

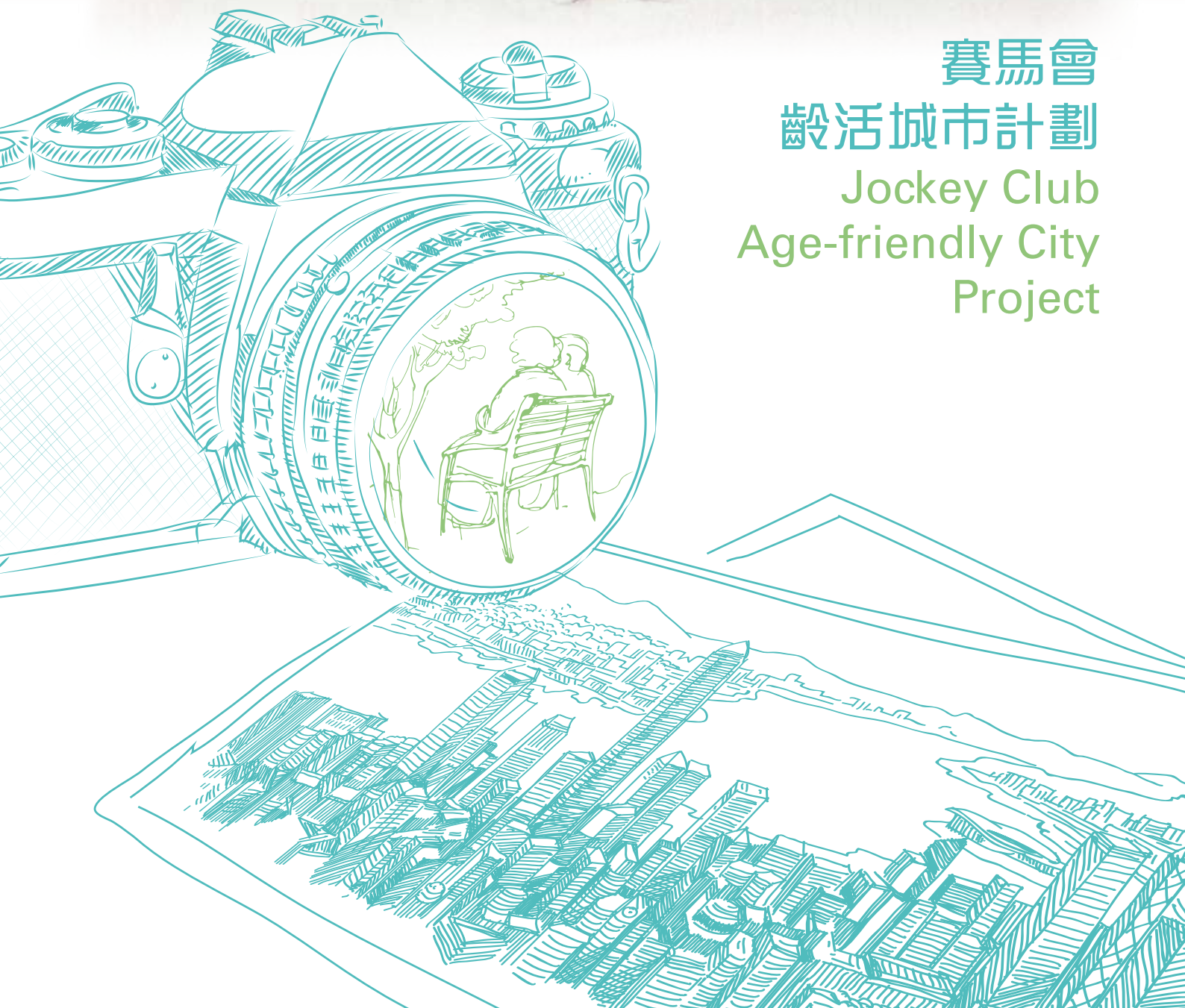
策劃及捐助 Initiated and funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER



賽馬會齡活城市
Jockey Club Age-friendly City



賽馬會
齡活城市計劃
Jockey Club
Age-friendly City
Project

香港人口老化的挑戰

The Ageing Challenge in Hong Kong

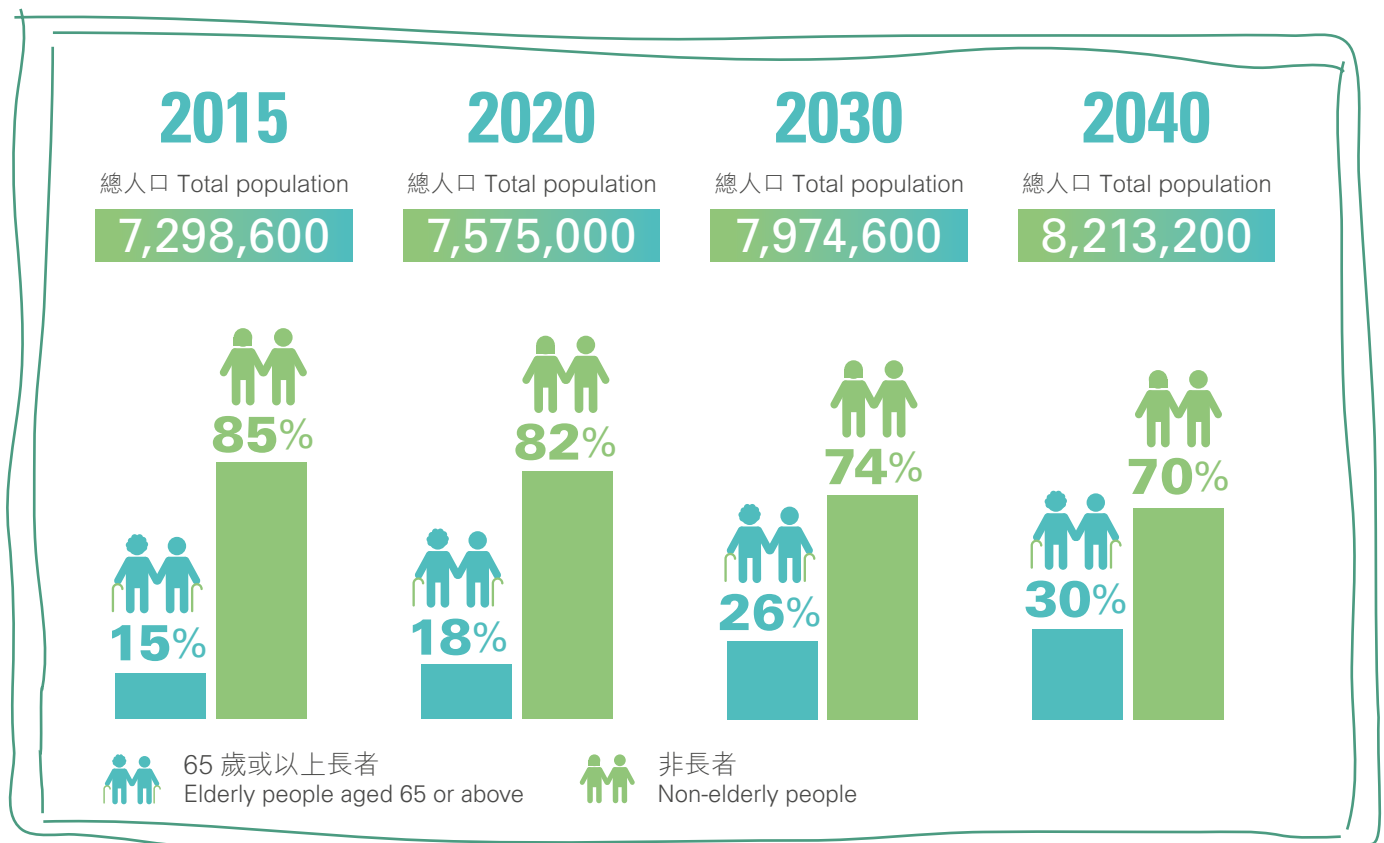
香港正面臨人口老化的問題，現時本港65歲或以上的人口為大約112萬，佔總人口約七分之一。根據政府最新的推算*，本港人口在未來數十年將會繼續以較慢的速度增長。在2040年，香港總人口將達到820萬，當中有大約250萬人為65歲或以上長者。

Hong Kong is facing an ageing population with the current elderly population standing at about 1.12 million, which means one in seven people is aged 65 or above. According to the latest Government's projection*, our population will continue to grow at a decelerating pace in the next few decades, reaching 8.2 million in 2040 with about 2.5 million of them being elders aged 65 or above.

至2040年，幾乎三分之一的人口為長者
Almost 1 in 3 people will be elderly people by 2040

2015年至2040年 65歲或以上的長者人口增長

Forecasted growth of elderly people aged 65 or above from 2015 to 2040



*香港特別行政區政府統計處於2015年9月發佈的香港人口推算。

* Hong Kong Population Projections published by the Census and Statistics Department of the Hong Kong Special Administrative Region in September 2015.

