

Active Ageing Services



Service Orientation

Over the past three years, various factors have heavily impacted the physical wellbeing and everyday lives of the elderly. Many have experienced a near halt in their social lives, causing mental strain as a result of staying home and avoiding contact with the outside world, including their family members. As we stepped into 2023, our two District Elderly Community Centres (DECCs) prepared for a return to normal life by accelerating service renewals and enhancing the diversity of our elderly services. Both DECCs have chosen “homecoming” as the theme of this year to signify our commitment to working alongside the elderly and their carers, rebuilding a sense of care, and welcoming service users back into the community and their “second home” at the centres, where a fulfilling life awaits them.



Learn more about our Active Ageing Services

Service Highlights

Rebuilding a Sense of Care

Online services have always been a top priority for the DECCs. We are committed to accelerating the utilisation of gerontechnology, in hope of helping the elderly stay connected with the outside world despite environmental and time constraints. Technological advancements have brought great pleasure to the elderly, but have also widened the digital divide, causing some elderly people, especially those who are less tech-savvy, to struggle to catch up. Therefore, the DECCs launched the “Jockey Club Tablet Support Programme” to promote gerontechnology education, recording a total of 7,426 attendances.



500 tablets were distributed to the participants, who were taught the basic techniques for using them.

Supported by the Opportunities for the Elderly Project of the Social Welfare Department, a programme named “Small Joys, Good Life” was held, which was aimed at fostering happiness through art and exposure to nature while empowering the participants to navigate changes and challenges in the lives with a positive outlook. Additionally, to encourage face-to-face interactions, the DECCs launched a campaign called “Fun Wednesdays”, where service members are encouraged to visit the centres to participate in fun tabletop games every Wednesday, which create a lively and joyful atmosphere.



Different online leisure classes were offered monthly to enable lifelong learning and provide entertainment through online platforms.



Forest bathing sessions were held as part of the “Small Joys, Good Life” programme to promote wellness and happiness through connecting with nature.

As a key part of our new focus on developing care programmes specifically for men this year, the DECCs formed the “Men’s Hub”, a gathering place for weekly meetups among male members of the elderly community. The participants gained exposure to new experiences and strengthened their support system by engaging in a diverse range of activities such as darts and tabletop games with members of the same sex. The hub has continued to grow over the past year, attracting a total of 510 participants across various sessions.



The “Men’s Hub” provides a gathering place for male members of the elderly community, and uses diverse activities to immerse them in new experiences, strengthen their support network and enhance their sense of belonging to the DECCs.

Furthermore, the DECCs are encouraging the elderly and their carers to cherish the present, embrace optimism and plan for the future through the “Letting Go of Burdens” life education series. By setting up a “Life and Death for an Infinite Time!” interactive station, the programme allowed participants to share and discuss their worries about the future. They created a comic book titled “Searching for The Secret to Happiness at the End of Life”, in which they explored the mysteries of embracing death and finding happiness at the end of life.



➤ An exhibition and a seminar were held under the theme of “Letting Go of Burden: Embrace Death with a Smile” to draw the programme to an end.



➤ Staying optimistic and hopeful is the secret to finding happiness at the end of life.



Learn more about the “Searching for The Secret to Happiness at the End of Life” comic book.

Happy Homecoming

“Homecoming” is a concept that encapsulates our vision for the DECCs to be a “second home” for the elderly and their carers, as well as a powerful support network that will come to mind when they are in need. We are always mindful of the needs of the elderly and the changes they are going through. Our goal is to provide the elderly and their carers with targeted services that integrate them back into the community.



➤ A recognition ceremony was held to honour the elderly for their active participation in art and community engagement activities.

To increase community engagement among our service members this year, we collaborated with the Hang Seng University of Hong Kong (HSUHK) to organise the “University Experience Tour”, where participants spent a day as university students attending classes and dining in the campus cafeteria. This gave the elderly an opportunity to be immersed in the vibrant campus atmosphere, while engaging in diverse learning experiences and making friends with actual students. It also allowed them to connect with student volunteers, who took on the role of group facilitators by guiding small groups of participants through different hands-on experiences, in an effort to promote intergenerational harmony through interaction and mutual learning.



➤ The elderly formed close bonds with the student volunteers from HSUHK, achieving intergenerational harmony through interaction and mutual learning.

As part of our support for carer, we held a film sharing event called “Love More, Stress Less” under the Social Welfare Department’s community-based initiative this year, introducing our latest carer support services to over 250 carers. The aim was not only to create a stronger support network for carers, but also to champion the importance of love, empathy, mutual respect and communication, in order to lift their spirits.

The elderly and their carers experience stress to different degrees and for different reasons. While illness and declining physical functions are a common stressor for the elderly, their carers can be overwhelmed by the burden of caregiving and challenges in their daily lives. To encourage and facilitate community engagement among the frail elderly and their carers, a special charter bus tour was organised in February for a relaxing day out to the Tsing Ma Bridge and the Lantern Festival in Tsim Sha Tsui. The purpose was to remind the elderly and their carers of the support available at the DECCs, and to acknowledge that life is a shared journey instead of a lonely path.



👉 Film director Ms. Eda Wong and three fellow carers shared messages of positivity during the “Love More, Stress Less” film sharing session.



👉 60 participants experienced the benefits of exercise as a form of pain relief during a fun fair organised by the “Jockey Club Confront Pain with Ease Project”.

Chronic pain is one of the main reasons that many elders avoid going out. This year, a series of activities was organised under the Jockey Club “Confront Pain with Ease” Project to raise awareness and educate the elderly on the importance of pain self-management, as well as the causes of chronic pain, joint care and various pain-relief exercises. In collaboration with other neighbourhood elderly centres in the region, the programme provided holistic support to those suffering from chronic pain, helping them reintegrate into community life and reverse the loss in their quality of life as a result of pain. The programme recorded a total of 6,834 attendances.

Outlook

We have chosen “homecoming” to be this year’s theme to symbolise our goal of promoting community reintegration. After a year of dedicated work, we have seen the elderly and their carers make progress on re-entering community life at various paces. Looking forward, the DECCs will seize opportunities to provide the elderly and their carers with a platform to establish connections with one another and their surroundings, thus forming a healthy interactive network with their family members, neighbourhoods, communities and society.



👉 We joined forces with the “Elderly Healthcare Foundation” to organise the “Free Medical Consultation Day in Shun On District Elderly Community Centre”, where we provided more than 400 free clinic sessions to more than 200 local elderly in need.

Service Statistics 2023-2024 (as of 31st March 2024)

