

The Chinese University of Hong Kong The Nethersole School of Nursing

Cadenza Training Programme

CTP005: Community and Residential Care for Older People

Chapter 5: Empowerment and ageing in place: individual and family perspectives

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Course Outline

1. Notion of '*Ageing in Place*'
2. Community Support Services for Older People to Age in Place
3. Empowerment of Family Members
4. New Initiatives for Ageing in Place



Introduction

We already know that there is an ageing population in Hong Kong.

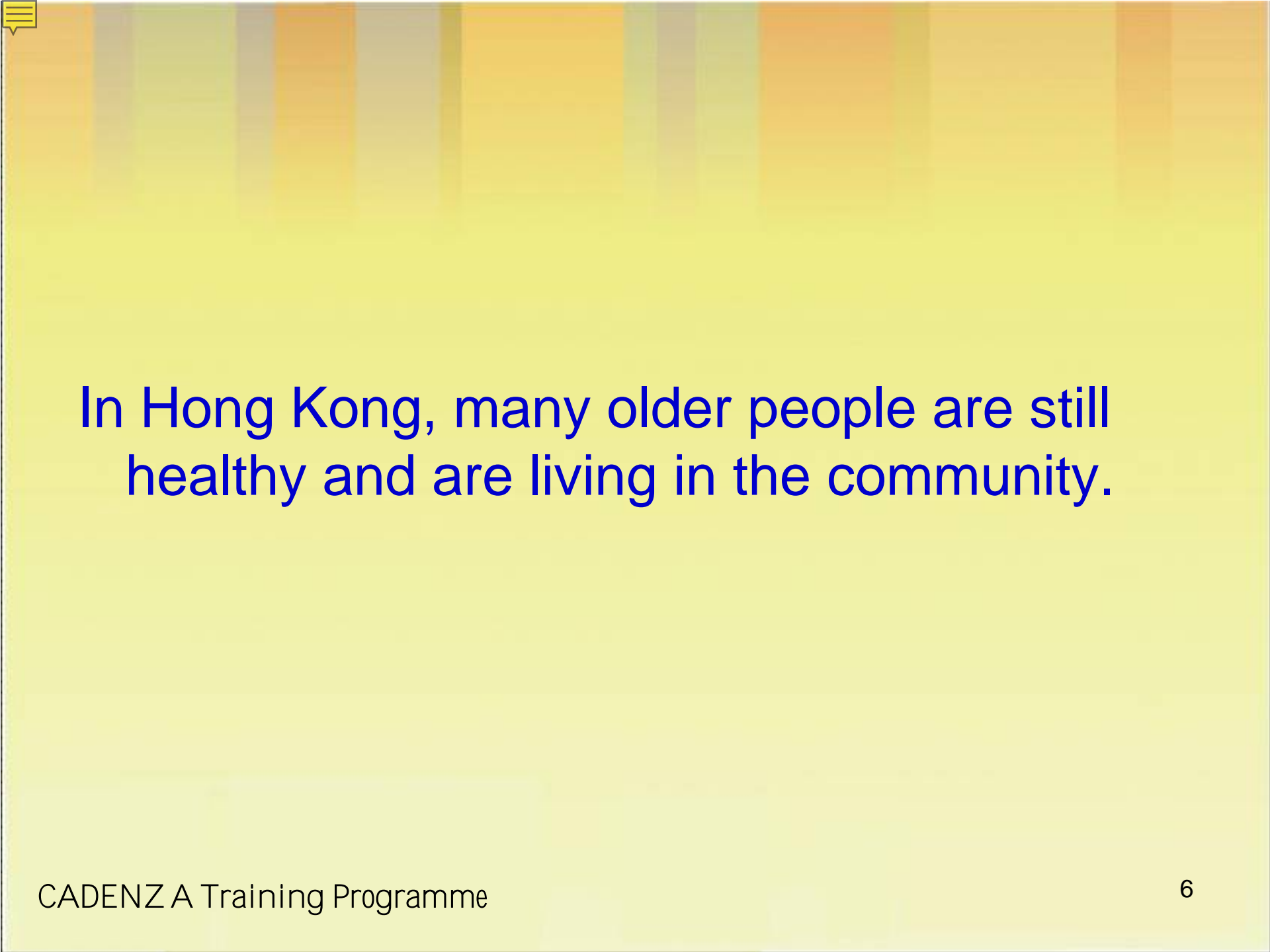
**Aged homes are
increasing in number**



*Do older people wish
to be institutionalised?*



***Are there any alternatives
to cope with the increasing
number of older people?***




In Hong Kong, many older people are still healthy and are living in the community.



