

Jockey Club Age-friendly City International Conference cum City Partnership Scheme Award Presentation Ceremony

賽馬會齡活城市國際研討會暨
「全城·長者友善」計劃嘉許禮
2021 · 6 · 7



賽馬會齡活城市
Jockey Club Age-friendly City

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Welcome Message

歡迎辭



On behalf of The Hong Kong Jockey Club, I am delighted to welcome you to the Jockey Club Age-friendly City International Conference cum City Partnership Scheme Award Presentation Ceremony. I'm glad that, despite the pandemic, so many are able to participate through this hybrid mode.

We initiated the Jockey Club Age-friendly City Project in 2015 to proactively tackle the combined challenges of urbanisation and an ageing population so as to improve citizens' quality of life.

This year's conference themed under "Age-friendly Cities 15 Years On: Origins and Best Practices Worldwide and in Hong Kong" gives us an opportunity to reflect on how far we have come, share successful experiences, explore innovative approaches and jointly chart the way forward.

The Club's purpose is the continuous betterment of society and this betterment can only be achieved when the needs of all age groups and capacities are cared for. Age-friendly communities are instrumental in promoting preventative health, lowering demand for institutional services and increasing overall wellness, especially among older adults.

These are aspects we underscore in our philanthropic support for positive ageing and elderly care, which form a key strategic priority for us. Our support is made possible by the Club's unique integrated business model through which betting and lottery revenue are returned to the community in the form of tax payments and charitable donations.

I look forward to the discussions and recommendations ahead. I thank all speakers, panellists and participants for joining and sharing their experiences and insights. My deep gratitude also goes to our project partners for their invaluable contributions.

I also wish to congratulate the outstanding efforts of the award-winning companies and organisations of the Jockey Club Age-friendly City Partnership Scheme in promoting an age-friendly culture in Hong Kong. I wish them and this conference every success in progressing age-friendly knowledge, awareness and practices.

Mr. Leong CHEUNG

Executive Director, Charities and Community
The Hong Kong Jockey Club



我很高興代表香港賽馬會，歡迎各位參加賽馬會齡活城市國際研討會暨「全城●長者友善」計劃嘉許禮。在疫情新常態下，今年活動以線上線下混合模式舉行，讓更多人能夠參與其中。

2015年，馬會慈善信託基金主導展開「賽馬會齡活城市計劃」，積極主動地應對本港城市化及人口老化所帶來的綜合挑戰，從而提高市民的生活質素。

今屆研討會以「齡活城市15年：源起與全球及香港的最佳實踐個案」為主題，回顧香港以至世界各地在建構齡活城市方面所取得的進展，分享成功經驗，並共同探索創新的解決方案，謀劃未來的發展路向。

馬會秉持致力建設更美好社會的宗旨，一直透過適時適切地照顧不同年齡層人士及界別的需要，實現這個目標。建設長者及年齡友善城市，對推廣預防保健、降低對醫療機構服務的需求，以及提升整體身心福祉，特別是對長者而言，至關重要。

這正好反映馬會重點推動關愛長者的努力，以捐助及支持各類型創新及預防性服務，延長長者的健康及活躍期，促進積極樂頤年。這些支援實有賴馬會的獨特綜合營運模式，透過稅款及慈善捐款，將博彩及獎券收入回饋香港。

我要感謝各計劃合作夥伴所作出的重大貢獻，同時多謝所有講者和與會者，為大家帶來具啟發性的真知灼見。

我亦祝賀賽馬會齡活城市「全城●長者友善」計劃的每間獲獎企業及機構，為它們發揚香港長者及年齡友善文化的傑出表現致意。祝願所有得獎者百尺竿頭，研討會圓滿成功，社會各界加強對年齡友善理念的認知、關注和措施。

張亮先生

香港賽馬會慈善及社區事務執行總監



Message

獻辭



I would like to express my sincere gratitude to The Hong Kong Jockey Club Charities Trust for implementing the Jockey Club Age-friendly City Partnership Scheme. The scheme encourages the development of an age-friendly culture and has far-reaching significance in complementing the Government's efforts in promoting the well-being of our senior citizens.

With advances in our society and technology, more cohorts of our population will age in better health with better education and financial means. The objective of the Government's elderly care policy is to promote active and healthy ageing under the principle of "ageing in place as the core, institutional care as back-up". To this end, the Government has been implementing various measures, such as the Elder Academy Scheme and the Opportunities for the Elderly Project, to enable our senior citizens to age well in the community and fulfil themselves personally, socially and economically.

The Jockey Club Age-friendly City International Conference offers a precious opportunity for local and overseas experts to share their experience and good practices on building age-friendly cities. I hope that this will inspire all participants at the conference, and look forward to seeing more innovative and impactful ideas in the future.

Last but not least, I would like to pay a heartfelt tribute to all the well-deserved awardees for their efforts in promoting an age-friendly culture. Let us join hands in opening up more opportunities for our senior citizens to achieve their fullest potential.

The Hon. Matthew CHEUNG
Chief Secretary for Administration,
HKSAR Government



賽馬會齡活城市「全城・長者友善」計劃配合政府的安老工作，促進社會建立年齡友善文化，讓長者積極享受生活，意義深遠。我謹向策劃單位香港賽馬會慈善信託基金致以由衷謝意。

隨着社會和科技進步，長者將擁有更好的健康狀況、更高的教育水平，以及更佳的經濟條件。政府的安老政策採取「居家安老為本，院舍照顧為後援」的方針，提倡積極和健康的晚年生活。為此，政府一直推行各種措施，例如長者學苑計劃和老有所為活動計劃，讓長者既可繼續在社區生活，亦可發揮餘熱，滿足個人、社交和經濟方面的需要。

賽馬會齡活城市國際研討會匯聚本地和海外專家，就如何建設長者友善城市分享經驗和良方，機會難逢。我希望所有參加者均可從中獲得啟發，並期待未來會有更多具影響力的創新構思誕生。

最後，我謹向各位得獎者衷心致敬，他們致力推廣長者友善文化，貢獻良多，實在值得嘉許。讓我們攜手合作，為長者提供更多機會，俾能發揮所長，盡展潛能。

張建宗先生

香港特別行政區政府政務司司長



Event Overview

活動概覽

About the Jockey Club Age-friendly City Project

In response to the challenges and opportunities arising from the city's ageing population, The Hong Kong Jockey Club Charities Trust has implemented the Jockey Club Age-friendly City Project ("JCAFC Project") since 2015 in partnership with four gerontology research institutes in Hong Kong i.e. CUHK Jockey Club Institute of Ageing, Sau Po Centre on Ageing of The University of Hong Kong, Asia-Pacific Institute of Ageing Studies of Lingnan University, and Institute of Active Ageing of The Hong Kong Polytechnic University.

The JCAFC Project aims to build momentum in 18 districts in Hong Kong to develop an age-friendly community through an assessment of their respective age-friendliness, recommend a framework for districts to undertake continual improvement for the well-being of senior citizens, as well as arouse public awareness and encourage community participation in building an age-friendly city.

The Jockey Club Age-friendly City Partnership Scheme was launched in 2018 under the JCAFC Project to recognise outstanding age-friendly practices and engage different stakeholders, including business community, government departments and public sector, in building an age-friendly city that can cater for the needs of all ages. Please visit www.jcafc.hk for details.

關於「賽馬會齡活城市計劃」

為應對人口老化帶來的挑戰和機遇，香港賽馬會慈善信託基金自2015年起，聯同本地四間老年學研究單位，包括香港中文大學賽馬會老年學研究所、香港大學秀圃老年研究中心、嶺南大學亞太老年學研究中心，以及香港理工大學活齡學院，推行「賽馬會齡活城市計劃」(本計劃)。

本計劃旨在為全港十八區評估社區的長者及年齡友善程度，在社區推廣年齡友善的風氣；建立地區可以持續提升長者及年齡友善程度的框架；以及推動「齡活」概念，加深公眾對長者及年齡友善城市的認識，並鼓勵社區參與，共同推動香港成為「齡活城市」。

而「賽馬會齡活城市『全城·長者友善』計劃」自2018年起舉辦，是本計劃下的項目之一，透過嘉許傑出的「齡活」措施，鼓勵更多不同持份者，包括商界、政府部門及公營機構，共同建構長者及年齡友善城市，以顧及不同年齡人士所需。更多詳情，請瀏覽 www.jcafc.hk。



About the Event

The Jockey Club Age-friendly City International Conference cum City Partnership Scheme Award Presentation Ceremony, under the theme of “Age-friendly Cities 15 Years On: Origins and Best Practices Worldwide and in Hong Kong”, brings together government, business sector, academia, non-government organisations, social enterprises and beyond from Hong Kong and overseas to facilitate knowledge exchange and sharing of best practices on building an age-friendly city locally and worldwide, as well as create a network and platform for future collaboration and sustainable development.

The event consists of a series of plenary and thematic sessions, thematic forum, exhibition, as well as the award presentation ceremony of the Jockey Club Age-friendly City Partnership Scheme 2020.

