HKSR 60th Anniversary Symposium and Workshops

“New Perspectives on Holistic Rehabilitation and Social Inclusion towards 2030”

28 - 29 March 2019

Key Challenges and Solutions to Holistic Health and Rehabilitation Care in Hong Kong

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“New Perspectives on Holistic Rehabilitation and Social Inclusion towards 2030”

Plenary Session I:
Key Challenges and Solutions to Holistic Health and Rehabilitation Care in Hong Kong

Prof. Cecilia CHAN, JP
Si Yuan Professorship in Health and Social Work, Department Social Work and Social Administration, The University of Hong Kong/ Chairperson, The Hong Kong Society for Rehabilitation

28 March 2019
Key Challenges: Population Ageing

Population Aged 60 or above in 2017

@2017

1,745,600 (23.6%)

Population Aged 60 or above in 2036

@2036

2,887,500 (35.4%)

X 1.65

Key Challenges: Longer Life Expectancy

Male

81.3 @2017

84.4 @2036

+3.1

Female

87.3 @2017

90.4 @2036

+3.1

Key Challenges: Ageing & Disabilities

27.8% People Aged 60 or above with Disabilities @2013
(8.1% in Overall Population)

60.4% People Aged 60 or above with Chronic Diseases @2013
(19.8% in Overall Population)

Solutions

“Rehabilitation: key for health in the 21st century”

“Rehabilitation is a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment”
Solutions

Rehabilitation

A public-health framework for Healthy Ageing: opportunities for public-health action across the life course
Major Initiatives of The Hong Kong Society for Rehabilitation
Chronic Diseases Self-Management & Patient Empowerment

To support persons with chronic conditions and their carers to learn how to manage a healthy diet and do exercises weekly to strengthen their self-efficacy and maintain a healthy living style.
Online To Offline Education (e2care)

To support young persons with chronic conditions to enhance their self-management behaviors through online-to-offline approach

https://www.e2care.hk/zh-hk/
Body Mind Spirit Integration

To facilitate persons with chronic conditions and their carers in learning the skills to manage the emotions incurred by the chronic diseases. Methods employed include Cognitive Behaviour Therapy, Satir Self Growth Group, Expressive Art Group, Integrative Body Mind Spirit Group, Life and Death Group.
Patient Mutual Support

To support self-help organizations and mutual aid groups to perform well in promoting mutual aid among their members and to advocate for patient rights.

https://shohub.hksr.org.hk/
Carers Support

To support carers to enhance their ability to provide better care for their family members and relieve their stress induced by daily care duties and be a happy carer.
End-of-Life Care

To formulate an integrative model of End-of-Life care for late-stage chronic patients residing in the community for enhancing their quality of life by using a collaborative partnership approach.
Promotion of Health & Wellness

To provide one-stop service on promoting health and wellness
Day Rehabilitation & Care

To provide day rehabilitation and care cater the needs of persons with chronic condition and integrate "Western and Chinese Rehabilitation Medicine elements" and "Holistic Care" concepts
Accessible Transport & Travel

To provide barrier-free transportation to enable persons with disabilities to easily access to hospitals, workplaces, schools, socio-recreational activities and even to travel overseas.
Vocational Rehabilitation & Social Enterprises

To provide vocational training and employment counselling services to help persons with disabilities caused by illnesses or injuries to resume re-engage the society

To provide customers with quality products at reasonable prices and achieving a social mission by providing training and working opportunities for the underprivileged
Rehabilitation Resource Centre in Sichuan

To promote the rehabilitation services development in Sichuan including rehabilitation trainings and community-based rehabilitation projects.
~Thank You~