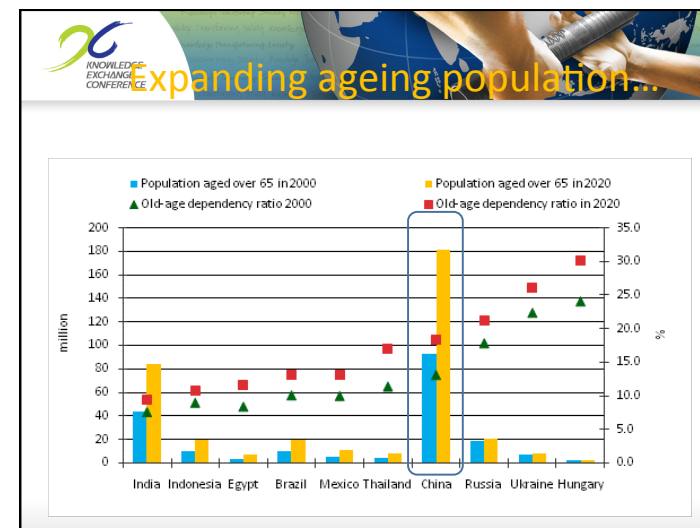


**Enhancing the self care ability through intergenerational knowledge transfer program in Elder Academy in Tuen Mun**

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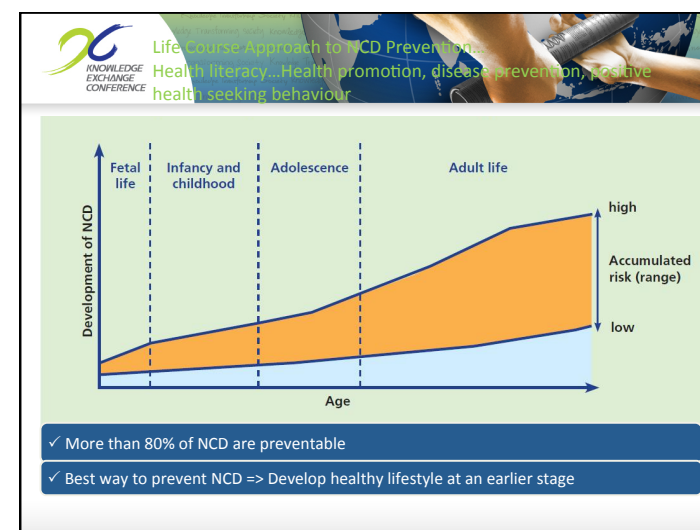
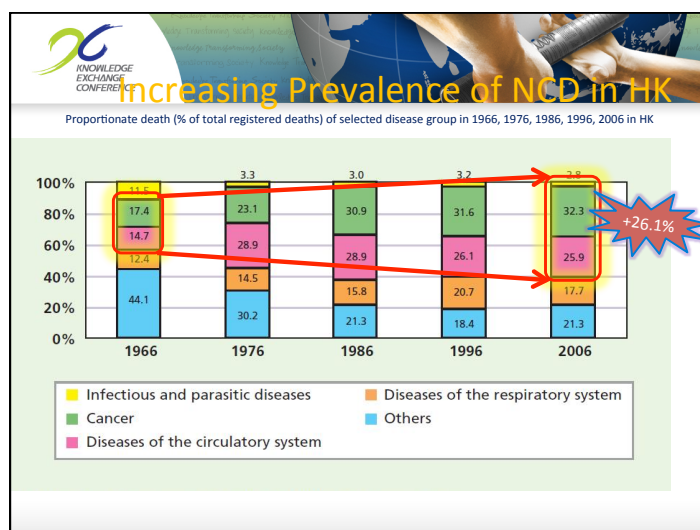
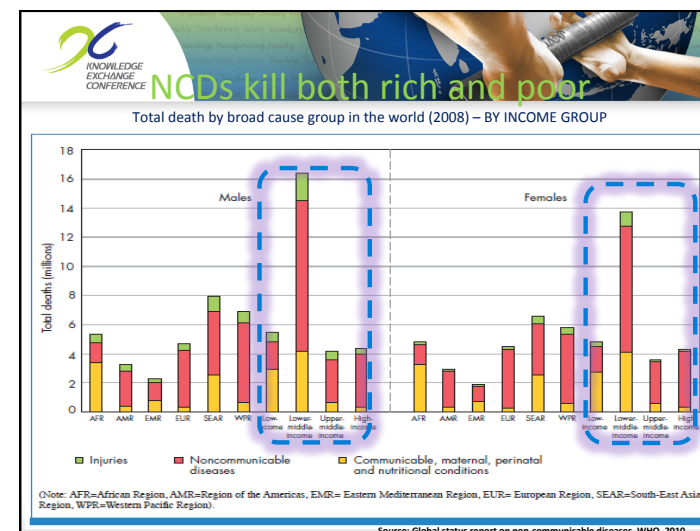
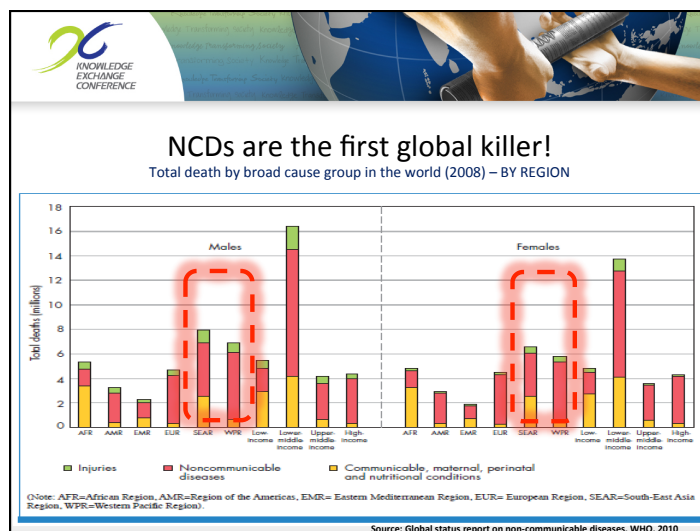
**Hong Kong: Growth of the Population Aged 65 and Above, 1971 – 2016**

