With the support of The Hong Kong Jockey Club Charities Trust, a three-year initiative, **Jockey Club End-of-Life Community Care (JCECC) Project**, was launched in 2015. The project aims at improving the quality of end-of-life care, enhancing the capacity of service providers and raising public awareness.

**FEATURE**

On February 25, 2016, The JCECC Project, together with Hospital Authority and Hong Kong Society of Palliative Medicine, organised a Symposium on Collaboration and Communications in Health and Social Care for End-of-Life Care. The Symposium featured three knowledgeable speakers including Professor Ilora Finlay from University of Cardiff, Mr. Richard Yuen from Food and Health Bureau and Professor Cecilia Chan from the JCECC Project.

In Hong Kong, the proportion of deaths of people aged 65 or over has increased from 67.2% (in 1991) to 78.4% (in 2011), amounting to a 73% increase in actual deaths. In the same period, the overall number of deaths also increased; therefore, the demand for end-of-life care has grown tremendously. Despite that, the development of end-of-life care in Hong Kong has been below average. In the 2015 Quality of Death Index, Hong Kong was ranked only 22nd out of 80 regions, behind other developed Asian regions like Taiwan, Singapore, Japan and South Korea. The United Kingdom ranked 1st in the index and there are a lot of experience that can be learnt from the UK on end-of-life care in terms of systems, infrastructures and community education. Professor Finlay, The Baroness Finlay of Llandaff and Professor of Palliative Medicine in Cardiff University, with Mr. Richard Yuen, Permanent Secretary for Food and Health (Health) of Food and Health Bureau, shared their insights in end-of-life care in the United Kingdom and Hong Kong in one of the symposium organised by the Project.

Professor Finlay presented her views by drawing from her wealth of experience with the UK end-of-life care system. While acknowledging that the Hong Kong population is ageing, Professor Finlay stressed that the solution is not to build more hospitals. Rather, we must think creatively and make use of community resources to provide holistic, personalised care to people who are in the last stages of their lives. Mr. Yuen also expressed the similar view that a synergy between medical care services and community elderly care should be promoted for achieving quality ageing and brining cultural change in the society; yet more hospital capacity is necessary for Hong Kong to meet the stressing demand on local medical services.

Professor Finlay highlighted the importance of involving communities in professional palliative care (for example, to help patients and their families with everyday activities like walking the dog, doing groceries or drinking a cup of tea together) and drew from initiatives in Wales and the rest of UK such as ‘One chance to get it right’, ‘Dying matters’ and ‘Compassionate communities’ to illustrate how communities can be educated and motivated to help fulfil the needs of palliative care patients.

The Symposium received positive responses, with an attendance of around 300 healthcare professionals and end-of-life care staff.

**PROJECT COMPONENT**

**Capacity Building and Education Programmes on End-of-Life Care**

The CUHK Jockey Club Institute of Ageing (IoA) has established networks with hospitals in the Hospital Authority New Territories East Cluster, namely Prince of Wales Hospital, Sha Tin Hospital, Cheshire Home, Bradbury Hospice, Alice Ho Miu Nethersole Hospital, Tai Po Hospital and North District Hospital. In the past eight months, 44 information sessions for healthcare staff, patients and the public have been held with a total of 1,500 attendees. Read More

An article on measures to alleviate the stress of healthcare staff in dealing with end-of-life patients was published in January and March 2016 in Cluster News (東網), a bi-monthly newsletter within the NTE cluster. At the same time, IoA will evaluate the competency of healthcare professionals in dealing with end-of-life issues through the use of a Death Work Scale Questionnaire. Healthcare professionals in the NTE cluster are invited to fill in questionnaires. The information collected will be useful for IoA to develop strategies to provide tailor-made training to healthcare staff. The healthcare professionals in the NTE cluster can access the questionnaire by clicking here or scanning the below QR code.

[Access to the Death Work Scale Questionnaire](#)
End-of-Life Care in Residential Care Homes for the Elderly (RCHEs)

The district-based Support for RCHEs, led by Hong Kong Association of Gerontology, aims to enhance the capacity of the RCHEs to be more willing, ready and able to provide quality palliative and end-of-life care in long term care settings. In the long run, the model of care could be widely adopted in all Government subvented Care-and-Attention Homes in Hong Kong with the appropriate policies and funding. As of July 2016, 80 training programmes in 14 RCHEs have been held with over 500 staff members in attendance. Seven public seminars were held in RCHEs for the elderly starting from April 2016 with 335 participants. Read More

Innovative Services by NGOs

The University of Hong Kong has partnered with 4 NGOs, namely Haven of Hope Christian Services, Holy Carpenter Church Community Centre, St. James’ Settlement and The Hong Kong Society for Rehabilitation to develop innovative end-of-life care service models, aiming to pioneer new services to empower the infrastructure of end-of-life care support in the community, complement the existing service gap in hospitals and RCHEs and eventually enhance the quality of life of end-of-life patients, their family members and caregivers.

Hospice at Home

The Hospice at Home project aims to enhance the quality of end-of-life care in clients’ home and the community. Read More

“Life Rainbow” End-of-Life Care Services

“Life Rainbow” End-of-Life Care Services provide quality community end-of-life care to people with late stage chronic illnesses and their family members who live in the Hong Kong East cluster. It adopts a collaborative approach and aims to foster care partnerships with hospitals, family members, patients’ self-help groups, professionals and neighbourhood volunteers to support families in need, so as to create a holistic community model of end-of-life care. Read More

Cheering@Home End-of-Life Care Services

Cheering@Home End-of-Life Care Services aim to provide community end-of-life care to patients with life-threatening illnesses and their families, supporting patients whose care preference is to stay at home. Read More

“Hospice in Family” Home Care Support Services

“Hospice in Family” Home Care Support Services seek to provide end-of-life home care service for terminally ill patients and their family members in order to preserve their dignity and improve their quality of life. This project also aims to raise public awareness of end-of-life home care service and to create a positive attitude towards death. Read More

Professional Capacity Building

The University of Hong Kong will launch a series of professional leadership training programmes to strengthen end-of-life competency of professionals who take care of people with such needs. The programme also aims to identify the discrepancy between established standards and existing professional competency and provide suitable training programmes to the target groups. Read More

As of July 31, 2016, 14 professional training workshops and 7 sessions of the leadership training programme have been organised, with other 500 participants joining the events.

Knowledge and Skill Transfer

Through public education and mass media coverage, the JCEE Project can not only promote a better understanding of end-of-life care to different community stakeholders, but also empower the capacity of professionals, as well as the coping ability of peers, caregivers and family members through evidence-based knowledge and skills, all the while enhancing the quality of life of patients. Read More

As of July 31, 2016, 6 public seminars and symposia have been organised, with over 990 participants joining the events.

Assessment and Evaluation

Impact assessment and evaluation act as bridges between the gaps, components, impact and sustainability of end-of-life care services. Evidence, outcome and impact of the programme can be measured by using quantitative methods with suitable indicators to evaluate it at all levels. It not only strengthens the value of the project, but also ensures sustainability. The overall impact assessment will be measured in line with the five issues identified in end-of-life care, namely, Quality of Life, Caregiver Burden, Family Relationships, User Satisfaction and Utilisation of Service. Two levels of impact assessments will be carried out. A territory-wide survey will be used to capture the whole picture of Hong Kong. The same assessment will be carried out in each of the project sites as well.

E-CASE

Mr. Lin, currently aged 66, was diagnosed with late-stage nasopharynx cancer one year ago. Like many other cancer patient families, Mr. Lin felt anxious when facing complicated medical decisions. Conflicts between family members arise because of different opinions among family members. In this video, we can observe how Mr. Lin’s family uses love and forgiveness to transfer conflict into mutual support in this difficulty situation.
EVENTS HIGHLIGHT

Launch Ceremony of Jockey Club End-of-Life Community Care Project
Date: January 8, 2016
Video: Click here
Read More

Professional Training

Workshop on Psychosocial Assessment and Intervention with Patients with Advanced Cancer
Date: December 8, 2015
Video: Click here
Read More

