

**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, 2014 to June 30, 2015

**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 strives:

- (i) to rebuild the University's capacity in the study of dementia and become the local and regional leader;
- (ii) to foster knowledge building through studies of long-term care, productive and healthy ageing, ageing-in-place, spiritual enhancement, and family caregiving etc;
- (iii) to develop elderly studies in relation to technology in collaboration with professional bodies; and
- (iv) to organize one international symposium or conference annually; and several research seminars and training programmes throughout the year.

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

- a. Performance in the last academic year

***Sustainable Research Capacity***

The Centre has undertaken 13 new projects with funding worth \$3.6M over the reporting period, including:-

- *external grants*: 1 from General Research Fund (study on productive ageing, \$0.5M); 1 from Collaborative Research Fund (dementia interventions project; \$0.1M); and 1 from Public Policy Research Funding Scheme (study on family caregiving and long-term care decision of demented people; \$0.33M).
- *internal grants*: 5 research grants under the HKU Seed Funding Programmes (total \$0.33M); and 3 knowledge exchange impact projects funded by the KE Funding Exercise 2014/15 (total \$0.24M).
- *contracted projects*: Studies funded by private and public sectors, to name a few:
  - an evaluation study on pilot scheme on living allowance for carers of the elderly persons from low income families (Social Work Department; \$1.43M)
  - a longitudinal study on ageing-in- place scheme at rental estates: baseline health and wellbeing status and 2-year outcome (Hong Kong Housing Society; \$0.25M)
  - a study to evaluate the effectiveness of the recovery program for stroke patients (Neighbourhood Advice-Action Council; \$0.19M)

Currently the team is conducting around 20 active projects.

### ***New Office Space at Centennial Campus***

The Centre is grateful for the space allocation from the Faculty at Room 704, The Jockey Club Tower for the initial period of two years from April 1, 2015. The shared room currently accommodates 12 colleagues of our public policy project team.

### ***Expansion of Staff Strength***

The new office space significantly supports continuing growth of the team. Currently the Centre hires:

- 2 Research Assistant Professors;
- 2 Post-doctoral Fellows;
- 1 Assistant Research Officer;
- 3 Senior Research Assistants; and
- 15 Research Assistants.

The research team is supported by several part-time student research assistants and the administration team of 4 members.

### ***Study of Long-term Care System***

The 3-year study funded by the Lotteries Fund has entered into its 2<sup>nd</sup> year and has been in full swing. The team has accomplished the following key tasks:

- Review, translation and update of the interRAI assessment instruments.
- Commencement of pilot studies to collect staff time and service user clinical data to facilitate analysis of the care needs of frail elders and to develop a set of outcome indicators for both community and residential care.
- Development of an IT system interface for data input on mobile device for gatekeeping assessment and care management.
- Satisfactory completion of the evaluation of the community care voucher pilot programme.

### ***Utilization of Monetary Award from Faculty KE Award 2014***

The Centre allocated the monetary award of \$50,000 to support the ageing-in-place project in rental estates. To support healthy and productive ageing, we engaged around 30 retired people with paid work. They have been trained as peer health educators who paid home visits to elderly residents and distributed individualized health reports. The team also conducted grip strength tests with thousands of elderly residents and organized health talks in the 12 public housing estates to promote the concept of importance of “Health Saving” for both physical health and mental health.

### ***Training Programmes***

Apart from the certificate courses on care management with interRAI that Centre has organized over the years, we have launched the certificate courses on spiritual well-being assessment and enhancement for Chinese elders in collaboration with Tung Wah Group of Hospitals. The course is an education initiative in synergy with our academic-community partnership project on spiritual well-being enhancement. Besides, the Centre has been providing consultancy to the Hong Kong Alzheimer's Disease Association on the course content and manual development for its certificate dementia care planner course. This is an intensive 3-month course which runs quarterly and students are equipped as Certified Dementia Care Planners.

### **Conference and Seminars**

In April, the Centre organized the *International Conference on Advances in Non-pharmacological Interventions for People with Dementia and Caregivers*, and two pre-conference workshops on (i) cognitive stimulation therapy; and (ii) managing dementia-related behaviour. Speakers delivered presentations on the latest practice and science in non-pharmacological intervention for dementia, and experience sharing of key initiatives in the United Kingdom, United States and Hong Kong. The programmes were a success with high attendance and positive feedback. During the period, besides, the Centre also co-organized 5 conferences/seminars in collaboration with other departments and NGOs on different topics.

#### b. Way forward

### **New Leadership**

Prof. Terry Lum has stepped down from the Directorship by August 31, 2015. The Centre is most thankful for his tremendous contributions in leading and growing the Centre during his past years of directorship. He has taken up the Headship of the Department of Social Work and Social Administration since July 1, 2015. Prof. Lum is now Associate Director of the Centre and will continue to undertake gerontology research projects and KE activities in the Centre. Dr. Vivian Lou, Associate Professor of Department of Social Work and Social Administration has been appointed the directorship of the Centre from September 1, 2015 for a term of three years. It is anticipated that the Centre will grow to another level under Dr. Lou's leadership.

