



香港中文大學  
The Chinese University of Hong Kong

**CUHK Jockey Club Institute of Ageing Annual Conference 2017**  
**“Promoting Intrinsic Capacity in Ageing”**

**Social and Psychological Well-Being: vital signs of  
an age-(un)friendly city**

**Dr. Anna Wong 王靈宇博士**  
**4<sup>th</sup> December 2017**



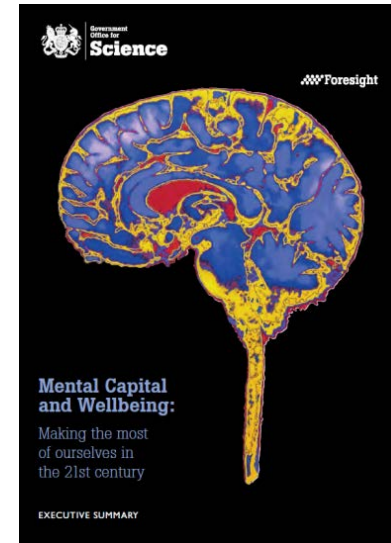
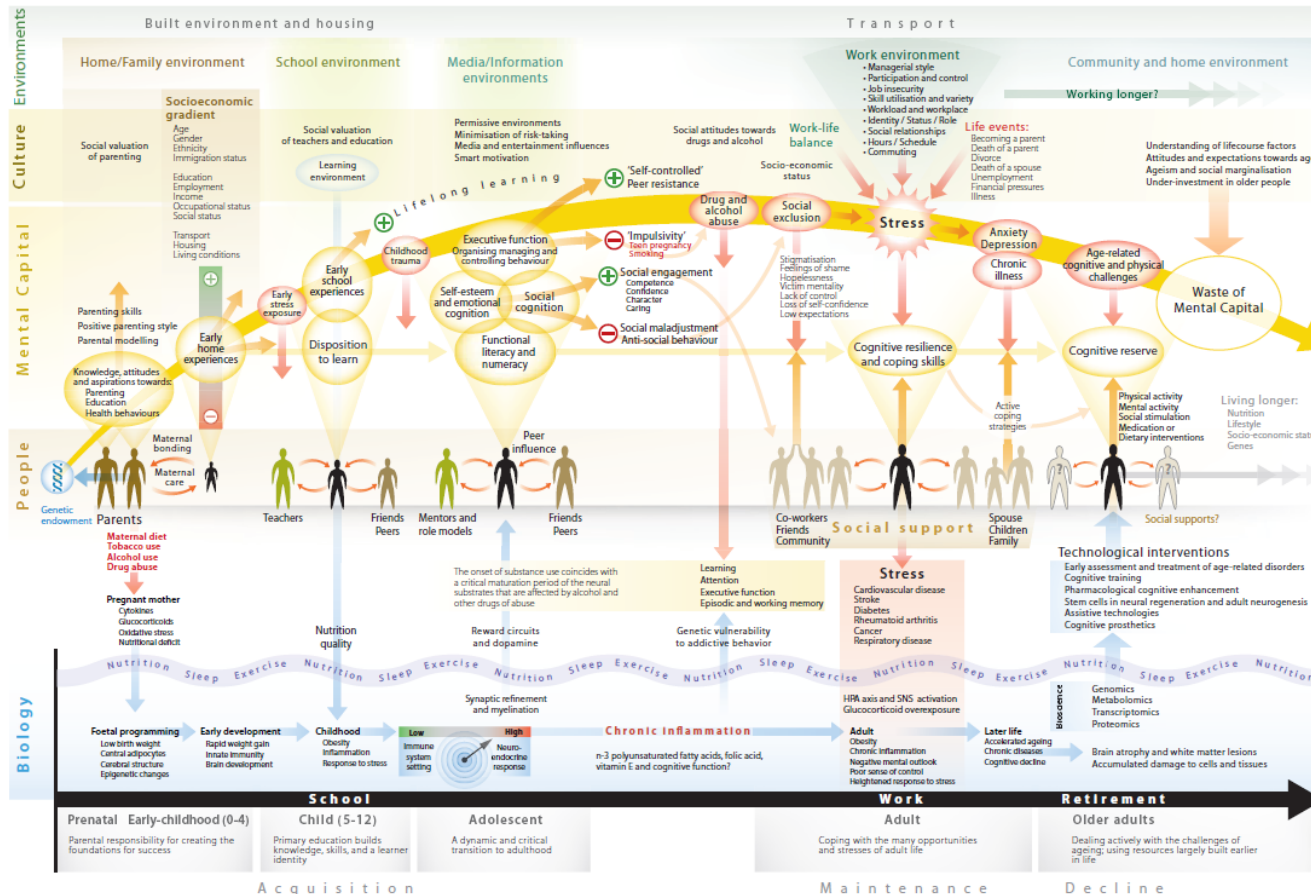
香港中文大學  
賽馬會老年學研究所  
CUHK Jockey Club Institute of Ageing

# Age-friendliness: which perspective?

- Age-friendly City / Community (WHO, 2007 and 2015)
- Age-friendliness
  - Concept? Attitude? Community of Practice?
  - Levels to address:
    - Environment (physical characteristics of rural or urban community)
    - Society and culture (social values and attitudes, institutions)
    - Interpersonal connections (family, peers, community)
    - Mental capital (exposure, experiences, skills, cognitive and emotional resources)
    - Biological reserve (genetics, technological interventions)
    - ... ?

