



香港耆康老人福利會
The Hong Kong Society for the Aged

祝
Wish
願

2021-2022 年報
Annual Report

理想 Vision 想

我們致力使安老服務臻於完善，
積極回應社會的需要及轉變，
成為卓越的安老服務機構。

We dedicate ourselves to the improvement and development of elderly services and strive to become an outstanding elderly service organisation. We will respond promptly and effectively to changes in society to meet the needs of our clients.

封面設計 Cover Design Concept 概念

蒲公英代表祝願幸福，仿如本會豐盛的安老服務，不分晝夜為長者遮風擋雨，讓他們懷著信心，以微笑迎接生活各種挑戰。

Dandelions are a symbol of hope, signifying the comprehensive services of SAGE, which give the elderly the confidence to embrace every challenge in life with smile.

使命 Mission 命

本會的使命在於確保長者

- 得到適當的身心照顧，及備受尊重；
- 享有發展所長的機會，與時並進，對家庭及社會作出持續貢獻；
- 自強不息、快樂安度晚年。

為達成使命，本會將致力

- 策劃及提供高質素、多元化而整合的服務；
- 迅速、積極地回應社會的轉變及長者的需要；
- 聯同長者及各界積極建立互相關懷並尊重的社會；
- 提供改善長者生活質素的建議；
- 培育員工成為優秀的服務隊伍，具高度專業知識、效率、熱心及忠誠的服務精神，與本會一同成長、作出貢獻，並以此為榮。

Our mission is to ensure that our senior citizens will be

- properly cared for and given due respect;
- given the opportunity of furthering their education and personal development at the same time be able to contribute to their families and society;
- able to grow old gracefully and peacefully.

Every effort will be made to attain our aims by

- excelling in the delivery of diversified and integrated services;
- a speedy and constructive response to social changes and needs of senior citizens;
- active collaboration with senior citizens as well as other agencies to develop a society with care and respect;
- proffering advice to enhance the quality of life of senior citizens;
- developing a team of highly professional, efficient, enthusiastic, and dedicated staff who will take pride in their contributions and who will grow with our organisation.

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CONGRATULATORY



MESSAGES



李家超先生 GBM, SBS, PDSM, PMSM
行政長官

The Hon John K C Lee GBM, SBS, PDSM, PMSM
The Chief Executive

香港耆康老人福利會成立四十五周年誌慶

慈心布愛
碩志安耆

行政長官李家超





陳國基先生 GBS, IDSM, JP
政務司司長

The Hon Eric K K Chan GBS, IDSM, JP
The Chief Secretary for Administration

香港耆康老人福利會成立四十五周年誌慶

樂弘康健 恩澤耆年

政務司司長陳國基





孫玉菡先生 JP
勞工及福利局局長

Mr Chris Y H Sun JP
Secretary for Labour and Welfare

香港耆康老人福利會成立四十五周年誌慶

同心協德
澤老匡鄰

勞工及福利局局長孫玉菡





李佩詩女士 JP

社會福利署署長

Ms Charmaine P S Lee JP

Director of Social Welfare

香港耆康老人福利會成立四十五周年誌慶

恩深廣澤
柏翠松青

社會福利署署長李佩詩





李國棟醫生 SBS, JP

安老事務委員會主席

Dr Donald K T Li SBS, JP

Chairman, Elderly Commission

香港耆康老人福利會成立四十五周年誌慶

愛繫華首 德沛耆年

安老事務委員會主席李國棟



楊傳亮 BBS, JP

公益金入會、

預算及分配委員會主席

Mr Charles C L Yang BBS, JP

Chairman, Admissions, Budgets and

Allocations Committee, The Community Chest

香港耆康老人福利會成立四十五周年誌慶

力 行 創 新
瞻 遠 展 博

公益金入會、預算及分配委員會主席
楊傳亮



利子厚先生 JP

香港賽馬會主席

Mr Michael T H Lee JP

Chairman, The Hong Kong Jockey Club

香港耆康老人福利會成立四十五周年誌慶

駿策碩畫
耆樂融融

香港賽馬會主席利子厚太平紳士



楊梁燕芳博士 BBS, MBE
Dr Katie Y F Yang BBS, MBE

香港耆康老人福利會成立四十五周年誌慶

同行守護 福澤社群

楊梁燕芳



李曾超群博士 MBE
Dr Maria Lee MBE

香港耆康老人福利會成立四十五周年誌慶

嘉猷續展
積厚流光

李曾超群



方文雄先生 BBS, JP

方樹福堂基金主席

Mr David M H Fong BBS, JP

Chairman, Fong Shu Fook Tong Foundation

香港耆康老人福利會成立四十五周年誌慶

匡老為仁
惠社功深

方樹福堂基金主席方文雄

陳登社會服務基金
Chan Dang Social Services Foundation

香港耆康老人福利會成立四十五周年誌慶

登高望遠 服務社群
匯賢博施 永續向前

陳登社會服務基金

馮堯敬慈善基金會
Fung Yiu King Charitable Foundation

香港耆康老人福利會成立四十五周年誌慶

護者為任
德澤廣被

馮堯敬慈善基金會



FUNG YIU KING
Charitable Foundation
馮堯敬慈善基金會

何馮慈善基金有限公司
Ho & Fung Charitable Foundation

香港耆康老人福利會成立四十五周年誌慶

卓思傳愛
善績遐彰

何馮慈善基金有限公司

何善衡慈善基金會有限公司
The S. H. Ho Foundation Limited

香港耆康老人福利會成立四十五周年誌慶

睿志常新
展猷揚輝



何善衡慈善基金會有限公司

王華湘父子有限公司
W. S. Wong & Sons Company Limited

香港耆康老人福利會成立四十五周年誌慶

心繫耆福
篤行臻善

王華湘父子有限公司



耆康會四十五周年徽號以簡潔俐落的線條組成45，配合富有活力和層次感的橙色，展現本會45年來「同行同心，迎變創新」的精神。

The 45th Anniversary Logo of SAGE with clear-cut lines in vibrant orange gradient forming an aesthetic 45 signifies the Society's dedicated mission of "Together We Stride Forward for Change and Innovation".



碩果 Significant Statistics 豐收

本會共有 **29** 個服務單位
SAGE runs **29** service units

在 2021/22 年度，本會投放大約港幣
In 2021/22, the Society invested nearly

HK\$521,800,000

致力確保長者獲得適切的照顧、安享晚年
to strive to ensure the older people are properly cared for and enjoy their old age

獲不同慈善基金撥款約
We were granted about

HK\$36,700,000

推行 **33** 項創新計劃，填補服務縫隙，為長者開展豐盛晚年
from different charities for launching **33** innovative projects to close the service gap and help the elderly lead a fruitful life

每月為

We provided residential care services for

1,119 位體弱長者提供住宿及照顧服務，
frail elderly monthly;

去年服務了 **82,861** 位居於社區的長者及其照顧者，提升他們的生活質素
served **82,861** older persons living in the community and their caregivers to enhance their quality of life over the past year

舉行 **23,365** 次認知障礙症患者小組／活動，
We held **23,365** service groups/activities for the elderly with dementia,

參與人次達 **289,211** 次
totalling **289,211** attendances

整體服務滿意率達

We achieved an overall service satisfaction rate of

99.54%，服務質素獲肯定
our service quality was widely recognised

由2003年至今共榮獲 **136** 個本地及海外頒發的獎項
Since 2003, we won **136** local and overseas awards

創辦人、歷屆會長、歷屆副會長及歷屆主席

List of Founder, Presidents, Vice-Presidents and Chairmen

創辦人 Founder

顧楊彥慈女士

Mrs Rose Y C Goodstadt MBE

歷屆會長

President and Former Presidents

1979 – 1988

首席按察司
羅弼時爵士

The Hon Sir Denys Roberts KBE
The Chief Justice

1988 – 1999

首席大法官
楊鐵樑爵士

The Hon Sir Ti-liang Yang GBM, JP
The Chief Justice

2000 – 2006

行政長官夫人
董趙洪娉女士

Mrs Betty Tung
Wife of the Chief Executive

2007 – 2012

行政長官夫人
曾鮑笑薇女士

Mrs Selina Tsang
Wife of the Chief Executive

2012 – 2017

行政長官夫人
梁唐青儀女士

Mrs Regina Leung
Wife of the Chief Executive

2017 – 現在 present

陳坤耀教授

Professor Edward K Y Chen GBS, CBE, JP

歷屆副會長

Vice-President and Former Vice-Presidents

1996 – 2012

李紹鴻教授

Professor S H Lee SBS, ISO, JP

1996 – 1998

楊永強醫生

Dr E K Yeoh OBE, JP

1998 – 2001

譚耀宗議員

The Hon Tam Yiu-chung GBM, GBS, JP

2007 – 2017

陳坤耀教授

Professor Edward K Y Chen GBS, CBE, JP

2015 – 現在 present

梁智鴻醫生

Dr Leong Che-hung GBM, GBS, OBE, JP

歷屆董事會主席

Chairman and Former Chairmen

1979 – 1987	蕭司徒潔女士	Mrs Siu Szeto Kit MBE, JP
1987 – 1989	賈施雅先生	Mr Arthur Garcia CBE, JP
1989 – 2007	陳坤耀教授	Professor Edward K Y Chen GBS, CBE, JP
2007 – 現在 present	麥建華博士	Dr Kim K W Mak BBS, JP

主席獻辭

Chairman's Message

在無常疫情下，本會奮力迎變，繼續啟動多元化的服務和計劃，前瞻不同長者需要，並因時制宜，提升持續發展能力。

Adapting to the uncertainty of the pandemic, we strive to embrace change. We continue to initiate diversified services and projects, anticipating the needs of the elderly and staying resilient through changing times, to strengthen our capacity for sustainable growth.



重繫信心 再闖新天

Reconnect for Confidence to Venture into a New World

新冠肺炎肆虐本港近三年，人與人的聯繫越趨薄弱，社會氣氛亦徘徊低谷。為重新連繫大眾關愛長者、重建長者對未來的信心，本會藉2022年四十五周年誌慶，推出一系列以「同行同心，迎變創新」為主題的活動和服務，期望鼓勵長者、護老者、大眾以至員工互相支持、重燃信念，跨越生活各種挑戰。

With COVID-19 wreaking havoc on Hong Kong for nearly three years, the connection between people has weakened, and social atmosphere has slumped. To re-engage the public in caring for the elderly and to restore the confidence of our seniors in the future, SAGE launched a series of programmes and services under the theme of “Together We Stride Forward for Change and Innovation” as part of our 45th Anniversary in 2022. Our hope is to encourage the elderly, caregivers, the public and our employees to support one another and, in so doing, rekindle optimism and faith in overcoming the challenges in life.

“

本會藉2022年四十五周年誌慶，推出一系列以「同行同心，迎變創新」為主題的活動和服務。

SAGE launched a series of programmes and services under the theme of “Together We Stride Forward for Change and Innovation” as part of our 45th Anniversary in 2022.

”

“在嚴峻的第五波疫情下，本會全人繼續發揮高度團結精神，靈活調配人手和資源。

Throughout the severe fifth wave of the pandemic, the Society continued its work with exceptional solidarity, and flexibility in deploying manpower and resources. ”

同行 重燃希望

耆康會自1977年成立以來，憑藉服務信念和各界支持，不論面對「逆」境抑或「疫」境，一直與長者同行，迎接社會變遷。

在嚴峻的第五波疫情下，本會全人繼續發揮高度團結精神，靈活調配人手和資源，積極聯繫善心機構、義工，在物資、心靈上，盡力支援受疫情困擾的長者，為他們重燃希望。從多封長者的讚賞信中，我很高興看到不但受者得益、施者亦有所啟迪。

同心 重拾力量

反覆的疫情令大眾尤其是長者對生活感到無奈、甚至無助，本會一直思量藉成立四十五周年之際，重新連結各界，在互動中互相鼓勵，同心注入正向能量。

在2022年下半年，慶幸疫情逐漸回落，在嚴守防疫指引下，本會隨即開展一連串誌慶活動，包括兩場分別在港九舉行的大型藝術嘉年華暨長者手作市集、轄下九間長者中心的聯合開放日、網上及實體全港賣旗日、網上藝術興趣班，及長者藝術作品展覽等。其中「耆願天燈」是活動的重點主題，藉祝福傳送關愛，呼籲社會繼續關顧長者。

Reigniting Hope with Support

Since the establishment of SAGE in 1977, with dedication to our mission and unwavering support from varied sectors, we have managed to embrace societal changes together with the elderly, notwithstanding challenges – and even a pandemic.

Throughout the severe fifth wave of the pandemic, the Society continued its work with exceptional solidarity, and flexibility in deploying manpower and resources. By actively engaging donors and volunteers, we strived to provide material and emotional support to the elderly suffering from the pandemic. From the many thank you letters received from our service users, I am heartened to learn that our actions not only brought value to beneficiaries, but also inspired those who contributed to these efforts.

Regaining Strength through Concerted Efforts

The uncertain pandemic situation has made our community, especially the elderly, feel frustrated and helpless. Riding on our 45th Anniversary, SAGE has been exploring ways to reconnect with all segments of society, encouraging one another through interactions and injecting collectively positivity back into the community.

As the pandemic gradually subsided in the second half of 2022, we kicked-off a host of anniversary celebratory activities while closely adhering to anti-pandemic guidelines. These activities included two large-scale art carnivals cum senior handicraft fairs held in Hong Kong Island and Kowloon respectively; a joint open day for our nine elderly centres; a flag day held in the online and physical formats, online art classes, and exhibitions showcasing artwork created by the elderly. Sharing the central theme of “Lanterns of Hope,” the events conveyed compassion and blessings, to call on society to continue to care for the aged.

“

體弱長者是疫情中最受影響的一群，本會推行多項服務計劃，致力協助他們重拾健康。

Older people with fragile health are most vulnerable to the pandemic. We initiated multiple service projects with the aim of restoring the health of older people.

”

體弱長者是疫情中最受影響的一群，年內本會推行多項服務計劃，致力協助他們重拾健康。

對於受新冠病毒感染的長者，各院舍推動跨專業復康計劃，由物理治療師、職業治療師、言語治療師、護士及社工等組成跨專業團隊，評估院友染疫前後的身體狀況，設計適切的復康訓練，並提供心理支援服務，重點關注他們的身心復常。

本會亦投放資源，設立到診皮膚科醫生及藥劑師服務，透過定期訪院診斷，跟進院友皮膚疾患，減少因公共醫療資源不足而影響病情。此外，透過定期檢視配藥，及提升員工、院友和護老者對藥物的知識，全面強化院舍管理藥物的能力。

Older people with fragile health are most vulnerable to the pandemic. This year, we initiated multiple service projects with the aim of restoring the health of older people.

To help elderly sufferers of COVID-19 to recover physically and psychologically, we implemented across our elderly homes a transdisciplinary rehabilitation programme, with physiotherapists, occupational therapists, speech therapists, nurses and social workers working together to make pre- and post-COVID-19 assessment of the physical condition of the residents, prescribe appropriate rehabilitation training, and provide psychological support services.

We have also dedicated resources to provide visiting dermatologist and pharmacist services. Through these regular specialist diagnostic visits, our elderly homes monitor the residents' skin conditions, lowering any associated health risks brought on by inadequate public healthcare resources. In addition, by inspecting periodically dispensed medication and enhancing the relative knowledge of staff, residents and caregivers, we are strengthening the ability of homes to manage medications.

承蒙善長李啟鴻博士伉儷同心愛護長者，慷慨捐助本會，關泉及白普理護理安老院得以推行「復康新領域，智能伴我行」計劃，添置多項護理及復康器材、防疫設施及物資；東區老人日間護理中心亦喜獲李博士伉儷資助先進復康及消毒器材，有效增強長者的復康及防疫力量。

長期善長李慧敏女士心繫本會長者十六載，支援他們各類需要，是年度鼎力支持本會在八間長者中心起動「智樂茶居」認知障礙症服務計劃，讓患認知障礙症長者及其照顧者寓消閒於治療。

迎變 重啟篇章

在無常疫情下，本會奮力迎變，繼續啟動多元化的服務和計劃，前瞻不同長者需要，並因時制宜，提升持續發展能力。

在2022年9月，東區老人日間護理中心正式由低於標準面積的舊址，遷往寬敞的新址繼續提供服務。配合毗鄰北角碼頭，中心以郵輪為主題，輔以先進設備，為需要日間照顧的長者及其護老者提供創新、舒適及更到位的服務。

Thanks to the generous donation of benefactors Dr and Mrs Lee Kai-hung, our Quan Chuen and Bradbury Homes for the Elderly were able to conduct “A Smart New Frontier in Rehabilitation” programme, through which we purchased varied nursing care and rehabilitation equipment as well as anti-pandemic amenities and supplies. We are glad that the Eastern District Day Care Centre for the Elderly also received funding from Dr and Mrs Lee to procure advanced rehabilitation and disinfection equipment for improving the rehabilitation and protection of the elderly.

Ms Rose W M Lee, a long-term donor of SAGE, has been supporting our elderly beneficiaries and their diverse needs for 16 years. This year, she offered us full support in launching the new service project “Dementia-friendly Tea House” in eight elderly centres, enabling dementia patients and their caregivers to enjoy supportive intervention in a relaxing atmosphere.

Restarting a New Page by Embracing Change

Adapting to the uncertainty of the pandemic, we strive to embrace change. We continue to initiate diversified services and projects, anticipating the needs of the elderly and staying resilient through changing times, to strengthen our capacity for sustainable growth.

In September 2022, the Eastern District Day Care Centre for the Elderly was relocated to a more spacious new site from its previous location, which did not meet minimum floor space standards. This new facility, adjacent to the North Point Ferry Terminal, has a cruise design theme and is outfitted with advanced facilities that provide users and their caregivers with modern, comfortable, and tailored day care services.

主席獻辭

Chairman's Message

舊址將撥歸東區長者地區中心，成為附屬單位。本會正密鑼緊鼓，進行裝修工程，預期可於2022年底竣工，進一步加強服務予年輕長者及護老者，開拓更多服務機遇。

對於能運用自身才能，持續貢獻社會的長者，本會「傲齡動力－友待長者就業計劃」協助他們與時俱進。是年度，計劃團隊教導一眾具備不同手藝的長者網上營銷技巧、提供所需支援，讓他們可自主創業。本會亦舉辦「耆才斜棟族」廣告短片創作比賽，讓公眾及學生了解長者亦可如年輕一輩，靈活多方發展。

為舒緩前線照顧人手長期不足，經縝密探討，本會突破固有思維，以院舍護理員職系為切入點，改善現行全職、兼職及外聘員工的聘任機制，增加及穩定人手供應。我們將逐步擴展改善機制至其他適用職系，令服務更具彈性。

創新 重塑未來

疫情改變世界秩序，安老服務模式亦需重新定位，配合更多創新科技、創意思維，擴展服務空間。

The former site remains allocated to the Eastern District Elderly Community Centre for the Elderly as an affiliated unit. Its ongoing renovation is scheduled for completion by the end of 2022. Once this affiliated unit is up and running, the Centre will further strengthen its services to younger elderly and caregivers and open up more service opportunities.

Designed to help the elderly keep up with the times, our “Elder-Friendly Employment Practice” project assists those seniors who are still capable to actively contribute to society with their abilities and skills. During the year, our project team helped older people with different craftsman skills learn online marketing strategies, and offered assistance to those interested in starting their own businesses. We also organised the “Senior Slashers” Commercial Video Contest to showcase to the public and students that the older generation is just as capable of change and growth as the younger counterpart.

To tackle the continuous shortage of frontline care staff, after careful deliberation, we have introduced a brand-new employment arrangement, with the Personal Care Worker grade as the pilot. We hope this will increase and stabilise the relevant full-time, part-time and outsourcing manpower supply. We will gradually expand the improved arrangement to other applicable grades to make our service more flexible.

Reshaping the Future through Innovation

The pandemic has disrupted established systems. The elderly care model must be updated to incorporate modern technologies and innovative concepts if we are to continue to develop the potential of our services.

During the year, we focused heavily on digital transformation. To explore a long-term blueprint to develop an effective electronic management system for

“本會重點探索數碼轉型，致力提升日常服務及行政管理的成本效益。

We focused heavily on digital transformation and look forward to such enhanced day-to-day services as well as administrative management.”

年內本會重點探索數碼轉型，並將成立指導委員會及五個工作小組，就中央行政及各服務類別建立電子管理系統，在具備相關專才董事的支援下，規劃長遠發展藍圖，促進變革，致力提升日常服務及行政管理的成本效益。

本會亦舉辦了董事會策略方向工作坊，檢視現況、多方探討未來發展策略。

並肩 重見青天

2022年挑戰重重，衷心感謝政府部門、善長、策略夥伴、顧問、董事及社會熱心人士鼎力支持本會，員工在困難中堅守服務信念。

本會將一如以往堅定守護長者，期望與更多有心人並肩，讓長者更有信心應對未來、更有能力勇闖明天。

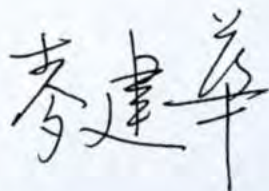
central administration and different service categories, we are establishing a Programme Steering Committee and five working groups with the support of subject expert directors for driving change. We look forward to such enhanced day-to-day services as well as administrative management.

In addition, our Board of Directors took part in a Strategic Direction Workshop to review the Society's current situation and discuss future development strategies.

Rediscovering Optimism Together

While 2022 was not short of challenges, I am sincerely overwhelmed by the support we received from government departments, donors, strategic partners, advisers, directors and other committed members of society. I would also like to express my heartfelt gratitude to our staff for upholding the value of our service despite the difficulties.

As ever, we remain dedicated to our mission of caring for the elderly. We would like to work with more like-minded people, and together restore the enthusiasm of our senior citizens for the future and better prepare them for braving tomorrow.



主席
麥建華博士 BBS, JP

Dr Kim K W Mak BBS, JP
Chairman



行政總監報告

Executive Director's Report

社會資源有限，協同能產生更大效益。本會繼續與不同團體及人士合作，各司專項，為長者籌劃更廣福祉。

Synergy offers the greatest potential for maximising the benefits of limited social resources. SAGE continued to cooperate with a wide variety of organisations and individuals to deliver the best possible care for the elderly.



同心祝願 無懼逆風行

Blessings for Unity to Stay Optimistic amid Challenges

天燈祈願，傳送希望、祝福。2022年第五波新冠肺炎疫情嚴峻之勢前所未見，市民普遍感到徬徨無助，長者尤受其苦，因此，我們致力聯繫各界，協助長者驅散疫情陰霾。年內本會亦策動適切服務計劃，持續提升機構能力，一起以「心之天燈」為長者許願，實踐「耆」望。

Sky lanterns being released into the sky symbolises hope and blessing. With unprecedented severity, the fifth wave of the COVID-19 pandemic has left many feeling worried and powerless, particularly among the elderly. To help the older people emerge from the gloom of the pandemic, SAGE has been actively connecting community sectors, launching strategic service programmes and enhancing our capacity throughout the year, releasing “heart lanterns” that convey our well wishes and determination to fulfill the dreams of the elderly.

“我們推展多項跨專業的實證為本服務計劃，並輔以成效研究，提升成本效益。

We introduced a number of cross-disciplinary, evidence-based service initiatives, and supported them with effectiveness studies to improve the efficiency of our services.

”

“當第五波稍為平穩，本會總結經驗，為未知的疫情發展，作更好裝備。

When the fifth wave began to subside, we consolidated our experience to strengthen our preparedness for future pandemic developments. ”

祈 關懷無間

在2022年6月，第五波疫情開始回落，本會得以舉辦以「耆願天燈」為主題的實體及線上賣旗日，呼籲公眾勿忘長者福祉，非常欣喜善款和義工人數均遠勝預期。透過印有不同祝福心意的特色天燈旗紙，我們亦將為大眾「打打氣」的祝願，如天燈隨風飄揚，成功傳遞予社會不同階層人士。

令我們更欣慰的，是大眾對長者的關懷有增無減。不論支持賣旗日、捐贈抗疫和日常用品，抑或擔任運送物品義工，善心機構及人士出錢亦出力，不畏疫情，齊心為長者送暖。

當中承蒙善長李啟鴻博士伉儷信賴本會，慷慨解囊捐助院舍及日間護理中心添置多項先進防疫、護理及復康設備，誠乃長者之福。

另一位無間斷支持本會已十六載的社會賢達李慧敏女士，亦慷慨資助本會開展更多認知障礙症服務計劃，支援患者及其照顧者，包括融合「蒙特梭利認知障礙症療法」理念及懷緬治療元素，在八間長者中心「開業」的「智樂茶居」。

Devoting to Continuous Care

When the fifth wave of the pandemic began to subside in June 2022, we were able to hold a physical and virtual Flag Day themed “Lanterns of Hope”, encouraging our community to continue caring for the elderly. We are delighted that both donation amount and number of volunteers surpassed our expectations. Through distributing flags carrying different heartwarming messages, we also extended our well blessings to the wider community, just like floating lanterns that illuminate the night.

It is even more encouraging to see that compassion of the public for the elderly has not diminished, but continued to strengthen. Despite the pandemic, organisations and individuals alike offered donations and time to bring warmth to the elderly, whether by supporting Flag Day, contributing anti-pandemic and daily essentials, or volunteering to deliver these items.

Thanks to Dr and Mrs Lee Kai-hung who demonstrated his confidence in SAGE by generously donating towards the purchase of a variety of advanced anti-pandemic, nursing and rehabilitation equipment for our elderly homes and day care centre, bringing a blessing to our seniors.

Ms Rose W M Lee, another distinguished community member who has supported SAGE for 16 years, extended a generous donation to help us carry out a new dementia service project. The project, incorporated the concept of DemetiAbility Methods: The Montessori Way™ and elements of reminiscence therapy, supported patients and their caregivers through the opening of the “Dementia-friendly Tea House” in eight elderly centres.

寄 臻善服務

本會的成立，是因前瞻安老服務需求將急劇增長。四十五載以來，我們對長者的承諾初心無改，因應其身、心、靈多元需要，致力付諸實際行動。年內我們推展多項跨專業的實證為本服務計劃，並輔以成效研究，提升成本效益。

不少染上新冠肺炎病毒的長者，痊癒後變得體弱。疫情稍緩，本會隨即於全線院舍推行疫後復康計劃，為他們評估及提供個人化復康治療和訓練，同時關顧其心理健康，致力協助他們回復至染疫前狀態。

應對長者口肌機能衰退，本會與香港中文大學耳鼻喉頭頸外科學系合作，引入形(狀)營(養)俱備的精緻軟餐，取代傳統糊餐，改善吞嚥困難院友的食慾，讓他們重拾進餐樂趣、強化體質。

長者普遍骨質疏鬆，我們關注其跌倒情況，全面檢視及完善院舍防跌機制，增強員工培訓，避免長者因跌倒減低活動能力，影響生活質素。

長期痛症纏繞很多長者的日常生活，本會與香港中文大學賽馬會公共衛生及基層醫療學院跨專業團隊合作，推行「賽馬會痛『正』能量計劃」，全面關顧和改善長者健康，提升痛症管理知識及技巧。

Committing to Enhancing Services

SAGE was founded to meet the anticipated surge in demand for elderly care services. For 45 years, we have remained committed to the elderly, acting to address their many physical, mental and spiritual needs. This year, we introduced a number of cross-disciplinary, evidence-based service initiatives, and supported them with effectiveness studies to improve the efficiency of our services.

Many elderly patients recovering from COVID-19 experience deterioration in their physical health. As the pandemic situation eased, we immediately rolled out a post-pandemic rehabilitation programme in all residential care facilities. By offering health evaluation, individualised rehabilitation therapy and training, and mental health consultations to the residents, we strived to help them return to their pre-COVID-19 state.

To address age-related oral muscle function decline, SAGE collaborated with the Department of Otolaryngology and Head and Neck Surgery of The Chinese University of Hong Kong to replace traditional pureed diet with delicate soft meals that are both appetising and nutritious. These new meals can help improve the appetite in dysphagia patients, bringing back the pleasure of eating while offering health benefits.

As osteoporosis often affects the elderly, we have been paying close attention to their risk of falling, thoroughly assessing and enhancing the fall prevention mechanism in our elderly homes. We also strengthened our staff training to reduce fall risks among the elderly and their impact on mobility and quality of life.

Many senior citizens live with chronic pain every day. To ease their suffering, we worked with a cross-disciplinary team from Jockey Club School of Public Health and Primary Care at The Chinese University of Hong Kong to implement the Jockey Club "Comfort Pain with Ease" Project, providing comprehensive care to the elderly and enriching their pain management knowledge and skills.

“長者普遍骨質疏鬆，我們關注其跌倒情況，全面檢視及完善院舍防跌機制。

As osteoporosis often affects the elderly, we have been paying close attention to their risk of falling, thoroughly assessing and enhancing the fall prevention mechanism in our elderly homes. ”

為了讓長者在人生最後歲月，可按預設意願，自決醫療選擇，本會已計劃更有系統地推廣預設照顧計劃，增強長者及其護老者對此的認識、裝備員工相關知識。

盼 協同互勉

社會資源有限，協同能產生更大效益。為此，本會繼續與不同團體及人士合作，各司專項，為長者籌劃更廣福祉。

認知障礙症服務是本會重點策略方向之一。本會開發的「智有腦」網上健腦遊戲，推廣「讓健腦成為習慣」。與香港理工大學康復治療科學系合作的研究計劃，成效評估結果顯示「智有腦」無論對有否認知功能缺損的長者，均具可持續提升認知能力的正面果效。「智有腦」喜獲業界支持，由本地至海外，均有長者中心採納為輔助治療工具。

我們與啟民創社的社創在地設計室團隊合作，創作以四季為主題的認知障礙自主專屬空間－「腦化四季房」，透過藝術創作、五感體驗，為認知障礙症長者、其護老者和社區人士建立認知友善社區的共融文化。

To empower those in the last years of their lives to receive medical care based on their predetermined preferences, SAGE is already planning to promote the Advance Care Planning Project more systematically, increasing awareness of the elderly and their caregivers of the concept while equipping our staff with pertinent knowledge.

Collaborating for Hope

Synergy offers the greatest potential for maximising the benefits of limited social resources. SAGE continued to cooperate with a wide variety of organisations and individuals to deliver the best possible care for the elderly.

Dementia service is one of our key strategic directions. The “Exercise Your Brain” online cognitive training games we developed encourage “making brain-building a habit”. Based on findings from our collaborative research with the Department of Rehabilitation Sciences at The Hong Kong Polytechnic University, the “Exercise Your Brain” games have a favourable effect on long-lasting cognitive improvement for elderly people with or without dementia. We are glad that the games have garnered widespread industry support that both local and overseas elderly centres have adopted them as a supplemental therapeutic tool.

We also cooperated with Social Innovation Design Lab of Enable Foundation to create “Dementia-freely” Room, an exclusive cognitive-friendly space themed around the four seasons. Through art and sensory experiences, the facility aspires to build an inclusive environment for elderly dementia patients, their caregivers and other members of society.

行政總監報告 Executive Director's Report

本會與插畫設計公司Nothing Serious合作，出版*It's ok not to be ok*一套三冊認知障礙症繪本故事書，藉彙編公開比賽徵集的稿件，分別從認知障礙症長者、照顧者和社區人士角度，分享生活挑戰，引發讀者關注認知障礙症。

此外，我們與黑暗中對話(香港)基金會合辦交流活動和電話慰問服務，配對本會長者及「多元人才」(黑暗中對話對肢體殘疾義工的稱呼)，分享經歷、互勵互勉，鼓動正能量。

冀 持續優化

本會秉持不斷改善理念，內外兼修。

疫情下，我們設立中央呈報及快速支援機制，迅速應變、抵禦疫情。當第五波稍為平穩，本會總結經驗，為未知的疫情發展，作更好裝備。

在服務及行政管理方面，本會備有嚴謹機制及指引，並因時制宜、定期檢討。是年度，我們提升服務流程內部審核機制及中央食品採購供應商監察機制、完善招標程序指引、下放財政權限、簡化批核流程，提升管治效率。

Partnering with illustration design studio Nothing Serious, we published *It's OK not to be OK*, a set of three picture books about dementia. The books, compiled based on manuscripts collected through an open competition, shed light on the daily challenges caused by dementia from the perspectives of elderly dementia sufferers, caregivers and members of the community, helping readers understand more about the illness.

In addition, we co-organised exchange activities and telephone check-in services with Dialogue in the Dark. Senior citizens were paired with "People of Differences" (Dialogue in the Dark volunteers with physical disabilities) to bond through sharing experiences, and exchanging encouragement and positivity.

Striving for Continuous Improvement

SAGE is committed to the pursuit of continuous improvement, both within and outside of our organisation.


During the COVID-19 outbreak, we established a central reporting and rapid support system to help us react swiftly in fighting the pandemic. When the fifth wave began to subside, we consolidated our experience to strengthen our preparedness for future pandemic developments.

In terms of service and administrative management, we have rigorous systems and guidelines in place, and conduct regular reviews to adapt to changes. During the year, we enhanced the service process internal audit mechanism and the central food procurement supplier monitoring system, optimised the bidding guidelines, delegated financial authority, and streamlined the approval process to improve our governance efficiency.

“本會將繼續審慎理財、善用資源、持續優化，迎接不同挑戰。”

SAGE will continue to manage our finances prudently and make appropriate use of available resources, and keep optimising our capacity so that we can face different challenges ahead.

