



賽馬會齡活城市  
Jockey Club Age-friendly City

# Jockey Club Age-Friendly City Project



## Action Plan SHA TIN

Sha Tin Park



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同心同步同進 RIDING HIGH TOGETHER

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香港中文大學  
The Chinese University of Hong Kong

## Age-friendly City Initiatives in Sha Tin District

Suggestions for Short-term Measures	Suggestions for Next Step
<b>1. Outdoor spaces and buildings</b>	
<ul style="list-style-type: none"><li>• Increase barrier-free facilities through District Minor Works Programme, and to build/improve:<ul style="list-style-type: none"><li>➢ Seats and covers</li><li>➢ Fitness facilities</li><li>➢ Drinking fountains</li></ul>in the communities with large proportion of older people</li><li>• Enhance the age-friendliness of Penfold Park</li><li>• Invite the Link<sup>1</sup> to enhance their shopping centres' facilities of housing estates according to the needs of older people, such as:<ul style="list-style-type: none"><li>➢ Adding resting areas including seats with age-friendly design</li><li>➢ Installing automated doors for easy access</li><li>➢ Installing non-slip paving tiles to prevent fall</li></ul></li><li>• Invite banks and Chinese restaurants in the district to give older people priority in queues</li></ul>	<ul style="list-style-type: none"><li>• Assess the urban design of communities from age-friendly perspective with the views of older people residing them</li><li>• Encourage local shopping centres to incorporate age-friendly policies in their businesses</li></ul>

<sup>1</sup> The Link is a Real Estate Investment Trust listed in Hong Kong which invests in, owns and operates retail and commercial properties in Hong Kong and other cities. Most of the commercial properties in public housing estates in Hong Kong, such as shopping centres and wet markets, are owned and managed by the Link.

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Suggestions for Short-term Measures	Suggestions for Next Step
<b>2. Transportation</b>	
<ul style="list-style-type: none"> <li>• Bicycle:               <ul style="list-style-type: none"> <li>➤ Increase parking spaces for bicycles on cycling tracks</li> <li>➤ Improve accident black spots of cycle tracks</li> <li>➤ Install new covering materials in railings to prevent illegal parking of bicycles and obstruction of pavements</li> </ul> </li>   <li>• Bus:               <ul style="list-style-type: none"> <li>➤ Encourage bus companies to provide all low-floor buses</li> </ul> </li>   <li>• Pedestrian crossing lights:               <ul style="list-style-type: none"> <li>➤ Advocate to install a ‘countdown’ system to display the remaining time for pedestrians to cross the road</li> <li>➤ Suggest Social Welfare Department to install a system in the Senior Citizen Card, to allow longer time of green traffic light for older people to cross the road</li> </ul> </li>   <li>• Public Transport Fare Concession Scheme for the Elderly and Eligible Persons with Disabilities<sup>2</sup>:               <ul style="list-style-type: none"> <li>➤ Extend the Scheme to more green minibus routes</li> </ul> </li>   <li>• Free shuttle service :               <ul style="list-style-type: none"> <li>➤ Provide free shuttle services for older people to visit the attractions in Sha Tin (e.g. Racecourse) regularly</li> </ul> </li>   <li>• Public transport service during non-office hours of Mass Transit Railway:               <ul style="list-style-type: none"> <li>➤ Advocate to provide and increase other public transport services and frequency during non-operating hours of Mass Transit Railway</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Assess the age-friendliness of transportation network of different communities with the participation of older people in the district</li> </ul>

<sup>2</sup> The Public Transport Fare Concession Scheme is implemented by the Government to enable older people aged 65 or above and eligible persons with disabilities to travel on designated public transport modes and services any time at a concessionary fare of HK\$2 per trip. The Scheme aims to help build a caring and inclusive society by encouraging these groups to participate more in community activities.

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<b>3. Housing</b>	
<ul style="list-style-type: none"><li>• Enhance the progress of in-flat maintenance services, such as using innovative and effective machine for detecting the origin of water seepage, so as to expedite follow-up actions by government departments</li></ul>	<ul style="list-style-type: none"><li>• Suggest building more flats with age-friendly designs. Provide home modification services to make the flats more age-friendly for older people, in particular in public housing estates</li><li>• Further examine the areas and types of support on home modification (e.g. provision of affordable modifications and a list of services providers)</li><li>• Disseminate service information through various means (e.g. mobile apps, printed materials and telephone hotline) to meet the various needs of older people in the district</li></ul>

