

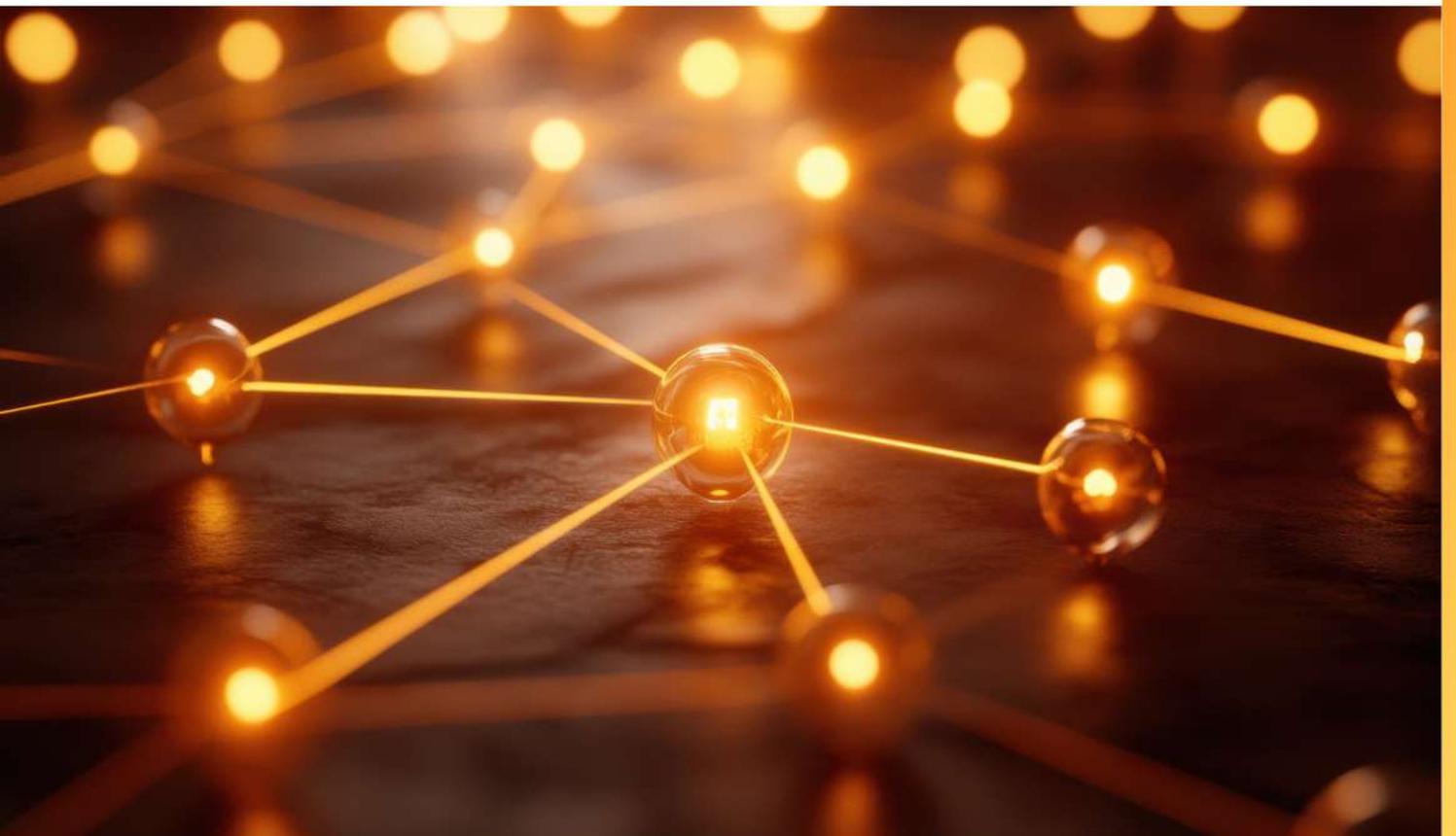


GOLDEN AGE FOUNDATION  
黃金時代基金會



# 年度報告 Annual Report

2024-2025



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# 認識本會 About GAF

黃金時代基金會是一個跨界別的創新協作平台，旨在推動智齡城市在亞洲的發展。我們引領創新思維和發起黃金時代運動，推動嶄新的活動和培訓項目，讓黃金一代（45歲或以上人士）繼續為社會作出貢獻，帶領標竿人生，對社會帶來正面影響，把香港發展為亞洲智齡城市。

Golden Age Foundation (GAF) is a multi-sector platform that fosters the development of smart ageing cities in Asia. By generating innovative ideas that bring positive impact to society and developing the golden age movement with creative events and training programmes, GAF empowers golden agers – individuals aged 45 and above – to continue to contribute to society and lead purpose-driven lives.



# 願景及使命

## Vision and Mission

**願景：重新定義「老」**

**Vision: REDEFINING AGEING**

### 建立亞洲智齡城市

#### To build smart ageing cities in Asia

我們推動創新對話，重新定義老齡化。我們匯集官、商、民、學、科研、設計、投資，以及各利害關係者，透過發人心省的活動和對話，共同攜手處理和探究解決人口老化問題的可能性，推動及促進嶄新的黃金時代經濟，轉危為機。我們構想著一個智齡化城市的世界，旨在促進新的黃金時代經濟，並將人口挑戰轉化為具有積極影響的機會。

We catalyse innovative dialogues to redefine ageing. Spearheading thought-provoking events and conversations, GAF brings together policymakers, entrepreneurs, social innovators, academics, scientists, designers, investors and other stakeholders to tackle and resolve population ageing issues. Envisioning a world of smart ageing cities, GAF aims to foster a new Golden Age Economy and turn demographic challenges into opportunities with positive impact.

**使命：改變「老」的軌跡**

**Mission: REPURPOSING AGEING**

- 提升黃金一代人士 (指45歲或以上人士) 過豐盛、健康和優質的生活  
Empower the Golden Agers (aged 45+) to lead purposeful, healthy and quality lives
- 推動黃金時代經濟 Develop the Golden Age economy
- 建構跨界別及跨年代的協作和創新平台  
Build a cross-sector and cross-generational platform for collaboration and innovation

我們倡導模式轉變，賦權予黃金一代規劃人生下半場，成為社會創新的動力。本會藉由組織具前瞻性、創新性的終身學習課程和社區參與活動，協助黃金一代建立對社會有利的健康積極心態和行動，重塑他們對退休，以及「老」的看法，回饋社會。

GAF advocates for a paradigm shift to empower golden agers to plan ahead for the second half of their lives and become society's new driving force. By organising the golden age movement imbued with innovative life-long learning programmes and community engagement activities, GAF creates new opportunities for individuals to rewire their perception of retirement by establishing healthy and positive ageing mindsets and actions that benefit society.

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BBS, JP  
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Mr Lawrence LUI  
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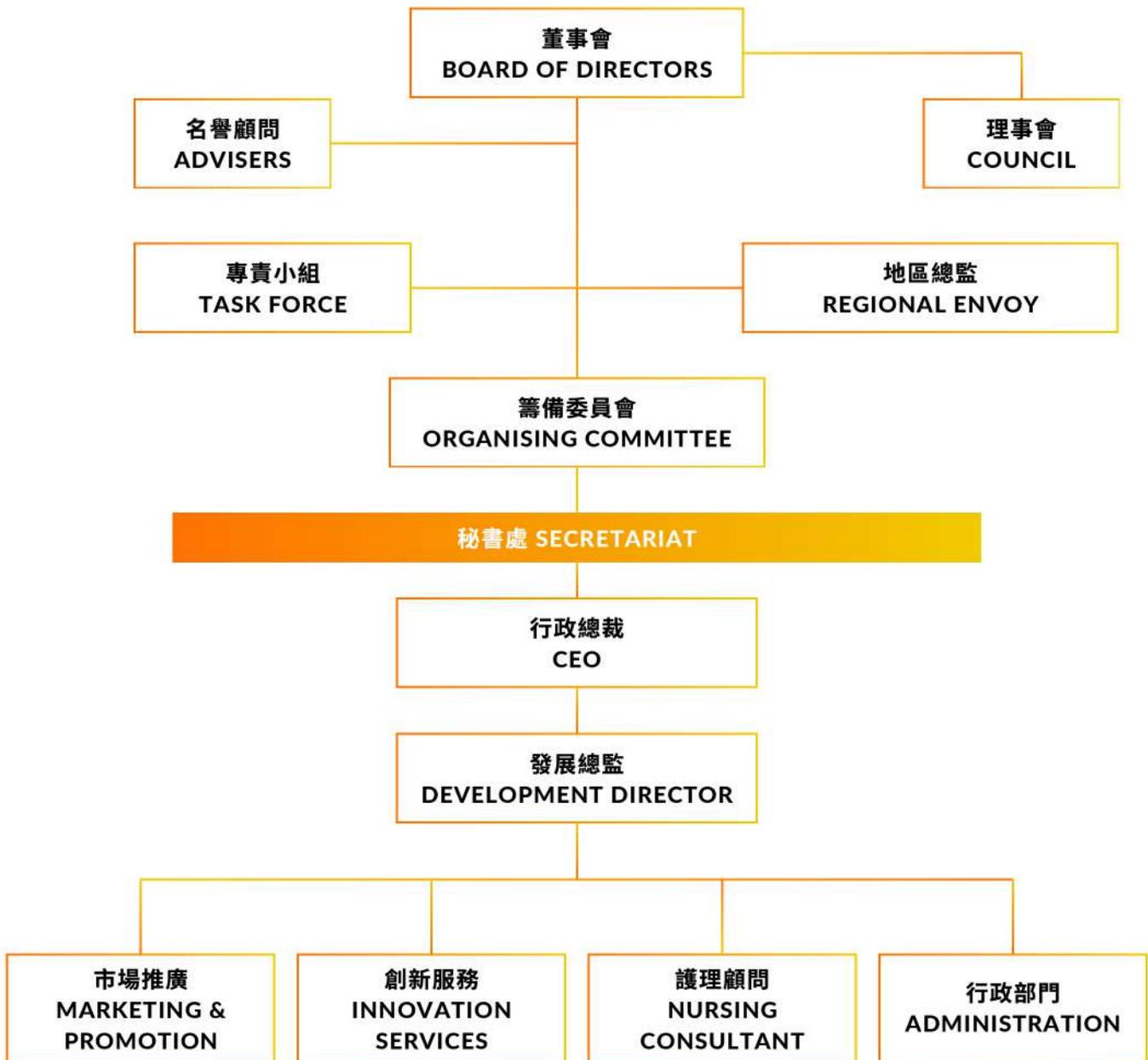
## 黃景龍先生

