Elderly Service Briefing

27.4.2019

Clara Lau
## Background

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2064</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of people aged 65+</td>
<td>1.12 million</td>
<td>2.58 million</td>
</tr>
<tr>
<td>Ratio:</td>
<td>1 : 6</td>
<td>1:3</td>
</tr>
<tr>
<td>% of people aged 80+</td>
<td>4.6%</td>
<td>15.9%</td>
</tr>
</tbody>
</table>

Source: Census and Statistics Department (2015)
3 Life – Stage of Old Age:

| Young Old | Middle Old | Old Old |
Challenges to Elderly

• Physical changes
• Illness
• Psychological Challenges
• Financial challenges
Successful Aging

Objectives of elderly services:

- To promote the well-being of elders in all aspects of their life through the provision of a wide spectrum of services to enable them to remain living in the community for as long as possible
- To provide residential care that suits the varying needs of elders whenever necessary

Long term care services for the elderly

- Long term care:
  - Residential care services (RCS)
  - Community Care Services (CCS)

- Government’s Policy to promote “ageing in place as the core, institutional care as back up”
Standardized Care Need Assessment Mechanism

• Since 2000, the implementation of Standardized Care Need Assessment Mechanism for Elderly to ascertain the care needs of the frail elderly

• Adopted Minimum Data Set-Home Care (MDS-HC) is adopted to ascertain the care needs of elders and match them with appropriate services

• http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_standardis/
Standardized Care Need Assessment Mechanism

• The Mechanism covers applications for admission to homes for the aged, care-and-attention homes, nursing homes, day care centres for the elderly, enhanced home and community care services, and integrated home care services (for disabled and frail cases).

• http://www.swd.gov.hk/en/index/site_pubsve/page_elderly/sub_standardis/
## Common Assessment Tools

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADL</td>
<td>Index of Independence in Activities of Daily Living (Katz)</td>
</tr>
<tr>
<td>IADL</td>
<td>Instrumental Activities of Daily Living (Lawton)</td>
</tr>
<tr>
<td>MMSE</td>
<td>Mini-Mental State Examination</td>
</tr>
<tr>
<td>MOCA</td>
<td>Montreal Cognitive Assessment for Mild Cognitive Dysfunction</td>
</tr>
<tr>
<td>GDS</td>
<td>Geriatric Depression Scale</td>
</tr>
<tr>
<td>Zarit Burden Scale</td>
<td>Carer Stress</td>
</tr>
<tr>
<td>Downton Fall Risk Index</td>
<td></td>
</tr>
<tr>
<td>Satisfaction with Life Scale</td>
<td></td>
</tr>
</tbody>
</table>
Residential care services (RCS)

- Care and Attention Homes for the elderly
- Nursing Homes
- Enhanced Bought Place Scheme
- Pilot Scheme on Residential Care Service Voucher for the Elderly

# Overview of Residential Care Services for the Elderly


<table>
<thead>
<tr>
<th>Service Type</th>
<th>Subsidised places in subvented homes, self-financing homes and contract homes</th>
<th>Subsidised places under Enhanced Bought Place Scheme</th>
<th>Non-subsidised places in non-profit-making self-financing homes/contract homes</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hostels for the elderly</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Homes for the Aged</td>
<td>67</td>
<td>-</td>
<td>468</td>
<td>535</td>
</tr>
<tr>
<td>Care and Attention Homes for the Elderly</td>
<td>15,383</td>
<td>7,991</td>
<td>2,994</td>
<td>26,368</td>
</tr>
<tr>
<td>Nursing Homes</td>
<td>4,016</td>
<td>-</td>
<td>1,648</td>
<td>5,664</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>19,466</strong></td>
<td><strong>7,991</strong></td>
<td><strong>5,110</strong></td>
<td><strong>32,567</strong></td>
</tr>
</tbody>
</table>

Total number of places as at 31.3.2019
**Waiting list for subsidised residential care services for the elderly**


<table>
<thead>
<tr>
<th>Subsidised RCS for the elderly</th>
<th>No. of applicants as at 31.3.2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care and attention places</td>
<td>33,716</td>
</tr>
<tr>
<td>Nursing home places</td>
<td>7,062</td>
</tr>
<tr>
<td>Total</td>
<td>40,778</td>
</tr>
</tbody>
</table>
## Waiting time Subsidised RCS for the elderly


<table>
<thead>
<tr>
<th>Subsidised RCS for the elderly</th>
<th>Waiting time (in months) Average from the past 3 months as at 31.3.2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care and attention places</td>
<td></td>
</tr>
<tr>
<td>Subvented homes and contract homes</td>
<td>40</td>
</tr>
<tr>
<td>Private homes participating in the Enhanced Bought Place Scheme</td>
<td>10</td>
</tr>
<tr>
<td>Overall</td>
<td>24</td>
</tr>
<tr>
<td>Nursing home places Note(^4)</td>
<td>25</td>
</tr>
</tbody>
</table>
**No. of Elderly applicants died while waiting for Residential Care Services**