# Age-friendliness: which perspective?

Figure 2.2: The trajectory of mental capital through life, detailing some of the many factors that influence mental capital and how they are connected across the lifecourse



Foresight Mental Capital and Wellbeing Project (2008). Final Project report. The Government Office for Science, London.

# T r a n s p o r t

## Work environment

- Managerial style
- Participation and control
- Job insecurity
- Skill utilisation and variety
- Workload and workplace
- Identity / Status / Role
- Social relationships
- Hours / Schedule
- Commuting

## Community and home environment

Working longer? → → → →

## Work-life balance

## Life events:

- Becoming a parent
- Death of a parent
- Divorce
- Death of a spouse
- Unemployment
- Financial pressures
- Illness

- Understanding of lifecourse factors
- Attitudes and expectations towards ageing
- Ageism and social marginalisation
- Under-investment in older people

Social exclusion

Stress

Anxiety  
Depression

Chronic  
illness

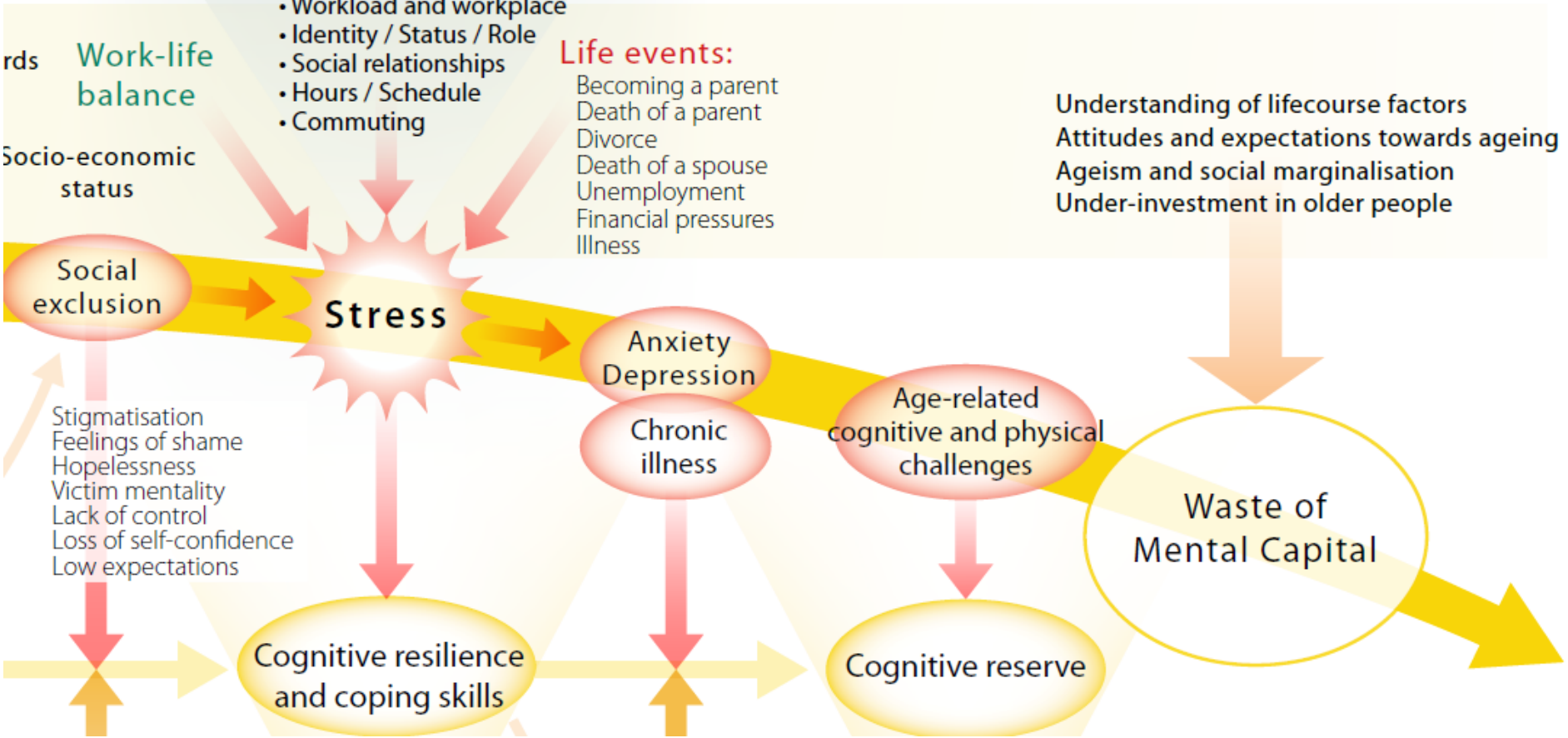
Age-related  
cognitive and physical  
challenges

