



# Let's talk

Do **YOUR PARENTS** have what they need to be safe and secure as they age? Let's talk!

**Help your parents understand their needs as they age can encourage them to be more independent and empower them to enhance their living spaces.**

As your parents age, their living spaces need to adapt to new needs and challenges. But these evolving needs can be hard to acknowledge, presenting barriers to improving their homes. Most importantly, having a conversation about evolving needs can be difficult as they don't want to be a burden to the family. Through Habitat for Humanity Hong Kong and our partners' research, we know that the ageing population responds better to conversations about empowering outcomes. When starting conversations, make sure to focus on real-life improvements rather than a decline in ability.

**Showcasing the immediate impacts to their lives through examples can help to build an open dialogue and increase engagement**

When the needs related to ageing are normalised, and people understand that everyone's abilities and needs change with age, the older population is more open to conversations. Providing examples of people's lives that have been improved, and focusing on individual stories is a key way to create engagement. You can find information about individuals' stories on the Habitat for Humanity Hong Kong website, but personal examples of extended family members, friends, or community members can also enable more engaging conversations.



**Using the Ageing in Place Home Safety Assessment can help to break the challenging barriers that you face when you have a discussion with your parents about their living situation.**

We know the dynamic between parents and children can be difficult sometimes. You care about your parents' wellbeing, but conversations with your parents can create tension as they reflect on their personal ageing process. Resources like the Ageing in Place Home Safety Assessment can make these conversations easier. Through an easy-to-understand assessment of their living space, you can help them to see that home enhancements can be simple and provide quick ways to improve the safety and comfort of their homes.

**By starting with your parents' practical needs, you can engage in more productive conversations.**

Understanding the issues that are affecting your parents, from their perspective, is key. Rather than focusing on problems that need to be fixed, conversations can start with challenges that need to be overcome. Our Ageing in Place Home Safety Assessment is meant to help you in this conversation. Across the home, you can review aspects of your parents' living space that can be challenging, and understand how specific enhancements can improve their freedom to live independently in their home.

**Take our quick Ageing in Place Home Safety Assessment to understand how you can help your parents improve their living space to be safer, more comfortable, and more secure.**

# Did you know?

Starting with our Ageing in Place Home Safety Assessment, you can work with you parents to understand how they can make their homes more accessible.

**Take the assessment today >**

Resources are available through Habitat for Humanity Hong Kong and other NGOs to assess potential for enhancements, with detailed information available for contractors to make upgrades.

**View available resources >**

Our Ageing in Place blog contains stories that you can use to showcase the benefits of making home modifications to share with your parents.

**Read their stories now >**

## About Ageing in Place

Hong Kong is the most expensive property market in the world, with 25% of the population living below the poverty line. Around 220,000 people live in cramped and unhygienic subdivided housing, many waiting years for public housing. Like other developed economies, the population is aging and by 2050, Hong Kong will have the oldest population in the world. The city will also face the challenge of aging housing stock, compounded by deteriorating conditions of residential buildings in a sub-tropical climate. Following the World Health Organization (WHO) guidelines on age-friendly cities, embracing age-friendly communities would create active aging opportunities for older adults through health, participation, and security, enhancing their quality of life as they age. The WHO has identified housing as one of the eight domains necessary to provide a comprehensive view of the age-friendliness of a community.

In partnership with ZeShan Foundation, in June 2022, Habitat for Humanity Hong Kong launched the pilot phase of our 'Project Home Works: Ageing in Place' programme. We worked with a local university to field test a new assessment tool to identify the needs of under-privileged older adults people living in public rental housing. We worked with a network of community-based organizations, home repair experts and local NGOs to provide appropriate home modifications to 60 grassroots households, enabling

vulnerable older people to live in age-friendly homes through installations of handrails, bed rails, anti-slip floor treatments, flooring repairs, lighting improvements, flashing doorbells and other relevant modifications.

We subsequently launched Phase 2 of the programme in January 2024 with funding from ZeShan Foundation, Kerry Group and the Yau Family Charitable Foundation, which aims to deliver home modifications to a further 350 elderly households (benefitting around 525 elderly beneficiaries and caregivers), develop an online resource platform and campaign to raise public awareness and adoption of home modifications, and increase engagement with stakeholders in the private and social welfare sectors. Leveraging our experience as Ageing in Place practitioners, we can make an impact on the NGO sector, service provision and elderly welfare policy. We can also influence the private sector to explore more inclusive senior housing solutions that cater to marginalized populations and improve accessibility in the city.

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