**Health Exploration Tours**

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| **Theme 1**  **Joint Health Tour** | **Theme 2**  **Sarcopenia and Fall Prevention Tour** | **Theme 3**  **Visual Health Tour** | **Theme 4**  **Brain Health Tour** | **Theme 5**  **Healthy Ageing Tour** |
| Have you ever experienced pain when you walk up and down the stairs? Joint Health Tour helps you know more about joint health. | Sarcopenia is common among elderly aged 65 or older. Sarcopenia and Fall Prevention Tour helps you learn about the risk of sarcopenia and the risk of fall. | Why does blurry vision occur? Visual Health Tour helps you understand how to prevent and handle common eye diseases among the elderly. | Have you ever forgotten to turn off the stove or where are your keys? Brain Health Tour helps you understand cognitive deterioration and shares tips for brain health. | Can your metabolic age be younger than your actual age? How will your health be affected by invisible visceral fats?  Healthy Ageing Tour helps you learn more about the common chronic diseases among the elderly. |
| **Highlights**  Health screening test   * Risk of Arthritis   Exercise   * Seated Tai Chi   Talk and Self-management session   * Tips for joint protection * Healthy diet for joint health * Aids for joint protection | **Highlights**  Health screening test   * Muscle mass * Risk of sarcopenia and fall   Exercise   * Muscle- strengthening exercise   Talk and Self-management session   * Tips for fall prevention * Fall prevention aids | **Highlights**  Health screening test   * Eye pressure * Risk of ocular degeneration   Exercise   * Visual health exercise   Talk and Self-management session   * Tips for home design that helps visual health * Aids for better visual health | **Highlights**  Health screening test   * Interactive cognitive tests   Exercise   * Eight brain health exercise * Brain health finger exercise   Talk and Self-management session   * Diet and daily living habits for better brain health * Memory aids, tools and strategies | **Highlights**  Health screening test   * Body age * Visceral fat index * Stiffness of blood vessels   Exercise   * Seated Baduanjin qigong   Talk and Self-management session   * Tips for healthy diet * Daily living aids |

**Introduction**

To raise **health awareness** in elderly people, five thematic tours are designed to screen their body functions, including: healthy ageing, brain health, visual health, joint health, sarcopenia and fall prevention.

**Objectives**

* Raise the elderly’s health awareness
* Encourage to adopt a healthy lifestyle
* Learn about the age-friendly home environment
* Learn about how the assistive devices and applications adapt to the changes of body functions

**Highlights**

* Screening test: Health screening test administered by ambassadors or staff with a report of screening results
* Self-management: Adopt a healthy lifestyle through goal setting
* Talk: Talk on related topic and interpretation of screening test results
* Exercise: Introduce related seated exercises

**Concept of “Age-Friendly Home”**

The design of Health Exploration Tours is closely related to the fundamental concept of“Age-Friendly Home”of ERC.

**Elderly Lifestyle**

The elderly have their own preferences, habits and behaviours. A suitable home environment that caters their changing needs can facilitate the establishment of a healthy lifestyle.

**Ageing Process**

In the normal ageing process, the elderly will experience changes in their senses, cognition, physical functions and psychological aspects. Therefore, home modification is needed to meet their changing needs.

**Environmental Factors**

It includes home and outdoor design and facilities as well as relevant home services that cater for different needs of the elderly.

**Activity Zones**

The four activities will be conducted in different zones.

* Healthy Ageing Zone: Screening test
* Expor-Age zone: Exercise
* Multi-purpose Seminar Room: Self-management and Talk

**Visit Information**

**Target**

People aged 60 or above

**Appointment**

Each appointment is for one thematic tour only

* Online registration
* Send the application forms via email or fax

**No. of participants**

A maximum of 60 participants

**Fee**

Free of charge

**Duration**

Each thematic tour takes approximately 2.5 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