

樂活安居

創 · 研 · 匯
Innovate · Invent · Integrate
for Age-Friendly Homes

房協長者安居資源中心通訊
HKHS Elderly Resources Centre Newsletter

創刊號
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長者安居資源中心 成立樂活安居 生活實驗室

Elderly Resources Centre
Established the
Age-Friendly Home
Living Lab



房協長者安居資源中心於2022年成立樂活安居生活實驗室，是香港首個也是現時唯一一個於歐洲生活實驗室網絡(ENoLL)註冊的生活實驗室，提倡透過用家為本、體驗為主的創新方案，推動樂齡家居、居家安老的理念，為長者提供更好的生活。

現時，樂活安居生活實驗室的協作夥伴超過20個，來自不同界別，包括學術及專業團體、技術開發商、非政府組織及用家群，期望透過互相分享、交流及融合各方豐富的經驗、知識和智慧，可以進一步釋放社會資本，開創更多符合長者願望清單的創新方案，照顧高齡化人口不斷變遷的需求，共同建設一個共融的社會。

Established by the HKHS Elderly Resources Centre (ERC) in 2022, the Living Lab in Gerontechnology for Age-Friendly Home (Age-Friendly Home Living Lab) is Hong Kong's first and currently only Living Lab registered under the European Network of Living Labs (ENoLL), which advocates the concept of age-friendly home with the application of user-driven and experience-based innovations for better living of the elderly.

At present, the Age-Friendly Home Living Lab holds over 20 collaborative stakeholders, from professional and academic institutions, technology solution providers, non-governmental organisations to user groups, to enable sharing, exchanging and integrating wealth of experience, knowledge and intelligence for further unleashing our social capital to incubate more innovations that match with the genuine wish list of the elderly and keep pace with the evolving needs of the ageing population. Together, we build an inclusive society.

樂活安居生活實驗室獲得ENoLL認證

ENoLL Certified the Age-Friendly Home Living Lab

樂活安居生活實驗室於2022年9月獲得ENoLL認證，成為全球獲得該認證的超過440個生活實驗室之一，這有助我們掌握世界各地生活實驗室的最新動向，擴闊國際視野，提升競爭力。

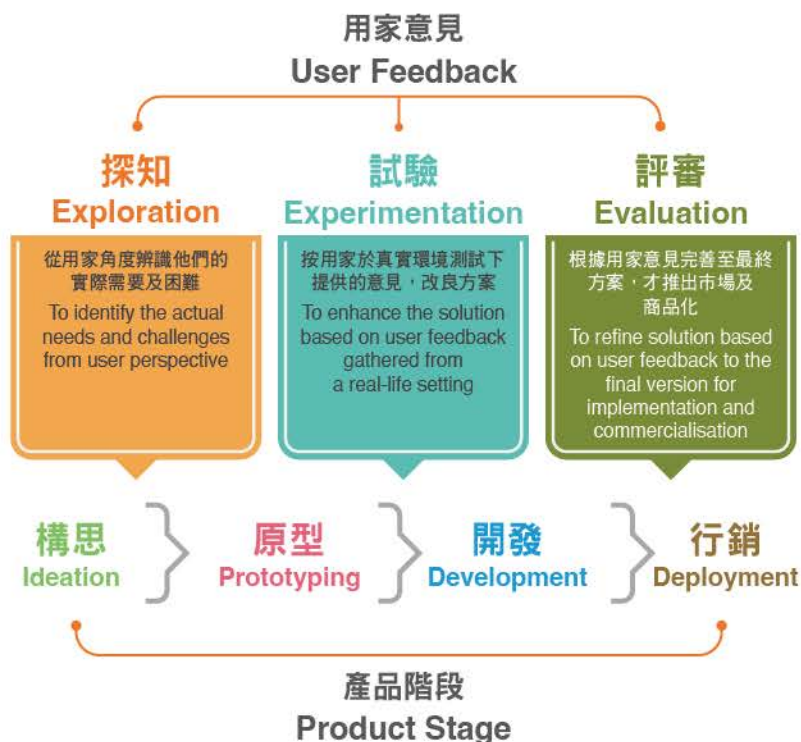
The Age-Friendly Home Living Lab was certified by ENoLL in September 2022, being one of over 440 certified Living Labs. This membership has broadened our international appeal and enabled us to keep abreast of the latest development of other Living Labs around the globe.



1 什麼是生活實驗室？ What is a Living Lab?

有別於一般實驗室在受控環境下所做的樂齡科技實驗和測試，生活實驗室將產品及服務的測試過程帶到真實生活環境之中，並強調用家在產品生命週期中各階段的參與，從而開發出更「貼地」實用的樂齡科技產品。

Unlike ordinary laboratories that conduct experiments and tests of gerontechnology under a controlled environment, Living Lab brings the testing process of products and services into real-life settings, and emphasises the involvement of users in every stage of product lifecycle, in order to develop level-headed gerontechnology products.



2 為什麼要成立生活實驗室？ Why establish a Living Lab?

儘管人口高齡化為樂齡科技帶來莫大商機，然而本港有研究指出開發商缺乏獲取用家意見的可靠途徑，容易導致設計出來的產品不適合用家使用之餘，開發商亦無從適當改良未來發布的新產品。

因此，長者安居資源中心成立樂活安居生活實驗室，匯聚不同持分者攜手共創，提倡以用家為本、體驗為主的方式，啟發並轉化樂齡構思，成為實際可行的解決方案。

Despite the ageing population brings along ample business opportunities for gerontechnology, a local research pointed out developers lack reliable channels to collect user feedback. For this reason, designed products may not suit the needs of users, while developers may also be unable to properly refine their products for future versions.

