



賽馬會齡活城市
Jockey Club Age-friendly City

Jockey Club

Age-friendly City Project

Annual Report of Yuen Long District (2020)

District-based Programmes Evaluation Report

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1 EXECUTIVE SUMMARY

To improve the age-friendliness of Yuen Long district, the Hong Kong Jockey Club Charities Trust had funded Lingnan University and four non-governmental organisations (NGOs) to implement five district-based programmes (DBPs). The third batch of district-based programmes operated from November 2019 to March 2021. This report presents the evaluation work of the mentioned programmes in the Yuen Long district. The objective of the annual report was to consolidate the findings of the evaluation, programme impact, and lesson learnt during the programme implementation for future actions. The report also summarized the efforts and engagement with Yuen Long District Council in 2020.

The evaluation adopted both quantitative and qualitative methods. A total of 77 questionnaire surveys were collected and four focus group interviews were conducted in the following four NGOs, namely Yan Oi Tong Tin Ka Ping Neighbourhood Elderly Centre, The Neighbourhood Advice-Action Council Tin Shui Neighbourhood Elderly Centre, Yan Chai Hospital Wan Shing Memorial Social Care Centre for the Elderly, and Pok Oi Hospital Mrs Wong Tung Yuen District Elderly Community Centre. Due to the COVID-19 pandemic, activities and data collection of the remaining district-based programme led by the Asia-Pacific Institute of Ageing Studies of Lingnan University as professional support team was postponed. Therefore, the evaluation of the PST-led programme will be presented in the annual report of 2021.

The questionnaire survey results showed that participants were satisfied with the overall programmes and generally perceived the programmes brought positive changes to the individuals and the community. Comparing the scores in the eight domains within the WHO AFC framework, ‘community support and health services’ scored the highest while ‘housing’ scored the lowest. Nearly all of them agreed that the programmes could improve their understanding of the JCAFC Project and the AFC concept.

Participants from focus groups appreciated the programme design, supportive staff, and the opportunities that the programmes provided for them to engage in the community and society continually. They recognized the positive changes brought by the programmes, such as the improved knowledge of an age-friendly city, strengthened social connectedness and so on. The negative influence of COVID-19 on the programme implementation was also reflected. Moreover, valuable suggestions are provided to further enhance the age-friendliness in Yuen Long District. For instance, participants suggest the Trust continue support the AFC initiatives and so the service activities can be operated in regular basis. Meanwhile service operators are suggested to start engage the elderly residents in the decision-making process of programme design.

2 BACKGROUND

In response to the challenges and opportunities of an ageing population, the Hong Kong Jockey Club Charities Trust (“The Trust”) initiated the Jockey Club Age-friendly City (JCAFC) Project in partnership with four local gerontology research institutes: Asia-Pacific Institute of Ageing Studies (APIAS) of Lingnan University and three other tertiary institutions as professional support teams (PSTs) to build an age-friendly city (AFC) in Hong Kong, which can cater to the needs of all ages. The objectives of the JCAFC Project are i) to assess the age-friendliness of each district and build momentum in developing an age-friendly community, ii) to recommend a framework for districts to undertake continual improvement of the well-being of senior citizens, and iii) to arouse public awareness and encourage community participation in building an age-friendly city.

To build up the momentum for creating an AFC at the community level, the Trust provided funding to each district to support non-government organizations (NGOs) and community organizations to implement different district-based programmes (DBPs) based on baseline assessment findings. APIAS have evaluated the First and Second Batch programmes implemented in Yuen Long District in 2018 and 2019. This annual report presents the findings and summaries of Third Batch DBPs implemented in Yuen Long District in 2020.

3 EVALUATION OF THE DISTRICT-BASED PROGRAMMES

3.1 PROGRAMME SUMMARY

Table 1 demonstrates an overview of the DBPs in the Third Batch. Five DBPs were funded by the JCAFC Project in 2020. Four of them were organized by NGOs, including Yan Oi Tong Tin Ka Ping Neighbourhood Elderly Centre (YOT- NEC), The Neighbourhood Advice-Action Council Tin Shui Neighbourhood Elderly Centre (NAAC - NEC), Yan Chai Hospital Wan Shing Memorial Social Care Centre for the Elderly (YCH – S/E), and Pok Oi Hospital Mrs Wong Tung Yuen District Elderly Community Centre (POH - DECC). The other programme was organized by the professional support team (PST) of the Asia-Pacific Institute of Ageing Studies (APIAS) of Lingnan University.

Table 1. Overview of district-based programmes funded by the JCAFC Project

Programme	Organizer	Co-organizer	Target AFC domains
Jockey Club Age-friendly City Project – Age-friendly in Yuen Long 賽馬會齡活城市計劃 - 友善社區在元朗	Yan Oi Tong Tin Ka Ping Neighbourhood Elderly Centre (YOT - NEC) 仁愛堂田家炳長者鄰舍中心	Long Ching Estate Management Office 朗晴邨屋邨辦事處	<ul style="list-style-type: none"> ● Communication and information ● Respect and social inclusion ● Community support and health services ● Social participation
Jockey Club Age-friendly City Project – The Growth of Public Transit, The Progress towards Aged friendly 賽馬會齡活城市計劃 – 交通發展千里行 長者友善倍安心	The Neighbourhood Advice-Action Council Tin Shui Neighbourhood Elderly Centre (NAAC - NEC) 鄰舍輔導會天瑞鄰里康齡中心	N.A. 不適用	<ul style="list-style-type: none"> ● Outdoor spaces and buildings ● Communication and information ● Transportation ● Respect and social inclusion ● Social participation
Jockey Club Age-friendly City Project – Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II 賽馬會齡活城市計劃 - 仁濟銀齡健康新紀元 II	YCH Wan Shing Memorial Social Care Centre for the Elderly (YCH – S/E) 仁濟醫院尹成紀念老人中心	N.A. 不適用	<ul style="list-style-type: none"> ● Transportation ● Community support and health services ● Social participation
Jockey Club Age-friendly City Project – Road of Social Participation 賽馬會齡活城市計劃 – 齡活之旅	Pok Oi Hospital Mrs Wong Tung Yuen District Elderly Community Centre (POH - DECC) 博愛醫院王東源夫人長者地區中心	東華三院賽馬會天水圍綜合服務中心 Tung Wah Group of Hospitals Jockey Club Tin Shui Wai Integrated Service Centre 香港家庭計劃指導會元朗婦女會 The Family Planning Association of Hong Kong Yuen Long Women's Club 元朗天主教中學	<ul style="list-style-type: none"> ● Social participation

		Yuen Long Catholic Secondary School	
		光明英來學校 Kwong Ming Ying Loi School	
		仁愛堂田家炳長者鄰舍 中心 Yan Oi Tong Tin Ka Ping Neighborhood Elderly Center	
Jockey Club Age-friendly City Project – Building and Enhancing Supportive Trend: Rural United Nations (BEST RUN) 賽馬會齡活城市計劃 – 鄉郊樂屯元 2	Asia-Pacific Institute of Ageing Studies (APIAS), Lingnan University (APIAS) 嶺南大學亞太老年學研 究中心	Yan Oi Tong Tuen San Tsing Rural Community Service Centre 仁愛堂屯新青鄉郊社區 服務中心 The Salvation Army Ngau Tam Mei Community Development Project 救世軍牛潭尾社區發展 計劃	<ul style="list-style-type: none"> ● Outdoor spaces and buildings ● Transportation ● Communication and information ● Respect and social inclusion ● Social participation

3.2 RESOURCE ALLOCATION AND INPUT

Table 2 presents the resource allocation and input of each DBP in Yuen Long. The JCAFC Project sponsored a total amount of HK\$488,997.88 and allocated funds to the four NGOs. Moreover, the PST of Lingnan University was awarded an annual amount of HK\$500,000¹ to launch the Second and Third Batches of PST-led DBP in Yuen Long and Tuen Mun. The PST combined resources in the two districts to utilize the funding for rural communities.

Table 2. Resource allocation and input of district-based programmes

Programme (Organizer)	Approved funds	Resource input	Elderly involvement	Community stakeholder involvement
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¹ The total approved budget for Second and Third Batches of the PST-led programs for Tuen Mun and Yuen Long is \$500,000 (\$250,000 per district).

JCAFC Project – Age-friendly in Yuen Long (YOT - NEC)	HK\$110,080	Centre staff, programme worker, brochures, health check-related materials, workshop instructor, volunteers, allowance, souvenirs, community network, venue and facilities	Volunteer support and participants	NA
JCAFC Project –The Growth of Public Transit, The Progress towards Aged friendly (NAAC - NEC)	HK\$85,000	Centre staff, workshop instructor, volunteers, souvenirs, venue, facilities and booklets	Participants	NA
JCAFC Project – Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II (YCH – S/E)	HK\$223,517.88	Centre staff, temporary programme worker, workshop instructors, souvenir/presents, toolkits, venue and facilities	Volunteer support and participants	NA
JCAFC Project – Road of Social Participation (POH - DECC)	HK\$70,400	Centre staff, brochures, workshop instructor, souvenir/presents, venue and facilities	Volunteer support and participants	NA
JCAFC Project – Building and Enhancing Supportive Trend: Rural United Nations (BEST RUN; APIAS)	HK\$500,000	Centre staff, workshop instructors, volunteers, venue and facilities	Volunteer support and participants	Service partners, participants, and venue support

3.3 ACTIVITIES

Table 3 presents the objectives and content of Third Batch DBPs in Yuen Long. ‘Outdoor spaces and buildings’, ‘transportations’, ‘communication and information’, ‘respect and social inclusion’, ‘social participation’ and ‘community support and health services’ were targeted domains by the Third Batch programmes in Yuen Long².

²As the COVID-19 epidemic situation in Hong Kong remains serious throughout 2020, the Government adopted the social distancing measures under the Prevention and Control of Disease Ordinance. The activities of the Third Batch DBPs were changed from the originally approved proposals. Below are the most updated activities provided by the NGO partners.

Table 3. Objectives and content of district-based programmes

Programme (Organizer)	Objectives	Programme content	Duration	Target participants
JCAFC Project – Age-friendly in Yuen Long (YOT - NEC)	<ul style="list-style-type: none"> ● To improve intergenerational communication and understanding and thus enhance the positive image of elderly ● To provide health and community services and bring positive change to the daily life of the elderly ● To improve community support for the elderly ● To strengthen participants' social network ● To enhance communication and connection between residents and the community 	<ul style="list-style-type: none"> ● Health delivery – home visit conducted by elderly ambassadors (video sharing during COVID-19) ● Community survey ● Love delivery – elderly home visit conducted by volunteers ● Adventure group ● Community hunt group ● Community resource sharing (video sharing) ● Brochures of community service and resources 	November 2019 to March 2021	Elderly, youth and district residents
JCAFC Project - The Growth of Public Transit, The Progress towards Aged friendly (NAAC - NEC)	<ul style="list-style-type: none"> ● To improve the elderly's understanding of transportation development and social development ● To promote respect and social inclusion by encouraging intergenerational interaction and mutual understanding ● To strengthen information and communication by 	<ul style="list-style-type: none"> ● Community tour to visit the updated transportation and infrastructure (online) ● Closing ceremony (online) ● Booklets of Gerontechnology and programme pictures 	November 2019 to March 2021	Elderly and district residents

		<p>improving elderly skills to use new technology and increasing elderly understanding of updated transportation development</p> <ul style="list-style-type: none"> ● To enhance communication by inviting Batch 2 participants to share their experience with and facilitate Batch 3 participants on mobile phone usage 			
JCAFC Project – Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II (YCH – S/E)	<ul style="list-style-type: none"> ● To raise public awareness of age- friendly transportation and social participation ● To strengthen the motivation of the elderly to participate in social activities ● To promote the concept of age-friendliness in the community 	<ul style="list-style-type: none"> ● TheraBand ambassador training ● TheraBand workshop ● Centre visit ● Video shooting of daily TheraBand exercises 	January to December 2020	Elderly, district residents and service recipients of other service units in the community	
JCAFC Project – Road of Social Participation (POH - DECC)	<ul style="list-style-type: none"> ● To recruit and train a group of community women and elderly as volunteers to improve their understanding of the AFC concept and enhance their social participation ● To promote age- friendliness in the community and improve the positive self-image of 	<ul style="list-style-type: none"> ● Ambassador training ● Activities for frail elderly and caregivers (flower art and brain fitness game) ● Community tour and introduction (booklet) ● Nostalgic games and relevant competition ● Closing ceremony (video shooting and sharing) ● Programme commemorative publication 	November 2019 to March 2021	Elderly, caregivers, females and district residents	

	the elderly via various activities				
JCAFC Project – Building and Enhancing Supportive Trend: Rural United Nations (BEST RUN; APIAS)	<ul style="list-style-type: none">● To develop and continue neighbourhood support networks in rural areas● To enhance the momentum in building AFCs in the community as well as in rural areas in Tuen Mun and Yuen Long● To enhance social participation as well as respect and social inclusion by conducting intergenerational activities● To generate innovative and creative ideas to address the challenges of following AFC domains in rural areas, namely transportation, outdoor spaces and buildings, information, and communication in the intergenerational STEM scheme● To consolidate good practices with the service operators for the elderly living in rural areas and contribute to the development of future services	<ul style="list-style-type: none">● Ambassador training for existing and newly recruited rural befrienders● Training for youth ambassadors and volunteers● Human library● Outreach services● Intergenerational STEM scheme● Closing ceremony	January 2019 to July 2021 (including Batches 2 and 3)	District residents, elderly, existing ambassadors and students	

3.4 OUTPUT

Table 4 presents the output of Third Batch DBPs in Yuen Long. The five programmes of the Third Batch reached at least 3,312 direct beneficiaries and 9,733 indirect beneficiaries. Around 8,189 pieces of promotional material were distributed to the district residents and community stakeholders.

Table 4. Output of district-based programmes

Programme (Organizer)	No. of direct beneficiaries	No. of indirect beneficiaries	No. of promotional and printed material	No. of elderly individuals involved	No. of community stakeholders and service partners involved
JCAFC Project – Age-friendly in Yuen Long (YOT - NEC)	334	9,483	Booklets: 4,000	Volunteer support; activity facilitators	4
JCAFC Project - The Growth of Public Transit, The Progress towards Aged friendly (NAAC - NEC)	963	140	1,987	NA	NA
JCAFC Project – Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II (YCH – S/E)	620	3	DVDs: 1000	Mentor: 21	NA
JCAFC Project – Road of Social Participation (POH - DECC)	1,395	107	Banner: 2 Booklets: 1200		5
JCAFC Project – Building and Enhancing Supportive Trend: Rural	Due to the outbreak of COVID-19, the programme activities were postponed to July 2021. The data collection will be completed in August 2021. The evaluation findings of the PST-led programme will be reported in the annual report of 2021.				

3.5 OUTCOME EVALUATION

3.5.1 Study Design

The research team adopted a mixed-method evaluation to integrate the quantitative and qualitative studies. For the quantitative study, questionnaire surveys were conducted to collect the participants' feedback once the programmes were completed. For the qualitative study, focus group discussions were held to understand the participants' in-depth opinions about the impact and effectiveness of the programmes. All the data of the Second Batch programme were collected from January to October 2020. Data collection of the third batch programmes was conducted between May and August 2021.

3.5.2 Quantitative Study

(i) *Sampling*

The participants who took part in each district-based programme, aged 18 years and above, were invited to voluntarily complete a questionnaire survey at the end of the programme. Most of the participants lived in Yuen Long District.

(ii) *Data Collection and Measures*

The questionnaire surveys were conducted either through self-administration or face-to-face interviews with the assistance of agency staff members. Except for the sociodemographic information, all the questions were rated on a six-point Likert-type scale ranging from 1 (strongly disagree) to 6 (strongly agree).

a. *Perceived Age-Friendliness*

This measurement was designed based on an AFC framework with eight domains, namely outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services.

b. *Programme Impact*

The participants were asked to rate their perceived changes after joining the programmes and the programmes' impact. Questionnaires were designed according to the programme objectives and targeting element.

c. *Understanding of the JCAFC Project*

Two questions regarding the participants' understanding of the JCAFC Project and concept of AFC were measured on a six-point scale, with 1 representing "strongly disagree" and 6 representing "strongly agree."

d. Overall Satisfaction with DBPs

A question was set to evaluate the participants' overall satisfaction with the DBPs by a six-point Likert-type scale ranging from 1 (strongly disagree) to 6 (strongly agree).

e. Sociodemographic Information

Sociodemographic information was collected, such as gender, age, marital status, educational level, employment status, financial status, type of housing, living arrangement, perceived health status, disease, and service usage.

(iii) Data Analysis

Descriptive analyses were performed to identify patterns in the participants' sociodemographic information, perceived age-friendliness, perceived changes upon completion of the programmes, understanding of the JCAFC Project, and overall satisfaction with the DBPs. Further analyses were performed to explore how different sociodemographic factors (e.g. gender, age, educational background, and so on) might affect the participants' perceived age-friendliness, perception of changes, and understanding of the JCAFC Project using independent t-tests and one-way ANOVA.

3.5.3 Qualitative Study

(i) Sampling

The participants who took part in the programme activities were invited to join the focus group discussions voluntarily.

(ii) Data Collection

In the group discussions, the participants shared their opinions on the perceived age-friendliness of the community and the effectiveness of and their satisfaction with the programme. Focus group discussions were conducted at the community service centres and lasted approximately 60 minutes. Tape-recorded and full transcripts were prepared for data analysis.

(iii) Data Analysis

Thematic analysis was performed to analyse the data and identify common themes among the participants regarding their experiences in participating in the programmes and the perceived age-friendliness of the community.

3.6 JOCKEY CLUB AGE-FRIENDLY CITY PROJECT - AGE-FRIENDLY IN YUEN LONG (YOT - NEC)

3.6.1 Programme Activity Summary

The JCAFC Project – Age-friendly in Yuen Long programme organized by Yan Oi Tong Tin Ka Ping Neighbourhood Elderly Centre targeted four domains, namely ‘communication and information’, ‘respect and social inclusion’, ‘community support and health services’, and ‘social participation’. A questionnaire survey and a focus group discussion were conducted to evaluate the programme (Table 5).

Table 5. Summary of Jockey Club Age-friendly City Project – Age-friendly in Yuen Long

Programme (Organizer)	Target AFC domains	Activities	Duration/ Programme date	Sample size	Type of evaluation
JCAFC Project – Age-friendly in Yuen Long (YOT - NEC)	<ul style="list-style-type: none"> ● Communication and information ● Respect and social inclusion ● Community support and health services ● Social participation 	<ul style="list-style-type: none"> ● Health delivery – home visit conducted by ambassadors (10 offline visits, delivering 10 videos) ● A community survey conducted by ambassadors ● Love delivery – elderly home visit conducted by volunteers (2 times) ● Adventure group (4 sessions) ● Community hunt group (2 sessions) 	November 2019 to March 2021	<p>Questionnaire survey: six participants*;</p> <p>Focus group: six participants</p>	Questionnaire survey and focus group

		<ul style="list-style-type: none"> ● Community resource sharing (video shooting and delivery) ● Brochures of community services and resources 			
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* Due to the pandemic, the centre didn't allow LU team to conduct questionnaires with the participants, and the center helped administer the survey. LU team requested 20 sets of questionnaires, but the centre could only complete and return six samples despite multiple requests from LU team.

