International Forum on Ageing-in-Place and Aged Friendly Cities

A Pilot Project – Home Safety Program to Facilitate Ageing-In-Place for Elderly Residing in the Local Housing Estates

Kenneth Au-Yeung
Manager
Housing Society Elderly Resources Centre, HKSAR, China
Housing in Hong Kong

Hong Kong Housing Society is one of the major public housing providers
Ageing Population in Hong Kong

Projection of the Hong Kong Population

1.4 million of Hong Kong population will be over 60 by 2013, it will increase to 2.6 million by 2030
Hong Kong Housing Society
Development of Elderly Housing & related Services

Chung Ling Shen

70’s

80’s

90’s

00’s

milestone
Service Delivery Concept

Ageing in Place

Housing
Including internal, external, and community environment and facilities.

Ageing
Including physical and psychosocial changes etc.

Behavior
Including life roles and activities of daily living habits, etc.

Promote Healthy Ageing
Promote Adaptive Housing
Promote Safe Living

Objectives

- To promote adaptive housing environment for elderly
- To promote safe and convenient lifestyle for elderly
- To promote health and active ageing for elderly
- To explore the roles and contributions of different professionals in Health, Social and Housing to enhance the Ageing in Place of elderly people in community
What is HSERC?

- Housing Society Elderly Resources Centre (HSERC)
- Established in 2005 with professional staffs in Occupational Therapy and Social Work to offer advices and resources to the elderly, carers and related professionals
- Promoted ageing in place in the community
- Services provide e.g. educational talks, functional screening, consultations, training, research and referral
Floor Plan & Facilities of the HKHS ERC

- Home Simulation Zone
- Assessment Zone
- Mock-up unit of the Senior Citizen Residences Scheme development
- Seminar room
- Library
- Research laboratory Consultation room
- Game Zone
- Outdoor Safety Exhibition Hall
What is DECC?

- District Elderly Community Centre (DECC) usually operated by NGOs in Hong Kong
- Provided neighborhood multi-social services for the elderly who lived in the designated districts.
- It was funded by Social Welfare Department of HKSARG.
What is Estate Management Office (EMO)?

- Estate management office (EMO) is responsible for the management of rental properties of HKHS.
- To provide facility management and maintenance services for the tenants in the rental estates, e.g. provision of security / cleaning / landscape services and daily routine / periodical maintenance works for the buildings.
- To carry out day-to-day operation in the housing estates e.g. tenancy management and income & expenditure control such as rental collection.
Pilot Project

- Two HS rental estates (LMSC and KTGE) were participated in the program.
- LMSC established in the 70s with 3,676 rental units and shopping and social services facilities.
- KTGE established in the 60s (phase II) and 80s (phase I) with 4,926 rental units and shopping malls and social services facilities.
Lok Man Sun Chuen

Kwun Tong Garden Estate
Issues

• To strengthen the coordination of elderly services between EMO and DECC in the community.
• To enrich EMO resources/professional knowledge to provide care services to their increasing elderly tenants.
• To widen NGO proper channel to access their service clients living in the housing estates.
• ERC was well established in centre services, but outreach services in the community need to be explored.
Background

• Funding from the Elderly Commission & Labor & Welfare Bureau was allocated to HS to start a two-years pilot project.
• It aimed at enhancing the quality of life of elderly who are lack of social network or support in the housing estates.
• Overall participants of the project were 348 elderly people.
Home Safety Program

1. To promote adaptive housing environment for elderly tenants (one of the program in the project)
   - a fall risk screening program was carried out to identify high risk elderly tenants
   - OT visited the elderly households and found out any home hazards of these elderly tenants
   - Referred to EMO for minor fitting-out work and maintenance services if necessary
2. To promote safe and convenient lifestyle
   - Trained community volunteers to visit the elderly at home in order to identify any risk behaviors or habits of elderly tenants
   - Conducted home safety survey and education to the elderly tenants
   - OT taught about energy conservation techniques or modify their lifestyles in order to avoid risk taking behaviors
   - Volunteers regular phone follow up on home safety issues
3. To promote healthy and active ageing
   - Elderly tenants were invited to join the social program.
   - Social programs were organized at designated areas such as, centre areas or lift lobby of the estates.
   - Home visits and phone call facilitate the one-to-one relationship between the elderly tenants and community volunteers.
   - Outdoor activity and seasonal celebrations were organized to engage the elderly into formal community social services.
20 June 2007
Volunteer Visit (First Time):
Home Safety Survey and Education

Occupational Therapist Home Visit:
Assessment and Modification

Volunteer Home Visit (Second Time):
Home Safety Education

High Fall Risk

Low Fall Risk

Mass Fall Screening

Educational Talks and on-site Consultation Services

Volunteer Regular Phone Call on Home Safety
### Results (from Jan 08- Mar 09)

<table>
<thead>
<tr>
<th>Items</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall screening case no.</td>
<td>178</td>
</tr>
<tr>
<td>High fall risk elderly no.</td>
<td>62</td>
</tr>
<tr>
<td>OT home visited household no.</td>
<td>27</td>
</tr>
<tr>
<td>Home modification cases no.</td>
<td>14</td>
</tr>
<tr>
<td>Required aids/equipments at homes cases no.</td>
<td>23</td>
</tr>
</tbody>
</table>

- Home modification cases no. 14 mainly handrails installation
- Required aids/equipments at homes cases no. 23 includes: non-slip mattress, night-light
Fall screening program

Soup program at the lift lobby
## Results

<table>
<thead>
<tr>
<th>Items</th>
<th>Items Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteers recruited in the program</td>
<td>48</td>
</tr>
<tr>
<td>Volunteer home visits no.</td>
<td>48</td>
</tr>
<tr>
<td>Elderly tenants’ satisfaction towards the volunteers’ delivery of safety education</td>
<td>40% satisfy; 60% very satisfy</td>
</tr>
<tr>
<td>Elderly tenants’ satisfaction upon volunteers’ visits</td>
<td>30% satisfy; 70% very satisfy</td>
</tr>
<tr>
<td>Volunteers phone follow up frequency</td>
<td>965</td>
</tr>
</tbody>
</table>
Role of ERC

- ERC
  - Adopted the quick screening tool for assessing the fall risk of the elderly tenants
  - Developed home survey form and training of volunteers
  - Coordinated the program and facilitated the smooth cooperation between EMO and DECC
Role of DECC

- Recruited and assisted in training of volunteers
- Provided social services and support e.g. cleaning services and wheels-on-meals
- Provided follow up services to the high fall risk elderly after the project end
Role of EMO

- Identified and sent invitation letters to the targeted elderly tenants
- Promoted the program inside the estates for recruiting elderly participants and volunteers
- Carried out fitting-out work for the home modification
Outcome

- Facilitated the formation of services platform between ERC + EMO+ DECC in the community.
- Mobilized the residents’ participation to care about the elderly in the community.
- Increased the awareness of home safety, active ageing, ageing process among the tenants and officers.
- Build and develop social capital in the ageing housing estates to sustain the caring for the elderly in the community.
Conclusion

- Preliminary application of AIP concept in the community elderly services was successful.
- Housing, Ageing and Behavior were selected to be the key elements of the concept.
- Indicators for successful AIP under this framework should be explored.
- More collaborations and cooperation of related professionals under this framework to testify the concept.
Thank You