Mr Antony WONG

黃金時代基金會董事  
DIRECTOR, GOLDEN AGE  
FOUNDATION

# 機構架構

## Organisational Chart



# 主席的話 Chair's Message

## 靈活創新 引領未來 Transform with Agility

適逢黃金時代基金會成立十週年，本年度報告不僅讓我們有機會引以為傲地回顧過去的歷程，更重申了我們作為全球高齡化中社會創新領航平台的承諾。過去十年，我們顛覆了傳統老化觀念的框架，積極倡導應對人口高齡化挑戰與機遇的解決方案，促進跨界別合作，推動亞太地區的可持續發展。

我們的旗艦項目「黃金時代展覽暨高峰會」在激活銀髮經濟增長方面發揮著前所未有的關鍵作用。此平台已成為促進商業發展與跨界知識交流的活躍樞紐 - 激發創新思維、建立深遠合作、推動具實效的變革，為區域銀髮經濟注入動力，同時讓金齡客戶及家人獲得更多選擇。

As we mark the 10<sup>th</sup> anniversary of the Golden Age Foundation, this annual report offers a moment to reflect with pride on our journey and reaffirm our commitment as a leading global platform for social innovation in an ageing world. Over the past decade, we have disrupted the narrative around ageing and championed solutions that address the challenges and opportunities of ageing populations, fostered cross-sector collaboration, and driven sustainable development across the Asia-Pacific region.

Our flagship initiative, the Golden Age Expo & Summit, has been more vital than ever in catalyzing the growth of the silver economy. It serves as a dynamic hub for business development and cross-sector knowledge exchange—sparking innovative ideas, forging meaningful partnerships, and inspiring actionable change that empowers Golden Agers while fueling the regional silver economy.



黃金時代基金會主席及創辦人容蔡美碧女士  
Mrs Rebecca Choy Yung  
Founder & Chair of Golden Age Foundation

# 主席的話

## Chair's Message

2024年，我們透過「智齡領袖大獎」表揚 19位來自亞洲、橫跨八大專業領域的傑出領袖，肯定其在提升長者生活質素與尊嚴方面的卓越貢獻與開拓精神。

賦權是我們使命的核心。透過「智齡照顧實驗室」，我們開創「智齡助理」人力資源創新模式，賦權金齡人士在家庭與社區中分享關鍵護理知識與實務經驗，促進具意義的跨代連結。

我們的協作精神跨越地域疆界。通過在東歐及亞洲國際會議的考察交流與主題演講，我們持續深化全球及區域夥伴關係。我們與中國內地（特別是粵港澳大灣區），在老齡產業與服務領域建立更緊密合作，共同推進智齡創新與共融發展。

In 2024, we are equally proud of our efforts to recognize excellence through the Smart Ageing Leader Award, recognized 19 outstanding leaders from across Asia, spanning eight professional domains. These awardees exemplify the pioneering spirit needed to elevate quality of life and dignity for older adults.

Empowerment remain at the very heart of our mission. Through programmes such as the 'Smart Care Lab,' we have pioneered the 'Smart Care Workers' model-empowering Golden Agers to share vital caregiving knowledge and practical experience within families and communities, strengthening meaningful intergenerational connections.

Our collaborative spirit knows no borders. We continue to strengthen global and regional partnerships through study tours and keynote presentations at global conferences in Eastern Europe and Asia. Our deepening collaboration with the ageing industry and service sector in the Chinese Mainland, particularly the Greater Bay Area, has advanced shared goals in smart ageing innovation and inclusive development.

# 主席的話 Chair's Message

邁向新的十年，我們將持續推動社會、經濟與環境的長遠共榮，致力建構關愛共融的社群，確保每個人都能享有尊嚴、健康與有意義的晚年。我們期盼與公民社會、商界、政府及學研夥伴深化協作，匯聚眾力，為後代開創可持續的共融未來。

謹此衷心感謝各位贊助者、會員、合作夥伴及持份者的堅定支持，並向投入熱誠與智慧的義工團隊致敬。同時感謝在行政總裁黃惠娜女士帶領下的秘書處團隊，以專業與承擔迎難而上。我們不僅回應人口轉變，更正攜手塑造一個更燦爛、更豐盛的黃金時代。

As we step into our next decade, our vision expands, we remain committed to advancing long-term social, economic, and environmental prosperity, ensuring that everyone can age with dignity, health, and purpose. Through closer collaboration with partners across civil society, business, government, and academia, we aim to co-create caring, inclusive communities and build a sustainable legacy for future generations.

We extend our sincere gratitude to our funders, members, partners, and stakeholders for their steadfast support, and to our dedicated volunteers for their passion and commitment. We also thank the Secretariat team, led by our CEO Ms. Cindy Wong, for their professionalism and resilience. Together, we are not only responding to demographic change—we are shaping a brighter, more golden future.



黃金時代基金會主席及創辦人 容蔡美碧女士  
Mrs Rebecca Choy Yung  
Founder & Chair of Golden Age Foundation

# 行政總裁的話 CEO's Message

2024-2025年度是黃金時代基金會的重要里程碑，我們迎來十周年誌慶。本會致力把香港及大灣區定位為亞洲智齡創新的示範區，並透過系統化、可擴展及具政策意義的項目，推動跨界別力量共同塑造未來。

本年度，我們的工作聚焦於三大策略方向：

1. 縮窄數碼隔閡
2. 促進跨代連繫
3. 運用創新科技提升安老服務能力



黃金時代基金會行政總裁黃惠娜女士  
Ms Cindy Wong  
CEO of Golden Age Foundation

The 2024-2025 year marks a significant milestone for the Golden Age Foundation as we celebrate our 10<sup>th</sup> anniversary. We remain committed to positioning Hong Kong and the Greater Bay Area as a leading smart ageing innovation showcase in Asia. Through systematic, scalable and policy-relevant initiatives, we continue to mobilise cross-sector collaboration to help shape the future.

During the year, our work focused on three strategic priorities:

- Bridging the digital divide
- Strengthening intergenerational connections
- Leveraging innovation and technology to enhance eldercare services

# 行政總裁的話 CEO's Message

第九屆黃金時代展覽暨高峰會（GAES 2024）是本年度的核心亮點，吸引超過四萬名來自全球的參與者，規模創歷屆新高。展會匯聚政府、企業、學術界、社會創新者及國際代表，展示最新的智齡科技、研究與應用，並促進跨地域合作。

同時，「智齡世代傑出領袖大獎」成功表揚來自醫療、科技、創新、社區及學術等多個領域的卓越領袖，進一步推動跨界別參與，並提升公眾對智齡議題的關注。

透過黃金大使、小金醫生及私營安老院舍營運者培訓等項目，我們成功建立跨代、跨專業的學習與服務平台，為社會培育具備科技應用能力、社區服務意識及跨界別協作精神的新一代智齡人才。

A major highlight of the year was the 9<sup>th</sup> Golden Age Expo & Summit (GAES 2024), which attracted over 40,000 participants from around the world, the largest scale in its history. The event brought together representatives from government, business, academia, social innovators and international organisations to showcase the latest smart ageing technologies, research and applications, while fostering cross-regional collaboration.

The Smart Ageing Leader Awards recognised outstanding leaders from the healthcare, technology, innovation, community and academic sectors. The awards further encouraged cross-sector engagement and enhanced public awareness of smart ageing issues.

Through initiatives such as the Golden Buddies, Dr Gold Junior Programme, and training for private residential care home operators, we successfully established cross-generational and cross-professional platforms for learning and service. These efforts have helped nurture a new generation of smart ageing talents equipped with technological capabilities, a strong sense of community service, and a collaborative, cross-sector mindset.

# 行政總裁的話 CEO's Message

為配合項目擴展，本會秘書處團隊亦持續增強，並優化治理架構，確保我們能以更高效、更具透明度及更具問責性的方式推動各項計劃。這些成果有賴政府部門、企業夥伴、慈善基金會、國際機構、學界及社區組織的信任與支持。

這不僅反映香港在智齡領域的國際吸引力，也展示了本會作為區域協作平台的獨特角色。這些努力有助於建立更具韌性、更具前瞻性的智齡生態系統，並為政策制定、產業發展及社會創新提供重要參考。我們亦在推動智齡城市、跨界別協作及國際連結方面取得重大進展。

To support the expansion of our programmes, the Secretariat team continued to strengthen its capacity while further enhancing our governance framework. These efforts ensure that our initiatives are delivered with greater efficiency, transparency, and accountability. Such achievements would not have been possible without the trust and support of government departments, corporate partners, philanthropic foundations, international organisations, academic institutions, and community groups.

This not only reflects Hong Kong's growing international appeal in the smart ageing space, but also underscores the Foundation's unique role as a regional collaboration platform. These efforts have contributed to building a more resilient and forward-looking smart ageing ecosystem, providing valuable reference for policy development, industry growth, and social innovation. We have also made significant progress in advancing smart ageing cities, cross-sector collaboration, and international connectivity.

