

THE UNIVERSITY OF HONG KONG
FACULTY OF SOCIAL SCIENCES

Centre Annual Report

Name of Centre / Institute: Sau Po Centre on Ageing
Period (July 1st to June 30th): July 1, 2012 to June 30, 2013

I. Mission

The Sau Po Centre on Ageing aims to become a leading centre on gerontological research and education in the region and is committed to enhancing the well-being of older people through its research, education and knowledge exchange activities.

II. Strategy (and its alignments with the Faculty strategy and Centre mission)

To pursue excellence and innovation in research, education and knowledge exchange, the Centre plans:

- (i) to expand and strengthen its research team with high caliber people to seek research funding in support of projects in the areas of long-term care policy, productive ageing, end of life care, dementia care, health literacy and comparative ageing policy;
- (ii) to develop a new research area in related to population ageing in China;
- (iii) to establish close research collaboration with major research institutions outside Hong Kong in both Asia and outside Asia; and
- (iv) to organize two symposiums annually, research seminars and different training programmes throughout the year.

III. Director's Reflection (1/2 page)

- a. Performance in the last academic year

Research excellence

The Centre has expanded its research capability significantly since I have become the Centre Director two years ago. When I assumed the Directorship in July 2011, the Centre only hired one part-time clerical staff. As of June 2013, we employed nine staff, including an Executive Officer, a Project Assistant, an Senior Technical Assistant, a Post-doctoral Fellow, a Senior Research Assistant, and four Research Assistants. The strengthened manpower has significantly enhanced our ability and capacity to secure research funding. During this report period, we are pleased to have obtained about HK\$28M from both private and public sectors to support our high impact research to improve the quality of care and life of older people. For instance:

- A study of middle class retirement plan in Hong Kong for Prudential Assurance Ltd.;
- A study of ageing with down syndrome for the Hong Kong Down Syndrome Association;
- An evaluation study of the LinkAges project (funded by CADENZA) for the Aberdeen Kai-fong Welfare Association, etc.
- A study to develop and case mix group for community long term care for the Social Welfare Department of HKSAR Government.

Symposiums and seminars

The Centre has successfully joined hands with other units in HKU, local and overseas institutions in organizing symposiums and seminars, which brought together leading researchers from the world to share their knowledge on productive ageing, dementia care, enhancement of elderly home care, and to discuss directions towards future development. To name a most significant, we organized *A New Way Forward for Dementia Care International Symposium* in collaboration with Yan Oi Tong and The Hong Kong Council of Social Service. As part of the programme, we invited leaders of the local elderly service sector to the *Brainstorming session on The Future of Dementia Care in Hong Kong*.

Professional care management training

The Centre has continued its effort to refine the curriculum of its care management training and to deliver the training to social services and health care professionals in Hong Kong. During this period, we trained more than 200 people, including social workers, nurses, physical therapists, etc. The training was well received in the community and the feedbacks were very positive. We will continue running the training in the coming year.

Resourceful hub of knowledge exchange

The Centre continued to enhance its website to become a leading hub of knowledge exchange on gerontology in the region. It disseminates the Centre's academic and research excellence; offers a platform of e-learning; and provides a channel of the latest elderly-related news and resources to the general public.

b. Way forward

Enhancement of the Infrastructure of Long-term Care in Hong Kong

The Centre has recently received a grant of HK\$24M from the Lotteries Fund through the Social Welfare Department for implementing a three-year project to enhance the infrastructure of long-term care in Hong Kong. It aims to improve gate-keeping for residential care services and shorten the waiting list for residential care; to strike a better balance between residential and community care; to increase the accessibility of long-term care services through standardized assessment, evidence based elder care, resources utilization groups (RUGs), an IT supported clinical decision system, and a care manager training system. In anticipation for an influential social impact by the project, the Centre will further strengthen its manpower and allocate more resources to this project.

A case mix study on the community care services for the elderly

The Centre has been commissioned by the Social Welfare Department to evaluate the existing RUGs of community care, and to make recommendations on a case mix classification system on different needs of elders for use in the Pilot Scheme on the Community Care Service Voucher for the Elderly.

A study on enhancement of integrated home care service

The Centre will continue to help the Hong Kong Family Welfare Society evaluate the mini-adult day care model and the Happy n¹ Healthy program.

