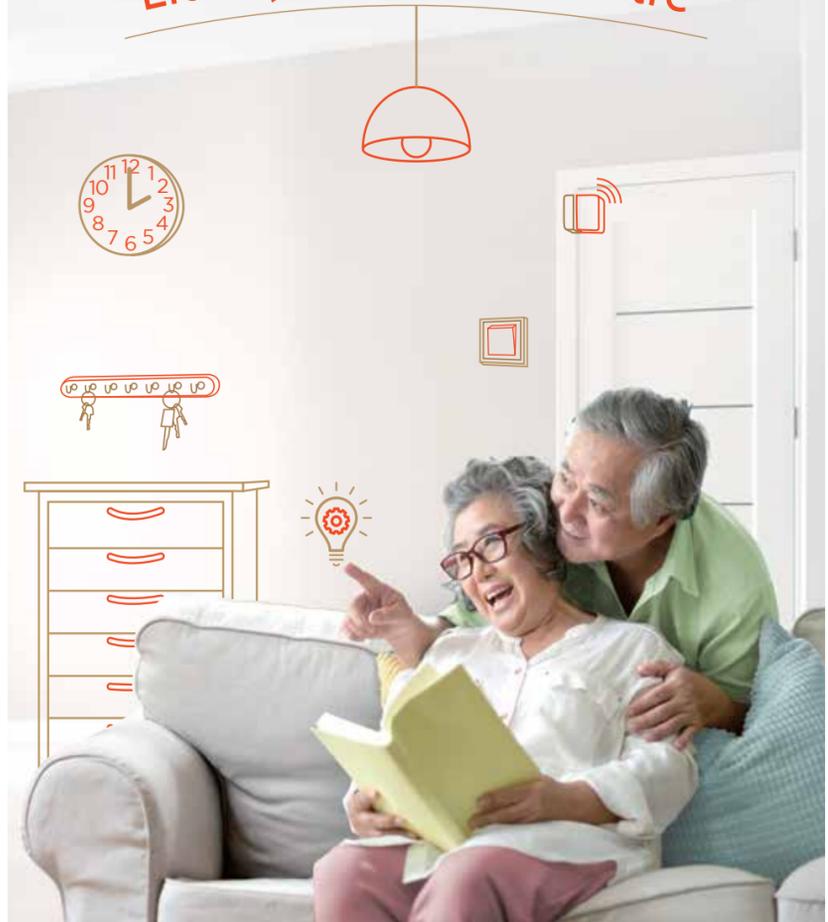


Housing Society Elderly Resources Centre



Launched in 2005 by the Hong Kong Housing Society, the Elderly Resources Centre is the first of its kind in Hong Kong to promote the concept of "Age-Friendly Home" that helps the elderly to achieve "Ageing in Place".

Mission

Age-Friendly home is a home suitable for the elderly in terms of environment, lifestyle and ageing process, ensuring a safe and comfortable living in their late years.

Environmental Factors

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

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.

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.



Services



1 Health Screening, Guided Tours and Experiential Activities

Provide elderly health screening, guided tours and experiential activities for groups or individual.



Health Screening

- Provide health screening for the elderly with the interactive testing system
- Encourage the elderly to establish and maintain a healthy lifestyle through teaching them health management and regular exercise



Guided Tours and Visit

- Provide guided tours for the elderly, care-givers and students
- Visit mock-up Age-Friendly Home or Mind-Friendly Home



Experiential Activities

- Introduce the ageing process and the concept and application of the Age-Friendly Home for the care-givers and students through augmented reality (AR) and virtual reality (VR) games and applications
- Through role play, care-givers and students can experience the challenges that people with dementia face in daily life, and learn about the concept and application of the Mind-Friendly Home



2 Education and Training

Provide community education and training for groups or individual.



