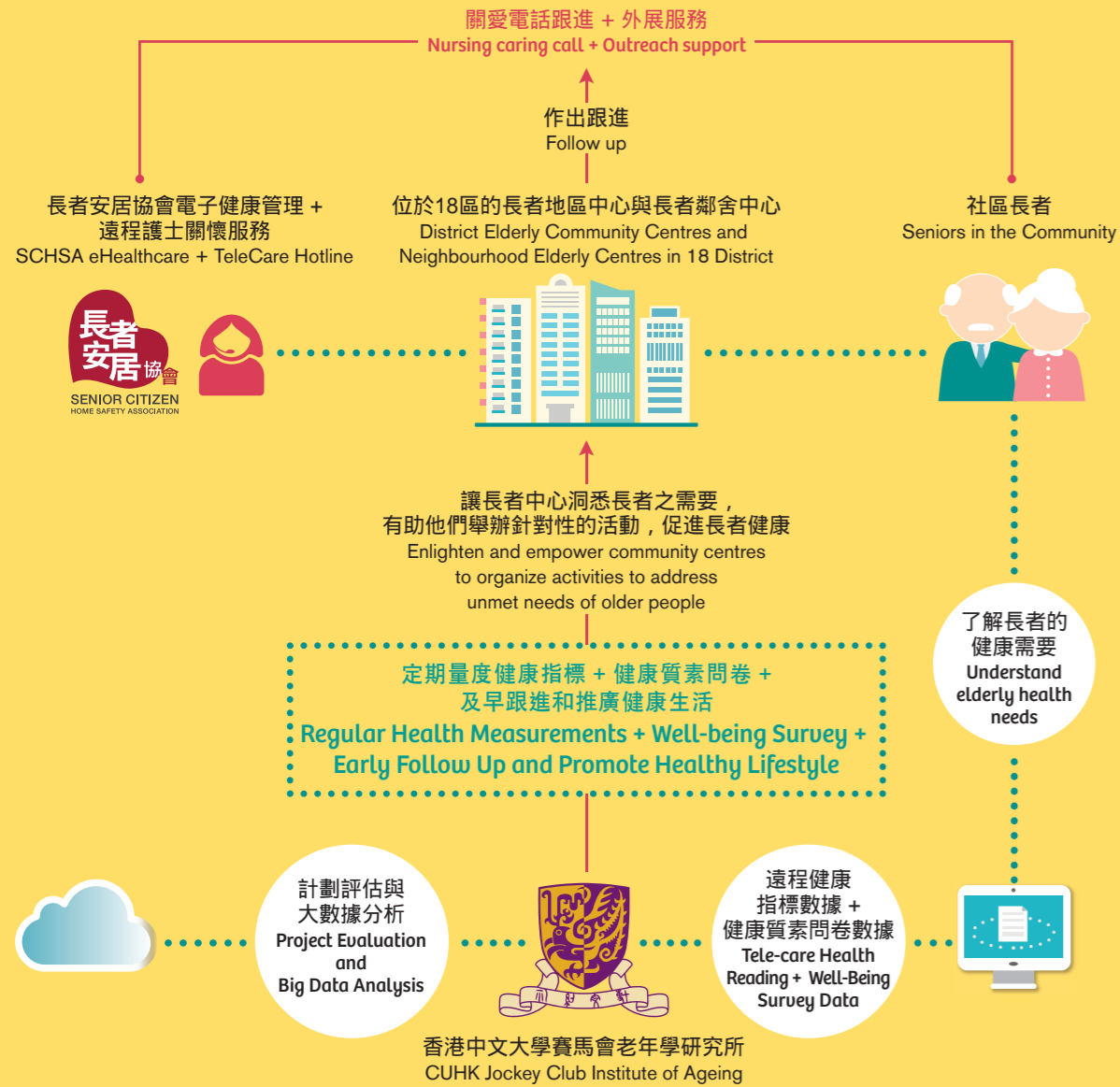


# 服務流程 SERVICE FLOW



策劃及捐助 Initiated and Funded by



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust  
馬心馬善 齊心共創  
RIDING HIGH TOGETHER



