



煮食的樂與惱

The Joy and Difficulties of Cooking

我最喜歡煮芋頭炆火腩，用明火爆香蒜蓉那一刻，特別香，煮出來的口感特別好！

My favourite dish to cook is the braised pork belly with taro. The moment when the minced garlic is sautéed in high heat is particularly fragrant. This dish is heaven for the palate!

吳彩珍
(彩姐)



不過，65歲以後，記性差了，試過開火後，忘記還在煮食便出門了，幸好家中有人聞到濃味幫忙熄火，才避過一場意外。現在，我家的大門貼著「小心火爐」，提醒自己出門前記得回頭望一望，確保已經熄火。

However, after the age of 65, I can't remember well. There were instances where I forgot I was still cooking, leaving the flame on and headed out. Fortunately, my family member discovered the burning smell, turned the flame off and avoided an accident. Now, I have put up the words "Beware of Fire" on my front door to remind myself to double check to make sure the flames are turned off before leaving.

這個爐由我1990年搬入來就一直用到現在，它是我的摯愛！但有時開火煮食時，按下旋扭開關後，會忘記應該扭向哪個方向，加上手指因病變形，手腕及手指力量沒有以前的好，扭完又要等聽到「啪」一聲才成功，對於我們長者來說比較困難。

I have been using this stove since 1990 when I moved in, and I am still using it today. It is my favourite! Yet sometimes, when turning on the flame, I forgot which way to turn after pressing the rotary switch. Additionally, with fingers deformed caused by illness and wrists and fingers weaker than before, turning and waiting the rotary switch for a "click" sound for successful kindling becomes more difficult for us, the elderly.



樂活安居生活實驗室早前舉辦兩場「長者友善煮食爐具聚焦小組」，以讓香港中華煤氣有限公司（煤氣公司）更了解長者使用煮食爐具的喜好和困難、忘記關火的原因，以及探討一些輔助工具的實用性。

隨著年齡增長，記憶力會逐漸減退，長者亦較容易受其他事物分散注意力，無火煮食雖然可減低失火機會，但對於一些喜歡使用明火煮食的長者來說，更換慣用煮食爐具，需要重新適應爐具的操作及功能，更可能因菜餚欠缺「鑊氣」而降低他們煮食的意欲。

針對長者用家使用上的困難，除了開發一些可以應用於現有爐具的輔助工具外，開發人員亦可以改良爐具設計，例如加設操作提示，令用家使用時更方便、安全。

The Age-Friendly Home Living Lab recently organised two "Focus Group on Age-Friendly Cooking Appliances", with the aim to let The Hong Kong and China Gas Company Limited (Towngas) better understand the cooking preferences and difficulties of the elderly, their reasons behind unattended flame, and to evaluate the practicability of some adaptive tools.

Memory gradually declines during ageing, and the elderly are more easily distracted. While no flame cooking can reduce the risk of fire, for those who prefer cooking with an open flame, replacing their familiar cooking stoves would require adapting to new operations and functions of a stove, and may reduce their motivation to cook as they may perceive the changes in the dish flavour.

To address the pain points of the elderly users, besides developing adaptive tools that can be applied to their existing stoves, developers should also improve stove designs, for example, adding operation indicators could bring convenience and safer cooking experience to users.



樂齡科技博覽暨高峰會於2023年11月23日至26日舉行，樂活安居生活實驗室與合作伙伴，包括香港中華煤氣有限公司、香港科技园公司和香港數碼港管理有限公司的初創企業，合辦為期4天的「樂齡科技用家體驗工作坊」，主題涉及智慧廚房、家用分藥器、助聽設備和互動式教育遊戲。

每場工作坊都設有互動的試用環節，不單可以讓參加者了解產品的功能和操作，亦可以讓技術開發商明白長者及照顧者的真實需要，而參加者的寶貴意見除了幫助改善產品設計之外，更能進一步推動本地樂齡科技的發展。

The Gerontech and Innovation Expo cum Summit (GIES) was held from 23 to 26 November 2023. The Age-Friendly Home Living Lab collaborated with the Hong Kong and China Gas Company Limited, and startups from the Hong Kong Science and Technology Parks Corporation and the Hong Kong Cyberport Management Company Limited, to co-organise a 4-day "User Experience Workshop on Gerontechnology". The themes of workshops include smart kitchen, home medication dispenser, assistive listening device, and interactive educational game.

