

HKEC Symposium on Community Engagement IV  
“Healthy Community: We Can Make A Difference”



**A**wareness, **P**revention and  
**E**arly Detection of **C**ognitive  
Impairment Project (**APEC**)

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先知先覺 · 智樂計劃

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# Introduction

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- Senior population and dementia sufferers are increasing
- Dementia affects a person cognitively, physically and psychologically
- Early detection and intervention will effectively delay the progression of the disease and improve the quality of life of the sufferers and their caregivers



# APEC 先知先覺 • 智樂計劃

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- Period: July 2008 to Dec 2009
- Service districts
  - Hong Kong Sheng Kung Hui Welfare Council**
    - Sham Shui Po
  - Baptist Oi Kwan Social Service**
    - Tai Po and NT North
  - Haven of Hope Christian Service**
    - Tseung Kwan O and Sai Kung
- Funded by the Simon K.Y.Lee Fund For The Elderly



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SIMON K. Y. LEE FUND FOR THE ELDERLY

贊助



# Objective

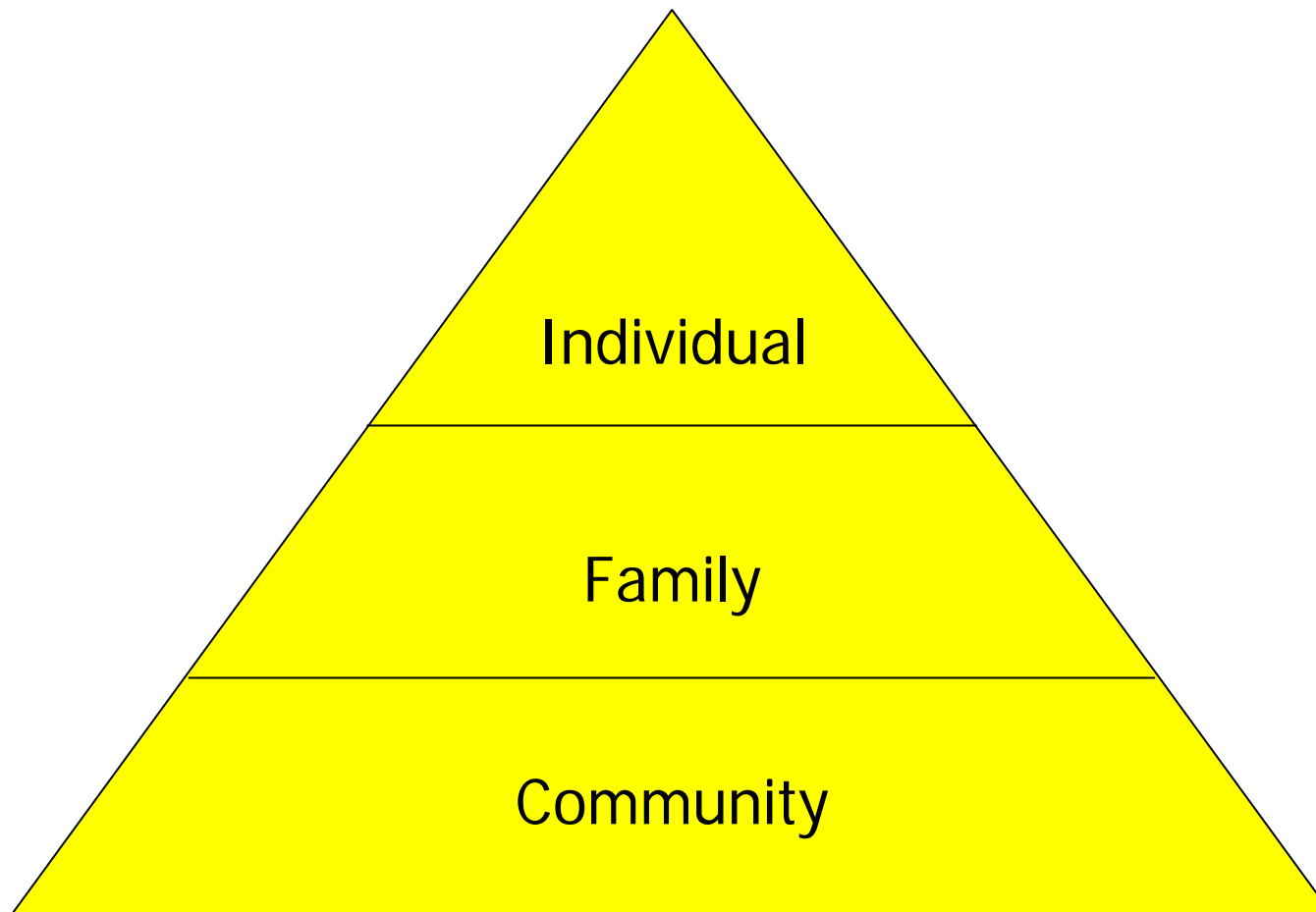
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- To identify potential sufferers of Mild Cognitive Impairment (MCI)
- To engage local people in the screening exercise and to promote the culture of mutual care in local community
- To build up a network system in the community for early detection, intervention and referral of resources
- To enhance the awareness and basic knowledge on MCI and dementia



