

**CADENZA Symposium 2007:
Preparing for an
Elder Friendly Hong Kong**



8 – 10 January 2007 (Monday – Wednesday)
Rayson Huang Theatre, The University of Hong Kong

CADENZA: A Jockey Club Initiative for Seniors

The Hong Kong Jockey Club Charities Trust launched the five-year, HK\$380 million CADENZA project in 2006, designed to foster positive community attitudes toward older people and improve the quality of care and quality of life for Hong Kong elderly.

The Project name is an acronym for "Celebrate their Accomplishments; Discover their Effervescence and Never-ending Zest as they Age." Cadenza is a musical term for a virtuoso solo passage near the end of a concerto movement. The word is used figuratively to refer to the apex of one's life and one's cumulative accomplishments.

According to Hong Kong census population projections, up to 27% of the city's populace will be 65 or over by 2033. This is an increase from about 796,000 in 2003 to more than 2.26 million in 2033. In preparation for the ageing of its citizens, Hong Kong, like many other ageing communities world-wide, must become increasingly elder-friendly.

CADENZA has five complementary components: 1) public education for the mainstream population; 2) infusion of gerontological curricula and practica in social work and other disciplines and in-depth training in gerontology for social workers and other helping professions; 3) development of innovative models for integrating elderly care into the community; 4) leadership development in gerontology among academia and senior practitioners; and 5) research and evaluation to advance evidence-based practice in elderly care.

CADENZA Symposium 2007: Preparing for an Elder Friendly Hong Kong

8 January 2007 (Monday)

0915 Welcoming Remarks
Professor Lap-Chee Tsui
Vice-Chancellor
The University of Hong Kong

0920 Opening Address
Mr William Y Yiu
Executive Director, Charities
The Hong Kong Jockey Club

0925 Officiating Address
Dr the Hon York Chow SBS JP
Secretary for Health, Welfare and Food
Health, Welfare and Food Bureau

0935 Souvenirs Presentation
Mr William Y Yiu

Professor Ian Holliday
Dean, Faculty of Social Sciences
The University of Hong Kong

0945 Keynote Address
Dr the Hon Leong Che-hung GBS JP
Chairman
Elderly Commission

1010 Tea Break

1040 Presentation 1:
**Understanding Ageing Experience:
A Life Story Perspective**
Professors Denise Burnette & Ada Mui
Columbia University School of Social Work

1210 Open Forum
Panelists
Professor Denise Burnette

Professor Cecilia Chan JP (Discussant)
*Department of Social Work and
Social Administration*
Faculty of Social Sciences
The University of Hong Kong

Dr Kong Tak Kwan (Discussant)
Consultant Geriatrician
Department of Geriatrics
Princess Margaret Hospital

Professor Ada Mui (Moderator)

1300 Lunch

1430 Presentation 2:
**Creative Ageing: Meaningful Social
Engagement**
Professor Nancy Morrow-Howell
George Warren Brown School of Social Work
Washington University in St. Louis

Professor Ada Mui

1600 Tea Break

1630 Open Forum
Panelists
Professor Nancy Morrow-Howell

**Professor Alfred Chan BBS JP
(Discussant)**
Director, Asia Pacific Institute of Ageing Studies
Lingnan University

**Professor Nelson Chow MBE SBS JP
(Discussant)**
*Department of Social Work and
Social Administration*
Faculty of Social Sciences
The University of Hong Kong

Miss Tung Kwai Yung (Discussant)
Vice President (Education)
Mandarin Toastmasters Club of Hong Kong

Professor Ada Mui (Moderator)

1730 End of the Programme

9 January 2007 (Tuesday)

- 0900 Presentation 3:**
New Ways of Thinking about Long-term Care
Professor Rosalie A Kane
School of Public Health, University of Minnesota
Professor Kevin J Mahoney
Boston College Graduate School of Social Work
- 1030 Tea Break**
- 1045 Presentation 4:**
Consumer-directed Care and Quality of Life of Older People in the Community: The Cash and Counselling Experience
Professor Kevin J Mahoney
- 1120 Presentation 5:**
Examples of How to Enhance Quality of Life of Older People in Residential Facilities
Professor Rosalie A Kane
- 1200 Open Forum**
Panelists
Professor Rosalie A Kane
Professor Kevin J Mahoney
Dr Lam Ching-choi JP (Discussant)
Chairman, Working Group on Long Term Care Model Elderly Commission
Ms Anita Wong (Discussant)
Convenor, Resource Group on Long Term Care System The Hong Kong Council of Social Services
Professor Terry Lum (Moderator)
School of Social Work, University of Minnesota

1300 Lunch

- 1430 Presentation 6:**
Rebalancing Residential Care and Community-based Care: Possibilities and Challenges
Professor Robert L Kane
School of Public Health, University of Minnesota
- 1600 Tea Break**
- 1630 Open Forum**
Panelists
Professor Robert L Kane
Mr Kwok Lit Tung (Discussant)
Director, Christian Family Service Centre
Professor Jean Woo (Discussant)
Head, Division of Geriatrics Department of Medicine & Therapeutics The Chinese University of Hong Kong
Dr Lam Ching-choi JP (Discussant)
Ms Anita Wong (Discussant)
Professor Terry Lum (Moderator)

