



Organised by:



香港中文大學  
The Chinese University of Hong Kong



香港中文大學  
賽馬會老年學研究所  
CUHK Jockey Club Institute of Ageing

Initiated and Funded by:



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



SUSTAINABLE DEVELOPMENT  
SOLUTIONS NETWORK  
HONG KONG CHAPTER  
聯合國際持續發展解決方案網絡  
香港地區分會

CUHK Jockey Club Institute of Ageing  
Symposium on

# Application of Digital Health in Community Centres: The First Step in a Stepped Care Approach to Primary Care of Older People



13 January 2020 (Monday)

Auditorium, 1/F,  
Main Clinical Block and Trauma Centre  
Prince of Wales Hospital, Shatin



# Foreword

Population ageing is occurring in most countries, whether they are classified as high, middle or low income countries (HIC, MIC, LIC). In response the World Health Organization's Department of Ageing and Life Course has created various recommendations to meet needs of older people in the community. Such recommendations provide much needed guidelines that each country can adopt, that can be integrated into fit for purpose health and social care models. These guidelines are particularly relevant for Hong Kong, which currently has the highest life expectancy in the world for both men and women. In the past decade there have been many community initiatives led by various organizations to highlight the importance of primary care in the community for older people, as a more upstream intervention in the declining life course trajectory of physical and cognitive functioning, with empowerment being a key feature. Many are pilot efforts from various non-government organizations, with the Hong Kong Jockey Club Charities Trust playing a key philanthropic role through the CADENZA Programme and the establishment of the CADENZA Hub as a pilot of medico-social model of primary care ten years ago. Recently the use of technology has been incorporated into these initiatives, in the e-Health project covering 18 districts of Hong Kong. This Symposium will cover the World Health Organization's current evidence based guidelines for primary care in older people and the role of digital health, and a review of current pilot studies and potential for future incorporation into existing health and social services in the Hong Kong setting.



Prof Jean Woo, MD, FRCP, FRACP

Director, CUHK Jockey Club Institute of Ageing  
The Chinese University of Hong Kong  
CADENZA Project Director

# Preface

As an organisation whose sole purpose is the betterment of our society, The Hong Kong Jockey Club is proactively working to enhance the quality of life of Hong Kong's senior citizens. Indeed, with our city facing the challenge of a rapidly-ageing population, the Club's Charities Trust has designated the elderly as one of its four areas of strategic focus. In particular we seek to promote active and healthy ageing through innovative, multi-sectoral approaches, with the ultimate aim of building an age-friendly Hong Kong.

In view of the growing number of older people with chronic conditions, in 2016 the Trust launched the Jockey Club Community eHealth Care Project. By integrating health management technology, community care and professional support, the initiative aims to both empower the elderly to develop self-management habit and strengthen the elderly centres' capacity in detecting and supporting health and social needs.

During the past three years, over 10,000 seniors have regularly monitored their health at 80 elderly centres. Among them, 5,000 seniors were supported by a nursing team via tele-care and onsite consultation services. Participants have shown significant improvement, including with respect to blood pressure, with potentially reduced risk of coronary heart disease and stroke. A well-being survey with over 10,000 participants and the application of big-data analytics have also allowed policymakers, academics and professionals to examine possible health risks of the elderly for future services planning.

Given the encouraging results, the Trust has decided to carry out the second phase in 2020 to further enhance the Project's impact. More NGOs and service centres will be joining our cause, and we estimate that the Project will serve over 20,400 older people to promote their health awareness and self-care ability. The improved tele-care support and relevant training will facilitate the NGOs to build their organisational capability on planning and delivering health-related activities. The new phase will also explore developing a digital health portal, so as to integrate self-monitoring, professional support and risk surveillance for the elderly at the community level.

This symposium marks the successful completion of this first-of-its-kind citywide elderly programme. Our sincere thanks to the CUHK Jockey Club Institute of Ageing and the Senior Citizen Home Safety Association for their dedicated effort; to the 17 participating NGOs and associated elderly centres for their steadfast support; and to the many distinguished academics and experts for their thoughtful sharing.

With healthy ageing an important, dynamic and evolving issue, I have no doubt that this symposium will yield significant insights that will further contribute to the betterment of Hong Kong's senior citizens.

