

TIP-CARD online research seminars

Care and cost of dementia in Hong Kong

The Dementia Situation in Hong Kong: Key Challenges and Opportunities

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21 February 2023

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Funded by the Research Impact Fund (RIF)
Research Grants Council (RGC), HKSAR
Project Reference No.: R7017-18

Background

- Population ageing and rising number of people living with dementia (PLwD) in Hong Kong
 - Age 65+: 20% in 2022 (1.48 out of 7.4 million population) → 31% in 2039¹
 - Number of PLwD: 103,000 in 2009 → 330,000 in 2039²
 - Recent estimate: 178,129 PLwD in 2021³
- Developed city with care systems modelling other high-income areas, but facing a more rapid population ageing
 - Long waiting time in public healthcare and LTC services
 - Dementia-specific services / facilities not meeting the demand
- Lack of dementia-specific policy and plan in Hong Kong
 - Increasing attention from both healthcare and social care sector
 - Mental Health Review Report and Elderly Service Programme Plan in 2017

1. Census and Statistic Department (2020). *Hong Kong Population Projections 2020-2069*. Hong Kong: Census and Statistic Department, HKSAR.

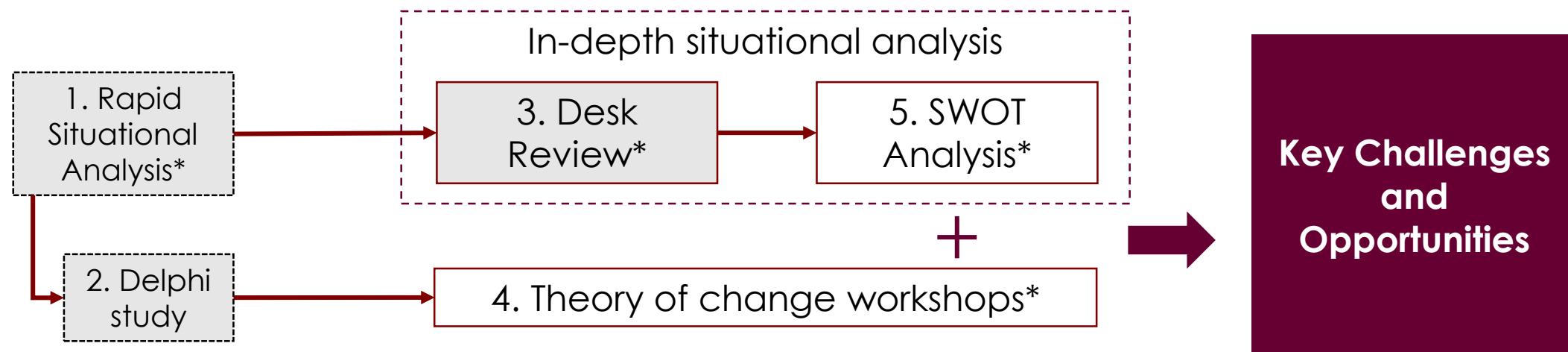
2. Yu, R., Chau, P. H., McGhee, S. M., Cheung, W. L., Chan, K. C., Cheung, S. H., & Woo, J. (2010). *Dementia Trends: Impact of the Ageing Population and Societal Implications for Hong Kong*. In. Hong Kong: The Hong Kong Jockey Club Charities Trust.

3. Hong Kong Mental Morbidity Survey For Older People (2021).

https://rfs1.healthbureau.gov.hk/images/jsn_is_thumbs/images/past_event/Health_Research_Symposium_2021/Materials/HRS2021_T4a_powerpoint.pdf

Objectives and methods

To assess the **current dementia situation** of care, intervention, and support, as **compared to the expectations and needs** in Hong Kong



*Guided by tools developed by the STRiDE project team

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Breuer E, Comas-Herrera A, Docrat S, Freeman E, Schneider M and the STRiDE team (2019). STRiDE Theory of Change Workshops: Guidance and Resources. STRiDE Research Tool No.1 (version 2), Care Policy and Evaluation Centre, LSE, London.

