

樂活 安居

創研淮
Innovate Invent Integrate
for Age-Friendly Homes

房協長者安居資源中心通訊
HKHS Elderly Resources Centre Newsletter

第7期
Issue 7

2025年8月 | Aug 2025



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

房協長者安居資源中心參與 「香港時尚家品及家紡展 2025」 推動樂齡科技創新

Housing Society Elderly Resources Centre Participates in "Home InStyle 2025" Fair to Promote Innovation in Gerontechnology

房協長者安居資源中心（「中心」）榮幸獲邀參與於 4月27日至30日假香港會議展覽中心舉行的「香港時尚家品及家紡展2025」。中心以「遇見未來的自己」為主題，設置「樂活安居生活實驗室」攤位，舉辦多場同理心體驗工作坊，吸引約2,600位業界人士到訪參觀。

The Housing Society Elderly Resources Centre ("ERC") was honoured to be invited to participate in the "Home InStyle 2025" Fair, held at the Hong Kong Convention and Exhibition Centre from 27 to 30 April. With the theme "Experience Your Future Self," ERC set up an "Age-Friendly Home Living Lab" booth and hosted a series of experiential empathy workshops, attracting around 2,600 visitors in total.



在工作坊中，參與者通過穿戴專業模擬裝備，親身體驗長者在日常生活中的種種挑戰。從數錢幣、烹飪到穿衣等看似簡單卻充滿困難的動作，讓業界同仁深刻感受到長者面臨的生活挑戰。這種沉浸式體驗不僅能培養對長者需求的同理心，更能激發創新思維，促進開發更加符合長者需要的友善設計與樂齡科技解決方案。

是次活動不僅彰顯中心在推動長者居家安老及跨界協作方面的積極角色，同時展示了房協運用創新思維引領長者房屋發展所作出的努力，也透過現場交流，為業界拓展了更多合作機遇與發展可能。

During the workshops, participants wore professional simulation gear to personally experience the various challenges older adults face in daily life. From handling coins and cooking to getting dressed, these seemingly simple tasks revealed the real difficulties older adults encounter, leaving a strong impression on industry professionals. This immersive experience not only fostered empathy for the needs of older adults, but also sparked innovative thinking, driving the development of more age-friendly designs and gerontechnology solutions tailored to their needs.

This event not only highlighted ERC's proactive role in promoting ageing in place and cross-sector collaboration, but also showcased the Housing Society's efforts in applying innovative thinking to drive the development of elderly housing. Through engagement with industry peers, it further expanded opportunities for collaboration and opened up new possibilities for sectoral growth.



「樂活安居生活實驗室」於中心增設了模擬家居，完整配備水電煤等基礎設施，並採用可靈活調整的傢俬配置，為樂齡產品提供真實家居測試場景。在此環境中，潛在使用者能實際試用各種樂齡產品，研發團隊則透過直接觀察與訪談，精準掌握使用者的需求與痛點，從而改良產品設計。

這種「用家為本、體驗為主」的模式讓潛在使用者直接參與產品開發和改良的過程，其實貴意見更成為推動樂齡科技創新的關鍵動力，確保產品設計符合使用者的真正需要。



At the heart of the “Age-Friendly Home Living Lab” is a newly constructed simulated home within ERC, fully equipped with essential utilities such as water, electricity, and gas. The space features flexible furniture arrangements, creating realistic settings for testing age-friendly products. Here, potential users can trial a variety of home solutions, while research and development teams carry out direct observations and interviews to accurately capture their needs and pain points — enabling more targeted product refinement.

This user-centric, experience-driven model actively involves potential users in the development and enhancement process. Their valuable feedback serves as a vital driver of gerontechnology innovation, ensuring that product designs genuinely reflect users' needs.

樂齡產品測試者及設計師分享 Voices of Product Trial Users and Designers

測試者慧恩

參與「樂活安居生活實驗室」的模擬家居試用體驗，讓我們長者能直接向設計團隊反映真實的使用需要。與一般產品測試不同，這裡的環境就像自己的家一樣自然舒適，更為我們提供了與樂齡產品設計師及技術專家深入交流的寶貴機會。透過這個參與過程，我不僅親眼見證了產品如何根據實際需求作出改良，更非常榮幸能親身參與產品的研發過程。

Trial User – Wai Yan

Participating in the simulated home trial at the Age-Friendly Home Living Lab allowed us older adults to directly communicate our real needs to the design team. Unlike typical product testing, the environment here felt as natural and comfortable as our own homes. It also gave us a valuable opportunity to engage deeply with age-friendly product designers and technical experts. Through this process, I not only witnessed firsthand how products were refined based on actual user needs, but also felt truly honoured to be personally involved in the product development journey.