Mr Cheung Leong

Executive Director (Charities & Community)  
The Hong Kong Jockey Club



# Jockey Club Community eHealth Care Project



The population in Hong Kong is ageing, and the number of older people with chronic conditions will continue to grow. In this relation, The Hong Kong Jockey Club Charities Trust (“The Trust”) has adopted a proactive approach to strengthen the healthcare support for senior citizens.

The Trust has earmarked \$138 million to carry out a three-year “Jockey Club Community eHealth Care Project” (“the Project”), which adopts an innovative approach to promote preventive healthcare among the elderly and empowers them in health management.

The Project is the first territory-wide elderly care support project which integrates health management technology, community care and professional support.

Objectives of the Project are:

- To apply eHealth solutions to empower individuals in health management
- To promote elderly centres as the first point of contact for detecting and addressing the health and social needs of the elderly
- To pilot eHealth technology to improve quality of life for the elderly and analyse the health characteristics and patterns of the elderly through big data analytics.

# Programme

0930 - 1000	Registration
1000 - 1005	<p>Welcoming Remarks by Prof Samuel Wong            Professor and Head, Division of Family Medicine and Primary Healthcare,            The Jockey Club School of Public Health and Primary Care, CUHK</p>
1005 - 1010	<p>Opening Address by Mr Horace Lit            Senior Charities Manager, The Hong Kong Jockey Club</p>
1010 - 1020	Group Photo
1020 - 1025	<p>Introduction  <b>Ten Years of Pioneering Work in Primary Care of Older People by the Hong Kong Jockey Club Charities Trust: From CADENZA Hub to Jockey Club Community eHealth Care Project in 18 Districts in Hong Kong</b>            · Prof Jean Woo, Director, CUHK Jockey Club Institute of Ageing</p>
1025 - 1055	<p><b>WHO Proposal for Measurement of Healthy Ageing and Monitoring across Countries</b>            · Dr Jotheeswaran Amuthavalli Thiyagarajan, Technical Officer (Epidemiologist), Department of Ageing and Life Course, World Health Organization</p>
1055 - 1125	Coffee Break
1125 - 1155	<p><b>Primary Care Needs of Older People in the Community: A Hong Kong Solution</b>            · Prof Yeoh Eng Kiong, Director, The Jockey Club School of Public Health and Primary Care, CUHK</p>
1155 - 1215	<p><b>District Health Centre - Interfacing with Community Elderly Service Partners</b>            · Mr Jimmy Wu, Director, District Health Centre Team, Food and Health Bureau, HKSAR Government</p>
1215 - 1345	Lunch
1345 - 1415	<p><b>China Initiative on Healthy Ageing and Application of Technology</b>            · Prof Piu Chan, Professor and Director, Department of Neurobiology, Geriatrics and Neurology, Clinical and Research Center on Parkinson's Disease, National Clinical Research Center for Geriatric Disorders, Xuanwu Hospital of Capital Medical University</p>
1415 - 1435	<p><b>Use of Technology in Supporting Elderly in the Community</b>            · Ms Maura Wong, Chief Executive Officer, Senior Citizen Home Safety Association</p>
1435 - 1455	<p><b>Integrated Care of Older People: The WHO ICOPE Programme and the ICOPE App</b>            · Prof Jean Woo, Director, CUHK Jockey Club Institute of Ageing</p>
1455 - 1525	Coffee Break
1525 - 1545	<p><b>The Community Primary Care Programme: Caring for Older Adults with Multiple Chronic Conditions in Primary Care</b>            · Prof Samuel Wong, Professor and Head, Division of Family Medicine and Primary Healthcare,            The Jockey Club School of Public Health and Primary Care, CUHK</p>
1545 - 1605	<p><b>Application of Technology in Meeting Unmet Needs of Older People Living in the Community</b>            · Dr Ruby Yu, Senior Research Fellow, CUHK Jockey Club Institute of Ageing</p>
1605 - 1700	<p>Panel Discussion and Concluding Remarks  <b>Should We and Can We Implement ICOPE in Hong Kong as a Healthy Ageing Initiative?</b>            Moderator:            · Prof Jean Woo, Director, CUHK Jockey Club Institute of Ageing            Discussants:            · Dr Jotheeswaran Amuthavalli Thiyagarajan, Technical Officer (Epidemiologist), Department of Ageing and Life Course, World Health Organization            · Dr Anne Fung, Assistant Director of Health (Elderly Health Service), Department of Health, HKSAR Government            · Dr Elsie Hui, Service Director (Primary &amp; Community Health Care), New Territories East Cluster, Hospital Authority            · Prof Angela Leung, Associate Professor, WHO Collaborating Centre for Community Health Services, School of Nursing, The Hong Kong Polytechnic University</p>

# Speaker Biography and Abstract



**Dr Amuthavalli Thiyagarajan Jotheeswaran**

Technical Officer (Epidemiologist),  
Department of Ageing and Life Course,  
World Health Organization

## Biography

### Responsibilities at WHO:

- Integrated Care for Older Persons (ICOPE) guideline development
- Operationalization of intrinsic capacity in clinical populations
- Development of conceptual and monitoring framework for integrated health care for older people

Dr Amuthavalli Thiyagarajan Jotheeswaran is an epidemiologist. He has an undergraduate degree in psychology and holds a Master's Degree in Medical and Psychiatric Social Work. He obtained a Master's Degree in Science (Psychiatric Research) and a PhD (Epidemiology) from King's College London, United Kingdom.

He started his career as a psychotherapist, largely involved in dementia rehabilitation. Between 2004 and 2006 he led research on the implications of different health systems, and the influences of culture on care arrangements for older people with chronic disease in India. He did so in coordination with research centres in China, Africa and Latin America. In 2012, he was awarded a Wellcome Trust /Public Health Foundation of India career development research fellowship to evaluate effectiveness of complex intervention targeting frail older people at primary health care setting in Goa, India. He has published 32 scientific papers related to ageing in peer reviewed international journals.

In August 2015, he joined the Department of Ageing and Life Course as a Technical Officer (Epidemiologist). He is currently developing evidence based clinical guidelines for Integrated Care for Older People (ICOPE), which aim to enhance the functional ability of older people. He is also involved in the development of the conceptual framework for integrated and person centred care for older people.

## Professor Yeoh Eng Kiong

Director,  
The Jockey Club School of Public  
Health and Primary Care, CUHK



### Biography

Professor Yeoh is Professor of Public Health, Director at the Jockey Club School of Public Health and Primary Care of The Chinese University of Hong Kong (CUHK) and also Head of Division of Health System, Policy and Management at the Jockey Club School of Public Health and Primary Care. His research is in health systems, services and policy with an interest in applying systems thinking in studying how the complex components of health systems interact and interrelate to improve health. A current research interest is applying system science in enhancing integration of health and social care services. He has recently completed a study commissioned by Health and Medical Research Fund on quality of healthcare, and the health system and service models to better cater for an ageing population. He is a member of the Research Council of Our Hong Kong Foundation and led 2 health policy research projects for the Foundation, namely *An Investment for the Celebration of Aging, and Fit for Purpose: A Health System for the 21st Century*. He is involved in collaborative work with research networks such as the Association of Pacific Rim Universities World Institute and World Bank Institute Asia Pacific Network for Health Systems Strengthening (ANHSS) in studies on health systems and training for policy. He was Chairman of the ANHSS from July 2009 - June 2014, and serves as Cluster Leader for the Knowledge Events. He also served as a member of the International Advisory Board of the National University of Singapore Initiative to improve health in Asia from Oct 2010 - Sept 2017.

Prior to joining The Chinese University of Hong Kong, Professor Yeoh was Secretary for Health, Welfare and Food of the Government of the Hong Kong Special Administrative Region between 1999 and 2004. From 1990 - 1999, Professor Yeoh was head & the first Chief Executive of the Hong Kong Hospital Authority. He was President of the International Hospital Federation from 2001 - 2003 and was awarded the Hospital Management Asia Lifetime Achievement Award in 2002.

He was awarded JP in 1993, OBE in 1997 by the Hong Kong Government and GBS in 2005 by the Government of the Hong Kong Special Administrative Region.





Mr Jimmy Wu

Director,  
District Health Centre Team,  
Food and Health Bureau  
HKSAR Government



## Biography

Mr Jimmy Wu was graduated in physiotherapy in the then Hong Kong Polytechnic in 1981. He served in different Government and subvented hospitals as physiotherapist. He moved to health service administration in 1994 as General Manager (Allied Health) in Prince of Wales Hospital, and took up the post of Senior Manager (Allied Health) in Hospital Authority Head Office in 2000 until he retired from Hospital Authority in 2018.

Jimmy participated in local, mainland and international professional associations, government boards; including President of the Hong Kong Physiotherapy Association, Asia and Western Pacific representative of the World Confederation of Physiotherapy, member of the Physiotherapists Board and Supplementary Medical Professions Council.