Each workshop consisted of an interactive trial session, on one hand empowering participants to understand the features and functioning of the products, on the other enables technology developers to understand the genuine needs of the elderly and caregivers. The valuable feedback offered by participants not only play a part in improving product designs but also push forward the development of local gerontechnology.

參加者心聲: Participants' comments:



煤氣
因我現在亦有記憶力漸退，
雖自創方法令出錯處減少，
如開爐後立刻調放開爐，
及亮著廚房燈，以提醒自己，
但仍會擔心出街後未熄爐。

Due to my memory decline, I worry about leaving the stove on when I go out, even though I have devised my own methods to minimise mistakes, such as setting an alarm immediately after turning on the stove and keeping the kitchen lights on to remind myself.



資訊發達，長者多學習，
今次的房協介紹藥物儲存，
日常所吃，有助忘記吃藥功能，
值得我們去學習，謝謝
工作人員

Readily available information facilitates learning for the elderly. This time, HKHS has introduced the functions of medication storage, distribution and daily reminder settings of the dispenser. It really helps, thank you!



助聽器很吸引我的關注，
希望能了解多些它的功用！

Hearing aids have caught my attention, and I hope to learn more about their functions!

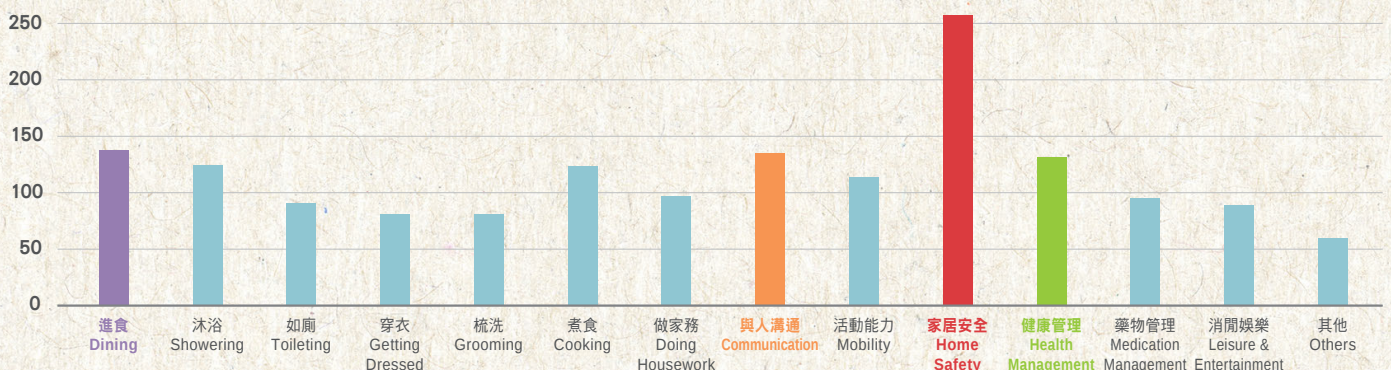
The iNOV-Flat App promotes brain, body and mind wellbeing.



樂活樂刻
(保持心身寧靈活
腿腿)

此外，樂活安居生活實驗室在現場設有樂齡科技投票和留言板，收到超過1,000人的意見，當中最多人希望樂齡科技可以幫助改善「家居安全」。

In addition, the Age-Friendly Home Living Lab set up voting and comment columns on-site and received feedback from over 1,000 participants, of which the majority wished getontechnology can help them to improve "Home Safety".

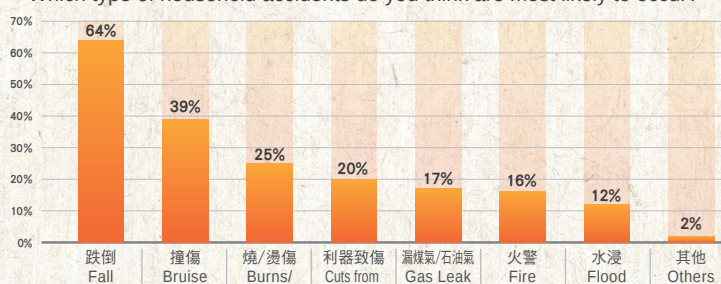


2023年11月至2024年1月期間，長者安居資源中心共訪問了201名55歲以上人士，了解他們對於家居意外的看法。當中最多受訪者認為最容易發生的家居意外是「跌倒」(64%)，其次為「撞傷」(39%)及「燒/燙傷」(25%)。

Between November 2023 and January 2024, the Elderly Resources Centre (ERC) interviewed a total of 201 visitors aged 55 or above to understand their perspectives on household accidents. Among the respondents, majority of them believed the most common household accident is "Fall" (64%), followed by "Bruise" (39%) and "Burns/Scalds" (25%).

