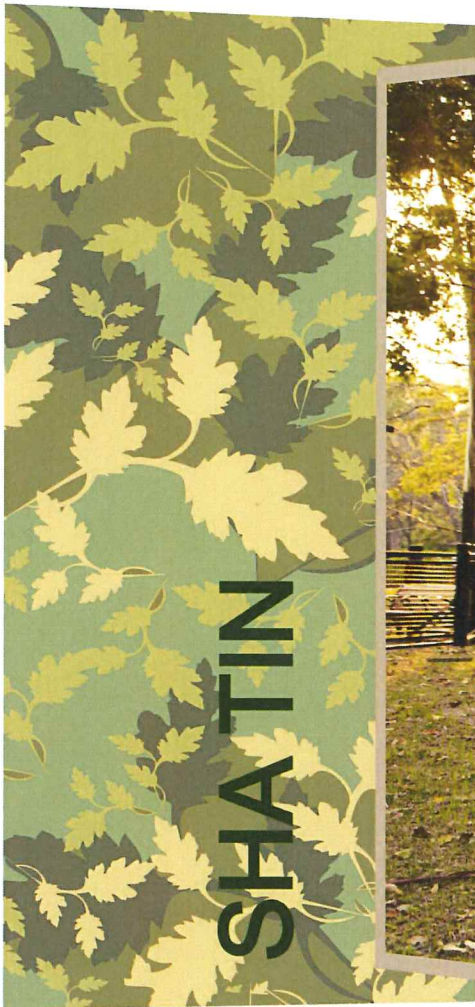




賽馬會齡活城市
Jockey Club Age-friendly City

Jockey Club Age-Friendly City Project

Baseline Assessment Report



Sha Tin Park

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同心同步 同躍 RIDING HIGH TOGETHER

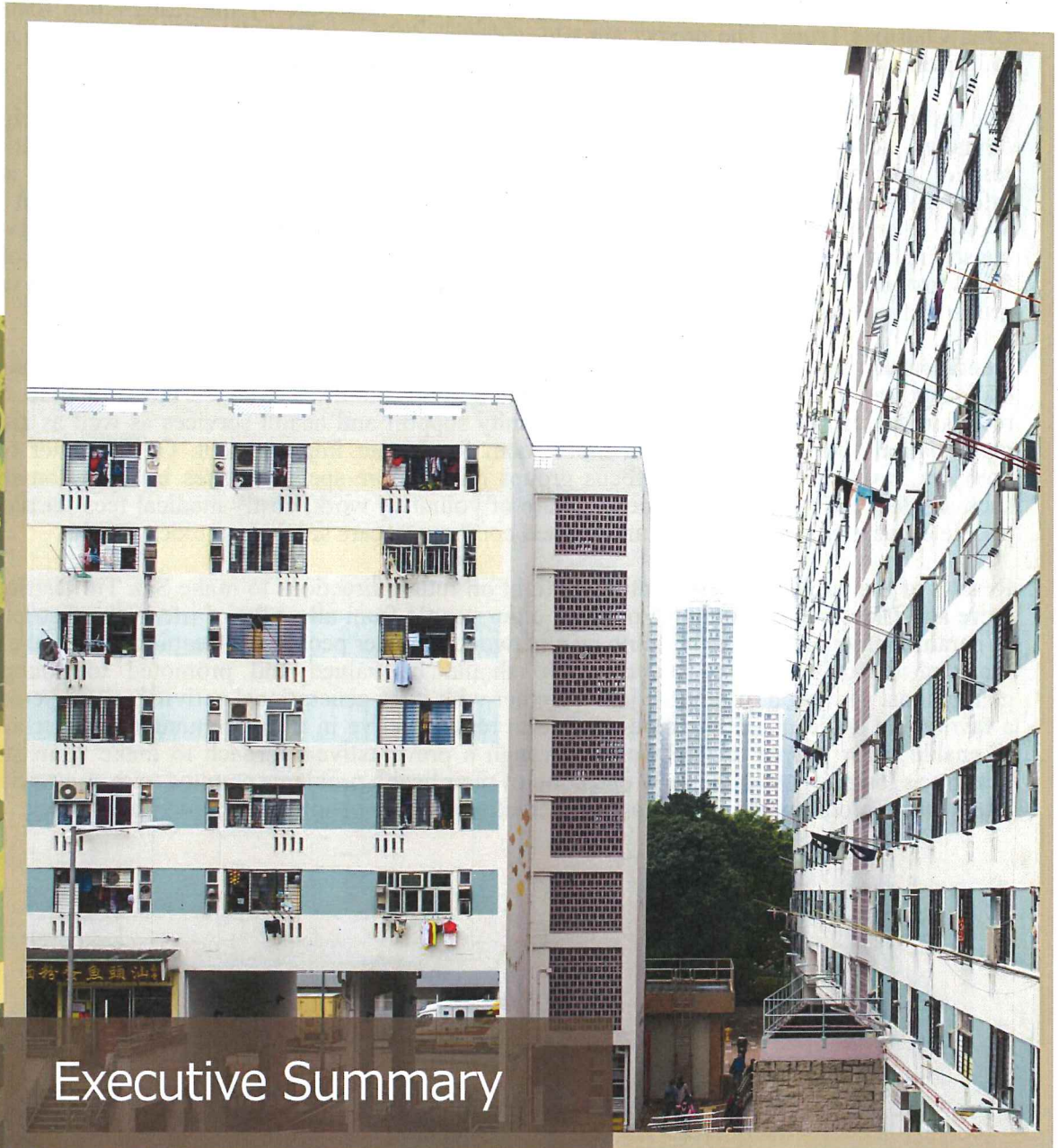
計劃夥伴 Project partner:



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



香港中文大學
The Chinese University of Hong Kong



Executive Summary

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The CUHK Jockey Club Institute of Ageing has conducted a baseline assessment in the Sha Tin District under the Jockey Club Age-friendly City Project led by the Hong Kong Jockey Club Charities Trust. The project aims to understand the age-friendliness of the district and to implement age-friendly related initiatives to make the community more age-friendly.

The assessment was conducted from July to December 2015 using the framework of eight domains (including 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) of an age-friendly city set out by World Health Organization. It comprised of both quantitative approach of survey questionnaire to 519 residents (from July to December 2015) and qualitative approaches of 5 focus groups (from August to November 2015). With the findings, the report write-up was prepared from January to early-March 2016.

Questionnaire survey showed that residents in Sha Tin were most satisfied with the domains of transportation as well as outdoor spaces and buildings in the district. At the same time, the results revealed that domains in the community support and health services as well as civic participation and employment had more room for further improvement. On the latter two domains, residents participating focus groups raised more specific issues in these domains such as glass ceiling on employment, nature of voluntary work, costly medical fees for older people especially aged 65 to 69y and limited community care services to older people.

Results of the baseline assessments shed light on future directions to make Sha Tin district a more age-friendly community. Engaging older people from all walks of life in the district is of paramount importance to building up a network for older people and keeping them socially included. Contributions of older people should be valued and promoted to younger generations. Provision of flexible jobs together with inter-generational activities would create a favourable environment for older people to remain active in the community. Another area to enable older people to live well is through a preventative approach to make them stay healthy as long as possible. Early detection of their health problems coupled with appropriate intervention programmes are key areas to ameliorate older people from falling into frailty.