

# An Age friendly Society: challenges and opportunities

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Social work and Social Administration  
and

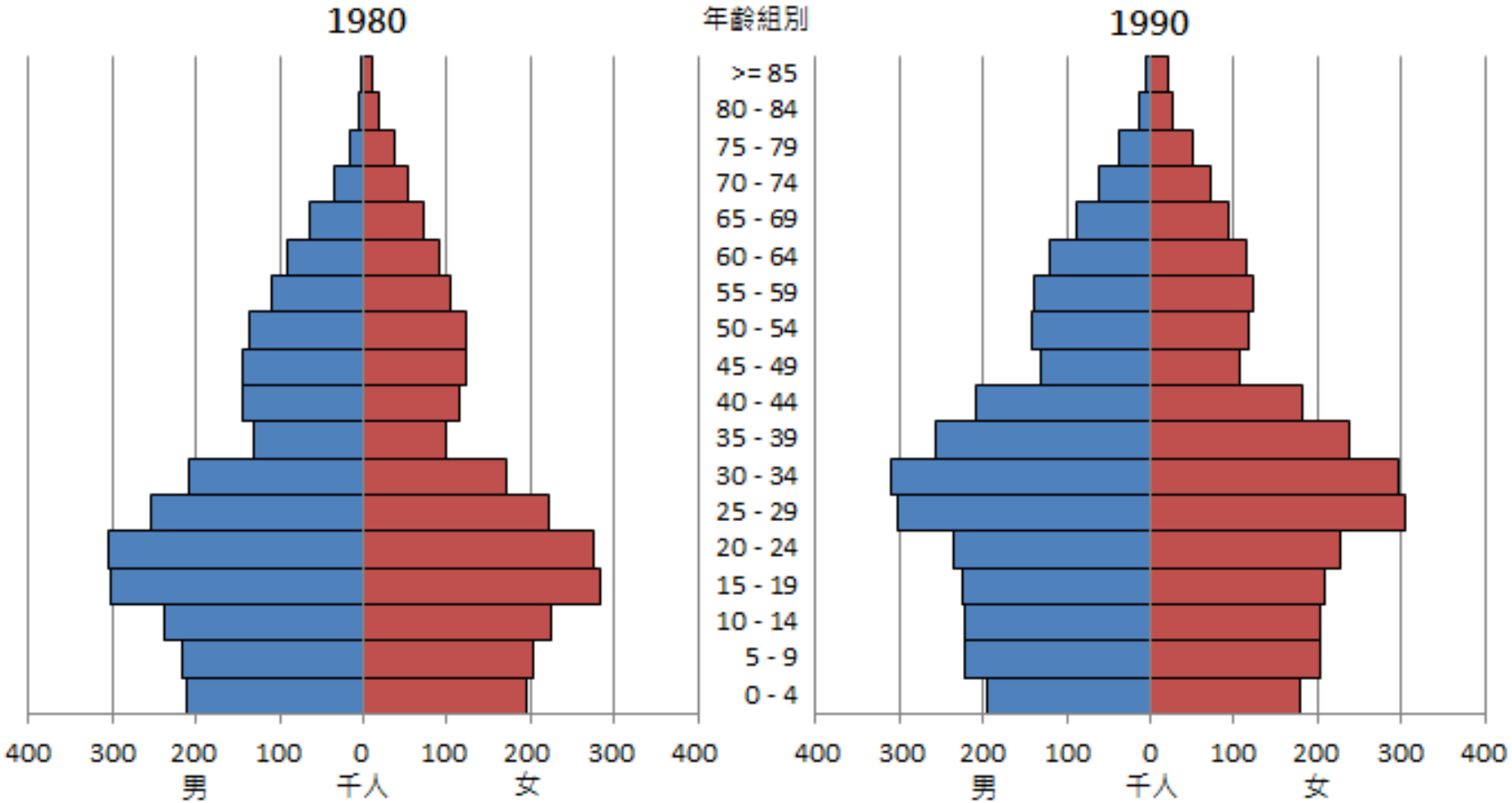
The Hong Kong Jockey Club Centre for Suicide  
Research and Prevention,

