

樂活安居

創 · 研 · 匯
Innovate · Invent · Integrate
for Age-Friendly Homes

2026年3月 | Mar 2026

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

第8期
Issue 8



樂活安居廿載路，研創未來新里程 — 房協長者安居資源中心成立20周年 Housing Society Elderly Resources Centre – 20 Years of Advancing Age-Friendly Living and Innovation



房協長者安居資源中心（「中心」）於2025年10月22日舉行20周年午宴，約50位合作夥伴應邀出席。活動不僅回顧中心多年來的努力，更促成各方深入交流，探討合作機會，為推動「居家安老」及「跨代共融」匯聚了重要動能。

The Housing Society Elderly Resources Centre ("ERC") held its 20th Anniversary Luncheon on 22 October 2025, attended by around 50 collaborators. The event not only reflected on ERC's years of effort but also fostered in-depth exchanges and collaboration opportunities, generating momentum for advancing "ageing in place" and "intergenerational harmony".

房協社區及長者服務總監吳家雯博士在午宴致辭時表示，人口高齡化既帶來挑戰，也促使社會積極創新。她回顧中心的發展歷程時指出，房協早於2002年推出全港首個長者房屋項目，並在設計中融入長者友善元素；隨後於2005年成立長者安居資源中心，旨在將相關經驗推廣至更廣的社區層面；這是香港以至東南亞首個同類型設施。其後，中心設立全港首個「智友善」家居探知館，加深大眾對認知障礙症的認識。至2022年，中心進一步成立「樂活安居生活實驗室」，引進歐洲的「生活實驗室」共創模式，連結用家、業界、學界及社福機構，共同設計、試用和改良樂齡產品，實踐「用家為本，體驗為主」的理念，推動樂齡創新。

In her speech, Dr. Carmen Ng, Social and Elderly Wellness Director of Hong Kong Housing Society ("HS"), noted that population ageing brings both challenges and opportunities for innovation. She reviewed ERC's journey: In 2002, HS launched Hong Kong's first elderly housing project, incorporating age-friendly design elements. In 2005, ERC was established to extend this experience to the wider community — Hong Kong's and Southeast Asia's first of its kind. Later, ERC introduced Hong Kong's first "Mind-Friendly Home Exploration Centre" to raise awareness of dementia. By 2022, ERC set up the "Age-Friendly Home Living Lab", adopting Europe's co-creation model to connect users, industry, academia, and NGOs in designing, testing, and refining age-friendly products, promoting a user-centric, experience-driven approach.



午宴結束後，一眾嘉賓蒞臨中心參加了導覽活動，實地深入了解中心推動「居家安老」及「跨代共融」的相關工作。

活動期間，各嘉賓圍繞「居家安老」及「跨代共融」進行交流，為業界拓展了合作機遇。展望未來，中心將繼續以「樂活安居」為核心理念，以「研創未來」為導向，並期望藉此次午宴所凝聚的共識與動力，與各界夥伴更緊密攜手，共同推動樂齡科技與創新家居方案的發展，建設更共融、更宜居的社區。

Following the luncheon, the guests visited ERC for a guided tour to gain deeper insights into its initiatives that promote "ageing in place" and "intergenerational harmony".

Throughout the event, the guests shared insights on "ageing in place" and "intergenerational harmony", paving the way for new opportunities for collaboration. Looking ahead, ERC remains committed to its vision of "Age-Friendly Living" guided by the principle of "Innovating for the Future". Building on the consensus and momentum from this event, ERC will work closely with our collaborators to advance gerontechnology and develop innovative home solutions, fostering a more inclusive and liveable community.



中心適逢成立二十周年，以「樂活安居·研創未來」為主題，籌辦一系列活動，旨在**凝聚社區與業界力量、推動樂齡科技應用、促進跨代共融**，將願景轉化為持續前進的實際動力。

To mark its 20th anniversary, ERC organised a series of activities under the theme “Age-Friendly Living · Innovating for the Future”, with the goal of **uniting communities and industry, promoting the application of gerontechnology, and fostering intergenerational inclusion** — transforming this vision into a practical driving force for continuous progress.



凝聚社區與業界力量，拓展安居協作網絡

Uniting Communities and Industry to Build Age-Friendly Living Networks

我們致力搭建協作平台，匯聚各界力量。透過二十周年**大使嘉許禮暨午宴**，表彰近百名義工多年來協助推動「長者友善家居」的貢獻，進一步凝聚服務社區的核心團隊。**中心同樂日**以互動形式向近百位市民介紹樂齡科技與自主健康管理，成功將「長者友善」理念帶進社區。同時，我們舉辦的**專業培訓工作坊**匯集了跨專業同工，包括物理治療師、職業治療師及社工，透過講座、混合實境體驗與實地導賞，提升業界在認知障礙照護與友善環境設計的專業能力。此外，中心發布了一系列**全新的教育與宣傳短片**，生動呈現多元化服務及「長者友善家居」概念，旨在提升公眾教育，積極推動「居家安老」理念的實踐。

