



東華學院
TUNG WAH COLLEGE



嘉學勵研·以心惠群
Thrive with Knowledge · Serve with Heart

Tung Wah College 2020 Conference

Transdisciplinary Model of Urban Aged-Care

Date: 31 October 2020

Organised by:



東華學院
TUNG WAH COLLEGE

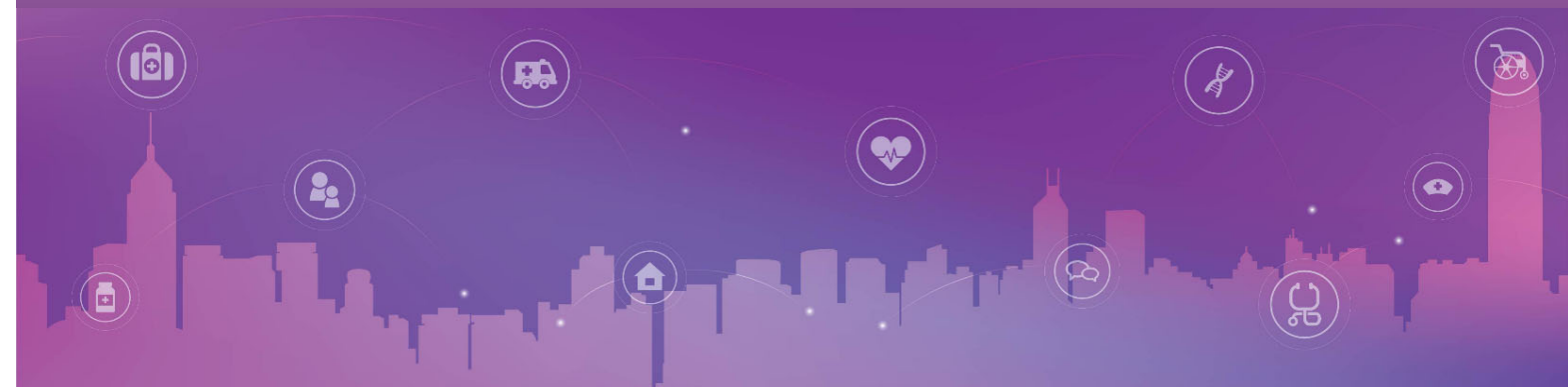


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Acknowledgement

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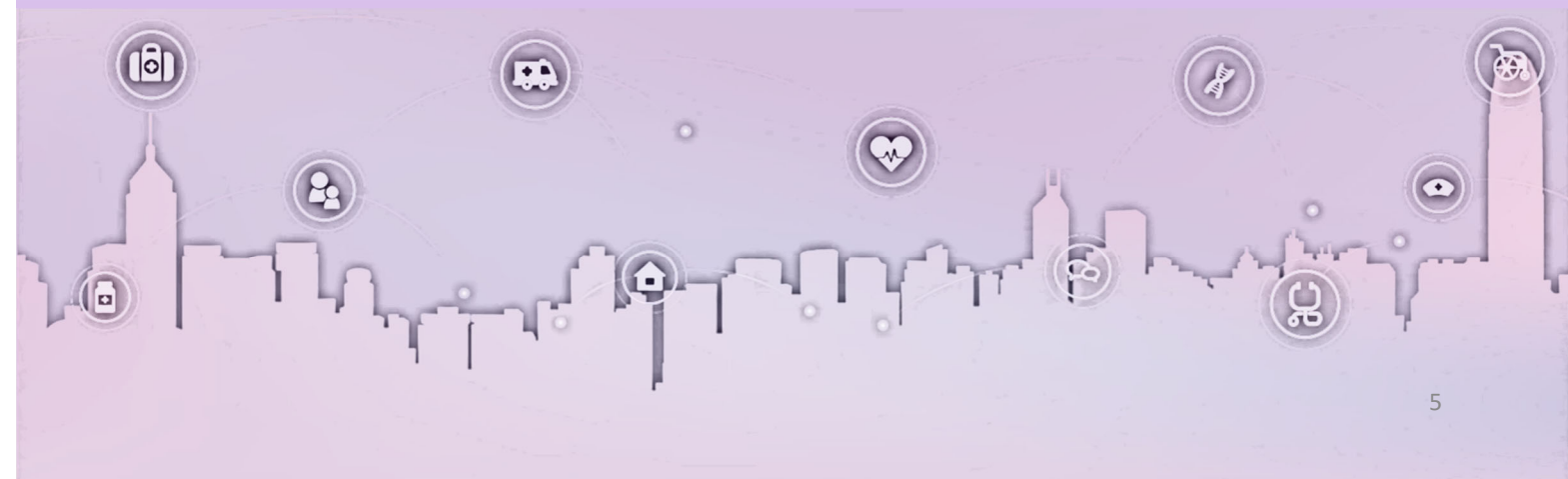
**HONG KONG
HOUSING SOCIETY**
香港房屋協會

Scientific Committee

Chairman: Prof. Lawrence LAM

Members: Prof. Grace SZETO
Dr. Anthony KWOK
Dr. Calvin YIP
Dr. Susan CHOW
Dr. Winnie CHENG

Secretary: Ms. Brenda LEE



Opening Remarks by the Chairman of Organising Committee

Ladies and Gentlemen,

Good morning.

On behalf of the organising committee, I would like to welcome all of you to the online conference “Transdisciplinary Model of Urban Aged-Care”.

