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FEATURE. 尊賢會 The Jade Club

New Society.
新耆

The jade club. PMM 尊賢會

在香港如此一個金錢掛帥的社會下，任何不入流、沒有利用價值、不夠新不夠快的東西皆會無情地被淘汰。老人是這種「東西」嗎？尊賢會的出現，正正是扭轉很多人對老人的負面想法。在訪問期間，令我感受深刻的一段話，是談到安老服務像「抹陳列傢俬」一樣，一件擺放很久的東西，不坐不碰，閒來只為它噴點水，讓它貌似光亮，但實際是陳舊土灰之物。這是令人心痛的事，即使是衰老的生命，並非只得枯等死亡，他們同樣活潑好動，可以做更多你認為他辦不到的事。

In a money-conscious society like Hong Kong, anything that is not in trend, not of value, not new or not fast-paced enough will be ruthlessly eliminated. Is the elderly such a “thing”? The Jade Club exists to rectify such negative thinking towards the elderly. During the interview, what strikes me most is when we talked about how services for the elderly is like “cleaning display furniture”, a piece that has been put for a long time, not sat or touched upon, only to brighten up its appearance once in a while by spraying a little water on it, but in reality, it is an obsolete item. This is a painful thing, an aging life does not mean simply waiting for death; it can still be active and achieve things that you would not think capable of.

+ - x 是 Who we are.

+ - x 主力關注香港弱勢社群面對的社會問題，並希望透過媒體和這份月刊與社企、慈善和非牟利機構等的力量改善他們的生活和需要，期望港人多點了解和關注，減少歧視與偏見。

PMMedia's core concern is the problems faced by Hong Kong's vulnerable groups; and we hope to make improvements in their lives through the media and collaboration with local charities, NGOs and social enterprises. and through this issue, to encourage the public more concern and understand but reduce discrimination and prejudice toward minorities.



NEW society. 新舊

成語有「舊瓶新酒」，比喻事物的形式古舊，而內容卻是全新的意思。相信老人也是這樣，即使年紀老邁，卻「是古不舊」，心裡仍十分願意作新嘗試、接受新事物，只是我們加以規限和束縛，把家中長者當成一件不可碰的「神聖之物」貢奉著般，而捧得那麼高，漸漸讓他們自己也覺得那是最佳位置。其實高處不勝寒，也許下地後他們未必需要拐杖撐著扶著，也能跑能跳呢！

As the idiom goes: “new wine in old bottles” - an analogy for things in the appearance of an old form but with a brand new content and meaning. I believe the same goes for the elderly, even at an old age, they're simply “aged but not old”, with an open heart that is still very willing to make new attempts and accept new things. But it is us who put constraints and boundaries for them, exalting them as something “sacred”, putting them in a pedestal that gradually makes them feel that this is the best place for them to be in. Perhaps if given a chance, they may just find themselves without the need for crutches to dance to a new song again!





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安老服務的難題

香港人口老化問題愈益嚴重，估計至2041年65歲或以上的人口會增至260萬，如此龐大的數字，令本港的安老行業面對極大的壓力。常見的情況是，當老人出現腦退化症、行動障礙而不能自理時，家人便只能把他送到安老院；可是本地又缺乏足夠的安老院或私人安老院舍之餘，服務只著重食物和單一的活動內容，忽略了他們的精神需要。另外一些只需輕度照顧的長者，由於家人要上班無暇照顧，區內又缺乏日間護理、託老的服務而被逼住進老人院，離開本來熟悉的社區。長此下去，這些入住老人院的長者可能得不到身心健康的照料，日久與家人分離及失去依託，便會變得孤獨寂寞。加上很多人認為長者是社會負擔及沒有生產力的一群，所以只懂得從自己角度為他們「著想」，給予他們「需要的」，甚至怕他們年紀老邁容易受傷，不讓其外出或限制活動空間，這些規限皆令他們變得內向、沒有自主選擇和成為永遠受助的對象。再者這種安老服務未必能適用於新一代長者了。它要面對轉型的挑戰，因為當新一代知識型的長者邁進65歲後，現時單一的安老活動如唱粵曲、吃百人宴、開派對等已不能滿足他們的需要，安老服務可謂艱難重重。