”

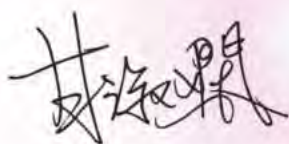


另外，我們增強機構應對轉變的能力，建立知識管理系統、確保日常流程符合個人資料(私穩)條例、制訂防止性騷擾政策、強化在家工作的技術支援、推出供員工參與的『『迎變創新』－服務或工作流程改善建議獎勵計劃』，及規劃數碼轉型長遠策略。

願 笑顏再現

要有效應對疫情及越趨多樣化的長者需要，我們須投放更多資源。於2022/23年度，政府將削減受資助福利機構的資助，對安老業界無疑造成一定壓力。本會將繼續審慎理財、善用資源、持續優化，迎接不同挑戰。

再次誠摯感謝社會各界一直信任本會和愛護長者、顧問及董事無私指導、員工堅毅努力。深盼各界繼續支持本會，攜手成為守護長者的逆行者，讓關愛常青、長者笑顏常展。



行政總監
甘淑嫻



Furthermore, we boosted our ability to respond to change, established a knowledge management system, ensured our daily procedures comply with the Personal Data (Privacy) Ordinance, formulated a sexual harassment prevention policy, strengthened technical support for colleagues working from home, launched the “Innovation for Change: Service or Workflow Improvement Proposal Incentive Scheme” for employees, and steered the development of long-term digital transformation strategies.

Wishing to Bring the Smiles Back

To effectively respond to the pandemic and increasingly diverse elderly needs, we must devote more resources to our efforts. The Government’s plan to reduce funding for subvented welfare organisations in 2022/23 will no doubt put pressure on aged care services. Notwithstanding this, SAGE will continue to manage our finances prudently and make appropriate use of available resources, and keep optimising our capacity so that we can face different challenges ahead.

Once again, I would like to express our deep appreciation to our supporters for their trust in SAGE and dedication to elderly welfare, to our consultants and directors for their selfless guidance, and to our staff for their perseverance and hard work. We sincerely hope that different sectors of society will continue to join our quest to serve the elderly.

May love live on, and the smiles of our elderly be evergreen.

Diana S H Kam
Executive Director

年度花絮

Highlights of the Year

Auspicious

祝
賀
新
歲

Chinese
New Year



甜
蜜
中
秋

Sweet
Mid-Autumn
Festival



Energetic 活力
端午 Dragon Boat Festival

Blessed 節
Festive 日
歡聚 Celebrations



Joyful 快樂
聖誕 Christmas
聖誕



年度花絮
Highlights of the Year



院舍周年慶祝派對
Anniversary celebration party of the elderly home



製作美味鮮果班戟
Making delicious fresh fruit pancakes



和諧粉彩畫創作
Creating Pastel Nagomi Art



視像和諧粉彩教學
Pastel Nagomi Art online sharing



製作生命故事冊
Making book of life

院舍樂活

Cheerful Life

in Elderly Homes



生日派對
Birthday celebration



家潔酒店下午茶
Afternoon tea at "Jar Jat Hotel"



歡樂飲早茶
Happy Cantonese morning tea

年度花絮 Highlights of the Year



流動畫體驗班
Fluid acrylic painting

競技疊杯班
Sport stacking class



芬蘭木棋
Mölkky



長者使用拉力帶進行緩痛運動
The elderly use resistance bands to do pain-relieving exercises



認知訓練網上健腦遊戲
Cognitive training



日間護理中心自助餐
Buffet at a day care centre
for the elderly

種植活動
Planting activity



躍動

Vibrant
Community

社

區 Life



「感恩有您」家庭攝影日
Family Photo-taking Day



護老者減壓活動
Stress-relieving workshop for carers



寵物醫生探望長者
Pet doctor visits the elderly



動物守護計劃
Animal Watch Scheme



護老者開放日
Open Day for Caregivers

護老鬆一鬆
伸展班
Stretching
exercise
course for
carers



年度花絮 Highlights of the Year



家居照顧員與長者齊做運動
Home care worker and the elderly exercise together

義工參與「口罩捐贈計劃」
Volunteers participate in the "Surgical Mask Donation Programme"



小學生探訪長者中心
Primary school students visit elderly centre



推廣「荃」城腦健康
Promoting elderly cognitive health in Tsuen Wan

伴里同行義工探訪
Care visit for the elderly



跨代共融計劃 - 知遊祖父母
Inter-generation programme





「智樂茶居」新張誌慶典禮 - 認知障礙
症患者及護老者服務
Opening Ceremony of Dementia-friendly
Tea House

Vibrant Community 躍動社區 Life

參觀飛行總會
Visit to the Hong Kong Aviation Club



「燈燈燈」藝術嘉年華
"Sky Lantern" Art Carnival



2022 耆康會賣旗日
SAGE Flag Day 2022

服務拓展

Service Enhancement

院舍服務 Residential Service (截至 as at 31/8/2022)

提供持續照顧服務的護理安老院(9間)

Care-and-attention Homes Providing Continuum of Care (9 Homes)

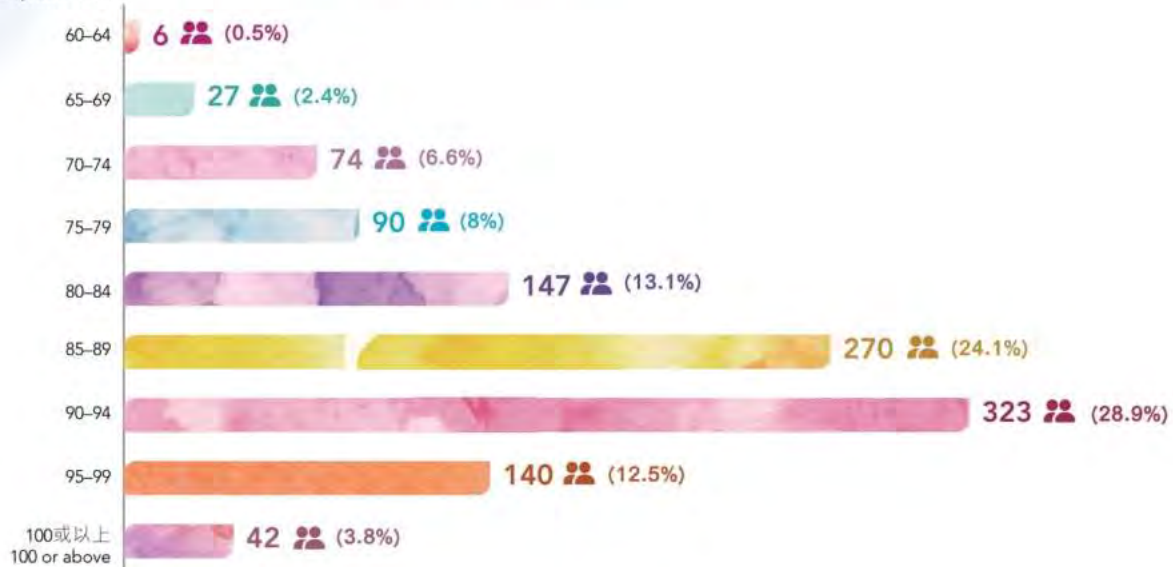
院友總人數 Total number of residents

1119

(詳見圖表一及二 Please refer to Charts 1 and 2 for details)

圖表 Chart 1 : 院友年齡分佈 Age Distribution of Residents

年齡 Age 人數及百分比 Number of Residents and Percentage
(歲 years old)



圖表 Chart 2 : 院友照顧程度 Required Level of Care of Residents

照顧程度 人數及百分比
Required Level of Care Number of Residents and Percentage



人數 Persons

百分比 %

確診認知障礙症個案數字

Number of residents diagnosed with dementia

570

50.9%

社區照顧 Community Care (4/2021 – 3/2022)

長者地區中心(4間)及長者鄰舍中心(4間) District Elderly Community Centres (4 Centres) and Neighbourhood Elderly Centres (4 Centres)	
每月平均會員人數 Monthly average membership	12,690
每日平均出席人次 Daily average attendance	1,131
輔導個案數目 Total number of counselling cases	2,585
接受護老者服務人數 Total number of carers served	2,297
服務隱蔽或需要照顧長者個案數目 Total number of hidden or vulnerable elderly persons served	390
接受有需要護老者服務人數 Total number of needy carers served	917
長者及護老者接受認知障礙症訓練服務人數 Total number of people trained with dementia-related knowledge	1,193
支援、預防及發展小組及大型活動數目 Total Number of Groups, Activities and Programmes	
生理、心理及社交方面的健康發展活動／小組 Activities/Groups for promoting physical and psycho-social health	278
長者教育及發展活動／小組 Elderly educational and developmental activities/groups	1,490
長者社交及康樂活動／小組 Elderly social and recreational activities/groups	709
長者互助活動／小組 Elderly mutual support activities/groups	329
護老者支援活動／小組 Carer support activities/groups	472
治療小組 Therapeutic groups	34
義工招募、發展及服務活動／小組 Volunteer recruitment, development and service activities/groups	921
有需要護老者支援活動／小組 Needy carer support activities/groups	2,458
長者及護老者接受認知障礙症訓練活動／小組和公眾教育 Total number of dementia-related groups, activities and programmes for elderly persons and carers and public education on dementia	303
長者支援服務隊(4隊) Support Teams for the Elderly (STE) (4 Teams)	
已接觸長者人數 Total number of elderly being contacted	8,015
接受長者支援服務隊提供服務的長者總人數 Total number of elderly receiving STE networking support services	3,304
義工提供電話慰問、探訪及個人照顧數目 Total number of telephone contacts, home visits and simple personal assistance provided by volunteers	19,265
全年長者支援服務隊和非長者支援服務隊義工人數 Total number of volunteers of STE and non-STE within one year	2,077
義工機構數目 Total number of volunteer organisations	77

服務拓展

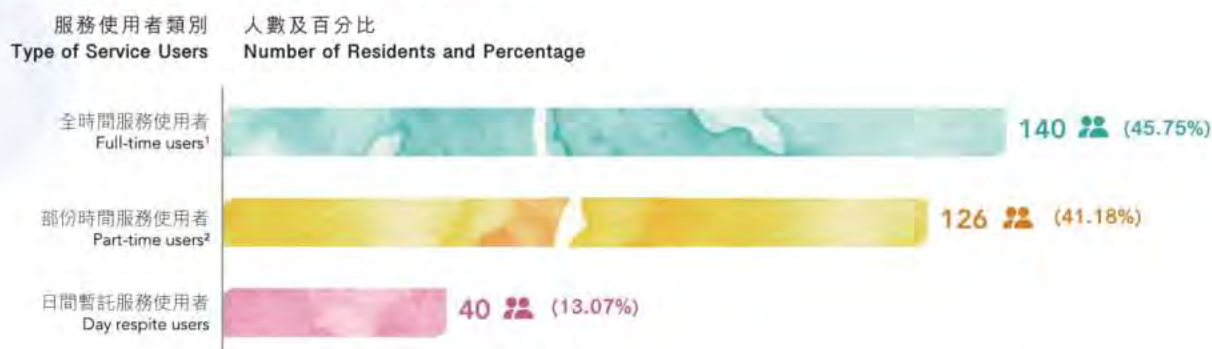
Service Enhancement

長者日間護理中心(4間)

Day Care Centres for the Elderly (4 Centres)

每月平均服務使用者 Monthly average number of service users (詳見圖表三 Please refer to Chart 3 for details)	306
每年服務使用者總人次 Annual total number of attendance	40,977

圖表 Chart 3：服務使用者類別 Type of Service Users



¹ 每星期接受長者日間護理中心服務達四天或以上 Attend day care centre for the elderly four days or more per week

² 每星期接受長者日間護理中心服務少於四天 Attend day care centre for the elderly less than four days per week

綜合家居照顧服務(8隊)

Integrated Home Care Services (8 Teams)

每月平均普通個案數目 Monthly average number of ordinary cases (詳見圖表四 Please refer to Chart 4 for details)	920
每月平均體弱個案數目 Monthly average number of frail cases	302
總服務量 Total weighted units	337,373

圖表 Chart 4：普通個案服務量分佈 Distribution of Weighted Units



長青網

eElderly Portal (www.e123.hk) (6/2010 – 8/2022)

會員總人數 Total number of members	60,932
長青拍檔總數 Number of eElderly Partners	295
頁面瀏覽次數 Total number of pageviews	76,612,581

「智有腦」應用程式

“Exercise Your Brain” Application (9/2020 – 8/2022)

遊戲總局數 Total number of games played	4,225,902
應用程式用戶數目 Total number of App users	7,890

香港賽馬會社區資助計劃 – 「做齡動力 – 友待長者就業計劃」

The Hong Kong Jockey Club Community Project Grant: Elder-Friendly Employment Practice (4/2021 – 3/2022)

「休悅會」會員總人數 Total number of members of “Mutual Support Group for Older Job Seekers”	628
累積職位空缺總數 Accumulated number of job vacancies	6,948
參與企業總數 Total number of corporations registered	103
「e72做齡動力」網頁(www.e72.hk)頁面瀏覽次數 Total number of pageviews of e72.hk website	343,315

服務拓展 Service Enhancement

認知障礙症服務 Dementia Service (4/2021 – 3/2022)

由「無憂照顧·樂社區」計劃提供 Provided by Blissful Care

教育講座活動次數 Number of education talks	57
教育講座總出席人次 Total attendance of education talks	1,405
活腦學堂總節數 Total number of Brain Fitness Club sessions	999
活腦學堂總出席人次 Total attendance of Brain Fitness Club sessions	8,588

「樂回家」網頁 Joyful Return Website (www.e1668.hk) (4/2015 – 8/2022)

頁面瀏覽次數 Total number of pageviews	362,604
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由「智友醫社同行」計劃提供 Provided by Dementia Community Support Scheme

活動次數 Total number of activities	803
服務人次 Total number of attendance	6,345

由賽馬會躍動啟航計劃 – 傲齡「智義配」計劃提供 Provided by SAGE-match Dementia Project

義工總人數 Total number of volunteers	608
義工服務時數 Hours of volunteer service	6,071
認知障礙症長者及照顧者受惠人數 Number of demented elderly and carers served	533
認知障礙症小組及活動總出席人次 Total attendance of dementia activities	11,108

由提供持續照顧服務的護理安老院(9間)及長者日間護理中心(4間)提供 Provided by Care-and-attention Homes Providing Continuum of Care (9 Homes) & Day Care Centres for the Elderly (4 Centres)

	活動次數 Number of activities	服務人次 Number of attendance
社交心理活動 Psychosocial activities	4,571	60,621
家屬支援服務 Family support service	180	2,606
復康服務 Rehabilitation service	16,409	208,022
其他服務(不包括職員培訓活動) Other services (excluding staff training activities)	43	431

獎項一覽表

List of Awards

自2003年以來，耆康會共獲得136個獎項，詳見下表：
Since 2003, SAGE has won 136 awards as follows:

年份 Year	獎項 Award	獲獎單位／項目 Awarded Unit/Project	主辦機構 Organiser
2022	2022年Galaxy Awards國際公關傳訊大賽 銀獎(設計－年報：香港區傳統年報) Galaxy Awards 2022 Silver Winner (Design – Annual Reports: Traditional – Hong Kong)	2020–21年度年報 Annual Report 2020–21	MerComm, Inc
	2022年Galaxy Awards國際公關傳訊大賽 榮譽獎(撰文：年報－主席報告) Galaxy Awards 2022 Honours (Copywriting: Annual Report – Chairman's Letter)	2020–21年度年報 Annual Report 2020–21	MerComm, Inc
	2021/22積金好僱主嘉許計劃 積金好僱主5年+ Good MPF Employer Award 2021/22 Good MPF Employer 5 Years+	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	2021/22積金好僱主嘉許計劃 電子供款獎 Good MPF Employer Award 2021/22 e-Contribution Award	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	2021/22積金好僱主嘉許計劃 積金推廣獎 Good MPF Employer Award 2021/22 MPF Support Award	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	第36屆ARC國際年報大獎(2022) 金獎(非牟利機構(年報)：長者慈善) 36 th International ARC Awards (2022) Gold Winner (Non-Profit Organisations (Print Annual Reports): Senior Citizens Charity)	2020–21年度年報 Annual Report 2020–21	MerComm, Inc
	第36屆ARC國際年報大獎(2022) 銀獎(封面設計：長者慈善) 36 th International ARC Awards (2022) Silver Winner (Cover Photo/Design: Senior Citizens Charity)	2020–21年度年報 Annual Report 2020–21	MerComm, Inc
	ASTRID Awards 2022 榮譽獎(非牟利機構組別：非牟利慈善機構) Honours (Non-Profit Organisations: NGO Charitable Organisation)	2020–21年度年報 Annual Report 2020–21	MerComm, Inc
2021	第35屆ARC國際年報大獎(2021) 金獎(主席報告：長者慈善) 35 th International ARC Awards (2021) Gold Winner (Chairman's/President's Letter: Senior Citizens Charity)	2019–20年度年報 Annual Report 2019–20	MerComm, Inc
	第35屆ARC國際年報大獎(2021) 銀獎(非牟利機構(年報)：長者慈善) 35 th International ARC Awards (2021) Silver Winner (Non-Profit Organisations (Print Annual Reports): Senior Citizens Charity)	2019–20年度年報 Annual Report 2019–20	MerComm, Inc
	第35屆ARC國際年報大獎(2021) 銀獎(封面設計：長者慈善) 35 th International ARC Awards (2021) Silver Winner (Cover Photo/Design: Senior Citizens Charity)	2019–20年度年報 Annual Report 2019–20	MerComm, Inc
	第35屆ARC國際年報大獎(2021) 銀獎(撰文：長者慈善) 35 th International ARC Awards (2021) Silver Winner (Written Text: Senior Citizens Charity)	2019–20年度年報 Annual Report 2019–20	MerComm, Inc
	2020/21積金好僱主嘉許計劃 積金好僱主5年+ Good MPF Employer Award 2020/21 Good MPF Employer 5 Years+	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority

獎項一覽表 List of Awards

年份 Year	獎項 Award	獲獎單位 / 項目 Awarded Unit/Project	主辦機構 Organiser
2021	2020/21積金好僱主嘉許計劃 電子供款獎 Good MPF Employer Award 2020/21 e-Contribution Award	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	2020至2021年度無障礙網頁嘉許計劃 三連金獎(網站組別) Web Accessibility Recognition Scheme 2020-2021 Triple Gold Award (Website Stream)	「樂回家」網站 Joyful Return website (www.e1668.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	2020至2021年度無障礙網頁嘉許計劃 金獎(流動應用程式組別) Web Accessibility Recognition Scheme 2020-2021 Gold Award (Mobile App Stream)	「長青網」流動應用程式 eElderly Portal mobile application	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	2020至2021年度無障礙網頁嘉許計劃 金獎(網站組別) Web Accessibility Recognition Scheme 2020-2021 Gold Award (Website Stream)	「長青網」網站 eElderly Portal (www.e123.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	2020至2021年度無障礙網頁嘉許計劃 銀獎(網站組別) Web Accessibility Recognition Scheme 2020-2021 Silver Award (Website Stream)	耆康會網站 SAGE website (www.sage.org.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	ASTRID Awards 2021 榮譽獎(非牟利機構組別: 非牟利慈善機構) Honours (Non-Profit Organisations: NGO Charitable Organisation)	2019-20年度年報 Annual Report 2019-20	MerComm, Inc.
	ASTRID Awards 2021 銀獎(年報 - 非牟利機構: 傳統年報) Silver Award (Annual Reports - Not-for-Profit Organisations: Traditional)	2019-20年度年報 Annual Report 2019-20	MerComm, Inc.
	第十九屆香港職業安全健康大獎 「職業安全宣傳推廣大獎」金獎 19 th Hong Kong Occupational Safety & Health Award OSH Promotion Award - Gold	耆康會何善衡夫人敬老院 SAGE Madam Ho Sin Hang Home for the Elderly	職業安全健康局 Occupational Safety & Health Council
	第十九屆香港職業安全健康大獎 「最佳演繹獎」銀獎 19 th Hong Kong Occupational Safety & Health Award Best Performance Award - Silver	耆康會何善衡夫人敬老院 SAGE Madam Ho Sin Hang Home for the Elderly	職業安全健康局 Occupational Safety & Health Council
2020	2019-20年度「老有所為活動計劃」 一年計劃「特別獎項」 'Opportunities for the Elderly Project' 2019-20 1-Year Project - Special Award	耆康會懷熙葵涌長者地區中心 「任何仁」- 鄰舍互助計劃 SAGE Chan Tseng Hsi Kwai Chung District Elderly Community Centre	社會福利署 Social Welfare Department
	2019-20年度「老有所為活動計劃」 地區最佳「一年計劃」獎(東區及灣仔區) 'Opportunities for the Elderly Project' 2019-20 District Best '1-year Project' Winner (Eastern and Wanchai)	耆康會東區長者地區中心 「耆趣天地・跨愛行動」 SAGE Eastern District Elderly Community Centre	社會福利署 Social Welfare Department
	2019/20積金好僱主嘉許計劃 積金好僱主 Good MPF Employer Award 2019/20 Good MPF Employer	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	第34屆ARC國際年報大獎(2020) 榮譽獎(非牟利機構(年報): 長者慈善) 34 th International ARC Awards (2020) Honours (Non-Profit Organisations (Print Annual Reports): Senior Citizens Charity)	2018-19年度年報 Annual Report 2018-19	MerComm, Inc.
	2019/20 MERCURY企業傳訊大獎 榮譽獎(撰文: 主席報告 - 非牟利機構) MERCURY Excellence Awards 2019/20 Honours (Writing: Chairman's Letter - Non-Profit Organisations)	2017-18年度年報 Annual Report 2017-18	MerComm, Inc.

年份 Year	獎項 Award	獲獎單位／項目 Awarded Unit/Project	主辦機構 Organiser
2019	2019年Galaxy Awards國際公關傳訊大賽 金獎(年報－印刷：亞太區非牟利機構) Galaxy Awards 2019 Gold Winner (Annual Reports – Print: Non-Profit Organisations – Asia/Pacific)	2017-18年度年報 Annual Report 2017-18	MerComm, Inc
	2019年Galaxy Awards國際公關傳訊大賽 銀獎(設計－年報；香港區傳統年報) Galaxy Awards 2019 Silver Winner (Design – Annual Reports: Traditional – Hong Kong)	2017-18年度年報 Annual Report 2017-18	MerComm, Inc
	2018/19積金好僱主嘉許計劃 積金好僱主 Good MPF Employer Award 2018/19 Good MPF Employer	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	第33屆ARC國際年報大獎(2019) 銅獎(主席報告：長者慈善) 33 rd International ARC Awards (2019) Bronze Winner (Chairman's/President's Letter: Senior Citizens Charity)	2017-18年度年報 Annual Report 2017-18	MerComm, Inc
	第33屆ARC國際年報大獎(2019) 榮譽獎(封面設計：長者慈善) 33 rd International ARC Awards (2019) Honours (Cover Photo/Design: Senior Citizens Charity)	2017-18年度年報 Annual Report 2017-18	MerComm, Inc
	香港十大優質社會服務 Hong Kong Top Ten Outstanding Community Services Awards	耆康會荃灣長者地區中心2018長者數碼外展計劃－ 「香影傳情・數碼體驗」 SAGE Tsuen Wan District Elderly Community Centre ICT Outreach Programme for the Elderly 2018	國際獅子總會中國 港澳三〇三區 Lions Clubs International District 303 Hong Kong & Macao, China
	ASTRID Awards 2019 金獎(年報－非牟利機構組別：香港) Gold Winner (Annual Reports – Not-for-Profit Organisations: Hong Kong)	2017-18年度年報 Annual Report 2017-18	MerComm, Inc
	2018/19 MERCURY企業傳訊大獎 金獎(年報－封面設計：特別效果) MERCURY Excellence Awards 2018/19 Gold Winner (Annual Reports – Cover Design: Special Treatments)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	2018/19 MERCURY企業傳訊大獎 銀獎(年報－整體表現：非牟利－人民福利) MERCURY Excellence Awards 2018/19 Silver Winner (Annual Reports – Overall Presentation: Non-Profit – Human Welfare)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	香港安老院舍評審計劃 安老院舍優質服務全面參與獎 Residential Aged Care Accreditation Scheme Award for Recognising Full Participation of Elderly Service Organisations in Accreditation	全線院舍 All elderly homes	香港老年學會 Hong Kong Association of Gerontology
	無障礙網頁嘉許計劃18/19 三連金獎(流動應用程式組別) Web Accessibility Recognition Scheme 18/19 Triple Gold Award (Mobile App Stream)	長青活動搜尋器流動應用程式 eElderly Activity Search mobile application	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	無障礙網頁嘉許計劃18/19 三連金獎 Web Accessibility Recognition Scheme 18/19 Triple Gold Award	「樂回家」網站 Joyful Return website (www.e1668.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	無障礙網頁嘉許計劃18/19 金獎(流動應用程式組別) Web Accessibility Recognition Scheme 18/19 Gold Award (Mobile App Stream)	「e72－拍「職」合」流動應用程式 Elder-Friendly Employment Practice mobile application	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited

獎項一覽表 List of Awards

年份 Year	獎項 Award	頒獎單位/項目 Awarded Unit/Project	主辦機構 Organiser
2019	無障礙網頁嘉許計劃18/19 銀獎(網站組別) Web Accessibility Recognition Scheme 18/19 Silver Award (Website Stream)	耆康會網站 SAGE website (www.sage.org.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
2018	2017/18年度家庭友善僱主獎勵計劃 優秀家庭友善僱主(機構組) 2017/18 Family-Friendly Employers Award Scheme Meritorious Family-Friendly Employers (Organisations Category)	香港耆康老人福利會 The Hong Kong Society for the Aged	民政事務局·家庭議會 Home Affairs Bureau, Family Council
	2017/18年度家庭友善僱主獎勵計劃 特別嘉許(金獎)(機構組) 2017/18 Family-Friendly Employers Award Scheme Special Mention (Gold) (Organisations Category)	香港耆康老人福利會 The Hong Kong Society for the Aged	民政事務局·家庭議會 Home Affairs Bureau, Family Council
	2018-20年度「老有所為活動計劃」 地區最佳「一年計劃」獎(東區及灣仔區) 'Opportunities for the Elderly Project' 2018-20 District Best '1-year Project' Winner (Eastern and Wanchai)	耆康會東區長者地區中心 「好鄰里」關愛行動 SAGE Eastern District Elderly Community Centre 'Good Neighbours' Caring Campaign	社會福利署 Social Welfare Department
	2018-20年度「老有所為活動計劃」 「一年計劃」推動鄰里互助關愛獎 'Opportunities for the Elderly Project' 2018-20 Special Awards Projects - '1-year Project' Winner	耆康會東區長者地區中心 「好鄰里」關愛行動 SAGE Eastern District Elderly Community Centre 'Good Neighbours' Caring Campaign	社會福利署 Social Welfare Department
	2018年Galaxy Awards國際公關傳訊大賽 榮譽大獎(設計-其他) Galaxy Awards 2018 Grand Winner (Design - Various)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	2018年Galaxy Awards國際公關傳訊大賽 金獎(設計-其他:周年刊物) Galaxy Awards 2018 Gold Winner (Design - Various: Anniversary)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	2018年Galaxy Awards國際公關傳訊大賽 銅獎(年報-印刷:非牟利機構) Galaxy Awards 2018 Bronze Winner (Annual Report - Print: Non-Profit Organisations)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	2018年Galaxy Awards國際公關傳訊大賽 銅獎(設計-年報:香港區傳統年報) Galaxy Awards 2018 Bronze Winner (Design - Annual Report: Traditional - Hong Kong)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	2018年Galaxy Awards國際公關傳訊大賽 榮譽獎(撰文:主席報告) Galaxy Awards 2018 Honours (Copywriting: Chairman's Letter)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	香港安老院舍評審計劃 安老院舍優質服務全面參與獎 Residential Aged Care Accreditation Scheme Award for Recognising Full Participation of Elderly Service Organisations in Accreditation	全線院舍 All elderly homes	香港老年學會 Hong Kong Association of Gerontology
	2017/18積金好僱主嘉許計劃 積金好僱主 Good MPF Employer Award 2017/18 Good MPF Employer	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	第32屆ARC國際年報大獎(2018) 銀獎(非牟利機構組別-長者慈善) 32 nd International ARC Awards (2018) Silver Winner (Non-Profit Organisations - Senior Citizens Charity)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	第32屆ARC國際年報大獎(2018) 銅獎(非牟利機構組別-非牟利慈善機構) 32 nd International ARC Awards (2018) Bronze Winner (Non-Profit Organisations - NGO Charitable Organisations)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc

年份 Year	獎項 Award	獲獎單位／項目 Awarded Unit/Project	主辦機構 Organiser
2018	第32屆ARC國際年報大獎(2018) 金獎(封面設計：非牟利機構組別－長者慈善) 32 nd International ARC Awards (2018) Gold Winner (Cover Photo/Design: Non-Profit Organisations – Senior Citizens Charity)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	第32屆ARC國際年報大獎(2018) 榮譽獎(主席報告：非牟利機構組別－長者慈善) 32 nd International ARC Awards (2018) Honours (Chairman's/President's Letter: Non-Profit Organisations – Senior Citizens Charity)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	ASTRID Awards 2018 榮譽大獎(非牟利機構) Grand Winner (Non-profit Organisations)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	ASTRID Awards 2018 金獎(非牟利機構組別－非政府機構慈善團體) Gold Winner (Non-profit Organisations – NGO Charitable Organisations)	2016-17年度年報 Annual Report 2016-17	MerComm, Inc
	2018香港資訊及通訊科技獎 智慧市民獎(智慧樂齡) 優異證書 Hong Kong ICT Awards 2018 Smart People Award (Smart Ageing) Certificate of Merit	「e72微齡動力」資訊網及 「e72-拍「職」合」流動應用程式 Elder-Friendly Employment Practice website (www.e72.com) and mobile application	香港資訊科技商會 Hong Kong Information Technology Federation
	2017/18 MERCURY企業傳訊大獎 榮譽獎(撰文：主席報告) MERCURY Excellence Awards 2017/18 Honours (Writing: Chairman's Letter)	2015-16年度年報 Annual Report 2015-16	MerComm, Inc
2017	亞太區資訊及通訊科技獎 優異證書(社區共融) Asia Pacific ICT Alliance (APICTA) Awards Certificate of Merit (Inclusion & Community)	綜合家居照顧服務系統 Home Help Services Management System	Asia Pacific ICT Alliance
	2016/17積金好僱主嘉許計劃 積金好僱主(積金供款電子化獎) Good MPF Employer Award 2016/17 Good MPF Employer (e-Contribution Award)	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	2016/17積金好僱主嘉許計劃 積金好僱主(推動積金管理獎) Good MPF Employer Award 2016/17 Good MPF Employer (Support for MPF Management Award)	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	第31屆ARC國際年報大獎(2017) 金獎(主席報告－長者慈善) 31 st International ARC Awards (2017) Gold Winner (Chairman's/President's Letter – Senior Citizens Charity)	2015-16年度年報 Annual Report 2015-16	MerComm, Inc
	第31屆ARC國際年報大獎(2017) 金獎(非牟利機構組別－長者慈善) 31 st International ARC Awards (2017) Gold Winner (Non-Profit Organisations – Senior Citizens Charity)	2015-16年度年報 Annual Report 2015-16	MerComm, Inc
	第三屆香港公共關係獎2016 銀獎(非政府組織／非牟利組織／社會企業傳訊) 3 rd Hong Kong Public Relations Awards (2016) Silver Award (NGOs/NPOs/Social Enterprises Communications)	「微齡動力－友待長者就業計劃」 Elder-Friendly Employment Practice	香港公共關係專業人員協會 Hong Kong Public Relations Professionals' Association
	香港安老院舍評審計劃 安老院舍優質服務全面參與獎 Residential Aged Care Accreditation Scheme Award for Recognising Full Participation of Elderly Service Organisations in Accreditation	全線院舍 All elderly homes	香港老年學會 Hong Kong Association of Gerontology