As such, ERC established the Age-Friendly Home Living Lab to join hands with different stakeholders for user-driven and experience-based co-creations, and shed light on transferring age-friendly concept into practical solutions.

3 生活實驗室如何共創？ How co-creation works in Living Lab?

共創的過程會應用設計思維的5個重要流程，以用家的角度出發，務求設計出真正切合用家需要的產品及服務。樂活安居生活實驗室現時招募了約100名研創專員，協助測試及審視正待開發的樂齡產品及服務。

Design thinking is applied in the course of co-creations. By relating the 5 important process from user perspectives, designed products and services are aimed to meet the genuine needs of users. The Age-Friendly Home Living Lab has currently recruited around 100 Co-venturers to assist in testing and vetting to-be-developed age-friendly products and services.



了解居家安老所需 打造長者友善家居

Learn the Needs of the Elderly, Materialise Ageing-in-Place in Age-Friendly Homes

房協長者安居資源中心致力向社區推廣「長者友善家居」的概念，協助長者達致「居家安老」。中心於2020年12月完成翻新，引入過百項樂齡科技產品及設備，並推出多個全新的免費主題參觀。

The HKHS Elderly Resources Centre (ERC) is committed to advocate the concept of Age-Friendly Home to the community, so as to assist the elderly to age-in-place. ERC was renovated in December 2020, introducing more than a hundred of gerontechnology products and assistive devices and launched a series of brand new free thematic tours.

導賞團 Guided Tour

樂齡家居睇真D InnovAge Home Guided Tour

- 認識長者友善的家居設計及輔助工具
- 體驗結合科技與家居生活，可如何便利長者
- Get to know about Age-Friendly Home designs and assistive devices
- Experience how integrating technology in daily living can bring convenience to elderly



智醒家居睇真D Mind-Friendly Home Guided Tour

- 了解認知障礙症人士在生活中面對的挑戰
- 掌握智友善的家居設計原則及應用
- Understand the challenges that people with dementia encounter in daily lives
- Gain knowledge on the principles and applications of Mind-Friendly Home designs



體驗團 Experiential Tour

身歷耆境 ExplorAge Tour

- 參與虛擬實境(VR)、擴增實境(AR)及樂齡家居設計遊戲
- 理解長者的日常家居生活
- 認識樂齡科技及長者友善家居設計
- Participate in Virtual Reality (VR), Augmented Reality (AR) and Age-Friendly Home design games
- Perceive the daily lives of elderly
- Learn about gerontechnology and Age-Friendly Home designs



智身耆境 Mind-Friendly Home Experiential Tour

- 參與特別設計的體驗活動
- 了解認知障礙症人士的生活需要
- 認識智友善家居設計
- Engage in specially designed experiential activities
- Recognise the needs of people with dementia
- Know more on Mind-Friendly Home designs



健康探索團 Health Exploration Tour

- 為60歲或以上人士而設，透過即時測試、自我健康管理環節、主題運動及講座，增加長者對自身健康的了解
- 5大主題，包括整體健康、認知能力、視覺功能、關節及肌肉
- Designed for people aged 60 or above, to raise their health awareness through screening tests, sessions on self health management, themed exercise and talks
- 5 different themes respectively on healthy ageing, brain health, visual health, joint health, sarcopenia and fall prevention



歡迎團體及個人網上報名。有關參觀詳情，
可參閱中心網站或致電 2839 2882 查詢。

Online registration is open to groups and individuals.
For tour details, please refer to ERC website or
contact 2839 2882 for enquiries.

報名 Registration

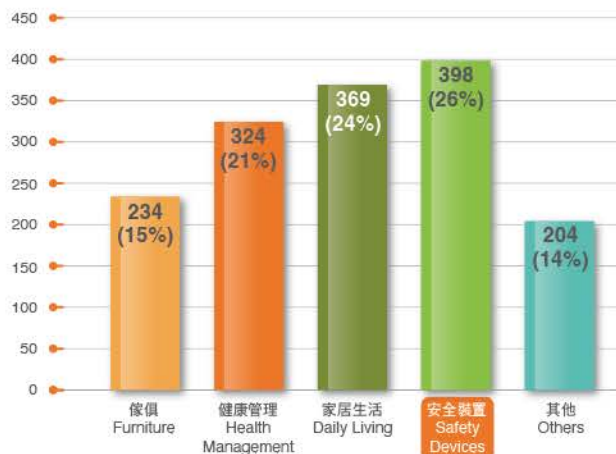


用家意見全面睇 Closer Look at User Feedback

2022年8月至10月期間，房協長者安居資源中心透過問卷調查收集了約1,500位長者(65歲或以上)的意見，發現他們對樂齡產品均有不同的興趣和需求。其中，長者對「安全裝置」(26%)最感興趣，包括防跌工具、扶手及監察感應等；其次為「家居生活」(24%)及「健康管理」(21%)相關的產品。

From August to October 2022, the HKHS Elderly Resources Centre surveyed around 1,500 elderly (aged 65 or above) through questionnaire and revealed they have different interests and needs towards age-friendly products. Among which, the elderly are most interested in Safety Devices (26%), such as fall prevention tools, handrails and monitoring sensors, etc; followed by products related to Daily Living (24%) and Health Management (21%).

長者對以下哪些產品最感興趣？(65歲或以上) Which of the following products do elderly most interested in? (aged 65 or above)



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星期一至六：上午9:00至下午12:30 下午1:30至下午6:00
星期日及公眾假期休息

Mondays to Saturdays: 9:00am to 12:30pm & 1:30pm to 6:00pm
Sundays and public holidays: Closed

房協長者通 Facebook



中心網址 ERC website