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參與老人服務

機構未來會舉辦連串活動，其中一項「iPad活動」是聯同各大專院校和大學生發起。他們會組成義工小組每星期到各家安老院教導長者使用iPad玩益智遊戲；又計畫畫出「手挽手計畫」，邀請公眾成為尊賢會的義工參與各種與長者互動的活動外，還讓他們贊助長者每月的活動開支，既可出錢又可出力。為了使年輕一輩更關注長者議題，機構最近與網絡媒體合作，三天全程拍攝會內的項目發展經理連瑋翹體驗老人院生活，並製作成紀錄片。過程中，連瑋翹為模仿老人的身體狀況而穿上了「老人服裝」，喝著加入凝固粉的開水、稀飯；讓院內姑娘幫忙洗澡、每天長時間攤睡在床上，他坦言非常難熬，卻深深感受到老人的所需：「我親見好些長者有情緒問題，他們很需要建立朋輩的關係，互相支持。長者日漸失去自信和尊嚴、任人『操控』，是因為他們無從選擇。」連瑋翹指希望公眾看罷這樣的體驗紀錄片後能讓社會增闊老人問題的討論空間，反思老人家真正的需要。因此，尊賢會正考慮參照引入更多亞洲地區的創新服務，如嘗試讓老人分擔一些簡單的「任務」來「儲分」，藉此換取院內生活用品等，讓他們也能做自信有用的人。



「腦玩通」活動是尊賢會的實習生專為長者而設，搜羅有趣益智遊戲並教長者遊戲方法，讓他們鍛鍊腦筋、訓練反應，有助延緩認知退化。"Tablet Games" was developed by an intern of The Jade Club for the elderly, collecting interesting puzzle games and teaching the elderly how to play, allowing them to exercise their minds, train their reactions, to help delay cognitive deterioration.

PROBLEMS OF ELDERLY SERVICES

The problems related to Hong Kong's aging population is increasing in severity. It's estimated that in 2041, the number of people aged 65 or above will increase to 2.6 million, a great pressure on Hong Kong's elderly services industry. A common situation is when the elderly have dementia and other inconveniences related to old age, families would simply send them to nursing homes. However, there are an inadequate number of nursing homes with services only focused on the basics, hence ignoring their mental needs. If this persists, those who enter nursing homes may not receive the needed care for their mind and body, feeling detached and lonesome being separated from their families overtime. In addition, many people consider the elderly as a burden on society and "consider" the elderly's "needs" only from their own point of view, even not allowing the elderly to engage in outdoor activities in fear of easily hurting themselves. This causes them to become introverted, powerless and designated to be receivers of help. Besides, the current type of services may not be suitable for the new generation of senior citizens. It faces the challenge of transition, because when the new group of knowledge-based citizens reaches 65, the current senior activities such as Chinese opera and parties would not be able to satisfy their needs, making it extremely difficult for elderly services.

PARTICIPATION IN SERVICES FOR THE ELDERLY

The organization will host a series of activities, one of which is "iPad Activity", started up in collaboration with university students, in which they visit nursing homes weekly to teach the elderly how to play mind-triggering games on iPad. It also plans to invite the public to become volunteers of The Jade Club, to participate in various interactive activities and also allowing them to sponsor their monthly expenses. The organization also recently partnered with an online media, creating a 3-day documentary of Project Development Manager Ivan Lin experiencing life in a nursing home. During the process, Ivan Lin wore a "suit" in order to experience the physical limitations of an elderly, "I saw with my own eyes that many of the them have emotional problems, and need to establish peer relations as mutual support. They lose their confidence and dignity and let themselves to be manipulated because they have no other choice." He hopes by sharing this documentary the public would create more space for discussion on the topic of elderly problems and reflect on the real needs of the elderly, therefore The Jade Club is considering to introduce more innovative services from other parts of Asia, such as letting the elderly take on some simple "tasks" in order to "save points", whereby in exchange for daily necessities from the nursing home, allowing them to be a useful, confident person.



