

**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**

**Prof. Jean Woo, Director
CUHK Jockey Club Institute of Ageing**

Introductory Remarks

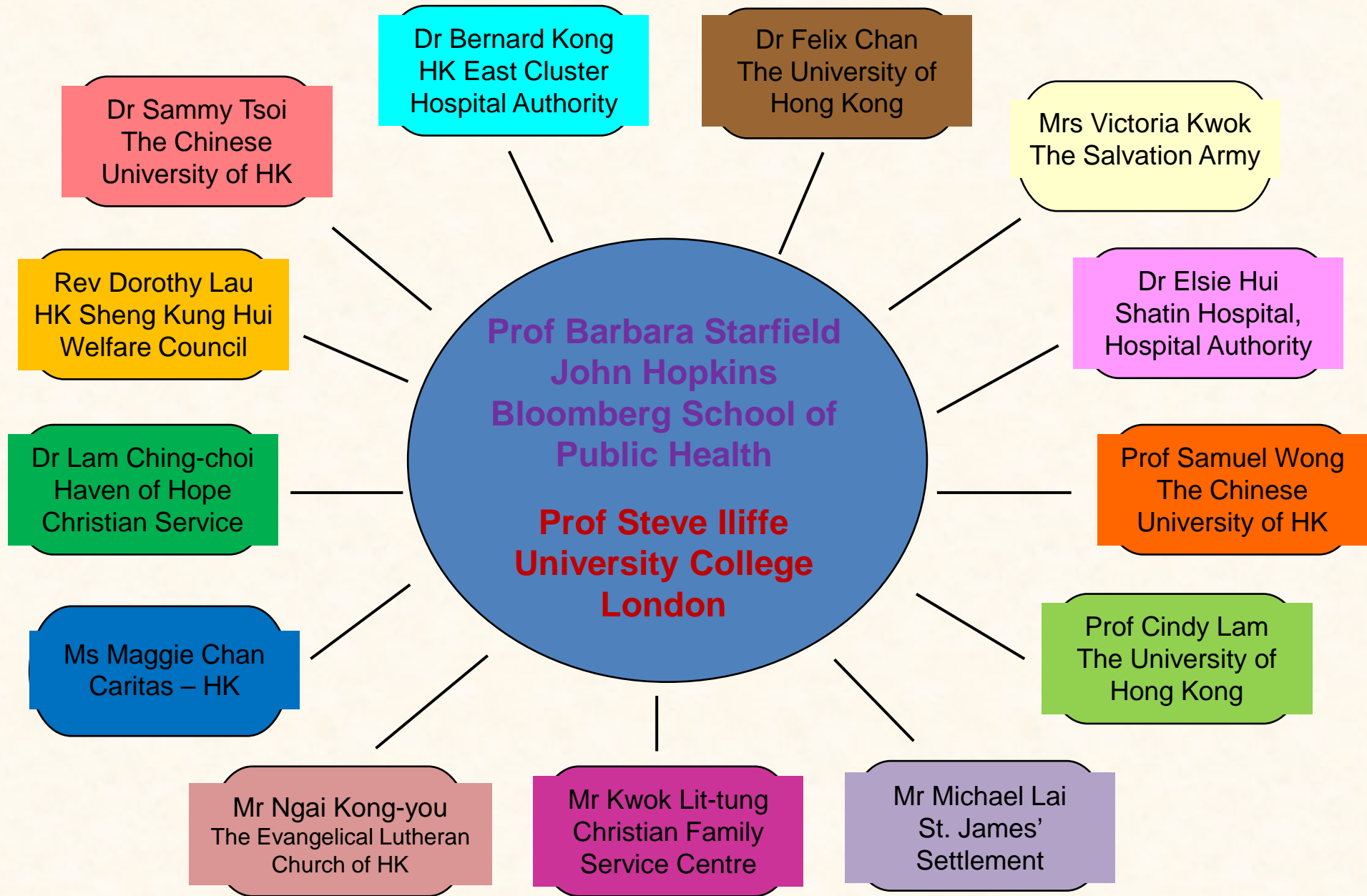
- World Health Organization declared 2020-30 to be the decade of healthy ageing
- Opportunities from increasing longevity depends on the health of older populations, in terms of both physical and mental capacities
- Ensuring the best possible health in older age is crucial for achieving sustainable development