3.6.2 Results of Questionnaire Survey

(i) Participant Characteristics

As seen in Table 6, six valid questionnaires were collected upon the completion of the programme. Five of them joined five or more activities organized by YOT-NEC. All of them lived in Yuen Long District and were unemployed. They were having two more types of diseases and received community services in the past three months. Most of them were female (83.3%), were aged between 65 to 79 (83.3%), were widowed (66.7%), completed primary education (66.7%), received HK\$4,999 or below per month, perceived their financial status as sufficient (80.0%), were living in public houses (66.7%), perceived their health status as fair (83.3%). Half of them lived in were living in children or children-in-law. Around one-third of them (33.3%) relied on Comprehensive Social Security Allowance and Old Age Allowance as sources of income.

Table 6 YOT - NEC Age-friendly in Yuen Long – Sociodemographic information of participants ($N = 6$)

	<i>N</i>	%
Programme participation*		
1. Health delivery – home visit conducted by ambassadors	3	50
2. Community survey conducted by ambassadors	5	83.3
3. Love delivery: elderly home visit conducted by volunteers	2	33.3
4. Adventure group	6	100
5. Community hunt group	6	100
6. Community resource sharing	5	83.3
7. Brochures of community services and resources	5	83.3
Living district^		
Yuen Long	5	100

Others	0	0
Gender		
Male	1	16.7
Female	5	83.3
Age group		
49 or below	0	0
50 to 64	0	0
65 to 79	5	83.3
80 or above	1	16.7
Marital status		
Never married	0	0
Married	2	33.3
Widowed	4	66.7
Separated	0	0
Divorced	0	0
Education		
Nil/Elementary	0	0
Primary school	4	66.7
Secondary school (junior and senior)	2	33.3
Diploma/Certificate	0	0
University or undergraduate degree	0	0
Master's degree or higher	0	0
Employment status		
Employed	0	0
Unemployed	6	100
Source of income*		
Comprehensive Social Security Assistance	2	33.3
Disability Allowance	0	0
High Disability Allowance	0	0
Old Age Allowance	2	33.3
Old Age Living Allowance	1	16.7
Insurance	0	0
Pension	0	0
Family and relatives' support	1	16.7
Salary	1	16.7
Savings	0	0
Others	0	0
Monthly personal income		

HK\$4,999 or below	5	83.3
HK\$5,000–HK\$9,999	0	0
HK\$10,000–HK\$19,999	0	0
HK\$20,000 or above	1	16.7
Financial adequacy^		
Very insufficient	0	0
Insufficient	1	20
Sufficient	4	80
More than sufficient	0	0
Type of housing		
Public house	4	66.7
Private (entire flat)	1	16.7
Private (sub-divided unit)	0	0
Private (cubicle apartment)	0	0
Private (bad space apartment)	0	0
Others	1	16.7
Living arrangement*		
Living alone	1	16.7
With grandchildren	0	0
With parents	0	0
With domestic helper	0	0
With children or children-in-law	3	50
With spouse	2	33.3
With siblings	0	0
With grandparents	0	0
Others	0	0
Health Status		
Poor	0	0
Fair	5	83.3
Good	1	16.7
Very good	0	0
Excellent	0	0
Disease(s)		
Having one type of disease or none	0	0
Having two types of diseases or more	6	100
Community service usage in the past three months		
Yes	6	100
No	0	0

*Multiple choices allowed.

^Certain data were missing during the data collection.

(ii) *Perceived Age-friendliness*

Table 7 presents the participants' perceived age-friendliness in eight domains in the WHO AFC framework. Most of the participants agreed that the YOT-NEC project could enhance the age-friendliness in the community. 'Transportation' got the highest mean (M) score ($M = 5.3$, Standard Deviation [SD] = 0.5), followed by 'housing' ($M = 5.2$, SD = 0.8), 'communication and information' ($M = 5.2$, SD = 0.4) and 'community support and health services' ($M = 5.2$, SD = 0.8). 'Communication and information' and 'community support and health services' were two of the targeted domains by YOT-NEC. All the participants agreed that the programme could improve the other targeted domains as well, namely 'respect and social inclusion' ($M = 4.7$, SD = 0.8) and 'social participation' ($M = 4.7$, SD = 0.8)

Table 7 YOT - NEC Age-friendly in Yuen Long – Perceived age-friendliness ($N = 6$)

	M (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Outdoor spaces and buildings	4.8 (0.8)	0	33.3	66.7
Transportation	5.3 (0.5)	0	0	100
Housing	5.2 (0.8)	0	16.7	83.3
Social participation	4.7 (0.8)	0	50	50
Respect and social inclusion	4.7 (0.8)	0	50	50
Communication and information	5.2 (0.4)	0	0	100
Civic participation and employment	4.7 (1.2)	16.7	33.3	50
Community support and health services	5.2 (0.8)	0	16.7	83.3

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(iii) *Programme Impact*

Most participants agreed that the programme brought positive impacts to participants and the community (Table 8). Among all the changes, "I become more active to join the community activities" received the highest mean score ($M = 5.5$, SD = 0.5). Meanwhile, "The programme improves the **Social participation**." ($M = 4.8$, SD = 0.8), "I become more familiar with the community services." ($M = 4.8$,

SD = 1.2) and “The programme reduces the misunderstanding among different generations and improves the positive image of the elderly.” ($M = 4.8$, $SD = 1.2$) had the lowest mean scores.

Table 8 YOT - NEC Age-friendly in Yuen Long – Programme impact ($N = 6$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
I become more active to join the community activities.	5.5 (0.5)	0	0	100
I care more about the development of age-friendliness in the community.	5.0 (0.6)	0	16.7	83.3
The programme improves <u>Social participation.</u>	4.8 (0.8)	0	33.3	66.7
The programme strengthens <u>Communication and information</u> [^]	5.0 (0.7)	0	20	80
The programme enhances <u>Respect and social inclusion</u> in the community.	5.0 (0.6)	0	16.7	83.3
The programme improves the <u>Community support and health services</u> in the community.	5.2 (0.8)	0	16.7	83.3
I have become more familiar with the community services.	4.8 (1.2)	16.7	16.7	66.7
The programme reduces the misunderstanding among different generations and improves the positive image of the elderly.	4.8 (1.2)	16.7	16.7	66.7
The programme strengthens the mutual support and caring atmosphere in the community.	5.0 (0.6)	0	16.7	83.3

The programme enhances the elderly's social network support.	5.2 (0.8)	0	16.7	83.3
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*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

^Certain data were missing during the data collection.

(iv) *Understanding of the JCAFC Project*

All the participants agreed that Age-friendly in Yuen Long programme enhanced their understanding towards Jockey Club Age-friendly City Project ($M = 5.0$, $SD = 0.9$) as well as the Age-friendly City concept ($M = 5.0$, $SD = 0.9$).

Table 9 YOT - NEC Age-friendly in Yuen Long – Understanding of the Jockey Club Age-friendly City Project and AFC concept ($N = 6$)

	M (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Understanding towards Jockey Club Age-friendly City Project	5.0 (0.9)	0	33.3	66.7
Understanding toward Age-friendly City concept	5.0 (0.9)	0	33.3	66.7

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(v) *Overall Satisfaction with the District-Based Programme*

All the participants agreed or strongly agreed that they were satisfied with the overall programme ($M = 5.3$, $SD = 0.8$).

Table 10 YOT - NEC Age-friendly in Yuen Long – Overall satisfaction towards the programme ($N = 6$)

	Mean (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Overall satisfaction towards the programme.	5.3 (0.8)	0	16.7	83.3

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

3.6.3 Results of Focus Group

(i) Participant Characteristics

As seen in Table 11, six participants were invited to join the focus group discussion. Most of them (83.3%) were female. Five of them aged from 65 to 79 years old and completed primary education. All of them were unemployed, while half of them were living with either their spouse or their children or children in law. They all learnt the programme through NGOs, and they all expressed that they were willing to join other JCAFC projects in the future.

Table 11 YOT - NEC Age-friendly in Yuen Long - Sociodemographic information of participants – Focus Group (N = 6)

	N	%
Gender		
Male	1	16.7
Female	5	83.3
Age group		
49 or below	0	0
50 to 64	0	0
65 to 79	5	83.3
80 or above	1	16.7
Education		
Nil / elementary	0	0
Primary	5	83.3
Secondary (Junior)	0	0
Secondary (Senior)	1	16.7
Diploma/Certificate or above	0	0
Employment status		
Working (including part-time and full time)	0	0
Unemployed	6	100
Living arrangement*		
Living alone	1	16.7
With spouse	3	50.0
With children or children in law	3	50.0
With siblings	0	0
Others	0	0
How to know about the programme?		
Through NGO	6	100
Other ways	0	0

Are you willing to join other activities of the Jockey Club Age-friendly City Project in the future?		
Yes	6	100

*Multiple choice allowed.

(ii) *Improvement of AFC Domain(s)*

Participants appreciated that the ‘Age-friendly in Yuen Long project’ brought positive changes to the district. They reflected that the programme improved the following domains: (a) transportation, (b) respect and social inclusion, (c) communication and information, (d) social participation, (e) civic participation and employment, (f) community support and health services.

- a. Transportation: the participants were invited to design a tour guidebook that hopes to provide other participants with an introduction about Yuen Long’s feature attractions and the transportation network in Yuen Long District. The participants reflected that they became much more familiar with their community and are confident to travel to the feature attractions with their elderly friends. It was also easier for them to travel around the district under the guidance of the booklet.
- b. Respect and social inclusion: participants reverted that the programme booklet could present a complete community map of Yuen Long district and is helpful for residents from outside Yuen Long to get to know about their district. The respectful and harmonious atmosphere would then be enhanced with an improved understanding of Yuen Long.
- c. Communication and information: participants could share helpful information with other elderly residents in the community by conducting home visitations. Besides, through making the programme booklet, participants were empowered to learn more about their community, such as tourist attractions, restaurants, and recreational facilities. They thought this booklet could improve residents’ understanding of Yuen Long and assist in the promotion of Yuen Long District to people living in other districts. By joining the smartphone training held by YOT-NEC, participants could share helpful information via instant messaging and keep in contact with the community.
- d. Social participation: participants agreed that YOT-NEC designed and conducted relevant and interesting activities. The activities are interactive and thus helps to improve their social participation.
- e. Civic participation and employment: participants appreciated that the programme provided them opportunities to serve the community as volunteers. They were delighted to provide different kinds of support to care for other elderly in the community. Besides, participants considered the booklets they made could promote the economic development of Yuen Long District as more people will come to visit Yuen Long.
- f. Community support and health services: participants worked as volunteers to visit the frail elderly and care about their health status. They would monitor the elderly’s situation and report

to social workers whenever necessary. Therefore, participants believed that regular home visits to the needy elderly could strengthen community support and health services.

(iii) *Perceived Changes and Programme Impact*

- a. Improved sensibility of age-friendly: the programme equipped participants with information and knowledge on age-friendliness. Moreover, participants mentioned that they became more sensitive to the age-friendliness in the community than ever before. For example, they paid more attention to the public space whether the barrier-free facilities, lifts, and transportation were age-friendly enough.
- b. Strengthened communication skills: participants appreciated the YOT-NEC provided training and briefing prior to home visitations. The sessions greatly enhanced their communication skills when talking with the elderly, especially those vulnerable ones.
- c. Positive impact on psychological well-being: participants felt it was very meaningful and satisfied to participate in the voluntary work to take care of other elderly.

(iv) *Good Practice During Programme Implementation*

- a. Appropriate programme design: participants spoke highly of the programme design as the programme booklet could improve residents' understanding of Yuen Long District and promote Yuen Long District to other districts and attract visitors. Furthermore, they felt it was very necessary and meaningful to conduct home visits to take care of the frail elderly. Service recipients also provided positive feedbacks on home visit services.
- b. Supportive NGO staff: participants appreciated the supportive working attitude of NGO staff. Social workers not only designed various activities to meet the elderly's needs; but also provided valuable training to the volunteers, which made them more confident to conduct voluntary services. Besides, social workers provided quick responses when they received reports from the volunteers. Social workers would conduct follow-up visits to the needy elderly and provide prompt support to them if necessary.
- c. Effective service model: As the number of social workers were limited, participants believed it was adequate to connect the elderly in the community to services units with the help of elderly volunteers. The volunteers were able to visit the elderly as well as shared useful information with them frequently. Once they screened the elderly need professional support, they could contact social workers at once for further help.

(v) *Challenge and Suggestion*

Due to the outbreak of COVID-19, lots of programme activities were severely influenced. Volunteers could only conduct limited home visits. To keep a safe social distance, they just talk with the elderly at the front door for a short time. As a result, participants shared that community support and health

services for the frail elderly were obviously influenced negatively. Meanwhile, participants mentioned their physical and mental status were also influenced as they could not go outside to join activities.

Although some activities, such as visits to the elderly centre could not be held under the COVID-19 pandemic. Participants believed it was very necessary and important that staff and volunteers of YOT-NEC still delivered valuable supplies to the elderly home so to express the love and concern from the community.

3.7 JOCKEY CLUB AGE-FRIENDLY CITY PROJECT – THE GROWTH OF THE PUBLIC TRANSIT, THE PROGRESS TOWARDS AGED FRIENDLY (NAAC - NEC)

3.7.1 Programme Activity Summary

‘Jockey Club Age-friendly City Project – The Growth of Public Transit, The Progress towards Aged Friendly’ held by the Neighbourhood Advice-Action Council Tin Shui Neighbourhood Elderly Centre (NAAC-NEC) targeted five domains, namely ‘outdoor spaces and buildings’, ‘communication and information’, ‘transportation’, ‘respect and social inclusion’ and ‘social participation’. A questionnaire survey and focus group interview has been conducted to evaluate the programme (Table 12).

Table 12 Summary of Jockey Club Age-friendly City Project – The Growth of Public Transit, The Progress towards Aged Friendly

Programme (Organizer)	Target AFC domains	Activity	Duration/ Program me date	Sample size	Evaluation type
JCAFC Project - The Growth of Public Transit, The Progress towards Aged Friendly (NAAC - NEC)	● Outdoor spaces and buildings	● Community tour to visit updated transportation and infrastructure (online public talk)	November 2019 to March 2021	Questionnaire survey: 37 participants; Focus group: seven participants	Questionnai re survey and focus group
	● Communication and information	● Closing ceremony (online)			
	● Transportation ● Respect and social inclusion ● Social participation	● Booklets of technology usage and programme pictures			

3.7.2 Results of Questionnaire Survey

(i) Participant Characteristic

As shown in Table 13, 37 valid questionnaires were collected upon the completion of the programme. The majority of the participants joined online training (89.2%) and DIY tour (100%). Nearly half of the participants joined online presentation and sharing (48.6%). 40.5% involved in the programme

booklet making. Most of the participants were living in Yuen Long (94.6%), were female (83.8%), were aged between 65 and 79 (64.9%), completed primary education (73.0%), were unemployed (97.3%) and monthly received HK\$4,999 or below (91.9%). Around half of them were married (51.4%), living with their spouses (51.4%) and living in public houses (51.4%). Old Age allowance (43.2%) was their major income, while most (78.4%) commented their financial status as sufficient. Most of the participants perceived their health status as fair (73.0%) and had more than two types of diseases (67.6%). All of them received community social services during the past three months.

Table 13 NAAC - NEC The Growth of Public Transit, The Progress towards Aged Friendly – Sociodemographic information of participants ($N = 37$)

	<i>N</i>	%
Programme participation*		
1. Online training via Youtube (Live)	33	89.2
a. Learn about South Island Line	30	81.1
b. Learn about Tuen Ma Line Phase 1	32	86.5
c. Learn about West Island Line	32	86.5
2. DIY tour by person or group (take pictures of age-friendly facilities)	37	100
a. Visit South Island Line	27	73.0
b. Visit Tuen Ma Line Phase 1	35	94.6
c. Visit West Island Line	28	75.7
3. Online presentation and sharing	18	48.6
4. Programme booklet	15	40.5
Living district		
Yuen Long	35	94.6
Others	2	5.4
Gender		
Male	6	16.2
Female	31	83.8
Age group		
49 or below	0	0
50 to 64	6	16.2
65 to 79	24	64.9
80 or above	7	18.9
Marital status		
Never married	3	8.1
Married	19	51.4
Widowed	12	32.4

Separated	0	0
Divorced	3	8.1
Education		
Nil/Elementary	3	8.1
Primary school	27	73.0
Secondary school (junior and senior)	7	18.9
Diploma/Certificate	0	0
University or undergraduate degree	0	0
Master's degree or higher	0	0
Employment status		
Employed	1	2.7
Unemployed	36	97.3
Source of income*		
Comprehensive Social Security Assistance	1	2.7
Disability Allowance	0	0
High Disability Allowance	1	2.7
Old Age Allowance	16	43.2
Old Age Living Allowance	7	18.9
Insurance	0	0
Pension	5	13.5
Family and relatives' support	11	29.7
Salary	0	0
Savings	5	13.5
Others	1	2.7
Monthly personal income		
HK\$4,999 or below	34	91.9
HK\$5,000–HK\$9,999	3	8.1
HK\$10,000–HK\$19,999	0	0
HK\$20,000 or above	0	0
Financial adequacy		
Very insufficient	1	2.7
Insufficient	7	18.9
Sufficient	29	78.4
More than sufficient	0	0
Type of housing		
Public house	19	51.4
Private (entire flat)	17	45.9
Private (sub-divided unit)	0	0

Private (cubicle apartment)	0	0
Private (bad space apartment)	0	0
Others	1	2.7
Living arrangement*		
Living alone	10	27.0
With grandchildren	1	2.7
With parents	0	0
With domestic helper	0	0
With children or children-in-law	12	32.4
With spouse	19	51.4
With siblings	0	0
With grandparents	0	0
Others	0	0
Health Status		
Poor	7	18.9
Fair	27	73.0
Good	3	8.1
Very good	0	0
Excellent	0	0
Disease(s)		
Having one type of disease or none	12	32.4
Having two types of diseases or more	25	67.6
Community service usage in the past three months		
Yes	37	100
No	0	0

*Multiple choices allowed.

^ There was missing data during the data collection..

(ii) Perceived Age-friendliness

Table 14 shows the perceived age-friendliness across the eight domains in the WHO Age-friendly City Framework. Nearly all the participants agreed that the NAAC-NEC programme could strengthen the eight AFC domains in the community. Among these domains, the highest mean score was observed in ‘community support and health services’ ($M = 5.5$, $SD = 0.6$) and ‘transportation’ ($M = 5.5$, $SD = 0.7$), followed by ‘outdoor spaces and buildings’ ($M = 5.4$, $SD = 0.7$), ‘communication and information’ ($M = 5.4$, $SD = 0.6$), ‘respect and social inclusion’ ($M = 5.4$, $SD = 0.6$), and ‘social participation’ ($M = 5.3$, $SD = 0.7$). Among the mentioned six domains, five of them were targeted by NAAC-NEC.

