

樂活安居

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

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

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樂活安居生活實驗室項目榮獲「第11屆亞太區創新老年照護項目大獎」 Age-Friendly Home Living Lab Projects Bagged Top Honours in the 11th Asia Pacific Eldercare Innovation Awards 2023



樂活安居生活實驗室的2個項目獲新加坡Ageing Asia嘉許，並於其主辦的「第11屆亞太區創新老年照護項目大獎」中榮獲大獎，分別為與香港中華煤氣有限公司（煤氣公司）合作，為認知障礙長者構建安全社區的計劃，獲頒「年度創新獎—最佳居家安老模型」，及與香港理工大學合作的賽馬會長者健膝360計劃，獲頒「年度創新獎—最佳起居輔助（數碼方案）」。

Two projects of the Living Lab of Gerontechnology for Age-Friendly Home (Age-Friendly Home Living Lab) were crowned at the 11th Asia Pacific Eldercare Innovation Awards 2023 of Ageing Asia, Singapore, namely the “Innovation of the Year – Ageing-in-Place Model” in collaboration with the Hong Kong and China Gas Company Limited (Towngas) to create a safe community for elderly with cognitive impairment, and the “Innovation of the Year – Assistive Living (Digital Solution)” in collaboration with the Hong Kong Polytechnic University on the Jockey Club Elderly Knee Health 360 Project.

我們與煤氣公司合作，於房協的出租屋邨引入一系列新開發的智能煤氣產品，利用物聯網技術，透過手機監察煮食爐情況，隨時隨地遙距緊急關火，預防煮食時發生火警的風險，同時減輕照顧者的憂慮。

We have collaborated with the Towngas to adopt a series of newly developed smart gas products in the Housing Society rental estates, making use of IoT technology to monitor the appliance status through mobile phones, and turn off the flames remotely at anytime anywhere, so as to prevent potential fire risks when cooking, at the same time to alleviate the anxiety of caregivers.



另外，我們與香港理工大學合作推行賽馬會長者健膝360計劃，應用最新開發的人工智能手機應用程式，為長者進行膝關節健康快速篩查，提倡及早介入和社區教育，替代使用藥物。

In addition, we have collaborated with the Hong Kong Polytechnic University on the Jockey Club Elderly Knee Health 360 Project, putting a recently developed AI driven smartphone app in use for fast track knee health screening, in order to promote early intervention and community education over medicine.

梁綺芬
Peggy

樂活安居生活實驗室研創專員
Co-venger of the Age-Friendly Home Living Lab

「坊間有許多日新月異的樂齡產品，但每次買回來給媽媽用，效果都不似預期。

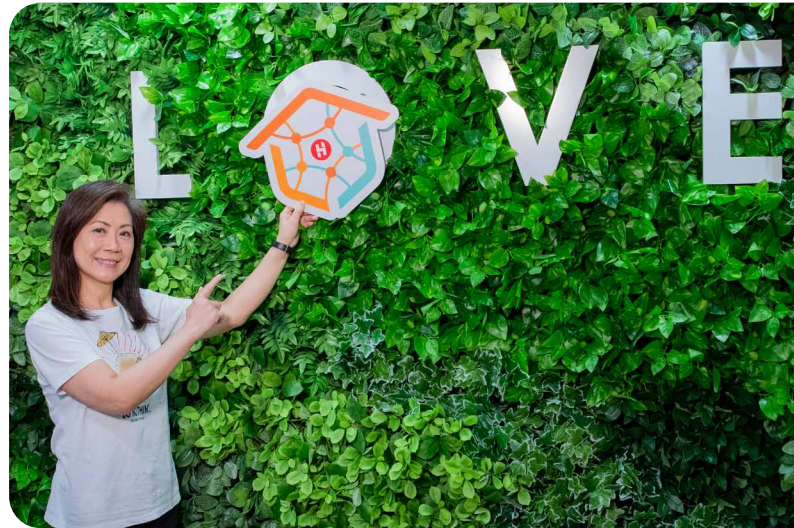
成為研創專員，我們有機會直接與技術開發商溝通，為研發實用貼地的樂齡產品出一分力。」

“Although age-friendly products in the market are advancing over time, those I bought for my mother often unable to meet her needs.

Joining as Co-venger, we may directly convey our perspectives to the developers, playing an important role in the development of practical age-friendly products.”

