

賽馬會齡活城市 「全城·長者友善」計劃

Jockey Club Age-friendly City Partnership Scheme



賽馬會齡活城市
Jockey Club Age-friendly City

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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

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感言 Message



老齡化是全球一個重要的社會議題。香港賽馬會慈善信託基金（「馬會」）一直十分關注長者的生活質素，將「關愛長者」納入為其中一個慈善策略範疇，積極支持及主導開展多項先導計劃，致力建構香港成為長者及年齡友善城市。

為了應對這個重大議題所帶來的挑戰和機遇，馬會於2015年撥款1億9,000多萬港元，主導推行為期五年半的「賽馬會齡活城市計劃」，聯同四間本地大學的老年學研究單位，在全港18區提倡長者及年齡友善文化。

計劃自開展以來，已招募了逾1,050名齡活大使，協助在社區傳遞長者及年齡友善城市的信息。此外，超過80項地區項目已在各區相繼實施，長者及公眾受惠人數達74,000名。今年，全港18區均已全部完成加入世界衛生組織「全球長者友善城市及社區網絡」參與地區的申請程序，當中17區更已獲世衛認可為網絡的其中一員，充分肯定各方多年來在長者服務方面的努力成果。

「賽馬會齡活城市計劃」於去年更啟動「『全城•長者友善』計劃」，以促使社會各界人士進一步推廣長者及年齡友善的風氣。首屆計劃獲得各界大力支持及踴躍參與，冀望能對業界起到積極的示範作用，推動更多機構加入計劃的行列，喚起社會對長者的尊敬及關愛，建立齡活城市的新面貌。

展望將來，除了鼓勵各行各業引入更多不同的長者及年齡友善業務外，我們還期望各界企業能夠在充滿潛力的銀髮市場中找到新機遇，與我們攜手邁進智齡新時代。

張亮先生

香港賽馬會
慈善及社區事務執行總監
二零一九年六月

The world is facing a major social issue due to its ageing population. As a long-standing carer of senior citizens' quality of life, The Hong Kong Jockey Club Charities Trust has designated "the Elderly" as one of its strategic focus areas, and has been supporting and initiating a number of pilot projects to help build Hong Kong into an age-friendly city.

Among these is the Jockey Club Age-friendly City Project, a five and a half year initiative launched in partnership with four local gerontology research institutes in 2015, in response to the challenges and opportunities arising from this global issue. With cumulative Trust funding of over HKD190 million, the project is aimed at fostering an age-friendly culture across all 18 districts of Hong Kong.

Since its inception, more than 1,050 Age-friendly Ambassadors have been recruited from all districts of the city to help deliver age-friendliness messages. In addition, more than 80 district-based programmes have been implemented, benefiting as many as 74,000 citizens, including the elderly. All 18 districts have now completed their application to join the World Health Organization (WHO) Global Network of Age-friendly Cities and Communities, of which 17 have already been certified by the WHO as members of the Network, in recognition of the tremendous efforts made by different partners of the districts in elderly services over the years.

Last year, we launched the Jockey Club Age-friendly City Partnership Scheme, aimed at engaging different stakeholders of society, to further enhance age-friendliness in the community. Encouragingly, the inaugural Scheme has received positive responses and wide participation from various sectors. Our hope is that this will proactively create a demonstration effect and attract more merchants or organisations to join the Scheme, thereby arousing respect and care towards the elderly, and fostering a more age-friendly environment.

Looking ahead, we will continue to encourage a whole range of businesses and industries to adopt more age-friendly practices, whilst urging various industry participants to explore the huge potential and new opportunities in the city's silver market. We look forward to working together to bring Hong Kong into a new era as a Smart Ageing City.

Mr. Leong Cheung

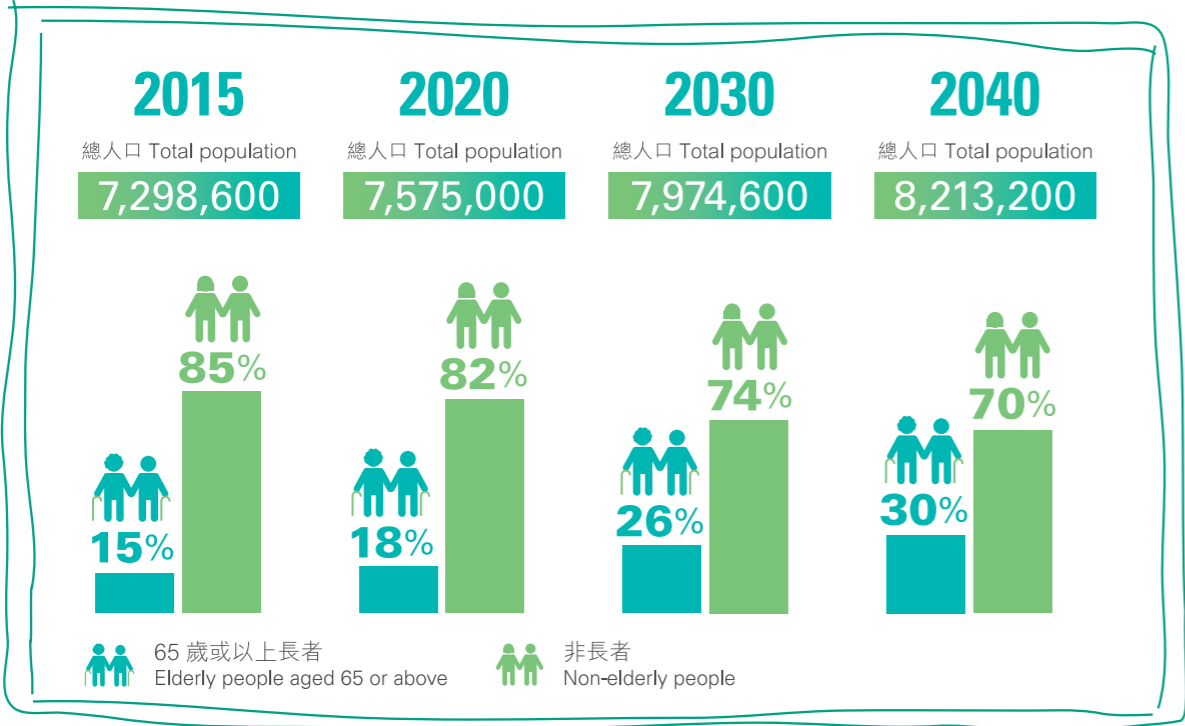
Executive Director, Charities and Community
The Hong Kong Jockey Club

June, 2019

香港人口老化的挑戰 The Ageing Challenge in Hong Kong

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

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



*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。根據政府最新推算，到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 reach 8.2 million in 2040 with about 2.5 million of them being elders aged 65 or above.

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一直擔當積極、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，目標是延長長者健康及活躍的時期，從而擁有更豐盛的人生。

長者安老策略涵蓋四個策略重點，包括：(1) 運動、營養及預防保健；(2) 就業及志願服務；(3) 跨代和諧；以及(4) 精神健康。建構香港成為長者及年齡友善城市橫跨各策略重點，並為長者安老策略提供行動基礎。

The Hong Kong Jockey Club Charities 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 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.

There are four strategic priority areas under the strategy, including: (1) exercise, nutrition and preventative health; (2) employment and volunteering; (3) intergenerational harmony; and (4) mental wellness. Building Hong Kong into an age-friendly city spans across all strategic priority areas of the Trust's Elderly Strategy and provides a foundation for actions.

