

編者的話

Editorial Message

本期通訊聚焦創新科技、同理心與共創活動如何共同營造長者友善家居。透過全新推出的認知障礙混合實境（「MR」）體驗、樂活安居生活實驗室產品試用，以及跨界別協作項目，房協長者安居資源中心（「中心」）持續連結科技與實際生活需要，協助長者在安全、有尊嚴的環境居家安老。我們與照顧者、業界夥伴及社區持份者攜手合作，致力研發和推動切合需要的實用方案，以提升長者及家人的生活質素，促進跨代共融。

This issue highlights how innovation, empathy and co-creation are shaping age-friendly homes. Through our new Dementia Mixed Reality ("MR") Experience, Living Lab trials and cross-sector collaborations, the Housing Society Elderly Resources Centre ("ERC") continues to connect technology with real-life needs, enabling older adults to age in place safely and with dignity. Together with carers, industry partners and community stakeholders, we are working to co-create practical solutions that enhance quality of life and foster intergenerational living.

中心推出混合實境體驗

走進認知障礙世界 —

培養同理心 · 推動居家安老 · 促進跨代共融

ERC Launches MR Experience

Step into the World of Dementia – Fostering Empathy ·

Promoting Ageing in Place · Supporting Intergenerational Living

若熟悉的家突然變得陌生，你會有何感受？

How would you feel if your familiar home suddenly became unfamiliar?

在香港，每十名60歲以上長者，約一人患有認知障礙，而家居環境與患者的日常行為及情緒狀態，息息相關。

In Hong Kong, approximately one in ten people aged 60 or above lives with dementia, and their behaviour and emotional state are closely linked to the home environment.



為讓大眾理解家居設計如何影響患者行為，中心率先推出MR體驗，將虛擬視聽融入真實家居場景。參加者以第一身視角，「見患者所見，感患者所感」，親身感受這種因認知障礙而扭曲的現實—例如，窗簾隨風微動，在患者眼中卻可能演變為「有賊藏在窗簾後」—從而提升同理心，並透過改造家居環境減輕患者症狀，同時紓緩照顧者壓力，促進跨代共融。

To help the public understand how home design affects the behaviour of people with dementia, the ERC has pioneered an MR experience that integrates virtual audio-visual elements into a real-home setting. Through a first-person perspective, participants are invited to "see what they see and feel what they feel", experiencing first-hand a reality distorted by dementia — for example, a gently moving curtain may be perceived by the person with dementia as "a burglar hiding behind it". This immersive experience aims to foster deeper empathy and demonstrate how adapting the home environment can help alleviate symptoms, reduce carer stress, and support intergenerational co-living.

參加者分享

「改變家居佈置，真的改變了生活。」

「作為照顧者，我從未想過環境擺設會對患者有這麼大的影響。原來一個熟悉的客廳，在他們眼中可以充滿未知與恐懼。體驗後，我重新整理了家中擺設，彼此的生活質素確實改善了。現在，患有認知障礙的媽媽能繼續與我同住，與我的小孩共同生活，安穩地在熟悉的環境居家安老。」

中心對認知障礙症家庭的支援

除了認知障礙MR體驗外，中心也提供多元化的實用支援，協助認知障礙症患者的家人營造更安全、更有效支援及更適合患者居住的家環境。主要相關服務包括：

- 提升家居安全及日常生活功能的家居改善建議
- 提供樂齡科技產品建議
- 照顧者諮詢、指導及支援
- 社區資源及相關支援服務資訊

中心透過結合同理心體驗與專業建議，協助認知障礙症患者的家人將對患者的理解轉化為實際行動。藉着實用的家居改善方案及持續支援，讓認知障礙症患者能夠在熟悉的環境中安心居家安老，同時提升照顧者及其家人的整體生活質素。

如欲參加認知障礙MR體驗，請密切留意中心網站及社交媒體的最新公佈，詳情二維碼請參閱背頁。

To participate in the Dementia MR Experience, please stay tuned to ERC's website and social media for the latest updates. For details, please refer to the QR codes on the back page.

Participant's Voice

“Changing the home layout truly changed our lives.”

“As a carer, I never realised how profoundly the home environment could affect the person I care for. A familiar living room can be filled with fear and uncertainty from their perspective. After this experience, I reorganised the home, and the quality of life for both of us has noticeably improved. Now, my mother, who is living with dementia, can continue living with me and my children, ageing in place in a familiar home environment.”

