



# 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.

#### FINANCIAL

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

#### ARFFR

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

## CAREER

# Singapore's residents are ready for longer careers.





**6 out of 10** feel they either have the skills or are able to acquire the skills they need to **work as long as they want.** 

They cite better work/life balance and more flexible schedules as the top two policies companies could adopt to help extend their careers.

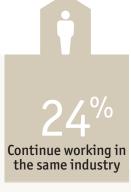
# Their work aspirations after 62 are diverse.

What would you like to do in your working life after 62?











But with few role models ahead of them, today's older workers must be pioneers.

This requires a mindset shift towards embracing change.



Only 4 out of 10 residents say they

actively seek new challenges, learnings and opportunities.