A Study on the Practice outside Hong Kong on Financial Assistance for Persons with Disabilities

The Centre has been commissioned by the Labour and Welfare Bureau to

study the existing disability assessment of the HKSAR Government's Disability Allowance; and investigate into the experience and practices outside Hong Kong in granting financial assistance for persons with disabilities.

Support to dementia care projects

The Centre received a HK\$1M donation raised from the JMK China Wedding Anniversary Charity Dinner. The donation will primarily support the academic initiatives in dementia care. The forthcoming initiatives include:

- To continue with the *Reaching Out Dementia Caregiver Support Project* in collaboration with The Hong Kong Council of Social Service and the Charles K Kao Foundation for Alzheimer's Disease.
- To allocate a \$0.1M to establish a scholarship scheme in support of research studies of RPG students, which demonstrate academic merits and significance in improving and enhancing care to dementia patients, their families and caregivers.

IV. Output (at least one author must indicate Centre affiliation in paper and only those research outputs affiliated with the Centre/Programme could be listed, must not repeat publications listed in earlier reports)

a. Journals

Wu, T. Y., Chie, W. C., Kuo, K. L., Wong, W. K., Liu, J. P., Chiu, S.T., Cheng, Y. H., Blane, D. (2013). Quality of life (QOL) among community dwelling older people in Taiwan measured by the CASP-19, an index to capture QOL in old age. *Archives of Gerontology and Geriatrics*, 57(2), 143-150. doi: <http://dx.doi.org/10.1016/j.archger.2013.03.010>

Leung, A. Y. M., Kwan, C. W., & Chi, I. (2013). Residents with Alzheimer's disease in long-term care facilities in Hong Kong: Patterns of hospitalization and emergency room use. *Ageing & Mental Health*, 1-7. doi: 10.1080/13607863.2013.768211

Lou, V. W. Q., & Ng, J. W. (2012). Chinese older adults' resilience to the loneliness of living alone: A qualitative study. *Ageing & Mental Health*, 16(8), 1039-1046. doi: 10.1080/13607863.2012.692764

Lou, V. W. Q., Chi, I., Kwan, C. W., & Leung, A. Y. M. (2013). Trajectories of social engagement and depressive symptoms among long-term care facility residents in Hong Kong. *Age and Ageing*, 42(2), 215-222. doi: 10.1093/ageing/afs159

Lou, V. W. Q., Lu, N., Xu, L., & Chi, I. (2013). Grandparent-grandchild family capital and self-rated health of older rural Chinese adults: the role of the grandparent-parent relationship. *J Gerontol B Psychol Sci Soc Sci*, 68(4), 599-608. doi: 10.1093/geronb/gbt040

Zhong, X. B., & Lou, V. W. Q. (2013). Person-centered care in Chinese residential care facilities: a preliminary measure. *Ageing & Mental Health*, 1-7. doi: 10.1080/13607863.2013.790925

Lum, T. Y. S. (2013). Advancing research on productive ageing activities in greater Chinese societies. *Ageing International*, 38(2), 171-178. doi: 10.1007/s12126-012-9171-2

Lum, T. Y. S., Parashuram, S., Shippee, T. P., Wysocki, A., Shippee, N. D., Homyak, P., & Kane, R. L. (2013). Diagnosed prevalence and health care expenditures of mental health disorders among dual eligible older people. *The Gerontologist*, 53(2), 334-344.

Cheng, S.T., Lum, T. Y. S., Lam, L. C., & Fung, H. H. (2013). Hong Kong: Embracing a fast ageing society with limited welfare. *The Gerontologist*. doi:10.1093/geront/gnt017

Danso, K., & Lum, T. Y. S. (2013). Intergroup relations and predictors of immigrant wxperience. *Journal of Ethnic And Cultural Diversity in Social Work*, 22(1), 60-75. doi: 10.1080/15313204.2013.756733

Kane, R. L., Lum, T. Y. S., Kane, R. A., Homyak, P., Parashuram, S., & Wysocki, A. (2013). Does home-and community-based care affect nursing home use? *Journal of Ageing & Social Policy*, 25(2), 146-160. doi: 10.1080/08959420.2013.766069

Wang, X., & Lum, T. Y. S. (2013). Role of the professional helper in disaster intervention: Examples from the Wenchuan earthquake in China. *Journal of social work in disability & rehabilitation*, 12(1-2), 116-129. doi:10.1080/1536710X.2013.784600

Simmelink, J., Lightfoot, E., Dube, A., Blevins, J., & Lum, T. Y. S. (2013). Understanding the health beliefs and practices of East African refugees. *American Journal of Health Behavior*, 37(2), 155-161.

