



賽馬會齡活城市
Jockey Club Age-friendly City

Jockey Club Age-Friendly City Project



Action Plan KWAI TSING



Tsing Ma Bridge



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同心同步同進 RIDING HIGH TOGETHER

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1. Background

Hong Kong is facing an ageing population. By 2040, about 30% of the overall population will be aged over 65, approximately equivalent to 2.46 million in absolute number. The demographic change will lead to new or expanded services, programmes and infrastructures to accommodate the needs of older people. Creating an age-friendly community will benefit people of all ages. Making cities age-friendly is one of the most effective policy approaches for responding to demographic ageing.

In order to proactively tackle the challenges of the rapidly ageing population, The Hong Kong Jockey Club Charities Trust is implementing the Jockey Club Age-friendly City Project in partnership with four gerontology research institutes in Hong Kong. The project is aimed at building momentum in districts to develop age-friendly communities, recommending a framework for districts to undertake continual improvement, as well as arousing public awareness and encouraging community participation. The CUHK Jockey Club Institute of Ageing (“The Institute”) is responsible for providing professional support for building an age-friendly community in five districts, namely Sha Tin, Tai Po, Kwai Tsing, North and Sai Kung.

2. Profile of Kwai Tsing District

Kwai Tsing is situated in the southwestern part of the New Territories and the district is famous for its Kwai Tsing Container Terminals, as one of the busiest container ports in the world. A lot of industrial and business buildings are also located in the district. Kwai Tsing is a pioneer district in Hong Kong to promote age-friendliness. Starting from 2009, the Kwai Tsing District Council has been conducting various age-friendly programmes with NGOs, using a bottom-up approach inviting older people’s participation. These programmes included community health care support, setting up community fitness equipment and health information kiosks across the district, and organizing thematic health education talks at different spots of the district. In 2014, Kwai Tsing became the first district in Hong Kong to join the Global Network for Age-friendly Cities and Communities of the World Health Organization (“WHO”).

3. Key Findings of Baseline Assessment

Between April and August 2017, the Institute has conducted a baseline assessment in the district using the framework of eight domains of an age-friendly city (“AFC”) set out by the WHO, namely outdoor spaces and buildings, transportation, housing, social

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participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. It comprised both quantitative approach of questionnaire survey of 504 residents and qualitative approach of five focus group interviews.

The findings showed that residents in Kwai Tsing District were most satisfied with the domain of transportation in the district, while there was more room for further improvement in the domains of community support and health services as well as civic participation and employment. On the latter two domains, residents participating in focus groups raised more specific issues, such as limited community care services, overstretched medical resources, limited employment opportunity for those aged 65y and above, and lack of volunteering opportunity for residents in private housing. The eight AFC domains and selected items in each domain are shown in the table below.

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WHO's Age-friendly City domains and relevant areas of concern included in baseline assessment

AFC domains	Selected items included in the domains	
Outdoor spaces and buildings	<ul style="list-style-type: none"> • Environment • Green spaces and walkways • Outdoor seating • Pavements • Roads • Traffic 	<ul style="list-style-type: none"> • Cycle paths • Safety • Services • Buildings • Public toilets
Transportation	<ul style="list-style-type: none"> • Affordability • Reliability and frequency • Travel destinations • Age-friendly vehicles • Specialized services • Priority seating • Transport drivers • Safety and comfort 	<ul style="list-style-type: none"> • Transport stops and stations • Information • Community transport • Taxis • Roads • Driving competence • Parking
Housing	<ul style="list-style-type: none"> • Affordability • Essential services • Design • Modifications • Maintenance 	<ul style="list-style-type: none"> • Ageing in place • Community integration • Housing options • Living environment
Social participation	<ul style="list-style-type: none"> • Accessibility of events and activities • Affordability • Range of events and activities • Facilities and settings 	<ul style="list-style-type: none"> • Promotion and awareness of activities • Addressing isolation • Fostering community integration
Respect and social inclusion	<ul style="list-style-type: none"> • Respectful and inclusive services • Public images of ageing • Intergenerational and family interactions 	<ul style="list-style-type: none"> • Public education • Community inclusion • Economic inclusion
* Civic participation and employment	<ul style="list-style-type: none"> • Volunteering options • Employment options • Training • Accessibility 	<ul style="list-style-type: none"> • Civic participation • Valued contributions • Entrepreneurship • Pay
Communication and information	<ul style="list-style-type: none"> • Information offer • Oral communication • Printed information 	<ul style="list-style-type: none"> • Plain language • Automated communication and equipment • Computers and the Internet
* Community support and health services	<ul style="list-style-type: none"> • Service accessibility • Offer of services 	<ul style="list-style-type: none"> • Voluntary support • Emergency planning and care

Source: Adapted from WHO Global Age-friendly Cities: A Guide, 2007.

