

<b>Project Name</b>	<b>: Walk Together for Fall Prevention in Tsuen Wan (0059-30)</b>
<b>Organisation &amp; Service Unit</b>	<b>: St. James' Settlement - Project Care Neighbourhood Elderly Centre</b>
<b>Approved Amount</b>	<b>: HKD 3,107,000</b>
<b>Target District</b>	<b>: Tsuen Wan District (Fuk Loi Estate and Moon Lok Dai Ha)</b>
<b>Target Group</b>	<b>: Elders or middle-aged persons of 50 years old or above</b>
<b>Project Period</b>	<b>: 1 June 2020 to 31 May 2024 (Three-years and extended one year)</b>

### **Project Summary:**

This project, adopting the “Community-Welfare-Medical-School” cross-sectoral collaboration model, helps promote the participation of elders in the community. Using knee strengthening exercises, physical examinations and home safety seminars as intervention points, the project will be implemented in Fuk Loi Estate and Moon Lok Dai Ha, Tsuen Wan, with elders as its targets. Elders will be encouraged to receive training to become “Fall Prevention Masters” and then, as volunteers, serve their fellow neighbours. By setting up the system of “Block and Floor Representatives”, mutual help in the neighbourhood can be promoted and community network expanded. The project aims at responding to the needs of the deprived elders and building an age-friendly community where the elders can age better in place.

### **Programmes include:**

1. Establishing the “CWMS” cross-sectoral platform to link up different stakeholders and coordinate their resources in supporting the “Fall Prevention” and “Age-Friendly Community” projects, with a view to fulfilling the needs of the elders.
2. Designing fall prevention exercises through the “Medical-School” collaboration, promoting the exercises to members of the community with fall risk, and training volunteers to be “Fall Prevention Masters” to support the elders in need in the community.
3. Setting up the system of “Block and Floor Representatives” to organise community-friendly self-help groups (such as street counter group, flash mob group and visiting group), with a view to bringing in new blood, strengthening a sense of belonging of the existing members, as well as building a mutual help network in the neighbourhood.
4. Organising residents to form an “Age-Friendly Concern Group”, which will gradually develop into a self-support group, to continue to respond to the elders’ needs in the community, with a view to achieving the ultimate goal of building an age-friendly community.