

16th HKEC Symposium on Community Engagement  
Elderly Services Seminar in the Wake of COVID-19  
June 15, 2023



SAU PO CENTRE ON AGEING, HKU  
香港大學秀圃老年研究中心

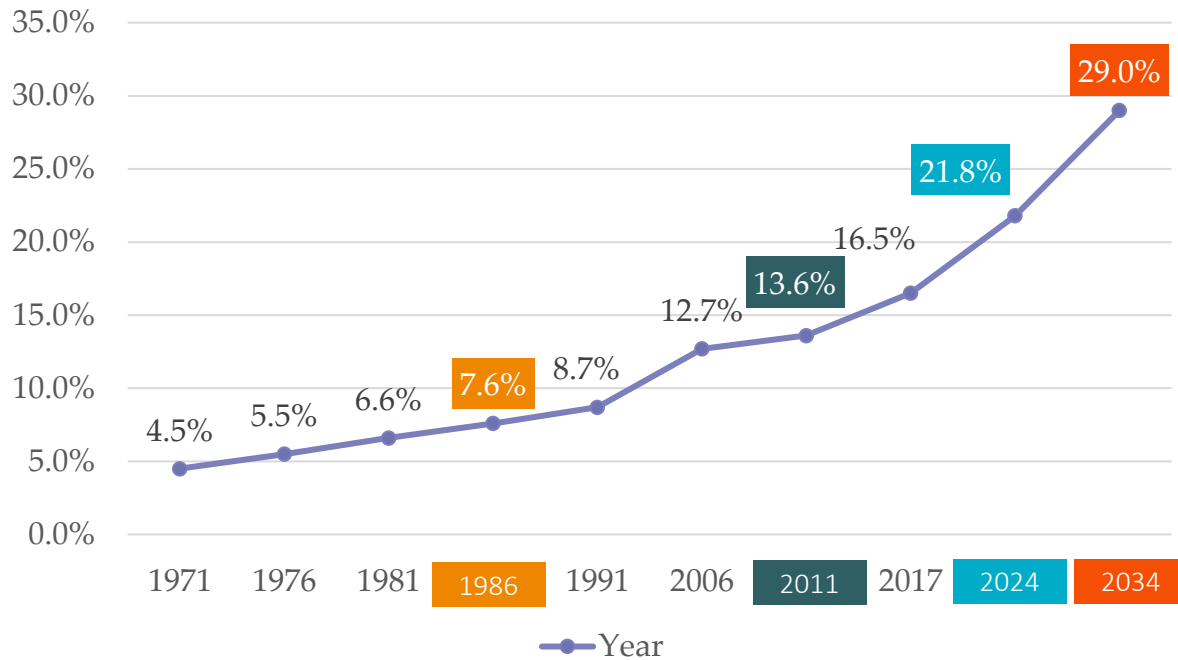
# District-based Carer-centric Support

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# Towards super-aged & ultra-aged Hong Kong



The proportion of a society's population that is comprised of persons aged 65 or above

7.6%

Ageing society

13.6%

Aged society

21.8%

Super-aged society

29.0%

Ultra-aged society

Census and Statistics Department. (1991). Hong Kong 1991 Population Census. Retrieved from Hong Kong: [https://www.statistics.gov.hk/pub/hist/1991\\_2000/B11200711991XXXXE0100.pdf](https://www.statistics.gov.hk/pub/hist/1991_2000/B11200711991XXXXE0100.pdf)

Census and Statistics Department. (2020). Hong Kong Population Projections 2020–2069. Retrieved from Hong Kong: <https://www.statistics.gov.hk/pub/B1120015082020XXXXB0100.pdf>

O'Connor, S. (2014). World will have 13 'super-aged' nations by 2020. Financial Times. Retrieved from <https://www.ft.com/content/f356f8a0-1d8c-11e4-8f0c-00144feabdc0>



# Increasing demand on family carers

- Older adults unanimously prefers to “age in place”, i.e. in their own homes
- Family caregivers play an important role in caring for older adults
- **1,451,514 older persons** aged 65 and over in Hong Kong in 2021; representing an increase of 54.2% from 2011
  - **330,164** (16.6%) elderly persons aged 60 and over residing in households required long term support and care
    - **70.4% of them (n=225,840)** are informal caregivers
- Estimated **534,200 PWDs** in Hong Kong in 2020 (prevalence rate: 7.1%)
  - **204,200** out of 462,400 (44.2%) PWDs residing in households have carers of their day-to-day living
    - **64.3% of them (n=131,400)** are informal caregivers