香港賽馬會慈善信託基金的長者安老策略

The Hong Kong Jockey Club Charities Trust's Elderly Strategy

香港賽馬會慈善信託基金(「馬會」)擔當積極、主動的角色，應對人口老化帶來的挑戰，並以照顧長者為其中一項重要發展策略，希望在未來三至五年協助建構香港成為長者及年齡友善城市。馬會已制訂長者安老策略，目標是延長長者的健康及活躍時期，從而擁有更豐盛的人生。

The Hong Kong Jockey Club Charities Trust ("The Trust") has taken a proactive role in tackling the challenges of ageing population, and stipulated "Care for the Elderly" as one of the overarching strategic themes, aiming to build Hong Kong into an age-friendly city in the coming three to five years. The Trust has developed an Elderly Strategy which aims to help older people extend their healthy and active years of life and enjoy more fulfilling lives.

賽馬會齡活城市計劃

Jockey Club Age-friendly City Project

馬會認為長者服務需要以預防性為主，透過注重長者身心健康、就業及志願服務，以及社交關係，鼓勵長者實踐積極晚年。馬會根據其長者安老策略，採取由下至上、地區為本的模式，應對人口老化的問題。

2015年，馬會聯同本地四間老年學研究單位：香港中文大學賽馬會老年學研究所、香港大學秀圃老年研究中心、嶺南大學亞太老年學研究中心，以及香港理工大學活齡學院，推行為期五年半的「賽馬會齡活城市計劃」。

The Trust believes that it is necessary to shift towards a more preventative approach by promoting active ageing, focusing on physical and mental wellness, employment and volunteering, as well as social relationships. In line with the Trust's Elderly Strategy, the Trust has adopted a bottom-up and district-based approach to address the issues of an ageing population.

In 2015, the Trust partnered with Hong Kong's four gerontology research institutes – CUHK Jockey Club Institute of Ageing, Sau Po Centre on Ageing of The University of Hong Kong, Asia-Pacific Institute of Ageing Studies of Lingnan University, and Institute of Active Ageing of The Hong Kong Polytechnic University to implement the "Jockey Club Age-friendly City Project" for five and a half years.



計劃目標

Project Objectives

- ✿ 評估社區的長者及年齡友善程度，在社區推動「齡活城市」的風氣；
- ✿ 為地區建立可以持續提升長者及年齡友善程度的框架；以及
- ✿ 推動「齡活」概念，提升公眾對長者及年齡友善城市的認識，並鼓勵社區參與，共同建構「齡活城市」。
- ✿ To build momentum in districts to develop an age-friendly community through an assessment of their respective age-friendliness;
- ✿ To recommend a framework for districts to undertake continual improvement for the well-being of our senior citizens; and
- ✿ To arouse public awareness and encourage community participation in building an age-friendly city.

何謂「齡活城市」？

What is an Age-friendly City?

「賽馬會齡活城市計劃」建基於「長者及年齡友善城市」的概念。世界衛生組織(「世衛」)於2005年開展「全球長者及年齡友善城市建設計劃」。世界衛生組織確認了在城市環境中促進積極晚年的主要元素，涵蓋八個範疇。

「齡活」包含靈活、積極的意思。馬會希望透過計劃，提倡長者及年齡友善文化，鼓勵大眾關注不同年齡人士的需要，改變對「年老」的固有觀念，並與社區不同持份者共建「齡活城市」，讓香港成為適合不同年齡人士生活的地方。

The World Health Organization (“WHO”) launched the Global Age-friendly Cities Project in 2005. WHO has identified factors and key elements of the urban environment that support active and healthy ageing, covering eight domains.

Through the Jockey Club Age-friendly City Project, the Trust aims to promote age-friendly culture in Hong Kong, encourage the public to be aware of the needs of people of different ages, and drive mindset changes towards “ageing”. The Trust joins hands with various stakeholders to build Hong Kong into an age-friendly city which can cater for the needs of all ages.



世衛確認「長者及年齡友善城市」的八大範疇

The eight domains of an age-friendly city identified by WHO



計劃元素 Project Components

1

香港長者生活關注指數 The AgeWatch Index for Hong Kong

「全球長者生活關注指數」是一個涵蓋多個範疇的指數，作為評估全球長者在社會和經濟方面福祉的指標，反映與人口老化相關的政策和措施的進度。

香港中文大學賽馬會老年學研究所，在2015至2019年間按年制訂「香港長者生活關注指數」。指數能協助找出需要改善的地方，並推動建構香港成為長者及年齡友善城市的相關項目規劃。

The Global AgeWatch Index is a multi-dimensional index assessing the social and economic wellbeing of older people, which measures the progress of policy and practice on ageing population.

