

東區

Eastern District



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

樂齡在東區之「機」緣巧合 Age-friendly Communication in Eastern Island

主辦 Organised by



計劃主要元素

Key components

幫助長者善用資訊科技與社區連繫，並鼓勵社會參與以建構長者及年齡友善城市。

To help older people to better embrace information technology to stay connected with the community and encourage community participation in building an age-friendly city.

齡活大使計劃

Age-friendly Ambassadors Programme

提供訓練給長者，從而提升他們對長者及年齡友善城市的認識及成為大使於社區宣傳長者及年齡友善的訊息。

Provide training to older people to enhance their understanding of age-friendly city concepts and become ambassadors to spread age-friendly message in the community.



社區教育計劃

Community Education Programme



一系列的講座及活動去提升公眾對於長者及年齡友善的認知。

A series of talks and activities to raise public awareness of age-friendly concept.

智能電話工作坊

Smartphone Workshop

不同的智能電話工作坊去幫助長者善用數碼科技去改善日常生活。

A variety of smartphone workshops are organised to help older people to better embrace digital technologies in their daily activities for a better quality of life.



智能科技體驗計劃

Smart technology Experience Programme

一系列的參觀活動讓長者可以體驗高科技及分享用家意見。

A series of visiting activities are arranged to let older people getting hands-on experience with a range of high-tech solutions and share their user experience and exchange feedback.



「賽馬會齡活城市計劃—樂齡在東區」

啟動禮暨嘉年華

Kick-off Ceremony of Age Friendly Cities cum Carnival

啟動禮暨嘉年華於2018年12月15日在愛秩序灣公園舉行，活動喚起公眾關注及鼓勵東區建構成為長者及年齡友善社區。

“Kick-off Ceremony of Age Friendly Cities cum Carnival” was held at Aldrich Bay Park on 15 December 2018 to arouse the public awareness and encourage community in building an age-friendly city in Eastern District.



推行日期：2018年8月- 2018年12月

Implementation date: August 2018 – December 2018

長者及年齡友善社區範疇

Domains of Age-friendly City



信息交流
Communication
& Information



社會參與
Social
Participation