關於活動

賽馬會齡活城市國際研討會暨「全城・長者友善」計劃嘉許禮的主題為「齡活城市15年：源起與全球及香港的最佳實踐個案」，將匯聚政府、商界、學術界、非政府組織、社會企業等不同界別的本地及海外專家，分享各地建設長者及年齡友善城市的最佳實踐個案，並建立一個促進合作及持續發展的網絡和平台。

活動包括專題演講、論壇、講座、展覽，以及「賽馬會齡活城市『全城・長者友善』計劃2020」嘉許禮。



Rundown

程序表

0930-1000	Opening Ceremony	開幕典禮
	<p><i>Welcoming Remarks</i> Mr. Leong CHEUNG Executive Director, Charities and Community, The Hong Kong Jockey Club</p> <p><i>Opening Remarks</i> The Hon. Matthew CHEUNG Chief Secretary for Administration, HKSAR Government</p>	<p>致歡迎辭 張亮先生 香港賽馬會慈善及社區事務執行總監</p> <p>致開幕辭 張建宗先生 香港特別行政區政府政務司司長</p>
1000-1100	<p>Opening Plenary <i>The origins of age-friendly city movement</i> Dr. Alexandre KALACHE President, International Longevity Centre-Brazil</p> <p><i>Jockey Club Age-friendly City Project: A unique and successful model in building an age-friendly city</i> Mr. Leong CHEUNG Executive Director, Charities and Community, The Hong Kong Jockey Club</p>	<p>主題演講 長者及年齡友善城市運動的起源 Alexandre KALACHE 博士 International Longevity Centre-Brazil主席</p> <p>賽馬會齡活城市計劃 — 建構齡活城市的獨特及成功框架 張亮先生 香港賽馬會慈善及社區事務執行總監</p>
1100-1115	Networking Break	小休
1115-1200	<p>Jockey Club Age-friendly City Partnership Scheme Award Presentation Ceremony</p>	<p>賽馬會齡活城市 「全城・長者友善」計劃嘉許禮</p>
1200-1300	<p>Thematic Forum - Innovative Age-friendly Practices under the New Normal The Hon. Bernard Charnwut CHAN Chairperson, The Hong Kong Council of Social Service</p> <p>Mr. Leong CHEUNG Executive Director, Charities and Community, The Hong Kong Jockey Club</p> <p>Dr. Ching-choi LAM Chairman, Elderly Commission</p> <p>Mr. Robert WONG Outstanding Young Person 2015 & Registered architect promoting creative age-friendly design</p>	<p>專題論壇 新常態下的長者及年齡友善創新措施</p> <p>陳智思議員 香港社會服務聯會主席</p> <p>張亮先生 香港賽馬會慈善及社區事務執行總監</p> <p>林正財醫生 安老事務委員會主席</p> <p>王建明先生 2015年度香港十大傑出青年及致力推動長者及年齡友善設計的香港註冊建築師</p>
1300-1430	Lunch	午膳

1430-1550	<p>Thematic session Building an Age-friendly City for an Ageing Community: The Hong Kong Insights</p> <p><i>Achieving an age-friendly city through a 3-year citywide intervention in Hong Kong: Perspectives of older adults</i></p> <p>Prof. Terry LUM Associate Director, Sau Po Centre on Ageing, The University of Hong Kong</p> <p><i>Productive engagement and ageing in productivist welfare regimes: questing for an age-friendly city in Hong Kong</i></p> <p>Prof. Joshua MOK Vice-President, Lingnan University</p> <p><i>Respect and social inclusion: Building community capacity to generate age-friendly resources for supporting both older adults in general and vulnerable groups</i></p> <p>Dr. Alma AU Former Associate Professor in Department of Applied Social Sciences, The Hong Kong Polytechnic University</p> <p><i>Age-friendly communities: a cornerstone for healthy ageing and tackling health inequalities</i></p> <p>Prof. Jean WOO Director, CUHK Jockey Club Institute of Ageing, The Chinese University of Hong Kong</p>	<p>專題講座 建構長者及年齡友善城市以回應人口老化的挑戰：香港的經驗與前瞻</p> <p>從長者角度構建「長者及年齡友善城市」——為期三年的全城介入計劃</p> <p>林一星教授 香港大學秀圃老年研究中心副總監</p> <p>生產性參與及在生產主義福利體制中安老——建設長者及年齡友善的香港</p> <p>莫家豪教授 嶺南大學副校長</p> <p>尊重與社會包容——建立社區力量，創造長者及年齡友善資源，以支援一般及弱勢長者</p> <p>區美蘭博士 香港理工大學應用社會科學系前副教授</p> <p>長者及年齡友善社區——健康老年生活的基石及解決健康不平等問題</p> <p>胡令芳教授 香港中文大學賽馬會老年學研究所所長</p>
1550-1600	Networking Break	小休
1600-1710	<p>Thematic session Advancing Age-friendly City: Cooperation and Participation towards Sustainability</p> <p><i>Caring for the elderly. Build a better city</i></p> <p>Ms. Winnie HO Director of Architectural Services, HKSAR Government</p> <p><i>The business of longevity in Asia: The rise of a new generation of ageing seniors that are driving new business opportunities in housing, health and care</i></p> <p>Ms. Janice CHIA Founder and Executive Director Ageing Asia</p> <p><i>Developing sustainable age-friendly programmes in Manchester, UK: New approaches and programmes in the context of COVID-19</i></p> <p>Prof. Christopher PHILLIPSON Professor of Sociology and Social Gerontology The University of Manchester</p>	<p>專題講座 促進長者及年齡友善城市發展：透過協作與參與達致可持續發展</p> <p>關愛長者·建設更美好城市</p> <p>何永賢女士 香港特別行政區政府建築署署長</p> <p>亞洲的銀髮產業——新一代銀髮族的崛起，帶動房屋、醫療和護理的新商機</p> <p>謝慧貞女士 亞洲養老產業聯盟創辦人兼執行董事</p> <p>在英國曼徹斯特發展可持續的長者及年齡友善項目——疫情下的新模式與項目</p> <p>Christopher PHILLIPSON 教授 曼徹斯特大學社會學及社會老年學教授</p>
1710-1730	<p>Q & A and Closing Remarks Prof. Jean WOO Director, CUHK Jockey Club Institute of Ageing, The Chinese University of Hong Kong</p>	<p>答問環節及閉幕 胡令芳教授 香港中文大學賽馬會老年學研究所所長</p>

Opening Plenary

主題演講

Dr. Alexandre KALACHE Alexandre KALACHE 博士

President,
International Longevity Centre-Brazil
International Longevity Centre-Brazil主席

Biography

The doctor and gerontologist Alexandre Kalache is president of the International Longevity Centre-Brazil, co-director of the Age Friendly Foundation. He holds a PhD in epidemiology from the University of Oxford, founder of the University of London's Epidemiology of Ageing Unit and creator of Europe's first Master in Health Promotion. Kalache directed the Department of Ageing and Life Course of the World Health Organization (WHO), where he conceived and published, in 2002, the Political Framework for Active Ageing and, in 2005, the Age-friendly Cities initiative. Both references are known and applied throughout the world. Worldwide, thousands of initiatives already incorporate the "elderly friendly" approach to public policies in cities, communities, states, neighbourhoods, hospitals, primary care units, among others. Alexandre Kalache integrates councils in different parts of the world, works as a consultant in different countries and is a professor at five universities.

Topic

The origins of age-friendly city movement



個人簡介

老年學家Alexandre Kalache博士，是International Longevity Centre-Brazil的主席，亦是Age Friendly Foundation的聯席理事。他持有牛津大學流行病學博士學位，是倫敦大學老年流行病學組創辦人，並創辦歐洲首個健康推廣碩士課程。Kalache博士曾領導世界衛生組織（世衛）的「老化與生命歷程處」，他分別於2002年及2005年，在世衛構思和發表了「Political Framework for Active Ageing」，以及「Age-friendly Cities initiative」。這兩份知名參考文獻在全球廣泛應用。現時，全球已有數千個年齡友善倡議納入城市、社區、州份、鄰近地區、醫院、基本保健單位等地方的公共政策中。Kalache博士連結世界各地的議會，並擔任不同國家的顧問，及在五所大學出任教授一職。

講題

長者及年齡友善城市運動的起源

Mr. Leong CHEUNG

張亮先生

Executive Director, Charities and Community,
The Hong Kong Jockey Club
香港賽馬會慈善及社區事務執行總監



Biography

Mr Leong Cheung is the Executive Director of Charities & Community at The Hong Kong Jockey Club. In this capacity he is also the co-chair of the Hong Kong Chapter of the United Nations' Sustainable Development Solutions Network.

Prior to joining the Club, Mr Cheung was the Operating Partner with Bain Capital. Before that he was the Managing Director of Global Sourcing & Supply Chain at Esquel Group, the founder and CEO of an education focused Internet venture, and a senior consultant at the Boston Consulting Group. Mr Cheung is also the co-founder of an innovative social enterprise, RunOurCity.

In addition to his present roles, Mr Cheung is active in the community. He currently serves as the chairperson of the Committee on Reduction of Salt and Sugar in Food and a member on the Elderly Commission of the Hong Kong Special Administrative Region Government. He is a director of the Hong Kong Mortgage Corporation Limited and is an adjunct professor at the Chinese University of Hong Kong.

Mr Cheung has an MBA from Harvard Business School and a BBA from the Chinese University of Hong Kong.