<table>
<thead>
<tr>
<th>Residential places</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>C&amp;A places</td>
<td>3,049</td>
<td>3,184</td>
<td>3,290</td>
<td>3,657</td>
<td>3,882</td>
</tr>
<tr>
<td>Nursing Places</td>
<td>1,925</td>
<td>1,973</td>
<td>1,729</td>
<td>1,911</td>
<td>1,999</td>
</tr>
<tr>
<td>Total</td>
<td>4,974</td>
<td>5,157</td>
<td>5,019</td>
<td>5,568</td>
<td>5,881</td>
</tr>
</tbody>
</table>
Community Care Services for the Elderly

- Avoid pre-mature or unnecessary institutionalization
- Improve the physical functions of elderly service users and reduce their decline in cognitive status
- Survey conducted in 2008, among the elderly residing in domestic households, 81.4% preferred to remain living at home instead of moving into RCHE even if their health conditions deteriorated.

Source: 2008 Census and Statistics Depart conducted a survey on the socio-demographic profile, health status and self-care capability of older persons.
## Living Arrangement of Elderly

[Link](https://www.legco.gov.hk/research-publications/english/1617issh22-residential-care-services-for-the-elderly-20170314-e.pdf)

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living in institutions</td>
<td>86,000 (10%)</td>
<td>99,000 (8%)</td>
</tr>
<tr>
<td>Living alone in households</td>
<td>99,000 (12%)</td>
<td>169,000 (14%)</td>
</tr>
<tr>
<td>Living with family members in households</td>
<td>668,000 (78%)</td>
<td>905,000 (77%)</td>
</tr>
<tr>
<td>Total:</td>
<td>853,000 (100%)</td>
<td>1,173,000 (100%)</td>
</tr>
</tbody>
</table>
Community Care Services for the Elderly (CCS)

- District Elderly Community Centre (DECC)
- Neighbourhood Elderly Centre (NEC)
- Day Care Centre/Unit for the Elderly (DCC)
- Integrated Home Care Services (IH)
- Enhanced Home and Community Care Services (EH)
- Support Team for the Elderly (STE)
- Community Care Service Voucher for the Elderly

DECC/NEC

- Social and Education Service (SE)
- Counselling and Carer Support Service (CC)
- Support Team for the Elderly (ST) (DECC only)
- Needy Carer (NC)
- Dementia Community Support Services (DECC only)
- Integrated Home Care Service (IH)/Enhance Home Care Service (EH) (DECC only)
Waiting list for subsidised community care services for the elderly as at 31 March 2019  https://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_cselderly/id_occse/

<table>
<thead>
<tr>
<th>Subsidised CCS for the elderly</th>
<th>No. of applicants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Integrated Home Care Services (Frail cases)/Enhanced Home and Community Care Services</td>
<td>7 930</td>
</tr>
<tr>
<td>Day Care Centres/Units for the Elderly</td>
<td>4 370</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>12 300</strong></td>
</tr>
</tbody>
</table>
## Waiting Time for Subsidised CCS as 31.3.2019

[Visit website](https://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_csselderly/id_occse/)

<table>
<thead>
<tr>
<th>Subsidised CCS for the elderly</th>
<th>Waiting time (in months) (Average from the past 3 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Integrated Home Care Services (Frail Cases)/Enhanced Home and Community Care Services</td>
<td>18</td>
</tr>
<tr>
<td>Day Care Centres/Units for the Elderly</td>
<td>12</td>
</tr>
</tbody>
</table>
Pilot Scheme on Home Care and Support for Elderly Persons with Mild Impairment

• A three-year Pilot scheme launches in December 2017 by the Community Care Fund (CCF) December 2017 to the end of November 2020.

• To provide home care and support services to low-income elderly persons with mild impairment. (Co-payment)

• Target:
  • aged 60+; living in the community;
  • assessed to be of mild impairment under a designated assessment tool;
  • waitlisting for the Integrated Home Care Services (Ordinary Cases) (IHCS(OC))
  • with a monthly household income not exceeding a specified percentage of the relevant Median Monthly Domestic Household Income (MMDHI)

Dementia Community Support Services for the Elderly
「智友醫社 同行」計劃

- aims at enhancing support for patients with mild to moderate dementia in the community via a medical-social collaboration model.
- The 2017 October Policy Address announced the regularisation of the Dementia Community Support Scheme and expansion to all 41 DECCs and seven HA clusters in the territory.
- With the Government’s recurrent allocation, the 20 DECCs and four HA clusters which participated in the pilot scheme continue to provide support services under the Dementia Community Support Scheme from February 2019 onwards (i.e. right after the end of the pilot period).
- The other 21 DECCs and three HA clusters join the Dementia Community Support Scheme from May 2019 onwards.