### **Dementia Care Study**

Dementia is one of the key research focuses of the Centre. Our multidisciplinary team, comprising members from backgrounds of social work, psychology, psychiatry and medicine, will extend the effort in academic studies; for instance, examination of the cognitive stimulation therapy and cognitive rehabilitation; investigation into the effects of duration of untreated illness in early outcomes in dementia; study of the Six Arts intervention in maintaining cognition and quality-of-life in demented people etc.

### **Spiritual Care Study**

Over the years, the Centre has been devoting its efforts to studies in the conceptualization, assessment and enhancement of spirituality for Chinese older adults. Last year, the team collaborated with the Tung Wah Group of Hospitals to develop a mobile app which integrated the self-help manual and the spiritual scale for Chinese elders. The team has recently received a fund under the KE Funding Exercise 2015/16 to train frontline social care professionals with skills in delivering spirituality assessment and intervention with the mobile app innovation. We hope to foster the development of bio-psycho-socio-spiritual support in the elderly services.

### **New Social Impact Projects**

The Centre has recently received high-amount donations from some prominent charities. To name a few:

- a grant of \$5.2M from Simon K.Y. Lee Foundation to develop a 3-year *Grandmove Project* which aims to keep our older population active and robust;
- a grant of \$4.5M from The Hong Kong Jockey Club Charities Trust to conduct a 4-year project to enhance Wanchai District and Central & Western District towards age friendly cities;
- a donation of \$3M to from the Charitable Foundation of Love to conduct a project on family caregiving to stroke survivors.

We anticipate our projects will not only build up the academic publication output, and but also contribute to improving well-being of elders in Hong Kong and the region.

**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

Chan, W., Kwan, C., & Chi, I. (2014). Moderating effect of communication difficulty on the relationship between depression and pain: a study on community-dwelling older adults in Hong Kong. *Aging & Mental Health*, 19(9), 829-834.  
doi:10.1080/13607863.2014.967172

Chen, Y., Wong, G., Lum, T., Lou, V., Ho, A., Luo, H., & Tong, T. (2015). Neighborhood support network, perceived proximity to community facilities and depressive symptoms among low socioeconomic status Chinese elders. *Aging & Mental Health*, 1-9.  
doi:10.1080/13607863.2015.1018867

Cheung, K., Lau, B., Wong, P., Leung, A., Lou, V., Chan, G., & Schulz, R. (2014). Multicomponent intervention on enhancing dementia caregiver well-being and reducing behavioral problems among Hong Kong Chinese: a translational study based on REACH II. *International Journal of Geriatric Psychiatry*, 30(5), 460-469.  
doi:10.1002/gps.4160

Cheung, K., Yip, S., Branch, L., & Robine, J. (2015). Decreased proportion of dementia-free life expectancy in Hong Kong SAR. *Dementia and Geriatric Cognitive Disorders*, 40(1-2), 72-84. doi:10.1159/000381848

Choy, J., & Lou, V. (2015). The effectiveness of modified instrumental reminiscence intervention on psychological well-being among community-dwelling Chinese older adults: a randomized controlled trial. *The American Journal of Geriatric Psychiatry*. Advance online publication. doi:10.1016/j.jagp.2015.05.008

Ho, A., Dai, A., Lam, S., Wong, S., Tsui, A., Tang, J., & Lou, V. (2015). Development and pilot evaluation of a novel dignity-conserving end-of-life (EoL) care model for nursing homes in Chinese societies. *The Gerontologist*, 1-12.  
doi:10.1093/geront/gnv037

Ho, A., Luk, J., Chan, F., Ng, W., Kwok, C., & Yuen, J., Tam, M. Kan, W. & Chan, C. (2015). Dignified palliative long-term care: an interpretive systemic framework of end-of-life integrated care pathway for terminally ill Chinese older adults. *American Journal of Hospice and Palliative Medicine*, 1-9. doi:10.1177/1049909114565789

Ho, A., Potash, J., Fong, T., Ho, V., Chen, E., & Lau, R., ... Ho, R. (2015). Psychometric properties of a Chinese version of the stigma scale: examining the complex experience of stigma and its relationship with self-esteem and depression among people living with mental illness in Hong Kong. *Comprehensive Psychiatry*, 56, 198-205. doi:10.1016/j.comppsy.2014.09.016

Kwan, J., Lau, B., & Cheung, K. (2015). Toward a comprehensive model of frailty: an emerging concept from the Hong Kong centenarian study. *Journal of The American*

*Medical Directors Association*, 16(6), 536.e1-536.e7. doi:10.1016/j.jamda.2015.03.005  
Lai, D., Daoust, G., & Li, L. (2014). Understanding elder abuse and neglect in aging Chinese immigrants in Canada. *The Journal of Adult Protection*, 16(5), 322-334. doi:10.1108/jap-03-2014-0006

