

PRESS RELEASE

TOUCH LAUNCHES UNIQUE HOLISTIC WELLNESS INITIATIVES AT ACTIVE AGEING CENTRES

SINGAPORE, 18 SEPTEMBER 2026 – TOUCH Community Services has launched two new wellness initiatives across selected Active Ageing Centres: **DBS Foundation x TOUCH Senior Wellness and Community Activation Programme (SWCAP)**, which helps seniors move beyond conventional active ageing activities towards holistic wellness; and **‘Start Strong. Stay Strong.’, a gym-based programme** that leverages technology and uses senior-centric learning methods to help seniors exercise safely and confidently.

Equipping seniors through a holistic wellness programme

A 2022 National University of Singapore study of 17,000 seniors aged 61 to 96 found that one in 16 seniors is socially disconnected, reinforcing the need to invest in senior wellness programmes that build not only physical health, but also meaningful relationships, resilience and purpose in later life.

DBS Foundation x TOUCH SWCAP aims to engage seniors across five wellness domains – physical, emotional, social, financial and spiritual – and equip them with the knowledge and skills to reflect, learn, grow and give back, while building informal care networks. (Please refer to Annex 1).

DBS Foundation has committed \$1.5 million to fund the programme over four and a half years, in addition to mobilising their employee volunteer movement, DBS’ People of Purpose to develop and facilitate the digital and financial literacy workshops under the financial wellness component.

Partnering to redesign active ageing

DBS Foundation x TOUCH SWCAP was announced at the opening of TOUCHpoint@Yishun 148, TOUCH’s third AAC site in Yishun. (Please refer to Annex 2) This new centre marks another milestone in TOUCH’s growth plans, which will bring its total number of AAC sites to seven by the end of 2026, with another three scheduled to be opened in 2027.

At the launch, Mr James Tan, TOUCH’s Chief Executive Officer, said, “As TOUCH expands its network of Active Ageing Centres across Singapore, DBS Foundation x TOUCH SWCAP enables us to take a more holistic approach to senior wellness by providing a sustainable framework that supports more seniors and caregivers where they live. By taking an integrated approach to wellness, we can journey alongside each individual, helping them build on their strengths and achieve greater well-being. More importantly, we need to first reframe how seniors view themselves – not simply as recipients of support, but as active contributors with the ability to shape their own well-being and make a meaningful difference in the lives of others. This reflects TOUCH’s vision of building strong families, caring generations, and enabled communities.”

"At the DBS Foundation, we believe in doing well by doing good and catalysing sustainable change to build inclusive societies. Our partnership with TOUCH Community Services marks another significant step toward the paradigm shift we need: to move beyond seeing ageing merely as a challenge to be managed, to redesigning for longevity where seniors can continue to learn, contribute meaningfully, and live with purpose. Achieving this requires a concerted, whole-of-society effort, and we welcome the opportunity to collaborate with TOUCH to develop a holistic programme that supports seniors through life's transitions," Ms. Karen Ngui, Head of DBS Foundation, said.

DBS Foundation x TOUCH SWCAP is being piloted at TOUCHpoint@AMK433 in its first year, benefiting some 100 seniors, and will be rolled out progressively to four TOUCH AACs in Yishun, Sembawang and Geylang Bahru over the next three years.

Building capabilities of Wellness Motivators

Under DBS Foundation x TOUCH SWCAP, TOUCH will also draw on the expertise of its psychologists, counsellors and social workers, to equip seniors with knowledge and confidence to foster meaningful conversations and build stronger connections among their peers.

TOUCH aims to recruit and train 700 Wellness Motivators (WMs) in three years to support 500 at-risk seniors and 200 socially isolated seniors through a neighbours-for-neighbours approach. WMs will be provided differentiated training to take on the roles of connector, activator, carer or befriender, according to their strengths and interests. This includes some 120 befrienders who will be equipped with skills to engage socially isolated seniors, with the aim of reconnecting them to the community. WMs will also have opportunities to engage in community outreach, co-facilitate and run centre activities and keep tabs on vulnerable neighbours.

New gym programme using senior-centric methods

At the centre opening, TOUCH also launched a new gym programme 'Start Strong. Stay Strong.'. Using technology and senior-centric learning methods, seniors will gain confidence in using gym equipment and transit gradually to community gyms. (Please refer to Annex 3)

Helping seniors learn better and faster

TOUCH's gym programme draws on principles of geragogy – learning approaches that support how seniors learn. Beyond conventional gym instruction, TOUCH's physiotherapists use larger fonts, high-contrast visuals and step-by-step demonstrations to support seniors with different sensory and learning needs.

