



金基善慈銀高
CHARLES K KAO FOUNDATION
for ALZHEIMER'S DISEASE

ANNUAL REPORT 2019-2020

Charles K. Kao Foundation for Alzheimer's Disease

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About Charles K. Kao Foundation for Alzheimer's Disease

Mission

Charles K. Kao Foundation for Alzheimer's Disease (the "Foundation") is a registered non-profit making charity organisation founded in 2010 by the late Professor Charles K. Kao and his wife, Mrs Gwen Kao.

The Foundation aims to:

- raise public awareness of Alzheimer's disease/dementia;
- educate the general public on brain health care strategies;
- enhance care and support to Alzheimer's/dementia patients, their families and caregivers;
- encourage and facilitate cooperation amongst various organisations, such as universities, government departments and non-governmental organisations to enhance resource allocation and education, thereby further benefitting Alzheimer's/dementia patients and their families and strengthening the support system.

退化
不可怕,
只要...
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Organisational Structure



Board of Governors	Advisory Council
<u>Chairman</u>	<u>Chairman</u>
Mrs KAO Wong May Wan Gwen	Dr LEONG Che Hung
<u>Governors & Executive Committee</u>	<u>Members</u>
Dr CHIU Ha Ying	Mrs CHAN Tong Chee Ching Diana
Mr LAI Kam Cheung Michael	Dr DAI Lok Kwan David
Mrs LEE Pui Ling Angelina	Dr KONG Ming Hei Bernard
Dr LO Wing Yan William	Prof. TSIEN Wong Bik Kwan Teresa
Mr TONG Sai Wong Alan	Dr WU Yee Ming
<u>Governors</u>	
Dr MONG Tak Yeung David	
Prof. SUNG Jao Yiu Joseph	
Prof. TSUI Lap Chee	

Chairman's Address



The outbreak of COVID-19 in 2020 has sent many non-governmental organisations into fundraising adversity, and there is no exception for our Foundation. In addition, the outbreak has caused certain disruptions to our project services. Fortunately, we were able to manage and work with our project partners to explore alternative methods to deliver services during this difficult time.

Amidst the haze of COVID-19, luckily 2020 still has something for me to remember by. I am referring to the 10th anniversary of our Foundation. Having started out as a layman for charity work, 10 years flew by at the blink of an eye. I wholeheartedly hope that our Foundation has, in the past and present, made a definitive and positive contribution to the dementia issues in Hong Kong, for this has always been the aim of Charles and myself for establishing the Foundation.

I am truly grateful for the achievement in the past decade and would like to take this opportunity to express my sincere gratitude to our donors, partners, general public and stakeholders of the Foundation for their continuous support along the way. It is this togetherness that enable us to create a better and friendlier society for the people who are suffering from dementia and for those who are taking care of them.

Gwen Kao

October 2020

Services



Jockey Club Charles Kao Brain Health Services

Our signature project has commenced the 3rd Phase from October 2019 and will run until 2022. As in previous phases, the project is funded mainly by The Hong Kong Jockey Club Charities Trust and partially by the Foundation, with St. James' Settlement as the daily operator.

In these three years, the vehicle will continue to tour the 18 districts of Hong Kong to provide one-stop service in preliminary assessment, training, referral, awareness and education for the dementia patients, caregivers and general public. Service enhancements for this phase include: stationing at business districts to engage and assist office people; developing programmes that showcase and boost patients' strengths; facilitating communications between patients and family members to enhance better care planning; and utilising mobile app to sustain home-based training.

Since project inception in 2013, over 300,000 people have been reached by the mobile vehicle.