Workshop on Personal Care for Patients at End of Life: Benefit Can Be Mutual
Date: January 8, 2016
Read More

JCECC Leadership Training Programme 2016
Dates: January 20, 2016 (First session)
February 19, 2016 (Second session)
March 18, 2016 (Third session)
Read More

Workshop on End-of-Life Care: Planning an Approach to Intervene in Family Struggles
Date: March 31, 2016
Read More

Workshop on End-of-Life Care: Uninterrupted Connection
Date: April 13, 14 and 25, 2016
Read More

Workshop on Chinese Medicine Home Care in End-of-Life
Dates: April 19 and 26, 2016
Read More

Workshop on Counseling Individuals and Families with Life-Threatening Illness
Dates: May 9-10, 2016
Read More
Workshop on Core Skills and Techniques of Grief Therapy
Dates: May 12-13, 2016
Read More

Workshop on End-of-Life Care: Effective Communication with Patients and Families in Nursing Care
如何促進護理人員與患者及家屬的有效溝通
Date: May 25, 2016
Read More

Workshop on Pearls and Myths of Chinese Medicine and Alternative Medicine in Oncology Care
中醫與另類治療於癌症護理中的智慧與迷思
Date: May 27, 2016
Read More

Workshop on Enhancing Self Competence in Working with Death, Dying and Bereavement
安寧照顧團隊的自我能力工作坊
Dates: May 30 - 31, 2016
Read More

Workshop on What to Eat and What Not to Eat: Nutritional Advice to Cancer Patients
揀飲·擇食：給癌症病人的飲食建議
Date: June 10, 2016
Read More

Workshop on Quality Care at End-of-Life in Acute Setting
安寧照顧與急症護理工作坊
Dates: June 14-15, 2016
Read More

Workshop on Unheard Little Voice: Supporting Children to Face the Imminent Death of their Grandparents
童心同行-支援兒童面對祖父母的晚期病工作坊
Dates: June 23 and 30, 2016
Read More

Workshop on The Use of Expressive Arts Therapy in Palliative Care
應用表達藝術療法於紓緩治療工作坊
Dates: July 15 and 22, 2016
Read More
Symposium on Frontiers of End-of-Life Care in Asia  
**Date:** January 8, 2016  
**Video:** [Click here](#)  
**Read More**

Symposium on Collaboration and Communications in Health and Social Care for End-of-Life Care  
**Date:** February 25, 2016  
**Video:** [Click here](#)  
**Read More**

Seminar on Symptom Management in End-of-Life Care  
**Date:** March 24, 2016  
**Read More**

End-of-Life Care: Implication on Life Meanings and Our Existence  
**Date:** April 21, 2016  
**Read More**

Living with Dying Loved One: Tips from the East and the West  
**Date:** May 11, 2016  
**Read More**

Medical Care for Advanced Patients  
**Date:** July 2, 2016  
**Read More**

Organiser: St. James’ Settlement  
**Date:** May 17, 2016  
**Read More**
From Longevity to Graceful Death
從生存長壽到無疾而終
Date: July 9, 2016
Read More

FORTHCOMING EVENTS

Professional Training

Symptoms – Integration of Traditional Approach and Ericksonian Approach
自我催眠與身心症狀的處理 - 艾歷森模式與傳統模式的整合運用
Dates: September 7, 14 and 21, 2016
Speaker: Ms Pauline Wan, Honorary Lecturer
Department of Social Work and Social Administration, The University of Hong Kong
Language: Cantonese
Read More

Workshop on End-of-Life Care: Uninterrupted Connection
安寧服務工作坊：無間斷連繫
Dates: October 20, 21 and 31, 2016
Speaker: Dr Grace Cheung, Honorary Assistant Professor
Department of Social Work and Social Administration, The University of Hong Kong
Language: Cantonese
Read More

Workshop on Effective Communication with Patients and Families in Nursing Care
如何促進護理人員與患者及家屬的有效溝通
Dates: November 9, 2016
Speaker: Ms Clare Lai
Lecturer, Society for the Promotion of Hospice Care, Experienced End-of-Life Care Nurse
Language: Cantonese
Read More

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