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- It is **important** to provide different types of community support services, so that older people can remain living in the community for as long as possible.



How do you define
‘Ageing in Place’?

**Write down your thoughts
before proceeding...**



Ageing in Place


- There are many different perceptions and definitions of 'ageing in place':

Continue to live in a familiar place

No need to move from place to place

No forced relocation

No need to move to some other place when getting old

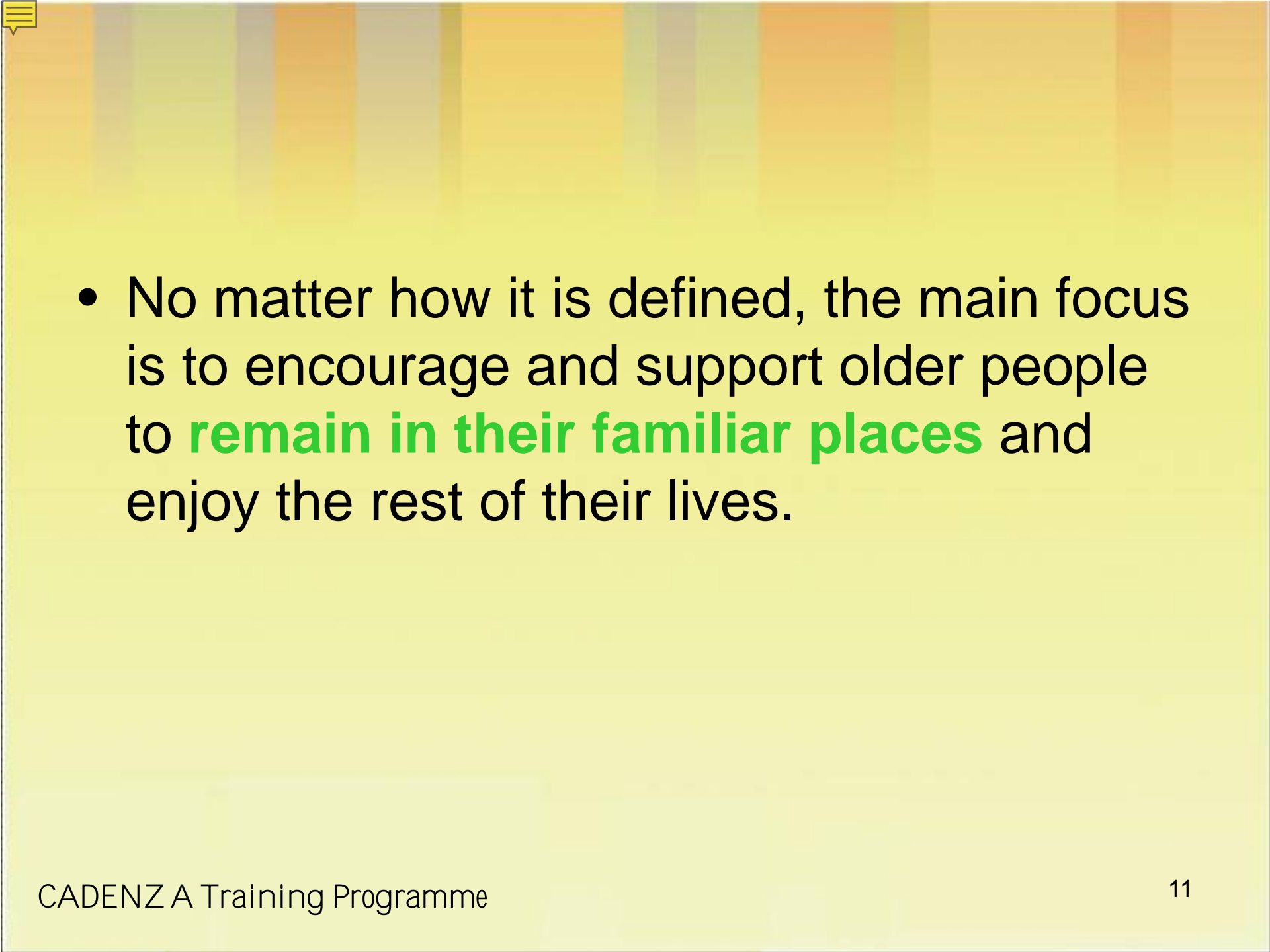



For some definitions, 'ageing in place' does not simply mean 'living in the community',

