

世界各地在新型冠狀病毒疫情下的 長者及年齡友善措施

Age-friendly Practices in Response to COVID-19 Around the World

1

保持活躍

Stay Active



為減少社交距離限制可能對長者體能活動造成的影響，不少機構製作了各式居家健身影片，讓長者留在家中仍能保持活躍和健康。例子如下：

To reduce the possible impact of social distancing restrictions on older people's physical activity, a number of organisations have produced a variety of home-based exercise videos to keep older people active and healthy while staying at home. Here are some examples:



香港 - 衛生署長者健康服務

Hong Kong - Elderly Health Service of
the Department of Health

「耆樂·起動」長者家居運動短片

"Stay Active At Home" Home-based Exercise Video

衛生署長者健康服務製作了一系列家居運動短片，讓長者身處家中亦能有效及安全地進行體能活動。這系列的七套運動由物理治療師設計和示範，能夠鍛煉不同的身體部位，改善健康，並適合不同活動能力的長者。

A series of videos were produced by the Elderly Health Service of the Department of Health to help elderly safely and effectively stay physically active while at home. The videos, designed and demonstrated by physiotherapists, trains different parts of the body, improves health and caters to elderly persons with different mobility levels.

了解更多
Learn more:





加拿大 - CapitalCare Corporate Services Canada - CapitalCare Corporate Services

2019冠狀病毒疫情下長者居家健身影片 COVID-19 Home-based Exercise Video for Seniors

影片示範了一系列手指和手部伸展，以及全身拉筋的簡單鍛煉動作。這些動作有助訓練肌力、握力和協調能力，以保持書寫、提物和烹飪等功能性活動的必要能力。

A series of videos were developed to demonstrate simple exercises from finger and hand extension to body stretching. These exercises include training on muscle strength, as well as grip strength and coordination which are required for functional activities like writing, carrying a bag and cooking.

了解更多
Learn more:



澳洲 - 居家安全運動網頁 Australia - Safe Exercise at Home Website

防跌資源庫 Resources Bank on Fall Prevention

此資源庫提供一系列簡單實用的功能性訓練影片，以支援長者在疫情期間留家運動，保持活躍。資源庫由一班澳洲物理治療師設立，當中包括專門研究長者和行動不便人士運動及體能鍛煉方面的專家和學者。

A team of physiotherapists from around Australia, with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations, have developed a new website which contains simple and functional exercises video to support older Australians to stay active safely at home during COVID-19.

了解更多
Learn more:



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為長者和護老者提供支援服務

Service Support to Older People and Carers



疫情令長者和護老者在獲取社區支援方面受到不同程度的影響，為減低對他們身心構成的負面影響，一些組織和地方當局提供了額外服務，讓長者和護老者能獲得所需的照顧和支援。

The COVID-19 outbreak has adversely affected the community support to older people and carers at varying levels. To minimise the negative consequences on their health and well-being, some organisations and local authorities have provided support services so that older people and carers can have access to the care and support that they need.



香港、美國、英國、加拿大、
澳洲、新加坡

Hong Kong, US, UK, Canada, Australia and Singapore

長者顧客專享時段

Exclusive Opening Hours for Older Customers

不少超市、雜貨店和銀行為長者作出特別安排，讓他們在商店徹底清潔後，並在人流較少的環境下購物，預早獲取食物和服務，減低他們受新型冠狀病毒感染的風險。

Many supermarkets, grocery stores and banks make special arrangements to older people to gain exclusive early access to food and services, immediately after the stores have been deep-cleaned so that they can shop in a less crowded environment to lower their risk from getting the coronavirus.





愛爾蘭 Ireland

社區支援論壇及新型冠狀病毒病社區支援熱線 Local Authority Community Response Forum and COVID-19 Community Response Hotline

愛爾蘭的地方當局成立了社區支援論壇，以確保所有弱勢長者能得到支援，包括獲取食物、藥品和交通需要，並提供社區支援熱線，為長者提供情緒及其他服務支援。

Community response forums and hotline have been established across the country to ensure all vulnerable older people are supported to access food, medicines and transport needs. A hotline is also established to provide support to older people who wants to talk or look for physical and emotional support.

了解更多
Learn more:



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對抗孤立 Combatting Isolation



受社交距離限制，長者會容易感到被孤立，對他們心理健康構成不良影響。疫情持續之下，社區提供了一些創新計劃，以支援長者對抗孤立。

Loneliness and isolation as a result of social distancing restrictions has detrimental mental health issues in the elderly population. There are some innovative community-led programmes that help combat social isolation and loneliness as the pandemic continues.