Abstract

Jockey Club Age-friendly City Project: A unique and successful model in building an age-friendly city

According to the Government's projection, almost one third of the Hong Kong population will be aged 65 or above in 2040. The Hong Kong Jockey Club Charities Trust ("The Trust") has taken a proactive role in addressing the opportunities and challenges of an ageing population, and building Hong Kong into an age-friendly city.

個人簡介

張亮先生為香港賽馬會(馬會)慈善及社區事務執行總監。張先生同時亦代表馬會，出任聯合國可持續發展解決方案網絡香港地區分會的聯合主席。

張先生專業經驗豐富，曾為貝恩資本合夥人、溢達集團全球採購及供應鏈管理董事總經理、教育互聯網新創企業創辦人兼行政總裁，以及波士頓諮詢公司高級顧問等；張先生亦為社會企業「全城街馬」的創辦人。

工作以外，張先生熱心公益，現為香港特別行政區政府「降低食物中鹽和糖委員會」主席及「安老事務委員會」成員，並擔任香港按揭證券有限公司董事；張先生亦是香港中文大學客座教授。

張先生畢業於香港中文大學，其後取得哈佛大學工商管理碩士學位。

摘要

賽馬會齡活城市計劃 — 建構齡活城市的獨特及成功框架

根據政府推算，預計到了2040年，香港人口會有接近三分之一為65歲或以上的長者。香港賽馬會慈善信託基金(“馬會”)擔當積極、主動的角色，應對人口老化帶來的機遇和挑戰，並建構香港成為長者及年齡友善城市。

馬會聯同本地四間老年學研究單位於2015年主導推行「賽馬會齡活城市計劃」，於全港18區提倡長者及年齡友善文化。計劃採取由下而上、地區為本、跨界別協作及實證為本的模式以建構香港成為「齡活城市」。四間老年學研究單位於18區採用共同框架，並根據世界衛生組織(“世衛”)確認的八個範疇進行基線研究，以檢視各區的長者及年齡友善程度，並與區議會及其他地區持份者共同制定為期三年的行動方案，協助各區落實建設長者友善環境。計劃中的128個

The Trust has partnered with Hong Kong's four gerontology research institutes to implement the Jockey Club Age-friendly City Project ("JCAFC Project") to build momentum for developing an age-friendly community since 2015. A unique bottom-up, district-based, multi-sectoral collaboration and evidence-based approach has been adopted to build an age-friendly city. The four research institutes had conducted baseline assessments in 18 districts on the level of age-friendliness based on the 8 domains set out by the World Health Organization and formulated action plans for the districts in consultation with District Councils and other community stakeholders. The Project has directly benefited over 110,000 people through 128 district-based programmes and AFC messages have been disseminated to more than 1,150,000 people through a series of publicity and public education programmes. More than 2,270 AFC ambassadors have been trained under the Project to promote age-friendly concepts in the community. Besides, all the 18 districts have successfully admitted to the WHO Global Network for Age-friendly Cities and Communities. To enhance cross-sectoral collaboration, the Jockey Club Age-friendly City Partnership Scheme was launched under the Project in 2018 and over 180 companies and organisations which adopted age-friendly practices have joined the Scheme.

With concerted efforts, building an age-friendly city has now become the regular agenda of different stakeholders, including the Government, District Councils, NGOs, business sector and the general public. This successful pioneer model has also received high-level Government's support. The good practice was shared in different international occasions and was selected as one of the eight solutions around the world to present in the Global Solutions Forum of United Nations' Sustainable Development Solutions Network.

地區計劃直接惠及超過11萬人，同時透過舉辦一系列宣傳及公眾教育活動向超過115萬人宣揚長者及年齡友善的訊息，並培訓了超過2,270位「齡活大使」協助社區推廣。此外，全港十八區更全部獲得世衛接納加入「全球長者及年齡友善城市及社區網絡」。為促進跨界別協作，「賽馬會齡活城市『全城·長者友善』計劃」自2018年起舉行，超過180間公司及機構已參與並推行長者及年齡友善措施。

匯聚多方力量，「共建齡活城市」已成為各持份者包括政府、區議會、非政府組織、商界及市民大眾的恆常議題。此成功及創新的模式亦得到政府的高度支持，馬會亦曾於不同國際平台與各界分享經驗，包括獲選於聯合國可持續發展解決方案網絡全球解決方案論壇2020中展示，是全球獲選的八個最佳解決方案之一。

Thematic Forum 專題論壇

Innovative Age-friendly Practices under the New Normal
新常態下的長者及年齡友善創新措施

The Hon. Bernard Charnwut CHAN

陳智思議員

Chairperson,
The Hong Kong Council of Social Service
香港社會服務聯會主席



Biography

The Honourable Bernard Charnwut CHAN is the Convenor of the Non-Official Members of the Executive Council of HKSAR, President of Asia Financial Holdings Ltd., Chairman of Asia Insurance Co. Ltd., Chairperson of the Hong Kong Council of Social Service and Chairman of Hong Kong Palace Museum Ltd. He is also a Hong Kong Deputy to the National People's Congress of the People's Republic of China. He previously served as a Legislative Council Member, Chairman of the Council of Lingnan University, the Council for Sustainable Development and the Antiquities Advisory Board. He was awarded the Gold Bauhinia Star in 2006 and the Grand Bauhinia Medal in 2020.

個人簡介

陳智思議員現為香港行政會議非官守議員召集人、亞洲金融集團總裁、亞洲保險主席、香港社會服務聯會主席及香港故宮文化博物館主席。他亦是香港地區全國人民代表大會代表。陳議員曾為立法會議員、嶺南大學校董會主席、可持續發展委員會主席和古物諮詢委員會主席。他於2006年獲授金紫荊星章，並於2020年獲授大紫荊勳章。

Mr. Leong CHEUNG

張亮先生

Executive Director, Charities and Community,
The Hong Kong Jockey Club
香港賽馬會慈善及社區事務執行總監



Biography

Please refer to Opening Plenary section on P.11 for Mr. Leong Cheung's biography.

個人簡介

請查閱第11頁主題演講部分有關張亮先生的個人簡介。

Dr. Ching-choi LAM

林正財醫生

Chairman,
Elderly Commission
安老事務委員會主席



Biography

Dr. Lam Ching-choi is a specialist in paediatric and community medicine and is currently the Chief Executive Officer of Haven of Hope Christian Service. Under his leadership, Haven of Hope Christian Service is one of the pioneers in the provision of holistic care for the elderly in Hong Kong.

Dr. Lam is a non-official member of the Executive Council of the Government of the Hong Kong Special Administrative Region. He also serves as the Chairman of the Elderly Commission and the Council for Sustainable Development to advise the Government on the related policies. He is also the Supervisory Board Member of the Hong Kong Housing Society.

Dr. Lam was awarded the Silver Bauhinia Star in 2019. Apart from receiving Honorary Fellowship from Lingnan University in 2018, he was also given the Ageing Asia Global Ageing Influencer Award (Special Recognitions) for his devotion to public services and his influence on policy-making for the global ageing trend.

個人簡介

林正財醫生是一名兒科及社會醫學醫生，現任基督教靈實協會行政總裁。在其領導下，靈實為長期照顧服務的先驅之一，為香港的長者提供全人照顧。

林醫生現為香港特別行政區政府行政會議成員，同時亦擔任安老事務委員會及可持續發展委員會主席，就不同政策向政府提供意見。他也是香港房屋協會監事會成員。

林醫生於2003及2019年分別榮獲香港特別行政區政府頒授「太平紳士」及「銀紫荊星章」勳銜。在2018年，林醫生除了獲嶺南大學頒授榮譽院士銜，也獲Ageing Asia頒發全球最具影響養老業者大獎(特殊表彰獎)，以表彰他對香港社會所作的傑出貢獻以及在全球人口老化政策上的影響力。

Mr. Robert WONG

王建明先生

Outstanding Young Person 2015 &
Registered architect promoting creative age-friendly design
2015年度香港十大傑出青年及致力推動長者及年齡友善設計的香港註冊建築師



Biography

Robert Wong, architect with over twenty years of professional experience in architecture, design, and project development in Asia (Hong Kong, China, Cambodia, Nepal & India). Over the years, Robert has been actively involved in community services. He is the Assistant Director at Hong Kong Sheng Kung Hui Welfare Council Limited, in charge of elderly home, rehabilitation centre, and youth centre design projects. Robert is passionate about creating a human-centred design by engaging users in the participatory design process. These humanities design projects improve the living environment for the poor, elderly, and disadvantaged.

Robert was awarded the Hong Kong Ten Outstanding Young Person 2015, Hong Kong Humanity Award 2017, and the Young Architect of the Year – Healthcare in 7th ElderCare Innovation Award 2019 in Singapore, to recognise his contribution to the community. Robert was invited to present his works at international conferences, including the World Health Organization, Asian Development Bank, UN-Habitat World Urban Forum, and Union of International Architects World Congress.

Robert and his colleagues of the Welfare Council published different publications on the caring design since 2016: “Construct Miracles for Seniors – Reference Booklet for Elderly Service Project Design”, “From Design Thinking to Social Engagement and New Service Mode” and “Design with Care”.