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年份 Year	獎項 Award	獲獎單位/項目 Awarded Unit/Project	主辦機構 Organiser
2017	2017香港資訊及通訊科技獎 最佳生活時尚(綠色•健康•創意) 銅獎 Hong Kong ICT Awards 2017 Best Lifestyle Award (Green, Healthy & Creative Living) Bronze Award	綜合家居照顧服務系統 Home Help Services Management System	香港資訊科技商會 Hong Kong Information Technology Federation
	2017香港資訊及通訊科技獎 最佳生活時尚(綠色•健康•創意) 特別嘉許(樂活銀獎) Hong Kong ICT Awards 2017 Best Lifestyle Award (Green, Healthy & Creative Living) Special Mention (Silver Power)	綜合家居照顧服務系統Home Help Services Management System	香港資訊科技商會 Hong Kong Information Technology Federation
	第30屆MERCURY企業傳訊大獎(2017) 銀獎 (年報 - 封面相片/設計(封套/封套)) 30 th MERCURY Excellence Awards (2017) Silver Winner (Annual Reports - Cover Design (Boxed/Sleeve Set))	2014-15年度年報 Annual Report 2014-15	MerComm, Inc
	第30屆MERCURY企業傳訊大獎(2017) 榮譽獎 (年報整體表現:非牟利-人民福利) 30 th MERCURY Excellence Awards (2017) Honours (Annual Reports - Overall Presentation: Non-Profit - Human Welfare)	2014-15年度年報 Annual Report 2014-15	MerComm, Inc
2016	香港安老院舍評審計劃 安老院舍優質服務 全面參與獎 Residential Aged Care Accreditation Scheme Award for Recognising Full Participation of Elderly Service Organisations in Accreditation	全線院舍 All elderly homes	香港老年學會 Hong Kong Association of Gerontology
	2016年Galaxy Awards國際公關傳訊大賽 榮譽獎 (年報印刷:非牟利機構) Galaxy Awards 2016 Honours (Annual Reports - Print: Non-Profit Organisations)	2014-15年度年報 Annual Report 2014-15	MerComm, Inc
	2015/16積金好僱主嘉許計劃 積金好僱主 Good MPF Employer Award 2015/16 Good MPF Employer	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
	2015/16年度家庭友善僱主獎勵計劃 傑出家庭友善僱主(機構組) 2015/16 Family-Friendly Employers Award Scheme Distinguished Family-Friendly Employers (Organisations Category)	香港耆康老人福利會 The Hong Kong Society for the Aged	民政事務局·家庭議會 Home Affairs Bureau, Family Council
	2015/16年度家庭友善僱主獎勵計劃 特別嘉許(機構組) 2015/16 Family-Friendly Employers Award Scheme Special Mention (Organisations Category)	香港耆康老人福利會 The Hong Kong Society for the Aged	民政事務局·家庭議會 Home Affairs Bureau, Family Council
	第30屆ARC國際年報大獎(2016) 金獎 (非牟利機構組別長者慈善) 30 th International ARC Awards (2016) Gold Winner (Non-Profit Organisations - Senior Citizens Charity)	2014-15年度年報 Annual Report 2014-15	MerComm, Inc
	第30屆ARC國際年報大獎(2016) 銅獎 (封面設計:非牟利機構組別長者慈善) 30 th International ARC Awards (2016) Bronze Winner (Cover Photo/Design: Non-Profit Organisations - Senior Citizens Charity)	2014-15年度年報 Annual Report 2014-15	MerComm, Inc
	第30屆ARC國際年報大獎(2016) 榮譽獎 (非牟利機構組別社會服務機構) 30 th International ARC Awards (2016) Honours (Non-Profit Organisations - Social Service Organisations)	2014-15年度年報 Annual Report 2014-15	MerComm, Inc

年份 Year	獎項 Award	獲獎單位/項目 Awarded Unit/Project	主辦機構 Organiser
2016	2016「老有所為活動計劃」 2015-2016年度全港最佳「一年計劃」冠軍 'Opportunities for the Elderly Project' 2016 Champion of Best '1-Year Project' Award of Hong Kong for 2015-2016	耆康會東區長者地區中心 「長幼繫關愛跨代愛傳承」計劃 SAGE Eastern District Elderly Community Centre 'Intergenerational Harmony' Project	社會福利署 Social Welfare Department
	2016「老有所為活動計劃」 2015-2016年度地區最佳「一年計劃」獎(東區及灣仔區) 'Opportunities for the Elderly Project' 2016 District Best '1-Year Project' Award of Eastern and Wanchai Districts for 2015-2016	耆康會東區長者地區中心 「長幼繫關愛跨代愛傳承」計劃 SAGE Eastern District Elderly Community Centre 'Intergenerational Harmony' Project	社會福利署 Social Welfare Department
	2016「老有所為活動計劃」 跨代義工獎 'Opportunities for the Elderly Project' 2016 Intergenerational Volunteer Project Award	耆康會東區長者地區中心 「長幼繫關愛跨代愛傳承」計劃 SAGE Eastern District Elderly Community Centre 'Intergenerational Harmony' Project	社會福利署 Social Welfare Department
	無障礙網頁嘉許計劃 金獎(流動應用程式組別) Web Accessibility Recognition Scheme Gold Award (Mobile App Stream)	「e72一拍「職」合」流動應用程式 Elder-Friendly Employment Practice mobile application (Android)	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 金獎(流動應用程式組別) Web Accessibility Recognition Scheme Gold Award (Mobile App Stream)	「e72一拍「職」合」流動應用程式 Elder-Friendly Employment Practice mobile application (iOS)	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 金獎(網站組別) Web Accessibility Recognition Scheme Gold Award (Website Stream)	「樂回家」網站 Joyful Return website (www.e1668.hk)	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 銀獎(網站組別) Web Accessibility Recognition Scheme Silver Award (Website Stream)	耆康會網站 SAGE website (www.sage.org.hk)	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 三年卓越表現獎(流動應用程式組別) Web Accessibility Recognition Scheme Triple Gold Award (Mobile App Stream)	「長青活動搜尋器」流動應用程式 eElderly Activity Search mobile application (Android)	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 三年卓越表現獎(流動應用程式組別) Web Accessibility Recognition Scheme Triple Gold Award (Mobile App Stream)	「長青活動搜尋器」流動應用程式 eElderly Activity Search mobile application (iOS)	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 至易用流動應用程式獎 Web Accessibility Recognition Scheme Easiest-to-Use Mobile App Award	「長青活動搜尋器」流動應用程式 eElderly Activity Search mobile application	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	2016香港資訊及通訊科技獎 最佳生活時尚(社交•傳訊•媒體) 特別嘉許(樂活銀髮) Hong Kong ICT Awards 2016 Best Lifestyle (Social, Communications & Media) Special Mention (Silver Power)	「e72做齡動力」資訊網及 「e72一拍「職」合」流動應用程式 Elder-Friendly Employment Practice website (www.e72.hk) and mobile application	香港資訊科技商會 Hong Kong Information Technology Federation

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年份 Year	獎項 Award	獲獎單位／項目 Awarded Unit/Project	主辦機構 Organiser
2015	最佳管理培訓及發展獎(發展類別) 金獎 Award for Excellence in Training and Development (Development Category) Gold Award	耆康會「喜悅照顧·齊創非凡」 發展計劃 'SAGE Joyful Care – Make A Difference' Programme	香港管理專業協會 The Hong Kong Management Association
	Recruit 最具創意獎 Recruit Most Innovative Award	耆康會「喜悅照顧·齊創非凡」 發展計劃 'SAGE Joyful Care – Make A Difference' Programme	香港管理專業協會 The Hong Kong Management Association
	第29屆ARC國際年報大獎(2015) 優異獎 (非牟利機構組別社會服務／發展) 29 th International ARC Awards (2015) Honours (Non-Profit Organisations – Community Service/Development)	2013-14年度年報 Annual Report 2013-14	MerComm, Inc
	2014最佳 .hk 網站獎 最高榮譽獎 Best .hk Website Awards 2014 The Most Honourable Award	長青網 eElderly Portal (www.e123.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	2014最佳 .hk 網站獎 金獎 (非商業企業組) Best .hk Website Awards 2014 Gold Award (Non-commercial – Corporate Group)	長青網 eElderly Portal (www.e123.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	香港安老院舍評審計劃 安老院舍優質服務 全面參與獎 Residential Aged Care Accreditation Scheme Award for Recognising Full Participation of Elderly Service Organisations in Accreditation	全線院舍 All elderly homes	香港老年學會 Hong Kong Association of Gerontology
	無障礙網頁嘉許計劃 金獎 (網站組別) Web Accessibility Recognition Scheme Gold Award (Website Stream)	「樂回家」網站 Joyful Return website (www.e1668.hk)	政府資訊科技總監辦公室· 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 銀獎 (網站組別) Web Accessibility Recognition Scheme Silver Award (Website Stream)	耆康會網站 SAGE website (www.sage.org.hk)	政府資訊科技總監辦公室· 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 金獎 (流動應用程式組別) Web Accessibility Recognition Scheme Gold Award (Mobile App Stream)	「長青活動搜尋器」流動應用程式 eElderly Activity Search mobile application (Android)	政府資訊科技總監辦公室· 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 金獎 (流動應用程式組別) Web Accessibility Recognition Scheme Gold Award (Mobile App Stream)	「長青活動搜尋器」流動應用程式 eElderly Activity Search mobile application (iOS)	政府資訊科技總監辦公室· 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	2014/15積金好僱主嘉許計劃 積金好僱主 Good MPF Employer Award 2014/15 Good MPF Employer	香港耆康老人福利會 The Hong Kong Society for the Aged	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
2014	第28屆ARC國際年報大獎(2014) 金獎 (非牟利機構組別長者慈善) 28 th International ARC Awards (2014) Gold Winner (Non-Profit Organisations – Senior Citizens Charity)	2012-13年度年報 Annual Report 2012-13	MerComm, Inc

年份 Year	獎項 Award	獲獎單位/項目 Awarded Unit/Project	主辦機構 Organiser
2014	香港安老院舍評審計劃 安老院舍優質服務 全面參與獎 Residential Aged Care Accreditation Scheme Award for Recognising Full Participation of Elderly Service Organisations in Accreditation	全線院舍 All elderly homes	香港老年學會 Hong Kong Association of Gerontology
	2013香港十大 .hk 網站競選 金獎 (非商業企業組) Top 10 .hk Website Competition 2013 Gold Award (Non-commercial – Corporate Group)	長青網 eElderly Portal (www.e123.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	2014「老有所為活動計劃」 2013-2014年度 地區最佳「一年計劃」獎 (東區及灣仔區) 'Opportunities for the Elderly Project' 2014 District Best '1-Year Project' Award of Eastern and Wanchai Districts for 2013-2014	耆康會東區長者地區中心 「綠生活・耀晚年」計劃 SAGE Eastern District Elderly Community Centre 'Eco Elderly Life' Project	社會福利署 Social Welfare Department
	優秀數碼共融流動應用程式 Merit (Digital Inclusion Mobile Application)	「長青活動搜尋器」流動應用程式 eElderly Activity Search mobile application	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 金獎 (流動應用程式組別) Web Accessibility Recognition Scheme Gold Award (Mobile App Stream)	「長青活動搜尋器」流動應用程式 eElderly Activity Search mobile application	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	無障礙網頁嘉許計劃 銀獎 (網站組別) Web Accessibility Recognition Scheme Silver Award (Website Stream)	耆康會網站 SAGE website (www.sage.org.hk)	政府資訊科技總監辦公室、 平等機會委員會 Office of the Government Chief Information Officer, Equal Opportunities Commission
	2013/14年度家庭友善僱主獎勵計劃 傑出家庭友善僱主 (機構組) 2013/14 Family-Friendly Employers Award Scheme Distinguished Family-Friendly Employers (Organisations Category)	香港耆康老人福利會 The Hong Kong Society for the Aged	民政事務局、家庭議會 Home Affairs Bureau, Family Council
2013	亞太區資訊及通訊科技獎 優異獎 (數碼共融組別) Asia Pacific ICT Alliance (APICTA) Awards Merit (Inclusion & Community)	「足不出戶樂遊新天地」計劃 Smart Use of ICT for Frail Elderly	Asia Pacific ICT Alliance
	2013香港資訊及通訊科技獎 最佳數碼共融(服務) 銀獎 Hong Kong ICT Awards 2013 Best Digital Inclusion (Service) Silver Award	「足不出戶樂遊新天地」計劃 Smart Use of ICT for Frail Elderly	香港社會服務聯會 The Hong Kong Council of Social Service
	2012香港十大 .hk 網站競選 金獎 (非商業組 – 100名或以上員工) Top 10 .hk Website Competition 2012 Gold Prize (Non-commercial – 100 staff or above)	長青網 eElderly Portal (www.e123.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	2012優秀網站選舉 十大優秀網站 Meritorious Websites Contest 2012 Top 10 Meritorious Website	長青網 eElderly Portal (www.e123.hk)	電影、報刊及物品管理辦事處 Office for Film, Newspaper & Article Administration
	香港安老院舍評審計劃 安老院舍優質服務 全面參與獎 Residential Aged Care Accreditation Scheme Award for Recognising Full Participation of Elderly Service Organisations in Accreditation	全線院舍 All elderly homes	香港老年學會 Hong Kong Association of Gerontology

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年份 Year	獎項 Award	獲獎單位/項目 Awarded Unit/Project	主辦機構 Organiser
2013	第五屆ERB「人才發展計劃」 優異僱主獎 5 th ERB 'Manpower Development Scheme' Award Merit Employer	香港耆康老人福利會 The Hong Kong Society for the Aged	僱員再培訓局 Employees Retraining Board
	2012-13年度「老有所為活動計劃」 發揮長者潛能獎	香康會荃灣長者地區中心 銀杏劇場長者戲劇推廣計劃 SAGE Tsuen Wan District Elderly Community Centre Ginkgo Theatre Elder Drama Project	社會福利署 Social Welfare Department
2012	第十屆中國最佳公共關係案例大賽 金獎 (案例類別：政府及非營利組織) 10 th China Golden Awards for Excellence in Public Relations Gold Award (Case Category: Government and Non-profit Organisations)	潛能再現－友待長者就業計劃 Potential Regeneration: Elder-Friendly Employment Practice	中國國際公共關係協會 China International Public Relations Association
	最佳管理培訓及發展獎(發展類別) 金獎 Award for Excellence in Training and Development (Development Category) Gold Award	「以人為本」照顧文化 Development of Person-centred Care Culture	香港管理專業協會 The Hong Kong Management Association
	2012香港資訊及通訊科技獎 最佳數碼共融(產品/應用) 銅獎 Hong Kong ICT Awards 2012 Best Digital Inclusion (Product/Application) Bronze Award	長青網 eElderly Portal (www.e123.hk)	香港社會服務聯會 The Hong Kong Council of Social Service
	香港安老院舍評審計劃 安老院舍優質服務全面參與獎 Residential Aged Care Accreditation Scheme Award for Recognising Full Participation of Elderly Service Organisations in Accreditation	全線院舍 All elderly homes	香港老年學會 Hong Kong Association of Gerontology
2011	滙豐愛心傳城義工大行動 「最具創意服務計劃」獎 冠軍 HSBC Share-to-Care Volunteer Campaign Most Creative Programme Awards Champion	香康會王華湘紀念長者鄰舍中心 「笑出冬日陽光」 SAGE Mr Wong Wha San Memorial Neighbourhood Elderly Centre Laughter Yoga Elderly Team	香港上海滙豐銀行有限公司、 義務工作發展局 HSBC, Agency for Volunteer Service
	2011香港十大.hk網站競選 優異獎(企業組別) Top 10 .hk Website Competition 2011 Merit Prize (Corporate Group)	長青網 eElderly Portal (www.e123.hk)	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
	地區數碼中心聯網 優異服務大獎 District Cyber Centres Alliance Outstanding Service Award	香康會陳登匯駿天地 SAGE Chan Dang Centre for Active Ageing	數碼港、香港社會服務聯會資訊科技資源中心、互聯網專業協會 Hong Kong Cyberport, Information Technology Resource Centre of The Hong Kong Council of Social Service, Internet Professional Association
2010	亞太區資訊及通訊科技獎 最佳數碼共融及數碼社區大獎 Asia Pacific ICT Alliance (APICTA) Awards Winner (e-Inclusions & e-Community)	健腦網 Love-your-brain website (www.loveyourbrain.org.hk)	Asia Pacific ICT Alliance
	「認知障礙症照顧圖譜」 香港區策劃領導 Strategic Lead of Dementia Care Mapping in Hong Kong	香港耆康老人福利會 The Hong Kong Society for the Aged	英國布拉德福德大學 The University of Bradford, UK

年份 Year	獎項 Award	獲獎單位／項目 Awarded Unit/Project	主辦機構 Organiser
2010	香港公共關係獎 公共事務傑出獎 The Hong Kong Public Relations Awards Award of Merit (Public Affairs)	友待長者就業計劃 Elder-Friendly Employment Practice	香港公共關係專業人員協會 HK Public Relations Professionals' Association
2009	傑出董事獎 (法定／非分配利潤組織非執行董事) Directors Of The Year Award (Statutory/Non-profit-distributing Organisations – Non-executive Directors)	耆康會主席麥建華博士 Dr Kim Mak, SAGE Chairman	香港董事學會 The Hong Kong Institute of Directors
	2009香港資訊及通訊科技獎 最佳數碼共融(產品／應用) 大獎 Hong Kong ICT Awards 2009 Best Digital Inclusion (Product/Application) Grand Award	健腦網 Love-your-brain website (www.loveyourbrain.org.hk)	香港社會服務聯會 The Hong Kong Council of Social Service
	2009香港資訊及通訊科技獎 最佳數碼共融(產品／應用) 金獎 Hong Kong ICT Awards 2009 Best Digital Inclusion (Product/Application) Gold Award	健腦網 Love-your-brain website (www.loveyourbrain.org.hk)	香港社會服務聯會 The Hong Kong Council of Social Service
	Best Human Service IT Application 2007-09 3 rd Place	健腦網 Love-your-brain website (www.loveyourbrain.org.hk)	Human Services Information Technology Applications
2008	傑出董事獎 (法定／非分配利潤組織董事會) Directors Of The Year Award (Statutory/Non-profit-distributing – Organisations Boards)	耆康會董事會 SAGE Board of Directors	香港董事學會 The Hong Kong Institute of Directors
2007	優質管理獎 銅獎 Quality Award Bronze Award	Application of Malcolm Baldrige Model	香港管理專業協會 The Hong Kong Management Association
2006	HKIPHRM/SCMP People Management Awards	香港耆康老人福利會 The Hong Kong Society for the Aged	South China Morning Post, Hong Kong Institute of Human Resource Management, The Hong Kong University of Science and Technology Business School
2005	2004-05年度「老有所為活動計劃」 最具創意活動金獎	'88'長者夢成真之 「德德豬顯愛心」計劃(第一階段)及 「長者心願實踐」計劃(第二階段)	社會福利署 Social Welfare Department
2004	Asia Pacific NGO Awards 2 nd Runner-Up	香港耆康老人福利會 The Hong Kong Society for the Aged	Citigroup
2003	2002-03年度「老有所為活動計劃」 別具創意獎(西新界區)	耆康會荃灣長者地區中心及耆康會懷熙葵涌長 者地區中心「活得精彩」長者健康計劃 SAGE Tsuen Wan District Elderly Community Centre and SAGE Chan Tseng Hsi Kwai Chung District Elderly Community Centre	社會福利署 Social Welfare Department



企業
Corporate Governance
管治

贊助人、會長、副會長、義務法律顧問、永遠顧問、 義務顧問及核數師名單

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	行政長官 林鄭月娥女士 (至2022年6月30日)	The Hon Mrs Carrie Lam Cheng Yuet-ngor GBM, GBS The Chief Executive (Up to 30 June 2022)
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永遠顧問 Life Advisers	: 朱佩蘭女士 顧楊彥慈女士	Ms Irene P L Chu Mrs Rose Y C Goodstadt MBE
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(委員會任期由2022年4月1日至2024年3月31日
Term of the Advisory Committee from 1 April 2022 to 31 March 2024)

言語治療及吞嚥服務發展諮詢委員會

Advisory Committee on Development of Speech Therapy and Swallowing Service

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(委員會任期由2021年1月1日至2022年12月31日
Term of the Advisory Committee from 1 January 2021 to 31 December 2022)

服務改善小組(隸屬言語治療及吞嚥服務發展諮詢委員會) Service Improvement Group (Under Advisory Committee on Development of Speech Therapy and Swallowing Service)

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(小組任期由2021年1月1日至2022年12月31日
Term of the Group from 1 January 2021 to 31 December 2022)

「優質照顧在社區計劃」諮詢委員會 Advisory Committee on Quality Care in the Community

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長青網工作小組 Task Force on eElderly Portal

主席
Chairman

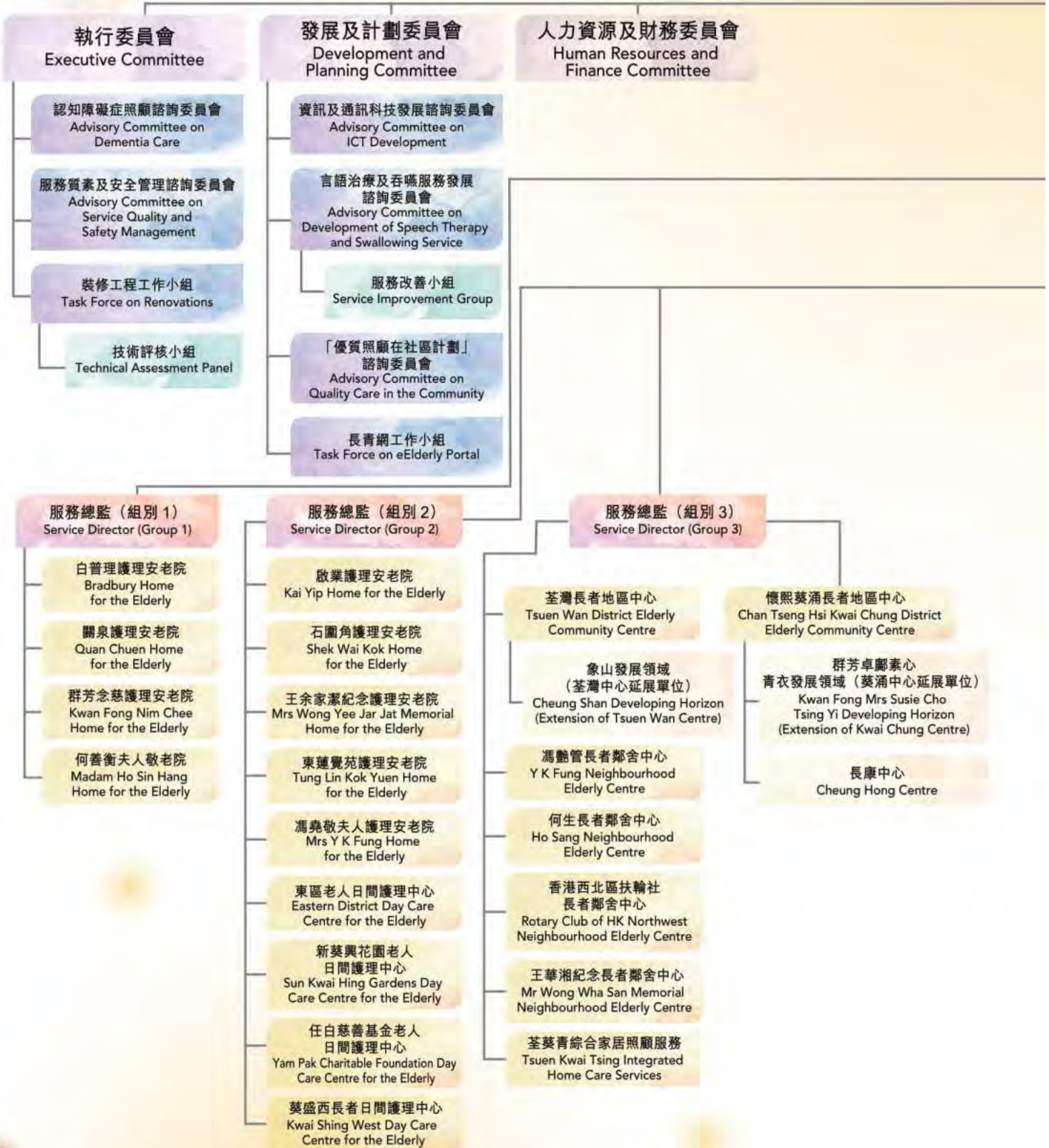
： 鄧華厚博士
Dr Danny W H Tang

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Ms Sharon W C Lam
吳南博士
Dr Ng Nam
黃錦輝教授
Professor Wong Kam-fai MH

組織架構

Organisation Chart





以心
Reconnecting
with Heart
凝聚





Companionship

同行

感恩有您 疫下同行

Walking Alongside under the Pandemic

2022年初，新冠肺炎變異病毒株在本港爆發，確診個案屢創新高，數以萬計的確診者湧至醫院求醫，因染疫而離世的長者人數不斷上升，令香港公立醫療系統瀕臨崩潰。全港市民為預備留家抗疫而搶購糧食、防疫用品和快速測試包，又蜂擁到接種中心接種疫苗和進行核酸測試，全城進入瘋狂狀態。此時，本會轄下九間院舍正在絕境中頑抗。

絕境中頑抗 誓不向疫情低頭

第五波疫情為院舍帶來史無前例的挑戰，日子過得極為艱辛。「院長，我們一直無法連絡到救護車服務……」、「院長，今日又有同事／院友快測呈陽性，該怎樣處理？」、「院長，我居住的大廈被圍封，晚上不能回院舍當值……」，由院長至前線員工，所有職系的同事每日均面對各種突如其來的變數，包括：員工和院友確診、人手嚴重不足、社會福利署服務政策每天在變、衛生防護中心的檢測和隔離指引極不清晰等，眾人均承受著不為人知的巨大壓力、情緒面臨崩潰。最讓人擔心和難受的，莫過於體弱的確診長者出現嚴重病徵，院舍員工眼見院友身體情況越來越差，卻遲遲未獲醫院接收，束手無策，感到萬分焦急無奈。

無私奉獻 越戰越強

院舍職員處身於越困難境地，越能激發各人積極發揮無私奉獻的精神。全體員工在抗疫路上無分你我，當數十以計的同事先後確診，使院舍人手嚴重短缺時，其他同職系同事相繼挺身而出，自動請纓，向院長表示願意超時工作。他們的勇敢和堅持服務長者的精神，使院舍能迅速和有效地調節員工的工作更期，應付服務需要。不同部門的同事也不辭勞苦，互相補位，只要是能力範圍內能做到的工作，都主動參與其中。

院舍彷彿是一所「隔離設施」，員工在有限空間內須同時照顧確診院友、緊密接觸院友、未被感染的院友及從醫院回到院舍需要隔離的長者。院舍以有限的人手實踐分區照顧和執行各項感染控制的照顧程序，實在考驗同事的心思。全賴同事懷著守望相助的精神和不計較的工作態度，逐一克服困難、一同守護院友。

At the beginning of 2022, coronavirus cases continued to break the record as the new COVID-19 variant ravaged the city. Tens of thousands of COVID-19 patients flocked to hospitals for medical treatment; the daily death toll of the older population soared continuously — the fifth wave of the pandemic brought the public health system to its knees. Moreover, the public stocked up on daily necessities and rapid antigen test kits to combat the pandemic. Crowds rushed to get vaccinated and undergo nucleic acid tests. At that time, our nine elderly homes were desperately fighting against the pandemic with our most incredible and possible effort.

Fighting Hard and No Compromise

The fifth wave of COVID-19 brought unprecedented challenges to our elderly homes. Superintendents kept receiving such shocking messages as “we are unable to contact the ambulance service...”, “one more colleague/resident tested positive, what should we do?”, “the building where I live has been put under compulsory testing notice, and I can't discharge my night shift duty...”. All ranks of staff, ranging from superintendent to frontline workers, faced unexpected daily trials, including surging confirmed cases, the severe shortage of staffing, the Social Welfare Department's frequent change of COVID-19 rules, Centre for Health Protection's confusing testing and quarantine guidelines. They suffered from enormous pressure and emotional stress and felt helpless, especially when seeing the frail infected residents getting worse but failed to be admitted to the hospital in time.

The Power of Unconditional Giving

“The darker the night, the brighter the stars”. To fight against the pandemic, our staff, as one team, shared one vision and one goal. When numerous staff were infected, resulting in severe staff shortages, the remaining staff expressed willingness to work overtime to share the workload. Their courage and determination helped the elderly homes adjust care services and respond to the needs of elderly residents effectively. Staff from different departments complemented each other, proactively taking up additional tasks to the maximum extent of their abilities.

Elderly homes functioned like isolation facilities. Staff were required to take care of different categories of residents — the infected, close contacts, non-contacts, and those discharged from the hospital for continued quarantine — under the same roof with limited space. Notwithstanding the highly stringent manpower resources, staff rendered thoughtful care when implementing zoning practices and infection control measures. They demonstrated the spirit of mutual support and contributed unconditionally to overcoming challenges one by one to protect the health of elderly residents.

感恩有您 疫下同行

Walking Alongside under the Pandemic

迅速回應 助員工解困

同事的堅毅，管理層有目共睹，同時對他們心存感激。由於新冠肺炎變異病毒株傳染性極高，管理層明白前線員工必定擔憂因照顧或接觸確診院友，有機會把病毒帶回家，使家人染疫。故此，管理層迅速地為院舍員工安排緊急住宿服務及提供津貼，妥善照顧有住宿需要的員工。此外，管理層亦按院舍實際需要，彈性調動日間服務單位同事到院舍協助、制定員工友善的復工指引及修訂部份照顧指引，使值勤員工在工作時更得心應手。

為了嘉許院舍員工無畏無懼委身服侍長者，董事會迅速批核撥款向他們發放特別津貼；又為了減輕他們的額外工作量，向外購公司增聘兼職護理員，既能舒緩人手緊絀的困局，又能保障院友得到所需服務。以上措施均令同事感到被受尊重和肯定。本會董事會和管理層在嚴峻的疫情下，誓與大家同心同行，在各方面盡力給予員工最大的支持。

院舍是疫情的重災區，尤幸各院舍擁有一班同心同德的員工，才能熬過這次嚴峻的疫情。接近三年的抗疫之路，終點還未看到，但我們深信本會上下仍會並肩作戰，不管前路有多艱辛，也會繼續攜手前行，懷著堅毅的意志，照護好每一位長者。



院友房間進行個別復康活動
Individual rehabilitation training in the dormitory

Quick Response to Tackle Difficulties

SAGE greatly appreciated the perseverance of our staff, especially the frontline healthcare staff in elderly homes. We understood that they worried about the unwitting transmission of the fast-spreading Omicron virus to their family members due to work. The Society quickly arranged emergency accommodation with special allowances to reduce such risk. In addition, staff from day service units were deployed as appropriate to assist in elderly homes. The management also revised service guidelines promptly to make work more manageable for on-duty staff in such a critical moment.

To recognise the efforts of frontline healthcare workers, the Board of Directors speedily approved special allowances for them. Furthermore, the Society recruited additional part-time nurses or healthcare workers from outsourcing companies to fill staff shortages and maintain service quality. All these measures made frontline colleagues feel respected and recognised for their work. The Board of Directors and the management walked alongside our staff during the severe pandemic and tried their best to give the most outstanding support in all aspects.

Although the coronavirus badly hit elderly homes, we were lucky to have a team of loyal staff who remained steadfast in upholding the Society's caring mission and stayed even stronger under challenging times. Almost three years into the pandemic, with no finishing point yet, we firmly believe that those staff who had fought side by side would continue to march with us, no matter how difficult the road ahead would be.

在院舍居住的「您」

Our Gratitude to Elderly Residents

身邊出現確診個案，不但沒有恐慌，更能配合院內的隔離措施，默默地陪著我們打仗。**院友，多謝你們！**
You gave us the courage to fight against the pandemic. We thank all of you for staying calm in turbulent times and patiently following the quarantine measures in elderly homes with patience. **My dear elderly residents, thank you!**



在院舍工作的「您」

Our Thankfulness to Elderly Home Staff

每天穿上全套保護衣，水也不敢多喝，眼見院友及同事一個接一個確診，心裡雖然害怕，但仍然堅守崗位，為守護院友而努力。**同事，多謝你們！**

We appreciate your persistence and professionalism in serving the elderly, regardless of the discomfort of wearing full gear personal protective equipment, which made it difficult to sip, and the fear of knowing residents and colleagues got infected one by one. **My dear colleagues, thank you!**



院舍接收善長捐贈的抗疫物資

Elderly homes receive generous donations of anti-pandemic items

員工穿上全身保護衣為院友提供步行訓練

Staff in full set personal protective equipment provide walking training for elderly residents



視像探訪解思念

Video visits for elderly residents and their relatives

視像診症保健康

Telemedicine service for elderly residents



在家中抗疫的「您」

Our Gratefulness to the Relatives of Elderly Residents

每天懷著忐忑的心情，掛念著未能探訪的至親，對院舍員工一直懷著信任、給予鼓勵及認同。**院友家屬，多謝你們！**

Despite worrying about being unable to visit your relatives in elderly homes under the COVID-19 rules, you continued to put your trust in our staff with encouragement and recognition. **Dear family members of elderly residents, thank you!**

跨專業支援 助長者疫後復健

Post-COVID-19 Transdisciplinary Rehabilitation for the Elderly

疫後復康 刻不容緩

2022年2月開始，第五波新冠肺炎疫情肆虐本港，不少長者因而患上重症甚至離世。本會的護理及社工專業團隊，由專業職級至前線同事並肩作戰，盡力保護長者免受感染。團隊在照顧長者的過程中，發現部份新冠康復長者多方面的身體機能都變得衰弱，例如：肌肉乏力、氣促咳嗽、自理能力變差及吞嚥出現困難等。本會認為防疫固然重要，但為染疫後的長者進行復康訓練亦刻不容緩。由於新冠肺炎是一種新的疾病，所以跨專業復康團隊迅速整合相關國際文獻和指引，設計出「跨專業的疫後復健計劃」(「計劃」)，助新冠康復長者重建身心健康。

跨專業團隊 全方位復康

「計劃」的目的是讓新冠康復長者的身體狀態最低限度能回復到染疫前的狀態。「計劃」分別於本會院舍、日間護理中心及家居照顧服務單位進行，由跨專業治療師團隊，包括物理治療師、職業治療師和言語治療師，全方位分析染疫長者的身體狀況及建議合適的八星期復康訓練，與前線員工協調，推動和鼓勵長者積極參與訓練。

數據收集和比較有助本會掌握和量度「計劃」成效。跨專業治療師團隊在本會九間院舍收集和過去一年曾染疫院友的身體狀況數據，在開始提供復康服務前，治療師會為院友進行評估，以了解他們因染疫而導致以下八大範疇的身心功能缺損程度，包括：肺功能下降、體能下降、痛症、認知能力下降、自我照顧能力下降、言語障礙、吞嚥能力下降及心理問題。當察覺到院友有最少一項身心機能下降時，治療師便會根據評估結果，對症下藥，為院友安排相應的復康治療，包括：胸肺物理治療、體能訓練、痛症治療、認知訓練、生活技巧訓練、工具選配、口部肌肉訓練、吞嚥訓練和鬆弛治療等，讓新冠康復長者獲得最適切的復康治療。



言語治療：口部肌肉訓練
Speech therapy: Oral motor training

Post-pandemic Recovery in Action

The fifth wave of COVID-19 has raged in Hong Kong since February 2022, causing many older people to suffer from severe and fatal illnesses. The Society's nursing and social work teams, from healthcare professionals to frontline staff, worked side by side with one heart to protect the elderly from contracting COVID-19. During the care process, the team found that some recovered elderly encountered physical frailty problems, such as muscle weakness, shortness of breath, cough, poor self-care ability and difficulty swallowing. SAGE believes rehabilitation training for infected elderly residents is as essential as pandemic prevention. Therefore, the transdisciplinary rehabilitation team quickly referred to and integrated relevant international literature and guidelines on this new disease to formulate a "Transdisciplinary Post-pandemic Rehabilitation Plan" (the "Plan") to help the elderly rebuild their physical strength and mental health.