Supporting Charity Case for Using Day Care Service

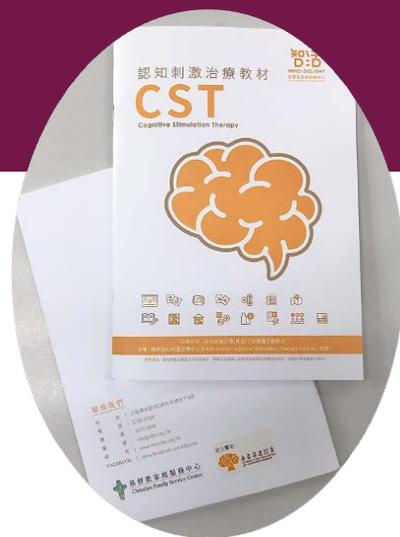
Early diagnosis and intervention for people with dementia is important in delaying the progress of the disease. As most dementia-specialised services are operated in a self-financed basis, this may make it unaffordable to many low-income families, thereby creating a financial barrier for them to receive the desired services. This project facilitates early intervention for people with dementia by financially assisting low-income families that have the need to care for dementia patients, with an aim that patients will not lose the golden period to receive effective training because of financial constraints or when they are waiting for government services.

We collaborate this project with the Mind Delight Memory & Cognitive Training Centre and will complete serving 60 cases by the end of 2020.



Cognitive Stimulation Therapy for Deprived People with Dementia

Cognitive Stimulation Therapy (CST) is an evidence-based non-pharmacological intervention for people with dementia developed by University College London. It is effective in improving cognition and quality of life in people with mild to moderate dementia.



In view of the increasing demand of non-pharmacological intervention for improving cognition, and the maturity of the accreditation and training certification system of CST in Hong Kong, this project delivers accredited CST training to in-fielders. After the training, each in-fielder will conduct a CST psychosocial treatment course of 14 sessions for the potential users in their own settings. We hope the project can improve the quality and quantity of dementia care service in Hong Kong.

The project has trained 20 in-fielders including social workers, nurses and occupational therapists. We work with Christian Family Service Centre, an authorised deliverer of the certified CST-HK practitioner training course in this project. For the next phase, we plan to extend the training to cover community-based volunteers.



