

Towards an Age-Friendly Macao 邁向高齡友善型的澳門

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Population ageing, resulting from decreased fertility and extending lifespan expectancy, is occurring throughout the world. Adults aged 65 years and above accounted for 11.1% of Macao's population in 2018 (Macao Statistics and Census Bureau, 2019). The proportion is expected to reach 19.0% by 2031 (Macao Statistics and Census Bureau, 2008). Population ageing, together with non-communicable diseases and unhealthy lifestyle choices, continues to pose a major challenge to the Macao Special Administrative Region of China.

The older people are an important asset to society. The Macao SAR Government has implemented a ten-year (2016-2026) action plan for the provision of services for older people since 2016. The Government is committed to establishing seamless cooperation between health services and social care among public and private sectors. In this article, I would like to share with you about several healthcare improvement programs dedicated to the older adults in recent years.

The Department of Geriatric Medicine and the Elderly Health Support Hotline

In order to meet the growing healthcare needs of older people, the Macao Government Hospital (Centro Hospitalar Conde de São Januário) established the Department of Geriatric Medicine in December 2015. It provides holistic care for older people with multiple medical illnesses. We take care of not only the physical well-being, but also the functional, psycho-social and spiritual aspects of an older patient. Apart

由於生育率下降和預期壽命延長而造成的人口老齡化正在世界各地發生。2018年，65歲及以上成年人佔澳門總人口的11.1%（澳門統計局，2019年資料）。預計到2031年，這一比例將達到19.0%（澳門統計局，2008）。人口老齡化、非傳染性疾病和不健康的生活方式繼續對中國澳門特別行政區構成嚴重威脅。

長者是社會的重要資產。澳門特別行政區政府自2016年起開始實施為年長人士提供服務的十年（2016-2026）行動計劃。政府致力於在公共和私營部門之間大力促進衛生服務及社會保健兩者間的無縫協作。在這篇文章中，我想和大家分享一些近年來專門針對長者的醫療保健改善項目。

老人科醫學部門及長者健康支援熱線

為了滿足年長人士日益增長的醫療保健需求，澳門仁伯爵綜合醫院(Centro Hospitalar Conde de Sao Januario)於2015年12月成立了老人科醫學部門。為患有多種疾病的年長人士提供全面的護理服務。關心身體健康之餘，我們還關注老年患者的機體功能、社交、心理及精神方面的健

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The Elderly Health Support Hotline
長者健康支援熱線





The Medical Specialty Outreach Service at Poutai Elderly Integrated Service Center
澳門菩提長者綜合服務中心的醫療專業外展服務

from comprehensive geriatric assessments and therapeutic interventions, we offer rehabilitation services during hospitalization and provide the continuum of care in the community. The Elderly Health Support Hotline has also been set up to provide an integrated comprehensive support service after discharge. We proactively contact the high-risk older patients with consultations and arrange timely follow-ups and referrals as needed.

The Medical Specialty Outreach Service

There are more than two thousand older people living in the nursing homes in Macao. Most of them have multiple health problems with reduced mobility. It has been shown that the frequency of emergency room visits and hospital admissions is high among older people living in the nursing homes. It is a burden for the caregivers to accompany them to have multiple out-patient consultations in the hospital as well.

In order to improve the health condition of older people living in the nursing homes and relieve the pressure on their caregivers, the Macao Government Hospital developed a novel program - the Medical Specialty Outreach Service - in March 2018. The medical specialty outreach team is comprised of physicians in different fields, nurses, pharmacists, physiotherapists and information technology professionals. On the one hand, the outreach service provides convenient consultations for people living in the nursing homes; on the other hand, we empower the staff to take better care of people living there by means of communication, support and training. Data shows that the service was associated with a 27% decrease in unplanned hospitalization among high-risk older patients (Macao Daily,

康狀況。除了全面的老年評估和治療干預外，我們還在住院期間提供康復服務，並在社區給予持續照顧。此外，亦設立長者健康支援熱線，為長者提供出院後的綜合支援服務。我們積極聯繫高危老年患者展開諮詢，並根據需要及時安排後續及轉介服務。

醫療專業外展服務

在澳門，有超過兩千名年長者住在養老院。他們大多數人有多項健康問題，行動不便。研究顯示，住在養老院的年長者使用急診和住院的頻率很高。陪同他們前往醫院進行多次門診諮詢，對護理人員是一種負擔。

為了改善養老院年長者的健康狀況，紓緩護理人員的壓力，澳門政府醫院於2018年3月推出了一項新計劃——醫療專業外展服務。醫療專業外展團隊由不同領域的醫生、護士、藥劑師、物理治療師及資訊科技專業人士組成。一方面，外展服務為生活在養老院的人們提供便捷的諮詢服務；另一方面，通過溝通、支持和培訓等途徑，使工作人員能夠更好地照顧住在那裡的人。資料顯示，該項服務的推出，使高危年長患者的非計劃性住院減少達27%（《澳門日報》2018年12月6日版）。

對失智症患者的綜合護理

失智症是澳門特別關注的問題，其特徵是記憶力和其他心智能力的逐步下降。65歲及以上的成年人中，多達6%患有失智症。在澳門，共有4000多人患有失智症（2014年阿爾茨海默病國際會議）。世界各地

2018, December 6).

Integrated care for people with dementia

Dementia, characterized by a progressive decline in memory and other mental abilities, is of particular concern to Macao. As many as 6% of adults aged 65 and older suffered from dementia and there were more than four thousand people living with dementia in Macao (Alzheimer's Disease International, 2014). There are several gaps in understanding dementia throughout the world, namely the social stigma, low awareness, under-diagnosis and delayed management.