1730 End of the Programme

10 January 2007 (Wednesday)

- 1000 Round-table Discussion (Session 1): Re-thinking Long-term Care**
Venue: Conference Room, CADENZA Office Room 104, Meng Wah Complex, HKU
- Round-table Discussion (Session 2): Creative Ageing Ideas**
Venue: Conference Room Faculty of Social Sciences Office Room 401, Meng Wah Complex, HKU
- 1200 Lunch**
- 1430 Round-table Discussion (Session 3): Senior and Youth Vision I**
Venue: Conference Room, CADENZA Office Room 104, Meng Wah Complex, HKU
- Round-table Discussion (Session 4): Senior and Youth Vision II**
Venue: Conference Room Faculty of Social Sciences Office Room 401, Meng Wah Complex, HKU
- 1630 End of the Programme**

* Participation in the Round-table Discussion Sessions will be by invitation only.

Speakers' Biographies

Denise Burnette, Ph.D.

Dr Denise Burnette is a professor at the Columbia University School of Social Work. She has many years of clinical practice experience with elderly populations as well as research experience on ageing issues. Her research focuses on three main areas of health and social care for the elderly: formal care, informal care, and self-care. Her work on formal services examines service needs and service utilization among older adults. Her research on family caregiving focuses on grandparents who are raising grandchildren in families that have been disrupted by social and health problems. And her work on self-care explores how the elderly manage chronic health conditions in their daily lives. She is also an expert in developing media programmes to improve the teaching and learning of geriatric social work practice. Dr Burnette is currently visiting India as a Fulbright Scholar.

Robert L Kane, M.D.

Dr Robert L Kane is an endowed chair professor in long-term care and ageing at the University of Minnesota. He directs the University of Minnesota's Centre on Ageing, the Minnesota Area Geriatric Education Centre, the Clinical Outcomes Research Centre, and the Evidence-based Practice Centre. His current research addresses both acute and long-term care for older persons, with special attention to the role of managed care, chronic disease, and disability. Dr Kane consults to a number of national and international agencies, including the World Health Organization's Expert Committee on Ageing. He has received the President's Award from the American Society on Ageing and the Polisher Award from the Gerontological Society of America.

Rosalie A Kane, Ph.D.

Dr Rosalie A Kane is a professor at the School of Public Health at University of Minnesota, where she is also a graduate faculty member of the School of Social Work, the Centre for Bioethics, and the Centre on Ageing. She has an extensive record of leadership in research, policy analysis, and technical assistance on ageing, disability, long-term care, and social work and psychosocial well-being in health settings. She is the author or a co-author of more than a dozen books and hundreds of journal articles and chapters, and is past editor-in-chief of both *Health and Social Work*, and *The Gerontologist*. Dr Kane served on three Institute of Medicine Committees, including the Committee on Regulation of Nursing Homes, which was the precursor to the 1987 Nursing Home Reform Act. She is presently conducting an 8-state study of State practices to rebalance long-term care services for all age groups and populations from institutions to home and community-based services using relative utilization and expenditures in both sectors as the markers of rebalancing effectiveness. She was the principal investigator for the evaluation of the first Green House nursing home in Tupelo, Mississippi. Dr Kane is the recipient of the Gerontological Society of America's Kent Award.

Kevin J Mahoney, Ph.D.

Dr Kevin J Mahoney is a professor at the Boston College Graduate School of Social Work and is the National Program Director for the Cash and Counselling Demonstration and Evaluation, a policy-driven evaluation of one of the most unfettered forms of consumer-directed personal assistance services. During his 30-year career in gerontology and long-term care, Dr Mahoney has served in a number of high-level policy making and administrative positions in the state governments of Connecticut and California. An expert on state government and long-term care innovation, he speaks and writes extensively on consumer direction, the roles of the public and private sectors in financing long-term care, long-term care insurance and care management.

Nancy Morrow-Howell, Ph.D.

Dr Nancy Morrow-Howell is the Ralph and Muriel Pumphrey Professor of Social Work at Washington University. Her research interests include community and mental health services to frail elders and the development of productivity and civic engagement in later life. She is the Principal Investigator for a government-funded research project that focuses on depression treatment in community long-term care; a MetLife funded project on older adults in service to society; and an Atlantic Philanthropy funded project to evaluate the Experience Corps - a national elderly volunteer programme. She received both the Washington University Distinguished Faculty Award and the George Warren Brown School of Social Work Outstanding Faculty Award. Dr Morrow-Howell is currently the editor of the *Practice Concepts* section of *The Gerontologist*.

Ada Mui, Ph.D.