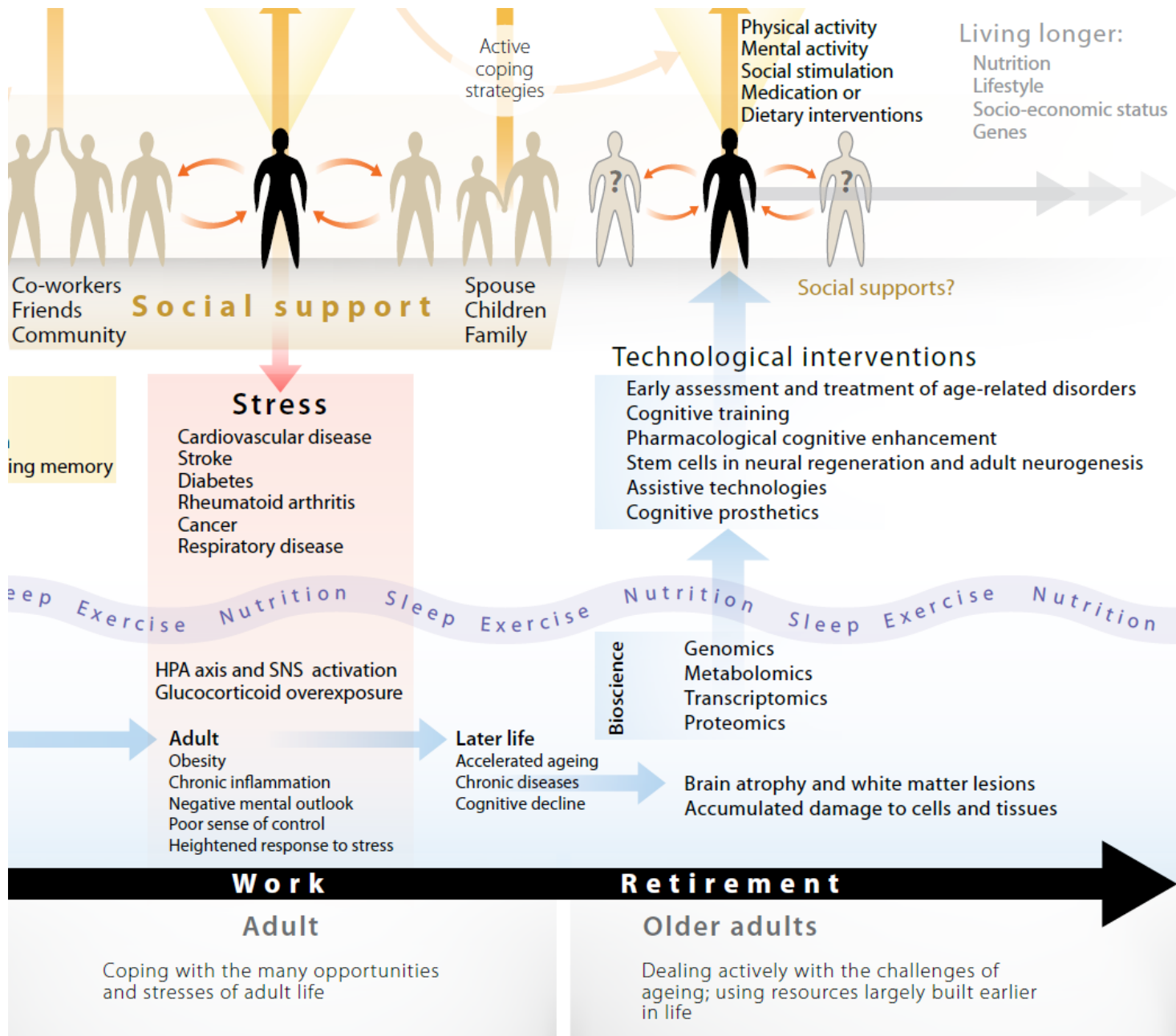
Waste of  
Mental  
Capital

- Stigmatisation
- Feelings of shame
- Hopelessness
- Victim mentality
- Lack of control
- Loss of self-confidence
- Low expectations

Cognitive resilience  
and coping skills

Cognitive reserve





M a i n t e n a n c e

D e c l i n e



# Age-friendliness: perspectives from Hong Kong

## ➤ Drawing on:

1. Telephone survey on **Hong Kong citizens' public awareness and attitude towards age-friendliness** (N=1300)
2. Face-to-face interviews using questionnaire (N=9000) and focus group (N=90) methods to capture **community members' perceptions of physical and social environments** within each of 18 districts in HK
3. Secondary data from government and other sources (e.g. World Bank, Gallup opinion polls) to assess **older adults' well-being** in HK and the rest of the world
4. Randomized control studies using psychosocial interventions to examine **loneliness experience of older adults** from two districts in HK

# What does Age Friendliness Mean to People in Hong Kong?

- Telephone survey 2017 on Public Awareness and Attitude towards Age-friendliness
  - N=1300; aged 18 and above
  - When asked about “age-friendly city or community”:
    - 91% were not familiar with the term
    - 15% said it was **about older people**
    - Others mentioned **welfare for older people (8%), providing activities for older people (7%), and respect and care for older people (6%)**

# What does Age Friendliness Mean to People in Hong Kong?

- Telephone survey 2017 on Public Awareness and Attitude towards Age-friendliness
  - When asked for “the extent to which their participation is needed in building Hong Kong into an age-friendly city”:
    - **60%** said their participation was **needed** or **much needed**
    - Positive response significantly associated with
      - ✓ **Higher education level** ( $p < .001$ )
      - ✓ **Younger age** ( $p < .001$ )