「卧身當老」的首映會上，連瑋翹介紹其入住老人院的生活，還讓在場觀眾一嚐老人院的膳食及試穿高齡體驗衣，只想大家深入了解長者面對的問題和需要。During the premiere of "Life of an Elderly" documentary, Ivan Lin introduced the life of the nursing home and let the audience taste the food of the nursing home and try the clothes imitated for the elderly, only wanting the audience to deeply understand the problems faced by the elderly and their needs.

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創新活動

「尊賢會」的名字是解作「敬老尊賢」，社會推崇敬老尊賢風氣，這樣國家才能安穩太平。尊重長者，讓他們有一個快樂的晚年生活，不止是要讓他們生活得有尊嚴和自信，還鼓勵他們多接受新事物。像創新服務「快樂椅子舞」和「精叻操」，分別是由英國和台灣引入香港，而受訓練的職員會帶著義工每星期進入不同的安老院提供服務。前者針對坐輪椅和行動不便的長者，讓其坐在椅子上跟隨音樂擺動頭部、雙臂和上身，訓練四肢協調、平衡力肌力等。後者主要服務患有初期至中期腦退化症的老人，以熱敷和溫熱墊幫助他們按摩；手指棒操及健康環，分別利用特製形狀的工具訓練他們的手部關節活動能力等。過程中著重與長者的交流溝通，藉此建立友好關係，增進他們的社交能力。各種服務著重「快樂參與」而非「治療」，期望讓他們重拾自理能力和自信。其他為長者設計的創新活動如早前舉辦的「耆舞派對」，邀請了電影《狂舞派》的演員蔡瀚億重新編改了一套適合長者的舞步，讓他們在派對上載歌載舞，最後還讓他們一較高下。除此，又曾與社企「鑲的」合作，以無障礙的士接載需要坐輪椅的老人到無障礙卡拉OK房唱歌，非常新潮。唱K不再是年輕人獨有的娛樂，長者也能享用平等的玩樂天地。



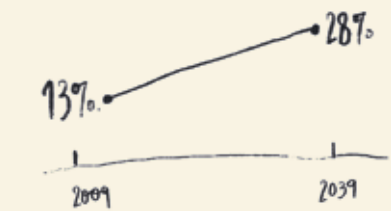
「精叻操」由台灣引入，以促進快樂為主，其中一項為「溫熱療法」，專人為長者輔以熱氈按摩，並同時聊天、舒緩身心。"Mind Body Exercise" was introduced by Taiwan to promote happiness, one of its exercises include "hyperthermia", which provides heated massaging and chatting with the elderly, soothing their body and soul.

Ultimate goal. 最終目的

尊賢會希望發展安老事業，讓老人可以做到居家安老、社區安老，妥善地運用社會資源並為他們提供更多豐富多彩的活動，過一個愉快活躍的晚年。因為長者，不是一件舊物，他們仍可延續生命的燦爛，展現年老的光采。

The Jade Club hopes to expand services for the elderly, allowing them to spend the last phase of their lives at home and in their community, leveraging on public resources to bring them richer activities and to allow them to enjoy a pleasant, active old age. The elderly is not a piece of old item; they can continue to live out their twilight years with spring on their steps.

Did you know. 小資訊



本港長者佔人口比例將會由2009年的13%，躍升至2039年的28%。
The percentage of Hong Kong's elderly population will increase from 13% in 2009 to 28% in 2039.