Census and Statistics Department, HKSAR. (2022) The Profile of Persons with Disabilities and Chronic Diseases in Hong Kong and Characteristics of their Carers, *Hong Kong Monthly Digest of Statistics, December 2022*. Hong Kong: HKSAR

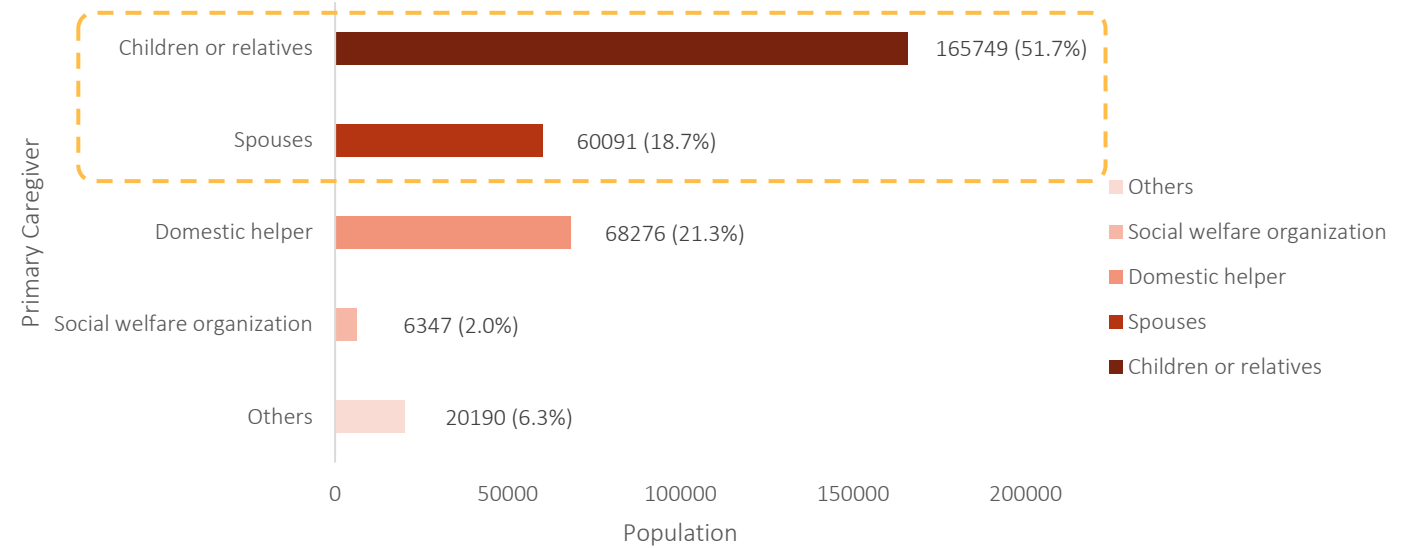
Census and Statistics Department, HKSAR. (2021) *Thematic Report: Elderly Persons*. Hong Kong: HKSAR