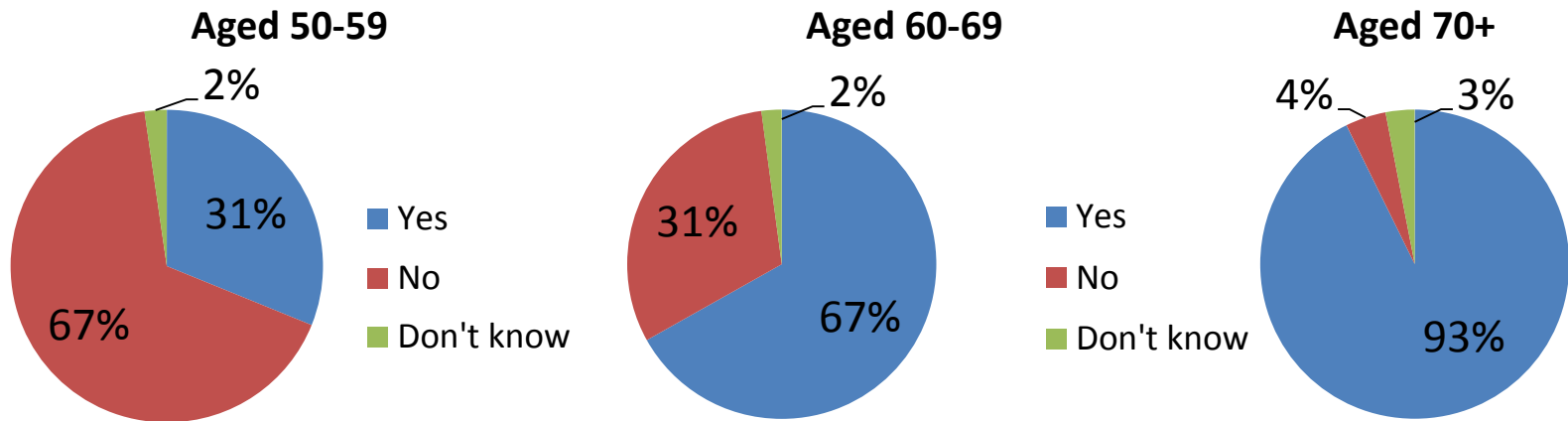
	N	Mean	SD
1 Primary or below	276	2.86	1.437
2 Secondary	620	3.60	1.180
3 Tertiary or above	367	3.79	1.121
Total	1,262	3.49	1.272

	N	Mean	SD
1 18-49 years	690	3.78	1.099
2 50-64 years	341	3.31	1.325
3 65-79 years	174	3.03	1.373
4 80 years or above	59	2.57	1.528
Total	1,264	3.49	1.273



# What does Age Friendliness Mean to People in Hong Kong?

➤ We asked those aged 50 and above if they identified themselves as 'an elderly'



- ✓ **Not** identifying oneself as an 'elderly' was a significant predictor ( $p < .005$ ) for **seeing oneself as needed to build Hong Kong into an AFC**, even after accounting for education and age effects

# WHO and Age-friendly City

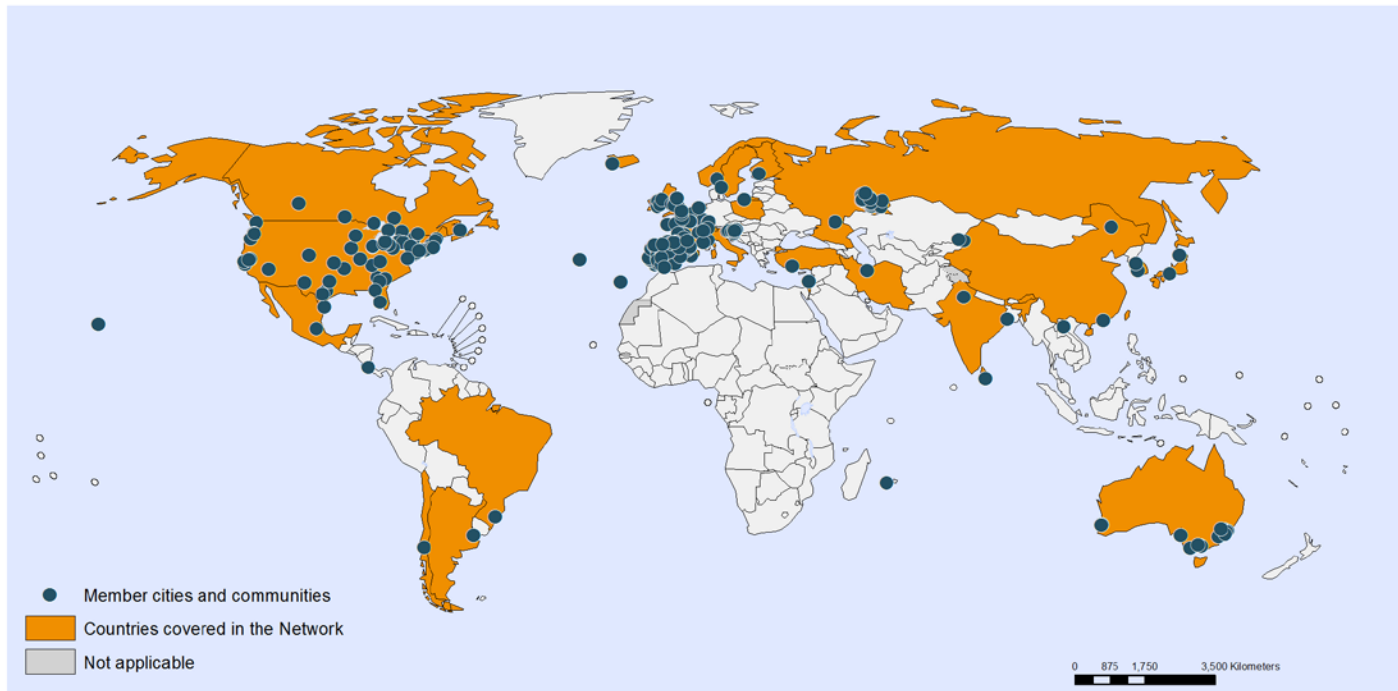
- Age-friendly City is an inclusive and accessible community environment that optimizes opportunities for health, participation and security for all people in order that quality of life and dignity are ensured as people age (WHO, 2007)

inclusive  
optimizes  
City community  
people health security  
participation age dignity opportunities  
all life Age-friendly  
accessible  
environment  
quality