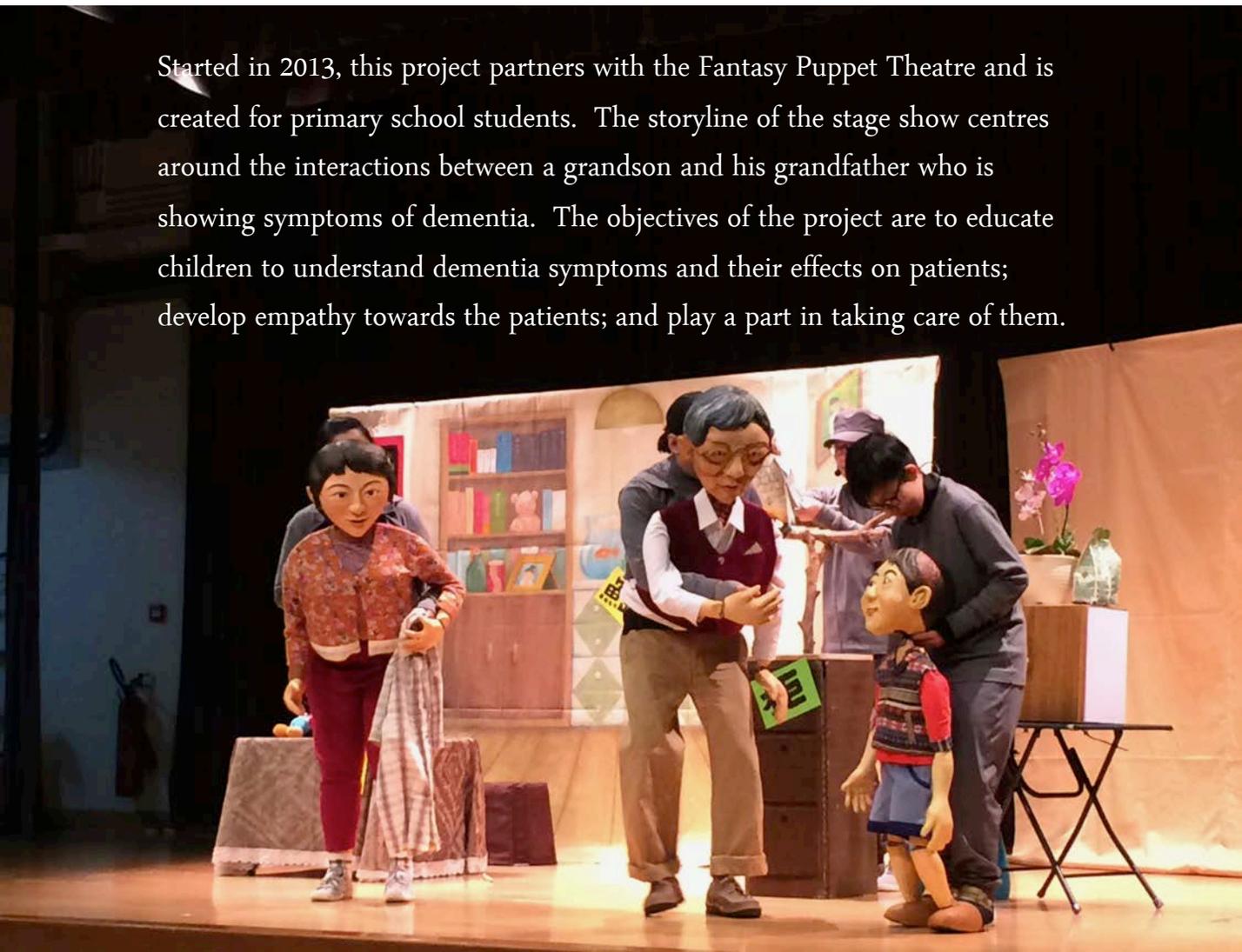


Brain Health Education Programmes

The lack of dementia awareness and understanding, presence of dementia stigma in society, together with an ageing population, all point to the utmost importance for our Foundation to start equipping the younger generation as they are likely to be affected through families and friends in the future. Our Brain Health Education Programmes target towards primary and secondary school students with the aim to enrich their understanding of dementia, and to encourage them to care for the elderly.

Puppet Show

Started in 2013, this project partners with the Fantasy Puppet Theatre and is created for primary school students. The storyline of the stage show centres around the interactions between a grandson and his grandfather who is showing symptoms of dementia. The objectives of the project are to educate children to understand dementia symptoms and their effects on patients; develop empathy towards the patients; and play a part in taking care of them.





Ethnography Drama Workshop and Showcase Performance

Sponsored by Shun Hing Education and Charity Fund, this project delivers dementia education to secondary school students. The project consists of four phases, each with a different dementia research topic, is targeted to complete by July 2021. In this project, students are given the opportunities to come into close contact with dementia patients, their family members, caregivers and in-field workers. The aim is to enable them to gain a more in-depth learning about dementia from the perspectives of these people. They can also explore ways in which dementia is supported in the community, such as public education, social resources and social assistance.



REACH-HK II is an extension of the REACH-HK project, which was completed in 2014. For this second phase, a mobile application is being developed based on the resources generated from REACH-HK. The app serves as a professional tool for social workers to optimise interventions, connect with and monitor the caregivers. The project is expected to conclude within 2021.