Leung, D., Bai, X., Leung, A., Liu, B., & Chi, I. (2014). Prevalence of medication adherence and its associated factors among community-dwelling Chinese older adults in Hong Kong. *Geriatrics & Gerontology International*, 15(6), 789-796. doi:10.1111/ggi.12342

Liu, J., Chi, I., Chan, K., Lai, C., & Leung, A. (2015). The reliability and validity of the pain items of the Hong Kong version interRAI community health assessment for community-dwelling elders in Hong Kong. *Journal of Clinical Nursing*, 24(15-16), 2352-2354. doi:10.1111/jocn.12885

Lou, V., Lau, B., & Cheung, K. (2015). Positive aspects of caregiving (PAC): scale validation among Chinese dementia caregivers (CG). *Archives of Gerontology and Geriatrics*, 60(2), 299-306. doi:10.1016/j.archger.2014.10.019

Lum, T., Lou, V., Chen, Y., Wong, G., Luo, H., & Tong, T. (2014). Neighborhood support and aging-in-place preference among low-income elderly Chinese city-dwellers. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, doi:10.1093/geronb/gbu154

Lum, T., Yan, E., Ho, A., Shum, M., Wong, G., Lau, M., & Wang, J. (2015). Measuring filial piety in the 21st century: development, factor structure, and reliability of the 10-Item contemporary filial piety scale. *Journal of Applied Gerontology*, 1-13, doi:10.1177/0733464815570664

Mui, A., & Lee, E. (2014). Correlates of depression among Chinese and Korean immigrant elders in the United States. *Ageing International*, 39(3), 274-288. doi:10.1007/s12126-013-9183-6

Shum, M., Lou, V., He, K., Chen, C., & Wang, J. (2015). The "Leap Forward" in nursing home development in urban China: future policy directions. *Journal of The American Medical Directors Association*, 16(9), 784-789. doi:10.1016/j.jamda.2015.04.010

Tang, J., Ho, A., Luo, H., Wong, G., Lau, B., Lum, T., & Cheung, K. (2015). Validating a Cantonese short version of the Zarit Burden Interview (CZBI-Short) for dementia caregivers. *Aging & Mental Health*, 1-6. DOI: 10.1080/13607863.2015.1047323.

Tam, S., Lee, M., & Wong, G. (2014). Practical approach to pharmacological treatment and nonpharmacological intervention of dementia. *HKMA CME Bulletin*, September, 9-13.

Tao, H., Wong, G., Zhang, H., Zhou, Y., Xue, Z., & Shan, B... & Liu, Z. (2015). Grey matter morphological anomalies in the caudate head in first-episode psychosis patients with delusions of reference. *Psychiatry Research: Neuroimaging*, 233(1), 57-63. doi:10.1016/j.psychresns.2015.04.011

Wong, G., Ng, C., Lai, C., Lee, M., Lum, T., & Jiang, N. ... & Dai, D. (2014). Development of six arts, a culturally appropriate multimodal nonpharmacological intervention in dementia. *The Gerontologist*. doi:10.1093/geront/gnu102

Yang, F., & Lou, V. (2015). Childhood adversities, urbanisation and depressive symptoms among middle-aged and older adults: evidence from a national survey in China. *Ageing and Society*, 1-21. doi:10.1017/s0144686x15000239

b. Books published or contracted

Lou, V. (2015). *Spiritual Well-Being of Chinese Older Adults: Conceptualization, Measurement and Intervention*. Heidelberg, Germany: Springer.

c. Book chapters

Lou, V., & Tong, H. (2015). Grandparenting and volunteering among older adults in Hong Kong: a dilemma. In S. Cheng, I. Chi, H. Fung, L. Li, & J. Woo (Eds.), *Successful Aging* (pp. 199-207). Dordrecht: Springer. doi: 10.1007/978-94-017-9331-5

d. Conference papers

Ho, A., Chan, C., Chow, A., & Lum, T. (2014) Filial piety and dignity in end of life caregiving: lived experience of Chinese families facing terminal illness. *Paper presented at the 67<sup>th</sup> Annual Scientific Meeting of Gerontology Society of America (GSA)*, Washington, DC, USA.

Ho, A., Lou, V., Ng, C., Lum, T., Wong, G., Lau, M., & Kwok, D. (2014). Self-reported and caregiver-observed signs of cognitive impairments in help-seekers. *Paper presented at the 67<sup>th</sup> Annual Scientific Meeting of Gerontology Society of America (GSA)*, Washington, DC, USA.

Kwan, J., Lau, B., & Cheung, K. (2015) Comprehensive Index of Frailty: a multi-dimensional construct from the Hong Kong centenarian study. *Hong Kong Medical Journal*, 21(suppl. 1), 28.

Kwan, J., Lau, B., & Cheung, K. (2015). Comprehensive Index of Frailty: a multi-dimensional construct from the Hong Kong centenarian study. *Poster presented at the 2015 Spring Scientific Meeting of the British Geriatrics Society (BGS)*, Nottingham, UK.