The University of Hong Kong

Shanghai, Oct 2016



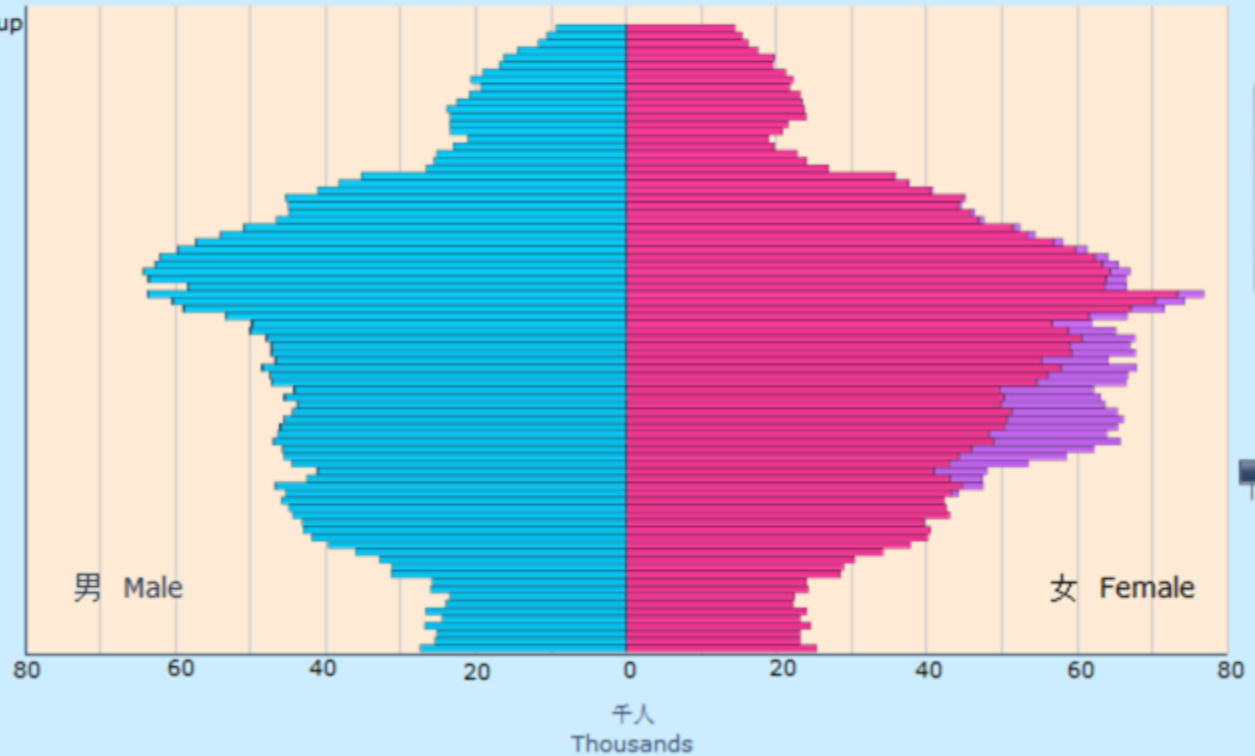
# Hong Kong-Past



# 人口金字塔 Population Pyramid 2011

年齡組別  
Age  
Group

80  
75  
70  
65  
60  
55  
50  
45  
40  
35  
30  
25  
20  
15  
10  
5  
0



分開顯示外籍家庭傭工數字  
Show Foreign Domestic Helpers (FDHs) separately

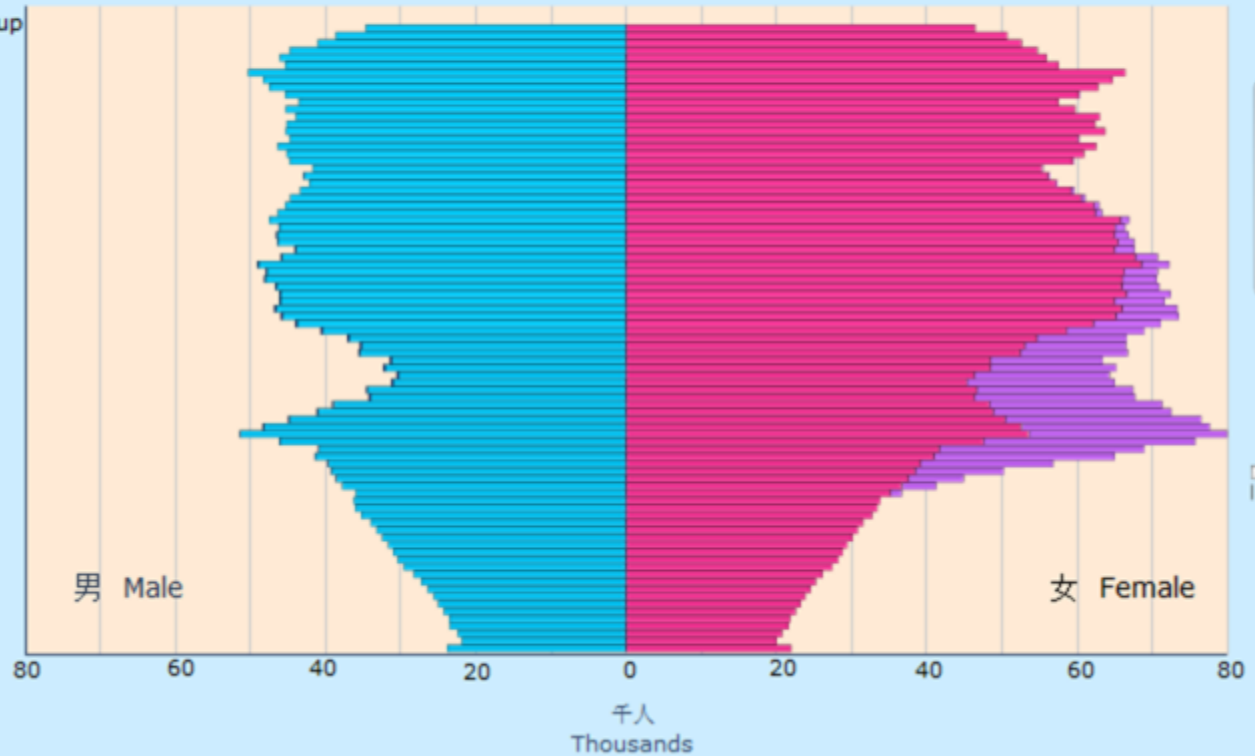
年份 Year 2011

◀ ▶ ⏪ ⏩

# 人口金字塔 Population Pyramid 2041

年齡組別  
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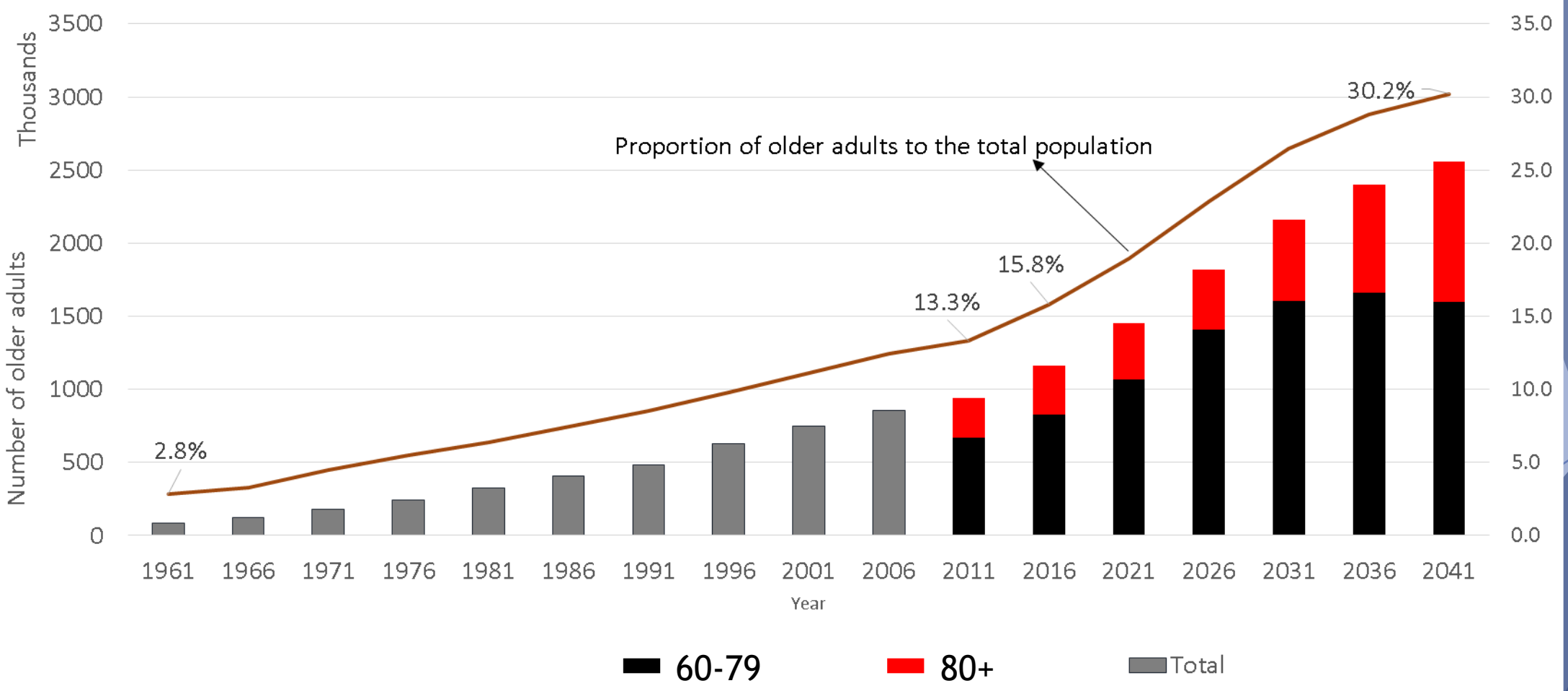
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年份 Year 2041

◀ ▶

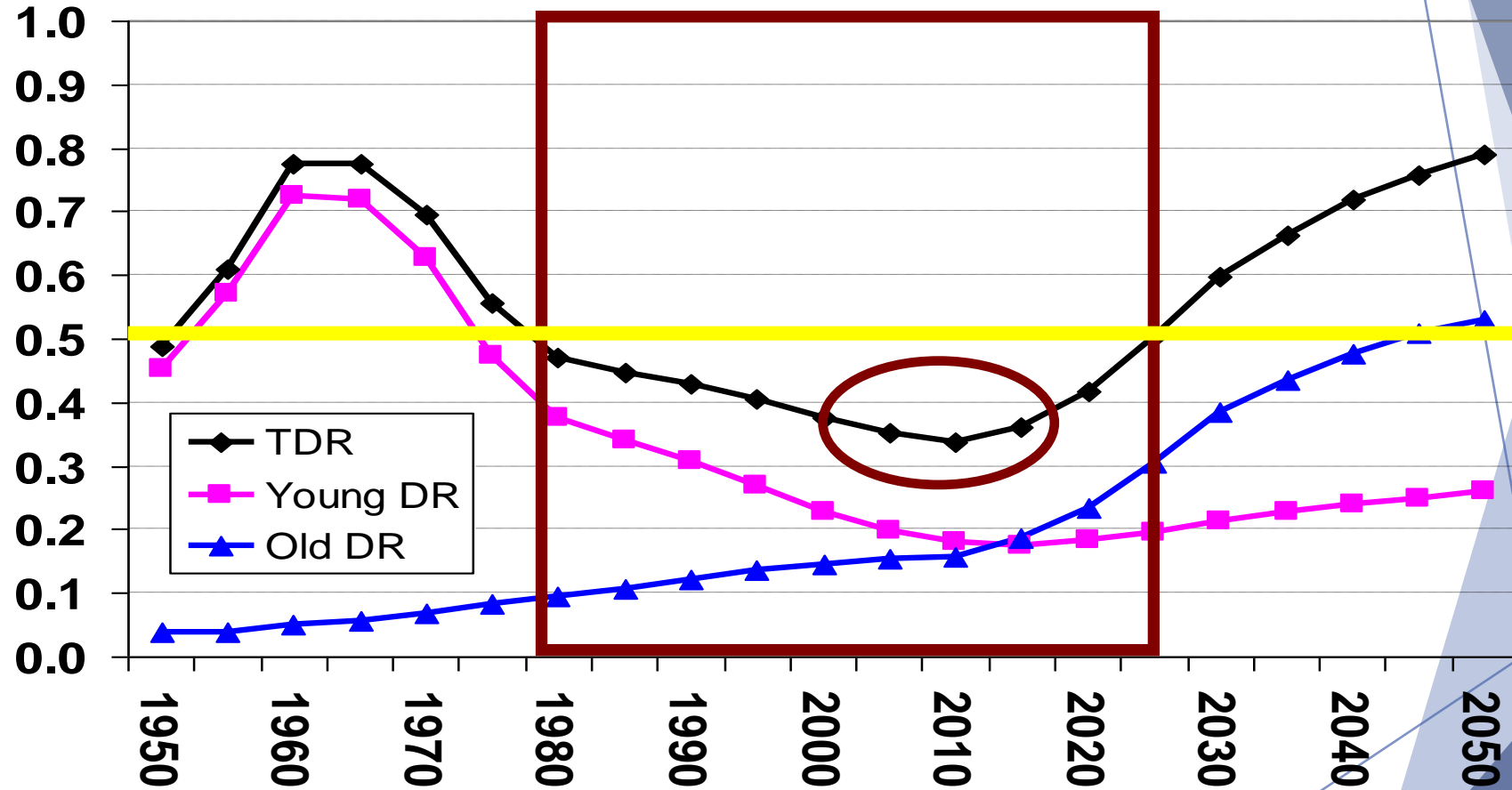
# Overview - Projection of older age population (Aged 60+)

The proportion of adults aged 60+ in HK will reach around 30% by 2041. The increase is most notable among the “oldest-old” (i.e., age 80+).