We are committed to building collaborative platforms that bring together strengths from all sectors. Through the 20th Anniversary **Ambassador Appreciation Luncheon**, we honored nearly 100 volunteers for their contributions to promoting age-friendly homes, strengthening our core community service team. The **ERC Open Day** introduced gerontechnology and self-care management concepts to nearly 100 members of the public through interactive activities, successfully bringing age-friendly ideas into the community. Our **professional training workshops** brought together practitioners from multiple disciplines, including physiotherapists, occupational therapists and social workers. Through seminars, mixed-reality experiences and guided tours, the workshops strengthened industry capabilities in dementia care and age-friendly environment design. In addition, ERC launched a **new series of educational and promotional videos** that vividly highlight our diverse services and the concept of “age-friendly homes”. These resources aim to enhance public awareness and actively promote the practice of ageing in place.



推動樂齡科技應用，開啟智慧安居生活 Promoting the Application of Gerontechnology for Smarter Living

我們聚焦讓科技切實支援「居家安老」。在香港會議展覽中心舉行的業界年度盛事樂齡科技博覽暨高峰會上，以「讓科技融入家中」為主題策展，向大約15,000人次訪客展示科技如何回應長者需求，並重點呈現房協「長者安居樂」計劃的長者友善配置，同時透過混合實境體驗活動，培養參觀者對認知障礙症長者的同理心，強化公眾教育與業界交流。此外，樂齡科技體驗日讓近百位市民親身體驗產品並與設計師對話，直接拉近創新科技與長者生活的距離，推動樂齡科技發展。

We focus on making technology truly support ageing in place. At Hong Kong's flagship industry event — the **Gerontech and Innovation Expo cum Summit (GIES)**, held at the Hong Kong Convention and Exhibition Centre — ERC curated a booth under the theme “Bringing Technology Home”. The showcase recorded around 15,000 visits, demonstrating how technology can meet the needs of older adults. Highlights included the age-friendly configurations and assistive solutions from housing projects under HS’ “Senior Citizen Residences Scheme” as well as immersive mixed-reality experiences designed to foster empathy for people living with dementia, strengthening public education and industry exchange. In addition, the **Gerontech Experiential Day** gave nearly 100 members of the public the opportunities to try innovative products and engage directly with designers — bridging the gap between technology and everyday life and driving the development of gerontechnology.



促進跨代共融，營造共融同理社區 Fostering Intergenerational Inclusion and Empathy

我們致力搭建跨代間的對話與理解橋樑。為此，中心首次舉辦「童理行」長者友善家居體驗工作坊，透過情境體驗裝備，讓年輕參加者親身感受長者日常生活中面臨的挑戰，並與長者義工共同探討具同理心的解決方案。活動不僅有效提升年輕一代的同理心與關懷意識，更為未來推動跨代共融項目積累了寶貴經驗，為建設包容、互助的社區文化奠定堅實基礎。

We are committed to building bridges of dialogue and understanding across generations. To this end, ERC hosted its first “**Children's Empathy Walk**” **Age-Friendly Home Experiential Workshop**, where young participants used simulation gear to experience the challenges older adults encounter in daily life. Collaborating with elderly volunteers, the children explored empathetic and practical solutions to these real-life difficulties. The event not only enhanced empathy and awareness among the younger generation but also provided valuable insights for future intergenerational initiatives — laying a solid foundation for a caring, inclusive, and supportive community culture.

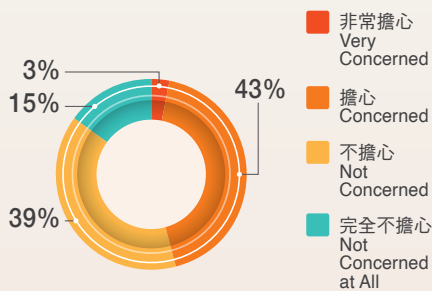


前瞻未來 Looking Ahead

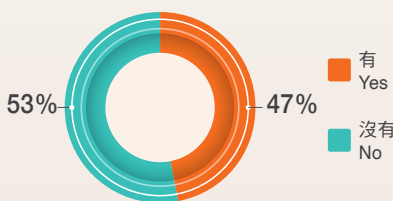
二十年是服務歷程的重要里程碑。展望未來，中心將繼續秉持「樂活安居·研創未來」的信念，與社會各界同心協力，在「居家安老」領域持續推進創新與實踐，共創更美好的安居未來。

The 20th anniversary marks a significant milestone. Moving forward, ERC will uphold its belief in “Age-Friendly Living • Innovating for the Future”, working hand in hand with collaborators across sectors to further drive innovation and best practices in ageing-in-place services.

