



編者的話

隨着人口高齡化，構建跨代共融社區日益重要。房協長者安居資源中心(「中心」)一直相信，長者不只是服務的對象，更是社區的參與者、樂齡產品的共創者，以及寶貴經驗的傳承者。

今期《創研匯》以「共融」與「共創」為主題，分享長者如何透過跨代交流促進理解，並透過參與中心「樂活安居生活實驗室」(「實驗室」)的創新研發項目，將生活智慧轉化為改良樂齡產品的重要力量。我們期望凝聚不同世代、社區夥伴及創新力量，共同構建一個讓長者樂活安居、發揮所長的跨代共融社區。

Message from the Editor

As Hong Kong's population continues to age, fostering intergenerational inclusion has become increasingly important. At the Housing Society Elderly Resources Centre ("ERC"), we believe that older adults are not merely service recipients. They are active members of the community, co-creators of age-friendly products, and valuable contributors whose life experiences can help shape a better future.

In this issue, we explore the themes of inclusion and co-creation. We share how intergenerational engagement can foster greater understanding between generations, and how older adults participating in the ERC's Age-friendly Home Living Lab ("Living Lab") are helping to transform their everyday experiences into valuable insights for the development of age-friendly products. Through collaboration among different generations, community partners and innovators, we hope to create a more inclusive community where older adults can age in place, contribute their strengths and continue to thrive.

童心同理跨代共融體驗工作坊

為促進跨代交流，推動長者居家安老，中心於2026年8月舉辦「童心同理跨代共融體驗工作坊」，吸引多個家庭及中心長者義工大使參與，共約40人一同展開跨代共學之旅。

活動期間，參加者透過多元化體驗，親身感受長者在日常生活可能面對的挑戰；認識多款樂齡產品；以及參與創新設計環節，探索如何透過家居環境設計及樂齡產品，協助長者居家安老。活動加深了年青一代與長者的相互了解，更充分展現跨代協作的力量，體現「共創」精神。

是次工作坊讓參加者從認識長者需要走向建立同理心，從理解長者走向思考如何共建共融社區。展望未來，中心將繼續推動多元化的跨代項目及活動，鼓勵不同世代互相學習、彼此欣賞，攜手將跨代共融精神融入日常生活，共建一個充滿關愛、尊重與連結的長者友善社區。

Intergenerational Empathy Workshop

To promote intergenerational exchange and support ageing in place, the ERC organised the Intergenerational Empathy Workshop in August 2026. The event brought together around 40 participants, including families and ERC Ambassadors, for a meaningful intergenerational learning experience.

Participants took part in a series of experiential activities that offered a glimpse into the everyday challenges older adults may face. They also explored a range of age-friendly products and joined a design thinking session to examine how suitable home environments and age-friendly solutions can support ageing in place. These activities fostered greater mutual understanding between the younger and older generations, highlighting the power of intergenerational collaboration and the spirit of co-creation.

The workshop not only encouraged participants to move beyond awareness and develop genuine empathy for older adults, but also inspired them to explore how individuals of different ages can work together to build a more inclusive and age-friendly community. Looking ahead, the ERC will continue to organise a diverse range of intergenerational programmes and activities to foster mutual understanding, learning and collaboration across generations, helping to build a caring, respectful and inclusive community.





樂活安居生活實驗室： 從共創到應用 推動智能運動方案走進長者房屋

長者不應只是創新方案的使用者，更應成為共同創作者

中心的「樂活安居生活實驗室」（「實驗室」）一直致力推動以用家為本的創新模式，連結長者、照顧者及業界夥伴，讓真實生活經驗成為產品研發的重要一環。透過共同設計、真實家居測試及持續改良，實驗室協助業界更深入了解長者需要，務求研發出長者樂意使用的產品。

實驗室其中一個近期項目，是與流動應用程式開發團隊合作，共同研發專為長者而設的居家運動應用程式。項目分為共同設計工作坊、模擬家居測試及真實家居試用三個階段，邀請不同體能水平及具備不同科技應用經驗的長者參與其中。長者不僅是產品試用者，更是研發過程的重要合作夥伴，透過分享實際需要和使用體驗，為產品設計及功能方面提供寶貴意見。