All-round Transdisciplinary Rehabilitation

The "Plan" aimed to restore the physical health conditions of the elderly who had recovered from COVID-19 to their pre-morbid functional status. Elderly participants were selected from residential care homes, day care centres and home care service units. The transdisciplinary team, which included physiotherapists, occupational therapists and speech therapists, comprehensively analysed the physical conditions of the infected elderly and recommended appropriate rehabilitation training for eight weeks. They also coordinated with frontline staff to promote and encourage the elderly to participate actively in training.

Data collection and analysis were necessary for the team to understand and measure the effectiveness of the "Plan". Therapists studied the data on the physical and psychological conditions of the recovered elderly residents collected last year from our nine residential homes, and categorised them into eight types of pandemic-driven physical impairments, including decreased lung function, decreased physical ability, pain, decreased cognitive function, reduced self-care ability, speech disorder, decreased swallowing ability and psychological problems. Residents who experienced at least one type of physical and psychological decline would be provided with tailor-made rehabilitation treatment, including chest physiotherapy, physical training, pain relief treatment, cognitive training, activities of daily living training, aids prescription, oral motor training, swallowing treatment and relaxation therapy.



胸肺物理治療
Chest physiotherapy

數據顯示，本會共有720位院友曾感染新冠肺炎，當中373位院友(52%)有最少一個範疇的身體功能缺損而適合參與此「計劃」。這373位院友因染疫，身體功能受到破壞，包括：297位院友(80%)出現體能下降、191位(51%)自我照顧能力下降、135位(36%)認知能力下降、105位(28%)吞嚥能力下降、39位(10%)出現言語障礙、39位(10%)出現痛症、33位(9%)有胸肺問題和1位(0.3%)出現心理問題。

治療師在新冠康復院友接受為期八星期的健康重建訓練後，比較長者訓練前和後的身體狀況變化。治療師使用的評估工具包括有步行能力評估(Modified Functional Ambulation Classification, MFAC)、認知能力評估(Montreal Cognitive Assessment 5-Minute Protocol Hong Kong Version, HK-MoCA 5-Min Protocol)、日常自我照顧時使用的輔助器具及吞嚥功能測試(Royal Brisbane Hospital Outcome Measure for Swallowing, RBHOMS)等。在下列四項評估有缺損的院友，接受訓練後，部分回復至未感染前的狀態(表一)。

Statistics show that 720 residents were infected with COVID-19. 373 (52%) of them experienced at least one type of physical impairment were invited to join the "Plan": 297 (80%) with reduced physical ability, 191 (51%) dropped in self-care ability, 135 (36%) with decreased cognitive function, 105 (28%) had weaker swallowing function, 39 (10%) suffered from speech impairment, 39 (10%) had pain, 33 (9%) had respiratory problems and 1 (0.3%) with a psychological problem.

Therapists compared the changes in the elderly's physical conditions before and after the eight-week rehabilitation training. They employed Modified Functional Ambulation Classification (MFAC), Montreal Cognitive Assessment 5-Minute Protocol Hong Kong Version (HK-MoCA 5-Min Protocol), assistive devices used in daily self-care, and the Royal Brisbane Hospital Outcome Measure for Swallowing (RBHOMS) as assessment tools for outcome measurement. After training, a number of residents with decreased rating in the following four types of outcome indicators resumed to their pre-morbid status (Table 1).

表一：「跨專業的疫後復健計劃」結果
Table 1: Result of the "Transdisciplinary Post-pandemic Rehabilitation Plan"

身體功能缺損 Physical Impairment	訓練前 Before Training		訓練後 After Training
	治療師臨床觀察 發現染疫後有缺損 的患者人數 No. of Patients with Decline Based on Therapists' Clinical Observation after COVID-19 Infection	在評估工具上 顯示染疫後有缺損 的患者人數 No. of Patients with Decline in Outcome Indicator after COVID-19 Infection	在評估工具上顯示 身體機能回復至未 感染前的患者人數 No. of Patients Returned to Premorbid Status Based on Outcome Indicator
體能下降 Decreased physical ability (評估工具：「步行能力評估」 Outcome indicator: MFAC)	297	163	80
認知能力下降 Decreased cognitive function (評估工具：「認知能力評估」 Outcome indicator: HK-MoCA 5-Min Protocol)	135	135	39
自我照顧能力下降 Decreased self-care ability (評估工具：「日常自我照顧時使用輔助器具評估」 Outcome indicator: Assistive devices used in daily self-care)	191	127	47
吞嚥能力下降 Decreased swallowing function (評估工具：「吞嚥功能測試」 Outcome indicator: RBHOMS)	105	57	24

拋磚引玉 攜手進步

新冠肺炎對新冠康復長者造成不同程度的身體缺損，跨專業治療師團隊透過數據分析和比較，了解長者需要並設計合適的訓練，以提升康復長者各項身體機能和改善健康。治療師團隊計劃舉辦業界同工「跨專業疫後健康重建計劃」以分享經驗，協助更多長者走上康復之路，重建身心健康。

One Small Step A Path to Success

COVID-19 pandemic caused different physical impairments to the elderly. Through data analysis and comparison, the transdisciplinary rehabilitation team understood the needs of the elderly and devised appropriate training to enhance their physical functions and health conditions. The team intended to organise a "Transdisciplinary Post-pandemic Rehabilitation Plan" seminar to share our experiences with members of the social welfare sector and assist more older people in restoring from the pandemic.

疫中情誼 同心同「得」

Bracing the Pandemic with Concerted Efforts

風雨飄搖 抗疫艱辛

對很多長者而言，第五波新冠疫情可以用「災難」來形容。數以萬計市民感染，很多染疫長者更是病情嚴重，卻未能獲得及時及適切的醫療服務；即使能入院治療，但醫療資源極度緊絀，更令人難過的是有些長者由入院至彌留亦未能與親人見一面。

即使沒被感染，但面對多項且多變抗疫措施，長者不免感到焦慮不安、壓力重重。作為長者社區支援第一道防線的長者地區中心及長者鄰舍中心，此時便肩負重任，提供迅速、人本和到位的服務，全力支援受疫情所困的長者及護老者。

本會社區支援服務在第五波的抗疫之路共分為三個階段：(一) 緩其所急，安穩心靈、(二) 調配資源，安心迎戰、(三) 疫中有情，正向迎新。

緩其所急 安穩心靈

當2022年1月中旬本港各區陸續出現確診個案時，本會各日間服務中心已進入戒備狀態，社工迅速聯絡在家抗疫的高危長者，作疫情提點及電話慰問，讓他們可及早準備。到2月初至中旬，社區感染數字暴升，中心更動員全體職員，用各種可行方式支援長者及護老者，包括：主動致電關心及提供疫情資訊、到戶派發各種防疫及生活物資、協助須留家隔離的長者解決支援及物資不足等疑難。



義工隊是本會支援長者抗疫的重要夥伴
Volunteers are our important partners in supporting the elderly

Steadfast in Overcoming Unprecedented Challenges

For many elderly, the fifth wave of COVID-19 is a "disaster" — tens of thousands of people were infected, and lots of the elderly became seriously ill. On top of this, many of them could not receive timely and appropriate medical services. Even though they were admitted to the hospital, the medical resources were too stretched to treat them well. It is so distressing to know that some older people were not even able to see their relatives before passing away.

Even if they were lucky to escape uninfected, the elderly could not help feeling anxious in dealing with the various and changing anti-pandemic measures. As frontline defence shouldering an important caring responsibility, our district elderly community centres and neighbourhood elderly centres provided timely, person-centred and attentive community support for the older people and their carers at this critical moment.

Amid this fifth wave, SAGE implemented a three-phase community support strategy: (1) Person-centred, practical and timely support, (2) adequate resources allocation, and (3) social and psychological support.

Person-centred, Practical and Timely Support

When the number of confirmed cases rose in mid-January 2022, all our centres became alert to another imminent coronavirus outbreak. High-risk elderly topped the list of our social workers for informative or practical support. From early to mid-February, when COVID-19 raged in Hong Kong, our centres mobilised all of their staff promptly to offer all possible help to target elderly and carers, including regular concern phone calls with up-to-date pandemic information, home delivery of various anti-virus and daily necessities, and assistance to those who were undergoing home quarantine.



年青力壯的義工在疫情嚴峻協助派送物資包
Young volunteers help to distribute anti-pandemic material kits

支援過程中，職員發現長者除嚴重缺乏應對疫情的資源外，部份還因照顧者染疫而未能援助年長家人，令長者頓失依靠，他們對可能會受感染感到惶恐擔憂。中心職員及時為他們送上物資和提供資訊，當中送上慰問變得更為重要，讓長者或護老者的不安心靈得以安穩下來，有力量繼續這抗疫之路。

調配資源 安心迎戰

3月下旬疫情仍然嚴峻，但因長者及護老者已開始學會應對疫情之法，心情開始穩定下來。此時，他們又要面對全民檢測及物資短缺的不確定性，只好無可奈何地四出搜購物資，例如退燒藥和糧食。中心職員立即聯絡善長和調動現有資源，並安排職員及義工送予有需要的長者。對長者而言，這些物資可能只是杯水車薪，但他們明白「自己沒有被遺忘」，對生活的盼望得以重燃。

疫中有情 正向迎新

至4月中旬，疫情趨向穩定，中心職員從電話慰問中發現有不少長者因為確診或嚴峻疫情產生焦慮，未能釋懷，或面對家人突然離世，未能見最後一面等，出現不同程度的情緒低落、持續焦慮或心理障礙等，需要社工即時介入。因此，中心職員立即籌備並於6月推出「疫」中情計劃，給予長者及護老者空間去沉澱及釋放這些哀傷及焦慮，並與同路人一起走過康復之路。「計劃」按長者所須提供個人服務、小組及活動，例如：遙距或實體的個別或小組輔導，協助受困擾人士認識、探討及紓解各種複雜情緒，並重建正向心理生活模式；推出正向心理行動計劃，讓參加者參與富生命力的正向心理活動；為經歷確診、康復甚或親人離世的長者及護老者提供生活重建及哀傷輔導等。「疫」中情計劃團隊初步設計了69項小組或活動，待長者情緒健康篩查關顧及問卷調查完成後，會再配合推出其他情緒健康活動，期望與長者及護老者共同迎接新生活。

「疫」中情計劃的參加者對活動給予正面評價。參與康復小組的長者表示，過程中有笑有淚，哭著分享抗疫經過，換來中心職員和其他長者的安慰、鼓勵，和送上無限祝福；亦有會員完成正向心理行動計劃後感到負面情緒得到紓解。

為有效掌握服務使用者的情緒狀態，中心職員亦於7月至8月期間，有系統地進行長者情緒健康篩查關顧及問卷調查，得出的統計結果經過分析後，會作為中心職員下半年推行情緒健康計劃的重要參考數據。

人間有愛 滿懷祝福

雖然疫情經歷了前所未有的嚴峻挑戰，但在各方傾力支援下，長者從中亦有得著，包括親人及朋輩之間的支持，社區善長的關心、能再次為自己建立堅忍韌力等，這種「得」亦是本會對長者的關懷與祝福。

In rendering support with the much-needed anti-pandemic materials, we found that some elderly also lacked the daily support they used to have, as their caregivers had been infected. The centres, therefore, delivered them needy necessities and information besides concerns promptly, which effectively soothed their mind and empowered them to fight against the pandemic.

Effective Resources Allocation

In late March, although the outbreak remained severe, the elderly and their carers became more confident to prevent virus infection with due information. Meanwhile, facing the uncertainty of the Compulsory Universal Testing (CUT) scheme, many worried about a material shortage. They started stocking up on medication and food. Acknowledging this, our centres swiftly matched the needy elderly with generous donors and arranged for staff and volunteers to deliver necessities. Although these necessities may be just a drop in the ocean, the feeling of "not being forgotten" reignited the hopes of the elderly.

Social and Psychological Support

By mid-April, the pandemic began to subside – it was time for recovery. Based on the information and feelings they expressed over the phone, we found that some elderly suffered from syndromes similar to post-traumatic stress disorder. Immediate intervention by social workers was needed. In view of this, the centres launched the "Project with Heart and Love in Pandemic" from June 2022 to provide individual and group counselling activities online or physically for the elderly and carers on their road to recovery. Besides, bereavement counselling was rendered to those who lost their loved ones in this outbreak. At the initial stage, 69 group sessions and activities were organised. After completing mental health screening tests, the project team will embark on a new series of mental health activities, to help the elderly and carers positively embrace the post-pandemic life.

Participants gave positive feedback to the project team. Sharing their anti-pandemic experiences with tears and smiles during counselling activities, the participants gained comfort, encouragement and infinite blessings from social workers and other participants. Some members also opined that, after completing the action plans of positive psychology class, they could eventually regain joy and peace.

To effectively understand the emotional state of service users, our centres also systematically conducted mental health screening tests from July to August. The data analysis will help us plan the upcoming mental health services for the elderly.

A Community Full of Love and Blessings

Notwithstanding this unprecedented public health crisis, with concerned support from different parties, including relatives, peers, and kind-hearted people in the community, the elderly gained love and blessings, which helped them rebuild resilience to life challenges – Echoing our Society's best wishes to them.

疫下情不斷

Love and Care in Times of COVID-19

2022年初，高傳染性的變種病毒流入社區，香港爆發第五波新冠肺炎疫情，確診者和密切接觸者人數不斷飆升，他們需要被送往檢疫或居家隔离。病毒防不勝防，市民人心惶惶，開始囤積物資以備不時之需，市面上消毒用品、病毒快速測試劑、食物及日用品的供應均嚴重緊張。

獨居或兩老同住長者，在這段時間更為艱難，他們不擅長使用資訊科技，亦未必懂得運用手機應用程式或上網查閱商店存貨，在採購物資時只能徒步逐一走訪商舖。即使僥倖尋獲物資，長者因體力不足，難以自行搬運沉重的防疫物資和日用品回家。確診或需要強制居家隔离的長者情況更淒涼，活動受到限制，實在是叫天不應、叫地不聞。

有見及此，本會各服務單位迅速回應長者的需要，一方面製作抗疫懶人包，提供全面資訊減輕長者的憂慮，並持續向他們提供情緒支援；另一方面積極聯絡社會各界善心人士和企業，與他們攜手籌集防疫及生活必需品，集腋成裘，贈予有需要的長者。社會上下一心、員工眾志成城，竭盡所能支援長者生活及身心需要。



耆才愛心布口罩贊助計劃

因應變種病毒的高傳染性，醫學專家曾呼籲市民日常佩戴兩個口罩以加強防護。然而，對沒有收入的長者來說，每天使用一個即棄口罩已是沉重負擔。不少長者收到由善長贈送的口罩包後，每個口罩仍會用上數天才更換，職員縱使費盡唇舌勸喻他們佩戴兩個口罩，仍然徒勞無功。

此時此刻，員工絞盡腦汁設法幫助長者面對新冠挑戰。除了繼續教育和游說外，本會聯繫了在2020年初當社會出現第一次口罩荒時，曾製作布口罩予市民應急的「車縫『耆』才」義工，合作縫製布口罩免費送贈予貧困長者。

At the beginning of 2022, the highly contagious variant spread throughout the community, causing the outbreak of the fifth wave of the COVID-19 pandemic in Hong Kong. An increasing number of infected persons and their close contacts were required to undergo compulsory quarantine at designated places at home or other accommodations. The virus panicked the citizens. People began stockpiling supplies which led to a shortage of disinfectants, rapid antigen test kits, food and daily necessities.

During the period, elderly singletons and doubletons experienced grave difficulties in purchasing daily necessities. As many were unfamiliar with information technology and online shopping, they could not manage to check stock availability via mobile applications or websites. They had no choice but to visit and shop at physical stores. Even if they were lucky enough to find anti-pandemic supplies and daily necessities in a store, they had difficulty carrying all these heavy goods back home due to a lack of physical strength. The situation was even worse for those required to observe quarantine or isolation requirements. With mobility restrictions, they had nowhere to turn to for assistance.

Given this, our service units responded quickly to meet the needs of the elderly. On the one hand, an anti-pandemic information kit was prepared and sent to them to reduce their anxiety. Our staff also provided them with emotional support whenever necessary. On the other hand, we actively liaised with kind-hearted people and corporations to garner and deliver pandemic prevention supplies and daily necessities to the elderly in need. People from different sectors of society and our staff were united to make the greatest effort to support the living and emotional needs of the elderly.

Sharing Love and Care — Cloth Face Masks Sponsorship Programme

Medical experts advised the public to wear two face masks to guard against the highly infectious variant. However, for the elderly without income, one disposable mask a day was already a heavy burden. Many older people re-used the same disposable mask for several days, even after they received surgical masks from donors. Our staff tried hard to persuade them to wear two masks but in vain.

Besides continued education and persuasion, we tried to explore alternatives to help the elderly overcome the challenges of COVID-19. We invited the "sewing seniors", a group of retired tailors and garment workers who produced cloth face masks for the public during the severe shortage of masks in early 2020, to make cloth face masks again and give them to the elderly in need for free.

本會亦同時發起「耆才愛心布口罩贊助計劃」，籌募捐款贊助布口罩的製作成本及購置消毒用品。我們感激社會大眾關注貧困長者的需要，慷慨捐款支持贊助計劃。在短短一個月內，義工共製作了逾1,000個布口罩，由本會分發到有需要的基層長者手上，有效增強長者防疫能力。



一方有難 八方支援

第五波疫情來勢洶洶，雖然本會已不斷向不同團體籌集防疫物資，以便能迅速支援長者的需要，然而確診人數持續急劇上升，檢疫或被隔離的貧困長者家庭和獨居長者對物資的需求亦相應暴升，本會急需更多響應。當市面上大部份主要防疫及日常生活物資均被搶購一空時，幸好社會各界亦洞察長者的困境，更多善心機構及人士紛紛主動聯繫本會捐贈各種物資。隨著接收絡繹不絕的愛心捐贈，長者的疫下生活才能轉危為安。

在疫情嚴峻時，為了保障義工和長者的健康宜減少社交接觸，本會最初婉拒了不少義工團體提出的物資派發協作計劃，只動員本會員工派發予有需要長者。然而漸漸地，員工相繼染疫，單位開始出現人手緊絀，但員工仍心繫長者的福祉，即使面對高傳染性的變種病毒，仍決意親自將防疫物資送抵行動不便或獨居長者的家門，大家無懼疫情，多走幾趟，往返中心和長者家；前線員工至管理層都變成了「密密送」的一份子。此外，隨著對防疫資訊和保護措施有較多了解，加上義工團體對服務長者的熱情絲毫無減，我們逐步開放與義工團體合作，參與義工在穿著全套保護衣及面罩等防護裝備後，與員工一起派發物資。義工們的熱誠和無私，令人感動及敬佩。

病毒傳染性強，而員工與長者接觸頻繁，保護長者最有效的方法是確保他們不會與確診患者接觸。為此，服務單位規定員工於上班前必須進行病毒快速測試。疫情早期，快速測試劑價格高昂，一劑難求的情況下，幸得善心企業踴躍捐贈快速測試劑、面罩及保護衣等防疫裝備，或捐款資助本會優化院舍內的消毒設備，鞏固社區和院舍長者的第一道防疫屏障，同心守護長者健康。

Meanwhile, we launched the "Sharing Love and Care – Cloth Face Masks Sponsorship Programme" to raise funds to subsidise the production cost of cloth face masks and purchase disinfection supplies for the underprivileged elderly. We would like to express our gratitude to the public for their generous support to the Programme. It took only one month for the volunteers to produce over 1,000 cloth face masks, which were then delivered to the needy grassroots elderly to better protect them from infection.

Support from All Sectors of Society

To give timely support to the elderly in the fifth pandemic wave, our Society continued appealing for anti-pandemic supplies from different organisations. However, with the soaring number of confirmed cases, the material needs of poor elderly singletons and doubletons under quarantine skyrocketed. More support from the community was needed. While most of the necessary anti-pandemic and daily supplies on the market were snapped up, we were fortunate to have garnered increased support from empathetic donors and charitable organisations. With an endless stream of generous donations, the elderly living in the community had finally overcome the pandemic onslaught.

During the severe pandemic, to reduce social contact and protect the health of volunteers and the elderly, the Society declined cooperative invitations on material distribution to needy elderly proposed by many volunteer groups in the first place, and only mobilised our staff to deliver necessities to the elderly. Even when the service units became understaffed due to the increasing number of staff diagnosed with COVID-19, the remaining staff still cared about the well-being of the elderly. Staff from frontline to managerial grades delivered anti-pandemic materials to the needy elderly with limited mobility or living alone in their greatest efforts, regardless of the threat of the highly contagious variant. At the later stage, as we had a better understanding of pandemic prevention and protective measures, we gradually resumed cooperation with volunteer groups. Participating volunteers wore protective gear and face shields to join our staff in the distribution. We appreciated the volunteers' enthusiasm and were touched by their selfless dedication.

The most assured way to prevent the elderly from getting the highly infectious virus was to avoid contact with the diagnosed. Therefore, our staff were required to perform a rapid antigen test (RAT) before returning to service units. At the early stage of the pandemic, the tight supply of RATs had driven up the price and made it challenging for us to purchase sufficient test kits. Fortunately, benevolent corporations unconditionally donated RATs, face shields, protective gear and other pandemic prevention equipment to our service units. Some of them also donated money to allow our elderly homes to enhance disinfection facilities. With the timely and generous donations, we strengthened the protective shield for the elderly living in the community and elderly homes to safeguard their health.



疫下情不斷

Love and Care in Times of COVID-19

本會的服務使用者和員工得以平安渡過第五波疫情，全賴各界的熱心支持，本會藉此機會至誠感謝所有曾在疫情中慷慨捐贈物資和捐款予本會的善長仁翁和良心企業。

Our elderly service users and staff would not be able to go through the fifth wave of the pandemic without the enthusiastic support from society. We would like to express our sincerest gratitude to all kind-hearted donors and caring companies who gave us generous monetary and in-kind donations.



感謝各界送贈物資

We appreciate donation of materials



受惠長者謝函

Thank You Letters from Elderly Beneficiaries

「香康會何生長者鄰舍中心給我們送來兩包抗疫物資包，內有快速測試劑、口罩、消毒水，還有米、粉絲、餅乾、罐頭等食品。可謂『雪中送炭』，使我們走出困境，看到光明、希望。」— 啟業邨居民鄒先生和莫女士

“SAGE Ho Sang Neighbourhood Elderly Centre helped us in our hour of need with the two anti-pandemic supply kits, which included rapid antigen test kits, surgical masks, disinfectant, rice, vermicelli, biscuits, canned food, and more. With their timely assistance, we overcame the predicament and regained hope.” — Mr Chow and Ms Mok, Kai Yip Estate residents



每一份物資包都是長者的及時雨

Each material kit matters for the elderly

「我感受到耆康會這個團體對長者及弱勢群體關愛和巨大的幫助，不是親人勝是親人的溫暖。」— 青衣長宏邨居民孟先生和徐女士

"I feel the care and support from SAGE. It treats the elderly and the disadvantaged like family." — Mr Meng and Ms Tsui, Tsing Yi Cheung Wang Estate residents



「對於他們所提供的協助，我深表謝意。」— 長者家屬 蔡小姐

"I deeply appreciate their assistance." — Ms Choi, a relative of the elderly

「貴會及時的關懷、支援和鼓勵...使我倆能順利安心地渡過了隔離的日子。」— 服務使用者李先生和孔女士

"The timely concern, support and encouragement from SAGE helped us get through the isolation period with ease and peace." — Mr Lee and Ms Kong, service users





45周年誌慶 — 「同行同心，迎變創新」

45th Anniversary Celebration — Together We Stride Forward for Change and Innovation

本會成立於1977年，當初只提供老人外展及專車服務，經歷數十載，已發展成一間服務既完善且多元化的安老服務機構。現時轄下共有29個不同服務類型的單位，包括社區支援和院舍照顧服務，員工超過1,300人。服務亦不斷拓展，推陳出新，力臻完善。2022年為本會成立45周年，希望藉一系列誌慶活動，向公眾人士、服務使用者及捐款人等持份者展示機構過往成就及創新服務，標誌本會45年來緊貼時代脈搏，全心全意為長者提供優質的安老服務。誌慶活動從四個主題出發，分別是「耆」實在一起(SAGE Connect)、樂活傲齡(Active Aging)、智慧照顧(Smart Caring)及共創耆才(Elderly Empowerment)，將本會多年來創新迎變，積極向前的活力形象，展現人前；亦為鼓勵長者及護老者走出疫情陰霾，陸續安全有序恢復社交生活，重新與社區接軌，更以「同行同心，迎變創新45」為主題，推出一系列誌慶活動：

「耆」實在一起

長者在疫情下倍感孤獨及焦慮，本會透過策劃和舉辦藝術嘉年華、單位開放日、機構會員單位巡禮及新中心開幕禮，鼓勵市民大眾主動聯繫社區長者、支援家屬定期聯絡院舍院友及安排捐款人更深入地認識本會服務，促進職員、捐款人和服務使用者彼此關心及認識。我們相信每個活動、每句問候，也會帶來正面心理效果，我們與長者其實在一起。



Founded in 1977 to provide outreach and bus transportation services for the elderly at the beginning of its operation, the Society, after decades of development, has become a well-established elderly service organisation offering diversified services for the needy. Over the years, we have continued to excel ourselves through innovation. At present, there are 29 service units with different types of services, including community support service and residential care services, with more than 1,300 employees. The year 2022 marks the 45th anniversary of the establishment of SAGE. Through a series of celebration activities for our stakeholders, including the public, service users, and donors, we aim to demonstrate our accomplishments and effectiveness of innovative services, validating our wholehearted and continued efforts to move with the times in providing high-quality services for the elderly. Under the theme of "Together We Stride Forward for Change and Innovation", a spectrum of celebration activities was held to promote the concepts of "SAGE Connect", "Active Aging", "Smart Caring", and "Elderly Empowerment", which displayed the robustness of the Society. The activities encouraged the elderly and their caregivers to step away from the pandemic, resume their social life safely, and reconnect with the community.

SAGE Connect

Older people may feel lonely and anxious during the pandemic. The Society, therefore, organised a series of social and visiting activities, including an art carnival, service centre open days, tours to service centres and an opening ceremony of a new day care centre, to encourage the public to proactively show concern for the elderly living in the community and in residential homes. The activities also facilitated donors to understand our services better, and promoted mutual care and understanding among staff, donors and service recipients. We believe that every activity and every conversation have a positive psychological impact on the elderly, and we walk alongside them every step of the way.

藝術無界限，長幼樂融融
Art without boundaries — it benefits all age groups

樂活傲齡

長者因避免感染新冠肺炎而減少外出，活動量減少容易使自身免疫力下降，本會轄下29個服務單位為社區及院舍長者進行「疫後的心理及體能支援」，透過舉辦不同類型的活動，鼓勵長者多做運動了解身體狀況外，亦根據長者的個人需要由社工及物理治療師為他們選擇合適的活動，一同建立疫情後的健康生活模式。

智慧照顧

為持續優化工作流程及提升服務質素，單位積極引入樂齡科技產品，本會透過東區老人日間護理中心開幕禮暨東區長者地區中心參觀日，介紹本會如何設計及運用資訊科技照顧體弱長者，將樂齡科技推廣及普及化，讓市民大眾、長者及照顧者對樂齡科技的認識及應用有更深刻體會。

共創耆才

為了讓長者善用人生經驗、發揮個人潛能及訂立人生規劃，以活出更充實美好的人生下半場，本會將舉辦會員藝術展覽，展示本會29個服務單位的長者技能，邀請策略夥伴、同業及廣大市民了解本會未來嶄新服務計劃，共創耆才貢獻社會。



登峰造極的長者手工藝品
Sophisticated craftworks made by the elderly

Active Ageing

During the COVID-19 outbreak, many elderly people chose to remain at home. The resulting reduced frequency of exercise may weaken their immune systems, making them more vulnerable to infection. In view of this, our 29 service units organised the "Post-COVID-19 Psychological and Physical Support Programme" for the elderly living in community and residential homes. In addition to encouraging the elderly to do more exercises and be aware of their health conditions, social workers and physiotherapists also recommended suitable physical and social activities for needy elderly according to their individual needs, helping them rebuild a post-pandemic healthy lifestyle.

Smart Caring

To continuously enhance workflows and service quality, our service centres have been actively promoting the use of gerontechnology. On the occasion of the opening ceremony of the re-provisioned Eastern Day Care Centre for the Elderly and the open day of the Eastern District Elderly Community Centre, benefits of gerontechnology to the frail elderly were demonstrated to participants of the events, including the general public, the elderly and their caregivers, to increase their understanding of it as a promising solution to enhance the quality of life of the elderly.

Elderly Empowerment

Last but not least, to help our elderly service users make good use of their life experiences, unlock potential, and develop retirement plans for the second half of their lives, the Society will organise an art exhibition to display their creative art pieces in 29 service units. We will also invite strategic partners, elderly service practitioners, and the general public to visit the exhibition to learn more about our future strategies and support the elderly to continue contributing to society.



「燈燈燈凳藝術嘉年華」共創耆績
Art Carnival unleashes the potential of the elderly





「燈燈燈凳」耆願成真

Realising Elderly Dreams with Sky Lantern Themed Activities

「希望疫情快點過去，可以回復以往大家歡天喜地在中心的日子，開開心心一起歡笑、天天見面、暢談和參加中心所有活動，希望願望早日達成，祝願大家天天平安，身體健康。」— 萍婆婆

「我希望中心服務早日回復正常，讓我可以重新積極參與活動、做義工、和老友們相聚。」— 文婆婆

「希望能盡快回到中心做義工服務，因中心開放時能與朋友一同前來，一起聊天及做義工，感覺更快樂。」— 黃婆婆

本會2022/23年度的全港賣旗日以「耆願天燈」為主題，各服務單位向長者收集願望，當中不少都熱熾盼望能再次參與實體活動和做義工。自三年前疫情爆發，面對未知的病毒，社會各界都小心翼翼，安老業界更是極力保護身體機能和免疫力都較差的長者，社福機構均加強院舍和社區的照顧工作、減少群體聚集、增加遙距服務、確保長者有足夠的防疫和生活物資等。

長者在疫情下留家抗疫，對十多年來已習慣每天到長者中心和老朋友見面寒暄的長者而言，在家無所事事，不能隨心所欲外出聚會，是多麼的難受。回顧與長者一起走過的抗疫路，開始時來勢洶洶的病毒令他們惶恐不安，部份長者經歷親人摯友離逝的悲痛，慨嘆人生朝不保夕；即使是樂觀的長者亦只能苦中作樂，大家互相支援和鼓勵。

聽到長者的願望，回想疫情以前他們時常開懷大笑，現在他們的笑容總帶著一絲苦澀，我們認真地盤算為他們達成心願，亦因此籌劃了一連串以天燈為主題的活動，包括「燈燈燈凳」藝術嘉年華，期望以天燈連繫社會大眾和長者，在灰暗的疫情中亮起一點光，為大家帶來歡笑和安慰。

「燈燈燈凳」藝術嘉年華 為市民帶來一點甜

2022年6月份疫情放緩，本會於6月5日及12日分別在中環香港摩天輪 (AIA Vitality公園) 及西九文化區海濱草坪舉行「燈燈燈凳」藝術嘉年華，兩天均設置超過30個攤位，除了讓身懷十八般武藝的長者一展所長，亦讓市民在疫情中有一個喘息空間，兩天嘉年華合共有超過4,500人次參與，一起放鬆心情度過愉快一天。

I hope the pandemic will end very soon so that we can enjoy ourselves in the elderly centre the same way before. We can laugh together, meet daily, chat, and participate in all centre activities. I hope my dream can come true immediately, and may everyone be peaceful and healthy. — Auntie Ping

I hope centre services will be resumed to normal soon so I can join activities, participate in volunteer work, and reunite with my old friends. — Auntie Man

I wish I could participate in volunteer activities in the centre shortly. I will be happier if the centre is open so I can come, chat, and do volunteer work with my friends. — Auntie Wong

“Realising the dreams of the elderly” was the theme of our Territory-wide Flag Day in 2022/23. Talking about their wishes, many elderly said to our service centre staff that they wanted to participate in in-person activities and volunteer work again. Since COVID-19 broke out three years ago, all walks of life have been cautiously fighting against this novel virus. In particular, the elderly service sector has tried to protect frail older people with the weak immune system. All social welfare organisations have strengthened their residential and community care services, reduced mass gatherings, increased remote services, and provided the elderly with needed pandemic prevention supplies and daily necessities.