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

為應對人口老化帶來的挑戰和機遇，香港賽馬會慈善信託基金自2015年起，聯同本地四間老年學研究單位，包括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「賽馬會齡活城市計劃」。

有關計劃旨在為全港十八區評估社區的長者及年齡友善程度，在社區推動年齡友善的風氣；建立地區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，加深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」。

賽馬會齡活城市計劃推行至今，已就長者及年齡友善議題在全港18區進行基線研究。目前已有超過80項地區計劃施行，約有74,000名長者及公眾受惠。賽馬會齡活城市計劃亦已在18區招募超過1,050名齡活大使，以協助計劃在區內傳遞長者及年齡友善城市的信息。有關更多「賽馬會齡活城市計劃」的資訊，請瀏覽www.jcafc.hk。

賽馬會齡活城市計劃亦鼓勵、並協助區議會加入「世界衛生組織—全球長者及年齡友善城市及社區網絡」。該網絡提供一個全球信息交流平台，通過分享經驗及互相學習共同發展齡活社區。截至2019年5月，全港18區已完成加入網絡的申請。

In response to the challenges and opportunities arising from the city's ageing population, the Hong Kong Jockey Club Charities Trust ("The Trust") has implemented the Jockey Club Age-friendly City Project ("JCAFC Project") since 2015 in partnership with four gerontology research institutes in Hong Kong, i.e. 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.

The JCAFC Project aims to build momentum in districts to develop an age-friendly community, recommend a framework for districts to undertake continual improvement for the well-being of our senior citizens, arouse public awareness and encourage community participation in building an age-friendly city in Hong Kong.

Since inception, the JCAFC Project has conducted baseline assessment studies on age-friendliness for 18 districts. More than 80 district-based programmes have been implemented, benefiting around 74,000 elderly and general public. The Project has also recruited over 1,050 AFC ambassadors from 18 districts who have been supporting to promote the AFC messages in the community. For more info about JCAFC Project, please visit www.jcafc.hk.

The JCAFC Project has also encouraged and assisted District Councils to join the WHO Global Network of Age-friendly Cities and Communities. The Network provides a global platform for information exchange, experience sharing, and mutual learning to make communities more age-friendly. As of May 2019, all 18 districts across the territory have completed and submitted their application to join the network.

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。世界衛生組織於2005年開展「全球長者及年齡友善建設計劃」，並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 Organisation launched the Global Age-friendly Cities Project in 2005, while it 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

為鼓勵社會各界人士共同建構長者及年齡友善城市，以顧及不同年齡人士所需，賽馬會齡活城市計劃推出「賽馬會齡活城市－『全城・長者友善』計劃」（「計劃」），廣邀商界及公營機構共同推行長者及年齡友善措施。

In order to encourage different community sectors in building an age-friendly city, the Jockey Club Age-friendly City Project has launched the “Jockey Club Age-friendly City Partnership Scheme” (“Scheme”) by engaging different stakeholders, including business community and public sector, to adopt age-friendly practices in Hong Kong.

計劃目標 Objectives of the Scheme



鼓勵社會各界持份者，包括商界、政府部門及公營機構等，攜手建立年齡友善文化，並在社區建設年齡友善環境；

To encourage different community stakeholders, including the business sector, government departments and public bodies, to develop an age-friendly culture and build an age-friendly environment in the community



為長者及中高齡人士提供有用的資源及資訊，讓他們在社區積極享受老齡生活

To provide useful resources and information to older people and the soon-to-be-olds to enjoy an active ageing lifestyle in the community



提高公眾對齡活城市重要性的認知，並帶動公眾尊重長者

To arouse public awareness over the importance of an age-friendly city and motivate the public to respect older people

計劃概覽及獎項 Scheme Overview and Awards

第一部分 – 計劃標籤

Part I – Scheme Sticker

參與計劃的公司或機構需實行至少一項長者及年齡友善城市措施或活動，便可獲發計劃證書及標籤，以表揚其參與及發揚香港年齡友善文化的貢獻。

Participating companies or organisations which have adopted at least ONE age-friendly practice, would receive a set of Scheme's certificate and age-friendly stickers as recognition of their participation and contribution to promote an age-friendly culture in Hong Kong.

第二部分 – 特別大獎

Part II – Special Awards

為表揚公司或機構在推廣年齡友善文化上的傑出表現，計劃特設七項特別大獎，包括：

To recognise companies or organisations which have demonstrated outstanding performance in promoting an age-friendly culture, seven Special Awards have been set up under the Scheme including:



齡活創意大獎 Age-friendly Innovation Award

表揚獲獎企業或機構在設計及提供針對長者需要的創新產品或服務上所作出的努力
To recognise the awardees' efforts in designing and providing innovative products or services which specifically cater for the needs of older people



齡活就業大獎 Age-friendly Employer Award

表揚獲獎企業或機構在鼓勵退休人士重投職場所作出的貢獻
To recognise the awardees' continuous efforts in encouraging retirees to re-join the workforce



齡活設施大獎 Age-friendly Facilities Award

表揚獲獎企業或機構為長者提供便利和完善的設施
To recognise the awardees' contribution in providing accessible, well-maintained facilities which specifically cater for the needs of older people



齡活商業大獎 Age-friendly Business Award

表揚獲獎企業或機構推出年齡友善的服務或產品，從而開發新的業務組合，帶動商機
To recognise the awardees' efforts in introducing age-friendly services or products so as to form a new business model



友善人情大獎 Our City's Story Award

表揚獲獎企業或機構透過推行年齡友善措施譜出勵志故事，並為推廣本港的年齡友善文化帶來正能量
To recognise inspiring story developed under the awardee's age-friendly initiatives that has a great impact on promoting age-friendly culture in Hong Kong



齡活協作大獎 Age-friendly Collaborator Award

表揚獲獎企業或機構能透過運用各方資源（如內部人力資源、與其他商業或非牟利機構合作），從而持續推動或實踐惠及長者的年齡友善措施或活動
To recognise the awardees' contribution in mobilising different resources (e.g. internal manpower, joint collaboration of business sector or non-profit sector) to launch age-friendly initiatives or practices that benefit the older people on a sustainable basis



我最喜愛的全城・長者友善計劃大獎 My Favourite City Partnership Scheme Award

表揚公眾人士最喜愛的年齡友善措施、活動、產品或服務
To recognise the public favourite age-friendly practices/activities

特別大獎之評審團包括「賽馬會齡活城市計劃」諮詢委員會成員，以及計劃夥伴、政府和非政府機構之專業代表。評審團根據年齡友善措施的(1)創意及創新性、(2)對社會的影響、(3)資源投放、(4)項目之可持續性，以及(5) Facebook公眾投票，評估參與公司或機構的表現。

The judging panel of the Special Awards includes members of the Advisory Committee of JCAFC Project, professional experts from Project partners, government officials and NGOs. Judging criteria including (1) Creativity and innovation, (2) Social impact, (3) Resources devoted, (4) Sustainability of the project, and (5) Public voting on Facebook.



齡活創意大獎 AGE-FRIENDLY INNOVATION AWARD

必靈科技有限公司 BNET-TECH Company Limited 優杖 STICKu

優杖的外形新穎，但仍有著與坊間拐杖同等的堅硬性及支撐性，而且省去不必要的按鈕，令使用者不必惱記及學習各按鈕的使用。除此之外，優杖會因應不同環境因素，全智能開關各項功能，包括暖手及照明等；並且可配合智能手機及互聯網，於緊急情況下迅速通知長者的親人，加強保障長者安全。故優杖的產生乃為了提升和改善長者的生活質素及其照顧者的壓力。

STICKu is a multi-functional smart stick for the elderly, aiming to reduce their risk of falling. It is also hoped that the elderly will be more willing to use the stick which has a more stylish design and multiple functions. It includes an alarm system linked to the mobile application, which can automatically alert people nearby and caretakers of the user if the stick drops and is not picked up. The stick also carries warming and lighting functions which will be automatically turned on and off when there are changes in the temperature and lighting conditions.