Dr Ada Mui is a professor at the Columbia University School of Social Work. Since joining the Columbia faculty in 1990, Dr Mui has taught gerontology, research methods, and statistics courses in the School's M.S. and Ph.D. programmes. Dr Mui has extensive social work practice experience in Hong Kong and in the United States. Her research is primarily based on her clinical work with the elderly in a wide range of settings, including community, hospital, home care, continuum of care system, nursing home, and hospice. In the last decade, Dr Mui has been recognised as one of the leading social gerontologists in cross-cultural research in the United States. She has been a recipient of many research awards and Fulbright Scholarships. Currently, she is a fellow of the Gerontological Society of America.

Abstracts

Understanding Ageing Experience: A Life Story Perspective

Professors Denise Burnette & Ada Mui

Longer lives are both an individual privilege and a significant societal achievement. But older adults and ageing populations also present new challenges that will impact upon all facets of 21st century societies — challenges that are too wide-ranging and complex to be addressed by public or private sectors alone. Collaborative approaches and multiple strategies will be needed to ensure that individuals maintain a high quality of life as they age and that societies integrate and use the time and talents of all their citizens. In this session, I will use a developmental life course perspective to examine how individual development and ageing are intricately and inextricably linked with the broader socio-historical contexts in which they occur. I will begin with a brief overview of the main ideas of the life course perspective. I will then introduce an illustrative life story. Drawing on elements of this particular life story, I will show how individual biographies can be used to illuminate and inform professional practice and public policy in an ageing society.

Creative Ageing: Meaningful Social Engagement

Professors Nancy Morrow-Howell & Ada Mui

With the increase in life expectancy, older adults can expect to live 20-30 years after they leave the workforce. This is a victory for modern medicine and public health but a challenge to how we think about the roles of people in later life. It is time to rethink what we want and could do with those extra years of life. Duration of life by itself may not be the goal, but the quality of life that can be achieved within those extended years. For many people, quality of life requires that they be meaningfully engaged in social and civic life. Older adults express a desire to continue to work, to perform important volunteer roles in their community, to undertake creative endeavors, to care for the younger generation. These roles are important to the well-being of the older adult; but just as importantly, society benefits from the vital involvement of its older citizens. Yet societies do not have these meaningful roles available to older adults. Model programmes and policies are developing that seek to provide opportunities for on-going engagement. In this presentation, we will review programmes and policies currently being implemented that expand the engagement of older adults in work, volunteer, and educational roles.

New Ways of Thinking about Long-term Care

Professor Rosalie A Kane

Based on current research and knowledge, this presentation will identify principles that should be built into long-term care systems. The presentation will particularly concentrate on principles related to residential long-term care programmes, where both quality of life and quality of care are at stake. Distinctions are made between therapeutic goals, which are measured by improvement or delay in deterioration of functioning, on the one hand, and compensatory goals, which refer to enabling a person to live as meaningful a life as possible despite the person's physical and/or cognitive impairments. The presentation emphasises three recent areas of emphasis: 1) the importance of physical environments that enhance functioning; 2) issues in organising a caregiving staff to optimally meet resident needs; and 3) individualisation of the care of residents according to their needs and preferences.

Professor Kevin J Mahoney

This presentation will identify principles that should be built into community-based long-term care. The presentation will concentrate on principles related to consumer choices, quality of care, and quality of life. After examining some of the demographic and attitudinal factors affecting the delivery of community-based services, we will view a short film showing the differences between traditional agency-delivered services and consumer-directed options, and then discuss the principles or vision underlying consumer-directed care from person-centred planning through managing and improving quality.

Consumer-directed Care and Quality of Life of Older People in the Community: The Cash and Counselling Experience

Professor Kevin J Mahoney

Today, throughout most of the United States, whether you are a senior or a younger person with disabilities, if you need help with such personal activities as bathing and dressing and you need assistance from a public programme you rarely have any say over who helps you, what time of day they come, or what they do. But for years people with disabilities have been saying if I had more control over my personal assistance services, my life would be much better and I could do it for the same amount of money or less. The Cash and Counselling Demonstration and Evaluation were implemented to test these claims of the disabled communities. This presentation will describe this model of consumer-directedness, examine the research results, summarise how the model is expanding in the United States and discuss some implementation lessons.

Examples of How to Enhance Quality of Life of Older People in Residential Facilities

Professor Rosalie A Kane

In the United States, traditional nursing homes tend to be larger (serving at least 100 residents), somewhat hierarchical in staffing arrangements, and built around routines to help organise the work of a large institution. The Green House is a model for a different kind of nursing home in which 10 or fewer people would live in a small, separate setting, staffed by a dedicated group of care attendants and a visiting team of professionals – a collection of Green Houses would constitute a licensed nursing home for regulatory and payment purposes. The first prototype of a Green House was opened in Tupelo, Mississippi in 2004. This presentation describes the challenges of developing Green Houses, and the very positive outcomes achieved for residents, their family members and direct caregiving staff.