經過多輪改良及測試後，房協專為長者而設的個人化互動居家運動應用程式「房協樂齡健身家」正式完成。項目充分展現長者參與共創的價值，讓產品更貼近長者的能力、習慣及期望，提升使用體驗及實用性。

完成研發只是第一步。實驗室現正積極發揮橋樑角色，推動創新成果融入房協長者房屋服務，並與不同持份者保持緊密合作，推展「房協樂齡健身家」於長者房屋的應用。

未來，實驗室將繼續與不同夥伴合作，推動更多創新方案於房協長者房屋及社區落地應用，讓科技真正回應長者需要，支持居家安老，共同建設更健康、更具活力的長者友善社區。



From Co-creation to Application: Bringing Smart Exercise Solutions into Elderly Housing

Older adults should not only be users of innovation, but also co-creators of it

The ERC's Age-friendly Home Living Lab ("Living Lab") is committed to promoting a user-centred innovation approach by connecting older adults, carers and industry partners. Through co-design, real-life home testing and continuous refinement, the Living Lab enables industry partners to gain a deeper understanding of users' needs, supporting the development of age-friendly products that older adults are more willing to use in their daily lives.

One recent project involved collaborating with an app development team to create a home-based exercise application specifically designed for older adults. The project comprised three stages: co-design workshops, simulated home testing and real-life home trials. Older participants with different physical abilities and levels of digital literacy were invited to contribute throughout the process. Rather than simply testing the product, they played an active role in shaping its development by sharing their needs, preferences and user experiences.

Following multiple rounds of refinement and testing, the Hong Kong Housing Society-specific version of a personalised, interactive home exercise application for older adults was successfully completed. The project demonstrates the value of co-creation, ensuring that the final product is better aligned with older adults' abilities, habits and expectations, thereby enhancing its usability and practicality.

Development is only the beginning. The Living Lab is now actively facilitating the integration of this innovative app into Housing Society elderly housing services and working closely with stakeholders to explore broader implementation opportunities.

Moving forward, the Living Lab will continue to work with partners to support the adoption of innovative solutions across Housing Society elderly housing and community settings, ensuring that technology responds meaningfully to older adults' needs, supports ageing in place and contributes to healthier and more vibrant age-friendly communities.



樂齡科技體驗日： 從「病後治療」走向「及早預防」

隨著人口高齡化，社會日益關注如何善用科技實踐康養理念，提升大眾的健康管理意識。有見及此，中心於2026年7月舉辦「樂齡科技體驗日」，吸引逾160名市民參與。活動匯聚不同領域的科技企業，展示健康監測、認知訓練及家居安全等創新方案，讓公眾親身探索智慧康養的應用。



Gerontechnology Experiential Day: From Treatment to Prevention

As the population continues to age, there is growing interest in how technology can be leveraged to promote healthy ageing and enhance public awareness of health management. In this regard, the ERC organised the "Gerontechnology Experiential Day" in July 2026, attracting more than 160 participants. The event brought together technology companies from various sectors to showcase innovative solutions in health monitoring, cognitive training and home safety, giving participants a first-hand opportunity to explore how smart technologies can support healthy ageing and wellness.

樂齡科技小分享：預防勝於治療

傳統長者健康服務較側重疾病出現後的支援。隨著人工智能、大數據分析及智能感測技術日趨成熟，樂齡科技正推動服務模式由「被動治療」走向「主動預防」，協助長者及早掌握健康狀況，提升生活質素。透過智能穿戴裝置及健康監測系統，長者可持續監察健康指標，及早識別潛在健康風險；數碼化認知訓練工具則有助促進腦部活躍，培養有助護腦的生活習慣，維持認知功能及生活自主能力。此外，智能家居及人工智能技術亦可提供日常支援與安全監測，提升居家生活的安全與便利，支持長者實踐居家安老。