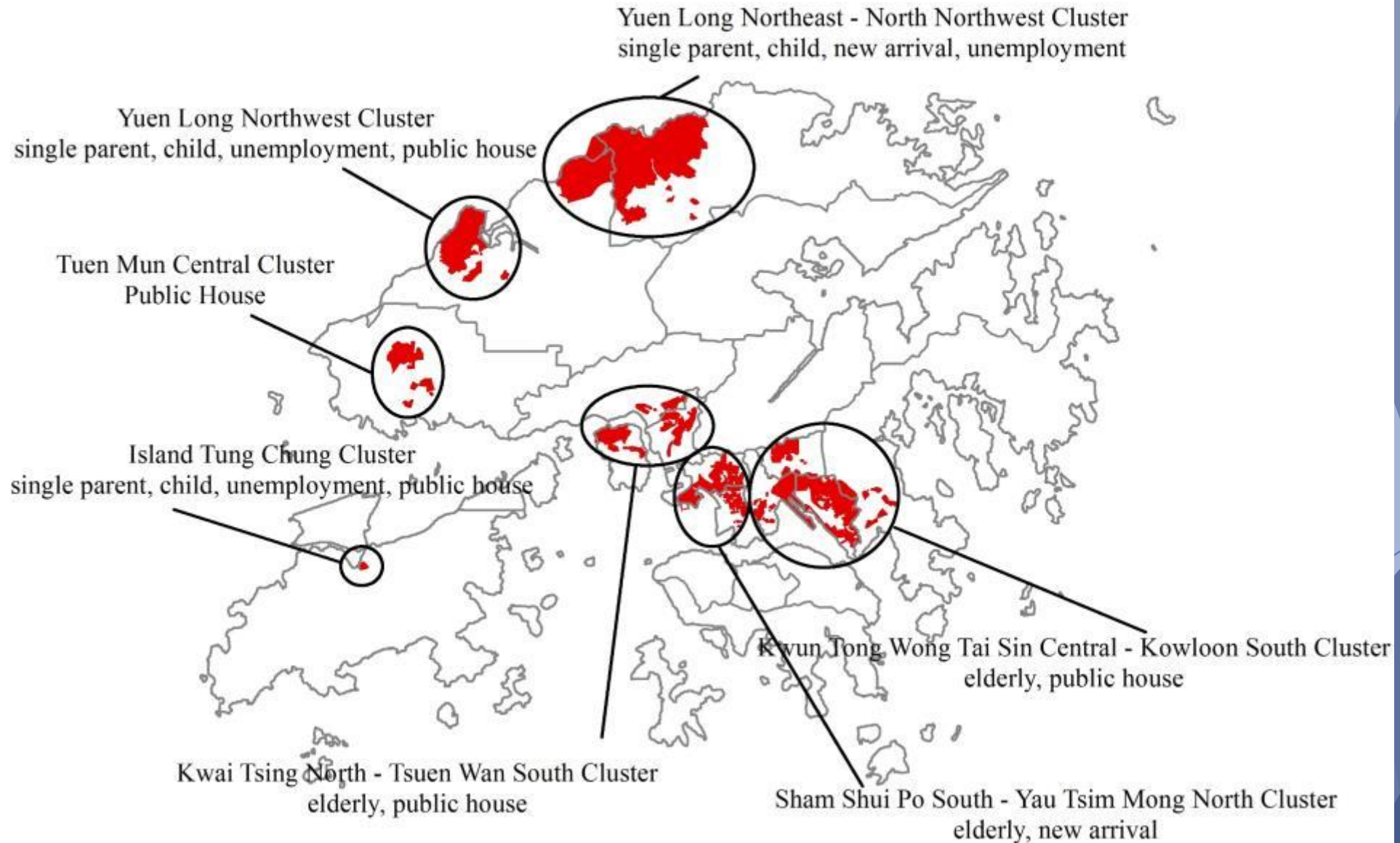
Source: Statistical Report from the Census & Statistic Department

