



Aging Simulation

Age is not just a number

presented by



SYNOPSIS OF SIMULATION

One in ten seniors in Singapore have dementia. This figure is set to increase overtime.

Are seniors facing social discrimination, exclusion and lack of participation in decision making?

“We are still very much an ageist society. Sometimes people may not even know that they are being ageist” - Ex - Speaker of Parliament, Halimah Yacob.

In this simulation, we challenge you to step in the shoes of a senior by wearing an aging suit and experience their daily life.

OUTCOME

Placing participants in unfamiliar settings or uncomfortable situations heightens their ability to empathise with the seniors.

After the program, participants will better understand what it means by aging and how to better connect with the seniors and support active aging.

PROGRAM FACILITATOR



Aaron is an experienced volunteer and EQ trainer. He had led many youth volunteers to serve marginalised communities regionally.



PROGRAM SCHEDULE

- 15 min Engage Briefing
 - 60 min Experience Simulation
 - 45 min Facilitated Reflection
- (Timing may vary with number of pax)

IDEAL GROUP SIZE

32 and above. Maximum 40.

AGE GROUP

14 - Adult

TESTIMONIALS

“I felt it was a realistic experience. Such an exercise will be especially useful for young people in school because an increasing portion of them are mainly growing up in nuclear families in the absence of elderly family members.”

- Azeena Badarudeen, Participant

