

與社區同行 提升長者生活質素

Community engagement to
improve the quality of life
for older people

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關兆洸

Department of Medicine

The University of Hong Kong







World's oldest person: last living human born in 1800s turns 117

Italian Emma Morano, whose life spans three centuries, says her secret to longevity is not eating much 'because I have no teeth'



A close-up portrait of an elderly woman, Violet Brown, wearing a colorful, patterned headscarf. She has a serene expression and is looking slightly to the side. The background is a soft, out-of-focus green.

Jamaican woman, 117, is oldest person on Earth

Violet Brown becomes oldest registered person after death of Italian Emma Morano, also 117



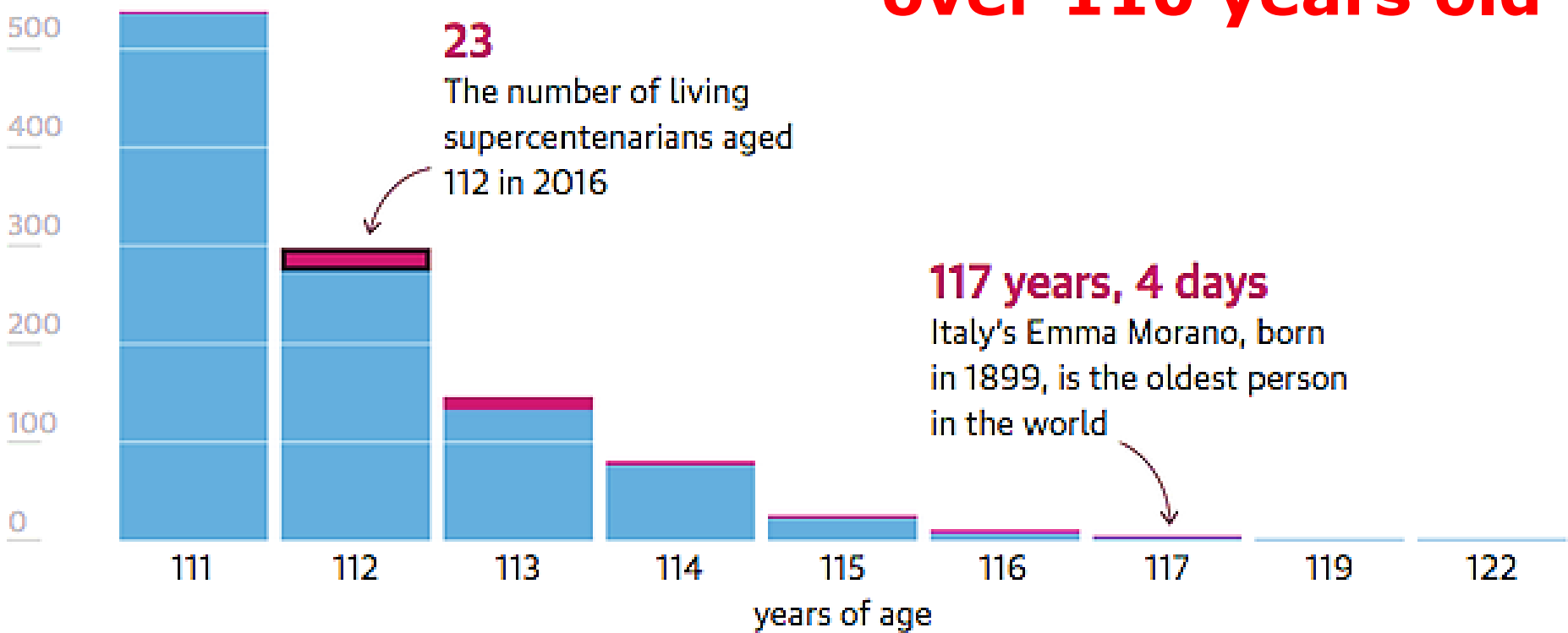
'World's oldest man' celebrates 146th birthday and says patience is key for long life

Mbah Gotho, whose ID states he was born in the year 1870, celebrated the landmark occasion with his grandchildren after reportedly outliving his siblings, wives and children



