

A Paradigm Shift in Elderly Care – from Hospital to Community

King CPL

Department of Geriatrics, Ruttonjee and Tang Shiu Kin Hospitals, Hong Kong

Increasing life expectancy is a celebration of good health and social care. Yet these services have become increasingly burdened by the prevalent frailty and multi-morbidity which parallel ageing. Older person with complex needs often encountered with multiple providers are characterised by duplication and gaps in care. In times of need, it is daunting for the older person or their carer to navigate the maze of community services, and easier to rely on hospital services.

In this session, our long journey from a hospital-centric paradigm towards community-based person-centred care will be shared. The framework consists of community platforms led by clinicians with a shared vision for seamless care delivery. Within these platforms, partnerships are forged between Hospital Authority's clinicians, transitional care teams, community nursing, patient resource centres with external partners involving social and health sectors, non-governmental organisations and private operators. Platforms and structures provide opportunities for mutual information exchange, reducing duplication and filling gaps through a coordinated approach by different care providers.

Good elderly care has traditionally adopted an interdisciplinary team approach. To face the silver tsunami, great elderly care must further take on the challenge of embracing cross-sectoral partnerships for sustainable and holistic outcomes.