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Dr Vivian Lou is the Director of Sau Po Centre on Ageing, and Associate Professor at Department of Social Work & Social Administration at The University of Hong Kong. Her research interests focus on family gerontology, in particular family caregiving for dementia, stroke, end-of-life older adults, and social adaptation and mental health of Chinese older adults. She also has a keen interest in building evidence-based models to empower older adults and their families. Dr Lou has been appointed as a member of the Elderly Commission of the HKSAR Government. She is also a fellow of the Gerontological Society of America, and a Council member of Hong Kong Association of Gerontology.