Mui, A. C., Glajchen, M., Chen, H., & Sun, J. (2012). Developing an older adult volunteer program in a New York Chinese community: An evidence-based approach. *Ageing International*, 1-14. doi: 10.1007/s12126-012-9160-5

Morrow-Howell, N., & Mui, A. C. (2013). Productive engagement of older adults: International research, practice, and policy introduction. *Ageing International*, 1-3.

樓瑋群, & 桂世勳. (2012). 上海高齡體弱老人家庭親屬照顧者的生活滿意度: 照顧資源的作用. *人口與發展* 18(3).

b. Books published or contracted
Nil

c. Book chapters
Morrow-Howell, N., & Mui, A. C. (Eds.). (2012). *Productive engagement in later life*. New York, NY: Routledge.

Mui, A. C., Morrow-Howell, N., & Peng, D. (Eds.). (2012). *Productive ageing in the world: Toward evidence-based practice and policy (In Chinese)*. Beijing: Peking University Press.

d. Conference papers
Leung, A. Y. M., Lou, V. W. Q., Cheung, M., Chan, S., Chi, I. (November 2012). Psychometric properties of Chinese health literacy scale for diabetes among elders in Hong Kong, *65th Annual Scientific Meeting of the Gerontological Society of America*. San Diego, USA.

- Leung, A. Y. M., Tse, M., Shum, W. C., Lancaster, J., Lam, C. L. K. (November 2012). Health enhancement and pedometer-determined Ambulatory (HEPA) Program: A capacity building program in Hong Kong, *65th Annual Scientific Meeting of the Gerontological Society of America*. San Diego, USA.
- Lou V. W. Q., Tsui A. K. M., Lam S. H., Wong S. W. P. and Tang J. C. S. (November, 2012). Good practices in developing end-of-life services in long-term care facilities - an evidence-based participatory approach, *9th Conference on Long Term Care for the Older of Chinese Community*, Hangzhou, China.
- Lou V. W. Q., Lum T. Y. S., Lu N. and Tong T. L. W. (November 2012). Community capital and well-being of older people in Hong Kong, *65th Annual Scientific Meeting of the Gerontological Society of America*. San Diego, USA.
- Lou V. W. Q. and Kwan C. W. (November 2012). Factors affecting Shanghai family caregivers' depressive symptoms, *65th Annual Scientific Meeting of the Gerontological Society of America*. San Diego, USA.
- Lou V. W. Q. and Kwan C. W. (November 2012). Health status of community long-term care service users in Hong Kong, *65th Annual Scientific Meeting of the Gerontological Society of America*. San Diego, USA.
- Lou V. W. Q. and Zhong X. (November 2012). Human resource management in nursing homes in Xian China: An initial application of high commitment work system Chinese version scale, *65th Annual Scientific Meeting of the Gerontological Society of America*. San Diego, USA.
- Lum, T. Y. S. (July, 2012). Public platform to promote productive activities of older people, *Symposium on Productive Ageing in Asia*, Sau Po Centre on Ageing, The University of Hong Kong, Hong Kong.
- Lum, T. Y. S. (September, 2012). Always staying relevant and young at heart, *Towards an Age-Friendly World Conference*, Singapore. [Invited plenary speaker]
- Lum, T. Y. S. (September, 2012). 社區照顧服務券, 全港認知障礙症照顧者聯盟 第六屆全港認知障礙症照顧者論壇, 香港 [Invited speaker]
- Lum, T. Y. S., Yang P. S., Lou, V. W. Q. and Wang J. (November, 2012). Dementia care in four metropolitan cities in greater China, *65th Annual Scientific Meeting of the Gerontological Society of America*. San Diego, USA.
- Lum, T. Y. S. (January, 2013). 護老者服務 - 從理論到實踐, 救世軍護老者協會 十周年活動, 香港 [Invited speaker]
- Lum, T. Y. S. (May, 2013). Social workers in elder care services, *Shanghai Forum 2013*, Shanghai, China. [Invited speaker]
- Lum, T. Y. S., Chui, E. W. T., Lou, V. W. Q. and Lau, M. M. Y. (June 2013).

