

Outside from Inside

Whilst maintaining and improving the current services we already provide, we also always keep an eye out for new innovations that would expand and expand our range of services.

The COVID-19 pandemic was a stark reminder of the need to think outside the box, especially when it came to supporting our seniors. With safety concerns preventing them from attending therapy sessions at external facilities, we had to explore alternative ways to reach out and provide the care they needed. Most importantly, as a vulnerable group, they were unable to go on outings, which took a significant mental toll on many of them.

Technological adjustments helped us pull through this period, from zoom sessions which helped our seniors stay connected with their favourite volunteers, to engaging the use of VR (Virtual Reality) motion capture equipment to ensure they can keep up with their therapy sessions.

Since then, SASCO Home has been exploring new services we can implement in-house, to cover as many of our seniors' needs as possible. This ensures that we are always prepared for any hurdles that could affect our seniors' access to quality care and treatment.



The novelty of VR has many of our seniors intrigued and we have been exploring the possibility of using VR to combat social isolation and movement difficulties. In our new Virtual Reality Recreation (VRR) project, seniors immerse themselves in pre-recorded VR videos to simulate travel experiences and invoke a sense of adventure and purpose.



Through these simulations, seniors can explore new areas and revisit local and familiar places from a safe environment.

From the ongoing trials with enthusiastic seniors, the VRR sessions have shown promising results in sparking memories, encouraging conversation with staff, with seniors detailing how they remember a particular place and noticing all the changes in the location since they last visited.



Busy or calm, our seniors have been enjoying the variety of environments available, from admiring the splashes of colour in the streets of Penang or watching the sea during a leisurely stroll at East Coast Park. As accessibility and affordability improves, VRR continues to become a staple in eldercare, helping our seniors to stay curious and up to date in our rapidly changing world.



Recently, our board game fanatic seniors assembled for a highly anticipated afternoon of friendly competition: a Rummy O tournament. Sharing many similarities with a highly beloved game like Mahjong, Rummy O is a favourite among our seniors, challenging their creativity to come up with different strategies in order to win. Anyone who has had a hand in playing Rummy O will know how highly addictive of a game it is. This applies true to both our staff and volunteers from different generations as well.

By arranging such events like competitions, it motivates our seniors to be competitive, keeping their minds active whilst encouraging social interaction. Even if they lose the round, it is also a ton of fun to spectate the matches of their peers, encouraging each other and generating lively banter. The event gave a chance to many of our newcomers to connect with seniors who have been coming to our centres for years, through their shared love of strategic board games.



The most tactical of our seniors walked away with the grand prizes, hampers containing beloved goodies to share with friends and family. Despite not winning the competition, the atmosphere remained light and bright, with no one feeling left behind or discouraged despite their loss. With the amount of roaring laughter and enjoyment generated throughout the day, everyone who participated in the competition went home feeling like a winner.

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