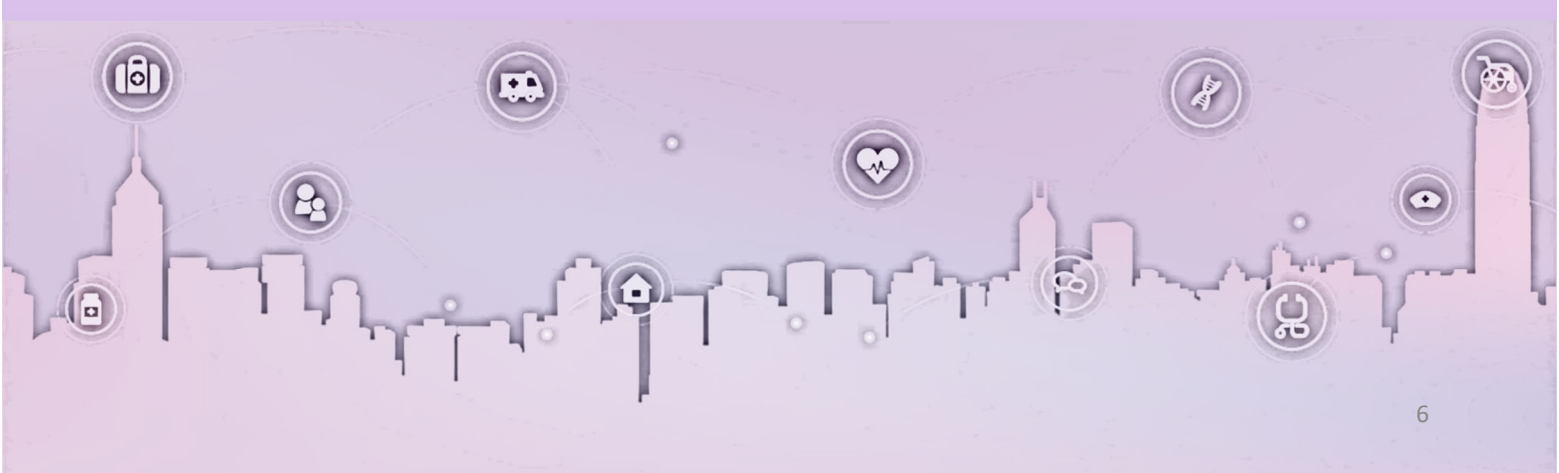
Aging population is a global phenomenon. According to WHO, by 2050, the world’s population of the aged 60 and older will reach 2 billion. It is expected that there will be a great demand in medical and health services which is a burden to the society. It will be one of the big challenges to a highly developed economy and crowded city like Hong Kong.

In response, Tung Wah College organises this conference, drawing together a congregation of professionals in different disciplines from all over the world, trying to explore different models and feasible solutions to tackle this problem.

It is our privilege to also have the following parties to support this event. They are:

Hong Kong College of Community and Public Nurses;
Hong Kong Housing Society;
Hong Kong Occupational Therapy Association;
Hong Kong Institute of Occupational Therapy;
Hong Kong Physiotherapy Association; and
Hong Kong Physiotherapists Union

We are glad that today’s event is funding supported by the Professional Services Advancement Support Scheme (PASS), under the Commerce and Economic Development Bureau of the Government of Hong Kong Special Administration Region.

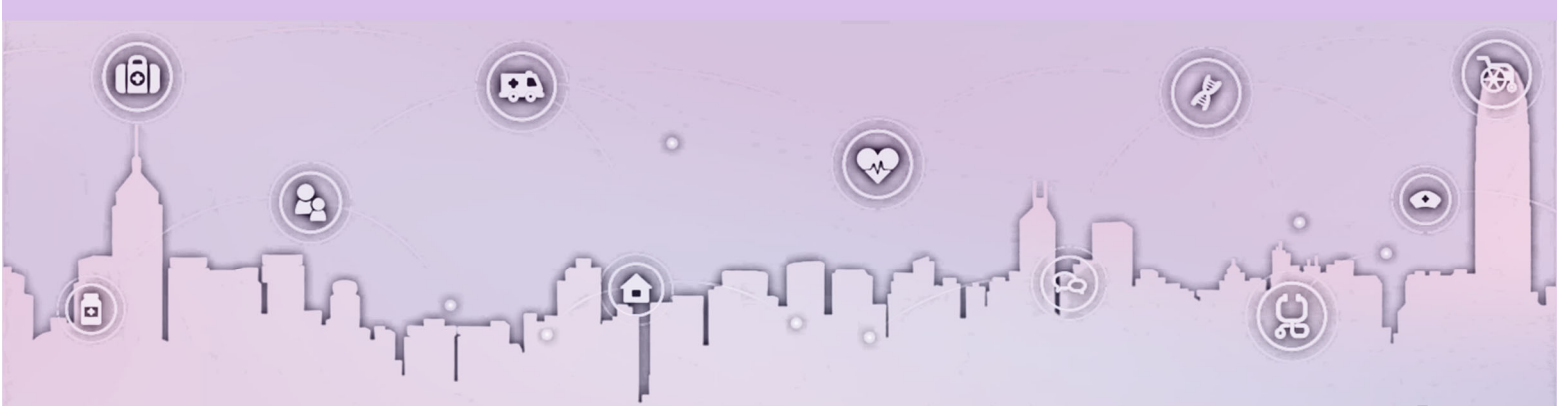


I like to thank the Scientific Program Committee under the leadership of Prof Lawrence Lam for designing an excellent program to provide valuable opportunities to discuss on the topic. Last but not the least, I like to express my heartfelt thanks to Ms Brenda Lee, our Administrative officer. Without her diligence and hard work to handle all the adjustments of conference logistics and the tireless negotiations with our sponsoring body during the pandemic, this conference would not have happened at all. Finally, I thank you for your participation and hope that you will have a fruitful day.

Thank you.

Prof. Matthew YAU

Chairman of the Organising Committee



Welcome Message by the Acting President (Academic)

Good Morning, Ladies and Gentlemen.

On behalf of the Tung Wah College, I would like to extend a very warm welcome to you all to the TWC 2020 Online International Conference on the topic of “Transdisciplinary Model of Urban Aged-Care”.

