Ageing in Place in Hong Kong

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Ageing in Place in Hong Kong
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## Expectation of Life at Birth by Sex

<table>
<thead>
<tr>
<th></th>
<th>2001</th>
<th>2011</th>
<th>2021</th>
<th>2031</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>78.4</td>
<td>80</td>
<td>83.8</td>
<td>84.6</td>
</tr>
<tr>
<td>Female</td>
<td>84.6</td>
<td>86.1</td>
<td>88.4</td>
<td>89.1</td>
</tr>
</tbody>
</table>
It is estimated that the proportion of the population aged 65 and over is projected to rise markedly, from 14% in 2013 to 26% in 2036.

(Census and Statistics Department (C&SD), 2012.)
Hong Kong – An Aged Society

- 2013 14% 65+ (1 in 7)
- 2030 25% 65+ (1 in 4)
- 2050 40% 65+ (4 in 10)

- 5th city in the world with largest number of older adults.

- Total population
  7,153,519 (July 2012 est.)

- Medium age: 43.4 (July 2012 est.)
2006 Bi-census statistics for the Elderly

- 60-69, 486621, 44%
- 70-79, 407826, 37%
- 80+, 204148, 19%

Hong Kong Elderly Population 2006 Bi-census

<table>
<thead>
<tr>
<th>Age</th>
<th>M</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-64</td>
<td>128319</td>
<td>124833</td>
</tr>
<tr>
<td>65-69</td>
<td>112372</td>
<td>82650</td>
</tr>
<tr>
<td>70-74</td>
<td>44756</td>
<td>28801</td>
</tr>
<tr>
<td>75-79</td>
<td>116681</td>
<td>96123</td>
</tr>
<tr>
<td>80-84</td>
<td>117480</td>
<td>68030</td>
</tr>
<tr>
<td>85+</td>
<td>28801</td>
<td>62561</td>
</tr>
</tbody>
</table>

2006 Bi-census statistics for the Elderly

- 70-79, 407826, 37%
- 60-69, 486621, 44%
- 80+, 204148, 19%

60-69, 70-79, 80+
Sex Ratios by Age Group, 2001, 2006 and 2011

The number of males per 1 000 females in the respective age group

Source: Population census 2011
## Older Persons by Living Arrangement, 2011

*Source: Profile of older persons 2011, Census*

<table>
<thead>
<tr>
<th>Proportion of population (%)</th>
<th>Older Persons</th>
<th>Whole Population Aged 15 and over</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Living in domestic household</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Living alone</td>
<td>12.7%</td>
<td>5.7%</td>
</tr>
<tr>
<td>Living with spouse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>And with child (ren)</td>
<td>29.7%</td>
<td>32.9%</td>
</tr>
<tr>
<td>And not with child (ren)</td>
<td>23.6%</td>
<td>11.5%</td>
</tr>
<tr>
<td>Living with child (ren) only</td>
<td>21.4%</td>
<td>6.8%</td>
</tr>
<tr>
<td>Others</td>
<td>4.0%</td>
<td>40.5%</td>
</tr>
<tr>
<td><strong>Sub-total</strong></td>
<td><strong>91.4%</strong></td>
<td><strong>97.5%</strong></td>
</tr>
<tr>
<td><strong>Living in non-domestic household</strong></td>
<td>8.6%</td>
<td>2.5%</td>
</tr>
<tr>
<td><strong>Overall</strong></td>
<td><strong>100%</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>
81.4% of older persons in HK prefer to remain living at home than to move into a residential care home.  (Census and Statistics Department HKSAR, 2009)

“People usually are the happiest at home.”
- William Shakespeare

“There is nothing like staying at home for real comfort.”
- Jane Austen
United Nations Principles for Older Persons

Five imperatives for any social policy for older people:

- *independence*,
- *participation*,
- *care*,
- *dignity*
- *self-fulfilment*
Overall Policy Objective in Hong Kong

“To improve the quality of life of our elders, ensuring that they will continue to enjoy a sense of security, a sense of belonging, and a feeling of health and worthiness.”
Elderly Policy in Hong Kong

- Ageing in place (community care) as the core, institutional care as back-up

- Community Care = Family Care
Ageing-in-Place (AIP)

The ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level.” (Centers for Disease Control and Prevention, 2013)

Elderly people should stay as members of the community for as long as possible by means of family care and community support services, both formal and informal.
The United Nations Committee on Economic, Social and Cultural Rights

Two important elements of Ageing – in-Place

1. Housing
2. Community Care
1. Housing

- Housing Right
  - affordable
  - Habitable
  - Accessible
  - Culturally adequate
1. Hong Kong Housing Authority (means-tested)

Priority Public Rental Housing Schemes

A. Living with Families

Harmonious Families Priority Scheme

1. Families with Elderly Persons Priority Scheme

2. Special Scheme for Families with Elderly Persons
B. Living alone or with non-family members

Priority Public Rental Housing Schemes

- Single Elderly Persons Priority Scheme
- Elderly Persons Priority Scheme
2. Housing Society (middle-class)

Senior Citizen Residences Scheme (SEN)
- Jolly Place and Cheerful Court

Joyous Living
- North Point (2016)
2 Pilot SEN Projects by HS

Cheerful Court (2004) - 333 units

Jolly Place (2003) - 243 units

Winner of Quality Building Award 2004
1-Bedroom Flat (540 - 570 ft\(^2\) GFA)
(380 - 400 ft\(^2\) SA)
Studio Flat (360 - 380 ft^2 GFA)
(250 - 270 ft^2 SA)
Design
Special Design / Fittings – tailor-made for elderly
Design
Universal Design – tailor-made for elderly
Design
Home feel – Non-Institutional
Housing Financial Assistance