Kwan, J., Lau, B., & Cheung, K. (2015). Frailty, comorbidity, disability and poor self-rated health: prevalence of overlaps amongst the oldest-old adults from the Hong Kong centenarian study. *Paper presented at the 2015 Spring Scientific Meeting of the British Geriatrics Society (BGS)*, Nottingham, UK.

Kwan, J., Lau, B., Martin, P., & Cheung, K. (2015). Depression, not lethargy, moderates the frailty-subjective health relationship among centenarians. *Paper presented at the 2015 Spring Scientific Meeting of the British Geriatrics Society (BGS)*, Nottingham, UK.

Kwan, J., Lau, H., & Cheung, K. (2015). Prevalence of overlap between frailty, comorbidity, disability and poor self-rated health amongst community-dwelling

centenarians in Hong Kong. *Paper presented at the 10th International Symposium on Healthy Aging*, the University of Hong Kong, Hong Kong.

Kwan, J., Leung, A., Kwan, C., Lai, C., Bai, X., Chong, A., ... Chi, I. (2015). Prevalence and risk factors for the use of physical and chemical restraints amongst older people living in residential care: data from the Hong Kong longitudinal study on long-term care facility residents. *Paper presented at The 2015 Annual Scientific Meeting of the Hong Kong Geriatrics Society (HKGS)*, Hong Kong.

Kwan, J., Tang, J., Wong, G., Chang, R., & Lum, T. (2015). Comparison of characteristics of people with subjective cognitive impairment vs. mild cognitive impairment vs. dementia: cross-sectional data from the Hong Kong Alzheimer's Disease Association. *Paper presented at the 2015 International Alzheimer's Disease Conference*, the University of Hong Kong, Hong Kong.

Leung, D., Lo, S., Leung, A., Lou, V., Chong, A., Kwan, J., ...Chi, I. (2015). Prevalence and risk factors of potential elder abuse in Hong Kong. *Irish Ageing Studies Review*, 6(1), 299.

Luo, H., Lum, T., Wong, G., & Jiang, N. (2014). Trajectory of health and functioning of minority immigrant elders: a latent growth curve analysis. *The Gerontologist*, 54(Suppl.2), 357. doi: <http://dx.doi.org/10.1093/geront/gnu106>.

Luo, H., Wong, G., Lum, T., Gong, C., & Kendig, H. (2014). Health expectancies among Chinese older adults: evidence from China health and retirement longitudinal study. *The Gerontologist*, 54(Suppl.2), 576-577. doi: <http://dx.doi.org/10.1093/geront/gnu106>.

Luo, H., Tang, J., Wong, G., & Lum, T. (2015). A Ten-year Longitudinal Analysis on Mortality Risk Associated with Mild Cognitive Impairment with and without Later Dementia. *Poster presented at the 30<sup>th</sup> International Conference of Alzheimer's Disease International*, Perth, Australia.

NG, C., Lum, T., Wong, G., Lau, M., & Kwok, D. (2014). Characteristics of early help-seekers for suspected dementia. *The Gerontologist*, 54 (suppl. 2), 235. doi: 10.1093/geront/gnu106.

Tang, J., Luo, H., Wong, G., & Lum, T. (2015). Relationship between Anti-diabetic Treatment and Cognitive Decline: 12-year Longitudinal Data from the Health and Retirement Study. *Poster presented at the 30<sup>th</sup> International Conference of Alzheimer's Disease International*, Perth, Australia.

Tang, J., Wong, G., Lum, T., Ng, C., & Lee, M., Dai, D. (2015). Assessment service for people seeking help for cognitive concerns: the relationship between waiting time to assessment and cognitive deficits. *Poster presented at the 30<sup>th</sup> International Conference of Alzheimer's Disease International*, Perth, Australia.

Wong, G., Lee, M., Tang, J., Luo, H., Lum, T., & Dai, D. (2015). Chinese Six Arts for People with Mild Cognitive Impairment or Early Signs of Dementia: a Pilot Study. *Paper presented at the 30<sup>th</sup> International Conference of Alzheimer's Disease International*, Perth, Australia.

Wong, G., Luo, H., Lum, T., Lau, B., Tang, J., & Cheng, K. (2015). Modelling Response to Dementia Caregiver Intervention: Findings from the REACH-HK Programme. *Poster presented at the 30<sup>th</sup> International Conference of Alzheimer's Disease International*, Perth, Australia.