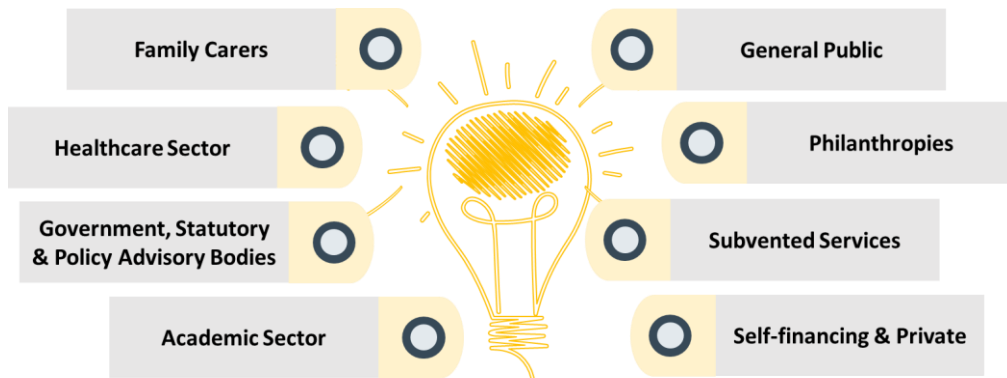
Docrat, S., Lorenz K., Comas-Herrera, A. (2019) STRiDE situational analysis: guidance on developing SWOT analyses from the desk review. STRiDE research tool No.4 (version 1), CPEC, London School of Economics and Political Science, London

Rapid Situational Analysis: Quick overview & Stakeholder engagement



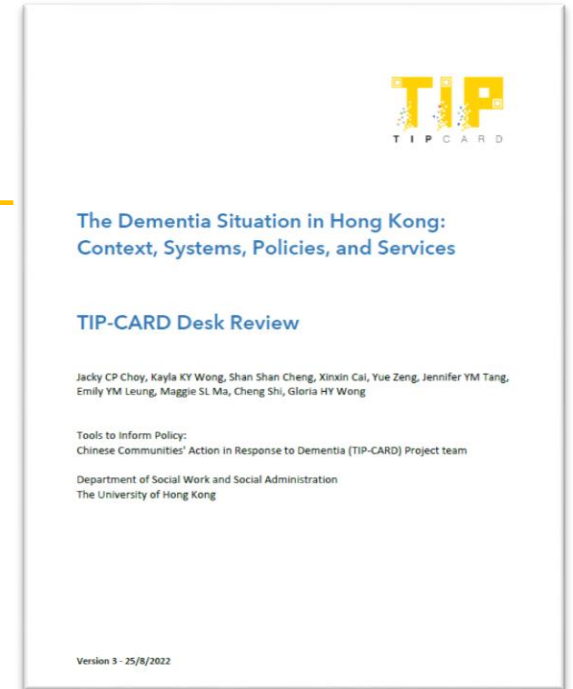
Delphi study: Priorities of service users and other stakeholders

What should dementia care look like in Hong Kong in 10 years?



Desk Review: Understanding the dementia situation

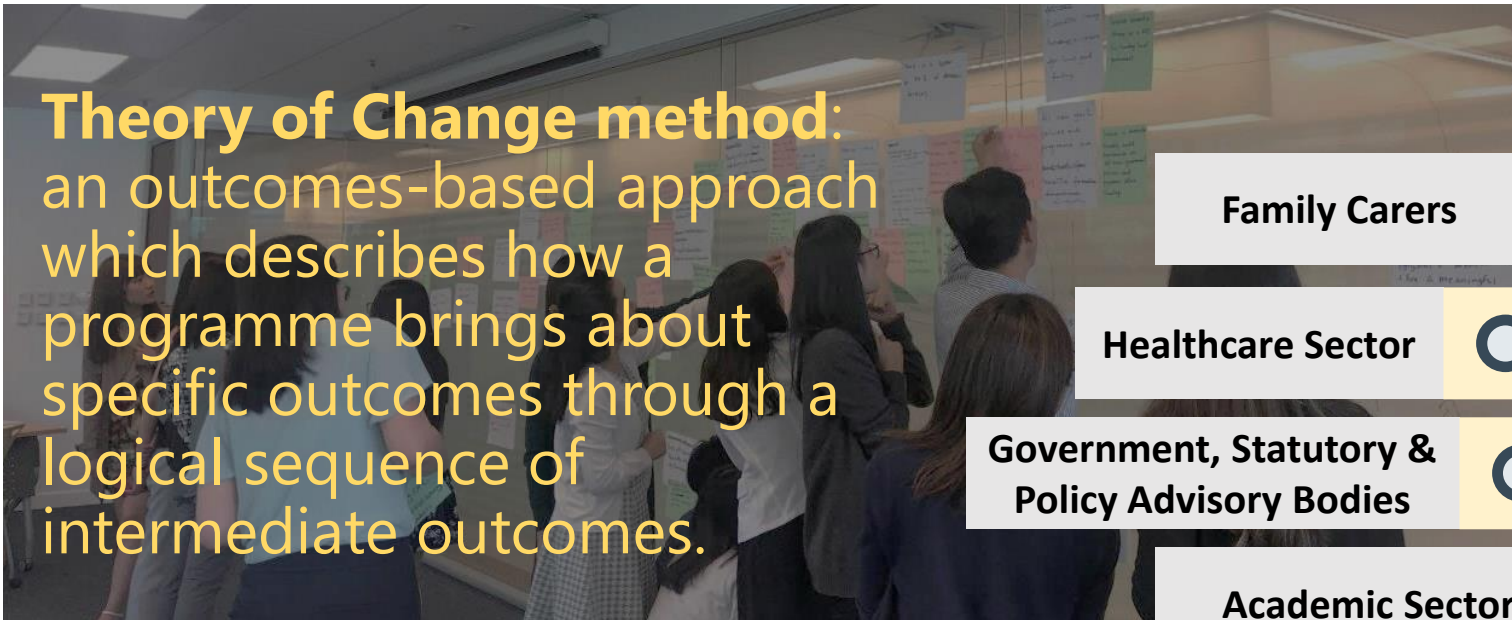
1. Overall Hong Kong context
2. Overall health system context
3. Overall LTC system context
4. Dementia policy context
5. Dementia awareness and stigma
6. Epidemiology of and Information systems of dementia
7. Dementia care system
8. Unpaid care and other informal care for dementia
9. Social protection for people with dementia
10. Dementia research