Rebalancing Long-term Care: Lessons from the United States Experience

Professor Robert L Kane

Rebalancing implies a need to change the portion of resources expended and persons served to provide long-term care (LTC). The history of LTC in the US has been developed around the nursing home, although many consumers and experts agree that this institution is not the best way to deliver care. Over the past decade specific efforts have been made to redistribute efforts to emphasise more community care. This paper will describe the efforts in eight states to achieve greater balance. The principal theme is that the three central components of LTC (personal care, housing and medical care) can be delivered in a coordinated fashion that allows recipients to live as full lives as possible while receiving necessary services. More progress toward this goal has been made with younger persons with disabilities than with the elderly.

Participation List of Round-table Discussion

Professor Denise Burnette
Professor Robert L Kane
Professor Rosalie A Kane
Professor Kevin J Mahoney
Professor Nancy Morrow-Howell
Members from Local Advisory Board
Members from Local Advisory Committee
Cybersenior
Caritas Federation for Senior Citizen
Caritas Jockey Club Integrated Service for Young People
Elderly Council, Hong Kong Christian Service
Elderly Right League (H.K.)
Senior Council, The Hong Kong Society for the Aged
The Intellectuals Association
The Hong Kong Association of Senior Citizens
The Hong Kong Federation of Social Work Students
The Retired Persons' Association, St. James' Settlement
The Salvation Army Mutual Aid Society
Sai Kung Tseung Kwan O Senior Concern Group for Medical Services

Participation List of Project Sharing Corner

Caritas – Hong Kong
Christian Family Service Centre
Haven of Hope Christian Service
Hong Kong Chinese Women's Club Madam Wong Chan Sook Ying Memorial Care and Attention Home for the Aged
Hong Kong Christian Service
Hong Kong Lutheran Social Service, Lutheran Church – HK Synod
Hong Kong Sheng Kung Hui Welfare Council
St. James' Settlement
The Hong Kong Society for the Aged
The Neighbourhood Advice – Action Council
The Salvation Army
Tung Wah Group of Hospitals

International Advisory Committee

Professor Barbara Berkman
Columbia University School of Social Work

Professor Iris Chi
University of Southern California School of Social Work

Professor Rosalie A Kane
School of Public Health
University of Minnesota

Professor James Lubben
Boston College Graduate School of Social Work

Professor John E Morley
Saint Louis University School of Medicine

Professor Nancy Morrow-Howell
George Warren Brown School of Social Work
Washington University in St. Louis

Local Advisory Board

Chairman
Mr William Y Yiu
The Hong Kong Jockey Club

Members
The Hon Bernard Chan JP
The Hong Kong Council of Social Service

Dr Chan Wai Man JP
Department of Health

Professor Nelson Chow MBE SBS JP
Department of Social Work and
Social Administration
The University of Hong Kong

Ms Ada Fung
Housing Department

Dr Leong Che-hung GBS JP
Elderly Commission

Dr Leung Man Fuk, Edward
Hong Kong Association of Gerontology

Professor Terry Lum *(Co-Principal Investigator)*
School of Social Work, University of Minnesota

Professor Ada Mui *(Co-Principal Investigator)*
Columbia University School of Social Work

Mr Paul Tang JP
Social Welfare Department

Ms Bonny Wong
The Hong Kong Jockey Club

Dr Vivian Wong
Hospital Authority

Professor Jean Woo *(Co-Principal Investigator)*
Department of Medicine and Therapeutics
The Chinese University of Hong Kong

Ms Carol Yip
Health, Welfare and Food Bureau

Local Advisory Committee

Professor Alfred Chan Cheung Ming BBS JP

Department of Politics and Sociology
Lingnan University

Dr Felix Chan Hon Wai

The Hong Kong Geriatrics Society

Ms Maggie Chan

Caritas - Hong Kong

Mr Paul Chan

Hong Kong Lutheran Social Service,
Lutheran Church - HK Synod

Professor Sammy Chiu Wai Sang

Department of Social Work
Hong Kong Baptist University

Professor Alex Kwan

Department of Applied Social Studies
City University of Hong Kong

Mr Kwok Lit Tung

Christian Family Service Centre

Mrs Victoria Kwok

The Salvation Army

Mr Michael Lai JP

St. James' Settlement

Dr Lam Ching Choi JP

Haven of Hope Christian Service

The Rev Dorothy Lau JP

Hong Kong Sheng Kung Hui Welfare Council

Professor Joe Leung JP

Department of Social Work and Social Administration
The University of Hong Kong

Professor Terry Lum *(Co-Principal Investigator)*

School of Social Work, University of Minnesota

Professor Ada Mui *(Co-Principal Investigator)*

Columbia University School of Social Work

Mr Ng Shui Lai BBS MBE JP

Hong Kong Christian Service

Mr Stephen Ng JP

Tung Wah Group of Hospitals

Professor Tang Kwong Leung

Department of Social Work
The Chinese University of Hong Kong

Mr Tik Chi Yuen JP

The Hong Kong Society for the Aged

Mr Tung Chi Fat

The Neighbourhood Advice – Action Council

Ms Anita Wong Yiu-ming MH

Hong Kong Chinese Women's Club
Madam Wong Chan Sook Ying Memorial Care
and Attention Home for the Aged

