

Post-Event Summary: Thematic Session 1

The Future of Getting Old(er) Age-friendly Carnival

The first event of the Social Innovation Regional Forum (SIRF) 2021, The Future of Getting Old(er) Carnival, was successfully held at 7 Mallory Street on 16th October. Consisted of online and offline interactive activities and an exhibition, the Carnival welcomed the public in experiencing age-friendly communities, and encouraged everyone to become social innovators. Over 700 guests in Hong Kong and Mainland China participated through in-person visits, Facebook broadcast and a live virtual tour for participants in the Mainland.

In his welcome remark, **Dr Calvin Luk, Acting Director of the Jockey Club Design Institute for Social Innovation (JCDISI)**, introduced the meaning and social significance of the theme of the Forum – “The Making of Age-friendly Communities in Rapidly Ageing Societies”. He raised the notion of stepping out of academia and into the community, where stakeholders of different ages and sectors can all play a role in shaping age-friendly communities through social innovation.



Dr Calvin Luk, Acting Director of the Jockey Club Design Institute for Social Innovation (JCDISI)

Project Associate (Team Lead) of the Hong Kong PolyU Institute of Active Ageing, Ms Anita Lee, shared about their research, teaching and projects which have helped older people in realising their dreams. She stressed the importance of applying cross-discipline academic knowledge in community outreach efforts.



Project Associate (Team Lead) of the Hong Kong PolyU Institute of Active Ageing, Ms Anita Lee

In the interactive session, social innovators supported by the Good Seed entrepreneurship funding programme and PolyU Jockey Club “Operation SoInno” Silver Age Startup programme shared about their projects. They invited older participants to experience their innovations on stage, attracting many passers-by to stop and observe.

NeuroGym is a gamified training platform for older people and recovering individuals, developed by **Medmind Technology Limited** and supported by Good Seed. It is equipped with data analytics and user monitoring functions, and aims to reduce the chance of dementia. The demonstrated game was a smart Mahjong game which allowed young and old to play together. When playing against the older opponents, young people wore reading glasses and weighted sandbags on their wrists, allowing them to physically experience common body conditions faced by the elderly. **Founder Mr Nathan Hui** said that smart Mahjong helps older people to learn new technologies, and offers a new experience for intergenerational interactions.



Elderly and young people played smart Mahjong game



MC (Left) and founder of Medmind Technology Limited Mr Nathan Hui

DanzUp, a programme that was awarded seed grant in the Silver Age Startup programme, suggests using dance training to prevent falling among older people, reducing risks posed to their bodies. To the tune of the Cantonese pop song 「花花世界」, their dance coach led the old and the young, including children, in dancing simple moves, celebrating energetic collaboration between the 50+ and the youth. **Founder of DanzUp, John State**, is a 50+ silver

age social entrepreneur. When he fell ill for three years following his retirement when he turned 55, John started to plan out how he could live his life more meaningfully in the next 30 years. He returned to school to study gerontology where he gained an understanding of overseas fall prevention concepts, ultimately leading him to establish DanzUp to help older people stay physically and mentally healthy.



The dance coach led the old and the young, including children, in dancing simple moves



Founders of DanzUp, John State and Sue

Good Seed-supported venture **Mealingful** aims to improve the lives of people experiencing dysphagia, or difficulty in swallowing, and provides a one-stop service for soft meals and related products. Mealingful invited older people to help make sweet and sour pork on stage, teaching everyone the correct ratios, safety precautions, and preparation techniques for creating soft meals. **Founder Mr Jackson Law** shared how trying to assist an elderly relative who experienced dysphagia made him realise the difficulty in ordering suitable food for these individuals on the market. This led him to begin developing soft meals himself. Mealingful now has an online shop, providing intricate soft meals for older people and others in need, with the hopes of improving their quality of life



Founder of Mealingful, Mr Jackson Law

Another team who was awarded seed grant in the Silver Age Startup project was **MassageXercise Pain Relief**, who advocate treating aches effectively through a combination of Tui Na massage and sports. **Founder Andy So** shared his attitude towards embracing post-retirement work and continued education. He invited older people to experience Tui Na on stage, and provided guidance on everyday training and exercise.



MassageXercise Pain Relief team demonstrated Tui Na massage

An interactive exhibition also took place offstage, showcasing projects including innovative design solutions for addressing difficulties faced by tenants subdivided units, voice-activated interactive robot Tung Zai, a recycling trolley redesigned for use by elderly wastepickers, models and videos of the Kowloon Park fitness trail and intergenerational therapeutic garden, and a matching game that teaches the relationship between social innovation and technology.



Exhibition: Small Spaces, Big Challenges



Exhibition: Tung Zai the Helpful Friend



Exhibition: Remember playing all day long?



Exhibition: Reinventing the Wheel



Exhibition: Social Innovation and Technology





