Ageing in Place —
The Housing Society Experience

4 November 2015

Wong Kit-loong
CEO&ED of Hong Kong Housing Society
About Hong Kong Housing Society

- Founded in 1948 (incorporated by Ordinance in 1951)
- Non-government organization with a social mission
- Not-for-profit and financially independent
- Aims to serve the needs of the Hong Kong community in housing and related services
Hong Kong Housing Society
Core Businesses

- Subsidised Housing
- Non-subsidised Housing
- Elderly Housing
- Social Projects
Ageing Population

Projected Total Population 2000-2040

Source: Census and Statistics Department

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Ageing in Place

- Elderly Policy of Hong Kong Government
  “Ageing in Place as the core, Institutional care as back-up”
- Most elderly prefer ageing in place
Challenges for Ageing in Place

- Barrier-free Access
- Manoeuvring space for wheel-chair users
- Informal care support from family members
- Formal care support services in the neighborhood
Key Components of Quality Retirement Living

- Home Safety
- Care and Support
- Health and Wellness
## Elderly Housing Solutions by Housing Society

<table>
<thead>
<tr>
<th>Low Income</th>
<th>Middle Income</th>
<th>High Aspiration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rental Estates</td>
<td>Senior Citizen Residences Scheme</td>
<td>Joyous Living</td>
</tr>
</tbody>
</table>

- Elderly Persons’ Flats
- Ageing-In-Place Scheme
- Cheerful Court
- Jolly Place
- Tanner Hill
Low Income Group

Ageing Population in HS Rental Estates

- Aged 60 and above
  - 16% Doubleton
  - 11.5% Singleton

35.5% (Around 30,000)
Low Income Group

- Provision of 919 Elderly Flats in 9 Rental Estates since early 70’s
- Elderly lounge plus warden services
- Ageing-In-Place Scheme
Low Income Group Ageing-in-Place Scheme

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Ageing-In-Place Scheme

Housing Support

Home Safety
Home Modification Assessment

- Handrails installed
- Curbs removed
- Socket lifted up
- Shower chair for assisting independent bathing
Ageing-In-Place Scheme

Barrier Free Access
Transfer Lift in Ming Wah Dai Ha

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Ageing-In-Place Scheme
*Health Care Support*

Health assessment and Support Groups

- Osteoporosis Assessment by PT & Nurse
- Certified Exercise to strengthen balance ability
- Blood Glucose Measurement
- Hypertension Management
- Diabetes Management
- Fall Risk Assessment
Ageing-In-Place Scheme

Health Care Support

Psychosocial support services and training

Chair Dance

Cognitive Training Group

Horticultural Therapeutic Group

Laughter Yoga

Life revision with counseling support

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Ageing-In-Place Scheme

Health Care Support

Fixed and mobile health facilities

Day Care Centre run by HOH at MWDH

Viva- Hong Kong Family Welfare Society

Memory Night Care Centre run by HOH at KLL

Arrange PT for Community Rehabilitative Programme

Chinese medicine mobile clinic

Collaborate with K KAO for Cognitive Assessment and services
Ageing-In-Place Scheme
Social Care Support

Social activities and neighborhood support

Festive celebration and home visits

Training for volunteers

Caregiver education and support programme
Middle Income Group
Senior Citizen Residences Scheme (SEN)

Jolly Place (2003)
243 flats

Cheerful Court (2004)
333 flats

5/F - 26/F
Residential Flats

3/F Residents’ Club
RCHE
2/F Day Respite Centre
Rehabilitation Room
1/F Polyclinic

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Middle Income Group
Senior Citizen Residences Scheme (SEN)

- Nil land premium
- Eligibility - Aged 60 and above
  - Middle-income
- Lease for life with lump sum rent upfront
- User pays for services
- Flat size – 250 ft² (SFA) to 400 ft² (SFA)
- One-stop solution with housing and services

<table>
<thead>
<tr>
<th>Age</th>
<th>Singleton Total Assets</th>
<th>Doubleton Combined Total Assets</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 or over</td>
<td>HK$1.6M - $5.5M</td>
<td>HK$2.4M - HK$8M</td>
</tr>
</tbody>
</table>
Design

Home feel – Non-Institutional
Studio Flat
(250 - 270 ft² SFA)
1- Bedroom Flat
(380 - 400 ft² SFA)
Design

Universal Design – tailor-made for elderly

Spacious lift lobby

Toilet with Handrails and Non-Slip Tile

Barrier-free

Security Viewer (high/low)

Window with Handle
Design
Care and Safety

Wireless Watch Transmitter
Lift with additional seat
Bed-side nurse call button
Design
Care and Safety

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Two-way opening door - To facilitate rescue when necessary

Fire System / Emergency Support Facilities inside the Flat

- Smoke Detector
- Fire Signal Light
- Sprinkler
- Emergency Lighting
- Hand-free Door phone + Emergency Call phone
- Refuge Area
Design

