與社區同行 提升長者生活質素

Community engagement to improve the quality of life for older people

Dr Joseph SK Kwan

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'

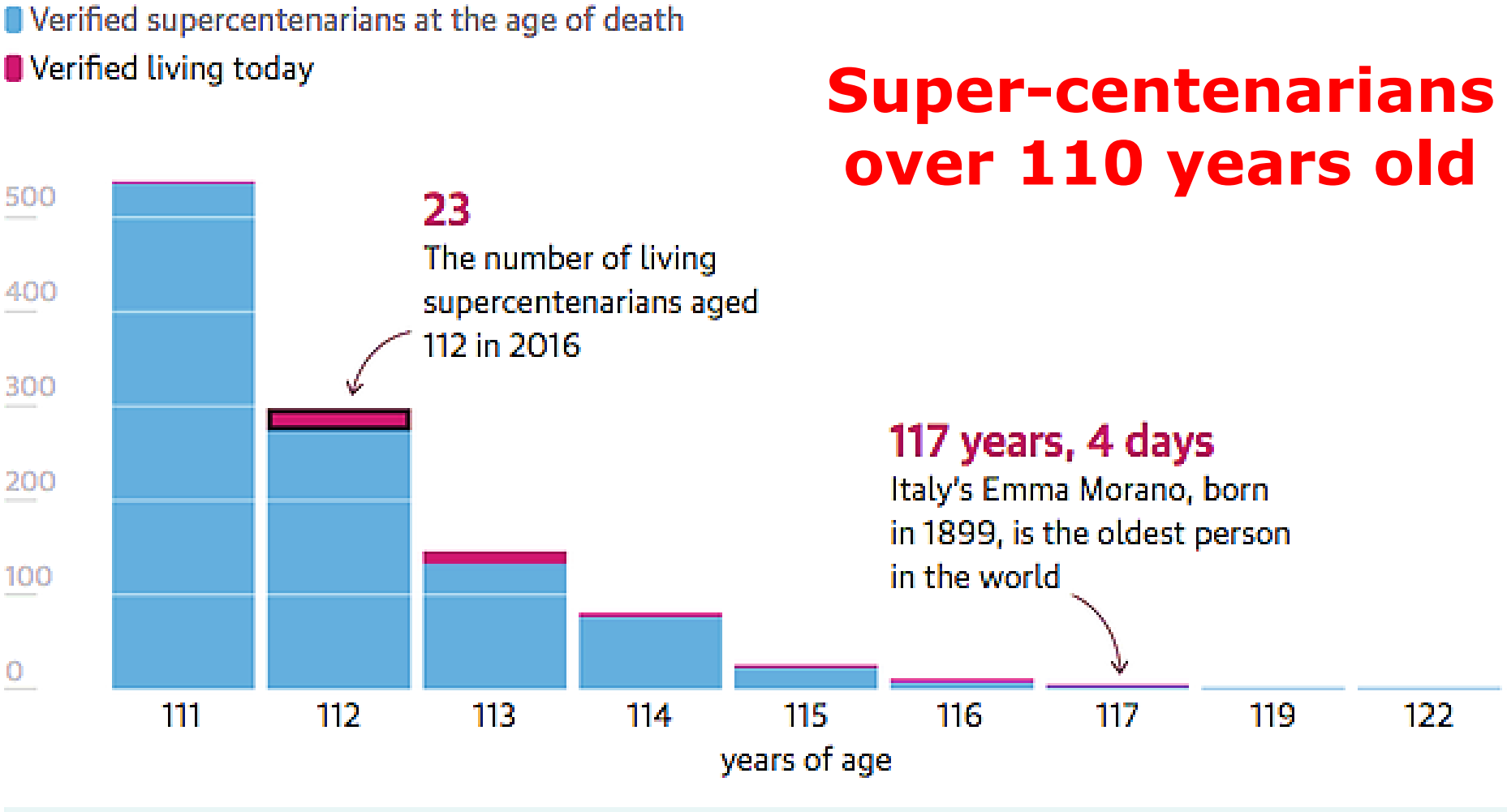
Jamaican woman, 117, is oldest person on Earth