ERC's Support for Families Living with Dementia

Beyond the Dementia MR Experience, ERC offers practical support to help families create safer, more supportive and dementia-friendly home environments. Key related services include:

- Home modification advice to enhance safety and daily functioning
- Gerontechnology recommendations
- Carer consultation, guidance and support
- Information on community resources and relevant support services

By combining empathy-building experiences with professional advice, ERC empowers families to turn greater understanding into meaningful action. Through practical home solutions and ongoing support, we help people living with dementia remain in familiar surroundings and age in place with dignity, while enhancing the well-being of both carers and their loved ones.



樂活安居生活實驗室：連結真實用家，共創樂齡產品

Age-friendly Home Living Lab: Connecting Real Users to Co-create Age-friendly Products

中心的「樂活安居生活實驗室」（「實驗室」）作為樂齡家居產品的跨界研發平台，致力透過多元化項目與活動，收集長者及照顧者於真實家居環境中的試用回饋，從而協助研發團隊開發切合長者所需的創新產品。近期試用項目之一，便是協助提升長者睡眠質素的「織暖溫熱枕墊」（「枕墊」）。

實驗室安排約20位房協長者房屋的住戶參與試用枕墊。參加者在產品簡介會了解項目詳情後，於家中如常使用自己的枕頭，試用枕墊一個月；之後再進行深入訪談，就使用體驗提供詳細意見。測試已順利完成，實驗室亦已向產品開發團隊提供相關意見，協助他們進一步改良產品。透過與實驗室合作，產品開發者能直接了解真實用家的意見和體驗，加快驗證產品概念，助產品更切合市場需要。

未來，實驗室將繼續與不同機構合作，設計更多切合長者實際需要的創新方案，支援長者居家安老，為構建跨代共融社區作出貢獻。

ERC's Age-friendly Home Living Lab ("Living Lab") serves as a cross-sector research and development platform for age-friendly home products. Through a wide range of projects and activities, Living Lab gathers real-world user feedback from older adults and carers in actual home settings, supporting product developers in designing innovative solutions that truly meet the needs of older people. One of the recent Living Lab projects focused on the "Woven Warmth Heated Pillow Panel" ("Pillow Panel"), designed to improve sleep quality among older adults.

Living Lab arranged a one-month home trial involving around 20 residents from Hong Kong Housing Society elderly housing schemes. After attending an introductory briefing, participants used the Pillow Panel at home with their usual pillows. Upon completion of the trial, in-depth interviews were conducted to gather detailed user feedback. The trial was successfully completed, and Living Lab has since shared consolidated insights with the product development team to support further design refinement. Through the Living Lab approach, product developers gain direct access to real-world user insights, enabling them to validate ideas more efficiently and improve product-market fit.

Looking ahead, Living Lab will continue to collaborate with various organisations to develop more innovative, needs-driven solutions that support ageing in place and contribute to the building of intergenerational communities.



試用者分享 Participant's Voice

「想不到我會有機會親身參與產品研發，過程中不但學到了新的知識，還有機會直接向設計師表達意見。看著實驗室的職員及設計師認真記錄，務求改進產品，助老友記居家安老，覺得原來自己可以幫到其他老友記，繼續貢獻社會，覺得好有意義。」

"I never expected to have the opportunity to personally take part in product research and development. Throughout the process, I not only learned new knowledge, but also had the chance to express my views directly to the designer. Seeing the Living Lab staff and designer carefully documenting feedback with the aim of improving the product to support ageing in place truly touched me. It made me realise that I could contribute to helping other older adults, continue giving back to society, and be part of something meaningful."

枕墊設計師吳錦權先生分享

Voice of Pillow Panel Designer Mr Stephen Ng

「枕墊類產品需要在最舒適自在的地方長時間持續使用，才能獲得深入的使用回饋，因此一直難以找到合適場地進行真實測試。實驗室不僅安排長者在家中輕鬆試用一段時間，還系統性地整理意見，幫助我們理解長者實際需求，啟發改良產品。總括而言，與實驗室在樂齡產品開發方面的合作，既具啟發性亦收穫豐富。」

"Pillow-related products need to be used continuously over long periods in the most comfortable and natural environment in order to generate meaningful and in-depth user feedback. As a result, it has always been challenging to identify suitable opportunities for authentic, real-life testing. Living Lab not only enables older adults to use the product comfortably in their own homes over time, but also systematically consolidates their feedback for our reference. The entire process has allowed us to gain a deeper understanding of older adults' real needs and inspired further product refinement. Overall, our collaboration with Living Lab on age-friendly product development has been both insightful and highly rewarding."



