

計劃夥伴 Project partner



香港中文大學
The Chinese University of Hong Kong



香港中文大學
賽馬會老年學研究所
CUHK Jockey Club Institute of Ageing



賽馬會齡活城市
Jockey Club Age-friendly City

策劃及捐助 Initiated and funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

由大學專業支援團隊主導的地區計劃 District-based Programmes by Professional Support Team

香港中文大學賽馬會老年學研究所

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香港中文大學賽馬會老年學研究所（研究所）於2017年在葵青、北區和西貢進行了基線研究。八個長者及年齡友善範疇中，「社區與健康服務」在三個地區均得分最低。研究所於2018至2020年推行了以預防為本的「活力耆年計劃」，透過增進長者健康知識，以及組織社區互助小組活動，鼓勵長者進行自我健康管理，以保持健康，延緩身體機能衰退，從而舒緩醫療系統壓力。

The CUHK Jockey Club Institute of Ageing (IOA) has conducted a baseline assessment in Kwai Tsing, North and Sai Kung districts in mid-2017 using the framework of Age-friendly City (AFC) set out by the World Health Organization (WHO). Among the eight domains of AFC, Community support and health services obtained the lowest score in all three districts. IOA has launched the Active Ageing Programme (AAP) to motivate individuals to manage their own health by raising their health literacy and through organising self-help community-based group activities to delay functional decline and prevent frailty.

地區

District

葵青、北區、西貢
Kwai Tsing, North, Sai Kung

長者及年齡友善城市範疇

Domains of Age-friendly City



社區與健康服務
Community Support
& Health Services



室外空間和建築
Outdoor Spaces
& Buildings



尊重和社會包容
Respect and
Social Inclusion



社會參與
Social
Participation



「活力耆年計劃」展覽

Overview of Active Ageing Programme

2018

1. 培訓長者健康大使，因應長者需要設計和提供健體訓練，及教授營養飲食知識、社區考察技巧和長者及年齡友善的概念，以提升長者自我管理健康的能力。

Train older people as District Health Ambassadors (DHA), and equip them with the ability of health self-management through providing trainings on physical well-being, nutrition and dietary, on-site assessment skills and age-friendly city concept.



2. 帶領健康大使進行實地考察，評估區內的運動設施及提出改善建議，並將考察結果和意見透過短片形式發放予區內人士。

Lead the DHAs to conduct on-site visit to assess the level of age-friendliness of selected fitness trails in the community and propose suggestions for improvement, produce videos to disseminate their observations and suggestions to the community members.

3. 舉辦社區健康資訊日，介紹長者健康資訊，為長者進行簡單健康檢查，宣揚健康生活的訊息。

Organise information days to disseminate the message of healthy ageing and health information, as well as provide simple body check for the older people in the community.



2019

1. 邀請修讀相關學科的大專學生加入，與長者並肩推廣活力耆年的訊息。

University students studying related subjects are invited to join the programme to work with the elderly DHAs to promote the message of active ageing.



2. 健康大使到區內公園考察康體設施，並由體適能教練指導如何正確使用運動設施。

Conduct on-site assessment by DHAs on fitness facilities in the district and learn how to use the fitness facilities properly under the instruction of physical trainer.

3. 在營養師指導下設計適合長者的營養餐單，學習以適當的方法烹調食物，並輯錄成小冊子。

Design different nutritious menus for older people under the guidance of dietitian and learn the proper cooking methods. After training, DHAs will consolidate the information and produce booklets.



4. 舉辦健康講座，由營養師向長者講解健康的飲食習慣，並由健康大使分享健康心得和運動體驗。

Organise health talks on healthy diet for older people conducted by dietitian and invite DHAs to share health tips and experience on doing exercise regularly.



5. 計劃過程以短片形式記錄，宣揚長幼共融和長者健康生活的訊息。

Produce videos to document the programme and promote the messages of intergenerational harmony and healthy ageing.



2020

1. 邀請健康大使拍攝以「自我健康管理」為題的短片，示範不同的健體動作，以及健康的餐單和烹調技巧。

Invite DHAs to take part in the production of "Managing My Own Health" video, which demonstrates physical fitness exercise, as well as shares nutritious menus and cooking methods.



2. 為長者進行簡單測試，評估他們身體狀況，並根據測試結果，提供合適的運動訓練。

Conduct easy-to-administer assessment for older people and provide appropriate exercise training based on the assessment results.

3. 透過社交媒體及於長者中心分享短片，提升長者對衰老概念和少肌症的認識，推動健康飲食的風氣，讓長者在家中亦能自行練習。

Disseminate video through social media and elderly service centres to increase older people's understanding on frailty and sarcopenia, and promote healthy diet. Older people are encouraged to do the workout at home with the aid of video.

