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Welcome Message from Co-Chairpersons



Mrs. Patricia CHU, BBS

Co-Chairperson, Organising Committee
Asian Family Summit 2024

Chairperson, CIFA



Ms. Melissa PANG, BBS, MH, JP

Co-Chairperson, Organising Committee
Asian Family Summit 2024

Chairperson, Family Council

It is our honour and pleasure to welcome you to the Asian Family Summit jointly organised by the Consortium of Institutes on Family in the Asian Region, the Social Welfare Department and the Family Council of the HKSAR, the Connecting Hearts, the Faculty of Social Sciences of The University of Hong Kong and the Hong Kong Council of Social Service. This collaborative effort is a testimony of our common goal of working together “Towards A Better Tomorrow for Families: Partnership, Collaboration & Action for Sustainable Development”.

The Asian Family Summit (AFS) is the signature programme organised in Asia to echo the call of the United Nations to celebrate the 30th Anniversary of the International Year of the Family (IYF+30), against the backdrop of the four megatrends, all of which are impacting family life. We are thankful that the AFS, along with other programmes of the “Jockey Club Professional Development Initiatives on Family Services”, are sponsored by the Jockey Club SMART Family-Link Project which is initiated and funded by The Hong Kong Jockey Club Charities Trust.

The Summit aims to provide an opportunity for public, private, academic/professional, NGO sectors and civil society to come together to examine the challenges faced by families, review the existing policies, service provision and practice and contribute towards the formulation of evidence-based policies and innovative measures of coping with these challenges. We are pleased to have distinguished keynote and plenary speakers to share their insights and experience on the four megatrends, oral and poster presentations and sharing of Best Practices in Asia under the Family Well-Being Project 2024, as well as the Family Well-Being Expo to be followed by post-summit agency visits and workshops. We have also arranged hospitality activities for you to meet each other in a more relaxed atmosphere to establish acquaintances for future linkage and collaboration.

We are grateful to the honorary advisors for their support and guidance, members of the Organising Committee and the various committees as well as the Secretariat for heading up the enormous preparatory work to make the Summit a success. With everyone’s unflinching efforts and thoughtful input, we are sure that the Summit will be a substantial, relevant and fruitful one when we exchange expertise, experiences and ideas. With a shared mission and in partnership, we can work together to enhance family functioning and advance family well-being, contributing to the global effort in actualising the 2030 Agenda for Sustainable Development.

We hope all of you a rewarding and enjoyable Summit!



Message from the Chief Executive, Hong Kong Special Administrative Region



The Hon. Mr. John KC LEE,
GBM, SBS, PDSM, PMSM

Chief Executive,
Hong Kong Special Administrative Region

A warm welcome to the Asian Family Summit. Last held in Hong Kong in 2018, I am delighted that the Summit is returning to our city to celebrate the milestone 30th anniversary of the International Year of the Family.

Themed “Towards a Better Tomorrow for Families: Partnership, Collaboration & Action for Sustainable Development”, this event provides experts from the United Nations and different sectors across Asia with an excellent platform to examine the challenges families face today, through cross-disciplinary exchanges. Sharing knowledge, experience and best practices, they can map out effective strategies to promote family well-being.

Families are the cornerstone of society and contribute to social stability. The Hong Kong SAR Government is a keen promotor of family values. Taking a family-centric approach to our people’s aspirations for a good life, we are dedicated to building a caring, inclusive and harmonious society. The Home and Youth Affairs Bureau and the Family Council have launched a new five-year Funding Scheme on the Promotion of Family Education in October 2024, with annual funding of HK\$8 million, to subsidise non-profit-making community projects in promoting family education. We will also organise the inaugural Hong Kong Excellent Family Awards in 2025 to advocate good family values and reinforce work in relation to family building, family education and family values, with a view to enhancing the family and social harmony.

The Asian Family Summit represents a collective effort among various stakeholders committed to family well-being, such as the Consortium of Institutes on Family in the Asian Region, Connecting Hearts, Faculty of Social Sciences of The University of Hong Kong, Hong Kong Council of Social Service, our Family Council and Social Welfare Department. They have designed thoughtful programmes to inspire participants and enrich their experience.

I hope you will find this Summit fulfilling, sparking ideas and actions that will benefit families in different ways. I wish our visiting guests a memorable stay in our city.



