



Service Priorities and Programmes
Electronic Presentations

Convention ID: 268

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Age and Sex distribution of the residents at the residential care homes for the elderly in a 300-thousand populated town in Hong Kong

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Keywords:

Age Distribution

Sex Distribution

RCHE

Tai Po

Elderly

Introduction

The ageing problem is inevitable in the community-dwelling population in Hong Kong. It is observed that residents are aged older than before at the residential care homes for the elderly (RCHEs). However, little is known on the age and sex distribution of people living at RCHEs in Tai Po.

Objectives

The objective of this cross-section study is to explore the age and sex distribution of people living at RCHEs in Tai Po and thus help us to understand our targeted clients profile and plan our services to the elderly from the RCHEs.

Methodology

A cross-sectional survey was conducted at all the RCHEs with the assistance from the COST in a 300-thousand populated town in Hong Kong in November 2012. The age and sex distribution of the residents were reported by the supervisors of the RCHEs. The number of the residents and the sex distributions were plotted against the age. Finally, the cumulative age distribution of the residents was plotted for analysis.

Result

We achieved 100% respond rate from the RCHEs. There were 3099 residents living at the RCHEs in a 300-thousand populated town in Hong Kong. There were more women (1874) than men (1125) living at the RCHEs or at a female to male ratio of 1.67 to 1. There were 2.7% residents aged less than 60 living at the aged homes. Approximately half of the residents (51%) and a quarter of the residents (26%) were aged at 85 and 90 or above respectively. The survey supported our observation that the ageing problem is inevitably true at RCHEs. Community service strategies should be devised and targeted to support the oldest old population at the aged home. The higher proportion of women at the aged homes may prompt us to address for the

special needs of the women in the health care services, manpower arrangement and facilities planning.