Ms Bonny Wong

The Hong Kong Jockey Club

Professor Jean Woo *(Co-Principal Investigator)*

Department of Medicine and Therapeutics
The Chinese University of Hong Kong

Dr Loretta Yam Yin-chun BBS

Pamela Youde Nethersole Eastern Hospital

Professor Angelina Yuen JP

Department of Applied Social Sciences
The Hong Kong Polytechnic University

本地諮詢委員會

陳章明教授 BBS 太平紳士	嶺南大學政治及社會學系
陳漢威醫生	香港老人科醫學會
陳美潔女士	香港明愛
陳聖光先生	香港路德會社會服務處
趙維生教授	香港浸會大學社會工作學系
關銳煊教授	香港城市大學應用社會學系
郭烈東先生	基督教家庭服務中心
郭原慧儀女士	救世軍
賴錦璋先生 太平紳士	聖雅各福群會
林正財醫生 太平紳士	基督教靈實協會
劉惠靈牧師 太平紳士	香港聖公會福利協會
梁祖彬教授 太平紳士	香港大學社會工作及社會行政學系
林一星教授 (首席研究員)	美國明尼蘇達大學社會工作學院
梅陳玉嬋教授 (首席研究員)	美國哥倫比亞大學社會工作學院
吳水麗先生 BBS MBE 太平紳士	香港基督教服務處
吳志榮先生 太平紳士	東華三院
鄧廣良教授	香港中文大學社會工作學系
狄志遠先生 太平紳士	香港耆康老人福利會
董志發先生	鄰舍輔導會
黃耀明女士 MH	香港中國婦女會黃陳淑英紀念護理安老院
黃寶兒女士	香港賽馬會
胡令芳教授 (首席研究員)	香港中文大學內科及藥物治療學系
任燕珍醫生 BBS	東區尤德夫人那打素醫院
阮曾媛琪教授 太平紳士	香港理工大學應用社會科學系

本地諮詢理事會

主席

饒恩培先生 香港賽馬會

委員

陳智思議員 太平紳士 香港社會服務聯會
陳慧敏醫生 太平紳士 衛生署
周永新教授 MBE SBS 太平紳士 香港大學社會工作及社會行政學系
馮宜萱女士 房屋署
梁智鴻醫生 GBS 太平紳士 安老事務委員會
梁萬福醫生 香港老年學會
林一星教授 (首席研究員) 美國明尼蘇達大學社會工作學院
梅陳玉嬋教授 (首席研究員) 美國哥倫比亞大學社會工作學院
鄧國威先生 太平紳士 社會福利署
黃寶兒女士 香港賽馬會
黃譚智媛醫生 醫院管理局
胡令芳教授 (首席研究員) 香港中文大學內科及藥物治療學系
葉文娟女士 衛生福利及食物局

國際諮詢委員會

Barbara Berkman 教授
美國哥倫比亞大學社會工作學院

齊鈺教授
美國南加州大學社會工作學院

Rosalie A Kane 教授
美國明尼蘇達大學公共衛生學院

James Lubben 教授
美國波士頓學院社會工作研究院

John E Morley 教授
美國聖路易斯大學醫學院

Nancy Morrow-Howell 教授
美國聖路易斯華盛頓大學喬治華倫布朗社會工作學院

參與長者計劃展覽之機構

香港明愛

基督教家庭服務中心

基督教靈實協會

香港中國婦女會黃陳淑英紀念護理安老院

香港基督教服務處

香港路德會社會服務處

香港聖公會福利協會

聖雅各福群會

香港耆康老人福利會

鄰舍輔導會

救世軍

東華三院

參與圓桌座談會之機構及嘉賓

Denise Burnette 教授

Robert L Kane 教授

Rosalie A Kane 教授

Kevin J Mahoney 教授

Nancy Morrow-Howell 教授

本地諮詢理事會委員

本地諮詢委員會委員

老有網

明愛長者聯會

明愛賽馬會石塘咀青少年綜合服務

香港基督教服務處老人評議會

老人權益聯盟

香港耆康老人福利會長者中央議會

卓賢會社

香港長者協會

香港社會工作學生聯會

聖雅各福群會退休人士義務工作協會

救世軍老人互助社

西貢將軍澳長者醫療關注聯盟

演講摘要

[演講六] 重整院舍護理與社區護理之平衡：可行性與挑戰

Robert L Kane 教授

平衡重組是指改變長期護理的資源分配以服務對象的需要。雖然很多專家和服務使用者認同院舍服務並非提供長期照顧之最佳方式，美國的長期護理服務發展卻集中在護老院。在過去十年，美國社會致力重新分配服務資源以加強社區照顧。本文將述在美國其中八個州如何重組長期護理以達致較大的平衡。討論主題會集中在如何協調長期護理中的個人護理、住屋及醫療照顧等三項主要元素，幫助服務使用者在接受必需服務同時亦可以過一個豐盛的生活。此目標在年輕的殘障人士服務上已有很好的進展，但在長者服務方面仍需努力發展。