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

Super-centenarians over 110 years old



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

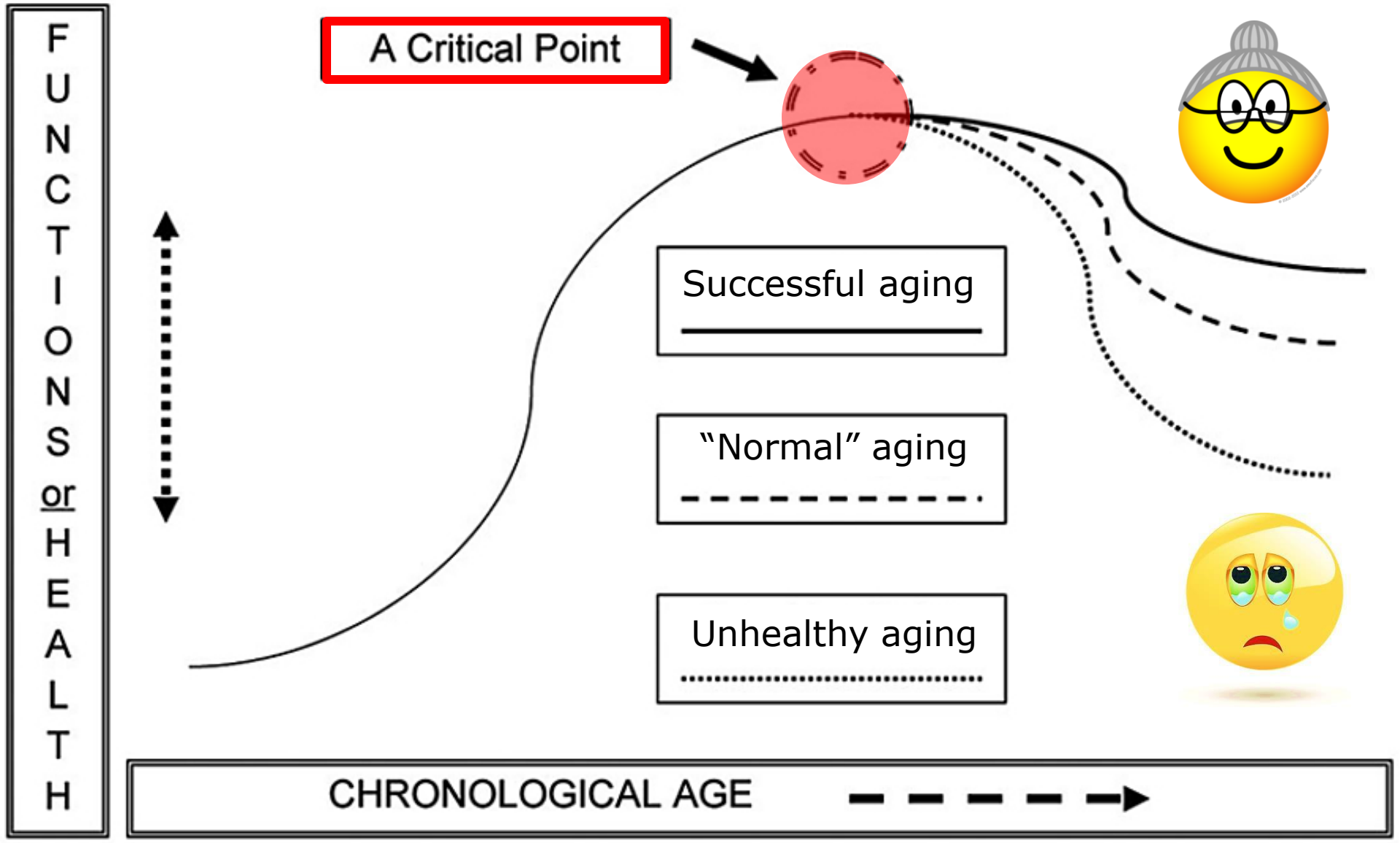
Aging and Trajectory of Function

Aging and Trajectory of Function

Aging and Trajectory of Function

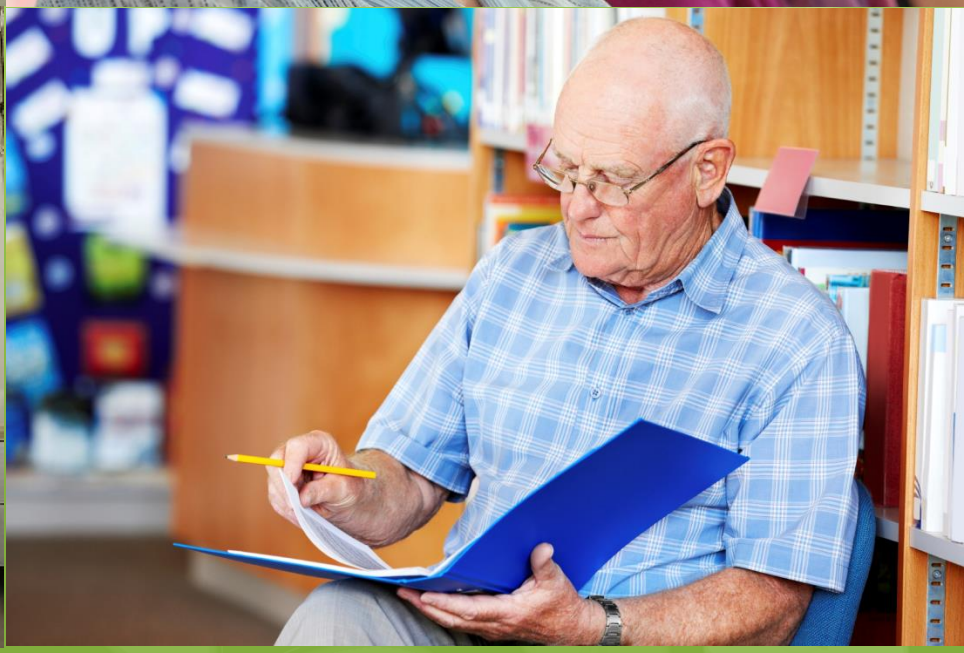
Aging and Trajectory of Function

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


FUNCTIONS or HEALTH
A Critical Point
Successful aging
"Normal" aging
Unhealthy aging
CHRONOLOGICAL AGE

Healthy body
Healthy brain
…

Ageing in Place



SAPIENTIA·ET·VIRTUS

WHO Report on Ageing & Health

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

20th 周年紀念 ANNIVERSARY
樂齡科技
博覽暨高峰會
Gerontech and Innovation
Expo cum Summit
Mind Your Belongings
請小心看管您的財物
入口
Entrance
樂齡科技博覽暨高峰會
The Gerontech and Innovation Expocum Summit (GIES)
入場規則
Entrance Rules

小舞台
Side Sta
適食
y Eating
Seniors
演講室 2
Workshop
Room 2
EMERGENCY EXIT
緊急出口
EMERGENCY EXIT
緊急出口
凝聚・創新
Collaborate • Innovate
SocTech
1961

C04
HKSTP
Floor Plan 平面圖
明愛白英奇專業學校
Caritas Bianchi College of Careers
明愛專上學院
Caritas Institute of Higher Education
Health Sciences
健康科學
•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）
EXIT
出口

「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
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
病徵不明顯，令人難以察覺，特出現中風或其他嚴重併發症時才被發現
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歲或以上的長者，進行初步心律檢測
「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