Remarks: The domains or items above with (*) are areas with more room for further improvement

4. Proposed Action Plan for Kwai Tsing District

Suggested projects associated with related AFC domains and proposed actions / programmes are set out below. For ease of reference, the primary age-friendly domain(s) of each project has been marked in bold font.

Project	Related domain(s)	Proposed short- term action(s)/ programme(s)	Proposed long-term approach(es)
Theme 1: Maintain an active role of older people in society			
<p>Engage and include the elderly in district affairs and community development</p> <ul style="list-style-type: none"> • Assess the age-friendliness of community, design an enabling environment for people of all ages and levels of mobility. • Acknowledge and provide opportunities for older people to utilize their strengths and potentials, by broadening existing platforms to shape communities around the needs and aspirations of older people. 	<ul style="list-style-type: none"> • Outdoor spaces and buildings • Civic participation and employment • Communication and information • Transportation • Housing • Social participation • Respect and social inclusion • Community support and health services 	<ol style="list-style-type: none"> 1) Develop information hub to disseminate AFC information through different channels, and consult older people on the layout and design. Suggested content of the information hub: <ul style="list-style-type: none"> • community facilities (e.g. locations of washrooms, sheltered seats, markets, water dispensers) • Information on home safety assessment and modification • Information on age-friendly business / shops / restaurants • Consulting elderly on the layout and design 2) Organize job expo. <ul style="list-style-type: none"> • Targeting middle-aged / young-old • Providing information on volunteering and employment • Inviting employment agencies and service providers to set up booths 	<ol style="list-style-type: none"> 1) Organize annual district forum on age-friendly Kwai Tsing continually, and engage district stakeholders to join. 2) Encourage AFC ambassadors to involve in the development plan of age-friendly city of the district, in order to actively promote the age-friendliness in the district.

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Theme 2: Promote intergenerational exchange and improve older people's connection with the community			
<p>Promote mutual understanding and respect across generations</p> <ul style="list-style-type: none"> Organize interactive intergenerational programmes, and present aging as a positive process and emphasize the active role that older people can play. 	<ul style="list-style-type: none"> Respect and social inclusion Social participation Civic participation and employment Communication and information 	<ol style="list-style-type: none"> Conduct place audit to assess the age-friendliness of the built environment and facilities in the community with youth and old people interacting together. Organize workshops to teach older people and caregivers to use electronic communication technology. 	<ol style="list-style-type: none"> Schools / NGOs can employ the young-old as mentors or instructors in training programmes.
<p>Establish neighborhood network</p> <ul style="list-style-type: none"> Encourage the forming of neighborhood networks to promote exchange of information more organically and locally. 	<ul style="list-style-type: none"> Communication and information Respect and social inclusion Social participation Civic participation and employment 	<ol style="list-style-type: none"> Form community elderly network or concern group to enhance information exchange. 	<ol style="list-style-type: none"> Maintenance of the mobile apps / directory and keep the information up to date.
Theme 3: Create supportive community environment for older people and caregivers			
<p>Plan and create the community where older people can live well and their carers and family members can also receive adequate and timely support through suitable channels.</p> <ul style="list-style-type: none"> Provide practical support to improve accessibility and flexibility of community services. Provide easy-to-navigate and safe 	<ul style="list-style-type: none"> Community support and health services Outdoor spaces and buildings Housing Communication and information 	<ol style="list-style-type: none"> Conduct place audit to assess the age-friendliness of the built environment and facilities in the community. Conduct home safety assessment and modification for singleton and doubleton elderly households. Develop information hub through different channels to provide one-stop information on home safety assessment 	<ol style="list-style-type: none"> Develop one-stop information platform with easy to understand information on the health and community support services provided by government departments and NGOs in the district. Promote the Elderly Health Centre services and outreach team

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<p>physical environment for people with varying levels of physical and cognitive functions.</p> <ul style="list-style-type: none"> • Develop one-stop platform to disseminate and obtain information of community services. 		<p>and modification.</p> <ol style="list-style-type: none"> 4) Organize training programmes on home care services for the young-old and housewives, to provide flexible home care services in community. 5) Organize training on caregiving and communication skills to caregivers and volunteers. 	<p>information to wider public.</p>
<p>Empower older people to self-manage their health</p> <ul style="list-style-type: none"> • Frailty prevention and disease management. 	<ul style="list-style-type: none"> • Community support and health services 	<ol style="list-style-type: none"> 1) Provide health checks and community screening to older people living in less accessible areas. 2) Teach older people the skills on pain and disease management. 	<ol style="list-style-type: none"> 1) Through the collaboration with Elderly Health Services under the Department of Health, plan and expand the current “estate-based” health promotion scheme to cover wider public, including older people living outside public housing estates, and also provide outreach health management service to the “hard-to-reach” elders through medical-social collaborative model.

5. Way Forward

The Institute will provide professional support in the capacity of Professional Support Team to Kwai Tsing District Council and key stakeholders in the district to implement the action plan. Progress of the action plan will be reviewed by the District Council regularly.