



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

2023-2024 Annual Report

Charles K. Kao Foundation for Alzheimer's Disease

TABLE OF CONTENTS

	Page
ABOUT CHARLES K. KAO FOUNDATION FOR ALZHEIMER’S DISEASE	
Mission	1
Organisational Structure	2
SERVICES	
Charles Kao CUHK BEAT AD Service	3
Supporting Charity Case for Using Day Care Service	6
EVENTS AND ACTIVITIES	
Fundraising and Beneficiary Events	8
Public Relations, Media Coverage and Others	12

ABOUT CHARLES K. KAO FOUNDATION FOR ALZHEIMER'S DISEASE

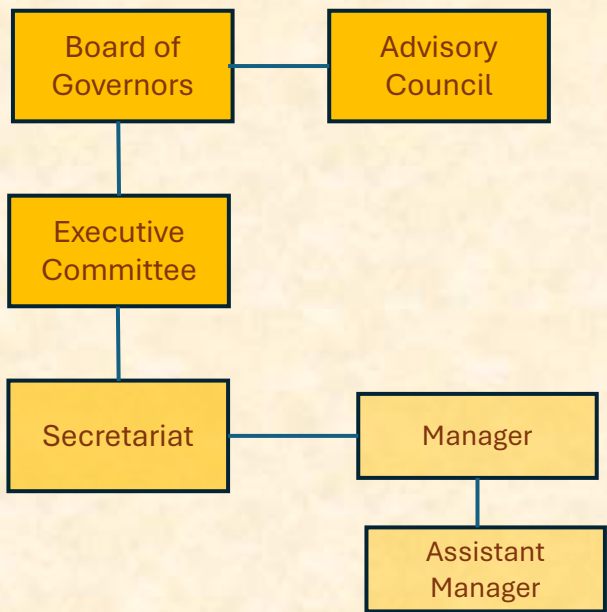
Mission

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

Our mission is to:

- raise public awareness of dementia and educate the general public on brain health care strategies;
- enhance care and support for people with dementia, their families and caregivers; and
- encourage and facilitate co-operation amongst various organisations, such as universities, government departments and non-governmental organisations to enhance resource allocation and education for dementia care.

Organisational Structure



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

SERVICES

Charles Kao CUHK BEAT AD Service

To continue our public education and service work after the Jockey Club Charles Kao Brain Health Services, the Foundation partnered with the Chinese University of Hong Kong (CUHK) to launch the Charles Kao CUHK BEAT AD Service (**B**rain **HEA**lth Service for Preven**T**ion of **A**lzheimer's **D**isease).

Research shows that managing modifiable brain-health risk factors can help prevent or slow cognitive decline. The BEAT AD Service offers each participant cognitive screening, a check of these risk factors, and a personalised one-year brain-health plan to help maintain or improve cognitive function.



Thanks to a generous donation from Dr Brigitte Lin Ching-hsia, the 18-month pilot started in September 2023 and aims to complete 800 assessments and 800 follow-ups, with plans to expand later. The free service is for Hong Kong residents aged 60 to 80 who have no diagnosed cognitive impairment but notice early signs of decline.

Registered nurses carry out the screenings and tests — including AI-based retinal imaging — review the results, and work with each participant to create a tailored plan covering cardiovascular risk control, brain exercises, cognitive and social activities, and a brain-healthy diet.



An opening ceremony at CUHK launched the service in September 2023.



Supporting Charity Case for Using Day Care Service

In 2023/24, this partnership with the Christian Family Service Centre's Mind Delight Memory and Cognitive Training Centre (CFSC) provided in-centre support to 60 individuals living with moderate to severe cognitive impairment, amounting to a total of 1,350 service hours.

This year, collaboration with community elderly centres proved effective in identifying more passive, socially isolated people with dementia, allowing those centres to arrange ongoing follow-ups.



Eighteen caregivers received targeted support, including face-to-face consultations, demonstrations of effective communication and interaction techniques, emotional support, and guidance on dementia services and resources available. Caregiver feedback was positive, with gratitude expressed for the practical help provided.



EVENTS AND ACTIVITIES

Fundraising and Beneficiary Events

Meiriki Nutricity Creativity Competition 2023

Meiriki Japan has been collaborating with the Food and Nutritional Sciences Programme of the Chinese University of Hong Kong for the Meiriki Nutricity Scholarship Programme for the past nine years. This year, the Foundation was represented by Mr Alan Tong, Governor and Executive Committee Member, who joined the judging panel and also acted as one of the award presenters for the programme.

We applaud Meiriki Japan for naming the Foundation as the event beneficiary and for their ongoing support.



Christmas and New Year Charity Sale 2023

The Christmas & New Year Charity Sale 2023 at New Town Plaza ran from 15 December 2023 to 15 January 2024, raising funds to support people with dementia, their families and caregivers.

