

## MISSION POSSIBLE: SINGAPORE

Project Profiles 2017-18

### GOOD MENTAL HEALTH AMONG THE ELDERLY– HWA CHONG INTERNATIONAL SCHOOL



This team wished to promote good mental health among the elderly as they believe that it is as important as physical health. They decided to connect with the elderly in an interactive session on a special occasion. They included the elderly in the National Day Celebrations held in Hwa Chong International School making sure they felt included and welcomed in the community.

#### Project Objectives:

- Promote good mental health among the elderly to help them achieve overall well being.
- Make the elderly feel included and part of the community by inviting them to be part of a special occasion and celebrating the occasion through interactive activities.

#### Activities:

- Planned an itinerary that comprised performances, games and catering that the elderly would enjoy and appreciate.
- Worked alongside the Lions Befriender, a charity organization that works for the welfare of the pioneer generation in Singapore to reach out to elderly from the Toa Payoh public housing estate.

#### Results:

- Most of the elderly had warm smiles on their faces during the celebrations and they participated in the activities.
- Students enjoyed interacting with the elderly and realised the importance of ensuring the older generation felt cared for and included in society.

#### Next Steps:

- This project was implemented as part of Hwa Chong International School's annual Community Day. The school intends to reach out to the same beneficiary next year.

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