



Press Release  
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## **Local Retirees Delve into Smart Ageing Trends in Greater Bay Area for Promotion in Hong Kong**

HK Electric recently teamed up with the Hong Kong Council of Social Service (HKCSS) to run a “Smart Power Ambassador Training Programme 2024/2025”, where over 80 local retirees were given opportunities to explore artificial intelligence and sustainable development through a series of dynamic training sessions including a study tour to the Greater Bay Area.

Under the long-running University of 3<sup>rd</sup> Age (U3A) programme, ambassador trainees went on a trip to Guangzhou in mid-January, marking U3A's debut cross-border experience to gain first-hand knowledge of the elderly-care models there integrating medical and social services.

The tour included visits to a local residential care home and an elderly apartment featuring age-friendly services and innovative technologies to assist the elderly in living smart and safe in their golden years. The experiences provided them with valuable insights to shape their retirement plans.

Bonny Yeung, a U3A ambassador from the Pok Oi Hospital Mr. Kwok Hing Kwan Neighbourhood Elderly Centre, agreed that the role of innovative technologies in retirement planning was growing. “Through this trip, I discovered that gerontechnology products are age-friendly and can significantly improve our quality of life. I am eager to apply what I have learnt and share them with my fellow retirees,” she said.

Themed “Embracing Technology for Smart Ageing”, the 2024/2025 training programme features hands-on sessions on healthcare, nutrition and diet, smart ageing and sustainable living, with support from various professional organisations, including the Research Centre for Gerontology and Family Studies of The Hong Kong Polytechnic University, Solutions Hub of HKCSS, Jockey Club “age at home” Gerontech Education and Rental Service Centre and Friends of the Earth (HK).

Various workshops were organised in the five-month programme including:

Health Care	“age at home” Interactive Workshop	Enhancing the confidence and skills in using gerontechnology products.
Nutrition and Diet	Care Food Workshop	Learning about swallowing difficulties and production of care food.
Smart Ageing	Greater Bay Area Study Tour on Gerontechnology and Smart Ageing	Exploring the latest trends in smart ageing in Greater Bay Area.
Living	Visit to Gerontech and Innovation Expo cum Summit 2024	Understanding global trends and applications of gerontechnology products.
	HK Electric’s “Green Hong Kong Green – West Town Story 2.0” Eco-tour	Discovering the fading stories of the Western District and understanding more about urban conservation and sustainable community.
	Introduction of UNSDGs Action Planner	Learning about the United Nations' Sustainable Development Goals and ways to integrate them into daily routines.

Fong Yuen-chau, project coordinator from a U3A centre, Asian Outreach Hong Kong Island Harbourview Elderly Club, hailed the U3A for empowering retirees to embrace the digital age. “U3A is addressing the evolving needs of the elderly by introducing new concepts like smart living, gerontechnology and sustainability. These activities are refreshing the retirees’ traditional mindsets while preparing them for a smart retired life.”

With the conclusion of the training programme, the U3A ambassadors will share their newfound knowledge with fellow retirees in the community, and report on their learning outcomes to compete for the title of Outstanding Smart Power Ambassadors at the annual recognition ceremony in mid-2025.

The U3A programme is funded by the HK Electric Centenary Trust and co-ordinated by HKCSS. Elderly service agencies receive funding to run self-learning centres that provide courses conducted by the elderly and for the elderly. Since its inception 19 years ago, more than 9,500 courses have been organised, providing more than 162,000 learning opportunities for local retirees. For more information about U3A and Smart Power Ambassador

Training Programme, visit [HK Electric's website](#) or contact HKCSS at 2864 2959.

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**Photo Captions:**

**Photo 1 - 2**



HK Electric and HKCSS organise a Greater Bay Area study tour on genrotechnology and smart ageing, where over 80 U3A ambassadors visit the integrated elderly care facilities in Guangzhou.

Photo 3 - 5





U3A ambassadors eagerly appreciate the use of gerontechnology products, such as call bells, intelligent fall mats, biometric authentication access system and emergency inspection windows, at elderly care homes in Guangzhou.

Photo 6



The project coordinator of Asian Outreach Hong Kong Island Harbourview Elderly Club centre, Fong Yuen-chau (middle), appreciates U3A's efforts in promoting smart ageing and low-carbon living.

Photo 7



U3A ambassadors learn to prepare soft meals using electronic home appliances, addressing the needs of those with swallowing difficulties.

Photo 8



Yeung Yuk-lin (fourth from right) and U3A ambassadors explore some of the latest gerontechnology products at the Gerontech and Innovation Expo cum Summit 2024.

Photo 9



The training programme also features a seminar conducted by Friends of the Earth (HK) to introduce the United Nations' 17 Sustainable Development Goals. U3A ambassadors will practise low-carbon and sustainable living using the newly-launched UNSDG Action Planner published by HK Electric.