As the Chair of the Scientific Committee, I am proud to bring you a rich programme supported by internationally acclaimed researchers, scholars, and practitioners. Here, I would like to express my deepest gratitude for the dedication and contributions made by our collaborators, keynote speakers, and plenary speakers.

I wish you would have a wonderful day of learning through the sharing of our outstanding speakers and also enjoy this online conference.

Thank you.

Prof. Lawrence LAM
Acting President (Academic)
Tung Wah College

Programmes

Time	Programmes
9:00 – 9:05	<p>Opening Remarks Prof. Matthew YAU, Chairman of the Organising Committee</p> <p>Welcome Message Prof. Lawrence LAM, Acting President (Academic) of Tung Wah College</p>
9:05 – 10:05	<p>Keynote Lecture 1: Transdisciplinary Practice to Support a Good Life</p> <p>Professor Sue GORDON</p>
10:05 – 11:05	<p>Keynote Lecture 2: Implementing Community Re-ablement Programmes to Enhance Participation, Function and Safety</p> <p>Professor Lindy CLEMSON</p>
11:05 – 11:50	<p>Keynote Lecture 3: Resilience and Successful Aging – Transdisciplinary Care for Promoting Dignity and Autonomy</p> <p>Professor Cecilia L. W. CHAN and Dr. Bobo LAU</p>
11:50 – 12:35	<p>Keynote Lecture 4: Transdisciplinary Collaboration to Make “Ageing in Place” a Success</p> <p>Dr. Carmen NG</p>

Programmes

Time	Programmes	
12:35 – 13:20	<p>Keynote Lecture 5: Interdisciplinary and Interprofessional Aged Care: Are we there yet?</p> <p>Professor Claudia LAI</p>	
13:20 – 14:05	<p>Keynote Lecture 6: A Hip Fracture Prevention Programme in Hong Kong</p> <p>Professor Timothy KWOK</p>	
14:05 – 15:15	<p>Plenary Session 1: Community Hospital Aged Care – from Hospital to Home (with Palliative Element)</p> <p>Chair: Dr. Anthony KWOK</p>	<p>End of Life Care in Residential Homes in RCHes in Hong Kong</p> <p>Dr. Edward LEUNG</p> <hr/> <p>Supporting People with Life-limiting Illness at Home</p> <p>Dr. Tracy CHEN</p> <hr/> <p>Community Nursing Care in the Urban Aged Care Service</p> <p>Ms. CK CHIM</p>

Programmes

Time	Programmes	
15:15 – 16:30	<p>Plenary session 2: Primary Care and Aged Care</p> <p>Chair: Dr. Susan CHOW</p>	<p>Fall Prevention Following Stroke: an Innovative and Sustainable Cognitive-motor Exercise Programme</p> <p>Professor Marco PANG</p> <hr/> <p>Revitalisation of Transdisciplinary Care in Primary Healthcare in New Era of Urban Age</p> <p>Professor Albert LEE</p>
16:30 – 17:45	<p>Plenary Session 3: Contemporary Issues in Urban Aged Care – Interdisciplinary and Interprofessional Perspective</p> <p>Chair: Dr. Winnie CHENG</p>	<p>A Multi-disciplinary Collaboration in Community Care for Elderly with Dementia</p> <p>Ms. FUNG Sau Man</p> <hr/> <p>The Keys to Active Aging - Modern Perspective from Physiotherapist</p> <p>Ms. Lavinia WONG</p> <hr/> <p>Key Technical Standards for Architectural Designs of Aged Care Service in China (我國機構養老設施建築設計的關鍵技術標準)</p> <p>Dr. WEI Da Ke</p> <p>**This lecture will be presented in Mandarin.**</p>

Programmes

Time	Programmes	
17:45 – 18:55	Plenary session 4: Technologically Aided Aged Care in Urban Environment Chair: Dr. Calvin YIP	A Journey of Shared Re-definitions of “Elderlies Life” and “GERONTECH” Mr. Armstrong CHIU Application of Advance Technology in Rehabilitation for the Elderly: VR and Robotics Dr. Ben YIP
18:55 - 19:00	Closing Remarks	

Keynote Lecture 1 – Transdisciplinary Practice to Support a Good Life

Professor Sue Gordon

Strategic Professor, Chair of Restorative Care, College of Nursing and Health Sciences, Flinders University

Biography

Professor Sue Gordon is currently the Chair of Restorative Care in Ageing and Strategic Professor of Flinders University. Before joining Flinders University, she was the Deputy Dean of the College of Healthcare Sciences, James Cook University.

Professor Gordon is an experienced musculoskeletal physiotherapist with research interests in the cervical spine, subacromial impingement, chronic low back pain, heterotopic ossification and lymphatic dysfunction. In her current position she collaborates with local councils and aged care providers to investigate healthy ageing and functional decline, and better ways to limit and reverse prefrailty and frailty.

Abstract

People are living longer and there are increasing numbers of older people. The diversity in their needs and wants as they age are also increasing. Overwhelmingly however they wish to live independently, in their own home for as long as possible. The challenge to governments, communities and health services is to assist people to do this safely and support them to continue to have a 'Good Life'. Older people have described six elements of a 'Good Life': recognising their uniqueness, maintaining autonomy, having a sense of future and hope, belonging, contributing and being healthy in mind, body and soul.

This presentation will explore the role and application of transdisciplinary practice to support a 'Good Life' for older people. Examples of transdisciplinary teams to bring together skills and knowledge to optimise health care will be provided. The broader application of transdisciplinary practice to the ecosystem of ageing to support a 'Good Life' will be discussed as well as the role of transdisciplinary practice for special needs related to dementia.