檢測計劃詳情
檢測日期：2017年6月1日至11月30日
檢測目標：為社區超過30,000名60歲或以上之長者進行檢測
費用：全免

「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
HKCSS

Reference No.
006-1497674677
Left Eye
Right Eye
0.330
0.434
Reference No.
006-1497674135
Left Eye
Right Eye
0.304
0.462
Reference No.
006-1497673751
Left Eye
Right Eye
0.274
Canon

Cure-ab
0kg
12kg
KONKA
Background 項目簡介
Uniqueness 特點
Applications 應用
Target Users 目標用戶
Problem to be solved 計劃問題

20 周年紀念 ANNIVERSARY
樂齡科技
博覽暨高峰會
協辦 Co-organiser
HKSTP
主要贊助 Major Sponsor
HSBC 滙豐
頤養適食-試食會
Healthy Eating for Seniors
Food Tasting Section

樂齡科技
博覽暨高峰會
頤養適食-試食會
Healthy Eating for Seniors
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20 周年紀念 ANNIVERSARY
樂齡科技
博覽暨高峰會
頤養適食-試食會
Healthy Eating for Seniors
HSBC 滙豐

SOMPO Care Group
SOMPO HOLDIN
FITCH

Chicken
雞肉
Beef
牛肉
Pork
豬肉
Fish
魚柳
Pak Choi
白菜
Carrot
甘筍
Tofu
豆腐
Napa Cabbage
紹菜
白菜
甘筍
紹菜
豆腐

Sompo Care Next
CK FOODS
SOMPO Care (SOMPO's Nursing Care Business)
SOMPO Care Group
graceful
meal
Napa Cabbage
紹菜
Chicken
雞肉
Carrot
甘筍
Tofu
豆腐
Beef
牛肉
Pak Choi
白菜
Pork
豬肉
Fish
魚柳
graceful
meal

菠蘿甜酸汁
意式茄蓉汁
薑蔥蠔油汁
graceful
meal

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

煮播
CHEF ANCHOR

「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 (
seniors, integrating
with memo

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
as the Cyril and Amy Cheung
100 persons over 70 years of age
ANCHOR
蛋撻
蛋撻糊
牛油皮蛋撻
麵粉製蛋撻
懷錫料理蛋撻
三色素菜卷(平)
懷錫料理三色素菜卷

蛋撻糊
麵粉製蛋撻
牛油皮蛋撻
懷錫料理蛋撻
蛋撻做糊餐?