Table 14 NAAC - NEC The Growth of Public Transit, The Progress towards Aged Friendly – Perceived age-friendliness ($N = 37$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Outdoor spaces and buildings	5.4 (0.7)	0	13.5	86.5
Transportation	5.5 (0.7)	0	13.5	86.5
Housing	5.2 (0.8)	2.7	13.5	83.8
Social participation	5.3 (0.7)	0	10.8	89.2
Respect and social inclusion	5.4 (0.6)	0	5.4	94.6
Communication and information	5.4 (0.6)	0	8.1	91.9
Civic participation and employment	5.2 (0.7)	0	16.2	83.8
Community support and health services	5.5 (0.6)	0	5.4	94.6

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(iii) *Programme Impact*

Table 15 presents the programme impact of ‘The Growth of Public Transit, The Progress towards Aged Friendly’. All the participants agreed that the programme brought positive changes to either themselves or the community. Among all the positive changes, “I get to understand more on about importance of **Transportation** to the age-friendliness in the community” received the highest mean score ($M = 5.6$, $SD = 0.6$). “I care more about the development of age-friendliness in the community” ($M = 5.3$, $SD = 0.7$) and “I become better at searching information via cell phone” ($M = 5.3$, $SD = 0.7$) had the lowest mean scores.

Table 15 NAAC - NEC The Growth of Public Transit, The Progress towards Aged Friendly – Programme impact ($N = 37$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
I become more active to join the community activities.	5.4 (0.7)	0	13.5	86.5

I care more about the development of age-friendliness in the community.	5.3 (0.7)	0	13.5	86.5
The programme improves <u>Social participation.</u>	5.4 (0.6)	0	5.4	94.6
The programme strengthens <u>Communication and information</u>	5.4 (0.6)	0	5.4	94.6
The programme enhances <u>Respect and social inclusion</u> in the community.	5.4 (0.6)	0	8.1	91.9
I get to understand more about the importance of <u>Outdoor spaces and buildings</u> to the age-friendliness in the community.	5.5 (0.5)	0	0	100
I get to understand more about the importance of the <u>Transportation</u> to the age-friendliness in the community.	5.6 (0.6)	0	2.7	97.3
I get to know more about the transportation and the development of infrastructure programmes in Hong Kong.	5.5 (0.5)	0	0	100
I have become better at searching for information via cell phone.	5.3 (0.7)	0	13.5	86.5

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(iv) *Understanding of the JCAFC Project*

As indicated in Table 16, all the participants agreed or strongly agreed that the programme improved their understanding of Jockey Club Age-friendly City Project ($M = 5.5$, $SD = 0.5$) and the concept on Age-friendly City ($M = 5.5$, $SD = 0.5$).

Table 16 NAAC - NEC The Growth of Public Transit, The Progress towards Aged Friendly - Understanding of the Jockey Club Age-friendly City Project and AFC concept ($N = 37$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Understanding towards Jockey Club Age-friendly City Project	5.5 (0.5)	0	0	100
Understanding toward Age-friendly City concept	5.5 (0.5)	0	0	100

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(v) *Overall Satisfaction with the District-Based Programme*

Table 17 shows that all the participants were quite satisfied with ‘The Growth of Public Transit, The Progress towards Aged Friendly programme’ ($M = 5.8$, $SD = 0.4$).

Table 17 NAAC - NEC The Growth of Public Transit, The Progress towards Aged Friendly - Overall satisfaction towards the programme ($N = 37$)

	Mean (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Overall satisfaction towards the programme	5.8 (0.4)	0	0	100

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

3.7.3 Results of Focus Group

(i) *Participant Characteristics*

A total of seven participants were recruited to join the focus group discussion (Table 18). Most of them were female (71.4%), aged between 65 and 79 (85.7%). Around half of them accomplished primary education (42.9%) and junior secondary education (42.9%) and were living with their spouse (57.1%). All of them were unemployed, learned about the programme through NGOs and would like to join other activities of the JCAFC project in the future.

Table 18 NAAC - NEC The Growth of Public Transit, The Progress towards Aged Friendly - Sociodemographic information of participants – Focus Group ($N = 7$)

	<i>N</i>	%
Gender		
Male	5	71.4
Female	2	28.6
Age group		
49 or below	0	0
50 to 64	1	14.3
65 to 79	6	85.7
80 or above	0	0
Education		
Nil / elementary	0	0
Primary	3	42.9
Secondary (Junior)	3	42.9
Secondary (Senior)	1	14.3
Diploma/Certificate or above	0	0
Employment status		
Working (including part-time and full time)	0	0
Unemployed	7	100
Living arrangement*		
Living alone	1	14.3
With spouse	4	57.1
With children or children in law	2	28.6
With siblings	0	0
Others	0	0
How to know about the programme?		
Through NGO	7	100
Other ways	0	0
Are you willing to join other activities of Jockey Club Age-friendly City Project in the future?		
Yes	7	100

*Multiple choice allowed.

(ii) *Improvement of AFC Domain(s)*

Participants shared that ‘The Growth of Public Transit, The Progress towards Aged Friendly’ mainly covered the following domains: (a) outdoor spaces and buildings, (b) transportations, (c) information and communication, and (d) social participation.

- a. Outdoor spaces and buildings: participants agreed the mentioned activity could enhance their understanding of the community, outdoor spaces and buildings when they join the travelling activities.
- b. Transportation: participants appreciated the programme provided opportunities for them to travel around by using local public transportation, such as Light Rail and MTR. Therefore, they became more familiar with the local transportation.
- c. Information and communication: participants learned about the age-friendliness and the development of present districts and transportation in Hong Kong. Some of them even explored places they never went to before, which improved their information and knowledge of the local community.
- d. Social participation: participants reckoned that the design of the programme and the low participation fee could improve their motivation to visit various places in other communities or districts.

(iii) *Perceived Changes and Programme Impact*

- a. Improved psychological well-being: participants enjoyed the travelling, and they were very pleased to explore the places that they hadn't been to before. Moreover, hanging out with their family or friends made participants even more satisfied.
- b. Enhanced sensibility of age-friendliness in the community: participants became more sensitive to the age-friendly issues in the community, such as barrier-free facilities, traffic light design, toilets arrangement, and people's attitudes and behaviours towards each other. They were also willing to share their suggestion to make the community more age-friendly.
- c. Strengthened social network: participants expressed that they were glad to join the travelling activities with their spouses, grandchildren, and friends. By spending time with their family and friends, their marital status, family relationship, friendship was strengthened.
- d. Improved knowledge and information: participants agreed that they've learnt more knowledge and information about the local community during the programme.

(iv) *Good Practice During Programme Implementation*

- a. Appropriate logistic arrangement: as the activities and centre operation of NGOs were severely influenced by COVID-19, participants appreciated the NAAC-NEC was very flexible to change the programme design and service delivery model from offline to online. It was easy and safe for them to join the activities via online platforms, such as YouTube, video chat and so on. Moreover, participants spoke highly of the data sim card and meal coupon, which supported their participation tangibly.
- b. Detailed instruction and preparation: participants appreciated that the NAAC-NEC staff was doing a great job to prepare them for participating in the travelling, e.g., the staff provided detailed instructions and clear guidance and contact number before the activities.

(v) *Challenge and Suggestion*

Participants appreciated the whole NAAC-NEC programme and would like to request more resources to support similar activities. Besides, it would be better for the social worker or centre staff to lead the trips in the future, as they could provide more detailed information or elaborate on the activities to the participants.

At the community or society level, due to the outbreak of COVID-19, lots of services and activities could not be conducted as planned. Elderly residents felt boring and were lack of support as they could not go outside to visit centres or various activities as before. Participants suggested that additional resources should be allocated from the government and social service units to support the elderly in the community. Service providers should also consult the elderly participants on the activities design.

3.8 JOCKEY CLUB AGE-FRIENDLY CITY PROJECT – YAN CHAI HOSPITAL A NEW ERA OF AGEING HEALTH @ YUEN LONG @ YUEN LONG II (YCH – S/E)

3.8.1 Programme Activity Summary

‘Jockey Club Age-friendly City Project – Yan Chai Hospital A New Era of Ageing Health @ Yuen Long II’ held by YCH Wan Shing Memorial Social Care Centre for the Elderly (YCH - S/E) targeted three domains, namely ‘transportation’, ‘community support and health services’, and ‘social participation’. A questionnaire survey and focus group interview has been conducted to evaluate the programme (Table 19).

Table 19 Summary of Jockey Club Age-friendly City Project – Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II

Programme (Organizer)	Target AFC domains	Activity	Duration/ Programme date	Sample size	Evaluation type
Yan Chai Hospital A New Era of Ageing Health (YCH-S/E)	<ul style="list-style-type: none">● Transportation● Community support and health services● Social participation	● TheraBand ambassador training	January to December 2020	Questionnaire survey: 13 participants;	Questionnaire survey and focus group
		● TheraBand workshop		Focus group: six participants	
		● Video shooting of daily TheraBand exercises			

3.8.2 Results of Questionnaire Survey

(i) Participant Characteristic

Table 20 described the sociodemographic information of the participants. 13 participants were recruited to join the questionnaire survey. Most of them joined the TheraBand training (100%), worked as the Mentor of TheraBand Ambassadors (92.3%), participated in TheraBand community workshop (84.6%), promoted age-friendly city in the community (69.2%) and joined daily TheraBand exercise (84.6%). All the participants were unemployed females, while most of them lived in Yuen Long (84.6%), aged between 65 to 79, were married (61.5%), were completed primary education (61.5%), received less than HKD4,999 or below as monthly income (75.0%), perceived their financial status as sufficient (76.9%), lived in public houses (61.5%) and evaluated their health status as fair (63.6%). Around half of them (46.2%) relied on family and relatives' support and lived with their spouses (53.8%). Half of them had one type of disease or none. Most of them received community services in the past three months (92.3%).

Table 20 YCH - S/E Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II - Sociodemographic information of participants ($N = 13$)

	<i>N</i>	%
Programme participation*		
1. TheraBand training (second phase)	13	100
2. Mentor of TheraBand Ambassador	12	92.3
3. TheraBand community workshop (second phase)	11	84.6
4. TheraBand community workshop (second phase, particular targets – elderly, deprived family etc.)	1	7.7
5. Promote the age-friendly city in the community	9	69.2
6. Involved in video shooting or watching daily TheraBand exercises	5	38.5
7. Daily TheraBand exercises	11	84.6
Living district		
Yuen Long	11	84.6
Others	2	15.4
Gender		
Male	0	0
Female	13	100
Age group		
49 or below	0	0
50 to 64	5	38.5
65 to 79	8	61.5
80 or above	0	0

Marital status		
Never married	0	0
Married	8	61.5
Widowed	5	38.5
Separated	0	0
Divorced	0	0
Education		
Nil/Elementary	0	0
Primary school	8	61.5
Secondary school (junior and senior)	5	38.5
Diploma/Certificate	0	0
University or undergraduate degree	0	0
Master's degree or higher	0	0
Employment status[^]		
Employed	0	0
Unemployed	11	100
Source of income*		
Comprehensive Social Security Assistance	1	7.7
Disability Allowance	0	0
High Disability Allowance	0	0
Old Age Allowance	1	7.7
Old Age Living Allowance	1	7.7
Insurance	0	0
Pension	0	0
Family and relatives' support	6	46.2
Salary	0	0
Savings	4	30.8
Others	0	0
Monthly personal income[^]		
HK\$4,999 or below	9	75.0
HK\$5,000–HK\$9,999	2	16.7
HK\$10,000–HK\$19,999	1	8.3
HK\$20,000 or above	0	0
Financial adequacy		
Very insufficient	0	0
Insufficient	3	23.1
Sufficient	10	76.9
More than sufficient	0	0

Type of housing		
Public house	8	61.5
Private (entire flat)	5	38.5
Private (sub-divided unit)	0	0
Private (cubicle apartment)	0	0
Private (bad space apartment)	0	0
Others	0	0
Living arrangement*		
Living alone	3	23.1
With grandchildren	1	7.7
With parents	1	7.7
With domestic helper	0	0
With children or children-in-law	2	15.4
With spouse	7	53.8
With siblings	1	7.7
With grandparents	0	0
Others	0	0
Health Status[^]		
Poor	0	0
Fair	7	63.6
Good	3	27.3
Very good	1	9.1
Excellent	0	0
Disease(s)[^]		
Having one type of disease or none	6	50.0
Having two types of diseases or more	6	50.0
Community service usage in the past three months		
Yes	12	92.3
No	1	7.7

*Multiple choice allowed.

[^]There was missing data during the data collection.

(ii) *Perceived Age-friendliness*

Table 21 summarized the perceived age-friendliness of participants among the eight AFC domains. Most participants agreed that the YCH-S/E programme improved the eight AFC domains in the district. Among these domains, ‘community support and health services’ ($M = 5.2$, $SD = 0.6$) received the highest Mean scores, followed by ‘communication and information’ ($M = 5.0$, $SD = 0.9$) and ‘respect and social inclusion’ ($M = 4.9$, $SD = 0.8$). ‘Transportation’ ($M = 4.8$, $SD = 0.6$) and ‘social participation’

($M = 4.8$, $SD = 0.8$) also got the relatively high mean score. Three of the mentioned domains, namely ‘community support and health services’, ‘transportation’ and ‘social participation’, were targeted by YCH-S/E.

Table 21 YCH - S/E Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II - Perceived Age-friendliness ($N = 13$)

	Mean (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Outdoor spaces and buildings	4.5 (0.5)	0	46.2	53.8
Transportation [^]	4.8 (0.6)	0	33.3	66.7
Housing [^]	4.2 (1.0)	16.7	50.0	33.3
Social participation [^]	4.8 (0.8)	0	41.7	58.3
Respect and social inclusion	4.9 (0.8)	0	30.8	69.2
Communication and information	5.0 (0.9)	7.7	15.4	76.9
Civic participation and employment [^]	4.5 (0.5)	0	50.0	50.0
Community support and health services	5.2 (0.6)	0	7.7	92.3

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

[^]There was missing data during the data collection.

(iii) Programme Impact

As indicated in Table 22, the majority of the participants agreed that ‘Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II’ had positive impacts on personal growth and community changes. “I have learnt how to use TheraBand” ($M = 5.5$, $SD = 0.5$) obtained the highest mean score, followed by “I take more exercises than before” ($M = 5.2$, $SD = 0.4$), whereas “The programme improves the **Transportation** in the community” ($M = 4.8$, $SD = 0.6$) received the lowest mean score.

Table 22 YCH - S/E Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II – Programme impact ($N = 13$)

	Mean (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree

			(%)	
I become more active to join the community activities.	5.0 (0.6)	0	15.4	84.6
I care more about the development of age-friendliness in the community.	4.9 (0.5)	0	15.4	84.6
The programme improves <u>Social participation</u> .	5.1 (0.6)	0	15.4	84.6
The programme improves <u>Transportation</u> in the community [^] .	4.8 (0.6)	8.3	8.3	83.3
I care more about the age-friendliness of transportation in the community.	5.1 (0.5)	0	7.7	92.3
I have learnt how to use TheraBand.	5.5 (0.5)	0	0	100
I do more exercises than before.	5.2 (0.4)	0	0	100

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

[^]There was missing data during the data collection.

(iv) *Understanding of the JCAFC Project*

Table 23 shows participants' understanding of the JCAFC project as well as the age-friendly city concept. Most of them (84.6%) agreed or strongly agreed that not only their knowledge of the JCAFC project ($M = 4.9$, $SD = 0.7$) but also their knowledge of the age-friendly concept ($M = 4.9$, $SD = 0.7$) was improved after joining the programme.

Table 23 YCH - S/E Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II – Understanding of the JCAFC Project and AFC concept ($N = 13$)

	Mean (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Understanding towards Jockey Club Age-friendly City Project	4.9 (0.7)	7.7	7.7	84.6
Understanding toward Age-friendly City Concept	4.9 (0.5)	0	15.4	84.6

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(v) *Overall Satisfaction with the District-based Programme*

Table 24 presents that almost all the participants (92.3%) were quite satisfied with the whole programme ($M = 5.2$, $SD = 0.6$).

Table 24 YCH - S/E Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II – Overall satisfaction towards the programme ($N = 13$)

	Mean (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Overall satisfaction towards the programme	5.2 (0.6)	0	7.7	92.3

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

3.8.3 Results of Focus Group

(i) *Participant Characteristics*

Table 25 shows the sociodemographic information of the focus group participants. Six participants attended the focus group. Most of them were female (83.3%), received primary education (66.7%), were living with their spouse (66.7%), learnt about the programme through NGO (83.3%). Half of them aged between 50 and 64, the other half aged between 65 and 79. All of them were unemployed and would like to join other activities of JCAFC in the future.

Table 25 YCH - S/E Yan Chai Hospital: A New Era of Ageing Health @ Yuen Long II - Sociodemographic information of participants – Focus Group ($N = 6$)

	<i>N</i>	%
Gender		
Male	1	16.7
Female	5	83.3
Age group		
49 or below	0	0
50 to 64	3	50.0
65 to 79	3	50.0
80 or above	0	0
Education		
Nil / elementary	0	0
Primary	4	66.7

Secondary (Junior)	2	33.3
Secondary (Senior)	0	0
Diploma/Certificate or above	0	0
Employment status		
Working (including part-time and full time)	0	0
Unemployed	6	100
Living arrangement*		
Living alone	2	33.3
With spouse	4	66.7
With children or children in law	1	16.7
With siblings	0	0
Others	0	0
How to know about the programme?		
Through NGO	5	83.3
Other ways	1	16.7
Are you willing to join other activities of Jockey Club Age-friendly City Project in the future?		
Yes	6	100

*Multiple choice allowed.

(ii) *Improvement of AFC Domain(s)*

Participants generally stated that the programme brought positive changes to the age-friendliness of the community. They perceived the improvement mainly in the following six domains: (a) respect and social inclusion, (b) transportation, (c) community support and health services, (d) communication and information, (e) social participation, and (f) civic participation and employment.

- a. Respect and social inclusion: participants appreciated that the programme provided opportunities for them to meet other elderly residents in the community. They learnt how to get along with others in the activity. Their mutual understanding and respect were improved while joining activities together as a team. Moreover, participants also felt respected and tolerant when teaching TheraBand skills to other elderly residents.
- b. Transportation: as the activities were conducted in various estates and districts, participants had the opportunity to explore public transport, which improved their understanding of transportation system.
- c. Community support and health services: participants reckoned that joining the YCH-S/E programme had a positive influence on their physical well-being as they kept taking exercise with TheraBand.

- d. Communication and information: participants expressed that they better understood the local community by joining activities in various estates and districts. Moreover, they were willing to share information about the YCH-S/E programme via social networks, such as using WhatsApp to promote the programme activities to their friends.
- e. Social participation: participants believed the programme could improve the elderly's level of social participation through the TheraBand exercises, especially the "old-old" elderly. On the one hand, TheraBand was suitable for the elderly who had physical difficulties taking exercise. On the other hand, joining the activities together with other people could enhance the motivation of keep taking exercise. Besides, they shared those appropriate logistical arrangements, such as selecting a suitable activity venue with enough resting place and toilets, could also encourage more elderly to join the activities.
- f. Civic participation and employment: participants felt satisfied that working as mentors to teach other elderly residents TheraBand skills provided them opportunities to contribute to the communities.

(iii) *Perceived Changes and Programme Impact*

- a. Improved motivation to keep exercise: as mentioned above, participants shared that joining exercises with other elderly could improve their motivation to keep doing exercises rather than staying alone at home.
- b. More positive attitude to strengthen social network: participants became more willing to make new friends and communicate with strangers when joining the programme.
- c. Strengthened sense of belonging: participants considered themselves as a team by joining the TheraBand activities, which strengthened their sense of belonging to the programme and brought a positive impact to their psychological well-being.
- d. Increased knowledge and skills: participants learnt how to take exercises with TheraBand and improved communication skills with other people. They also learnt how to teach others using TheraBand.