Keynote Lecture 2 – Implementing Community Re-ablement Programmes to Enhance Participation, Function and Safety

Professor Lindy CLEMSON

Professor in Ageing and Occupational Therapy
Director of Ageing, Work & Health Research Group
Leader of the Charles Perkins Centre Active Ageing Research Network
Investigator on the Centre of Excellence for Population Ageing Research (CEPAR)
The University of Sydney

Biography

Professor Lindy Clemson is an international leader in research on enablement and environmental approaches to community-based fall prevention and nationally recognised as Australia's leading occupational therapy researcher in Ageing (National Research Award 2013).

She has published over 190 peer-reviewed journal articles and has been awarded more than \$64m in research funding. She is also one of only three other international fall trialists who have consistently been in the top 10 over the past decade (Web of Science) and the only one to develop three novel and successful fall prevention programs for older people, all implemented worldwide. She is now applying her skills in developing complex interventions and conducting complex trials to improve functional and behavioural outcomes for people with dementia and their carers living in the community.

Her work has influenced both policy and practice in worldwide. The broad and significant impact of her work is exemplified by the fact that the United States Centre for Disease Control chose her evidence-based Stepping On program as one of only four programs to support for national implementation. Another of her enablement interventions (Lifestyle-Integrated Functional Exercise, LiFE) has already the focus of implementation studies in different countries.

Professor Clemson is also the recipient of the Sylvia Docker Lecture Award 2021, the highest prestige award for OT in Australia.

Abstract

The abstract was not submitted by the guest speaker.

Keynote Lecture 3 – Resilience and Successful Aging – Transdisciplinary Care for Promoting Dignity and Autonomy

Professor Cecilia L.W. CHAN

Emeritus Professor, Department of Social Work and Social Administration, The University of Hong Kong

Dr. Bobo LAU

Assistant Professor, Department of Psychology, Shue Yan University

Biography

Professor Cecilia Chan is Si Yuan Chair Professor in Health and Social Work, in the Department of Social Work and Social Administration, The University of Hong Kong. She is an excellent social work academic and practitioner, a social entrepreneur and a Change Maker in society. She contributed to the establishment of the Community Rehabilitation Network of HKSR, Alliance of Patients' Organizations, Hospital Patients' Resource Centers, as well as developed holistic care models in promoting Body-Mind-Spirit (IBMS) wellness. She leads a multi-disciplinary team using salivary cortisol (stress) and telomerase (anti-aging) as physiological impact on her integrative mind-body intervention.

Dr Bobo Hi-Po Lau is an Assistant Professor at the Department of Counselling and Psychology in Hong Kong Shue Yan University. Trained as a health psychology and social care researcher, Dr Lau researches and publishes extensively in the areas of gerontology, caregiving, and community mental health. She has recently received a Faculty Development Scheme (FDS) research grant from the Research Grants Council to examine successful aging and well-being among local near-centenarians and centenarians. Teaming up with the Integrative Body-Mind-Spirit research team in HKU Department of Social Work and Social Administration, Dr Lau has been actively involved in the development of holistic interventions to enhance the quality of life of patients with chronic illnesses and their family caregivers.

Abstract

The abstract was not submitted by the guest speaker.

Keynote Lecture 4 – Transdisciplinary Collaboration to Make “Ageing in Place” a Success

Dr. Carmen NG

General Manager (Elderly Services), Hong Kong Housing Society

Biography

Dr Carmen Ng is a senior social work executive with broad experience in strategic planning, stakeholders management, service development and operations. Committed herself to serve the elderly and the community since her graduation as a Registered Social Worker in 1993, Dr Ng had been the Secretary-General of the Community Investment and Inclusion Fund (CIIF) Secretariat, Labour and Welfare Bureau, Executive Director of the Hong Kong Alzheimer’s Disease Association, Chief Operating Officer of the Senior Citizen Home Safety Association, Head of the Consumer Education Division of the Consumer Council, and Chief Officer of Elderly Services of the Hong Kong Council of Social Service, where she assisted in developing new service models to respond to the changing needs of the elderly and the society at large. Dr Ng is currently the General Manager (Elderly Services) of the Hong Kong Housing Society, formulating strategies and overseeing the operations of the elderly housing and related services to assist the elderly to age in place. She obtained her Master of Social Science (Aging and Health) degree in 2000 and a PhD degree in Social Work in 2019 in the University of Hong Kong. To further her training in social entrepreneurship, she had completed the Stanford Executive Program on Social Entrepreneurship in July 2010.

Abstract

In the light of the rapid population ageing, there are increasing collaborations amongst multi-disciplines, such as healthcare, psychosocial care, engineering, architecture, town planning etc., exploring the way forward so as to better prepare our society for the demographic shift. In order to create a model that can cater to the elderly from different socio-economic backgrounds, the Housing Society spares no effort to secure professional support from across the disciplines. With reference to the Housing Society’s prime projects at hand, this session will cover how we can incorporate elderly friendly elements in housing, creating a community hub for aged care that facilitates transdisciplinary collaboration to achieve ageing in place.

Keynote Lecture 5 –

Interdisciplinary and Interprofessional Aged Care: Are we there yet?

Professor Claudia LAI

Honorary Professor, School of Nursing, The Hong Kong Polytechnic University

Biography

Professor Claudia Lai is Honorary Professor at The Hong Kong Polytechnic University, Honorary Nursing Consultant at The Hong Kong Baptist University, and Visiting Professor at Yangzhou University and Kaohsiung Medical University. She has practiced nursing in Hong Kong, Canada, and England, and worked briefly as a volunteer nurse in India. She has two main research programmes: the care of people with dementia and their families, and of frail older people. She focuses on interventional and implementation research, aiming to make an impact on the health and wellbeing of humankind.