HKSTP
香港科技園

Rehab-Robotics Company Limited
復康機器人技術有限公司

Rehab-Robotics

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，助中風患者透過運動再學習，拾手部的活動能力。

Company Website
公司網址

租務熱線 / WhatsApp查詢
9696 4832

網址
www.rehab-robotics.com

希望之手

"ComfyLift"
widens horizon
scalamobil

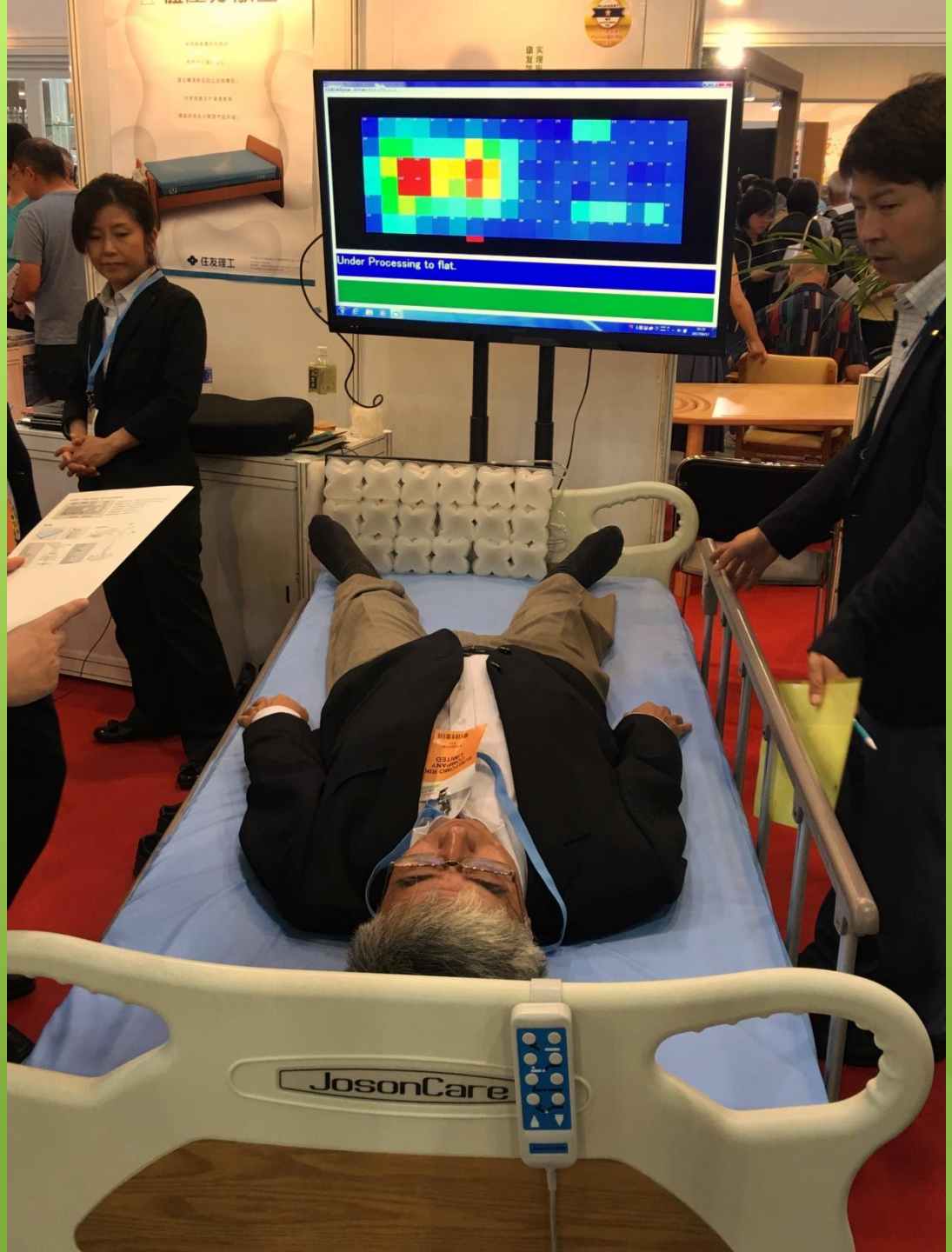
「坐得起」擴濶視野
"ComfyLift" widens horizon
適用於已配置不同陪床或醫療床的院舍