REACH-HK II



PRACTICAL INFORMATION FOR CAREGIVERS OF THE ELDERLY

TAKING CARE OF THE ELDERLY

AN ILLUSTRATED GUIDE

T M WANG

TRANSLATED FROM A CHINESE
VERSION THROUGH AN INITIATIVE OF
**CHARLES K. KAO FOUNDATION
FOR ALZHEIMER'S DISEASE**



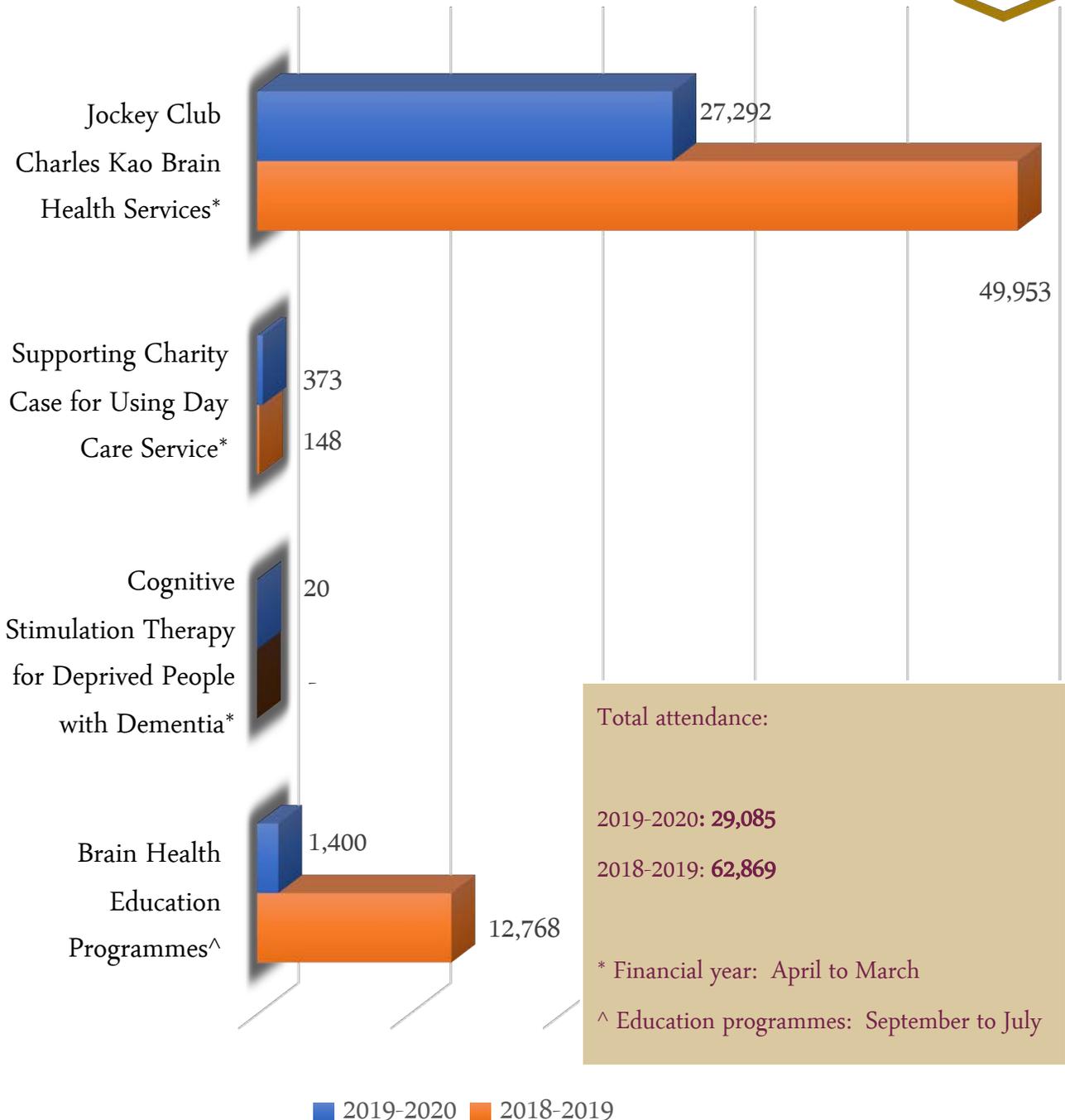
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CHARLES K KAO FOUNDATION
FOR ALZHEIMER'S DISEASE



In 2017, our Foundation published the “Taking Care of the Elderly – An Illustrated Guide”, an English equivalent translated from Dr T.M. Wang’s Chinese version. The book offers plenty illustrations to facilitate easy understanding and provides practical information for caregivers of the elderly, particularly benefitting the general public who employs foreign domestic helpers to take care of the elderly. Sales and distributions of the book are continuously promoted through our Facebook page and at events.



