Jockey Club Age-friendly City Project
Full List of District-based Programmes
by Professional Support Teams of Universities
(Updated: 9 April 2020)

Implementation districts: 10 districts in the second phase
(Kwai Tsing, North, Sai Kung, Eastern, Southern, Wong Tai Sin, Tuen Mun, Yuen Long, Sham Shui Po and Yau Tsim Mong)
Implementation period: 2018-2020
Expected number of direct beneficiaries: About 4,800 people

Year	Programme name	District	Key components	Domains of age-friendly city	No. of direct beneficiaries
Jockey Club Institute of Ageing, The Chinese University of Hong Kong					
2018	Jockey Club Age-friendly City Project – Active Ageing Programme 2018	• Kwai Tsing • North • Sai Kung	1. Train elderly people to be health ambassadors, and equip them with the ability of health self-management through providing trainings on physical well-being (e.g. muscle training, aerobic and stretching exercises), nutrition and dietary, age-friendliness on-site audit skills and age-friendly city concept. 2. Lead the health ambassadors to conduct on-site audit to assess the level of age-friendliness of selected fitness trails in the community and propose suggestions for improvement. Health ambassadors will produce videos to disseminate their observations during the on-site audit and suggestions to the community members. 3. Organise information days to disseminate the message of healthy ageing and elderly health information and providing simple body check for the elderly in the community.	• Community support and health services • Outdoor spaces and buildings • Respect and social inclusion • Social participation	960 people

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2019	Jockey Club Age-friendly City Project – Active Ageing Programme 2019	• Kwai Tsing • North • Sai Kung	1. Provide in-depth training to health ambassadors to further strengthen their knowledge and skills on proper exercise and diet in achieving healthy ageing. University students studying related subjects are invited to join the programme to work with the elderly health ambassadors to promote the message of active ageing. 2. Conduct on-site audit by trained health ambassadors on fitness facilities in parks of the district and learn how to use the fitness facilities properly under the instruction of physical trainer. 3. Design different nutritious menus for elderly people under the guidance of dietitian and learn the proper cooking methods. After training, health ambassadors will consolidate the information and produce menu booklets for distribution to elderly service centres in the district. 4. Organise health talks on healthy diet habit for elderly people conducted by dietitian and invite health ambassadors to share tips and experience on maintaining good health and doing exercise regularly. 5. Produce video to document the entire programme and promote the messages of intergenerational harmony and healthy ageing which will be disseminated through District Councils, elderly centres and social media platforms.	• Community support and health services • Outdoor spaces and buildings • Civic participation and employment • Respect and social inclusion • Social participation	460 people

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2020	Jockey Club Age-friendly City Project – Active Ageing Programme 2020	• Kwai Tsing • North • Sai Kung	1. Invite health ambassadors trained in the previous batch to take part in the production of *"Taking Charge of My Own Health"* *video*, which demonstrates physical fitness exercise suitable for elderly people with different level of health conditions, as well as shares nutritious menus and cooking methods for elderly well-being in respect of bones, muscles, brain and immune system. The video will be used as teaching aid in the exercise classes and public education activities of this programme. 2. Conduct easy-to-administer assessment for elderly people to gauge their frailty level and provide appropriate exercise training based on the assessment results to encourage them to build a life-long habit of doing exercise for the purpose of anti-ageing. 3. Invite participants of exercise classes to be health ambassadors, assisting in the public education activities by sharing their experience of doing exercise and demonstrating fitness exercise to the audience. 4. Organise community public education activities to increase the elderly's understanding on frailty and sarcopenia, promote healthy diet and demonstrate simple exercise by physical trainer to encourage the elderly to do the workout at home with the video aid.	• Community support and health services • Social participation	722 people