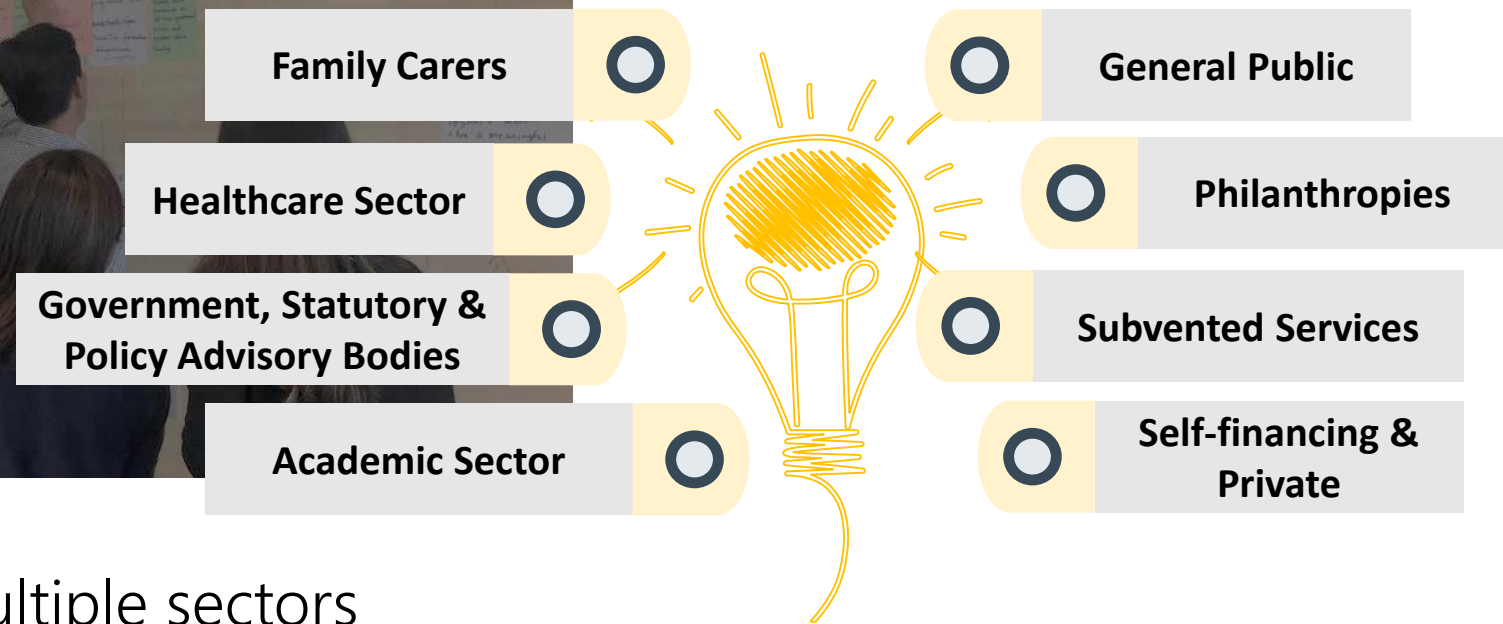
Recently updated in Oct 2022.
Available at <https://www.tip-card.hku.hk>

Shi, C., Wong, G. H., Choy, J. C., Wong, K. K., Lum, T. Y., & Doris, S. F. (2022). Are we on the same page? Multiple stakeholders and service users priorities for dementia care and policy: A Delphi study. *International Journal of Nursing Studies*, 133, 104300.

Theory-of-Change workshop: Vision & Strategic plan co-development



Theory of Change method:
an outcomes-based approach
which describes how a
programme brings about
specific outcomes through a
logical sequence of
intermediate outcomes.