but

'living in their familiar institutions' or
'within a specific environmental setting'

(Bernard, Zimmerman & Eckert, 2001)

- 
- No matter how it is defined, the main focus is to encourage and support older people to **remain in their familiar places** and enjoy the rest of their lives.



How do we support Ageing in Place in Hong Kong?

**Think about it
before you
proceed.**



Ageing in place for healthy older people

Nowadays older people are:


- healthier**
- more educated**
- more financially independent**



**WHAT DO HEALTHY OLDER
PEOPLE WANT FROM THE
COMMUNITY?**

They want:

Healthy lifestyle

- F Leisure and recreational activities
- F Lifelong Learning
- F Senior Citizen Card Scheme
- F 



Leisure and recreational activities

- **Holiday Centre for the Elderly**
 - **Cheung Muk Tau Holiday Centre for the Elderly**
 - **Provides various recreational facilities for older people**



The Holiday Centre for the Elderly provides...

sports activities

cultural exchange programmes


indoor heated swimming pool with spa

Day and overnight camp services



Leisure and recreational activities

- **Healthy Elderly Scheme**
Leisure and Cultural Services Department



Healthy Elderly Scheme provides...

**Elderly ambassadors
to assist in sports activities**

**Vacant facilities
for older people to practice**

Sports equipment



Leisure and recreational activities

Interest classes by various NGOs, institutions and organisations



Examples of Interest Classes

Computer classes

Cooking classes

Tai Chi classes

Swimming

Dancing Classes



Life long Learning

- **Different courses and talks organised by various NGOs, and institutions**



Senior Citizen Card Scheme

- Concessions, discounts or priority services offered by private, public and government departments.
- Includes discounts on travelling expenses, shopping, dining.



WHAT ABOUT MEDICAL SUPPORTING SERVICES?



Medical support services for older people in the community

Community-based geriatric care provides primary, tertiary and rehabilitative care to older people and includes:

- Elderly Health Centres (EHCs)
- Specialist Geriatric Clinics
- Geriatric Day Hospitals



Elderly Health Centre (EHC)

- 18 EHCs run by Department of Health
- Members aged 65+ with annual enrolment fee HK\$110
- Function:
 - promote primary healthcare
 - provision of health assessment
 - physical check up
 - health education and talks
 - curative treatment (\$45/consultation)

Department of Health. (2012)



Specialist Geriatric Clinic

- Run by Hospital Authority
- Follow up older people with chronic illnesses in the community
- Early detection of geriatric illnesses
- Subspecialty clinics include:
 - memory clinic
 - continence clinic
 - DM clinic
 - stroke clinic, etc.



Geriatric Day Hospital

- Run by Hospital Authority
- Multidisciplinary approach
- Facilitate early discharge from hospital
- Facilitate older people to remain in the community
- Functions:
 - treatment and rehabilitation
 - health assessment
 - medical and nursing procedures
 - respite care for carer stress
 - domiciliary visits



Others

- Community Nursing Service
- Different post discharge services for older people discharged from hospitals



WHAT ABOUT **SOCIAL** SUPPORT SERVICES?

