



50+ 悅齡服務

Active Ageing Services

服務方向

Service Orientation

50+悅齡服務為退休人士及長者提供多樣社區支援服務，讓他們保持健康、活躍及持續參與。服務單位致力與不同團體及界別合作，以提升服務果效及推動積極樂齡年。

Active Ageing Services provide a variety of community support services to our elderlies (aged 50 or above) in order to enhance their well-being and social participation. Through collaboration with different groups and sectors in the community, we aim to amplify the service outcome and promote active ageing of the elderlies.

服務摘要

Service Highlights

出版全新概念刊物《ing》

全新概念刊物《ing》的名稱中包含睿智 (Intelligent)、聯繫 (Networked)、多采多姿 (Gorgeous) 的意思，希望以新角度帶出新思維。自 2015 年出版以來，每期均選取 50+ 人士最關注的主題作深入探討，第一期以「發掘世界」為主題，揭示 50+ 生活可以有無限的可能，為人生下半場訂下新意義。而最新一期「讓我更年輕」則介紹如何透過運動科學及流動程式 (Apps) 來提升體能，讓身體一天比一天年輕，帶出人生下半場就是現在式，就是《ing》的概念。

New Active Ageing publication 'ing'

The name of the new Active Ageing publication 'ing' implies Intelligent, Networked and Gorgeous, which was created in the hope of looking at ageing in a new perspective. Since its publication in 2015, 'ing' has been choosing topics that concerned 50+ people and had in-depth discussion on it. The theme of first issue is called 'Exploring', which reveals the unlimited possibilities for the life of 50+, setting a new meaning for the second half of life. The latest issue 'Younger next year' unveils the secret of improving physical fitness with the aid of mobile technology (Apps) and sport science. This publication aims to bring out the concept that the second half of life is in the present – 'ing'.

外界獎項

順安長者地區中心的「家·好在有您」計劃，以 3 個長者的愛家故事為藍本拍攝成為微电影，本計劃於 2015 年 10 月獲頒「觀塘區最佳老有所為活動計劃」獎項，其中一個故事「奶奶的一碗麵」亦於 2015 年 9 月榮獲九龍青年商會頒發最佳共融活動微电影獎項。

Awards received

The project 'How Lucky Having Your Presence at Home' of Shun On District Elderly Community Centre (DECC) has produced a micro-film based on 3 real stories that showed the contributions of the elderlies in a family. The project was awarded the 'Kwun Tong District Best Opportunities for the Elderly Project' Prize in October 2015, while one of the stories 'A bowl of noodle from Mother-in-law' was awarded the 'Best Social Inclusion Micro-film' Prize by JCI Kowloon in September 2015.



▲ 「家·好在有您」榮獲「觀塘區最佳老有所為活動計劃」獎項。
The project 'How Lucky Having Your Presence at Home' was awarded the 'Kwun Tong District Opportunities for the Elderly Project' Prize.

▼ 全新概念刊物《ing》
New Active Ageing publication 'ing'



調查發佈

去年，50+悅齡服務進行了4個不同類型的調查，以實證為本的形式發掘長者需要及量度服務成效。6月至9月期間，真光苑及順安長者地區中心聯同區內6間長者服務單位一同成立「觀·耆友善聯席」，並獲得觀塘區議會撥款資助，邀請香港大學壽園老年研究中心副總監徐永德博士作為顧問，就觀塘區公共屋邨內長者休憩設施之狀況，進行了一個「觀塘區長者休憩設施滿意程度」問卷調查，考察了觀塘區19個公共屋邨的休憩設施，找出長者心目中的社區友善措施。最終，成功收集了507份調查問卷，而參與的長者亦與不同的持份者及專家舉行會議，客觀分析結果。