# 行政總裁的話 CEO's Message

踏入十周年，我們深信人口老化不僅是挑戰，更是推動社會創新、產業升級及跨界別合作的契機。展望未來，黃金時代基金會將繼續以國際視野、跨界別協作及證據為本的策略為核心，推動香港及大灣區成為亞洲智齡城市的標杆，並與本地及全球夥伴攜手，創造更具包容性、可持續及具影響力的未來。

感謝各界的支持與同行。期待在未來的歲月中，與您繼續攜手，為香港、亞洲及世界共創更美好的黃金時代。

As we mark our 10th anniversary, we firmly believe that population ageing is not merely a challenge, but a powerful catalyst for social innovation, industry transformation, and cross-sector collaboration. Looking ahead, the Golden Age Foundation will continue to place international perspective, cross-sector partnership, and evidence-based strategies at the core of our work. Together with our local and global partners, we are committed to advancing Hong Kong and the Greater Bay Area as benchmarks for smart ageing cities in Asia, and to building a future that is more inclusive, sustainable, and impactful.

We extend our sincere appreciation to all who have supported and journeyed with us. We look forward to continuing our collaboration in the years ahead, as we work together to create a better Golden Age for Hong Kong, Asia, and the world.



黃惠娜

黃金時代基金會行政總裁 黃惠娜女士  
Ms Cindy Wong  
CEO of Golden Age Foundation

# 工作概覽 Overview

## 倡議及協作平台 Initiatives and Collaboration Platforms

- 黃金時代展覽暨高峰會  
Golden Age Expo & Summit
- 智齡世代傑出領袖大獎  
Smart Ageing Award
- 內地及海外交流  
Chinese Mainland & Overseas Exchange
- 支持伙伴  
Partnership Support
- 分享及講座  
Sharing & Conferences
- 媒體報導  
Media Coverage
- 書籍文章  
Books and Articles
- 推動政策制定  
Policy Advocacy



## 黃金時代學院 Golden Age Academy

- 賦權項目 Empowerment Projects
- 社區項目 Community Projects
- 社區服務 Community Services
- 培訓項目 Training Programmes
- 調查研究 Research Studies
- 學生實習 Student Internships

## 推動永續發展 Promoting Sustainable Development

以永續發展為原則，本會承諾改善環境影響、促進社會發展和遵循良好的治理標準。We are committed to improving environmental impact, promoting social development, and adhering to good governance standards based on sustainability.

## 十周年誌慶 10<sup>th</sup> Anniversary Celebration

本會全年推出一系列精彩活動與亮點，展現十年來的努力與創新成果。GAF launched a series of exciting activities and highlights, showcasing the efforts and innovative achievements of the past decade.

# 倡議及協作平台 Initiatives and Collaboration Platforms

## 中銀人壽第九屆黃金時代展覽暨高峰會 (2024) The 9<sup>th</sup> Golden Age Expo & Summit (2024)

08.2024

**中銀人壽第九屆黃金時代展覽暨高峰會 (2024)** 以「智齡·永續·機遇」為主題，已於2024年8月2-4日在灣仔香港會議展覽中心3FG廳順利舉行。今年展會規模為歷年之冠，整體參與人次首次突破4萬，比上年增加了80%，創下佳績！入場人士來自世界各地包括：英國、台灣、新加坡、澳洲、澳門、美國、泰國、韓國、加拿大、日本、尼泊爾、印度等等。

**BOC Life 9<sup>th</sup> Golden Age Expo and Summit (2024)**, themed "Sustainable Smart Ageing", concluded successfully at Hall 3FG of the Hong Kong Convention and Exhibition Centre from 2 to 4 August 2024. This year's event reached the largest scale since inception, with total attendance surpassing 40,000 for the first time, representing an increase of 80% compared with the previous year and setting a new record. Attendees came from around the world, including the United Kingdom, Taiwan, Singapore, Australia, Macao, the United States, Thailand, Korea, Canada, Japan, Nepal, India and more.

### 活動數據 Event Data

入場人次  
Attendance



40,000+

參展會員  
Expo Member



200+



高峰會環節  
Summit Sessions



40+

講者  
Speaker



120+

媒體曝光  
Media Coverage



500+

國家/地區  
Country/ Region



17+

合作伙  
Partner



77+

## 黃金盛宴 Gala Dinner

08.2024

「黃金盛宴」暨智齡世代傑出領袖大獎（2024）頒獎典禮已於2024年8月3日順利舉行，現場有超過200位嘉賓齊聚一堂，祝賀得獎者。



Gala Dinner cum Smart Ageing Leader Award (2024) Ceremony were successfully held on August 3, 2024, with over 200 guests gathered to congratulate the awardees.

## 巴士車身設計比賽 Bus Body Design Competition

03.2024 - 08.2024

本次比賽旨在邀請中學生參與，透過設計巴士車身橫額廣告，向公眾傳達「中銀人壽第九屆黃金時代展覽暨高峰會（2024）」的主題 - 「智齡．永續．機遇」，並鼓勵他們參與智齡科技的創新發展，促進跨代共融及關愛社會的訊息。

The competition invited secondary school students to design bus body banner advertisements to raise public awareness of the theme of "BOC Life 9<sup>th</sup> Golden Age Expo and Summit 2024", "Sustainable Smart Ageing". It sought to inspire young people to engage in innovative developments in smart-ageing technologies and to champion intergenerational inclusion and a more caring society.

### 得獎名單 List of Awardees

金獎 Gold Award	樂道中學 Lok Tao Secondary School	郭芷萱 KWOK Chi-suen
銀獎 Silver Award	聖保祿學校 St. Paul's Convent School	林希潼 LAM Hei-tung
銅獎 Bronze Award	聖公會林護紀念中學 SKH Lam Woo Memorial Secondary School	方靖琦 FONG Ching-kee
智HIT大獎 Smart HIT Award	迦密主恩中學 Carmel Divine Grace Foundation Secondary School	蔡承勸 CHOI Shing-yui



金獎得獎者 郭芷萱同學  
KWOK Chi-suen  
Gold Award Winner

## 智齡世代傑出領袖大獎 2024 Smart Ageing Leader Award 2024

06.2024 - 08.2024

「智齡世代傑出領袖大獎2024」旨在表彰在安老、永續發展和公私合作領域等作出開創性貢獻的傑出領袖，鼓勵各界專業人士和企業家製定創新舉措，重塑智齡未來，並且讓公眾認識更多最新智齡產品、研究、技術和應用，一起構想更美好的黃金時代。

本屆頒獎典禮共有19位得獎者，分為3個類別，8個專業。

The "Smart Ageing Leader Award 2024" recognises visionary leaders who have made pioneering contributions in elderly care, sustainable development and public-private collaboration. It encourages professionals and entrepreneurs across sectors to develop innovative initiatives that reimagine the future of smart ageing, while enhancing public awareness of cutting-edge smart-ageing products, research, technologies and applications to build a brighter golden age.

This year's presentation ceremony honoured 19 awardees across three categories and eight professional domains.

### 得獎名單 List of Awardees

#### 智齡世代環球之星 Smart Ageing Global Star



**林正財醫生, 銀紫荊星章, 太平紳士**  
Dr the Hon LAM Ching-choi, SBS, JP  
香港特別行政區政府行政會議非官守議員  
NON-OFFICIAL MEMBER, EXECUTIVE COUNCIL, HKSAR GOVERNMENT  
基督教靈實協會行政總裁  
CEO, HAVEN OF HOPE CHRISTIAN SERVICE



**郭海生先生, 榮譽勳章**  
Mr KUOK Hoi-sang, MH  
其士國際集團有限公司主席  
CHAIRMAN, CHEVALIER INTERNATIONAL HOLDINGS LIMITED



**田蘭寧博士**  
Dr TIAN Lanning  
北京思德庫養老信息化研究院院長  
PRESIDENT, BEIJING SENIOR SERVICE INFORMATICS INNOVATION RESEARCH CENTER  
中關村思德智能健康養老產業聯盟 (SSIDC) 理事長  
CHAIRWOMAN, ZHONGGUANCUN SSIDC SMART HEALTH AND SENIOR CARE INDUSTRIAL ALLIANCE, CHINA

## 得獎名單 List of Awardees

### 智齡世代領航者 - 醫療 Smart Ageing Champion - Medical

李國棟醫生，金紫荊星章，太平紳士  
Dr Donald LI Kwok-tung, GBS, JP  
安老事務委員會主席  
CHAIRMAN, ELDERLY COMMISSION

### 智齡世代領航者 - 健康照護 Smart Ageing Champion - Healthcare

李慶福副教授  
Associate Professor LEE Kheng-hock  
新保社區醫院副總裁（教育與社區合作）  
DEPUTY CEO (EDUCATION AND COMMUNITY PARTNERSHIPS), SINGHEALTH COMMUNITY HOSPITALS

### 智齡世代領航者 - 食 Smart Ageing Champion - Dining

許承俊先生  
Mr KOH Seng-choon  
廚尊（新加坡/香港）創辦人  
FOUNDER OF PROJECT DIGNITY SINGAPORE / HONG KONG

### 智齡世代領航者 - 住 Smart Ageing Champion - Living

陳志育先生  
Mr Kenneth CHAN  
和悅社會企業主席  
CHAIRMAN, WOOPIE SOCIAL ENTERPRISES

### 智齡世代領航者 - 行 Smart Ageing Champion - Mobility

杉江理先生  
Mr Satoshi SUGIE  
WHILL 創辦人及行政總裁  
CO-FOUNDER & CEO, WHILL

### 智齡世代開創者 - 醫療 Smart Ageing Changemaker - Medical

黃仰山教授  
Professor Samuel WONG Yeung-shan  
香港中文大學醫學院副院長（教育）  
ASSOCIATE DEAN (EDUCATION), FACULTY OF MEDICINE, THE CHINESE UNIVERSITY OF HONG KONG