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Suggestions for Short-term Measures	Suggestions for Next Step
<b>4. Social participation</b>	
<ul style="list-style-type: none"> <li>• To invite older people to express their views and actively participate during the process in building an ‘age-friendly city’ in Sha Tin</li> <li>• 2016-2017 Labour and Welfare Bureau Age-friendly Community Subsidy Scheme:               <ul style="list-style-type: none"> <li>➢ 11 elderly service units of Sha Tin to assess the barrier-free facilities in the communities</li> </ul> </li> <li>• Through the funding of the Working Group on Age-friendly Community of Sha Tin District Council, to launch more activities which encourage social participation, such as:               <ul style="list-style-type: none"> <li>➢ ‘My dream city’ design competition for secondary students and older people</li> <li>➢ ‘Rain or Shine’ Project, etc.</li> </ul> </li> <li>• Make use of existing community venues:               <ul style="list-style-type: none"> <li>➢ District Council members of different constituency areas in Sha Tin to contact the schools in the communities, encourage them to offer venues for relevant parties to organise activities for older people in non-school days</li> <li>➢ Advocate for the provision of priority on rental of community halls for older people</li> </ul> </li> <li>• Increase the number of physical fitness programmes for the older people organised by Leisure and Cultural Services Department, given the ageing population and the increasing needs of older people</li> </ul>	<ul style="list-style-type: none"> <li>• Establish a network of retirees and older people to enhance social participation by residents of different social backgrounds in the district. Organise programmes to engage older people confined to their homes due to physical, financial or geographical reasons</li> </ul>

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<b>5. Respect and social inclusion</b>	
<ul style="list-style-type: none"> <li>• Promote cultural activities with the theme of ‘intergenerational harmony’ through the Culture, Sports &amp; Community Development Committee of Sha Tin District Council</li> <li>• Through the funding of the Working Group on Age-friendly Community of Sha Tin District Council, to launch more intergenerational activities, such as:               <ul style="list-style-type: none"> <li>➢ Intergenerational singing competition</li> <li>➢ Invite schools of Sha Tin to participate in the video/micro film competition, with the theme of ‘respect and care for the older people’</li> </ul> </li> <li>• Strengthen collaboration with schools:               <ul style="list-style-type: none"> <li>➢ Provide more opportunities for inter-generational harmony by collaborating with schools in ‘Elder Academy’</li> <li>➢ Recruit students to make ‘family newsletters’ with photos regularly, for the older people who are uneducated, live in remote areas and seldom have contacts with families, so as to enhance their family relationship</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Recognize and publicize the values and contributions of older people through public education and intergenerational programmes with the participation of primary to university students (e.g. school-based activities, competitions, carnivals)</li> </ul>
<b>6. Civic participation and employment</b>	
<ul style="list-style-type: none"> <li>• Launch the ‘time bank’ programme, which will encourage older people to be volunteers to help each other, in exchange for the services that are offered by other people through the platform in the communities</li> </ul>	<ul style="list-style-type: none"> <li>• Establish an information hub as a focal point for older people to obtain information on volunteering work and flexible employment opportunities in the community</li> </ul>
<b>7. Communication and information</b>	
<ul style="list-style-type: none"> <li>• Strengthen the information dissemination of district activities and community care services by making use of channels include:               <ul style="list-style-type: none"> <li>➢ Notice boards of residential lobbies</li> <li>➢ Public libraries</li> </ul> </li> <li>• Increase the number of books in public libraries according to the reading interests or needs of older people, and establish a library zone which specifically caters for the needs of older people</li> </ul>	<ul style="list-style-type: none"> <li>• Utilize different channels (e.g., mobile apps, printed materials and telephone hotline) to help older people obtain information of community services and activities</li> </ul>

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<b>8. Community support and health services</b>	
<ul style="list-style-type: none"><li>• Increase the number of promotion and public education activities for the older people in the public libraries, with topics such as ‘physical and mental health’ and ‘life and death education’</li> <li>• Noting that the General Out-Patient Clinic Public-Private Partnership Programme of Hospital Authority will be extended to Sha Tin in the future with the aim of providing greater flexibility for people with hypertension and diabetes to have private medical services, Sha Tin District Council will help promote the programme to residents in the district</li></ul>	<ul style="list-style-type: none"><li>• Compile a comprehensive and user-friendly service guide of community care services in the district for older people and caregivers</li> <li>• Empower older people to better self-manage their health through programmes of preliminary health assessment with follow-up actions</li></ul>