香港 - 香港紅十字會 Hong Kong – Hong Kong Red Cross

“Shall We Talk”心理支援服務

香港紅十字會在疫情期間提供「情緒支援」"Shall We Talk" 心理支援服務，由已受相關訓練的職員或義工，以及臨床心理學家，透過短訊預約，向因疫情而受情緒困擾的市民作出支援。另外，亦製作了一系列情緒管理及心理支援小冊子，包括供長者及長期病患者參考的「『疫境』中的情緒處理」小冊子，向有需要的人士及長者提供在疫境中處理情緒的方法。

The Hong Kong Red Cross launched Psychological Support Service "Shall We Talk" for anyone who experienced emotional disturbance because of the outbreak by reservation through instant message. The service is handled by trained volunteers or staff members, with professional support from clinical psychologists. Psychological support service leaflets, including Psychological Coping During Disease Outbreak for Elderly and People with Chronic Conditions, were developed to support older people and those in need in managing emotions in response to the COVID-19 outbreak.

了解更多
Learn more:



美國 - Bridge Senior Living United States - Bridge Senior Living

網上廣播電台

Radio Recliner Online Radio Station

網上廣播電台由美國各地的長者社區居民所創立，通過音樂和即場對話，連繫長者主持和聽眾(包括長者主持的家人和朋友)，讓長者分享他們喜歡的音樂並感覺與社會的連結。

An online radio station run by residents DJs in senior living communities across the US is created to connect senior DJs and listeners (including family and friends of the senior DJs) through music and live conversations. It gives the old residents a chance to share some of their favourite music and feel connected with the community.

了解更多
Learn more:





英國 - CHD Living United Kingdom - CHD Living

領養祖父母計劃 Adopt a Grandparent Scheme

計劃旨在配對沒有祖父母或孫子的年輕人和長者，讓他們建立長久的跨代友誼。義工(領養孫子)會透過電話、發送電子郵件/信件/明信片 and 定期探訪與他們的領養祖父母保持聯繫。現時，計劃大約有 70,000 位來自英國、美國、澳洲、韓國等地的義工。

The Scheme aims to create long-lasting intergenerational friendships by pairing young people and older people who may not have grandparents/grandchildren. Volunteers (adopted grandchildren) are encouraged to make call, send emails/letters/postcards and visit their adopted grandparents regularly. Currently, there are around 70,000 volunteers from UK, USA, Australia, Korea and other countries.

了解更多
Learn more:



4

提供有用資訊

Provide Useful Information

為了確保長者在疫情期間能獲得最新的資訊，地方當局和其他組織準備了不同類型的資料冊和學習材料，以便長者在線上和線下獲得資訊。

To ensure older people get updated information and resources during the COVID-19 pandemic, local authorities and other organisations have prepared information packs and learning materials through different communication channels so that older people can easily access the information both online and offline.





英國 - The Greater Manchester Ageing Hub及其夥伴
United Kingdom - The Greater Manchester Ageing
Hub and partners

Keeping Well in Winter計劃 Keeping Well in Winter Campaign

這計劃為長者和護老者提供實用資訊，使他們在冬天保持健康。資訊以文字、語音和影片形式提供，以支援不同需要的長者。資料的印刷本由地方當局分發給曼徹斯特地區的長者。

The campaign supports older people and carers by providing them with practical information to keep well this winter. The information are available in textual, audio and video formats to cater for the diverse needs of older people. Printed copies of the booklet are being distributed to older residents across Greater Manchester through local councils.

了解更多
Learn more:



新加坡 - 國立大學醫院
Singapore - National University Hospital

2019冠狀病毒病長者指南 COVID-19 Resource Guide for Older People

國立大學醫院特別在疫情期間為長者整合了完整的免費資源，包括預防2019冠狀病毒病的健康建議、營養指南、認知活動，以及協助長者保持活躍和減少社會孤立的計劃，並以多種語言提供，以支援新加坡不同族群的長者。

The guide features a comprehensive list of free resources specifically developed for older people during the pandemic. Information includes health advice about the prevention of COVID-19, nutrition guide, cognitive activities and wellness programmes for staying active and reducing social isolation are provided in multiple languages to serve the diverse population in Singapore.

了解更多
Learn more:

