

Empowering Individuals and Unlocking Community Resources – Medical-social integration in District Health Centre Express

個人及社區層面的健康自強: 地區康健站推動醫社共融

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ABSTRACT

With ageing population and the increasing prevalence of chronic health conditions, a key challenge for Hong Kong's future health is how to motivate and empower our people to take ownership of their own health. Innovative approaches are needed to best mobilize resources to meet the needs and empower individuals and community to become co-creator of health.

Harnessing the power of social networks, the three District Health Centre Express of the Hong Kong Society for Rehabilitation (HKSR) in Central and Western District, Eastern District and Sha Tin strive to promote medical-social collaboration, serving as community healthcare resource hubs in the districts to promote self-management interventions and healthy lifestyle for individuals. At community level, resources can be unlocked when local network and partnership are activated to co-design health activities and co-create healthy community.

The presentation will share the strategies adopted by HKSR on empowering individuals and community in the District Health Centre Express. It will also introduce the application of "ACTivate your life", an evidenced-based intervention from NHS Wales, on helping DHCE members to improve their mental health and wellbeing.