## 賽馬會 e 健樂 電子健康管理計劃 Jockey Club Community eHealth Care Project



## 背景

- 香港的老年人口持續增長，而長期病患長者人數亦日趨增加。有見及此，香港賽馬會慈善信託基金（下稱「基金」）積極推動長者健康服務。
- 基金撥款一億三千八百多萬港元推行為期三年的賽馬會e健樂電子健康管理計劃（下稱賽馬會「e健樂」），透過電子科技及創新的服務模式，提升長者健康管理能力，促進長者保健安康。
- 賽馬會「e健樂」乃是全港首個結合電子健康管理技術、社區關懷及專業團隊跟進的長者健康管理服務計劃。

## 目標

- 應用電子健康管理技術，提升長者的健康管理能力
- 促進長者中心成為了解長者健康和社會需要的首個接觸點
- 應用電子健康管理科技以提升長者生活質素，並透過大數據分析以了解本地長者的健康狀況和模式

賽馬會「e健樂」將會由2016年到2019年分階段於3年內進行。

## BACKGROUND

- 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" ("Jockey Club eHealth Project"), which adopts an innovative approach to promote preventive healthcare among the elderly and empowers them in health management.
- The Jockey Club eHealth Project is the first territory-wide elderly care support project which integrates health management technology, community care and professional support.

## OBJECTIVES

- 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.

The Jockey Club eHealth Project will be implemented in phases over a three-year period from 2016 to 2019.