其後，於9月舉行問卷調查發佈會，向社區人士公佈計劃的成果，並與長者一起交流和分享如何為長者提供既友善又安全的環境設施。發佈會邀請了觀塘民政事務處民政事務專員羅萃桉先生JP、觀塘區議會副主席蘇麗珍女士MH, JP及觀塘區議會社會服務委員會主席鄧咏駿先生蒞臨主禮。當天，區議員、長者服務機構代表、房屋署代表及香港理工大學活齡學院代表亦到場支持，在場人士均本著「一齊關心、一齊表揚、一齊改進」的精神互相交流，並從長者角度出發，一起構思如何建立及改進社區設施來配合長者的生活需要，齊來建設長者友善社區。

Survey release

Last year, 4 different types of Active Ageing services surveys have been conducted to identify the needs of our service users and measure service effectiveness. From June to September 2015, True Light Villa DECC and 6 elderly service units in the districts has formed a 'Kwun Tong Age-friendly Conjoint' and carried out a project titled 'Kwun Tong Age Friendly Project – Sitting-Out Facility in Perspective' under the auspices of the Kwun Tong District Board. With Dr. Ernest Chui Wing-tak, Associate Director of the Sau Po Centre on Ageing, The University of Hong Kong as the Project advisor, the Project has collected 507 questionnaires, investigated leisure facilities in 19 Kwun Tong public housing estates, and conducted meetings and interviews with different stakeholders and professionals to identify elderly-friendly measure through objective analysis.

Subsequently, a press conference on 'Satisfaction Survey on Leisure Facilities of the elderly in Kwun Tong Public Housing Estates' was held on 2nd September 2016 to release the result of our survey, as well as to communicate and share ways to provide elderly-friendly facilities. Mr. Gilford Law Sun-on, JP, District Officer (Kwun Tong) of Home Affairs Department, Ms. So Lai-chun, MH, JP, Vice Chairman of Kwun Tong District Council and Mr. Tang Wing-chun, Chairman of Social Services Committee, Kwun Tong District Council were invited as Guest of Honour at this occasion. District board members, representatives of elderly service agencies, Housing Authority and Institute of Active Ageing of the Hong Kong Polytechnic University also showed up to express their support to the elderly. With the spirit 'Let us care, praise and improve together', keen participation was witnessed from perspective and ideas were formulated on how best to establish and improve community facilities to cater for the needs of our elderly, and more age-friendly facilities in the community were expected to be created.

此外，順安長者地區中心的「腸癌 Say No」健康屋邨計劃，以問卷方式從205名長者中找出57名受排便困擾的長者接受訓練，其後再訪問他們的改善情況，發現本計劃有效幫助8成參加者建立健康生活習慣；耆性資源輔導中心則進行了「男人之苦——男性長者資料搜集」，從115名男性長者中發現他們的三大憂慮，依次為「健康衰退」、「經濟能力下降」及「形象衰老」；悅齡耆亦進行了「退休七件事」調查，訪問了365名50歲以上人士，超過8成受訪者表示退休後的醫療、生活及金錢是他們的首三項憂慮，亦有7成受訪者表示有照顧家人的壓力，調查吸引了各大傳媒的採訪及報導。

Through a questionnaire survey, 'Say No to Bowel Cancer' of Shun On DECC identified 57 elderly with constipation from 205 interviewees and arrange trainings for them. Subsequent visits found that 80% of these 57 elderly has improved their bowel movement and built up healthy lifestyle through this programme. Through 'The Information Collection of Male Hardship' survey, Sex Resources & Counseling Centre for the Elderly found that the top three concerns for 115 male elderly were: health deterioration, diminished financial capacity, and looking old. The survey 'Seven Things for Retirement – to understand the concern of the fifty plus' conducted by Prime Link has found that over 85% of the 365 interviewees over 50 years old think that health care, life and financial arrangements are their three major concerns after retirement, and 70% expressed their pressures of being carers. These results of the survey attracted major media interviews and reports.