Microsoft 香港有限公司 Microsoft Hong Kong Limited 智能鏡子 MirrorGotchi

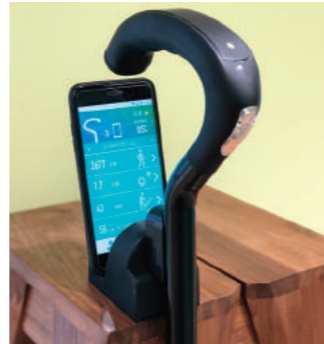
Microsoft Hong Kong與香港通訊合作研發出MirrorGotchi智能鏡子，透過Microsoft Azure 人工智能和雲端科技，長者只需站在鏡子前，MirrorGotchi便能自動辨識長者當時的面部表情。而透過連接手機應用程式及其他健康器材，親友或照顧者便可接收鏡子使用者的情緒及健康狀況訊息。透過簡單觸碰鏡子，長者便可以使用內置的Skype視像通話，與遠方親友「面對面」通訊。而MirrorGotchi亦提供免費新聞及天氣資訊，以及一按緊急求助鍵，方便長者連繫社區。

Microsoft Hong Kong and Hong Kong Communications (HKC) have jointly developed the MirrorGotchi. Based on Microsoft Azure Artificial Intelligence and Cloud Technology, the elderly just need to stand in front of the MirrorGotchi, it will automatically detect the elderly's facial expression. After connected with mobile APP and other healthcare devices, caregiver can receive the mirror user's emotion and healthcare notifications. The elderly can use the infused one-touch Skype video call function to communicate with friends and relatives "face to face". Moreover, MirrorGotchi also provides news and weather forecast free of charge and provides an alert button for emergency notification.

香港中華煤氣有限公司 The Hong Kong and China Gas Company Limited 煮播 Chef Anchor

「煮播」是商社合作之跨專業協作項目，以香港聖公會福利協會於醫療服務方面的專長及強大地區網絡，配合煤氣公司業務優勢及義工網絡，以嶄新和有效的方法回應社會需要。計劃由職業治療師、社工及烹飪導師聯手設計，將「煮飯」以創意轉化為生活化的認知訓練，為輕度認知障礙患者提供早期介入，延緩退化。由煤氣公司借出設備完善的烹飪中心作上課地點、招募義工培訓成指導員，福利協會招募合適參加者並提供專業檢測，至今已服務逾160位患者。計劃更特別設計安全煮食歌曲、認知訓練食譜及成立義工服務隊，以多元服務支援患者及其家人，同時將服務推展至社區，擴大受眾層面。計劃更舉辦兩次發佈會，藉雙方網絡平台加強宣傳，提升社會大眾對認知障礙症的認識及關注。

"Chef Anchor" is a multidisciplinary programme launched by social welfare and business sector. The Hong Kong Sheng Kung Hui Welfare Council Limited (the Welfare Council) and The Hong Kong and China Gas Company Limited (Towngas) joined hands to respond to this social need by using innovative methods. Occupational therapists and social workers of Welfare Council, as well as Towngas cooking instructors and volunteers worked together, launched a collaborative cooking programme, "Chef Anchor", to offer training to MCI participants at Towngas' well-equipped Cooking Centre. Over 160 elderly have participated in the programme so far. The programme is further enhanced with the launch of Hong Kong's first cognitive training cookbook, "I Can Cook", and the establishment of the first corporate volunteer team to visit elderly people with MCI, aiming to alleviate the pressure suffered by families and carers.



齡活就業大獎 AGE-FRIENDLY EMPLOYER AWARD

銀杏館 Gingko House 促進「長者就業・豐盛耆年」 Support Senior Employment, Enjoy Life Enrichment

《銀杏館》是香港首間推動「長者就業」的社企，藉餐飲業工種多的特點，聘請長者擔當不同崗位。逾十年來開拓發展，目前業務除了六間餐館，還有有機農莊、零售產品、到會服務及「溫的風長者樂隊」等，致力讓長者「豐盛耆年」。

"Ginkgo House" is the first social enterprise in Hong Kong aiming at supporting "Senior employment". The catering services allow Ginkgo House to create numerous positions for the seniors. For more than a decade, the company has been growing. Today, besides extending to six restaurants, the company also has its own organic farm, retail products, catering service and the "Wonderful Band" mainly composed of seniors.



香港上海滙豐銀行有限公司 The Hongkong and Shanghai Banking Corporation Limited 滙豐「智醒老友記」計劃 HSBC Smart Senior Programme

滙豐銀行的「智醒老友記」計劃於2010年正式啟動，現聘有超過一百七十名退休人士於分行內工作。通過這個計劃，滙豐銀行希望可以製造更多工作機會給予想繼續投身社會服務的長者，同時亦可以提升銀行的客戶服務質量。老友記在分行內主要的職責是協助長者及有需要人士使用「關愛櫃位」和自動櫃員機服務，招待並將客戶引導至相應的服務櫃台或職員。

Established in 2010, HSBC's Smart Senior programme in Hong Kong currently has more than 170 retirees distributed across its retail branches. It offers retirees who still want to work an opportunity to do so and strengthens the quality of the Bank's customer service. The major job responsibilities of Smart Seniors are to promote the use of the Community Caring Corners, promote and demonstrate the use of ATM for elderly at the Corners and greet customers and direct them to the appropriate queues, counter and/or sales and service staff.



九龍倉置業地產投資有限公司 Wharf Real Estate Investment Company Limited 醒目知心大使計劃 Bright Senior Ambassador (BSA) Programme

「醒目知心大使計劃」在海港城、時代廣場及荷里活廣場自2010年起已推出，為退休長者提供重投社會的機會。受聘的長者在商場提供流動顧客服務，向顧客推介場內好去處及解答客人一般查詢與疑難。計劃除了讓長者發揮他們成熟處事的特點，亦與公司年輕一輩互相學習提升服務水平，為顧客提供更稱心的服務，達到社會共融。

Wharf Estates Limited has launched the "Bright Senior Ambassador (BSA) Programme" since 2010 as one of the corporate social responsibility initiatives. It offers re-employment opportunities for retired citizens who would like to extend their contribution to the society. BSAs at Harbour City, Times Square, and Plaza Hollywood are responsible for handling enquiries and offering assistance to shoppers and tourists in the shopping malls. With their diversified background and wealth of experience, they can bring pleasant shopping experience to our customers and widen the horizon of our colleagues.





齡活設施大獎 AGE-FRIENDLY FACILITIES AWARD

新世界第一巴士服務有限公司及城巴有限公司
New World First Bus Services Limited and
Citybus Limited

新巴城巴長者友善車廂

NWFB and Citybus Age-friendly Bus Compartment

作為每日載客超過100萬人次的公共交通工具，新巴城巴一直聆聽及廣納長者的可行意見，多年來持續締造長者友善車廂空間，由提升車廂內的乘客資訊配套，換上優先座、加裝連續性扶手柱等，到車長的服務態度，均細意照顧長者需要。

Carrying over one million passengers daily, New World First Bus ("NWFB") and Citybus have always been striving to make bus services accessible to all. The Companies listen to views of seniors on bus compartment design and adopt suggestions which are feasible. A wide range of barrier-free facilities on all buses has been actively introduced, including useful and handy passenger information, priority seats and coherent railings from boarding to alighting. Cultivated with a caring mindset, our quality bus captains accommodate to needs of seniors on their every bus trip.



九龍倉置業地產投資有限公司
Wharf Real Estate Investment Company Limited

長者免費乘船優惠及配套

Free Rides and Barrier-free Facilities for the Elderly

自1992年起，天星小輪一直提供免費搭乘優惠予65歲或以上的長者，並且不經政府補貼。乘客使用長者八達通即享免費乘船優惠。至今，受惠乘客已逾1,500萬人。為方便長者，候船區及船上皆設置優先座位，亦設有方便輪椅使用人士的求助鈴。

Since 1992, The "Star Ferry" has been offering free rides for elderly passengers aged 65 or above, a programme that is not government subsidised. They can enjoy free rides on ferry services by using the Elder Octopus Card. To date, over 15 million passengers are benefited. To facilitate the elderly citizens, priority seats are provided in both ferries and the waiting concourses at piers. Call bells for wheelchair users are installed.