(iv) *Good Practice During Programme Implementation*

Participants were satisfied with the programme design because they thought TheraBand was suitable for the elderly to take exercise. Furthermore, participants appreciated the mentor of the training as they had great teaching skills and they were very devoted to teaching TheraBand skills to the elderly participants. They became very confident to teach TheraBand skills to other elderly after completing the training.

(v) *Challenge and Suggestion*

Participants suggested that conducting TheraBand activities outside in public areas, such as in the park, would effectively promote the programme. Besides, they would like the service providers to increase

the frequency of TheraBand training. Because they not only want to improve themselves but also want to improve their teaching skills to be more confident to communicate with other elderly. Instead of just conducting training, participants also suggested that the service provider set a long-term course TheraBand to encourage the elderly to keep taking exercise and strengthen participants' involvement.

Besides, participants shared that the outbreak of COVID-19 severely influenced their daily life and TheraBand exercises. They could just stay at home other than going outside to do exercises together with other friends. As a result, it was hard for them to keep doing exercise alone at home. Moreover, taking practices with masks was also very uncomfortable. To maintain proper social distance under COVID-19, participants suggested breaking the big TheraBand team into small teams to conduct activities, i.e., reducing the number of people in the exercise team from more than ten people to five to six per team.

3.9 JOCKEY CLUB AGE-FRIENDLY CITY PROJECT – ROAD OF SOCIAL PARTICIPATION (POH - DECC)

3.9.1 Programme Activity Summary

'Jockey Club Age-friendly City Project – Road of Social Participation' organized by Pok Oi Hospital Mrs Wong Tung Yuen District Elderly Community Centre (POH - DECC) targeted one domain, 'social participation.' A questionnaire survey and focus group interview has been conducted to evaluate the programme (Table 26).

Table 26 Summary of Jockey Club Age-friendly City Project – Road of Social Participation

Programme (Organizer)	Target AFC domains	Activity	Duration/ Programme date	Sample size	Evaluation type
Road of Social Participation (POH - DECC)	● Social participation	● Ambassador training (4 sessions)	November 2019 to March 2021	Questionnaire survey: 21 participants; Focus group: seven participants	Questionnaire survey and focus group
		● Activities for frail elderly and caregivers – flower art training (4 sessions)			
		● Activities for frail elderly and caregivers – brain fitness games (video)			
		● Community tour and introduction (booklet)			
		● Nostalgic games and relevant competition (2 times)			

		<ul style="list-style-type: none"> ● Closing ceremony (video shooting and sharing) 			
		<ul style="list-style-type: none"> ● Programme commemorative publication 			

3.9.2 Results of Questionnaire Survey

(i) Participant Characteristic

As shown in Table 27, 21 valid questionnaires were collected. All the participants joined the ambassador training and making the introduction booklets of the community. Almost all the participants (95.2%) joined nostalgic games and relevant competitions as well as the closing ceremony. More than half of them joined the remaining activities, Flower art training (57.1%), Brain fitness training (52.3%) and making programme commemorative booklets (71.4%). The majority of them were living in Yuen Long (90.5%), were female (76.2%), were aged between 65 to 79 (76.2%) and used community services in the past three months (85.7%). Around half of them were married (57.1%), graduated from secondary school (52.4%), relied on savings as the major source of income (52.4%), received HK\$4,199 or below per month (61.9%), were living in private houses (66.7%), were living with spouses (47.6%) and perceived their health status as fair (47.6%). All of them were unemployed, while half of them having one type of disease or none.

Table 27 POH - DECC Road of Social Participation - Sociodemographic information of participants ($N = 21$)

	<i>N</i>	%
Programme participation*		
1. Ambassador training	21	100
2. Flower art training	12	57.1
3. Brain fitness training	11	52.4
4. Making introduction booklets of the community	21	100
5. Nostalgic games and relevant competition	20	95.2
6. Closing ceremony	20	95.2
7. Making programme commemorative booklets	15	71.4
Living district		
Yuen Long	19	90.5
Others	2	9.5
Gender		
Male	5	23.8
Female	16	76.2
Age group		

49 or below	0	0
50 to 64	1	4.8
65 to 79	16	76.2
80 or above	4	19.0
Marital status		
Never married	2	9.5
Married	12	57.1
Widowed	5	23.8
Separated	1	4.8
Divorced	1	4.8
Education		
Nil/Elementary	0	0
Primary school	6	28.6
Secondary school (junior and senior)	11	52.4
Diploma/Certificate	4	19.0
University or undergraduate degree	0	0
Master's degree or higher	0	0
Employment status		
Employed	0	0
Unemployed	21	100
Source of income*		
Comprehensive Social Security Assistance	0	0
Disability Allowance	0	0
High Disability Allowance	0	0
Old Age Allowance	7	33.3
Old Age Living Allowance	5	23.8
Insurance	0	0
Pension	4	19.0
Family and relatives' support	4	19.0
Salary	0	0
Savings	11	52.4
Others	0	0
Monthly personal income		
HK\$4,999 or below	13	61.9
HK\$5,000–HK\$9,999	7	33.3
HK\$10,000–HK\$19,999	0	0
HK\$20,000 or above	1	4.8
Financial adequacy^		

Very insufficient	1	5.0
Insufficient	2	10.0
Sufficient	17	85
More than sufficient	0	0
Type of housing		
Public house	3	14.3
Private (entire flat)	14	66.7
Private (sub-divided unit)	2	9.5
Private (cubicle apartment)	0	0
Private (bad space apartment)	0	0
Others	2	9.5
Living arrangement*		
Living alone	7	33.3
With grandchildren	1	4.8
With parents	0	0
With domestic helper	0	0
With children or children-in-law	3	14.3
With spouse	10	47.6
With siblings	1	4.8
With grandparents	0	0
Others	0	0
Health Status		
Poor	0	0
Fair	10	47.6
Good	9	42.9
Very good	2	9.5
Excellent	0	0
Disease(s)^		
Having one type of disease or none	10	50.0
Having two types of diseases or more	10	50.0
Community service usage in the past three months		
Yes	18	85.7
No	3	14.3

*Multiple choice allowed.

^There was missing data during the data collection.

(ii) *Perceived Age-friendliness*

Table 28 presents participants' perceived age-friendliness among the eight AFC domains. Most of the participants agreed that the programme could strengthen the age-friendliness in the community. 'Community support and health services' got the highest mean score ($M = 5.0$, $SD = 0.5$), followed by 'respect and social inclusion' ($M = 4.9$, $SD = 0.5$) and 'communication and information' ($M = 4.9$, $SD = 0.7$). 'Social participation' was targeted domain by POH-DECC also received good scores ($M = 4.7$, $SD = 0.6$). 'Outdoor spaces and buildings' had the lowest mean score ($M = 4.2$, $SD = 1.3$)

Table 28 POH - DECC Road of Social Participation – Perceived age-friendliness ($N = 21$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Outdoor spaces and buildings	4.2 (1.3)	14.3	33.3	52.4
Transportation	4.7 (0.6)	0	33.3	66.7
Housing	4.5 (0.9)	14.3	33.3	52.4
Social participation	4.7 (0.6)	0	33.3	66.7
Respect and social inclusion	4.9 (0.5)	0	19.0	81.0
Communication and information	4.9 (0.7)	4.8	14.3	81.0
Civic participation and employment	4.7 (0.6)	4.8	23.8	71.4
Community support and health services	5.0 (0.5)	0	14.3	85.7

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(iii) *Programme Impact*

Table 29 presents that almost all the participants were satisfied with the positive changes that the 'Road of Social Participation' brought to the people and the community. Among all the seven positive impacts, six achieved high mean scores of 5.1, which means 90.5% of the participants agreed or strongly agreed with these positive impacts.

Table 29 POH - DECC Road of Social Participation – Programme impact ($N = 21$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree
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				(%)
I become more active to join the community activities.	5.1 (0.5)	0	9.5	90.5
I care more about the development of age-friendliness in the community.	5.1 (0.5)	0	9.5	90.5
The programme improves <u>Social participation</u> .	5.1 (0.7)	0	19.0	81.0
The programme provides more opportunities to check <u>Transportation</u> in the community.	4.8 (0.6)	4.8	14.3	81.0
I have become more confident than before.	5.1 (0.5)	0	9.5	90.5
My self-image become more positive than before.	5.1 (0.5)	0	9.5	90.5
I have become more active to promote the age-friendly city in the community.	5.1 (0.6)	0	9.5	90.5

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(iv) *Understanding of the JCAFC Project*

Table 30 shows that all the participants agreed the programme enhanced their understanding of the AFC concept ($M = 5.1$, $SD = 0.5$) and the JCAFC project ($M = 5.0$, $SD = 0.4$).

Table 30 POH - DECC Road of Social Participation – Understanding of the JCAFC project and AFC concept ($N = 21$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Understanding towards Jockey Club Age-friendly City Project	5.1 (0.5)	0	9.5	90.5
Understanding toward Age-friendly City Concept	5.1 (0.4)	0	4.8	95.2

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(v) *Overall Satisfaction with the District-based Programme*

Table 31 indicates that all the participants were satisfied with the Road of Social Participation programme ($M = 5.3$, $SD = 0.6$).

Table 31 POH - DECC Road of Social Participation – Overall satisfaction with the programme ($N = 21$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Overall satisfaction towards the programme	5.3 (0.6)	0	4.8	95.2

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

3.9.3 Results of Focus Group

(i) *Participant Characteristics*

As presented in Table 32, seven participants aged between 65 and 79 joined the focus group voluntarily. Most of them were female (71.4%). Around half of them (42.9%) attained senior secondary education, were living with their spouse. All of them were unemployed and knew about the programme through NGOs. They all wanted to join other activities of the JCAFC project in the future.

Table 32 POH - DECC Road of Social Participation - Sociodemographic information of participants – Focus Group ($N = 7$)

	N	%
Gender		
Male	2	28.6
Female	5	71.4
Age group		
49 or below	0	0
50 to 64	0	0
65 to 79	7	100
80 or above	0	0
Education		
Nil / elementary	0	0
Primary	0	0
Secondary (Junior)	2	28.6
Secondary (Senior)	3	42.9

Diploma/Certificate or above	2	28.6
Employment status		
Working (including part-time and full time)	0	0
Unemployed	7	100
Living arrangement*		
Living alone	2	28.6
With spouse	3	42.9
With children or children in law	1	14.3
With siblings	1	14.3
Others	1	14.3
How to know about the programme?		
Through NGO	7	100
Other ways	0	0
Are you willing to join other activities of Jockey Club Age-friendly City Project in the future?		
Yes	7	100

*Multiple choice allowed.

(ii) *Improvement of AFC Domain(s)*

Participants shared that the Road of Participation covered almost all eight AFC domains. They generally perceived that the programme improved the following domains: (a) outdoor spaces and buildings, (b) transportation, (c) respect and social inclusion, (d) social participation, (e) information and communication, (f) civic participation and employment, and (g) community support and health services.

- a. Outdoor spaces and buildings: participants thought their understanding of outdoor spaces and buildings was improved by joining local tours conducted by POH-DECC. During the visit, they would evaluate whether the design of these spaces and buildings were age-friendly or not.
- b. Transportation: during the travelling activities, participants cared more about the age-friendliness of public transportation.
- c. Respect and social inclusion: the programme promoted a mutual respect atmosphere during the activities, as participants were very polite. Furthermore, participants appreciated that the programme strengthened the communication and understanding among different generations because the activities engaged not only elderly residents but also special needs children, students and their parents.
- d. Social participation: participants believed POH-DECC could encourage more district residents, such as the elderly, children and youth to participate in the various activities. The

programme also provided more opportunities for the elderly to meet each other and shared information.

- e. Information and communication: participants believed the information and communication were enhanced since they had different ways to receive programme and AFC related information, such as posters and phone calls. Meanwhile, they took the initiative to share useful information with their friends.
- f. Civic participation and employment: participants appreciated that the programme provided opportunities to contribute to society as volunteers. They felt very worthy of joining different voluntary work, such as conducting home visits to frail elderly, supporting brain fitness games for dementia people and so on.
- g. Community support and health services: as mentioned before, conducting home visits and providing voluntary support to dementia people enhanced the community support and health services.

(iii) *Perceived Changes and Programme Impact*

- a. Positive changes on psychological well-being: participants observed that the elderly participants gained a sense of achievement and became more confident while joining the programme activities, such as booth games. Working as volunteers to support others also had a positive influence on participants' mental status.
- b. Improved knowledge and information: programme activities enriched participants' understanding and information of age-friendly city. Moreover, it was valuable for them to learnt new knowledge, such as Gerontechnology during the activities.
- c. Enhanced the awareness of age-friendliness: participants became more sensitive to the age-friendliness in the community, for instance, they cared more about whether the transportation and building design were age-friendly or not. They also shared their suggestion to improve the age-friendliness in Yuen Long district.

(iv) *Good Practice During Programme Implementation*

- a. Design programme activities from a systematic perspective: participants appreciated that the mass programme conducted by POH-DECC covered almost all the eight AFC domains. Participants could quickly learn the knowledge of AFC eight domains in a short time.
- b. Supportive NGO staff: participants spoke highly of the hardworking of the NGO staff. They also appreciated the staff were flexible to adjust the activities under the outbreak of COVID-19.

(v) *Challenge and Suggestion*

- a. Resources allocation: participants were generally satisfied with the POH-DECC programme. However, they pointed out that due to the limited resources and the influence of COVID-19, the number of participants was not very large. They suggested more resources would be input

to conduct more activities to target more beneficiaries. Meanwhile, the information of age-friendly city could be promoted to more people in the community.

- b. Consistency of programme: participants appreciated the activities; however, they suggested service providers provide continuous activities instead of one-off activities. Besides, COVID-19 also affected the operation of the NGOs and broke the consistency of the programme. The programme impact was severely impacted, e.g., target beneficiaries were obviously reduced.
- c. Housing: participants mentioned that few elements related to the ‘housing’ domain were promoted in the programme. They suggested the service provider provide more information and knowledge that related to the ‘housing’ domain in the future.
- d. Gerontechnology: participants suggested that the design and application of the Gerontechnology products should be age-friendly, e.g., the price should be acceptable.
- e. Involvement of social issues: some participants mentioned that they would like to be involved in the programme planning and designing the decision-making process instead of just joining the activities planned by service providers.

3.10 RESULTS OF THIRD BATCH DISTRICT-BASED PROGRAMMES

A total of 77 participants finished the evaluation of the four district-based programmes conducted by Yan Oi Tong Tin Ka Ping Neighbourhood Elderly Centre, The Neighbourhood Advice-Action Council Tin Shui Neighbourhood Elderly Centre, Yan Chai Hospital Wan Shing Memorial Social Care Centre for the Elderly, and Pok Oi Hospital Mrs Wong Tung Yuen District Elderly Community Centre. Independent t-test and one-way ANOVA were conducted to explore whether people of different genders, ages, educational backgrounds and financial status have significant differences in perceived programme impacts, the understanding of the AFC concept and project, and overall satisfaction.

(i) Participant Characteristics

As shown in Table 34, most of the participants were living in Yuen Long District (94.6%), were female (84.4%), were aged between 65 and 79 (68.8%), attained secondary school education (58.4%), were unemployed (98.7%), earned HK\$4,999 or below per month (80.3%), perceived their financial status as sufficient (80.0%), evaluated their health status as fair (65.3%), had two types of diseases or more (62.7%) and received community services in the past three months (94.8%). Around half of them were married (53.2%), were living with their spouse (49.4%) and were living in private houses (entire flat) (48.1%) and public houses (44.2%). About one-third of them relied on Old Age Allowance (33.8%) and family and relatives’ support (28.6%).

Table 33 Yuen Long District – Sociodemographic information of participants ($N = 77$)

	<i>N</i>	%
Living district^a		
Yuen Long	70	94.6

Others	4	5.4
Gender		
Male	12	15.6
Female	65	84.4
Age group		
49 or below	0	0
50 to 64	12	15.6
65 to 79	53	68.8
80 or above	12	15.6
Marital status		
Never married	5	6.5
Married	41	53.2
Widowed	26	33.8
Separated	1	1.3
Divorced	4	5.2
Education		
Nil/Elementary	3	3.9
Primary school	45	58.4
Secondary school (junior and senior)	25	32.5
Diploma/Certificate	4	5.2
University or undergraduate degree	0	0
Master's degree or higher	0	0
Employment status[^]		
Employed	1	1.3
Unemployed	74	98.7
Source of income*		
Comprehensive Social Security Assistance	4	5.2
Disability Allowance	0	0
High Disability Allowance	1	1.3
Old Age Allowance	26	33.8
Old Age Living Allowance	14	18.2
Insurance	0	0
Pension	9	11.7
Family and relatives' support	22	28.6
Salary	1	1.3
Savings	20	26.0
Others	1	1.3
Monthly personal income[^]		

HK\$4,999 or below	61	80.3
HK\$5,000–HK\$9,999	12	15.8
HK\$10,000–HK\$19,999	1	1.3
HK\$20,000 or above	2	2.6
Financial adequacy^		
Very insufficient	2	2.7
Insufficient	13	17.3
Sufficient	60	80.0
More than sufficient	0	0
Type of housing^		
Public house	34	44.2
Private (entire flat)	37	48.1
Private (sub-divided unit)	2	2.6
Private (cubicle apartment)	0	0
Private (bad space apartment)	0	0
Others	4	5.2
Living arrangement*		
Living alone	21	27.3
With grandchildren	3	3.9
With parents	1	1.3
With domestic helper	0	0
With children or children-in-law	20	26.0
With spouse	38	49.4
With siblings	2	2.6
With grandparents	0	0
Others	0	0
Health Status^		
Poor	7	9.3
Fair	49	65.3
Good	16	21.3
Very good	3	4.0
Excellent	0	0
Disease(s)^		
Having one type of disease or none	28	37.3
Having two types of diseases or more	47	62.7
Community service usage in the past three months		
Yes	73	94.8
No	4	5.2

*Multiple choices allowed.

^There was missing data during the data collection.

(ii) *Perceived Age-friendliness*

Majority of the participants agreed that the programme could strengthen all the eight domains within the WHO AFC framework. Among all the domains, ‘community support and health services’ ($M = 5.3$, $SD = 0.6$) got the highest mean score. ‘Housing’ ($M = 4.8$, $SD = 0.9$) had the lowest mean score. No significant difference was found in participants’ perceived age-friendliness by gender, age, and education background.

Table 34 Yuen Long District - Programme impact on perceived age-friendliness ($N = 77$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Outdoor spaces and buildings ($N = 77$)	4.9 (1.0)	3.9	26.0	90.1
Transportation ($N = 77$)	5.1 (0.7)	0	21.1	78.9
Housing ($N = 76$)	4.8 (0.9)	7.9	25.0	67.1
Social participation ($N = 76$)	5.0 (0.7)	0	25.0	75.0
Respect and social inclusion ($N = 77$)	5.1 (0.7)	0	16.9	83.1
Communication and information ($N = 77$)	5.2 (0.7)	2.6	10.4	87.0
Civic participation and employment ($N = 76$)	4.9 (0.7)	2.6	25.0	72.4
Community support and health services ($N = 77$)	5.3 (0.6)	0	9.1	90.9

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

An independent T-test was performed to explore whether people living in different housing types had different perceptions of the programme impact on age-friendliness in the community. Table 38 and 39 show a significant difference in the scores for ‘outdoor spaces and building’ ($p = 0.023$) between people living in the private house and people living in public rental housing/home ownership scheme/cubicle apartment/sub-divided flat. This result suggested that compared with the participants living in the private house ($M = 4.64$, $SD = 1.181$), participants who were living in rental housing/home ownership scheme/cubicle apartment/sub-divided flat perceived considerable a better change in

‘outdoor spaces and building domain’ ($M = 5.16$, $SD = 0.718$).