In response to the significant health and social burden posed by dementia, Dr Alexis Tam, the Secretary for Social Affairs and Culture of the Macao SAR Government, formulated a dementia policy and integrated health and social services in 2016. Firstly, the Dementia Medical Centre was established jointly by the Macao Health Bureau and the Social Welfare Bureau in 2016; secondly, an Alliance to Build a Dementia Friendly Macao was formed with 104 non-governmental organizations and the collective force is expanding at present; thirdly, the Dementia Support Center was founded in 2018.

The Dementia Medical Center works with all Health Centers and social welfare facilities to facilitate early detection, diagnosis, treatment and support for people with dementia and their caregivers. Individuals can have initial cognitive assessment in any Health Center in Macao and specialty consultation will be arranged within one month if there are signs of dementia. A specialized team, comprising geriatricians, psychiatrists, neurologists and nurse specialists conducts comprehensive assessment and management in the Dementia Medical Center.

在認識失智症方面存在著一些差距，包括社會歧視、意識不足、診斷不足和管理滯後。

澳門特別行政區社會文化司司長譚俊榮博士為應對失智症對個人健康及社會造成的重大負擔，於2016年制定了與失智症相關的政策，並推行綜合健康及社會服務。首先，由澳門衛生局與社會工作局於2016年聯合成立失智症醫療中心；二是與104個非政府組織結成“澳門失智症友善社區大聯盟”，目前正在擴大集體力量；第三，於2018年成立失智症支援中心。

失智症診療中心與所有健康中心和社會福利機構合作，為失智症患者及其護理人員提供早期發現、診斷、治療和支援。個別居民可到澳門任何一間健康中心進行初步認知評估，如有失智症跡象，將於一個月內為病人安排專科診治，並由失智症治療中心的專業團隊——一個由老人科醫生、精神病學家、神經學家和護士專家組成的專業團體進行全面的評估和管理。



The opening ceremony of the Dementia Medical Center
失智症診療中心開幕儀式

Conceptual Framework of the Macao Dementia Policy 澳門失智症政策的理念架構



失智症工作小組 + 衛生中心 失智症診療中心 + 失智症支援中心

The Dementia Support Center

In order to strengthen the community care for the people with dementia, enabling them to achieve “ageing in place” with good quality of life, the Dementia Support Centre was founded in 2018. The Center aims to maintain residual function of people with dementia, slow down disease progression, and relieve the stress and burden of caregivers. We provide an individualized care plan, a group training and education program for people with dementia and their caregivers. For example, a twenty-hour program offers lectures, workshops, nutrition tips, aerobic exercise, balance training, cognitive stimulation and reminiscence therapy etc.

An Alliance to Build a Dementia-Friendly Macao

To raise public awareness and a positive attitude towards dementia, the Dementia Working Group was set up by the Macao SAR Government in 2016. We have been working hard to raise public awareness and understanding about dementia through different platforms and a wide variety of activities such as new media, traditional media, professional training and community activities. More importantly, the Government and 104 non-governmental organisations formed an Alliance to Build a Dementia-Friendly Macao. Various activities such as international forums, seminars, public talks, movies, and dramas have been organized by the Government and different organizations in recent years. A whole-of-society effort is expanding to convey the message of dementia-friendliness across Macao.

Conclusion

The Macao SAR Government has a strong commitment towards promoting active ageing in Macao. Efforts include increased financial support for senior citizens, integrated

失智症支援中心

為了加強對失智症患者的社區護理，使他們能夠實現“適益型養老”和高品質的生活，失智症支援中心於2018年成立。該中心旨在維持失智症患者的剩餘功能，減緩疾病的發展，減輕護理人員的壓力和負擔。我們為失智症患者及其護理人員提供個人化的護理計劃、團體培訓和教育計劃。例如，一個20小時的項目中包含講座、研討會、營養小貼士、有氧運動、平衡訓練、認知刺激和回憶療法等。

建立聯盟助力實現失智症友善澳門

為提高市民對失智症的認識及對失智症的積極態度，澳門特區政府於2016年成立失智症工作小組。我們通過不同的平台，通過新媒體、傳統媒體、專業培訓、社區活動等多種多樣的活動，努力提高公眾對失智症的認識和理解。更重要的是，政府和104個非政府機構結成聯盟，共同建設一個失智症友善澳門。近年來，國際論壇、研討會、公眾講座、電影、戲劇等各類活動在政府和不同的組織中得到了廣泛的開展。一股全社會凝聚力正日漸壯大，在澳門各地傳遞失智症友善的訊息。

總結

澳門特別行政區政府許下堅定的承諾，致力在澳門推動活躍老化。這些努力包



Cognitive Training at the Dementia Support Center
失智症支援中心的認知訓練

healthcare and social services and tighter collaboration between the Government and non-governmental organizations in the city. I am also happy to see that the family has always been the core of society and the virtue of respecting older people remains prevalent in Macao. However, an age-friendly Macao cannot be achieved without the involvement of every Macao resident. Let's take a step forward to care more about the older people around us!

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括增加對老年人的財政補助、整合醫療和社會服務，以及強化政府與本土非政府組織之間的合作。我也很高興看到，家庭一直是社會的核心，尊重長者的美德在澳門仍然很普遍。然而，沒有每一位澳門居民的參與，就不可能實現一個高齡友善澳門。讓我們向前邁進一步，多關心身邊的老年人吧！

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An Alliance to Build a Dementia Friendly Macao
建立聯盟助力實現失智症友善澳門