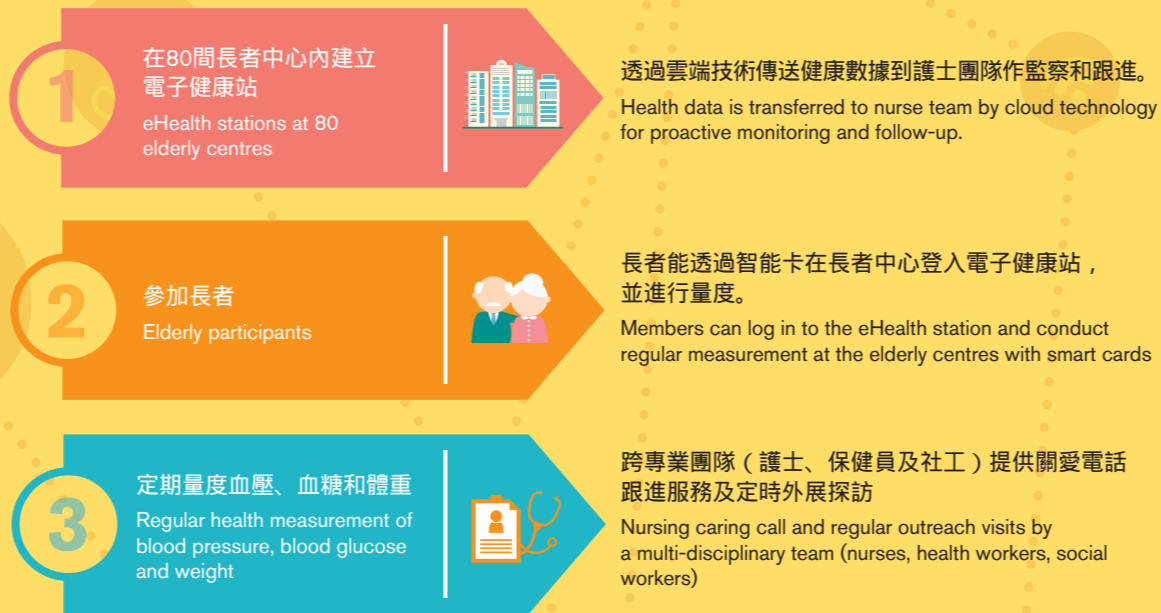


## 賽馬會e健樂的主要內容

### MAJOR COMPONENTS OF THE JOCKEY CLUB eHEALTH PROJECT

## 遠程健康關懷服務 TELE-CARE PROGRAMME

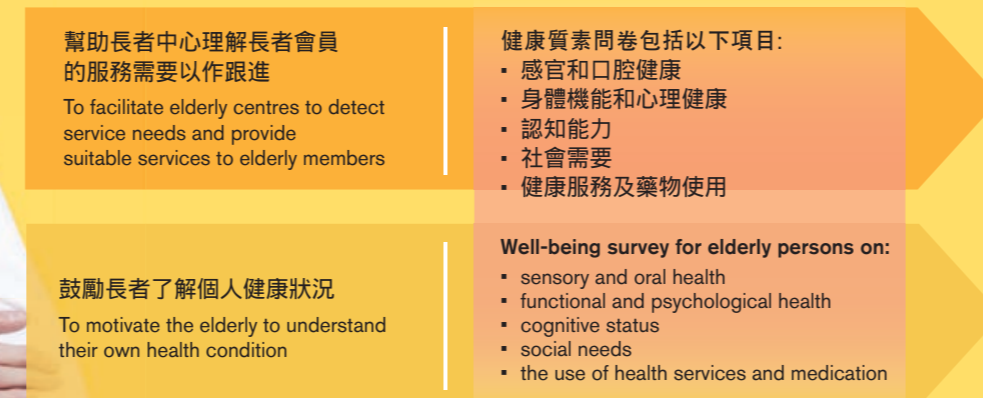
透過遠程健康關懷服務提升長者的健康管理能力  
Tele-care programme to empower self-management among the elderly



\* 在計劃較後階段，遠程健康關懷服務亦會擴展至隱蔽長者。  
The tele-care service will also be extended to the 'hidden elderly' at a later stage of the project.

## 長者健康質素問卷 WELL-BEING SURVEY

香港中文大學賽馬會老年學研究所為長者設計健康質素問卷了解長者的健康及社會需要，以作出適切跟進  
CUHK Jockey Club Institute of Ageing has designed a well-being survey for the elderly with a view to detecting the health and social needs of the elderly for follow up



## 評估及大數據分析 EVALUATION and BIG DATA ANALYTICS

香港中文大學賽馬會老年學研究所將會為計劃進行評估，例如參與者在態度和行為上的改變以及長者中心服務模式的變化。此外，計劃亦會透過大數據分析，檢視長者的潛在健康風險並找出日常健康指數和長遠健康狀況的相互關係。

CUHK Jockey Club Institute of Ageing will conduct evaluation of the project's impact, such as the attitude and behavioural changes of the participants, and the service model implemented in participating elderly centres. The Jockey Club eHealth Project will also apply big data analytics to examine possible health risks of the elderly and find out the association between daily health readings and the long term health-status.



## 計劃夥伴

### 香港中文大學賽馬會老年學研究所

- 專門研究老齡化和長者健康問題的學術機構
- 為長者健康質素問卷結果提供專業意見及跟進
- 進行大數據分析及計劃評估

### 長者安居協會

- 為本港最大型提供24小時呼援及關懷服務的社會企業
- 建立遠程健康關懷平台及為長者中心提供技術支援
- 監察長者健康數據，提供護理關愛電話跟進服務以及外展服務

### 非政府組織

- 香港明愛安老服務
- 香港家庭福利會
- 香港聖公會福利協會有限公司
- 賽馬會流金匯
- 南葵涌社會服務處

計劃的首年會有五間非政府組織參與，為分佈在十一個地區內的二十四間長者中心提供服務。在第二及第三年將會有更多非政府組織的長者中心參與計劃。





## PROJECT PARTNERS

### CUHK Jockey Club Institute of Ageing (IOA)

- An academic institution investigates on ageing issues and health topics related to the elderly
- To provide expert advice and follow up on the well-being survey results
- To conduct big-data analytics and evaluation studies

### Senior Citizen Home Safety Association (SCHSA)

- The largest social enterprise in providing 24-hour Call & Care services in Hong Kong
- To set up the tele-care platform and provide technical support to elderly centres
- To carry out health data monitoring and provide a nursing care hotline service and outreach nursing support

### Participating Non-Governmental Organizations (“NGOs”)

- Caritas Hong Kong Services for the Elderly
- Hong Kong Family Welfare Society
- Hong Kong Sheng Kung Hui Welfare Council Limited
- Jockey Club CADENZA Hub
- South Kwai Chung Social Service

The five NGOs will cover 24 centres from 11 districts in the first year. More NGOs will join the project in the second and third year.



長者安居協會  
SENIOR CITIZEN HOME SAFETY ASSOCIATION



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



Caritas Hong Kong  
Services for the Elderly  
香港明愛安老服務



香港家庭福利會  
Hong Kong Family Welfare Society



香港聖公會福利協會有限公司  
HONG KONG SHENG KUNG HUI WELFARE COUNCIL LIMITED



Jockey Club  
Cadenza hub 賽馬會流金匯



南葵涌社會服務處  
South Kwai Chung Social Service