# Demographic Window

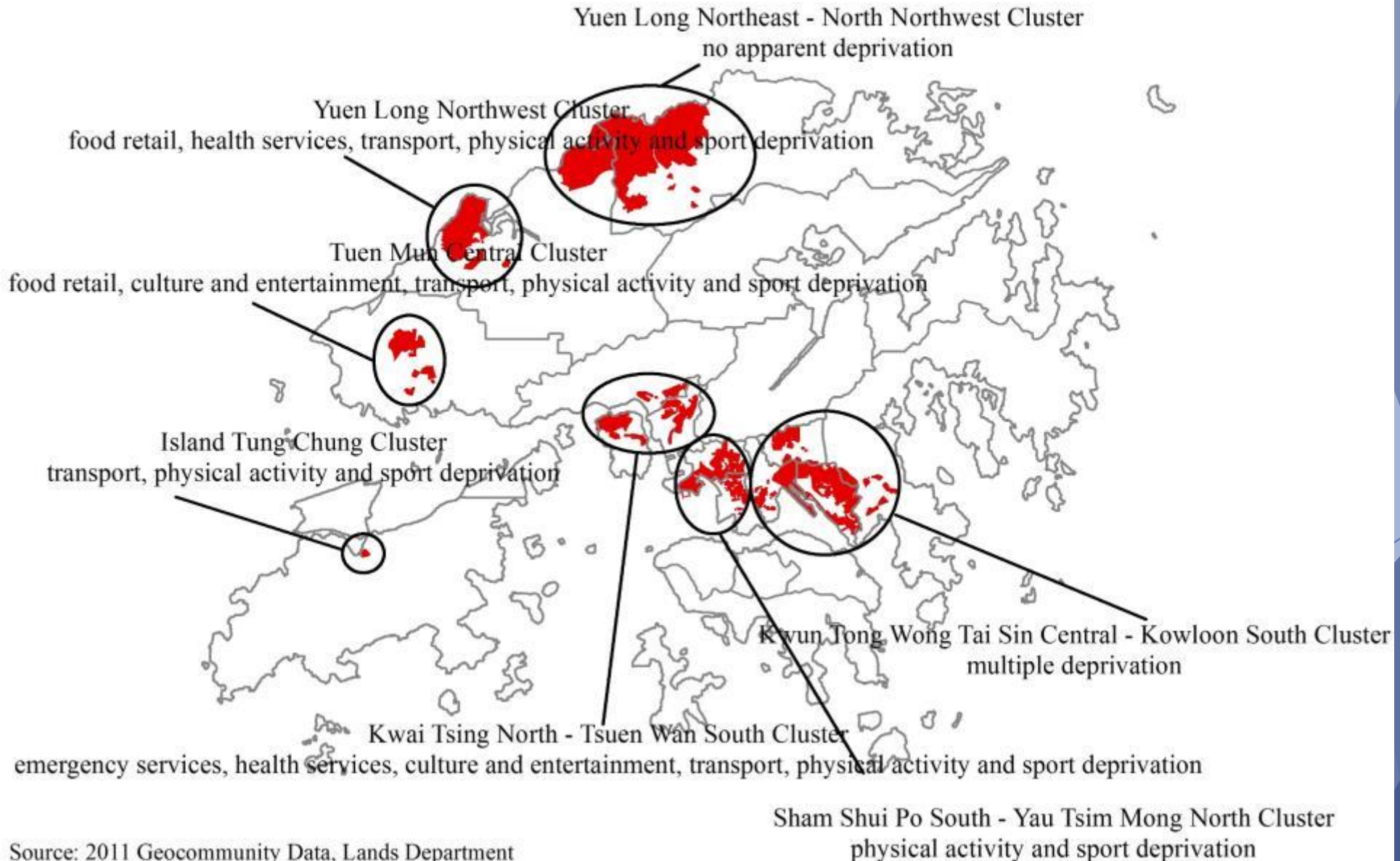


Source: Yip et al. (2010) Asian Population Studies

# Social-demographic Characteristics of "Poverty Clusters" in Hong Kong



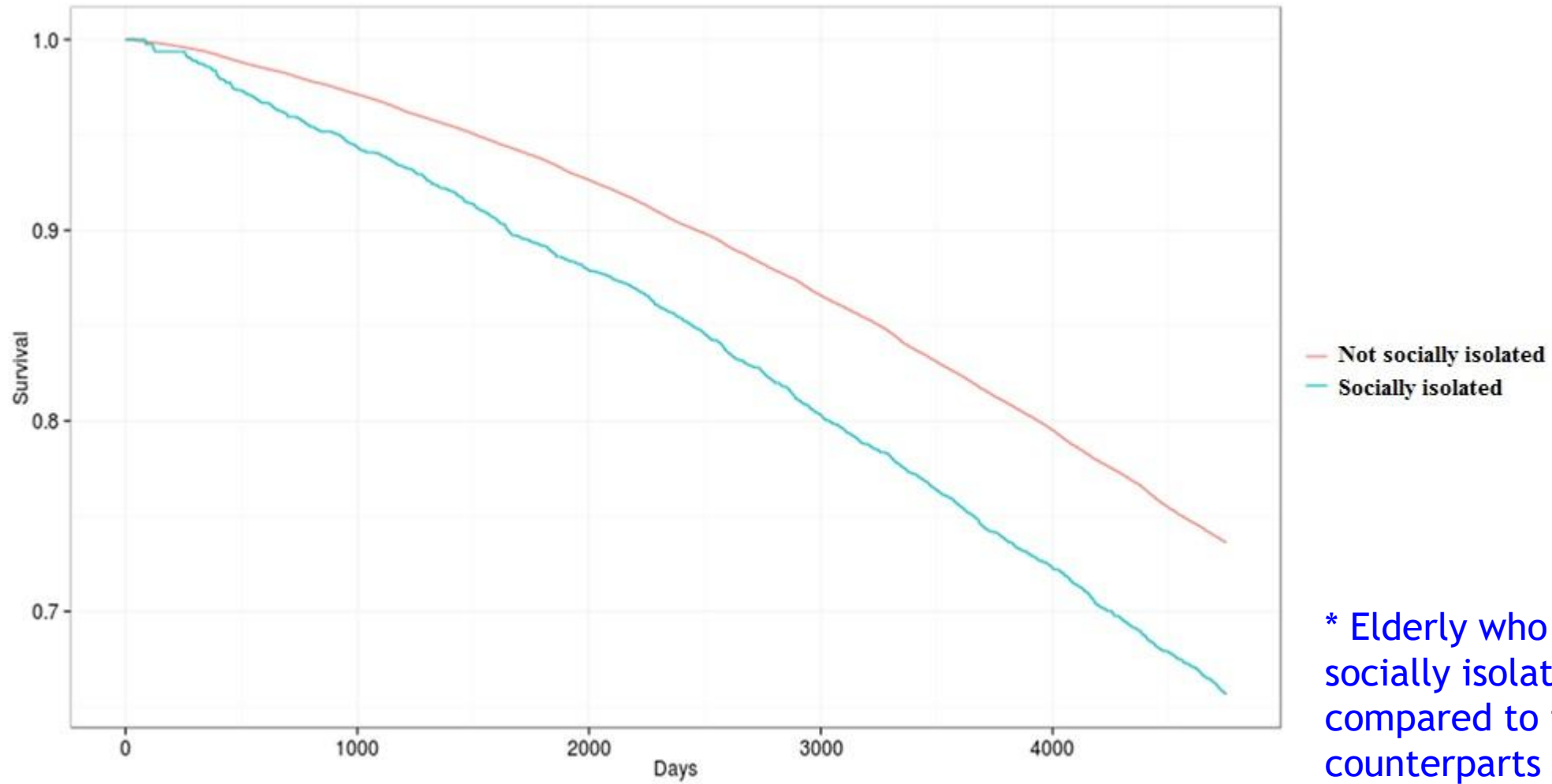
# Service Deprivation Characteristics of "Poverty Clusters" in Hong Kong





# Individual Attributes Affecting Health

Survival analysis reflects that those who “feel lonely” (socially isolated) live shorter than their counterparts.



\* Elderly who are not socially isolated live longer compared to their counterparts

# Smoothed standardized mortality ratios (SMRs) for suicides in population aged 10-years or above in Hong Kong, 2005-2010

- High rate areas appeared to cluster in some of the inner city areas on Hong Kong Island (near North Point and the eastern part) and Kowloon (Sham Shui Po, Wong Tai Sin, Kowloon City and the eastern Kowloon [Kwun Tong]), as well as in parts of several towns in New Territories. The highest rates (smoothed SMRs >2) were in parts of Kowloon (Sham Shui Po and Kowloon City) and some islands in the south.

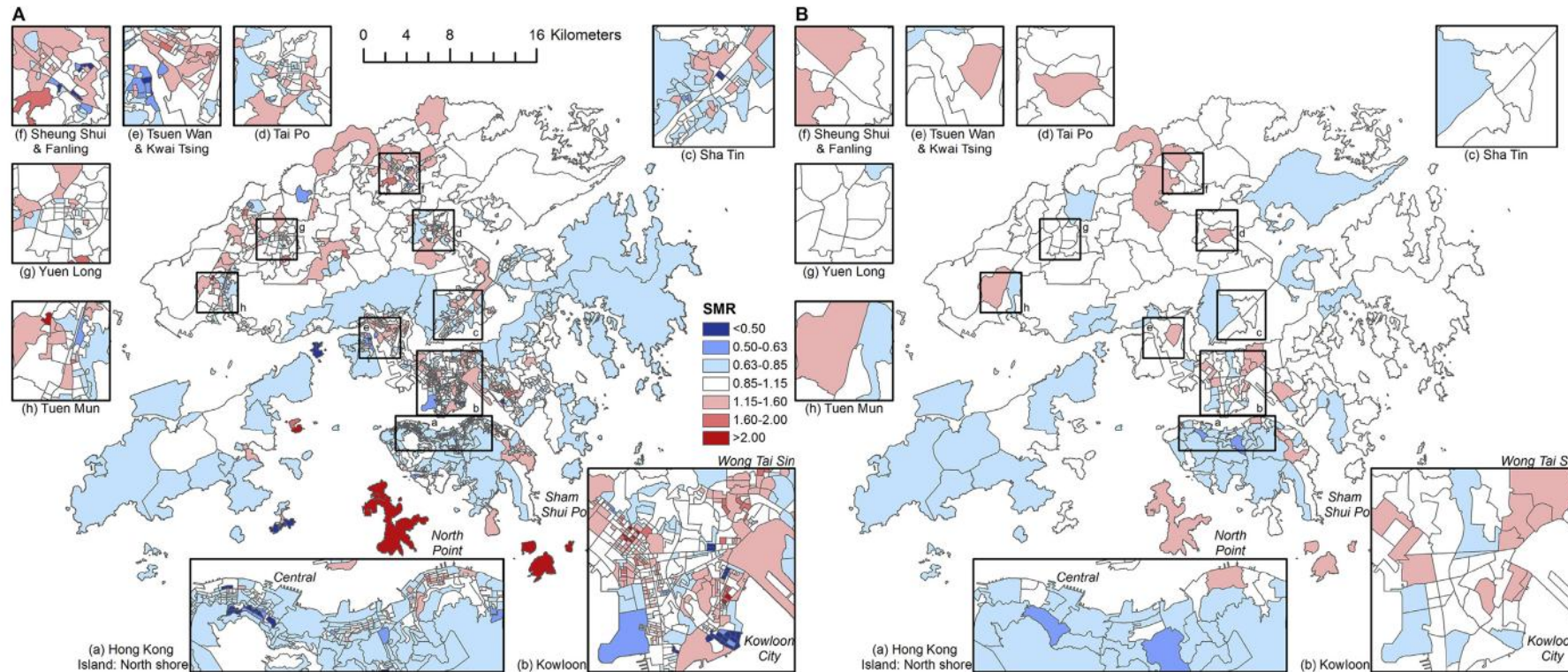
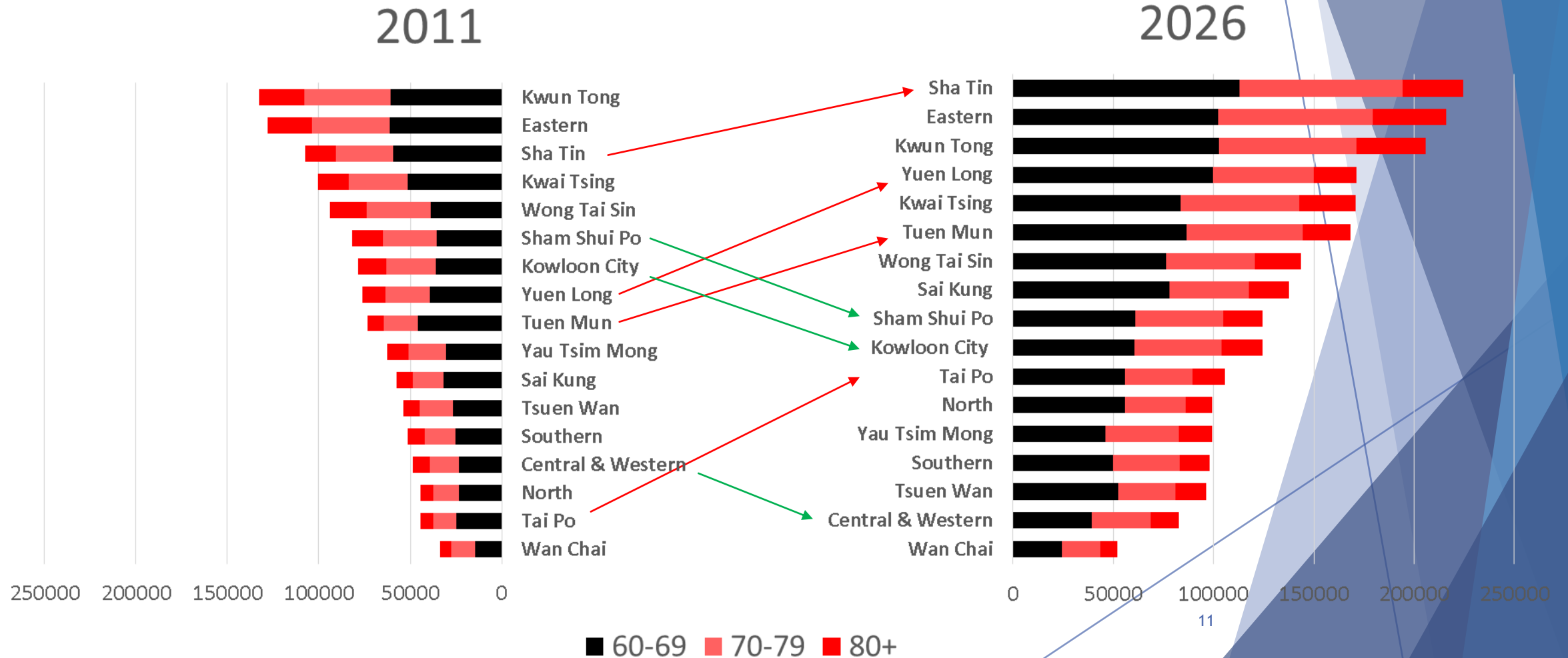