The CUHK Jockey Club Institute of Ageing has started to develop a local Index for Hong Kong ("Index") annually from 2015 to 2019. The Index helps identify areas for improvement and facilitate project planning for turning Hong Kong into an age-friendly city.

2

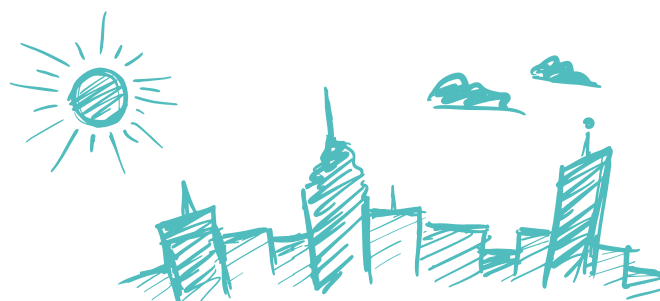
全方位地區支援計劃 Comprehensive Support Scheme for Districts

為了推廣「齡活城市」的概念及為地區帶來可持續的影響，馬會於2015年在八個地區（沙田、大埔、中西區、灣仔、九龍城、觀塘、離島、荃灣）試行全方位地區支援計劃。2017年，馬會將計劃擴展至全港十八區，與各區區議會及不同持份者合作，致力建構香港成為「齡活城市」。

四間本地大學的老年學研究單位組成專業支援團隊，協助聯繫地區持份者，並支援及提供建議予地區，從而推動社區提升長者及年齡友善程度。

To spread the momentum of building an age-friendly city and create sustainable impact on local communities, a Comprehensive Support Scheme for Districts has been piloted since 2015 in eight districts, namely Sha Tin, Tai Po, Central and Western, Wan Chai, Kowloon City, Kwun Tong, Islands and Tsuen Wan. In 2017, the Project has been extended to all 18 districts in Hong Kong. The Trust will collaborate closely with District Councils and other stakeholders to build Hong Kong into an age-friendly city.

Four gerontology research institutes of local universities have formed professional support teams to engage relevant stakeholders and provide support and advice to districts to improve their age-friendliness.



✿ **基線研究及專業支援：**四間大學的老年學研究單位採用一個共同框架，檢視各區的長者及年齡友善程度，並找出可改善的地方。專業支援團隊會為各區撰寫基線研究報告，與區議會共同制訂為期三年的行動方案，並支援區議會推行「齡活城市」的工作。

專業支援團隊亦會為區內的長者及其他市民提供培訓，以增加他們對長者及年齡友善城市的認識，並希望他們能成為「齡活大使」，協助推廣年齡友善及關愛長者的訊息。

✿ **地區計劃：**馬會會為每區撥款港幣一百五十萬元，分三年(即每年港幣五十萬元)資助各區舉行地區計劃，從而配合馬會的長者安老策略，與社區不同持份者共建「齡活城市」。

✿ **Baseline assessments and professional support:** A common framework of assessment has been developed to measure the age-friendliness of districts and identify areas of improvement. Professional support teams are responsible for preparing a baseline assessment report for each district. They will guide the District Council concerned to develop a three-year action plan and support District Councils in taking forward age-friendly initiatives.

The professional support teams also provide training to older people and other stakeholders in districts to enhance their understanding of age-friendly city concepts and encourage them to become ambassadors to spread age-friendly messages in the community.

✿ **District-based programmes:** The Trust will provide a total funding of \$1,500,000 to each district for three years (\$500,000 per year) for implementing district-based programmes. The Trust hopes to join hands with district stakeholders to build up the momentum of age-friendly city at community level through programmes which align with its Elderly Strategy.

全方位地區
支援計劃
Comprehensive
Support Scheme
for Districts

香港中文大學
賽馬會老年學研究所
CUHK Jockey Club
Institute of Ageing



香港大學
秀圃老年研究中心
Sau Po Centre on
Ageing, The University
of Hong Kong



嶺南大學
亞太老年學研究中心
Asia-Pacific Institute
of Ageing Studies,
Lingnan University



香港理工大學
活齡學院
Institute of Active Ageing,
The Hong Kong
Polytechnic University



葵青
Kwai Tsing
北區
North
西貢
Sai Kung
沙田
Sha Tin
大埔
Tai Po

中西區
Central and Western
東區
Eastern
南區
Southern
灣仔
Wan Chai
黃大仙
Wong Tai Sin

離島
Islands
荃灣
Tsuen Wan
屯門
Tuen Mun
元朗
Yuen Long

九龍城
Kowloon City
觀塘
Kwun Tong
深水埗
Sham Shui Po
油尖旺
Yau Tsim Mong



3 宣傳及公眾教育 Publicity and Public Education

馬會將聯同區議會、大學的專業支援團隊及地區團體舉行全港性宣傳和公眾教育活動。作為計劃的媒體夥伴，香港電台第五台會協助宣揚積極晚年，以及長者和年齡友善的訊息。

The Trust will implement territory-wide publicity and public education activities in collaboration with District Councils, professional support teams of universities and community partners. RTHK Radio 5 has been engaged as a media partner to raise public awareness on promoting active ageing and building an age-friendly city.