共建
Co-develop
未來的工作
Ways ahead
坐得起
ComfyLift

長者安居協會
SENIOR CITIZEN
HOME SAFETY ASSOCIATION

2020
SMART
CITY
頤養適食
Healthy Eating
for Seniors
公公 天天
平安 平安
FAST TRACK
TO 2020
爺爺
平安
正進行

環境因素
安全生活


Under Processing to flat.
JosonCare

HOHOLIFE
www.hoholife.com

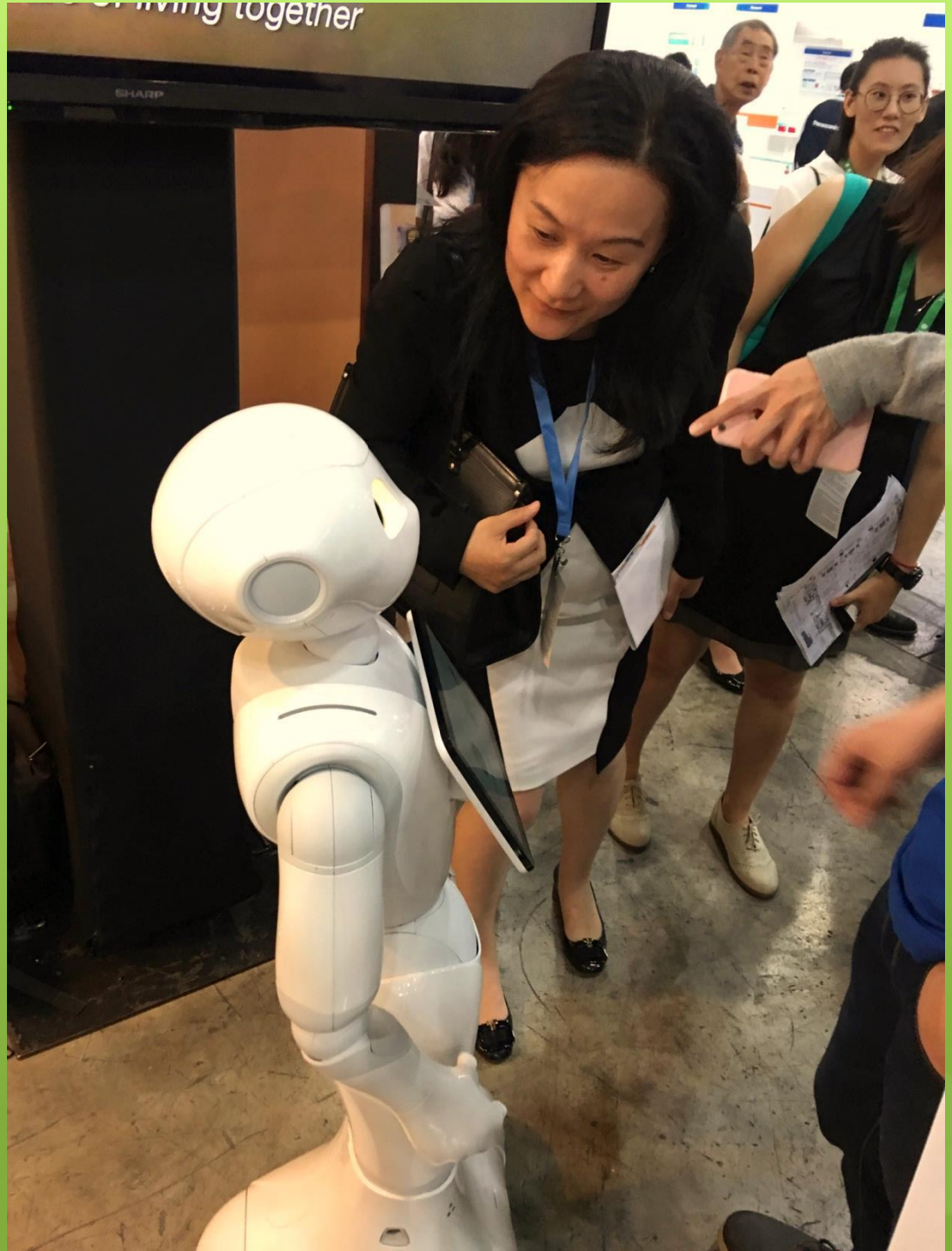
HOHOLIFE

- 邊緣特殊弧度設計可將食物導引至餐具中，防止食物掉出
- 附止滑吸盤，方便固定於桌面上
- The non-slip suction base holds the bowl in place on a smooth flat surface

ge Scoop Bowl

PRX700 POWERED
HOHOLIFE

IBM
Aging in place,
assisting the
elderly to age
gracefully
智能家居，助長者
居家從容安老


SHARP

HKSTP
香港科技園

Mindvivid Limited
智活研發有限公司

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

S Smart Use of ICT
A Active Ageing
G Geron-
LADY MACLEHOSE CENTRE

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，實踐積極樂頤年的精神，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