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

| Period                    | Consultancy   | Contracting Party   |
|---------------------------|---|---|
| 1-Jun-2014 to 31-May-2015 | Consultancy to the dementia policy framework for Macao SAR                          | Hong Kong Alzheimer's Disease Association                           |
| 3-Sep-14 to 3-Sep-16      | Consultancy to the development of the Certified Dementia Care Planner (CDCP) Course | Hong Kong Alzheimer's Disease Association                           |
| 14-July-14 to 15-Oct-14   | Consultancy on the pilot research study on cognitive health detection device        | Hong Kong Applied Science and Technology Research Institute Company |

b. Training

| Date                             | Activity  |
|----------------------------------|---|
| June 20 – July 4, 2014           | <i>Certificate Courses on Care Management with interRAI – Intermediate Level</i>  |
| May 7 – August 9, 2014           | <i>Certificate Dementia Care Planner Course (1<sup>st</sup> series)</i><br>(Offered by Institute of Alzheimer's Education of Hong Kong Alzheimer's Disease Association in collaboration with Sau Po Centre on Ageing) |
| August 28, 2014                  | <i>Certificate Courses on Spiritual Well-being Assessment and Enhancement for Chinese Elders – Basic Level</i><br>(Co-organized with Tung Wah Group of Hospitals)   |
| September 10 – December 13, 2014 | <i>Certificate Dementia Care Planner Course (2<sup>nd</sup> series)</i><br>(Offered by Institute of Alzheimer's Education of Hong Kong Alzheimer's Disease Association in collaboration with Sau Po Centre on Ageing) |
| September 26, 2014               | <i>Certificate Courses on Spiritual Well-being Assessment and Enhancement for Chinese Elders – Advanced Level</i><br>(Co-organized with Tung Wah Group of Hospitals)  |
| October 31, 2014                 | <i>Certificate Courses on Care Management with interRAI – Basic Level</i>   |



| Date                              | Activity  |
|-----------------------------------|---|
| November 13 – 28, 2014            | <i>Certificate Courses on Care Management with interRAI – Intermediate Level</i>  |
| December 29, 2014 – April 8, 2015 | <i>Certificate Dementia Care Planner Course (3<sup>rd</sup> series)</i><br>(Offered by Institute of Alzheimer's Education of Hong Kong Alzheimer's Disease Association in collaboration with Sau Po Centre on Ageing)                       |
| January 14, 21 & February 4, 2015 | <i>Certificate Courses on Care Management with interRAI – Intermediate Level</i><br>(Group booking by Tung Wah Group of Hospitals)  |
| April 8, 2015                     | <i>Workshop on Cognitive Stimulation Therapy (CST)</i><br>(Co-organized with Faculty of Social Sciences, Strategic Research Theme on Ageing, Strategic Research Theme on Neuroscience, and HKU Alzheimer's Diseases Research Network, HKU)  |
| April 9, 2015                     | <i>Workshop on Managing Dementia-Related Behaviours</i><br>(Co-organized with Faculty of Social Sciences, Strategic Research Theme on Ageing, Strategic Research Theme on Neuroscience, and HKU Alzheimer's Diseases Research Network, HKU) |
| May 4 – July 27 2015              | <i>Certificate Dementia Care Planner Course (4<sup>th</sup> series)</i><br>(Offered by Institute of Alzheimer's Education of Hong Kong Alzheimer's Disease Association in collaboration with Sau Po Centre on Ageing)                       |

c. Research projects

i) List of all research projects

| Project Title  | Name of Project Holder | Project Start Date | Amount    | Funding Source                            |
|--|------------------------|--------------------|-----------|---|
| <b>UGC Research Funding</b>  |                        |                    |           |   |
| <i>Characteristics and predictors of productive ageing involvement among older Chinese in Hong Kong</i>  | Prof. Terry Lum        | 1-Jan-15           | \$501,725 | General Research Fund                     |
| <i>A Randomization Controlled Trial of Non-pharmacological Interventions for Dementia: Investigations of Effectiveness, Cost-effectiveness and Mechanism</i> | Prof. Terry Lum        | 1-Jan-15           | \$100,000 | Collaborative Research Fund               |
| <b>PPR Funding Scheme 2014-15</b>  |                        |                    |           |   |
| Family Caregiving and Long-term Care Decision of People with Dementia in Hong Kong   | Prof. Terry Lum        | 1-Jul-14           | \$289,005 | Central Policy Unit                       |
| <b>HKU Seed Funding Programmes</b>   |                        |                    |           |   |
| Ageing with Down syndrome: Establishing the baseline of physical fitness and functioning for adults with Down syndrome in different age cohort               | Prof. Terry Lum        | 01-Mar-13          | \$67,300  | Seed Funding Programme for Basic Research |