測試者煥珍

「樂活安居生活實驗室」為我們提供了一個寶貴的機會，讓我們能夠在模擬家居環境親身試用產品，並提出意見。年輕人很難完全體會長者在日常生活面對的挑戰。作為使用者，我們最清楚什麼樣的產品能讓生活更便利。在這個模擬家居，我們終於能把日常生活中的痛點一一說明，看著實驗室的同事認真記錄，再反饋產品開發商，務求改進產品，助我們居家安老，真的很感動。

Trial User – Woon Chun

The Age-Friendly Home Living Lab has given us a valuable opportunity to personally try out existing products in a simulated home environment and share our feedback. It is often difficult for younger people to fully grasp the daily challenges faced by older adults. As users, we understand best what kinds of products can truly make life easier. In this simulated home, we can finally voice the pain points we experience in daily life. Watching the Living Lab team carefully take notes and relay our input to developers to help improve the products – and support us in ageing in place – has been truly moving.

「樂活安居生活實驗室」合作夥伴 — 香港傢俬裝飾廠商總會常務副主席田燦鈞先生

作為設計師，我們常將巧思注入產品，但真正的考驗是：它們能否切實回應長者需求？感謝「樂活安居生活實驗」提供的長者實測機會；通過在模擬家居觀察長者實際使用傢俱的過程，我們發現了許多容易被忽略但很影響長者使用體驗的細節痛點。這些真實回饋有助我們改良產品，令設計更適合長者使用。

Age-Friendly Home Living Lab Collaborator – Mr. Patrick Tin, Executive Vice Chairman, HK Furniture & Decoration Trade Association

As designers, we often invest a great deal of thought in our creations, but the real test is whether they truly meet the needs of older adults. We are grateful to the Age-Friendly Home Living Lab for offering the opportunity for elderly users to test our products. By observing how they actually use the furniture at real-home settings, we have uncovered many overlooked pain points that significantly impact their user experience. These genuine insights help us refine our products, making our designs more suitable and user-friendly for the elderly.



2024年9-10月，中心訪問了100位60歲以上、同時服用5種以上藥物的長者，了解其用藥管理情況。當中的主要發現如下：

1. 用藥依從性

- 43%受訪者曾不遵醫囑用藥，主因包括：
 - ◆ 超過80%忘記服藥
 - ◆ 9%遺失藥物，9%因沒有病徵而自行停藥，9%服錯劑量，5%因病情加重而自行增加藥物份量

2. 用藥輔助工具

- 80%曾經使用藥物管理工具
 - ◆ 其中近80%使用傳統藥盒
 - ◆ 連接手機的智能藥盒也逐漸為長者認識

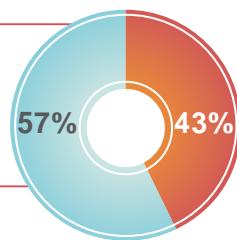
3. 未來需求

- 近半受訪者希望增加藥物存量管理功能
- 約40%需要藥物交互作用(撞藥)提示
- 約40%期待整合血壓/血糖記錄功能

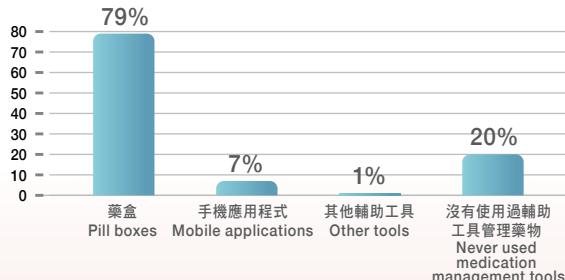
總括而言，選擇合適的藥盒（傳統/智能/響鬧型）可減少錯誤用藥。未來智能系統若能結合用藥提醒、撞藥提示和健康監測，將更有效提升用藥安全。

過去一年，受訪者有否曾經不遵從醫囑用藥
Whether the Respondents have Failed to Follow Medical Prescriptions at any Point in the Past Year

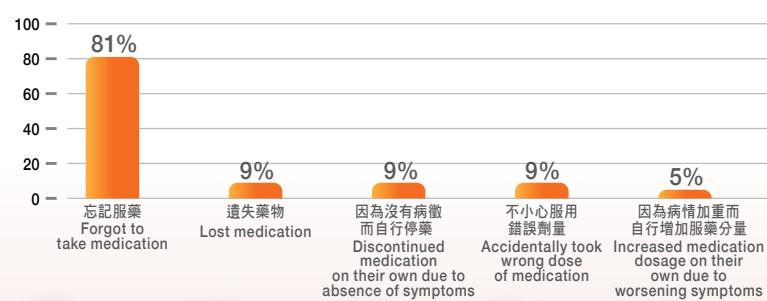
■ 有 Yes ■ 沒有 No



受訪者曾經使用的管理藥物輔助工具
Medication Management Tools Used by Respondents



受訪者沒有遵從醫囑用藥的原因
Reasons for Not Taking Prescribed Medication



靈機一觸
A Flash of Inspiration



房協長者通 Facebook



中心網址 ERC website



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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