Table 35 Yuen Long District – Perceived age-friendliness between different housing types – group statistics

	Housing Type	N	Mean	SD	Std. Error Mean
Outdoor spaces and building (N = 77)	Private house (including village house)	39	4.64	1.181	0.189
	Public rental housing/home ownership scheme/cubicle apartment/sub-divided flat	38	5.16	0.718	0.116

Table 36 Yuen Long District – Significant difference in the perceived age-friendliness in ‘outdoor spaces and buildings’ domain between people living in different housing types – Independent T-test

		Levene's test for equality of variances		T-test for equality of means						
		F	Sig.	t	df	Sig (2-tailed)	Mean difference	Std. error difference	95% Confidence interval	
Outdoor spaces and building (N = 77)	Equal variances assumed	4.767	0.032	-2.314	75	0.023	-0.517	0.223	-0.962	-0.072
	Equal variances not assumed			-2.328	62.98	0.023	-0.517	0.222	-0.961	-0.073

(iii) Programme Impact

Table 40 indicates that all the participants agreed that the programme had positive impacts on the individuals and community. “I become more active to join the community activities.” got the highest mean score ($M = 5.22$, $SD = 0.6$). No significant difference was found on the programme impact with different genders, ages, education backgrounds, and financial statuses.

Table 37 Yuen Long District - Programme impact at personal and community levels (N = 77)

	M (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
I become more active to join the community activities.	5.22 (0.6)	0	11.7	88.3

I care more about the development of age-friendliness in the community.	5.16 (0.6)	0	13.0	87.0
The programme improves the <u>Social participation.</u>	5.21 (0.7)	0	13.0	87.0

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(iv) Understanding of the JCAFC Project

Table 41 presents the participants' understanding of the JCAFC Project and the AFC concept. Most of them (98.7%) agreed that the programme improved their understanding of the JCAFC Project ($M = 5.3$, $SD = 0.6$), while all of them believed the programme enhanced their understanding of the AFC concept ($M = 5.3$, $SD = 0.6$). No significant difference was found in their understanding of the JCAFC Project and the AFC concept by gender, age, educational background, and financial status.

Table 38 Yuen Long District - Understanding of the JCAFC project ($N = 77$)

	$M (SD)^*$	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
Understanding towards Jockey Club Age-friendly City Project	5.3 (0.6)	1.3	6.5	92.2
Understanding toward Age-friendly City concept	5.3 (0.6)	0	6.5	93.5

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

(v) Overall Satisfaction with the District-based Programmes

As seen in Table 42, all the participants were satisfied with the overall district-based programmes in Yuen Long District ($M = 5.5$, $SD = 0.6$). No significant difference was found in the overall satisfaction with the DBPs by gender, age, educational background, and financial status.

Table 39 Yuen Long District - Overall satisfaction with the DBPs ($N = 77$)

	Mean (SD)*	Participants Disagree (%)	Participants Slightly Agree (%)	Participants Agree or Strongly Agree (%)
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Overall satisfaction towards the programme	5.5 (0.6)	0	3.9	96.1
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*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Agree; 6 = Strongly Agree

3.11 FINDINGS OF THIRD BATCH DISTRICT-BASED PROGRAMMES

The Trust funded four DBPs conducted by local NGOs and one PST-led programme led by Lingnan University in Yuen Long District. Both quantitative and qualitative analyses were used to evaluate the Third Batch DBPs. Apart from the PST-led programme conducted by APIAS due to the postponement of the data collection due to the COVID-19 pandemic, each programme hosted by NGOs was evaluated individually. The overall impact and change in the third batch programmes at the district level were also presented.

3.11.1 Summary of findings from DBP

The ‘JCAFC Project – Age-friendly in Yuen Long’ programme was organized by Yan Oi Tong Tin Ka Ping Neighbourhood Elderly Centre. The programme targeted four domains, namely, ‘communication and information’, ‘respect and social inclusion’, ‘community support and health services’, and ‘social participation’. Nearly all the participants agreed that the YOT-NEC project could enhance the age-friendliness of all eight domains in the community. ‘Transportation’ got the highest mean score ($M = 5.3$, $SD = 0.5$). Most participants believed that the programme brought positive impacts to participants as well as the community. All the participants were satisfied with the overall programme and agreed that the ‘Age-friendly in Yuen Long’ programme enhanced their understanding of the Jockey Club Age-friendly City Project as well as the Age-friendly City concept. Participants from the focus group were satisfied with the programme design, implementation and supportive staff. Their understanding as well as the sensibility of the age-friendly city were enhanced by joining the programme. They appreciated that the programme provided opportunities for them to contribute to society and cared about their neighbours. As the number of social workers was limited, participants mentioned it was effective to connect the frail elderly in the community to services units with the help of elderly volunteers.

‘Jockey Club Age-friendly City Project – The Growth of Public Transit, The Progress towards Aged Friendly’ was held by the Neighbourhood Advice-Action Council Tin Shui Neighbourhood Elderly Centre. The programme targeted five domains: ‘outdoor spaces and buildings’, ‘communication and information’, ‘transportation’, ‘respect and social inclusion’ and ‘social participation’. All the domains obtained relatively high mean scores. At the same time, the ‘transportation’ ($M = 5.5$, $SD = 0.7$) got the highest mean score. All the participants agreed that the programme brought positive changes to themselves and the community. They were all satisfied with the programme and agreed that the programme could enhance their understanding of the AFC project and the AFC concept. From the

focus group, participants were thankful that the programme provided the chance for them to travel around the city and get to know about the infrastructure development of Hong Kong. Travelling brought positive impact to their psychological well-being and strengthened their social network. Their knowledge and the sensibility of the age-friendly city were also improved.

‘Jockey Club Age-friendly City Project – Yan Chai Hospital A New Era of Ageing Health @ Yuen Long II’ was organized by YCH Wan Shing Memorial Social Care Centre for the Elderly (YCH - S/E). ‘Transportation’, ‘community support and health services’, and ‘social participation’ were targeted domains and got higher mean scores compared to the other domains. Among all the domains, ‘community support and health services’ received the highest mean score ($M = 5.2$, $SD = 0.6$). More than 80 percent of the participants agreed that the programme was positive for their personal growth and community changes. 84% of them agreed that YCH programme could improve their understanding of the AFC concept and the JCAFC project. Almost all the participants (92.3%) were quite satisfied with the whole programme. The focus group discussion indicated that the programme could enhanced the social harmony in the community and social participation of the elderly. Participants appreciated that practicing TheraBand was an excellent tool for the elderly to exercise to improve their health both physically and psychologically. They became more willing to take the initiative to strengthen their social network in the community. Becoming TheraBand mentor and practicing TheraBand in the team also improved participants’ self-confidence, sense of achievement and belongings.

‘Jockey Club Age-friendly City Project – Road of Social Participation’ was organized by Pok Oi Hospital Mrs Wong Tung Yuen District Elderly Community Centre. The programme targeted one domain, ‘social participation’, which received a good mean score ($M = 4.7$, $SD = 0.6$) and all the participants agreed that the programme could improve the targeted domain in the questionnaire survey. Almost all the participants perceived the programme could bring positive impacts at a personal level and community level. All the participants were satisfied with the programme and appreciated it for enhancing their understanding of the AFC project and the AFC concept. Findings from focus group discussion revealed that participants were generally satisfied with the programme and they believed the programme covered almost all the eight domains under the AFC framework. Participants shared that the programme strengthened social participation, mutual understanding and social inclusion by organizing intergenerational activities. They could easily receive the relevant information of the programme as NGO staff promote the programme in different ways. Moreover, they felt very happy and gained the sense of achievement to work as volunteers. As the programme enriched their knowledge of the age-friendly cities, they care more about the development of the age-friendliness in the community.

3.11.2 Findings of DBP in district level

(i) Behavioural Change

Both the findings from the questionnaire survey and focus group interview indicated that participants improved social participation by joining the district-based programmes. Some of them mentioned that joining group activities, such as practising TheraBand with other participants would increase their motivation to continually take exercises.

(ii) Attitude Change

Participants agreed that they cared more about the development of age-friendliness in the community than before. For instance, they were able to identify the inadequate facilities which need improvement to become more age-friendly. Providing voluntary services to frail people improved participants' sense of achievement and encouraged them to become more open to care about others. Moreover, joining team activities made them more positive to make new friends and strengthened their sense of belonging to the programme.

(iii) Condition Change

District-based programmes provided different kinds of activities for the residents in the community. The targets of the activities covered healthy elderly, frail elderly, caregivers, and youth. Participants were able to choose the activities based on their interests and need. Integrated activities were designed and conducted for participants with diverse characteristics and background, that helps to improve mutual understanding as well as social inclusion. Besides, services providers provided a platform for the elderly to continue contributing to society as volunteers, enhancing the sense of competition among the elderly.

Most of the participants could easily know about the recent activities as the social services units promoted the activities in different ways and timely manner. They adopted posters, phone calls, instant messaging via smartphone etc. Moreover, the activities of district-based programmes were mostly free-of-charge or at least affordable as they were subsidized by the JCAFC project. With the tangible support from service providers, more deprived participants were able to join the activities.

Compared with the participants living in the private house, participants who were living in public rental housing/home-ownership scheme/cubicle apartment/sub-divided flat rated a significantly higher score of the programme impact on 'outdoor spaces and building' domain, which implies that the programme opened up the disadvantaged elderly's eyes to get in touch with age-friendliness in the community.

(iv) Knowledge Change

The majority of the participants agreed that their knowledge of the age-friendly city was enhanced. Their understanding of the eight AFC domains was improved by joining various district-based programmes. Furthermore, training provided was relevant and practical, topics covered communication skills, understanding of dementia, usage of TheraBand etc., which were very helpful to the elderly. The knowledge about the local community and the infrastructure in Hong Kong, such as public transportation, were also enhanced by joining the activities.

4 IMPACT AND LESSON LEARNT

4.1 Sustainable impact created for the community

4.1.1 Increased awareness of the age-friendliness in the community

As mentioned above, participants, especially the trained volunteers and ambassadors, had a better understanding of the age-friendly city and the AFC concept. The improved knowledge of AFC strengthened participants' sensibility of an age-friendly city. They were more aware of the arrangement of barrier-free facilities, lifts and whether the transportation was age-friendly. Besides, they proactively share the AFC concept with their friends and family members. Therefore, ambassadors play an essential role to promote age-friendliness in the future.

4.1.2 Empowered elderly residents in the community

District-based programmes attracted the "active engaged members" in the community and reached the less engaged elderly who wanted to expand their social network or explore something new. Participants were equipped with new knowledge and skills, such as communicating better with others, information about dementia people, etc. They were also encouraged to provide services to support vulnerable people. The meaningful and positive experience has empowered the participants with the capability and self-confidence to continue contributing to the community and society.

4.1.3 Improved social connectedness

Various activities of district-based programmes had a positive impact on building a trustworthy and harmonious community. Voluntary home visits and intergenerational activities enhanced the mutual understanding among residents of diverse ages and backgrounds. Group activities and community tours could enhance the sense of belonging to the team and the community. The improved social cohesion of the elderly, residents and the community will provide a solid foundation for the developing of the age-friendliness in the district.

4.2 Review of programme implementation

The third batch of district-based programmes in Yuen Long achieved positive impacts in improving age-friendliness in the community. Most of the participants were satisfied with the logistical

arrangement. They appreciated the staff members and training mentors as they were very efficient in programme operation and demonstrated supportive manner to the participants. Most of them agreed that the programme design was appropriated and could meet their need, for instance, NGO staff provided necessary trainings and detailed guidance to make them feel more confident to complete the activities; they chose suitable tools for the elderly to take exercises and so on. Besides, participants mentioned that conducting mass programmes outside was an excellent way to promote programme activities in the community.

The outbreak of COVID-19 since 2019 was a global public health crisis that severely influenced people's daily lives and works in all aspects. Almost all the participants of the third batch district-based programme mentioned that COVID-19 affects their everyday life negatively. To keep safe and healthy, service providers had to cancel the activities or decrease the scale of activities. Reducing the social participation and community support influenced both the physical and psychological well-being of the elderly.

Although the pandemic had direct effects on the social services, participants spoke highly of the flexibility of the service providers. They noticed that NGO staff tried different ways to reduce the negative influence of COVID-19, such as changing the service model from offline visits to online video, supporting the elderly by phone calls, delivering necessary supplies to the people who need help. Participants also suggested breaking a large amount of people into small groups to join the activities to keep proper social distance.

In the future, participants wished the government and stakeholders input more resources for the service units to conduct more activities if it is possible. They truly appreciated the impact of the third batch of DBP activities and hoped the programmes could benefit more people in the community. Besides, they preferred continuous activities other than one-off events. Furthermore, some participants mentioned they would like to be involved in the decision-making process of the programme design.

4.3 Review of improvement in AFC domains

The third batch of district-based programs in Yuen Long District focused on 'outdoor spaces and buildings', 'transportation', 'communication and information', 'respect and social inclusion', 'community support and health services', and 'social participation'. Overall, the participants appreciated the enhancement of the age-friendliness in the mentioned domains.

5 DISTRICT ENGAGEMENT

5.1 ENGAGEMENT OF DISTRICT COUNCIL IN AFC INITIATIVES

Yuen Long District Council (DC) has been indicating positive responses to promote the concept of age-friendly city as well as to facilitate the implementation of the Jockey Club Age-friendly City Project funded and initiated by The Hong Kong Jockey Club Charities Trust in the community. The district joined the World Health Organization Global Network of Age-friendly Cities and Communities (WHO GNAFCC) with the assistance of PST in 2018.

PST was invited to attend the Sixth Meeting of Yuen Long District Council on 1 September 2020. The PST had a brief introduction of the age-friendly city concept, the progress of the JCAFC project and the good practice of Yuen Long 2019. The DC members were positive to continuous support the age-friendliness initiatives in the district. Furthermore, the council would form an age-friendly city working group to collaborate with Lingnan University and other stakeholders to promote age-friendly in the community. Table 43 shows the engagement of district councils/district offices for AFC initiatives in 2020

Table 40 Summary of Engagement of the District Councils/District Offices for AFC Initiatives in 2020

Date (2020)	Remarks
1 September	Meeting: Sixth Meeting of Yuen Long District Council 1. Introduction of Age-friendly City and concept. 2. Introduction of the progress of JCAFC project (including findings of baseline assessment and district-based programmes (Batch 1-3)) 3. Age-friendly city working group would be formed to discuss age-friendly related issues.

5.2 DEVELOPMENT OF AGE-FRIENDLINESS IN YUEN LONG DISTRICT

In 2020, different age-friendly related initiatives were proposed and discussed in seven committees and two working groups under Yuen Long District Council. Table 44 summarizes the plans and actions related to the AFC domains mentioned during the Yuen Long District Council meetings in 2020.

Table 41 Summary of the plans and actions mentioned at the Yuen Long District Council Meetings in 2020

Domains	Plans and actions related to AFC domains
Outdoor spaces and buildings	1) Discussion about improving the outdoor environment in the district ^{1, 9, 10, 11} - Discussed the enforcement action against illegal bars in Yuen Long to curb noise nuisance and potential public order problems

	<ul style="list-style-type: none"> - Discussed better management over public space with Link Asset Management Limited and Housing Department - Discussed the problem of noise control of Tin Yiu Community Centre - Requested efforts to combat street obstruction by shops be stepped up and frequency of street cleansing be increased as well as rodent and mosquito problems in Shap Pat Heung be alleviated <p>2) Constructions^{10, 11, 13, 14}</p> <ul style="list-style-type: none"> - Covered walkway from the junction of Tin Kwai Road and Tin Lung Road to Tin Shing Road - Covered walkway from Tin Yiu Light Rail Station to near Tin Yiu Plaza - Beautification Works of the Open Space outside Tat Tak Communal Hall - Covered walkway from Yuen Long South to Yuen Long Town - Walkway covers in Tin Shui Wai area - Sitting-out Area at the junction of Kong Yau Road and Fung Cheung Road - Installation of village signs in Shap Pat Heung area - Sitting-out Area with Fitness and Children's Play Facilities at Kam Tsin Wai Tsuen - Walkway cover from the rear gate of Tin Yau Court to Yiu Yat House at Tin Fuk Road in Tin Shui Wai - Children's Playground near to Ha Tsuen Football Field - Standard Basketball Court at Sha Chau Lei Tsuen, Ha Tsuen - Reconstruction of the Temporary Park Across from Lam Uk Tsuen, Wang Chau, Ping Shan Heung to the LCSD Park with Elderly Fitness Facilities - Shelter at a Waiting Area (the Waiting Area in Front of the Door of Grand Del Sol on Fung Cheung Road) - Trial Scheme of Inclusive Park for Pets - Planning concepts of the sports facilities with public vehicle park in Tung Tau Industrial Area in Yuen Long - Discussed the New Public Market and Temporary Market in Tin Shui Wai - Discussed the design of the new composite building with a refuse collection point in Hung Shui Kiu <p>3) Funding approval from DC^{10, 11, 12}</p> <ul style="list-style-type: none"> - Endorsed a DMW funding of HKD\$2,647,500 for implementing the "Yuen Long Greening and Facility Improvement Project for 2020/21"
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	<ul style="list-style-type: none"> - Endorsed a DC funding of HKD\$830,048 for “Community Involvement Project on Greening in Yuen Long for 2020/21” - Endorsed a DC allocation of HKD\$98,567 to implement “Public library extension programmes in Yuen Long District for 2020/21” - Approved reserving the DMW fund of \$ 8,000,000 to carry out the minor environmental improvement programme in 2020-21 - Endorsed the use of DMW funding of \$4,988,800 for implementation of the “Improvement Programme for Recreation and Sports Facilities in Yuen Long District for 2020/21”.
Transportation	<ol style="list-style-type: none"> 1) Affordability²⁷ <ul style="list-style-type: none"> - Reginal Two-way Sectional Fare Scheme was started in August 2020 to reduce the transportation fee for residents in Yuen Long District 2) Reliability and frequency^{18, 19, 20} <ul style="list-style-type: none"> - The Kowloon Motor Bus Co. would adjust Route 269D, 68X and 268X to meet residents’ need - Discussed the service arrangement of various routes with different stakeholders, such as Transport Department, Civic Engineering, Development Department, private sectors and so on to make the transportation system more accessible for the residents living in Yuen Long. - Discussed the arrangement of bus frequency during the epidemic - Requested to improve the services of Light Rail and West Rail line, including reducing the noise of the Light Rail, barrier-free facilities and so on. 3) Availability²⁰ <ul style="list-style-type: none"> - Followed up on the new franchised minibuses routes in Yuen Long District 4) Constructions^{19, 20, 21, 22, 23, 24} <ul style="list-style-type: none"> - Second Phase of the Universal Accessibility Programme Suggested: 1. installation of lifts at the footbridge spanning across Castle Peak Road – Yuen Long and Fung Cheung Road; 2. installation of lifts at the footbridge connecting Tin Tsz Estate at Tin Shing Road and Tin Yiu Estate in Tin Shui Wai - Requested more bicycle parking spaces be provided in the existing government venues and in the new development projects. - Widening of Town Park Road North footpath outside the park to protect pedestrians and runners - Followed up on the repairing damaged facilities of MTR and Light Rai

	<ul style="list-style-type: none"> - Requested the installation of bus arrival information display panels at the bus stop and terminus at Tin Tsz
Housing	<ol style="list-style-type: none"> 1) Public housing development at Tan Kwai Tsuen, Wang Chau, Long Bin Phase 1 and 2, Hung Shui Kiu^{6, 7} 2) Discussed “Overall replacement of aged communal pipes, cables and fibre network systems in Yuen Long District, particularly in the rural areas”⁸ 3) Supported “Youth Hostel Scheme” Hong Kong Sheng Kung Hui Welfare Council – Inter-generational integrated service building in Yuen Long⁹
Social participation	<ol style="list-style-type: none"> 1) Various programmes and activities were supported to improve residents’ social participation^{2, 12} <ul style="list-style-type: none"> - “Neighborhood First” Year-end Reunion Lunch in 18 Districts in 2020 - Hong Kong Flower Show 2020 (canceled) - “Make Yuen Long a More Wonderful Community Together” - “Love and Caring Words” - “Stories of Carers” - Opening the conference rooms in community halls/community centres in Yuen Long District as study room - Rearrangement of the application to use of the conference room in Yuen Long Town East Community Hall 2) Funding approved by DC^{10, 12, 13, 15} <ul style="list-style-type: none"> - Endorsed the allocation of HKD\$359,261 to fund 26 cultural activities, HKD\$607,952.5 to fund 50 recreation and sports activities, HKD\$866,296 to fund 41 social service activities in first and second quarters of 2020 – 2021. - Endorsed the allocation of HKD\$224,031 to fund 16 cultural activities, HKD\$709,952 to fund 53 recreation and sports activities, HKD\$581,868 to fund 32 social service activities in third quarter of 2020 – 2021 - Endorsed supporting the allocation of HKD\$610,000 to fund the projects to be co-organised by YLDC with working groups under Yuen Long District Welfare Office in 2020-21 - Endorsed a DC allocation of \$1,080,000 earmarked for the implementation of district free entertainment programmes to be co-organised by YLDC in the district in 2020/21.