建華(街市)管理有限公司
Uni-China (Market) Management Ltd

長者友善街市 Age-Friendly Market

建華(街市)管理有限公司一直支持推動「長者友善社區」，持續投放資源優化街市內外的設施、環境及服務，打造「長者友善街市」，以切合長者的實際需要，為締造長者宜居的社區出一分力。

Uni-China (Market) Management Ltd. has been supporting the promotion of Age-Friendly Community. The Group continues to devote resources to optimise the facilities, environment and services of the markets, creating Age-Friendly Market. The approaches of the Group can fit in with the needs of the elderly, helping to build a friendly community for the aged.



齡活商業大獎 AGE-FRIENDLY BUSINESS AWARD

好好生活 HOHOLIFE

HOHOLIFE 好好生活 一創意銀髮生活用品概念店

HOHOLIFE - Innovative Silver Lifestyle Concept Store

HOHOLIFE的社會目標為推動「活齡」、以創新設計令長者「居家安老」，逾百產品包括外出輔具、視聽、居家防跌等，亦為長者提供家居評估及照護服務，和機構合作推出銀髮市場推廣、高齡友善改善方案、共建長者友善社區。

HOHOLIFE's social mission is to promote active aging and support our seniors to age-in-place by means of our hundreds of innovative lifestyle products, including mobility, reading, hearing, home safety, daily living, etc. HOHOLIFE also offers professional home assessment and elderly care service for elderly while collaborating with corporate to launch silver market promotions and age-friendly facilitate modification consultations in order to build an age-friendly community together.



CSL Mobile Limited

Smart爸媽手機教室

Smartphone Workshop

csI在講求前瞻性的電訊行業，總會比其他人走得更前，針對不同客戶群，提供用戶意想不到的嶄新服務。自2012年起，csI每年均會舉辦精彩工作坊給Smart爸媽。在活動當中，csI的專業團隊會一對一教授長者如何善用手機，影相及利用 Whatsapp等手機應用程式與家人傳遞溝通，務求讓爸爸媽媽輕鬆掌握最新手機知識。

csI provides high-performance network service based on cutting-edge technology. csI constantly strives to develop products and services beyond the expectations of customers in order to meet their ever-changing needs. For example, csI has been running workshops for senior citizens since 2012, providing one-to-one tutorial on how to get the best from their smartphones.

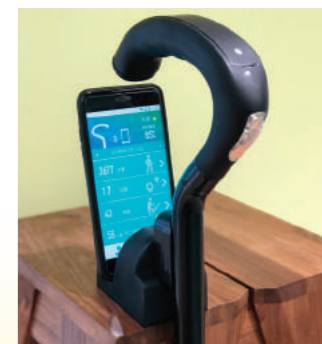


必靈科技有限公司 BNET-TECH Company Limited

優杖 STICKu

優杖的外形新穎，但仍有著與坊間拐杖同等的堅硬性及支撐性，而且省去不必要的按鈕，令使用者不必惱記及學習各按鈕的使用。除此之外，優杖會因應不同環境因素，全智能開關各項功能，包括暖手及照明等；並且可配合智能手機及互聯網，於緊急情況下迅速通知長者的親人，加強保障長者安全。故優杖的產生乃為了提升和改善長者的生活質素及其照顧者的壓力。

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友善人情大獎 OUR CITY'S STORY AWARD

香港中文大學醫學院那打素護理學院 The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong

構建富善長者安居圖寶網

Fu Shin Community Asset Networks for Ageing in Place

計劃以「醫、福、社、商」協作模式，以健康為介入點，為大埔富善邨的長者建立社區互助支援網。計劃透過促進區內有需要的長者及其照顧者之間的溝通與互動、增加居民義工及護理學院學生對有需要長者的關注、同時藉著社區資本發展委員會，連結夥伴共同制訂回應區內長者需要的策略，並透過社區護士診所和轉介系統，讓長者於區內處理健康需要，達致居家安老。

Adopting the “medical-social-community-business” collaboration model and using health as an intervention point, the project builds a community mutual support network for the elderly in Tai Po District. It promotes communication and interaction between the elderly in need and their carers, arouses the awareness of the needs of the elderly among the resident volunteers and the nursing students, links up with partners through the ABCD Committee to formulate strategies in response to the needs of the elderly, and enables the elderly to tackle health needs in the community with the help of community nurses' clinics and referral systems.

香港公開大學，護理及健康學院 School of Nursing & Health Studies, The Open University of Hong Kong

賽馬會社區守望相助課程

Jockey Club Home Health Watch Programme

「賽馬會社區守望相助課程」是一個免費的健康義工訓練課程。為義工提供基本健康知識及照顧技巧的訓練，使他們成為健康義工，為社會上有需要人士提供健康支援。至2014年起，已經有多於1,500位義工完成訓練，而當中更有大部分是長者義工。

“The Jockey Club Home Health Watch Programme” is a free health volunteer training programme. It aims at providing training to health volunteers about basic healthcare knowledge and caring skills, so that they can provide basic health support to needy people in the community. Since 2014, we have provided training to over 1,500 volunteers. Most of the trained volunteers are elderly people.

香港基督教女青年會 YWCA

安居通 Y Silver Link

香港基督教女青年會開辦Y Silver Link安居通，為長者提供新穎又實用的生活用品及專業服務。安居通聘用長者擔任「優質生活顧問」，負責店鋪運作及舉辦講座及展覽，以長者的經驗及角度介紹用品及宣揚長者家居生活資訊。讓長者繼續發揮能力，實踐「豐盛耆年」的精神。

Targeting the robust silver market, Y Silver Link was launched by HKYWCA to provide sale of elderly living products and a series of “elderly home service” for the new elders. Elders are employed as “Senior Home and Living Consultant” to take charge of the store daily operation and regularly organise talks and exhibitions in different organisations. Elder consultant can share their personal experiences and perspectives on different types of silver products, which in a way to meet the needs of an aging society.



齡活協作大獎 AGE-FRIENDLY COLLABORATOR AWARD

政府資訊科技總監辦公室 Office of the Government Chief Information Officer

全城長者數碼共融措施

Territory-wide Digital Inclusion Initiatives for the Elderly

政府資訊科技總監辦公室一直致力推行各項數碼共融措施，包括與不同界別合作推行長者數碼培訓和外展計劃，鼓勵非牟利機構開發專為長者而設的流動應用程式，以及推廣無障礙網頁，以鼓勵長者應用資訊及通訊科技和投入智慧生活。

The Office of the Government Chief Information Officer has been striving to implement various digital inclusion initiatives, including collaborating with different sectors to implement ICT training and outreach programmes for the elderly, encouraging non-profit-making organisations to develop mobile apps that cater for the elderly and promoting web accessibility, thereby encouraging them to adopt ICT and inspiring them to embrace smart living.

建造業運動及義工計劃

Construction Industry Sports & Volunteering Programme (CISVP)

建義勇為 Get in Gear

建造業運動及義工計劃積極宣揚「建義勇為」的精神，鼓勵業界善用專長服務社會。建造業義工為有需要的長者提供家居維修和搬屋服務、探訪及關懷獨居長者、維修家庭電器及更換燈膽；亦協助社區老人院舍維修、派送福袋及一日遊義工服務。

The Construction Industry Sports & Volunteering Programme encourages practitioners' participation in volunteering services to give back to society using their professional skills. Services include home repair and moving services for the elderly, visits to the elderly living alone, electrical appliance repair and lightbulb replacement. CISVP volunteers also assist communities in organising maintenance services for residential care homes, giving away fortune bags and volunteering for day-tour services.