[演講四] 社區護理實例分享：用者主導護理及長者生活質素

Kevin J Mahoney 教授

時至今日，在美國大部份地方，無論是長者或年輕的殘障人士，若需要公共機構提供個人護理支援（如更衣、沐浴等）服務，極少能夠要求指定的員工、服務時間及服務內容。多年以來，殘障人士不斷發出要求，指出假如他們在個人護理支援服務上能多些自主，他們將可以生活得更好，而且服務費用可以不增分文甚或更廉宜。「Cash and Counselling」計劃的實行正是要考證殘障社群的論點是否可行。講者將詳述這項使用者主導的服務模式，檢視有關研究結果，總結該模式如何在美國陸續擴展，並對一些從實施中汲取的實証經驗加以討論。

[演講五] 院舍護理實例分享：如何提升院舍長者生活質素

Rosalie A Kane 教授

在美國，傳統的護老院規模一般都是較大（超過百人以上），職員編制有一定架構，而工作亦按大型院舍規律程序作安排。**Green House** 是採用嶄新的經營模式，以不多於十名人士居於較小而獨立的居所，由一組盡心盡力的護理員及到訪專業團隊負責照顧，而數間 **Green House** 聯合組成一所持牌之護老院以滿足政府規管的要求及收費的安排。第一家原創的 **Green House** 於2004年在密西西比州杜比盧市成立，講者將描述成立該護老院期間所面對的挑戰，以及它對住客、其家人與護理員工們創下的佳績。

演講摘要

[演講三] 長期護理之嶄新思維

Rosalie A Kane 教授

基於最新的知識與研究，講者將探討建立長期護理服務系統應有的原則。講題將會集中討論以院舍為主之長期護理服務，內容包括長者的生活質素及照顧質素。講者亦會討論治療目標（改善或延遲功能退化）與補助目標（讓身體或認知能力受損的人過更有意義的生活）的分別。講者將側重於三個最近較受關注的範疇：

- 一. 外在環境對改善身體功能的重要性；
- 二. 安排最適切照顧長者需要的護理人員；
- 三. 按長者的需要和喜好對住宿長者作個別化的照顧。

Kevin J Mahoney 教授

講者將探討以社區為本的長期護理應具備的原則，重點談及服務使用者的選擇、照顧質素與生活質素三方面。講者首先討論人口結構與態度取向對提供社區為本服務的影響，並會播出一套短片，說明傳統以機構為本的服務與使用者主導的服務之分別。隨後，講者從以人為本的服務計劃，以致到改善及管理服務素質各方面，來討論使用者主導照顧模式所蘊涵的原則或遠象。

[演講一] 流金歲月 — 生命故事去了解老年人生經歷

Denise Burnette 教授及梅陳玉嬋教授

長壽不單是個人的生命恩賜，也是代表著一項傑出的社會成就。可是人口高齡化對二十一世紀的社會也帶來種種影響與挑戰。此等廣泛而複雜的挑戰，決非公共或私營機構可獨力面對。因此我們需要合作，並以多種策略確保長者在晚年仍可維持高質素的生活；而且社會各方面亦能夠鼓勵他們融入社區，讓每位長者都得以運用其時間和才幹。

講者將以歲月流程的角度，檢視個人發展及老化進程與其社會歷史背景有著一個微妙且息息相關之連結。講者首先概括提出生命歷程之重點概念，繼而引述一個真實的生命故事，藉著該段生命故事去說明生命歷程中重點元素，同時指出在高齡化社會中，個人生活實況亦能夠對公共政策與專業實務作出啟迪和指引。

[演講二] 創意晚年 — 饒富意義的社會參與

Nancy Morrow-Howell 教授及梅陳玉嬋教授

隨著預期壽命的延長，大部份長者都能夠在退休後再多活**20-30**年，這是現代醫學與公共衛生的一大成就，然而這成就也令我們反思長者晚年應該擔任的角色，及如何有創意地渡過這增添的年月。重要的目標不單是增添長者的壽數，卻是如何使長者在這增添的歲月中生活得更精彩。對許多人來說，生活質素代表著他們可以參與饒有意義的社會公民生活。長者期望繼續工作、承擔社區重要義務、開拓創意生涯和幫助照顧新一代。這些角色對長者之福祉固然非常重要，但同樣重要的是，社會亦因長者的活力投入而受益。

可惜目前社會並未能提供足夠的機會讓長者參與多種有意義的角色，因此需要積極發展新項目與政策，讓長者們有機會繼續參與不同社會活動。講者將討論一些現行擴展長者就業、長者義工或長者終生學習的政策和項目。