Fig. 2. Maps of smoothed standardised mortality ratios (SMRs) for suicide in population aged 10 years or above across (A) large street block (n = 1639) and (B) small tertiary planning unit groups (n = 204) in Hong Kong, 2005–2010.

C. Y. Hsu et al. / Social Science & Medicine 130 (2015) 190–203

# Overview - Projection of older age population (60+ yrs) by 18 districts

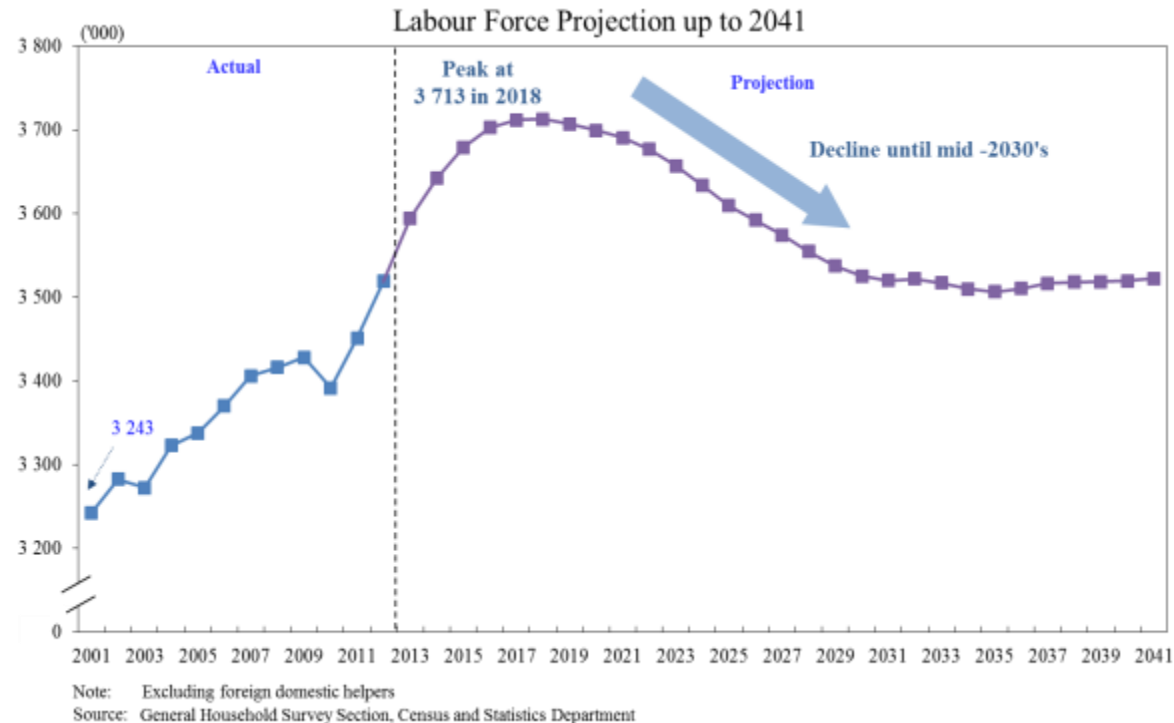
As the demographic compositions and mortality rates are different across districts, the projected increase in the older age population also vary across districts. Larger proportional increases will likely to take place in newly developed districts.



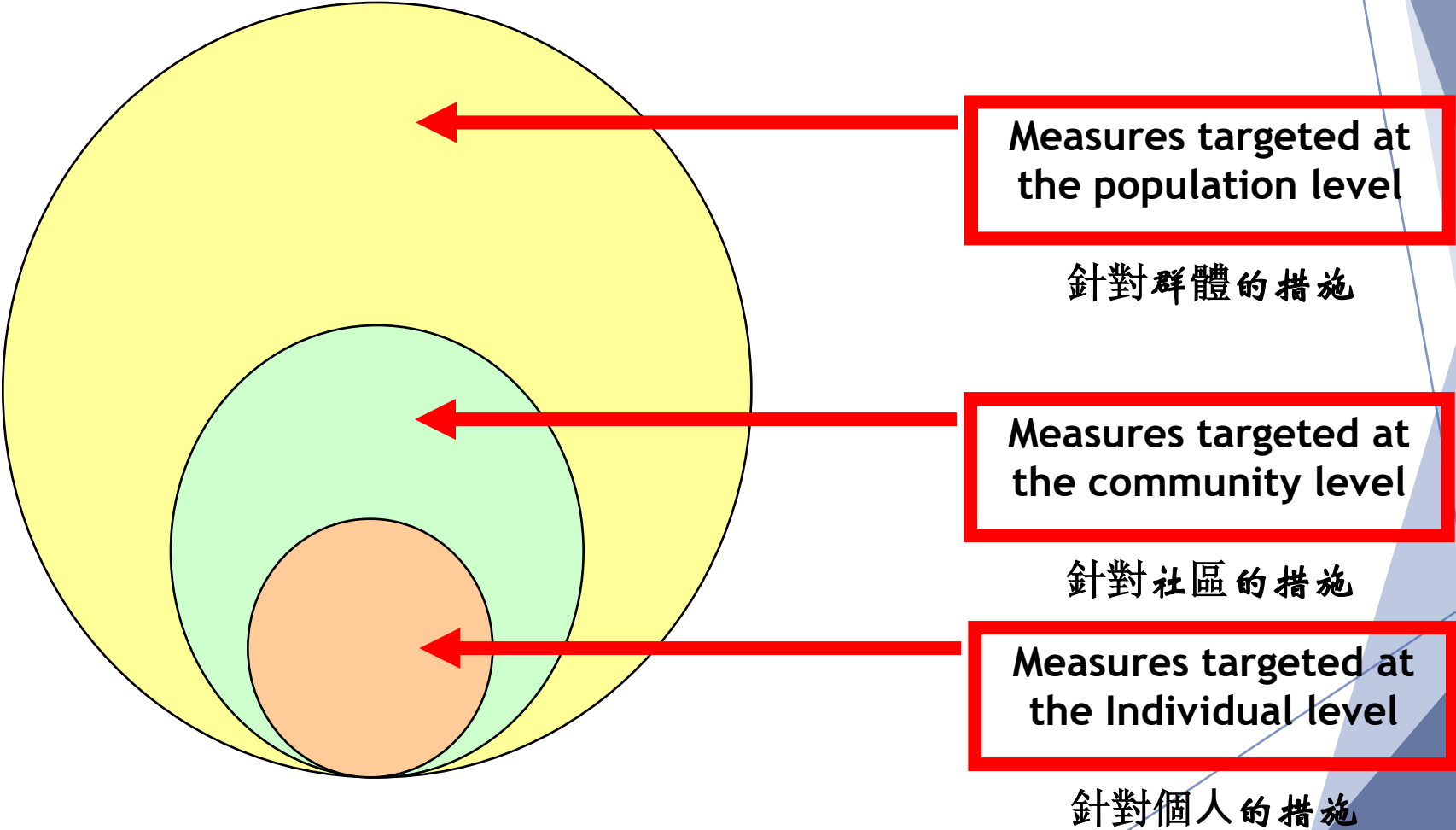
The statistics was estimated by Lee Carter's models with mortality information stratified by 18 districts; Source of mortality information is from C&SD

