



Active Ageing Services



Service Orientation

Our Active Ageing Services continue to enhance the well-being of retirees and elderly people, with a diverse service portfolio designed to enrich the second half of their lives. Our two District Elderly Community Centres (DECCs) are committed to providing community support services to elders and their carers in Kwun Tong District, with an integrated range of community resources to create an elderly-friendly community. As COVID-19 eases and our lives gradually return to normal, things are also getting better for the elderly whose lives have been affected by the pandemic during recent years. The two DECCs have adopted the theme of “Joyful Living, Joyful Learning, Joyful Moving” and are committed to working closely with the elderly, in order to help them actively confront adversity in their lives, while employing a variety of methods to encourage them to stay physically active, remain socially engaged and contribute to their community.



Learn more about
our Active Ageing
Services



Service Highlights

Joyful Living: Self-Appreciation, Self-Care and Enjoying Life

With the pandemic situation gradually improved and social distancing restrictions being eased, our two DECCs have begun organising various activities to encourage the elderly and carers to live more fulfilling lives. Additionally, recognising the importance of “Timely Care and Love”, the two DECCs launched a series of activities with the aim of “Speak with Love and Act Quickly”. These activities included booth events, making greeting cards for family members and carers, and a poll about the best way of expressing love, in which responses were successfully collected from 534 elders. The most popular way of expressing love among the respondents was “taking care of myself and arranging one’s own life to give peace of mind to loved ones”, followed by “expressing it through actions (such as cooking soup)”, and “expressing it through words or text”. These results were important reference material for promoting a “joyful living” lifestyle among the elderly.



The elderly participated in the poll regarding the best way to put “Love in Time, Family needs Contact”, which was also the theme of the event, into practice.



The elderly engaged in the booth actively.



The elderly created heartfelt cards to express gratitude to family members and carers.



The meal service has finally returned to normal.



The centre improved the elderly’s pain through regular exercise classes.

Joyful Learning: Encouraging the Elderly to Learn and Keep Up with the Times

Our two DECCs also organised different online and offline activities to encourage diverse learning and experiences, thereby allowing the elderly to continue to learn and showcase their strengths. The most notable aspect of the elderly's joyful learning during the pandemic was the continuous promotion of IT learning at the centres, which was enthusiastically received by the elderly. This enabled the participants to enhance their understanding of IT, particularly in the areas of communication (such as WhatsApp), transportation (such as bus routes and maps), and healthcare (such as HA GO). They showed a keen motivation for keeping up with the times. In total, the elderly from the two centres participated in the learning activities in a sum of 5,267 times.



Volunteers taught the elderly how to use the "LeaveHomeSafe" app on their mobile phones.

After a three-year hiatus, the "HK 50+ Singing Contest" finally resumed in February 2023 for its 32nd edition, with the theme of "Good to Sing Together". Fifteen teams, including 390 participants, took part in the competition. Moreover, "CFSC Senior Cheerleading Team", which was established in mid-2020 and has overcome various challenges such as a long suspension due to the pandemic, loss of team members, as well as undergoing physical endurance, participated in the "Hong Kong Cheerleading Championship" organised by the Cheerleading Federation of Hong Kong, China for the first time this year and won a gold medal. Going forward, they will continue to overcome age barriers and put their learning into practice.



The elderly participated in the 32nd "Hong Kong 50+ Chorus Competition".



Senior Cheerleading Team received a gold medal at the "Hong Kong Cheerleading Championships".



Senior Cheerleading Team performed at the launch ceremony of Project PINPOINT, Kowloon East Region, Hong Kong Police Force.

Joyful Moving: Encouraging Exploration and Connecting with the Community

The pandemic has caused people worldwide to become isolated at home, and loneliness has therefore become an increasingly alarming issue. In particular, the stress placed on frail elderly and their carers has increased significantly, affecting their physical and mental health. As the pandemic eases, our two DECCs are actively encouraging service users to return to the community. In October 2022, we organised a one-day tour to Victoria Harbour, inviting the elderly and their carers to take the “World Star, Star Ferry” around the Harbour and Tsing Ma Bridge. In December 2022, the two DECCs held the “The Happy Christmas House” event in an effort to strengthen their connection with the community. Over 700 people attended the event, where the participants were encouraged to put the theme message of “Love in Time, Family needs Contact” into practice.



Barrier-free access enables wheelchair users to enjoy a different travel experience.



120 elderly and their carers enjoyed the one-day tour of Victoria Harbour.



The centre was decorated as a “Joyful Christmas House”, creating a lively holiday atmosphere for everyone to experience.



After enjoying the scenic views of Victoria Harbour and the Tsing Ma Bridge, the elderly had a bountiful buffet lunch.



The event revolved around the themes of “Home” and “Love”, where everyone was encouraged to express love and care for the people around them without hesitation.



The happiness and satisfaction of the participants became the driving force of the centres to organise the event.

In keeping with the characteristics of the local area, Shun On DECC collaborated with the Rotary Club of SoHo Hong Kong to launch the “Together with Caring Shops” programme. The programme allows different community stakeholders to join forces to help the elderly in need, while also supporting local small businesses. Eleven local small stores, including restaurants, bakeries, grocery shops, electronics stores, fruit stores, plumbing and electrical repair shops, household goods stores and Chinese medicine clinics participated in the programme, with cash vouchers distributed to over 500 elders to promote the spirit of community mutual assistance and cooperation.



Learn more about the services of CFSC District Elderly Community Centre



Staff members of the “Together with Caring Shops” programme accompanied the elderly to local small shops, where cash vouchers were exchanged for goods or services.

Outlook

In the coming year, the centres will promote the concept of “homecoming”, making the centres a “home” for the elderly and their carers, thereby providing them with strong support, promoting a culture of care, and establishing an elderly-friendly community.

Service Statistics 2022-2023 (as of 31st March 2023)

3,756



No. of members of District Elderly Community Centres



901

No. of carer members

2,041

No. of cases of socially isolated elders and elderly couples



715

No. of elderly people receiving counselling services



191,645

Attendance of active ageing activities



142

No. of elderly people receiving dementia support services

139

No. of collaborating partners



14,456

No. of recipients of networking support services provided by volunteers