Opening Address from the United Nations



Mr. Junhua Li

Under-Secretary-General for Economic & Social Affairs,
Department of Economic and Social Affairs (DESA),
United Nations

Excellencies, ladies and gentlemen, it is a pleasure to address you at the opening of the Asian Family Summit, commemorating the 30th anniversary of the International Year of the Family. I wish to thank the organisers for convening this important event. Allow me to make special mention of the Consortium of Institutes on Family in the Asian Region, for their support to the preparations for and observance of this year's 30th anniversary commemoration. Ladies and gentlemen, families can enrich our lives by providing long-lasting social bonds and promoting the well-being of individuals. They can be a good example of how to share resources within and across generations and sustain a system of mutual care and support.

But like many aspects of our social fabric, families are being affected by current global megatrends. Technological change, urbanisation, migration, demographic shifts and climate change are all strongly impacting families. I am happy to see that a key objective of this Summit is to assess the impact of these trends on families in Asia and identify opportunities to strengthen families and their contribution to development.

Our work in UNDESA has explored these impacts and possibilities to help guide the future development of family policies. Allow me to share a few recommendations. First, we must address the challenge of technological change from a family perspective. This means supporting improved technological skills across the life course. We must invest in continuing education so that parents and caregivers can guide children in using new technologies and navigating the social challenges that they can present. At the same time, we should encourage responsible use of social media to promote inclusive societies and resilient families.

Second, with rapid urbanisation, it is important to ensure that cities are family-friendly spaces. Cities must be inclusive, safe, resilient and sustainable. This requires well-managed urban planning, with effective coordination across all levels of government, long-term public-private partnerships, and inclusive participatory design and implementation.

Third, we must address the profound impact of migration on families. Migration policies that facilitate family reunification and that promote the social integration of migrants into host societies are indispensable for social cohesion.

Fourth, faced with demographic shifts and rapid ageing, we need to innovate ways to strengthen relationships and understanding across generations. Intergenerational shared programmes, where services are delivered to young people and older adults in the same building or community centre, present a promising way forward. Such programmes allow generations to interact, reduce social isolation and create cost-efficiencies through shared resources.

Finally, it is important to engage families in addressing the growing climate catastrophe. Families are consumers, educators and advocates. Their choices are critical for fostering environmentally conscious and responsible behaviours.

The International Year of the Family and its follow-up process have catalysed action at all levels to help strengthen families and their contribution to development. By focusing on families, we can achieve better outcomes for children, break the intergenerational cycle of poverty, and promote gender equality. As Member States begin preparations for the Second World Summit for Social Development, they must keep the role of the family in clear view. Effective family policies must form a critical part of a people-centred plan for accelerating achievement of the SDGs.

Before I conclude, I would like to congratulate all stakeholders for their success in advancing family well-being in Asia and beyond. I am confident that your experience and leadership will contribute to greater awareness of the importance of a family perspective for achieving sustainable development. I wish you a successful Summit. Thank you!



Congratulatory Messages



Mrs. Renata KACZMARSKA

Honorary Advisor

Social Affairs Officer

Focal Point on the Family, Division for Inclusive Social Development,
Department of Economic & Social Affairs, United Nations

As we come to the conclusion of the 30th Anniversary of the International Year of the Family (IYF+30) in 2024, it is heartening to see the commitment to its goals and objectives all around the world and especially in Asia. The Consortium of Institutes on Family in the Asian Region (CIFA) is a valuable regional platform for sharing the knowledge and exchange of good practices in family policymaking and has been instrumental in the support of the IYF since its inception in 1994, recognising the importance of the family and its role in development throughout the past three decades. CIFA responded to the call from the United Nations to focus on megatrends and their impact on families in preparation for the IYF+30 and actively engaged in research and review of the existing policies aiming at responding to the impact of megatrends on families and society and contributing towards the formulation of family policies and programmes to cope with challenges of the current world.

As several megatrends are shaping our world, impacting our collective progress towards sustainable development, we need greater cooperation and action. Rapid evolution of digital technologies, global demographic shifts, especially ageing of populations, speedy and often unplanned urbanisation, uncoordinated migration flows fueled by conflicts around the world, and a worsening climate crisis all pose challenges to individuals, families and societies and require response at local, national and international levels.

As these megatrends are having a major impact on the achievement of the Sustainable Development Goals, it is essential to shape policies that take account of their impact on families, if we wish to achieve the objectives of the 2030 Agenda and ensure that no one and no family is left behind.

