

主辦 Organised by



香港基督教服務處
HONG KONG CHRISTIAN SERVICE

全人關心 卓越創新
care for all excel in all



賽馬會齡活城市
Jockey Club Age-friendly City

健康・友里 Health @ Community

計劃主要元素包括 Key components of the programme are

本計劃以加強有特別需要的長者(如獨居、體弱及在較偏遠地段居住的長者)對慢性疾病預防及管理的意識和技巧為主題，透過一系列跨專業、跨界別地區協作活動，鼓勵長者建立健康生活模式，以改善他們的健康狀況。



The programme aims to enhance the awareness and skills about the prevention and management of chronic disease among older people with special needs (e.g. older people who are living alone, frail and residing in remote locations). Through a series of activities with cross-discipline and cross-sector collaboration, older people are encouraged to build a healthy lifestyle to foster better health.





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社區診所服務 Community Clinic Service

計劃透過社區家訪及視像諮詢，由社工、護士及藥劑師等專業人士提供健康教育和疾病管理服務，為有需要的長者作醫療跟進和轉介，實踐「及早檢測、及早治療、及早管理」健康的宗旨。

The concept of “early test, early treatment and early management” are promoted by the professionals including social workers, nurses, pharmacists, nutritionists and physiotherapists through home visits and video consultation services for older people who are in need of follow-up care.





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「健康・友鄰大使」 Health @ Community Ambassadors

計劃安排長者義工與醫科學生合作舉辦有關運動、飲食及資訊科技應用的工作坊，並設計適合長者的運動和輕食餐單，以協助長者建立持之以恆的健康生活模式，及提升長者使用手機應用程式的能力。

Workshops on exercise, health diet and information technology are jointly organised by elderly volunteers and medical students. Age-friendly exercises and healthy menu are developed for supporting older people to persist in adopting a healthy lifestyle. The programme also helped in improving older people's in using mobile apps.





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推行日期：2018年4月- 2018年12月
Implementation date: April 2018 – December 2018



長者及年齡友善社區範疇 Domains of Age-friendly City



社區與健康服務
Community Support
& Health Services



信息交流
Communication
& Information



尊重和社會包容
Respect and
Social Inclusion