Jimmy is currently the Director (District Health Centre Team) of the Primary Healthcare Office under the Food and Health Bureau overseeing the development and establishment of the District Health Centres in the 18 districts.

## Abstract

### District Health Centre - Interfacing with Community Elderly Service Partners

District Health Centre (DHC) is a government funded primary healthcare scheme. It builds on 3 key values, i.e. community base, public-private partnership and medical social collaboration. The scheme focuses on primary, secondary and tertiary prevention of the primary healthcare service targeting clients of all age groups. However, the elderlies will be one of the key client groups of the DHC. The DHC will function as a hub networking among different service providers to maximize the benefit from the rich community resources to protect the health and support the functioning of the elderlies in the community.

## Professor Piu Chan

Professor and Director,  
Department of Neurobiology,  
Geriatrics and Neurology,  
Clinical and Research Center on  
Parkinson's Disease,  
National Clinical Research Center  
for Geriatric Disorders,  
Xuanwu Hospital of Capital  
Medical University



### Biography

Professor Chan graduated from Hunan Medical College in Changsha and became a neurologist after the fellowship training. He later acquired his Doctor of Philosophy in neurosciences from Sun Yan-Sen University of Medical Sciences in Guangzhou followed by postdoctoral training at the Parkinson's Institute in Sunnyvale, California of USA, where he spent more than 10 years as senior scientist before returning to Beijing in 2000.

Professor Chan is the Vice President of the Chinese Society of Gerontology and Geriatrics, council member of the International Association of Gerontology and Geriatrics (IAGG), and Secretary of the IAGG Asia-Oceania Region. He is also the Vice President of the Chinese Association of Geriatrics, General Secretary of Society of Geriatrics of the Chinese Doctor's Association, and the committee member of the Society of Geriatrics of the Chinese Association of Medical. He is the director of the Chinese Parkinson Study Group and deputy director of Committee on Parkinson's disease and Movement Disorders of the Chinese Neurology Association. He has been appointed as the Deputy Director and Principal Investigator of Chinese National Human Genome Center Beijing since 2001. He was the President of the Society of Chinese Neuroscientists in America from 1998 to 2000 and the Secretary of Asia-Pacific Society for Neurochemistry from 2000 to 2006.

Professor Chan is well known for his translational research on neurodegenerative disorders and other age-related disorders. He has been working on developing models for CNS diseases including non-human primate models of Parkinson's disease and dyskinesia. He has been studying familial and susceptibility genes and a variety of biomarkers for Parkinson's and Alzheimer's diseases in a few unique cohorts in China aimed for prediction and prevention of neurodegenerative diseases. He has initiated projects investigating the role of polyphenols (funded by M. J. Fox foundation) and Traditional Chinese Medicine in two multi-center trials. He is currently the director of the National Center of GCP Trials for Neurodegenerative Disorders. He has been the PI for six registration clinical trials including Phase I-III trials of a recently approved drug developed by a domestic company by SFDA. He is an ad hoc consultant for the State Food and Drug Administration of China.

Professor Chan is the committee member for the MDS "Task Force on the definition of Parkinson's disease" and "Telemedicine Task Force". Dr. Chan's center is the only Chinese team participated the International LRRK2 Consortium and Apple's mPower project.

Professor Chan has published more than 250 peer-reviewed papers and served as editorial members of more than 15 international and Chinese journals. In 2002, he attained First Award for Scientific Achievement from both Ministry of Education and Chinese Medical Association in the People's Republic of China.



Ms Maura Wong

Chief Executive Officer,  
Senior Citizen Home Safety Association

## Biography

*A robust business with a good purpose that is run ethically and effectively can deliver tangible social impact.*

This is the ardent belief of Maura Wong who has combined three decades of experience in both business and non-profit and now runs Senior Citizen Home Safety Association, one of the most successful social enterprises in Hong Kong.

With over twenty years of business and management experience, Ms Wong had started her career in finance and was a pioneer in developing the private equity market of China for Goldman Sachs and a Founding Partner in charge of Greater China for JP Morgan Partners Asia. She was also involved in the operation, management and governance of many telecommunications, technology and environmental companies.

In the past ten years, she began to work extensively with social enterprises all over the world through her role as board member of an international impact investing organisation. She was proud to have supported the creation of two social enterprises in China that focus on alleviating poverty among Tibetan/Qinghai herders.

