計劃夥伴 Project partner

THE HONG KONG POLYTECHNIC UNIVERSITY
香港理工大學

Institute of
Active Ageing
活齡學院

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賽馬會齡活城市
Jockey Club Age-friendly City

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

香港理工大學活齡學院
Institute of Active Ageing, The Hong Kong Polytechnic University

香港理工大學活齡學院 (活齡學院) 透過不同培訓及活動，鼓勵長者為區內「長者及年齡友善城市」議題發聲，並推動長者發掘社區資源及服務，讓他們可以在熟悉的社區獨立地生活；同時喚起公眾關注長者的需要，從而建設一個長者及年齡友善的社區。

計劃在18區為有需要的長者進行家居維修工程，以提高他們的家居安全及生活質素，建立長者及年齡友善的居住環境。並進行社區教育和宣傳，透過不同形式推廣長者及年齡友善和家居安全的重要。

The Institute of Active Ageing (IAA) of The Hong Kong Polytechnic University has organised different training and activities to empower older people to voice out their views on the age-friendly issues in their community and to identify different community resources and services that facilitate older people to live independently in their neighbourhood; while also arouses public awareness on the needs of older people in order to build an age-friendly community.

IAA has also developed an age-friendly home design mobile application (APP) utilising the augmented reality (AR) technology, to facilitate older people to design their ideal home environment through the use of gerontechnology.

地區
District

深水埗、油尖旺
Sham Shui Po, Yau Tsim Mong

「耆」思妙「相」．尋寶「圖」
Capacity Building for Older People through Photovoice

1. 培訓齡活大使，教授長者及年齡友善之概念、評估社區環境和長者友善商店的技巧，以及影像發聲的理念和技巧，並透過角色扮演學習訪問商店職員。
   Train ambassadors with the knowledge of age-friendliness, the skills to assess community environment and age-friendly shops, the rationales and techniques of Photovoice, as well as the interviewing skills with shop staff through role play.

2. 進行社區考察，以訪談方式發掘區內的長者及年齡友善商店，並利用手機拍攝以記錄沿途社區環境，其後反思區內的長者及年齡友善程度和尚待改善的地方。
   Conduct community visit to identify age-friendly shops in the community through interviews and capture the community environment by taking photos with their mobile phones. Through group discussion, ambassadors review the age-friendliness of the community.

3. 透過講座及展覽，推廣長者及年齡友善的訊息，並將齡活大使的心聲、社區考察相片和計劃成果，輯錄製成社區尋寶圖和書冊。
   Organise community talk and exhibition to promote age-friendly messages and produce community map and booklet that compile the voices of the ambassadors, photos taken in community visit and the programme achievements.

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

室外空間和建築
Outdoor Spaces & Buildings

社會參與
Social Participation

尊重和社會包容
Respect and Social Inclusion

家 + 再想像！
My Home My Reimagination!

1. 舉行社區講座，加深長者對長者及年齡友善家居環境的認識。
   Organise community talk to enhance older people's understanding on age-friendly home living environment.

2. 運用擴增實境（AR）技術，製作針對長者需要的家居設計流動應用程式，讓長者能在玩樂過程中，反映對理想家居環境的看法。
   Develop a home design mobile application (APP) tailoring for older people through the augmented reality (AR) technology, aiming at enabling older people to reflect their views on ideal home living environment in an interesting way.

3. 舉辦工作坊，讓不同持份者與長者透過使用流動應用程式，共同創作長者及年齡友善的家居，促進彼此之間的交流和理解。
   Organise workshop for different stakeholders to use the app to co-create an age-friendly home with older people to facilitate mutual exchange and understanding.

4. 透過不同渠道推廣流動應用程式，並分享家居安全小貼士，藉以宣揚長者及年齡友善家居環境的訊息，以及鼓勵長者多使用樂齡科技產品。
   Promote the mobile application and share home safety tips through various promotional channels, to promote age-friendly living environment and encourage wider use of gerontechnology products among older people.

5. 製作及派發社區小冊子，整合長者在建立理想家居環境時所遇到的困難和關注，同時介紹區內維修服務提供者名單。
   Produce and distribute community resources booklets to share the difficulties and concerns of older people in building an ideal living environment, and to provide a list of home modification services providers in Sham Shui Po and Yau Tsim Mong districts.

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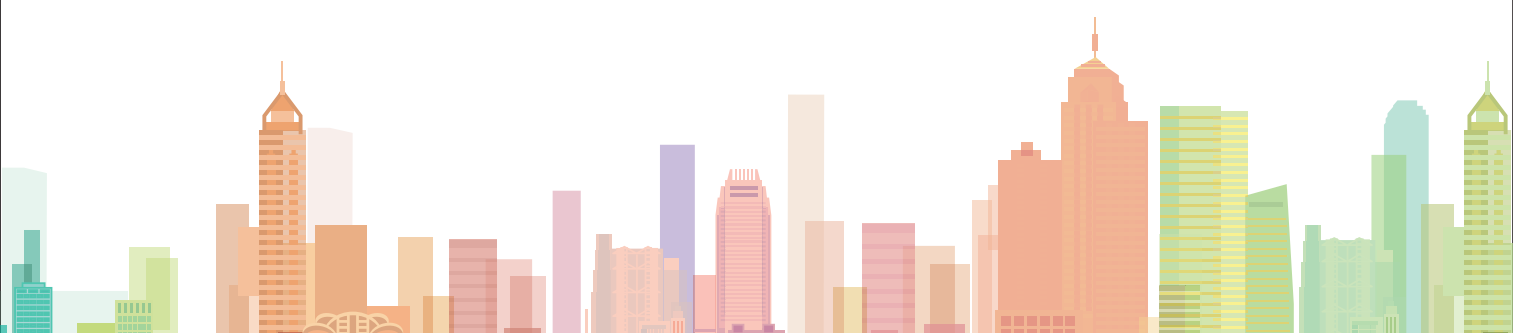### Domains of Age-friendly City

房屋
Housing

信息交流
Communication & Information

尊重和社會包容
Respect and Social Inclusion

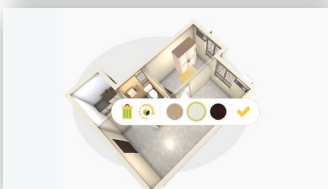# 「家+再想像」流動應用程式
Home Design Mobile Application

2020-2021

「家+再想像」程式利用了擴增實境技術(AR)，讓長者透過遊戲式的體驗，設計理想的家居環境佈置。

The home design mobile application make use of the augment reality technology (AR), enabling older people to design their ideal home living environment in an interesting way.

程式截圖
App Screenshots

下載程式
Download App