■ Verified supercentenarians at the age of death
■ Verified living today

Super-centenarians over 110 years old



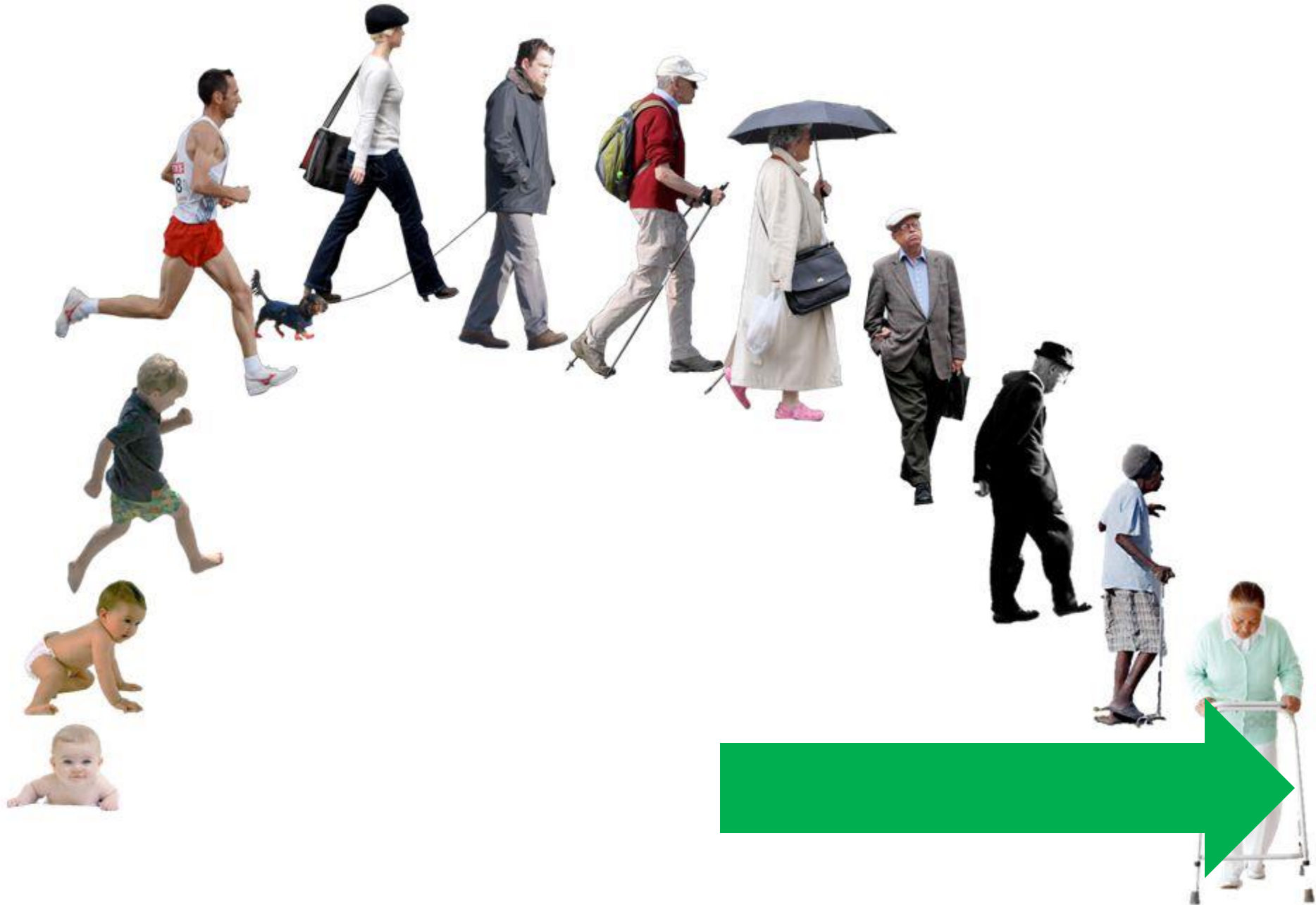
Guardian graphic | Source: Gerontology Research Group, 1 December 2016



Aging and Trajectory of Function



Aging and Trajectory of Function



Aging and Trajectory of Function



Aging and Trajectory of Function

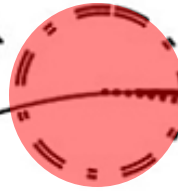


Pumping iron ... at 93: Chinese grandpa puts youngsters to shame at the gym



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A Critical Point



Successful aging



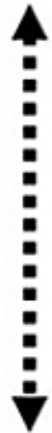
"Normal" aging



Unhealthy aging



CHRONOLOGICAL AGE



Healthy body
Healthy brain
...

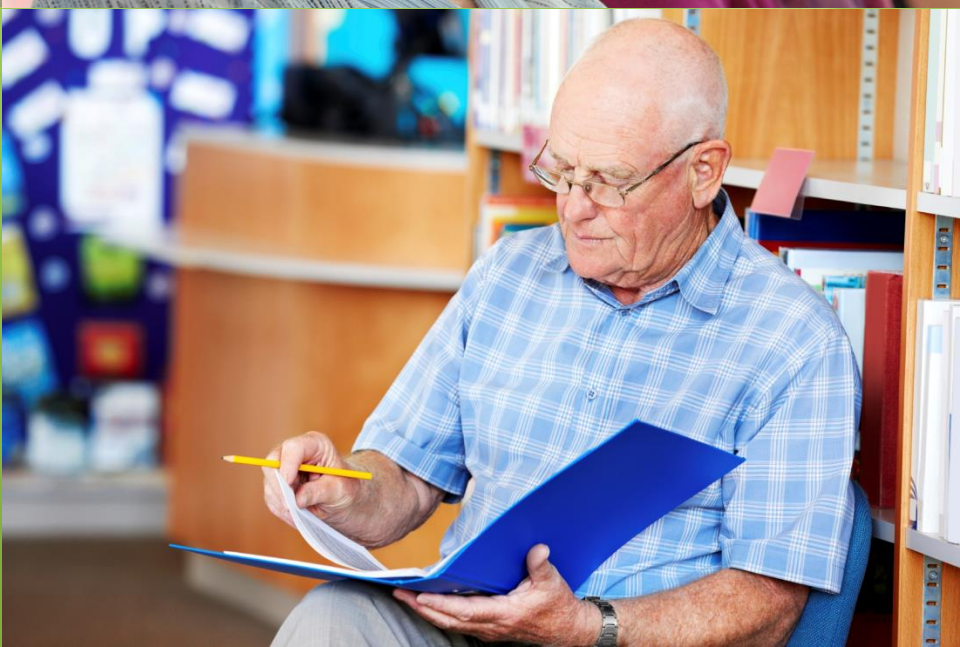






Ageing in Place





WHO Report on Ageing & Health

- Action on healthy aging
- Age-friendly environments
- Improving health systems
- Long term care systems
- Monitoring and research



