

Action Plan for Sai Kung District

The action plan has been reviewed and suggested initiatives associated with related AFC domains and proposed actions / programmes are set out below. For ease of reference, the primary age-friendly domain(s) of each project has been marked in bold font.

Initiative	Related domain(s)	Proposed action(s)/ programme(s)
Theme 1: Maintain an active role of older people in society		
<p>Engage and include the elderly in district affairs and community development</p> <ul style="list-style-type: none"> • Assess the age-friendliness of community, design an enabling environment for people of all ages and levels of mobility. • Acknowledge and provide opportunities for older people to utilise their strengths and potentials, by broadening existing platforms to shape communities around the needs and aspirations of older people. 	<ul style="list-style-type: none"> • Outdoor spaces and buildings • Civic participation and employment • Communication and information • Transportation • Housing • Social participation • Respect and social inclusion • Community support and health services 	<ol style="list-style-type: none"> 1) Engage older people in the development plan of age-friendly community and promotion through different channels. The discussions can be focused on the age-friendliness of community facilities and services, such as the design of sheltered seats, location of washrooms, availability of bank services and grocery stores in local community. 2) Facilitate elderly employment through exploring the capability of older people <ul style="list-style-type: none"> • Recruit older people as trainers in their professions, such as healthcare service, customer service, home modification and repairing, etc., so that more young-old people can be trained and employed, and also help release the manpower pressure in elderly services. • Encourage private companies and social enterprises to implement re-employment programmes for their retired staff. • Provide support to NGOs and small companies that are willing to employ retired persons, such as allowance or subsidies on insurance.

Theme 2: Improve older people's connection with other citizens, information and services in the neighbourhood		
<p>Promote intergenerational exchange</p> <ul style="list-style-type: none"> • Promote mutual understanding and respect across generations through interactive intergenerational programmes, and present ageing as a positive process and emphasise the active role that older people can play. 	<ul style="list-style-type: none"> • Respect and social inclusion • Social participation • Civic participation and employment • Communication and information 	<ol style="list-style-type: none"> 1) Engage young people in elderly activities such as organising training class on smartphone, provide technical support in online activities under circumstances of social gathering restriction, etc. 2) Work with young people to explore the interests of older people with different backgrounds and organise activities to meet their needs, such as outreach activities for singleton
<p>Establish information hub and neighbourhood network</p> <ul style="list-style-type: none"> • Develop one-stop information platform to disseminate and obtain community information. • Encourage the forming of neighbourhood networks to promote 	<ul style="list-style-type: none"> • Communication and information • Respect and social inclusion • Social participation • Civic participation and employment 	<ol style="list-style-type: none"> 1) Maintain and expand the existing community elderly network and concern group to enhance information exchange with the help of social media. 2) Support and engage young people or NGOs to publish district newsletter to disseminate updated information of the local community regularly. Enough hard copies should be printed and distributed in locations that can be accessed by older people conveniently.
Theme 3: Create supportive community environment for older people and caregivers		
<p>Plan and create the community where older people can live well and their carers and family members can also receive adequate and timely support through suitable channels</p>	<ul style="list-style-type: none"> • Community support and health services • Outdoor spaces and buildings • Housing • Communication and information 	<ol style="list-style-type: none"> 1) Develop one-stop information platform with easy to understand information on home modification, health and community support services provided by government departments, social enterprises and NGOs in the district. 2) Form volunteer groups to conduct place audit and home assessment for older people, in order to maintain an age-friendly living

<ul style="list-style-type: none"> • Provide practical support to improve accessibility and flexibility of community services • Provide easy-to-navigate and safe physical environment for people with varying levels of physical and cognitive functions • Provide training on skills for caregivers and volunteers to take care of older people 		<p>environment for them.</p> <p>3) Maintain the existing network for carers, so that they can form supporting group and organise training programmes which can meet their needs.</p>
<p>Empower older people to self-manage their health</p> <ul style="list-style-type: none"> • Frailty prevention and disease management 	<ul style="list-style-type: none"> • Community support and health services • Social participation 	<p>1) Promote the services of Sai Kung District Health Centre Express in the community, so that more elders can obtain medical consultation services and join health programmes to maintain their own health.</p> <p>2) Organise health management programmes in the community to promote the concept of health management, so that the physical and mental well-being of the elders can be enhanced. Trained elders can form networks of health ambassadors to promote</p>