### 智齡世代開創者 - 健康照護 Smart Ageing Changemaker - Healthcare

劉巨基教授  
Professor Gary LAU Kui-kai  
香港大學中風研究及預防組主任  
DIRECTOR, HKU STROKE

### 智齡世代開創者 - 食 Smart Ageing Changemaker - Dining

文慧妍女士  
Ms Queenie MAN  
THE PROJECT FUTURUS 創辦人及行政總裁  
FOUNDER & CEO, THE PROJECT FUTURUS

### 智齡世代開創者 - 住 Smart Ageing Changemaker - Living

羅凱寧女士  
Ms Stephanie LAW  
文化村及迎進生活董事總經理  
MANAGING DIRECTOR, CULTURE HOMES AND FORWARD LIVING

### 智齡世代開創者 - 行 Smart Ageing Changemaker - Mobility

梁淑儀女士  
Ms Doris LEUNG  
鑽的行政總裁  
CEO, DIAMOND CAB

## 得獎名單 List of Awardees

### 智齡世代領航者 - 學術 Smart Ageing Champion - Academic

**樓瑋群教授**  
Professor Vivian LOU Wei-qun  
香港大學秀圃老年研究中心總監  
DIRECTOR, SAU PO CENTRE ON AGEING, THE UNIVERSITY OF HONG KONG

### 智齡世代領航者 - 科技 Smart Ageing Champion - Technology

**李徐仲鏞教授**  
Professor Benny ZEE Chung-ying  
香港中文大學研究及知識轉移服務處處長  
DIRECTOR, OFFICE OF RESEARCH AND KNOWLEDGE TRANSFER SERVICES (ORKTS), CUHK

### 智齡世代領航者 - 創新 Smart Ageing Champion - Innovation

**劉英女士**  
Ms LIU Ying  
成都朗力養老產業發展有限公司聯合創始人  
CO-FOUNDER, CHENGDU LONGLIVE PENSION INDUSTRY DEVELOPMENT CO. LTD

### 智齡世代開創者 - 學術 Smart Ageing Changemaker - Academic

**馬學嘉博士**  
Dr Carol MA Hok-ka  
新加坡社科大學副教授（老年學課程）及高級專家（體驗式教育）  
ASSOCIATE PROFESSOR, HEAD (GERONTOLOGY PROGRAMME) & SENIOR FELLOW (EXPERIENTIAL LEARNING), SINGAPORE UNIVERSITY OF SOCIAL SCIENCES (SUSS)

### 智齡世代開創者 - 科技 Smart Ageing Changemaker - Technology

**林朗熙先生**  
Mr Roy LIM Long-hei  
TEMI | 博歌科技 創辦人及行政總裁  
FOUNDER AND CEO OF TEMI | ROBOCORE TECHNOLOGY

### 智齡世代開創者 - 創新 Smart Ageing Changemaker - Innovation

**岑啟灝先生**  
Mr Matthew SHUM  
鐵樹銀花創辦人  
FOUNDER, THE ILLUMINANT

「智齡世代傑出領袖大獎 2024」得獎者獲邀到香港電台節目《新紫荊廣場》環節「燦爛人生」，分享他們在智齡行業打拼的心路歷程。

Awardees of the “Smart Ageing Leader Award 2024” were invited to the RTHK programme “New Bauhinia Plaza” (《新紫荊廣場》), where they shared their journeys and experiences in advancing the smart-ageing sector.



## 內地及海外交流 Chinese Mainland & Overseas Exchanges

本會一直致力倡導跨地區協作，在2024-2025年度期間積極與國內及海外的伙伴交流。  
GAF has always been committed to advocating cross-regional collaboration and actively communicated with Chinese Mainland and overseas partners during the 2024-2025.



### 中國台灣 Taiwan, China

05.2024

舉辦台灣研習交流團  
Organised a Taiwan study tour



### 中國珠海 Zhuhai, China

10.2024

參觀珠海的安老住宅項目  
Visited elderly housing projects in Zhuhai



### 捷克布拉格 Prague, Czech Republic

06.2024

擔任(eng)aging! Conference主題講者  
As a keynote speaker at the (eng)aging!  
Conference.



### 中國廣州 Guangzhou, China

11.2024

參訪第十屆「SIC廣州老博會」及  
體驗入住長者社區  
Visited the 10<sup>th</sup> China international  
Silver Industry Exhibition and  
experienced in an elderly community



### 中國廣州 Guangzhou, China

08.2024

參訪第九屆「中國國際養老健康產  
業博覽會」  
Visited the 9<sup>th</sup> China International  
Elderly Health Industry Expo



### 日本福崗 Fukuoka, Japan

03.2025

擔任「第20屆亞太地區積極老齡  
化大會」主講嘉賓  
As a guest speaker at the 20<sup>th</sup> Active  
Aging Conference in Asia Pacific



### 中國台灣 Taiwan, China

09.2024

參訪第五屆「台北國際照顧博覽會」  
Visited the 5<sup>th</sup> Care Expo Taipei



### 中國珠海 Zhuhai, China

03.2025

參觀橫琴臻林度假村  
Visited the Serensia Woods



### 中國深圳 Shenzhen, China

10.2024

參訪第二屆「深圳國際智慧養老  
產業博覽會」  
Visited the 2<sup>nd</sup> Shenzhen  
International Intelligent Elderly Care  
Industry Expo



### 中國廣州 Guangzhou, China

03.2025

參加「粵港澳大灣區銀髮經濟產業大  
會」暨第十屆「廣東省養老服務峰會」  
Attended Guangdong-Hong Kong-  
Macao GBA Silver Economy Industry  
Conference and the 10<sup>th</sup> Guangdong  
Elderly Care Services Summit

## 內地及海外交流 Chinese Mainland & Overseas Exchanges

除了到訪不同地區，亦有不少伙伴到訪香港，本會積極促進交流。

In addition to visiting different regions, GAF also welcomed many partners to Hong Kong, actively fostering exchange and collaboration.



### 中國珠海 Zhuhai, China

06.2024

珠海市政府官員與國企代表來港交流

Officials from the Zhuhai Municipal Government and representatives of state-owned enterprises visited Hong Kong for exchange activities.



### 中國廣州 Guangzhou, China

07.2024

廣東省養老服務業協會組織「香港養老產業考察團」

Guangdong Elderly-care Services Association organised a "Hong Kong Elderly Care Industry Study Tour".



### 中國北京 Beijing, China

11.2024

北京「樂LINK養老助推器工作室」組團來港交流

Beijing "Le LINK Ageing Booster Studio" (樂LINK養老助推器工作室) organised a delegation to Hong Kong for exchange activities.



### 中國珠海 Zhuhai, China

11.2024

接待珠海交流團來港參觀交流

Zhuhai delegation visited Hong Kong for networking and exchange activities.

## 跨界協作 支持伙伴 Cross-border Collaboration and Partnership Support

我們積極與不同領域的伙伴攜手推動創新與共融，把本會的願景及使命帶入各界別。  
IGAF actively collaborate with partners across diverse sectors to advance innovation and inclusion, embedding the GAF's vision and mission across all facets of society.

### 2024 數字經濟峰會 2024 Digital Economy Summit

04.2024



### 消費者委員會50周年金禧誌慶酒會 Consumer Council's 50<sup>th</sup> Anniversary Golden Jubilee Cocktail Reception

04.2024



### 「REACT·同行 零廢生活」啟動禮 “REACT – Pledging for Zero Waste Lifestyle” Inauguration Ceremony

04.2024



### 明報「環境、社會及企業管治大獎2024」 Mingpao ESG Award 2024

06.2024



### 21世紀教育論壇2024暨社創校園十週年 21<sup>st</sup> Century Education Symposium 2024 cum 10<sup>th</sup> Anniversary of Social Entrepreneurship School Education

06.2024



### 仁人家園香港成立20週年慶祝派對 Habitat for Humanity Hong Kong's 20<sup>th</sup> Anniversary Celebration Party

06.2024



## 跨界協作 支持伙伴 Cross-border Collaboration and Partnership Support

香港教育大學賽馬會特教青年學苑畢業典禮  
The Education University of Hong Kong Jockey Club Special Education Youth Academy Graduation Ceremony

07.2024



重塑可持續荃灣

Reimagining a Sustainable Tsuen Wan Community

07.2024



青年有 Say 社企有 Way  
Youth Have Say, Social Enterprises Have Way

07.2024



香港都會大學「創業日2024」  
Hong Kong Metropolitan University "Entrepreneurship Day 2024"

07.2024



「復康會賣旗日」  
The Hong Kong Society for Rehabilitation's Flag Day

07.2024



「玩·樂大自然療愈」社區計劃  
SEnSE: Nature Play Community Project

07.2024



## 跨界協作 支持伙伴 Cross-border Collaboration and Partnership Support

### 灣區企業可持續發展大獎2024 GBA ESG Achievement Awards 2024

09.2024



### 環境、社會、企業管治成就大獎2023/2024 ESG Achievement Awards 2023/2024

09.2024



### 「新點子．大創變」案例比賽 “Impact Booster 2024” Case Competition

10.2024



### 捷克永續發展大師班 Czech Sustainability Masterclass

10.2024



### 都大產業交流日暨僱主午宴 2024 HKMU Industry Engagement Day cum Employers Luncheon 2024

11.2024



### 「應用科學大學聯盟」成立儀式 “Impact Booster 2024” Case Competition

11.2024



## 跨界協作 支持伙伴 Cross-border Collaboration and Partnership Support

### 可持續發展論壇 2024 Sustainability Conference 2024

11.2024



### 第十七屆社企民間高峰會 Social Enterprise Summit 2024

04.2024



### 無障行者2024 Barrier Busters 2024

12.2024



### 社區投資共享基金論壇2024 Community Investment and Inclusion Fund Forum 2024

12.2024



### 黑暗中對話（香港）基金會15週年晚宴 Dialogue in the Dark (HK) Foundation 15<sup>th</sup> Anniversary Gala Dinner

02.2025



### 智醒健康百人操 Smart Health Awakening 100-Person Exercise

03.2025



## 分享及講座 Sharing & Conferences

2024至2025年度期間，本會舉辦和參與了多場分享會及講座：

During the 2024-2025, GAF held and participated in some sharing sessions and lectures:

日期 Date	內容 Details
06.2024	<p>獲邀擔任“2024 (eng)aging! conference”的主講嘉賓，分享香港人口老化的挑戰與機遇，以及介紹本會項目。</p> <p>Spoke at the "2024 (eng)aging! Conference" as a keynote speaker, sharing insights on the challenges and opportunities of Hong Kong's ageing population, as well as introducing GAF's projects.</p>
06.2024	<p>獲邀於香港城市大學擔任課堂講師，以「Sustainable Smart Ageing（智齡．永續．機遇）」為題，分享香港人口老化的挑戰與機遇，以及介紹本會項目。</p> <p>Spoke at City University of Hong Kong as a guest lecturer on "Sustainable Smart Ageing", sharing insights on the challenges and opportunities of Hong Kong's ageing population and introducing GAF's projects.</p>
07.2024	<p>獲邀於香港大學擔任課堂講師，以「ESG &amp; Cross Sector Collabortion for NGO（非政府組織的環境、社會及治理(ESG)和跨部門合作)」為題，探討如何透過跨界協作推動ESG理念，提升社會影響力與永續發展。</p> <p>Spoke at The University of Hong Kong as a guest lecturer on "ESG &amp; Cross-Sector Collaboration for NGOs (Environmental, Social and Governance (ESG) and Cross-Sector Collaboration)", exploring how cross-boundary collaboration advanced ESG principles, enhanced social impact and promoted sustainable development.</p>
07.2024	<p>獲邀擔任「玩．樂 大自然療愈」社區計劃的分享嘉賓，以「大自然療愈力量：啟動創新長者服務策略」為題，深入探討如何運用自然環境的療愈力量，促進身心健康與社區共融。</p> <p>Spoke at the "SEnSE: Nature Play Community Project" Community Programme on "The Healing Power of Nature: Launching Innovative Elderly Care Strategies", examining how natural environments promoted physical and mental well-being and community inclusion.</p>
10.2024	<p>獲邀擔任「第五屆中國老齡社會高峰會」主題演講嘉賓，分享銀髮經濟的發展潛力和商機，以及建立協作式行業生態系統的重要性。</p> <p>Spoke at the 5<sup>th</sup> China Ageing Society Summit as a keynote speaker, sharing insights on the development potential and business opportunities of the silver economy, and the importance of building collaborative industry ecosystems.</p>

## 分享及講座

### Sharing & Conferences

日期 Date	內容 Details
11.2024	獲邀擔任「第十七屆社企民間高峰會」環節「智齡創新：匯聚跨界力量 - 點銀成金」分享嘉賓，分享全球人口老化的現況，並介紹本會計劃。 Spoke at the 17 <sup>th</sup> Social Enterprise Summit session "Smart Ageing Innovation: Pulling Cross-sector Passion to Turn Silver to Gold", sharing the global ageing population landscape and introducing GAF's projects.
11.2024	獲邀擔任「第十七屆社企民間高峰會」環節「爐邊對談：社區參與經驗」分享嘉賓，分享本會計劃的特色與點滴。 Spoke at the 17 <sup>th</sup> Social Enterprise Summit session "Fireside Chat: Community Engagement Experience", sharing highlights and insights from GAF's projects.
12.2024	獲邀擔任「大灣區安老與退休生活：合作和機遇」專題對談分享嘉賓，探討跨境安老服務的發展趨勢、政策支持及市場潛力。 Spoke at the "Greater Bay Area Elderly Care and Retirement Living: Collaboration and Opportunities" thematic panel discussion, exploring trends in cross-border elderly care services, policy support and market potential.
01.2025	獲邀擔任「亞洲家庭高峰會」分享嘉賓，介紹「智齡照顧實驗室」的嶄新「社會處方」服務模式。 Spoke at the Asia Family Summit, introducing the innovative "Social Prescribing" service model of the Smart Ageing Care Laboratory.
03.2025	獲邀擔任「第20屆亞太城市高峰會 (ACAP)」分享嘉賓，以「Digital Inclusion for Older Persons (長者數碼共融)」為題，分享本會智齡項目的經驗。 Spoke at the 20 <sup>th</sup> Asia-Pacific City Summit (ACAP) on "Digital Inclusion for Older Persons", sharing GAF's experiences with smart-ageing projects.
03.2025	獲邀擔任「安永香港：香港預算案論壇2025-26」討論小組嘉賓，分享對預算案及香港未來發展的見解。 Spoke at the "EY Hong Kong: Hong Kong Budget Forum 2025-26" panel discussion, sharing insights on the budget and Hong Kong's future development.
03.2025	獲邀擔任由香港旅遊業議會舉辦的「拓展銀髮市場」網上說明會的分享嘉賓，分享銀髮市場的需求及潛在機遇。 Spoke at the Hong Kong Tourism Board's online briefing "Expanding the Silver Hair Market", sharing insights on silver market demand and opportunities.

## 媒體報導 Media Coverage

2024至2025年度期間，本會多次接受了不同的媒體採訪：

During the 2024-2025, GAF accepted many media interviews:

日期 Date	內容 Details
04.2024	獲香港電台邀請，在節目《香江暖流》分享長者吞嚥困難的情況，以及介紹吞嚥訓練遊戲應用程式 Invited by RTHK to share elderly swallowing difficulties and to introduce a swallowing training game app on the show "MagaSenior".
05.2024	獲香港電台邀請，在節目《香江暖流》分享台灣交流團的點滴 Invited by RTHK to share highlights from the Taiwan exchange tour on the show "MagaSenior".
06.2024	獲HK01邀請，於第二屆《城市創科大挑戰》特備節目「幫人有計」（社區關愛）中分享在安老服務業界的見聞，以及提升照護質素的方法 Invited by HK01 to featured on 2 <sup>nd</sup> City Sci-Tech Challenge special programme Helping Hands (Community Care), sharing industry observations in elderly care services and methods to enhance care quality.
06.2024	獲香港電台邀請，在節目《香江暖流》分享「黃金美饌體驗班」的經驗與成果 Invited by RTHK to share the experiences and outcomes of the "Golden Gourmet Experience Class" on the show "MagaSenior".
07.2024	獲新城財經電台邀請，在節目《人生馬拉松》及《原來生活好快樂》介紹「中銀人壽第九屆黃金時代展覽暨高峰會」 Invited by Metro Finance to introduce the BOC Life 9 <sup>th</sup> Golden Age Expo and Summit (GAES2024) on the shows "Life Marathon" and "Life is Surprisingly Fun".
07.2024	獲星島日報《名人雜誌－慈善會客室》邀請接受專訪，本會主席分享創會理念和本會的十年工作 Invited by Sing Tao Daily's Celebrity Magazine - Charity Reception Room, our Chair, Rebecca, to share GAF's vision and a decade of work.
07.2024	獲香港電台邀請，在節目《香江暖流》及《生活存關愛》介紹「中銀人壽第九屆黃金時代展覽暨高峰會」 Invited by RTHK to introduce GAES 2024 on the show "MagaSenior" and "Life with Love".
07.2024	舉行GAES 2024新聞發佈會 Held a GAES 2024 press conference.

## 媒體報導 Media Coverage

日期 Date	內容 Details
08.2024	央視香港及TVB明珠台節目《Pearl Magazine》報導「中銀人壽第九屆黃金時代展覽暨高峰會」 CGTN Hong Kong and TVB Pearl's Pearl Magazine covered GAES 2024.
08.2024	AM730、星島日報、信報、香港經濟日報、明報、頭條日報、東周等主流報章媒體報導「中銀人壽第九屆黃金時代展覽暨高峰會」 AM730, Sing Tao Daily, Hong Kong Economic Journal, Hong Kong Economic Times, Ming Pao, Headline Daily, East Week and other mainstream media covered GAES 2024.
09.2024	星島日報和Capital資本報導「智齡世代傑出領袖大獎」 Sing Tao Daily and Capital magazine reported on the Smart Ageing Leader Award.
09.2024	獲香港電台邀請，在節目《香江暖流》回顧「中銀人壽第九屆黃金時代展覽暨高峰會」的活動亮點，和分享考察大中華區的成果 Invited by RTHK to review the highlights of GAES 2024 and share insights from study visits across Greater China on the show "MagaSenior".
10.2024	TVB節目《財經透視》報導「中銀人壽第九屆黃金時代展覽暨高峰會」 TVB's programme "Finance Magazine" featured coverage of GAES 2024.
10.2024	獲香港電台邀請，在節目《新紫荊廣場》介紹「智齡實驗室3.0」計劃 Invited by RTHK to introduce the Smart Care Lab 3.0 project on the show "New Bauhinia Plaza"
10.2024	獲香港電台邀請，在節目《香江暖流》介紹「智齡實驗室3.0」計劃 Invited by RTHK to introduce the Smart Care Lab 3.0 project on the show "MagaSenior".
11.2024	獲香港電台邀請，在節目《香江暖流》分享考察大灣區的見聞和成果 Invited by RTHK to share observations and outcomes from GBA study visits.
11.2024	明報、東方日報、星島日報和大公報等報導「健齡樂聚」計劃 Ming Pao, Oriental Daily, Sing Tao Daily and Ta Kung Pao reported on the "URA Community Service: Smart Ageing Living" Programme.
01.2025	獲香港電台邀請，在節目《香江暖流》介紹「黃金GO」計劃系列「黃金槍手」 Invited by RTHK to introduce the "Golden GO" series: "Golden Sharpshooter" on the show "MagaSenior".