Needy Carer Service

- the Government allocated additional resources to all subvented elderly centres and home care services teams in the territory in 2018-19 to enhance outreaching services for supporting needy carers living in the community who are looking after frail elderly persons, including carers with disabilities or aged carers.

- The additional resources will enable elderly centres and home care services teams to make use of various outreach services and community networks to identify hidden and needy elderly persons in the community more effectively, for example by liaising with different neighbourhoods and mobilising members of the community.

- The home care services teams will also proactively reach out to needy carers and offer them the necessary support services, such as temporary elder-sitting, so as to relieve their pressure.

Social Security Allowance (SSA) Scheme

• Normal Disability Allowance
• Higher Disability Allowance,
• Old Age Allowance
• Old Age Living Allowance
• Guangdong Scheme

Advance Life Care Plan (ACP)

- A process of communication intended for mentally competent patients.
- Participation of family members is encouraged
- The patient can express preferences for future medical or personal care, or make an advice directive (AD) refusing life-sustaining treatment (LST)

Advance Directive (AD)

- A mentally competent and properly informed adult patient aged 18 and above can make an AD
- Explicitly expressing his/her wish to refuse specified life-sustaining treatment (LST) in pre-specified conditions when he/she is in end-stage condition and mentally incapable of making health care decision
- A valid applicable AD is legally binding under common law

Palliative Care Service

• The objectives of palliative care services are to provide comprehensive care for the terminally-ill patients through the following inter-disciplinary efforts. The services provided include: Physical palliative care with emphasis on symptom control
• Psychological counselling and support to patients and their family
• Assistance over social difficulties
• Spiritual support

## Comparison across countries – Place of Death

Ming Po News July 10, 2016

<table>
<thead>
<tr>
<th>Country</th>
<th>Hospital</th>
<th>Home</th>
<th>Others (elderly Home)</th>
</tr>
</thead>
<tbody>
<tr>
<td>UK</td>
<td>48%</td>
<td>23%</td>
<td>20%</td>
</tr>
<tr>
<td>Taiwan</td>
<td>40%</td>
<td>40%</td>
<td>20%</td>
</tr>
<tr>
<td>Singapore</td>
<td>61%</td>
<td>27%</td>
<td>12%</td>
</tr>
<tr>
<td>HK</td>
<td>90%</td>
<td>10%  (Home +elderly home)</td>
<td></td>
</tr>
</tbody>
</table>
Possible Placement Hours for DECC and NEC

mainly Monday to Sat
usually 8/9 a.m. to 5/6 p.m.

Also sometimes on Saturdays or Sundays for programs
Possible Assignments

- Group
- Program/project
- Case
Group

• Developmental group: Positive Aging, volunteer training, marital relationship, Grandparenting, Photo Therapy….

• Therapeutic Group: Chronic Pain, Insomnia, Depression, Dementia, Reminiscence, Advance Care Planning ….

• Carer Support Group: Stroke, Dementia….
Programs/Projects

• Life and Death Education
• Family Photo Day
• Volunteer Service
• New Year – Calligraphy Program
• FUTOMO – Art therapy program
• Circle Painting
• Drama Theatre
• Elderly Welfare
Cases

- Carer support
- Health issues: Dementia/Cancer/Stroke
- Family relationship
- Bereavement
- Case management for referrals of tangible services
Work Skills

- Coordination/Team work
- Inter + Intra-profession cooperation
- Separation
- Reflection (Transference and counter-transference, Values, Ageism, etc.)
Technical Concerns

• Due to the busy schedule of DECC and NEC, best to book the rooms for your group and programs at the beginning of placement.

• In C&A home setting, please clarify the escort arrangement, residents’ routine such as bathing, exercises, nap time, meal time in the group or program planning stage. Attend the handover meeting and read the log book (if possible).

• Ensure to participate in the centre’s daily routine and frontline line service during your placement. Avoiding doing HKU assignments during the placement period.

• Observe and respect the Administrative requirement and time frame.
Attitude

- Punctual
- Self-Initiative to learn from different teams
- Conscientious
- Polite, Respect and Care
- Positive
- Self-discipline with good time and workload management
- Flexible and willing to shoulder additional duties
- Blend into the team
Important Dates

• Agency Visit: 12 or 13 or 14.6.2019 AM (Time and Agency TBC)
• Mid Term Sharing : 8.7.2019 (Mon)
  • 9:30 am – 12:00 noon at Jockey Club Tower Rm 533

• Contact Person:
Ms Clara Lau, Elderly Services Fieldwork Supervisor
Email: siucho@hku.hk
Tel: 3917 4110