We need to do more to protect and empower families, who have a personal stake in securing the well-being of their children and grandchildren and ensuring that new digital technologies are a force for good and do not harm children. We need to improve our cities and build new neighbourhoods that are livable and welcoming for families and all generations. Ensuring orderly migration to help ageing societies in some countries and helping to relieve the youth bulge in others is key as well.

It is heartening to see that the recently adopted by the General Assembly of the United Nations Pact for the Future and its Declaration on Future Generation recognise the role of family-friendly and family-oriented policies in promoting intergenerational solidarity and social cohesion.

We need family policies that respond to current and future challenges brought about by megatrends and empower families to build a better tomorrow. The Asian Family Summit is bound to contribute to our success in achieving this goal.



Congratulatory Messages



Mr. Chris SUN, JP

Secretary for Labour and Welfare,
The Government of the HKSAR



Labour and Welfare Bureau
The Government of the Hong Kong Special Administrative Region
of the People's Republic of China

I offer my heartiest congratulations to the Consortium of Institutes on Family in the Asian Region (CIFA) on initiating the organisation of the Asian Family Summit. It is with great pleasure for celebrating the thirtieth anniversary of the International Year of the Family in Hong Kong.

“The family constitutes the basic unit of society and therefore warrants special attention.” the U.N. proclaimed in 1994. We are keenly aware that our policy is to preserve and strengthen the family as a unit, to develop caring interpersonal relationships, enable individuals and family members to prevent personal and family problems, deal with them when they arise and provide services to meet needs that cannot be adequately met from within the family.

“Towards a Better Tomorrow for Families: Partnership, Collaboration & Action for Sustainable Development” with focus on four megatrends regarding Urbanisation & Migration, Demographic Changes, Climate Change and New Technologies, is an opportune theme bringing impact and challenges in current global setting. The Asia Family Summit 2024 provides a platform for sharing frontier knowledge, analysing valuable experience and proposing future policies with hundreds of you from Hong Kong and the Asia-Pacific.

I would like to thank alongside the CIFA, the Family Council of the HKSAR, the Connecting Hearts, the Faculty of Social Sciences of The University of Hong Kong, the Hong Kong Council of Social Service and our Social Welfare Department and commend all co-organisers for their dedication and untiring efforts towards the most fruitful and meaningful events. May I wish the Asia Family Summit 2024 every success and all participants a most inspiring exchange.



Congratulatory Messages



Ms. Alice MAK, SBS, JP

Secretary for Home and Youth Affairs,
The Government of the HKSAR



Home and Youth Affairs Bureau
The Government of the Hong Kong Special Administrative Region
of the People's Republic of China

I am much delighted to see that the Asian Family Summit is hosted in Hong Kong this year, marking a significant occasion to celebrate the 30th anniversary of the International Year of the Family. Family well-being is essential not only for nurturing the growth of individuals, but also as a cornerstone of social harmony and stability. In a fast-changing world driven by global megatrends, families face a myriad of challenges. This Summit offers an invaluable platform for stakeholders in the region to share insights and foster interdisciplinary collaboration under the theme “Towards a Better Tomorrow for Families: Partnership, Collaboration & Action for Sustainable Development.”

The Summit effectively showcases the robust partnership among co-organisers from diverse backgrounds, united in their commitment to the sustainable development of families. I am pleased that the Family Council (the Council) takes part in organising this event. Established by the Hong Kong SAR Government in 2007, the Council promotes a culture of loving families in a multi-pronged approach. Apart from running various programmes and activities to promote family core values, the Council advises the Government on the application of family perspectives in policy formulation, and conducts family-related researches and surveys to enhance understanding of the relevant topics. All along, the Home and Youth Affairs Bureau has been supportive of the Council's mission of fostering a pro-family culture. Yet achieving family harmony and well-being requires more than mere governmental efforts, it also hinges on the steadfast support of our stakeholders and community partners. We will thus keep working closely with the community to this end. It is hoped that the knowledge and experience shared during the Summit will illuminate new pathways for strengthening family functioning.

May I extend my sincere appreciation to the co-organisers for their unwavering dedication in bringing this Summit to reality, featuring distinguished speakers with expertise and experience in diverse fields. I wish the Summit great success and hope all participants find it a rewarding experience.