香港基督教女青年會新創建青健坊(北區) YWCA NWS Y-Care Centre (North District)

「新創建青健坊(北區)」以「全方位健康生活」為理念，提供長者日間護理及復康治療，並設有服務專車接送長者，滿足區內服務需要，紓緩護老者的壓力。中心同時連繫不同持份者，推動以中心為基地的活齡護老項目，包括外展義工服務等，形成一跨界別平台，讓更多長者及護老者受惠。

Under the service philosophy of “All-rounded Healthy Life”, the NWS Y-Care Centre provides a diverse range of services ranging from day care service, rehabilitation therapy to cognitive training. Rehabilitation bus service is also available for those living in remote areas. The impact of the services has further maximised with the support of volunteer outreach activities, as a result cater to both physical and psychological needs of the elderly and help ease the burden of their care-takers.



政府資訊科技總監辦公室
Office of the Government Chief Information Officer



香港基督教女青年會
新創建青健坊(北區)





我最喜愛的全城・長者友善計劃大獎 MY FAVOURITE CITY PARTNERSHIP SCHEME AWARD

政府資訊科技總監辦公室

Office of the Government Chief Information Officer

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特別嘉許 HONOURABLE MENTION

文化村 Culture Homes

全新咀嚼及吞嚥飲食方案 - 帶領軟餐新潮流

New Solution for Dysphagia Diet - Creating Delectable Softmeal Diets for Elders

為了讓長者可以安全享受日常飲食及重拾節日美食的回憶，文化村從日本引入的吞嚥輔助食品，把日常的餐點原汁原味原狀轉化為安全的軟餐，重塑廣東經典美食包括叉燒飯、湯圓、年糕、煎釀三寶，讓他們重拾久違了的滋味和飲食的樂趣，並給予長者有尊嚴的飲食方案！

Culture Homes has introduced softmeal diet in Hong Kong for elders and sufferers with swallowing issues. Softmeal enables elders to enjoy food in its original flavor and shape but in a safer and more enjoyable way. We localised recipes to fit the Chinese culinary culture, and recreated nostalgic Cantonese softmeal dishes, such as the Hong Kong Style BBQ pork, Chinese glutinous dumplings, Chinese turnip cakes and traditional street food. At Culture Homes, we strive to help elders to savor local flavors they haven't enjoyed for years and provide them with an alternative meal option so they can eat with dignity.

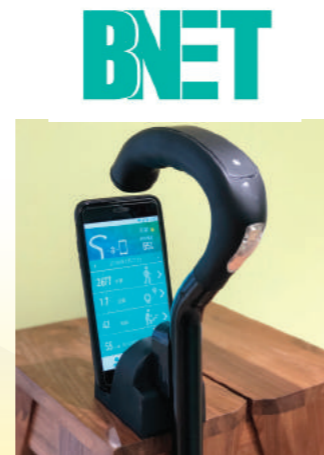


必靈科技有限公司 BNET-TECH Company Limited

優杖 STICKu

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計劃參與公司/機構

Participating Companies / Organisations of the Scheme

教育機構 ACADEMIC



香港公開大學長者學苑 Elder Academy, OUHK

為長者提供學習課程及活動
Provide learning courses and activities for elderly



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

香港理工大學活齡學院致力以跨學科教育、研究及實踐，促進積極老齡化

IAA is an interdisciplinary research and academic centre for the advancement of knowledge and practice to facilitate active ageing

查詢 Enquiry
電話 Tel: +852 3400-8970 電郵 Email: dhiaa@polyu.edu.hk
網址 Website: <http://iaa.apss.polyu.edu.hk>



嶺南大學持續進修學院
LINGNAN INSTITUTE OF FURTHER EDUCATION

嶺大長者學苑 LingnanU Elder Academy

提供多元化長者及年齡友善服務，包括嶺南大學的旁聽生課程，銀髮第三齡課程和服務研習課程

Provide various age-friendly services, including sit-in Programmes in Lingnan University, Practical Courses and Service-Learning Programme

查詢 Enquiry
電話 Tel: +852 2616-8606 電郵 Email: luea@ln.edu.hk
網址 Website: <https://life.ln.edu.hk/tc/programme/post/354/7149>



香港公開大學，護理及健康學院 School of Nursing & Health Studies, The Open University of Hong Kong

賽馬會社區守望相助課程
Jockey Club Home Health Watch Programme

查詢 Enquiry
網址 Website: <https://hwh.ouhk.edu.hk>



香港中文大學醫學院那打素護理學院 The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong

構建富善長者安居圖寶網
Fu Shin Community Asset Networks for Ageing in Place

查詢 Enquiry
網址 Website: <http://abcd.nur.cuhk.edu.hk>

商業機構 BUSINESS



A.S. Watson Group
屈臣氏集團

屈臣氏集團
A.S. Watson Group

「喜安心」及「躍動人生」計劃
“Heart Connection” & “Live For Life” Programme

查詢 Enquiry
電話 Tel: +852 2606-8833 電郵 Email: projectlol@aswatson.com
網址 Website: http://projectlol.hk



assurelink 安心網

安心網
Assurelink

「智家護」智能長者居家安全監測系統 (個人版及機構版)
Assurelink HOME Smart Elderly Home Safety Monitoring System (Individual & NGO version)

查詢 Enquiry
電話 Tel: +852 2362-9018 電郵 Email: info@assurelink.io
網址 Website: http://www.assurelink.hk



中國銀行(香港)
BANK OF CHINA (HONG KONG)

中國銀行(香港)有限公司

長者友善銀行
Age-friendly Banking Services



必靈科技有限公司
BNET-TECH Company Limited

優杖
STICKu

查詢 Enquiry
網址 Website: http://www.bnet-tech.com



貝拉德有限公司
Brella Up Limited

以優惠價出售手提洗髮機及其他創新長者產品
Offer Room Shampoo, and a variety of innovative elderly products at a discounted rate

查詢 Enquiry
電話 Tel: +852 3586-1833 電郵 Email: info@brellaup.com
網址 Website: https://www.brellaup.com/zh-hant/product/roomshampoo



中信銀行(國際)有限公司
China CITIC Bank International Limited

於多個分行設置永久斜道
Provision of a permanent ramp at various branches

查詢 Enquiry
電話 Tel: +852 3603-6633 電郵 Email: info@cncinternational.com
網址 Website: http://www.cncinternational.com



創興銀行有限公司
Chong Hing Bank Limited

提供多元化長者及年齡友善設施及服務
Provide various age-friendly facilities and services

查詢 Enquiry
電話 Tel: +852 3768-1111 電郵 Email: info@chbank.com
網址 Website: http://www.chbank.com



招商永隆銀行有限公司
CMB Wing Lung Bank Limited

提供多項銀行服務優惠及舉辦服務長者的活動
Provide various banking services offer and hold volunteer services for the elderly

查詢 Enquiry
電話 Tel: +852 2309-5555
電郵 Email: cmbwlb@cmbwinglungbank.com
網址 Website: http://www.cmbwinglungbank.com

商業機構 BUSINESS



CORDIS
HONG KONG

香港康得思酒店
Cordis, Hong Kong

我們聯同香港遊樂場協會舉行大掃除活動，為長者的家居進行清潔和簡單翻新工作以迎接農曆新年
We partner with Hong Kong Playground Association to visit and clean elderly home before Chinese New Year on an annual basis

查詢 Enquiry
電話 Tel: +852 3552-3388 電郵 Email: cdhkg.info@cordishotels.com



Culture Homes
文化村

文化村
Culture Homes

全新咀嚼及吞嚥飲食方案 - 帶領軟餐新潮流
New Solution for Dysphagia Diet - Creating Delectable Softmeal Diets for Elders

查詢 Enquiry
電話 Tel: +852 3553-8482 電郵 Email: info@culturehomes.com.hk
網址 Website: https://www.facebook.com/Captain.softmeal