我是梁綺芬，退休前是一間基金公司的首席交易員，7年前因為要照顧患有認知障礙症的媽媽而提早退休。從前我的工作非常忙碌，但退休後照顧媽媽的壓力卻比工作時還要大，有時甚至會失眠。由於我對照顧認知障礙症人士一無所知，這幾年間我不斷參與相關課程，亦因而認識了許多志同道合的朋友，一同分享當照顧者的辛酸和開心時刻。

I am Peggy. I was the Chief Trader of a fund company and retired 7 years ago to look after my mother with dementia. My work used to be very busy, but taking care of my mother after retirement is even more stressful, sometimes I suffered from insomnia. As I have no idea on how to render care to people with dementia, I have been attending relevant courses over the past years, and met new friends with similar backgrounds to share the bitterness and joy of being a caregiver.



為什麼加入成為研創專員？ Why did you join the Co-vengers

由於許多樂齡產品都在實驗室內進行研發，過程中很少接觸長者，以致最終行銷的產品未能解決長者日常生活中的難題。

作為研創專員，可以接觸不同的科研機構，轉達我的想法、經驗，以及媽媽的實際需要，並且可以啟發我的小宇宙，與技術開發商、其他長者及照顧者，共同構思解決方案。

Age-friendly products are normally developed in laboratories without engaging the elderly in the process, as such the commercialised products often failed to address the daily difficulties that the elderly encounter.

As a Co-venger, I am able to convey my perspectives, experience, and the genuine needs of my mother to various R&D institutes, and inspire my creativity to explore solutions with technology developers, other elderly and caregivers.

成為研創專員後，你最深刻的體會是？ Being a Co-venger, what do you appreciate the most

齊心就事成！我參與過產品評審，為技術開發商的产品評分；共創工作坊，與其他參加者絞盡腦汁設計模型；亦測試過不同的樂齡產品，親身體驗到產品的優點和缺點，然後給予意見，讓我知道產品如何可以真正協助長者居家安老。

Team work is the key! I have taken part in vetting and rating products from developers; co-creation workshops to rack my brain with other participants to design models; trial testing of different age-friendly products and offered my opinions regarding their pros and cons. These activities allow me to learn about what kinds of age-friendly products could truly enable the elderly to age-in-place.



加入成為研創專員
Join as Co-venger

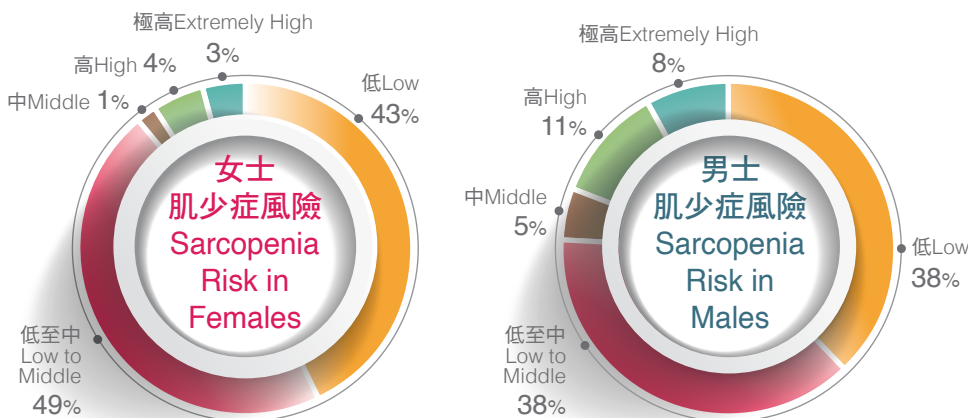
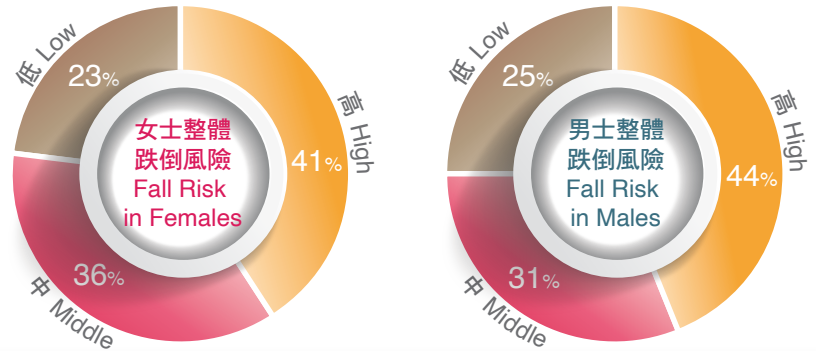
2021年5月至2023年2月期間，長者安居資源中心共訪問了708位人士，以了解男士及女士的跌倒及患上肌少症的風險。受訪者當中8成為女性，男女平均年齡分別為73.4歲及71.3歲，而八成半參加者的年齡在60歲至79歲之間。

From May 2021 to February 2023, the Elderly Resources Centre (ERC) interviewed 708 visitors to understand the risks of fall and sarcopenia among males and females. 80% of the respondents were females. The average age of males and females was 73.4 and 71.3 respectively, of which 85% were aged between 60 and 79.

