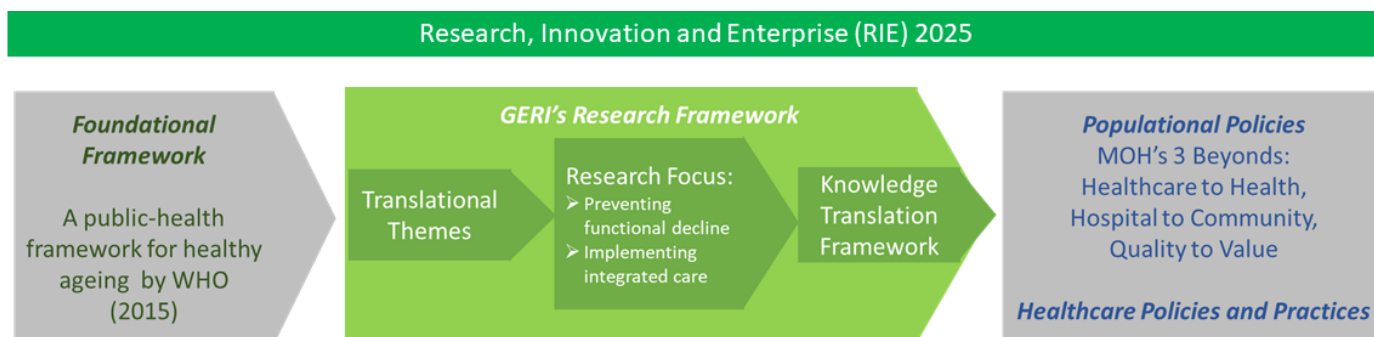


GERI's Research Framework

GERI's research activities are guided by a foundational framework that is based on the Public Health Framework for Healthy Ageing proposed by the World Health Organization (WHO)¹. Principally, it aims to foster functional ability of older adults at the individual level by improving and maintaining intrinsic capacity (combination of physical and mental capacities), and at the environmental level by enabling and supporting those with decline in capacity to do things that are important to them.



To this end, GERI has designed our research to focus on two specific areas:

PREVENTING FUNCTIONAL DECLINE

Supporting the functional ability of older adults at the individual level by improving or maintaining intrinsic capacity (i.e., combination of physical and mental capacities) and optimising supporting environments. Research topics encompass intrinsic capacity, frailty, physical and cognitive functioning, falls and community mobility.

IMPLEMENTING INTEGRATED CARE

Developing and evaluating models of care for those with decline in capacity to do things that are important to them. Research topics encompass care models for those with frailty, multi-morbidity, complex needs, dementia and advanced life-limiting illness; incorporating caregiving support.

These two focus areas help address opportunities for healthy ageing in Singapore, and flow out from GERI's three principal translational themes:

- **Extending Healthspan:** to increase the years that older adults spend in good health
- **Ageing in Place:** to assist older adults in living well in their communities for as long as possible
- **Advancing Care:** in support of the ongoing care transformation journey for older adults in Singapore's health system.

These three themes augment the Ministry of Health's strategic shift of the "3 Beyonds" in supporting Singaporeans to age well in their community.

¹World Health Organization (WHO)'s World Report on Ageing and Health (2015): <https://www.who.int/life-course/publications/2015-ageing-report/en/>