## 出版《群策智齡3》 Published “Collective Strategies for Smarting Ageing 3”

08.2024

本會把2023年高峰會討論的精華內容，集結成書 - 《群策智齡3 - 靈活創新·引領未來》，書中收錄了近30位來自香港和世界各地的專業人士、商界、學界和社區領袖的專業知識和真知灼見，內容涵蓋了發展智齡城市的不同領域，包括：(一) 黃金時代經濟、(二) 健康和醫療保健、(三) 智齡科技的發展和應用、(四) 永續人才發展、(五) 社會凝聚力和包容。

The key discussions from GAES 2023 have been compiled into a book titled “Collective Strategies for Smarting Ageing 3”.

The book features insights and expertise from nearly 30 professionals, business leaders, academics, and community leaders from Hong Kong and around the world, covering diverse aspects of developing a smart-ageing city, including:

- (1) Golden-age economy,
- (2) Health and healthcare,
- (3) Development and application of smart-ageing technologies,
- (4) Sustainable talent development, and
- (5) Social cohesion and inclusion.



## 《歲月不老》推出 Published “Release of Timeless Years”

02.2025

《歲月不老》收編了本會主席在「老齡社會30人論壇」、「盤古智庫老社會研究院」主辦線上專題研討會中的演講內容，藉剖析香港老齡化的應對之法，深入探討智齡創新，探索中國的新時代養老模式。

Timeless Years brings together speeches delivered by the Foundation’s Chairperson at the “Forum of 30 on Ageing Society” and online thematic seminars organised by the Pangoal Institution’s Institute of Ageing Society. The book analyses Hong Kong’s responses to population ageing, explores innovation in smart ageing, and examines new-era elderly care models in China.



## 推動政策制定 Policy Advocacy

### 參與「銀髮經濟顧問小組」會議

#### Participation in the “Advisory Panel on Silver Economy” Meeting

04.2024

本會主席Rebecca以小組成員身份出席「銀髮經濟顧問小組」會議，與各界專家共同探討如何把握銀髮經濟的發展潛力，並提出具體建議，推動相關政策與創新方案。

Our chair, Rebecca, participated as a member of the "Advisory Panel on Silver Economy", joining experts from various sectors to explore how to harness the development potential of the silver economy and to put forward concrete recommendations to drive relevant policies and innovative initiatives.



### 舉辦「施政報告政策諮詢會」

#### Held a Policy Consultation Meeting on the Policy Address

10.2024

本會召開「2024年施政報告政策諮詢會」，邀請了本會多名代表各界別的委員出席，集思廣益，就黃金時代經濟、城市規劃、保險及理財、護理人才的可持續發展、長者旅遊、改革「樂齡及康復創科應用基金」、長者照護、以及產業發展等不同議題，向特區政府發表意見和提出建議。



GAF held the "2024 Policy Consultation Meeting on the Policy Address," inviting several representatives from various sectors to participate. The meeting aimed to gather insights and provide feedback and suggestions to the Hong Kong SAR Government on various topics, including the golden-age economy, urban planning, insurance and wealth management, sustainable development of care talent, senior tourism, reform of the "Innovation and Technology Fund for Application in Elderly and Rehabilitation Care", elder care, and industry development.

# 黃金時代學院 Golden Age Academy

## 賦權項目 Empowerment Project

### 培訓「智齡助理」、「黃金大使」與「小金醫生」 Training “Smart Care Worker”, “Golden Buddy” & “Dr Gold Junior”

04.2024 - 03.2025

本會繼續培訓了50位四十五歲以上的金齡人士成為「智齡助理」以及20多名「黃金大使」，投入多個創新項目，包括「智齡照顧實驗室3.0」、「小金醫生計劃」和「健齡樂聚」，學用智齡科技，運用「社會處方」服務長者。

本會亦繼續培訓了近80名中、小學生成為「小金醫生」，利用智齡科技幫助院舍長者，從而提升他們的社交能力，以及建立同理心和自信心。他們與「智齡助理」共同參與「小金醫生計劃」和「健齡樂聚」等。

GAF continued to train 50 golden-agers aged 45 or above as “Smart Care Workers” and over 20 “Golden Buddies”, engaging them in a range of innovative smart-ageing initiatives, including the “Smart Care Lab 3.0”, the “Dr Gold Junior,” and “URA Community Service: Smart Ageing Living”, to serve the elders with applying smart-ageing technologies and “social prescribing” approaches.

GAF also continued to train over 80 primary and secondary school students to become “Dr Gold Junior”, enabling them to use smart-ageing technologies to support elderly residents in care homes, thereby enhancing their social skills and fostering empathy and self-confidence. They collaborated with “Smart Care Workers” & “Golden Buddies” in programmes such as the “Dr Gold Junior,” and “URA Community Service: Smart Ageing Living”.



## 社區項目 Community Project

### 智齡實驗室3.0 Smart Care Lab 3.0

04.2024 - 03.2025

「智齡照顧實驗室3.0」計劃，有別於第一期及第二期計劃重點提升安老院舍的運營服務水平，今期計劃將重點轉移至「居家安老」服務，引入與認知障礙及中風康復治療相關的試驗，並將其應用於家居照顧服務中，旨在提供一套適切的家居照顧服務模式。

是次計劃聚焦引入「社會處方」模式服務患認知障礙或有中風後遺癥的居家長者及其家人，同時培訓金齡人士和學生加入與安老有關的行業，倡議智齡照護職系，以助創造人力資源新動力。此模式將充分利用黃金一代的人力資源，並結合相關智齡科技應用，為家居照顧服務提供參考和運營方向。

Smart Care Lab 1.0 & 2.0 focused on enhancing the operational standards of residential care homes, the Smart Care Lab 3.0 project shifted its emphasis to “ageing in place” services. It introduced pilot interventions related to dementia care and post-stroke rehabilitation and applied these in home-care settings, with the aim of developing an appropriate home-care service model that can serve as a practical reference for future service delivery.

The project centres on adopting “Social Prescribing” model for elders with dementia or post-stroke sequelae living at home and their families, while training golden-agers and students to join the elderly care sector and champion smart-ageing care career pathways, thereby creating new momentum in the care workforce. The model makes full use of the golden-age workforce and integrates relevant smart-ageing technologies to provide direction for developing home-care services.



計劃大致分為三部分：智齡科技產品應用、人力市場新勢力，和人才培訓。

The project comprises three key components: application of smart-ageing technologies, new momentum for the labour market, and talent development.

### 1. 智齡科技產品應用 Application of Smart Ageing Technology Products

計劃使用了以下三種智齡科技產品：

The programme utilizes the following three types of smart ageing technology products:



陪伴娃娃「金叵羅」  
Companion Robot  
'Golden Baby'



認知訓練應用程式  
「金腦師」  
Dementia Training APP



手部復康機械手  
Hand Rehabilitation  
Robotic Device

### 2. 人力市場勢新力 New Momentum for the Labour Market

計劃招募和培訓了50名金齡人士成為「智齡助理」，為居家安老的長者提供「社會處方」服務支援。項目專業團隊提供培訓，發展黃金一代成為「人力市場新勢力」，讓他們可為勞動力市場增添新動力。

The project recruited and trained 50 golden-agers (individual aged 45 or above) as Smart Care Workers to provide “Social Prescribing” model treatment support for elders ageing in place. The professional team offered training to develop the golden-age generation into a “new force in the labour market”, injecting fresh energy into the workforce.

### 3. 人才培訓 Talent Development

計劃特別設計了活學活用的「實習計劃」，讓不同學系的學生進行實習。實習學生與資深護士配對，獲得寶貴經驗和專業指導。透過與長者互動，從多角度思考和認識安老服務，學習以人為本的智齡科技應用方法。

The project featured a hands-on Internship Programme tailored for students from diverse disciplines. The students were paired with experienced nurses to gain valuable practical experience and professional guidance. Through interactions with elders, they gained multi-perspective insights into elderly care services and learned person-centred approaches to applying smart-ageing technologies.

## 計劃成效評估重點 Key Evaluation Highlights

- 使用手部復康機械手的個案長者的手部功能顯著提升（FMAH分數由7.2增至10.2， $p=0.02$ ），群體自信及社交參與感增強。
- Use of the Hand Rehabilitation Robotic Device led to significant improvement in upper limb function among participating elders, with FMAH scores increasing from 7.2 to 10.2 ( $p=0.02$ ), alongside enhanced self-confidence and social participation at the group level.
- 使用陪伴娃娃「金叵羅」後，個案長者抑鬱症狀（CSDD分數由7.8降至4.9， $p=0.03$ ）和其照顧者的壓力（NPI-Q壓力分數由7.3降至5.0， $p=0.016$ ）顯著下降。
- Following the use of the Companion Robot 'Golden Baby', depressive symptoms among older persons (CSDD scores reduced from 7.8 to 4.9,  $p=0.03$ ) and caregiver stress (NPI-Q distress scores reduced from 7.3 to 5.0,  $p=0.016$ ) both showed significant reductions.
- 使用認知訓練APP「金腦師」的個案長者的認知能力顯著提升（MoCA分數由13.2升至14.8， $p=0.02$ ），夜間行為及運動障礙減少，抑鬱症狀改善。
- Use of the Dementia Training APP resulted in a marked improvement in cognitive ability (MoCA scores increased from 13.2 to 14.8,  $p=0.02$ ), with reductions in nocturnal behavioural and movement disturbances, as well as improved depressive symptoms.
- 長者及照顧者反映社交互動、情緒及日常生活質素提升。
- Elders and their caregivers reported better social interaction, emotional well-being and overall quality of daily life.
- 智齡助理及小金醫生對長者照護服務認識顯著提升，跨代協作與同理心增強。
- Smart Care Workers and Dr Gold Juniors demonstrated substantially improved understanding of elderly care services, with strengthened intergenerational collaboration and heightened empathy.