| Project Title   | Name of Project Holder           | Project Start Date | Amount       | Funding Source                              |
|---|----------------------------------|--------------------|--------------|---|
| Monetary Costs of Community Care for Dementia: A Pilot Micro-Costing Study Using Ecological Monetary Assessment   | Prof. Terry Lum                  | 30-Jun-14          | \$47,900     | Seed Funding Programme for Basic Research   |
| Cognitive, psychosocial and neurobiological predictors and pathway of change in people with mild Alzheimer's disease receiving cognitive stimulation therapy                        | Dr. Gloria Wong                  | 1-Oct-14           | \$120,000    | Seed Funding Programme for Basic Research   |
| Contributing Factors and Early Outcomes of Delayed Help-seeking and Intervention in Dementia: Naturalistic Prospective Study and Predictive Model                                   | Dr. Gloria Wong                  | 1-May-15           | \$96,068     | Seed Funding Programme for Applied Research |
| <b>KE Funding Exercise 2014-15</b>  |                                  |                    |              |   |
| Healthy x Productive Ageing: Elderly Peer Health Educator Programme   | Prof. Terry Lum                  | 1-Jul-14           | \$70,000     | KE Funding Exercise 2014-15                 |
| Workshop and Implementation Guidebook for Elderly Services Organisation Managers on Evidence-based Non-pharmacological Interventions for People with Dementia and Family Caregivers | Dr. Gloria Wong                  | 1-Jul-14           | \$85,000     | KE Funding Exercise 2014-15                 |
| Advancing Dignity and Compassion in End-of-Life (EoL)   | Dr. Andy Ho / Prof. Cecilia Chan | 1-Jul-14           | \$85,000     | KE Funding Exercise 2014-15                 |
| <b>Contracted research</b>  |                                  |                    |              |   |
| Study on Enhancement of Integrated Home Care Service  | Prof. Terry Lum                  | 01-Mar-13          | \$247,200    | Hong Kong Family Welfare Society            |
| A Case Mix Study on the Community Care Services for the Elderly   | Prof. Terry Lum                  | 01-Apr-13          | \$1,430,000  | Social Welfare Department, HKSAR Government |
| An Evaluation Study of the LinkAges project   | Dr. Vivian Lou                   | 01-May-13          | \$299,485    | Aberdeen Kai-fong Welfare Association       |
| Project on Enhancement of the Infrastructure of Long-term Care in Hong Kong   | Prof. Terry Lum                  | 01-Nov-13          | \$24,676,000 | Social Welfare Department, HKSAR Government |

| Project Title  | Name of Project Holder | Project Start Date | Amount      | Funding Source                              |
|--|------------------------|--------------------|-------------|---|
| Research Service for Residential Homes for the Elderly   | Dr. Vivian Lou         | 20-Jan-14          | \$369,368   | Hong Kong Sheng Kung Hui Welfare Council    |
| Evaluation on the Effectiveness of the Intervention under Self-help Approach on Enhancing Spirituality of Elders Living in Hong Kong | Dr. Vivian Lou         | 1-Apr-14           | \$250,000   | Tung Wah Group of Hospitals                 |
| REACH research report and practitioner manual for good practice sharing on Dementia Caregiver Services in Hong Kong                  | Dr. Paul Wong          | 14-Apr-14          | \$95,000    | The Hong Kong Council of Social Service     |
| An Evaluation Study on Community Support Services of IDSP for the Elderly Patients   | Dr. Vivian Lou         | 1-May-14           | \$50,000    | Aberdeen Kai-fong Welfare Association       |
| Longitudinal Study on Ageing-in-Place Scheme at HKHS Rental Estates: Baseline Health and Wellbeing Status and 2-Year Outcome         | Prof. Terry Lum        | 1-Jul-14           | \$250,000   | Hong Kong Housing Society                   |
| Evaluation Study on Pilot Scheme on Living Allowance for Carers of the Elderly Persons from Low Income Families                      | Prof. Terry Lum        | 5-Dec-14           | \$1,430,000 | Social Welfare Department, HKSAR Government |
| Evaluating the Effectiveness of the Recovery Program for Stroke Patients   | Dr. Vivian Lou         | 20-Mar-15          | \$195,000   | The Neighbourhood Advice-Action Council     |
| Management Research Services for Aging Members and their Family Members/ Care-givers   | Prof. Terry Lum        | 1-Feb-15           | \$239,846   | Hong Kong Down Syndrome Association         |
| Project Sunrise: a 'District-based Community Shared-Care Model'  | Dr. Gloria Wong        | 1-Apr-15           | \$200,000   | Hong Kong Alzheimer's Disease Association   |

ii) List of all collaborative projects

| Project Title   | Name of Project Holder                                    | Name of Collaborator   | Project Start Date |
|---|---|--|--------------------|
| <i>Program on Psychosocial Research on Ageing</i> (Supported by Strategic Research Theme on Ageing) | Prof. Karen Lam<br>(a/c housed at Department of Medicine) | <i>Co-coordinator:</i><br>Dr Terry Lum<br><br><i>Members:</i><br>Dr. Karen Cheung, Dr. Vivian Lou, Dr. Paul Wong<br>Dept of Soc Work & Soc Admin | 15-Sep-13          |

| Project Title | Name of Project Holder | Name of Collaborator  | Project Start Date |
|---------------|------------------------|---|--------------------|
|               |                        | Dr. Angela Leung<br>School of Nursing<br><i>Collaborators:</i><br>Dr. LW Chu, Prof. Cindy Lam,<br>Prof. Karen Lam, Dr. E Yu<br>Dept of Medicine |                    |

iii) List of all pro-bono projects

| Period                | Project Title  | Nature (i.e. research or consultancy) |
|-----------------------|--|---------------------------------------|
| 1-Nov-13 to 31-Oct-16 | <i>Study of Dementia Help-seeking Behaviour</i><br>(for Hong Kong Alzheimer's Disease Association) | Research                              |
| 3-Sep-14 to 3-Sep-16  | Certified Dementia Care Planner<br>(for Hong Kong Alzheimer's Disease Association)                 | Consultancy                           |

