**Experiential Tours**

We offer two experiential journeys:

**ExplorAge Tour:** This experiential journey helps participants learn more about the ageing process the **elderly** face, and the importance of **Age-Friendly Home**.

**Mind-Friendly Home Experiential Tour:** This experiential journey helps participants understand the challenges **people with dementia** face in their daily lives, and the importance of **Mind-Friendly Home**.

**ExplorAge Tour**

**Objectives**

* Learn more about the ageing process
* Understand the challenges the elderly face in their daily lives
* Understand the importance of “Age-Friendly Home”

**Content**

* Virtual Reality (VR): Understand the common mistakes that the elderly have in their daily lives, and learn how to help them establish a healthy lifestyle
* Augmented Reality (AR): Visit “Innov-age Home” to know more about “Age-Friendly Home” design and gerontech products
* Design your own Age-Friendly home: Learn how to design an ideal Age-Friendly home with different types of materials and furniture
* Debriefing: Encourage participants to share their views on taking care of the elderly and design an Age-Friendly home

**No. of participants**

A maximum of 30 participants

**Mind-Friendly Home Experiential Tour**

**Objectives**

* Understand the challenges that people with dementia face in their daily lives
* Understand the importance of “Mind-Friendly Home” design principles

**Content**

* Talk: Understand dementia and the needs of people with dementia and their care-givers
* Experiential Activity: Understand the challenges that people with dementia face in their daily lives through role play
* Debriefing: Help participants know more about the needs of people with dementia through sharing

**No. of participants**

A maximum of 24 participants

**Target**

* Care-givers
* Students
* Professionals from other corporations or institutions

**Fee**

Free of charge

**Appointment**

* Apply online
* Send the application forms via email or fax

**Duration**

Approximately 1.5 to 2 hours

**Enquiries**

Housing Society Elderly Resources Centre

Shop A-C, G/F, Prosperous Garden, No.3 Public Square Street, Yau Ma Tei

Tel: 2839 2882

Fax: 2385 2136

Email: [erc@hkhs.com](mailto:erc@hkhs.com)

Website: [www.hkhselderly.com/erc](http://www.hkhselderly.com/erc)

Facebook: Website for Elderly Services

**Opening Hours**

Mondays to Saturdays

9:00am to 12:30pm

1:30pm to 6:00pm

Closed on Sundays and Public Holidays