豐澤
FORTRESS

舉辦及鼓勵員工探訪長者及分享數碼科技資訊
Organise and encourage staff to join the elderly visits and share information on digital technology

查詢 Enquiry
電話 Tel: +852 2555-5788 電郵 Email: fortress@asw.com.hk
網址 Website: https://www.fortress.com.hk



GENTING
CRUISE LINES
雲頂郵輪集團

雲頂郵輪集團
Genting Cruise Lines

郵輪大部分場地都可讓行動不便之乘客通行無阻，船亦設有行動不便者專用的客房。郵輪上也提供輪椅以應不時之需。
Most areas onboard our vessels are accessible to the physically challenged. There are also specially equipped cabins for the physically challenged. The ship also provides wheelchairs for emergency purposes

查詢 Enquiry
電話 Tel: +852 2317-7711 電郵 Email: reservations.cn@gentingcruiselines.com
網址 Website: https://www.dreamcruiseline.com, https://www.starcrises.com, http://gentingcruiselines.com



CSL Mobile Limited

Smart爸媽手機教室
Smartphone Workshop

查詢 Enquiry
網址 Website: https://www.hkcsli.com



大快活快餐有限公司
Fairwood Fast Food Limited

「快活關愛長者」計劃
“Care for Seniors” Programme

查詢 Enquiry
電話 Tel: +852 2856-7217 電郵 Email: cs@fairwood.com.hk
網址 Website: https://ssl.fairwood.com.hk/tch/promotions/promotions.jsp



豐盛創建 FSE

豐盛創建控股有限公司
FSE Holdings Limited

愛老·環保·長青 — 豐盛耆園長青計劃
FSE Age Friendly Green Programme

查詢 Enquiry
電郵 Email: sarah.sm.cheng@fse.com.hk
網址 Website: http://www.fse.com.hk/tc/sustainability/green_programme.html



國安國際有限公司
Guoan International Limited

參與長者義工活動/聘用超過60歲的員工
Volunteers participation in elderly services/ Employ staff age over 60

查詢 Enquiry
電郵 Email: info@guoanintl.com
網址 Website: https://guoanintl.com/zh/home-zh

商業機構 BUSINESS


恒隆地產
Hang Lung Properties

鼓勵員工參與長者義工服務
Encourage staff to join vounteer services for senior citizens


協興建築有限公司
Hip Hing Construction Co., Ltd.

舉辦長者家居安全檢測及家居維修工程
Elderly Home Safety Inspection and Maintenance Program

查詢 Enquiry
電話 Tel: +852 2525-9251 電郵 Email: email@hiphing.com.hk
網址 Website: http://www.hiphing.com.hk


香港電車有限公司
Hong Kong Tramways, Limited

為長者提供交通票價優惠、優先座位，以及入場或其他旅遊相關優惠
Provide fare concession, arrange priority seats and provide special admission discounts or other travelling discounts for senior citizens

查詢 Enquiry
電話 Tel: +852 2548-7102 電郵 Email: enquiry@hktramways.com
網址 Website: http://www.hktramways.com


香港創意藝術治療中心
Institute for Creative Arts Therapy (HK)

為長者提供各類的創意藝術興趣班
Provide various creative art classes to elderly

查詢 Enquiry
電話 Tel: +852 6510-9405 電郵 Email: info@icat.com.hk
網址 Website: http://www.icat.com.hk


嘉華國際集團有限公司
K. Wah International Holdings Ltd

鼓勵員工參與服務長者的義工活動
Encourage staff to join volunteer services for the elderly

查詢 Enquiry
電郵 Email: kwih@kwah.com
網址 Website: http://www.kwih.com


iDiscover

躍動觀塘健步行
Walking Kwun Ting for Active Ageing

查詢 Enquiry
電郵 Email: i-discover@urbandiscovery.asia
網址 Website: https://i-discoverasia.com


仲量聯行
仲量聯行物業管理有限公司
Jones Lang LaSalle Management Services Limited

提供多元化長者及年齡友善服務
Provide various age-friendly facilities and services


周堅如會計師行
Kenneth Chau & Co. Certified Public Accountants

本行聘用合適的已退休及年長員工
Our Firm offers working opportunities for senior citizens

查詢 Enquiry
電話 Tel: +852 2850-5599 電郵 Email: info@kennethchaucpa.com
網址 Website: http://www.kennethchaucpa.com

商業機構 BUSINESS



LEE KUM KEE

李錦記
Lee Kum Kee

舉辦長者同樂活動及義工活動
Organise activities and volunteer work for senior citizens

查詢 Enquiry
電話 Tel: +852 2660-3600
網址 Website: https://corporate.lkk.com/zh-hk


宏利人壽保險(國際)有限公司
Manulife (International) Limited

宏利義工隊探訪護理院與長者玩遊戲，並送上禮物，助長者培養保健習慣
Manulife Hong Kong volunteers interacted with residents at elderly home and brought to them gifts that help improves daily healthcare practice

查詢 Enquiry
電話 Tel: +852 2510-5600
網址 Website: http://www.manulife.com.hk


Microsoft 香港有限公司
Microsoft Hong Kong Limited

MirrorGotchi 智能鏡子
MirrorGotchi

查詢 Enquiry
網址 Website: https://www.microsoft.com/en-hk
MirrorGotchi: http://www.mirrorgotchi.com


新世界第一巴士服務有限公司及城巴有限公司
New World First Bus Services Limited and Citybus Limited

新巴城巴長者友善車廂
NWFB and Citybus Age-friendly Bus Compartment

查詢 Enquiry
電話 Tel: +852 2136-8888 (新巴NWFB)
+852 2873-0818 (城巴Citybus)
網址 Website: http://www.nwstbus.com.hk


鯉景灣物業管理有限公司
Lei King Wan (Management) Ltd

粽子計劃傳愛心
Share the Love with Rice Dumpling

查詢 Enquiry
電話 Tel: +852 2886-1968 電郵 Email: leikingwan@iurban.hk


曼佳美(香港)照明電器設備有限公司
Megaman (HK) Electrical & Lighting Ltd

田園香草樂
Herbal Joy and the Organic Farming Experience Programme

查詢 Enquiry
電話 Tel: +852 2690-1660 電郵 Email: info@hk.megaman.cc
網址 Website: http://www.hk.megaman.cc


港鐵公司
MTR Corporation

長者友善服務及設施
Age-friendly services and facilities

查詢 Enquiry
電話 Tel: +852 2881-8888
網址 Website: http://www.mtr.com.hk


新世界第一渡輪服務有限公司
New World First Ferry Services Limited

除碼頭及船上的年齡友善設施如長者乘船船費優惠及渡輪上之長者優先座外，新渡輪也有為適合的長者提供就業機會
Expect the age-friendly facilities at piers and vessels such as concessionary fares for the elderly and priority seats for elders, First Ferry also offers job opportunities for the eligible elders

查詢 Enquiry
電話 Tel: +852 2131-8181 電郵 Email: ferry_ideas@nwff.com.hk
網址 Website: http://www.nwff.com.hk

商業機構 BUSINESS

**昂坪360有限公司**
Ngong Ping 360 Limited

提供長者門票、無障礙設施及其他長者及年齡友善服務
Provide senior tickets, barrier-free facilities and various age-friendly services

查詢 Enquiry
電話 Tel: +852 3666-0606 電郵 Email: info@np360.com.hk
網址 Website: https://www.np360.com.hk

**奧迪聽力及言語中心**
Otic Hearing & Speech Centre

免費聽覺保健講座及聽力篩檢
Free hearing health seminar & hearing evaluation

查詢 Enquiry
電話 Tel: +852 3188-9269 電郵 Email: info@otichearing.com
網址 Website: https://www.otichearing.com

