

Exploring the Evolving Care Expectations Among Older Adults in Hong Kong

THE INFLUENCE OF POLICY AND COMMUNITY RESOURCE

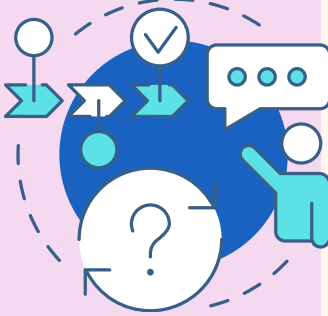


1 Background



- Hong Kong's aging population is rapidly increasing:
20.5% (2022) → 36% (2046)
(CENSUS AND STATISTICS DEPARTMENT, 2023)
- Rising demand for elderly healthcare & social services due to **longer life expectancy & low fertility rates**
- "Aging in place" policy encourages community-based care, but accessibility gaps exist.

2 Research Rationale & Objective



- Current policies **face criticism** for restrictive eligibility & underfunding.
- NGOs **struggle with sustainability**, leading to long waitlists & uneven service quality.
- Examines how public policy & community resources shape care expectations for Hong Kong's elderly.

3 Literature Review



- Hong Kong's Elder Care Policy Landscape**
 - Elderly Health Care Voucher (HKD 2,000/year) is insufficient for rising medical costs. (Lam, 2025)
 - CSSA cash allowances fail to match the cost of living for low-income elderly. (Yip et al., 2021)
- Impact of Community Services and NGOs**
 - NGOs & community services (home care, day care) are critical but underfunded & inaccessible for many. (Liao et al., 2021)
- Identified Gaps in Policy and Community Resource**
 - Inadequate financial & medical support. (Woo, 2024)
 - Shortage of long-term & domestic care services. (He & Chou, 2019)
 - Inconsistent service quality. (Lam, 2022)

5 Key Finding



A. Lack of Elder Care Policy Awareness
- Low awareness of complex policies but high recognition of Elderly Health Care Voucher
- HKD 2,000/year was deemed insufficient

"I've heard of the Old Age Living Allowance, but I really don't understand the eligibility requirements. A social worker helped me fill out the forms—I couldn't make sense of it myself."

Participant 5 (male, age 73)

B. Insufficient Accessibility & Effectiveness of Community Resources
- Limited access to daycare & home care
- Long waiting times for subsidized long-term care
- Uneven service quality

"My friend waited a year and a half to get into a government-subsidized nursing home. By then, she had already fallen twice, and her health deteriorated badly."

Participant 8 (female, age 80)

C. Heavy Burden on Family Caregiver
- Many participants relied on family for daily care
- Emotional & financial strain on caregivers
- Lack of public support increased dependence on family.

"I don't want my daughter to cut her working hours just to take care of me—it'd mean less income. But we can't afford to hire a helper either, so not being able to get a spot in a care home is really tough."

Participant 3 (female, age 71)

4 Methodology



- Qualitative Study**
- In-Depth Individual Interviews**
- Purposive Sampling**
- Sample size:** 12 aged 60+ participants, data saturation is achieved
- Interviewees are mainly found from **community centre**.
- Thematic analysis** used to identify key patterns in responses.

D. The multidimensional needs of the older adults

- Increase healthcare voucher to HKD 5,000/year to match medical costs.
- Reduce waiting times for long-term care via more funding & staffs.
- Expand quotas for home & daycare services.
- Financial aid & respite care programs to support caregivers.
- Stronger oversight of service providers

"The healthcare voucher should be increased to \$5,000—that'd be about right. Nowadays, just one specialist visit costs over a thousand dollars, so the \$2,000 voucher is gone after two visits."

Participant 1 (male, age 70)

"The government should hire more staff! Making us wait so long—by the time a nursing home spot opens up, my arthritis will have gotten so bad I'll need a wheelchair!"

Participant 10 (female, age 78)

"Government should provide more caregiver allowances and respite care services, so caregivers can get a proper break."

Participant 12 (female, age 65)

6 Discussion



Advantages of the research

- Most of the findings match with the results of literature review.
- Real opinion from the participants can better understand the real needs of the older adults.
- Public policies and community resources profoundly affect care expectations among older adults and their family.

Limitation

⚠ The results are dependent on the interviewer's skills or knowledge.

Recommendation

- Services needs:**
Increase funding for elder care policies & NGOs to improve accessibility.
- Financial needs:**
Reform eligibility criteria for financial assistance (e.g., CSSA, vouchers).
- Long term care needs:**
Enhance community-based care to better support "aging in place."
Improve service quality & training for caregivers.