# Shrinking Labour Force

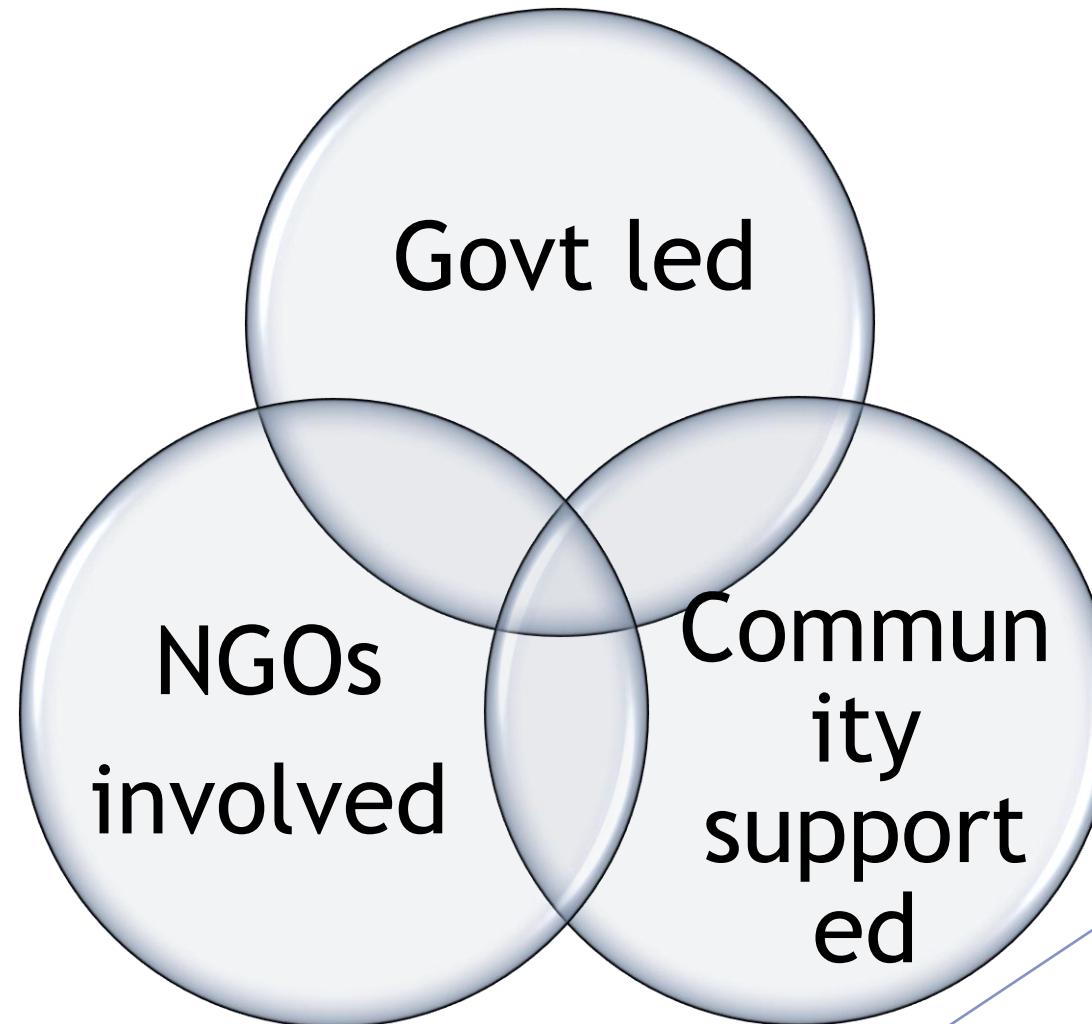
- The baby boomer generation will retire in the years ahead. From 2018 onward, our labour force will decline, as retirees leaving the job market outnumber young people starting work



# Supporting for older adults : a multilayer approach



# Social Capital



# Opportunities in an Ageing Society

# Embracing Opportunities in an Ageing Society

Help the **elderly stay active** in our community

- building an age-friendly environment
- promoting active ageing
- developing silver hair market



# Embracing Opportunities in an Ageing Society

- Profile of the elderly improving in terms of, for example, education attainment

	2001	2006	2011
Proportion of elderly aged 65 or above attaining secondary education or above	18.4%	25.0%	31.0%

- Some of the elderly -
  - want to stay active and contribute to the community after retirement
  - are customers with high purchasing power in the consumer market

# Embracing Opportunities in an Ageing Society - Possible Policy Directions

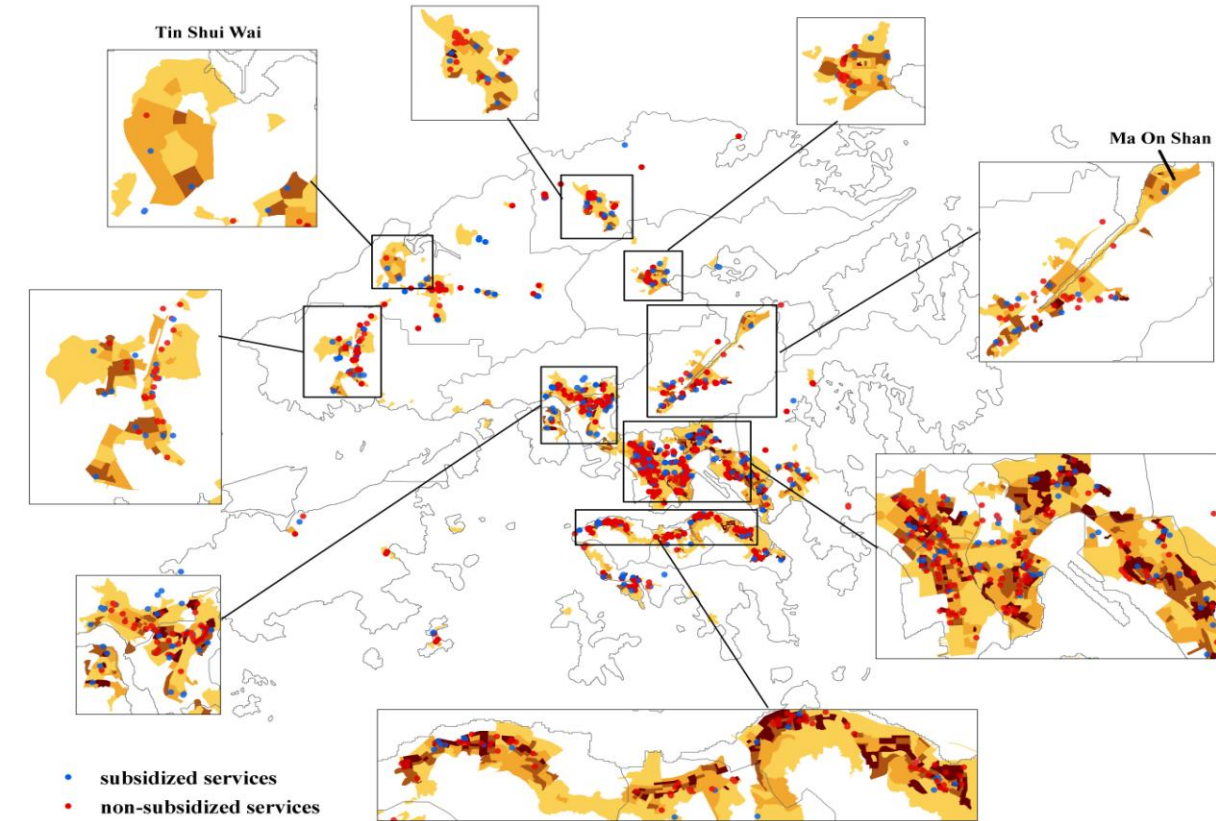
- To build an age-friendly environment that fosters active ageing and enables elderly people to continue contributing to the community.
- To develop the silver hair market in Hong Kong. An ageing society presents plenty of business opportunities in areas including financial services, tourism, care services, medical services, fitness and grooming, health food products and housing.
- To explore ways to facilitate our elderly people to retire on the Mainland, particularly in Guangdong.

