



賽馬會齡活城市
Jockey Club Age-friendly City

Jockey Club Age-Friendly City Project



Action Plan SAI KUNG



Hong Kong Velodrome Park



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1. Background

Hong Kong is facing an ageing population. By 2040, about 30% of the overall population will be elders aged over 65, approximately equivalent to 2.46 million in absolute number. The demographic change will lead to new or expanded services, programmes and infrastructures to accommodate the needs of older people. Creating an age-friendly community will benefit people of all ages. Making cities age-friendly is one of the most effective policy approaches for responding to demographic ageing.

In order to proactively tackle the challenges of the rapidly ageing population, The Hong Kong Jockey Club Charities Trust is implementing the Jockey Club Age-friendly City Project in partnership with four gerontology research institutes in Hong Kong. The project is aimed at building momentum in districts to develop age-friendly communities, recommending a framework for districts to undertake continual improvement, as well as arousing public awareness and encouraging community participation. The CUHK Jockey Club Institute of Ageing (“The Institute”) is responsible for providing professional support for building an age-friendly community in five districts, namely Sha Tin, Tai Po, Kwai Tsing, North and Sai Kung.

2. Profile of Sai Kung District

Sai Kung is located at the southeastern part of the New Territories, consisting of Sai Kung, Tseung Kwan O and Hang Hau rural area. It comprises over 70 islands and has been known as the “back garden of Hong Kong”. Sai Kung has been popular for sightseeing among tourists as well as local residents over the past few decades. Given the large land area, residents living in remote rural areas have to spend more than half an hour to commute to town centre. On the other hand, Tseung Kwan O is one of the latest and most rapidly developing new towns in Hong Kong, connecting Sai Kung Peninsula to the Kowloon urban areas. It has now been developed with tall buildings and large mansions. Sai Kung was also among the first batch of districts in Hong Kong to join Global Network for Age-friendly Cities and Communities of the World Health Organization (“WHO”).

3. Key Findings of Baseline Assessment

Between July and September 2017, the Institute has conducted a baseline assessment in the district using the framework of eight domains of an age-friendly city (“AFC”) set out by the WHO, namely outdoor spaces and buildings, transportation, housing, social

Jockey Club Age-friendly City Project
Action Plan for Sai Kung District

participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. It comprised both quantitative approach of questionnaire survey of 509 residents and qualitative approach of five focus group interviews.

The findings showed that residents in Sai Kung District were most satisfied with the domain of transportation in the district, while there was more room for further improvement in the domains of community support and health services as well as civic participation and employment. On the latter two domains, residents participating in focus groups raised more specific issues, such as limited employment opportunity for those aged 65y and above, long waiting time for health services and inflexible home help services. The eight AFC domains and selected items in each domain are shown in the table below.

Jockey Club Age-friendly City Project
Action Plan for Sai Kung District

WHO's Age-friendly City domains and relevant areas of concern included in baseline assessment

AFC domains	Selected items included in the domains	
Outdoor spaces and buildings	<ul style="list-style-type: none"> • Environment • Green spaces and walkways • Outdoor seating • Pavements • Roads • Traffic 	<ul style="list-style-type: none"> • Cycle paths • Safety • Services • Buildings • Public toilets
Transportation	<ul style="list-style-type: none"> • Affordability • Reliability and frequency * • Travel destinations • Age-friendly vehicles • Specialized services • Priority seating • Transport drivers • Safety and comfort 	<ul style="list-style-type: none"> • Transport stops and stations • Information • Community transport • Taxis • Roads • Driving competence • Parking
Housing	<ul style="list-style-type: none"> • Affordability • Essential services • Design * • Modifications • Maintenance 	<ul style="list-style-type: none"> • Ageing in place • Community integration * • Housing options • Living environment
Social participation	<ul style="list-style-type: none"> • Accessibility of events and activities • Affordability • Range of events and activities • Facilities and settings 	<ul style="list-style-type: none"> • Promotion and awareness of activities * • Addressing isolation • Fostering community integration
Respect and social inclusion	<ul style="list-style-type: none"> * • Respectful and inclusive services • Public images of ageing • Intergenerational and family interactions 	<ul style="list-style-type: none"> * • Public education • Community inclusion • Economic inclusion
* Civic participation and employment	<ul style="list-style-type: none"> • Volunteering options • Employment options • Training • Accessibility 	<ul style="list-style-type: none"> • Civic participation • Valued contributions • Entrepreneurship • Pay
Communication and information	<ul style="list-style-type: none"> • Information offer * • Oral communication • Printed information 	<ul style="list-style-type: none"> • Plain language * • Automated communication and equipment • Computers and the Internet
* Community support and health services	<ul style="list-style-type: none"> • Service accessibility • Offer of services 	<ul style="list-style-type: none"> • Voluntary support • Emergency planning and care

Source: Adapted from WHO Global Age-friendly Cities: A Guide, 2007.

Remarks: The domains or items above with (*) are areas with more room for further improvement

4. Proposed Action Plan for Sai Kung District

Suggested projects associated with related AFC domains and proposed actions / programmes are set out below. For ease of reference, the primary age-friendly domain(s) of each project has been marked in bold font.