同心同行： 義工力量燃亮居家安老與跨代共融 Walking Together: Volunteer Power Lighting the Way for Ageing in Place and Intergenerational Living

過去多個月以來，中心的「長者友善家居大使」義工團隊不僅獲得外界肯定，團隊彼此之間的連繫亦更見緊密，為中心服務提供強大支援。

70位「長者友善家居大使」榮獲「香港義工獎2025」。這項榮譽不僅表揚他們多年來積極協助宣揚「長者友善家居」及「跨代共融」理念，亦肯定了大使在服務過程中的個人成長。

除此以外，中心致力提升團隊凝聚力。近期舉行的「新大使重聚日暨分享會」讓新晉義工在輕鬆氛圍中交流服務心得，互相學習啟發；其後的「馬上開運一天遊」則進一步促進團隊情誼。參與大使表示，旅途中的互動與對話，有效加深了彼此之間及與中心職員的連結，有助培養默契與日後合作。

從獲獎、分享到同遊，每一步均體現團隊的成長軌跡。「長者友善家居大使」不僅是一支義工隊伍，更是一個互相支持的群體，共同為營造長者友善及跨代共融的社區貢獻力量。

專業培訓・跨界協作 — 深化長者友善家居專業網絡 Professional Training · Cross-sector Collaboration — Strengthening the Age-friendly Home Professional Network

中心一直積極連結不同界別夥伴，推動長者友善家居的專業發展。近期相關活動包括與社會福利署合辦「長者友善家居專業培訓工作坊」，邀請醫護相關從業員及社工參與。

工作坊由眼科專家講解長者常見眼疾，並由中心社工分享社區視覺健康服務資訊，再配合中心職業治療師分享長者友善家居設計原則，並帶領參觀中心「樂齡家居」展區，親身體驗有助長者及家人的最新設計與樂齡科技。

是次工作坊不僅提升了業界前線人員的專業知識，更展現了中心的跨界協作成果——透過匯聚政府部門、學術機構、專業服務機構到社福前線等不同專業背景的持份者，中心成功搭建知識交流與資源共享的平台，持續推動長者友善家居及跨代共融理念在社區紮根。



Over the past few months, ERC's volunteer ambassador team has not only gained external recognition, but also strengthened its internal bonding, providing robust support to ERC's services.

70 ERC's volunteer ambassadors were awarded the Hong Kong Volunteer Award 2025. This honour recognises their long-standing commitment to promoting the concepts of age-friendly homes and intergenerational living, as well as their personal growth throughout the service journey.

In addition, ERC continues to strengthen team cohesion. Recently, a Reunion cum Sharing Session provided a relaxing platform for new Ambassadors to exchange experiences and learn from one another. This was followed by the "A Day of Good Fortune" Outing which further strengthened team spirit. Participating ambassadors shared that the interactions and conversations along the journey brought them closer to each other and to ERC staff, fostering stronger rapport and paving the way for future collaboration.

From awards and sharing to travelling together, every step reflects the team's growth journey. More than just a volunteer team, ERC's ambassadors come together as a mutually supportive community to foster age-friendly and intergenerational neighbourhoods.

ERC actively connects partners across sectors to promote professional development in age-friendly homes. We co-organised the Age-friendly Home Professional Training Workshop with the Social Welfare Department on bringing together healthcare professionals and social workers.

At the workshop, an ophthalmology specialist introduced common age-related eye conditions, followed by a social worker sharing information on community services related to eye health. ERC's occupational therapist then presented age-friendly home design principles and guided participants on a tour of ERC's Innovate Home show flats, allowing them to experience first-hand the latest designs and gerontechnology that support older adults and their families.

The workshop not only enhanced the professional knowledge of frontline practitioners, but also demonstrated ERC's achievements in cross-sector collaboration. By bringing together stakeholders from government departments, academic institutions, professional service providers and the social welfare sector, ERC has successfully established a platform for knowledge exchange and resource sharing — continuously embedding age-friendly home and intergenerational living concepts within the community.

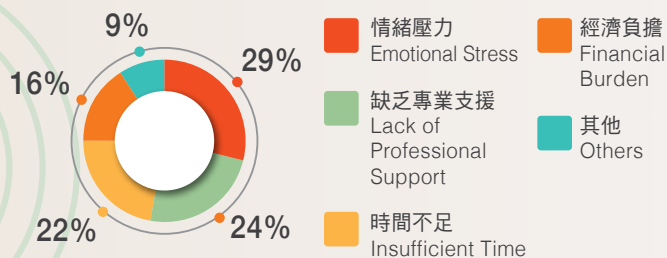


中心早前成功訪問了193名參觀人士，了解他們對樂齡科技的看法。受訪者年齡介乎20歲至84歲(包括56名男士及137名女士)，當中以65至74歲為主，佔整體約一半；其次為55至64歲，佔21%；75至84歲長者則佔12%。

