



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

Initiated and Funded by:



The Hong Kong Jockey Club Charities Trust

Project Partner:



香港仔坊會
AKA
社會服務
Social Service

Service output during 11/2017-1/2022

Project duration	Participating Units	Total Number of Beneficiaries	Sessions	Attendance
11/2017-1/2020	<p>2 NECs</p> <ul style="list-style-type: none"> 林應和長者鄰舍中心 (Lam Yingwah Neighbourhood Elderly Centre) 方王換娣長者鄰舍中心 (Fong Wong Wun Tei Neighbourhood Elderly Centre) 	1,180	<p>135 (158.8% of the Pledged Service Output)</p>	<p>2,806 (149.7% of the Pledged Service Output)</p>
11/2018-1/2020	<p>2 DECCs</p> <ul style="list-style-type: none"> 賽馬會黃志強長者地區中心 (Jockey Club Wong Chi Keung District Elderly Community Centre) 南區長者地區中心 (Southern District Elderly Community Centre) 		<p>60 (127.7% of the Pledged Service Output)</p>	<p>2,146 (202.5% of the Pledged Service Output)</p>
2/2020-7/2022	<p>2 NECs + 2 DECCs</p> <ul style="list-style-type: none"> 林應和長者鄰舍中心 (Lam Yingwah Neighbourhood Elderly Centre) 方王換娣長者鄰舍中心 (Fong Wong Wun Tei Neighbourhood Elderly Centre) 賽馬會黃志強長者地區中心 (Jockey Club Wong Chi Keung District Elderly Community Centre) 南區長者地區中心 (Southern District Elderly Community Centre) 		<p>240 (Up to 1/2022)</p>	<p>4,347 (Up to 1/2022)</p>

Service outcome during 11/2017-1/2022

	Attendance
e-Health Station average attendance	3.44 Per Person, Per Week (14.7% higher than the output standard 3.00) (Remark : before the outbreak of COVID-19)
Wellbeing Survey (Completed 1 st and/or 2 nd round of questionnaires)	2,099

Case Sharing

參加者	未參加e健樂之前	參加e健樂之後
鄭婆婆	「飲食同日常生活都好混亂，喺屋企好無聊，亂諗嘢.....」	「自從入左e健樂，因為每月有活動參加同派健康報告，我學識左好多嘢，同開解左自己好多」
韓婆婆	「我唔會成日量血壓，身體唔喺幾好.....瞓唔到，血壓高.....」	「參加左e健樂，就日日來中心量啦，知道左自己血壓情況.....」 「又參加好多活動、玩下健腦遊戲.....覺得人都健康左」
黃婆婆	「以前我地都冇乜留意三高問題.....」	「宜家就認識左好多，自己都自覺左、著緊左身體好多.....成日都留意自己d健康指數」

Case Sharing

參加者家屬	未參加e健樂之前	參加e健樂之後
郭婆婆兒子	「一般老人病都有.....但佢平時就有乜點理」	<p>「自從來左中心之後，成日check住個身體」</p> <p>「有一日喺中心量血壓，check到媽媽心跳低，但媽媽就覺得冇咩，唔肯去診所.....」</p> <p>「中心職員了解左之後，就勸喻媽媽.....即時call左車.....媽媽最後得到適切治療」</p> <p>「媽媽事後都有講，諗番起當日，自己心都驚好彩有去中心量血壓發覺到.....」</p>



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Programme Sharing



An e-Health participant actively participated in regular blood pressure monitoring check-up at e-Health station, facilitated by e-Health Promotion Worker.



e-Health participants actively participated in Expressive Arts Therapy workshop to relieve stress and keep a positive attitude.



e-Health participants actively participated in hydrotherapy classes and acquired knowledge regarding chronic pain and arthritis.
(Remark : Photo was taken before COVID 19)



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e-Health participants joined the African Drum experience workshop to increase the social interaction.



e-Health participants joined the Muscle loss prevention tour to have sarcopenia and fall risk test so as to enhance the awareness of muscle health.



e-Health participants joined the Flexi-bar training to improve the strength of core muscle and body functioning.