賽馬會長者計劃新里程
A Jockey Club Initiative for Seniors

Primary Care and Older Persons – Key to Medical Social Integration

Oct 9-10, 2009

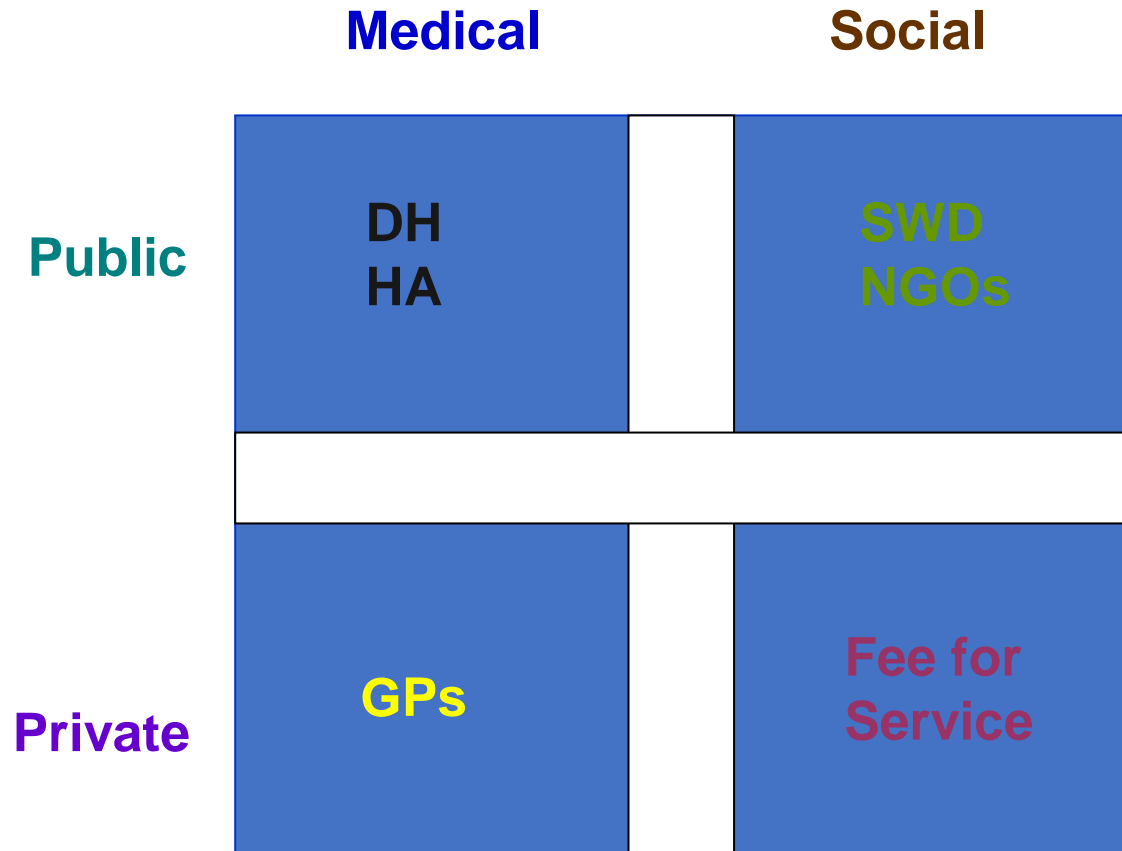


Re-inventing primary health care: the need for systems integration

- ‘.....developing primary care networks that are seamlessly integrated into the rest of the health system.’