She established the Health and Cognitive Assessment Service at PolyU to advance scholarship on practice (2010) and led her team in founding the Centre for Gerontological Nursing (CGN) at PolyU (2012). CGN subsequently became a member of the Global Ageing Research Network of the International Association of Gerontology and Geriatrics. Under her leadership, CGN became a member of the National Hartford Center of Gerontological Nursing Excellence (NHCGNE) (2014). She has published widely and won a number of research awards, and is an honorary advisor to many NGOs and professional associations. She was inducted as a Fellow of the American Academy of Nursing (2015) and also inducted into the International Nurse Researcher Hall of Fame (2018). Presently she is on the Board of NHCGNE.

Abstract

Transdisciplinary collaboration often refers to the working together of professionals from different disciplines in ways that transcend discipline-specific boundaries to synthesize and create new models or solutions to address a common problem. Some scholars define transdisciplinary work as a specific kind of interdisciplinary form of learning and problem-solving. The field of gerontology has long been developed as a multidisciplinary discipline. This paper argues that the defining characteristics of

transdisciplinary work are not unique nor exclusive. Rather, the sharing of knowledge and expertise, the traversing of discipline-specific boundaries, and the synergistic expectation of outcomes, are also features of other models of collaboration between disciplines. While health care professionals hold high aspirations for the development of holistic care models for our older populations through transdisciplinary efforts, the reality is less rosy. Real-life examples will be discussed in this oral paper to illustrate areas in which health professionals are currently falling short. Substantive transdisciplinary work requires not only a willingness to transcend discipline-specific boundaries, but also involved individual professionals to master the skill sets needed for the team to work as equal partners. These skills include complex thinking and knowledge-integrating abilities as well as interpersonal competencies such as open-mindedness, sensitivity, and empathy. To develop transdisciplinary care for older people, we need strong leaders, interlined teamwork, and effective communication on a continual basis among team members. We also require a willingness to share governance, to recognize each other as equals – not necessarily as equal in social status or occupational ranking, but equal as humans, who are equally valuable in making contributions in our own area of expertise.

Keynote Lecture 6 – A Hip Fracture Prevention Programme in Hong Kong

Professor Timothy KWOK

Professor, Department of Medicine & Therapeutics and School of Public Health

Director, Jockey Club Centre of Positive Ageing

Director, CUHK Jockey Club Centre for Osteoporosis Care and Control, Faculty of Medicine, The Chinese University of Hong Kong

Honorary Consultant Geriatrician, Hospital Authority

Biography

Professor Kwok is the professor of the Department of Medicine and Therapeutics and School of Public Health at the Chinese University of Hong Kong. Since 2004, he has been the Director of the Jockey Club Centre of Positive Ageing which is a service, training and research centre for people with dementia.

Professor Kwok's research interest has been focused on the prevention strategies and psycho-social interventions for dementia. The prevention strategies under investigation include vitamin B, nutritional supplement, TaiChi and cognitive training. His other research focus is on osteoporosis and healthy ageing.

Abstract

Hip fracture is major threat to functional independence in old age. There is good evidence that fall risks can be reduced by group or home based balance exercises, and hip fracture risk can be reduced by drugs. Lifestyle modifications e.g. diet, optimal physical activity, environmental safety can also help to prevent fall or improve bone health. Therefore hip fracture prevention in older people requires a close collaboration between primary health care and community service providers. However, the logistic of such collaboration is yet to be established in Hong Kong.

Jockey Club Centre for Osteoporosis Care and Control is piloting a community service model to prevent hip fractures. In this model, older people (aged 65 years or more) in the community are screened for fracture risk by a simple questionnaire (FRAX and SARCF). Those found to be at risk will be offered DXA scan. Those at high risk of hip fractures (>3% in ten years) will be seen by our clinic doctor and be offered

anti-osteoporosis drug treatment. In addition, at risk subjects will be assessed by a fall risk assessment protocol and be given lifestyle advice about fall prevention and bone health by an experienced nurse. All at risk subjects will be encouraged to participate in a group exercise programme or LiFE home exercise programme for three months to improve balance. This model should fit in well with the district health centres in Hong Kong.



Plenary Session 1 – Community Hospital Aged Care – from Hospital to Home (with Palliative Element)

End of Life Care in RCHEs in Hong Kong

Dr. Edward LEUNG

President of Hong Kong Association of Gerontology Hong Kong

Biography

Biography was not provided by the speaker.

Abstract

The abstract was not submitted by the guest speaker.

Supporting People with Life-limiting Illness at Home

Dr. Tracy CHEN

Palliative Medicine Specialist, Haven of Hope Sister Annie Skau Holistic Care Centre

Biography

Biography was not provided by the speaker.

Abstract

Most patients at their end of life prefer to stay at home for as long as possible if medical and nursing support were available. The Haven of Hope Christian Service launched the Jockey Club End-of-life Community Care Project (JCECC) “Hospice at Home” programme in January 2016 as a way of developing a comprehensive community-based palliative support team to assist people with life-limiting illnesses to remain in their community, if so desired. The programme adopted a holistic

approach for total person care through an interdisciplinary team offering medical, nursing and rehabilitation, as well as personal and psychosocial–spiritual care. The programme aims to provide intensive and holistic end-of-life support to patients with terminal cancer or other chronic irreversible illnesses who, with supporting family members or caregivers, opt to spend more time at home rather than be admitted to hospital; reduce hospital stay while enhancing the quality of life (QoL) of both patients and their families through the provision of quality EoL home care; respect patients’ autonomy through facilitating ACP; and promote spiritual well-being through holistic interventions. We will share our experience in the presentation with case illustration.