Community Education

- Organise various elderly-related educational talks
- Collaborate with other social service units to educate the general public about the concept of Age-Friendly Home and Mind-Friendly Home
- Organise various community education activities, such as hosting the Mind-Friendly Fun Fair and joining the Gerontech and Innovation Expo



Community Training

- Provide training workshops on Age-Friendly Home for professionals and members of the community



3 Professional Consultation

- Provide home adaptation or modification advice by Occupational Therapists
- Provide community resources information by Social Workers



4 Ambassador Services

The trained ambassadors help our visitors to administer health screening and assist in guided tours, experiential activities and community education activities, so as to promote the concept of Age-Friendly Home and Mind-Friendly Home.



5 Research

Collaborate with academic institutions and relevant organizations in conducting elderly-related research such as age-friendly products and fall risk of elderly, etc.



6 Online Resources Housing Society Elderly Resources Centre

www.hkhselderly.com/erc

Provide a variety of useful information for the elderly and care-givers, including "Age-Friendly Home" website, "Age-Friendly Home DIY Booklet" and "Age-Friendly Home" videos series, etc.



Centre Website

Opening Hours

Mondays to Saturdays:
 9:00am to 12:30pm
 1:30pm to 6:00pm
 Closed on Sundays and Public Holidays

Target

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

Fee

Free of charge

Appointment

1. Apply online
2. Send the application form to us via email or fax (The form is available for download on our website)

Enquiries

Housing Society Elderly Resources Centre

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

2839 2882

2385 2136

erc@hkhs.com

www.hkhselderly.com/erc

Website for Elderly Services



Centre Map

Printed on recyclable paper

Exhibition Area 2

MIND-Friendly Home Exploration Centre

The centre comprises the Mind-Friendly Mock Up Flat and Multi-purpose Seminar Room. It showcases assistive devices, gerontechnological products and advice on home modification for people with dementia. It aims at enhancing their quality of life, and also help alleviate the pressure of care-givers.

Mind-Friendly Mock Up Flat



Multi-purpose Seminar Room



Exhibition Area 1

Innov-age Home

This showcases various age-friendly furniture and aids that are suitable and available in Hong Kong, by incorporating the interactive augmented reality (AR) game.



Consultation Room

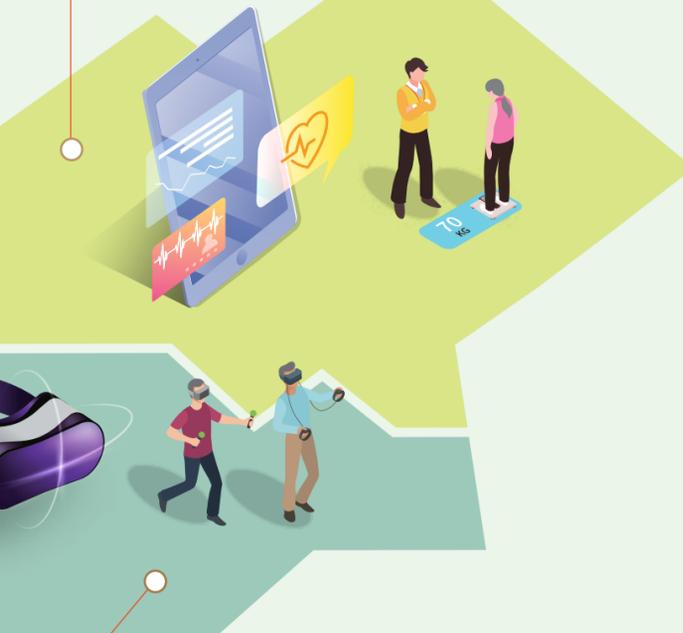
Our Occupational Therapists and Social Workers provide consultation service in this room with the specially designed “adjustable bathroom aids” in the demonstration area. Occupational Therapists can provide advice on how to modify the bathroom to fit the needs of the elderly and care-givers.



Housing Society Elderly Resources Centre

Healthy Ageing Zone

Through interactive testing system, self-management and exercises, the elderly are guided to establish a healthy lifestyle and to improve the quality of life.



Explor-age Zone

Participants can understand daily life of the elderly through the virtual reality (VR) game, in which they can learn how to help the elderly establish a healthy lifestyle.



Housing Society Elderly Resources Centre

Reception

Multi-purpose Seminar Room and Reception

The multi-purpose seminar room is used for receiving visitors, holding seminars and small group activities.



Reception