Ms Wong also launched a campaign to promote Walkability in Hong Kong when she was CEO of a non-profit organisation and continues to support efforts for the betterment of Hong Kong.

She graduated as Baker Scholar from Harvard Business School and Magna Cum Laude from Princeton University.

## Abstract

### Use of Technology in Supporting Elderly in the Community

In the early 1990s, the use of technology to support elderly living was still uncommon in Hong Kong. In 1996, Senior Citizen Home Safety Association (SCHSA) launched a 24/7 emergency assistance service supported by a dedicated SOS device and call center – a development that was in many ways ground breaking. Since then and over the past 23 years, SCHSA has helped popularize 平安鐘 service in Hong Kong. The use of technology today goes well beyond “techie” products, call center and telephone lines. At SCHSA it is about how to integrate technology into every aspect of our organization, operation and user experience. Technology is not the end itself but the means to deliver better service with a more human touch.

Over the years, we have vastly expanded the range of services behind our Care-onCall Service 一線通平安鐘™ 服務 (formerly called Personal Emergency Link). Today we use technology to deliver services that make our elderly users (and their families) feel safe and at peace, help them manage their health and gain access to healthcare, and offer them social connectedness and support. We also use technology to connect with healthcare institutions as well as community social organizations in the pursuit of a more holistic approach to enhancing the quality of elderly living. An interesting example is the Jockey Club Community eHealth Care Project which tries to integrate health management technology, community care and professional support for chronic disease preventive management at the community level.

## Professor Jean Woo

Director,  
CUHK Jockey Club Institute of Ageing



### Biography

Professor Jean Woo graduated from the University of Cambridge in 1974. After medical posts in the Charing Cross, Hammersmith, and Brompton Hospitals in the UK, she worked in part time posts in general practice as well as research at the University of Hong Kong.

Professor Woo joined the Department of Medicine at the Chinese University of Hong Kong in 1985 as Lecturer responsible for the development of the teaching and service in Geriatric Medicine, becoming Head of the Department in 1993 until 1999, Chief of Service of the Medicine and Geriatric Unit at Shatin Hospital from 1993 to 2012, and Chair Professor of Medicine in 1994. From 2000 to 2006 she was Head of the Department of Community and Family Medicine, from 2001 to 2005 Director of the newly established School of Public Health, and from August 2013 to July 2016 Chairman of the Department of Medicine & Therapeutics. She established the Centre for Nutritional Studies in 1997 using a self financing model to carry out service, education and research; and the Centre for Gerontology and Geriatrics in 1998, offering self-financed courses in Gerontology and Geriatrics, as well as End of Life Care.

Currently she is the Director of the Jockey Club Institute of Ageing at the Chinese University of Hong Kong, Director of the Centre for Nutritional Studies, School of Public Health and Primary Care, and Honorary Consultant of the Prince of Wales and Shatin Hospitals, Hospital Authority.

Professor Woo's research interests include chronic diseases and geriatric syndromes, health services research, nutrition epidemiology and intervention, quality of life issues at the end of life, with over 800 articles in peer-reviewed indexed journals.



## Professor Samuel Wong

Professor and Head,  
Division of Family Medicine and primary Healthcare,  
The Jockey Club School of Public Health and Primary Care, CUHK

### Biography

Professor Samuel Wong is a clinician with training in both Family Medicine and Public Health. He received his Doctor of Medicine degree from the University of Toronto and completed his Family Medicine residency training in Canada. He completed the Master of Public Health at the Johns Hopkins University, USA and the Doctor of Medicine (MD) research degree at The Chinese University of Hong Kong.

He has been the Head of the Division of Family Medicine and Primary Healthcare and the Deputy Director of the School of Public Health and Primary Care since 2019. He is the Founding Director of the Thomas Jing Centre for Mindfulness Research and Training and has been appointed as the Associate Dean (Education) of the Faculty of Medicine since July 2019.

Professor Wong's research interests include evaluating and developing mindfulness-based and mental health interventions in primary care; evaluating primary care services and developing primary care service models as well as multimorbidity.

He has published more than 200 original papers in peer-reviewed scientific journals including the *Annals of Family Medicine*, *Psychotherapy and Psychosomatics* (impact factor: 13.12), *British Journal of Psychiatry* and *JAMA Internal Medicine* and was the Principal Investigator of 18 external competitive research grants (General Research Fund and Health and Medical Research Fund) and commissioned research.