Gerontech and Innovation
Expo cum Summit

[illegible]

適食
y Eating
eniors

小舞台
Side Sta

EMERGENCY EXIT
緊急出口

演講室 2
Workshop
Room 2

EMERGENCY EXIT
緊急出口



凝聚 · 創新
Collaborate · Innovate

SocTech

1961

197

HKSTP

YSRC







C04

Floor Plan 平面圖

HKSTP
香港科技園

Unit 100 for 參展公司*

健康科學
Health Sciences

明愛白英奇專業學校
Caritas Blanch College of Canossa

明愛專上學院
Caritas Institute of Higher Education



Bachelor of Nursing (Honours)
護理學榮譽學士

Higher Diploma in Pharmaceutical Dispensing
配藥高級文憑

Higher Diploma in Pharmaceutical Dispensing
(Part-time mode)
配藥高級文憑 (兼讀制)



2015-2016 Academic Year
2015-2016 學年



「測隱知心」長者外展大使計劃
及早發現心房顫動，預防中風

為何要關注長者心房顫動的問題？

心房顫動是本港一種最普遍的心律不整疾病，年紀愈大，風險愈高。

身體不健康，令人難以睡覺，帶出中風或其他嚴重併發症，才發覺。

及早發現並接受有效治療，降低中風的風險。

計劃如何減低中風問題？

計劃的長者外展大使及社區合作夥伴將為60歲或以上長者，進行初步心理評估。

醫學顧問陳國權醫生，協助結果、建立聯繫和初步輔導之長者，安排轉介服務。

「測隱知心」長者外展大使計劃 如何減低長者中風？

計劃數據處理流程



計劃詳情
計劃日期：2017年6月1日至11月30日
計劃目標：為社區超過30,000名60歲或以上之長者進行心理評估
費用：全免
*為令更多長者受惠，計劃將為長者進行重覆檢查。





**「測隱知心」長者外展大使計劃**
及早發現心房顫動，預防中風

**「測隱知心」長者外展大使計劃**
嘉許典禮及成效分享會



Reference No. 006-140760087
Left Eye 0.306
Right Eye 0.254

Reference No. 006-1407674454
Left Eye 0.230
Right Eye 0.262

Reference No. 006-1407673956
Left Eye 0.324
Right Eye 0.374

Reference No. 006-1407673463
Left Eye 0.324
Right Eye 0.196

Reference No. 006-1407674677
Left Eye 0.330
Right Eye 0.434

Reference No. 006-1407674135
Left Eye 0.304
Right Eye 0.462

Reference No. 006-1407673751
Left Eye 0.274
Right Eye 0.304



大學
OF HONG KONG

香港中文大學
The Chinese University of Hong Kong

Alcort
Alcort
Alcort



Background 項目簡介

This is an AR rehabilitation system that allows the elderly or patients in an professional physiotherapy to train in safe home. The system provides a personalized training program for the patient to monitor their progress. The system consists of a Kinect camera to accurately capture the patient's body movement in real time, building joint angles, body posture, and body balance. Also, our intelligent algorithm provides appropriate early (10) feedback with a real report to encourage the patient and to reduce the risk of injury. The system is the first of its kind for the elderly to monitor and to follow up the progress of their patients' progress. Overall, it brings most of the essential elements of the rehabilitation training to the patient's home, which significantly increases the training intensity without accompanying the response and resources of the rehabilitation unit.

此系統為老人及專業物理治療師提供一個安全及舒適的居家復健平台。系統可為病人提供一個個人化的訓練計劃，以監察其進展。系統由 Kinect 攝影機準確捕捉病人的身體動作，即時建立關節角度、身體姿勢及身體平衡。此外，我們的智能演算法提供適當的早期（10）回饋，以鼓勵病人並降低受傷風險。系統是為老人及專業物理治療師提供的首創，可讓他們在家中跟進病人的進展。整體而言，它將復健訓練的關鍵元素帶到病人家中，顯著提高訓練強度，而無需配合復健單位的反應及資源。

Problem to be solved 針對問題

Older, weaker patients, and disabled people often need to visit hospitals or rehabilitation for physiotherapy. However, since they do not have professional therapists at home, it is hard to follow the training program and to monitor their progress. It would be hard for the patients to maintain therapeutic effects.

再者，體弱及行動不便的病人，通常需定期前往醫院或復健中心接受物理治療。然而，由於家中沒有專業物理治療師，病人難以跟進訓練計劃並監察其進展。這將使病人難以維持治療效果。

Uniqueness 特點

The system employs the Microsoft Kinect 2 camera to capture the movement of joints of human body and real-time 3D model in real time. The augmented reality and the real-time video guide the training exercise. (Image 1) The settings of training sessions are reported for patient feedback, and all the data including the joint coordinates, scores and error value during exercise are updated to the internet database for evaluation (Image 2).

系統採用 Microsoft Kinect 2 攝影機捕捉人體關節動作，並即時建立 3D 模型。增強現實及即時視頻指導訓練運動。 (圖 1) 訓練課程的設定會向病人提供回饋，而所有數據，包括關節坐標、得分及運動期間的錯誤值，均會更新到互聯網數據庫以供評估。 (圖 2)

Applications 應用

Medical staffs can effectively reserve more resource and power on other patients in need, while maintain high-quality rehabilitation service.