講者簡介

梅陳玉嬋教授

梅陳玉嬋博士現任美國哥倫比亞大學社會工作學院教授，執教老年學、研究方法、和統計學的碩士及博士課程。梅教授在香港和美國都有豐富的社會工作實務經驗，她的研究課題包括：如何鼓勵長者當義工、對體弱長者的家庭照顧、長期護理、抑鬱症的成因及抑鬱症長者的照顧和需要。她的研究主要是建基於其本人在多類型機構（社區、醫院、家居照顧、延續護理系統、護老院及善終服務）服務長者的臨床經驗；梅教授曾獲頒發不同的研究獎項，其社會老年學的跨文化研究更享負盛名，為當中之佼佼者。她亦是 **Fulbright** 學者及美國老年學會院士。

Nancy Morrow-Howell 教授

Nancy Morrow-Howell 博士現任美國華盛頓大學社會工作學院的 **Ralph and Muriel Pumphrey** 講座教授。她的研究課題包括：為體弱長者提供的社區及精神健康服務和長者的公民參與及經濟活動。她其中一項研究獲美國政府撥款資助，並為該研究計劃的首席研究員，著力探討社區長期護理抑鬱症患者的治療服務；她的研究項目還包括 **MetLife** 機構資助的長者服務社群計劃，並參與大西洋慈善基金會贊助的全國性長者義工服務計劃的評審工作。**Morrow-Howell** 教授是華盛頓大學優秀教學獎及社會工作學院傑出教授獎得主，現為《老年學學人報》期刊中《實務概念》專集之編輯。

Kevin J Mahoney 教授

Kevin J Mahoney 博士為美國波士頓學院社會工作研究院教授。他同時擔任美國「**Cash and Counselling** 示範與檢討計劃」的全國總監，此計劃為服務使用者主導模式中最無拘限之個人援助服務。

Mahoney 教授從事長者及長期護理專業工作達三十年，曾多次在康涅狄格州、加利福尼亞州政府擔任高層之政策制訂與行政職位。作為州政府及創新長期護理服務的專家，**Mahoney** 教授曾經多次以服務使用者主導、長期護理等議題發表演說和文章。

講者簡介

Rosalie A Kane 教授

Rosalie A Kane 博士現任美國明尼蘇達大學公共衛生學院教授，她同時亦為該大學的社會工作學院、生物倫理學中心與老年研究中心的教授。她曾多次帶領老齡、殘障、長期護理、社會工作、社會和心理健康等課題的研究工作，政策分析及技術支援。**Kane** 教授親自或協同撰寫書籍凡十多本，並在專業期刊發表過數百篇文章。她曾經擔任《健康與社會工作》與《老年學學人報》的主編，亦三次擔任美國國家醫學院不同的委員會的委員，當中包括促成 1987 年護老院改革條例的護老院規管委員會。目前，**Kane** 教授在美國推行一項涉及八個州的跨州研究項目，以院舍護理及社區護理的相對使用率和經費作重整成效的指標，探討州政府如何調整長期護理服務的平衡。她又曾統領密西西比州杜比盧市首家 **Green House** 的評檢研究，亦曾獲美國老年學會頒發美國康德大獎。

Robert L Kane 教授

Robert L Kane 醫生現任美國明尼蘇達大學長期護理及老齡講座教授。他主管該大學之老齡研究中心、臨床成效研究中心、實證為本的實踐研究中心及明尼蘇達區之老齡教育中心。**Kane** 教授目前正研究高齡人士之緊急和長期照顧，特別關注管理式醫療、長期病患與殘障所發揮的角色。他又擔任多個全國及國際性機構之顧問，當中包括世界衛生組織轄下的高齡專家委員會。他曾獲美國高齡學會頒發的會長大獎，及美國老年學學會頒發的 **Polisher Award** 大獎。

Denise Burnette 教授

Denise Burnette 博士現任美國哥倫比亞大學社會工作學院教授。在長者服務方面，她具備豐富的臨床經驗，並從事老齡課題研究多年。其研究課題集中於長者健康及社會照顧的三大主要範疇，包括：正規護理、家庭護理及自我護理。正規護理服務方面，**Burnette** 教授研究長者服務需要及服務使用度；在家庭護理方面，其研究著重祖父母對不幸家庭中的孫兒之撫育；至於自我護理方面，則探索長期病患長者如何在日常生活中照料自己。她更發展多媒體程式以改善老齡社會工作之教與學。目前，正以 **Fulbright Scholar** 學者身份訪問印度。