Exercise coaches also use slower-paced explanations, repeated reinforcement and practical examples. Seniors learn what each exercise machine does and how it can help with everyday movements such as bending, squatting and reaching, making workouts more relatable, purposeful and easier to sustain.

Held twice a week over two months, the six-week Gym Programme comprises bite-sized modules supported by smart fitness equipment. As at end September, 16 seniors have joined

the gym programme. TOUCH aims to enrol some 40 seniors in the programme by the end of the year.

A pre-and post-programme survey with the first batch of eight seniors showed marked gains in confidence using gym equipment and making exercising as a habit. At the start, 75% of participants reported lacking confidence in using gym facilities, while only 12.5% felt fully confident about continuing to exercise independently. By the end of the programme, 75% expressed greater confidence in using gym equipment, and 62.5% said they felt more confident to continue exercising on their own. These findings underscore the importance of creating age-friendly wellness spaces and practical coaching approaches that reduce anxiety, build confidence and support seniors to sustain healthier lifestyle habits.

‘Start Strong. Stay Strong.’ goes beyond teaching seniors to use gym equipment or build muscle strength. It is about creating a safe, supportive space where seniors can overcome their anxieties, gain confidence and take ownership of their fitness journey at their own pace. By bringing together the expertise of our therapists and AAC team, we have co-created a senior-centric programme that makes strength training more accessible, purposeful and sustainable. We want every senior to feel empowered to keep moving, stay connected and eventually exercise independently or alongside their peers with confidence,” added Mr Tan.

Senior Parliamentary Secretary, Ministry of Education and Ministry of National Development, and Member of Parliament for Nee Soon GRC (Nee Soon Link), Dr Syed Harun Alhabsyi, graced the centre opening which welcomed more than 100 seniors and community partners. He also participated in a gym equipment demonstration and joined in an activity together with seniors as part of ‘Reflection of Life’s Journey’, a signature wellness programme module under DBS Foundation x TOUCH SWCAP.

– End –

The media may wish to interview the following profiles (Please refer to Annex 4):

Gym Profiles:

- Senior volunteer and caregiver Mdm Rita Joseph, 71
- Senior volunteer Mdm Liew Cheong Yin, 75
- Client Mr Goh Chun Chuan, 75

Reflection of Life’s Journey Profiles:

- Mdm Selvarani D/O Ramasamy, 67
- Client Ms Lily Wee, 72
- Client Mr Wee Chin Hock, 71

For media enquiries and interviews, please contact:

Priscilla Toh,

Lead Specialist II (Media and Engagement)

Strategic Communications

9694 2364 (HP) priscilla.toh@touch.org.sg

About TOUCH Community Services

Since 1992, TOUCH Community Services has served people of all ages, races and religions to see sustainable change and transformation in their lives. It believes in the worth and potential of every child, youth at-risk, family in need, caregiver, senior and person with special or wellness needs to grow, participate and contribute in the community. The heartbeat of TOUCH is to activate potential, build independence, connect people, and deliver impact by developing sustainable solutions in society. For more information on TOUCH, please visit www.touch.org.sg

About TOUCH Active Ageing (TAA)

To build enabled communities that support ageing in place, TOUCH Community Services has Active Ageing Centres (AACs) in Ang Mo Kio, Geylang Bahru, Yishun and Sembawang. Reaching out to 16,000 seniors aged 60 and above in the assigned precincts, TOUCH's AACs serve as go-to-points to provide educational, accessible and timely support to residents. To strengthen community care networks, these activation nodes empower seniors with new skills, connect them to neighbours and offer opportunities to give back as volunteers. Frailer and more isolated seniors are also kept engaged with support from befriending volunteers. In support of the Healthier SG and Age Well initiatives, TAA will step up efforts to anchor community collaborations to co-create care solutions that promote happy, healthy and helpful communities. Supported by TOUCH's trans-disciplinary team of eldercare specialists and leveraging residents as assets, TAA helps seniors improve physical and mental wellness, to prevent or delay frailty and dementia.

About DBS Foundation

Established in 2014, DBS Foundation is committed to uplifting lives and livelihoods of those in need. It provides essential needs to the underprivileged, and fosters financial inclusion by equipping the underserved with financial and digital literacy skills. It also nurtures innovative social enterprises that create positive impact. It aims to bring hope to those with less today, so no one is left behind and we can all face the future with confidence.

