



READY FOR

In 1990, there were 50 centenarians in Singapore. By 2015, that number had multiplied to 1,100 and continues to grow. As life expectancy rises, the ability to live long and well is increasingly linked to a number of lifestyle factors that include our **relationships**, health and wellness, financial habits, and opportunities and attitudes at work. With these factors in mind, The Economist Intelligence Unit surveyed 1,214 of Singapore's residents on their preparedness for longevity. **How ready are they to live to 100?**

RELATIONSHIPS

Residents are focussed on family, but less connected to other communities. Diverse relationships are key to living long and well.

HEALTH AND WELLNESS

Residents have the intention to adopt and maintain a healthy lifestyle but, for many, their diet and exercise habits fall short.

NANCIAL

Residents have good savings habits but many will still struggle to retire at 62. Older years may need to include extended careers.

CAREER

Residents feel they are able and ready to work longer but to do so will require them to be more proactive in seeking opportunities.

RELATIONSHIPS

Singapore is a familyoriented society with strong intergenerational ties



Parents and significant others are the most important relationships.

92% are happy in these

and **75%** say they know they can find the support they need in times of hardship.

Families take care of each other



8 out of 10 people above 25 have at least one dependent.

However, these ties come with stress



24% say caretaking responsibilities interfere with their relationships.

Having more diverse social networks can help alleviate some pressure

What are the top five communities in which Singapore's residents are most engaged?