INNOVATIVE ACTIVITIES

"The Jade Club" in Chinese literally means, "Respect the Elderly". Respecting them allows them to live with dignity and self-confidence, but also encouraging them to accept new things. Innovative services such as "Chair-Based Exercise" and "Mind Body Exercise", introduced by the UK and Taiwan respectively, trains staff-lead volunteers to provide services at different elderly homes on a weekly basis. The former targets the physically impaired by training their limb coordination, balance and muscle strength as they move their heads, arms and upper bodies in their wheelchairs along to the music. The latter mainly serves those with early to mid phases of dementia by massaging them with warm pads; finger wand and health ring, tools specifically designed to train their joints and such. The process focuses on the interaction between the elderly, using it as an opportunity to increase their social skills. The variety of services focuses on "happy participation" rather than "therapy", hoping for them to regain their self-care ability and self-confidence.

Other innovative activities designed for the elderly include "Dance Party", which invited actor Babyjohn Choi from the film "The Way We Dance" to renumber a dance suitable for the elderly, allowing them to sing, dance and even compete at the party. Moreover, in collaboration with social enterprise "Diamond Cab", handicap accessible taxis were arranged to pick up elderly in wheelchairs to accessible karaoke to sing, no longer an entertainment just for the youths.



椅子舞每次跳一小時，有些長者經過多次練習，從冷眼旁觀到投入參與；從難以抓緊啦啦球到自然擺動，都是椅子舞帶來的成效。Each Chair-Based Exercise involves dancing for an hour, some of the elderly went through many training, from watching from the side to being highly involved; from being hardly able to grasp a hold of the ball to moving it with grace, this is the result of the Chair-Based Exercise.

Ultimate goal. 最終目的

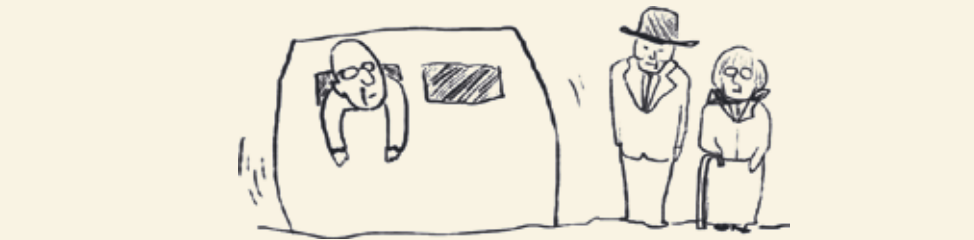
尊賢會希望發展安老事業，讓老人可以做到居家安老、社區安老，妥善地運用社會資源並為他們提供更多豐富多彩的活動，過一個愉快活躍的晚年。因為長者，不是一件舊物，他們仍可延續生命的燦爛，展現年老的光采。

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現時長者日間護理中心名額只有3,000個，資助安老院舍只有25,000人可入住。
Currently, there are 3,000 slots at elderly day care centers, while subsidized elderly homes only enable 25,000 persons to stay.



尊賢會
THE JADE CLUB


**JADE
CLUB**
尊賢會

尊賢會

尊賢會致力建立創新且可持續發展的安老服務模式，照顧長者的長遠需要，令長者可居家安老，享受快樂活躍的晚年。

THE JADE CLUB

The Jade Club is committed to create a module of innovative and sustainable services for the elderly, caring for the elderly's long-term needs, allowing them to enjoy a happy and active old age at home.

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A woman with short brown hair and glasses, wearing a red and black plaid shirt over a dark sweater and dark pants, stands with her arms around the shoulders of an elderly man. The man is wearing a brown leather trench coat over a light-colored shirt, a dark fedora, and dark pants. They are both smiling and standing next to a vintage black motorcycle with chrome accents. The motorcycle is parked on a wooden plank floor against a teal background. The text "We don't stop playing because we grow old. We grow old because we stop playing." is written in a white, handwritten-style font across the middle of the image.

We don't stop
playing because we
grow old.
We grow old because we stop playing.

我們不因變老而不再玩耍，我們因不再玩耍而變老