Major Service Statistics





Events and Activities

Christmas Chocolate and 10th Anniversary Mooncake Charity Sales

Fundraising and Beneficiary Events

Sadly, our annual Christmas Charity Sale had to cancel for 2019. However, we had the opportunity to work with a food manufacturer, Multizen Asia Limited, who sponsored us to sell Christmas chocolate gift box online to raise funds. The campaign was well received and we raised approximately HK\$83,000 through the support of this company.

Later in 2020's mid-Autumn Festival, we continued our successful partnership with Multizen Asia Limited and organised a special 10th anniversary mooncake fundraising activity. Big support and exposure were received, and we raised approximately HK\$80,000 from the activity.





IPG Howden CSR Programme

For the year 2020, our Foundation is nominated as one of the charity beneficiaries of the corporate social responsibility programme of IPG Howden.

Collaboration with Meiriki Japan

In 2020, we continued our 3rd year collaboration with Meiriki Japan, participating in their annual scholarship programme as well as award and presentation ceremonies.



Public Relations

In the past year, we have given a number of talks and sharing, mainly by means of Zoom due to the presence of COVID-19. We have also participated in several media interviews and attended various public events.



For talks given to the education sector and health sector, we worked with CUHK's I-Care and Tuen Mun Hospital.



For talks provided to the general public, we worked with the Hong Kong Carer Alliance for Dementia, YWCA and Swire Properties.



For talks provided to corporations and organisations, we worked with IPG Howden, YWCA, Hang Lung Properties and Senior Citizen Home Safety Association.

Media Coverage

In terms of media coverage, our Foundation was interviewed by South China Morning Post, Ming Pao, Hong Kong Jockey Club and RTHK Radio 2 and Radio 5.



Charles K Kao Foundation for Alzheimer's Disease teams with local care centres to provide cognitive training for Hong Kong's elderly dementia patients

- Christian Family Service Centre works with foundation to offer classes and services for patients and their families.
- Foundation is a beneficiary of Operation Santa Claus, the annual fundraising campaign organised by the Post and public broadcaster RTHK.

10/11/2019



Wesley Chan (left), the general manager of Charles K Kao Foundation for Alzheimer's Disease, and Chao Mei-yan, a social worker at the Christian Family Service Centre, at a...

戰疫同行

高黃美雲
高爾遜基金會主席

趙美燕
世界心理衛生聯盟前會長

主動踏出一步求助 以笑臉對抗疫情

爆發疫情後，各種消息令市民原本不安的情緒如火上加油，不少人每天內心都增加焦慮，焦慮是引發小毛病的根源，亦是社區注重防疫工作的缺口。高爾遜基金會主席高黃美雲（高）與世界心理衛生聯盟前會長趙美燕（趙）BBS, JP，就舒緩精神壓力交換意見，同樣贊成以笑臉減壓力，以度過目前非常時期。

高：保持精神健康是預防患病的基本，有助加強預防感染疫病的機會。

趙：對，健康可以分為肢體健康及精神健康，兩者同樣重要。有些香港市民因恐懼而產生負面的想法，欠缺了正向的思維。

高：時刻保持開心想法，進行適量運動的人，各方面都比較健康。

趙：其實運動不只對肢體好，對腦部同樣有益處。

高：贊成，如果感到精神壓力大，有需要時要主動找其他人幫助，另外我認為宣傳教育在預防患病方面顯得重要，如果各類媒體每天有一段時間介紹相關知識，像多年前推廣清潔運動一樣，可以減低患病病的發病率。

趙：確實需要時間，才可以改變市民積極地面對情緒病，人的壽命愈來愈長，受情緒困擾的人數有可能增加，我會經代表世界心理衛生聯盟到先進及落後的國家考察，發現無論社會是否富裕，都面對好情緒病的問題，都需要進行宣傳教育，差別是做多或覺少，其實作為個人，可以主動踏出一步保持精神健康。

高：經常保持心情開朗，與朋友見面時，即使戴口罩仍然可以說笑話，保持社交活動，已經是個人可以做的精神保健方法。

趙：現時我最想做的是多推廣宣傳教育，使市民認識情緒病及留意疫情期間的精神健康狀態。

高：我亦想做多宣傳工作，以不同的內容吸引市民關注及留意。



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