For the elderly who used to meet friends and visit elderly centres every day before the pandemic, the stringent social distancing measures restricting their movement made them feel uneasy with nothing to do at home. Looking back at the period we walked alongside the elderly during the pandemic, the elderly were frightened by the lethal virus in the beginning. Some of them experienced the grief of losing relatives and friends and feared they would be the next ones to be infected and pass away. Among those more optimistic, they could do nothing but try to rejoice in times of suffering and build each other up.

Learning the wishes of the elderly, we earnestly assessed the possibility of actualising their dreams to help restore their happy smiles, which tasted bitter during the pandemic. Finally, we decided to organise a series of sky lantern themed activities, including the “Sky Lantern” Art Carnival. We hope the wishes sent through these activities could connect the public and the elderly, lighting up the city amid the gloomy pandemic, and bringing joy and peace to everyone.

A Joyous “Sky Lantern” Art Carnival

As the pandemic subsided from its peak in June 2022, we held the “Sky Lantern” Art Carnival at the Hong Kong Observation Wheel & AIA Vitality Park in Central and the Harbourside Lawn in West Kowloon Culture District on June 5 and 12, respectively. More than 30 booths run by talented elderly were set up on the days. The Carnival not only helped the elderly to unleash their potential, but also provided the public with some timely breathing space. Over 4,500 attendees were recorded in the two-day event.

天燈畫作展 - 「童心耆願」 同心祝福 Art Exhibition for "Make a Wish" Elderly Care Campaign

在小朋友眼中，公公婆婆需要甚麼？給他們一盞天燈，他們會為長者許下甚麼願望？

本會在2022年5月至7月期間舉行「童心耆願」藝術關懷計劃，邀請小朋友繪畫天燈心意卡送給在安老院舍和社區上需要關懷的長者，透過小朋友可愛的童言童語和真摯的祝福撫慰長者在疫情中的不安和傷痛。「計劃」共有23所小學及幼稚園參與，連同以個人形式參與的小朋友，共收集了近900盞「童心耆願」天燈。

「童心耆願」天燈亦分別在「燈燈燈凳」藝術嘉年華和線上畫展中展出，和市民大眾一同分享祝福和願望，亦希望大家能和小朋友一樣，關懷和支持公公婆婆。相信這無盡的祝福，公公婆婆全收到了！

What were the needs of the elderly from a child's perspective? If children were given sky lanterns, what kind of wishes would they make for the elderly?

From May to July 2022, we launched the "Make a Wish" Elderly Care Campaign, and invited children to draw on greeting cards under the theme of sky lantern to send their love and concern to the needy elderly in elderly homes and the community. We believe that children's innocence, purity, and sincere blessings could comfort the elderly during the pandemic. A total of 23 primary schools and kindergartens supported the Campaign. Around 900 pieces of "sky lanterns" were collected.

The sky lanterns drawn by the children were displayed in the "Sky Lantern" Art Carnival and an online art exhibition. The Campaign aimed to share the well wishes with the public, and encourage them to care for the elderly as child participants. We believe that older people had well received our blessings.

於「燈燈燈凳」藝術嘉年華中展出「童心耆願」天燈
Sky lantern paintings drawn by children are displayed in the "Sky Lantern" Art Carnival



童言童語是最好的關懷
Children's blessings is the best kind of care for the elderly

小朋友在畫展中找到自己送給長者的天燈
A kid found his sky lantern painting for the elderly in the art exhibition



「燈燈燈凳」 耆願成真

Realising Elderly Dreams with Sky Lantern Themed Activities

天燈藝廊畫作展 – 四海八荒齊集氣

Sky Lantern Art Exhibition – Connecting and Spreading Love

2022年5月，耆康會舉辦天燈藝廊，邀請藝術導師舉辦線上公益課程，和市民一起繪畫天燈，為大家緩解疫情中的緊張和精神壓力；同時，藉活動收集社區人士的天燈祝福明信片，送贈予安老院舍和社區的長者，以天燈重新搭建連繫社區人士和長者的橋樑，亦讓長者從天燈上的祝福字句再次重燃希望。

本會特別鳴謝四位線上公益課程導師，包括：舉辦水彩課的陳寶川老師（來自馬來西亞的寶川藝術中心）、和諧粉彩課的Nadia（靈心OM House）、Shel（Shel crafts&music 手作音樂）和禪繞畫課的Vivian（《Vive Art of Soul》心の靜森）。透過四節公益課程，本會合共收集了近300張天燈明信片；而線上公益課程的模式，更連繫了海外的有心人，他們遠至由馬來西亞、新加坡、英國、德國及澳洲等地都為長者寄來祝福。

In May 2022, SAGE organised an "Art Class – Sky Lantern" series. Art teachers were invited to deliver charity art classes online. In addition to helping the general public release their COVID-19-induced tension and mental stress through drawing sky lantern postcards, the postcards with heartfelt blessings given to the elderly living in elderly homes and the community bridged the community and the elderly, reigniting older people's hopes in life.

We would like to express our special gratitude to the four online charity art class teachers, including Mr TAN Poh Chuan from Poh Chuan Art Centre in Malaysia, who taught the watercolour class; Nadia from OM House and Shel from Shel crafts&music, who delivered the Pastel Nagomi Art classes; and Vivian from Vive Art of Soul, who held the Zentangle art class. These classes connected people's hearts worldwide – we received around 300 sky lantern postcards from all over the world, including Malaysia, Singapore, Britain, Germany and Australia.



傲齡手作市集 – 「耆」貨可居

Elderly Bazaar – An Appreciation of Elderly Talents

中高齡人士擁有無窮創意和精湛手藝，但不諳市集文化、線上交易和客戶服務等新世代銷售策略，本會在「燈燈燈」藝術嘉年華中特設傲齡手作市集專區，讓中高齡人士體驗和學習做檔主，了解籌備參與市集的流程和吸引顧客的技巧。是次市集共招募了14組擅長不同手藝的檔主，包括皮革擺設、盆景、石頭畫、手工布藝、木藝及紙藝等，到場的市民均驚嘆售賣的作品精緻、富有特色；亦有其他團體到場邀請這批中高齡檔主參與他們營辦的市集，或擔任興趣班導師，令一眾檔主非常鼓舞。

Many middle-aged people are creative, talented and good at craftsmanship, but they may be unfamiliar with modern sales channels and techniques such as bazaars, online transactions and customer service. In the "Sky Lantern" Art Carnival, we set up the Elderly Bazaar for them to experience and learn how to operate a stall and attract customers. We recruited 14 groups of older people who specialised in different craft skills, including leather decoration, bonsai, stone painting, handmade cloth items, and wood and papercraft. Visitors were amazed by the sophisticated and unique handmade products. What encouraged the stall owners more was that some organisations invited them on the spot to participate in other future bazaars or teach interest classes.



經「傲齡動力 – 友待長者就業計劃」多年耕耘，社會各界已認同中高齡人士的能力和優勢，逐步構建了長者友善的就業環境。隨著營商模式轉變，小本創業興起，本會在鼓勵和推動長者就業以外，亦舉辦多元化的創業課程及手藝班，本著「授人以魚不如授人以漁」的精神，幫助中高齡人士創業。傲齡手作市集的成功，亦為有意創業的中高齡學員注射了強心針。

After years of hard work of the Society's "Elder-friendly Employment Practice" project team, we are pleased that many sectors in the community have recognised the abilities and edges of the middle-aged, successfully cultivating an elderly-friendly employment environment. As business models evolved, small-sized enterprises began to flourish. Therefore, in addition to promoting elderly re-employment, we organised various courses on entrepreneurial skills and craftsmanship to help middle-aged people start their businesses. We believe that "Teaching someone fishing is better than giving him a fish", which is validated by the success of the Bazaar.



「燈燈燈凳」 耆願成真

Realising Elderly Dreams with Sky Lantern Themed Activities

藝術體驗工作坊 — 趣味盎然

Art Workshops – Learning with Fun

嘉年華中設有四個藝術體術工作坊，包括拼豆、禪繞畫、和諧粉彩和摺紙，由長者擔任義務導師，和市民一同透過藝術手作紓解生活壓力。兩天嘉年華合共舉行64場工作坊，超過500位市民參與，更有親子、祖孫一同體驗，跨代共融，樂也融融！

Four kinds of art workshops taught by elderly volunteers were available for the general public during the Carnival, including perler beads, Zentangle art, Pastel Nagomi Art and paper folding art. Participants could take a break from the bustle and hustle of their life. A total of 64 workshops were held, attracting over 500 participants of parent-child or grandparent-grandchild groups.



長幼共融 回憶難忘

Inter-generational Activities with Unforgettable Memories

「燈燈燈凳」藝術嘉年華是近年難得的同樂活動，長者、成人、小孩都盡興而歸。

The "Sky Lantern" Art Carnival was an excellent opportunity for the elderly, adults and children to have fun together in recent years.



「義」不容辭 眾志成城
Volunteers Made the Day

「燈燈燈凳」藝術嘉年華圓滿舉行，一眾義工功不可沒。兩日嘉年華動員了近百位長者義工參與，他們發揮才能，有的在藝術工作坊中教學、有的表演魔術或扭氣球、有的擔任攤位的工作人員。長者義工表示，多年來從參與耆康會的活動中學習了不少技藝，能在嘉年華會一展所長、與公眾分享並得到讚賞，感到非常自豪。

本會特別鳴謝連炎輝慈善基金贊助6月5日香港摩天輪 (AIA Vitality公園) 場地，並協助招募超過70位義工，在兩天的嘉年華中的攤位提供協助；同時，亦感謝偶像團隊MIRROR成員呂爵安的歌迷參與「燈燈燈凳」藝術嘉年華，設立攤位售賣紀念品，並將部份收益捐贈本會。

The "Sky Lantern" Art Carnival would not have been so successful without the support from volunteers. We mobilised around 100 elderly volunteers to participate in the two-day Carnival. They actualised their potential: some taught art workshops, some performed magic tricks or balloon twisting, and others were responsible for booth operation. The elderly volunteers told us that they were glad to have the chance to perform at the Carnival the different skills they learned in past SAGE activities and show their talents to the public. They felt proud when being praised.

We would like to express our deepest thanks to the Alan Lin Charity Fund for sponsoring the event venue, Hong Kong Observation Wheel and AIA Vitality Park, on June 5 and recruiting over 70 volunteers to help in the two-day Carnival. We also extend our heartfelt gratitude to the fans of Edan Lui, a member of MIRROR, for joining the "Sky Lantern" Art Carnival and donating part of the revenue gained in their souvenir stalls to us.



耆康會全港賣旗日 — 耆願天燈 幸福滿載

SAGE Territory-wide Flag Day – Bringing Blessings to All Walks of Life



在漆黑中，一盞盞寫滿願望的天燈逐一亮起，冉冉上升，在夜空中匯聚成萬點燈光，與人們眼眸裏的盼望互相輝映……

天燈，是希望，也是祝福 — 本會2022年6月25日全港賣旗日以「耆願天燈」為主題，將旗紙化作天燈，希望藉著賣旗日將我們的祝願送到每一位香港市民手中，在奮鬥近三年的疫情中，為大家打打氣，鼓勵懷抱希望、跨越困境；而市民的支持，就是燃點「耆願天燈」的火焰，讓本會能因應長者的需要推展更多服務，實現長者的願望。

線上線下 匯聚萬點燈光

過去數年，社交距離措施不時因疫情轉差而收緊，在這種情況下，無論是機構舉辦賣旗日這類大型活動，抑或是市民擔任賣旗義工都需要審慎考慮。因此，我們籌備實體街上賣旗的同時，亦延續上年度推出的線上賣旗活動，希望在反覆的疫情下，能吸引更多市民以不同方式支持賣旗日籌款活動。

Sky lanterns carrying senders' well wishes rose one by one, lighting up the night sky and people's hopes.

SAGE Territory-wide Flag Day using sky lantern as the design concept, representing hope and blessing, was successfully held on 25 June 2022. By selling the meaningful sky lantern flags, we sent our blessings to all walks of life in Hong Kong and cheered those struggling with the COVID-19 pandemic. The enormous support from kind-hearted citizens enabled SAGE to launch more services to meet the needs of the elderly.

Supporting through Online and Offline Channels

Over the past few years, social distancing measures have been tightened from time to time in response to the evolving pandemic. Under such circumstances, the Society and citizens had to carefully consider organising or joining large-scale events such as flag day. To improve fundraising performance, the Society continued the online flag-selling channel initiated last year.



新「耆」線上義工 Online Flag Day Elderly Volunteers

當我們都以為網上賣旗只能方便較年青善心人士隨時隨地支持賣旗日 — 因為涉及的工序殊不簡單，既要在網站上登記成為線上義工，又要將獲分配的專屬線上旗袋連結，透過社交媒體或通訊軟件分享給親友，更要邀請他們在線上即時捐款或上載捐款紀錄；對不熟悉資訊科技的長者來說，線上賣旗是嶄新概念，應該並非一件簡易的事。

然而，自線上賣旗推出後我們喜獲不少長者會員支持。耆康會多年來積極推廣長者應用資訊科技，如培訓「數碼師傅」。疫情期間，更多長者主動學習使用智能通訊設備，以維持與外界的聯繫，他們對智能電話的操作變得相當得心應手。當看到本會的線上賣旗宣傳資料時，他們都顯得十分雀躍，熱衷地了解和嘗試這種新的賣旗模式，積極地向親友推介和募捐，令我們喜出望外。昨天努力耕耘，今天初見成果！

慶幸6月份疫情放緩，本會得以順利在6月25日舉行實體街上賣旗。為了加強保障義工的健康，我們特別為每位義工準備了酒精搓手液和香氛口罩貼。衷心感謝善心市民、企業及團體的支持，當日共有近3,000位義工將數十萬盞設計精美、盛載著共20款不同祝福心意的旗紙天燈送到本港市民手中。無論是賣旗義工還是買旗善長，都讚賞我們的設計心意，讓善心市民能透過旗紙上的天燈找到希望。

Being online voluntary flag sellers, they had to register on the flag-selling website first and then share the designated donation web link of their flag bag through social media or communication applications. Most importantly, they had to invite relatives and friends to donate online or upload their donation records. When we conceived that online flag selling could only attract the younger people who might be more familiar with information technology than the older ones, we found that such perception was false.

To our surprise, we received much support from our elderly members after launching the online flag-selling channel. Over the years, SAGE has actively promoted information technology among the elderly, such as by training them as "Digital Mentors". During the pandemic, older adults became increasingly motivated to learn digital communication devices, hoping to maintain contact with others. Many of them were familiar with smartphone operations. They were excited and eager to understand and try the new channel when they learned of the online Flag Day promotional materials. We were encouraged by their positive attitude towards online Flag Day that they proactively promoted and raised funds among their relatives and friends.

As the pandemic continued to subside from its peak, it became opportune for the Society to organise a physical Flag Day on 25 June 2022. To better protect volunteers' health, we provided them with hand sanitisers and scented stickers for masks. With the help of around 3,000 volunteers, hundreds of thousands of well-designed sky lantern flag stickers carrying different blessing messages were distributed to Hong Kong people. Both the volunteers and donors appreciated the concept of sharing hopes and blessings through sky lantern flag stickers. The Society would like to express our heartfelt thanks to the citizens, corporations and organisations for their generous support.



院舍的天燈 Sky Lanterns in Elderly Homes

以往沒有新冠肺炎疫情時，院舍長者都積極參與機構賣旗日，他們會一同佈置院舍、踴躍認購金旗，甚至邀請家人一同參與，成為賣旗義工，即使是行動不便的院友，也要求家人或職員為他們推輪椅，讓他們能參與此盛事。對院舍長者而言，能幫助機構賣旗是對他們能力的認同及肯定，在接受護理人員照顧的同時，他們仍可回饋社會。外出賣旗時，市民都向他們送上讚賞和鼓勵，讓他們笑逐顏開。活動結束後，他們更會經常和其他院友及職員分享賣旗日的經歷，整個院舍都洋溢著歡笑和活力，恍惚院舍上下完成了一項創舉！

儘管這兩年因疫情關係，院友無法外出，無緣成為街上賣旗義工，但他們對賣旗日的熱情絲毫未減，紛紛主動建議職員在院舍舉辦室內賣旗日。6月25日當天，院友揹起旗袋，拿著旗紙精神奕奕地邀請職員賣旗。職員都非常捧場，樂意捐獻。院友手持旗紙在院舍內為所有人送上天燈，為抗疫之路添上熱鬧和歡樂。

Before the outbreak of the COVID-19 pandemic, residents of our elderly homes gave us their most significant support during Flag Day. They decorated the homes according to the theme of Flag Day, supported the sale of golden flags, and registered as flag-selling volunteers with their relatives. Even wheelchair-bound residents asked their family members or staff to accompany them to sell flags in different districts. Elderly residents believed that being able to participate in the Society's fundraising activities was a recognition of their ability – despite receiving residential care, they could still contribute to society. Appreciation and encouragement received from the public made them smile. After the event, they would share their Flag Day experiences with other residents and staff. The elderly homes were filled with laughter and energy.

Due to the pandemic outbreak, the residents were forced to stay in elderly homes for more than two years. Yet, their zest on the Flag Day had not faded. They successfully convinced the staff to organise an indoor Flag Day. On June 25, they carried their flag bags and promoted to the staff in high spirits. The staff returned them with full support and donation. The residents distributed sky lantern flag stickers in the homes, bringing joy and courage to everyone to continue fighting against the pandemic.





本年線上線下的賣旗活動籌得的善款遠勝預期，這個疫下「耆」績，讓我們可推展更多嶄新服務支援長者的健康、情緒和生活等各方面需要，實現他們的「耆願天燈」。

The fundraising performance of the Flag Day was far better than expected. Support from volunteers and donors enabled the Society to initiate more new services to address the health, emotional and daily needs of the elderly, actualising their wishes on the sky lantern flag stickers.

多款精品天燈紀念品大受歡迎
All Flag Day souvenirs were trendy





結合藝術 認知障礙症服務創出共融文化 Creating an Inclusive Dementia-friendly Culture by Combining Arts with Dementia Services

腦化四季房： 治療腦輕ZONE 以創作紓解壓力

本會懷熙葵涌長者地區中心與啟民創社的社創在地設計室團隊合作，於群芳卓廊素心青衣發展領域一同建造「腦化四季房」，透過藝術創作為認知障礙症長者、護老者和社區人士建立認知友善社區的共融文化。

中心職員、設計室團隊的本地和外國設計師，以及設計系學生集思廣益，創作以一個四季為主題的認知障礙自主專屬空間。設計師把活動室的牆身描繪和佈置成春夏兩季生意盎然的景致，牆身上留有大量填寫和繪畫空間。「四季房」用於舉辦工作坊、小組及個別訓練，認知障礙症長者和護老者可於牆身上塗鴉和拼貼，隨心創作，他們的腦袋得到盡情放空，達至放鬆心靈的目標。房間的另一特色是結合五感體驗（即視、聽、嗅、觸、味），例如舉辦春季主題活動時，中心職員會以依蘭香薰（嗅覺）、森林鳥語音樂（聽覺）、花茶、斑蘭蛋糕及食用花（味覺）配合手工花製作活動（視覺／觸覺），豐富參加者的體驗。

「四季房」衝破固有的認知障礙症服務形式，創造了認知障礙長者的自創空間，可以無分對錯，自由創作。社工透過解讀牆上的藝術畫作，對服務對象的內心世界有多一點探索和理解。房

“Dementia-freely Room”： An Emotional-healing and Stress-relieving Zone

SAGE Chan Tseng Hsi Kwai Chung District Elderly Community Centre has collaborated with the Social Innovation Design Lab in Places of Enable Foundation, a local design studio, to establish the “Dementia-freely Room” in SAGE Kwan Fong Mrs Susie Cho Tsing Yi Developing Horizon. By adopting concepts of creative arts, it could build an inclusive culture of dementia-friendly, to bring about harmony among the elderly with dementia, their caregivers and the public.

With joint efforts of the staff at SAGE, local and foreign designers of the Enable Foundation, and students from the faculty of design created an exclusive environment themed with seasonal changes. Aiming to generate joy and relaxation, the designers decorated the “Dementia-freely Room” wall with spring and summer elements, and left some blank areas for the demented elderly and their caregivers to make creative works of their own will. The Dementia-freely Room, designed for organising workshops, group activities and individual training, provided a stimulating environment using a combination of the five senses. For instance, in a spring-themed activity, pandan chiffon cake and edible flowers were served, bringing stimulation of taste and smell. Flower-related art and craft activities provided visual and tactile sensations, enriching their “seasonal” experience.

The “Dementia-freely Room” pushes the traditional boundary of dementia care, creating a dementia-friendly environment for the elderly with cognitive impairment to create on their terms for an errorless experience. By interpreting the wall paintings, social workers could explore and understand more about the inner world



長者在「四季房」牆壁塗鴉創作，抒發情緒
The demented elderly are encouraged to be creative
in a dementia-freely environment



內更設有自助茗茶閣，當參加者感到疲累時，可以先喝口茶或嘆杯咖啡，享受悠然自得的樂趣。

於2021年5月至9月，共有235人次參與「四季房」活動，當中包括認知障礙症長者、青年義工及中心會員，活動整體滿意度達98%。中心於2021年10月舉行了兩次開放日，讓社區人士參觀及體驗共同創作的樂趣，藉此認識及關注認知障礙症服務，兩次開放日合共有118人次參加。

***It's ok not to be ok* – 藉繪本分享感受 引發共鳴**

懷熙葵涌長者地區中心與插畫设计公司Nothing Serious合作創作 *It's ok not to be ok* 一書三冊繪本故事，以深入淺出的方法，引發讀者對認知障礙症的關注，推廣認知友善文化。

三冊繪本分別從認知障礙症長者、照顧者和社區人士的角度，分享生活的挑戰。中心希望藉繪本鼓勵認知障礙症長者及照顧者正視內心的負面情緒、學習接受因患病而產生的強烈無力感、以平常心對待事情結果不似預期。長者面對困境不應自責，反之應盡可能與別人分享，讓身邊人成為他們的守護者，為他們燃點希望。

在創作前期，中心的認知障礙症支援部舉辦了「認知友善大賞賽」，向患者、照顧者、義工、中心職員及社區人士徵集稿件，供插畫设计公司選材及發展繪本的設計概念。由於繪本的內容取材自100位過來人的經歷，故事更容易引發讀者的共鳴。

故事透過描繪三段冒險旅程帶出主題，第一冊《獻給踏上新冒險旅程的你》，從認知障礙症長者的角度分享患者心聲，學習與他們的相處之道，亦讓長者重拾正面的身分認同。第二冊《獻給並不獨單的照顧者》，從照顧者角度訴說面對認知障礙症長者各方面的需要及照顧上的壓力，與照顧者一同探索該如何自處。第三冊《獻給生活中的每一個你》，鼓勵社區人士多關注認知障礙症，共同守護患者及其照顧者，讓他們可繼續享受社區生活，達致認知友善的願景。

500套繪本已於2022年6月出版，分別送贈予荃葵青區其他長者服務單位、「腦化四季房」開放日參加者及分發予本會轄下服務單位。另外，亦透過不同平台或活動宣傳及送贈，傳揚認知友善訊息。中心正計劃為繪本出版有聲讀物，透過「說書」形式，聲音演繹豐富情感、起伏情緒，令故事情景活現於聽書者的腦海。

of their service recipients. The Room has a self-service tea and coffee corner, service users can take a break whenever they want dementia-freely.

From May to September 2021, 235 people joined the activities in the "Dementia-freely Room", including the elderly with dementia, young volunteers and members of our service centres, with an average satisfaction rate of 98%. Two open-day sessions with 118 participants were held in October 2021, which allowed the general public to visit and experience the fun of co-creation and led them to understand more about innovative dementia services.

***It's ok not to be ok* – Share Your Feelings through Picture Books**

SAGE Chan Tseng Hsi Kwai Chung District Elderly Community Centre co-published a three-chapter picture book series entitled *It's ok not to be ok* with the illustration and design company *Nothing Serious*. It is presented in a simple and easy-to-understand way to arouse readers' awareness of dementia and promote a dementia-friendly culture.

The three chapters of the picture book series share the challenges in daily life from the perspectives of the elderly with dementia, caregivers and the general public. The Centre aims to encourage the elderly with dementia and their caregivers to become aware of their negative emotions, to learn to accept the sense of powerlessness caused by illnesses, and to treat things with a normal mind when the results are not as expected. When suffering failures, the elderly should not blame themselves. Instead, they should share their feelings with others as much as possible, and let people around them become their guardians, nurturing hope for them.

At the early stage of the project, the Centre's Dementia Support Unit held the "Dementia-friendly Award Competition" to collect texts from the demented elderly, caregivers, volunteers, Centre staff and members of the public, for the illustration design company to select materials and develop the design concepts of the picture book series. Since the content of the series is based on true stories of 100 individuals with similar experiences, the story books effectively arouse readers' resonance.

The story brings out the theme by depicting three adventurous journeys. The first chapter is *Dedicated to You Who Embark on A New Adventure*, which reveals the voices of the elderly with dementia, suggests how to get along with them, and help them regain positive self-identity. The second chapter, *Dedicated to Caregivers Who Are Not Alone*, talks about the various needs of the demented elderly and the caring stress of caregivers, and explores how to cope with the issues. The third chapter, *Dedicated to Everyone in Our Community*, encourages people in the community to pay more attention to dementia illness, and to be the guardian of the elderly with dementia and their caregivers. The book empowers the demented elderly to continue living in the community joyfully, and advocates for the vision of a dementia-friendly culture.

500 copies of the picture book series were published in June 2022, and distributed to elderly service providers in Tsuen Wan and Kwai Tsing District, participants of the "Dementia-freely Room" Open Day, and SAGE service units. In addition, they were distributed through different platforms or activities to promote the dementia-friendly message. Our Centre planned to convert the picture books into audiobooks. Through the form of "storytelling", with voices conveying authentic and rich emotions, the story and scenes can be brought alive in the mind of the listeners.



黑暗中的夥伴 攜手跨越疫境

Partners in the Dark – Joining Hands to Overcome the Pandemic

由自卑到自信 克服不足與缺陷

我們往往會介懷自身的不足或肢體缺陷，嚴重者甚或構成人際交往和溝通障礙，漸漸覺得生活黯淡無光。本會轄下懷熙葵涌長者地區中心、荃灣長者地區中心、何生長者鄰舍中心、王華湘紀念長者鄰舍中心及香港西北區扶輪社長者鄰舍中心自2020年初起，與黑暗中對話(香港)基金會合辦交流活動和電話慰問服務，為中心長者和「多元人才」構建溝通橋樑。「多元人才」是黑暗中對話對肢體殘疾義工的稱呼，當中包括視障和聽障人士。長者在與他們在互動過程中，分享經歷，互勵互勉，雙方都可忘卻自身的不足和缺陷，鼓動正能量。



多元人才(殘疾人士)分享如何克服身體缺損，積極助人

"People of Differences" (persons with disabilities) share how to overcome physical impairments and help others proactively

黑暗中對話的「多元人才」為長者製作防疫包、上門探訪、安排長者參觀黑暗中對話賽馬會對話體驗館及每週電話慰問長者。他們細心聆聽，努力了解長者的心意，同時鼓勵長者多關心和管理健康。在疫情下，「多元人才」的定期電話關顧，有助舒緩留家抗疫長者的焦慮和孤寂感。「多元人才」亦同樣受惠，他們了解到長者受身體機能退化的困擾，與自己有著相似的經歷。他們懷著一份責任感和使命感，收起自卑，鼓起自信，向長者發放「殘而不廢」和「老而不廢」的正面訊息。

Building Self-Esteem to Overcome Deficiencies

People may fret about their inadequacies or physical disabilities, which may become interpersonal relationship problem and communication barrier for some of them, resulting in a life full of darkness. To address the issue, five SAGE service centres, including Chan Tseng Hsi Kwai Chung District Elderly Community Centre, Tsuen Wan District Elderly Community Centre, Ho Sang Neighbourhood Elderly Centre, Mr Wong Wha San Memorial Neighbourhood Elderly Centre and Rotary Club of HK Northwest Neighbourhood Elderly Centre, have collaborated with Dialogue In The Dark (HK) Foundation since early 2020 to provide community care and support services to the needy elderly members. "People of Differences" from Dialogue in the Dark – volunteers with physical disabilities such as visual and hearing impairments – helped the elderly living in the community remain socially connected. By organising exchange activities and making phone calls, "People of Differences" shared their experiences with the older people and encouraged each other. During the interactions, both parties forgot their weaknesses and owned their strengths instead, turning darkness into positive energy.



黑暗中對話聯絡善心企業，協助收集及派發防疫物資予本會長者會員

Dialogue in the Dark contacts kind-hearted enterprises to assist in the collection and distribution of anti-pandemic materials to our elderly members

In these care programmes, "People of Differences" volunteers prepared anti-epidemic supply kits, conducted home visits, made regular phone calls and organised visiting tours to the Dialogue in the Dark Jockey Club Dialogue Experience Place for the elderly. They listened to the elderly with their hearts. In addition to understanding their feelings, they also encouraged the older people to better manage their health. Regular phone calls during the pandemic helped the elderly overcome anxiety and loneliness while staying at home. Not only the elderly, but also "People of Differences" benefited from these programmes. Through learning about the suffering from physical deterioration to the elderly, "People with Differences" were able to turn their self-abasement into self-confidence. They started to encourage the elderly to stay positive in life, conveying the messages of "disabled but useful" and "old and capable".

互為鼓勵 一起自強

由2020年初至2022年中旬，共有1,300位長者及35位「多元人才」參與由本會服務單位與黑暗中對話合辦的活動。長者均表示「多元人才」是很好的聆聽者及傾訴對象，不但提供最新的社區資訊及疫情消息，更多是閒話家常，使他們的心情隨之而變得舒泰。當「多元人才」察覺傾談的長者情緒低落時，會把個案轉介到服務單位，由專業社工跟進。長者亦會與「多元人才」分享半百人生的智慧，鼓勵他們積極面對體能退化，提升自信，讓生活發生蛻變。

互相感動 造就轉變的力量

84歲的陳婆婆與丈夫同住，患有認知障礙症和糖尿病，需要定時服藥覆診。她與「多元人才」多次電話溝通，建立了互信關係，成為交心的朋友。疫情持續令陳婆婆的情緒變得低落，失去日常生活動力，更不肯進食和拒絕覆診，其丈夫和女兒屢勸無效。在家人手足無措之際，「多元人才」鄧先生致電陳婆婆傾談，鼓勵和勸喻她愛惜身體，憑著耐心對話和同理心，鄧先生成功說服陳婆婆到醫院覆診。鄧先生隨後把陳婆婆的情況轉介給中心社工跟進。

「一個call、一句問候、蘇醒人心」。鄧先生表示透過電話慰問，持續關顧長者的身心健康，看似只有付出沒有回報。事實上，他與長者的每個交流和經歷都是學習過程，從長者身上學習如何「難關難過關過」。肢體殘疾人士和長者往往面對不同的困擾和挑戰，面對生活上的種種不如意，情緒低落不能避免。長者偶然也會以長輩身份鼓勵「多元人才」，並指導後輩如何解決問題。鄧先生說：「長者對『多元人才』的讚賞和感謝，令我們很感動，也幫助我們建立自信。參與關愛活動讓肢體殘疾人士發揮所長，幫助社區有需要人士。長者和『多元人才』都受益，是雙贏的效果。」



長者導師教導視障人士製作毛巾公仔送贈予社區長者
Elderly mentors teach visually impaired people to make towel dolls to give to the elderly in the community

Cheering Up! Let's Get Strong Together

From early 2020 to mid-2022, a total of 1,300 senior citizens and 35 "People of Differences" participated in the activities co-organised by our service units and Dialogue in the Dark. The elderly participants opined that "People of Differences" were empathic listeners with good communication skills. They did not only provide them with the latest community information and epidemic news but also make small talks, which eased their minds. When the "People of Differences" perceived signs of depression from the elderly, they referred the cases to our service units for follow up of professional social workers. Meanwhile, the elderly would share their life wisdom with the "People of Differences", encouraging them to face the physical degeneration positively, enhance their self-confidence, and transform their lives.



長者已準備好走進「黑暗」和「無聲」的體驗館學習自強及建立信心
Elders are ready to experience the "dark" and "silent" in the experiential hall to learn self-improvement and build confidence

Mutual Support: The Power of Transformation

The 84-year-old Ms Chan who lived with her husband suffered from dementia and diabetes. She needed regular medical follow-up consultations. With frequent telephone communication, she established a trusting friendship with the "People of Differences". The successive waves of the pandemic depressed Ms Chan and she lost motivation in her daily life. Despite repeated persuasion from her husband and daughter, she refused to eat and attend follow-up consultations. When her family was at a loss, the timely phone calls with empathy from Mr Tang, one of the "People of Differences", successfully lifted Ms Chan. She resumed attending the consultations. Mr Tang also helped to refer Ms Chan's case to the social worker for follow up.

"A call and a greeting could awaken one's heart." Mr Tang opined that the experience of offering continued concern for the elderly about their physical and mental health over the phone was rewarding. Every interaction was a learning process for him: he learned how to "go through difficult times" from the older people. Disabled people and the elderly often face challenges in life, which may lead to disappointment and depression. Occasionally, the elderly would encourage "People of Differences" and guide the younger generation to solve problems with their life wisdom. Mr Tang said, "The elderly people's appreciation of the efforts of "People of Differences" moves us, and helps us build our self-confidence. Participating in caring activities helps those in need in the community and people with physical disabilities develop their strengths. Both the elderly and the 'People of Differences' benefit, and it is a win-win situation."