Community Nursing Care in the Urban Aged Care Services

Ms. CK CHIM

Department of Operations Manager of COST, Prince of Wales Hospital

Biography

Ms. CHIM Chun-king began her nursing career at Prince of Wales Hospital in 1987. She served and gained various experiences in different acute and convalescent hospitals as well as community outreach services. She has joined the Department of Community Outreach Services Team (COST) since 2000 as an Nursing Officer and promoted to Nursing Consultant and then become Department of Operations Manager of COST in 2020. Her interests cover in the field of advanced nursing practice specifically in chronic diseases management, complicated wound management and geriatric care. As Nurse Consultant from 2013 to 2017, she contributed significantly in the development of various innovative early discharge and quality care programs to improve community services and patient experiences in the New Territories East Cluster (NTEC) community services.

Abstract

Aging population poses challenges to the health care system. The long life span of the elderly in community is accompanied by multiple chronic diseases and disability that

impact the health care system. By reviewing the health service statistics, malignancy and organ failure diseases are the top ten highest patient-days consumption in Hospital Authority (HA); and disease groups with registered death in Hong Kong.

The Hospital Authority now has its own strategy for palliative and end-of-life care which aiming to enable and promote local actions especially in non-palliative care settings.

Community Nursing Service is one of HA seamless community care services to provide holistic and comprehensive services to patients with the majority are frail elderly suffered from co-morbidities and some are malignancy or terminal illness. Community nurses now have been trained with extended roles to provide high touch and high skill to support patients approaching dying. Those clients who experience severe symptoms and be arranged discharge from hospital to community.

In this presentation, some of clinical care and initiatives on promoting end-of-life or palliative care practice in non-palliative care settings in NTEC would be shared. The Community Nursing Service has to redesign the service delivery model, to standardize the practices, to enhance interdepartmental collaboration and to promote end-of-life care. The focus is thus to cultivate person-centre care approach, support patients with respect and dignity from one level of care to another in a seamless way according to their preference and needs.

Plenary Session 2 – Primary Care and Aged Care

Fall Prevention Following Stroke: An Innovative and Sustainable Cognitive-motor Exercise Program

Professor Marco PANG

President, Hong Kong Physiotherapy Association

Biography

Prof. Pang is currently a Professor of the Department of Rehabilitation Sciences of the Hong Kong Polytechnic University.

Prof. Pang obtained his BSc in Physical Therapy and PhD in Neuroscience from the University of Alberta, Edmonton, Canada. Following his doctoral study, he was awarded a post-doctoral fellowship from Natural Sciences and Engineering Research Council of Canada to conduct stroke rehabilitation research in University of British Columbia, Vancouver, Canada.

Prof. Pang joined the Department of Rehabilitation Sciences at the Hong Kong Polytechnic University in 2005. His current research is mainly focused on stroke rehabilitation, particularly issues related to bone health, and recovery of sensorimotor function. He has produced more than 120 journal papers and over 180 conference papers. His publications are highly cited and appear in various premier journals, including Stroke, Journal of Neuroscience, and Journal of Bone and Mineral Research.

Prof. Pang's research work is well-funded. He and his doctoral students have also won a number of local and international awards. He is the Editor-in-Chief of the Hong Kong Physiotherapy Journal, Associate Editor of Physiotherapy Canada, and also the President of the Hong Kong Physiotherapy Association.

Prof. Pang is a popular speaker and has delivered more than 120 invited lectures and workshops both locally and overseas. He had also been granted teaching awards by the University of Alberta and Hong Kong Polytechnic University, in recognition of his excellence in teaching.

Abstract

Falls are common after stroke. A recent Cochrane review showed that among people with chronic stroke, exercise training had no or little effect on reducing the number of fallers or rate of falls. One of the neglected elements in previous exercise trials for fall prevention may be dual-task ability. Our randomized controlled trial investigated the effects of an 8-week cognitive-motor exercise program (COGMOTION) in individuals with chronic stroke and showed that it was effective in reducing the degree of cognitive-motor interference during walking and reducing the proportion of fallers by 25.0% and fall-related injuries by 22% respectively. The program has great potential to have wide implementation in community and home settings, because it does not involve space-occupying, expensive and sophisticated equipment. The exercises are relatively easy to learn so that the patients can practice the exercises under the supervision of physiotherapy assistants or the patients' caregivers, after proper assessment of dual-task function by a physiotherapist. The COGMOTION program may be an economical and sustainable exercise program for fall prevention among community-dwelling people with stroke.

Revitalisation of Transdisciplinary Care in Primary Healthcare in New Era of Urban Age

Professor Albert LEE

Director of Centre for Health Education and Health Promotion, The Chinese University of Hong Kong

Biography

Professor Albert Lee is currently Professor (Clinical) in Public Health and Primary Care, and Director of Centre for Health Education and Health Promotion, The Chinese University of Hong Kong. Professor Lee graduated as medical doctor at University of London in 1984 and obtained his higher professional qualifications in Family Medicine and Public Health. He was trained as Family Medicine specialist and also training in