	<ul style="list-style-type: none"> - Approved the funding allocation of \$59,000 to the YLDC for the implementation of the scheme on “Extension of Opening Hours for Community Halls/Community Centres in Yuen Long District”
Respect and social inclusion	<ol style="list-style-type: none"> 1) Conducted “Meet the Public Scheme” to provide a channel for residents to meet District Councils Members to voice their opinions or seek help²⁶. 2) Approved “Colourful Life @ Yuen Long” Community Building Programme to strengthen the social harmony in the district¹⁶
Civic participation and employment	DC approved the allocation of HK\$5,300 from “Funding Scheme for Women’s Development” to subsidize the activity scheme of promoting women’s development of the district listed on the implementation document of the Tin Shui Wai development network ³ .
Communication and information	<ol style="list-style-type: none"> 1) Approved adding notice boards in YLDC¹⁵ 2) Established the working group of on Publicity of Yuen Long District Council to be responsible for arranging the publicity works of YLDC¹⁵
Community support and health services	<ol style="list-style-type: none"> 1) Corresponding to COVID-19^{5, 8, 25} <ul style="list-style-type: none"> - Invited the representatives of Hospital Authority as standing department of Healthcare and Food Safety Committee to report and discuss on the anti-pandemic work and relevant services at the meeting - Discussed “Request the Housing Department to enhance the front-line anti-virus measures in public housing estates” - A total of HKD\$1,000,000 was allocated to purchase masks, 30% was for children while 70% was for adults. 2) Related to social services^{4, 5, 17} <ul style="list-style-type: none"> - Discussed “Purchase of premises for the provision of social welfare services” with representatives from Social Welfare Department - Endorsed to support allocating \$292,800 to fund the “Building a Safe Community in Yuen Long Programme 2020-2021”. Made the Working Group on Age-friendly Community (“WGAFC”) under YLDC a co-organisier. - Supported Jockey Club Caring Communities for Dementia Campaign organized by St. James’ Settlement to promote the establishment of friendly communities for dementia and support elderlies who were at risk of getting lost in Yuen Long.

6 WAY FORWARD

To sum up, participants were generally satisfied with the third batch of district-based programmes. They appreciated the positive changes brought by the programmes on behaviour, attitude, condition and knowledge. Despite the programme implementation was negatively affected by the outbreak of COVID-19, the sustainable factors such as enhanced awareness of age-friendliness, empowered elderly residents, and improved social connectedness to build an age-friendly city have been established and figured out with the joint efforts from the government, the Trust, Lingnan University and the local service operators.

Upon the evaluation of the third batch of DBPs, we propose several suggestions from different levels to continually improve the age-friendliness in Yuen Long District. At the individual level, an appropriate programme design that meets the need of the elderly will enhance their motivation to participate in the activities continually. Involving ambassadors and volunteers in the programme design could significantly enhance the ownership and success rate of the programmes. Besides, equipping the elderly with the ability to use smartphones, laptops, and the Internet has a positive influence on keeping them connected to society in the long run. At the community level, service providers need to consider changing the service delivery model from the traditional purely offline model to the combination of online and offline model and small-scale offline activities, given the long-term influence of the pandemic. Besides, it is advised that more resources should be provided to conduct regular AFC-related activities to keep the residents actively and regularly engaged in building the age-friendly city. Empowerment through social participation had proved to be a sustainable initiative in building an age-friendly community. At the policy level, it is advised that the government and relevant stakeholders engage elderly residents in the decision-making progress in developing relevant policies or strategies. Considering the concerns and the need voiced by the older people in the policy planning stage will improve not only civic participation of the elderly but also of great help to make the society more inclusive and age-friendly.

~End of Report~

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8 REFERENCE

8.1 Appendix – Questionnaire (YOT - NEC)

賽馬會齡活城市計劃（第二階段）

第三期「地區計劃」 - 友善社區在元朗 **活動問卷**

策劃及捐助:



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER

主辦院校:



Lingnan 嶺南大學
University 香港 Hong Kong



亞太老年學研究中心
Asia-Pacific Institute
of Ageing Studies

簡介:

為協助香港成為一個長者及年齡友善城市，香港賽馬會慈善信託基金贊助本港四間大學喺全港十八區推行「賽馬會齡活城市計劃」，為期三年。包括咗做研究睇下個區嘅長者及年齡友善情況、訓練一啲老友記成為「齡活大使」去做推廣嘅工作、又會有「專業支援」，將收到嘅地區情況同唔同嘅部門去反映同埋俾建議，仲有「地區計劃」，舉辦一啲活動去令到個區嘅長者及年齡友善情況變得更好。

今次嶺南大學亞太老年學研究中心希望透過做問卷了解「友善社區在元朗」呢個活動嘅成效，從而得知社區嘅長者及年齡友善狀況及改善進度。你所提供嘅資料只會作研究之用，內容絕對保密，除獲本研究所授權嘅人員之外，係唔會提供俾其他人士，請放心填寫。參與問卷調查純屬自願性質，你可以隨時退出。

A: 我已明白以上內容。

受訪者簽署以確認已明白及同意上述內容: _____

B: 你曾參與以下哪一些活動（請在適當的位置劃上剔號「□」，可選擇多項）

1. ☐ Health Delivery 健康送上門：義工探訪活動及分享影片
2. ☐ 你好有「元」人
3. ☐ Love Delivery 愛速遞：探訪院舍長者活動
4. ☐ 齡活日與夜（小組活動）
5. ☐ 元朗 Community Hunt（小組活動）
6. ☐ 「健康大步走」：社區資源分享
7. ☐ 元朗友善尋寶冊製作

C: 受訪者居住地區:

☐ 元朗區

<input type="checkbox"/> 1.豐年	<input type="checkbox"/> 2.元朗中心	<input type="checkbox"/> 3.鳳翔	<input type="checkbox"/> 4.元龍
<input type="checkbox"/> 5.十八鄉中	<input type="checkbox"/> 6.水邊	<input type="checkbox"/> 7.南屏	<input type="checkbox"/> 8.北朗
<input type="checkbox"/> 9.元朗東頭	<input type="checkbox"/> 10.十八鄉北	<input type="checkbox"/> 11.十八鄉東	<input type="checkbox"/> 12.十八鄉西
<input type="checkbox"/> 13.屏山南	<input type="checkbox"/> 14.洪福	<input type="checkbox"/> 15.廈村	<input type="checkbox"/> 16.屏山中
<input type="checkbox"/> 17.盛欣	<input type="checkbox"/> 18.天盛	<input type="checkbox"/> 19.天耀	<input type="checkbox"/> 20.耀祐
<input type="checkbox"/> 21.慈祐	<input type="checkbox"/> 22.嘉湖南	<input type="checkbox"/> 23.瑞愛	<input type="checkbox"/> 24.瑞華
<input type="checkbox"/> 25.頌華	<input type="checkbox"/> 26.頌栢	<input type="checkbox"/> 27.嘉湖北	<input type="checkbox"/> 28.悅恩
<input type="checkbox"/> 29.晴景	<input type="checkbox"/> 30.福恩	<input type="checkbox"/> 31.逸澤	<input type="checkbox"/> 32.天恆
<input type="checkbox"/> 33.宏逸	<input type="checkbox"/> 34.屏山北	<input type="checkbox"/> 35.錦繡花園	<input type="checkbox"/> 36.新田
<input type="checkbox"/> 37.錦田	<input type="checkbox"/> 38.八鄉北	<input type="checkbox"/> 39.八鄉南	<input type="checkbox"/> 40.其他,請註明: _____

D: 長者及年齡友善情況

我認為「友善社區在元朗」呢個活動能夠幫助改善地區:		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	<u>室外空間和建築</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<u>交通</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<u>房屋</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<u>社會參與</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	<u>尊重和社會包容</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	<u>信息交流</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	<u>公民參與和就業</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	<u>社區與健康服務</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

E: 活動內容

參加「友善社區在元朗」後, 我認為:	非常不同意	不同意	有點不同意	有點同意	同意	非常同意
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		1	2	3	4	5	6
1.	我比以前更多參與社區嘅活動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	我比以前更加關注社區嘅長者及年齡友善情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	活動能夠為社區提供更多 社區參與 嘅機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	活動能夠為社區提供更多 信息交流 嘅機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	活動能夠加強社區 尊重及社會包容 嘅氣氛	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	活動能夠為社區提供更多 社區與健康服務 嘅支援	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	我比以前更加熟悉社區嘅資源	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	活動能夠消除跨代隔膜及誤會，提升長者嘅正面形象	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	活動能夠加強社區人士之間嘅關愛	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	活動能夠擴闊長者嘅社交支援網絡	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

F: 賽馬會齡活城市計劃

我認為「友善社區在元朗」嘅活動能夠令我：		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	了解「賽馬會齡活城市計劃」	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	了解「長者及年齡友善城市」嘅概念	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

G: 整體滿意

		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	整體而言，我對今次「友善社區在元朗」嘅活動感到滿意。	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

H: 個人資料

受訪者資料：請你填寫以下關於你嘅個人資料。請剔出□最合適嘅答案，除非有特別說明或指示。

1.	性別： <input type="checkbox"/> 男 <input type="checkbox"/> 女
2.	年齡：_____歲（身份證上嘅年齡）
3.	婚姻狀況： <input type="checkbox"/> 未婚 <input type="checkbox"/> 已婚 <input type="checkbox"/> 喪偶 <input type="checkbox"/> 分居 <input type="checkbox"/> 離婚
4.	子女數目：_____子_____女（如無子女，請填寫 0）
5.	教育程度： <input type="checkbox"/> 無接受過正規教育 <input type="checkbox"/> 小學 <input type="checkbox"/> 中學 <input type="checkbox"/> 大專 <input type="checkbox"/> 大學 <input type="checkbox"/> 碩士或以上
6.	係唔係在職： <input type="checkbox"/> 否 <input type="checkbox"/> 是，請填寫：(a) 職業：_____ (b) <input type="checkbox"/> 全職/ <input type="checkbox"/> 半職 (c) _____時數/每星期
7.	經濟來源（可選多項）： <input type="checkbox"/> 綜援 <input type="checkbox"/> 高齡津貼 <input type="checkbox"/> 退休金 <input type="checkbox"/> 積蓄 <input type="checkbox"/> 普通傷殘津貼 <input type="checkbox"/> 長者生活津貼 <input type="checkbox"/> 家人及親友資助 <input type="checkbox"/> 其他（請註明：_____） <input type="checkbox"/> 高額傷殘津貼 <input type="checkbox"/> 保險 <input type="checkbox"/> 工資
8.	每月總個人收入： <input type="checkbox"/> \$0 <input type="checkbox"/> \$5,000 - \$9,999 <input type="checkbox"/> \$30,000 - \$39,999 <input type="checkbox"/> \$1 - \$1,999 <input type="checkbox"/> \$10,000 - \$19,999 <input type="checkbox"/> \$40,000 - \$49,999 <input type="checkbox"/> \$2,000 - \$4,999 <input type="checkbox"/> \$20,000 - \$29,999 <input type="checkbox"/> \$50,000 或以上
9.	你有無足夠嘅錢應付日常開支？ <input type="checkbox"/> 極之唔充足 <input type="checkbox"/> 唔充足 <input type="checkbox"/> 充足 <input type="checkbox"/> 極之充足
10.	居住房屋類型： <input type="checkbox"/> 公屋 <input type="checkbox"/> 私人樓宇（整個單位） <input type="checkbox"/> 私人樓宇（套房或劏房） <input type="checkbox"/> 私人樓宇（板間房） <input type="checkbox"/> 私人樓宇（床位） <input type="checkbox"/> 其他：_____
11.	你同邊個一齊住：（可選多項） <input type="checkbox"/> 獨居 <input type="checkbox"/> 孫子女 <input type="checkbox"/> 父母 <input type="checkbox"/> 家傭 <input type="checkbox"/> 子女或女婿、媳婦 <input type="checkbox"/> 配偶/伴侶 <input type="checkbox"/> 兄弟姊妹 <input type="checkbox"/> 祖父母 <input type="checkbox"/> 其他（請註明：_____）
12.	總體而言，你認為你現時嘅健康狀況係？ <input type="checkbox"/> 差 <input type="checkbox"/> 一般 <input type="checkbox"/> 好 <input type="checkbox"/> 很好 <input type="checkbox"/> 非常好
13.	你有無患有以下疾病：（可選多項）*如未患有以下疾病，請選擇“其他”，並註明“無” <input type="checkbox"/> 中風 <input type="checkbox"/> 肩周炎 <input type="checkbox"/> 高膽固醇 <input type="checkbox"/> 眼疾（如：青光眼、白內障、黃斑點退化） <input type="checkbox"/> 痛症 <input type="checkbox"/> 心臟病 <input type="checkbox"/> 高血壓 <input type="checkbox"/> 退化性膝關節炎 <input type="checkbox"/> 癌症 <input type="checkbox"/> 抑鬱症 <input type="checkbox"/> 高血脂 <input type="checkbox"/> 手部退化性關節炎 <input type="checkbox"/> 肺炎 <input type="checkbox"/> 糖尿病 <input type="checkbox"/> 骨質疏鬆 <input type="checkbox"/> 其他（請註明：_____）
14.	喺過去三個月內，你有無使用/參加唔同類形嘅中心（如：社區中心、青少年中心、長者中心、村公所、鄉委會、議員辦事處等）提供嘅服務或活動，或者同街坊、朋友、家人去街或飲茶等？ <input type="checkbox"/> 沒有 <input type="checkbox"/> 有，每月_____次

問卷已完成，謝謝您嘅意見！
資料將於研究完成後六個月內銷毀。

賽馬會齡活城市計劃（第二階段） **活動問卷**

第三期「地區計劃」 - 交通發展千里行，長者友善倍安心

策劃及捐助： 香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER

主辦院校： Lingnan 嶺南大學
University 香港 Hong Kong

 亞太老年學研究中心
Asia-Pacific Institute
of Ageing Studies

簡介：

為協助香港成為一個長者及年齡友善城市，香港賽馬會慈善信託基金贊助本港四間大學喺全港十八區推行「賽馬會齡活城市計劃」，為期三年。包括咗做研究睇下個區嘅長者及年齡友善情況、訓練一啲老友記成為「齡活大使」去做推廣嘅工作、又會有「專業支援」，將收到嘅地區情況同唔同嘅部門去反映同埋俾建議，仲有「地區計劃」，舉辦一啲活動去令到個區嘅長者及年齡友善情況變得更好。

今次嶺南大學亞太老年學研究中心希望透過做問卷了解「交通發展千里行，長者友善倍安心」呢個活動嘅成效，從而得知社區嘅長者及年齡友善狀況及改善進度。 你所提供嘅資料只會作研究之用，內容絕對保密，除獲本研究所授權嘅人員之外，係唔會提供俾其他人士，請放心填寫。參與問卷調查純屬自願性質，你可以隨時退出。

A：我已明白以上內容。

受訪者簽署以確認已明白及同意上述內容： _____

B：你曾參與以下哪一些活動（請在適當的位置劃上剔號「□」，可選擇多項）

1. ☐ 網上講座（YouTube 直播）
 - a. ☐ 認識港島南線
 - b. ☐ 認識屯馬線一期
 - c. ☐ 認識港島西線
2. ☐ 個人或小組自助游（拍攝長者友善設施並分享）
 - a. ☐ 參觀港島南線各站
 - b. ☐ 參觀屯馬線一期各站
 - c. ☐ 參觀港島西線各站
3. ☐ 網上匯報及分享大會
4. ☐ 計劃分享集（照片入選分享集）

C：受訪者居住地區：

☐ 元朗區

<input type="checkbox"/> 1.豐年	<input type="checkbox"/> 2.元朗中心	<input type="checkbox"/> 3.鳳翔	<input type="checkbox"/> 4.元龍
<input type="checkbox"/> 5.十八鄉中	<input type="checkbox"/> 6.水邊	<input type="checkbox"/> 7.南屏	<input type="checkbox"/> 8.北朗
<input type="checkbox"/> 9.元朗東頭	<input type="checkbox"/> 10.十八鄉北	<input type="checkbox"/> 11.十八鄉東	<input type="checkbox"/> 12.十八鄉西
<input type="checkbox"/> 13.屏山南	<input type="checkbox"/> 14.洪福	<input type="checkbox"/> 15.廈村	<input type="checkbox"/> 16.屏山中
<input type="checkbox"/> 17.盛欣	<input type="checkbox"/> 18.天盛	<input type="checkbox"/> 19.天耀	<input type="checkbox"/> 20.耀祐
<input type="checkbox"/> 21.慈祐	<input type="checkbox"/> 22.嘉湖南	<input type="checkbox"/> 23.瑞愛	<input type="checkbox"/> 24.瑞華
<input type="checkbox"/> 25.頌華	<input type="checkbox"/> 26.頌栢	<input type="checkbox"/> 27.嘉湖北	<input type="checkbox"/> 28.悅恩
<input type="checkbox"/> 29.晴景	<input type="checkbox"/> 30.福恩	<input type="checkbox"/> 31.逸澤	<input type="checkbox"/> 32.天恆
<input type="checkbox"/> 33.宏逸	<input type="checkbox"/> 34.屏山北	<input type="checkbox"/> 35.錦繡花園	<input type="checkbox"/> 36.新田
<input type="checkbox"/> 37.錦田	<input type="checkbox"/> 38.八鄉北	<input type="checkbox"/> 39.八鄉南	<input type="checkbox"/> 40.其他,請註明: _____