你認為最容易發生的家居意外是甚麼？

Which type of household accidents do you think are most likely to occur?

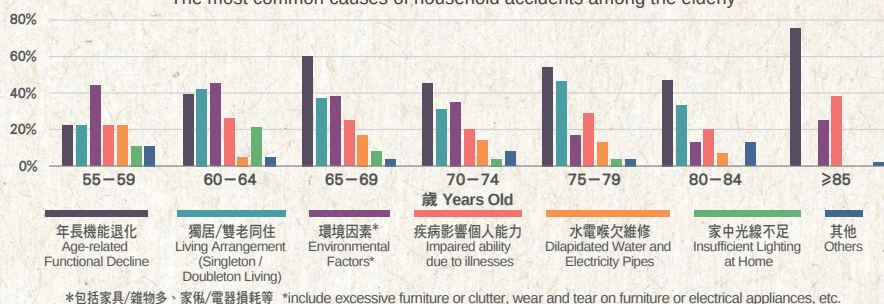


受訪者認為長者發生家居意外的成因

Causes of Household Accidents Respondents Considered among the Elderly

導致長者發生家居意外的最常見原因

The most common causes of household accidents among the elderly



比較各年齡組別，最年輕的兩個組別（55至59歲及60至64歲）認為「環境因素」是導致長者發生家居意外的最常見原因，而其餘年齡組別的受訪者則認為「年長機能退化」才是主因。

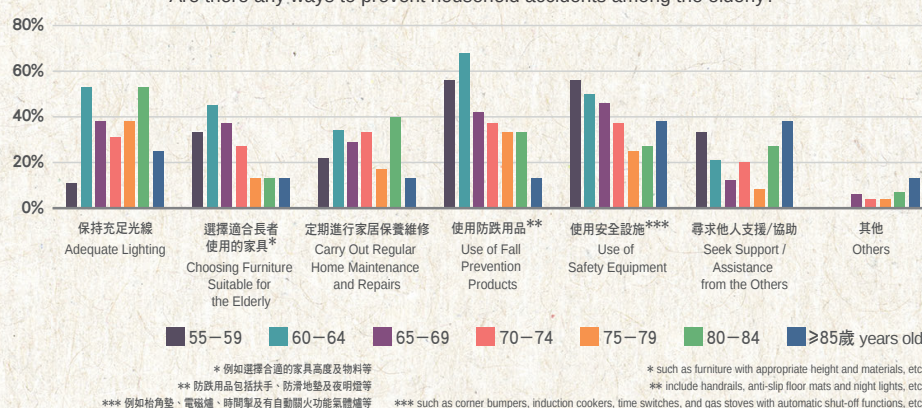
Comparing among all age groups, the two youngest groups of respondents (55 to 59 years old and 60 to 64 years old) believed that "Environmental Factors" were the most common cause of household accidents for the elderly, while respondents of the other age groups identified the "Age-related Functional Decline" as the main cause.

受訪者認為長者可以預防發生家居意外的方法及措施

Methods and Measures Respondents Considered the Elderly could Prevent Household Accidents

有甚麼方法可以避免長者發生家居意外？

Are there any ways to prevent household accidents among the elderly?



要避免發生家居意外，採用合適的措施相當重要。55至79歲的受訪者中，較年長的受訪者選擇「使用安全設施」來預防家居意外的百分比反而比較年輕的受訪者下跌。

Appropriate measures are crucial to prevent household accidents. Among the respondents from 55 to 79 years old, as compared to the relatively younger respondents, there is a decreasing percentage of the older respondents choosing "Use of Safety Equipment" to prevent household accidents.

另外，60至64歲及80至84歲兩個年齡組別中，分別有超過半數人士認為「保持充足光線」可以預防發生家居意外，比例較其他年齡組別高。事實上，達60歲的長者比20歲的年輕人需要多2至3倍的亮度，而達86歲的長者更需要多5倍的亮度。因此，選擇家居燈飾時，除考慮設計品味外，更要考慮是否能照顧長者對燈光的特別需要。

Furthermore, among the two age groups of 60 to 64 years old and 80 to 84 years old, more than half of the respondents believed that "Adequate Lighting" can prevent household accidents, the highest ratio compared to other age groups. In fact, elderly aged 60 need 2 to 3 times more brightness than young people aged 20, and elderly aged 86 need 5 times more brightness. Therefore, when choosing home lighting fixtures, in addition to considering design aesthetics, it is also important to consider whether they can meet the special lighting needs of the elderly.

