



# Health Exploration Tours



## Theme 1 Joint Health Tour

Have you ever experienced pain when you walk up and down the stairs? Joint Health Tour helps you know more about joint health.



### 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



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## Theme 2 Sarcopenia and Fall Prevention Tour

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.



### 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

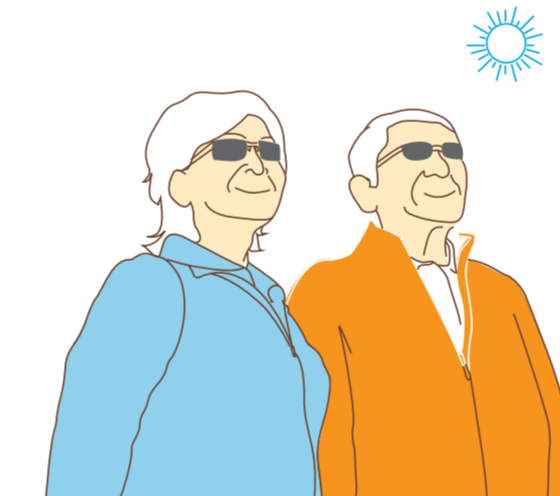


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## Theme 3 Visual Health Tour

Why does blurry vision occur? Visual Health Tour helps you understand how to prevent and handle common eye diseases among the elderly.



### 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



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## Theme 4 Brain Health Tour

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.



### 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



## Theme 5 Healthy Ageing Tour

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**
  - 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



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### 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

### Opening Hours

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



Centre Map

## Visit Information

### Target

People aged 60 or above

### Appointment

Each appointment is for one thematic tour only

- Online registration
- Send the application form 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

## Activity Zones

The four activities will be conducted in different zones.



## 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.



## Introduction

To raise health awareness in elderly people, five thematic tours are designed to screen their body functions, including:



### 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

Health screening test administered by ambassadors or staff with a report of screening results

Adopt a healthy lifestyle through goal setting

Talk on related topic and interpretation of screening test results

Introduce related seated exercises



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