

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
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樂活
安居
生活實驗室
AGE-FRIENDLY HOME LIVING LAB
HONG KONG HOMEOWNERS' SOCIETY

長者友善家居大使嘉許禮 Recognition Ceremony for Age-friendly Home Ambassadors



房協長者安居資源中心於5月7日在梁顯利油麻地社區中心舉辦年度「長者友善家居大使嘉許禮」，以表揚長者友善家居大使於過往一年積極參與義工服務，及服務長者的善心。

An annual 'Recognition Ceremony for Age-friendly Home Ambassadors' was held by the Elderly Resources Centre (ERC) at the Henry G. Leong Yaumatei Community Centre on 7 May, to show appreciation to the ambassadors for their active participation in volunteer services over the past year and their kindness in serving the elderly.

是次嘉許禮以「家」為主題，共約70位大使獲頒嘉許獎項，包括服務時數獎及長期服務獎。同時，一眾通過培訓的「新家庭成員」更接過畢業證書，正式加入中心大使的大家庭。

'Family' is the theme of this ceremony this year, around 70 ambassadors was awarded with service hours awards and long-term service awards in the recognition ceremony. In addition, a group of 'new family members' who had passed their training received graduation certificates, officially joining the big family of ERC ambassadors.



嘉許禮凝聚了不少大使，歡聚一堂，並邀請了大使及職員分享在服務期間的點點滴滴，大使們都深感共鳴。我們多謝及邀請各大使繼續支持，攜手向公眾推廣「長者友善家居」的概念。

The ceremony brought together a large group of ambassadors for a joyful celebration. In the ceremony, ambassadors and staff were invited to share their experiences at ERC, which deeply resonated with the ambassadors. We thank and invite ambassadors for their continuous and hand-in-hand support to promote the concept of 'age-friendly homes' to the public.

成為大使後，對你日常生活有幫助或帶來改變嗎？

Has being an ambassador helped or changed your daily life?



蘇煥珍

我從服務中學習。每個人都會隨著年紀增長而身體機能漸漸退化，所以就要想法子去應對。作為一個獨居長者，我從中心的「樂齡家居」得到很多啟示，亦參考了展館的設計去改善自己的家。哈哈！參與義工服務令我很有滿足感！

I keep learning through my service. As we age, it's natural for our physical fitness to decline and our bodily functions to deteriorate, so finding ways to cope becomes essential. Being an elderly person living alone, I am inspired by the 'Innovate Home' at ERC. I've taken cues from the mock up flat designs to enhance my own living space. Participating in volunteer services has brought me immense satisfaction, ha ha!

大使分享
Ambassador Sharing



謝志基

在義工服務的過程中，除了協助到訪的「老友記」進行各種身體或認知功能測試外，自己亦從中學習到很多實用的健康知識。在自己踏入耳順之年，可以作好準備，例如注意飲食及多做運動，大有裨益。

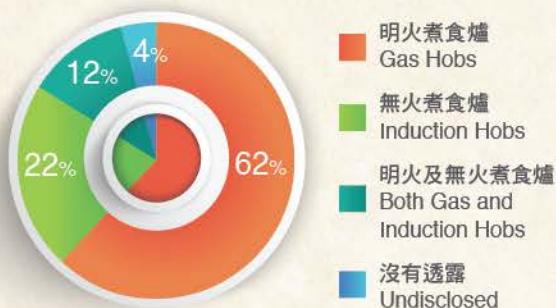
During my volunteer service, apart from helping the elderly visitors to conduct various physical or cognitive function tests, I also acquired a wealth of practical health knowledge. As one enters the golden years, I have greatly benefited from better preparing myself, such as maintaining a balanced diet and engaging in regular exercises.

2023年9月，長者安居資源中心訪問了93名60歲或以上人士，了解他們的煮食習慣及困難、忘記關火的情況及對長者友善設計爐具的建議。受訪者中，大部分於家中主要使用明火煮食爐（62%），其次為無火煮食爐（22%），少部分同時使用兩類爐具（12%）。

In September 2023, ERC interviewed 93 persons aged 60 or above to understand their cooking habits and related difficulties, incidents of unattended cooking, and suggestions for elderly-friendly cooking hob designs. Among the respondents, most of them (62%) mainly used gas hobs at home, followed by induction hobs (22%), while minority of them used both kinds of hobs (12%).