**百佳超級市場**
PARKnSHOP

舉辦及鼓勵員工參與長者服務及食物捐贈活動
Organise and encourage staff to join the volunteer activities for elderly and food donation projects

查詢 Enquiry
電話 Tel: +852 2606-8658 電郵 Email: parknshopcs@asw.com.hk
網址 Website: https://www.parknshop.com/zh-hk

**西門子有限公司**
Siemens Limited

西門子長者團圓賀歲晚宴
Siemens Annual Elderly Dinner

查詢 Enquiry
電話 Tel: +852 2870-7872 電郵 Email: scc.hk@siemens.com
網址 Website: https://new.siemens.com/hk/en.html

**信和集團「社區關懷計劃」**
Sino Group 'Community Care Project'

舉辦及鼓勵員工參與長者服務及食物捐贈活動
Organise and encourage staff to join the volunteer activities for elderly and food donation projects

查詢 Enquiry
電話 Tel: +852 2721-8388 電郵 Email: info@sino.com
網址 Website: https://www.sino.com/zh-HK/Home.aspx#ourCommunity

**渣打銀行(香港)有限公司**
Standard Chartered Bank (HK) Limited

鼓勵員工參與服務長者的義工活動
Encourage staff to join volunteer services for the elderly

查詢 Enquiry
電話 Tel: +852 2131-8181
電郵 Email: https://www.sc.com/hk/zh/personal-request/apply/step/basic-data
網址 Website: https://www.sc.com/hk/zh

**太古地產**
Swire Properties

提供多元化長者及年齡友善設施及服務
Provide various age-friendly facilities and services

查詢 Enquiry
電話 Tel: +852 2844-3888
網址 Website: https://www.swireproperties.com/en/sustainable-development.aspx

**東亞銀行有限公司**
The Bank of East Asia, Limited

救世軍安老院舍完善人生關顧計劃
The Salvation Army Palliative Care in Residential Care Homes for the Elderly

查詢 Enquiry
電話 Tel: +852 2651-1698 電郵 Email: pcr@ssd.salvation.org.hk
網址 Website: https://www.salvationarmy.org.hk

商業機構 BUSINESS

**牛奶有限公司 - Wellcome**
The Dairy Farm Company, Limited

提供多元化長者及年齡友善設施及服務
Provide various age-friendly facilities and services

查詢 Enquiry
電話 Tel: +852 2299-1133 電郵 Email: wdservice@dairy-farm.com.hk
網址 Website: http://www.wellcome.com.hk

**香港上海滙豐銀行有限公司**
The Hongkong and Shanghai Banking Corporation Limited

滙豐「智醒老友記」計劃
HSBC Smart Senior Programme

查詢 Enquiry
網址 Website: https://www.hsbc.com.hk

**惠保(香港)有限公司**
Vibro (H.K.) Limited

舉辦粵劇義演招待約700名長者
Organised Cantonese Opera Charity Show for around 700 senior citizens

查詢 Enquiry
電話 Tel: +852 2137-5500 電郵 Email: email@vibro.com.hk
網址 Website: http://www.vibro.com.hk

**和順堂中醫診所 - 名醫·名藥**
Wellsoon Chinese Medicine Clinic

提供多元化長者及年齡友善服務
Provide various age-friendly services

查詢 Enquiry
電話 Tel: +852 3952-6868 電郵 Email: cs@wellsoon.hk
網址 Website: https://wellsoon.hk

**香港中華煤氣有限公司**
The Hong Kong and China Gas Company Limited

煮播
Chef Anchor

查詢 Enquiry
電話 Tel: +852 2818-3717

**九龍巴士(一九三三)有限公司**
The Kowloon Motor Bus Co. (1933) Ltd.

提供多元化長者及年齡友善巴士設施及服務
Various age-friendly bus facilities and services are provided

查詢 Enquiry
電話 Tel: +852 2745-4466 電郵 Email: kowloonbus@kmb.hk
網址 Website: http://www.kmb.hk/

**WESOFT**
慧訊軟件有限公司
We Software Limited

綜合智能醫療保健解決方案
An integrated smart healthcare solution for elderly

查詢 Enquiry
電話 Tel: +852 3180-5000 電郵 Email: eq@wesoft.com
網址 Website: http://www.wesoft.com

**九龍倉置業地產投資有限公司**
Wharf Real Estate Investment Company Limited

醒目知心大使計劃
Bright Senior Ambassador (BSA) Programme

查詢 Enquiry
電話 Tel: +852 2118-8693

長者免費乘船優惠及配套
Free rides and barrier-free facilities for the elderly

查詢 Enquiry
網址 Website: http://www.starferry.com.hk/en/service

商業機構 BUSINESS



建華(街市)管理有限公司
Uni-China (Market) Management Ltd
長者友善街市
Age-Friendly Market

查詢 Enquiry
網址 Website: <http://www.hkmarket.com.hk>



富城集團
Urban Group
舉辦長者同樂活動及義工活動
Organise activities and volunteer work for senior citizens



國際物業管理有限公司
International Property Management Limited
聘用長者員工
Provide job opportunities for senior citizens



通力技術服務有限公司
Turning Technical Services Limited
鼓勵員工參與服務長者的義工活動
Encourage staff to join volunteer services for the elderly



香港基督教女青年會
新創建青健坊(北區)



香港基督教女青年會新創建青健坊(北區)
YWCA NWS Y-Care Centre (North District)

查詢 Enquiry
電話 Tel: +852 2278-2100
網址 Website: <https://meel.ywca.org.hk/page.aspx?corpname=meel&i=1073>



富城物業管理有限公司
Urban Property Management Limited
聘用長者員工
Provide job opportunities for senior citizens



滙秀企業有限公司
Broadway-Nassau Investments Limited
聘用長者員工及鼓勵員工參與服務長者的義工活動
Provide job opportunities for senior citizens and encourage staff to join volunteer services for the elderly



百得物業管理有限公司
Paramatta Estate Management Limited
舉辦長者同樂活動及鼓勵員工參與服務長者的義工活動
Organise activities for senior citizens and encourage staff to join volunteer services for the elderly

獲頒賽馬會齡活城市 –「全城・長者友善」計劃標誌名單

國際物業管理有限公司—碧瑤灣
International Property Management Limited –
Baguio Villa
國際物業管理有限公司—聯基新樓
International Property Management Limited –
Luen Gay Apartments
富城物業管理有限公司—愛琴苑
Urban Property Management Limited –
Aegean Terrace
富城物業管理有限公司—海明山
Urban Property Management Limited –
Carmel Hill
富城物業管理有限公司—豫苑
Urban Property Management Limited –
Euston Court
富城物業管理有限公司—高雋閣
Urban Property Management Limited –
Ko Chun Court
富城物業管理有限公司—翠屋
Urban Property Management Limited –
Pine Villa
富城物業管理有限公司—德立大廈
Urban Property Management Limited –
Taurus Building
富城物業管理有限公司—怡基閣
Urban Property Management Limited –
Yee Ga Court
富城物業管理有限公司—倚嶺南庭
Urban Property Management Limited –
South Hillcrest
富城物業管理有限公司—恒順園
Urban Property Management Limited –
Handsome Court
富城物業管理有限公司—賢麗苑
Urban Property Management Limited –
Yin Lai Court
富城物業管理有限公司—海濱花園
Urban Property Management Limited –
Riviera Gardens
富城物業管理有限公司—帝峯豪苑
Urban Property Management Limited –
Regent On The Hill
富城物業管理有限公司—葵賢苑
Urban Property Management Limited –
Kwai Yin Court
富城物業管理有限公司—嘉田苑
Urban Property Management Limited –
Ka Tin Court