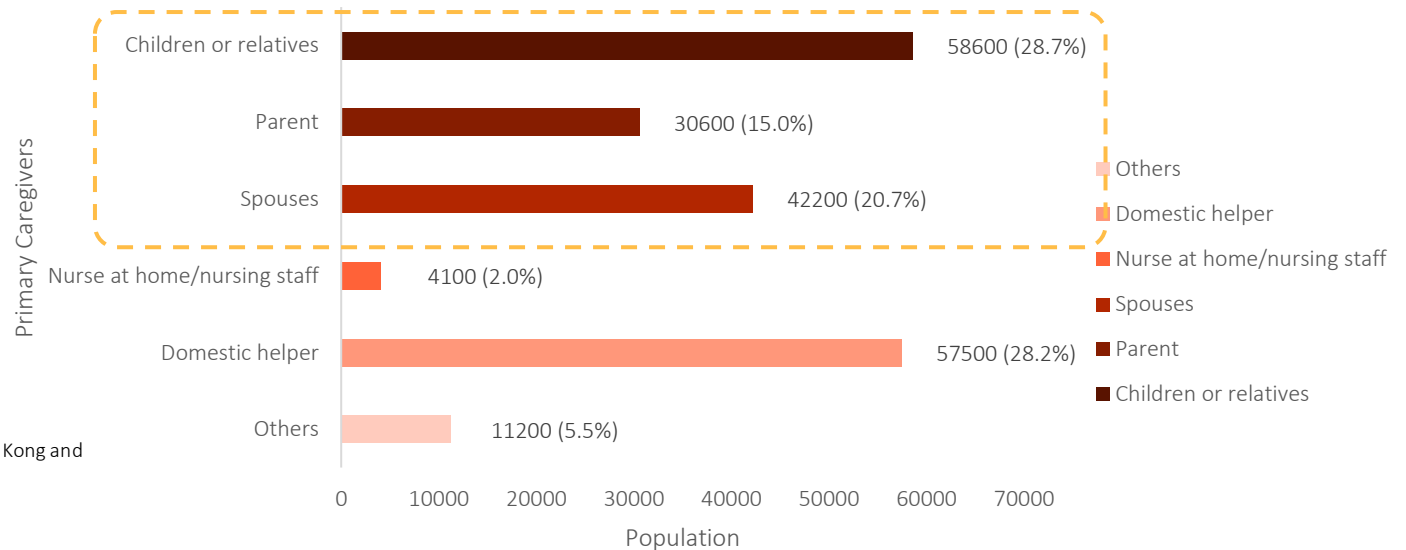
# Diversity in family carers | Characteristics

- Among informal carers, majority are children of the care recipient, followed by spouses

Elderly persons aged 60 and over by primary carer (2021)



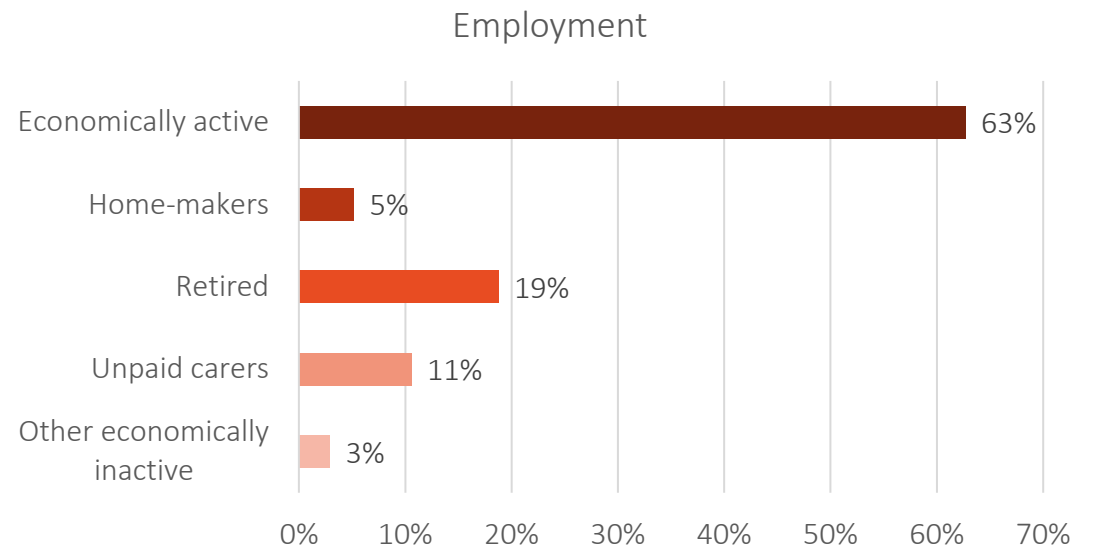
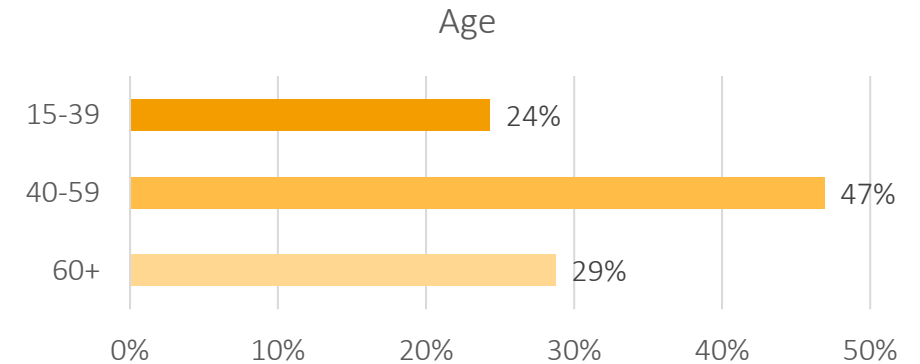
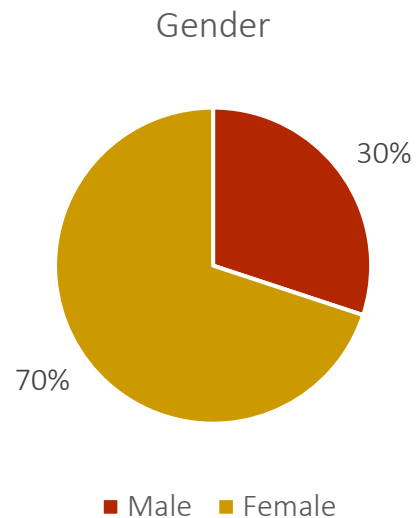
Persons with disability by primary carer (2022)