We are grateful to New Town Plaza for sponsoring the venue, and to the volunteers and the public for their generous support.

Special thanks to our corporate sponsors and donors — 3 Hani Enterprises Ltd, S.I.C. Sport Ltd, MIOGGI, Sante Healthcare Alliance International Ltd, Aurabeat Technology Limited, Global Concept Asia Ltd, Shun Hing Group, Shun Hing Education and Charity Fund, PolyU Department of Rehabilitation Sciences, Antonhill Co Ltd, Jade's Palette, Dashijie Co. Ltd, Hy-Pro Asia, Kidsland LCS Ltd, Sim's Sweetshop, and Lions Club of Phoenix Hong Kong.



The Christmas and New Year Charity Sale 2023 Kick-off Ceremony was held on 17 December 2023.

We thank the attending celebrities and our emcee, Amy Ng, and appreciate the sponsor representatives for their support and presence.



Panasonic Pacers Charity Easter Run 2024

More than 2,000 runners took part in the Charity Run on 29 March 2024. The event was organised by the Pacers Athletics Club and sponsored by the Shun Hing Group and Panasonic, with the Foundation as the beneficiary.

We are grateful to the Shun Hing Education and Charity Fund for their generous donation and support!



EVENTS AND ACTIVITIES

Public Relations, Media Coverage and Others

Remember the Time We Sing

Remember the Time We Sing was a community arts initiative by Tai Kwun. The Foundation served as the project's supporting organisation, advising on its direction and facilitating collaboration with dementia-focused NGOs.

The project used music to raise public awareness of dementia and promote a positive, empathetic approach. Families caring for loved ones with dementia were paired with emerging songwriters to share their experiences and insights through songwriting and performance.



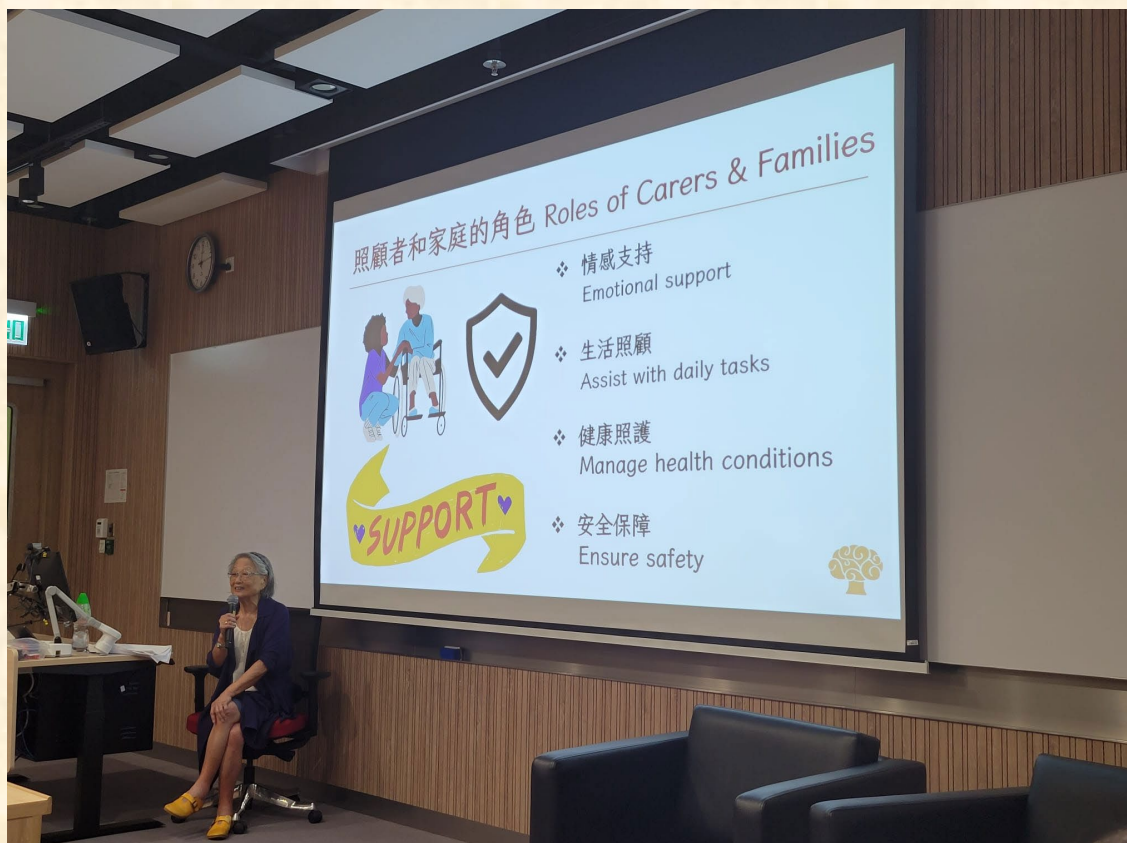
The initiative tested “co-creation” as an arts-therapy approach for people with dementia, their families and carers — collectively known as “Muse Families.” Participants attended workshops to generate ideas and, through ongoing collaboration, developed lyrics and melodies that producers later refined into finished songs.