Congratulatory Messages



Ms. Winnie Wing-Yin HO

Secretary for Housing,
The Government of the HKSAR



Housing Bureau
The Government of the Hong Kong Special Administrative Region
of the People's Republic of China

The Asian Family Summit 2024 is a key platform for fostering collaboration among the public, private, academic, and the civil society to advance family well-being.

Nowadays, Asian families face many challenges from the megatrends as identified by United Nations, including demographic changes, urbanisation and migration, climate change and new technologies. These megatrends can strain individuals and families in every aspect, impacting their stability and quality of life.

It is therefore imperative for us to come together to promote the well-being of families by uniting our resources and expertise. Our collaborative efforts will foster innovative policies and measures that address the evolving needs of families today.

Amongst these, the Well-being Design Guide recently promulgated by the Housing Bureau and the Hong Kong Housing Authority provides a framework for creating supportive environment that promotes health, sustainability, inclusivity, as well as family and community connections. I believe the synergy between the outcome of the Summit and the momentum unleashed by our Well-being initiatives will contribute to nurturing community well-being and enhancing the quality of life for families in Hong Kong.

Together, let us instigate positive changes and transformations that empower families to thrive and prosper amidst evolving societal landscapes!



Acknowledgement

The Asian Family Summit (AFS) is one of the programmes organised by the Consortium of Institutes on Family in the Asian Region (CIFAR) to echo the call of the United Nations to celebrate the 30th Anniversary of the International Year of the Family (IYF+30). The AFS, along with other programmes of the “Jockey Club Professional Development Initiatives on Family Services”, are sponsored by the Jockey Club SMART Family-Link Project which is initiated and funded by The Hong Kong Jockey Club Charities Trust.

The Hong Kong Jockey Club Charities Trust

The Hong Kong Jockey Club traces its long tradition of donating to charitable causes to 1915, but it was in the 1950s, as Hong Kong struggled to cope with post-war reconstruction and a massive influx of immigrants, that this role became integral to its operations. In 1955, the Club formally decided to devote its surplus each year to charity and community projects, and in 1959 a separate company, Hong Kong Jockey Club (Charities) Ltd, was formed to administer donations. In 1993, a new entity was established, The Hong Kong Jockey Club Charities Trust, to reflect the evolving nature, scale and scope of donations. The Charities Trust is one of the world’s leading charity donors.



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust

The Trust’s substantial donations to the community are made possible by the Club’s unique integrated business model, which comprises racing and racecourse entertainment, a membership club, responsible sports wagering and lottery, and charities and community contribution. Approximately 90% of the Club’s annual operating surplus after tax is donated to the Trust, enabling it to play a significant role in the community’s development.

Working with the Government, non-governmental organisations (NGOs), charitable foundations and community partners, the Trust is committed to improving the quality of life of the people of Hong Kong. As a philanthropic organisation, the Trust proactively identifies and initiates projects that meet pressing community and social needs.

The Jockey Club SMART Family-Link Project

The Hong Kong Jockey Club Charities Trust approved around HK\$330 million to initiate the “Jockey Club SMART Family-Link Project”. Launched in 2018, the project aims at leveraging advanced information and communication technologies in support of more effective and innovative service delivery provided by all 26 NGO-operated Integrated Family Service Centres and Integrated Services Centres to promote family well-being, and enhancing the sector capacity in the use of technology and data for family service innovations that can respond to emerging service needs.



賽馬會 智家樂計劃
Jockey Club SMART Family-Link Project

The project convenes multidisciplinary effort and collaboration between NGOs and academia to promote digital transformation for the welfare sector. The key components include enriching i-Connect’s functionalities, developing blended mode of services, enhancing digital capacity building and conducting data analysis from service data across NGOs for service transformation and enrichment.

Project partners include The University of Hong Kong (Department of Computer Science, School of Nursing and Department of Social Work and Social Administration); Hong Kong Baptist University (Department of Social Work); Caritas – Hong Kong; Hong Kong Family Welfare Society; Hong Kong Christian Service; International Social Service – Hong Kong Branch; Christian Family Service Centre; The Hong Kong Catholic Marriage Advisory Council; Hong Kong Children and Youth Services; St. James’ Settlement; Tung Wah Group of Hospitals; Hong Kong Sheng Kung Hui Welfare Council and The Neighbourhood Advice-Action Council.

For details, please visit www.jcsmartfamilylink.hk.