# WHO and Age-friendly City

400 member cities in 37 countries  
covering over 146 million people worldwide

## WHO Global Network of Age-friendly Cities and Communities



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Health Organization  
Map Production: Health Statistics and  
Information Systems (HSI)  
World Health Organization



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# WHO and Age-friendly City



WHO identified 8 domains of urban policy essential to making cities more age-friendly

4 teams asked 9000 respondents in HK to rate 53 statements on a scale of 1 to 6:

## □ Physical Environment

- Outdoor spaces and buildings
- Transportation
- Housing



## □ Social Environment

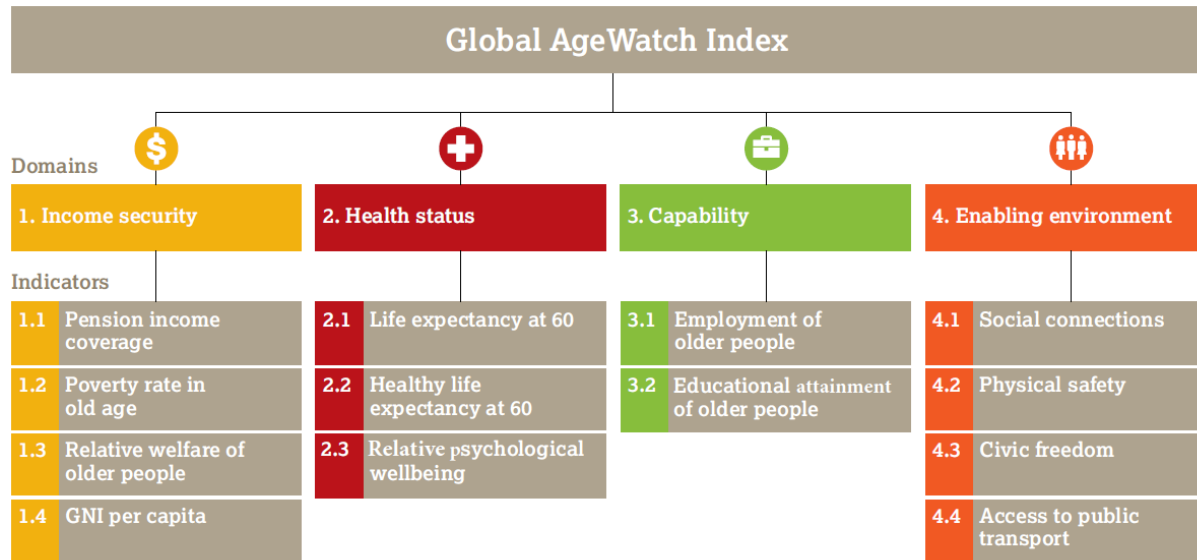
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services



# Global AgeWatch Index

➤ Assess multiple dimensions of well-being of older people globally

- Compiled by HelpAge International
- Used objective and subjective data
- Evaluated 13 indicators under 4 domains
- Ranking of **countries** released since 2013



