

2012

Highlight

Follow this and additional works at: http://commons.ln.edu.hk/apias_nlj



Part of the [Demography, Population, and Ecology Commons](#)

Recommended Citation

Highlight (2012). Asia Pacific Institute of Ageing Studies Newsletter, 2, 10-11. Retrieved from http://commons.ln.edu.hk/apias_nlj/vol2/iss1/14

This English Article is brought to you for free and open access by the Asia-Pacific Institute of Ageing Studies 亞太老年學研究中心 at Digital Commons @ Lingnan University. It has been accepted for inclusion in Asia Pacific Institute of Ageing Studies Newsletter 亞太老年學研究通訊 by an authorized editor of Digital Commons @ Lingnan University.

HIGHLIGHTS

Xi'an University of Arts and Science Visit

Xi'an University of Arts and Science, represented by their Vice-Chancellors Dr. Li Zhongliang, Registrar Prof. Wei Oi, Vice-Registrar Prof. Luo Wen, Dean of Business Faculty Prof. Zhang Dan and Head of External Affairs Department Ms. Di Man, visited APIAS on 8th December 2011.

Accompanied by General Secretary Dr. Lawrence K. L. Yick and the Executive Secretary of Strategy, Development and External Affairs Department Mr. Bonson H. W. Lee of the Chinese YMCA of Hong Kong, they were given an overview on the ageing trends of Asia-Pacific and the needs for Qualification Frameworks training for elder care.

A Q&A section on ageing issues and afterwards a campus tour were also provided for our guests.



NAAC Residential Care Service Kick-off Ceremony

On 25th February 2012, APIAS led university students studying the course "Health, Illness and Behavior" to attend the kick-off ceremony of The Neighbourhood Advice-Action Council's (NAAC) Residential Care Service where students interviewed service users to investigate the service effectiveness.

With staff comprising of social workers, physiotherapists, occupation therapists, registered nurses and other auxiliary workers, NAAC has launched a 3-year pilot scheme to provide residential care service to stakeholders living in Tuen Mun or Kwun Tong who suffer from severe disability both physically

and mentally and in relieving the care burden of care givers while waiting to be admitted into residential homes.

Students from the course were trained in interviewing skills and qualitative research methodology, and the information collected from interviews will serve as materials for further evaluation of services provided by NAAC.



Brain-healthy Recipe Design cum Cooking Contest

On 3rd March 2012, APIAS had partnered with 2 elderly, Jenny and Aloysius Lau to compete as one of the final 8 contestant units in the open group of "Brain-healthy Recipe Design cum Cooking Contest" as organized by Yan Chai Hospital Fong Yock Yee Neighbourhood Elderly Centre.

Funded by Love Ideas ♥ HK campaign, the competition is one of the various community programmes aimed at raising public concerns towards Dementia from several perspectives including food consumption, so to broaden their knowledge in geriatric illness as well as to lobby support for the patients.

The contest invited community members to design brain-nutritious recipes which are beneficial to dementia patients. We hope that the proliferation of dementia patients' health can help slow down the rate of their degeneration.



"Advance Family Ambassador" Training Certificate Programme

On 17th March 2012, Elderly graduated as "Advance Family Ambassadors" for completing the "Advance Family Ambassador" Certificate Training Programme, an interest course for community education co-organized by APIAS with Women Service Association and several non-governmental organizations.

Life-long learning is an effective way to promote "Active Ageing". The Programme adopted the idea of community education, which aimed at raising the participants' initiatives in learning, and to provide them with a better understanding in traditional Chinese Culture.

Lasting 26 weeks from September 2011, elderly students attended lectures at home through listening to radio broadcasts from RTHK 5, in addition to 3 tutorial classes of 5 hours in total held at Lingnan University, they are equipped with knowledge of traditional Chinese values especially on the concepts of "harmony" and "filial piety".



Elder Neglect Forum

On 29th March 2012, APIAS co-organized with the Women Service Association and held a Elder Neglect Forum at Kwai Tsing Theatre to draw social attention and to stimulate discussion on the seriousness of elder neglect.

The Director of APIAS Prof. Alfred Chan Cheung-ming, an expert in social gerontology and public policies, delivered a talk to analytically dissect into the development of elder neglect as a transitional process of familial relationship.

Without proper intervention and prevention, elder neglect will elevate into more severe cases of abuse, which will turn into irremediable tragedies.

From the perspectives of experts in social gerontology, frontline social workers, family care-givers as well as abusers, the participants had a more thorough understanding in the formation of good familial relationships as well as the importance in solving tensions amongst family members swiftly.



Knowledge Transfer Programme : Nutrition Weight Management

On 30th March 2012, as a continuance to the previous "The Way to True Beauty" lunchtime thematic workshop, APIAS had invited nutritionists from MSL Nutrition Diet Centre to deliver an on-campus talk on nutrition and weight management.

The thematic workshop was held in response to the social misunderstanding of "slimness" that many tried relentlessly to lose weight so to keep fit without distinguishing the difference between "heaviness" and "fatness". Such recklessness had in the end resulted in a threat to personal health.

Through this talk, we aimed to promote a healthy way to slimness by identifying the definition of "overweight", deconstructing weight losing myths and establishing concepts of true beauty.



ANNOUNCEMENTS

■ **APIAS: The FIRST training provider in Hong Kong for offering International Qualifications in Health and Social Care under the UK Qualifications and Credit Framework**

APIAS is the first academic institution in Hong Kong to be accredited by Edexcel, UK's largest awarding body offering academic and vocational qualifications, to deliver internationally recognized qualifications in Health and Social Care. (International Centre no. 93427)

Contact us to find out more about our Higher Diplomas, Customized Programmes and Professional Training and Education Services!

■ **APIAS website**

The brand new APIAS official website is launched. Visit us at <http://www.LN.edu.hk/apias> and stay tuned!

■ **Cooking Mama Series Cookbook**

Tired of dining out and eating unhealthy food? Contact us and get your own copy of *Cooking Mama Series Cookbook* to cook nutritious meals yourself! Free copies only available while stock lasts!

■ **The 2nd International Leadership Assembly of Nursing Homes cum APIAS-Tsao-ILC Symposium for Junior Researchers on Active Ageing 2012**

27-28 June 2012 - Harbour Plaza Resort City, Hong Kong
Please check our website at <http://www.LN.edu.hk/apias> for further details