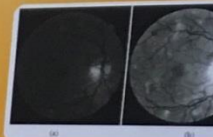
醫療專業人員可節省更多資源及權力，以照顧其他有需要的病人，同時維持高質量的復健服務。

Target Users 目標用戶

According to the Hong Kong Third Quarter Economic Report 2013, the proportion of aged 65 or above was 16.1%, representing 14% of the total population. This figure will increase significantly to 2.56 million by 2041, representing 30% of the total population. Age-related physical disability is both an epidemic and a social burden.

根據香港 2013 年第三季經濟報告，65 歲或以上的人口佔總人口 16.1%，佔總人口 14%。此比例預計在 2041 年將顯著增加至 256 萬，佔總人口 30%。與年齡有關的身體殘疾既是流行病，也是社會負擔。

系統採用 Microsoft Kinect 2 攝影機捕捉人體關節動作，並即時建立 3D 模型。增強現實及即時視頻指導訓練運動。 (圖 1) 訓練課程的設定會向病人提供回饋，而所有數據，包括關節坐標、得分及運動期間的錯誤值，均會更新到互聯網數據庫以供評估。 (圖 2)



Preprocessing of retinal fundus image



Normal retinal image

正常視網膜圖像

Collaboration with the Hong Kong Baptist University

與香港 Baptist University 合作



20週年紀念
ANNIVERSARY

樂齡科技 博覽暨高峰會

聯合主辦
Co-Hosts



協辦
Co-organizer



主要贊助
Major Sponsor



頤養適食-試食會
Healthy Eating for Seniors
Food Tasting Section

紀念
ANNIVERSARY

樂齡科技 博覽暨高峰會

Gerontechnology and Innovation Summit

聯合主辦
Co-hosts



協辦
Co-organiser



主要贊助
Major Sponsor

HSBC 滙豐

頤養適食-試食會
Healthy Eating for Seniors
Food Tasting Section

Sponsor 贊助

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20th ANNIVERSARY

中華人民共和國香港特別行政區
Hong Kong Special Administrative Region
of the People's Republic of China

樂齡科技 博覽暨高峰會

Gerontech and
Expo cum Summit



頤養適食-試食會
Healthy Eating for Seniors
Food Tasting Section







Chicken
雞肉
淨重/Net Weight
100克/g

Beef
牛肉
淨重/Net Weight
100克/g

Pork
豬肉
淨重/Net Weight
100克/g

Fish
魚柳
淨重/Net Weight
100克/g

Pak Choi
白菜
淨重/Net Weight
100克/g

Carrot
甘筍
淨重/Net Weight
100克/g

Tofu
豆腐
淨重/Net Weight
100克/g

Napa Cabbage
紹菜
淨重/Net Weight
100克/g

白菜

甘筍

紹菜

豆腐

graceful
meal





Sompo Care Next CK FOODS

SOMPO Care (SOMPO's Nursing Care Business)

- SOMPO Care Group constitutes a line of business of SOMPO Holdings
- SOMPO Care Group is
 - Second, in the Nursing Care industry in Japan in terms of the combined net sales of the two Group companies.
 - Leading the industry in terms of the number of residences for elderly people

SOMPO Care Group

Operating Company: SOMPO Care Message: SOMPO



graceful meal

and healthy—
SOMPO Care Next's m

QR code

2333

CK FOODS

1. This entrance ticket shall be presented for checking at the entrance of venue.
This entrance ticket if imprints with the... registered
participant shall not be transfered
the right to require
3. Designated space of... use
luggage... use
The Organiser
belongings of the
4. No banners, but
shall be display
5. The Organiser r



菠蘿甜酸汁



芝士白汁



意式茄蓉汁



瑞士洋葱汁



薑蔥蠔油汁



厨
食
graceful
meal



香色園主辦五所安老院去年持續舉辦廚師交流活動，不但提升院舍廚師烹調特別餐之技能及水平，亦增加院舍與外間之服務交流，共同實踐「善心善意，善舉人生」的服務理念。透過餐年食譜及廚藝分享，喚起員工及院友家屬關注院友之餐膳設計，提升院友的生活質素。

今日，我們將廚師交流日的餐式活動，把餐單印製小冊子，藉此向公眾人士推廣，並關注長者之餐膳設計及營養。

In recent years, Sik Sik Yuen has been holding exchange programs for chefs as an intra-service activity in our 5 elderly homes. The programs not only help the chefs to enhance the skills and standard to prepare special meals for the elderly, but also foster the exchange of ideas to provide better service among elderly homes.

The concept of "Be kind to life with benevolence and kindness" is further reinforced through different sharing sessions in the programs. The program also raise the awareness among staffs, family members of elderly people and the community of the importance of making good meals for elderly. As a high standard of elderly meals might improve the quality of life for the elderly in residential service.

A brochure with summary of knowledge and experience shared in the program, including different special meal recipes suggested by chefs and professionals were published and we hope it can raise awareness to the importance of nutrition and meal design for the elderly.



