

Caring for public housing elderly tenants amid pandemic (with photos)

The following is issued on behalf of the Hong Kong Housing Authority:

Enjoy exercise, stay healthy to fight the virus. Senior citizens in particular have to exercise more amid the pandemic. The Hong Kong Housing Authority (HA) has produced a series of videos featuring a set of simple exercises specially designed for its elderly tenants so that they can practise at home conveniently through visual learning.

This four-part "Fitness Exercise for the Elderly" can help learners to strengthen their muscles, cardio function and balance as well as hand-foot coordination. The movements are simple, making it easy for even sports beginners to follow.

To encourage senior tenants to work out more, this series of fitness exercise videos will be broadcast on HA's Housing Channel (through flat-screen TVs installed in the ground floor lobbies of every public housing domestic block), Facebook, Instagram and YouTube starting from today (November 28) for them and their family members / caregivers to watch and download.

Deputy Director of Housing (Estate Management), Mr Ricky Yeung and Assistant Director of Housing (Estate Management) 1, Mr Ian Luk, visited Kai Ching Estate at Kowloon City on the day of video shooting to show their support for elderly tenants and took the opportunity to practise the fitness exercises together with them.

"Under the pandemic, elderly people may feel down for being stuck at home. So I would encourage them to do some simple exercise at home so as to keep themselves cheerful and physically fit", said Mr Yeung.

"To fight the virus together, we have to reduce social gatherings. Elderly people should even be more closely tended to, especially those who live alone. We hope their families and neighbours will pay more attention to their health status and help with their chores such as shopping for daily necessities. In case of emergencies, tenants can contact security guards of their building or estate office staff. We will provide necessary assistance as appropriate."

The initiative is part of the "Healthy Ageing in Public Housing Estates" programme which the HA has been running to promote active ageing among elderly tenants. Activities under the programme such as health talks, home visits and mobile health assessment stations scheduled for the year have been suspended due to the epidemic. However, the well-being of elderly tenants remains HA's prime concern, and therefore it seeks to convey to them messages on healthy living through electronic and online platforms.

The video production is a first-ever collaboration of the HA with Po Leung Kuk Wan Lam May Yin Shirley Neighbourhood Elderly Centre and Kai Tak Sports Park.

