

計劃夥伴 Project partner



香港大學  
THE UNIVERSITY OF HONG KONG



香港大學秀圃老年研究中心  
Sau Po Centre on Ageing  
The University of Hong Kong



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

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

### 香港大學秀圃老年研究中心

Sau Po Centre on Ageing,  
The University of Hong Kong

香港大學秀圃老年研究中心 (研究中心) 透過不同計劃及培訓課程，為不同需要的長者提供適切的支援。研究中心透過不同課程賦權長者，包括培訓他們運用科技表達需求，以及成為長者大使以時間銀行服務模式擔任義工，發揮社區互助的精神，同時亦為偏遠地區長者提供支援，以促進長者的健康及積極參與。

The Sau Po Centre on Ageing (COA) of The University of Hong Kong has organised different programmes and training activities to support older people in the community based on their needs. These include empowering older people in articulating their needs with the use of technology, engaging older people as ambassadors in voluntary works under a time-bank system to promote mutual support among the older people, as well as supporting older people residing in remote area in order to promote health care and active participation.

### 東區長者微電影工作坊

Age-friendly Micro-film Workshop

2018

教授長者微電影製作知識及技巧，並與他們共同創作微電影故事，紀錄「港島東區長者友善社區關注組」透過長者的積極參與及發聲，鼓勵長者多表達意見及參與社區事務，以及宣揚長者及年齡友善的訊息。

Provide training to older people on micro-film production and work with them to produce a micro-film to document the successful story of how the Concern Group for Elderly Friendly Community in the Eastern District encourage older people to voice out their opinions and actively participate in the community. The programme aims to encourage older people in expressing views and engaging in community affairs, as well as to promote the age-friendly messages in the community.

### 長者及年齡友善城市範疇

Domains of Age-friendly City



公民參與和就業  
Civic Participation  
& Employment



## 影像發聲工作坊及相片展覽 Age-friendly Photovoice Workshop and Exhibition

2018

1. 透過工作坊，讓長者學習如何以影像發聲，分析及表達對建立長者及年齡友善社區的意見。

Organise a series of training workshops to teach older people to analyse and reflect the opinions of building an age-friendly community through photos.



2. 舉行3D相片展覽，從長者的角度出發，展出區內長者及年齡友善的地方和關注點，作為與其他社區人士交流資訊的平台。



Organise a 3D-photo exhibition to showcase the age-friendly facilities / measures in the community and related concerns from the angle of older people, serving as a platform to exchange information on age-friendliness with other stakeholders in the districts.

### 長者及年齡友善城市範疇 Domains of Age-friendly City



交通  
Transportation



窗外空間和建築  
Outdoor Spaces  
& Buildings



社會參與  
Social  
Participation

## 石澳認知友善社區 Dementia Support Programme in Shek O

2018-2020

1. 透過宣傳教育活動，讓市民認識認知障礙症和長者及年齡友善的概念，並提供認知障礙症初步篩查，轉介有需要的個案作進一步全面評估。同時設立支援站，持續為區內的認知障礙症患者提供相關資訊和服務。

To disseminate information on age-friendly city and dementia via promotional activities and provide dementia preliminary screening to participants to identify suspected cases of cognitive problems for follow up and further assessment. Support station was also set up in the community to consistently provide dementia related information and support services for dementia people living in the district.



2. 培訓義工大使，為石澳的認知障礙症長者提供認知刺激訓練、家居環境評估和簡單家居改善工程。

Train volunteers on the knowledge of dementia assessment and care, home assessment and minor home modification work so that they can provide services for older people with dementia in Shek O.

3. 透過參觀香港房屋協會的長者安居資源中心，加強對長者/ 認知障礙症患者友善家居的認識。

Arrange older people and volunteers to visit the Hong Kong Housing Society's Elderly Resources Centre in order to strengthen their understanding on age-friendly home / dementia-friendly home.

### 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



社會參與  
Social  
Participation



房屋  
Housing



# 耆健大使培訓計劃

## Health Ambassadors Training Programme

### 2019-2020

1. 培訓齡活大使，教授有關認知障礙症、抑鬱症及衰老的健康知識，以及長者及年齡友善的概念。

Train older adults to be health ambassadors and equip them with health-related knowledge regarding dementia, depression and frailty as well as the concept of age-friendliness.



2. 製作地區小冊子，介紹認知障礙症、抑鬱症和衰老的資訊、評估方法和社區資源，以及長者及年齡友善的概念，以協助齡活大使於社區向長者提供義務諮詢服務。

Produce a district resources booklet to introduce the concept of age-friendliness and useful information, screening tools and community resources related to dementia, depression and frailty. The booklet is used by the health ambassadors to provide free consultation services to local elderly residents.

3. 建立時間銀行義工服務機制，齡活大使完成義工服務後賺取時數，所累積的時數可用來換取社會企業提供的貨品或服務，以作獎勵。

Set up a time-bank volunteering system to record the service hours of health ambassadors. The time credits can be used to redeem goods or services provided by the social enterprises.



## 長者及年齡友善城市範疇

### Domains of Age-friendly City



公民參與和就業  
Civic Participation  
& Employment



信息交流  
Communication  
& Information



社區與健康服務  
Community Support  
& Health Services



社會參與  
Social  
Participation