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graph TD; A[Elderly Centre Services] --> B[District Elderly Community Centre (DECC)]; A --> C[Support Teams for the Elderly (STE)]; A --> D[Neighbourhood Elderly Centre (NEC)]; A --> E[Social Centre for the Elderly (S/E)];
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Elderly Centre Services

District Elderly
Community
Centre (DECC)

Support
Teams for the
Elderly (STE)

Neighbourhood
Elderly Centre
(NEC)

Social Centre
for the Elderly
(S/E)

Elderly Centre Services

ê District Elderly Community Centres

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_districtel/

ê Support Teams for the Elderly

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_supporttea/

ê Neighbourhood Elderly Centres

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_613/

ê Social Centres for the Elderly

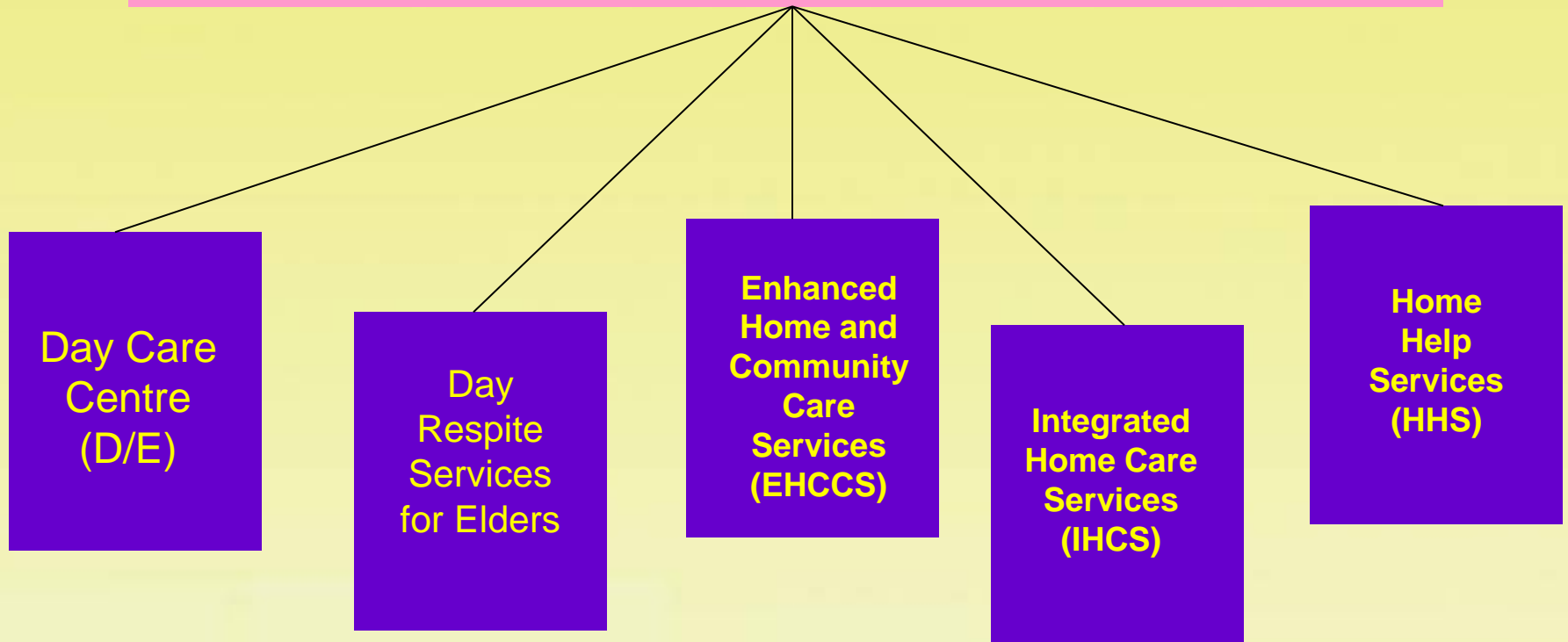
http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_socialcent/

For more details about the services, please visit the above links.

Social Welfare Department (2012c).

Community Care Services for Older People

Community Care Services for Older People



Community Care Services for the Elderly

- **Day Care Centres**

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_daycarecen/

- **Day Respite Services for Elders**

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_dayrespite/

- **Enhanced Home and Community Care Services**

- http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_enhancedho/

- **Integrated Home Care Services**

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_618/

- **Home Help Services**

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_homehelpse/

For more details about the services, please visit the above links.

Social Welfare Department (2012a).