# Recommendations

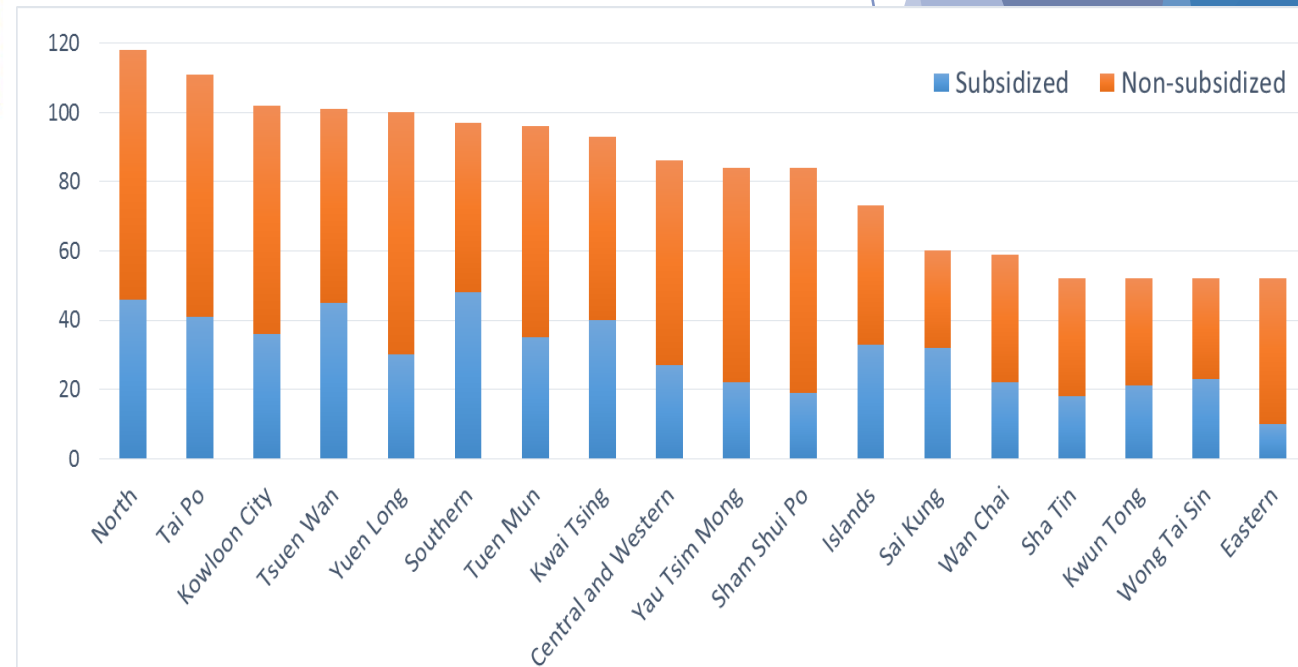
1. Promote Age friendly society for every age group: intergenerational support
2. Encourage older adults to participate into the community activities
3. Develop a harmonious society

# Elderly Residential Home Services

Elderly residential services appear to vary substantially across geographical areas. Less provision was observed in areas, such as Tin Shui Wai and Ma On Shan.



*Elderly home places-to-older adult ratios (per 1000 persons)*



# Service provision for older adults

- ▶ Relocation from older district to new district
- ▶ “less sufficient” in newly-developed districts, where the increases of old-age populations are predicted to be larger in the coming years comparing to other districts.
- ▶ Qualitative and quantitative assessments of the provision of multiple social services and its social impact are lacking.





# Example: a older district, Wanchai

## Housing: ageing in place

1. Private housing and housing with many older adults ◦
2. Design are not suitable for older adults, interior design, hallway, lift and toilets
3. Renovation complicated and older adults might not willing to pay and can't afford it ◦ Some Government incentive and support should be provided



## Transport

1. HK\$ 2 dollars for everyone, it costs around 900 million for 14.5% of the 7 million with nearly one million trips a day
2. It is going to escalate to HK\$1.2 billion and cost even more in a rapidly ageing society. **Creating share values with transport operators**
3. Narrow street with limited waiting area and no cover and seating facilities
4. Improve the transport stopping areas with shelter and seating provided





## Improvement of connectivity by flyover and design

1. One stop shop with choice and quality
2. Flyover network joining the market, shopping centre and other residential housing without the need to crossing road
3. Elevator and lift



## Respect and embracing diversity (尊重和社會包容)

1. Public housing with better neighborhood condition
2. Intergenerational support and Women club and youth service for serving older adults
3. Sustain community education in IT, asking youth volunteers to helping older adults with IT

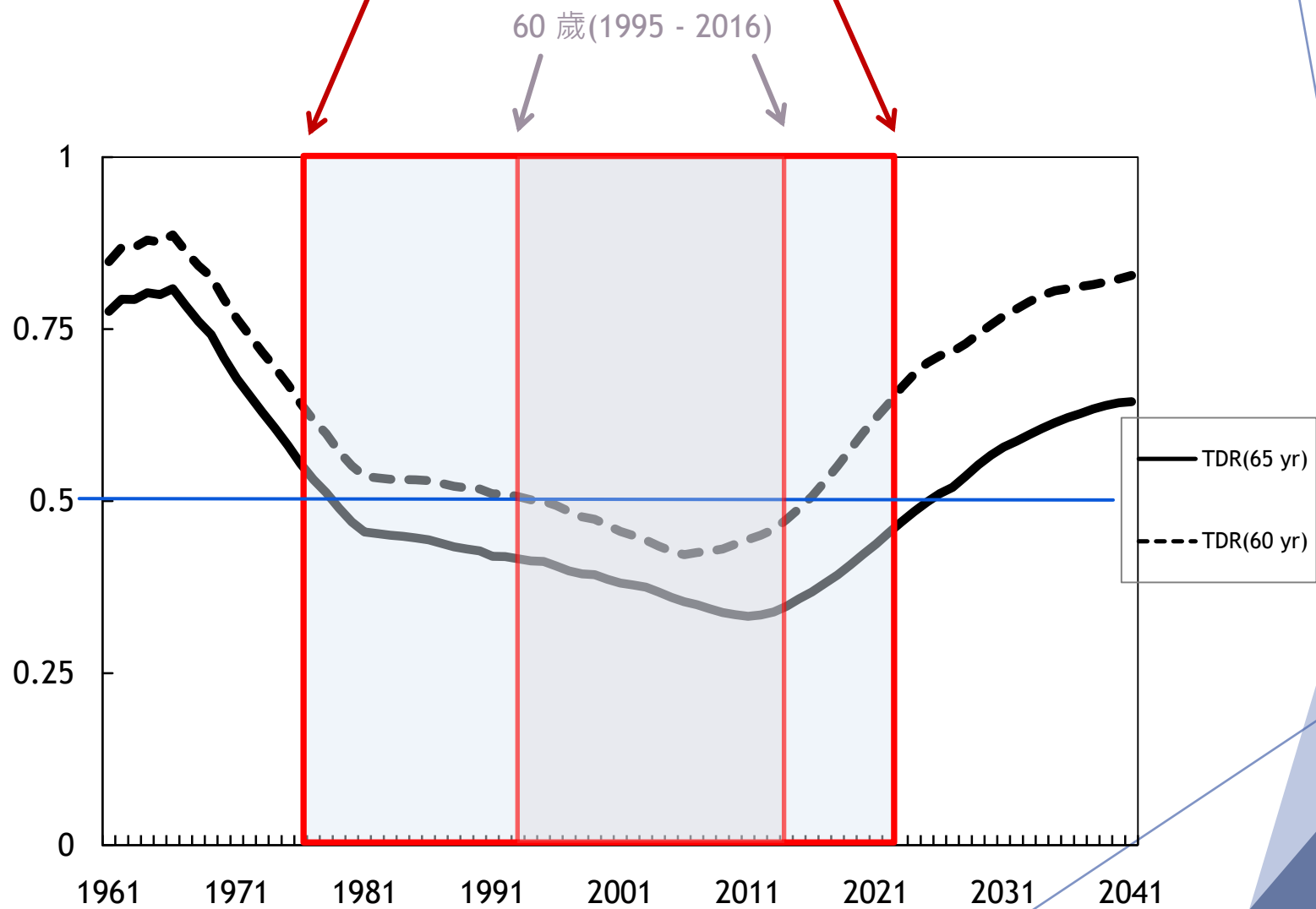


# *Enhancing and empowerment of our Human Capital*

From a system prespective:

- ▶ Extension of retirement age
  - ▶ Flexibility in employment
- ▶ Investing on the young people such that they can maintain the productivity

**Demographic Window:**  
period fall between the ration of 2:1 of the person aged 15-64 to less than 15 and over 645 year (1979 - 2025)



# Reflections

- ▶ A rethink of the economic development model in Asia – we do not only need a model that is sustainable, but also age friendly.
- ▶ The cost-effectiveness consideration: The system vs individual components
  - ▶ Bulldozer development vs preservation.
- ▶ The current transportation model assume a youthful society:: MTR Railroad system is good for moving large number of working population for a long distant, but not good for older people who usually travel only short distance.
- ▶ Walkable and self-sustaining community design.
  - ▶ Older people, particularly low income older people are more geographically bounded.
- ▶ Technology advancement may take away personal touch which is preferred by most elderly.