## 黃金GO Golden Go

09.2024 - 03.2025

「黃金GO」計劃旨在鼓勵更多人定期運動，提升身體素質，減少患病風險，同時體驗到運動的樂趣。計劃提供一系列多樣化的新興運動選擇，讓參與者不僅能挑戰自我，還能享受運動帶來的快感。



The “Golden GO” programme aims to encourage regular exercise to improve physical fitness, reduce disease risk and help participants experience the joy of movement. It offers a diverse range of innovative sports activities, enabling participants not only to challenge themselves but also to enjoy the pleasure that comes from physical activity.

第一期活動為「黃金槍手」競技射擊訓練，學員可通過此項目訓練認知能力、學習新技能，參與比賽並有機會成為助理教練，擔任射擊活動的策劃者與領袖角色，帶領社區上不同人士參與這項有益身心的運動，推動社區活力與連結。

The first phase, “Golden Sharpshooter”, offered competitive shooting training. Participants developed cognitive skills and learned new techniques, took part in competitions and had opportunities to become assistant coaches. In these leadership roles, they planned shooting activities and engaged diverse community members in this beneficial mind-and-body sport, fostering community vitality and connectivity.



## 黃金導賞員 Golden Age Docent

09.2024 - 03.2025

「黃金導賞員」計劃由2015年開始，提供機會讓45歲以上的黃金一代在香港海洋公園內不同的展館擔任導賞員。計劃反應熱烈，及後每年參與「黃金導賞員」計劃的人數陸續增加，除園區服務外，他們還參與了外展活動，到四川大熊貓基地交流；到圖書館、郊野公園等進行外展活動，成功地擴大了計劃的效益。

Launched in 2015, the “Golden Docent” programme provides opportunities for golden-age individuals aged 45 and above to serve as docents at various exhibits in Ocean Park Hong Kong. The programme has enjoyed enthusiastic participation, with the number of docents growing annually. Beyond on-site services, participants have engaged in outreach activities, including exchanges at the Sichuan Giant Panda Base and public programmes at libraries and country parks, successfully extending the programme’s impact.



計劃於2024年11月舉辦畢業典禮，60多位黃金導賞員獲得表揚，感謝他們在過去一年在園區內積極投入服務，帶領生動的賞導，向數十萬名公眾人士、旅客推廣動物及保育訊息。

In November 2024, a graduation ceremony was held to recognise over 60 Golden Age Docents for their dedicated service over the past year. Their engaging guided tours reached hundreds of thousands of visitors, promoting messages about animals and conservation.



### 「黃金美饌」系列活動 - 「樂遊如心園·嘗黃金美饌」 “Golden Gourmet” Series - Joyful Journey to Nina Park · Tasting Golden Gourmet

04.2024

本會主席聯同籌備委員會成員參與「樂遊如心園·嘗黃金美饌」活動，親身參觀「如心園」，並現場品嚐由廚師精心製作的「黃金美饌」系列美食，包括蛋撻、壽桃及鮑魚凍。活動期間，大家積極交流餐後感受，並就長者友善餐單提出寶貴意見，為未來餐飲設計提供實用參考。



The GAF's Chair, together with members of the Organising Committee, participated in the “Joyful Journey to Nina Park · Tasting Golden Gourmet” event. They toured Nina Park and sampled a selection of “Golden Gourmet” meticulously prepared by chefs, including egg tarts, longevity peach buns and abalone jelly. During the event, participants actively exchanged feedback on their dining experiences and offered valuable suggestions for elder-friendly menus, providing practical references for future culinary design.

### 「黃金美饌」系列活動 - 院舍服務 “Golden Gourmet” Series - Residential Care Services

06.2024

本會與HK01攜手合作，帶領40名小學生走進安老院舍，學習健康飲食知識及體驗「黃金美饌」文化。學生們即場動手製作健康蛋撻，並親自送給院舍長者品嚐，促進跨代交流，讓長者感受關懷與溫暖。

In partnership with HK01, the Foundation led 40 primary school students to visit residential care homes for the elderly, where they learned about healthy eating and experienced the “Golden Delicacies” culture. The students made healthy egg tarts on-site and personally served them to elderly residents, fostering intergenerational exchange and bringing warmth and care to the seniors.



## 健齡樂聚（第二期）

### URA Community Service: Smart Ageing Living (2nd Phrase)

10.2023 - 11.2024

本會與市區重建局合作，舉辦學建關愛－「健齡樂聚」計劃，旨在透過運用智齡科技，促進在重建區生活的長者的社交生活，提升院舍長者精神健康。計劃培訓十位金齡義工加入成為黃金大使(Golden Buddy)。他們接受義工培訓後，攜帶機械人「金醫生」等智齡科技，以及一班醫護學生，到深水埗安老院舍進行有意義又別開生面的探訪活動。

GAF has collaborated with the Urban Renewal Authority to launch the "Community Service: Smart Ageing Living" programme, which aims to enhance the social lives of elderly individuals living in redevelopment areas through the use of smart ageing technology, thereby improving the mental health of residents in care homes. The programme trained ten senior volunteers to become "Golden Buddies." After receiving volunteer training, they will carry smart ageing technologies such as the robot "Dr Gold" and work with a group of healthcare students to conduct meaningful and unique visitation activities at elderly care homes in Sham Shui Po.

計劃於2025年3月舉行嘉許禮。

A recognition ceremony was held in March 2025.



## 「樂活銀齡」會員計劃 'Happy Silver Club' Membership Programme

07.2024 - 03.2025

「樂活銀齡」會員計劃是個提供與長者息息相關的資訊和活動平台，每月為樂活銀齡會員舉辦不同類型的活動和講座，有助參與者及其家屬或照顧者了解更多「居家安老」的知識和資訊，例如智齡科技及健康活動等，並可透過參與不同活動擴闊社交網絡及享受更豐盛精彩的活動。

The "Happy Silver Club" membership programme serves as a platform providing participants with relevant information and activities. Each month, various types of events and seminars are organised for "Happy Silver Club" members, helping participants and their families or caregivers gain more knowledge about "ageing in place," such as smart ageing technology and health activities. Participants can also expand their social networks and enjoy a richer and more vibrant array of activities through their involvement.



## 動齡灣仔

### Active Ageing Wan Chai

01.2025 - 03.2025

「動齡灣仔」由本會和社企民間高峰會合辦，以運動作為切入點，鼓勵45歲或以上的金齡人士培養運動習慣，亦積極參與社區活動。計劃讓金齡人士與灣仔區內有特殊學習需要的青少年學用健身棒，一起做運動，宣揚運動對於健康的重要性，同時促進跨代共融。

Co-organised by the GAF and the Social Enterprise Summit, “Active Ageing Wan Chai” used sport as an entry point to encourage golden-age individuals aged 45 and above to build exercise habits and engage actively in community activities. Golden-agers joined teenagers with special educational needs in Wan Chai to learn and practise fitness stick exercises together, promoting the health benefits of physical activity while fostering intergenerational inclusion.



## 社區服務 Community Service

### 端午分享愛

#### Love Sharing at Dragon Boat Festival

06.2024

本會於端午佳節期間到訪安老院舍，與院舍職員及長者一同包糰，享受健康又溫馨的節日體驗。

GAF along with a group of Golden Buddies and companion robot, Gum Jai, visited the elderly care homes to deliver festive foods for the Mid-Autumn Festival.



### 團圓同賀中秋

#### Celebrating Mid-Autumn Festival Together

09.2024

本會於中秋佳節期間到訪安老院舍，向長者致以節日問候，並贈送中秋節應節食品，傳遞溫馨祝福。

During the Mid-Autumn Festival, GAF visited residential care homes to extend festive greetings to elders and presented seasonal mooncakes and food hampers, conveying warm wishes.



### 傳遞溫情輪椅捐贈

#### Celebrating the New Year Together

10.2024

有賴各界捐贈機構的慷慨支持，為有需要的低收入長者捐贈近300部輪椅，協助他們提升出行便利與生活質素。「傳遞溫情輪椅捐贈計劃」捐贈儀式於2024年10月舉行，院舍代表亦特別準備感謝狀，向各捐贈機構表達謝意。

With generous support from various donor organisations, we donated nearly 300 wheelchairs to low-income elders in need, enhancing their mobility and quality of life. The donation ceremony took place in October 2024, with operator of care home presenting certificates of appreciation to express gratitude to all donors.



## 培訓項目 Training Programme

**香港城市大學**  
**City University of Hong Kong**  
06.2024

本會主席Rebecca獲邀於香港城市大學擔任課堂講師，闡述香港人口老化的挑戰與機遇，豐富學生對智齡議題的專業認知與視野。

GAF's chair, Rebecca, was invited to deliver a guest lecture at City University of Hong Kong, elucidating the challenges and opportunities of Hong Kong's ageing population to deepen students' professional understanding and practical perspectives on smart-ageing issues.



**香港大學**  
**University of Hong Kong**  
07.2024

本會主席Rebecca獲邀於香港大學擔任課堂講師，帶領學生探討跨界協作如何推動ESG理念，提升社會影響力與永續發展，深化對社會創新的專業認知與實踐視野。

GAF's chair, Rebecca, was invited to deliver a guest lecture at The University of Hong Kong, engaging students in a discussion on how cross-sector collaboration advances ESG principles to enhance social impact and sustainable development, thereby deepening their understanding and practical insights into social innovation.



