

主辦 Organised by



賽馬會齡活城市
Jockey Club Age-friendly City

北 x 體統

Healthy North District

計劃主要元素包括

Key components of the programme are

本計劃以加強北區鄉郊長者對社區照顧服務的支援為主題，透過推廣長者及年齡友善及健康生活的訊息，配以多項醫療檢測評估，協助長者了解個人健康狀況及建立健康生活。

The programme aims to strengthen community care and support for older people residing at rural areas in the North District. In order to let the rural elderly to better understand about their health condition and to establish a healthy lifestyle, various activities were organised to promote the age-friendly and healthy living concepts. Health and medical assessments were also conducted for the rural elderly.





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「齡活大使」培訓 Age-friendly Ambassadors Training

計劃招募和培訓長者及弱勢群體（如戒毒者）擔任「齡活大使」，為北區長者介紹社區服務資訊，提供健康生活講座或訓練。此外，亦透過外展服務推廣家居運動。

Older people and vulnerable groups (such as ex-drug abusers) are recruited and trained as AFC Ambassadors. They are engaged to provide community service information to older people in North District via talks or training and to promote home-based exercise via outreaching service.





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醫療檢測和評估 Medical Assessment and Evaluation

計劃安排「齡活大使」以單車代步，為北區鄉郊地區長者提供中風風險、視力及心臟健康的醫療檢測和評估，從而及早識別疾病風險，安排跟進診治。



AFC Ambassadors are engaged to reach out older people residing at remote villages in North District by bicycle and conduct medical assessment and evaluation on risk of stroke, vision and cardio health. The programme allows early identification of health risks for the follow-up treatment.

檢測項目包括

Assessment items include :

- ARIA全自動視網膜圖像分析中風風險評估檢測
Automatic Retinal Image Analysis (ARIA) for risk assessment of stroke
- 口水血糖檢測
Saliva Based Glucose Test
- 視力分析
Vision analysis
- 心律檢測
Atrial fibrillation Screening





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推行日期：2018年7月- 2018年12月
Implementation date: July 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