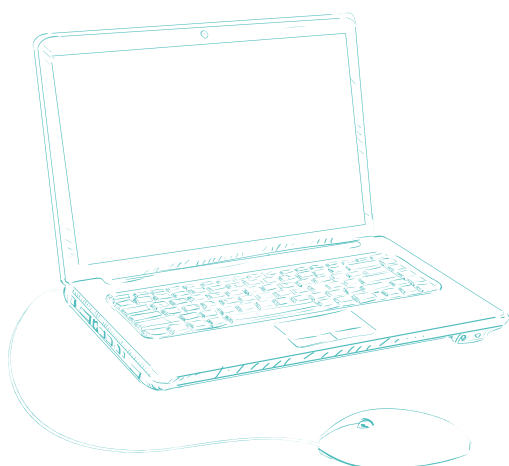
4 計劃檢討 Project Evaluation

計劃團隊會就地區計劃及整體「賽馬會齡活城市計劃」的成效進行評估，匯集建立長者及年齡友善城市的良好經驗，供不同地區參考。

Evaluation of district-based programmes and the entire Jockey Club Age-friendly City Project will be conducted. The best practices on building an age-friendly city will be consolidated and shared among districts.



有用連結 Useful Links



賽馬會齡活城市計劃網頁
Jockey Club Age-friendly City Project website:
<http://www.jcafc.hk>

香港電台第五台特別網頁
RTHK Radio 5 special webpage:
<http://rthk.hk/agefriendly>

香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust

香港賽馬會(「馬會」)是致力建設更美好社區的非牟利企業。馬會透過其結合世界級賽馬、有節制體育博彩及獎券，以及慈善及社區貢獻的綜合營運模式，創造可觀的經濟及社會價值，並協助政府打擊非法賭博。馬會是全港最大的單一納稅機構及最大慈善公益資助機構，也是全球最大慈善公益機構之一，透過其慈善信託基金將收益撥捐予慈善及社區項目。

馬會慈善信託基金致力與政府、非政府組織及社區機構攜手改善港人生活質素，同時為有急切需要的人士提供適切支援。此外，馬會慈善信託基金擔當積極的行善者角色，主動深入了解社會問題的根源，與不同界別機構合作開展慈善計劃，共謀創新的解決方案，回應社會需要。馬會慈善信託基金除持續捐助各類型慈善項目外，亦策略性地重點推動四大範疇工作，以促進社會長遠持續的發展：

啟發青年 — 迸發無限可能，創尋有夢未來

長者安老 — 助建年齡友善城市，推動長者身心健樂頤年

普及體育 — 注入創新元素，鼓勵全城起動，推廣體育精神

藝文共享 — 為香港注入藝術文化活力，豐富生活，推動創意共融

The Hong Kong Jockey Club is a not-for-profit enterprise dedicated to community betterment. Through its integrated business model of world-class racing, responsible sports wagering and lottery, and charity and community contribution, the Club generates substantial economic and social value and assists the Government in combatting illegal gambling. It is Hong Kong's largest single tax payer and largest community benefactor, as well as one of the world's largest charity donors. The Club allocates its surplus for charitable and community projects through its Charities Trust (the Trust).

Working with Government, non-governmental organisations and community partners, the Trust is committed to improving the quality of life of the people of Hong Kong, and providing immediate relief to those most in need. The Trust also proactively identifies and collaborates with its strong network of partners to initiate projects and pioneer innovative initiatives that anticipate future community and social needs. While the Trust continues to fund a wide range of projects, it is placing special emphasis on four areas of strategic focus:

Youth – Empowering youth for a hopeful future

Elderly – Building an age-friendly Hong Kong

Sports – Promoting active participation and sportsmanship. Making sports fun and accessible to all

Arts, Culture & Heritage – Building a culturally vibrant Hong Kong, enriching lives and promoting social inclusion



賽馬會齡活城市
Jockey Club Age-friendly City



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計劃夥伴 Project partners