跌倒風險評估 Fall Risk Assessment

結果顯示，雖然男女跌倒風險相約，但測試顯示男士的平衡力（開眼搖擺長度）較女士差。

The survey result showed that fall risk of males and females were similar. However, the test demonstrated males had a worse static balance (sway length of eyes opened) than that of females.



肌少症篩查 Sarcopenia Screening

男士患上肌少症的風險相對女性為高，這可能與男士慣用手的肌肉力量和四肢肌肉量均較女士少有關。

The risk of sarcopenia in males was higher than females, this may due to weaker muscle strength of dominant hand, as well as less appendicular skeletal muscle mass in males than in females.

職業治療師的話 Message from Occupational Therapist

長者，尤其是男士，於退休後經歷角色的轉變，從前的工作時間變成了閑暇。然而，長期留家看電視、聽電台、讀報紙等久坐不動的生活方式，會增加患上肌少症的風險，並會引致體弱、行動不便，逐漸降低獨立生活的能力。

要維持肌肉健康，長者可透過飲食例如肉類和雞蛋，攝入更多蛋白質；在智能手錶上設置運動提醒來減少久坐時間，同時亦可以利用健身工具進行阻力訓練，例如彈力帶或智能啞鈴，有助強化肌力、提升身體的協調能力和平衡力。

一些簡單的家居小改動可以提升家居安全，減低跌倒風險，例如在座位周圍、高低級之間、床邊等加裝扶手和添置便攜式扶手，有助患有肌少症的長者行走至家中不同角落。此外，長者亦可於家中騰出活動空間，養成日常運動的習慣。

Elderly, especially males, experience the change of role upon retirement. With the hours used to be spent at work turn into idling time at home, prolonged sedentary lifestyle such as watching television, listening to radio and reading newspaper will increase the risk of sarcopenia, which can lead to frailty, disability and gradually loss of independence.

To maintain muscle health, elderly are advised to consume more protein through diet like meat and eggs, reduce sedentary time by setting a move alert on smartwatch, and practice resistant training with fitness tools such as resistance bands or smart dumbbells, in order to enhance muscle strength, body coordination and balance.

Simple home modifications can enhance safety and reduce fall risks at home, such as installing grab bars and adding portable handrails around seats, between levels and beside beds, to help elderly with sarcopenia to walk from one position to another. Furthermore, elderly are encouraged to free up space for developing exercise routine at home.

「肌不可失」健康探索團 Sarcopenia and Fall Prevention Tour

肌少症常見於65歲後的長者，由於肌肉量減少、肌肉功能變差，而增加跌倒風險。長者安居資源中心的「肌不可失」健康探索團，透過肌肉量測試、肌少症及跌倒風險評估、自我健康管理環節、肌肉強化運動及講座，增加長者對自身健康的了解，從而根據自己的健康狀況，調整生活習慣，並於家中作相應改動，以活出健康生活。

當中，探索團評估跌倒風險時所採用的「步固智能防跌評估裝置」，技術開發商曾於產品的開發過程中，透過中心收集超過600名長者的試用數據及改善建議，由身體平衡儀器原型反覆改良至可安裝在居家背部的腰帶形步態分析儀器，充分實現生活實驗室的理念。

Sarcopenia is common for elderly aged over 65. The decrease in muscle mass and weaker muscle functions, result in a higher risk of fall. The Sarcopenia and Fall Prevention Tour of the Elderly Resources Centre (ERC) comprises of muscle mass testing, sarcopenia and fall risk assessment, self-health management programme, muscle strengthening exercise and talk, with an objective to raise the elderly's understanding of their own health, and encourage them to live a healthy lifestyle by adjusting their daily habits and modifying their home environment based on their health conditions.

In the tour, the "Booguu Aspire Fall Risk Assessment Device" used in assessing the fall risk of individuals, was developed in collaboration with ERC and the solution provider to collect trial data and feedback from more than 600 elderly visitors, repeatedly refining the prototype of a balance scale into this integrated sensor belt that mount at the back of the user, fully materialising the concept of Living Lab.



步固智能防跌評估裝置

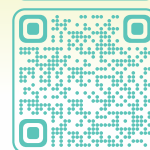
Booguu Aspire Fall Risk Assessment Device



歡迎團體及個人網上報名。
有關參觀詳情，
可參閱中心網站或
致電 2839 2882 查詢。

Online registration is open to groups and individuals. For tour details, please refer to ERC website or contact 2839 2882 for enquiries.

報名 Registration



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Shop A-C, G/F, Prosperous Garden, 3 Public Square Street,
Yau Ma Tei, Kowloon

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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



中心網址 ERC website