「疫」流而上 傲齡手作市集展現「My」技能

Online Elderly Bazaar Promoting “My Talent of Handicrafts” to Brace the Pandemic

面對反覆的疫情，我們需持正向態度迎接各種困難，「疫」流而上、與時並進。對於一眾身懷手作技能的中高齡人士而言，在網絡主導的新時代，緊貼數碼發展，能更有效發揮所長，開闢人生下半場的新天新地。

「傲齡動力－友待長者就業計劃」為鼓勵中高齡人士創業，發展「My」技能，製作自家手作產品，再轉化為收入，每年均會推出「長者市集」，招募有興趣者成為檔主，協助他們一嘗創業夢。受第五波新冠疫情持續影響，遂改以線上銷售形式進行，定名為「傲齡手作網上市集」，以靈活彈性的自僱模式，繼續燃點長者創業火苗，為長者就業推向另一個層次。

市集於2022年3月19日至25日分別透過「計劃」網站及面書(Facebook)，展示及銷售由六家攤檔，分別是「畢士大坊」皮革製品、「和風小飾」布花頭飾、「慢活手作」手繪木刻、「義賣首飾軒」半珠寶首飾、「JJ Workshop」捲紙藝品及「傲齡布藝品」布藝精品，所精心挑選的手作產品，向大眾展示中高齡人士的超卓技能，讓藝術手作得以傳承及弘揚。

一雙巧手 線上線下創「香職」

有見中高齡檔主不諳線上銷售模式，且缺乏電子支付工具支援，難以為顧客提供優質的產品銷售及網上交易服務，因此，「計劃」向檔主收集其手作產品的資料，透過WhatsApp通訊工具協助向顧客提供線上客戶服務、手作產品資料、訂購和進行網上交易。在疫情嚴峻的境況下，能讓顧客安坐家中享受輕鬆便捷的購物樂趣，亦可簡化繁複的行政程序，讓檔主安心地按照訂單製作手作產品。

Facing the recurrent COVID-19 pandemic waves, all of us should keep a positive mindset to overcome the challenges. For the talented retired elderly, learning to embrace digital development when applying their extensive life experience and skills could help them open up a new world for the second half of their life.

The “Elder-Friendly Employment Practice” (the Project) encourages the retired elderly to utilise their experience, knowledge and craftsmanship skills, to develop their brand and product lines. “Elderly Bazaar” is organised annually for these skilful elderly with the potential to run their businesses to earn income and fulfil their dream of becoming shop owners. Amid the outbreak of the fifth wave of the pandemic, all face-to-face programmes were suspended. As a result, the “Project” team organised the “Elderly Craftsman Market – Online” (ECMO), an online bazaar, to promote the concept of online shopping, to keep the business of the self-employed elderly running, and take elderly employment to the next level.

ECMO was held from 19 to 25 March 2022 on the “Project” website (e72.hk) and its Facebook. Six categories of handicrafts were available online, including leather products, hair accessories, wood-carving decorations, semi-precious jewellery, paper handicrafts and sewing products. Online shoppers were amazed by the outstanding craftsmanship of the retired elderly.

Exceptional Craftsmanship Widely Appreciated with Online Sales Channel

Most retired elderly shop owners had difficulty handling online marketing and supporting electronic transactions. Because of this, besides creating an e-platform, the “Project” team also taught and assisted the shop owners to publicise product information, provide online customer service, and complete e-transactions by using communication software such as WhatsApp. The streamlined procedures facilitated home-staying shop owners and customers to enjoy safe and convenient transaction experiences during the pandemic.



中高齡人士發揮「絕技」，傳承及弘揚手作藝術

Elderly pass on their handicraft skills and talents to the younger generation

萌創業念頭 探索長者就業新領域

首次參與「市集」銷售的「和風小飾」檔主潘女士在「計劃」的引導和協助下，了解到開設網店的基本設備配套、宣傳策略、銷售程序等重點知識，認為這是一個很好的體驗。此外，她化被動為主動，自發學習產品推廣技巧，包括拍攝、文字描述及包裝等以吸引顧客。潘女士表示：「有別於以往實體市集的經驗，參與網上『市集』驅使我主動了解經營網店的要訣和行銷策略，例如贈送貼心小禮品以提升回購率。在與客戶交流的過程中，讓我獲得重要的市場動向消息、汲取經營生意的經驗和自我檢視手作產品的改善空間，獲益良多。以上種種皆讓我萌生開設網店的想法，讓我重拾鬥志和人生多了一個心靈寄託。」



Elderly Handicrafts Business: A New Direction in Elderly Employment

With the guidance and support from the "Project" team on online shop operation skills, Ms Poon, who participated in ECMO for the first time, was able to sell her handmade Japanese-style hair accessories online. During the process, she began a self-learning journey – from engaging in product photography, product description, and packaging to promotional strategy. "Unlike a physical bazaar, ECMO gave me insights into the strategies of operating an online business, such as using giveaways to boost sales. By communicating with customers, I collect up-to-date market information, which is useful for product improvement. This has re-ignited my fighting spirit and given me the confidence to consider starting my online shop. I now have a new meaningful goal for my retired life," said Ms Poon with a satisfied smile.



用心經營 獲「忠粉」大力支持

透過面書宣傳廣告而積極支持「市集」的顧客郭小姐認為「市集」為長者提供就業機會，並讓檔主展示手作「絕技」，意義非凡！一向熱衷於車縫手作的她更讚嘆由「車縫『耆』才」(「計劃」於2020年「口罩荒」而號召退休車衣女工車縫布口罩而組成)車縫的布口罩，在選料及車縫技術皆遠超市面產品質素。是次良好的網購體驗使她樂此不疲，「市集」完結後她主動聯絡「計劃」和持續訂購不同款式尺寸的布口罩及其他客製化布藝品，如：旗桿袋、環保袋、紙巾套等，成為「傲齡布藝品」的長期顧客和「車縫『耆』才」的忠實「粉絲」，讓中高齡人士的技能繼續發揚光大，並在其中再次尋回自己的價值，亦令長者就業獲得多一份肯定。

Dedicated Efforts Bring Customer Loyalty

A sewing enthusiast, Ms Kwok learned ECMO on Facebook. She opined that the online bazaar was an effective platform for the elderly to demonstrate their skills. She also praised the "Elderly Tailor" Programme launched in 2020, which recruited retired tailors and garment workers as "elderly sewing talents" to make cloth masks during the initial outbreak of the pandemic. Given the high quality of the cloth masks which significantly exceeded the market standard, she has begun to order different types of sewing products and fabric handicrafts from these "elderly sewing talents" frequently and has become their super fan. Unfailing support from discerning customers like Ms Kwok helped promote the skills and talents of the elderly in the community, and encouraged them to regain their values in life.



賽馬會痛「正」能量計劃：克服痛症 發放正能量

Jockey Club "Confront Pain with Ease" Project : Regaining Positive Energy into Life

本會方樹泉中心及陳登匯駿天地於2022年1月承蒙香港賽馬會慈善信託基金捐助，在香港中文大學賽馬會公共衛生及基層醫療學院的支持下，推展為期三年的「賽馬會痛『正』能量計劃」（「計劃」），透過一系列跨專業團隊合作的活動，包括健體班、痛症自我管理小組及工作坊等，為面對痛症的長者提供適切的教育及支援，提升自我痛症管理的能力及減輕由痛症帶來的身心困擾。參加者亦會透過進行「痛症自我效能問卷」以檢視「計劃」成效。

技巧知識俱備 支援身心需要

「計劃」全面關顧和改善長者的身、心、靈健康及提升痛症管理的知識及技巧。康體指導員教授長者一系列簡易的伸展和增肌運動，舒緩繃緊肌肉及改善痛症；社工舉辦心理及藝術治療小組，內容包括認知行為療法、正向心理學、禪繞畫、和諧粉彩等，讓參加者培養正面的心態及興趣，達致心靈治癒的效果。參與小組的長者在分享個人經歷及互相支持下，能感受痛症同路人在心靈上互相扶持。除此以外，「計劃」團隊亦邀請不同專業人士，如中醫師、護士、物理治療師等舉行各類工作坊，提升長者及護理者管理痛症的知識，給予他們多方面的實用錦囊和資訊。



長者用心學習不同的緩痛健體運動
Elderly participants concentrate on learning various pain-reducing exercises

Funded by The Hong Kong Jockey Club Charities Trust, SAGE Fong Shu Chuen Centre and Chan Dang Centre for Active Ageing collaborated with the JC School of Public Health and Primary Care at The Chinese University of Hong Kong to launch a three-year project named "Jockey Club 'Confront Pain with Ease' Project" (the Project) since 1 January 2022. The Project aims to promote relief measures for the elderly suffering chronic pain and raise public awareness on it through interdisciplinary activities, including thematic exercise classes, pain self-management group sessions and workshops. Pain self-efficacy questionnaire (PSEQ) has been conducted throughout the period to evaluate its efficiency.

Comprehensive Pain Management

The Project equipped the elderly participants with pain management knowledge and skills and cared about their physical, mental and psychological needs. On the one hand, our Fitness Instructors taught them to relieve pain and reduce muscle tension with various stretching exercises. On the other hand, our social workers introduced psychological and art therapeutic group activities, such as cognitive behavioural therapy, Zentangle and Pastel Nagomi Art, to help them release stress on pain and develop a positive attitude. The elderly also received mutual support from peers through sharing sessions. In addition, professional workshops held by Traditional Chinese Medicine practitioners, physiotherapists, occupational therapists and nurses provided both the elderly and carers with practical pain management tips.



長者投入繪畫和諧粉彩舒壓
Older people learn Pastel Nagomi Art to release stress

無懼疫情地域限制 在家輕鬆學習緩痛之法

首季的「計劃」宣傳及參加者招募工作上全港第五波疫情最嚴峻的時刻，令「計劃」的起步困難重重。團隊努力不懈開拓不同的宣傳渠道，包括善用本會的「長青網」、開設「計劃」面書(Facebook)專頁等，成功吸納一批來自不同地區及掌握應用資訊科技的長者。在疫情下，他們可以安坐家中參與各項網上健體班和各式各樣

Learning to Relieve Pain Online at Home with Ease

Coincident with the most critical period of the fifth wave of the pandemic outbreak, the initial implementation of the Project was challenging. Nevertheless, the project team tried their best to explore different ways to promote. For example, they made use of our own resources, such as the "eElderly" website and created a Facebook fan page for the Project. Finally, the project recruited 63 elderly in the first quarter of the implementation.

的治療小組。團隊雖然面對困難，仍竭盡所能，最終首季活動共有63位參加者參與各類小組及工作坊，合共775人次參與，超過90%參加者認為「計劃」有效幫助他們改善痛症、提升面對痛症時的正面態度及管理痛症的知識。

They practised pain-alleviating methods via technology products and online classes. The total attendance in this quarter was 775, and 90% of the participants agreed that the Project helped them relieve pain, develop a positive attitude and enhance their knowledge on pain management.

痛症及時雨 重燃生活希望

A Rain in Time Enlightening Hope

參加者Vicky是一名半退休人士，從事人力資源工作。她一直很注重健康，在一次行山活動中不慎扭傷，後來更發現患上骨刺及慢性痛症，令她每行一步路都感到無比痛楚。傷患後，她不能如常參與朋友的聚會及行山活動，做家務時亦要小心翼翼。痛楚使她失去生活樂趣，限制她的外出自由，甚至失去部份自我照顧的能力。Vicky從網上得悉「賽馬會痛『正』能量計劃」，便急不及待地報名參與，她形容「計劃」的出現，有如一場及時雨，除了協助她透過不同的介入方法成功舒緩痛症外，也擴闊了社交生活，更可重拾自信和正能量，為生活帶來新希望。她認為「計劃」活動編排及設計細密，職員亦準備充足，過程中詳盡講解，配合參加者的身心需要，令她可有效學習緩痛之法。

擔任「緩痛大使」 延續正能量

Vicky在參與「計劃」後深信自己必能克服痛症，再次參與行山活動，踏遍香港每一個島嶼，瀏覽風景。在中心職員的熱誠鼓勵及愛心感染下，她加入「緩痛大使」行列，向社區長者推展和延續這份緩痛正能量。她以過來人身份與其他痛症同路人分享經驗，真正做到助人自助。她感恩「計劃」讓她經歷和擁有這一切難忘的回憶，同時亦讓她認識本地社福機構及準備回饋社會踏出第一步。



康體指導員教授長者進行緩痛活動

Fitness Instructor teaches the elderly personally to do pain-relieving exercise



Vicky, a semi-retired human resources industry practitioner, was very concerned about her own health and exercised regularly. Unfortunately, she was injured during a hiking activity, resulting in osteophytes and chronic pain. She felt upset as she could no longer join social activities, including hiking. She even found difficulty doing chores. Learning of the Project online, she enrolled at once. The Project, as she described, was like rain for a dried place — it meant so much to her. It helped her escape pain, enrich her social life and regain hope in life. She appreciated the project staff's effort in fulfilling her physical and psychological needs in the pain management journey.

Extending Hope by being "Pain Ambassador"

After completing the rehabilitation, Vicky has become confident about overcoming her pain and resuming her favourite activity — hiking. She joined as "Pain Ambassador" to extend hope to other sufferers. By sharing experiences, she encouraged her counterparts to be positive toward pain management. She appreciated the meaningful time on the road to recovery, which helped her understand more about the works of local welfare organisations. She has prepared to give back to society.

「計劃」亦透過藝術治療關顧長者心靈需要

The Project also cares about the psychological needs of the older people by practising different art therapies



食得有「形」又有「營」 院舍精緻軟餐睇真啲 Glorious and Nutritious Food : A Close Look at Delicate Soft Meal

成效研究 顯示有助提升進食量

院舍長者等待職員按時送上不同款式的時令美食，是他們每日期盼的重點生活樂趣之一。但隨著年紀增長，現時院舍六成院友均有吞嚥困難，當中亦有不少院友需要協助餵食。傳統糊餐的一般製作方法是將白飯、菜和肉類打成糊狀，有部分長者形容不同顏色的菜糊、肉糊、飯糊為「漿糊」，拒絕進食，長此下去會導致體重下降及營養不良。相反，精緻軟餐的外觀則可以有很多不同的變化，包括利用食物塑形粉及模具，盡量把食物的原貌呈現出來。舉一個例子，雞肉糊可以透過不同的烹調方式調配食物的軟硬度及黏稠度，製作成雞脾或雞翼形狀，大大改善食物的賣相。進食精緻軟餐讓長者覺得自己和其他人吃的東西差不多，重拾進食的樂趣和滿足感，從而提升自尊心及改善生活質素。為了令長者食得更有趣和尊嚴，本會引入精緻軟餐，由供膳人員、言語治療師和營養師團隊合作研究把糊狀食物重新塑形，令食物賣相更精美，更吸引。

Delicate Soft Meal Enhances Oral Intake of the Elderly

A gourmet meal is something that elderly residents look forward to every day as part of their enjoyment of life. However, 60% of residents in our elderly homes suffer from dysphagia (i.e. swallowing difficulty) due to ageing. Feeding problem is also prevalent among them. A traditional pureed diet is a blended mixture of rice, vegetables and meat. Some elderly residents refuse to eat puree because of its unappealing appearance. Insufficient food intake will lead to weight loss and malnutrition in the long run. On the contrary, a delicate soft meal has various appearances. By using food moulding powder and food moulds, the pureed food can be shaped to resemble real food, for example, chicken drumstick or chicken wing, which look more attractive to elderly residents who feel they can eat the same food as others. To reignite their pleasure of eating and enhance their self-esteem and quality of life, our speech therapists, dietitians and cooks have worked together closely to promote delicate soft meals in elderly homes.



為了探討精緻軟餐是否較傳統糊餐更能增加長者的食慾、提升營養、進食表現和生活質素，以及了解精緻軟餐對哪一類型的院友較有益處，本會言語治療師團隊與香港中文大學耳鼻喉頭頸外科學系合作，於2021年在本會多間院舍進行「院友進食精緻軟餐成效研究」。參與研究計劃的163名院友來自關泉白普理護理安老院、群芳念慈護理安老院、王余家潔紀念護理安老院及石圍角護理安老院。研究開展前，研究團隊收集院友的體重、進食功能及認知能力等數據。研究途中再比較院友進食傳統糊餐及精緻

In collaboration with the Department of Otorhinolaryngology, Head & Neck Surgery of The Chinese University of Hong Kong, our speech therapy team conducted a research study in 2021 to evaluate the effectiveness of delicate soft meals in improving the elderly's appetite, nutritional intake, eating performance and quality of life compared with traditional pureed diet. Furthermore, the research aimed to identify the elderly residents that could benefit most. A total of 163 residents were recruited from our elderly homes, namely Quan Chuen and Bradbury Homes for the Elderly, Kwan Fong Nim Chee Home for the Elderly, Mrs Wong Yee Jar Jat Memorial Home for the Elderly and Shek Wai Kok Home for the Elderly. Before the research, the team collected data on body weight, swallowing function and cognitive abilities

軟餐的情況，利用「愛丁堡餵食量表」(Edinburgh Feeding Evaluation in Dementia)量度進食表現(指院友進食時所需的協助)，以及記錄院友進食兩款餐類的進食量。研究結果顯示：

1. 享用精緻軟餐的院友，其進食量明顯多於享用傳統糊餐的院友，並有統計學上的顯著分別。
2. 進食精緻軟餐及傳統糊餐的院友進食表現，沒有統計學上的顯著分別。
3. 與進食傳統糊餐相比，患有認知障礙症的院友進食精緻軟餐的份量及進食表現有顯著統計學上的分別，但患有中風及帕金森症的院友則沒有此分別。
4. 對比完全由口進食單一質地食物的院友，及完全由口進食多樣質地食物(須特別調配)的院友，其傳統糊餐和精緻軟餐的進食量沒有分別。

上述結果顯示美觀的食物能增強認知障礙症長者的食慾及進食量，院舍可以將軟餐資源多投放於患有認知障礙症的院友以達至較佳之成本效益。另外，結果顯示院友進食精緻軟餐的份量明顯較傳統糊餐多，反映院舍在提供軟餐時除了注意食物的種類、衛生、營養及烹調方法外，亦要著力提升食物的賣相，此外，協助餵食的職員也學會了食物外觀對院友進食動機和行為有重要影響。

老來但求有啖好食

患有認知障礙症的李婆婆由進食傳統糊餐改為精緻軟餐後，不再需要院舍職員在旁監督和協助餵食，其進食表現改善幅度之大，令院舍職員讚嘆不已。負責照顧的職員表示，婆婆之前進食傳統糊餐時總是吃幾口就停，每次均需職員大力鼓勵才勉強完成進食，用餐時間為全樓層最長。其後，李婆婆參與研究計劃，人生第一次接觸精緻軟餐，一吃便愛上，每次進食時都笑逐顏開，且迅速吃完食物。由於她的語言表達能力較弱，故只能用簡短語句或豎起拇指表達「好好味」。負責照顧的職員從她滿足的表情和動作，已知她十分欣賞精緻軟餐，並欣慰地說婆婆現時的進食速度，由以往全樓層最尾，變成現時的第一名。

of the elderly participants. During the study, the team compared their performance of eating a traditional pureed diet and delicate soft meals with the Edinburgh Feeding Evaluation in Dementia (EdFED), which assesses the degree of assisted feeding required. The amount of oral intake was also recorded. The results show that:

1. A significant statistical increase in oral intake for eating delicate soft meals compared with the traditional pureed diet.
2. No significant statistical difference in the eating performance between the traditional pureed diet and delicate soft meal.
3. For the elderly with dementia, there were significant statistical differences in the amount of oral intake and eating performance between having a delicate soft meal and a traditional pureed diet. However, there were no such differences in the elderly who suffered from a stroke and Parkinson's disease.
4. There was no significant statistical difference in the amount of oral intake for those with an oral diet of single consistency and those with multiple consistencies that required special preparation.

The results show that delicate soft meals had a more positive impact on the oral intake of elderly residents with dementia than in other groups. Therefore, it was suggested that more soft meal resources should be devoted to this group of elderly to achieve cost-effectiveness. Moreover, elderly residents welcomed delicate soft meals and tended to eat more when compared with the traditional pureed diet. This finding informed the catering staff of elderly homes that enhancing food appearance was as important as food variety, hygiene, nutrition and cooking method. Feeding assistants also learned that food appearance significantly impacted the eating motivation and behaviour of the elderly.

An Appetizing Meal is What the Elderly Asks for

After the elderly home replaced the traditional pureed diet with a delicate soft meal, Ms Lee, who suffered from dementia, could eat independently without staff assistance and supervision. The dramatic improvement in her eating performance amazed every staff. Her care worker recalled that Ms Lee had shown reluctance when offered a traditional pureed diet and only took a few bites. She could only finish the meal with solid encouragement from staff, and her dining time was the longest on the dormitory floor. After participating in the research project, Ms Lee's eating performance changed. She loved delicate soft meals at first taste. Since then, she has eaten happily and finished up the plate quickly. Due to her limited communication ability, she praised the meals with short phrases or a thumbs-up gesture. Looking at her facial expression and body language, we knew she loved the meals very much. We are grateful to see her improvement in eating performance. Ms Lee has now become the first resident of the floor to clear her plate.



院舍防跌計劃：全面檢視 作系統化改善

Fall Prevention Plan for Residential Homes : A Comprehensive Review for Systematic Improvement

減低院友跌倒風險 照護更安心

妥善做好護理安老院的風險管理，方能保障院友的安全。

長者因身體機能衰退、肌肉流失、營養攝取不足、患上疾病或環境設備安全漏洞等因素，容易導致跌倒，輕則扭傷肌肉，重則骨折需要動手術，或有機會誘發更多後遺症。為了讓院友活得安全、健康及愉快，本會時刻反思如何預防長者跌倒、如何令跌倒長者的受傷程度減至最低，及使用安全或約束物品是否唯一預防跌倒的方法等重要議題。

本會物理治療師團隊推行「院舍防跌計劃」，在2021年下半年詳細分析了轄下九間院舍在2020-21年度的跌倒數據，以進一步優化院舍的防跌工作，從而：(1)減少長者跌倒個案、(2)減低長者跌倒後的受傷程度，和(3)減少使用安全或約束物品的需要。

分析數據包括跌倒人數、人次、跌倒院友的人口資料(包括性別、年齡、跌倒前的活動能力、過往與跌倒相關的病歷、過往跌倒史、使用安全或約束物品的情況)、跌倒時間、地點、跌時活動、跌倒原因、重複跌倒個案的詳情、跌倒後的影響(包括受傷人次、留醫人次、跌倒前和後對於活動能力的影響)和防跌工作流程(包括風險評估方法、預防措施、跌後即時處理及事後處理方法、跌倒數字收集、統計、分析及分享方法)等。

積極推行改善方案 成效優良

按數據分析及觀察結果，物理治療團隊提出了一系列的優化方案，在管理層、跨專業團隊和資訊科技部的支持下，於2022年4月全面實施，當中包括：

1. 設立電子平台收集、統計及分析跌倒數據；
2. 觀察院友跌倒前及後使用安全物品的情況；
3. 優化跌倒個案分享機制(例如：每月向所有院舍員工分享跌倒個案以便作內部借鑑、統一院舍周年跌倒報告格式及分析方法，確保有效分享重點資料)；
4. 使用「修訂版跌倒評估量表(Morse Fall Scale (Modified))」的分數釐定高危跌倒群組，於院友房門外及床尾貼上「防跌圖示」，以識別高危跌倒院友；
5. 修訂防跌指引；

Reducing the Risk of Falls to Promote Safe Care for Residents

Proper risk management in elderly homes can ensure the safety of residents.

Physical decline, muscle weakness, insufficient intake, disease, or environmental issues all contribute to falls in the elderly. It may cause soft tissue sprain or even fracture that requires surgeries, resulting in post-operative complications. To facilitate residents living a safe, healthy, and happy life, SAGE always reflects on how to prevent older people from falling, minimises the severity of fall injuries, and whether safety or restraint items are the only means to prevent falls.

Our physiotherapy team implemented the "Fall Prevention Plan for Residential Homes" in the second half of 2021. A detailed analysis of the 2020-21 fall data of the nine elderly homes was conducted to enhance the existing fall prevention measures, so as to: (1) reduce the number of fall incidents; (2) reduce the severity of injury to the elderly after fall; and (3) reduce the need to use safety or restraint items.

The following information was gathered and analysed: the number of residents with fall incidents, the number of fall incidents; the demographic data of the fall cases (including gender, age, mobility level before the fall, comorbidities related to fall, past fall history, history of using safety or restraint items), the time, location, and cause of the fall, activity at the time of the fall, details of repeated falls, post-fall impacts (such as injury, hospital admission and effects on mobility level), and workflow (including fall risk assessment, preventive measures, immediate and post-handling methods, way to collect, analyse and share fall data), etc.

Enhancement Measures Leading to Encouraging Results

Based on data analysis and observations and with the support from top management, the transdisciplinary team, and the information technology department, the physiotherapy team has implemented a series of enhanced fall preventive measures since April 2022:

1. Set up an electronic platform to collect and analyse fall data;
2. Observe the condition of residents using safety or restraint items before and after the fall;
3. Enhance the fall data sharing mechanism (e.g., monthly sharing of fall incidents to frontline staff to enhance their alertness, standardise the analysis method and presentation of the annual fall report to ensure effective sharing of key information);
4. Apply the "Morse Fall Scale (Modified)" score to identify residents with high fall risk, and post "high fall risk" icons at the bedside and outside dormitory doors;
5. Revise the internal fall prevention guidelines;

6. 院長和物理治療師根據新修訂的防跌指引定期執行防跌措施，包括：為合適院友安裝離床或離椅警報器和為長者提供平衡力訓練；和
7. 參考修訂後的指引內容及統一後的「年度跌倒統計及檢討報告」，定期為員工進行培訓。

全面實施優化方案後，物理治療師團隊把2022年4至6月收集得來的跌倒數據，與2020年4至6月的資料作比較，發現九間院舍的總跌倒人次減少一半（每間院舍每月平均跌倒人次由3.2下降至1.6），而因跌倒而受傷的人次則下跌約5%。優化方案實行僅三個月已略見成效，團隊在管理層的指導下，會持續執行方案、監察院友跌倒數據、適時跟進和檢討措施。

6. Superintendents and physiotherapists must regularly implement fall prevention measures following current fall prevention guidelines, such as installing bed or chair alarms and providing residents with balance training; and
7. Provide regular fall prevention training to staff regarding to the revised fall prevention guidelines and the standardised annual fall report.

After full implementation of the fall prevention plan, by comparing the fall data collected from April to June 2022 with the data of the same months in 2020, the physiotherapy team found that the total number of fall incidents in the nine elderly homes was reduced by half (the monthly average number of fall incidents per elderly home decreased from 3.2 to 1.6), while the number of injuries caused by falls decreased by about 5%. In three-months' time, we witnessed the preliminary efficacy of the plan. Under the direction of the top management, the team will keep track of the progress and look at the measures from time to time.

改善措施

Enhancement Measures



防跌圖示識別高危跌倒院友
"High fall risk" icons to identify residents with high fall risk



平衡力訓練
Balance training



離床警報器
Bed alarm



離椅警報器(坐墊型)
Chair alarm
(Sensor pad model)



離椅警報器(安全帶型)
Chair alarm
(Seatbelt model)



職員培訓
Staff training

當「認知障礙症照顧圖譜」遇上「蒙特梭利認知障礙症療法」 When Dementia Care Mapping™ Meets DemetiAbility Methods : The Montessori Way™

倡導「人本照顧」 成效出眾

本會於2009年引入英國布拉德福德大學的「認知障礙症照顧圖譜」，並於2010年起獲該大學委任為香港區策略領導，肩負在華人社會推動此評估工具及倡導「人本照顧」的重任。

本會每年均會舉辦圖譜員培訓課程，並展開有系統的圖譜觀察及服務改善計劃。「認知障礙症照顧圖譜」在本會轄下院舍及日間服務單位全面應用，在員工的工作環境和服務使用者的生活中達至「無分階級、無時無刻、無孔不入」的效果，顯著成效包括：

1. 設計一系列「人本照顧」員工培訓教材。
2. 合資格圖譜員進行年度觀察，評估服務及提出改善建議。
3. 收集觀察數據，建立完備資料庫供分析及研究。
4. 建立全球首創以影片進行的「黃金標準圖譜員」可信度測試。
5. 與香港大學社會工作及社會行政學系合作，進行首個華人社會「認知障礙症照顧圖譜」學術研究，並舉行發佈會分享研究成果。

配合「實證為本」療法 自主訓練

本會實踐「認知障礙症照顧圖譜」十數年，已建立完善的「人本照顧」成效量度系統，未來將引入「實證為本」療法，令推動「人本照顧」服務的果效更相得益彰。鑑於「蒙特梭利認知障礙症療法」同樣提倡「人本照顧」理念，本會近年開始使用該療法作為「人本照顧」的介入手法，銳意靈活運用和融合各種「人本照顧」服務的評估工具及治療方法。



特大姓氏的職員證讓長者容易辨認
Staff ID cards with extra-large surnames make it easier for the elderly to identify staff members

Advocating "Person-centred Care" with Significant Achievements

In 2009 our Society introduced Dementia Care Mapping™ (DCM) originated from the University of Bradford (UK), and in 2010, the University appointed us as the strategic lead for Hong Kong. We are responsible for promoting this assessment tool and advocating "Person-centred Care" in the Chinese community.

Every year SAGE holds DCM courses to train certified basic mappers and implements service improvement plans through systematic observations. DCM has been fully applied in SAGE residential care homes and day service units to achieve an "all-level, all-the-time, and all-the-way" care in the working environment of our staff and the lives of our service users. Remarkable achievements include:

1. Designed a series of "Person-centred Care" staff training materials.
2. Conducted annual mapping with systematic observations to evaluate the services and make improvement recommendations by certified mappers.
3. Collected the observed data and established a complete database for analysis and research.
4. We created the world's first-of-its-kind video-based "Gold Standard Mapper" reliability test.
5. Collaborated with the Department of Social Work and Social Administration of The University of Hong Kong to conduct the first-of-its-kind academic research on DCM in the Chinese community and held a press conference to share the research findings.

Self-regulated Training with Evidence-based Therapy

Practising DCM for more than a decade, SAGE has established a comprehensive outcome measuring system for "Person-centred Care". To promote the "Person-centred Care" services more effectively, SAGE has applied DemetiAbility Methods: The Montessori Way™ (DMMW), a well-known evidence-based therapy which also advocates the concept of "Person-centred Care", to daily service provision in recent years. This serves as an intervention method for "Person-centred Care", integrating with other "Person-Centred Care" assessment tools and treatment methods.

「蒙特梭利認知障礙症療法」乃由考獲執行員資格的專業職系員工按認知障礙症患者的需要、興趣、技能及能力，為他們設計合適角色、生活日程及活動，協助他們發揮技能和發展興趣的機會，每天繼續有目標及有意義地投入生活。執行員在院舍和中心設置程序提示，讓患者在訓練過程中減少尋求別人幫助，從而享有較自主和高質素的生活。

執行員全面評估長者，深入了解他們的人生閱歷並協助他們建立合適的角色，例如：院舍為曾是家庭主婦的院友安排協助家務的角色、日間中心為退休倉務員建立倉務員身份。之後，執行員為長者設計針對認知障礙症的訓練活動和編排生活日程，例如：協助家務院友參與摺圍裙、餐具分類等訓練活動、扮演倉務員的中心會員負責點算物資、記錄存貨數量、向職員匯報進度等中心日常運作。為了提升患者參與訓練的自覺和主動性，他們的生活日程表會張貼在院舍房間當眼處或編印小冊子讓他們隨身攜帶、隨時查閱及記錄訓練進度。

執行員設計角色及訓練計劃時，除了根據長者技能及能力外，亦考慮他們的興趣，務求令他們更投入參與活動。在訓練過程中，執行員預備環境提示，例如：路標、活動程序提示、特大姓氏的職員證，以協助長者更獨立自主地參與訓練活動。

裝備專業員工 同心推動

為了裝備員工融會「認知障礙症照顧圖譜」及「蒙特梭利認知障礙症療法」以推行「人本照顧」服務，本會於2020-21年度獲社會福利發展基金撥款資助，與香港職業治療學會合辦「蒙特梭利認知障礙症療法」培訓課程。本會九間院舍及13個日間服務單位的職業治療師、社工及註冊護士參與培訓，學習評估長者需要、設計合適訓練活動及改善環境設施，共23位專業職級員工修畢課程並取得「蒙特梭利認知障礙症療法」執行員資格，期待他們在所屬單位積極實踐及推動「人本照顧」服務。



自助式桌面活動讓長者更獨立自主地參與訓練活動
Self-service desktop activities encourage the elderly to participate in training activities freely

DMMW was implemented by professional staff after completing certified training as qualified DMMW practitioners. According to the needs, interests, skills and abilities of the demented elderly, the DMMW practitioners designed suitable roles, daily routines and training activities for assisting our elderly to further develop and restore their skills and interests, helping them continue enjoying a purposeful and meaningful life. We also set up procedural reminders for the elderly in residential care homes and day service units. This aim is to facilitate our elderly to live more independently after receiving tailor-made training programmes, so that they can eventually enjoy a more autonomous and high-quality life.

The DMMW practitioners assessed older people comprehensively to understand their life history and helped them develop their roles, e.g., the homes arranged for residents who had been housewives to assist in household chores, and the day centres established the same status for retired warehousemen. Afterwards, the practitioners designed cognitive training activities and daily schedules for the elderly, e.g., residents acted as homemakers to participate in folding aprons and sorting tableware, and centre members who played the role of storekeepers to be responsible for the daily operation of the centre such as counting supplies, recording stock quantities and reporting work progress to staff. To enhance motivation of the older people to participate in training, their schedules were posted in a conspicuous place in their rooms or published as a booklet for them to carry and keep track of their training progress.