個人簡介

王建明，建築師，現職於香港聖公會福利協會助理總幹事，負責長者院舍、復康中心及青少年中心等建築設計項目。多年來，他運用設計思維推動服務使用者參與設計，讓建築項目更人性化，切合他們的需要，提升其生活質素。

王建明曾獲頒香港十大傑出青年、香港人道年獎及新加坡泛亞太太平洋老年照顧創意大獎年度青年建築師獎，表揚其專業對社會的貢獻。他亦曾獲邀到不同的國際研討會進行演講，如世界衛生組織、亞洲開發銀行等。

王建明聯同協會同工編輯出版《築動耆跡》、《從設計思維到社會參與及新服務模式》和《設計顯關懷》三本書籍，分享關懷的設計。

Thematic Session 專題演講

Building an Age-friendly City for an Ageing Community : The Hong Kong Insights

建構長者及年齡友善城市以回應人口老化的挑戰：香港的經驗與前瞻

Prof. Terry LUM

林一星教授

Associate Director,
Sau Po Centre on Ageing, The University of Hong Kong
香港大學秀圃老年研究中心副總監



Biography

Professor Terry Lum is the Henry G. Leong Professor in Social Work and Social Administration and the Head of the Department of Social Work and Social Administration at the University of Hong Kong (HKU).

His research focuses on long-term care, productive ageing, and geriatric mental health. He is a key advisor to the Hong Kong Government in long-term care policy. He is currently directing several large-scale intervention research projects to prevent physical frailty and geriatric depression, and various policy research projects to enhance the long-term care infrastructure and age-friendliness in Hong Kong. Professor Lum is a member of the WHO's Consortium on Metrics and Evidence for Healthy Ageing and Global Network of Long-term care.

Professor Lum had taught in the University of Minnesota in the United States before he joined HKU. He was elected as a Fellow by the Gerontological Society of America in 2011 and was awarded the Career Leadership Award by the Association of Gerontology Education in Social Work (AGESW) in 2016. Professor Lum is the Editor for Asia and Australasia of the Journal of Aging and Mental Health.

Abstract

***Achieving an age-friendly city through a 3-year
citywide intervention in Hong Kong: Perspectives of
older adults***

Background and Objectives: Studies on Age-friendly Cities (AFC) are underrepresented in Asia and developing economies. There is little understanding about how AFC can be achieved in non-Western societies. Drawing on a three-year, citywide AFC intervention, we examine the changes in perceived age-friendliness among older adults in Hong Kong, a city characterized by older adults' under-representation in civic affairs and where policymaking is primarily "top-down".

個人簡介

林一星教授是香港大學社會工作及社會行政學系系主任及梁顯利基金社會工作及社會行政學教授。

他的研究重點是長期護理、老有所為，以及長者精神健康。他是香港政府長期護理政策的主要顧問。他目前正在領導多個大型臨床研究項目，以預防長者身體虛弱和抑鬱症，並多個政策研究項目，以增強香港的長期護理和年齡友善的基礎建設。林教授是世界衛生組織健康老齡化指標和證據聯合會的成員。

林教授加入香港大學前，曾在美國明尼蘇達大學任教12年。他於2011年當選為美國老年學會院士，並於2016年獲得老年社會工作教育協會（AGESW）頒發的職業領導獎。林教授是學術期刊《老年與精神健康》的主編。

摘要

**從長者角度構建「長者及年齡友善城市」——
為期三年的全城介入計劃**

背景與目的：「長者及年齡友善城市」的研究在亞洲及發展中經濟體的代表性不足。非西方社會普遍對如何構建「長者及年齡友善城市」不甚了解。而在香港，長者在公民事務中代表性不足，政策主要是採取「由上而下」模式制定。由此，我們藉著為期三年的全城介入齡活城市計劃，檢視長者對香港長者及年齡友善程度的轉變。

研究設計與方法：我們透過社區為本的介入方式，在香港八個地區推廣「長者及年齡友善城市」概念，並採用混合研究方法評估此計劃的成效。我們在2015年及2018年進行橫向研究，分別透過問卷訪問了2,575名及2,697名長者，並進行36次焦點小組訪談，訪問了共206位長者，由此了解長者如何評價「長者及年齡友善城市」八個範疇的長者及年齡友善程度，以及他們對長者及年齡友善風氣轉變的意見。問卷調查數據及焦點小組資料，分別透過線性迴歸模型及主題分析作分析。

Research Design and Methods: We implemented a community-based intervention to promote AFC in eight administrative districts in Hong Kong and employed a mixed-method research design to evaluate its outcomes. Repeated cross-sectional surveys eliciting older residents' perceptions of age-friendliness in eight AFC domains were conducted in 2015 (n=2,575) and 2018 (n=2,697) in addition to thirty-six focus groups involving 206 older residents. Participants were asked to share their views on changes in age-friendliness. Survey data were analyzed using linear regression while focus group data were analyzed using thematic analysis.

Results: Significant improvements were found in perceived age-friendliness in all eight AFC domains. Low-income older adults perceived the greatest improvements in age-friendliness. Thematic analysis revealed several characteristics of improvements in age-friendliness in both physical and social environments. We further highlighted the role of universities as trusted intermediaries in facilitating the construction of AFC.

Discussion and Implications: There are multiple pathways to achieve AFC. This study documents the transformation of Hong Kong into an age-friendly city and is relevant to other societies characterized by low levels of civic engagement by older adults, and whose policymaking processes occur primarily in a top-down manner.

結果：長者居民認為「長者及年齡友善城市」八個範疇的長者及年齡友善程度均有明顯改善，而低收入長者認為相關長者及年齡友善程度的改變有最大改善。根據主題分析，我們亦得出一些外在及社會環境的長者及年齡友善程度方面的改善特質，及進一步提出了大學作為構建「長者及年齡友善城市」可靠媒介的角色。

討論與啟示：構建「長者及年齡友善城市」有多種途徑。此研究記錄了香港轉變為「長者及年齡友善城市」的過程，供其他同是長者公民參與度低，以及採取「由上而下」模式制定政策的地方參考。



Prof. Joshua MOK

莫家豪教授

Vice-President,
Lingnan University
嶺南大學副校長



Biography

Professor Joshua Mok Ka-ho is the Vice-President and concurrently Lam Man Tsan Chair Professor of Comparative Policy of Lingnan University. Before joining Lingnan, he was the Vice President (Research and Development) and Chair Professor of Comparative Policy of The Education University of Hong Kong, and the Associate Dean and Professor of Social Policy, Faculty of Social Sciences of The University of Hong Kong. Prior to this, Professor Mok was appointed as the Founding Chair Professor in East Asian Studies and established the Centre for East Asian Studies at the University of Bristol, United Kingdom.

In addition, Professor Mok has published extensively in the fields of comparative education policy, comparative development and policy studies, and social development in contemporary China and East Asia. In particular, he has contributed to the field of social change and education policy in a variety of ways, not the least of which has been his leadership and entrepreneurial approach to the organisation of the field. His recent published works have focused on comparative social development and social policy responses in the Greater China region and East Asia. He is also the founding Editor-in-Chief of the *Journal of Asian Public Policy* (London: Routledge) and *Asian Education and Development Studies* (Emerald) as well as a Book Series Editor for Routledge and Springer.

個人簡介

莫家豪教授現為嶺南大學副校長，同時擔任林文贊比較政策講座教授。加入嶺南大學前，莫教授先後出任香港教育學院副校長（研究與發展）及比較政策講座教授，以及香港大學社會科學學院副院長及社會政策教授。在此之前，莫教授任職英國布里斯托大學，擔任東亞研究講座教授及創辦東亞研究中心。

此外，莫教授在比較教育政策、比較發展與政策、中國與東亞當代社會發展的範疇均著作甚豐，對社會變遷及教育政策範疇的研究更作出了多方面的創新貢獻，奠定了他在這些領域的領導地位。其近作集中探討大中華和東亞地區的社會發展及政策比較，莫教授亦是期刊 *Journal of Asian Public Policy* (London: Routledge) 及 *Asian Education and Development Studies* (Emerald) 的創始主編，並擔任 Routledge 及 Springer 出版社的叢書編輯。

Abstract

Productive engagement and ageing in productivist welfare regimes: questing for an age-friendly city in Hong Kong

The population aged 65 years and above in Hong Kong is projected to rise from 15 per cent in 2014 to 38.4 per cent in 2069. Therefore, the quest for creating age-friendly conditions and the promotion of active ageing has become a priority for the Hong Kong Government and stakeholders in the city. Using a cross-national comparative framework for productive engagement in later life, the predictors of productive engagement (perceived voluntary engagement) are examined in two districts (the Islands and Tsuen Wan) of Hong Kong – a typical productivist welfare regime in Asia. Data were collected through a social survey to ascertain the perception of an age-friendly city and active ageing in 2016 and 2018 from 1,638 persons aged 60 years and older. The results indicate some differences in the perception of the key determinants in both districts, and the factors associated with productive engagement were consistent, namely social atmosphere, social provisions and the built environment. The findings are discussed within the broader discourse on social gerontology, age-friendly cities and productivist welfare regimes.