Census and Statistics Department, HKSAR. (2022) The Profile of Persons with Disabilities and Chronic Diseases in Hong Kong and Characteristics of their Carers, *Hong Kong Monthly Digest of Statistics, December 2022*. Hong Kong: HKSAR  
 Census and Statistics Department, HKSAR. (2021) *Thematic Report: Elderly Persons*. Hong Kong: HKSAR

# Diversity in family carers | Characteristics

- Majority female
- Almost half aged between 40 and 59
- Over half are economically active



Census and Statistics Department, HKSAR. (2021) *Thematic Report: Elderly Persons*. Hong Kong: HKSAR

# Diversity in family carers | Tasks

Activities of daily living

Instrumental activities of daily living

Emotional support

Financial support

Decision-making support

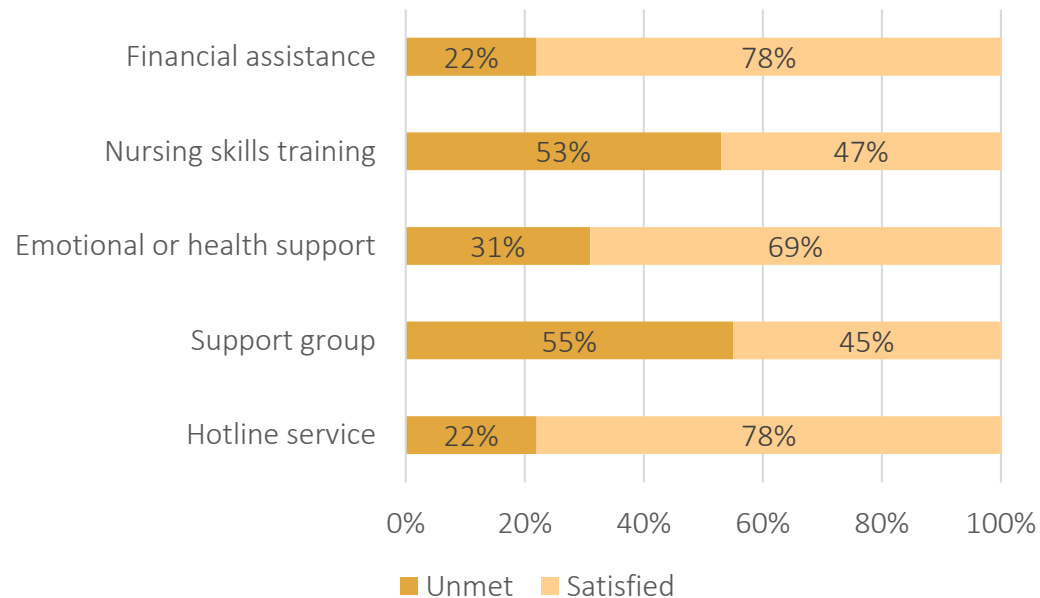
Coordination

Supervision

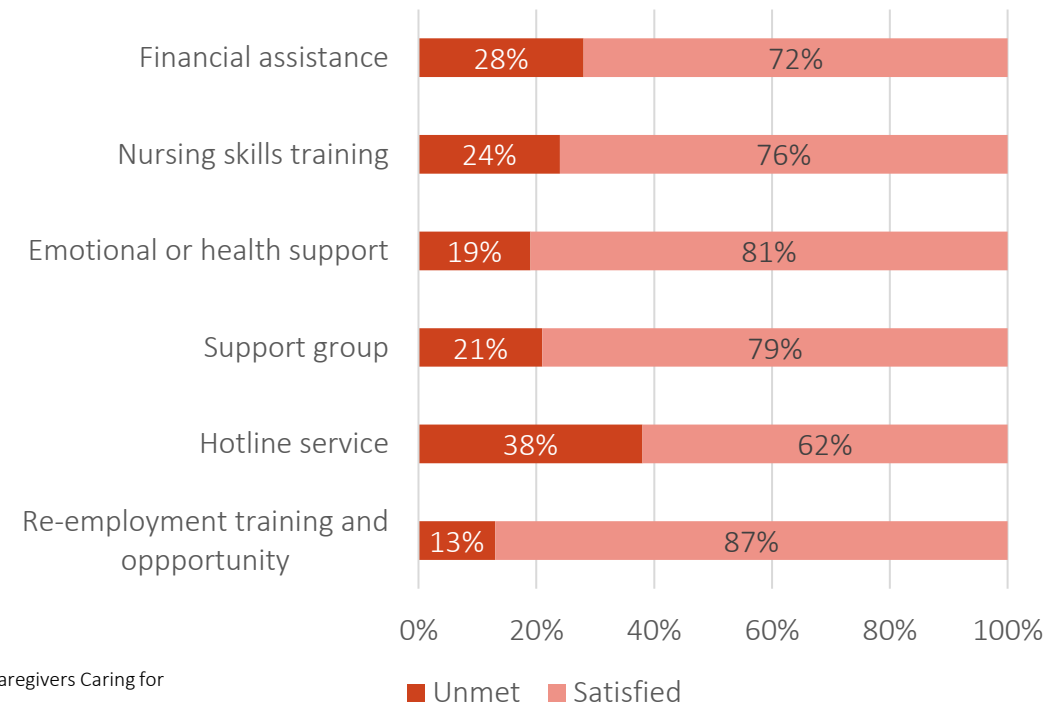
# High unmet needs | Poor Mental Health

- ~ 3% Suicide ideation | ~ 20% Depression | ~ 50% Stressful / burden

## Community Caregivers (n=1115)



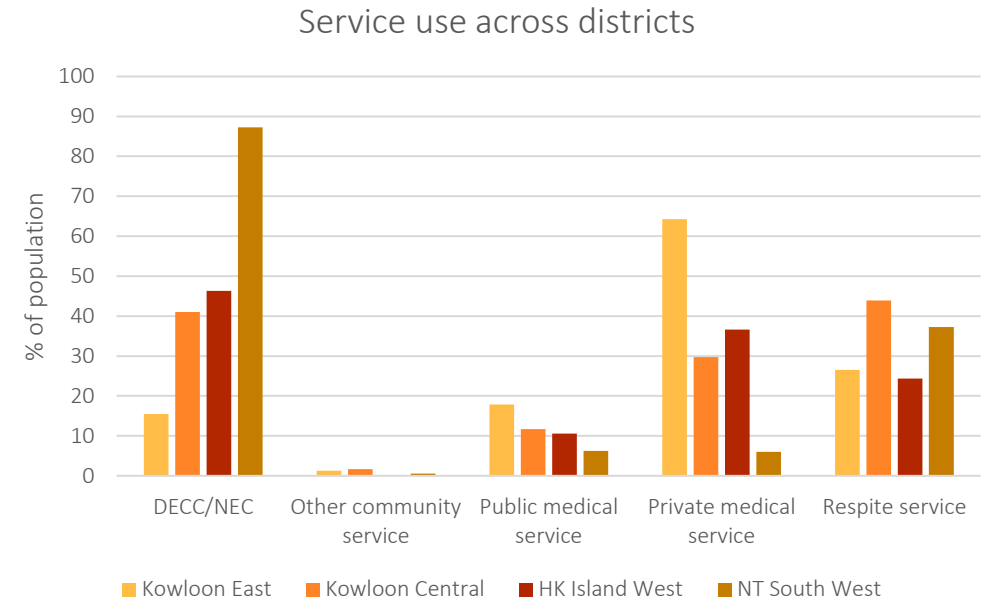
## Working Caregivers (n=523)



Lou, V. W. Q., Chui, E., Fu, Y. Y., Wong, S. B. K., Cheung, E., Leung, R., Cheng, C., Leung, E., Szeto, R., Wong, K., & Choi, B. (2019) Family Caregivers Caring for Community-dwelling Older Adults: Profiles, Well-being and Unmet Needs. Hong Kong: Hong Kong Council of Social Service.