Project	Related domain(s)	Proposed short-term action(s)/ programme(s)	Proposed long-term approach(es)
Theme 1: Maintain an active role of older people in society			
<p>Engage and include the elderly in district affairs and community development</p> <ul style="list-style-type: none"> • Assess the age-friendliness of community, design an enabling environment for people of all ages and levels of mobility. • Acknowledge and provide opportunities for older people to utilize their strengths and potentials, by broadening existing platforms to shape communities around the needs and aspirations of older people. 	<ul style="list-style-type: none"> • Outdoor spaces and buildings • Civic participation and employment • Communication and information • Transportation • Housing • Social participation • Respect and social inclusion • Community support and health services 	<ol style="list-style-type: none"> 1) Conduct place audit to assess the age-friendliness of the built environment and facilities in the community. 2) Develop information hub to disseminate AFC information through different channels, and consult older people on the layout and design. Suggested content of the information hub: <ul style="list-style-type: none"> • Community facilities (e.g. locations of washrooms, markets, water dispensers) • Information on home safety assessment and modification • Information on age-friendly business / shops / restaurants 3) Organize job expo. <ul style="list-style-type: none"> • Targeting middle-aged / young-old • Providing information on volunteering and employment • Inviting employment agencies and service 	<ol style="list-style-type: none"> 1) Increase the number of the elderly representatives of the Age-friendly City Working Group under District Council, and also include the older people from different estates and rural villages. 2) Organize annual district forum on age-friendly Sai Kung, in order to arouse the awareness on the issue among district stakeholders.

		providers to set up booths	
Theme 2: Improve older people's connection with other citizens, information and services in the neighbourhood			
<p>Promote intergenerational exchange</p> <ul style="list-style-type: none"> Promote mutual understanding and respect across generations through interactive intergenerational programmes, and present ageing as a positive process and emphasize the active role that older people can play. 	<ul style="list-style-type: none"> Respect and social inclusion Social participation Civic participation and employment Communication and information 	<ol style="list-style-type: none"> Conduct place audit to access the age-friendliness of the community with youth and elderly people interacting together. Organize workshops to teach the elders and their caregivers to use electronic communication technology. 	<ol style="list-style-type: none"> Schools / NGOs can employ the young-old as mentors or instructors in training programmes.
<p>Establish information hub and neighborhood network</p> <ul style="list-style-type: none"> Develop one-stop information platform to disseminate and obtain community information. Encourage the forming of neighborhood networks to promote exchange of information more organically and locally. 	<ul style="list-style-type: none"> Communication and information Respect and social inclusion Social participation Civic participation and employment 	<ol style="list-style-type: none"> Develop information hub to disseminate information through different channels. <ul style="list-style-type: none"> Provide information on home safety assessment and modification Provide information on community facilities, age-friendly business/shops/restaurants Develop a local elderly service directory to older people, caregivers and family members. Form purchase groups to buy fresh vegetables, fruit and daily necessities, etc. 	<ol style="list-style-type: none"> Maintenance of the mobile apps / directory and keep the information up to date. Set up information kiosks in public venues (e.g. malls, transportation hubs). Encourage MTR to set up information display panels and digital signage to disseminate information about elderly services in the community
Theme 3: Create supportive community environment for older people and caregivers			
<p>Plan and create the community where older people can live well and their carers and family members can also receive adequate and timely</p>	<ul style="list-style-type: none"> Community support and health services Outdoor spaces and buildings 	<ol style="list-style-type: none"> Conduct place audit to assess the age-friendliness of the built environment and facilities in the community. Conduct home safety assessment and 	<ol style="list-style-type: none"> Develop one-stop information platform with easy to understand information on the health and community support services

Jockey Club Age-friendly City Project
Action Plan for Sai Kung District

<p>support through suitable channels</p> <ul style="list-style-type: none"> • Provide practical support to improve accessibility and flexibility of community services • Provide easy-to-navigate and safe physical environment for people with varying levels of physical and cognitive functions • Provide training on skills for caregivers and volunteers to take care of older people 	<ul style="list-style-type: none"> • Housing • Communication and information 	<p>modification for singleton/ doubleton elderly households.</p> <ol style="list-style-type: none"> 3) Develop information hub through different channels to provide one-stop information on home safety assessment and modification. 4) Organize training programmes on home care services for the young-olds and housewives, to provide flexible home care services in community. 5) Organize training on caregiving and communication skills to caregivers and volunteers. 	<p>provided by government departments and NGOs in the district.</p> <ol style="list-style-type: none"> 2) Promote the Elderly Health Centre services and outreach team information to wider public.
<p>Empower older people to self-manage their health</p> <ul style="list-style-type: none"> • Frailty prevention and disease management 	<ul style="list-style-type: none"> • Community support and health services 	<ol style="list-style-type: none"> 1) Provide health checks and community screening to older people living in remote and rural areas. 2) Teach older people the skills on pain and disease management. 	<ol style="list-style-type: none"> 1) Through the collaboration with Elderly Health Services under the Department of Health, plan and expand the current “estate-based” health promotion scheme to cover wider public, including older people living outside public housing estates, and also provide outreach health management service to the “hard-to-reach” elders through medical-social collaborative model.

5. Way Forward

The Institute will provide professional support in the capacity of Professional Support Team to Sai Kung District Council and key stakeholders in the district to implement the action plan. Progress of the action plan will be reviewed by the District Council regularly.