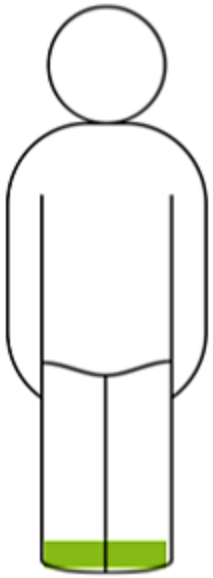
目前，全港18區共設立約130間長者學苑，每年修讀長者學苑課程的人次超過一萬。長者學苑發展基金設立多個聯網，推動各區長者學苑的交流和合作，鼓勵聯網下各長者學苑的學分互認及運作協調。

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.

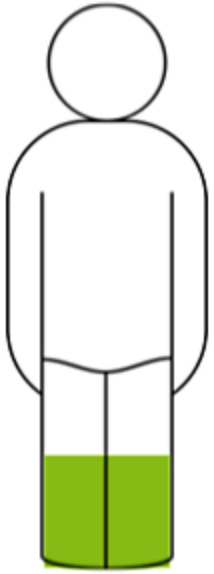
#我係耆跡天使
#認識腦退化症
#成為耆跡天使
DEMENTIA FRIENDLY COMMUNITIES
Andriod
iOS
Jockey Club Centre for Positive Ageing

