What do you get when you put 5 Singaporean strangers together for 8 days?
GREATNESS
Turn Back the Clock
Psychology of Positive Ageing
Perception of control
“I make decisions that affect my life”

Choice vs. No-Choice
Lower sense of control \[\rightarrow\] Poorer outcomes
Kind, but disempowering
The Magic of Choice
Enhance long-term QOL by facilitating choice
Are you calling me “old”?
What do negative stereotypes do?
Negative ageing stereotypes

More hearing loss
Negative ageing stereotypes: Self-fulfilling prophecy?
Improve attitudes towards ageing

Improve levels of functioning
Positive self-perceptions of ageing

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Longer lifespan
Social connection