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## Programme - Empowering the aged : Elderly leads the way to mental wellbeing

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## Empowering the aged : **Elderly leads the way to mental wellbeing**

### **We are parts of the history**

The elderly have lived the past that the younger generations have not. Their experience and knowledge can be valuable in reference to our current decisions and speculations.

Senior citizens do not necessarily belong to the times gone by. They are but agents living here and now who can actively transfer their wisdom to the next generation.

### **Knowledge Transfer in promoting community wellbeing**

To pronounce the significance of the presence of our older generations, APIAS has been actively engaging in the implementation of the Knowledge Transfer process, which is to train elderly as mentors in the university who can then spread their internalized knowledge at the community level.

In the previous year, APIAS has cooperated with the Tuen Mun Social Welfare Department to launch the "Hand-in-hand, Life-to-life" Knowledge Transfer Programme so as to promote health management and illness control amongst the community.

University students are first trained by professionals as trainers in health related knowledge, who then transfer their newly acquired knowledge and skills onto secondary school students. In turn, the secondary school students applied what they have learnt to teach the elderly from Elder Academy. By this we hope that knowledge can be extended to a larger community when our senior students continue the knowledge transfer cycle.

### **The articulation of elderly leadership and the promotion of mental health**

As a continuation of the aforementioned programme, we are proud to present the "Mental Health" Ambassador: "Hand-in-hand, Life-to-life" Knowledge Transfer Programme 2011-2012. This programme differs from its precedent,

where we continue to articulate the importance of health but with foci on both "the mental wellbeing of elderly" as well as "the prevention of elderly abuses".

To initiate the Knowledge Transfer process, elderly participants will first be equipped with skills in leadership and programme planning to become Ambassador Leaders. Then, they will be trained along with the "Mental Health" Ambassadors-to-be, the secondary school students from Tuen Mun Government Secondary School, Ho Ngai College (Sponsored by SikSik Yuen), Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School and Shi Hui Wen Secondary School, in knowledge related to elderly's mental wellbeing.

Both the leaders and the team members will be working on the preparation and implementation of voluntary services serving various non-governmental organizations providing elderly care in Tuen Mun, which includes: Caritas Li Ka Shing C&A Home, Yan Oi Tong Woo Chung District Elderly Community Centre, ABWE Tin Yue Baptist Church Elderly Centre, TWGHs Tai Tung Pui C&A Home, Yan Chai Hospital Tsin Man Kuen Elderly Home, HKEC Tai Hing Bradbury Elderly Centre and HKLSS Yau On Lutheran Centre for the Elderly.

By juxtaposing elderly with teenagers in the same collaborative working environment for serving elderly home residents, not only can the former provide guidance to the latter, the younger generation can in turn stimulate the older adults with new ideas and creativeness through communication and interaction. We are manifesting the concepts of "elder respect", "elder care" and "elder love".

Through this programme, knowledge can be transferred to a wider community and the image and social status of our senior citizens may be reinforced and strengthened by the promotion of mutual understanding between the older and younger generations.