- 32 representatives from multiple sectors
- 3 facilitators: faculty members from social sciences & medicine
- Zoom meetings (workshops): 27 Aug & 17 Sep 2020
- Papers & other communications for ideas inputs

Theory-of-change workshop: What Have We Discussed?

Impact

The real world change we are trying to

Outcomes achieve

A set of logical steps that need to happen if

the impact is to be achieved

Evidence, or rationale, for why one outcome

will logically lead to the next

Who/what, how, how long, how much change

will occur as a result

What needs to be done to move from one
outcome to the next



Reference:

Breuer E, Comas-Herrera A, Docrat S, Freeman E, Schneider M and the STRiDE team (2019). STRiDE Theory of Change Workshops: Guidance and Resources. STRiDE Research Tool No.1 (version 2), Care Policy and Evaluation Centre, LSE, London.

Theory-of-change workshop:

Our Vision:

Where Do We Want to Get to in 10 Years?



*HK becomes a **dementia-friendly city** where people living with dementia & carers can lead normal life & age-in-place with dignity, meaning, & quality of life*



*HK has **reduced/slowed increase in number** of people living with dementia through effective prevention*



SWOT Analysis: Assessing the dementia situation

Strengths	Weaknesses
<p>Factors that have stimulated strong dementia care performance or factors that are considered an advantage for meeting the policy goal</p>	<p>Factors that have increased dementia care costs or reduced dementia care quality or factors that would pose a disadvantage for meeting the policy goal</p>
Opportunities	Threats
<p>New initiatives and areas of growth available to the dementia care sector(s) or elements that could be harnessed to meet the policy goal</p>	<p>Factors that negatively affect dementia care performance or other elements that could cause trouble in meeting the policy goal</p>

- Conducted by 7 project members with diverse professional background
 - Health system factors
 - LTC system factors
 - Economic factors
 - Political factors
 - Cultural / societal factors
 - Context of social and legal protection
 - General / strategic factors

SWOT Analysis:

Key features and Strengths

- **Comprehensive public LTC and healthcare care** sector that provides universal, affordable, and territory-wide services; and financed by stable and recurrent budget
- **Private** sector is the major provider of **residential care service** (63% of total places) and **primary care** (70% of all medical and dental visit).
- **NGOs and charities** have been funding and implementing a wide range of **pilot measures / services** over the last two decades.
- **Strong informal care**, including unpaid family carers and paid foreign domestic helpers play a huge role in dementia care.
- New **dementia-specific community service** via **medical-social collaboration** providing support to PLwD and family carers

SWOT Analysis & TOC workshop:

Key Challenges and Opportunities 1

Vision 1: Dementia-friendly city where people living with dementia & carers can lead normal life & age-in-place with dignity, meaning, & quality of life

Challenges

- Unknown public awareness and attitudes
 - Last related survey was in 2015
- Unknown diagnostic rate, potentially low
 - 2005: 11% in community
- Lack of dementia-specific care coordination & service fragmentation
- Heavy reliance on public services
- Shortage in workforce & high turnover
- Inflexible respite service

Opportunities

- Review and follow-up on Dementia Friendly Community Campaign
- Existing large-scale age-friendly city campaign
- Involvement of primary care in diagnostic service
- Vouchers schemes – Healthcare and social care
- Task-shifting approaches in community
 - Training of volunteers and other community members
- Training of foreign domestic helpers
- Remote services & e-resources

SWOT Analysis & TOC workshop:

Key Challenges and Opportunities 2

Vision 2: Reduced/slowed increase in number of people living with dementia through effective prevention

Challenges

- Increase prevalence of risk factors
 - from 2014 to 2020:
 - Hypertension: 17.8% → 19.5%
 - Insufficient physical activity: 13% → 24.8%
 - Diabetes: 5.5% → 6.9%
- Rapid population ageing
- No information systems for dementia

Opportunities

- Existing action plan towards Non-communicable diseases
- Social media, pop cultures and celebrities
 - Public education at different levels
- Prevalence rate from Hong Kong Mental Morbidity Survey for Older People

SWOT Analysis & TOC workshop: Key Challenges and Opportunities 3

Both Vision 1 & 2

Challenges

- No clear / widely recognised dementia-specific government unit or representative
 - Healthcare, social care, or both?
- Questionable priority in policy agenda
- Limited support and attention for ethnic minority
- No dementia-specific research fund and plan

Opportunities

- Follow-up on the recommendations from Mental Health Review Report and Elderly Service Programme Plan
- Co-developed roadmap from TIP-CARD
- Cost estimates from TIP-CARD
- Database integration of health and LTC services
- Dementia research hub / data sharing platform