

荃灣區

Tsuen Wan
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

無痛樂「荃」城 Painless Living @ Tsuen Wan

主辦 Organised by



計劃主要元素 Key components

為慢性痛症的長者提供社區支援及醫療服務及推廣長者及年齡友善訊息。

To provide community support and medical services to older people who are suffering from chronic pain and promote the concept of age-friendly city.

由社工替長者評估及提供有關慢性痛症管理的專業意見。

Conduct assessment for older people and provide professional advice on chronic pain management by case worker.



由中醫為長者及護老者提供減輕痛症的治療。

Provide treatment to get relief from pain for older people and carers by Chinese Medicine Practitioner.



舉辦健康講座去發放健康耆年及自我慢性痛症管理的訊息。

Organise health talks to disseminate the message of healthy aging and self-management on chronic pain.



舉辦工作坊及推廣活動去推廣長者及年齡友善的訊息。

Organise workshops and promotional activities to promote the concept of age-friendly city.

推行日期：2017年9月-2018年1月

Implementation date: September 2017 – January 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



社會參與
Social
Participation