D：長者及年齡友善情況

我認為「交通發展千里行，長者友善倍安心」呢個活動能夠幫助改善地區：		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	<u>室外空間和建築</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<u>交通</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<u>房屋</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<u>社會參與</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	<u>尊重和社會包容</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	<u>信息交流</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	<u>公民參與和就業</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	<u>社區與健康服務</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

E：活動內容

參加「交通發展千里行，長者友善倍安心」後，我認為：	非常不同意	不同意	有點不同意	有點同意	同意	非常同意

		1	2	3	4	5	6
1.	我比以前更多參與社區嘅活動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	我比以前更加關注社區嘅長者及年齡友善情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	活動能夠為社區提供更多 <u>社區參與</u> 嘅機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	活動能夠為社區提供更多 <u>信息交流</u> 嘅機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	活動能夠加強社區 <u>尊重及社會包容</u> 嘅氣氛	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	我比以前更明白 <u>室外空間和建築</u> 對 <u>長者及年齡友善</u> 嘅重要性	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	我比以前更明白 <u>交通</u> 對 <u>長者及年齡友善</u> 嘅重要性	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	我比以前更認識香港嘅交通運輸項目及其發展	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	我比以前更會使用手機尋找資訊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

F：賽馬會齡活城市計劃

我認為「交通發展千里行，長者友善倍安心」嘅活動能夠令我：		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	了解「賽馬會齡活城市計劃」	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	了解「長者及年齡友善城市」嘅概念	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

G：整體滿意

		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	整體而言，我對今次「交通發展千里行，長者友善倍安心」嘅活動感到滿意。	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

H：個人資料

受訪者資料：請你填寫以下關於你嘅個人資料。請剔出□最合適嘅答案，除非有特別說明或指示。

1.	性別： <input type="checkbox"/> 男 <input type="checkbox"/> 女
2.	年齡：_____歲（身份證上嘅年齡）
3.	婚姻狀況： <input type="checkbox"/> 未婚 <input type="checkbox"/> 已婚 <input type="checkbox"/> 喪偶 <input type="checkbox"/> 分居 <input type="checkbox"/> 離婚
4.	子女數目：_____子_____女（如無子女，請填寫 0）
5.	教育程度： <input type="checkbox"/> 無接受過正規教育 <input type="checkbox"/> 小學 <input type="checkbox"/> 中學 <input type="checkbox"/> 大專 <input type="checkbox"/> 大學 <input type="checkbox"/> 碩士或以上
6.	係唔係在職： <input type="checkbox"/> 否 <input type="checkbox"/> 是，請填寫：(a) 職業：_____ (b) <input type="checkbox"/> 全職/ <input type="checkbox"/> 半職 (c) _____時數/每星期
7.	經濟來源（可選多項）： <input type="checkbox"/> 綜援 <input type="checkbox"/> 高齡津貼 <input type="checkbox"/> 退休金 <input type="checkbox"/> 積蓄 <input type="checkbox"/> 普通傷殘津貼 <input type="checkbox"/> 長者生活津貼 <input type="checkbox"/> 家人及親友資助 <input type="checkbox"/> 其他（請註明：_____） <input type="checkbox"/> 高額傷殘津貼 <input type="checkbox"/> 保險 <input type="checkbox"/> 工資
8.	每月總個人收入： <input type="checkbox"/> \$0 <input type="checkbox"/> \$5,000 - \$9,999 <input type="checkbox"/> \$30,000 - \$39,999 <input type="checkbox"/> \$1 - \$1,999 <input type="checkbox"/> \$10,000 - \$19,999 <input type="checkbox"/> \$40,000 - \$49,999 <input type="checkbox"/> \$2,000 - \$4,999 <input type="checkbox"/> \$20,000 - \$29,999 <input type="checkbox"/> \$50,000 或以上
9.	你有無足夠嘅錢應付日常開支？ <input type="checkbox"/> 極之唔充足 <input type="checkbox"/> 唔充足 <input type="checkbox"/> 充足 <input type="checkbox"/> 極之充足
10.	居住房屋類型： <input type="checkbox"/> 公屋 <input type="checkbox"/> 私人樓宇（整個單位） <input type="checkbox"/> 私人樓宇（套房或劏房） <input type="checkbox"/> 私人樓宇（板間房） <input type="checkbox"/> 私人樓宇（床位） <input type="checkbox"/> 其他：_____
11.	你同邊個一齊住：（可選多項） <input type="checkbox"/> 獨居 <input type="checkbox"/> 孫子女 <input type="checkbox"/> 父母 <input type="checkbox"/> 家傭 <input type="checkbox"/> 子女或女婿、媳婦 <input type="checkbox"/> 配偶/伴侶 <input type="checkbox"/> 兄弟姊妹 <input type="checkbox"/> 祖父母 <input type="checkbox"/> 其他（請註明：_____）
12.	總體而言，你認為你現時嘅健康狀況係？ <input type="checkbox"/> 差 <input type="checkbox"/> 一般 <input type="checkbox"/> 好 <input type="checkbox"/> 很好 <input type="checkbox"/> 非常好
13.	你有無患有以下疾病：（可選多項） <input type="checkbox"/> 中風 <input type="checkbox"/> 肩周炎 <input type="checkbox"/> 高膽固醇 <input type="checkbox"/> 眼疾（如：青光眼、白內障、黃斑點退化） <input type="checkbox"/> 痛症 <input type="checkbox"/> 心臟病 <input type="checkbox"/> 高血壓 <input type="checkbox"/> 退化性膝關節炎 <input type="checkbox"/> 癌症 <input type="checkbox"/> 抑鬱症 <input type="checkbox"/> 高血脂 <input type="checkbox"/> 手部退化性關節炎 <input type="checkbox"/> 肺炎 <input type="checkbox"/> 糖尿病 <input type="checkbox"/> 骨質疏鬆 <input type="checkbox"/> 其他（請註明：_____）
14.	喺過去三個月內，你有無使用/參加唔同類形嘅中心（如：社區中心、青少年中心、長者中心、村公所、鄉委會、議員辦事處等）提供嘅服務或活動，或者同街坊、朋友、家人去街或飲茶等？ <input type="checkbox"/> 沒有 <input type="checkbox"/> 有，每月_____次

問卷已完成，謝謝您嘅意見！
資料將於研究完成後六個月內銷毀。

賽馬會齡活城市計劃 (第二階段)

第三期「地區計劃」 - 仁濟銀齡健康新紀元 II 活動問卷

策劃及捐助:



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER

主辦院校:



Lingnan 嶺南大學
University 香港 Hong Kong



亞太老年學研究中心
Asia-Pacific Institute
of Ageing Studies

簡介:

為協助香港成為一個長者及年齡友善城市，香港賽馬會慈善信託基金贊助本港四間大學喺全港十八區推行「賽馬會齡活城市計劃」，為期三年。包括咗做研究睇下個區嘅長者及年齡友善情況、訓練一啲老友記成為「齡活大使」去做推廣嘅工作、又會有「專業支援」，將收到嘅地區情況同唔同嘅部門去反映同埋俾建議，仲有「地區計劃」，舉辦一啲活動去令到個區嘅長者及年齡友善情況變得更好。

今次嶺南大學亞太老年學研究中心希望透過做問卷了解「仁濟銀齡健康新紀元 II」呢個活動嘅成效，從而得知社區嘅長者及年齡友善狀況及改善進度。你所提供嘅資料只會作研究之用，內容絕對保密，除獲本研究所授權嘅人員之外，係唔會提供俾其他人士，請放心填寫。參與問卷調查純屬自願性質，你可以隨時退出。

A: 我已明白以上內容。

受訪者簽署以確認已明白及同意上述內容: _____

B: 你曾參與以下哪一些活動（請在適當的位置劃上剔號「□」，可選擇多項）

1. ☐ 「練力帶」活動培訓（第二期）
2. ☐ 擔任「練力帶」齡活大使導師
3. ☐ 「練力帶社區工作坊」（第二期）
4. ☐ 「練力帶社區工作坊」（第二期特選人士專場：面向肢體殘缺人士、老人日間照顧中心或低收入家庭等）
5. ☐ 嶺南大學齡活大使訓練，認識「長者友善社區」之概念
6. ☐ 在社區推廣及講解「長者及年齡友善」訊息
7. ☐ 參與錄製或觀看「百人練力帶日常操」影片
8. ☐ 「練力帶」日常操活動

C: 受訪者居住地區:☐ 元朗區

<input type="checkbox"/> 1.豐年	<input type="checkbox"/> 2.元朗中心	<input type="checkbox"/> 3.鳳翔	<input type="checkbox"/> 4.元龍
<input type="checkbox"/> 5.十八鄉中	<input type="checkbox"/> 6.水邊	<input type="checkbox"/> 7.南屏	<input type="checkbox"/> 8.北朗
<input type="checkbox"/> 9.元朗東頭	<input type="checkbox"/> 10.十八鄉北	<input type="checkbox"/> 11.十八鄉東	<input type="checkbox"/> 12.十八鄉西
<input type="checkbox"/> 13.屏山南	<input type="checkbox"/> 14.洪福	<input type="checkbox"/> 15.廈村	<input type="checkbox"/> 16.屏山中
<input type="checkbox"/> 17.盛欣	<input type="checkbox"/> 18.天盛	<input type="checkbox"/> 19.天耀	<input type="checkbox"/> 20.耀祐
<input type="checkbox"/> 21.慈祐	<input type="checkbox"/> 22.嘉湖南	<input type="checkbox"/> 23.瑞愛	<input type="checkbox"/> 24.瑞華
<input type="checkbox"/> 25.頌華	<input type="checkbox"/> 26.頌栢	<input type="checkbox"/> 27.嘉湖北	<input type="checkbox"/> 28.悅恩
<input type="checkbox"/> 29.晴景	<input type="checkbox"/> 30.福恩	<input type="checkbox"/> 31.逸澤	<input type="checkbox"/> 32.天恆
<input type="checkbox"/> 33.宏逸	<input type="checkbox"/> 34.屏山北	<input type="checkbox"/> 35.錦繡花園	<input type="checkbox"/> 36.新田
<input type="checkbox"/> 37.錦田	<input type="checkbox"/> 38.八鄉北	<input type="checkbox"/> 39.八鄉南	<input type="checkbox"/> 40.其他,請註明: _____

D: 長者及年齡友善情況

我認為「仁濟銀齡健康新紀元 II」呢個活動能夠幫助改善地區:		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	<u>室外空間和建築</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<u>交通</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<u>房屋</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<u>社會參與</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	<u>尊重和社會包容</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	<u>信息交流</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	<u>公民參與和就業</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	<u>社區與健康服務</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

E: 活動內容

參加「仁濟銀齡健康新紀元 II」後, 我認為:	非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1.	我比以前更多參與社區嘅活動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	我比以前更加關注社區嘅長者及年齡友善情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	活動能夠為社區提供更多 社區參與 嘅機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	活動能夠為社區提供更多檢視 交通 嘅機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	我比以前更加關注社區內各交通工具嘅長者及年齡友善情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	我學習到練力帶嘅運用	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	我比以前更多做運動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

F: 賽馬會齡活城市計劃

我認為「仁濟銀齡健康新紀元 II」嘅活動能夠令我：		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	了解「賽馬會齡活城市計劃」	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	了解「長者及年齡友善城市」嘅概念	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

G: 整體滿意

我認為「仁濟銀齡健康新紀元 II」嘅活動能夠令我：		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	整體而言，我對今次「仁濟銀齡健康新紀元 II」嘅活動感到滿意。	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

H: 個人資料

受訪者資料：請你填寫以下關於你嘅個人資料。請剔出 ☐ 最合適嘅答案，除非有特別說明或指示。

1.	性別： <input type="checkbox"/> 男 <input type="checkbox"/> 女
2.	年齡：_____歲（身份證上嘅年齡）
3.	婚姻狀況： <input type="checkbox"/> 未婚 <input type="checkbox"/> 已婚 <input type="checkbox"/> 喪偶 <input type="checkbox"/> 分居 <input type="checkbox"/> 離婚
4.	子女數目：_____子_____女（如無子女，請填寫 0）
5.	教育程度： <input type="checkbox"/> 無接受過正規教育 <input type="checkbox"/> 小學 <input type="checkbox"/> 中學 <input type="checkbox"/> 大專 <input type="checkbox"/> 大學 <input type="checkbox"/> 碩士或以上
6.	係唔係在職： <input type="checkbox"/> 否 <input type="checkbox"/> 是，請填寫：(a) 職業：_____ (b) <input type="checkbox"/> 全職/ <input type="checkbox"/> 半職 (c) _____時數/每星期
7.	經濟來源（可選多項）： <input type="checkbox"/> 綜援 <input type="checkbox"/> 高齡津貼 <input type="checkbox"/> 退休金 <input type="checkbox"/> 積蓄 <input type="checkbox"/> 普通傷殘津貼 <input type="checkbox"/> 長者生活津貼 <input type="checkbox"/> 家人及親友資助 <input type="checkbox"/> 其他（請註明：_____） <input type="checkbox"/> 高額傷殘津貼 <input type="checkbox"/> 保險 <input type="checkbox"/> 工資
8.	每月總個人收入： <input type="checkbox"/> \$0 <input type="checkbox"/> \$5,000 - \$9,999 <input type="checkbox"/> \$30,000 - \$39,999 <input type="checkbox"/> \$1 - \$1,999 <input type="checkbox"/> \$10,000 - \$19,999 <input type="checkbox"/> \$40,000 - \$49,999 <input type="checkbox"/> \$2,000 - \$4,999 <input type="checkbox"/> \$20,000 - \$29,999 <input type="checkbox"/> \$50,000 或以上
9.	你有無足夠嘅錢應付日常開支？ <input type="checkbox"/> 極之唔充足 <input type="checkbox"/> 唔充足 <input type="checkbox"/> 充足 <input type="checkbox"/> 極之充足
10.	居住房屋類型： <input type="checkbox"/> 公屋 <input type="checkbox"/> 私人樓宇（整個單位） <input type="checkbox"/> 私人樓宇（套房或劏房） <input type="checkbox"/> 私人樓宇（板間房） <input type="checkbox"/> 私人樓宇（床位） <input type="checkbox"/> 其他：_____
11.	你同邊個一齊住：（可選多項） <input type="checkbox"/> 獨居 <input type="checkbox"/> 孫子女 <input type="checkbox"/> 父母 <input type="checkbox"/> 家傭 <input type="checkbox"/> 子女或女婿、媳婦 <input type="checkbox"/> 配偶/伴侶 <input type="checkbox"/> 兄弟姊妹 <input type="checkbox"/> 祖父母 <input type="checkbox"/> 其他（請註明）_____
12.	總體而言，你認為你現時嘅健康狀況係？ <input type="checkbox"/> 差 <input type="checkbox"/> 一般 <input type="checkbox"/> 好 <input type="checkbox"/> 很好 <input type="checkbox"/> 非常好
13.	你有無患有以下疾病：（可選多項） <input type="checkbox"/> 中風 <input type="checkbox"/> 肩周炎 <input type="checkbox"/> 高膽固醇 <input type="checkbox"/> 眼疾（如：青光眼、白內障、黃斑點退化） <input type="checkbox"/> 痛症 <input type="checkbox"/> 心臟病 <input type="checkbox"/> 高血壓 <input type="checkbox"/> 退化性膝關節炎 <input type="checkbox"/> 癌症 <input type="checkbox"/> 抑鬱症 <input type="checkbox"/> 高血脂 <input type="checkbox"/> 手部退化性關節炎 <input type="checkbox"/> 肺炎 <input type="checkbox"/> 糖尿病 <input type="checkbox"/> 骨質疏鬆 <input type="checkbox"/> 其他（請註明：_____）
14.	喺過去三個月內，你有無使用/參加唔同類形嘅中心（如：社區中心、青少年中心、長者中心、村公所、鄉委會、議員辦事處等）提供嘅服務或活動，或者同街坊、朋友、家人去街或飲茶等？ <input type="checkbox"/> 沒有 <input type="checkbox"/> 有，每月_____次

問卷已完成，謝謝您嘅意見！
資料將於研究完成後六個月內銷毀。

賽馬會齡活城市計劃（第二階段）

第三期「地區計劃」 - 齡活之旅

活動問卷

策劃及捐助：



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER

主辦院校：



Lingnan 嶺南大學
University 香港 Hong Kong



亞太老年學研究中心
Asia-Pacific Institute
of Ageing Studies

簡介：

為協助香港成為一個長者及年齡友善城市，香港賽馬會慈善信託基金贊助本港四間大學喺全港十八區推行「賽馬會齡活城市計劃」，為期三年。包括咗做研究睇下個區嘅長者及年齡友善情況、訓練一啲老友記成為「齡活大使」去做推廣嘅工作、又會有「專業支援」，將收到嘅地區情況同唔同嘅部門去反映同埋俾建議，仲有「地區計劃」，舉辦一啲活動去令到個區嘅長者及年齡友善情況變得更好。

今次嶺南大學亞太老年學研究中心希望透過做問卷了解「齡活之旅」呢個活動嘅成效，從而得知社區嘅長者及年齡友善狀況及改善進度。你所提供嘅資料只會作研究之用，內容絕對保密，除獲本研究所授權嘅人員之外，係唔會提供俾其他人士，請放心填寫。參與問卷調查純屬自願性質，你可以隨時退出。

A：我已明白以上內容。

受訪者簽署以確認已明白及同意上述內容： _____

B：你曾參與以下哪一些活動（請在適當的位置劃上別號「□」，可選擇多項）

1. ☐ 「齡活大使」義工訓練
2. ☐ 齡活花藝：花藝訓練
3. ☐ 齡活同行：由義工為弱老及照顧者提供健腦活動（家訪或提供活動及影片）
4. ☐ 製作「齡活之旅 - 遊覽指南」
5. ☐ 懷舊文化同樂日：懷舊文化遊戲活動及問答比賽
6. ☐ 齡活之旅義工嘉許禮（拍片或給予參加者觀看）
7. ☐ 製作「齡活之旅特刊」

C：受訪者居住地區：

☐ 元朗區

<input type="checkbox"/> 1.豐年	<input type="checkbox"/> 2.元朗中心	<input type="checkbox"/> 3.鳳翔	<input type="checkbox"/> 4.元龍
<input type="checkbox"/> 5.十八鄉中	<input type="checkbox"/> 6.水邊	<input type="checkbox"/> 7.南屏	<input type="checkbox"/> 8.北朗
<input type="checkbox"/> 9.元朗東頭	<input type="checkbox"/> 10.十八鄉北	<input type="checkbox"/> 11.十八鄉東	<input type="checkbox"/> 12.十八鄉西
<input type="checkbox"/> 13.屏山南	<input type="checkbox"/> 14.洪福	<input type="checkbox"/> 15.廈村	<input type="checkbox"/> 16.屏山中
<input type="checkbox"/> 17.盛欣	<input type="checkbox"/> 18.天盛	<input type="checkbox"/> 19.天耀	<input type="checkbox"/> 20.耀祐
<input type="checkbox"/> 21.慈祐	<input type="checkbox"/> 22.嘉湖南	<input type="checkbox"/> 23.瑞愛	<input type="checkbox"/> 24.瑞華
<input type="checkbox"/> 25.頌華	<input type="checkbox"/> 26.頌栢	<input type="checkbox"/> 27.嘉湖北	<input type="checkbox"/> 28.悅恩
<input type="checkbox"/> 29.晴景	<input type="checkbox"/> 30.福恩	<input type="checkbox"/> 31.逸澤	<input type="checkbox"/> 32.天恆
<input type="checkbox"/> 33.宏逸	<input type="checkbox"/> 34.屏山北	<input type="checkbox"/> 35.錦繡花園	<input type="checkbox"/> 36.新田
<input type="checkbox"/> 37.錦田	<input type="checkbox"/> 38.八鄉北	<input type="checkbox"/> 39.八鄉南	<input type="checkbox"/> 40.其他,請註明: _____

