunteers, and the communities around us.

With your support, we can continue to innovate, mentor, and connect people to the services they need, all while advocating for a society that values and uplifts its elders. Together, we can transform community care - one that is **priceless** for generations to come.



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All donations are eligible for 250% tax deduction and will be automatically included in tax assessment based on tax reference number (NRIC/FIN/UEN) provided.

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

@StLukesElderCare



[partner@slec.org.sg](mailto:partner@slec.org.sg)

461 Clementi Road,  
#04-11, Block A,  
SIM Headquarters,  
Singapore 599491