



香港大學耆老研究中心
Sau Po Centre on Ageing
The University of Hong Kong



Department of Social Work
and Social Administration
The University of Hong Kong



香港認知障礙症協會
Hong Kong Alzheimer's Disease Association

Seminar on "Cognitive Well-being - Cultural Diversity and Inclusion"

Date : March 28, 2017 (Tuesday)
Time : 4:30 p.m. – 6:00 p.m.
Venue : Social Sciences Chamber, 11/F, The Jockey Club Tower,
Centennial Campus, HKU
Language : English



From age discrimination to positive regards in employment for the aged in Hong Kong

Professor Alfred C.M. Chan, SBS, JP
Chairperson, Equal Opportunities Commission

Population ageing strikes Asia at a speed and a scale unprecedented in history. Not only the size of the older population (i.e. 65+) is going to be the largest, older people in Japan and Hong Kong are the longest living (with an average life expectancy at birth exceeding 86 years of age at present). As society sees more ageing people, issues relating to older persons are surfacing and gaining public attention. Contrary to popular belief that Chinese elders are well respected within their communities, elder abuses are on the increase and age discrimination is becoming a great concern for Hong Kong especially in the employment sector. Professor Chan will share the findings of a study commissioned by Equal Opportunities Commission (EOC) in 2015, and discuss issues relating to work place discrimination on the ground of age and to explore ways forward including nurturing positive regards in our society for the aged.

Early detection of elders with dementia and prevention across cultures

Dr. David L.K. Dai, JP
Chairman, Hong Kong Alzheimer's Disease Association
Honorary Research Fellow, Sau Po Centre on Ageing, The University of Hong Kong

Hong Kong is a rapidly ageing society which is home to the Chinese, and persons of diverse ethnic origins. While health promotion and medical and social services are offered to the Chinese population, such may not reach persons and families who may not be familiar with the Chinese language. Cultural differences may also affect the acceptance of concepts and practices of health habits and care. As the early symptoms of dementia are often noticed by close family members, the latter should be taught in early detection, and prompt medical attention sought for a diagnosis before medical and social interventions can follow. Access to health facilities and social support may remain an obstacle for some minor ethnic groups. Mid-life intervention is now advocated in the prevention of Alzheimer's disease which include cardiovascular risk reduction, sleep hygiene, mood harmonizing, cognitively stimulating leisure activities, exercise and social engagement. Practices and practicability which vary across cultures may be shared. Above all, narrowing the social economic differences between ethnic sectors will be the ultimate goal of policy makers.



All are welcome

Online registration : <https://goo.gl/6FriH2>

Website : [http://ageing.hku.hk/en/Knowledge Exchange/Seminars and Conferences](http://ageing.hku.hk/en/Knowledge_Exchange/Seminars_and_Conferences)



For more information, please contact us at ageing@hku.hk or (852) 2831 5210 .