富城物業管理有限公司—光明臺
Urban Property Management Limited –
Illumination Terrace
富城物業管理有限公司—寶雅山
Urban Property Management Limited –
Belcher's Hill
富城物業管理有限公司—寶翠閣
Urban Property Management Limited –
Belcher Court
富城物業管理有限公司—香港大學高級職員宿舍
Urban Property Management Limited –
Senior Staff Quarters (HKUSSQ) of
The University of Hong Kong
富城物業管理有限公司—穗禾苑
Urban Property Management Limited –
Sui Wo Court
富城物業管理有限公司—愛蝶灣
Urban Property Management Limited –
Aldrich Garden
富城物業管理有限公司—港暉中心
Urban Property Management Limited –
Comfort Centre
富城物業管理有限公司—康田苑
Urban Property Management Limited –
Hong Tin Court
富城物業管理有限公司—荃威花園
Urban Property Management Limited –
Allway Gardens
富城物業管理有限公司—龍華花園
Urban Property Management Limited –
Ronsdale Garden
富城物業管理有限公司—龍蟠苑(A-F)座
Urban Property Management Limited –
Lung Poon Court (Blocks A-F)
富城物業管理有限公司—景峰花園
Urban Property Management Limited –
Prime View Garden
富城物業管理有限公司—嘉富麗苑
Urban Property Management Limited –
Clovelly Court
富城物業管理有限公司—博康邨
Urban Property Management Limited –
Pok Hong Estate
富城物業管理有限公司—華聯工業中心
Urban Property Management Limited –
Wah Luen Industrial Centre

政府及法定機構 GOVERNMENT & STATUTORY BODIES



香港機場管理局 Airport Authority Hong Kong
香港基督教女青年會
Hong Kong Youth Women's Christian Association
 長者機場大使義工計劃
 Airport Ambassador Program (Retired Senior Volunteers)

查詢 Enquiry
 電話 Tel: +852 2700-1600



建造業運動及義工計劃
Construction Industry Sports & Volunteering Programme (CISVP)
 建義勇為
 Get in Gear

查詢 Enquiry
 電話 Tel: +852 2100-9488 電郵 Email: cisvp@cic.hk
 網址 Website: <http://www.cisvp.hk>



葛量洪醫院
Grantham Hospital
 為長者提供多元化服務及提供年齡友善設施
 Provide various age-friendly facilities and services

查詢 Enquiry
 電話 Tel: +852 2518-2111 電郵 Email: gh_enquiry@ha.org.hk
 網址 Website: <http://www.ha.org.hk>



香港郵政
Hongkong Post
 「EPS長者提款易」服務
 EPS EasyCash for Senior Citizens

查詢 Enquiry
 電話 Tel: +852 2921-2222 電郵 Email: hkpo@hkpo.gov.hk
 網址 Website: <http://www.hongkongpost.hk/tc/services/eps/index.html>



入境事務處
Immigration Department
 - 入境事務處義工隊
 - 為長者提供特別協助
 - Immigration Department Volunteer Work Team
 - Provide special assistance and services to senior citizens

查詢 Enquiry
 電話 Tel: +852 2824-6111 電郵 Email: enquiry@immd.gov.hk
 網址 Website: <https://www.immd.gov.hk>



政府資訊科技總監辦公室
Office of the Government Chief Information Officer
 全城長者數碼共融措施
 Territory-wide Digital Inclusion Initiatives for the Elderly

查詢 Enquiry
 電話 Tel: +852 2582-4520 電郵 Email: enquiry@ogcio.gov.hk
 網址 Website: <https://www.ogcio.gov.hk>



瑪麗醫院
Queen Mary Hospital
 提供多元化長者及年齡友善設施及服務
 Provide various age-friendly facilities and services

查詢 Enquiry
 電話 Tel: +852 2255-3838 電郵 Email: qmh_enquiry@ha.org.hk
 網址 Website: <http://www3.ha.org.hk/qmh/index.htm>



香港電台第五台
Radio 5, RTHK
 長者友善城市計劃
 Age-friendly City Project

查詢 Enquiry
 電話 Tel: +852 2339-6396 電郵 Email: radio5@rthk.hk
 網址 Website: <https://www.rthk.hk/radio/radio5>

政府及法定機構 GOVERNMENT & STATUTORY BODIES



東華三院馮堯敬醫院
TWGHs Fung Yiu King Hospital
 長者友善病房 (4B女病房)
 Elderly Friendly Ward (4B Female Ward)

查詢 Enquiry
 電話 Tel: +852 2855-6111 電郵 Email: fykh_enquiry@ha.org.hk
 網址 Website: <http://www3.ha.org.hk/fykh>

社會企業 SOCIAL ENTERPRISE



老有所醫慈善基金有限公司
Elderly HealthCare Foundation Limited
 為65歲或以上接受綜援長者提供義診服務
 Provide free medical consultation to eligible elderly aged 65 and above and under CSSA

查詢 Enquiry
 電郵 Email: freemedimyochiu@gmail.com
 網址 Website: <https://2015ehf.wixsite.com/2015ehf>



銀杏館
Gingko House
 促進「長者就業·豐盛耆年」
 Support senior employment, enjoy life enrichment.

查詢 Enquiry
 網址 Website: <https://www.gingkohouse.hk>



好好生活
HOHOLIFE
 HOHOLIFE 好好生活 - 創意銀髮生活用品概念店
 HOHOLIFE - Innovative Silver Lifestyle Concept Store

查詢 Enquiry
 網址 Website: <https://www.hoholife.com>



共融教室有限公司
Link Education Limited
 銀髮教師計劃 - 為長者提供彈性工時及地點的機會，教導有特殊學習需要(SEN)的學生
 Elderly Teacher Scheme - The Elderly Teacher Scheme offers teaching opportunities with flexible working hours to serve those SEN (Special Education Needs) students

查詢 Enquiry
 電話 Tel: +852 2180-7557 電郵 Email: info@linkeducation.com.hk
 網址 Website: <http://www.linkeducation.com.hk>

社會企業 SOCIAL ENTERPRISE



老正工作室 OHH Dear Communications Ltd.

全港首間銀髮模特兒及市場推廣公司
Hong Kong's First and Only Silver-aged Model and Creative Agency

查詢 Enquiry
電郵 Email: zip@ohh-dear.com
網址 Website: <http://www.ohh-dear.com>



瑜樂伽教室 Silver Yoga Lab

設計及舉辦「樂齡瑜伽」，讓長者更能參與瑜伽練習
Design and organise Silver Yoga Program to make yoga more inclusive for elderly people

查詢 Enquiry
電話 Tel: +852 6010-1909 電郵 Email: info@silveryoga.com.hk
網址 Website: <http://www.silveryoga.com.hk>



康之城 STEP Health

為長者提供家居評估及設計建議
Provide home assessment services and recommendations for senior citizens

查詢 Enquiry
電話 Tel: +852 3742-8764 電郵 Email: hkstephealth@gmail.com
網址 Website: <http://www.stephealth.com.hk>



園景軒餐廳 Y Garden View Lounge

「實現退而不休的豐盛耆年」長者招聘計劃
Elderly Recruitment Scheme

查詢 Enquiry
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網址 Website: <http://gvl.ywca.org.hk>



香港基督教女青年會 YWCA

安居通
Y Silver Link

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計劃夥伴 Project Partners



香港中文大學
The Chinese University of Hong Kong



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
THE UNIVERSITY OF HONG KONG



香港大學秀圃老年研究中心
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The University of Hong Kong



Lingnan 嶺南大學
University 香港 Hong Kong



亞太老年學研究中心
Asia-Pacific Institute
of Ageing Studies



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學



Institute of
Active Ageing
活齡學院

支持機構 Supporting Organisations



香港中華總商會
CGCC The Chinese General Chamber
of Commerce, Hong Kong



香港中華廠商聯合會
The Chinese Manufacturers'
Association of Hong Kong



香港工業總會
FHKI Federation of
Hong Kong Industries



Hong Kong General Chamber of Commerce
香港總商會 1861



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