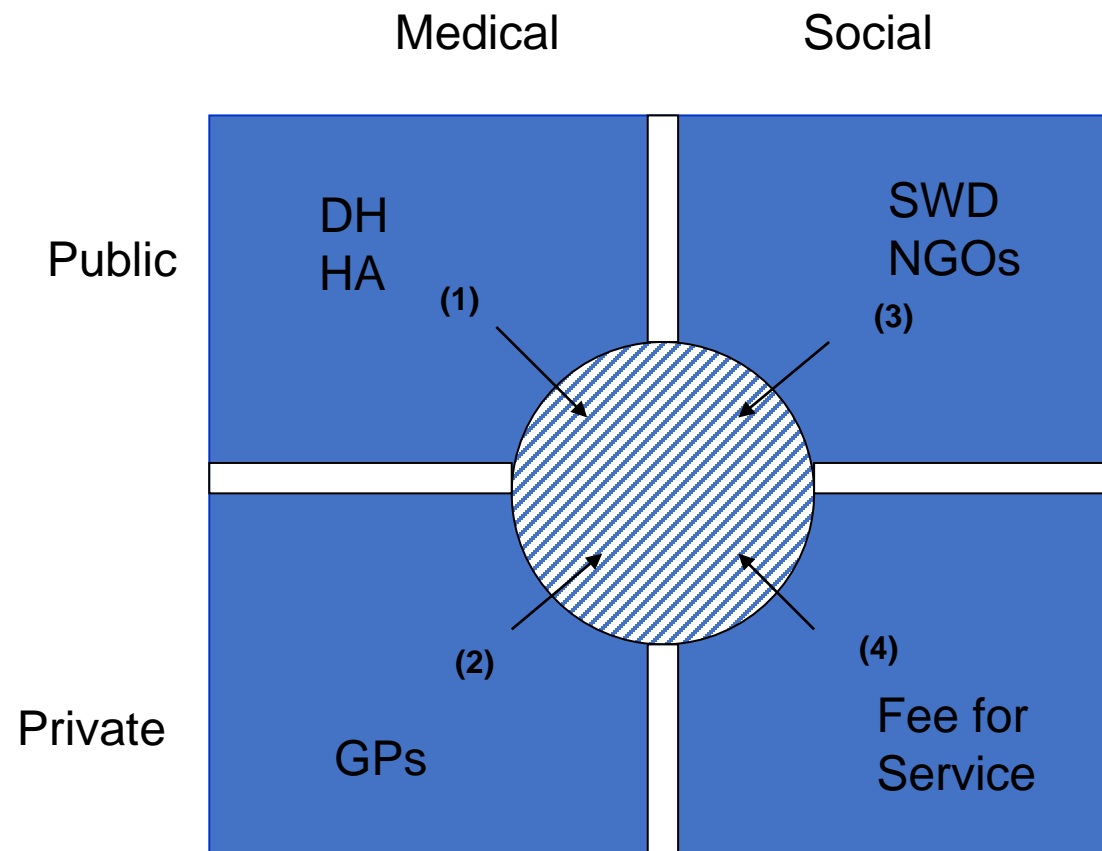
Julio Frenk. Lancet 2009; 374:170-173

4 Quadrants and Gaps in Medical – Social Integration



- Gaps b/w medical and social
- Gaps b/w public and private
- Inefficient and ineffective