The roles and training programmes designed by the DMMW practitioners were based on the skills and abilities of the elderly and their interests to enhance their motivation. During the training process, the practitioners also prepared environmental reminders, such as signposts, activity routines and staff cards with extra-large surnames, to help the elderly participate in the training activities more independently.

Equipping Professional Staff for Effective Promotion

To equip our staff with DCM and DMMW knowledge for implementing "Person-centred Care", SAGE made use of the funding support from the Social Welfare Development Fund 2020-21 to organise a training course on DMMW in collaboration with the Hong Kong Occupational Therapy Association. In the course, professional staff like occupational therapists, social workers and registered nurses from all nine residential care homes and 13 day service units of SAGE, learn to assess the needs of the elderly, to design appropriate training activities, and to modify facilities of the environment to enhance the well-being of the demented elderly. A total of 23 professional staff have become qualified certified DMMW practitioners. We look forward to continuing to promote this unique SAGE service culture of "Person-centred Care" across all our service units.

執行員為長者制訂作息有序的生活日程
DMMW practitioners design scheduled daily life for older people





數碼轉型 共創新機遇

Digital Transformation – Bringing Together Innovation and Opportunities

跨越「中心為本」的數碼轉型

進入21世紀，資訊科技應用和數碼轉型速度之快，顛覆了社福機構的固有服務模式，亦改變了服務使用者的日常生活。在過去兩年，社福機構的日常營運深受新冠疫情影響，「疫」火洗禮的另一層面意義，是造就新契機，促使安老服務業界大力發展網上服務，引入不同科技，融合線上線下，以維持服務提供、促進與服務使用者的互動，令服務模式更新穎、多元。活動不再受時間、人數或地點限制，打破過去以「中心為本」的傳統運作模式，參與者不但有更多選擇，時間安排上也更自主。

積極回應持續轉變的數碼新世代

善用科技改善長者生活質素，是本會這十數載以來一直秉持的重點發展策略。疫情下的數碼新世代，對本會既是挑戰，亦是機遇。一方面，長者對數碼生活的要求提高、業界轉型加快、本會現時個別應用系統需有更整體規劃、資訊科技基建亦需進一步更新以配合發展步伐。另一方面，長者接受及運用數碼科技的能力提高、相關科技發展越趨成熟，讓本會更有信心加速推行數碼轉型，從宏觀角度策略性地檢視如何統整融合全會服務、促進變革，為長遠服務發展奠下更穩健基礎。



Digital Transformation beyond “Centre-based” Regime

The increasing application of information technology and rapid development of digital transformation in the 21st century has remodelled the conventional services of social welfare organisations as well as the daily life of service users. In the past two years, COVID-19 has profoundly impacted the day-to-day operation of social welfare organisations. Nevertheless, it also created opportunities for them to vigorously introduce new technologies, develop online services, and integrate online services with offline ones. Under the pandemic, the traditional “centre-based” operation mode has been changed into a hybrid one, strengthening the interactions with service users through more diversified services. Activities were no longer restricted to time, location or capacity. Participants not only had more choices but also more autonomy in time arrangements.

Proactive Response to the Ever-changing Digital Age

As a key development strategy, SAGE has pursued technology adoption among the elderly to improve their quality of life for over a decade. Digital transition amid the pandemic was both a challenge and an opportunity for SAGE. On the one hand, the elderly had rising demand for digital living, and the social welfare counterparts had boosted their pace of digital transformation. Therefore, SAGE had to make a holistic plan to revamp its application systems and enhance the existing information technology infrastructure. On the other hand, an increase in the elderly's ability to master digital technologies, and technological maturity in the market gave SAGE the confidence to accelerate the implementation of digital transformation from a macro perspective, to strategically integrate services, promote changes, and strengthen its foundation for long-term development.



長者主導的服務模式

年內本會發展及計劃委員會、轄下的「資訊及通訊科技發展諮詢委員會」推薦具備數碼科技專才的董事組成工作小組與管理層多次召開會議，深入探討數碼轉型策略、推行路線圖及資源安排等，制訂以長者主導的服務模式發展方針，分別從「智慧管理」、「智慧機構」、「智慧聯繫」三大策略方向著手，籌備建立切合長者生活需要的智慧服務。本會將成立數碼轉型指導委員會，及五個專項發展團隊，範疇全面涵蓋院舍住宿服務、日間服務、到戶照顧服務和中央行政管理，為建構及管理不同系統而努力，以提升成效。五個專項發展團隊分別為：

1. 建立服務使用者個人紀錄系統，連貫現時本會不同服務的電子平台
2. 提升院舍及日間護理中心的照護系統，整合所需功能，並加入電子化、自動化記錄功能
3. 整合長者地區中心及鄰舍中心的會員系統、新增流動應用程式供會員及職員使用
4. 加強綜合家居照顧服務系統，從更期編排、服務紀錄至菜單製作，均運用流動應用程式協助工作，並加強服務使用者查閱服務資訊的功能
5. 提升中央行政能力，引入雲端辦公室系統、強化網絡基建、採用雲端平台等

數碼轉型是一項長遠而深具挑戰的變革工程，本會將會遵從資訊科技專家的指導、收集跨專業團隊的回饋、吸納服務使用者的意見。期望在不久將來可達致服務使用者資料互通、加強服務使用者數據收集和管理、提供更多長者會員適用的應用程式、提高服務單位的行政、人事和財務效能、及加強機構內部的資訊分享效能。



An Elderly-led Service Model

Development and Planning Committee, Advisory Committee on ICT Development and a working group composed of board directors with information technology background and senior management, steered the development of digital transformation of the Society. During the year, many meetings were held to work out the digital transformation strategies, implementation roadmap and resources allocation. Three strategic directions, namely "Smart Management", "Smart Organisation", and "Smart Connection", were devised to work towards an "elderly-led" smart service model. Programme Steering Committee and five working groups will be set up to lead the system enhancement of residential care services, day care services, integrated home care services and central administration. The five working groups will be responsible to:

1. Establish an elderly portfolio system to connect the client database of the existing electronic platforms of different service categories.
2. Enhance the residential and day care systems by integrating necessary functions and adding digital and automatic recording functions.
3. Integrate the membership systems of district elderly community centres and neighbourhood elderly centres, and introduce mobile applications for members and staff.
4. Strengthen the integrated home care service system to facilitate updates of rosters, service logs and menus via mobile applications and enquiry and information access functions for service users.
5. Improve the central administration capacity with cloud office system, cloud platform, strengthened network infrastructure, etc.

Digital transformation is a long and challenging journey. SAGE would follow the guidance of information technology experts and collect feedback from transdisciplinary professional teams and service users for continuous improvement. We hope that shortly digital transformation could bring a new look to sharing client data among service units, enhancing client data collection and management, developing more applications for service users, improving administrative, human resources and financial effectiveness, and strengthening the efficiency of information sharing within the organisation.

一日一個健腦Game 認知障礙唔駛驚

“Exercise Your Brain” Every Day Dementia Goes Away

「智有腦」健腦遊戲發佈會 提升關注健腦

承蒙香港賽馬會慈善信託基金贊助，本會於2020年10月成功研發訓練長者認知能力的「智有腦」健腦遊戲應用程式。為了探討程式對改善長者認知能力的成效，本會與香港理工大學康復治療科學系合作於2021年5月至9月進行研究，並於2022年1月舉辦成效發佈會，提升社會各界對認知障礙症患者及其照顧者的關注，同時向公眾推廣健腦對改善認知能力的效用及重要性。



“Exercise Your Brain” Press Conference Promoting Brain Health

With funding support from The Hong Kong Jockey Club Charities Trust, SAGE developed the “Exercise Your Brain” app which was launched in October 2020, with an aim to enhance the cognitive ability of the elderly. Collaborated with the Department of Rehabilitation Sciences of The Hong Kong Polytechnic University, a research study on the app’s effectiveness in enhancing the cognitive ability of the elderly was conducted from May to September 2021. A press conference was held in January 2022 to release the findings, and to raise the awareness of the elderly with dementia and their caregivers of the importance of enhancing cognitive ability.

本會行政總監甘淑嫻女士與香港理工大學康復治療科學系方乃權教授聯合發佈「智有腦」健腦遊戲應用程式成效
Ms Diana Kam, SAGE Executive Director and Professor Kenneth Fong at the Department of Rehabilitation Sciences of The Hong Kong Polytechnic University release the effectiveness of the “Exercise Your Brain” app at the press conferences

研究結果成效明顯 網上訓練成新趨勢

發佈會向在場嘉賓、傳媒及以線上參與的社福同工和社區人士講解研究背景及結果。是次研究共邀請145名長者參與，最終134名完成研究項目，當中86人被評估為沒有認知缺損風險，48名有輕度認知缺損風險。研究結果顯示「智有腦」健腦遊戲應用程式具備以下成效：

- (1) 不論參加者有否認知缺損風險，整體認知能力均有提升。
- (2) 有輕度認知缺損風險者較沒有缺損風險者的進步較明顯。
- (3) 完成訓練三個月後，所有參加者的評估分數平均值都能保持在完成訓練時候的水平。
- (4) 部份有輕度認知缺損參加者的認知能力分數能回復至沒有認知缺損水平。
- (5) 全部25個「智有腦」健腦遊戲均能提升玩家的整體認知能力。
- (6) 有輕度認知缺損風險參加者的手眼協調與專注力的準確率進步較大；沒有缺損風險參加者的記憶力及判斷力的準確率進步較大。

Online Training: A New Trend to Enhance Cognitive Ability

The Society organised a hybrid press conference to elaborate on the research background and share the findings with guests, news media and members of the social welfare sector. 134 out of the 145 older participants completed all pre- and post-training assessments. 48 were diagnosed with mild cognitive impairment (MCI), and 86 participants were without the risk of cognitive impairment. The effectiveness of the “Exercise Your Brain” app is as follows:

- (1) Regardless of their cognitive level, the cognitive ability of all participants was enhanced after the training.
- (2) Participants diagnosed with MCI had a larger extent of improvement than those without cognitive impairment.
- (3) All participants could maintain their average assessment scores after completing the research for three months.
- (4) The cognitive level of participants diagnosed with MCI returned to a defect-free level.
- (5) All the 25 “Exercise Your Brain” games could bring an overall improvement in cognitive ability.
- (6) Participants diagnosed with MCI had greater improvement in eye-hand coordination and attention. Participants without the risk of cognitive impairment had more remarkable progression in memory and judgement.

(7) 不同年齡和教育程度的參加者在接受訓練後，認知能力都有進步。

(7) Regardless of their age and education level, the cognitive ability of all participants was improved after the training.

玩家現身說法 讓健腦成為習慣

「智有腦」玩家屈錦榮先生及研究參加者林聲夫婦應邀在發佈會上分享認識「智有腦」的經過及得著。

Benefits of Sustaining Brain-building as a Habit from Players' Perspective

Mr Wat family, game player, and Mr and Mrs Lam, research participants, shared the benefits of playing "Exercise Your Brain" at the press conference.

屈先生是「長青網」會員，經常瀏覽「長青網」吸收新資訊。在得悉「長青網」推出全新健腦遊戲「智有腦」後，一向喜歡動腦筋的他，立即下載和試玩，一試便愛上。自此，他每天花30至60分鐘玩「智有腦」遊戲訓練腦部功能，真正做到「讓健腦成為習慣」。其後，屈先生不幸因跌倒導致腦內出血，手術後除了完成醫生指示的復康訓練外，亦倚靠玩「智有腦」遊戲自行加強健腦訓練。靜養兩個多月後，他的覆診和腦部掃描結果均顯示康復進度理想。他覺得腦部功能已大致回復意外前水平，並對顯著的康復進度表示驚訝，認為玩「智有腦」遊戲有助其復康。

Mr Wat, an active member of the "eElderly Portal" (www.e123.hk), visited the website frequently for new information. After learning about the launch, he immediately downloaded the "Exercise Your Brain" app. He loved playing the games so much that he spent about 30 minutes to an hour every day – brain training has become a habit for him to maintain cognitive ability. Due to a staircase fall, Mr Wat, unfortunately, suffered from intracerebral haemorrhage. Apart from undergoing surgery and following the doctor's instructions to do rehabilitation exercises, he also played "Exercise Your Brain" games hoping to accelerate recovery. After two months, the computerised tomography scan showed that his rehabilitation progress went well. He conceived that his brain functions had returned to normal. He was surprised by the speedy rehabilitation progress and attributed the result partly to the benefits of playing the "Exercise Your Brain" games.



「智有腦」玩家合照
"Exercise Your Brain" game players

Diagnosed with dementia, Mrs Lam participated in the "Exercise Your Brain" research study with her husband. After receiving cognitive ability training of the study, Mr Lam found that his wife's memory power, eye-hand coordination and reaction time had been improved significantly. She became less forgetful. Her average score of HK-MoCA (5min), a cognitive ability assessment tool, increased from 17 at the beginning to 27 out of 30 after the training.

林聲先生的妻子患有認知障礙症，夫婦兩人均參加了「智有腦」成效研究。林先生察覺其妻自從參加了「智有腦」研究和認知能力訓練後，記憶力大為改善，減少日常生活出現健忘的情況，例如忘記物件擺放位置，更建立了主動玩健腦遊戲的習慣，以訓練手眼協調力、提升反應和靈敏度。研究結果顯示，林太的認知評估分數由研究前的17分，躍升至接受訓練半年後的27分。



玩家屈先生分享得著

Mr Wat shares his rewarding experience of using "Exercise Your Brain" app

媒體踴躍報導 獲海內外支持

Comprehensive Media Coverage and Overseas Support

發佈會反應熱烈，共有246人分別以實體或網上方式參與，當中包括150名來自74間社福機構的同工。此外，本地六間媒體，包括香港電台、無線電視、有線新聞等，透過現場或視像形式出席和報導研究結果。市民亦可透過多篇報導進一步認識「智有腦」健腦遊戲應用程式。發佈會隨後數天，程式下載量錄得顯注升幅，甚至遠在澳洲的華人長者中心亦向本會申請治療師專用戶口，作為輔助訓練長者的工具。

The hybrid press conference received an overwhelming response of 246 attendees. They included 150 practitioners from 74 non-government organisations, and 6 news media, such as RTHK, TVB and i-Cable, which published the research findings. The public could understand more about the "Exercise Your Brain" app from local newspapers. The download rate of the app increased drastically after the press conference. In addition, an elderly centre in Australia contacted the project team to enquire about the app and applied for a therapist account as a rehabilitation intervention tool.

「疫」境自強 「智為您」設想周到 Building Resilience amid the Pandemic with "Smart Care"

新冠疫情加速數碼化，資訊科技器材和軟件的應用緊扣市民生活的每一個環節，例如使用「安心出行」記錄出行資料、網上購物和參與線上會議，然而這個趨勢轉變，對從未接觸過科技產品的長者而言容易造成無形壓力和生活障礙。有見及此，本會向香港賽馬會慈善信託基金申請撥款資助，推行「賽馬會「智為您」計劃」(「計劃」)，鼓勵長者學習使用資訊及通訊科技設備，特別是居於社區、因身體機能問題而未能獨自外出的體弱長者，在日常尤其疫情期間，仍能保持與親友溝通、與社會建立聯繫。

關懷無分遠近 數碼科技拓新生

「計劃」由2020年11月至2022年10月推行，每名參加「計劃」的長者獲發一部配備無限流動數據及預載「智為您」簡易版應用程式的平板電腦。由義工到戶教授長者操作技巧，使他們能簡易地搜尋網上資訊，如時事新聞、健康貼士、休閒資訊及健腦遊戲等，同時鼓勵多參與由中心職員及義工安排的消閒、健腦、健體活動。參與義工亦同樣受惠，他們有較多機會接觸和使用數碼科技服務居家長者，在互動中教學相長。「計劃」推行至今一年多，已有超過200位長者體驗到科技帶來的便利，提升生活質素。



安裝了「智為您」簡易版應用程式的平板電腦，方便新手長者操作

"Smart Care@Community" is a simple and elderly-friendly application which is suitable for beginners in information technology

每位「計劃」參加者都獲配對兩名經培訓的義工，成為他們的私人教練，度身訂造八節到戶課程，務求可以支援參加者在學習使用資訊科技的路途上各種需要，真正做到足不出戶也能與外界接軌。

遙距參與 重啟躍動生活

疫情期間即使暫停實體活動，透過平板電腦的視像功能，義工仍可以在線上教導「計劃」參加者做運動，令他們安坐家中亦能保持身體健康。此外，義工也會和長者進行簡單的線上認知訓練，例如記憶、計算、配對等遊戲，有助減慢長者腦部退化的速度，讓健腦成為習慣。

The COVID-19 pandemic has accelerated digitalisation, and the application of information technology equipment and software programmes has become closely related to every aspect of citizens' daily lives. Mobile applications such as "LeaveHomeSafe" frequently record travel information. Online shopping and online meetings are also common nowadays. Although technology brings convenience to most of us, the elderly who are not familiar with technology products may find difficulty using them with ease. Acknowledging the issue, our Society has successfully applied for funding support from The Hong Kong Jockey Club Charities Trust to launch the "Jockey Club Smart Care@Community Project" (the "Project"). The "Project" targets those living in the community who cannot go outside by themselves due to physical health constraints. By helping them learn to use the information and communications technology equipment, we hope to encourage them to stay connected with relatives and friends, and establish networks with society in their daily lives.

Digital Technology Narrows Gap between People

From November 2020 to October 2022, each elderly participant of the "Project" is provided with a tablet with unlimited internet usage and a pre-loaded "Smart Care@Community" application. The elderly were taught by the volunteers through regular home visits, how to operate the tablet at home, so that they could easily access online information, such as current affairs news, health tips, leisure information, brain-training games etc. At the same time, they were encouraged to participate in leisure, brain-training and exercise programmes organised by staff and volunteers. Throughout the process, volunteers also gained self-growth as they had opportunities to practise the application of digital technology through interacting with the elderly. Under the "Project", over 200 elderly people have experienced the convenience brought by technology, which has improved their quality of life.

Each "Project" participant was paired with two trained volunteers, who tailored eight home-based courses to support the participants' needs on their way to utilise the technology, so they could connect with the outside world without leaving their homes.

Online Participation Helps Reactivate a Vibrant Life

Although physical activities were suspended during the pandemic, volunteers could still encourage the participants to exercise online through the video function of the tablets, to stay healthy while staying at home. In addition, volunteers could conduct simple online cognitive training for the elderly via games on memory, calculation, and matching training, which could help them slow down brain deterioration and make brain exercise a part of their daily life.



曾婆婆(右)和朋友一起上網，增加與外界溝通
Ms Tsang surfs online with friends and stays connected with the outside world

從線上到線下成為朋友

除線上活動外，「計劃」也鼓勵參加者踏出多一步，由義工陪同長者到中心參與大型或節慶活動，擴闊生活圈子，接觸更多新事物。長者從隱居家中到融入社區，與義工和其他長者建立友誼，是「計劃」的最終目標。

曾婆婆：「『計劃』令我更感受到身邊人對我的關懷，在我背後的支持！」

曾婆婆是一名護老者，她身體欠佳，又曾因照顧丈夫時受傷，一直深受不同痛症困擾。防疫措施、身體痛楚及照顧丈夫的重擔，令她無法一如既往藉游泳緩痛和減壓。團隊遂邀請曾婆婆參與「計劃」，她剛開始學習網上會議軟件時感到困難重重，也有一絲氣餒，但在職員和義工的鼓勵及指導下，她終於順利參與線上探訪活動。留家抗疫情期間，曾婆婆純熟地使用平板電腦上網解悶、在YouTube頻道搜尋運動影片，每次邊看邊運動一小時，鍛煉身體。曾婆婆表示：「有人教，睇片跟住做，好好多呀！」

疫情下，越來越多長者被逼足不出戶，平板電腦便成為他們接觸外界的新媒介和模式，亦讓他們感受到被關心和獲陪伴，正如曾婆婆開心地向團隊表示：「『計劃』令我更能感受到身邊人對我的關懷、在我背後的支持！」。學習新事物對長者來說並不容易，但曾婆婆的態度十分積極，團隊期望她繼續努力，學習更多使用資訊及通訊科技的知識，讓生活更添姿彩。



Befriending from O2O (Online to Offline)

In addition to online activities, the "Project" also encourages participants to take an extra step to broaden their social network. Volunteers would accompany the elderly to elderly centres to join face-to-face large-scale or festive activities, which promoted their exposure to new things in life. The ultimate goal of the "Project" is to help elders from reclusive homes build friendships between volunteers, which facilitates their integration into the community.

"The 'Project' has made me feel the care and support that others have given to me," said Ms Tsang

Ms Tsang was an elderly caregiver. Due to poor physical health and injury, while taking care of her husband, she suffered from physical pain. Given the pandemic prevention measures, chronic pain and the burden of looking after her husband, it was impossible for her to go swimming to relieve pain and reduce stress. After being invited to participate in the "Project", Ms Tsang began to learn to use video conferencing software. During the learning process, she faced a lot of difficulties and was a bit discouraged. But with the encouragement and guidance of the staff and volunteers, she finally succeeded in participating in online visit activities. Staying at home amid the pandemic, Ms Tsang used the tablet computer to search for exercise videos on the YouTube channel, and exercised for an hour each time while following the instructions on the video. Ms Tsang said, "It's so much better to be able to learn and follow the video when exercising!"

More and more older people were forced to stay at home during the pandemic. Tablet computers had become a new medium for them to engage with the outside world, making them feel cared for and accompanied by others. Ms Tsang said, "The 'Project' has made me feel the care and support that others have given me!" Learning new things is not easy for the elderly, but Ms Tsang had a positive attitude. We hope that she will continue to explore more about the use of information and communications technology to make her life more fruitful.



義工參與培訓
Volunteer training

生活再動：居家安老新里程

“Lifestyle Reactivation Project” : A New Milestone for Ageing in Place

善用資訊科技 居家管理健康

本會港島東綜合家居照顧服務及荃葵青綜合家居照顧服務獲香港賽馬會慈善信託基金資助，於2021年7月起推行為期三年的「生活再動計劃」：賽馬會居家安老新里程，為長者提供平板電腦，並預先安裝「生活再動流動應用程式」，讓他們在科技和跨專業團隊（包括護士、治療師及社工）的協助下，安坐家中做好健康管理。「計劃」包括以下三個元素：

1. 健康監測：分發有藍牙功能的健康監察儀器予長者，如：血壓計、溫度計、血氧機、體重磅等，讓他們把健康數據上傳至「計劃」系統，讓長者、護老者及護士能掌握長者健康的轉變。
2. 持續復康／認知訓練：物理治療師及職業治療師按長者的興趣、健康／認知狀況和活動能力，於該應用程式內選擇適合長者的復康運動短片及健腦遊戲，並配合復康輔助用品，如：練力帶、沙包等，使長者能在家中持續接受復康治療。
3. 關注身、心、社、靈健康：跨專業團隊與長者共同編排生活日程表，建立有序的健康生活模式。長者可透過平板電腦的社交聯繫功能與親友聯絡、參與中心的網上活動或查閱消閒、飲食、娛樂等資訊。

多元培訓 持續自主照顧

「計劃」為職員及義工提供多元化培訓，包括該應用程式的應用，如何提升及引導長者投入參與等技巧。透過新科技的應用以及義工的力量，為長者及護老者提供持續的到戶關懷服務，使他們的生活變得更有意思，展開一個嶄新和自主的居家照顧新里程。



透過應用程式及有藍芽功能的裝置，長者可自我監管個人健康數據
With the use of “Lifestyle Reactivation System” and Bluetooth health equipment, the elderly could track and monitor their health data

Integration of Information Technology and Health Management at Home

SAGE Hong Kong East Integrated Home Care Services and Tsuen Kwai Tsing Integrated Home Care Services received funding from The Hong Kong Jockey Club Charities Trust to launch a three-year project named “Lifestyle Reactivation Project: Jockey Club Smart Homecare Solution” from July 2021 to June 2024. Elderly participants were provided with tablets for tracking and monitoring their health conditions at home. With the “Lifestyle Reactivation System” software pre-installed on the tablets, a trans-disciplinary team comprising nurses, therapists and social workers could collect elderly health data for analysis and assessment, helping the participants to manage health. The Project consists of the following three elements:

1. Health monitoring: Elderly participants received health monitoring devices with Bluetooth function, such as blood pressure monitor, thermometer, oximeter, weight scale, etc., so that they could track their changes in health conditions regularly and upload their health data to the “Lifestyle Reactivation System” for analysis.
2. Continuous rehabilitation/cognitive training: “Lifestyle Reactivation System” had a series of online rehabilitation and cognitive training videos. Physiotherapists and Occupational Therapists selected and recommended suitable training videos to the elderly according to their interests, health/cognitive status and physical abilities. Older people were also encouraged to regularly do rehabilitation and cognitive training at home with rehabilitation aids such as resistance bands and sandbags.
3. Enhancing the physical, psychological, social and spiritual health of the elderly: The trans-disciplinary team worked out healthy living schedules with the elderly. The elderly could use the “Lifestyle Reactivation System” communication function to connect with relatives and friends, participate in the online activities provided by service centres, read online news and watch entertainment videos.

Diversified Staff Training and Improvement in Elderly Self-care Ability

The Project provided diversified training for staff and volunteers, including the use of the “Lifestyle Reactivation System” and skills of engaging with the elderly. The application of information technology supported the self-health care of elderly participants. Meanwhile, volunteers visiting the elderly and carers at home brought them care and fun, helping them lead more autonomous lives.

知識改變命運 科技提升生活

92歲的齊婆婆性格內向、沉默寡言、常留家中、生活乏味和欠缺動力。平板電腦對她來說是一個陌生的名詞，鮮有興趣接觸和學習使用。中心職員安排她參與「計劃」，由義工和家人從旁鼓勵和指導，婆婆慢慢接受新科技，也漸漸追上潮流，平板電腦現成為齊婆婆的「玩伴」，假使留家抗疫也能生活在多姿多采的網絡世界。

齊婆婆鍾情「生活再動流動應用程式」內的認知遊戲「食點心」，讓她回味從前每天到酒樓飲早茶的歡樂時光。當聽到應用程式的「綜藝節目」播放粵曲時，她雀躍地分享昔日的粵劇老倌新馬仔的往事，更隨著歌曲節奏翩翩起舞和哼起歌來。自從學習使用平板電腦和應用程式後，她的性格變得較前開朗和健談。女兒劉女士指媽媽參與「計劃」後判若兩人，她亦有意為媽媽添置新「玩伴」，讓媽媽持續學習使用資訊科技使生活更有趣味。此外，劉女士也學會使用「護老者應用程式」，定期監察媽媽的健康指數。該程式也設有英文版，方便外傭使用和便利他們與長者溝通。

誰說長者趕不上潮流？齊婆婆透過「計劃」與資訊科技接軌，踏上生活的新旅程，使生活變得有趣和更有質素。



義工及職員鼓勵長者及護老者使用「生活再動計劃」的應用程式

Volunteers and Project staff encourage the elderly and caregivers to use the "Lifestyle Reactivation System"

義工教導長者使用生活再動計劃系統的不同功能
Volunteers teach the elderly to use different functions of the "Lifestyle Reactivation System"

Enhancing Quality of Life by Knowledge and Technology

Ms Tsi, a 92-year-old introvert who always stayed at home, lacked the motivation to explore passion in life. A newcomer to using electronic devices, she barely used a tablet before joining the "Smart Home Care Solution Project". With the guidance and encouragement of volunteers and her family, Ms Tsi learned to use the tablet step by step, becoming her good companion in the digital world and brightening her life amid COVID-19.

Ms Tsi loved playing the cognitive game "Enjoy Dim Sum" in the "Lifestyle Reactivation System", in which she could recall her happy memories of having morning tea in Chinese restaurants. Enjoying listening to Cantonese opera via the System, she would share her knowledge of it with other people and even sing and dance along with the songs. Day by day, she became more cheerful and willing to talk. Her daughter, Ms Lau, said her mother changed greatly after joining the Project. To sustain the positive changes, Ms Lau intended to buy a tablet for her mother and learned to use the "Lifestyle Reactivation System – Carer App" to monitor her mother's health. For domestic helpers, the English version of the Care App can facilitate their communication with the elderly.

Ms Tsi's experience was an excellent example of closing the digital gap for the elderly. The Project proved that information technology could help older people have more fun and improve their quality of life.



義工陪伴長者在玩
認知訓練遊戲
Volunteers
accompany older
people to play
cognitive training
games.



平板「腦」友培養長者動態生活習慣

Tablet as an Energy Booster for Building Active Lifestyle

停頓的生活 衰退的機能

新冠肺炎疫情一浪接一浪，持續逾兩年，市民尤其長者的日常生活大受影響，他們的作息時間及生活節奏被打亂了，也停頓了。每逢疫情嚴峻和確診數字達到高位時，本會的日間服務單位，包括長者日間護理中心，都必須按社會福利署的指示暫停開放，所有偶到服務和實體活動被逼停止，為的是令服務使用者減少外出，保障他們的健康，免於染疫。中心職員每週透過電話慰問，了解老友記疫情下的在家作息生活習慣，得悉長者在家不是看電視，便是躺在床上休息，恆常應有的運動與腦筋鍛鍊都丟在一旁。靜態的生活模式使他們漸漸變得呆滯起來，與職員對話時的反應明顯變得延緩，長者也反映他們的體能亦大不如前。

平板「腦」友讓生活多點活力

第五波疫情期間，本會四間長者日間護理中心獲「賽馬會社區持續抗逆基金－融入新常態計劃」(「計劃」)撥款港幣18萬元，贊助四間中心購買合共37部平板電腦連同流動數據上網卡供長者借用，使他們留家抗疫時仍能參與網上活動及進行不同類型的家居復康訓練，以保持身體和腦袋的活力，為生活注入一點動力。

中心提供的平板電腦介面簡潔、字體清晰可讀、圖像設計和顏色吸引，最重要是操作簡易，長者能夠輕鬆學習。供長者借用的平板電腦都配備以下資訊，不但充實長者及其護老者的知識，更能培養他們的動態生活習慣：

- (1) 復康知識：由物理治療師及職業治療師錄製的復康運動示範短片及預設的健腦遊戲能提升長者在家做運動的知識和意欲
- (2) 防疫措施：由護士挑選的防疫短片可加強長者及護老者的防疫知識
- (3) 休閒與娛樂：提供影片分享網站(如YouTube)及推介精選的網上應用程式，多元資訊能吸引長者積極投入智慧生活



長者認真學習使用平板電腦
Elderly member learns how to use a tablet

Life on Pause Functional Decline in Older People

For more than two years, people have still been grappling with COVID-19. The daily routine of citizens, in particular, the elderly, was severely affected. Whenever COVID cases and the death toll reached a new record high, the Social Welfare Department required all day service units, including day care centres for the elderly, to suspend all drop-in services and centre-based activities to help reduce the risk of infection of the elderly. Centre staff would thereby provide companionship for the elderly through weekly phone calls. Staff noticed that older people lived a sedentary lifestyle and rarely engaged in regular exercises and cognitive training at home. They either watched TV or lay in bed to spend a day. Such a lifestyle made them less responsive to daily life, such as interaction with our staff. Their physical abilities also deteriorated.

Adding Vitality to Life with Tablet

During the fifth wave of the pandemic, our four day care centres for the elderly received funding of HK\$180,000 from The Hong Kong Jockey Club Charities Trust to implement the "Agility in New Normal Facilities" Enhancement Scheme (the "Scheme"). It supported the centres to purchase 37 tablets and data sim cards for lending to the elderly living in the community to participate in online activities and rehabilitation training at home. By joining the Scheme, older people could maintain their physical and mental health and reinvigorate their life.

The tablets provided by the centres had a simple interface design with clear and readable fonts. Moreover, the graphics and colour tones were appealing. Most importantly, these devices were easy to learn and use. The elderly and carers could access the following information via the tablets to enrich their knowledge and help them develop an active lifestyle:

- (1) Rehabilitation knowledge: The rehabilitation exercise demonstration videos produced by physiotherapists and occupational therapists, and the default brain training games could enhance the elderly's knowledge and incentives to exercise at home
- (2) Anti-pandemic measures: Anti-pandemic videos selected by nurses could equip the elderly and carers with infection prevention knowledge
- (3) Leisure and entertainment: Video-sharing websites (such as YouTube) and featured applications could attract the elderly to be actively involved in smart living



看短片做運動，維持身體機能正常運作

Elderly member follows demonstration videos to do exercises and maintain normal body functions



平板電腦套裝設備齊全

The tablet kit contains all necessary items for online learning

長者可以自主安排網上學習和調節進度，治療師亦會定期透過電話和即時通訊應用程式(如 WhatsApp)慰問長者和提醒他們時常與平板「腦」友互動，推動長者及其護老者養成常運動、多動腦的習慣。

「計劃」於2022年4月中旬開始，截至6月已有43位長者受惠。他們在家中使用平板電腦的次數多達906次。護老者都稱讚借用平板電腦服務提供了很好的學習資源，猶如把中心的運動及健腦活動搬到家中，彌補因長者未能親身到中心而失去的復康時間，看見家中長者再次動起來，讓他們深感喜悅及安慰。更有護老者主動和家中長者一同參與由中心安排的網上運動及動腦筋活動，增進彼此的感情和增加溝通。平板「腦」友為他們帶來意想不到的收穫。

加強培訓 讓長者與「腦」友同行

護老者向中心反映，當長者獨自在家時參與網上活動的動力較低，主要因為長者對平板「腦」友仍然有點害怕，總希望有家人在旁代為操作。為此，當獲悉社會福利署容許日間服務單位逐步開放時，本會四間長者日間護理中心迅速地，在有充足防感染措施的情況下，舉辦多個平板電腦小組或提供個別指導，以提升長者的操作技能。我們深信只要有適當培訓，長者亦能掌握數碼科技應用技巧，即使部份長者因個別原因未能返回中心，也能透過中心提供的網上資訊和運動短片，獨立自主地隨時享受復康訓練及其他中心的服務。

Elderly users had complete autonomy in their online learning schedules. Therapists regularly reminded them to make good use of the tablets through phone calls and text messages (such as WhatsApp), encouraging them and their carers to keep a habit of exercise and their brains active.