D：長者及年齡友善情況

我認為「齡活之旅」呢個活動能夠幫助改善地區：		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	<u>室外空間和建築</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<u>交通</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<u>房屋</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<u>社會參與</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	<u>尊重和社會包容</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	<u>信息交流</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	<u>公民參與和就業</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	<u>社區與健康服務</u> 嘅情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

E: 活動內容

參加「齡活之旅」後，我認為：		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	我比以前更多參與社區嘅活動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	我比以前更加關注社區嘅長者及年齡友善情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	活動能夠為社區提供更多 社區參與 嘅機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	活動能夠為社區提供更多檢視 交通 嘅機會	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	我對自己更有信心	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	我嘅自我形象變得更加積極正面	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	我比以前更積極的推動「齡活城市」嘅風氣	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

F: 賽馬會齡活城市計劃

我認為「齡活之旅」嘅活動能夠令我：		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	了解「賽馬會齡活城市計劃」	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	了解「長者及年齡友善城市」嘅概念	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

G: 整體滿意

我認為「齡活之旅」嘅活動能夠令我：		非常不同意 1	不同意 2	有點不同意 3	有點同意 4	同意 5	非常同意 6
1.	整體而言，我對今次「齡活之旅」嘅活動感到滿意。	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

H: 個人資料

受訪者資料: 請你填寫以下關於你嘅個人資料。請剔出 ☐ 最合適嘅答案，除非有特別說明或指示。

1.	性別: <input type="checkbox"/> 男 <input type="checkbox"/> 女
2.	年齡: _____ 歲 (身份證上嘅年齡)
3.	婚姻狀況: <input type="checkbox"/> 未婚 <input type="checkbox"/> 已婚 <input type="checkbox"/> 喪偶 <input type="checkbox"/> 分居 <input type="checkbox"/> 離婚
4.	子女數目: _____ 子 _____ 女 (如無子女, 請填寫 0)
5.	教育程度: <input type="checkbox"/> 無接受過正規教育 <input type="checkbox"/> 小學 <input type="checkbox"/> 中學 <input type="checkbox"/> 大專 <input type="checkbox"/> 大學 <input type="checkbox"/> 碩士或以上
6.	係唔係在職: <input type="checkbox"/> 否 <input type="checkbox"/> 是, 請填寫: (a) 職業: _____ (b) <input type="checkbox"/> 全職/ <input type="checkbox"/> 半職 (c) _____ 時數/每星期
7.	經濟來源 (可選多項): <input type="checkbox"/> 綜援 <input type="checkbox"/> 高齡津貼 <input type="checkbox"/> 退休金 <input type="checkbox"/> 積蓄 <input type="checkbox"/> 普通傷殘津貼 <input type="checkbox"/> 長者生活津貼 <input type="checkbox"/> 家人及親友資助 <input type="checkbox"/> 其他 (請註明: _____) <input type="checkbox"/> 高額傷殘津貼 <input type="checkbox"/> 保險 <input type="checkbox"/> 工資
8.	每月總個人收入: <input type="checkbox"/> \$0 <input type="checkbox"/> \$5,000 - \$9,999 <input type="checkbox"/> \$30,000 - \$39,999 <input type="checkbox"/> \$1 - \$1,999 <input type="checkbox"/> \$10,000 - \$19,999 <input type="checkbox"/> \$40,000 - \$49,999 <input type="checkbox"/> \$2,000 - \$4,999 <input type="checkbox"/> \$20,000 - \$29,999 <input type="checkbox"/> \$50,000 或以上
9.	你有無足夠嘅錢應付日常開支? <input type="checkbox"/> 極之唔充足 <input type="checkbox"/> 唔充足 <input type="checkbox"/> 充足 <input type="checkbox"/> 極之充足
10.	居住房屋類型: <input type="checkbox"/> 公屋 <input type="checkbox"/> 私人樓宇 (整個單位) <input type="checkbox"/> 私人樓宇 (套房或劏房) <input type="checkbox"/> 私人樓宇 (板間房) <input type="checkbox"/> 私人樓宇 (床位) <input type="checkbox"/> 其他: _____
11.	你同邊個一齊住: (可選多項) <input type="checkbox"/> 獨居 <input type="checkbox"/> 孫子女 <input type="checkbox"/> 父母 <input type="checkbox"/> 家傭 <input type="checkbox"/> 子女或女婿、媳婦 <input type="checkbox"/> 配偶/伴侶 <input type="checkbox"/> 兄弟姊妹 <input type="checkbox"/> 祖父母 <input type="checkbox"/> 其他 (請註明) _____
12.	總體而言, 你認為你現時嘅健康狀況係? <input type="checkbox"/> 差 <input type="checkbox"/> 一般 <input type="checkbox"/> 好 <input type="checkbox"/> 很好 <input type="checkbox"/> 非常好
13.	你有無患有以下疾病: (可選多項) <input type="checkbox"/> 中風 <input type="checkbox"/> 肩周炎 <input type="checkbox"/> 高膽固醇 <input type="checkbox"/> 眼疾 (如: 青光眼、白內障、黃斑點退化) <input type="checkbox"/> 痛症 <input type="checkbox"/> 心臟病 <input type="checkbox"/> 高血壓 <input type="checkbox"/> 退化性膝關節炎 <input type="checkbox"/> 癌症 <input type="checkbox"/> 抑鬱症 <input type="checkbox"/> 高血脂 <input type="checkbox"/> 手部退化性關節炎 <input type="checkbox"/> 肺炎 <input type="checkbox"/> 糖尿病 <input type="checkbox"/> 骨質疏鬆 <input type="checkbox"/> 其他 (請註明: _____)
14.	喺過去三個月內, 你有無使用/參加唔同類形嘅中心 (如: 社區中心、青少年中心、長者中心、村公所、鄉委會、議員辦事處等) 提供嘅服務或活動, 或者同街坊、朋友、家人去街或飲茶等? <input type="checkbox"/> 沒有 <input type="checkbox"/> 有, 每月 _____ 次

問卷已完成, 謝謝您嘅意見!
資料將於研究完成後六個月內銷毀。

9 APPENDIX – FOCUS GROUP GUIDELINE

9.1 Appendix – Focus group guideline (YOT - NEC)

賽馬會齡活城市計劃 - 聚焦小組

日期：2021 年 5 月 28 日（星期五）
時間：下午 13:30 – 15:00
地點：仁愛堂田家炳長者鄰舍中心
項目：賽馬會齡活城市計劃 – 友善社區在元朗

小組簡介：

「長者及年齡友善城市」是世界衛生組織在 2005 年提出的概念，它建基於積極老齡化的理論框架，目的旨在優化社區環境，促進長者的健康、社會參與和保障，和提升長者的生活質素。大家早前都參加了仁愛堂田家炳長者鄰舍中心舉辦的「賽馬會齡活城市計劃 – 友善社區在元朗」，是次聚焦小組自的希望了解你對這個計劃的意見。這個研究會根據世界衛生組織所定下的「長者及年齡友善城市」的八個範疇來探討及分析。

世界衛生組織提倡的「長者及年齡友善城市」由八個範疇組成，包括室外空間和建築、交通、房屋、社會參與、尊重和社會包容、公民參與和就業、信息交流、社區與健康服務。

「長者及年齡友善城市」的八個範疇：

1. 室外空間和建築：建築設計能鼓勵及協助長者外出，參與日常社交活動
2. 交通：交通的配套，如交通路線安排及車資，能促進長者參與日常活動
3. 房屋：家居設計及居住環境能夠長者安全在社區生活及居家安老
4. 社會參與：有合適長者參與的活動，費用和活動設計的合乎長者的需要
5. 尊重和社會包容：尊重長者及有敬老意識
6. 公民參與就業：有合適長者參與的義工服務機會，有適合長者的再培訓課程及工作機會
7. 信息交流：資訊傳播簡單易明、清晰。
8. 社區與健康服務：有社區支援服務，如家居照顧服務、陪診、家居清潔等協助長者居家安老；有服務多元化及容易到達的醫療服務

仁愛堂田家炳長者鄰舍中心舉辦的「賽馬會齡活城市計劃 – 友善社區在元朗」這個活動，有

1. Health Delivery 健康送上門：義工探訪及分享影片
2. 你好有「元」人
3. Love Delivery 愛速遞：探訪院舍長者活動
4. 齡活日與夜（小組活動）
5. 元朗 Community Hunt（小組活動）
6. 「健康大步走」：社區資源分享
7. 元朗友善尋寶冊

小組問題：

Q1：這個地區計劃中，有甚麼類型的活動 / 元素你曾參與其中？

Q2：就以上「長者及年齡友善城市」的八個範疇，你認為這個地區計劃，與哪些範疇有關？為什麼？

Q3：你認為這個地區計劃能夠如何提升這社區的「長者及年齡友善城市」範疇的狀況？為什麼？

Q4：你認為這個地區計劃哪些地方值得讚賞？哪些地方有改進的空間？

Q5：你認為由去年開始爆發的肺炎疫情，對於這個地區計劃及建設長者友善城市有什麼影響？

Q6：就著今天的討論，還有沒有其他補充？

9.2 Appendix – Focus group guideline (NAAC - NEC)

賽馬會齡活城市計劃 - 聚焦小組

日期：2021 年 5 月 20 日（星期四）
時間：上午 10:00 – 11:30
地點：鄰舍輔導會天瑞鄰里康齡中心
項目：賽馬會齡活城市計劃 – 交通發展千里行，長者友善倍安心

小組簡介：

「長者及年齡友善城市」是世界衛生組織在 2005 年提出的概念，它建基於積極老齡化的理論框架，目的旨在優化社區環境，促進長者的健康、社會參與和保障，和提升長者的生活質素。大家早前都參加了鄰舍輔導會天瑞鄰里康齡中心舉辦的「賽馬會齡活城市計劃 – 交通發展千里行，長者友善倍安心」，是次聚焦小組自的希望了解你對這個計劃的意見。這個研究會根據世界衛生組織所定下的「長者及年齡友善城市」的八個範疇來探討及分析。

世界衛生組織提倡的「長者及年齡友善城市」由八個範疇組成，包括室外空間和建築、交通、房屋、社會參與、尊重和社會包容、公民參與和就業、信息交流、社區與健康服務。

「長者及年齡友善城市」的八個範疇：

9. 室外空間和建築：建築設計能鼓勵及協助長者外出，參與日常社交活動
1. 交通：交通的配套，如交通路線安排及車資，能促進長者參與日常活動
2. 房屋：家居設計及居住環境能夠長者安全在社區生活及居家安老
3. 社會參與：有合適長者參與的活動，費用和活動設計的合乎長者的需要
4. 尊重和社會包容：尊重長者及有敬老意識
5. 公民參與就業：有合適長者參與的義工服務機會，有適合長者的再培訓課程及工作機會
6. 信息交流：資訊傳播簡單易明、清晰。
7. 社區與健康服務：有社區支援服務，如家居照顧服務、陪診、家居清潔等協助長者居家安老；有服務多元化及容易到達的醫療服務

鄰舍輔導會天瑞鄰里康齡中心舉辦的「賽馬會齡活城市計劃 - 交通發展千里行，長者友善倍安心」這個活動，有

1. 網上講座（YouTube 直播）
 - a. 認識港島南線
 - b. 認識屯馬線一期
 - c. 認識港島西線
2. 個人或小組自助遊（拍攝長者友善設施並分享）
 - a. 參觀港島南線各站
 - b. 參觀屯馬線一期各站
 - c. 參觀港島西線各站
3. 網上匯報及分享大會
4. 計劃分享集（部分長者拍攝的照片入選分享集）

小組問題：

Q1：這個地區計劃中，有甚麼類型的活動 / 元素你曾參與其中？

Q2：就以上「長者及年齡友善城市」的八個範疇，你認為這個地區計劃，與哪些範疇有關？為什麼？

Q3：你認為這個地區計劃能夠如何提升這社區的「長者及年齡友善城市」範疇的狀況？為什麼？

Q4：你認為這個地區計劃哪些地方值得讚賞？哪些地方有改進的空間？

Q5：你認為由去年開始爆發的肺炎疫情，對於這個地區計劃及建設長者友善城市有什麼影響？

Q6：就著今天的討論，還有沒有其他補充？

9.3 Appendix – Focus group guideline (YCH – S/E)

賽馬會齡活城市計劃 - 聚焦小組

日期：2021 年 2 月 2 日（星期二）
時間：上午 9:00
地點：仁濟醫院尹成紀念老人中心
項目：賽馬會齡活城市計劃 – 仁濟銀齡健康新紀元 II

小組簡介：

「長者及年齡友善城市」是世界衛生組織在 2005 年提出的概念，它建基於積極老齡化的理論框架，目的旨在優化社區環境，促進長者的健康、社會參與和保障，和提升長者的生活質素。大家早前都參加了「柏雨長者鄰舍中心舉辦的賽馬會齡活城市計劃 – 齡活康體大使」，是次聚焦小組自的希望了解你對這個計劃的意見。這個研究會根據世界衛生組織所定下的「長者及年齡友善城市」的八個範疇來探討及分析。

世界衛生組織提倡的「長者及年齡友善城市」由八個範疇組成，包括室外空間和建築、交通、房屋、社會參與、尊重和社會包容、公民參與和就業、信息交流、社區與健康服務。

「長者及年齡友善城市」的八個範疇：

1. 室外空間和建築：建築設計能鼓勵及協助長者外出，參與日常社交活動
2. 交通：交通的配套，如交通路線安排及車資，能促進長者參與日常活動
3. 房屋：家居設計及居住環境能夠長者安全在社區生活及居家安老
4. 社會參與：有合適長者參與的活動，費用和活動設計的合乎長者的需要
5. 尊重和社會包容：尊重長者及有敬老意識
6. 公民參與就業：有合適長者參與的義工服務機會，有適合長者的再培訓課程及工作機會
7. 信息交流：資訊傳播簡單易明、清晰。
8. 社區與健康服務：有社區支援服務，如家居照顧服務、陪診、家居清潔等協助長者居家安老；有服務多元化及容易到達的醫療服務

仁濟醫院尹成紀念老人中心舉辦的「仁濟銀齡健康新紀元 II」這個活動，有

1. 「練力帶」活動培訓（第二期），重溫並改良長者友善的「練力帶」運動
2. 以 1 位練力帶齡活大使導師帶 1 位區內人士的形式開展「練力帶社區工作坊」（20 次）
3. 面向區內弱勢群體舉辦「練力帶工作坊」（舉辦 4 次，對象包括肢體殘缺人士、老人日間照顧中心或低收入家庭等）
4. 轉介「練力帶」齡活大使予嶺南大學，培訓齡活大使，在社區協助推廣及講解「長者友善社區」之概念及訊息
5. 「百人練力帶日常操」（受疫情影響，本次活動形式轉為網上發佈視頻）
6. 計劃完結後繼續定期舉辦「練力帶」日常操活動

小組問題：

Q1：這個地區計劃中，有甚麼類型的活動 / 元素你曾參與其中？

Q2：就以上「長者及年齡友善城市」的八個範疇，你認為這個地區計劃，與哪些範疇有關？為什麼？

Q3：你認為這個地區計劃能夠如何提升這社區的「長者及年齡友善城市」範疇的狀況？為什麼？

Q4：你認為這個地區計劃哪些地方值得讚賞？哪些地方有改進的空間？

Q5：你認為由去年開始爆發的肺炎疫情，對於這個地區計劃及建設長者友善城市有什麼影響？

Q6：就著今天的討論，還有沒有其他補充？

9.4 Appendix – Focus group guideline (POH - DECC)

賽馬會齡活城市計劃 - 聚焦小組

日期：2021 年 5 月 12 日（星期三）
時間：下午 3:45 – 5:15
地點：博愛醫院王東源夫人長者地區中心
項目：賽馬會齡活城市計劃 – 齡活之旅

小組簡介：

「長者及年齡友善城市」是世界衛生組織在 2005 年提出的概念，它建基於積極老齡化的理論框架，目的旨在優化社區環境，促進長者的健康、社會參與和保障，和提升長者的生活質素。大家早前都參加了博愛醫院王東源長者地區中心舉辦的「賽馬會齡活城市計劃 – 齡活之旅」，是次聚焦小組自的希望了解你對這個計劃的意見。這個研究會根據世界衛生組織所定下的「長者及年齡友善城市」的八個範疇來探討及分析。

世界衛生組織提倡的「長者及年齡友善城市」由八個範疇組成，包括室外空間和建築、交通、房屋、社會參與、尊重和社會包容、公民參與和就業、信息交流、社區與健康服務。

「長者及年齡友善城市」的八個範疇：

1. 室外空間和建築：建築設計能鼓勵及協助長者外出，參與日常社交活動
2. 交通：交通的配套，如交通路線安排及車資，能促進長者參與日常活動
3. 房屋：家居設計及居住環境能夠長者安全在社區生活及居家安老
4. 社會參與：有合適長者參與的活動，費用和活動設計的合乎長者的需要
5. 尊重和社會包容：尊重長者及有敬老意識
6. 公民參與就業：有合適長者參與的義工服務機會，有適合長者的再培訓課程及工作機會
7. 信息交流：資訊傳播簡單易明、清晰。
8. 社區與健康服務：有社區支援服務，如家居照顧服務、陪診、家居清潔等協助長者居家安老；有服務多元化及容易到達的醫療服務

博愛醫院王東源夫人長者地區中心舉辦的「賽馬會齡活城市計劃 - 齡活之旅」這個活動，有

1. 「齡活大使」義工訓練
2. 齡活花藝：花藝訓練
3. 齡活同行：由義工為弱老及照顧者提供健腦活動（家訪或提供活動及影片）
4. 製作「齡活之旅 – 遊覽指南」
5. 懷舊文化同樂日：懷舊文化遊戲活動及問答比賽
6. 齡活之旅義工嘉許禮（拍片或給予參加者觀看）
7. 製作「齡活之旅特刊」

小組問題：

Q1：這個地區計劃中，有甚麼類型的活動 / 元素你曾參與其中？

Q2：就以上「長者及年齡友善城市」的八個範疇，你認為這個地區計劃，與哪些範疇有關？為什麼？

Q3：你認為這個地區計劃能夠如何提升這社區的「長者及年齡友善城市」範疇的狀況？為什麼？

Q4：你認為這個地區計劃哪些地方值得讚賞？哪些地方有改進的空間？

Q5：你認為由去年開始爆發的肺炎疫情，對於這個地區計劃及建設長者友善城市有什麼影響？

Q6：就著今天的討論，還有沒有其他補充？