d. Conferences organized

| Date               | Activity  |
|--------------------|---|
| July 8, 2014       | <i>Seminar on The Regulation of Care Work in the US: Past Pitfalls, Present Trends, and Future Promises</i><br>(Co-organized with Department of Social Work and Social Administration, HKU)   |
| November 8, 2014   | <i>8<sup>th</sup> World Congress on Long Term Care in Chinese Communities and Asian Ageing Development on Conference "3As in Aged Care – Advocacy, Advancement and Achievement"</i><br>(Co-organized with Hong Kong Association of Gerontology; Helping hand; The Hong Kong Society for Rehabilitation; Caritas Macau; Lingnan University; Centre for Gerontological Nursing, The Hong Kong Polytechnic University)   |
| November 20, 2014  | <i>21<sup>st</sup> HKICC Hospice &amp; Palliative Social Work Satellite Symposium - "The Art of Palliative Social Work – Research, Practice and Beyond"</i><br>(Co-organized with Department of Social Work and Social Administration, Centre on Behavioural Health and Centre for Cancer Research, HKU; Chapter on Medical Social Service Hong Kong Social Workers Association; 21 <sup>st</sup> Hong Kong International Cancer Congress)  |
| December 12, 2014  | <i>Symposium on Social Innovation in Creative Intergenerational Solidarity</i><br>(Co-organized with Aberdeen Kai-fong Welfare Association Social Service; CADENZA; Sponsored by The Hong Kong Jockey Club Charities Trust)   |
| April 10, 2015     | <i>International Conference on Advances in Non-pharmacological Interventions for People with Dementia and Caregivers</i><br>(CoA was the key organizer; co-organizers included Faculty of Social Sciences, Strategic Research Theme on Ageing, Strategic Research Theme on Neuroscience, and HKU Alzheimer's Diseases Research Network, HKU)  |
| June 26 – 27, 2015 | <i>International Alzheimer's Disease Conference 2015 - "Early Detection, Treatment &amp; Prevention of Dementia: Patients' and Caregivers' Perspectives"</i><br>(Co-organized with HKU Alzheimer's Disease Research Network; Research Centre of Heart, Brain, Hormone and Healthy Aging; Strategic Research Theme Ageing; Strategic Research Theme Neuroscience; Strategic Research Theme Science of Learning; Faculty of Social Sciences; Li Ka Shing Faculty of Medicine, HKU; and Department of Rehabilitation Sciences, The Hong Kong Polytechnic University) |

- 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 maintains its strong connection and synergy with the **Department of Social Work and Social Administration** in conducting research projects and organizing knowledge exchange activities.
  - (ii) The Centre is partnering with the **Institute of Human Performance** in implementing the *Grandmove Project* to promote elders' robustness against frailty. The Institute's **Active Health Clinic** is developing a structured exercise training tailored for elders in Hong Kong and will design a train-the-trainer ambassador programme to engage older adults as personal coaches for healthy ageing.
  - (iii) Our *International Conference on Advances in Non-pharmacological Interventions for People with Dementia and Caregivers* (April 2014) was co-organized and supported by **HKU Alzheimer's Disease Research Network; Strategic Research Theme on Ageing** and **Strategic Research Theme on Neuroscience**.
  - (iv) The Centre has closely collaborated with the **Research Centre of Heart, Brain, Hormone and Healthy Aging** in knowledge exchange activities. For instance,
    - In the *International Alzheimer's Disease Conference 2015* (June 26-27, 2015), our academic staff delivered presentations on:
      - Estimating the Economic Challenge of Dementia in Hong Kong (Prof. Terry Lum)
      - Early Assessment Service for Older People Seeking Help for Cognitive Concerns: Preliminary Findings (Dr. Jennifer Tang)
      - Cognitive Stimulation Therapy for People with Mild Alzheimer's Disease in Hong Kong Chinese Community Care Setting (Dr. Gloria Wong)
    - Prof. Terry Lum delivered a presentation on "A Survey of Evidence based Community Support Services for People with Dementia and their Caregivers in Hong Kong" at the *10<sup>th</sup> International Symposium on Healthy Ageing: A Decade of Positive Ageing* (March 8, 2015).
- b. Community level
  - (i) In conducting the *Grandmove Project*, the Centre is partnering with the **Institute of Active Ageing, Hong Kong Polytechnic University** which will recruit elder participants and explore the formalization of the train-the-trainer ambassador programme under the Employee Retraining Board.