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Sau Po Centre on Ageing, The University of Hong Kong					
2018	Jockey Club Age-friendly City Project – Age-friendly Micro-film Workshop to Promote Civic Participation	• Eastern	1. Organise micro-film training workshops to elderly residents on basic knowledge of micro-film, script writing and the skills of video shooting and editing, etc. 2. Work with elderly people to produce a micro-film to document the successful story of how the Concern Group for Elderly Friendly Community in the Eastern District brings positive changes to the community by encouraging elderly people to voice out their opinions and actively participate in the community. The micro-film aims to foster active participation of elderly people in expressing views and engaging in civic affairs. 3. Organise a closing ceremony to premiere the micro-film and also show appreciation of the effort of the participants, encouraging various stakeholders of the district to continue to promote the age-friendly messages.	• Civic participation and employment	15 people
2018	Jockey Club Age-friendly City Project – Age-friendly Photo Voice Workshop and Exhibition	• Southern • Wong Tai Sin	1. Organise a series of training workshops to teach elderly people to analyse and reflect the opinions of building age-friendly community through "Photo Voice". 2. Organise a photo exhibition to showcase the photos on the age-friendly facilities / measures in the community and related concerns taken from the angle of the elderly, serving as a platform to exchange information on age-friendliness with other stakeholders in the districts.	• Transportation • Outdoor spaces and buildings • Social participation	60 people

Year	Programme name	District	Key components	Domains of age-friendly city	No. of direct beneficiaries
2018 & 2019	Jockey Club Age-friendly City Project – Dementia Support Programme in Shek O	• Southern	1. Organise public seminars and distribute leaflets to Shek O residents to disseminate the information about age-friendly city and the knowledge of dementia. Dementia preliminary screening will be provided for the seminar participants to identify suspected cases of cognitive problems and refer the cases for follow up with full dementia assessment. 2. Train volunteers on the knowledge of dementia assessment and care, home assessment and minor home modification work so that they can provide services for Shek O elderly people with dementia. 3. Arrange visit to the Housing Society's Elderly Resources Centre for elderly people and volunteers in order to strengthen their understanding on age-friendly home of elderly / dementia people. 4. Set up a dementia support station in the community to consistently provide dementia related information and support services for dementia people living in the district.	• Community support and health services • Social participation • Housing	750 people
2019 & 2020	Jockey Club Age-friendly City Project – Health Ambassadors Training Programme	• Eastern • Southern (2020) • Wong Tai Sin	1. Train older adults to be health ambassadors and equip them with health-related knowledge regarding dementia, depression and frailty as well as the concept of age-friendliness. 2. Produce a district resources booklet to introduce the concept of age-friendliness and the useful information, screening tools and community resources relating to dementia, depression and frailty. This booklet will be used by the health ambassadors to provide free consultation services to local elderly residents. 3. Arrange the trained health ambassadors to station at various community organisations such as District Elderly Community Centres (DECCs) and Neighbourhood	• Civic participation and employment • Communication and information • Community support and health services • Social participation	180 people

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			Elderly Centres (NECs) as "Volunteer Consultants", providing useful health information and promoting the age-friendly messages to elderly people. 4. Set up a time-bank volunteerism system to record the service hours of health ambassadors and redeem the earned time credits in exchange of goods or services provided by the community organisations as incentives. 5. Organise an award presentation ceremony to recognise the contribution of the health ambassadors on participating in volunteer services and promoting civic participation to the public.		
Asia-Pacific Institute of Ageing Studies, Lingnan University					
2018	Jockey Club Age-friendly City Project – Rural Neighbourhood Development Project	• Tuen Mun • Yuen Long	1. Train residents to be Rural Befrienders and equip them with the knowledge on age-friendly city concept, home safety and simple home repair skills, as well as the skills of communicating and doing exercise with the elderly. 2. Conduct home visits to elderly people living in remote rural areas by Rural Befrienders and provide them with home-based support services (e.g. preliminary home safety assessments, simple health check-ups, assistance of making medical appointments, dissemination of messages on home safety and fall prevention, and Tai Chi exercise coaching). 3. Conduct professional home safety assessment for elderly households by occupational therapist and provide home modification work based on their living needs. 4. Organise street exhibition and produce teaching aid to promote the age-friendly messages to the public. 5. Organise a closing ceremony to recognise and appreciate the contribution and participation of the Rural Befrienders.	• Community support and health services • Housing • Communication and information • Social participation	440 people