科技雖然無法取代人與人之間的關懷與陪伴，卻能成為守護健康的重要夥伴。中心將繼續與業界及社區夥伴合作，推動樂齡科技在社區中的應用，讓更多長者及照顧者受惠，共同建設健康、友善、宜居的跨代共融社區。

Gerontechnology Insight: Prevention is Better Than Cure

Traditional health services for older adults have largely focused on providing support after the onset of illness. However, with the rapid advancement of AI, big data analytics and smart sensing technologies, gerontechnology is driving a shift from a "reactive treatment" model to a "proactive prevention" approach, enabling older adults to better understand their health conditions at an earlier stage and enhance their quality of life. Through wearable devices and health monitoring systems, older adults can continuously track key health indicators, identify potential health risks early, and take timely preventive or follow-up actions. Digital cognitive training tools can also help keep the mind active, promote brain health, and support the maintenance of cognitive function and independent living. In addition, smart home and AI-powered technologies can provide daily assistance and safety monitoring, enhancing the safety and convenience of home living and supporting older adults in ageing in place.

While technology can never replace human care and companionship, it can serve as an important partner in supporting health and well-being. The ERC will continue to collaborate with industry and community partners to promote the adoption of gerontechnology, benefiting more older adults and carers while contributing to healthier, more inclusive and liveable communities.

長者友善家居大使嘉許禮暨午宴

多年來，「長者友善家居大使」一直支持中心推廣長者友善家居及跨代共融理念，身體力行為建構共融社區貢獻力量。為感謝義工大使多年來的付出，中心早前舉辦「長者友善家居大使嘉許禮暨午宴」，邀請逾百名大使及職員聚首一堂，重溫同行歲月。中心衷心感謝大使一直以來的支持，未來將繼續攜手推動長者友善及共融社區的發展。

ERC Ambassador Recognition Ceremony cum Luncheon

Over the years, the ERC Ambassadors have played an active role in supporting the Centre's efforts to promote age-friendly living and foster intergenerational inclusion, helping to strengthen community bonds through meaningful engagement and service. In recognition of their longstanding contributions, the ERC recently organised the ERC Ambassador Recognition Ceremony cum Luncheon, bringing together more than 100 ambassadors and staff members to reflect on their shared journey. The ERC extends its heartfelt appreciation to all ambassadors for their unwavering support and looks forward to continuing this partnership in advancing age-friendly and inclusive communities in the years ahead.



線上健體工具普及化 長者最重視互動與安全

隨著數碼科技日益融入生活，線上健體工具逐漸成為長者運動的創新選擇。然而，科技能否真正融入長者日常生活，關鍵不僅在於功能創新，更在於是否切合他們的使用習慣和需要。

為了解長者對線上健體工具的看法，中心早前訪問100名60歲或以上人士，當中73%為女性、27%為男性；76%受訪者年齡介乎65至79歲，另有68%受訪者每星期運動達75分鐘或以上。

主要發現一：約六成長者曾使用線上健體工具

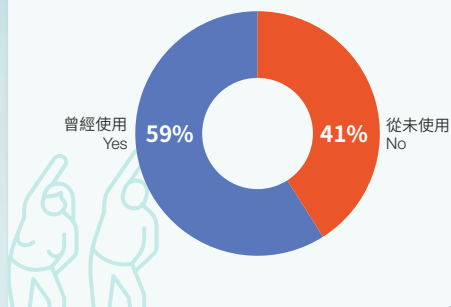
調查顯示，59%的受訪者曾使用線上健體工具，反映數碼工具已逐步融入長者的運動習慣之中。

Key Finding 1 : Around Six in Ten Older Adults Have Used Online Exercise Tools

With 59% of respondents reporting experience with online exercise tools, the findings suggest that digital solutions are becoming an increasingly common part of older adults' exercise routines.

受訪者曾否使用線上健體工具？

Have You Ever Used Online Exercise Tools?