Club Facilities - Quality of Life

Restaurant

Computer Room

Library

Gymnasium

Swimming Pool

Hobby Room
Design

Medical and Care Facilities

Enhancing Physical Wellness

Residential Care Home for the Elderly

Rehabilitation Center

Polyclinic
High Aspiration Group

- More Affluent
- More Independent
- More Out-going
- More Health-conscious
- Post-retirement Linkage with Community
High Aspiration Group

Tanner Hill – Quality retirement lifestyle

- Full land premium
- For lease
- Eligibility
  - No means test
  - Age 60 and above
- No. of Flats – 588
- Flat size – 342 ft² (SFA) to 1,231 ft² (SFA)
- Elderly Hub for residents and local community
High Aspiration Group
The Tanner Hill

Tanner Hill Project

10/F - 37/F  Residential Flats

9/F  RCHE for Intensive Care
8/F  RCHE for Assisted Care
7/F  RCHE for Cognitive Care
6/F  Dementia Centre + Day Care Centre
5/F  Residents’ Club
3/F  Joyous Hub + Business Centre + Wellness Centre

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## Lifestyle – Facilities

<table>
<thead>
<tr>
<th>Wellness Centre</th>
<th>Senior-friendly gymnasium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese medicine clinic</td>
<td>Multi-function / Entertainment rooms</td>
</tr>
<tr>
<td>Mini-theatre</td>
<td>Indoor heated swimming pool</td>
</tr>
<tr>
<td>Arts and crafts studio</td>
<td></td>
</tr>
<tr>
<td>Serviced office</td>
<td></td>
</tr>
<tr>
<td>Cantonese restaurant</td>
<td></td>
</tr>
<tr>
<td>Conference room</td>
<td></td>
</tr>
<tr>
<td>Children playroom</td>
<td></td>
</tr>
</tbody>
</table>

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Lifestyle – Services

- Concierge and secretarial services
- Housekeeping and handyman service
- Social convening service and interest class
- Fitness programme
- Butler service
- Senior-friendly home care support service
- Food and beverage
Worry-free Living Environment

Bathroom

- Demountable cabinet in designated bathroom
- Sliding door with emergency opening from outside
- Demountable partition
- Emergency call button

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Worry-free Living Environment
Enclosed Kitchen / Open Kitchen

Demountable cabinet in open kitchen

Induction hob

Microwave oven at desirable height
Continuum of Living

Independent Living → Assisted Living → Dependent Living
Independent Living
Typical Unit Floor Plan

Note: Location of the devices are subject to final confirmation.

Home Care Support System

- Emergency Call Response System
- Health Data Collection and Monitoring
- Entrance Door Contact Tracking
- No-Motion Response Detection

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Independent Living
Home Care Support System

- Emergency Call Response System
- Health Data Collection and Monitoring
- Entrance Door Contact Tracking
- No-motion Response Detection

Central Control Monitoring System
Assisted Living

Normal Residence with Health Care and Home Care Support Services

- Outreach home base care
- Home care support service
- Rehabilitation Centre
- Day Care Centre
- Housekeeping service
Dependent Living
Skilled Care Facilities and Services

- Residential Care Home for the Elderly
- Cognitive, Assisted and Intensive Care
- Priority to serve tenants of Tanner Hill
- Open to public
Dependent Living
Residential Care Home for the Elderly

Services:
- 24-hour nursing and living care services
- Visiting medical services
- Medication system
- Rehabilitation services
- Specialised cognitive care
- Nutritional support and dining services
- Psychosocial and spiritual support services
- Daily housekeeping and laundry
- Escort and transportation services
Dependent Living
Residential Care Home for the Elderly (Bedrooms)
A Comprehensive Study on Housing in An Ageing Community 2014

(Centre of Urban Studies and Urban Planning, The University of Hong Kong)

Preference for Co-residence

Older Generation 55%

Younger Generation 25%
A Comprehensive Study on Housing in An Ageing Community 2014

Younger generation willing to live with their parents in separate units within the same building or within the same neighborhood

95%

Mixed Housing Model
## Mixed Housing Model
Harmony Place Development in Shau Kei Wan

<table>
<thead>
<tr>
<th>Floor</th>
<th>Use</th>
</tr>
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<tbody>
<tr>
<td>12/F - 42/F</td>
<td>Residential Flats</td>
</tr>
<tr>
<td>6/F - 11/F</td>
<td>Rental Flats for Elderly</td>
</tr>
<tr>
<td>3/F &amp; 5/F</td>
<td>Residents Club</td>
</tr>
<tr>
<td>G/F - 2/F</td>
<td>Shops</td>
</tr>
</tbody>
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Other Initiatives for Ageing in Place

Elderly Resources Centre

Health Promotion  Functional screening  Education  Consultation  Recommendation
Other Initiatives for Ageing in Place

- Elderly Safe Living Scheme
  - Elderly owners of private flats
  - Home assessment
  - Home modification advice
Other Initiatives for Ageing in Place

- Universal Design Guidebook
Other Initiatives for Ageing in Place

- Website for Elderly Services

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Thank you!