Honorary Advisors



Mrs. Renata KACZMARSKA

Social Affairs Officer,
Focal Point on the Family,
Division for Inclusive Social Development,
Department of Economic & Social Affairs,
United Nations



Ms. Elsie LEUNG, GBM, JP

Solicitor in Family Law
Former Secretary for Justice, HKSAR
Former Member of the Executive Council, HKSAR



Mr. Bernard CHAN, GBM, GBS, JP

Chairman of the Hong Kong Council of Social Service
Chairman, M Plus Museum, HKSAR
Former Non-official Convener of the Executive Council,
HKSAR



Dr. Ching-Choi LAM, SBS, JP

Chief Executive Officer, Haven of Hope Christian Service
Chairman of the Council for Carbon Neutrality & Sustainable
Development, HKSAR
Non-official Member of the Executive Council, HKSAR
Chairman of the Advisory Committee on Mental Health, HKSAR



Co-Organisers

Consortium of Institutes on Family in the Asian Region (CIFA)

CIFA is registered as a company incorporated with limited liability and a non-profit making organisation under the laws of Hong Kong. It is an independent organisation which provides a regional platform for networking and collaboration among organisations and professionals who share the mission of "Converging Professional Wisdom for Family Well-Being". Its function is to support and enhance mutual interests in research and training initiatives, and to share clinical experiences and policy formulation on families that are unique to the Asian region.



The Inauguration and Inaugural Symposium of CIFA was held at The University of Hong Kong in 2008, followed by biennial Regional Symposiums in Tokyo, Singapore, Shanghai, Seoul and Taiwan, each attracting an average of over 400 participants. Other major activities include cross-country researches, training activities, the Asian Award for Advancing Family Well-Being (3A Project), promotion and fund-raising activities, and distribution of information through its website and CIFA-NET, the newsletter.

After establishing contact between CIFA and the United Nations in 2014, representatives from the UN have attended CIFA activities on several occasions, including the Regional Symposium in 2016 in Korea, Exchange Programme on 3A Project and Charity Concert For Family Harmony in 2017, and Asian Family Summit in 2018 in Hong Kong. CIFA eventually received formal recognition from the United Nations, with the granting of Special Consultative Status in 2021, putting CIFA in the international arena, and getting more involved and actively contributing in the global efforts to advance family well-being, especially from the Asian perspective, a region which is becoming more active and significant in the world affairs.

CIFA has been actively involved in co-ordinating and organising activities in Asia to echo the call from the United Nations to commemorate the 30th Anniversary of the International Year of the Family, including the Expert Group Meeting on Demographic Changes on Ageing of Population in Asia, Family We-Time Campaign and the Asian Family Summit 2024, among others, receiving very positive feedback and support from the United Nations.

Social Welfare Department, The Government of HKSAR

The Social Welfare Department of the Hong Kong Special Administrative Region of the People's Republic of China (SWD) is responsible for implementing the Government's policies on social welfare and for developing and coordinating social welfare services in Hong Kong. With a "people-oriented" mission, SWD provides, through its over 200 service units and 170 non-governmental organisations operating subvented services, a wide range of welfare services for the public, including social security, services for the elderly, family and child welfare services, medical social services, group and community work, services for young people, rehabilitation services for people with disabilities, as well as services for offenders.



SWD has been proactively promoting cross-sectoral collaboration amongst different professionals to effectively identify and provide interventions and assistance for families in need, aiming at enhancing the family functioning and capabilities to meet life challenges. SWD is very honoured to be one of the co-organisers of the Asian Family Summit 2024 and works together with all the esteemed and committed organisations for the betterment of family welfare. It is hoped that through the platform of CIFA and the Asian Family Summit to be held in December 2024, the professional knowledge of fellows in helping families to enhance their functioning can be consolidated, and a caring and loving society can be built up through collaborative efforts.



Co-Organisers

Family Council, The Government of HKSAR

The Family Council, an advisory body set up by the Government of the Hong Kong Special Administrative Region (HKSAR) in December 2007, serves as a cross-sector and cross-bureau platform for advising the Government on family-related policies and promoting a culture of loving families in the community. It is currently chaired by Ms. Melissa Kaye PANG, a practising solicitor, and its membership comprises 14 non-official members from different backgrounds, three ex-officio members (namely Chairpersons of the Elderly Commission and the Women's Commission, and Vice-Chairperson of the Youth Development Commission) and three Government representatives (namely, Secretary for Home and Youth Affairs, Secretary for Education and Secretary for Labour and Welfare or their representatives).