The Scheme started in mid-April 2022, and 43 older adults benefited as of June. They used the tablets a total of 906 times at home. Carers appreciated the tablet-lending service, which provided a good learning resource for the elderly. The tablets had brought sports and cognitive training activities of the centres to the elderly's homes, compensating them for being unable to join centre-based activities amid the COVID-19 pandemic. Carers were delighted to see their older relatives regain an active lifestyle. Some even participated in the centres' online sports and cognitive training activities with their older relatives. Besides becoming healthier, the Scheme also improved the communication between the elderly and their carers, strengthening their bonds and feelings of affection.

Extra Tablet Training to Bolster Confidence

Carers reflected that their older relatives were less motivated to join online activities when they stayed home alone as they were afraid of operating tablets without the help of their family members. To address the issue, when the Social Welfare Department announced the gradual resumption of subsidised welfare services, our day care centres for the elderly, with appropriate infection prevention measures, arranged group or individual training immediately to enhance the tablet operating skills of the elderly. We strongly believe that the elderly can master digital skills with proper training. Even though some of them could not return to the centre for personal reasons, they could still receive rehabilitation training and services from the centres anytime and anywhere by using the tablets.



長者對使用平板電腦進行各種訓練讚不絕口
Elderly member highly praises the use of the tablet for online training

平板電腦有清晰的介面
Tablet of the Scheme has a simple interface design



平板電腦使用紀錄									
長者姓名:									
請以 "✓" 記錄使用的次數									
使用次數	第1次	第2次	第3次	第4次					
	✓								
	第5次	第6次	第7次	第8次	第9次				

長者在紀錄冊內記錄使用平板電腦的次數
Elderly user records the frequency of using the tablet

相聚·「耆」實在一起：數碼學習 加強聯繫

“SAGEconnect”：Empowering and Connecting the Elderly in a Digital World

疫情下勿忘關注長者情緒

在新冠肺炎疫情陰霾下，全球人類健康受到嚴重威脅，長者更是首當其衝。疫情不只影響他們的健康，也波及日常生活。漫長而反覆的疫情更令長者的情緒出現低落、焦慮、恐懼和易怒等心理健康問題，因而引致頭痛、食慾不振或失眠等身體不適症狀。在政府呼籲減少社交接觸的大前提下，長者不單難以跟老友記或家人見面，更要避免外出進行喜愛的活動，如上茶樓或晨運等。他們大多缺乏支援，又受到坊間謠傳的不實資訊影響，難免會感到失落和恐慌。部份長者因而出現抑鬱症狀，認為自己在這場疫情中難以倖存，經常將「死」字掛在口邊，終日忐忑不安。

疫情下，年輕的一代仍能透過網絡媒體維持社交活動；然而，長者在使用網絡資源方面有很大限制，一般只停留在使用通訊程式收發資訊，或與親友作語音聯繫。對大部份長者來說，在網絡上建立社交生活，尋找健康資訊、預約醫療服務、購買用品、和處理財務等，真是談何容易！

教導長者使用平板電腦 與社會建立聯繫

承蒙前食物及衛生局撥款資助本會推行「相聚·「耆」實在一起」計劃（「計劃」），鼓勵居於社區、未能獨自外出及有較強烈孤寂感的長者學習使用資訊科技，保持與外界溝通，建立及持續擴闊社交網絡，不再感到孤單寂寞、被遺棄的感覺，以提升長者的精神健康。

「計劃」配對義工予長者，由義工深入淺出地指導長者學習使用平板電腦及應用程式，並從簡單的數碼任務著手，例如以視像通訊軟件看孫兒玩耍、上網收聽懷舊歌曲和「追劇」等。長者毋須接觸複雜難明的電腦術語，並有充足時間理解及練習不熟悉的介面與程序。在學習過程中，義工除了教導有趣的資訊科技知識外，也給予長者無限關懷，助其放鬆心情、恢復身心健康。長者在家使用平板電腦上網，慢慢建立上網的興趣，得以消磨時間。平板電腦成為長者的消閒好夥伴，安撫和陪伴他們，令他們不再胡思亂想。「計劃」有助培育一班年長的「螢幕世代」，讓他們享受資訊科技帶來的樂趣及體驗為生活帶來的便捷。

Staying Alert to Elderly Mental Health during the Pandemic

The lingering COVID-19 pandemic threatens public health, particularly older people who are more vulnerable to disease. The pandemic not only harms their physical health but also turns their daily lives upside down. Successive coronavirus outbreaks made them suffer mental health problems, such as depression, anxiety and irritability. They also experienced physical health problems such as chronic headache, loss of appetite, insomnia, etc. In response to the Government's social distancing measures, older people avoided going outside to join their favourite activities, such as enjoying morning tea and exercising, and meeting relatives and friends in person. Many felt lost and distressed due to a lack of social support and inability to discern fake news about the pandemic. They were so depressed that they might even think that they would not survive this pandemic.

Under the pandemic, the younger generation can still engage in social activities using the internet and social media. However, older people are less familiar with online resources. They only manage to use the voice and text messaging functions of communication applications to stay in touch with relatives and friends. In the digital era, the older generation has difficulty establishing online social life, searching for health-related information, making medical appointments, shopping online and managing financial matters, etc.

Use of Tablets to Stay Socially Connected

The former Food and Health Bureau funded the “SAGEconnect” Project (the “Project”) to encourage and educate lonely community-dwelling elderly who are unable to go outside alone to use the information and communications technology to stay socially connected and to establish and expand their social networks. The “Project” addresses social isolation and loneliness among older people and enhances their mental health.

Volunteers and elderly participants were paired up in the “Project”. Volunteers taught the elderly to use tablets and applications. They guided them to complete simple tasks, such as watching their grandchildren play through video chat applications, listening to golden songs, watching television programmes, etc. Participants did not need to struggle with IT jargon and had enough time to familiar with interfaces and procedures. Besides teaching digital knowledge, volunteers also supported the elderly with unconditional care, to help them relieve stress and restore physical and mental health. Tablets become good companions at home to kill time and ease their minds. The “Project” turned the older generation into the “Screen Generation”. Older people could also enjoy the pleasure and convenience of using information and communications technology.

數碼義工助居家長者開創新天地

為鼓勵這些居家長者參與是次計劃及持續使用資訊科技產品，「計劃」團隊將會為每名參加者配對兩名已培訓的義工，成為他們的私人教練，支援及指導他們使用資訊科技，和協助解決疑難。針對個別參加者的特性，「計劃」團隊更為他們度身訂做五節(30-45分鐘/節)資訊及通訊科技課程給長者在家學習課程，並由義工到戶指導，及提供長達一年的網上支援服務，以達致更佳成效。

Tech-savvy Volunteers Show a “Whole New World” to the Elderly

To encourage elderly participants to join the “SAGEconnect” Project and keep using digital products, each elderly participant was assigned two volunteers as digital mentors. Volunteers were responsible for teaching the elderly to use digital devices and helping them solve problems. The project team also provided tailor-made digital courses to enhance the elderly’s skills in using tablets at home. Each course contained five sessions, and each lasting 30 to 45 minutes. Volunteers visited the elderly and delivered the courses on-site. They also provided one-year online support services to ensure the elderly could integrate into the digital world successfully.



義工教授長者及護老者使用平板電腦及應用程式
Volunteers teach the elderly and carers to use the tablets and applications

義工出席簡介會及製作教材
Volunteers attend the briefing session and make teaching materials for the elderly



「長青網」增強互動 前瞻未來發展

The Interactive and Forward-looking Development of “eElderly Portal”

「長青網」(www.e123.hk)獲「行政長官社會資助計劃(香港賽馬會)」贊助，於2022年1月完成優化，成為結合資訊及互動功能於一身的網上平台。

網上互動樂績Fun

優化後的「長青網」除有網頁版外，亦開發了流動應用程式；更加入了多項提示和互動功能，包括：網頁版面以紅點提示長者閱覽已更新的資訊欄、加強「長青小幫手」自動回覆功能，及開發25個全新健腦遊戲「智有腦」，亦成功招募及培訓218名喜歡上網、分享和有共同興趣的長者成為「數碼師傅」義工，協助「長青網」及其餘291間「長青拍檔」合作機構舉辦與資訊科技相關的活動和課程。他們服務不同的機構，交朋結友之餘，亦可協助其他長者融入數碼年代、貢獻社會。

隨著新冠肺炎疫情發展，社福機構的服務模式亦須因時制宜、與時俱進，由過往舉辦實體活動逐步轉型至與網上模式並行。「長青網」推出線上直播平台－「長青直播」，讓長者及護理者足不出戶亦能參與單位活動，持續學習及接收單位資訊。

聆聽用家意見 持續改善及提升服務質素

「長青網」計劃團隊致力提升服務質素，積極回應長者的需要。透過舉辦不同類型的活動，向參加者收集寶貴意見，了解他們對網上資訊平台的期望，讓長者可以在用家友善、便捷和個人資料得到保障的「長青網」進行網上學習及參與班組活動，為「長青網」的發展注入豐富的元素和不斷求進的動力。

其中「長青網由你話事」的一系列活動，以問卷調查方式了解長者對疫情的擔憂。計劃團隊獲悉長者希望取得疫情最新消息、抗疫實用貼士、確診者及家屬壓力舒緩方法等資訊後，迅速整理手上資料，製作「社區抗疫資訊」特集，使長者在瀏覽「長青網」時能有效掌握家居檢疫需知、使用檢測包方法、超市最新營業時間、免費診症及視像就醫等重要資訊。計劃團隊又收集長者、護理者及本會員工對網上即時課程及課堂討論、活動網上報名、留位及使用電子貨幣進行網上付款等議題的想法。

留家抗疫的長者亦可將他們的所見所聞，日常興趣、活動優惠等，投稿到「長青網」。他們開心分享軼事之餘，又能獲取積分換領心儀禮品。

With the generous support of the “Chief Executive's Community Project List (The Hong Kong Jockey Club)”, “eElderly Portal” (www.e123.hk) completed its major revamp in January 2022. In addition to providing comprehensive information, the new “eElderly Portal” with interactive features has become a service platform for senior citizens to expand their social circles.

Interactive and Fun-filled Online Experiences

The revamped “eElderly Portal” and its newly developed mobile app were enhanced with many alerts and interactive functions, such as notification on the update, automatic reply function “eElderly Chatbot”, and 25 “Exercise Your Brain” cognitive training games. A total of 218 elderly volunteers were recruited and trained to become “Digital Mentors”. Keen on surfing online and willing to share their daily stories on the internet, the “Digital Mentors” assisted in maintaining the “eElderly Portal” and helping 291 external organisations, the “eElderly Partners”, to organise information and communications technology (ICT) activities and courses. Volunteered in different organisations, the “Digital Mentors” not only expanded their social networks but also contributed to society by helping their counterparts bridge the digital divide.

To cope with the lingering COVID-19 pandemic, non-government organisations have become more adapted to provide programmes in a hybrid format. The “eElderly Portal” launched a live streaming platform – “eElderly Live”. The elderly and their caregivers who were stuck at home could join online social and educational activities and conveniently obtain up-to-date information from elderly centres.

Continuous Improvement with Constructive Feedback

The project team endeavours to improve the service quality of the “eElderly Portal” to meet the needs of older people. Various activities were organised to collect valuable comments from participants on the development of the online platform, such as user-friendliness, convenience, and enhanced protection of personal data. Their constructive feedback is the driving force of continuous improvement.

The project team also conducted surveys to understand the concerns of the elderly under the COVID-19 pandemic. Findings show that the elderly wish to obtain the latest news on the coronavirus, health information, infection prevention tips, and stress-relief strategies for contracted patients and their family members. To respond, the project team quickly produced the “Combat COVID-19 Information Pack” and uploaded it to the “eElderly Portal”. Therefore, the elderly and caregivers could have easy access to important information, including quarantine, proper use of rapid antigen tests, up-to-date opening hours of supermarkets, and free video consultations. The surveys also collected their views on going online, such as courses in an online format, online programme registration, reservation, and e-payment.

Due to COVID-19, many older people had to stay at home. Yet, they could share their daily delights by posting website articles on the “eElderly Portal” and earn points to redeem rewards.

未來發展新方向： 「虛擬長者活動中心－傲齡匯」

「長青網」計劃團隊不斷深入了解長者對資訊科技的興趣及需要，持續革新，為未來發展方向作好準備。於2022年2月，本會承蒙「香港賽馬會慈善信託基金」資助為期三年的「虛擬長者活動中心－傲齡匯」計劃，旨在為中高齡人士、長者及護老者提供不同種類的網上互動活動及課程，讓他們可與相同年齡組別人士互動，並擴大知識領域、社交及支援網絡，保持躍動生活模式。除了提供與資訊科技相關服務外，「傲齡匯」更關注到長者的身心靈需要，將會安排社工為有需要的「傲齡匯」用戶提供專業線上諮詢及支援服務，計劃團隊已於2022年7月開始建構「傲齡匯」計劃的服務內容，期望於2022年12月投入服務。

「長青網」和即將開展的「傲齡匯」計劃迅速回應長者在應用數碼科技方面的需要，不斷改進網頁運作和使用、活動和服務提供、積極廣納意見，為的是鼓勵和協助服務使用者融入數碼化的新世代及促進訊息交流，打造一個無地域界限的長者服務新趨勢。

OLink Hub: an Elderly Virtual Centre

In response to the increasing demands for ICT services among the elderly, SAGE made use of the three-year funding support from The Hong Kong Jockey Club Charities Trust in February 2022 to launch an elderly virtual centre – “OLink Hub”. The project aims to provide senior citizens and caregivers with diversified online activities and courses, encouraging social interaction and communication among elderly users and expanding their social circles. Besides ICT programmes, the “OLink Hub” also takes care of the mental and psychological health of the elderly. Social workers will provide professional online consultations and support services to the Hub users. Preparation works for the project started in July 2022. The “OLink Hub” is expected to be in service in December 2022.

The “eElderly Portal” and the forthcoming “OLink Hub” help the elderly to integrate into the ever-changing digital era and enhance information sharing. With the use of ICT, elderly services are no longer constrained to be provided in the physical environment only. The project team will continue to address the demands of the elderly for ICT services by improving the operation and usage of the website, providing forward-looking activities and services, and collecting feedback.



「長青小幫手」快捷地解答有關安老院舍的查詢
“eElderly Chatbot” provides swift answers to enquiries on elderly homes



「長青網」版面以紅點提示長者閱覽已更新的資訊欄
Alert function with red dots reminds the elderly to read the latest information



會員積極反映意見，讓「長青網」不斷進步
We treasure the feedback of “eElderly Portal” users


財務 Financial Report 報告



截至2022年3月31日經審核之收支表

Audited Income and Expenditure Statement for the Year Ended 31 March 2022

		2022 港幣 HK\$	2021 港幣 HK\$
收入	INCOME		
政府資助	Hong Kong Government Subvention	432,689,772	409,849,563
服務收入	Fee Income	40,026,499	38,076,117
公益金撥款	Allocation from The Community Chest	3,479,300	3,810,365
香港賽馬會慈善 信託基金撥款	Allocation from The Hong Kong Jockey Club Charities Trust	16,644,706	16,544,852
醫院管理局撥款	Allocation from Hospital Authority	6,254,899	6,279,019
租金及差餉補貼	Reimbursement of Rent and Rates	12,131,355	11,663,547
捐款	Donations	2,408,900	2,694,957
賣旗籌款	Flag Day Income	1,424,425	-
獎券基金撥款	Lotteries Fund Grant	823,781	252,401
籌款	Fundraising Income	4,658,773	4,300,821
利息收入	Interest Income	805,787	2,149,662
投資收入	Investment Income	74,980	65,304
其他收入	Sundry Income	9,009,997	6,185,926
		530,433,174	501,872,534
支出	EXPENDITURE		
員工薪酬	Staff Costs	408,672,999	390,460,006
食物	Food	29,903,503	27,370,885
公用服務	Utilities	12,309,968	10,417,215
行政費用	Administration Expenses	11,876,971	13,431,472
備用品及設備	Stores and Equipment	6,209,973	6,923,924
維修及保養	Repairs and Maintenance	9,268,593	9,786,740
運輸及交通	Transportation and Travelling	2,672,864	1,869,672
保險	Insurance	6,731,326	8,011,253
雜項	Miscellaneous	8,537,195	7,326,718
固定資產折舊	Depreciation of Property, Plant and Equipment	226,193	208,393
折舊 - 使用權資產	Depreciation of Right-of-use Assets	6,829,995	6,451,355
固定資產棄置虧損	Written-off/Disposal of Property, Plant and Equipment	-	9,676
員工福利及發展	Staff Welfare and Development Expenses	1,711,311	2,555,824
活動項目費用	Programme Expenses	9,402,095	8,286,581
租金及差餉	Rent and Rates	6,543,099	6,552,390
對外津助	Grants to Applicants	555,116	437,226
租賃負債之利息	Interest on Lease Liabilities	321,452	526,719
		521,772,653	500,626,049
年度盈餘	SURPLUS FOR THE YEAR	8,660,521	1,246,485
備註:	Notes:		
年度盈餘明細	Surplus for the Year Breakdown		
整筆撥款	Lump Sum Grant	3,799,806	(7,730,484)
公積金	Provident Fund	(630,822)	5,296,947
獎券基金撥款	Lotteries Fund Grant	(2,041,667)	(2,637,364)
非津助收入及其他	Specific Funds and Others	7,533,204	6,317,386
		8,660,521	1,246,485



財務報告 Financial Report

備註：

(1) 第121頁內截至二零二二年三月三十一日之財務報告並非本會的法定年度財務報表。按照《公司條例》第436條所規定公開的法定財務報表的進一步資料如下：

(1.1) 本會將按照《公司條例》第662(3)條及附表6第3部提交年度財務報表；

(1.2) 本會的核數師已就該財政年度的財務報表作出報告，核數師報告是沒有保留意見，及不就該報告作保留意見的情況下以強調方式促請有關人士注意任何事宜；或載有根據《公司條例》第406(2)或407(2)或(3)條作出的陳述。

(2) 本會截至二零二二年三月三十一日之周年財務報告可瀏覽本會網頁：www.sage.org.hk

Notes:

(1) The Financial Report relating to the year ended 31 March 2022 on page 121 is not the Society's statutory annual financial statements for that year. Further information relating to those statutory financial statements required to be disclosed in accordance with section 436 of the Companies Ordinance is as follows:

(1.1) The Society will deliver those financial statements to the Registrar of Companies in due course as required by section 662(3) of, and Part 3 of Schedule 6 to, the Companies Ordinance;

(1.2) The Society's auditor has reported on those financial statements. The auditor's report was unqualified; did not include a reference to any matters to which the auditor drew attention by way of emphasis without qualifying its reports; and did not contain a statement under sections 406(2), 407(2) or (3) of the Companies Ordinance.

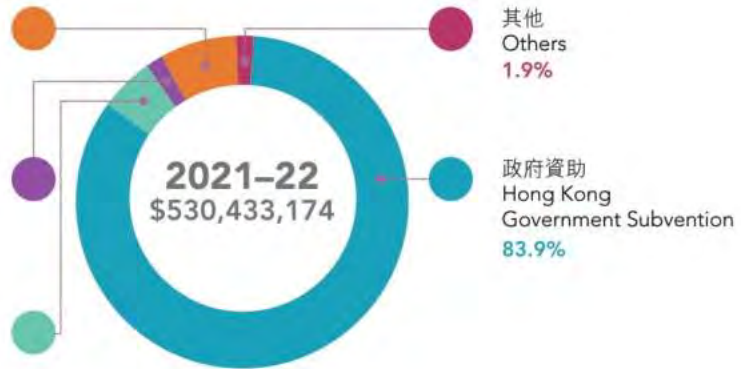
(2) The Society's Annual Financial Report for the year ended 31 March 2022 is available on our website: www.sage.org.hk

收入 Income

服務收入
Fee Income
7.5%

捐款及籌款
Donations and Fundraising
1.6%

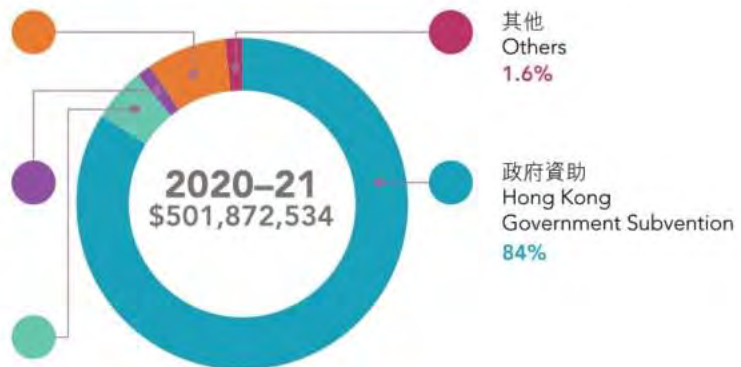
機構撥款
Grants
5.1%



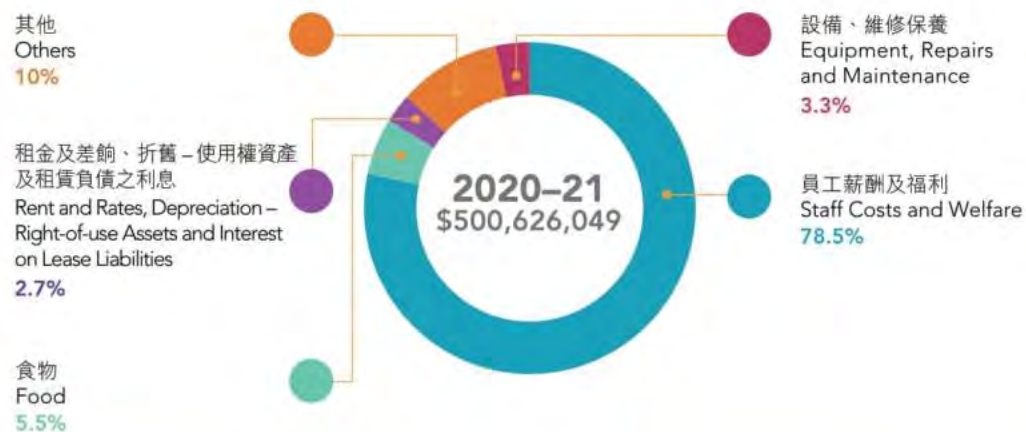
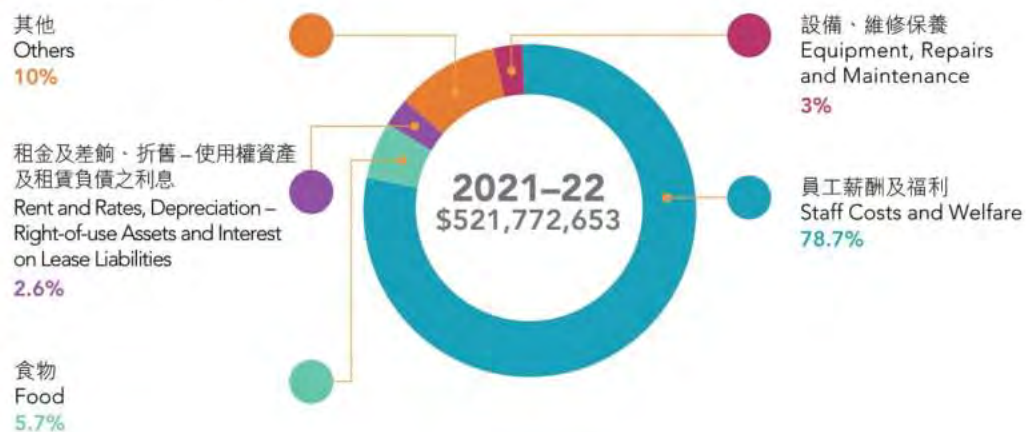
服務收入
Fee Income
7.6%

捐款及籌款
Donations and Fundraising
1.4%

機構撥款
Grants
5.4%



支出 Expenditure

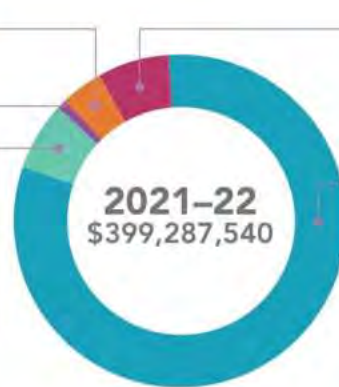


總資產 Total Assets

使用權資產
Right-of-use Assets
4.8%

物業、廠房及設備
Property, Plant and
Equipment
0.1%

通過其他全面收益
以反映公平值之金融資產
Financial Assets at Fair Value
through Other
Comprehensive Income
6.7%



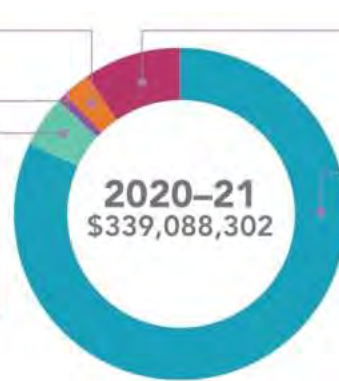
應收款項
Receivables
7.1%

銀行存款及現金
Bank and Cash
81.3%

使用權資產
Right-of-use Assets
2.6%

物業、廠房及設備
Property, Plant and
Equipment
0.2%

通過其他全面收益
以反映公平值之金融資產
Financial Assets at Fair Value
through Other
Comprehensive Income
5.1%



應收款項
Receivables
9.5%

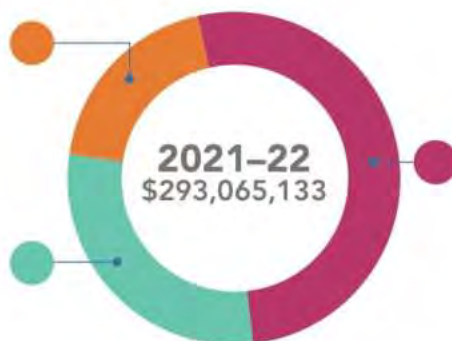
銀行存款及現金
Bank and Cash
82.6%



總儲備及基金 Total Reserves and Funds

公積金儲備
Provident Fund Reserve
(備註 Note 2)
19.1%

整筆撥款儲備
Lump Sum Grant Reserve
(備註 Note 1)
29.2%



其他儲備及基金
Other Reserves and Funds
51.7%

公積金儲備
Provident Fund Reserve
(備註 Note 2)
19.8%

整筆撥款儲備
Lump Sum Grant Reserve
(備註 Note 1)
28.6%



其他儲備及基金
Other Reserves and Funds
51.6%

備註：

1. 整筆撥款儲備

截至2021-22財政年度之整筆撥款儲備為HK\$85,703,197，儲備主要用於提升單位的服務質素、改善員工待遇、支持員工作專業培訓及發展，以建立一支優質的員工隊伍。董事會將繼續審視及監察整筆撥款的運用情況及善用儲備。

2. 公積金儲備

2021-22財政年度公積金儲備為HK\$55,955,141，本會會定期檢討該儲備的運用，包括增加僱主強積金自願性供款的比率。

Notes:

1. Lump Sum Grant Reserve

The Lump Sum Grant Reserve for the financial year of 2021-22 was HK\$85,703,197, such Reserve will be utilised in strengthening service delivery; and fulfilling the contractual commitment to staff, by building up a staff team with high quality through enhancement of employment terms and supporting the professional development of staff. The Board will keep on monitoring and examining the use of Lump Sum Grant and its Reserve.

2. Provident Fund Reserve

The Provident Fund Reserve for the financial year of 2021-22 was HK\$55,955,141. The Society will regularly review the use of the reserve including increasing the voluntary contribution ratio of employers' MPF contributions.



會員名錄

List of Members

永遠名譽會員

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關羅念慈女士
黎時煖先生
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Mr Gallant Y T Ho JP
Mrs Kwan Law Lim-chee
Mr Lai Sze-nuen SBS, MBE, JP
(Up to 26 January 2022)

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王淦基醫生
鄺伍錦貞女士
袁永雄先生

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Dr Simon K K Wong JP
Mrs Maida Elizabeth Wu
Mr Nelson W H Yuen

永遠會員

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陳志權醫生
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陳訓廷博士
陳其彪先生
陳樹鑑先生
陳舜凝律師
陳德勳女士
陳譚惠珍女士
陳陳芳琳女士
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鄭陸山先生
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鄭婉港醫生
張鑄生先生
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程壽康律師
趙汝熙先生
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鍾維芳先生
鍾慧儀教授
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馮康教授

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Ms Ophelia C L Chan BBS
Dr Chan Charn-sing
Dr Chan Chi-kuen
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Mr Chan Kee-biu
Mr Chan She-kam
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Mrs Rosie F L Chen
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Ms Cheng Oi-lin
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Mrs Irene K L So
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Mr Wilson S Y Wong
Mrs Sylvia W Y Wong
Ms Phyllis Y S Wong
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Ms Yip Suk-ping
Mr Howard Young SBS, JP
Mr Yuan Kum-chuen
Mr Anders C M Yuen
Mr George K H Yuen

普通會員

Ordinary Members

方乃權教授
劉嘉敏工程師
王玉麟先生

Professor Kenneth N K Fong
Ir Stephen K M Lau JP
Mr Billy Y L Wong

鳴謝

Acknowledgement

善長名單

List of Donors

(1/10/2021 – 30/9/2022 ; 港幣5,000元或以上之捐款 HK\$5,000 or above donation)

由於篇幅所限，恕未能臚列所有善長芳名，謹此致謝。

SAGE would like to express our most sincere gratitude to donors. Due to limited space, we apologise for not being able to list them all.

個人

Individuals

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何沛德博士工程師
吳耀輝先生
李拉先生
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林淑萍小姐
林銀玉女士
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崔鶴鸞女士
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張玉鴻先生

戚美玲小姐
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郭志桁先生 JP
郭啟洋先生
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陳淑君小姐
陳譚惠珍女士
曾玉蘭女士
曾智明先生
程壽康先生
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黃少良先生
黃玉珍小姐
黃柏勤先生
黃敏小姐

黃博泓先生
楊后冲先生
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熊影霞小姐
歐陽可心女士
潘志明家人
蔡小花女士
蔡嘉樂先生
蔣翠瓊小姐
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鄧錦璇女士
鄧麗婷小姐
蕭雁凌小姐
賴美玲女士
霍兆榮先生
鄺潔貞小姐
羅彩紅小姐
羅普慶先生
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蘇文鳳女士

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Mr Edmund C C Choy
Ms Wendy W C Hsiang
Ms Kwan Yi-shan
Miss Nora C W Lam
Miss Lam Wai-chu
Mr Lau King-wai
Ms Lau Yuen-chi
Mr Law Shing-hei
Mr Sammy C C Leung
Mr Poon Siu-kuen
Mrs Virginia Szeto
Mr Tang Chi-shing
Mr Tang Ka-ho
Miss Bernadette H F Woo
Mr Louis C K Wong
Mr Jason Alexander Wong
Ms Yeung Cheung-wah

機構／公司

Organisations/Companies

大盛集團(控股)有限公司
天利制作有限公司
安老事務委員會長者學苑發展基金
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何馮慈善基金有限公司
利進達製衣廠有限公司
周伯英基金有限公司
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社會福利署
社會福利署樂齡及康復創科應用基金
社會福利署獎券基金
南瞻佛學中心
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善得耆樂會
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馮堯敬慈善基金會
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Azad International (HK) Limited
CGN World Limited
China Business Ltd
EGS (Asia) Limited
Herzfeld Limited
Ignite Community Church Limited
Shine International Transportation
(Hong Kong) Limited
Sunshine For Life Charitable Trust
Taikonaut Limited

註：排名以筆劃序，如有錯漏，敬請原諒。

Remark: Listed in alphabetical order. We apologise for any misprint.

合作夥伴名單

List of Partners

(1/10/2021 – 30/9/2022)

由於篇幅所限，恕未能臚列所有夥伴芳名，謹此致謝。

We appreciate support of partners. Due to limited space, we apologise for not being able to list them all.

個人

Individuals

王忠極夫人
司徒柏豪先生及友人
何鉅星先生

吳君如女士
呂必強牧師
林俊儀女士

林寶珊女士
姚柏良先生
陳賈川先生

鄭秀文女士
羅杜莉君女士

機構／公司

Organisations/Companies

九龍城獅子會
大盛集團(控股)有限公司
大覺福行中心
工銀亞洲慈善基金有限公司
中國生物科技服務控股有限公司
中國基督教播道會恩福堂
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四洲集團
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吉祥草
安永關愛基金
安捷健康護理國際有限公司
朱江慈善基金有限公司
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何馮慈善基金有限公司
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希瑪眼科醫療控股有限公司
扶輪社
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東區撲滅罪行委員會
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金凌音樂培訓中心
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註：排名以筆劃序，如有錯漏，敬請原諒。

Remark: Listed in alphabetical order. We apologise for any misprint.

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香港島 Hong Kong Island

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