目的與成效

1. 透過交流增加各院舍廚師之特餐、碎餐、糊餐、湯羹之烹調技巧及理念，提高院舍製作特餐的質素。
2. 提高各院舍員工、院友及家屬關注長者特別餐之院友的生活質素。
3. 加強各院舍之間的服務交流，以可實踐「善心善意，善舉人生」的服務理念。
4. 向專業評判代表院舍中選取最佳特別餐作品，評選出最佳特別餐作品。

餐膳的分類

餐膳分類主要根據廚師的評估，按長者體格度的餐膳配搭，讓不同院友都可於院內享用美味健康的餐一餐。如碎餐、湯羹糊餐及大塊食物等。碎餐是將大塊食物切成小塊，方便長者咀嚼及吞嚥。湯羹糊餐是將食物煮成湯羹或糊狀，方便長者吞嚥。大塊食物是將食物切成大塊，方便長者咀嚼及吞嚥。為了方便長者吞嚥，我們特別設計了這三種餐膳，讓長者可以根據自己的需要選擇合適的餐膳。

According to assessment of our Speech Therapist, meals with different combinations and grading will be provided to residents with the aim of enjoying foods under safe condition. For example, minced diets refer to chopped dishes with small pieces around 1cm long, and being cooked to softer texture. Ppure diets mean blanched food with smooth paste texture.

In addition, thickener will be use in fluid intake which also based on advice of our Speech Therapist. This will help to provide proper swallowing and enhance safety swallowing process.

餐膳 Meals	湯羹/菜粥 Soups/Vegetable	流質飲品 Drinks
正餐 Regular	正西正菜 Regular	糖水 Slightly thick fluids
碎餐 Crumb	碎粒/碎菜 Soft	冰沙 Mildly thick fluids
糊餐 Gooey	碎粒/碎菜 Minced	冰沙 Moderately thick fluids
湯羹 Purée	碎粒/碎菜 Purée	冰沙 Extra thick fluids



正餐作品



碎餐作品



糊餐作品

福載滿袋喜平安



每100位70或以上長者當中便有9位患輕度認知障礙症
9 out of 100 persons over 70 years of age have mild dementia



「我析煮」食譜
Task-analysed recipe

社網與香港中華煤氣有限公司合辦嶄新長者服務，
將「煮飯」轉化為健腦活動，讓有記憶力衰退的
長者維持「安全自煮」生活

The Network teamed
Company Limited (C
seniors, integrating
with mem



香港聖公會張國亮伉儷安老服務大樓」。透過跨專業團隊及與不同企業及公

illness at Kwun Tong and Kowloon. He has the Cyril and Amy Cheung
plinary professionals and corporate corporations and public
ie.

70或以上長者當中便有9位患輕度
100 persons over 70 years of age



與香港中華煤氣有限公司合辦
煮飯」轉化為健腦活動，讓
維持「安全自煮」生活





Rehab-Robotics Company Limited

復康機器人技術有限公司

Product Name

展品名稱

Hand of Hope 希望之手

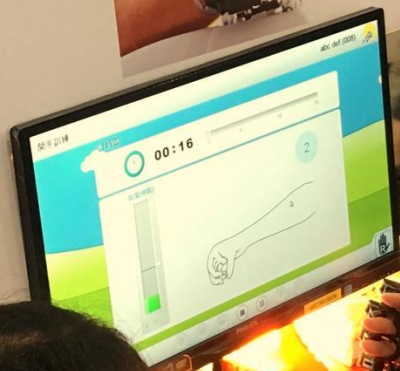
The Hand of Hope is an award-winning state-of-the-art surface Electromyography (EMG) driven robotic stroke rehabilitation device that combines advances in robotics and neuroscience. It helps stroke survivors to regain hand mobility through motor relearning.

希望之手是一款榮獲獎項、由表面肌電信號驅動的機械手中風復康系統。它結合了先進的機械技術及神經科學，能幫助中風患者透過運動再學習，重拾手部的活動能力。

Company Website
公司網址



Rehab-Robotics



租務熱線 / WhatsApp查詢

9696 4832



www.rehab-robotics.com

希望之手
和









「坐得起」擴闊視野 "ComfyLift" widens horizon

長期臥床人士的視野往往只局限於天花板。一個簡單卻一舉一落的幫助臥床人士坐起的裝置，不但可以幫助他們坐起，更可以幫助他們坐起後，更可以幫助他們坐起後，更可以幫助他們坐起後...

「坐得起」擴闊視野，不但可以幫助他們坐起，更可以幫助他們坐起後，更可以幫助他們坐起後...

Bedridden patients' horizon is no longer limited to the ceiling. "ComfyLift" is a transformable bed structure that helps bedridden patients get out of bed. It is designed with both patient and carer comfort in mind and is easy to adjust and to move and are easy to adjust and to move...

「坐得起」擴闊視野，不但可以幫助他們坐起，更可以幫助他們坐起後，更可以幫助他們坐起後...