家庭議會
Family Council
www.familycouncil.gov.hk

The Council identified three sets of family core values (i.e. "Love and Care", "Respect and Responsibility" and "Communication and Harmony") as the driving force for social harmony. Efforts have also been made to promote a pro-family culture in a multi-pronged approach. The work of the Council mainly covers the following three aspects –

- To advocate cherishing family, promote family core values and spread the culture of loving families through organising various programmes and activities;
- To advise Government bureaux and departments on the application of family perspectives in the policy formulation process; and
- To conduct family-related researches and surveys for fostering a better understanding of the relevant issues.

The Council has worked in collaboration with various stakeholders to bring family core values to different sectors of the community and the public at large.

Connecting Hearts

The Connecting Hearts (香港社福界「心連心」大行動) was established under the Companies Ordinance (Chapter 622 of the Laws of Hong Kong) on December 8, 2022, and became a tax-exempt charitable organisation under Section 88 of the Inland Revenue Ordinance (Chapter 112 of the Laws of Hong Kong) in July 2023. The Connecting Hearts pledges to "Starting a New Chapter in Hong Kong Social Welfare". The mission of the Connecting Hearts is to:



香港社福界
心連心大行動
CONNECTING HEARTS

- support and ensure the effective and benevolent governance of the Government of the Hong Kong Special Administrative Region of the People's Republic of China;
- strengthen the unity of the social service sector;
- enhance cooperation across sectors in Hong Kong;
- promote the enhancement of social services in Hong Kong and Mainland China;
- dedicate to the continuing global development of social services ; and
- consolidate all efforts to improve the quality of life for all

In "connecting hearts" spirit, so as to achieve our dream of "warming the hearts" of all of us in the world.

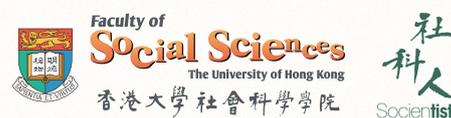
For the key events, please visit the website (<https://connectinghearts.hk/>) and Facebook (<https://www.facebook.com/ConnectingHeartsHK>) of the Connecting Hearts.



Co-Organisers

Faculty of Social Sciences, The University of Hong Kong

The Faculty of Social Sciences was established in 1967 and has undergone rapid expansion and significant transformation since then. It comprises the Departments of Geography, Politics and Public Administration, Psychology, Social Work and Social Administration, Sociology, and Journalism and Media Studies Centre. The Faculty aims to contribute to the advancement of society and the development of leaders locally, regionally, and globally. The Faculty has been a major research hub in the region and among the six departments, four ranked top 3 in Asia and three ranked top 25 in the world.



The Faculty seeks to contribute to the advancement of society and the development of leaders through a global presence, regional significance and engagement with the rest of China and strives to attract and nurture outstanding scholars in the social sciences from around the world through excellence and innovation in teaching and learning, research and knowledge exchange. The Faculty also aims to produce citizens with a global perspective who are critical thinkers, socially aware, ready to embrace diversity, and seek to make an impact on society.

The Hong Kong Council of Social Service (HKCSS)

The HKCSS is a statutory body established in 1947. Together with our Agency Members, we uphold social justice and equality in our mission to advance the well-being of the Hong Kong community. The HKCSS is committed to building an impact-oriented, collaborative and innovative social service sector, and co-creating a better society with stakeholders across different sectors. The HKCSS has over 520 Agency Members, with service units throughout Hong Kong, providing high-quality social services to those in need.





Committees

Organising Committee

Co-Chairpersons



Mrs. Patricia CHU, BBS

Chairperson, CIFA



Ms. Melissa PANG, BBS, MH, JP

Chairperson, Family Council

	Name	Representing Organisation
Members	Mr. Tommy FAN	The University of Hong Kong, HKSAR
	Dr. Steve FONG	Hong Kong Shue Yan University, HKSAR
	Ms. Eliza LAM	Caritas-Hong Kong, HKSAR
	Ms. Yee-Mui LAM	CIFA
	Prof. Vivian LOU	The University of Hong Kong, HKSAR
	Dr. Agnes NG	CIFA
	Ms. Alice WAN	Connecting Hearts, HKSAR
	Mr. Alex WONG	Social Welfare Department, HKSAR
Secretariat	Ms. Tabitha HO	CIFA
	Mr. Timothy LI	CIFA
	Ms. Yvonne YUNG	Aberdeen Kai-fong Welfare Association, HKSAR