## 調查研究 Research Studies

### 焦點訪談

#### Focus Group Interviews

05.2025

本會舉辦一連 5 場焦點訪談小組，與各界人士暢想未來，從不同角度分享對智齡城市發展的看法。訪談主題圍繞：醫療及健康照護、食、住、行，以及科技。

GAF organised a series of five focus group interviews, engaging participants from diverse sectors to envision the future of smart-ageing cities from multiple perspectives. The discussions centred on key themes: healthcare and health services, food, housing, mobility, and technology.



## 學生實習 Student Internships

### 學護實習

#### Student Nurse Internship

06.2024 - 09.2024

約30名聖方濟各大學學生參與學護實習計劃，實習內容涵蓋藥物處理、特別護理技巧、扶抱技巧、助行用具使用、個人衛生護理及健康監測等共14個單元項目，讓學生在真實工作環境中累積寶貴實戰經驗，提升個人專業能力。同時，他們在資深員工指導下，對安老行業的規模及發展趨勢有更深入的了解，有助日後規劃進修方向及事業發展路向。

Around 30 students from Saint Francis University participated in the Student Nurse Internship Programme, which comprised 14 modules covering medication management, specialised nursing techniques, lifting and transfer skills, use of mobility aids, personal hygiene care, and health monitoring. Through this internship, the students gained valuable hands-on experience and strengthened their professional competencies, while mentorship from experienced staff deepened their understanding of the scale and development trends of the elderly care sector, supporting them in planning their future studies and career pathways.



### 學生實習計劃

#### Student Internship Programme

07.2024 - 08.2023

香港都會大學及香港教育大學賽馬會特教青年學苑學生於本會實習，積極參與年度大型活動「黃金時代展覽暨高峰會」的籌備與現場支援，以及多元化的工作項目。透過實戰經驗，學生們深入了解安老及社會服務行業的最新發展與運作模式，提升專業技能，為未來職涯發展奠定堅實基礎。



Students from Hong Kong Metropolitan University and The Education University of Hong Kong's Jockey Club Special Education Youth Academy completed internships at GAF, actively supporting the preparation and on-site operations of our annual flagship event, the Golden Age Expo and Summit, as well as a variety of other tasks. Through this hands-on experience, the students gained deeper insights into the latest developments and operational models of the elderly care and social services sectors, enhanced their professional skills, and built a solid foundation for their future career development.

# 推動永續發展 Promoting Sustainable Development



06.2024

本會獲《明報》與環境社會及企業管治基準學會 (IESGB) 的邀請，成為「環境、社會及企業管治大獎2024」的合作伙伴。本會創會主席Rebecca擔任專業評審，選出於可持續發展方面具有出色表現的企業。

GAF was invited by Ming Pao and the Institute for ESG Standards (IESGB) to serve as a partner for the "ESG Awards 2024". Our Founding Chair, Rebecca, acted as a professional judge, selecting enterprises with outstanding performance in sustainable development.

09.2024

本會獲新城財經台邀請，成為財經直播的《灣區企業可持續發展大獎2024》的支持機構。

GAF was invited by Metro Finance to become a supporting organisation for the live finance programme's "Greater Bay Area Corporate Sustainability Awards 2024".



10.2024

本會出席由社企民間高峰會捷克駐香港總領事館合作舉辦的「捷克 - 香港可持續發展目標/環境、社會及管治交流」大師班。

GAF attended the "Czech - Hong Kong Sustainable Development Goals/ESG Exchange" masterclass, co-organised by the Social Enterprise Summit and the Czech Consulate General in Hong Kong.



# 十周年誌慶

## 10<sup>th</sup> Anniversary Celebration

為慶祝本會成立十周年，我們推出一系列精彩活動，展現十年來的努力與創新成果。  
To celebrate the GAF's 10th anniversary, we launched a year-long series of engaging activities, showcasing a decade of dedication and innovation.

### 台灣研習交流團

### Taiwan Study Tour

05.2024

本會首次帶領來自香港不同機構及企業的領袖赴台灣進行交流，聚焦於安老產業的發展與創新。交流團深入考察台灣的安老院舍、社會住宅、失智護養中心及社區創新項目，並了解台灣在認知障礙對策方面的專業知識與實務經驗。參加者涵蓋民、商、政、學、科技等界別，透過此次參訪，促進各大中小型機構之間更深入的交流與合作，為未來跨境安老服務及銀髮產業發展開啟新契機。

GAF led its first delegation of leaders from Hong Kong's institutions and enterprises to Taiwan for an exchange focused on elderly care industry development and innovation. Participants explored Taiwanese nursing homes, social housing, dementia care centres, and community innovation projects, gaining insights into professional strategies and practical experience in addressing cognitive impairments. Representatives from civil society, business, government, academia, and technology fostered deeper exchanges and collaboration among organisations of all sizes, paving the way for future cross-border elderly services and silver economy opportunities.



## 十周年團隊活動 10<sup>th</sup> Anniversary Team Building Activity

06.2024

慶祝本會成立十周年，我們特別舉辦團隊創意活動，同事們攜手合作，共同創作一幅象徵團隊精神的作品。每位成員發揮創意，拼湊出屬於我們的獨特標誌，展現十年來的努力與凝聚力。

To mark our 10<sup>th</sup> anniversary, we held a special team creativity event where colleagues collaborated to craft a symbolic artwork representing our team spirit. Each member contributed creatively, piecing together a unique emblem that reflects a decade of effort and unity.



## 12.12 黃金智齡日 12.12 Golden Age Day

12.2024

本會於12月12日「黃金智齡日」隆重舉辦「從銀到金」論壇暨就職典禮，正式委任新成立的「理事會」及六個「專責小組」，涵蓋創新安老服務、時尚生活、金融、長者友善社區、醫療與健康，以及數碼科技等領域，致力推動跨界合作，打造更優質、更智慧的長者生活。

On December 12th, "Golden Age Day," GAF hosted the grand "From Silver to Gold" Forum and Inauguration Ceremony. This event inaugurated the new Board of Directors and six specialised task forces covering innovative ageing care, lifestyle, finance, age-friendly communities, medical and health, and digital – driving cross-sector collaboration for smarter, higher-quality senior living.



# 嘉許及成就 Recognition

## HKMA/HKT環球創新獎2024/25

## HKMA/HKT Global Innovation Award

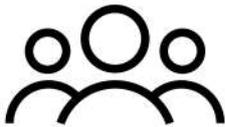
03.2024

「學建關愛: 健齡樂聚」計劃收獲認同及肯定，獲香港管理專業協會頒發「HKMA/HKT環球創新獎2024/25」的「創新機構獎 - 中小型機構銅獎」、「傑出社會創新獎」，以及「非政府組織／非牟利機構特別獎」，從270多份申請中脫穎而出，成績令人鼓舞。

"Community Service: Smart Ageing Living" programme" received strong recognition, earning three awards from the Hong Kong Management Association: the "HKMA/HKT Global Innovation Award 2024/25" Innovation Organisation Award - SME Bronze, Outstanding Social Innovation Award, and NGO/NPO Special Award. Selected from over 270 applications, this achievement is highly encouraging.



# 成效 Effectiveness



25,000+  
會員人數  
NO. OF MEMBERS



100+  
機構會員  
INSTITUTIONAL MEMBERS



1,500+  
義工人數  
NO. OF VOLUNTEERS



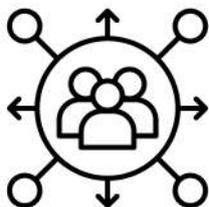
80+  
支持及合作伙伴數量  
NO. OF SPONSORS &  
PARTNERS



7,500+  
社交媒體追蹤人數  
SOCIAL MEDIA FOLLOWERS



1,500,000+  
社交媒體曝光率  
EXPOSURE OF SOCIAL MEDIA



125,000+  
黃金時代通訊觸及人數  
REACH OF GOLDEN AGE  
CONNECT

# 鳴謝 Acknowledgement

## 智齡照顧實驗室3.0 Smart Care Lab 3.0

贊助機構  
Sponsor



## 黃金Go計劃：黃金槍手 Golden GO Programme Series: Golden Shooter

合作伙伴  
Partner



## 黃金導賞員 Golden Age Docent

合作伙伴  
Partner



## 學建關愛 – 「健齡樂聚」計劃 URA Community Service: Smart Ageing Living

合作伙伴  
Partner



## 「樂活銀齡」會員計劃 “Happy Silver Club” Membership Programme

合作伙伴  
Partner



# 鳴謝 Acknowledgement

## 動齡灣仔 Active Ageing Wan Chai

合作伙  
Partner



## 端午及中秋賀禮 Dragon Boat Festival and Mid-Autumn Festival Gifts

合作伙  
Partner



## 傳遞溫情輪椅捐贈 Celebrating the New Year Together

贊助機  
Sponsor



## 學生實習 Student Internship

學術伙  
Academic Partners



# 鳴謝 Acknowledgement

## 第九屆黃金時代展覽暨高峰會 (2024) The 9<sup>th</sup> Golden Age Expo and Summit (2024)

合作伙伴  
Partners



冠名贊助  
Title Sponsors



主要贊助  
Major Sponsors



贊助  
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# 鳴謝 Acknowledgement

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# 鳴謝 Acknowledgement

支持機構  
Supporting Organisations



# 鳴謝 Acknowledgement

支持機構  
Supporting Organisations





**黃金時代基金會**  
**Golden Age Foundation**

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LINKEDIN: [@Golden Age Foundation](https://www.linkedin.com/company/golden-age-foundation)