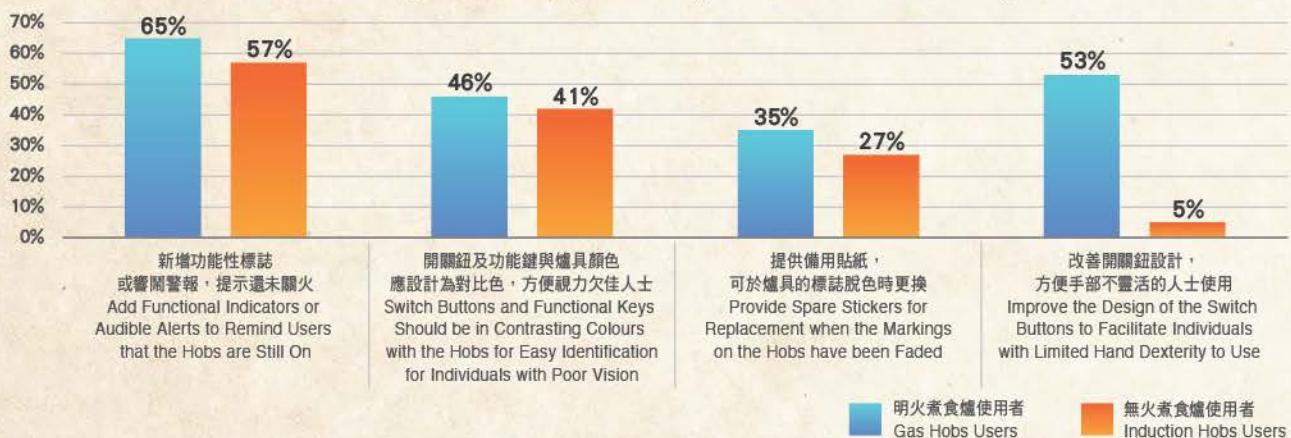
調查顯示，超過4成受訪者表示曾經忘記關掉爐火。隨著年紀漸長，長者可能面對記憶力衰退、視力退化及手部不靈活等問題。就此，受訪者普遍認為，在爐具新增功能性標誌，提示用家尚未關掉爐火，最能關顧長者的需要。

家中主要使用煮食爐具類別 Main Types of Cooking Stoves Used at Home

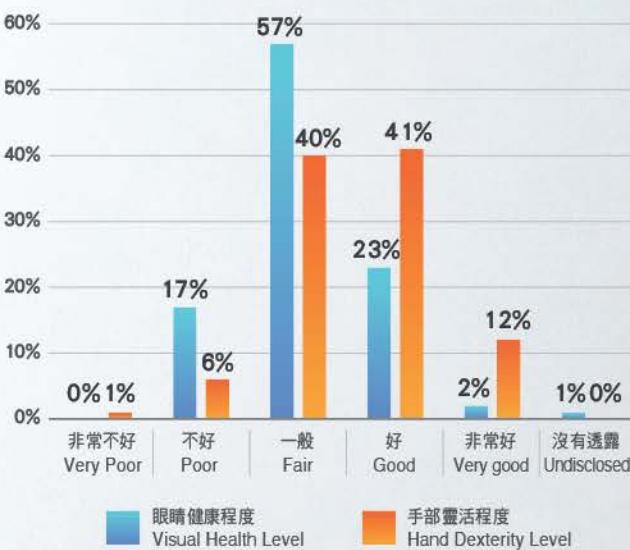


The survey revealed over 40% of respondents had left their hobs unattended. As individuals age, they may encounter issues such as declining memory, deteriorating eyesight and reducing hand dexterity. In light of this, respondents generally believe adding functional indicators on the hobs could best cater for the needs of the elderly, in reminding them that their hobs are still on.

建議改善爐具更為長者友善的意見 Views on the Suggestions to Improve the Age – Friendliness of Cooking Hobs



受訪者的眼睛健康及手部靈活程度 Visual Health and Hand Dexterity Level of the Respondents



深思 Point to Ponder

是次調查亦發現，分別超過7成及近半數受訪者，認為自己的眼睛健康及手部靈活程度，介乎「不好」至「一般」。除以上的建議外，未來的爐具應如何加以設計，才能滿足長者因年紀增長，身體機能出現退化的需要？

The survey also found that over 70% and nearly half of the respondents considered their visual health and hand dexterity level range from "poor" to "fair". In addition to the above suggestions, how should future hob designs meet the needs of the elderly as their physical abilities decline with age?