Year	Number	Percentage of Total Population
1971	178,000	4.5
1976	243,000	5.5
1981	327,000	6.6
1986	409,000	7.6
1991	482,000	8.7
1996	630,000	10.0
2001	747,000	11.1
2016 <sup>a</sup>	—	13.0

<sup>a</sup> Estimate

**+65%**







**Overview of the program**

**Objectives**

- conceptualize the roles of health frontier trainers;
- understand the concept of healthcare system in Hong Kong;
- describe the elder's physical- psychological-social health problems and its basic management strategies;
- apply basic clinical skills in the clinical practicum;
- Integrate what participants learned in development of basic competencies required of the health frontier trainers in the EAs.

**Length of program**

Lectures (4 days)
Skills practice sessions (2 days)

**Highlight 1: Intergenerational impact**

University students +  
Secondary school students +  
Elders

- Enhancement of young-old communication and cooperation
- Promotion of mutual support for common goal achievement
- Development of knowledge transfer among the young and old people

**Highlight 2: Experiential learning**


**Clinical skills training in nursing practicum room**

- Concrete experience
- Observation and reflection
- Forming abstract concepts
- Testing in new situation

**Highlight 3: Knowledge transfer and exchange**

**Application of what they have learned....Writing up health-related programme proposal**


- University students + Secondary School students + Elders are working together
- Utilization of knowledge and skills they have learned in the program
- Demonstration of planning an effective knowledge and exchange



**Highlight 4: sustainable platform of KT- EA**

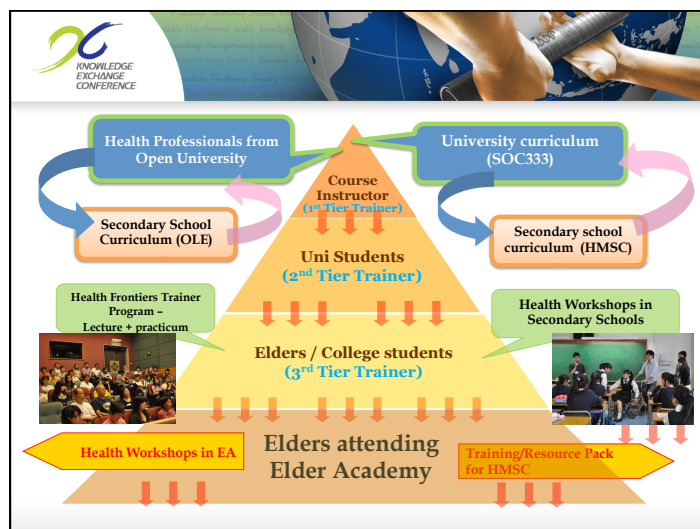
**Elder Academy:**

- University of third age, echoing the situation of aging society (26% of total population aged 65+ in 2030)
- 109 school-based Elder Academy (April 2011)
- The objectives of Elder Academy are
  - promotes active aging and lifelong learning
  - Foster intergenerational communication solidarity
  - Enhance students' whole person development
  - Enhance the learning and teaching mode