In 2024, DBS committed up to SGD 1 billion dollars over the next decade to support vulnerable communities. It also pledged to contribute 1.5 million employee volunteer hours over the same period.

With ageing societies becoming a pressing concern, DBS Foundation is intensifying efforts to shape mindsets and spark interventions – so that regardless of life stage or circumstance, there is opportunity to age with dignity, purpose and joy.

Together with an ecosystem of like-minded partners, DBS Foundation seeks to create impact that goes beyond banking, beyond borders, and beyond generations.

For more information, please visit: www.dbs.com/dbsfoundation

DBS Foundation x TOUCH Senior Wellness and Community Activation Programme (SWCAP) Fact Sheet

Programme Objectives:	Support seniors by deepening their knowledge and skills to improve their well-being, and train seniors as wellness motivators to address social isolation through a neighbours-for-neighbours approach. This is done so by: - Developing and implementing a sustainable holistic framework of senior wellness with six Wellness Empowerment programmes that focus on the physical, emotional, social, financial and spiritual dimensions of wellness. - Creating new ways of helping seniors be confident in their strengths, and navigate transitions and relationships in this phase of life including on marriage and work. - Supporting seniors and caregivers to enhance senior wellness and build capabilities so that they can eventually be activated as contributors within their families and communities.
DBS' Support:	- DBS Foundation has committed \$1.5 million over four and a half years - Some 300 DBS People of Purpose volunteers will be mobilised and contribute an estimated 960 volunteer hours to develop and facilitate the financial and digital literacy wellness empowerment programme over four and a half years
Outreach:	- Targets a total of 2,500 seniors from TOUCH's Active Ageing Centres in Ang Mo Kio, Geylang Bahru, Wellington and Yishun. - Currently 100 seniors from TOUCHpoint@AMK 433 are involved in the pilot. - The programme will be rolled out progressively to four of TOUCH's Active Ageing Centres in Yishun, Sembawang and Geylang Bahru - TOUCHpoint@Yishun 148 will be part of the pilot in 2027. - 700 Wellness Motivators will be trained to support 500 at-risk seniors, including 120 befrienders who will support some 200 socially isolated seniors.
Unique Features:	- Reframes ageing through a holistic senior wellness model that helps seniors recognise their strengths, navigate life transitions with confidence, make informed choices and support one another - Makes an intentional effort to reach out to socially isolated seniors. - Provides opportunities for seniors to contribute as connectors, activators, carers and befrienders, strengthening community bonds and fostering a more connected community. - TOUCH's counsellors, social workers and mental health professionals will train senior befrienders and conduct wellness sessions that promote self-discovery, personal awareness and purposeful engagement.
Core Wellness Empowerment Programmes:	Six Wellness Empowerment programmes focusing on the social, emotional, spiritual, physical and financial dimensions of wellness include: - Reflecting on Life's Journey: Empower seniors to be more self-aware, to make informed decisions that are aligned with their values, to find purpose in life and to plan for their future. - Seal of Life: Empower seniors to understand their own emotions and feelings and strengthen their relationships with loved ones and others. - Building Connections and Celebrating Marriage: Empower senior married couples through experiential marriage enrichment workshops. - Silver Strong: Empower seniors to stay active, improve functional fitness, and foster a culture of peer encouragement. - Food For Thought: Equips seniors with practical nutrition knowledge and cooking skills through talks and guided cooking demonstrations. - Financial & Digital Literacy: Developed with DBS, this programme empowers seniors by equipping them with essential knowledge on topics such as smart budgeting and saving, CPF Life, and protecting themselves from scams.