▲ 「腸癌 Say No」計劃成效發佈會
The survey release of the effectiveness of 'Say No to Bowel Cancer'

▲ 「退休七件事」發佈會
Press conference on 'Seven Things for Retirement - to understand the concern of the fifty plus'

運動與工作記憶訓練計劃

為及早識別早期認知障礙症患者，並提供適切的服務，真光苑長者地區中心於去年6月開始與香港中文大學醫學院精神科學系林翠華教授合作，推行「運動與工作記憶訓練計劃」，為60多位懷疑患有早期認知障礙症患者進行詳細的評估和測試。評估後，再為合適的參加者提供運動訓練，藉著多套伸展、負重及呼吸運動，提升長者的集中及認知能力，以及電腦遊戲記憶訓練、綜合模式訓練等，以延緩認知能力的衰退。此外，香港中文大學醫學院亦會為有需要的參加者作醫療轉介，以跟進病患。參加者及其家人均表示計劃有助患者保持認知能力，亦成功協助參加者建立往中心參與認知訓練的習慣。

Physical Exercise and Working Memory Training Scheme for Elders with Mild Cognitive Impairment

In order to identify elderly with early mild cognitive impairment and provide timely services to them, True Light Villa DECC collaborated with Professor Lam Chiu-wah of the Department of Psychiatry, Faculty of Medicine, The Chinese University of Hong Kong, to conduct a 'Physical Exercise and Working Memory Training Scheme' since June last year. After thorough assessment and screening to more than 60 suspected mild dementia patients, a series of exercises including stretching, strength and breathing training were offered to selected participants to enhance their concentration and cognitive abilities. Memory trainings in computer games and integrated modes were also introduced to delay cognitive decline. Besides, the Department of Psychiatry would refer participants in need to appropriate medical services for follow-up. All participants and their family members recognised the scheme not only help to maintain the cognitive functioning of the participants, but also build up their habits of receiving cognitive training in the centre.



▲ 「觀塘區長者休憩設施滿意程度」問卷調查發佈會
The release of 'Satisfaction Survey on Leisure Facilities of the elderly in Kwun Tong Public Housing Estates'



▲ 「觀塘長者友善社區計劃—休憩設施全面睇」研究報告
Report of 'Kwun Tong Age Friendly Project – Sitting-Out Facility in Perspective'

獅子山下的傳「耆」

順安長者地區中心獲「老有所為活動計劃」資助，於去年推行「獅子山下的傳『耆』」，從長者的攝影角度捕捉香港社會的精神面貌，發現香港雖然正經歷多方面的轉變，但香港精神並未因此而褪色。本計劃更於香港文化中心舉辦為期 4 天的攝影展覽，吸引不少公眾人士觀賞和留言為香港打氣。

Legend under Lion Rock

Funded by Social Welfare Department, Shun On DECC launched the Opportunities for the Elderly Project – 'Legend under Lion Rock', in which the spirit of the Hong Kong society was captured through camera lens of elderly participants. One would discover that even though the society had been experiencing great changes, Hong Kong Spirit is still here, shine and bright. A 4-day photographic exhibition was held at the Hong Kong Cultural Centre, attracted a great number of people to visit and cheer for Hong Kong.

◀ 透過「運動與工作記憶訓練計劃」，提升早期認知障礙症長者的集中及認知能力。

The cognitive ability of participants was improved through 'Physical Exercise and Working Memory Training Scheme' for Elders with Mild Cognitive Impairment.



展望

Outlook

因應 2015 年完成的策略計劃，我們為 50+ 悅齡服務的未來訂下新的發展路向。按 5 個新策略方向：創新、協作、提倡、服務、資訊傳遞，不單致力提升長者的身心健康，更希望改變社會為年老寫下新的定義。

In respond to the emerging 50+ population, a new direction has been formulated for Active Ageing Services following the Strategic Planning in 2015. In accordance with the 5 strategic directions – Informing, Innovating, Servicing, Collaborating and Advocating, we aim to not only promote the well-being of our service users, but also to induce change to the community, and creating a new definition on ageing.

2015-2016 服務統計 (截至 2016 年 3 月 31 日) Service Statistics (as at 31st March, 2016)