60 Years & Beyond
IBM
Hong Kong
Early detection of
dementia through
the way you walk
步態分析，助您發現
癡呆症初兆
toggle controls

Join dementia research



Levels of participation in clinical research

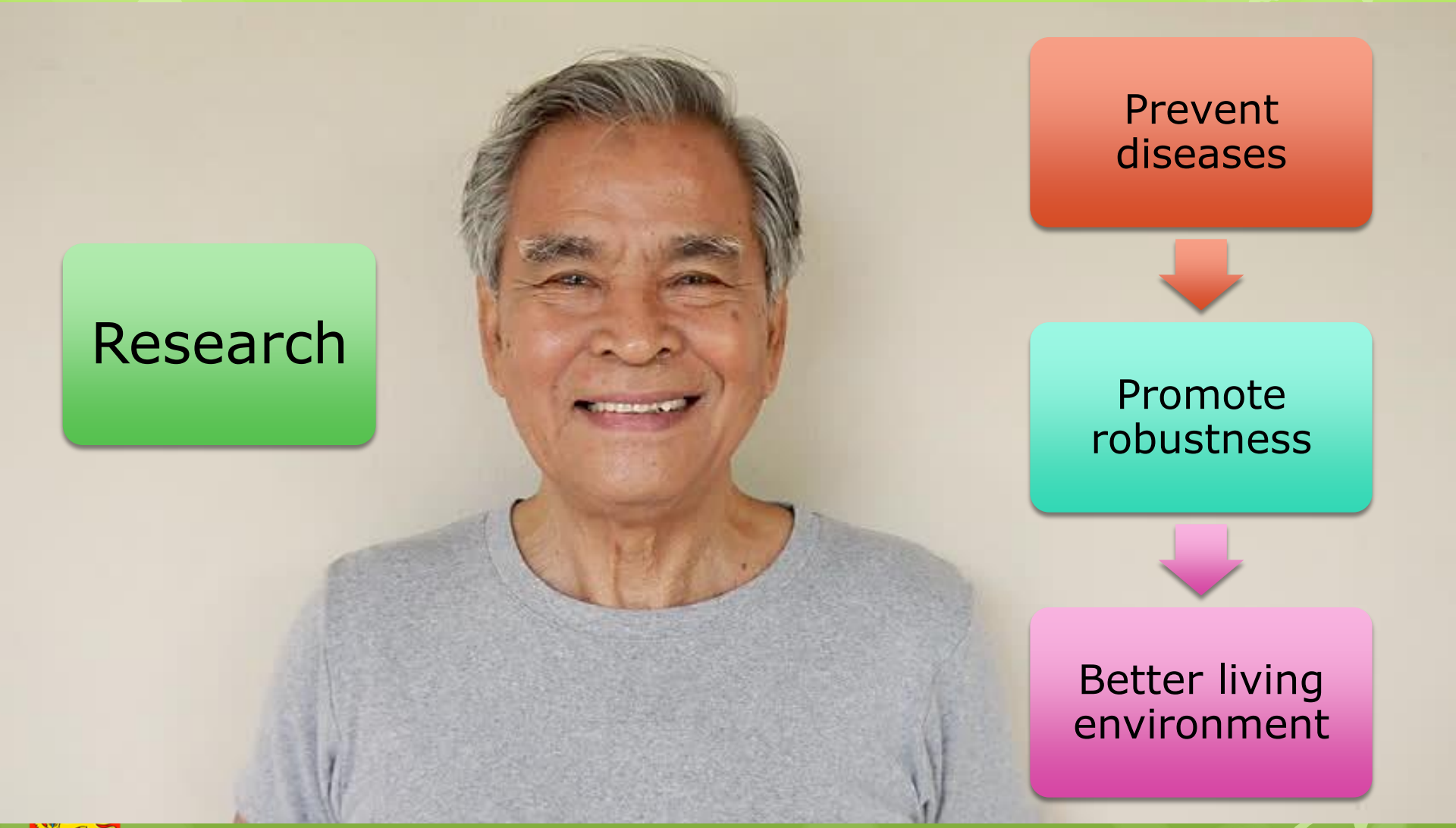


5%

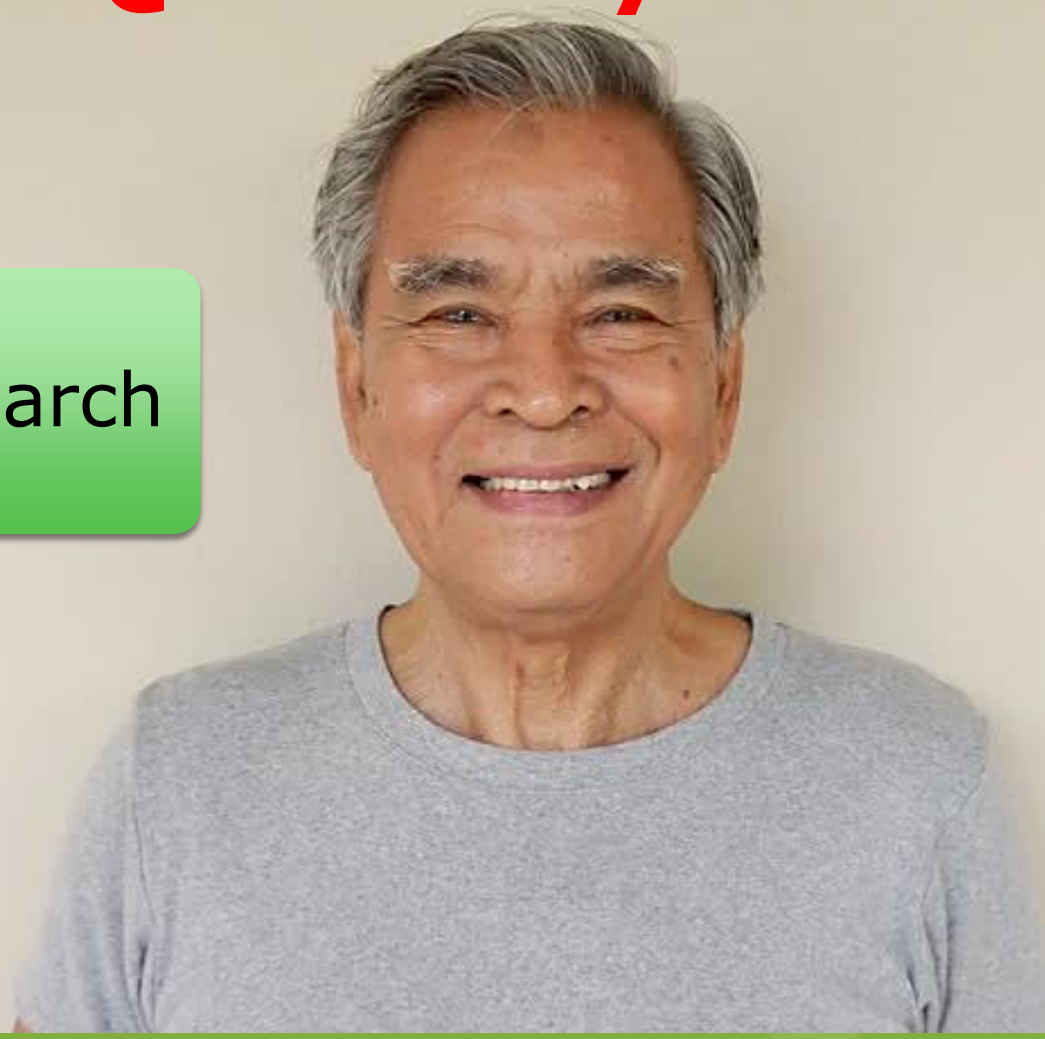
People with Dementia

