

樂活 安居

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Innovate
Invent
Integrate
for Age-Friendly Homes

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房協長者安居資源中心通訊
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樂活
安居
AGE-FRIENDLY HOME LIVING LAB
Housing Society Elderly Resources Centre

「樂齡科技體驗日 - 智能機械新世代」活動

Gerontechnology Experiential Day – New Generation of Smart Devices

房協長者安居資源中心早前舉辦了「樂齡科技體驗日 - 智能機械新世代」，讓一眾參加者親身體驗多種尖端的智能科技產品，並進行身體功能測試。活動展示了多款創新產品，包括能輕鬆攀爬樓梯的電動輪椅、提供健康監測的床邊貓型機械人，以及可愛的陪伴貓型機械人，讓參加者了解樂齡科技產品的新趨勢，掌握樂齡科技可以如何改善長者的生活質素。

The Housing Society Elderly Resources Center recently held the "Gerontechnology Experiential Day – New Generation of Smart Devices", allowing participants to try various cutting-edge smart technology products and conduct health screenings. The event showcased a range of innovative products, including an electric wheelchair that can easily climb stairs, a bedside cat-shaped robot that provides health monitoring, and an adorable companion cat-shaped robot, that empower participants to understand the new trends in gerontechnology products and how such technology can improve the quality of life for older persons.



智能陪伴機械人
Companion
Cat-shaped Robot



無障礙電動輪椅
Accessible Electric
Wheelchair



智能機械貓
Bedside Cat-shaped
Robot



除了產品體驗外，是次活動讓技術開發商與參加者可以互相交流，為開發商提供了一個寶貴的平臺，收集產品試用的反饋，深入了解社區內長者及照顧者的需要和困難，有助日後改良產品及研發更實用的樂齡科技產品。

In addition to product experiences, this event provided a valuable platform for technology developers and participants to interact with each other. It allowed developers to collect user feedback on product trials and gain deeper insights into the needs and challenges faced by the older persons and carers in the community, which will contribute to the refinement of products and the development of more practical age-friendly technology in the future.

活動亦為參加者進行了身體功能測試，包括身體脂肪和內臟脂肪等指標，幫助他們了解自身的健康狀況，並提供相關建議，讓參加者了解長者友善的家居環境設計，可以幫助他們建立更健康的生活模式。

The event also included health screenings for participants, which involved measurements of body fat and visceral fat, helping them understand their health conditions. Relevant suggestions were provided to help participants understand how the design of age-friendly home environments can facilitate the establishment of healthier lifestyles.



喜樂智醒在社區計劃

Happy Ageing for Dementia Community Programme

2022年6月，喜樂智醒在社區計劃*於3間長者中心推行先導計劃，希望推動大眾認識認知障礙症，為有輕度認知缺損的長者及其照顧者提供不同層面的支援服務。合作的中心包括：亞洲婦女協進會油麻地頤老中心、耆色園可澤耆英鄰舍中心、以及東華三院龐永紹長者鄰舍中心。

Since June 2022, the Happy Ageing for Dementia Community Programme* was piloted at three elderly centers, aiming to enhance public awareness of cognitive impairment and provide various levels of support services for older individuals with mild cognitive impairment and their carers. The collaborating centers include: Asia Women's League Limited - Yaumatei Neighbourhood Elderly Centre, Sik Sik Yuen Ho Chak Neighbourhood Centre for Senior Citizens, and Tung Wah Group of Hospitals Pong Wing Shiu Neighbourhood Elderly Centre.

計劃內容 Programme Details

服務類別 Types of Service	活動內容 Event Details
社區教育 Community Education	<ul style="list-style-type: none">外展講座 Outreach Talk智友善家居導賞 Guided Tour to Mind-Friendly Home職業治療師諮詢 Occupational Therapist Consultation
認知篩查 Cognitive Screening	<ul style="list-style-type: none">認知能力篩查測試 Cognitive Screening Test
認知訓練及個案跟進 Cognitive Training and Case Follow Up	<ul style="list-style-type: none">認知訓練小組 Cognitive Training Group120天家居認知訓練 120 Days of Cognitive Training at Home職業治療師家居環境安全評估 Home Environment Safety Assessment by Occupational Therapist

計劃已於2024年5月正式完結，超過330人次受惠，多於9成的參加者表示，計劃提升了他們對認知障礙症及認知友善概念的認識。家居認知訓練部份的參與度理想，參加者平均花89.4天及每日花約20分鐘使用應用程式進行訓練，甚至有部分參加者表示訓練已成為了他們的新習慣。

The program officially concluded in May 2024, benefiting over 330 mentees. More than 90% of them mentioned that the programme enhanced their understanding of dementia and the concept of mind-friendliness. The participation in the cognitive training at home was ideal, with participants spending an average of 89.4 days and about 20 minutes daily for training on the application. Some participants even stated that the training had become a new habit for them.

平均腦力指數變化 Change of Average Cognitive Index



訓練後，參加者的平均「腦力指數」提升了93.9%，並顯示專注力、執行能力、靈活性及視覺空間的指標均有超過100%的提升。

After the training, participants experienced an average improvement of over 93.9% in their "cognitive index.", and revealed that, indicators such as attention, flexibility, execution and visuospatial showed improvements exceeding 100%.

另外，完成訓練的參加者，平均預測「腦年齡」較實際年齡年輕21歲；而未能完成應用程式家居訓練的參加者，平均預測「腦年齡」僅較實際年齡年輕6歲，反映訓練顯著提升參加者不同範疇的能力。

Additionally, for those who have completed the cognitive training at home, their average predicted "Brain Age*" is 21 years younger than their actual age on average; for those who have not completed the cognitive training at home, their average predicted "Brain Age" is only 6 years younger than their actual age on average. It showed that the training significantly enhanced participants' ability across various aspects, reflecting that the training significantly enhanced participants' abilities across various areas.