摘要

生產性參與及在生產主義福利體制中安老 — 建設長者及年齡友善的香港

香港65歲或以上人口比例，預期會由2014年的15%，增加至2069年的38.4%。因此，建設長者及年齡友善環境及推廣積極樂頤年，已成為香港政府及各界持份者的首要任務。香港是典型的東亞生產主義福利體制，我們運用晚年生產性參與跨國比較框架，探究影響長者在此福利體制中參與生產活動的因素。我們透過在香港兩個地區（離島及荃灣）的兩輪問卷調查，在2016及2018年收集1,638名60歲或以上長者的數據，以了解他們對長者及年齡友善城市及積極樂頤年的看法。調查結果顯示，雖然兩區長者對長者及年齡友善城市及積極樂頤年的看法有所不同，但影響生產性參與的因素則為一致，這些因素包括社會風氣、社會服務提供及建築環境。研究結果為社會老年學、長者及年齡友善城市及生產主義福利體制的理論討論帶來啟示。



Dr. Alma AU

區美蘭博士

Former Associate Professor,
Department of Applied Social Sciences, The Hong Kong Polytechnic University
香港理工大學應用社會科學系前副教授



Biography

Dr. Alma Au used to work as Associate Professor in Department of Applied Social Sciences at the Hong Kong Polytechnic University. She is a Registered Clinical Psychologist and Fellow of the Hong Kong Psychological Society and is also a Chartered Psychologist and Registered Neuropsychologist of the British Psychological Society. She has practiced both with the Hospital Authority in Hong Kong and also the National Health Service in London. She also had received several awards for Continuous Quality Improvement from the Hospital Authority in Hong Kong. After moving to the University, she has obtained various local and international grants and to develop assessments and interventions for clinical and non-clinical populations. Funding bodies include the Health and Medical Research Fund, General Research Fund of Research Grant Council in Hong Kong and the German Research Council. She serves in editorial boards of Clinical Gerontologist and PsyCH. Her interests converge on caregiving, inter-generational relationships and sustainable health care.

Abstract

Respect and social inclusion: Building community capacity to generate age-friendly resources for supporting both older adults in general and vulnerable groups

Respect and social inclusion is an essential and yet challenging task of Age-friendly City (AFC) initiatives. The objectives of this initiative are commonly understood as covering the following aspects: 1) inclusion as full partners in community decision-making and are consulted adapted to older people's needs and preferences; 2) services provide helpful staff trained to respond to older people; 3) ageing is positively depicted in the media and public education; 4) older people are recognised by the community for their contributions and 5) are provided opportunities to share their expertise with other generations in both familial and non-familial contexts.

個人簡介

區美蘭博士是香港理工大學社會科學系前副教授。她是香港心理學會的院士及註冊心理學家，也是英國心理學會的註冊心理學家。她曾於香港及倫敦醫療及社福機構執業。她在理工大學的研究的資助包括醫療衛生研究基金及大學教育資助委員會優配研究金。研究的項目包括護老者的身心健康、跨代關係及可持續的社區支援。

摘要

尊重與社會包容 — 建立社區力量，創造長者及年齡友善資源，以支援一般及弱勢長者

尊重與社會包容是長者及年齡友善城市倡議中必要但極具挑戰的一環。此倡議之目的普遍涵蓋以下方面：1) 在社區決策中視長者為夥伴，了解他們的需要及偏好，並提供適切的支援；2) 由經培訓的員工提供服務，以回應長者所需；3) 傳媒及公民教育就「老齡化」作正面描述；4) 長者的貢獻得到社會認同，以及5) 長者獲機會與不同年齡層人士分享他們的專業知識。

跨區基線研究報告顯示，社群意識是長者及年齡友善城市範疇（社會參與及社區與健康服務）與生活滿意度之間的媒介。在焦點小組訪談中，我們發現長者感受到社會增加了不同促進尊重及社會包容的倡議，亦表達了增加跨代共融活動、提供渠道讓他們參與社區決策，以及向他們推廣長者及年齡友善服務的需求。

為了填補此範疇的服務缺口，香港理工大學推行了以專業支援團隊主導的計劃，賦權大使透過影像發聲方式，就深水埗及油尖旺區內環境的長者及年齡友善程度表達意見。大使在實地考察期間，找出長者及年齡友善的商業服務，並且將資料製作成社區地圖，以便與其他社區持份者溝通交流。

In our cross-district baseline assessment, sense of community was found to mediate between these AFC domains (Social participation and Community support and health services) and life satisfaction. In our focus groups, we found that while older adults appreciated the increased initiatives to promote respect and social inclusion for older adults, there was also expressed need for more intergeneration activities, channels for older people in community decision-making and promotion of age-friendly services to older people. To address the service gaps in this domain, district-based programmes by professional support teams implemented by the Hong Kong Polytechnic University were launched to empower ambassadors to voice out their concerns over the age-friendliness of physical environment in Sham Shui Po and Yau Tsim Mong districts through the photo-voice method. Age-friendly business services were identified by ambassadors during field visit and compiled into a community map to communicate to other community stakeholders. Evaluation of these programmes suggested a significant increase of the sense of community in the participants.

The impact of several district projects organised by NGOs was sustained by several successful factors: 1) older adult ambassadors received special training before the start of the programme; 2) a more intense programme sustained over a period of time involving active participation achieved more impact; 3) networking of community stakeholders, including peer support, neighbours, intergeneration partners, NGO and local business; 4) ambassadors served as a role model for social involvement to others who were less connected to their community; 5) mutual learning among relevant parties created a feedback system to support the programmes. Participating parties include community-based practitioners, university-based, students from secondary schools and universities as well as young old volunteers to enhance physical and psychological health of the older old. The AFC network continues to facilitate further collaboration of the University and the community to develop health projects and support for caregivers.

我們就計劃進行的評估顯示，參加者的社區意識有明顯提升。一些非政府組織地區項目的影響得以持續，成功因素包括：1) 長者大使在計劃開始前接受了特別培訓；2) 一個持續及鼓勵積極參與的密集式計劃能帶來更大影響力；3) 社區持份者的連繫，包括同輩支持、鄰居、跨代夥伴、非政府組織及本地商家；4) 大使成為其他較少與社區聯繫的人的學習榜樣；5) 相關團體互相學習以建立支持計劃的反饋系統。計劃參與團體包括社區從業者、大學、中學及大學學生，以及年輕長者義工，他們都有助改善高齡長者的身心健康。項目所建立的長者及年齡友善城市網絡，將促進大學與社區的進一步合作，發展更多健康相關項目，以及為護老者提供支援。



Prof. Jean WOO

胡令芳教授

Director,
CUHK Jockey Club Institute of Ageing, The Chinese University of Hong Kong
香港中文大學賽馬會老年學研究所所長



Biography

Prof. Jean Woo graduated from the University of Cambridge in 1974. After medical posts in the Charing Cross, Hammersmith, and Brompton Hospitals in the UK, she worked in part time posts in general practice as well as research at the University of Hong Kong.

Prof. Woo joined the Department of Medicine at the Chinese University of Hong Kong in 1985 as Lecturer responsible for the development of the teaching and service in Geriatric Medicine, becoming Head of the Department in 1993 until 1999, Chief of Service of the Medicine and Geriatric Unit at Shatin Hospital from 1993 to 2012, and Chair Professor of Medicine in 1994. From 2000 to 2006 she was Head of the Department of Community and Family Medicine, from 2001 to 2005 Director of the newly established School of Public Health, and from August 2013 to July 2016 Chairman of the Department of medicine & Therapeutics. She established the Centre for Nutritional Studies in 1997 using a self financing model to carry out service, education and research; and the Centre for Gerontology and Geriatrics in 1998, offering self-financed courses in Gerontology and Geriatrics, as well as End of Life Care.

Currently she is the Co-Director of CUHK Institute of Health Equity, Director of the Jockey Club Institute of Ageing at the Chinese University of Hong Kong, and Honorary Consultant of the Prince of Wales and Shatin Hospitals, Hospital Authority.

Prof. Woo's research interests include chronic diseases and geriatric syndromes, health services research, nutrition epidemiology and intervention, quality of life issues at the end of life, with over 900 articles in peer-reviewed indexed journals.

個人簡介

胡令芳教授於1974年畢業於英國劍橋大學，先後在英國查林十字街(Charing Cross)、哈默史密斯(Hammersmith)和皇家布朗普頓(Brompton)醫院內任職醫生，及後在香港大學擔任兼職講師及從事研究工作。

胡教授於1985年加入香港中文大學內科學系，任職講師，負責發展老年醫學的教學和服務。於1993至1999年出任內科學系系主任、於1993年至2012年任職沙田醫院內科及老人科部門主管，並在1994年擔任講座教授。胡教授於2000至2006年任社區及家庭醫學系主任，於2001至2005年擔任新成立的公共衛生學院總監，並由2013年8月至2016年7月擔任內科及藥物治療學系系主任。胡教授在1997年成立了香港中文大學營養研究中心，以自負盈虧模式提供服務及從事教育和研究工作。她在1998年亦成立了老年學及老年病學研究中心，提供老年學及老年病學，以及安寧服務的自資課程。

現時，胡教授是香港中文大學健康公平研究所聯席所長、香港中文大學賽馬會老年學研究所所長，以及醫管局威爾斯親王醫院及沙田醫院的名譽顧問。

胡教授的研究範疇包括慢性疾病、老年綜合症、醫療服務研究、營養流行病學與介入，以及臨終生活質素議題。她在同行評審的學術期刊中曾發表逾900篇文章。

Abstract

Age-friendly communities:

A cornerstone for healthy ageing and tackling health inequalities

The World Health Organization's vision of healthy ageing consists of three interrelated domains of function, intrinsic capacity, and environment, adopting a life course approach. Health inequalities among older adults have been well documented, and material, psychological and political empowerment have been proposed as strategies to mitigate such inequalities. The concept of age-friendly cities may be considered a powerful concept in manipulating the physical as well as the social environment, to promote intrinsic capacity and resilience. Examples from the Jockey Club Age-friendly City Project will be discussed. Meaningful citizen participation is a key element for creating age-friendly environments. The key to sustainability include building on existing societal infrastructure, involvement of all older citizens across all social strata with the capability to effect change by engaging relevant government and business sectors for individual age-friendly city domains.

