

主辦 Organised by



賽馬會齡活城市  
Jockey Club Age-friendly City

# 「故事人生 精彩一生」 “Story of My Life”

## 計劃主要元素包括

Key components of the programme are

本計劃以回顧長者獨特的經歷及肯定過往人生為主題，透過年青義工採訪員與長者一對一配對，為長者親手動筆撰寫「生命故事冊」，讓採訪員了解長者的內心世界，並學習及欣賞長者的生命歷程。

Young voluntary interviewers are paired with older people to create “Life Story Books” for the older people. Interviewers can have a better understanding about the older people and learn and appreciate their life experience.





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## 「生命故事冊」採訪 Interviews of "Life Story Books"

計劃培訓採訪員有關與長者溝通及採訪技巧後，透過多次接觸、傾談、及戶外郊遊日，加深對長者的認識。採訪員便會按著長者獨特的個性和一生經歷，撰寫一本獨一無二的生命故事冊。

After the interviewers are trained with communication and reporting skills with older people, several chit chat sessions and outings are organised so as to understand more about the older people. Interviewers then prepared the unique life story book which is based on the personality and life experience of the older people.



## 義工嘉許禮 Volunteer Recognition Ceremony

採訪員於嘉許禮分享箇中得著，並公開展示長者「生命故事冊」，以長者的經歷鼓勵社會大眾積極面對人生不同階段的試練。

The volunteers shared their takeaways in this programme at the recognition ceremony. The life story books with older peoples' experience are showcased at the ceremony to encourage the general public to face their challenges at different life stages with a positive attitude.

推行日期：2017年3月-2017年6月  
Implementation date: March 2017 – June 2017

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



尊重和社會包容  
Respect and  
Social Inclusion

