



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:





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

2009

- 於2009年成立，為「流金頌」其中一個創新及可持續的社區計劃，由香港中文大學管理，專門為50歲或以上人士而設，提供一站式跨專業綜合健康服務。
- Established in 2009, the Hub was one of the innovative community projects of “CADENZA: A Jockey Club Initiative for Seniors”, funded by The Hong Kong Jockey Club Charities Trust and managed by The Chinese University of Hong Kong. It provides one-stop, diversified and integrated health services for people aged 50+ with our multidisciplinary team.

2016

- 由2016年至2019年，參與第一階段的賽馬會e健樂計劃
- Participated in Jockey Club Community eHealth Care Project Phase 1 from 2016-2019

2020

- 由2020年至2022年，參與第二階段的賽馬會e健樂計劃
- Participated in Jockey Club Community eHealth Care Project Phase 2 from 2020-2022
- 受新冠疫情影響，很多面授形式的活動都需要以小班或改以網上形式進行，為了鼓勵會員持續參與，我們投入了不少資源建立網上活動平台、教授會員使用手機程式，目的是居家都可以保持社交接觸和持續學習；另外關注疫情下會員精神健康狀況，我們亦透過電話形式，給予他們關懷與支援。
- Under the Covid-19 pandemic impact, many face-to-face activities had to be conducted in small groups or online mode. To encourage members' participation, we have paid much effort in setting up an online platform for the members and teaching them to use mobile app to participate in online activities at home. We hope it could facilitate the members to keep social contact and learning new things during the pandemic. In terms of mental health, we also provided them with care and support through phone calls during the pandemic outbreak.

關於賽馬會流金匯

About Jockey Club Cadenza Hub



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



Jockey Club

Cadenza hub

賽馬會流金匯

各類班組活動
Programs & Activities

2043

人次 Times

5179

人次 Times

恆常量度健康指數
Daily Measurement of
Health Index

護士探訪
Nurse Visit

619

人次 Times

464

人次 Times

量度血糖指數
Blood Glucose
Measurement

截至2022年3月
As of March 2022

服務成果 Service Outcome



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



營養工作坊 Nutrition Workshops



2022-03

網上抗疫飲食工作坊

Online anti-epidemic nutrition workshops

因應疫情發展，中心在**2022年3月份**舉行了兩場網上營養工作坊，由註冊營養師講解「居家抗疫下的纖維攝取良方」，以及「飲食與免疫」兩大題目。

In view of the latest epidemic situation, two online nutrition workshops were delivered by the registered dietitian in Mar 2022 on the topics of choosing alternative dietary fiber during the shortage of vegetables supplies and how to strengthen the immune system under Covid-19.

活動焦點 Programs Highlights



防衰老運動 Exercise Program



2022-02
抗疫網上運動班
Online home exercise class

在居家抗疫期間，中心在**2022年2月份**舉行了一場網上運動工作坊，由體適能教練教授「e健樂」之友以家居常見工具進行運動，增強抵抗力。

During the epidemic situation, an online exercise workshop was delivered by fitness instructor to teach e-Health members on how to use conventional tools at home to conduct exercises in order to strengthen their immunity.



2021-12
園藝治療工作坊
Horticultural therapy workshop



註冊園藝治療師帶領「e健樂」之友製作空氣草小擺設，讓長者能夠享受當中過程，放鬆心情，舒解疫情積壓的壓力及負面情緒。
Instructed by a horticultural therapist, e-Health members learnt to make a DIY air plant ornament. In the midst of their creation, members enjoyed the workshop as their stresses and negative emotions were alleviated.

關注精神健康活動 Mental Health related program



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

Jockey Club
Caenza hub
賽馬會流金匯



關注精神健康活動 Mental Health related program

2022-01 - 2022-04

「與疫同行」關懷行動
COVID-19 psychological support

因應疫情第五波爆發，中心為有需要的「e健樂」之友開展疫情關懷行動，包括關懷電話問候，以及派發防疫物資。

During the fifth wave of COVID-19 in Hong Kong, our center has provided timely psychological support for the e-Health members by initiating concern calls and distributing anti pandemic supplies.

活動焦點 Programs Highlights



2021-09
寶寶同樂日
E-Health Gathering



2021-5
模擬出行
Flycation

擴展社交生活及其他 Social Connectedness & Other Programs

中心不定期舉行不同主題的社交活動，讓中心「e健樂」之友互相聯誼及保持活力。

We organized irregular social gatherings with various themes, so as to provide a platform for members to consolidate their friendship and vitality.



2021-07
奧運齊打氣
Olympics Live Streaming



2021-09
中秋花燈「匯」
Mid-Autumn Lantern Carnivals

擴展社交生活及其他 Social Connectedness & Other Programs

中心不定期舉行不同主題的節日社交活動，讓中心「e健樂」之友互相聯誼及一同享受節日歡愉。
Center organized festive gatherings to provide a platform for members to consolidate their friendship and enjoy the festivals together.



擴展社交生活及其他 Social Connectedness & Other Programs

2021-11-05
參觀樂齡科技博覽2021
Visit to the GIES Expo 2021

本中心為「e健樂」之友安排了一個「樂齡科技博覽2021」參觀活動，讓他們了解本地最新樂齡科技。
To broaden our e-Health members' horizon on the latest geronteck, our center organized a visit tour to the GIES Expo 2021.



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

Jockey Club
Caenza hub
賽馬會流金匯



擴展社交生活及其他 Social Connectedness & Other Programs

2021-12 - 2022-04

電腦醫生與您 資訊科技諮詢站
IT helpdesk and consultation



為減低長者的「數碼鴻溝」，以及協助他們活用資訊科技接觸世界，中心安排義工及職員為有需要「e健樂」之友安排個別及小組諮詢，例如在疫情期間遙距提供教學。

IT Volunteers and colleagues offered individual and group consultation session for those needy e-Health members, so as to narrow the “digital divide” and encourage them to utilize IT to contact the world. The recent epidemic witnesses the increasing demand of such kind of service.

活動焦點 Programs Highlights



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



Jockey Club

賽馬會流金匯

公眾教育 Public Education

賽馬會 晉女學頌
JCECC
Jockey Club End-of-Life Community Care Project

Capacity Building and Education Programmes on End-of-Life Care
安寧服務培訓及教育計劃

預設照顧計劃
預設醫療指示

贊助機構 Funded by: 香港賽馬會慈善信託基金會 The Hong Kong Jockey Club Charities Trust

合作夥伴 Project Partner: 香港中文大學 The Chinese University of Hong Kong

Zoom

Chan Faye

2022-3
網上安寧教育講座
Online Educational Talk about
End-of-Life Care

中心邀請專業人士 / 非牟利機構 / 學術機構 為會員提供不同類型的教育講座。例如在三月，我們邀請了香港中文大學賽馬會老年學研究所為會員講解預設照顧計劃。

Health professionals / NGOs / academic institutions were invited to deliver various educational talks for our members. For example, In March 2022, Jockey Club Institute of Ageing from CUHK delivered a talk about “Advance Care Planning”.