🌟 Reverse Mortgage Programme (2011)
- For elderly aged 60 or above
- to receive monthly payouts for either a fixed period of 10, 15 or 20 years or the entire life according to his/her own need while staying in own residence.
- Max. of housing value at HK 8 million
- Better for more educated elderly with high housing value
Home Environment Improvement Scheme for the Elderly (2008-13)

- to assist elders who lack financial means and family support to improve their dilapidated homes with poor fittings.
- aged 60 or above;
  - living alone or living with other elder
- Means-tested
- Maximum subsidy of $5000
Building Maintenance Grant Scheme for Elderly Owners

- To provide financial assistance to elderly owner-occupiers to repair and maintain their self-occupied buildings and to upkeep building safety.
- Aged 60 or above
- Owned and resided in the property
- Means-tested
2. Community Care Services

- District Elderly Community Centre (41)
- Social Center for the Elderly (51)
- Neighborhood Elderly Centre (118)
- Day Care Center for the Elderly (64)
- Dementia specific day care centre (8)
- Home Help (1)/ Integrated Home Care Service (60)
- Support Team for the Elderly (41)
- Enhanced Home and Community Care Service (24)
Community Care Service (CCS) Voucher for the Elderly

- A 4-year pilot scheme starting 2013
- 1st phase (2013-14) serve elders with moderate level of impairment
- choose any service up to a value of $5,000 per month and the authorities will provide them with a monthly subsidy of $2,500 to $4,500, sliding scale
- Adopts a "money-follows-the-user" approach, and will provide subsidy directly to eligible elders, enabling them to choose the service provider(s) and services
- A new funding mode to attract different types of service providers (including private) to enter the market
To the Elderly

Ageing in Place

- is far beyond “housing” and “service”
- is internal “feel good” such as independence, participation, dignity and self-fulfillment through ageing well and actively.
United Nations Principles for Older Persons

Five imperatives for any social policy for older people:

» independence,
» participation,
» care,
» dignity
» self-fulfilment
The Institute is committed to excellence and innovation through integrated, cross-disciplinary education, research and practice to promote quality, independent living among older adults that will enhance their engagement in life.
Our Uniqueness

- comprehensive and holistic model encompassing fundamental dimensions of everyday life of older adults
- interdisciplinary collaborations among 23 disciplines from 4 faculties (10 departments), 2 schools and UHS within PolyU
- research, education and practice
- forming strategic alliance with local and overseas universities, community service and business sectors
PARTICIPATING DEPARTMENTS

- School of Accounting & Finance (AF)
- Department of Applied Social Sciences (APSS)
- Department of Building Services Engineering (BSE)
- Department of Computing (COMP)
- Department of Health Technology & Informatics (HTI)
- Department of Rehabilitation Sciences (RS)
- Institute of Textiles & Clothing (ITC)
- Interdisciplinary Division of Biomedical Engineering (BME)
- School of Design (SD)
- School of Hotel & Tourism Management (SHTM)
- School of Nursing (SN)
- School of Optometry (SO)
- PolyU TCM Clinic Company Limited
- University Health Service (UHS)
Strategic Area I: Research and Development

- Total Wellness (person)
- Age-Friendly Living Environments (environment)
- Gerontotechnology (technology)
Strategic Area II: Education and Scholarly Activities

- BSc in Applied Ageing Studies
- Local and international conferences, seminars and training course
Strategic Area III: Practice and Empowerment

- **Mini-U Programme for the Third Age**
  - Non-credit bearing summer experiential programme
  - Credit-bearing programme
  - Auditing programme

- **Project for the Third Age**
  - University for the Third Age (U3A)
  - Volunteer Programme
  - Job Matching Programme
第三齡 體驗大學課程 2013

上課日期: 2013年6月17日 - 28日

自選科目
普通話輕鬆學
生活實用英語

課程科目
正向心理
一目了然
中醫食療
頸部健康 “枕”知道
理財攻略
儀態工作坊
手語初探
愛笑瑜伽
身體小測試
法律你要知
動感柔力球

學生宿舍體驗

費用: $3,000 (2週課程)  
$1,500 (1週課程)

對象: 50歲或以上人士 - 學歷不拘
上課地點: 香港理工大學

查詢及報名: 2766 7472
網址: http://iaa.fhss.polyu.edu.hk
2 WEEK SUMMER MINI-U PROGRAM
(Non-credit bearing)
Mini-U for the Third Age Programme

Credit-bearing Courses
STUDY TOUR
Project for the Third Age

1) University for the Third Age (U3A)
   - Train-the-trainer Programme
   - E.g. U3A courses

2) Voluntary Services
   - E.g. Physical fitness training; sitting Tai-chi

3) Job Matching Services
   - E.g. Ambassadors in shopping malls
The Project is now serving 980 third age members with 155 courses. The courses are planned, taught, studied by third age members aged 50 or above.
**TRAIN-THE-TRAINER PROGRAMME**

✿ A total of 135 third age trainers completed the Train-the-trainer Programme and conducted 155 U3A courses.
(2) Volunteer Work

- Train-the-trainer Programme on Sitting Tai Chi
- Video Production Volunteer Team
(3) JOB MATCHING SERVICES

– Demonstrator of smart Home
– Bright Senior Ambassador
– PolyU Work-Life Balance Weeks
– Research interviewers
Ageing in Place

- Housing
- Community services
- Continued participation through engagement in life through family caregiving, life long learning, volunteer contribution and encore career
Thank you

* The website of the IAA is attached for more information of our recent activities

http://iaa.fhss.polyu.edu.hk
References