踏出一步，
世界不再一樣
step out,
world won't be
any more





共建
Co-develop

未來的工作
ways ahead

坐得起
70th Anniversary
新華書局

長者安居協會

SENIOR CITIZEN
HOME SAFETY ASSOCIATION





2020 SMART CITY

頤養適食
Healthy Eating
for Seniors

天天平安
公公平安
FAST TRACK TO 2020
爺爺平安

演講室 1
Workshop Room 1

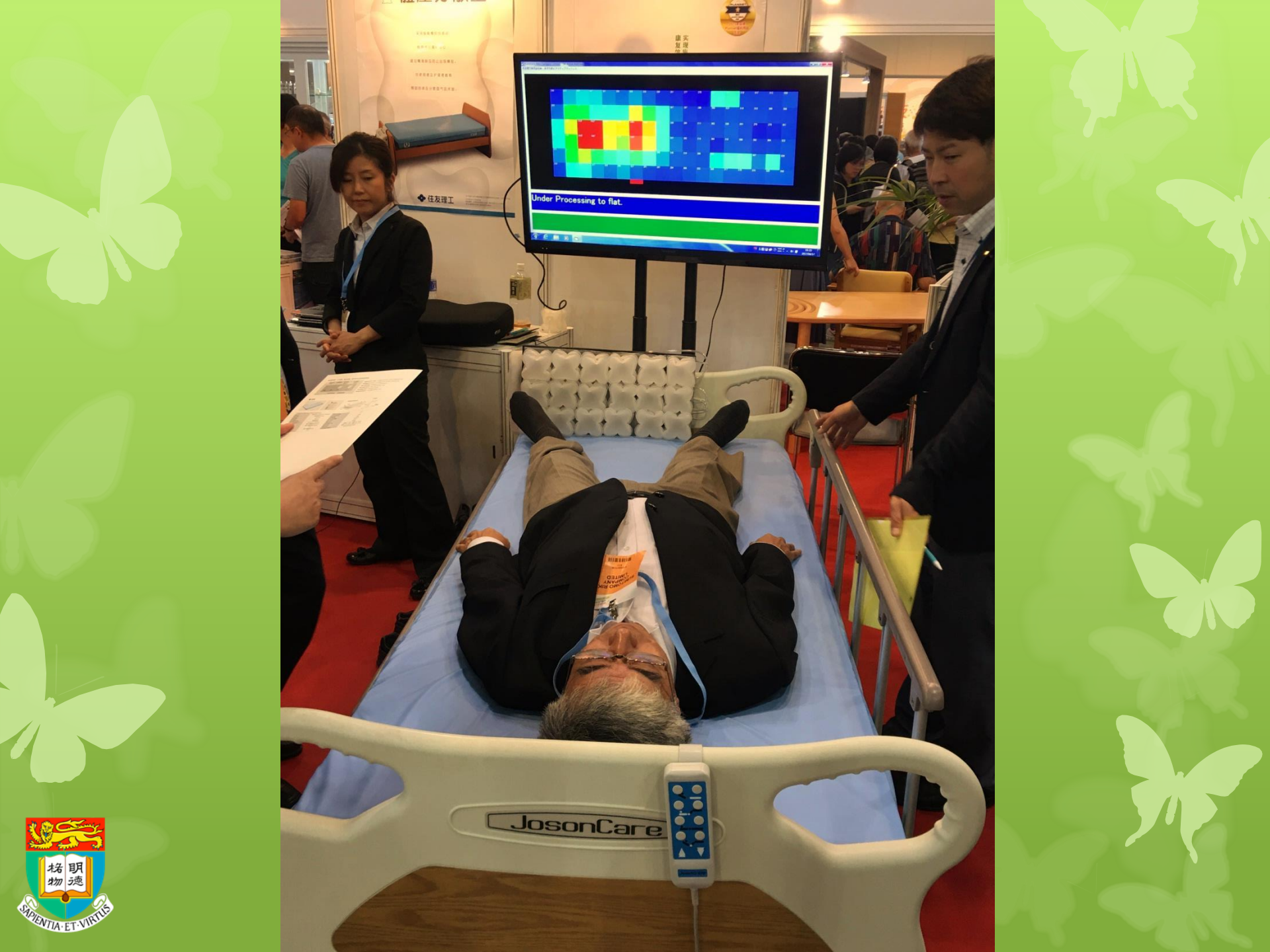
緊急出口
Emergency Exit

正進行
In Progress














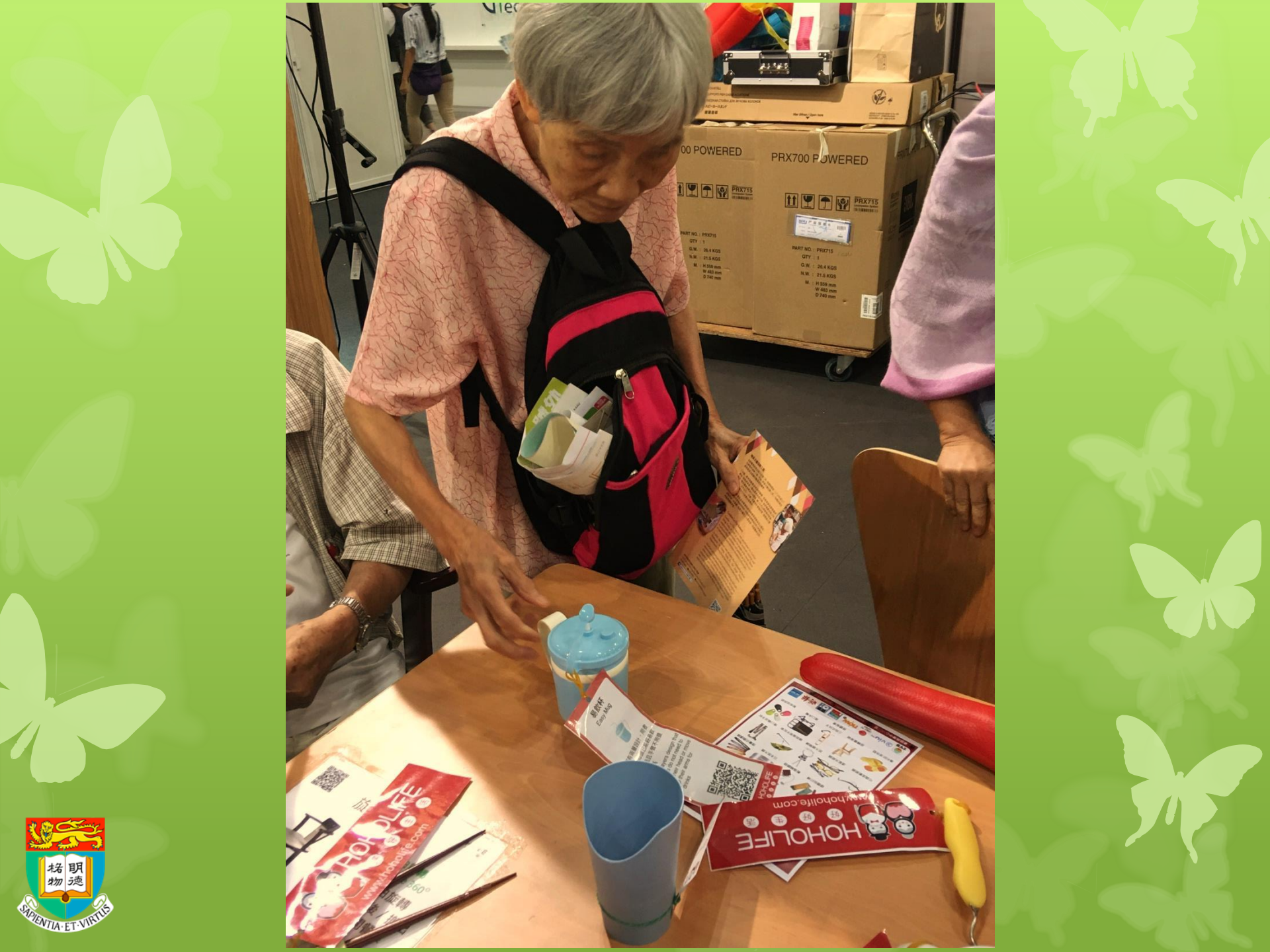
吸碗
Scoop Bowl

■ 邊緣特殊弧度設計可將食物導引至餐具中，防止食物掉出

■ 防止漏吸盤，方便固定於桌面上

■ The non-slip suction base holds the bowl in place on a smooth flat surface







Aging in place,
assisting the
elderly to age
gracefully

智能家居，助長者
居家從容安老







Mindvivid Limited

智活研發有限公司



Product Name
展品名稱

Brainastic 智活無限