摘要

長者及年齡友善社區 —

健康老年生活的基石及解決健康不平等問題

世界衛生組織以生命歷程角度出發，認為健康老齡化是由功能發揮、內在能力及環境三者相互作用構成。與此同時，有不少有關長者健康不平等的研究文件，以及提倡透過實質、心理及政治充權作為緩和相關不平等的對策。透過賽馬會齡活城市計劃的例子，我們會探究長者及年齡友善城市的概念，透過改變外在及社會環境，促進內在能力及抗逆力。當中，有意義的公民參與，是建立長者及年齡友善環境的關鍵元素。建基於現有社會基礎設施，以及讓不同階層長者參與，並透過長者及年齡友善城市範疇相關政府部門及商界參與帶來改變，是達致長者及年齡友善城市可持續發展的關鍵。



Thematic Session 專題演講

Advancing Age-friendly City: Cooperation and Participation towards Sustainability 促進長者及年齡友善城市發展：透過協作與參與達致可持續發展

Ms. Winnie HO 何永賢女士

Director of Architectural Services,
HKSAR Government
香港特別行政區政府建築署署長



Biography

Ms. Winnie Ho joined the Hong Kong Government as an Architect in 1992. Since then her career has been closely associated with development of public buildings, infrastructure and urban planning of Hong Kong. She started with her first posting in the Architectural Services Department (ArchSD), designing and delivering public facilities including schools, public laboratory, leisure, culture and sports facilities and government offices.

Ms. Ho was posted to the Development Bureau in 2010 and assumed the post as the Deputy Head of Energizing Kowloon East Office of the Development Bureau in Feb 2012. She took up the challenging policy initiative to transform Kowloon East from an old industrial area into an additional business district to support the long term economic development of Hong Kong.

She returned to ArchSD in Aug 2016 and started the Innovative Construction Focus Group in 2018 to explore the application of new technologies and innovation in ArchSD's projects. She also involved in many special projects during this period including the Quarantine Camps and North Lantau Hospital Hong Kong Infection Control Centre using Modular Integrated Construction (MiC) technique to provide many anti-epidemic facilities within a short time.

In Dec 2020, Ms. Ho assumed the post of Director of Architectural Services. She continues to lead the department for improvement on public works through the application of new technology and innovative building solutions to provide a better living environment for public enjoyment in Hong Kong.

個人簡介

何永賢女士於1992年加入香港政府擔任建築師。從那時起，她的事業與香港的公共建築、基建和城市規劃的發展息息相關。她首先在建築署任職，負責建設公共設施，包括學校、公共衛生、康樂、文化和體育設施以及政府辦公室。

何女士於2010年調派至發展局，並於2012年2月起擔任發展局起動九龍東辦事處副專員。她肩負著將九龍東從舊工業區轉為新商業區這項具挑戰性的政策措施，以支持香港長遠的經濟發展。

她於2016年8月回到建築署，並於2018年為部門成立了「創新建築專題小組」，以探索建築署項目中新技術和創新的應用。期間她亦參與了許多特殊項目，包括利用組裝合成技術 (MiC) 興建的檢疫營舍和北大嶼山醫院香港感染控制中心，在短時間內提供多項抗疫設施。

在2020年12月，何女士就任建築署署長，她將繼續帶領部門通過引進及應用更多新技術及創新建築解決方案持續改善公共工程的質素，為香港營造一個更優質及美好的生活環境。

Abstract

Caring for the elderly. Build a better city

Many cities are undergoing an unprecedented demographic change that comes with a decline in birth rate and an increase in ageing population. Hong Kong, one of the most densely populated cities in the world, is no exception. The demographic change leads to a rethink on how to improve life for the current and tomorrow's elderly generations, enabling them to live fulfilling lives and stay active in their communities.

In order to meet this challenge, apart from publishing an "Elderly-friendly Design Guidelines" in 2018 and organising a Symposium on Delivering an Elderly-friendly City in 2019, Architectural Services Department (ArchSD) has been collaborating with different government authorities, elder-care practitioners, communities agencies and users to seek design solutions that benefit the whole society. This multi-disciplinary and synergistic approach encourages design professionals not only to focus on design, but also to listen to the need of the all age groups, to facilitate the design of public buildings to suit users' needs.

We are delighted to share our humble journey to age-friendly design and some of the examples in our projects in engaging and empowering the elderly in the design process for contributing to a better living environment in Hong Kong for enjoyment of all ages. Let's move on hand in hand and make Hong Kong an inclusive and supportive city for all ages.

摘要

關愛長者 · 建設更美好城市

許多城市正在經歷前所未有的人口結構變化，包括出生率下降及老年人口增加。香港作為世界上人口最稠密的城市之一，亦不例外。人口結構變化引發我們重新思考如何改善長者現在及未來的生活，讓他們活得豐盛，並在社區維持活躍生活。

為了迎接這項挑戰，建築署於2018年制訂了「長者友善設計指引」，並於2019年籌辦「構建長者友善城市」研討會，同時亦一直與各政府機構、安老服務界從業員、社區機構及設施使用者合作，尋求對整個社會有利的長者友善設計方案。這種跨專業及協同合作的方式，鼓勵專業設計師除了專注於設計外，亦需聆聽各年齡階層的需要，從而設計出能滿足設施使用者需要的公共建築物。

我們樂意分享我們開展長者及年齡友善設計的歷程，並分享一些讓長者參與設計過程的項目例子，務求給予香港不同年齡層人士更美好的居住環境。讓我們攜手並進，使香港成為一個包容及支援不同年齡層人士的城市。



Ms. Janice CHIA

謝慧貞女士

Founder and Executive Director,
Ageing Asia
亞洲養老產業聯盟創辦人兼執行董事



Biography

Singaporean entrepreneur Janice Chia founded Ageing Asia Pte Ltd with the mission to drive innovation in the way future generations age, by engaging the business community to create better products and services that will enable healthy ageing, independent ageing and dignified ageing.

Janice has accumulated her vast experience from visiting over 400 residential and aged care homes from over 15 countries. Since 2009, she has been actively involved in consulting organisations seeking global best practices in housing, health and care models that can be translated for the Asian market. Janice is also quoted regularly in the media, such as the BBC, on Asia Pacific business trends in ageing.

Influenced by the changing needs of her elderly relatives, and inspired by higher expectations in quality of life of the baby boomer generation, Janice firmly believes that social challenges of ageing can be transformed into economic opportunities for Asia. Her vision is to change the way we age in Asia Pacific, and move towards an ageing-at-home world where older adults age in better health, desire independence and aspire towards ageing with dignity.

Abstract

The business of longevity in Asia:

The rise of a new generation of ageing seniors that are driving new business opportunities in housing, health and care

Ageing is the new black and the baby boomer (born between 1944 and 1964) population is rapidly emerging as the new Cool Ager demographic. We are only just awakening to the opportunities driven by 1.2 billion seniors in Asia Pacific. The lens on the world of ageing is now embracing the journey and celebrating the grey. The new 60+ population is overthrowing all preconceive notions of what old looks and feels like, what seniors want and what the definition of old is.

個人簡介

亞洲養老產業聯盟由新加坡企業家謝慧貞女士成立，旨在為未來一代推動樂齡創新，激發商界研發更高質素的產品和服務，促進健康、獨立、有尊嚴的樂齡體驗。

謝女士曾遠赴超過15個國家探訪超過400所院舍和安老院。自2009年，她積極參與多個顧問組織，將世界各地住屋、健康、照顧模式的最佳實踐方法引入亞洲市場。媒體機構（例如英國廣播公司）亦經常引述謝女士對於亞太區樂齡市場趨勢的見解。

謝女士因年長親戚的需要及嬰兒潮一代對於生活質素有要求而受到啟發，深信人口老化帶來的社會挑戰能為亞洲帶來經濟機會。她的願景是要改變亞太區的樂齡模式，向「居家安老」的大方向發展，使得年長成人能夠更健康、獨立及有尊嚴地養老。

摘要

亞洲的銀髮產業 — 新一代銀髮族的崛起，帶動房屋、醫療和護理的新商機

老齡化是新潮流，嬰兒潮一代（出生於1944年至1964年）迅速成為「新酷齡一代」。在亞洲，針對12億長者的老齡化商機，近年才被慢慢發現。人們對人生旅程中，「年老」這個階段獲重新界定。把原有人們對60歲以上長者的觀念及需要，賦予顛覆性的新定義。

現今60歲以上長者，與前幾代所經歷的老齡化有所不同，嬰兒潮一代努力工作，儲蓄習慣良好，是自給自足並推動革新的一代。對比之前的長者，他們有更高的教育程度、更獨立、更健康，而且比前幾代人有更多出遊機會。當他們年老時，他們的態度、行為、需要及喜好，將會是這個高達4.56萬億美元的銀髮市場成功的關鍵。

Today's 60+ generation is ageing differently from previous generations. Baby boomers are typically a generation that worked hard, saved well, self-sufficient and drove change. They are better educated, more independent, healthier and travelled more than previous generations. As they age, their attitudes, behaviours, wants, likes and dislikes will determine the success or failure of businesses that want to capture a piece of this lucrative US\$4.56 trillion silver market opportunity.