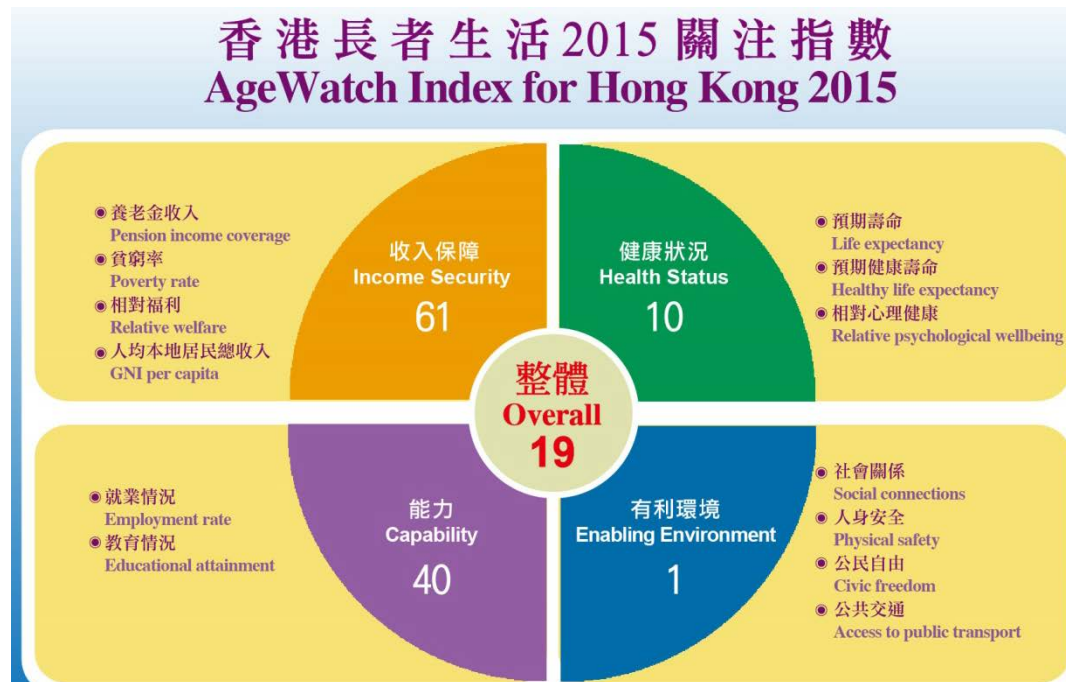
# Global AgeWatch Index 2015

Table 1: Global AgeWatch Index overall rankings

1. Switzerland	21. Chile	41. Vietnam	61. Croatia	81. Ghana
2. Norway	22. Czech Republic	42. Mauritius	62. Dominican Republic	82. Honduras
3. Sweden	23. Estonia	43. Armenia	63. Lithuania	83. Lao PDR
4. Germany	24. Belgium	44. Ecuador	64. Belarus	84. Morocco
5. Canada	25. Spain	45. Romania	65. Russia	85. Jordan
6. Netherlands	26. Slovenia	46. Sri Lanka	66. Serbia	86. Nigeria
7. Iceland	27. Uruguay	47. Malta	67. Bangladesh	87. Iraq
8. Japan	28. Costa Rica	48. Peru	68. Montenegro	88. Uganda
9. USA	29. Georgia	49. Bulgaria	69. Paraguay	89. Rwanda
10. United Kingdom	30. Cyprus	50. Philippines	70. Nepal	90. Zambia
11. Denmark	31. Argentina	51. Kyrgyzstan	71. India	91. Tanzania
12. New Zealand	32. Poland	52. China	72. Mongolia	92. Pakistan
13. Austria	33. Mexico	53. Albania	73. Ukraine	93. West Bank & Gaza
14. Finland	34. Thailand	54. El Salvador	74. Indonesia	94. Mozambique
15. Ireland	35. Latvia	55. Bolivia	75. Turkey	95. Malawi
16. France	36. Colombia	56. Brazil	76. Venezuela	96. Afghanistan
17. Australia	37. Italy	57. Nicaragua	77. Moldova	
18. Israel	38. Portugal	58. Tajikistan	78. South Africa	
19. Luxembourg	39. Hungary	59. Guatemala	79. Greece	
20. Panama	40. Slovakia	60. South Korea	80. Cambodia	

# AgeWatch Index for Hong Kong 2015

➤ Adopted the same methodology as the Global AgeWatch Index to calculate the overall score and the 4 domain values achieved by Hong Kong and compared them with countries ranked by the Global AgeWatch Index 2015



Ranking	Hong Kong	China	Netherlands
<b>Overall</b>	19	53	6
<b>Domain 1 Income security</b>	61	76	5
1.1 Pension income coverage	60	56	1
1.2 Poverty risk in old age	94	86	6
1.3 Relative welfare of older people	87	95	47
1.4 GNI per capita	4	60	6
<b>Domain 2 Health status</b>	10	59	14
2.1 Life expectancy at 60	1	64	13
2.2 Healthy life expectancy at 60	3	38	17
2.3 Relative psychological wellbeing	79	/	14
<b>Domain 3 Capability</b>	40	39	12
3.1 Employment of older people	59	45	42
3.2 Educational attainment of older people	46	59	16
<b>Domain 4 Enabling environment</b>	1	29	6
4.1 Social connection	57	84	13
4.2 Physical safety	1	14	16
4.3 Civic freedom	21	45	3
4.4 Access to public transport	1	14	46



# Social and Psychological Well-Being

## ➤ Focus on Loneliness:



- Few research studies focusing on older adults' **loneliness** in Hong Kong (e.g. Leung, de Jong Gierveld, Lam, 2006; Lou and Ng, 2012; Wong et al., 2017)
- Our Hong Kong telephone surveys (2016, 2017) and district-based questionnaire survey (2017) tell us that over 30% older adults feel lonely often or sometimes, similar to % found in US, UK, Japan, Australia etc.
- We are not particularly immune to loneliness despite living in a crowded city and 'collectivist culture'

# Social and Psychological Well-Being

## ➤ IOA's Focus on Loneliness

Randomized control studies that explore ways to reduce older adults' loneliness:

### **Meaning-based intervention (May – present, 2017)**

- **Aim:** Facilitate formation of social connections through pursuit of emotionally meaningful goals (Socioemotional Selectivity Theory; Carstensen, Isaacowitz, Charles, 1999)
- **Intervention:** A weekly community programme for 11 weeks that takes elders to historically and culturally meaningful places and facilitate collective reminiscence in the week after
- **Preliminary findings:** Loneliness is significantly reduced among older participants (aged 75+) of the intervention group compared to control group



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# Social and Psychological Well-Being

## ➤ IOA's Focus on Loneliness

Randomized control studies that explore ways to reduce older adults' loneliness:

### **Arts engagement intervention (Sept – present, 2017)**

- **Aim:** Strengthen sense of personal autonomy, competence and relatedness in social settings to reduce feelings of alienation due to old age (Self-determination Theory and Basic Psychological Needs Theory, Ryan & Deci, 2000)
- **Intervention:** A weekly community programme for 10 weeks where older adults either (1) learn filmmaking skills from “Silver Age Studio” (2) watch a collection of audience-approved films together
- **Preliminary findings** (focus groups): In both groups, those with higher baseline level of loneliness reported reduced feelings of loneliness. Group 1 values learning new skills and feeling more competent and confident as a result, while group 2 values having company to enjoy an activity that had been largely absent in their lives.