受訪者對自己會否在浴室跌倒的擔心程度
Level of Concern About Falling in the Bathroom



受訪者有否在家中浴室採用安全措施以避免發生意外
Whether Respondents Adopt Safety Measures in Their Home Bathrooms to Prevent Accidents



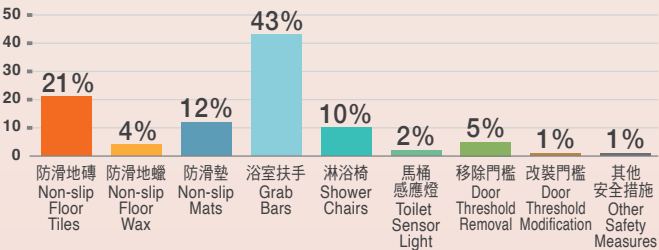
2025年2月至4月期間，中心進行問卷調查，成功訪問100名60歲或以上長者，以了解他們對浴室安全措施的看法。調查發現，有46%的受訪者表示擔心或非常擔心在浴室跌倒，但超過半數並未在家中浴室採取任何安全措施以防意外。

Between February and April 2025, ERC successfully surveyed 100 older adults aged 60 or above on bathroom safety measures. Findings revealed that 46% were worried or very worried about falling in the bathroom, yet over half had not implemented any safety measures.

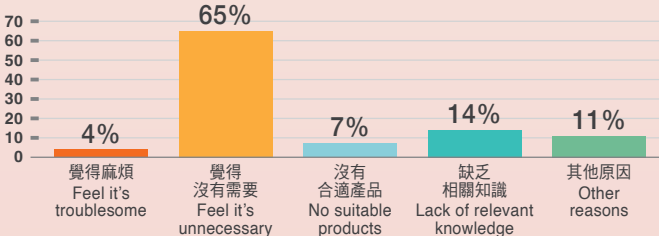
防滑地磚和扶手是最多人使用的安全措施，亦被最多受訪者認為是最重要的防跌措施。在未採取安全措施的受訪者中，65%表示「沒有需要」，反映長者對家居環境安全的意識仍有待提升。

Non-slip floor tiles and grab bars were the most commonly used and considered most important. Among those without safety measures, 65% said "no need", reflecting a gap in awareness of home safety.

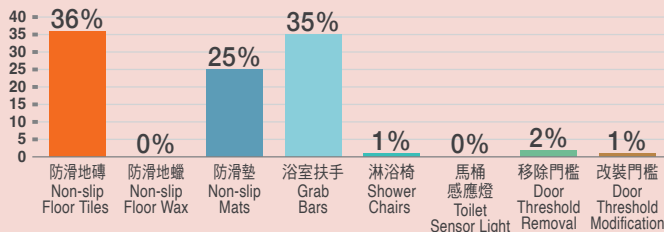
受訪者在家中浴室採用哪種安全措施
Safety Measures Adopted in Respondents' Home Bathrooms



受訪者沒有在家中浴室採用安全措施的原因
Reasons Why Respondents Did Not Implement Bathroom Safety Measures at Home



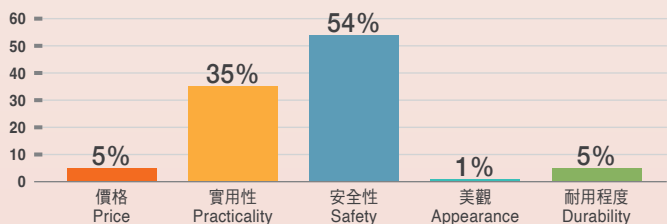
受訪者認為最重要的浴室安全措施
Respondents' Views on the Most Important Bathroom Safety Measures to Prevent Falls



總括而言，長者跌倒風險較高，可能導致骨折甚至死亡，並進一步影響其生活自理能力及生活質素。家居環境中的安全陷阱是主要風險因素之一，積極採取適當的浴室安全措施，可有效預防和減低意外發生的風險。

In conclusion, falls pose serious risks to older adults, including fractures or even death, impacting independence and quality of life. Home hazards are a major risk factor, and adopting proper bathroom safety measures can effectively prevent accidents and reduce these risks.

受訪者對於家中採用浴室安全措施的最主要考慮因素
Main Factors Respondents Consider When Implementing Bathroom Safety Measures at Home



深思思
Point to Ponder

受訪者最關注浴室安全措施的安全性及實用性。這提醒我們，安全且實用的設計比華麗外觀更能協助長者及提升他們日常自理的信心。有哪些產品或設施可進一步開發或改良，從而營造更安全、無障礙的浴室環境呢？

Respondents were most concerned about the safety and practicality of bathroom safety measures. This reminds us that safe and functional designs — rather than luxurious appearances — are what truly support older adults and enhance their confidence in performing daily self-care. It also raises an important question: Which products or facilities can be further developed or improved to create a safer, barrier-free bathroom environment?



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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