**EA as a platform of KT**

1. A sustainable platform for knowledge transfer
2. Young Old partnership - Intergenerational knowledge transfer



**Program evaluation (Mixed method)**

A) Pre-/Post-test

B) Interviews with stakeholders

- 2 University students
- 2 Secondary students
- 2 Elders
- 2 Teachers

Pre-/Post-Test			
Question	Pre-test (Mean) (N=61)	Post-test (Mean) (N=42)	Change %
I understand the concept of health. 我明白健康概念。	7.20	8.14	+13.1
I am able to take care of my own health. 我能夠照顧自己的健康。	7.13	7.90	+10.8
I realize ageing phenomenon in Hong Kong. 我了解香港人口老化的現象。	6.92	8.07	+16.6
I have learned about the common physical problems of the elderly. 我已學習過關於長者常見的生理問題。	5.59	7.95	+42.2
I have learned about the common psychosocial problems of the elderly. 我已學習過關於長者常見的心理問題。	5.33	8.14	+52.7
I am able to perform effective interpersonal communication skills. 我能夠表現有效的人與人之間溝通技巧。	6.57	7.71	+17.4
I understand health care system in Hong Kong. 我明白香港醫療系統。	5.49	7.48	+36.2
I am confident to be a Health Frontier Trainer. 我有信心成為前線健康培訓導師。	7.05	7.26	+3.0
I realize the roles of the duties of a Health Frontier Trainer. 我了解前線健康培訓導師的角色及責任。	6.82	7.62	+11.7
I am able to perform basic clinical skills (e.g. vital signs checking, wound care, transfer of individuals, hand washing skills.) 我能夠表現基本臨床技巧(如生命指數檢查、傷口護理、轉移個體、洗手技巧)。	5.38	8.19	+52.2
I know the principles of observation skills. 我知道觀察技巧的原則。	5.36	7.86	+46.6

## Interviews with stakeholders

Three themes are identified as...

- Development of knowledge and skills
- Enhancement of mutual support and cooperation
- Active participation of knowledge transfer and exchange






## Development of knowledge and skills

- "I know more about my physical and psychosocial health. It is impressed me by knowing varied blood pressure in different ages...Last day, I have bought blood pressure set for checking my blood pressure. It is an easy way to check my health status."...E1
- "Practicum sessions are very useful...I learned much on how to check my vital signs and also on a proper way of wound care...I am confidence to take care of myself then."...E2
- "Although I have already learned basic health concepts, after sessions my healthcare knowledge become clearer than before...I am able to check blood pressure myself and... helping in others in the future."...S1
- "This program can make me more awareness on my health status...Learned knowledge and clinical practicum skills can facilitate me in assessing my grandmother's health...Skills I have learned are very useful and practical."...S2




## Enhancement of mutual support and communication

- "During group clinical skills practice, everyone is keen on sharing their ideas in order to have good practice of we have learned."... Acting as a model for elders' practicing their skills is a good opportunity to interact with elders" ...S1
- "There is no problem in interacting and working with old people. Their patience and eager for learning... is a good model for me to learn."...S2
- "I really enjoy talking with students...they respect me...and I can learn more from young students, like preparing power point skills and on-line searching for pictures" ...E2
- "I observe elders and students pay much attention in practicing clinical skills...sharing among them on the skills in wound care and operation of blood pressure set" ...T1
- They (elders and students) concentrate on preparing clinical skills examination. Mutual help among them can polish their clinical skills" ...T2










## Active participation of knowledge transfer and exchange

- *"...Pay much attention on preparing proposal...Although there is limited time, I am confidence to apply what we have learned..."...S1*
- *"I must finish the group assignment. With our group' effort, our proposal have included the detail we have learned....help people... for health promotion..."...E2*
- *" After the program, I will help others to check their vital signs"...E1*
- *" It is amazing that...all groups can actively participate in discussion on proposal...While unclear areas they found, they would clarify with me quickly..."...T1*
- *" Must elders are observed to actively prepare the assignment. They would take the initiative in calling meetings to discuss their projects"...T2*




## Conclusion

- The program can indicate...
  1. Promoting Self care ability; enhancing Intergenerational solidarity; fostering Knowledge transfer and exchange;
  2. Experiential learning speech up knowledge and skills transfer in Elder Academies.
  3. A Train-the-Trainer Approach is an effective way.

## Thank you