計劃夥伴 Project partner

賽馬會齡活城市
Jockey Club Age-friendly City

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Lingnan 嶺南大學
University 香港 Hong Kong
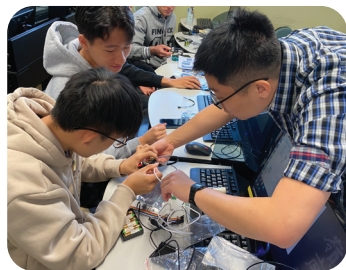
亞太老年學研究中心
Asia-Pacific Institute
of Ageing Studies

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

嶺南大學亞太老年學研究中心
Asia-Pacific Institute of Ageing Studies, Lingnan University

嶺南大學亞太老年學研究中心(研究中心)夥同仁愛堂屯子圍新慶村青磚圍鄉郊社區服務中心及救世軍牛潭尾社區發展計劃，發展「樂居之友」網絡，促進鄉郊長者與居民的聯繫並鞏固鄰舍關係，讓長者得到全面關懷和照顧。 同時，透過公眾教育活動，提升市民對長者及年齡友善文化和鄉郊議題的認識及關注。

研究中心亦透過舉辦「拾步鄉居」STEM比賽，希望喚起學生對鄉郊及長者議題的關注，鼓勵他們提倡創新方案，將STEM知識應用在改善鄉郊長者生活之上。

Asia-Pacific Institute of Ageing Studies (APIAS) of Lingnan University, in collaboration with Yan Oi Tong Tuen San Tsing Rural Community Service Centre and The Salvation Army Ngau Tam Mei Community Development Project, has developed a mutual support network within the rural community to provide handy and prompt assistance and promote social participation. Public education activities were also held to increase understanding and awareness on the concept of age-friendly city and other issues in rural areas.

APIAS has also organised a STEM competition to arouse students' awareness on issues concerning older people residing in rural communities. Students were encouraged to develop innovative solutions for improving the quality of life of the rural elders with STEM application.

地區
District
屯門、元朗
Tuen Mun, Yuen Long

鄉郊樂「屯」「元」
Rural Neighbourhood Development Project

1. 培訓樂居之友，認識長者及年齡友善城市的概念、家居安全和簡單維修知識，以及與長者溝通和進行運動的技巧。
   Train residents to be Rural Befrienders and equip them with knowledge on age-friendly city concept, home safety and simple home repair, as well as the skills of communicating and doing exercise with older people.

2. 樂居之友探訪居於偏遠鄉郊地區的長者，並提供到戶支援服務。
   Conduct home visits to older people living in remote rural areas by Rural Befrienders and provide home-based support services.

3. 由職業治療師為長者進行專業家居環境評估，並根據需要為他們進行家居改善工程。
   Conduct professional home safety assessment for elderly households by occupational therapist and provide home modification work based on their needs.

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

房屋
Housing

信息交流
Communication & Information

社會參與
Social Participation

鄉郊樂「屯」「元」2
Building and Enhancing Supportive Trend:
Rural United Nations (BEST RUN)

1. 培訓樂居之友，認識長者及年齡友善城市的概念、健康及營養知識。
   Provide training to Rural Befrienders on the concept of age-friendly city, as well as health and nutrition.

2. 製作「真人圖書館」動畫，安排已受訓的樂居之友分享鄉郊生活的經驗，提升公眾對鄉郊的長者及年齡友善情況的關注。
   Develop "Human Library" videos based on the sharing of the trained Rural Befrienders on rural life experience to enhance the public awareness of age-friendliness in rural community.
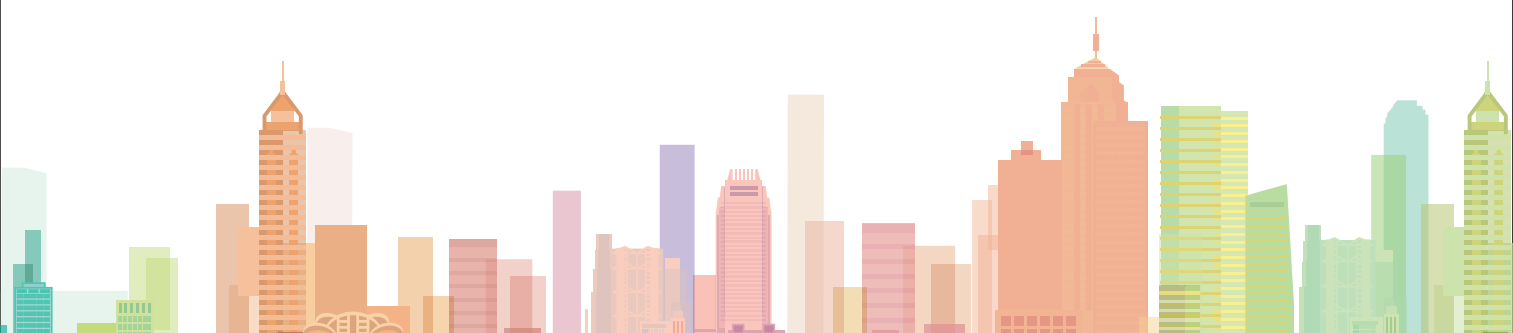
3. 到鄉郊長者家中進行家訪，提供不同的到戶支援服務。
   Conduct home visits to rural elderly households and provide various home-based support services.

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

室外空間和建築
Outdoor Spaces & Buildings

交通
Transportation

信息交流
Communication & Information

尊重和社會包容
Respect and Social Inclusion

社會參與
Social Participation

拾步「鄉」「居」共建鄉郊STEM設計比賽
STEM Scheme Competition

2019-2021

透過跨代STEM計劃，中學生學習長者及年齡友善的概念及探訪鄉郊長者，分組與樂居之友共同研發 STEM 產品，加入長者及年齡友善的元素，改善偏遠鄉郊長者的生活質素。

Launch STEM Scheme for secondary school students to learn about the concept of age-friendliness, visit rural elderly and work with Rural Befrienders to develop STEM products with age-friendly elements aiming at improving the quality of life of older people in the rural community.

冠軍 Champion

作品名稱 Product Name
免提追蹤買餸車 Intelligent Shopping Cart

學校 School
**天主教培聖中學
Pui Shing Catholic Secondary School**

亞軍 1st Runner-up

作品名稱 Product Name
**床上智能套裝 Smart Bed Tools
（智能地氈＆蜂鳴助手Smart Carpet & E-buzzer）**

學校 School
**迦密唐賓南紀念中學
Carmel Bunnan Tong Memorial Secondary School**

季軍 2nd Runner-up

作品名稱 Product Name
輔助上落購物車 Stair-climbing Shopping Cart

學校 School
**天主教培聖中學
Pui Shing Catholic Secondary School**