In Asia, traditional notions of filial piety where parents and children live together in multi-generation houses are undergoing a transformative change. Whilst baby boomer parents may choose to live and care for their parents, they do not envision their children doing the same. They are empowered, vibrant, active, engaged, making their own decisions about where they want to live, how they want to spend their money and how they plan to age as they get frail, and even how they want to leave this world with advance care planning and early estate planning. Having had the responsibility of caring for their parents, top of mind for baby boomers is how to avoid being a burden to their children and families as they age.

There are two major market segments to capture: the rising middle to higher income baby boomers and the high net worth baby boomers. The high expectations for higher standards of living by baby boomers extends beyond healthcare, overlapping into every sector of our economy: Real estate, tourism, transportation, wellness, beauty, food, technology and finance.

在亞洲，孝道觀念中，父母和孩子共同生活在跨代房屋的傳統正在改變。嬰兒潮一代的父母，或會選擇照顧自己的父母及與父母同住，但他們並不奢望自己的孩子也這樣做。他們有能力，充滿朝氣和活力，積極參與活動，並為自己做一切決定，包括年老時想居住的地方，如何花錢，如何度過自己的晚年，甚至在離開世界前，提早準備護理計劃和早期遺產規劃。嬰兒潮一代有責任照顧父母，因此，他們首先想到的是如何避免在年老時，成為孩子和家庭的負擔。

現時，嬰兒潮一代的市場，可分兩大類別：第一類是中至高收入嬰兒潮人士，另一類是高資產淨值人士。這些嬰兒潮一代，他們對生活質素，有更高的期望。他們不滿足於單一的醫療保障，他們的需求，涉及經濟的各個領域：房地產、旅遊業、交通、養生、美容、食品、科技及金融。



Prof. Christopher PHILLIPSON Christopher PHILLIPSON 教授

Professor of Sociology and Social Gerontology,
The University of Manchester
曼徹斯特大學社會學及社會老年學教授



Biography

Prof. Christopher Phillipson joined Sociology at the University of Manchester in 2012 and took up the role as co-Director of the Manchester Institute for Collaborative Research into Ageing in 2013. Before that, he was Head of the Department of Applied Social Studies, Research Dean for Social Sciences, Pro-Vice Chancellor for Learning and Academic Development, and the founder of the Center for Social Gerontology at Keele University. He also served as the Deputy-Chair of the ESRC Training and Development Board. He is a Fellow of the British Gerontological Society and the Gerontological Society of America. He served on the Advisory Committee of the New Dynamics of Ageing Programme, and was a member of the Advisory Board of the Norwegian Lifecourse, Ageing and Generations Panel Study. In 2011, Prof. Phillipson received an Outstanding Achievement Award from the British Society of Gerontology to acknowledge his contributions in the field of ageing. Prof. Phillipson is presently working on a number of research projects, including a longitudinal study of the social impact of COVID-19, and a study of issues facing older people in the workplace.

His research interests cover topics relating to family and community life in old age, problems of poverty and social exclusion, social theory and ageing, the impact of globalisation on later life, and the relationship between population ageing and urbanisation. His research has been supported by a range of national and international funding bodies.

個人簡介

Christopher Phillipson教授在2012年加入曼徹斯特大學的社會系，並在2013年擔任Manchester Institute for Collaborative Research into Ageing聯席所長。在此之前，他曾任基爾大學應用社會科學系主管、社會科學研究院長、學習及學術發展副校長，並且是Center for Social Gerontology的創辦人。他亦曾經擔任ESRC培訓和發展委員會副主席。Phillipson教授是英國老年學會 (British Gerontological Society) 及美國老年學會 (Gerontological Society of America) 的資深會員。他曾經在老年新動力計劃 (New Dynamics of Ageing Programme) 的諮詢委員會工作，並且是挪威生命歷程 (Norwegian Lifecourse)、老齡化及世代專題研究諮詢委員會的會員。在2011年，Phillipson教授獲英國老年學會頒發傑出成就獎，以肯定他在老齡化研究領域的貢獻。Phillipson教授現時從事多個研究項目，包括2019新型冠狀病毒對社會影響的縱向研究，以及長者在職場上面對的問題的研究。

Phillipson教授的研究範疇包括晚年家庭及社區生活、貧窮與社會排斥的問題、社會理論與人口老化、全球化對晚年生活的影響，以及人口老化與城市化之間的關係。他的研究得到多個國家及國際資助機構的支持。

Abstract

Developing sustainable age-friendly programmes in Manchester, UK: New approaches and programmes in the context of COVID-19

Prof. Phillipson will review the growth of age-friendly programmes in Manchester, United Kingdom, setting out their main characteristics together with the various groups involved. The discussion will highlight the various influences behind the development of age-friendly work, its focus on the direct involvement of older people themselves, its links with university-based research, and the more recent evolution of a regional dimension - with the formation of the Greater Manchester Ageing Hub. He will conclude by assessing the impact of the COVID-19 pandemic on age-friendly activity, and the components of a recovery strategy, giving particular emphasis to the need to work in low-income communities and amongst minority ethnic groups.

摘要

在英國曼徹斯特發展可持續的長者及年齡友善項目 — 疫情下的新模式與項目

Phillipson教授檢視長者及年齡友善計劃在英國曼徹斯特的發展，展示這些計劃主要的特質及各參與團體。研究將就長者及年齡友善工作各方面作討論，包括發展相關工作背後的各種因素、長者直接參與的重要性、與大學研究的關連，以及更近期因Greater Manchester Ageing Hub成立的地區層面演進。結論部分，包括評估2019新型冠狀病毒大流行對長者及年齡友善活動的影響，以及相關復甦策略的元素，亦提出照顧低收入社區及少數族裔長者的需要。



About the exhibition

關於展覽

Exhibition on the Jockey Club Age-friendly City Project covers the following:

1. Project overview

With cumulative funding of over HK\$190 million from The Hong Kong Jockey Club Charities Trust, the project aims to build momentum in 18 districts to develop an age-friendly community, recommend a framework for districts to undertake continual improvement for the well-being of our senior citizens, arouse public awareness and encourage community participation in building an age-friendly city in Hong Kong.

The project is the collaborative efforts of the Government, district councils, academia, NGOs, business sector and the community to spread age-friendly messages in the community. It has been selected as one of the eight best projects to be presented in the Global Solutions Forum 2020 under the United Nations' Sustainable Development Solutions Network (SDSN).

2. District-based Programmes

To build up age-friendly momentum in districts, The Hong Kong Jockey Club Charities Trust provides funding to support the districts to implement appropriate programmes to improve the age-friendliness of the community and address the age-friendly concerns based on the baseline assessment findings in the 18 districts in Hong Kong.

i) District-based Programmes by NGOs and Community Organisations

A total funding of HK\$1.5 million has been funded to each district (annual funding of HK\$500,000 for three years in each district) to support non-governmental organisations ("NGOs") and community organisations to implement three batches of district-based programmes. In 2017-2020, the Trust has approved 128 district-based programmes organised by over 70 NGOs and community organisations, directly benefiting nearly 110,000 older people and the general public.

有關「賽馬會齡活城市計劃」的展覽內容包括:

1. 計劃概覽

「賽馬會齡活城市計劃」獲香港賽馬會慈善信託基金共撥款超過1億9千萬港元，目標為在全港18區推動年齡友善的風氣，建立地區可以持續提升長者及年齡友善程度的框架，以推動「齡活」概念，加深公眾對長者及年齡友善城市的認識，並鼓勵社區參與，共同建構「齡活城市」。

計劃結集政府部門、區議會、學術界、非牟利機構、商界及社會各界持份者的力量，協助推廣年齡友善及關愛長者的訊息。計劃獲選於聯合國可持續發展解決方案網絡 (Sustainable Development Solutions Network) 全球解決方案論壇2020 (Global Solutions Forum 2020)中展示，是全球獲選的八個最佳解決方案之一。

2. 在18區推行地區計劃

為推動社區的長者及年齡友善風氣，馬會撥款資助各區推行合適的地區計劃，期望提升區內的「齡活」程度，以及回應基線研究結果中各區對於長者及年齡友善的關注範疇。

i) 由非政府組織及地區團體舉辦的地區計劃

馬會向每區撥款港幣150萬元（分三年，每年撥款港幣50萬元），以支持區內非政府機構和地區團體，推行共三批地區計劃。在2017年至2020年期間，馬會與超過70間非政府組織和地區團體合作，推行共128個地區計劃，直接受惠人數接近11萬人。

ii) District-based Programmes by Professional Support Teams

To address the age-friendly concerns of districts in a comprehensive way, the Trust also partners with the Professional Support Teams ("PST") of four partnering universities to implement 12 PST-led district-based programmes in the 10 districts of the second phase (including Eastern, Kwai Tsing, North, Sai Kung, Sham Shui Po, Southern, Tuen Mun, Wong Tai Sin, Yau Tsim Mong, Yuen Long), directly benefiting about 4,800 older people and the general public.