# Services are provided at 3 levels

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# Individual level

- Screening test
  - Clock drawing
  - 3 things recall
  - Category verbal fluency test
  - Subjective memory complaint evaluation
  - GDS-4
  - Lawton IADL assessment
- Intervention programmes, e.g. referral to memory clinic, memory training groups, reminiscence groups etc



# Family level

- Educational activities
- Caregivers support groups
- Family-based counselling services



# Community level

- Training for volunteers recruited within the local community
- Build up community support network among NGOs, public and private medical sectors, schools and churches
- Educational activities e.g. talks, road show, health check, inter-generation programme etc







# Results

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As at 31 Mar 2009



# Results – Individual Level

2519 screening tests were completed.

- Based on 1088 data analyses,

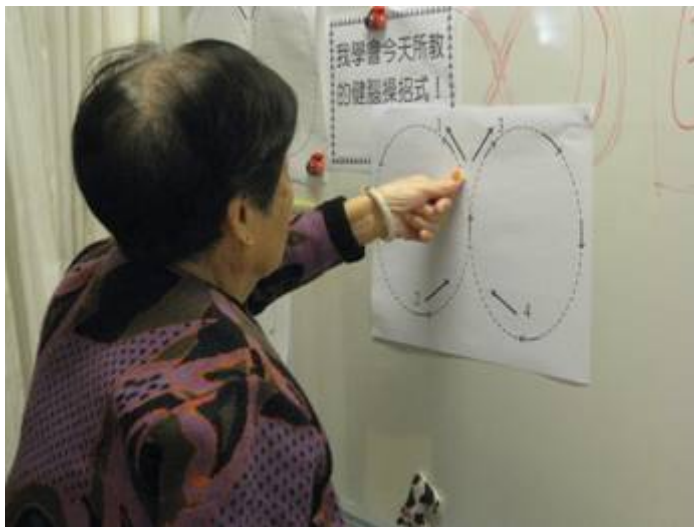
Table: Demographic profiles and performance in clinical tests of the NC (normal cognition) group and the CI (cognitive impairment) group

	NC group (n=677)	CI group (n=411)
Age (years)	74.81 (SD = 7.98)	77.36 (SD = 7.32)
Education (years)	3.67 (SD 4.28)	2.33 (3.36)
Gender (female)	72%	81%
Category verbal fluency test	28.99 (SD = 10.70)	21.92 (SD = 8.85)
Lawton IADL test	6.48 (SD = 0.96)	6.14 (SD = 1.26)
GDS-4	0.82 (SD = 1.15)	0.93 (SD = 1.27)

Research conducted by Dr. Jenny Chung, HK Poly U, Dept of Rehabilitation Sciences

# Results – Family Level

- around 300 elders and their families have received intervention programmes and detailed screenings



*Memory training and caregivers support groups*

# Results – Community Level

- Total no. of attendance in community programs: 16542
- 52 road shows were organized in different spots regularly, and 8507 participants were benefited
- 33 educational talks and movie sharing were held, and 2257 participants were benefited



# Results – Community Level

- The no. of participants in inter-generation programmes: 235
- No. of participants in school promotional program on awareness of dementia and MCI: 4864





# Results – Community Level

- 311 adult and student volunteers were trained on knowledge on MCI and early dementia and screening test



*Active involvement in promoting volunteerism*

# Results – Community Level

- 368 participants had joined other community programmes



*Health check*

# Conclusion

- This is only the half way of the APEC project
- We have confidence that we can make a difference





We can make the community better  
and healthier to live