# Diversity in family carers | Medical and social service use

- Service use among family carers differ across districts
- District-based support is needed to address unique carers' characteristics in corresponding districts



Source: JC-Carer Alliance project



# Six Pillars | Carer Support Ecology



## Recognition

- Being recognized for the central role they play in community capacity, in society and economic prosperity



## Health and well-being

- Rights to access support and time off from caregiving



## Employment

- Rights to combine caregiving with paid employment, be supported by employers and have equal opportunities to remain in and return to work



## Information and knowledge

- Rights to access the information, advocacy and training to their stage of caregiving journey



## Financial Security

- Not experiencing economic hardship as a result of caring and be financially secure through protective schemes



## Equal opportunities

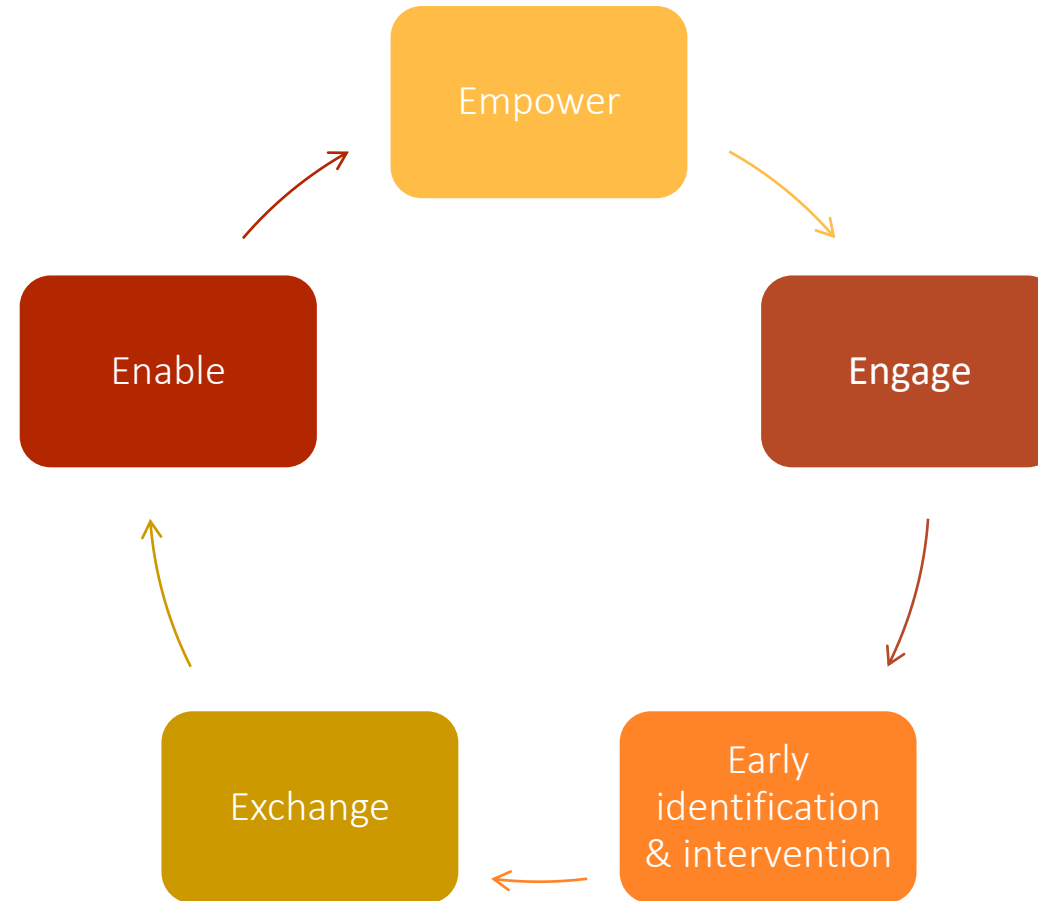
- Right to equal opportunities and decide to what extent they want to be involved in caregiving

International Alliance of Carer Organizations. (2023). *Principles for Carers*. Retrieved on May 3 2023 from <https://internationalcarers.org/principles-for-carers/>



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# District-based Carer Centred Support | 5E Strategies





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# THANK YOU!

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