Communication & Public Relations Committee

	Name	Representing Organisation
Chairman	Ms. Alice WAN	Connecting Hearts, HKSAR
Secretary	Ms. Yvonne YUNG	Aberdeen Kai-fong Welfare Association, HKSAR
Members	Ms. Ramy CHAK	The Salvation Army, HKSAR
	Ms. Jolian CHUI	International Social Service Hong Kong Branch, HKSAR
	Mr. Chi-Tong LAI	CIFA
	Mr. Shawn LEUNG	Homemory, HKSAR
	Mr. Wesley PANG	Aberdeen Kai-fong Welfare Association, HKSAR
	Mr. Ivan TAM	CIFA
	Ms. Lillian WOO	The Hong Kong Anti-Cancer Society, HKSAR
	Ms. Cindy YIU	New Life Psychiatric Rehabilitation Association, HKSAR

Family Well-Being Expo Committee

	Name	Representing Organisation
Chairman	Dr. Steve FONG	Hong Kong Shue Yan University, HKSAR
Secretary	Ms. Jobe HSU	Hong Kong Council of Social Service, HKSAR
Members	Mr. Kerin Kwok-Wing CHAM	International Social Service Hong Kong Branch, HKSAR
	Ms. Angie CHAN	The Samaritan Befrienders Hong Kong, HKSAR
	Ms. Angel CHAN	Christian Family Service Centre, HKSAR
	Ms. Linda LAM	Aberdeen Kai-fong Welfare Association, HKSAR
	Ms. Yee-Mui, LAM	CIFA
	Ms. Grace LI	Social Welfare Department, HKSAR
	Ms. Cecily Ma-Yeuk MA	The Boys' & Girls' Clubs Association of Hong Kong, HKSAR
	Ms. Kin-Man NG	Tai Po Baptist Church Social Service, HKSAR
	Mr. Kenneth TSANG	Heep Hong Society, HKSAR
	Ms. Phoebe Tak-Yan WAN	Wofoo Social Enterprises, HKSAR
	Ms. Lillian WOO	The Hong Kong Anti-Cancer Society, HKSAR

Hospitality Committee

	Name	Representing Organisation
Chairman	Ms. Eliza LAM	Caritas–Hong Kong, HKSAR
Vice-Chairmen	Ms. Judy CHAN	Hong Kong Family Welfare Society, HKSAR
	Ms. Iris LIU	International Social Service Hong Kong Branch, HKSAR
Secretary	Mr. Tommy FAN	Caritas–Hong Kong, HKSAR
Members	Ms. Irene CHOW	Caritas–Hong Kong, HKSAR
	Ms. Vanessa CHUNG	Caritas–Hong Kong, HKSAR
	Ms. Tabitha HO	CIFA
	Mr. Raymond LAI	Christain Family Service Centre, HKSAR
	Ms. Wai-Fong LOK	Hong Kong Family Welfare Society, HKSAR
	Ms. Phoebe SHING	Hong Kong Tourism Board, HKSAR
	Mr. Ivan TAM	CIFA
	Ms. Phoebe TANG	Sun Hung Kai Real Estate Agency Limited
	Ms. Eunis VU	Hong Kong Christian Service, HKSAR

Scientific Committee

	Name	Representing Organisation
Co-Chairmen	Prof. Vivian LOU	The University of Hong Kong, HKSAR
	Ms. Bawany CHINAPAN	Andolfi Family Therapy Center, Malaysia
Members	Dr. Anna CHOI	The University of Hong Kong, HKSAR
	Prof. Joyce FENG	Child Welfare League Foundation, Taiwan
	Dr. Florence FONG	Lingnan University, HKSAR
	Prof. Yeong-Hee KIM	Chungbuk National University, South Korea
	Dr. Herman LO	The Hong Kong Polytechnic University, HKSAR
	Prof. Teresa TSIEN	Hang Seng University of Hong Kong, HKSAR
	Prof. Mei-Hua ZHU	East China University of Science and Technology, China

01

Programme





Opening Ceremony

Date: 27/12, Friday

Time: 09:00 am - 10:00 am

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong

Commencement of Opening Ceremony



Lions Dance Performance



Welcoming Remarks

Mrs. Patricia CHU, BBS

Co-Chairperson of AFS 2024
Chairperson, CIFA

Prof. Richard WONG, SBS, JP

Acting President and Vice-Chancellor, The University of Hong Kong



Opening Address

The Hon. Mr. John KC LEE, GBM, SBS, PDSM, PMSM

Chief Executive, Hong Kong Special Administrative Region

Mr. Junhua LI

Under-Secretary-General for Economic & Social Affairs,
Department of Economic and Social Affairs,
United Nations