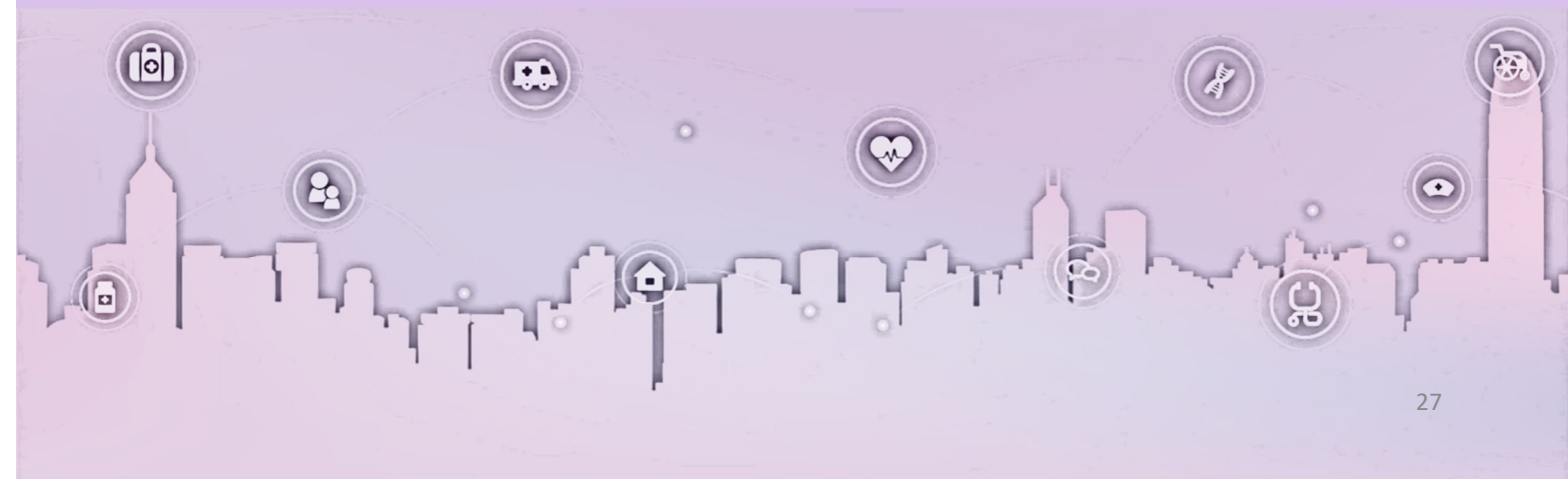
public health awarded with Fellowships of Royal Colleges in UK, Australia and Ireland. His research interests include preventive medicine and health promotion, community-based care, health equity, healthy cities and healthy school with distinguished track record published over 240 scientific papers and over 150 invited presentations. His work is recognised globally and was elected as International Member (academician) of National Academy of Medicine, USA (regarded as highest honour in the field of Medicine and Public Health and he is the first member elected from Hong Kong) and Honorary Fellow of Faculty of Public Health, UK (the highest accolade of the Faculty). He also served as member of NAM Forum on 'Investing in Children globally' (iYCG) to develop an integrated approach for child development and co-chair the Hong Kong workshop of iYCG in 2015. He has served as WHO advisor for many occasions. He is founding member of Steering Committee of Alliance for Healthy Cities (AFHC) (2003-2010, re-elected 2014-), and received Award for Pioneer in Healthy Cities for Research by AFHC in 2014.

Abstract

The context of health care has changed. Non-medical factors such as determinants of health are beyond health sector. Primary healthcare should NOT simply mean care in community. It implies continuation of quality care after discharging from hospital, identification persons at high risk for medical intervention for early intervention, and identification of appropriate service providers to meet the health needs of patients. Many patients with chronic illnesses also have multiple health problems. Multi-morbidity is complex and it requires more than an 'assess-and advise' model of care. Comprehensive and holistic care with good co-ordination is essential to help patients navigating complexity, which is at the heart of primary care.

Patients will need to have professional inputs from different disciplines according to their needs and clinical circumstances. It is NOT the question which specialists the patients need and it should be whether the patients can have a specialist team to assess their needs continuously and co-ordinate best possible care for them. Patient-centred care is needed to support patients adopting behaviours across a wide range of lifestyle factors for management of their underlying conditions but there is little guidance as to how to achieve these recommendations. Therefore, effective primary health care needs to assume the role in balancing contributions from several narrower specialties, advice on different management plans and helping patients to

make decisions meeting their needs. Trans-disciplinary care is key to successive implementation of primary healthcare which is lacking in Hong Kong and in the new urban age.



Plenary Session 3 – Contemporary Issues in Urban Aged Care – Interdisciplinary and Interprofessional Perspective

A Multi-disciplinary Collaboration in Community Care for Elderly with Dementia

Ms. FUNG Sau Man

Executive Director, The Neighbourhood Advice-Action Council

Biography

Ms. Fung held responsible for oversee around 80 social service units that cover the services for family and child welfare, children and youth, elderly, rehabilitation, community Development, education, and health care. She has over 30 years of experience in supervising community development services, residential services for mentally handicapped persons, elderly centres, elderly home, community support services for disabled persons, rehabilitation training centres and vocational rehabilitation services for persons with disabilities.

Abstract

Dementia is an age-related condition. The problem of dementia is alarming due to the rapid ageing population in Hong Kong. Dementia affects not only the health and life quality of the elder people, it also exerts great demand on health care and social services, thus placing a heavy burden on the caregivers and the society. In view of the high cost of caring for dementia people, formulation of a dementia care strategy is crucial to ensure the health and life quality of the elderly with dementia. The Neighbourhood Advice-Action Council has always been concerned about the impact of dementia on the elderly. Over the years, we strived to develop one stop community support service for the elderly with dementia through collaboration with medical sector. Services including community education, early identification and timely assessment, cognitive training, caregivers' support and training are rendered so as to maintain the cognitive functioning of the elderly as well as relieving the stress of their caregivers. With the input from different professionals, and reference to different local and foreign research results and documents, the "Healthy Brain 5+1" is conceived to encourage our elderly members to adopt a healthier lifestyle so as to delay their cognitive deterioration.

The Keys to Active Aging – Modern Perspective from Physiotherapist

Ms. Lavinia WONG

Senior Clinical Associate, Tung Wah College

Biography

Biography was not provided by the speaker.

Abstract

The abstract was not submitted by the guest speaker.

Key Technical Standards for Architectural Designs of Aged Care Service in China (我國機構養老設施建築設計的關鍵技術標準)

(The content is only available in Chinese.)

