

# 元朗區

## Yuen Long 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

## 仁濟銀齡健康新紀元 YCH A New Era of Healthy Ageing

主辦 Organised by



仁濟醫院  
Yan Chai Hospital

### 計劃主要元素

#### Key components

招募及訓練齡活大使在天水圍帶領健康運動計劃，並鼓勵他們推廣長者及年齡友善訊息和參與相關社區事務。

Recruit and train AFC Ambassadors to lead physical health support programmes in Tin Shui Wai and empower them to promote the AFC concept and engage in AFC-related community affairs.

齡活大使在工作坊教授長者練力帶運動。

Run Thera Band Community Workshop by AFC Ambassadors.

由受訓的「齡活大使」帶領「練力帶社區工作坊」，到天水圍區內不同地方練習，學識使用練力帶做運動，鍛練肌肉。在整個計劃中，能接觸社會，融入社會；並結識不少銀齡朋友，互學互動，互勉互勵，發揚友善精神。

The run theraband community workshop in Tin Shui Wai is led by the AFC Ambassadors and I have learned how to exercise and train my muscles with Thera-Band. Through this project, I could get in touch with society, became part of the community, and got acquainted with many elderly friends. We interacted, encouraged, and learned from each other to create a supportive and friendly environment.



唐黃蓓麗

Tong Wong Pui Lai



評估天水圍室外活動空間的長者及年齡友善程度，及檢視適合長者做運動的地點。

Assess age-friendliness of the outdoor environment in Tin Shui Wai and identify suitable location to keep older people active and do exercise.



製作練力帶運動的影片去鼓勵長者建立運動的習慣。

Create Thera Band Workout video to encourage older people to establish an exercise habit.

## 練力帶大使心聲節錄 Thera-Band Ambassadors' Sharing

我會好主動與其他長者談論社區室外公園情況，了解他們對室外空間及建築的意見。大部份長者都願意與我分享他們的意見，亦會分享自己的過去，因此也識多了很多朋友。

I would take the initiative to talk about the condition of outdoor parks in the community with other older people, and thus understand their thoughts on the outdoor space and buildings. Most of the older people were willing to share their opinions with me. Sometimes, they would also share their pasts, and so I had made more new friends.

倫少英  
Lun Siu Ying

推行日期：2019年7月- 2020年2月

Implementation date: July 2019 – February 2020

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



室外空間和建築  
Outdoor Spaces  
& Buildings



社區與健康服務  
Community Support  
& Health Services