Empowering the family

- Financial assistance
- Equip with knowledge and skill through seminars/lessons from various organisations
- Housing subsidies
- Emergency and respite services
- Personal emergency link service
- Accessible transport and travel



Other Social Support Services



Personal Emergency Link Service

- Elderly callers can speak to the operator through the main unit at home.
- Operators identify the needs of the caller and provide the necessary support services.
- Users can press the PE Link at any time to access ancillary services depending on the specific situation.
- For details, please visit this link:

<http://www.schsa.org.hk/b5g/service/pel.php>

Senior Citizen Home Safety Association, 2012



Accessible Transport and Travel

- To provide accessible transport services for people with disabilities to travel from place to place, e.g., Rehab bus, Easy Access Transport Services.



Financial Assistance

- Supplements for older people
 - Social Security Allowance Scheme
 - Normal Old Age Allowance
 - Higher Old Age Allowance
 - Normal Disability Allowance
 - Higher Disability Allowance



Social Security Allowance Scheme

Eligibility Criteria:

- Hong Kong resident for at least seven years
- resided in Hong Kong continuously for at least one year immediately before the date of application
- continues to reside in Hong Kong
- is not in receipt of any other allowance under the Scheme or assistance under the Comprehensive Social Security Assistance Scheme

Social Welfare Department, 2012e

Social Security Allowance Scheme

- Normal old age allowance (\$1,090): aged between 65-69 (income and asset limits apply)
- Higher old age allowance (\$1,090): aged 70 or above (no income and assets apply)
- Asset and income limits for Normal Old Age Allowance:

	Asset limit	Monthly income limit
For a single person	\$186,000	\$6,660
For a married couple	\$281,000	\$10,520



Social Security Allowance Scheme

- Normal Disability Allowance: \$1,395 per month
- Certified by the Director of Health or the Chief Executive, Hospital Authority (or under exceptional circumstances by a registered medical practitioner of a private hospital) to be severely disabled
- The disabling condition will persist for at least 6 months.

Social Welfare Department, 2012e



Social Security Allowance Scheme

- Higher Disability Allowance: \$2,790
- Applicants meet the eligibility criteria for Normal Disability Allowance
- Certified by the Director of Health or the Chief Executive, Hospital Authority (or under exceptional circumstances by a registered medical practitioner of a private hospital) to be in need of constant attendance from others in his/her daily life
- **Not** receiving care in a government or subvented residential institution

Social Welfare Department, 2012e

Comprehensive Social Security Assistance (CSSA) Scheme

Aged 60 or above	Single person	Family member
Able-bodied/50% disabled	\$2,820	\$2,660
100% disabled	\$3,415	\$3,020
Requiring constant attendance	\$4,810	\$4,410

Social Welfare Department, 2012b

Comprehensive Social Security Assistance (CSSA) Scheme

Asset limit

Able-bodied adults/children		Elderly person, disabled	
No. of person	Asset limit	No. of person	Asset limit
1	16,500	1	38,000
2	33,000	2	57,000
3	49,500	3	76,000
4 or above	66,000	4	95,000
		5	114,000
		6	133,000

Social Welfare Department, 2012b



Knowledge and Skill

- Equip family members with knowledge and skill through seminars/lessons conducted by various organisations on topics such as:
 - caring for older people
 - how to relieve caregiver stress



HOUSING SUBSIDIES

Certain priorities will be given to families with older people when they apply for public rental housing.

Housing

Priority schemes include:

- Harmonious Families Priority Scheme
- Single Elderly Persons Priority Scheme
- Elderly Persons Priority Scheme
- Senior Housing: provides two main types of housing for the elderly in public rental estates, namely Housing for Senior Citizens and self-contained small flats.

For details, please visit the following link:

<http://www.housingauthority.gov.hk/en/public-housing/meeting-special-needs/senior-citizens/index.html>

Emergency Placement

1. Emergency Placement

- to offer short-term or temporary residential care services in some subvented residential care homes and nursing homes
- Protect the older people from lack of immediate care or placement in the family until their next-of-kin had the proper plan of allocating them

For details, please visit this link.

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_residentia/id_emergencyp/


Emergency and Respite Services

2. Respite Service

- Provide temporary relief for family member who is the main carer of the older people
- Respite places are situated in subvented residential care homes
- Duration: not more than 42 days
- Charges:
 - Home-for-the-Aged places: \$50 per day
 - Care-and-Attention Home places: \$60 per day
 - Contract Home places: \$60 per day
 - Nursing Home places: \$70 per day

For details, please visit this link.