流金頌 2007 研討會：共創長者更美好明天

2007年1月10日(星期三)	2007年1月9日(星期二)	
<p>1000 圓桌座談會(第一節) 重塑長期護理的概念 地點： 流金頌辦事處會議室 香港大學明華綜合大樓 104 室</p> <p>圓桌座談會(第二節) 創意晚年 地點： 香港大學社會科學學院會議室 香港大學明華綜合大樓 401 室</p>	<p>0900 [演講三] 長期護理之嶄新思維 Rosalie A Kane 教授 美國明尼蘇達大學公共衛生學院教授</p> <p>Kevin J Mahoney 教授 美國波士頓學院社會工作研究院教授</p>	<p>1300 午膳</p>
<p>1200 午膳</p>	<p>1030 茶點</p>	<p>1430 [演講六] 重整院舍護理與社區護理之平衡： 可行性與挑戰 Robert L Kane 教授 美國明尼蘇達大學公共衛生學院講座教授</p>
<p>1430 圓桌座談會(第三節) 長者與青年：共創長者更美好明天 (一) 地點： 流金頌辦事處會議室 香港大學明華綜合大樓 104 室</p> <p>圓桌座談會(第四節) 長者與青年：共創長者更美好明天 (二) 地點： 香港大學社會科學學院會議室 香港大學明華綜合大樓 401 室</p>	<p>1045 [演講四] 社區護理實例分享：用者主導護理及 長者生活質素 Kevin J Mahoney 教授</p> <p>1120 [演講五] 院舍護理實例分享：如何提升院舍 長者生活質素 Rosalie A Kane 教授</p>	<p>1600 茶點</p> <p>1630 公開論壇 嘉賓 Robert L Kane 教授 回應嘉賓 郭烈東先生 基督教家庭服務中心總幹事 胡令芳教授 香港中文大學 內科及藥物治療學系 林正財醫生 黃耀明女士 主持 林一星教授</p>
<p>1630 座談會結束</p> <p>備註： 圓桌座談會只限應邀人士參加，敬請垂注。</p>	<p>1200 公開論壇 嘉賓 Rosalie A Kane 教授 Kevin J Mahoney 教授</p> <p>回應嘉賓 林正財醫生 安老事務委員會長期護理 服務模式工作小組主席 黃耀明女士 香港社會服務聯會 長期護理資源小組召集人</p> <p>主持 林一星教授 美國明尼蘇達大學 社會工作學院副教授</p>	<p>1730 節目結束</p>

流金頌 2007 研討會：共創長者更美好明天

2007年1月8日(星期一)

- | | | | | |
|------|--|------|--|-----------------------------------|
| 0915 | 致歡迎辭
徐立之教授
香港大學校長 | 1210 | 公開論壇
嘉賓 Denise Burnette 教授
回應嘉賓 陳麗雲教授
香港大學社會科學學院
社會工作及社會行政學系教授 | 主持 董桂容女士
香港普通話演講會副會長
梅陳玉嬋教授 |
| 0920 | 致開幕辭
饒恩培先生
香港賽馬會慈善事務執行總監 | 1730 | 節目結束 | |
| 0925 | 主禮嘉賓致辭
周一嶽醫生
衛生福利及食物局局長 | | 主持 梅陳玉嬋教授 | |
| 0935 | 致送紀念品
饒恩培先生
何立仁教授
香港大學社會科學學院院長 | 1300 | 午膳 | |
| 0945 | 專題演講
梁智鴻醫生
安老事務委員會主席 | 1430 | [演講二]
創意晚年：饒富意義的社會參與
Nancy Morrow-Howell 教授
美國聖路易斯華盛頓大學
喬治華倫布朗社會工作學院講座教授
梅陳玉嬋教授 | |
| 1010 | 茶點 | 1600 | 茶點 | |
| 1040 | [演講一]
流金歲月：從生命故事去了解老年
人生經歷
Denise Burnette 教授
美國哥倫比亞大學社會工作學院教授
梅陳玉嬋教授
美國哥倫比亞大學社會工作學院教授 | 1630 | 公開論壇
嘉賓 Nancy Morrow-Howell 教授
回應嘉賓 陳章明教授
嶺南大學亞太老年學
研究中心主任
周永新教授
香港大學社會科學學院
社會工作及社會行政學系講座教授 | |

香港賽馬會慈善信託基金於**2006**年撥款三億八千萬港元，推行一項為期五年的「流金頌」計劃，目的為推動社會對長者的正面態度，改善香港耆老的照顧，以及提升長者的生活質素。

計劃的英文名 **CADENZA** 取自 “Celebrate their Accomplishments; Discover their Effervescence and Never-ending Zest as they Age.” 之英文縮寫，**CADENZA** 一詞出於古典音樂的名詞，是出現於協奏曲末段演奏最出色的華彩樂章。本計劃以此命名，中文譯作「流金頌」，寓意步入晚年正是積累成就、踏進人生高峰，奏出生命華彩的讚歌。

根據香港政府人口統計，到 **2033** 年，六十五歲及以上人口的比例將達 **27%**。屆時，長者人口將由 **2003** 年的七十九萬六千增加至二百二十多萬；正如全球不少人口高齡化地區一樣，香港亦要為此作出準備，使社區愈趨長者友善化。

「流金頌」計劃包括五項互相配合的核心項目：

- 一. 加強社區及公眾教育；
- 二. 在社工及其他專業發展老年學之深層培訓，在社工及其他學科和實習內滲入老年學課程元素；
- 三. 發展創新服務模式以促進長者服務與社區融合；
- 四. 培養老年學學術領袖及資深從業員；及
- 五. 進行研究與檢討以促進實證為本的長者照顧。

流金頌： 賽馬會長者計劃新里程

流金頌 2007 研討會：
共創長者更美好明天



2007年1月8 - 10日 (星期一至三)
香港大學黃麗松講堂