- (ii) **The Centre for Gerontological Nursing, School of Nursing of The Hong Kong Polytechnic University** served as a supporting organization of our *International Conference on Advances in Non-pharmacological Interventions for People with Dementia and Caregivers* (April 2015).
- (iii) The Centre served as a supporting organization of the *Technologies and Healthy Ageing Symposium* (September 30, 2014), which was co-organized by **Hong Kong Applied Science and Technology Research Institute, CADENZA** and **CUHK Jockey Club Institute of Ageing**.
- (iv) Our academic staff were invited to deliver trainings for different local organizations/ institutions, for example:
- Prof. Terry Lum conducted a *Workshop on Outcome Indicator and Social Return on Investment* for the **Community Investment and Inclusion Fund, Labour and Welfare Bureau, Hong Kong SAR Government** (July 21, 2014).
  - Prof. Terry Lum delivered a staff training workshop on the future of the elderly service for **Yan Oi Tong** (August 16, 2014).
  - Prof. Terry Lum delivered a presentation to discuss the pressure and opportunities of the elderly long-term care services in Hong Kong at the 「未來五年香港安老服務長期照顧前瞻與發展」研討會 (September 19, 2014), which was co-organized by **The Elderly Service Association of Hong Kong, SME Global Alliance Elderly and Special Needs Services Association** and **Hong Kong Private Nursing Home Owners Association**.
  - Dr. Vivian Lou delivered a presentation on “Conceptualizing Offspring Caregiving Motivational Resilience: A Dyadic relationship Approach” at the *U.S. – Hong Kong 2015 Conference – Putting Ageing Research and Clinical Practice in Cultural Context*. The conference was organized by **The Chinese University of Hong Kong** in collaboration with the **Gerontological Society of America** (January 5-6, 2015).
  - Dr. Gloria Wong offered a training on dementia assessment and caregivers support service (December 2014 to March 2015) and Prof. Terry Lum gave a briefing session on interRAI application (May 26, 2015) for the **Hong Kong Family Welfare Society**.
  - As an initiative in the ageing-in-place project for the **Hong Kong Housing Society**, our team delivered health talks to the elderly residents of 12 rental housing estates on the understanding of health reserve in later life (June to July 2015).
- (v) Our staff have undertaken new external appointments in for government departments/ NGOs, for example:
- Prof. Terry Lum was invited by **Yuen Long District Coordinating Committee on Promotion of Volunteer Service, Social Welfare Department** to serve the vetting panel for *2014 Yuen Long Outstanding Volunteer Election*.
  - Prof. Terry Lum is serving the Advisory Committee for the *Age-friendly City Project* of **The Hong Kong Jockey Club Charities Trust**.
- (vi) Our staff are regularly invited to write articles for the elderly publication *The Voice* ( 松柏之聲 ) published by **St. James Settlement**. Four pieces were covered in this period:
- 《忘了，由誰照顧？》 by Dr. Gloria Wong (Published July 15, 2014)
  - 《中國傳統孝道的蛻變 – 老年臨終關懷的反思》 by Dr. Andy Ho (Published August 15, 2014)
  - 《長者肌肉鍛鍊運動計劃》 by Ms. Mandy Lau and Ms. Winkie Fung (Published November 15, 2014)

- 《發展長期護理服務新方向》 by Dr. Jennifer Tang (Published April 15, 2015)

c. Regional level

- (i) Prof. Terry Lum gave a presentation to the **Associação dos Familiares Encarregados dos Deficientes Mentais de Macau** at the 「智樂社區－探討復康政策對樂齡服務之影響」研討會 (August 25, 2014).
- (ii) The Centre hosted a sharing session for a delegation from the **Ministry of National Development Singapore, Housing and Development Board** on our research experience with the practices of reverse mortgage in Hong Kong (July 8, 2015).
- (iii) A delegation from **The University of Tokyo** and **Tokyo Medical and Dental University** visited the Centre to exchange experience on interRAI related research (August 25, 2014).
- (iv) The Centre hosted a visit for a delegation from the **People's Association of Singapore** to share experience on ageing population and elderly-related policy in Hong Kong (October 29, 2014).
- (v) Dr. Vivian Lou was invited by **Wuhan University** and **East China Normal University** as a visiting scholar to offer teaching and discuss research collaboration (November 2014).

d. International level

- (i) The Centre has maintained a close collaboration with the **interRAI Group** in adopting and licensing the interRAI assessment instruments to conduct the long-term care project. The interRAI is an international collaborative network of researchers in over 30 countries committed to improving care for persons who are disabled or medically complex.
- (ii) Prof. Terry Lum was invited by the **International Long-term Care Policy Network (ILPN)** to chair a parallel session on Care Models and deliver a presentation on “Preliminary findings from the Community Care Voucher Pilot Programme in Hong Kong” at the *3<sup>rd</sup> International Conference on Evidence-based Policy in Long-term Care* in London (August 31 – September 3, 2014). The ILPN is a global network of researchers, policy-makers and other stakeholders with the aim to promote global exchange of evidence and knowledge on long-term care policy.
- (iii) Prof. Terry Lum was invited by the **Washington University in St. Louis** to present at the session “Intersection of Aging and the Environment” and “Family Caregiving: Cross-National Issues and Potential for Collaboration” of the *5<sup>th</sup> International Symposium on The Role of Research Universities in Addressing Global Challenges* (October 16-19, 2014).