### Abstract

## The Community Primary Care Programme: Caring for Older Adults with Multiple Chronic Conditions in Primary Care

Hong Kong, like other economically developed regions, is experiencing population ageing. It is becoming common for people to have multiple chronic conditions with complex health needs. Therefore, there is an increasing role for primary care providers to take the lead in looking after older adults with complex bio-psycho-social needs.

In this presentation, epidemiology of multimorbidity in Hong Kong will be briefly presented, followed by findings of baseline and follow up data from a community primary care programme for older adults piloted in a community academic primary care centre. In the programme, one thousand older adults with multiple chronic conditions were recruited and participated in an integrated programme led by a multidisciplinary team of doctors, nurses, social workers, dieticians and physical trainers aiming to address psychosocial and physical health needs of participants. Common problems encountered by these older adults and potential pathway of care addressing these issues would be discussed.



Dr Ruby Yu

Senior Research Fellow,  
CUHK Jockey Club  
Institute of Ageing

## Biography

Dr Ruby Yu is involved in multiple cohorts to define the epidemiology of frailty in Chinese populations. These cohorts have laid the foundation for a frailty prevention program to use a multiple component approach to prevent frailty. She is also involved in environmental, social, and behavioural health research as well as cellular studies with a focus on the role of telomeres on the ageing process. Recently, she is working on the Jockey Club Community eHealth Care Project to develop novel solutions for the unmet needs of older people.

## Abstract

### Application of Technology in Meeting Unmet Needs of Older People Living in the Community

Population ageing presents challenges to meeting community needs by existing health and social service models. There is need for a prevention and empowerment approach. This may be best achieved by innovative primary care models integrating medico-social elements. Older people who are frail (both cognitive and physical); and those who are living alone are particularly vulnerable. Problems encountered include poor oral health, problems with hearing and vision, physical and cognitive frailty, poor psychological well-being, dependency in instrumental activities of daily living, problems with medication, problems with finance, and care. They are also frequent users of hospital services.

A Community health and wellbeing screening using an integrated medico-social model is described, building on widespread existing network with the empowerment of the social sector, as well as the public. The development of an eHealth platform forms the key component, covering the full cycle of screening, analysis, action plan, and intervention. The model represents a step care approach where eHealth can contribute to the basic step in unmet needs in the community for older people. IT consists of basic automated assessment using key questions in the detection of the above unmet needs, together with measurement of body mass index, blood glucoses and blood pressure. Data are transfer to cloud for analysis, and information is relayed back to individual centres or other support points for intervention.

In future this model may be developed further, with automation of the screening, response algorithms to trigger factors, and action and information directory; trials using different platforms e.g. home PC, tablet, phone; including the possibility of voice response. This system may be linked to key community health centres and hospitals for further action if indicated.

# Panel Discussion

## Panelists' Biography

---



### Dr Anne Fung

Assistant Director of Health  
(Elderly Health Service),  
Department of Health,  
HKSAR Government

#### Biography

Dr Anne Fung is the Assistant Director of Health (Elderly Health) of the Department of Health. Since taking up the current post in September 2019, she has been overseeing the operation of the Elderly Health Service which delivers quality primary health care services to the elders and their carers through the 18 Elderly Health Centres and 18 Visiting Health Teams. She is also responsible for overseeing the Elderly Health Care Voucher Scheme, which aims at providing financial incentives for elders to choose private health care services that best suit their health needs. Prior to her current position, she led the Central Health Education Unit of the Centre for Health Protection in driving life course and setting-based health promotion programmes on healthy living and mental well-being, as well as undertaking measures for effective prevention and control of communicable diseases. Dr Fung is a specialist in Public Health Medicine by background and training.

### Dr Elsie Hui

Service Director  
(Primary & Community Health Care),  
New Territories East Cluster,  
Hospital Authority



#### Biography

Dr Elsie Hui completed her medical training at Imperial College London and joined the Hospital Authority in 1992. She trained in Geriatric Medicine under Professor Jean Woo. Currently, Dr Hui is the Chief of Service and Deputy Chief Executive of Shatin Hospital. She is also the Service Director of Community Outreach Services and General Out-patient Clinics in New Territories East Cluster.

