

MAKING A DIFFERENCE IN ELDERCARE: FOO CHANG YUH'S STORY

Foo Chang Yuh, affectionately referred to as “Ah Y” by our St Luke’s ElderCare elders, joined St Luke’s in 2019 at the age of 30.

In describing his journey shifting from being an IT Security Analyst and Regional Sales Security Engineer to the eldercare sector as “It wasn’t a mid-life crisis. I just wanted something different”. He joined St Luke’s ElderCare as a volunteer. As he volunteered with St Luke’s to grasp a better understanding of the eldercare sector, he reminisced about how he observed the elders to be “lao wan tong” (老顽童), which translates into playful and loving.

During his volunteering, he connected with the elders in such a positive manner that they were eager for his return, often asking him “When will you be coming back to visit?” Knowing that he had impacted the lives of the elders was pivotal for Chang Yuh, as this is when he began considering the eldercare sector as a job prospect. Working at St Luke’s ElderCare seemed to tick all the boxes on his list -he wanted a different job that allowed him to give back to the community, and a job that was meaningful.

Since joining the eldercare sector in February 2019, his belief is “Don’t worry, don’t be stressed, just be happy because things will go smoothly at the end of the day. So, there’s no point being worried”.

Was he interested in eldercare from the beginning?

Like most students deciding the path they’d like to embark on post O-Levels, Chang Yuh ventured into Information Technology (IT) as it was the popular route. His education journey in IT brought him to Temasek Polytechnic and Nanyang Technological University (NTU Singapore).

Despite him not having a background in nursing or gerontology, Chang Yuh describes his transition as “It was really a fun experience and exposure (to the cybersecurity industry), but all these experiences became mundane. I didn’t really enjoy what I was doing. There was no sense of satisfaction as compared to where I am now.”

Chang Yuh described his career switch as difficult work because each day is unique but the satisfaction it brings is something that money cannot buy.

“I have never looked back after making the change”.

To further his knowledge and expertise in the field, Chang Yuh is currently pursuing his Masters in Applied Gerontology at NTU Singapore. He describes his journey as one of constant discovery as “there’s a lot to learn.”

Foo Chang Yuh, Assistant Centre Manager of SLEC Active Ageing Centre@Bishan

WE ARE HIRING

If you’d like to be a change maker and start your meaningful journey in the eldercare sector, we want you!

We are currently looking for talented individuals to fill the following positions: Care Staff | Occupational Therapist | Physiotherapist | Staff Nurse | Therapy Assistant

Head to <https://www.slec.org.sg/join-us/registration-form> to submit your resume and indicate your interest in any of our available positions.

St Luke’s ElderCare (SLEC) is a Christian healthcare provider committed to meeting the evolving needs of our elders and caregivers. SLEC’s ecosystem of care is centre, community, residential and home-based. SLEC operates 25 centres islandwide and one residential home in Ang Mo Kio, serving elders regardless of race and religion.