TOUCHpoint@Yishun 148 Fact Sheet

Objective	To complement the work of its existing AAC at TOUCHpoint@Yishun 162 by offering another engagement site for a broader range of activities and a dedicated gym programme to better support Yishun residents.
Centre Features & size	- Collapsible see-through glass panels that allow for flexible space configurations for different activities - A dedicated gym space housing six gym equipment with an assessment kiosk - Approximately 2,266 sq ft, 30% bigger than TOUCHpoint@Yishun 162
No. of seniors served	- Supported some 6,200 seniors through TOUCH's AACs in financial year 2025 - Currently supporting some 1,900 seniors through TOUCH's three sites in Yishun including TOUCHpoint@Yishun 148
Types of activities <i>Note: DBS Foundation TOUCH x SWCAP will commence from July 2027</i>	<u>Healthier SG initiatives:</u> Health and social programmes supported by Health Promotion Board, Yishun Health, such as exercise, craft, calligraphy, nutrition & social engagement activities. - <u>Care services:</u> Supported by TOUCH's home care services & Community Health Post - <u>Specially curated gym programme</u> to help seniors gain confidence to transit to community gyms - <u>Resident-led Interest Groups</u> including Art with a Heart, ukelele sessions, karaoke sessions and creative arts sessions that encourage active participation and community bonding
Number of senior volunteers	20 volunteers from the nearby TOUCHpoint@Yishun 162 will support the new centre as centre helpers, care callers, and event, programme facilitators and mentors.
Community partnerships	HPB, Town Councils, Schools, SSAs, Polyclinic, Infocomm Media Development Authority, NHG Group and Campus Impact.
Use of community space	Current collaborations with Residents' Network (RN) to hold activities at the community centre and organise joint activities to reach out to residents
Key project to highlight	<u>Gym Programme 'Start Strong. Stay Strong.':</u> Helps seniors build confidence in using gym equipment through smart fitness gym equipment and senior-centric coaching, enabling them to improve and sustain their strength, balance, mobility, and overall wellness as they transition to exercising independently in community gyms.

Programme Objective	A structured, senior-centric gym programme with goal setting, knowledge sharing and bite-sized modules designed to help seniors gain confidence in using gym equipment and transit independently to community gyms.
Coaching Approach	Developed in collaboration with TOUCH's therapy team and delivered by TOUCH's AAC's exercise coach, the programme uses a senior-centric coaching approach to help seniors build skills and confidence to progressively adopt healthy habits as part of their lifestyle. - Hands-on guidance provided with support gradually reduced as seniors become more familiar with the equipment and gain confidence. - Coaching focuses on correct posture, safe movement and proper use of each machine so seniors can exercise correctly and safely. - Senior-friendly teaching methods, including visual cues, repeated demonstrations and opportunities for practice, help build confidence, competency and peer connection. - The programme follows a structured teaching plan designed for older learners. Lessons are paced appropriately, kept easy to understand and linked to seniors' daily routines, so participants can see how strength training supports everyday activities. - Uses step-by-step method to demonstrate each exercise, guide seniors through practice and reinforce key points to improve understanding, confidence and recall. Seniors are also encouraged to ask questions, reflect on their progress and share feedback in a safe and supportive environment.
Targeted Participants	- Active and pre-frail seniors aiming to improve strength, mobility, and confidence in using gym equipment - As at end-September 2026, 16 senior participants have joined the pilot; to train another 40 seniors by end 2026
Unique Features	- Six gym machines that target different muscle groups and support strength, balance, and everyday movement. - <u>Gamified progress tracking</u> and visual cues that provide real-time insights and monitor targeted outcomes. - Each machine guides users through the correct setup and movement, so exercises are done safely and effectively. - The machines can adjust to each senior's fitness level, progress, and personal wellness goals, making training more personalised and easier to follow.
On-Boarding	- Includes guided gym orientation, basic health screening, confidence survey, wellness kiosk screening, balance strength assessments, personal goal setting and a personalised pre-assessment report.
Programme Details	- Knowledge Workshops on how to exercise and build strength safely, and access community resources including gym locations. - Strength training programme supported by real-time machine feedback.
Post-Programme	- Seniors receive a final progress review and personalised guidance on next steps. Seniors who are not ready to move on may join the maintenance programme and continue exercising at TOUCH's gym.

Gym Profiles:**Mdm Rita Joseph, 71**

At 71, Mdm Rita exemplifies active ageing, and is a connector and activator. A former nurse, she became a full-time caregiver after her mother suffered a stroke, dedicating herself to supporting her mother's daily needs and medical appointments. Despite her caregiving responsibilities, Rita sought ways to maintain her own well-being and found a renewed sense of purpose through regular participation in activities at TOUCHpoint@Yishun 148. Through programmes such as balloon sculpting, adaptive sports, exercise sessions and crafts, she built new skills, friendships and confidence, paving the way for her to contribute as a volunteer.

Inspired by the opportunities and support she received, Rita has since emerged as an active volunteer who warmly gives back to her community. She uses her balloon sculpting skills to bring cheer to socially isolated seniors. Today, she volunteers at centre events, mentors fellow seniors and hopes to be trained to lead adaptive sports activities in the future. Last month, Rita joined the gym programme together with her husband. The couple is also looking forward to attending the new wellness programmes next year under SWCAP.