Brainastic is a brand new brain training application which integrates University research and entertainment. The R & D is partnered with a research team of HKUST. Brainastic provides training for 6 cognitive areas on attention, execution, flexibility, visual space, language and memory in a funny and relaxing way.

智活無限是結集大學科研與娛樂的腦部訓練應用程式，研發過程與科大陳文新教授研究團隊合作，針對性訓練六大認知範疇，包括專注力、執行力、靈活性、視覺空間、語言及記憶力；其目標是透過遊戲為大眾帶來輕鬆又具效率的認知健康訓練。現已有超過五間社福機構使用智活無限並獲得一致好評。

Company Website
公司網址



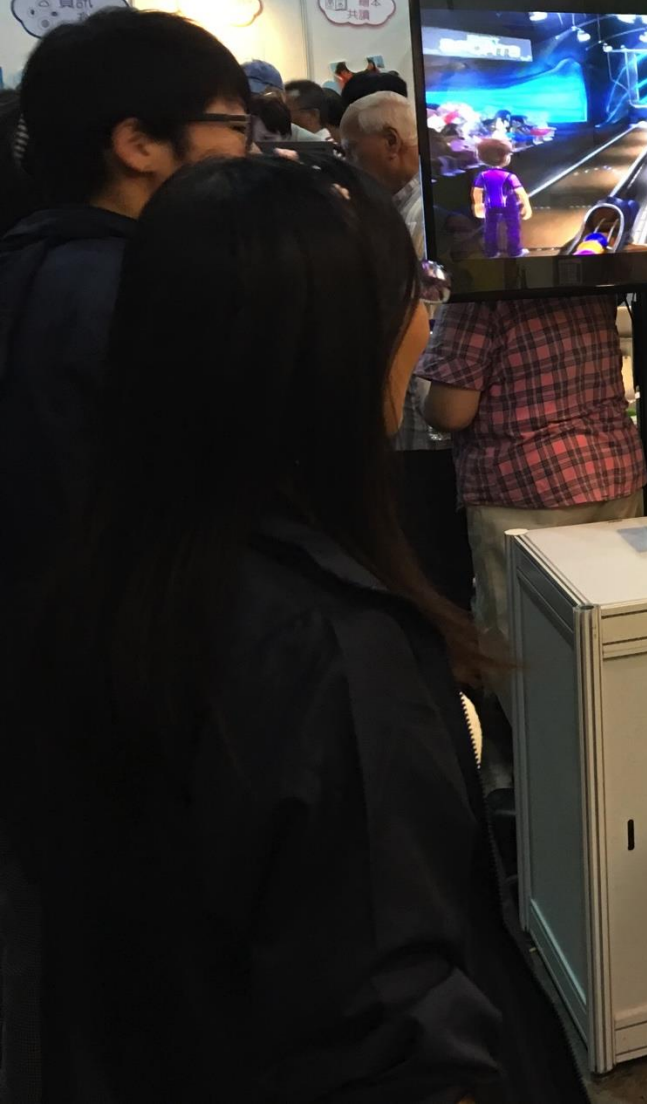
會麥理浩夫人中心
H. LADY MACLEHOSE CENTRE

香港電腦學會基金會
HONG KONG COMPUTER SOCIETY

S Smart Use of ICT

A Active Ageing

G Geron-cent

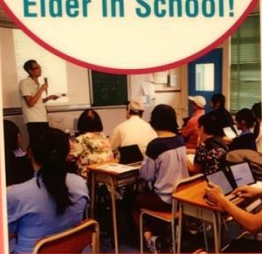


長者學苑計劃 Elder Academy Scheme

長者學苑



長者 上學去！ Elder in School!