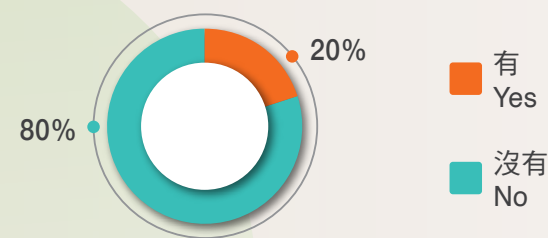
主要發現：

- **長者及照顧者最需要支援的範疇：**33%受訪者認為長者/照顧者最需要健康管理支援(如血壓、血糖監測)，其次是家居安全(如防跌裝置)，佔24%。
- **照顧者面對的主要挑戰：**情緒壓力最為顯著(29%)，其次為缺乏專業支援(24%)及時間不足(22%)，可見照顧者對情緒支援服務及專業協助有一定需要。
- **產品使用與興趣：**雖然高達八成受訪者從未使用任何樂齡科技產品，但有62%表示對樂齡科技非常有興趣，另有超過三成表示有興趣但擔心操作困難。

在照顧過程中，受訪者遇到的最大挑戰是什麼？
What Is the Greatest Challenge Faced by Respondents During the Caring Process?



受訪者曾否使用樂齡科技產品
Have the Respondents Ever Used Gerontechnology Products?



總結 Summary

調查結果顯示，不少受訪者對樂齡科技抱有興趣，但實際使用率仍然偏低，反映兩者之間存在明顯落差。未來研發樂齡科技產品時，應更著重實際應用層面，並從長者及照顧者的真實需要出發，提供簡單易用、切合日常生活的解決方案，以提升生活質素、促進居家安老，並紓緩照顧者壓力。

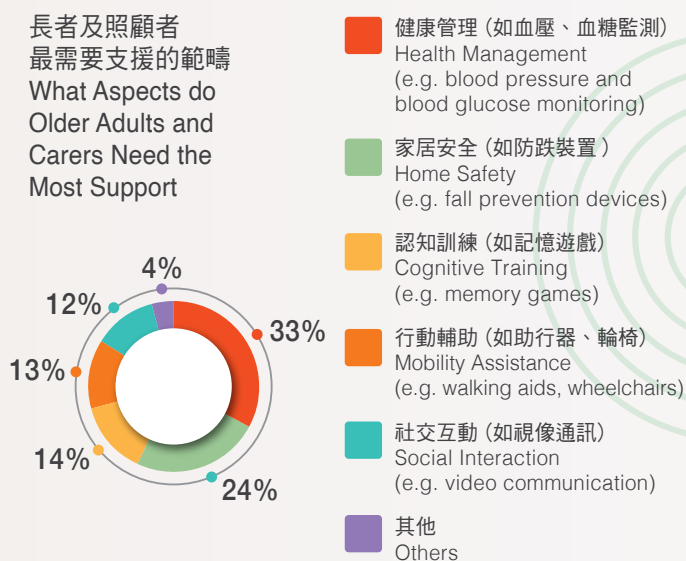
The findings indicate that many respondents are interested in gerontechnology, yet its adoption in daily life remains relatively low, highlighting a significant discrepancy between interest and usage. Future gerontechnology development should place greater emphasis on practical, real-life applications that address the genuine needs of older adults and their carers. By providing user-friendly solutions that fit seamlessly into daily life, gerontechnology can help enhance quality of life, support ageing in place, and ease the burden on carers.

ERC recently conducted a survey with 193 visitors to understand their views on gerontechnology. Respondents ranged in age from 20 to 84, including 56 males and 137 females. The largest age group was 65–74, accounting for nearly half of respondents, followed by those aged 55–64 (21%), and those aged 75–84 (12%).

Key Findings:

- **Areas where older people and carers need the most support:** 33% of respondents identified health management support (e.g. blood pressure and blood glucose monitoring) as the most important need, followed by home safety support (e.g. fall prevention devices) at 24%.
- **Key challenges faced by carers:** Emotional stress was the most prominent challenge (29%), followed by lack of professional support (24%) and insufficient time (22%), indicating a clear need for emotional support services and professional assistance for carers.
- **Product usage and interest:** Although as many as 80% of respondents have never used gerontechnology products, 62% expressed strong interest. A further 30% showed interest but were concerned about operational complexity.

長者及照顧者
最需要支援的範疇
What Aspects do
Older Adults and
Carers Need the
Most Support



Elderly Resources Centre
房協長者安居資源中心

房協長者通 Facebook



中心網址 ERC website



九龍油麻地眾坊街3號駿發花園地下 A-C 舖
Shop A-C, G/F, Prosperous Garden, 3 Public Square Street,
Yau Ma Tei, Kowloon



2839 2882 |erc@hkhs.com



星期一至六：上午9:00至下午12:30及下午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