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_dayrespite/



Can you find **ONE** place that possesses the following characteristics so as to promote "aging in Place"?

F Medical Support


F Life long Learning

F Leisure and recreational activities

F Concessions, discounts or priority services for older people



New Initiative for Ageing In Place



Integrated Discharge Support Programme for Elderly Patients

- To launch a pilot scheme to provide integrated support to elderly hospital discharges who have difficulty taking care of themselves.
- To support the elders ageing in the community
- To strengthen the interface between medical and welfare services for the elderly, especially in the provision of support services for the elderly after discharge from hospitals.
- Integrated support under the scheme will include discharge planning, transitional rehabilitation services, transitional home-based

For details, please visit this link.

http://www.lwb.gov.hk/chi/legco/18112009_close.htm

Labour and Welfare Bureau, 2012



Mobile Link

- It is a outdoor support and care service providing 24-hour support service to elderly aged 60 or above
- When in need, users can connect to 24-hour call centre by pressing a button or pulling the strap, allowing the elderly to enjoy the active lifestyles in their communities
- For details, please visit the following link.

http://www.mobilelink.hk/index.php?option=com_content&view=article&id=48&Itemid=56&lang=en

Senior Citizen Home Safety Association, 2012



Hong Kong Housing Society

Senior Citizen Residences Scheme

- Residential community environment that meet the changing recreational, social and health care needs as the older people "age in place".
- Lease-for-life housing estates

http://www.hkhs.com/sen_20040903/chi/cheerful_court/video/video.htm



HKHS Senior Citizen Residences Scheme

- **Cheerful Court** in Kwun Tong

<http://www.cheers.org.hk/site/portal/Site.aspx?id=A2-622>

- **Jolly Place** in Tseung Kwan O



HKHS Senior Citizen Residences Scheme

Medical

- Medical clinic/Nurse centre
- Multidisciplinary Team, include PT/OT/social worker, etc..
- Traditional Chinese Medicine Clinic
- 24 hours emergency call
- Residential Home for the Elderly



HKHS Senior Citizen Residences Scheme

Social and Recreational

- Restaurant; Coffee shop
- Club; Karaoke, etc
- Sightseeing Tour
- Interest Class
- Hobby Room
- Gymnasium



HKHS Senior Citizen Residences Scheme

Home Care and Personal Care

- Household Cleaning
- Laundry
- Massage
- Facial Treatment
- Haircutting

Home Environment Improvement Scheme for the Elderly

- to assist needy elders to improve their home environment and enhance domestic safety
- the delivery agencies, DECCs will arrange minor home maintenance and improvement services as well as purchase essential household items (embellishing items not included) for eligible elders based on home environment assessment.
- \$5,000 subsidy within the five-year period

For details, please visit this link.

http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_eise/

Social Welfare Department, 2012d



Building Maintenance Grant Scheme

- To provide financial assistance to elderly owner-occupiers to repair and maintain their self-occupied buildings and to upkeep building safety.
- For details, please visit this link.
- http://www.hkhs.com/eng/business/pm_bmgs.asp

Hong Kong Housing Society, 2012



Way Forward



In view of so many different kinds of community services that support the older people to live in the community, a **separate** and **innovative** health care policy is therefore needed




Medical Aspect

- Medically, a high-quality community geriatric team
 - Geriatric expertise with multidisciplinary approach
 - Health promotion and preventive care
 - Enhance public private interface
 - Financially viable



Social Aspect

- Listen more to the older people's voice
- Maintain maximum degree of autonomy
- Variations in social and community services to meet their needs
- Integration and continuum of care
- Multi-skill



What do you think about
the future Health Policy
for the older people??



New Health **Care** Policy

- **C**ommunity Oriented
- **C**omprehensive
- **C**are for the older people as well as
- **C**are for the **C**arer



New Health **Care** Policy

- **C**ost-effectiveness
- **C**ompromise and
- **C**ollaborate among healthcare providers, formal and informal sources of help
- **C**onstant review

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