為鼓勵長者終身學習，實踐積極樂齡年的精神，政府自2007年起與安老事務委員會合作推行長者學苑計劃，讓長者（尤其是年輕時缺乏學習機會的長者）可以在學校環境下學習，甚至到大專院校修讀不同範疇的課程，實現「上大學讀書」的夢想。此外，大部分的長者學苑會招募學生義工協助學苑的運作，促進長幼共融。政府分兩期合共向長者學苑發展基金注資6,000萬元，以推動計劃。

長者學苑的主要對象為年滿60歲人士。課程由各學苑因應當區長者的興趣和需求決定，當中包括學術類課程（如英文）、興趣類課程（如攝影、音樂）及健康課程（如自我健康管理、適應退休）。為讓長者掌握資訊科技應用，長者學苑亦有提供電腦班、智能手機應用課程、平板電腦班等。

To encourage elderly persons to pursue life-long learning and embrace the lifestyle of active ageing, the Government has implemented, in collaboration with the Elderly Commission, the Elder Academy Scheme since 2007. Through the Scheme, elderly persons (particularly those who lacked study opportunities when they were young) may pursue learning in a school setting or even take courses on various subjects in tertiary institutions to fulfill their aspirations for "university education". Besides, the recruitment of student volunteers by most of the Elderly Academies to support their operations helps promote intergenerational harmony. A total of \$60 million has been injected in two tranches into the Elder Academy Development Foundation for implementing the Scheme.

The Elder Academies offer courses primarily for elderly persons aged 60 or above, having regard to the interests and demand of the elderly in local communities. The courses cover topics in different categories, including academic (e.g. English language), hobbies (e.g. photography and music) and health (e.g. self-health management and adaptation to retirement). Courses on computers, smartphones and tablet computers applications are also provided to enhance elderly participants' skills in information technology.

學苑遍布全港，學員人次每年過萬

Elder Academies across the City Attracting more than 10 000 Enrolments in a Year

目前，全港18區共設立約130間長者學苑，每年修讀長者學苑課程的人次超過一萬。長者學苑發展基金設立多個聯網，推動各區長者學苑的交流和合作，鼓勵聯網下各長者學苑的學分互認及運作協調。

At present, there are about 130 Elder Academies in the 18 districts, attracting more than 10 000 enrolments each year. The Elder Academy Development Foundation has developed clusters to promote exchanges and co-operation among Elder Academies in different districts, and encourage recognition of credit and better co-ordination among different Elder Academies within the same clusters.



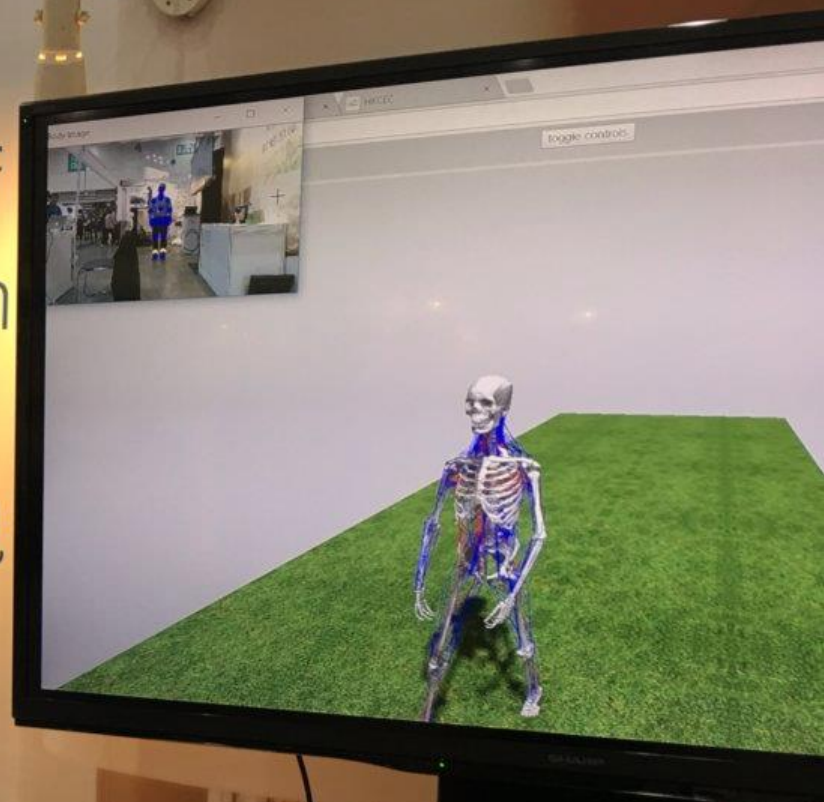


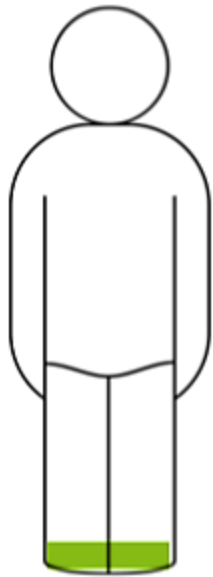




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