深思 Point to Ponder?

家居意外的成因很多，樂齡科技可以怎樣減少家居意外發生？

There are many causes leading to household accidents among older persons. How can gerontechnology help reduce their occurrence?

深思 Point to Ponder?

是次調查顯示，最多受訪者認為最容易發生的家居意外是「跌倒」，然而60歲或以上的受訪者隨著年齡組別增長，選擇「使用防跌用品」來避免家居意外的百分比反而下跌，這需要進一步研究才可以確定背後原因。

Survey results showed the majority of respondents believed that the most common household accident is "Fall". However, as the age group of respondents aged 60 or above increases, the percentage of respondents choosing "Use of Fall Prevention Products" to prevent household accidents decreases. This needs further study to identify the reasons behind.

閱讀更多：
房協長者通 -
為長者照亮
窩心的家
(Chinese only)



家居安全一直以來都是大眾關心的議題。我們的調查結果顯示，不同年齡組別的長者對於影響家居安全的因素有不同的看法，較年輕的年齡組別傾向注重「環境因素」，並認為長者友善的家居環境對於預防家居意外十分重要，而較年長的年齡組別，則似乎更關注「年長機能退化」的問題。

事實上，較年輕和較年長年齡組別分別注重的兩項家居安全因素同樣重要。上一期，我們曾討論可以如何減少家居環境風險因素。然而，我們亦需重視較年輕的長者可能會忽視年長機能退化帶來的家居意外風險，例如視力、聽力和行動能力的下降。因此，有必要開發一些既能提高家居安全意識，同時能解決不同年齡組別長者的難題和挑戰的方案。

以煮食為例，對許多長者來說，廚房留下了一些最美好的回憶，特別在傳統的中國文化中，家常便飯以至團年飯都是家人相聚的寶貴時刻。在身體功能和認知能力退化的情況下，能夠繼續獨立煮食，可以讓長者延續這些快樂的時刻。

從60年代的火水爐，到氣體爐、電磁爐，甚至配備物聯網功能的爐具，科技的進步令長者在家煮食愈來愈安全。

Home safety has always been a hot topic of public concern. Our survey findings indicated that different age groups of elderly have varying perceptions regarding the factors that impact home safety. The younger age groups tended to focus more on "Environmental Factors" and recognised the significance of an age-friendly home living environment to prevent household accidents, while the older age groups appeared to be more concerned about "Age-related Functional Decline".

Both perspectives, from the younger and the older age groups, are indeed crucial to home safety. We have discussed how to reduce environmental risk factors at home in the previous issue. It is also important to note that risks of household accidents arise from ageing deterioration such as functional decline in vision, hearing and mobility may be easily overlooked by the young-olds. Therefore, it is essential to develop solutions that can raise the young-olds' awareness of home safety, at the same time address the distinct concerns and challenges of the elderly of different age groups.

Take cooking as an example. For many elderly individuals alike, kitchen is a place where some of their fondest memories were created, particularly in the traditional Chinese culture, homecooked meals and homemade feasts are precious moments for family members to get together. Being able to continue to cook independently despite physical and cognitive deteriorations, could keep the elderly in touch with their happy memories.

From coal oil stoves in the 60s, to the invention of gas stoves, electric hobs, and even cooking appliances equipped with IoT functions, advancements in technology have made cooking at home safer than ever before.

靈機一觸 A Flash of Inspiration

部分長者可能因為患有不同疾病而在煮食時遇到困難。未來的爐具設計可以怎樣配置更多共融的特點，例如長者友善的按鈕和視覺障礙的支援功能呢？

我們還可以開發哪些家居安全的解決方案，以滿足不同年齡長者的需要呢？

Some of the elderly might experience difficulties to cook as they are suffering from various diseases. How could future improvements on stove designs contain more inclusive features, such as age-friendly buttons and visual accessibility functions?

What other home safety solutions could be developed to meet the various needs of the elderly of different ages?




Elderly Resources Centre
房協長者安居資源中心



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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



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