Rebalancing long term care in Hong Kong, 20th IAGG World Congress of Gerontology and Geriatrics, Seoul, Korea.

Lum, T. Y. S., Lou, V. W. Q., Tong, T. L. W. and Lu, N. (June 2013). Developing an ageing in place model for low income households, 20th IAGG World Congress of Gerontology and Geriatrics, Seoul, Korea.

e. Public or consultancy reports

Nil

f. Other intellectual property (including software, training materials, etc.)

Nil

V. Activities (must be active during the year, each project should highlight links to Centre strategy)

a. Consultancies

Nil

b. Training

Date	Activity
August 17 – September 13, 2012	<i>Care Management and interRAI Training Course for Hong Kong Christian Service</i>
November 21 – December 20, 2012	<i>Care Management and interRAI Training Course for Hong Kong Christian Service and Haven of Hope Christian Service</i>
February 22 – March 22, 2013	<i>Care Management and interRAI Training Course</i>
June 21, 2013	<i>Interventionist Training for the Happiness of Discovering Programme of Aberdeen Kai-Fong Welfare Association (AKA)</i>

c. Research projects

i) List of all research projects

Project Title	Name of Project Holder	Project Start Date
<i>A Study on Die-in-Home Service</i>	Dr. Vivian Lou	01-APR-2011
<i>Prudential Assurance - A Study of Middle Class Retirement Plan in Hong Kong</i>	Dr. Terry Lum	01-FEB-2013
<i>HKFWS - Study on Enhancement of Integrated Home Care Service</i>	Dr. Terry Lum	01-MAR-2013
<i>SWD - A Case Mix Study on the Community Care Services for the Elderly</i>	Dr. Terry Lum	01-APR-2013
<i>AKA – An Evaluation Study of the LinkAges project</i>	Dr. Vivian Lou	01-MAY-2013

ii) List of all collaborative projects

Project Title	Name of Project Holder	Name of Collaborator	Project Start Date
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<i>Ageing with Down syndrome: Establishing the baseline of physical fitness and functioning for adults with Down syndrome in different age cohorts</i> (Seed Funding Programme for Basic Research)	Dr. Terry Lum	Dr. MA Tse Institute of Human Performance Ms HSK Hui Dept of Social Work & Social Admin	01-MAY-2013
<i>An Integrated Study of the Population Policy for Hong Kong</i> (Strategic Public Policy Research)	Prof. Paul Yip (Dr. Terry Lum as Co-I)	Prof. Paul Yip Dept of Social Work & Social Admin Dr. Peter Cheung Dept of Politics & Political Admin Dr. Lam Kwok Fai Dept of Statistics & Actuarial Science Other local and overseas scholars	JAN/FEB-2013

iii) List of all pro-bono projects

Period	Project Title	Nature (i.e. research or consultancy)
Jun 2012 to present	<i>Ageing with Down Syndrome</i> (for the Hong Kong Down Syndrome Association)	Research

d. Conferences organized

Date	Activity
July 6, 2012	<i>Symposium on Productive Ageing in Asia</i> (Co-organized with Faculty of Social Sciences; Washington University in St. Louis; and National Taiwan University)
October 25, 2012	<i>Seminar on the Application of Geographic Information Systems and Global Positioning System in Behavioral Health Research</i> (Co-organized with Institute of Human Performance)
February 1, 2013	<i>Seminar on the endowment pattern of the remarried rural old men in China and its development tendency</i>
February 1, 2013	<i>Reaching Out Dementia Caregiver Support Project – Advanced workshop for local and overseas experiences consolidation</i> (Co-organized with Yan Oi Tong; and The Hong Kong Council of Social Service)
February 1, 2013	<i>Reaching Out Dementia Caregiver Support Project – Introductory Workshop</i> (Co-organized with Yan Oi Tong; and The Hong Kong Council of Social Service)
February 2, 2013	<i>"A New Way Forward for Dementia Care" International Symposium</i> (Co-organized with Yan Oi Tong; and The Hong Kong Council of Social Service)
April 8, 2013	<i>Seminar on the Implications of Children Number to the Quality-of-life of Rural Elders in China</i> (Co-organized with Department of Social Work and Social Administration)
June 10, 2013	<i>Seminar on the Interventions to Improve Health of Individuals with Dementia and Their Family</i> (Co-organized with Department of Nursing)