閱讀更多：(Chinese only)

六成受訪長者曾忘記熄火 廚房樂齡科技大搜查
四成拒用電磁爐



當提及患有認知障礙症的長者煮食，你會想起什麼情景？也許是一片混亂、笨拙的動作、太鹹的菜餚，或是煮過頭的飯菜？在認知障礙症的早期階段，煮食往往是最先受影響的日常活動，原因之一是烹飪比其他日常活動更為複雜。

根據我們的調查，超過4成的受訪者有忘記關掉爐火的經驗，而這個問題在患有認知障礙症的長者之中更為普遍。他們可能會忘記煮食步驟、忘記關掉爐火，或者在跟隨食譜時遇到困難。一旦發生事故，照顧者可能感到有必要限制他們的烹飪活動。然而，想辦法支持他們獨立生活及預防「活動不足綜合症」，比限制他們參與日常活動，更為理想。

此外，煮食為日常生活提供有意義及目的性的參與，對於長期在廚房煮食的家庭「煮」婦來說尤為如此。煮食過程中帶來的質感、香氣和味道的多感官刺激，在日常生活中扮演重要的角色。煮食還可以促進社交互動，增進家庭和文化聯繫，提升長者的整體健康。

簡言而之，可以繼續煮食，對長者甚具價值。由於在煮食的過程中，會運用多方面的認知功能，包括記憶（特別是程序記憶）、注意力和視覺空間感知或判斷。我們可以利用傳統及簡單的方法，例如視覺提醒、鬧鐘和對比色彩，加強患有認知障礙症的長者在煮食方面的獨立性及適應能力。

What scenario comes to your mind when you think of elderly individuals with dementia cooking? Perhaps it's one of messiness, clumsiness, overly salty dishes, or overcooked meals. In the early stage of dementia, cooking tends to be one of the first tasks affected by impairment, because of its relatively higher complexity compared to other daily activities.

According to our survey, over 40% of the respondents reported the experience of leaving the stove unattended, and this issue is even more prevalent among elderly individuals with dementia. They may forget the steps to cook, leave the stove on, or encounter difficulties in following recipes. Caregivers may feel compelled to restrict them from cooking once accidents happen. However, prioritizing support for independent living and preventing disuse syndrome should take precedence over imposing limitations on their engagement in daily activities.

Moreover, cooking offers a meaningful and purposeful participation in daily living, particularly for housewives who have a long-held mission and passion. The sensory stimulation derived from textures, aromas, and flavours during cooking plays a crucial role in providing multisensory stimulation in daily life. Additionally, cooking and sharing meals can promote one's social interactions, family and cultural connections, and the overall well-being.

In summary, it holds significant value for the elderly to be able to continue cooking, as various cognitive functions are involved in cooking activities, such as memory (particularly procedural memory), attention, and visuospatial perception or judgment. These functions represent the adaptations that require our focus. Traditional approaches, including visual reminders, alarm clocks, and the use of contrasting colours, should be used to enhance the independence of elderly individuals with dementia in cooking.



靈機一觸
A Flash of Inspiration

除了上述方法以外，還有哪些智友善的創新方案？在未來十年間，我們可以如何幫助認知障礙症的長者繼續獨立煮食？

Other than the mentioned approach, are there any other mind-friendly innovative solutions? How can we support elderly individuals with dementia to maintain their independence in cooking for the decades to come?

健康探索團 - 關節你話事

Health Exploration Tour – Joint Health Tour

隨著年齡增長，走路或會變得吃力，尤其是上落樓梯時，膝關節可能會酸軟無力，屈曲及伸直腿腳時會有磨擦之感，嚴重時膝關節更會腫脹疼痛。

以上情況均是膝關節退化的跡象。由於膝關節疼痛大多時好時壞，因此，患者往往於退化的初期，忽略了膝關節的保健及護理。「健康探索團 - 關節你話事」透過即時測試及社區教育，加深長者對關節健康的了解，及早識別關節問題。

As age increases, walking may become more difficult, especially when going up and down stairs, knee joints may feel weak and sore, with a sense of friction when bending and straightening the legs. In severe cases, the knee joints may swell and become painful.

These are all signs of knee joint degeneration. Due to the fluctuating conditions of painful knees, patients often overlook the health and care of their knee joints in the early stages of degeneration. The Joint Health Tour deepens the understanding of joint health among the elderly through real-time testing and community education, facilitating early identification of joint problems.



關節健康飲食
Healthy diet for joint health



健康篩查
Health screening



保護關節小工具介紹
Introduction to joint protection aids

內容包括:

- 健康篩查 - 關節炎風險
- 坐式太極運動及講座
- 自我健康管理環節
- 家居關節保健錦囊
- 關節健康飲食
- 保護關節小工具介紹

The Content Includes:

- Health screening for arthritis risk
- Seated Tai Chi exercise and talk
- Self-health management session
- Tips for joint protection at home
- Healthy diet for joint health
- Introduction to joint protection aids



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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

房協長者通 Facebook



中心網址 ERC website