3. Territory-wide Programmes

In response to the three domains with lower scores in the age-friendliness assessment in 18 districts (namely Community support and health services, Housing, Civic participation and employment), the Trust has scaled up some successful district-based programmes to territory-wide programmes for implementing across the city in order to benefit more people and achieve greater impact.

4. Jockey Club Age-friendly City Partnership Scheme

The Jockey Club Age-friendly City Partnership Scheme was launched in 2018 to encourage different community sectors to build an age-friendly city that can cater for the needs of all ages. As part of the Jockey Club Age-friendly City Project, the Scheme is the first of its kind in engaging different stakeholders, including business community, government departments and public sector, to adopt age-friendly practices in Hong Kong. Companies or organisations with outstanding performance in promoting an age-friendly culture will be recognised and featured in the exhibition.

ii) 由大學專業支援團隊主導的地區計劃

為進一步回應社區內長者及年齡友善的需要，馬會亦與四間大學的專業支援團隊合作，於第二階段十個地區（包括東區、葵青、北區、西貢、深水埗、南區、屯門、黃大仙、油尖旺、元朗）推行12個由大學主導的地區計劃，直接受惠人數約4,800人。

3. 全港推行的計劃

對於在18區進行的基線研究中評分較低的三個範疇（即社區與健康服務、房屋、公民參與和就業），馬會將一些成功的地區計劃擴展至於全港推行，期望取得更大的效益，令更多人受惠。

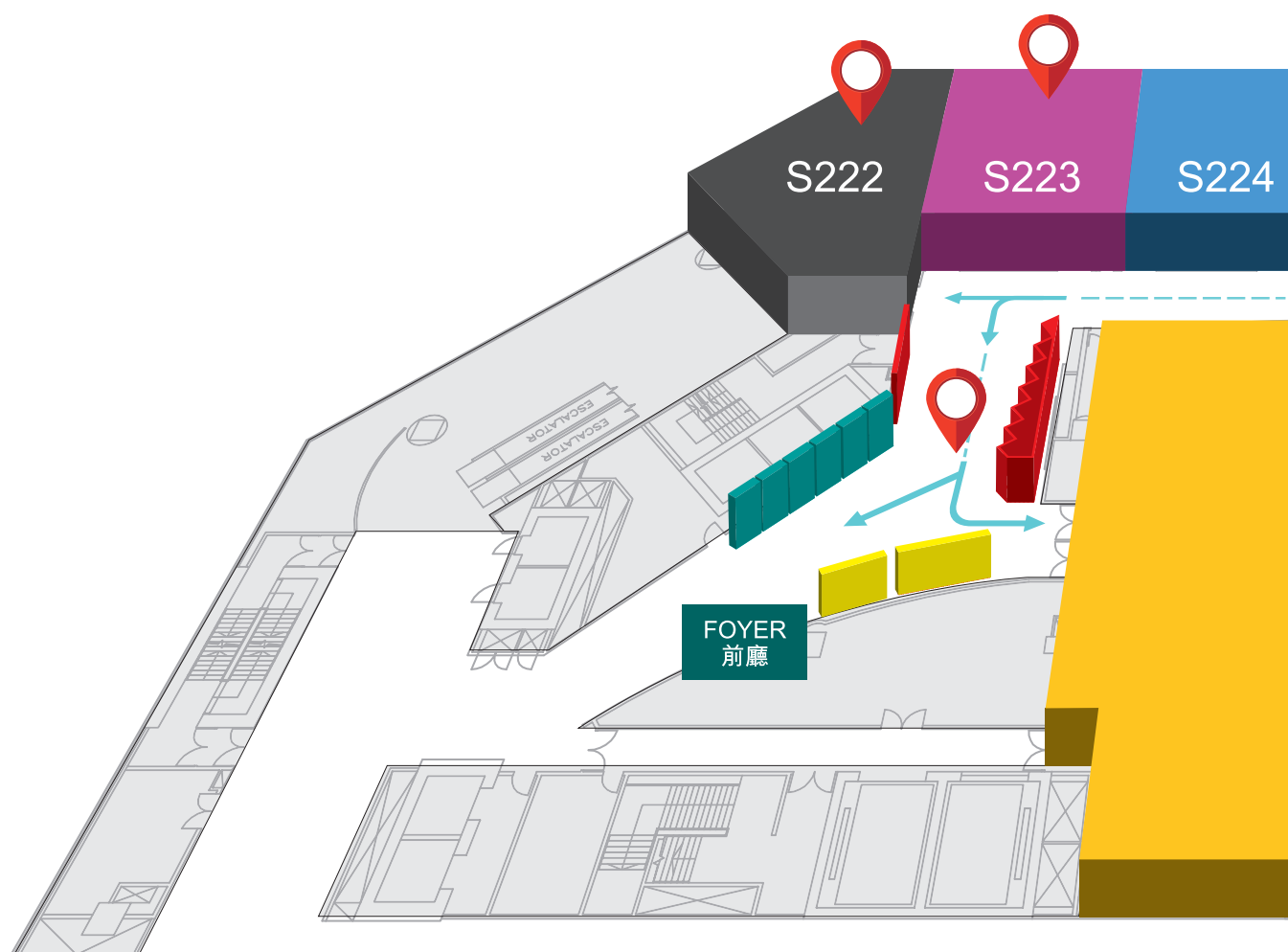
4. 「賽馬會齡活城市『全城·長者友善』計劃」

為鼓勵社會各界共同建構長者及年齡友善城市，以顧及不同年齡人士所需，「賽馬會齡活城市『全城·長者友善』計劃」自2018年起舉辦。計劃乃「賽馬會齡活城市計劃」下的項目之一，是首個廣邀各界持份者，包括商界、政府部門及公營機構，推行各項長者及年齡友善的措施。展覽將介紹在推廣「齡活」文化上表現傑出的公司或機構。



Venue map and exhibition directory

場地地圖及展覽參觀指南



 S221	<ul style="list-style-type: none"> Conference cum Award Presentation Ceremony 研討會暨嘉許禮
	Exhibition Hall
 S222	<ul style="list-style-type: none"> District-based Programmes by Professional Support Teams 由大學專業團隊主導的地區計劃 <ul style="list-style-type: none"> The Chinese University of Hong Kong 香港中文大學 Lingnan University 嶺南大學 The University of Hong Kong 香港大學 The Hong Kong Polytechnic University 香港理工大學 Territory-wide Programmes 全港推行的計劃
	Exhibition Hall
 S223	<ul style="list-style-type: none"> District-based Programmes by NGOs and Community Organisations 由非政府組織及地區團體舉辦的地區計劃 <ul style="list-style-type: none"> Kwun Tong District 觀塘區 North District 北區 Sai Kung District 西貢區 Tsuen Wan District 荃灣區 Yuen Long District 元朗區
 FOYER 前廳	<ul style="list-style-type: none"> Overview of Jockey Club Age-friendly City Project 賽馬會齡活城市計劃概覽 Jockey Club Age-friendly City Partnership Scheme 賽馬會齡活城市「全城・長者友善」計劃



Exhibition Hall



S224 & S225

- District-based Programmes by NGOs and Community Organisations
由非政府組織及地區團體舉辦的地區計劃

- | | | | |
|--------------------------|---------------------------------|---------------------------------|---------------------------|
| - Eastern District
東區 | - Kowloon City District
九龍城區 | - Sha Tin District
沙田區 | - Southern District
南區 |
| - Tai Po District
大埔區 | - Tuen Mun District
屯門區 | - Wong Tai Sin District
黃大仙區 | |

Exhibition Hall



S226 & S227

- District-based Programmes by NGOs and Community Organisations
由非政府組織及地區團體舉辦的地區計劃

- | | | |
|---------------------------------------|----------------------------|----------------------------------|
| - Central and Western District
中西區 | - Island District
離島區 | - Kwai Tsing District
葵青區 |
| - Sham Shui Po District
深水埗區 | - Wan Chai District
灣仔區 | - Yau Tsim Mong District
油尖旺區 |



S228

- Speaker Room
講者室

筆記

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Project partners 計劃夥伴:



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



香港大學
THE UNIVERSITY OF HONG KONG



香港大學壽圖老年研究中心
Sau Po Centre on Ageing
The University of Hong Kong



Lingnan 嶺南大學
University 香港 Hong Kong



亞太老年學研究中心
Asia-Pacific Institute
of Ageing Studies



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

Institute of
Active Ageing
活齡學院



Website 網址: www.jcafc.hk



賽馬會齡活城市計劃網頁 Jockey Club Age-friendly City Project