Dr Hui is a member of New Territories East Cluster's senior management team and works closely with the Head Office of Hospital Authority in the planning of service models and funded programmes. She is an honorary lecturer at the Chinese University of Hong Kong and the Hong Kong Polytechnic University and teaches healthcare professionals at undergraduate and postgraduate level. Her research interests include end of life care, frailty, nutrition and feeding in the elderly, and use of innovations to support the cognitively impaired.

## Professor Angela Leung

Associate Professor,  
WHO Collaborating Centre for  
Community Health Services,  
School of Nursing,  
The Hong Kong Polytechnic University



### Biography

Prof Angela YM Leung is Director of the Centre for Gerontological Nursing (CGN) / Leader of research theme 'Aging and Health', Associate Professor of the School of Nursing of Hong Kong Polytechnic University. She was the awardee of the Hartford Geriatric Scholars Program at the Johns Hopkins University in 2014, and Distinguished Gerontological Nursing Educator by National Hartford Centre for Gerontological Nursing Excellence (NHCGNE). She is an active researcher in health literacy and dementia caregiving, with a wide range of publications in international journals. She developed various interventions (photovoice, e-painting mobile app, a sensor-based system for alleviating stress) addressing the issues of depressive symptoms or stress among caregivers for persons with dementia. She has a strong belief that technology can help people to understand their current health status and make the informed health decision. Her projects were funded by Health and Medical Research Fund, Karolinski Institute (KI) - HK Polytechnic University (KI-PolyU) Collaborative Research Fund, Kamprad Foundation Fund of Sweden, and Hong Kong Jockey Club Charity Trust. She has good network with non-academic partner organizations, such as Hong Kong Housing Society, Astrix, Hong Kong Science and Technology Corporation. Dr. Leung also serves as the Council member of the Hong Kong Association of Gerontology (HKAG), the Committee on Rehabilitation of Hong Kong Society of Rehabilitation (HKSR), and Advisor of the Health and Social Information Team of Active Ageing and Medical and Health (AA&H) Services of Christian Family Service Centre (CFSC) in Hong Kong. Internationally, Dr Leung is the Vice President of Asia Health Literacy Association (AHLA) and member of Global Working Group in Health Literacy, International Union of Health Promotion and Education (IUHPE).



# About the CUHK Jockey Club Institute of Ageing, its vision and mission

In support of the Chinese University of Hong Kong's (CUHK) aspiration to overcome the challenges brought by the ageing population to society, CUHK has established the CUHK Jockey Club Institute of Ageing in 2014 with the generous support from the Hong Kong Jockey Club Charities Trust.

Since its establishment, the Institute has successfully obtained funding to conduct researches and implement community projects. Researchers with background from architecture, health economics, psychology and public health are pursuing various cross-disciplinary researches in the areas of environmental impact on ageing well, nutrition, loneliness, frailty, index on active ageing and social cohesion. The Institute also implements several key ageing-related projects on age-friendly city, end-of-life care and healthy ageing. The projects are expected to achieve impacts in building up age-friendly communities, enhancing capacity of healthcare staff and raising awareness of the public on end-of-life care, as well as improving self-management of elders in the community.

## Vision

To make Hong Kong an age-friendly city in the world.

## Mission

To synergize the research personnel and efforts on ageing across disciplines to promote and implement holistic strategies for active ageing through research, policy advice, community outreach and knowledge transfer.

## About CADENZA

CADENZA: A Jockey Club Initiative for Seniors is launched and funded by the Hong Kong Jockey Club Charities Trust in light of the rapidly ageing population. It is a HKD 380 million project in partnership with the Faculty of Social Sciences of the University of Hong Kong and the Faculty of Medicine of The Chinese University of Hong Kong. The project aims at creating an elder-friendly environment in Hong Kong to foster positive community attitude towards ageing and continuously improve the quality of care and quality of life of older people.

Since its launch in 2006, many activities under CADENZA have been carried out in the areas of public education, community projects, training programme, and leadership training and research, which are the four main components of the project. Public Education promotes positive ageing and raises awareness of the important issues pertaining to elderly population. CADENZA has collaborated with non-governmental organisations and other community partners to launch community projects, which are innovative and sustainable service models, to cope with the changing needs of seniors. The training programme covers a wide range of training activities including web-based courses, workshop and public seminars to train different levels of professionals, front-line workers, caregivers and the public. CADENZA fellow programme aims to nurture academic leadership in gerontology to advance gerontological knowledge.