# Reflections

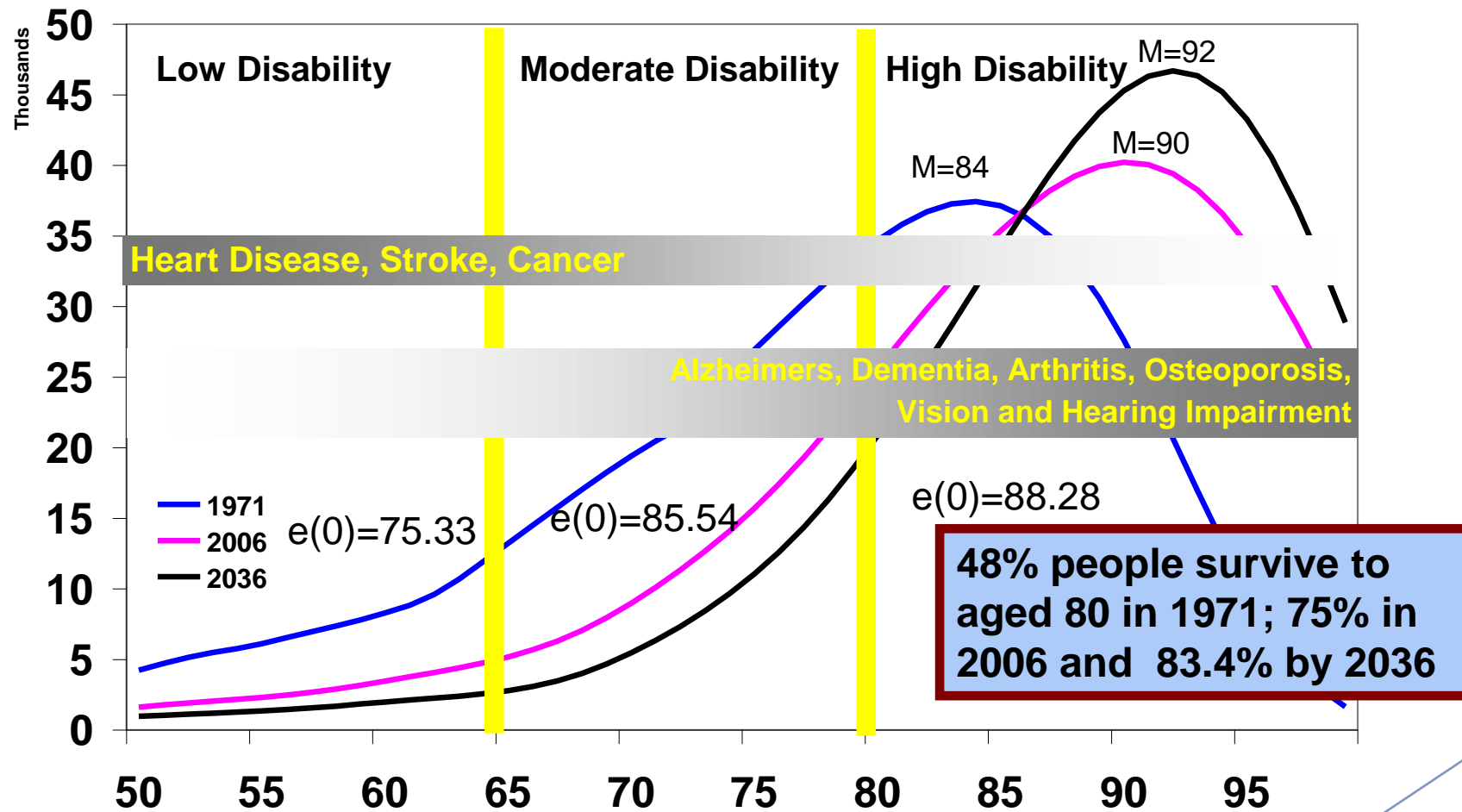
- ▶ The impact is large and the potential gain is promising
- ▶ Direct application of the Western models may have limited value, given the unique time (time to cope with population aging), place (history and environment) and people (culture) factors in Asia.
- ▶ Age friendliness: local community is the key.
- ▶ How can the wisdom of Asian cultures be used to inform the AFC movement in Asia and the world?

# What next?

- ▶ Knowledge Hub and evidence based practices
- ▶ Government support
- ▶ Community: community resources altruism, intergenerational support
- ▶ Business involvement: share values
- ▶ Promoting self-reliance and targeting on soon to be old
- ▶ Program evaluation: Community-based social and health services with continuous evaluation



# More HK people dying at advanced age



Hong Kong Life Table – female, 1971, 2006, 2036



**WARNING!!!!**



What does this mean?  
這是什么意思?



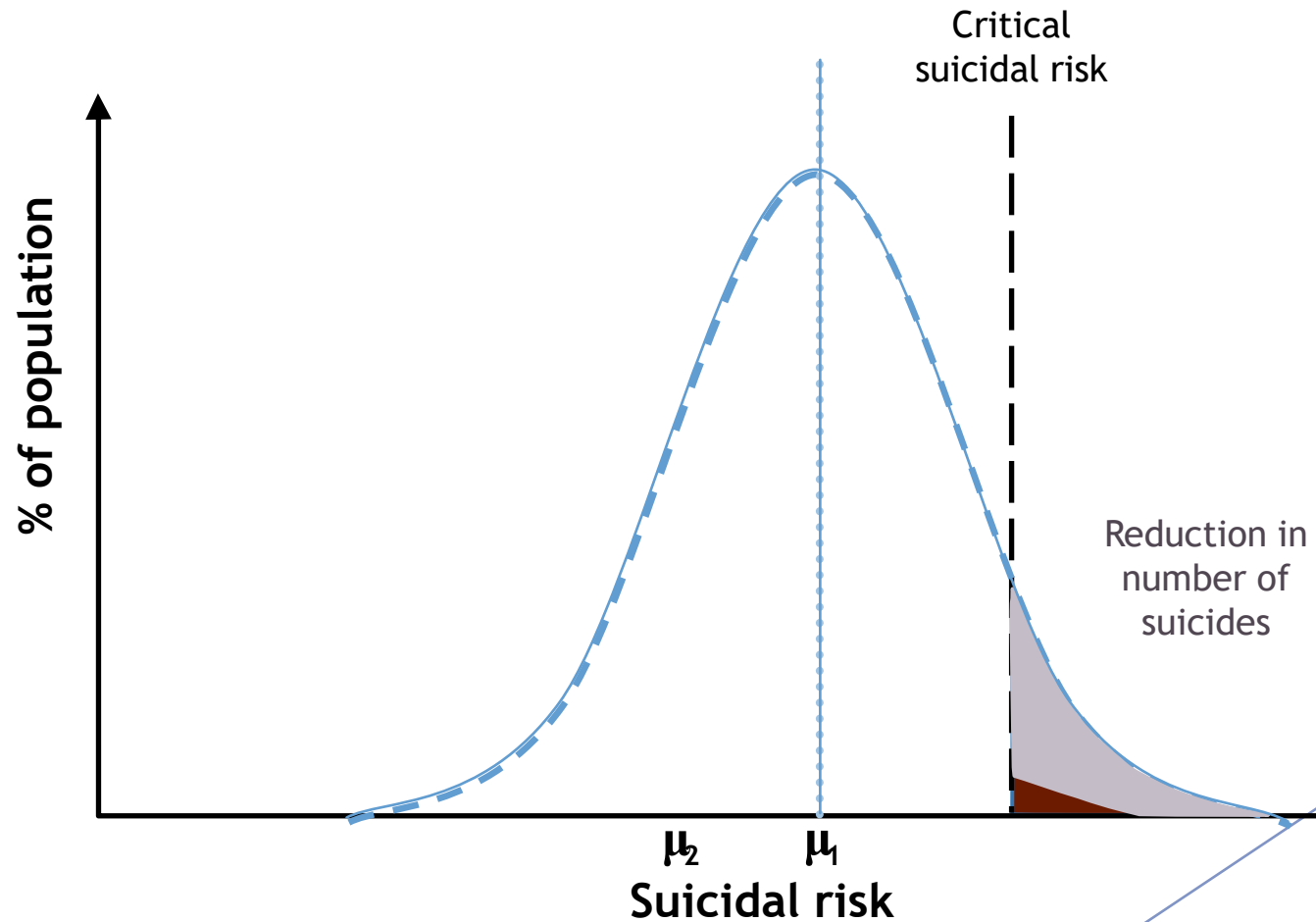


Does it help?  
那又怎樣?



# Public Health Approach: Aims

1. To create a protective environment
2. To change behaviours that put people at risk



# Community involvement



Which helping hand will prevent a suicide?

**THEY ALL MIGHT.**

In the United States, someone dies by suicide every 17 minutes.  
In many cases, these deaths are preventable.

As an individual, speaking openly about suicide, knowing the warning signs and offering a helping hand could, quite literally, make the difference between life and death.

As a nation, fully implementing the National Strategy for Suicide Prevention and establishing mental health parity could help save lives.

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OPENING MINDS. CHANGING POLICY. SAVING LIVES.



SUICIDE PREVENTION ACTION NETWORK USA

Analogy of a clock:

+ second arm: (politics)

▶ Minute arm (economic)

▶ Hour arm (Population)





Thank you