平均腦年齡變化
Change of Average "Brain Age"

年齡範圍
Age Range

62 ↔ 86 歲

平均實際年齡
Actual Average Age

73 歲

平均預測腦年齡
Average Predicted Brain Age

52 歲



平均實際年齡年輕

21 歲

years younger than
their actual average age



* 預測「腦年齡」由程式從資料庫推算得出，僅供參考。

* The predicted "Brain Age" is calculated by the app based on its database, and is for reference only.

參加者/參與機構職員分享

Participants / Staff Sharing from Participating Organisations

啬色園可澤耆英鄰舍中心梁女士

「之前很沒記性，經常忘東忘西，玩了之後就記性變好了，出門都有記得拿鎖匙等。記憶力好了，對認知障礙症的認識多了。」

東華三院龐永紹長者鄰舍中心李女士

「參加了之後很開心，同先生日日一起（玩電子遊戲），遇到不懂的時候，會互相問大家；大家一起玩增加了自己的知識及感情。用多了腦袋，腦筋變得清醒，覺得自己變得年輕了。」

啬色園可澤耆英鄰舍中心社工鄭先生

「不論於課堂或平時他們都恆常到中心借用Wi-Fi（無線網絡），玩得很刺激。這個遊戲其實非常好，因為令他們在一些熟悉的地方嘗試再挑戰自己，愈玩愈難，愈難就愈挑戰，再升級。」

Ms. Leung from the Sik Sik Yuen Ho Chak Neighbourhood Centre for Senior Citizens

"I used to have a poor memory and often forgot things. After playing, my memory has improved; I even remember to bring my keys when I head out. My memory has gotten better, and I have a greater understanding of cognitive impairment."

Ms. Li from the Tung Wah Group of Hospitals Pong Wing Shiu Neighbourhood Elderly Centre

"I am very happy after participating. My husband and I play electronic games together every day. When we encounter something we don't understand, we ask each other. Playing together has increased our knowledge and feelings for each other. Using my brain more has made my mind clearer, and I feel younger."

Mr. Cheng, a social worker from the Sik Sik Yuen Ho Chak Neighbourhood Centre for Senior Citizens

Whether in class or during other opening hours, they regularly come to the centre and play the games using the Wi-Fi here. This game is actually very good because it allows them to challenge themselves in familiar places; the more they play, the harder it gets, and the more difficult it becomes as they level up."

計劃得到酒和氣石油工程有限公司及皇冠爐具(集團)有限公司贊助，並與香港紅十字會合辦。

The programme received sponsorship from Sze Wo Clean Gas Company Limited and Crown Gas Stoves (Holdings) Company Limited, and co-organised with the Hong Kong Red Cross.

根據一項研究預測*，到2039年，香港60歲及以上的長者中，將有約33萬3千人患有認知障礙症。香港長者精神健康調查^亦顯示，五分之一居於社區的長者患有輕度認知障礙。居家認知障礙症照顧和訓練的需求將對照顧者及社會構成重大挑戰。若要改善或盡可能維持長者的認知功能，每天進行治療師指定的練習活動至關重要。然而，大部分長者在家中無法保持規律練習，導致情況往往未能明顯改善。

坊間有各種各樣的認知訓練遊戲，從簡單設置的桌上和紙牌遊戲，到利用最新科技的平板電腦及虛擬實境遊戲。我們可以根據長者的背景，包括他們的興趣及過去的職業，選擇合適的訓練遊戲。此外，我們可以增加多元化的活動選擇，嘗試不同類型的治療活動，例如懷緬、現實導向、認知刺激、園藝等，以提升長者的參與度。

通過應用程式、虛擬實境或電視遊戲等，認知訓練都可以變得有趣且富教育意義，鼓勵長者養成玩認知訓練遊戲的習慣，可能是回應未來照顧認知障礙症長者的關鍵。



靈機一觸 A Flash of Inspiration

我們是否已充分探索在家庭環境中，運用不同科技將認知訓練活動變成遊戲的潛力？

Have we fully explored the potential of gamifying cognitive training or interventions using various advanced technologies in the home environment?

參考資料: Yu, R., Chau, et. al (2012). Trends in prevalence and mortality of dementia in elderly Hong Kong population.
Reference: Projections, disease burden, and implications for long-term care. Int. J. Alzheimer's Dis.

△ 參考資料: 長者精神健康調查2024
Reference: The Hong Kong mental morbidity survey for older people 2024

A study* predicts approximately 333,000 older individuals aged 60 and above in Hong Kong will experience cognitive impairment by 2039. The Hong Kong mental morbidity survey for older people^ also finds that one-fifth of the older adults residing in the community have mild neurocognitive disorder (MCI). This growing demand for home-based care and cognitive training causes significant challenges for both carers and the society. To enhance or maintain the cognitive function of the older persons, it is essential for them to engage in therapist-designed exercises on a daily basis. Unfortunately, many older individuals struggle to maintain a regular practice at home, often resulting in minimal improvement.

A variety of cognitive training games is available in the community, ranging from easy-to-set-up board and card games to tablet and virtual reality games that utilise the latest technology. We can select suitable training games for older persons based on their backgrounds, including their interests and past occupations. Additionally, we can explore various therapeutic activities, such as reminiscence, reality orientation, cognitive stimulation and horticulture, to diversify the activity options and enhance their engagement.

Through applications, virtual reality, or video games, cognitive training can be transformed into an enjoyable and educational experience. This approach encourages the older persons to develop a habit of playing cognitive training games, which may be crucial for addressing the needs of caring for older individuals with cognitive impairment in the future.



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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

中心網址 ERC website

