

Special Topics

T8.1**Nursing: Helping the Elderly Patients in the Community****09:00 Theatre 2****Enabling Elders to Stay Active and Healthy in our Community: Health Promotion in Diets and Physical Activities***Chan ACM**Equal Opportunities Commission, Hong Kong*

Population ageing strikes Asia at a speed and a scale unprecedented in history. Not only the size of the older population (i.e. 65+) is going to be the largest, older people in Japan and Hong Kong are the longest living (with an average life expectancy at birth exceeding 86 years of age at present). The change to an elderly-focused (i.e. with chronic illnesses) healthcare system also requires a shift from acute curative operation to one that encourages health promotion and illness prevention at an early age, supported in parallel with a firm system of community rehabilitation care. What is needed first and foremost is a change of mindset resulting from a real life collaboration – a thinking and an acceptance that the many-helping-hands approach (e.g. cross disciplines and cross sectors collaborations) is the only possible way for seamless social and healthcare, as well that ordinary people including our relatives and neighbours (so called informal care givers) could provide certain level of care complementing the highly skilled, but expensive and number-limited, professional care givers (e.g. social workers, nurses, occupational therapists, physiotherapists, etc.). So a collaborative working model involving all stakeholders (i.e. family and community volunteers, social and healthcare workers) seems desirable. The Department of Health goes along with this thinking and adopts the active ageing philosophy to maintain our general population's continual active living by promoting healthy diets and physical activities. An implementation strategy consisting of five priority areas (1. generate an effective information system; 2. support health promotion activities; 3. strengthening partnership; 4. building capacity; and 5. securing resources), 14 recommendations and 30 corresponding actions have been proposed since 2011 – this paper supports the same strategy to apply to our older population. Corresponding actions will be illustrated and discussed.