# Social and Psychological Well-Being

Living with Alzheimer's disease, as told through the story of Charles Kao



Communicating ageing issues through drama to foster older people's personal expression and increase intergenerational exchange



Do not go gentle by Patricia Cornelius



Written & performed by IOA Colleagues and CUHK Alumni! 😊

\$260 / \$185 / \$130

每場設有演後座談會

美術 / 李衛民  
化妝 / 陳明鑽  
服裝 / 袁玉英  
音響 / 李寶瑜  
平面 / 盧宇軒

門票於11月11日起在戲院售票處、網上、流動應用程式及任何卡電腦購票服務發售

設有六十歲或以上高齡人士、殘疾人士及耆老人、全日制學生半價優惠（全日制學生優惠先到先得，額滿即止）

票價查詢：2906 7272 (新視野劇團 Prospect Theatre)  
票價查詢：3264 6661  
公司全職電話：2413 5999  
網上購票：www.art4hk.hk  
網址：www.prospecttheatre.com



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節目全長約2小時，包括中場休息30分鐘，個別粵語字幕自備資料時長可能隨加時特殊情況，主辦機構保留更換節目及表演者的權利



# Social and Psychological Well-Being

## A CHOIR IN EVERY CARE HOME A REVIEW OF RESEARCH ON THE VALUE OF SINGING FOR OLDER PEOPLE WORKING PAPER 6

STEPHEN CLIFT, REBEKAH GILBERT AND TRISH VELLA-BURROWS  
JUNE 2016

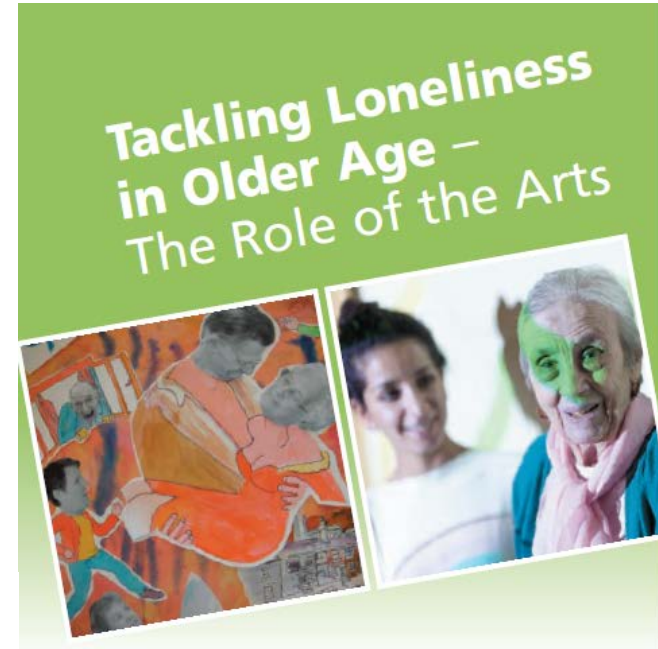


'A Choir in Every Care Home' is an initiative to explore how music and singing can feature regular care homes across the country. Funded and initiated by the Baring Foundation, it is a unique collaboration between 30 leading national organisations from adult social care, music and academic research. It is led by Live Music Now, Sound Sense and Canterbury Christ Church University.

Engaging older adults in and through arts and culture to increase wellbeing and quality of life in community and care home settings

**“Being part of CTS helps me to forget all my silly aches and pains when I need to the most. I would miss it very much if I had to give it up. Singing together is very therapeutic for me.”**

(older singer, Hillman 2002)



The Baring Foundation

Canterbury Christ Church University

SOUND SENSE  
The Sound of Community Music

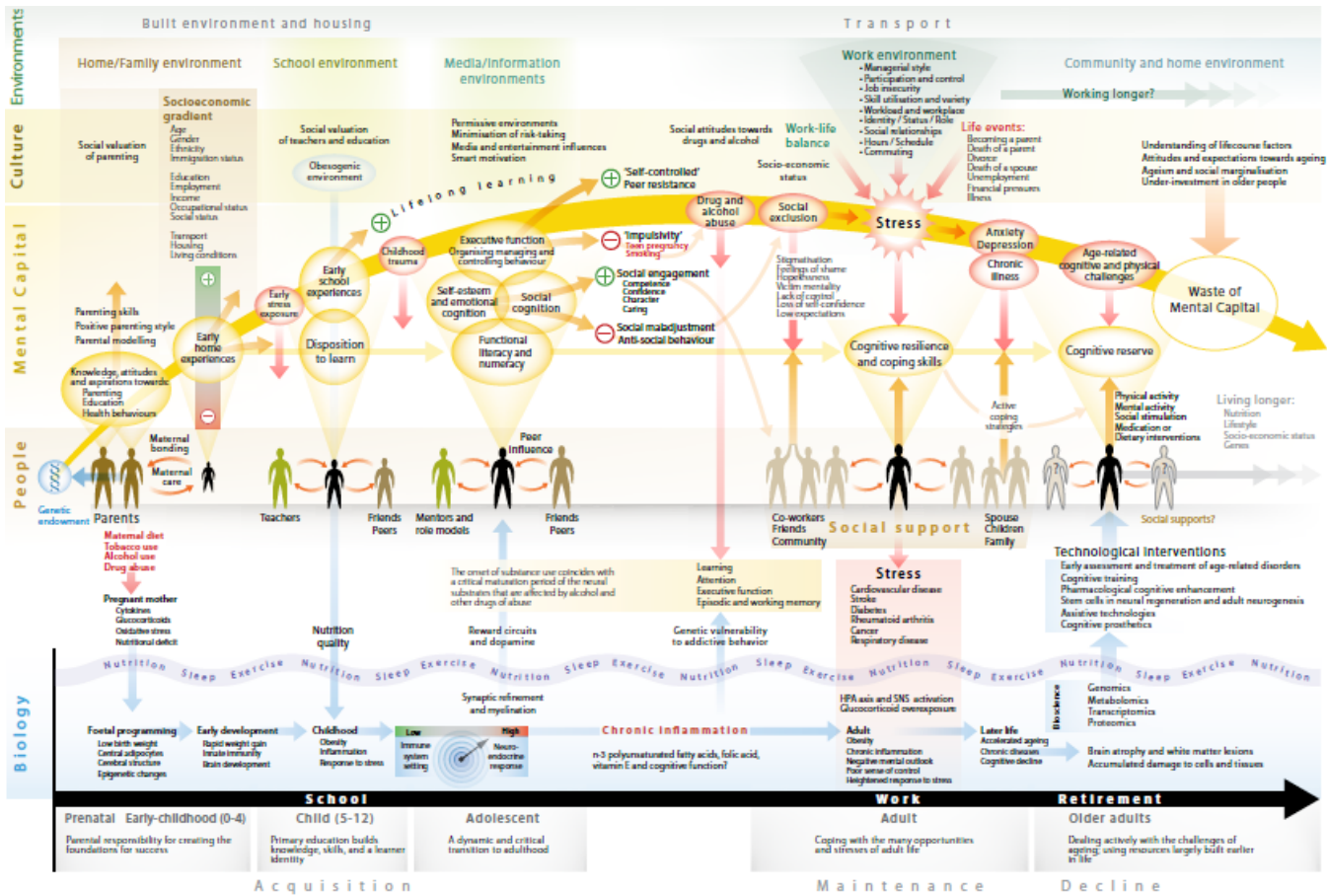
INSPIRING MUSICIANS  
TRANSFORMING LIVES