Year	Programme name	District	Key components	Domains of age-friendly city	No. of direct beneficiaries
2019 & 2020	Jockey Club Age-friendly City Project – Building and Enhancing Supportive Trend: Rural United Nations (BEST RUN)	• Tuen Mun • Yuen Long	1. Train Rural Befrienders with the concept of age-friendly city and the knowledge of elderly health and nutrition. 2. Set up a "Human Library" for the trained Rural Befrienders to share their rural life experience for enhancing the public awareness of age-friendliness in rural community. 3. Conduct home visits to rural elderly households and provide various home-based support services (e.g. purchase and delivery of daily necessities, assistance of making medical appointments, simple health check-ups, exercise coaching, dissemination of messages on home safety, fall prevention, health and community resources). 4. Launch STEM Scheme for secondary students to learn about the concept of age-friendliness, visit rural elderly and work with Rural Befrienders in groups to develop STEM products with age-friendly elements aiming at improving the quality of life of elderly people in the rural community. 5. Upon completion of the programme, recognise and appreciate the participation of various stakeholders (including co-organisers, schools, Rural Befrienders and volunteers) and share the achievements and experiences of this programme to the public.	• Outdoor spaces and buildings • Transportation • Communication and information • Respect and social inclusion • Social participation	380 people

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Institute of Active Ageing, The Hong Kong Polytechnic University					
2018	Jockey Club Age-friendly City Project – Capacity Building for Older People through Photovoice	• Sham Shui Po • Yau Tsim Mong	1. Organise training workshops to teach ambassadors the concept of age-friendliness, the skills to assess community environments and age-friendly shops, the rationales and techniques of "Photo Voice", as well as the interviewing skills with shop staff through role play. 2. Conduct community visit for ambassadors to explore and identify age-friendly shops in the community through interviews and using their mobile phones to record the physical environment. Ambassadors will be invited to have group discussion to deliberate the age-friendly areas and room for improvement and offer suggestions. 3. Organise community talk and exhibition to promote the age-friendly messages and showcase the observations of the community visit conducted by ambassadors. 4. Produce community map and booklet by compiling the voices of the ambassadors and the achievements of the programme, to enhance the understanding of other community members on the concerns of elderly people on physical environments and their need of age-friendly shops.	• Outdoor spaces and buildings • Social participation • Respect and social inclusion	546 people
2019	Jockey Club Age-friendly City Project – My Home My Reimagination!	• Sham Shui Po • Yau Tsim Mong	1. Organise community talk to enhance elderly people's understanding on age-friendly home living environment 2. Produce a home design mobile application (APP) tailoring for elderly people's living needs through the augmented reality (AR) technique, aiming at enabling elderly people to reflect their views on ideal home living environment in a playful way. 3. Organise workshop for different stakeholders (e.g. youth, young-olds and professionals) to co-create an age-friendly home with elderly people to facilitate intergenerational exchange and understanding.	• Housing • Communication and information • Respect and social inclusion	200 people

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2020	Jockey Club Age-friendly City Project – My Home My Reimagination! (2)	• Sham Shui Po • Yau Tsim Mong	1. Enhance the home design mobile application (APP) developed in the previous batch to make it easier for elderly people to use. 2. Upload the home design mobile application to apps download platforms (Apple Store and Google Play Store) to enable the general public (including elderly people) to download the APP free of charge, and also to experience and share the age-friendly home design with others. 3. Further promote the home design mobile application and share home safety tips through various promotional channels such as leaflets, online social media platforms and community publicity, to foster age-friendly living environment and encourage wider use of gerontechnology among elderly people. 4. Produce community resources booklets to consolidate the difficulties and concerns of elderly people in building ideal home environment, and also to provide a checklist of home modification services providers in Sham Shui Po and Yau Tsim Mong. The booklet will be distributed to relevant community stakeholders.	• Housing • Communication and information	172 people