Dr. WEI Da Ke (衛大可博士)

哈爾濱工業大學副教授、博士生導師

Biography

哈爾濱工業大學副教授、博士生導師，英國謝菲爾德大學訪問學者，國家一級註冊建築師，哈爾濱工業大學建築設計研究院博士後，中國工程建設標準化協會認證工作委員會委員，中國老年學和老年醫學學會適老建設發展分會專家委員，中國醫藥衛生文化協會醫養健康環境分會委員。長期致力於老人手人建築、建築設計標準化、既有建築改造設計研究。牽頭主編《老年人照料設施建築設計標準》JGJ450-2018，編製《養老設施建築設計規範》GB50867-2013、《建築

防火規範》GB50016-2014 (2018年版)等國家標準、國家標準圖集、行業標準、地方標準和團體標準十餘部；主持、參加國家重點研發計劃項目兩項、國家自然科學基金項目四項、省部級基金項目九項；出版專著三部，發表學術論文四十餘篇；作為負責人或主創建築師完成大型工程設計項目三十餘項。

Abstract

行業標準《老年人照料設施建築設計標準》(JGJ450-2018)適用於新建、改建和擴建的設計床位數或老年人總數不少於二十床(人)的老年人照料設施建築設計。目前，該標準是我國國家層面唯一現行的機構養老設施綜合性設計標準，具有強制執行效力，是相關建築設計、工程驗收、政府監管所依據的關鍵技術標準。為了增加標準運用的正確性，我國還發布了國家建築標準設計圖集《〈老年人照料設施建築設計標準〉圖示》，配合該標準使用。

Plenary Session 4 – Technologically Aided Aged Care in Urban Environment

A Journey of Shared Re-definitions of “Elderlies Life” and “GERONTECH”

Mr. Armstrong CHIU

Occupational Therapist I, Kowloon Home for the Aged Blind, The Hong Kong Society for the Blind

Biography

Before joining Residential Services of the Hong Kong Society for the Blind in 2005, he has worked in Hospital Authority. He has a wide range of clinical experiences in geriatric and psychogeriatric care service in the rehabilitation and community setting.

Mr. Chiu is particular interest in Geriatric Care (Dementia), Dysphagia Management, Innovative cognitive training and low vision rehabilitation, environmental and technological adaptation (AR/VR) for the elderly with low vision. Brain stimulation therapy (rTMS/ tDCS), wearable neuro feedback device/fNIRSIT, mental health and clinical education program °

He extended his unique role in inter- and trans-disciplinary clinical research capabilities. Over these years, he worked collaboratively with local university or oversea expertise for the benefit of all involved in the rehabilitation for elderly with low vision.

He is the clinical educator of Occupational Therapy, The Hong Kong Polytechnic University, The University of Southern California and Tung Wah College

Abstract

The ongoing COVID-19 pandemic has led to further exploration of healthcare service delivery models and gerontech that differ from traditional face-to-face care. In order to both meet and protect the shifting needs of public health during this time, healthcare practitioners, students, and academic institutions must actively find ways to broaden their scope of practice and clinical education as well.

With the use of innovative telehealth technologies and gerontech, we can continue to provide Occupational Therapy practice field work practice and essential care that will improve and maintain the function of our clients throughout the pandemic and beyond.

The use of telehealth technologies and other Gernotech presents as one viable alternative to traditional service. This has implications on healthcare provision and OT field work practice both throughout the duration of the pandemic and onwards. As the pioneers use of gernotech can acquire the capacity to 'step beyond existing practices and services' to truly meet the NEEDS, DESIRES, HOPES and DREAMS of aged blind through the vision of possibility.

Application of Advance Technology in Rehabilitation for the Elderly: VR and Robotics

Dr. Ben YIP

Chief Executive Officer, Rehab-Robotics Company Limited

Managing Director of C2 INNOVATIONS & RESEARCH LIMITED.

Biography

Dr. Ben Yip is a registered occupational therapist. He obtained his BSc (Hons) and PhD. From The Hong Kong Polytechnic University. The main research focus is on cognitive rehabilitation and technology application in rehabilitation, including virtual reality (VR) and artificial intelligence (AI).

He founded C2 Innovations & Research Limited after his PhD graduation, where he continues to develop innovative products for rehabilitation. Application of VR in rehabilitation is the most renowned in the field. A couple of years ago, he engaged in the field of robotics. He is now also the CEO of a Hong Kong-based medical device manufacturer, Rehab-Robotics Company Limited. The internationally award-winning "Hand of Hope" (HOH) is one of the company's renowned products. With the vision of "Development for the better living of mankind" He is now devoted to promote the

use of technologies in home-based situation and distance-medicine service mode.

Abstract

VR and robotics are two hot topics in rehabilitation. By using VR technology, users always feel like they are receiving training in real environment. This effect does not only significantly improve the motivation in training, but also improve the generalization of the learnt skills to real environment. For robotics together with different sensors, like EMG sensors, measurements and training can be conducted in a whole new perspective. In this presentation, theoretical background of technologies will be introduced. The effectiveness and experience in applying VR and robotics in different settings will be shared, too.

Closing Remarks by the Chairman of Scientific Committee

Ladies and Gentlemen,

I hope that all of you would enjoy today's programme and have fruitful discussions.

Aged Care is a transdisciplinary topic. To further study this topic and develop a suitable model for Hong Kong, a closer collaboration and communication among allied health and other aged-care related professionals is needed. Riding on this conference, I would like to announce the establishment of the International Transdisciplinary and Interprofessional Network for Aged Care.

This network will maintain the on-going connection and further develop via regular updates as well as organising meetings, symposia and overseas visitations. It is expected that different views and knowledge related to aged care can be exchanged through this platform. May I invite you to join this network?

Last but not the least, I would like to give my heartfelt thanks to the speakers and supporting organisations. And thank you very much for your participations.

Have a nice evening and a nice weekend.

Thank you.

Prof. Lawrence LAM

Chairman of the Scientific Committee