主要發現二：互動教學最為重要

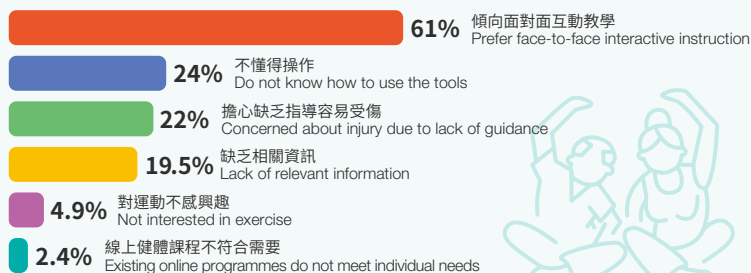
在從未使用線上健體工具的受訪者中，61%表示較傾向參與面對面互動教學；其次有24%表示不懂得操作相關工具，另有22%擔心缺乏專業指導而增加受傷風險。結果顯示，除互動交流體驗外，網上健體工具是否安全便利也十分影響長者的使用意願。

Key Finding 2 : Interactive Learning Matters Most

Among respondents who had never used online exercise tools, 61% indicated a preference for face-to-face interactive instruction. Meanwhile, 24% reported that they did not know how to use such tools, and 22% were concerned about the risk of injury due to the lack of professional guidance. The results highlight that, in addition to opportunities for interaction, ease of use and exercise safety are key factors influencing older adults' willingness to use online exercise tools.

未曾使用線上健體工具的主要原因 (可選多項)

Main Reasons for Not Using Online Exercise Tools (Multiple Responses Allowed)



主要發現三：長者重視簡單易用

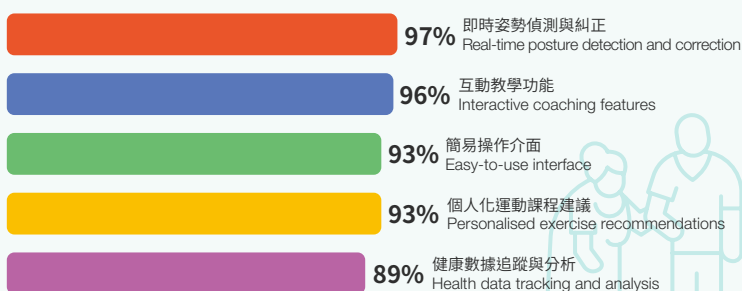
調查結果顯示，長者對健體工具的期望並非功能越多越好，而是希望科技能夠真正配合自身需要。受訪者最重視工具能否提供即時姿勢偵測與糾正(97%)以及互動教學功能(96%)；其次為「簡易操作介面」(93%)及「個人化運動課程建議」(93%)。此外，亦有89%的受訪者認為「健康數據追蹤與分析」屬重要或非常重要的功能。

Key Finding 3 : Simplicity and User-Friendliness Are Essential

The survey revealed that older adults do not necessarily seek exercise tools with numerous features. Instead, they value solutions that genuinely address their needs. Real-time posture detection and correction were rated the most important features by 97% of respondents, followed closely by interactive coaching features (96%). Other highly rated features included an easy-to-use interface (93%) and personalised exercise recommendations (93%). Furthermore, 89% considered health data tracking and analysis to be important or very important.

長者認為重要或非常重要的功能

Features Considered Important or Very Important by Older Adults



總結

調查結果顯示，長者普遍對線上健體工具持開放態度，但他們更關注工具是否安全易用，以及能否提供互動指導。未來，隨著相關技術不斷發展，線上健體工具有望成為促進健康生活及居家安老的重要支援，協助長者以更適合自己的方式保持健康與活力，提升生活質素。

Conclusion

The survey findings indicate that older adults are generally receptive to online exercise tools. However, they place greater emphasis on whether these tools are safe, easy to use and able to provide interactive guidance. As technology continues to advance, online exercise tools have the potential to become an important source of support for healthy living and ageing in place, empowering older adults to maintain their health and vitality in ways that best suit their needs and enhance their overall quality of life.



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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