June 13, 2013	<i>Seminar on the Cognitive Impairment and Oral Health: A Review of Recent Literature</i> (Co-organized with Department of Nursing)
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- e. Relationships formed with organizations
Nil

VI. Teaching (excluding that credited to departments)

- a. Undergraduate courses
Nil
- b. Taught Masters courses
Nil
- c. Research students (including list of current students and completed)
Nil

VII. Collaborations

- a. University level (within HKU)
- (i) The Centre closely collaborated with the **Department of Social Work and Social Administration** in conducting research projects and organizing knowledge exchange activities.
 - (ii) The Centre joined hands with the **Institute of Human Performance** to investigate into the ageing process of people with Down syndrome.
 - (iii) Dr. Terry Lum was invited by the **General Education Unit, HKU** to be the guest speaker of a post-screening discussion of the General Education Course entitled *The Doc. Series (華語紀錄片系列)* on October 4, 2012; and the Screening of *Go Grandriders (不老騎士 — 歐兜邁環台日記)* on January 24, 2013 to share his insights on ageing issues, long-term care and ageing policy.
- b. Community level
- (i) Dr. Terry Lum was invited to give a presentation on “Psychosocial care of dementia caregivers” in the *Alzheimer’s Disease Conference 2012: From Public Health, Basic and Clinical Sciences* on June 15, 2012. The Conference was organized by **Alzheimer’s Disease Research Network, SRT Healthy Ageing, eSRT in Communication Disorders, Research Centre of Heart, Brain, Hormone and Healthy Ageing, HKU** and co-organized by **The Hong Kong Alzheimer’s Disease Association and The Hong Kong Polytechnic University**.
 - (ii) Dr. Terry Lum was invited to give a presentation on “Introduction of the community care service voucher” in the *6th Dementia Caregiver Forum* on September 15, 2012. The Forum was co-organized by **St. James’ Settlement, The Hong Kong Council of Social Service, Hong Kong Society for Rehabilitation and The Evangelical Lutheran Church of Hong Kong**.
 - (iii) Dr. Terry Lum was invited to give a presentation on "Age-friendly business: The opportunity" in the *Forum on Age-friendly City — New Opportunities for Socio-demographic Ageing* organized by **The Hong Kong Council of Social Service** on December 12, 2012.

- (iv) Dr. Terry Lum was invited by the **Hong Kong Police Force** to give a presentation on the “Application of Gerontology and Elderly Psychology in the Hong Kong Contemporary Society” and to participate in the *Discussion Forum on Productive Ageing* in the *Senior Police Call Soft Launching Ceremony* on December 21, 2012.
 - (v) Dr. Terry Lum was invited by **The Salvation Army** to give a presentation on the “Elder Care Service: From Theory to Practice” in the *Salvation Army Carer Association 19th Anniversary* on January 11, 2013.
 - (vi) *Tai-chi for Parkinson's 2013* jointly organized by **The Hong Kong Parkinson's Disease Foundation** was held on May 16, 2013.
 - (vii) The Centre was invited by the **Hong Kong Design Centre** to be a supporting organization of the *Knowledge of Design Week (KODW) 2013* from July 2 to 6, 2013.
- c. Regional level
- (i) Dr. Terry Lum was invited to be the plenary speaker and deliver a presentation in the ***Ageless in Singapore – Toward an Age-Friendly World Conference*** in Singapore on September 7, 2012.
 - (ii) The **Jade Club, HK** and a **delegation of Mainland elderly home operators** visited the Centre on Nov 1, 2012. A presentation by Dr. Vivian Lou on “Standardized care need assessment mechanism for elderly services” and an exchange session with the M.S.W. and Ph.D students of HKU were arranged.
 - (iii) Dr. Terry Lum was invited by the **Fudan University** to deliver a presentation at the *Shanghai Forum 2013* in Shanghai China on May 26, 2013.
- d. International level
- (i) Dr. Terry Lum, Dr. Vivian Lou and Dr. Angela Leung presented papers at the ***65th Annual Scientific Meeting of the Gerontological Society of America*** in San Diego between Nov 14 and 18, 2012.
 - (ii) Dr. Terry Lum presented papers at the ***20th IAGG World Congress of Gerontology and Geriatrics*** in Seoul, Korea from June 23 to June 27, 2013.