The project culminated in a concert at Tai Kwun on 3 September 2023, where all participants performed pieces that captured their experiences and emotional journeys.

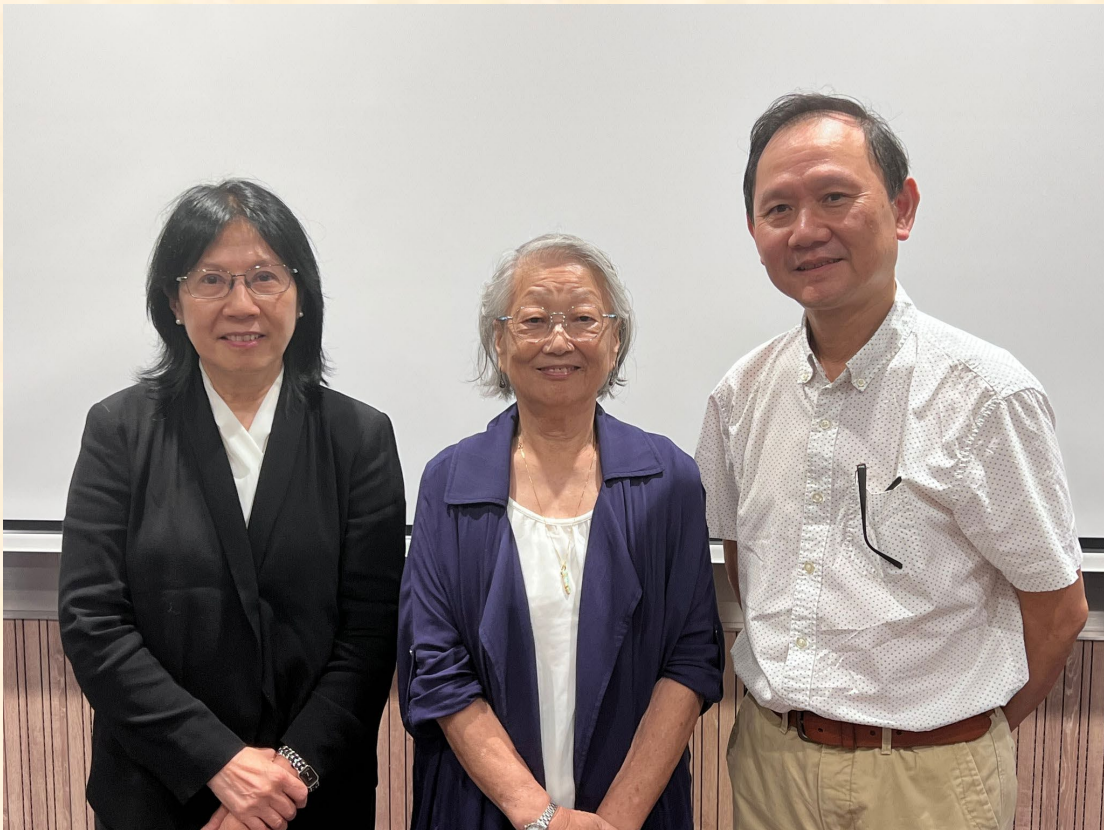


Elderly Buddies Hand-in-hand Scheme

Organised by the Integrated Centre for Wellbeing (I-WELL) at The Education University of Hong Kong, the Elderly Buddies Hand-in-hand Scheme aimed to raise public awareness and build basic knowledge and skills for supporting older adults with mental health needs. Through a series of events, the programme provided introductory training in mental-health caring and counselling.



For the foundational training course, Foundation Chairman Mrs Gwen Kao and Dr Chiu Ha Ying, Governor and Executive Committee Member, were invited as guest speakers. They shared valuable insights on dementia from both caregiver and professional perspectives.



Melody Christmas Rhythm Elderly Music Workshop

The Melody Christmas Rhythm Elderly Music Workshop, organised by the Foundation and the Christian Family Service Centre's Mind Delight Memory & Cognitive Training Centre, took place on the morning of Christmas Eve 2023.

Using Dalcroze Eurhythmics, participants learned music through gentle body movement, which promotes coordination and supports physical, mental and cognitive well-being. The activities can help reduce fall risk and may slow cognitive decline.

Caregivers also had the opportunity to relax, relieve stress, and enjoy happy moments with their senior loved ones.