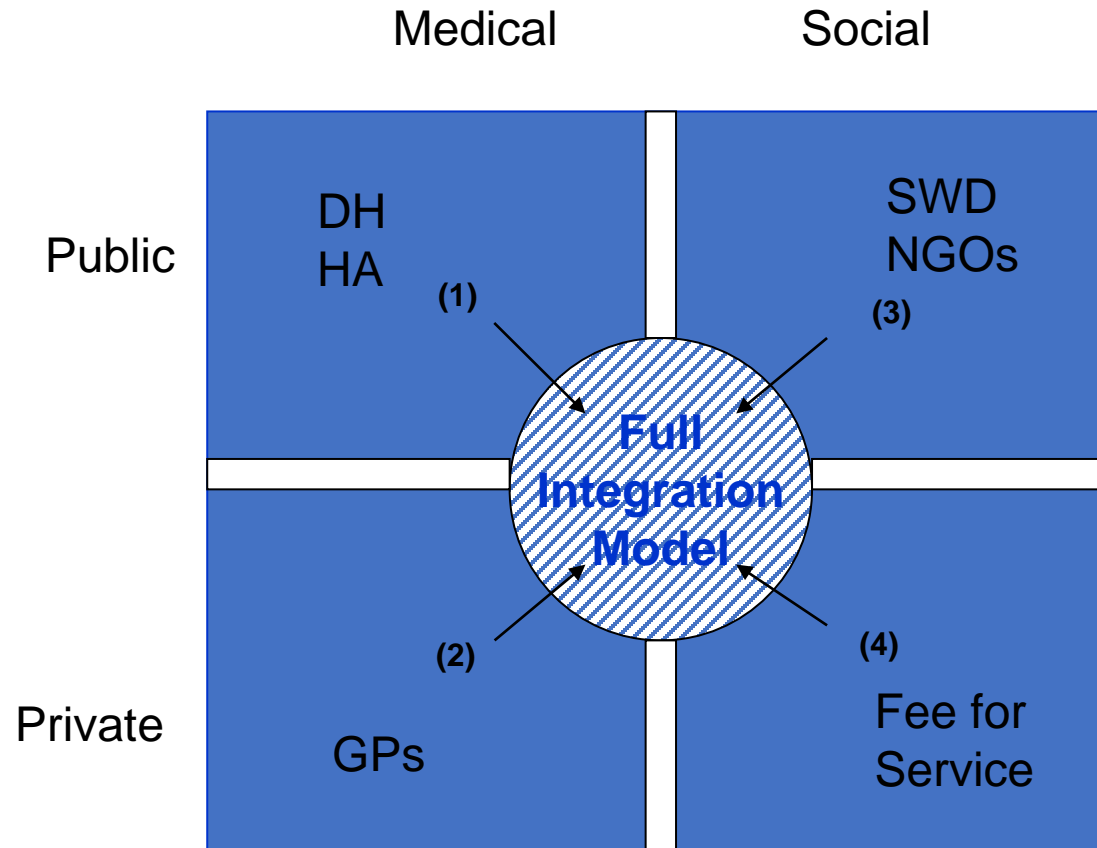
The Drivers of the 4 Quadrants



Drivers

1. Reduce case load, hospitalisation
2. Support GPs income
3. Provide medical service
4. Have choices

The Ideal Model of Medical – Social Integration Provider Perspectives



Full Integration Model

- Addresses the drivers of the 4 quadrants
- Need of a **Service Delivery model** (case management)
- Need for appropriate **Service Philosophy** for the Delivery model (trans-disciplinary team)
- Need for a **financially viable** model (resource allocation; sustainable)

The Ideal Model of Medical – Social Integration User Perspectives



- ☀ **Person centred**
user choices
timely provision
need based
- ☀ **Promotion of self-care**
de-professionalisation of care
- ☀ **Prevention of deterioration**
on-going maintenance programmes

The Ideal Model of Medical – Social Integration Funder Perspectives



- **Cost effective**
 - measurable indicators
 - ‘value for money’
 - no duplication of funded services
- **Evidence based**
 - proven interventions
- **Sustainable**
 - co-payment

Expand Health Promotion & Disease Prevention

Public Awareness Programs to promote health: raising health literacy



Expand Disease Prevention & Health Promotion

Community projects to support individuals to take control of, and improve their health through increased client empowerment, group and community support

主辦機構:

流金頌社區計劃 H長者安心樂回家

CADENZA Community Project:
Health-social Partnership Transitional Care Model
for Post-discharged Elderly

聯絡熱線: 粵語專線會務查詢熱線
The Hong Kong Jockey Club Charities Trust

恩悅軒 流金頌社區計劃

風·無懼 「儘量中風 黃金復康期」

「流金頌社區計劃」
「儘量中風復康服務」

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歡迎長者參加

救世軍長者服務 流金頌社區計劃

「活得自在」 健康生活行動

健康生活行動

承蒙香港賽馬會慈善信託基金捐助，救世軍於2007年與伙伴機構沙田醫院於新界東推行兩年的服務及研究項目「流金頌社區計劃：「活得自在」健康生活行動」。

本軍自2004年起推動自我管理生活課程 (CDSMP)，積極發展課程成為一項由長者帶領及推動的健康生活行動，讓「自我管理」的訊息廣泛流傳。

地址：新界大埔寧寧街二號
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傳真：2651 6200
電郵地址：ccpcdsmp@ssd.salvation.org.hk

辦公時間：逢星期一至六
上午九時至下午一時
下午二時至五時
星期日及公眾假期休息

2008年1月 3000份

香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

協辦機構
Shatin Hospital
沙田醫院

課程簡介
流金頌社區計劃：
「活得自在」
健康生活行動

參加者條件

- 55歲或以上社區的長者及耆老者；
- 有慢性疾病或健康問題；
- 認知狀況理想；
- 願意改善自己的健康問題；
- 能穩定出席小組；
- 有意參加者開課前後必須接受問卷訪問。

課程之延續

- 重點：參加者完成六堂的兩星期後，會重溫分享各人實踐行動計劃的成效。
- 組長訓練：完成課程並願意於社區內以朋輩角色帶領「活得自在」自我管理生活課程的參加者，可參加四天的組長訓練，訓練會提供有系統的講解及實習。

報讀方法

- 課程會每月開班，舉行時間可向本計劃職員查詢；
- 課程收費\$10.00，用於茶點及筆記；
- 有興趣者可從以下途徑報名~
致電2651 1698聯絡本計劃職員，或向醫生、社工或其他專業人士查詢。

Ten Years on: Cadenza Hub progress

- From prevention of frailty and NCDs, through screening and group programmes, to day care (rehabilitation, maintenance) with home visit component. Partner in SWD dementia day care voucher program
- Network of HA hospitals; OPDs; and private GPs in the neighbourhood
- Introduction of technology, through the HKJC E health project

Themes covered

- WHO strategies for health ageing and the role of technology
- China's policies for health ageing and the adoption of integrated medical social care model
- How Hong Kong is redesigning health systems for care of older people
- Efforts by Charitable Foundations and NGOs
- Introducing the WHO ICOPE guide and mobile App for screening and care plans: Implementation in Hong Kong?