Mr Goh Chun Chuan, 75

Mr Goh keeps active by walking for more than an hour every day and doing simple exercises at home. Since joining TOUCHpoint@Yishun 162 with his wife about a year ago, he has also taken part in AAC activities. Living near TOUCHpoint@Yishun 148 makes it convenient for him to access the new gym programme, but he was initially hesitant as it was his first time using gym equipment and he was unsure if he would know how to operate the equipment safely. Although he had concerns about exercising with medical conditions such as high blood pressure, high cholesterol and gout, the structured onboarding helped ease his anxieties.

With the exercise coach keeping a close watch, guiding him on posture, grip, feet placement and safe movement, Mr Goh grew more confident in using the equipment and appreciated the reminders that helped him recall the instructions more easily. His favourite machine is the chest press as the pushing motion feels natural and easy to control. He also finds the machine's moving wave lines interesting as they help him maintain his rhythm during exercise. While he prefers to work out alone or with people he already knows, Mr Goh is open to the idea of trying out a community gym if he can do it with friends and at a suitable time.

Mdm Liew Cheong Yin, 75

Mdm Liew has lived with arthritis for more than a decade, with leg numbness and reduced strength affecting her stability and confidence. Although she remained active through regular exercise and volunteering at the Active Ageing Centre, a leg injury led her to scale back her commitments. Initially unsure if the gym programme was suitable for seniors her age, she thought it would be more suitable for her younger peers. However, she decided to try it after encouragement from a friend.

Through progressive coaching, repeated practice and real-time feedback from the machines, she learnt how strength training could support everyday movements and help her stay active safely. She also appreciates having a safe space to ask questions, reflect on her progress and share her experience with the coach and peers. Since completing the programme, Mdm Liew is able to move around without a walking aid, climb steps more steadily and lift her 5kg pet dog with greater ease. She hopes to join the maintenance programme until she feels more confident in using a public gym.

Reflection of Life's Journey Profiles:

(DBS Foundation x TOUCH Senior Wellness and Community Activation Programme currently piloted at TOUCHpoint@AMK 433, and will commence at TOUCHpoint@Yishun 148 in July 2027)

Mdm Selvarani D/O Ramasamy, 67

Mdm Rani is a mother of three and a former caregiver to her late husband, who lived with Parkinson's disease and bipolar disorder before he passed away in December 2024. Her story is one of resilience, shaped by years of caregiving, personal sacrifice and putting her family's needs before her own. The Tree of Life session under Reflection of Life's Journey was especially meaningful for Mdm Rani, giving her a safe space to reflect on her life journey, the sacrifices she has made, her hopes for her children and her aspirations for the future. Through the session, she recognised the values she has passed on to her children as the roots that have grounded her life, while her friendships, her children's love and the support of neighbours are the fruits that continue to bring her joy and meaning. The experience helped her reflect on what matters most and the future she hopes to build for herself.

Ms Lily Wee, 72

Lily's heart for serving others was mostly shaped by more than a decade of volunteering at an orphanage in Kazakhstan. Through the Reflection of Life's Journey sessions, she found space to pause, reflect on her experiences and reconnect with what matters most to her. Looking back, she is grateful for the people who shaped her values, taught her the importance of hard work in weathering life's hardships. As she manages her own health issues, Lily has also learnt the importance of patience, resilience and putting self-care first before caring for others. The sessions also deepened her awareness that other seniors may carry unresolved experiences, treasured memories, or stories of people who have left a lasting impact on their lives. Drawing from her own reflections, Lily hopes to offer a listening ear to seniors who may feel alone or helpless. For her, simply being present as a friend can be meaningful and rewarding, and she looks forward to resuming volunteering in various capacities.

Mr Wee Chin Hock, 71

Mr Wee had to stop volunteering at an old folks' home when his mother fell ill. Living with osteoporosis, he hopes to regain the confidence and strength to travel again. The Tree of Life exercise reminded him of the courage he once had, as well as the values that continue to anchor him, including hard work and respect for elders. He feels that the Reflection of Life's Journey programme is a good opportunity to allow seniors to think about what matters to them, where they are at this stage of life and what they can do to fulfil their purpose or aspirations. The sessions have also reaffirmed his desire to volunteer again, which he sees as part of his identity, and he hopes to do so while he remains able and fit.