

## THE STRAITS TIMES

---

### Some nursing home residents go outdoors again, with trishaw rides at park



A trishaw ride at a nearby park on May 5 is nursing home resident Lim Pek Tiong's (centre) first outdoor trip in 11/2 years. ST PHOTO: NG SOR LUAN

With the group size cap lifted, volunteering activities can also resume at nursing homes.

The trishaw ride scheme was started by the charity in 2017 as a way for seniors to spend time in the community.

Ms Cecilia Llego, a senior physiotherapist at St Luke's ElderCare Residence, said the seniors were excited to chat with the nursing home staff and cyclist volunteers, and point out familiar landmarks around the park.

"It stimulates their minds and is good reminiscence therapy for the seniors," she said.

"When our nursing home opened during the circuit breaker (in May 2020), it was really a challenge for us, with people locked in struggling to come out. They would bang the doors and even break the locks," she said, adding that many residents did not understand why they could not go out.

St Luke's ElderCare Residence cares for seniors above 50 who are medically stable but have undergone post-operative procedures for strokes, fractures or falls.

They may also have chronic diseases such as diabetes, Parkinson's, or are wheelchair users and require assistance with daily activities.

"Bringing them out really integrates them back into the community, because in the nursing home we only see the walls and the doors," said Ms Llego.



The trishaw ride scheme was started by the charity in 2017 as a way for seniors to spend time in the community. ST PHOTO: NG SOR  
LUAN PHOTO: ST

Cycling Without Age is working with Ren Ci @ Ang Mo Kio, MWS Nursing Home in Yew Tee and Jamiyah Nursing Home in West Coast to safely resume the trishaw rides for their residents too.

The charity works with seven nursing homes and senior care centres, as well as two community locations - Gardens by the Bay and Jurong Lake Gardens.

The trishaw rides are free for its beneficiaries, seniors and those with limited mobility.

Mr Gary Gan, 70, one of two volunteers giving rides at Bishan-Ang Mo Kio Park, said he wanted to give back to society after he retired from his finance and banking job in 2013.

"I enjoy befriending the seniors and introducing them to the place, where they can see otters, fish, community garden, fruits, birds, or even actors when Mediacorp is filming shows."

**MORE ON THIS TOPIC**

[Joy and relief as people able to visit loved ones in hospitals, nursing homes](#)

[Seniors can limber up again as People's Association resumes activities](#)


Join [ST's Telegram channel](#) and get the latest breaking news delivered to you.



**Subscribe today**

Get unlimited access to exclusive stories and analyses by the ST newsroom

[Choose your plan](#)

 E-paper

 Facebook

 Instagram

 Twitter

 Podcasts

 RSS Feed

 Telegram

 Youtube

• SINGAPORE

• ASIA

• WORLD

• OPINION

• LIFE

• BUSINESS

• TECH

• SPORT

• VIDEOS

• PODCASTS

• MULTIMEDIA

[Terms & Conditions](#)

[Data Protection Policy](#)

[Sign up for our daily newsletter](#)

[Need help? Reach us here.](#)

[Advertise with us](#)

[Sign up](#)

[More newsletters](#)



Cycling Without Age volunteer Jack Lim, 62, taking Mr Lim Pek Tiong and senior physiotherapist Cecilia Llego on a trishaw ride around Bishan-Ang Mo Kio Park yesterday. For Mr Lim, a resident at St Luke's ElderCare Residence @ Ang Mo Kio, it was his first outdoor trip in a year and a half. ST PHOTO: NG SOR LUAN

# Nursing home residents go out for spin on trishaws

Cycling Without Age charity restarts rides for residents as Covid-19 restrictions are eased

**Shermaine Ang**

A trishaw ride at a nearby park yesterday morning was nursing home resident Lim Pek Tiong's first outdoor trip in 1½ years.

The 66-year-old from St Luke's ElderCare Residence @ Ang Mo Kio, who uses a wheelchair, said of the outing at Bishan-Ang Mo Kio Park: "I'm happy to be going out again."

He was one of three seniors from the home who were given rides by volunteers from Cycling Without Age yesterday as the charity restarts rides for nursing home residents following the recent easing of safe management measures.

Residents from St Luke's ElderCare Residence and Sree Narayana Mission in Yishun will be the first to get to go on rides every week in the neighbourhood.

Sree Narayana Mission was one of four nursing homes that started these rides in November last year, but it stopped them in January this year due to the tightening of Covid-19 restrictions.

Last year, in-person visits to nursing homes were suspended as Covid-19 clusters formed in nursing homes. In-person visits to residential care homes have been allowed since April 26. With the group size cap lifted, volunteering activities can also resume at nursing homes.

The scheme was started by the charity in 2017 as a way for seniors

to spend time in the community.

Ms Cecilia Llego, a senior physiotherapist at St Luke's ElderCare Residence, said the seniors were excited to chat with the nursing home staff and cyclist volunteers, and point out familiar landmarks around the park. "It stimulates their minds and is good reminiscence therapy for the seniors," she said.

"When our nursing home opened during the circuit breaker (in May 2020), it was really a challenge for us, with people locked in struggling to come out. They would bang the doors and even break the locks," she said, adding that many residents did not understand why they could not go out.

St Luke's ElderCare Residence cares for seniors above 50 who are medically stable but have undergone post-operative procedures for strokes, fractures or falls. They may also have chronic diseases such as diabetes or Parkinson's, or be wheelchair users and require assistance with daily activities.

"Taking them out really integrates them back into the community, because in the nursing home we only see the walls and the doors," said Ms Llego.

Cycling Without Age is working with Ren Ci @ Ang Mo Kio, MWS Nursing Home in Yew Tee and Jamiyah Nursing Home in West Coast to safely resume the trishaw rides for their residents too.

[shermaineang@sph.com.sg](mailto:shermaineang@sph.com.sg)