



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:





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## Brief background

- \* Phase 2 of the project
- \* Joined the project since Nov 2018
- \* Total 5 NECs units

(Tsuen Wan, Kwai Chung, Tuen Mun, Sham Shui Po and Kowloon City)

- \* Characteristics of the elders
  - Singletons/Doubletons: 75.8%
  - Age: 63-94 years old
  - Caring Group (with Nursing support): 28%
  - Active Group: 72%



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## Objectives and highlights

Main Objectives	Highlights of the Project Programs/Services
Well-informed choices about health	Quality Health Talks by Pharmacist, Dietitian (ie. General healthy eating, medication knowledge)
Better choices for healthy lifestyle by experiential approaches	Qualified Karate Tutorial Trainings
Better connections among Body-Mind-Spirit by experiential approaches	Aroma Therapies and Singing bowl activity for Relaxation
Better social support network by adequate platforms for meaningful interactions	Quality Nature Walks & regular gatherings at Project programs



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## Health promotion Programmes

- \* Nutrition related Programmes
- \* Frailty and/or Exercise related Programmes
- \* Cognitive Training related Programmes
- \* Mental Health related Programmes
- \* Social Connectedness related Activities
- \* Other programs





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# Nutrition related Programmes

## Healthy Food and Nutrition Label introduction



Nutrition talk

# Frailty and/or Exercise related Programmes

## Acupressure for chronic pain relief workshop



Karate Workshop

# Cognitive Training related Programmes



Cognitive training board games activity



Anti-wandering product demonstration

# Mental Health related Programmes

## Zentangle workshop



Singing Bowl Activity



# Social Connectedness related Activities

## Mai Po Bird Watching activity



Self introducing activity

## Other programmes

### Gardening Workshop



### Therapeutic Fluid Art Workshop



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## Learning from Well-being survey results

- Memory Deficits
- Health Deterioration
- Drug issues
- Mental Health



5 centres have designed various therapeutic activities to cater the need of the elders!

Total number of activities: 263  
Total number of participants: 3969



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# Learning from Well-being survey results

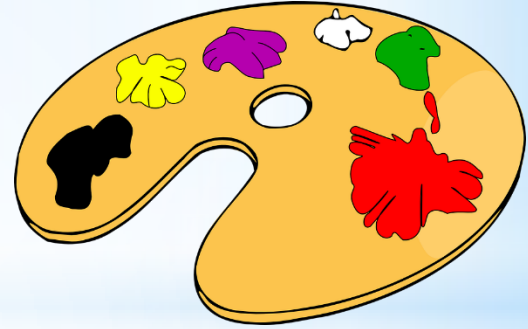
## ◆ Concern 1: Memory Deficits

- Through a series of non-pharmacologic intervention, various activities were designed to maintain elderly cognitive function and slow down its deterioration
- Programmes including reminiscence activities, Multi-sensory play, and activities involving reasoning, judgment and thinking skills training were designed

## ◆ Concern 1: Memory Deficits

# My color of life

- \* Expressive art therapeutic group
- \* Encourage MCI and early dementia elderly participants to recall their valuable memory and life achievement through creating art works in different sessions
- \* Let them define their identity in the current moment



## ◆ Concern 1: Memory Deficits

I color my own life!



## ◆ Concern 1: Memory Deficits

# City Farm

- \* Horticulture Therapeutic Group
- \* Cognitive training and multi-sensory stimulations designed by the Horticulture Therapist
- \* To train and improve elderly memory, cognitive abilities, task initiation and language skills in different sessions



## ◆ Concern 1: Memory Deficits



Multi-sensory stimulation through exploration and creativity





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# Learning from Well-being survey results

## ◆ Concern 2: Health Deterioration

- Encourage elders to establish exercise habits on their own
- Maintain or improve physical health
- Services delivered by multi-disciplinary professionals, including registered Chinese medicine practitioners, physiotherapists, occupational Therapists and certified yoga instructors



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## ◆ Concern 2: Health Deterioration

# Nordic Walking Workshop

Special technique leaning : Nordic Walking

- \* uses specially designed poles to enhance elders' natural walking experience
- \* a genuinely whole-body exercise that can be enjoyed at many levels including physical health, well-being, and lifestyle



## ◆ Concern 2: Health Deterioration



Nordic Walking





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## ◆ Concern 2: Health Deterioration

# Healthy Yoga Stretching class

Yoga exercise group

- \* Teach elders different Yoga exercises and chair stretching exercises
- \* Combined with yoga breathing, to promote blood circulation, enhance flexibility, and relax physical and mental muscles



## ◆ Concern 2: Health Deterioration

## Healthy Yoga





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# Learning from Well-being survey results

## ◆ Concern 3: Drug Issues

- Promote medication management and safety
- Enhance ability in self-management of health and medication
- Familiar with common drug-related problems, e.g. non-adherence, over-dosage, under-dosage, adverse drug effects, drug ineffectiveness and etc.



## ◆ Concern 3: Drug Issues

# Group for people with Hypertension

Educational group

- \* Enhance elders' understanding of Hypertension
- \* Equip elders with skills in Hypertension management such as medication and knowledge of blood pressure monitoring



## ◆ Concern 3: Drug Issues



Medication knowledge



## ◆ Concern 3: Drug Issues

# The myths of insulin injection

## Educational talk

- \* Introduce knowledge of diabetes mellitus
- \* Promote better understanding on its medication especially on insulin injection





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# Learning from Well-being survey results

## ◆ Concern 4: Mental Health

- Use of diversified and new therapeutic workshops that provides different sensory stimulating experiences
- Achieve the healing and therapeutic effects, and improve their mental health and strengthen their inner strength

## ◆ Concern 4: Mental Health

# Life Motivation Group

Behavior-activated therapeutic group

- \* Perform different artistic creations such as harmonious pastels, coil drawings, etc., to add more meaningful activities to elders' life
- \* Increase knowledge about emotional health and awareness of own emotions, in order to change their lifestyle and improve their mood



# Encourage expression and relaxation

## ◆ Concern 4: Mental Health



## ◆ Concern 4: Mental Health

# Aromatherapy Group

- \* Utilize different kinds of essential oils that are extracted from different plants to provide special sensation experiences with our of smell and touch
- \* Stabilize stressed elders' emotions and improve their sleeping quality, and enhance their psychological and physical well-being



## ◆ Concern 4: Mental Health



Aroma sensation to promote calmness and inner peace



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## Feedback from users...

I learnt new knowledge about the prevention of dementia by having a nutrition diet, so I applied the knowledge I learnt in the project to **maintain a healthy diet in my daily life**, which helps stabilize my health.



After joining the project, I am **more aware of my own health**, I understood the importance of concerning my blood pressure, and thanks to the project, I had built up a habit of blood pressure monitoring now!



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## Feedback from users...



The project **motivated me to exercise** more, I feel like I am much healthier than before!

I knew more friends through the project, and I could feel the care and concern from the centre staff, they made me feel loved, I love being with them and they have **enriched my social life!**