20%

People with Cancer


Research
Prevent diseases
Promote robustness
Better living environment

Quality of life

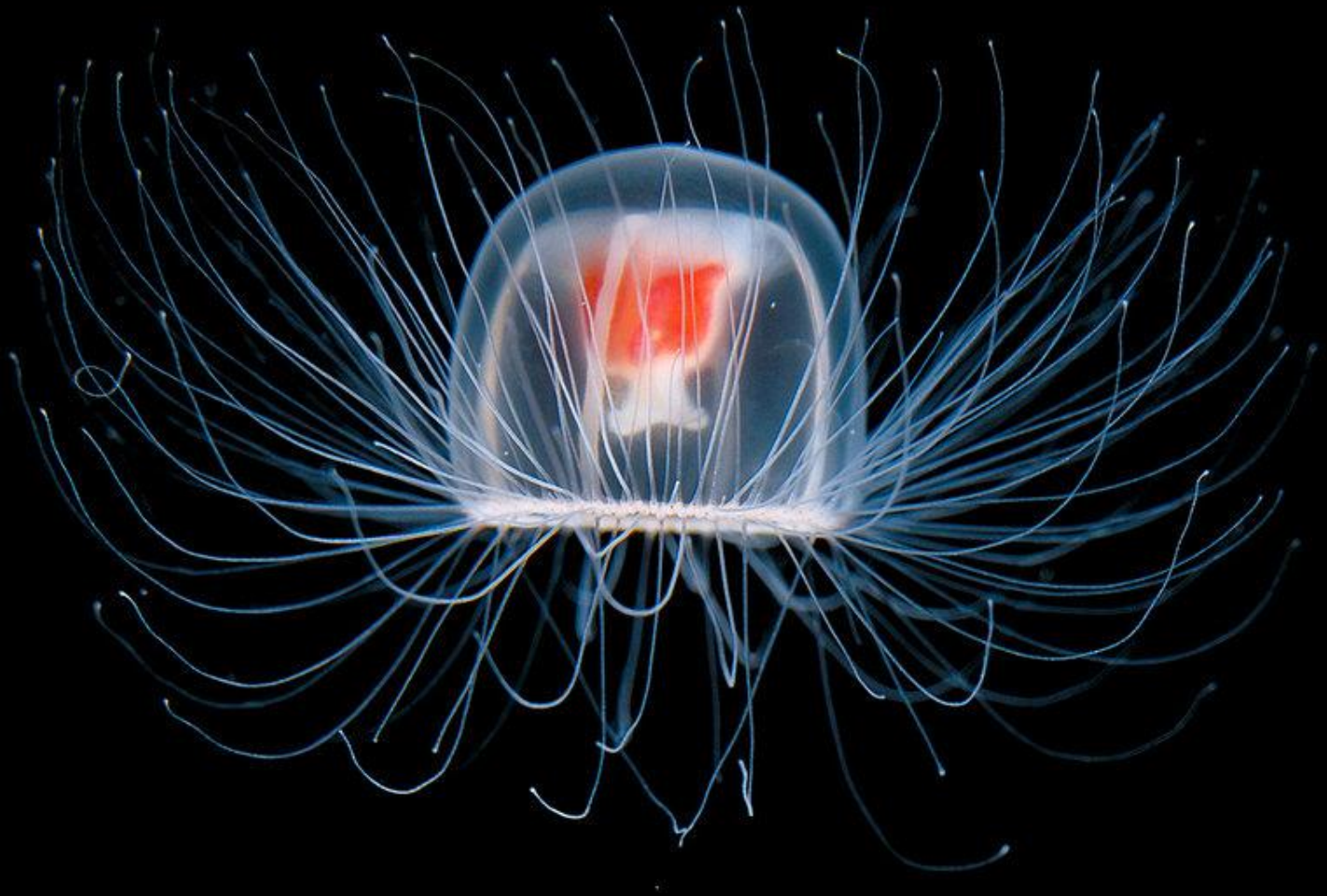


Research

Prevent diseases

Promote robustness

Better living environment

與社區同行 提升長者生活質素

Turritopsis *dohrnii*
The immortal jellyfish