David Cutler

The Baring Foundation

Campaign to End Loneliness  
CONNECTIONS IN OLDER AGE

# Age-friendliness: which perspective?



- ✓ Interdisciplinary understanding
- ✓ Collaborative mindset
- ✓ Life course approach

(See also 'Successful Aging 2.0', Rowe and Kahn, 2015)



Looks familiar?



# You are not stuck in traffic.



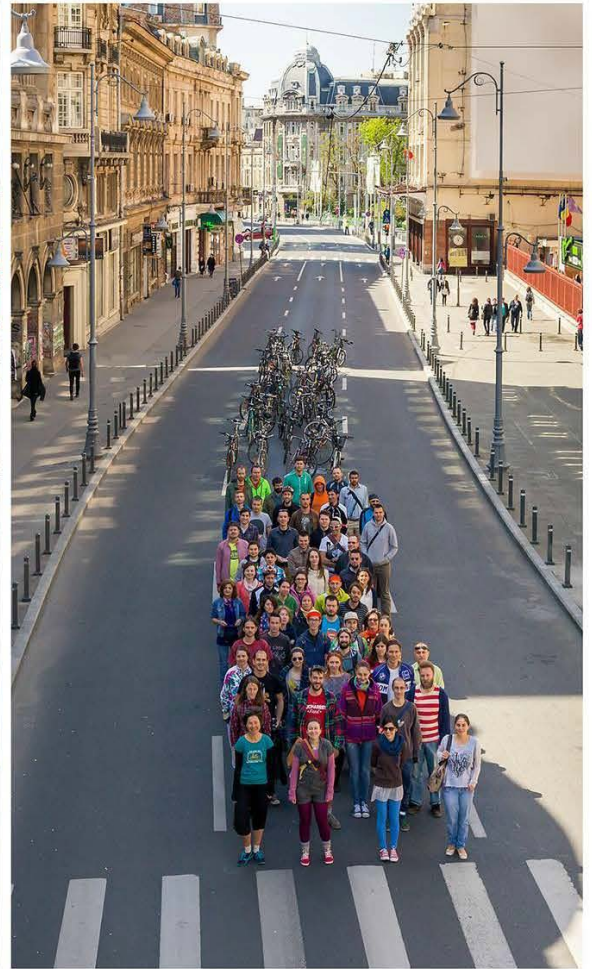
# You ARE traffic!

*Question Your Commute*  
[www.biketoworkblog.com](http://www.biketoworkblog.com)

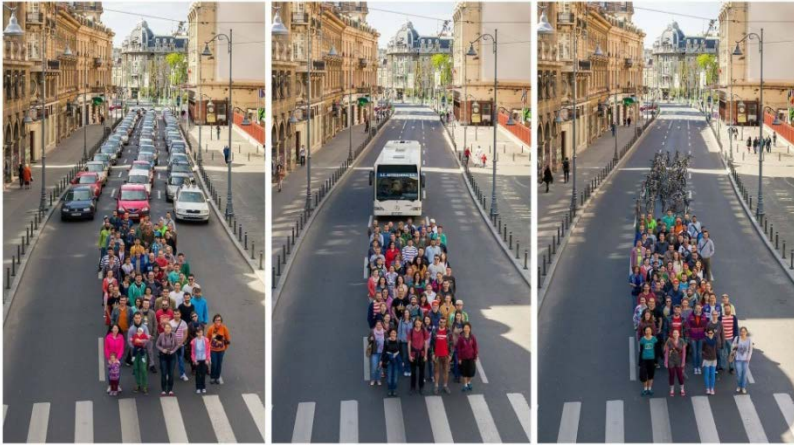
Are you providing solutions for “the elderly” or ...  
are you part of the problem?







**WE** are the heart of Age-friendly Hong Kong / Community / World / ....



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