Vote of Thanks

Ms. Melissa PANG, BBS, MH, JP

Co-Chairperson of AFS 2024
Chairperson, Family Council



Kick-off Ceremony



Program At-a-glance

DAY 1 | 27/12
Friday

Time	Programme	Speaker
08:00 am 09:00 am	Registration	
09:00 am 10:00 am	Opening Ceremony	<p>Guests of Honour:</p> <p> The Hon. Mr. John KC LEE, GBM, SBS, PDSM, PMSM Chief Executive, HKSAR (By pre-recorded opening address)</p> <p> Mr. Junhua LI Under-Secretary-General for Economic & Social Affairs, Department of Economic and Social Affairs, United Nations (By pre-recorded opening address)</p>
	Urbanisation/Migration & Family	
10:00 am 11:00 am	Keynote Speech 1 Impact of Urbanisation and Migration on Family	<p> Prof. Jean Wei-Jun YEUNG Professor, Department of Paediatrics, Yong Loo Lin School of Medicine, National University of Singapore & Director (Social Sciences), Agency of Science, Technology and Research, Singapore</p>
11:00 am 11:20 am	Tea Break	
11:20 am 12:50 pm	Plenary Session 1 Urbanism, Migration and Family Well-Being in China Urbanisation and Migration: Serving the Most Vulnerable Children Living in Two Places as a Related Population: Expansion of Urban Functions and Realisation of QOL in Japan	<p> Prof. Peng DU Dean, School of Population and Health, Renmin University of China, China</p> <p> Prof. Patrick Tak-Kuen NIP, GBS, JP Vice Chairman, World Vision China, HKSAR</p> <p> Dr. Mine SATO Associate Professor, Department of Urban Innovation, Yokohama National University, Japan</p>
12:50 pm 02:00 pm	Lunch	
	Demographic Changes & Family	
02:00 pm 03:00 pm	Keynote Speech 2 Implications of Demographic Changes on the Family Structure and Intergenerational Relations in Asia and the Pacific	<p> Dr. Srinivas TATA Director, Social Development Division, Economic & Social Commission for Asia & the Pacific, United Nations</p>
03:00 pm 03:20 pm	Tea Break	
03:20 pm 04:50 pm	Plenary Session 2 Ageing in a Super-Aged Singapore: Challenges and Opportunities for Older Adults and Their Families Addressing Demographic Challenges: Measures of the HKSAR Government from the Social Welfare Perspective Impact of Demographic Changes on Family	<p> Dr. Corinne GHOSH Associate Professor (Practice), Social Work Department, National University of Singapore, Singapore</p> <p> Mr. Kai-Ming HO, JP Under Secretary for Labour and Welfare, HKSAR</p> <p> Dr. Mala Kapur SHANKARDASS Founder, Development, Welfare and Research Foundation, India</p>
05:00 pm 06:00 pm	Welcoming Reception	
06:00 pm 08:30 pm	Reception Dinner (By Invitation)	

Remarks: Simultaneous interpretation for English and Putonghua will be provided at sessions in the Grand Hall.



Program At-a-glance

DAY 2 | 28/12
Saturday

Time	Programme	Speaker
08:30 am 09:00 am	Registration	
09:00 am 10:15 am	Concurrent Session 1	Group A Grand Hall
		Group B Classroom LG.18
		Group C Classroom LG.34
	Climate Change on Family	
10:15 am 11:15 am	Keynote Speech 3 Environmental Sustainability in Asian Families: Striving for Clean, Healthy and Carbon-Zero Lifestyle	 Prof. Kin-Chung HO, BBS, JP Honorary Professor, Department of Geography, The University of Hong Kong, HKSAR
11:15 am 11:35 am	Tea Break	
11:35 am 01:05 pm	Plenary Session 3 Climate Change and Mental Health Nexus from a Climate Justice Lens: Implications for Families and their Dynamics Impact of Climate Change on Family How to Make Discovery Videos in your Family?	 Dr. John Jamir Benzon ARUTA Associate Professor, Department of Psychology, De La Salle University, Philippines  Dr. Ching-Choi LAM, SBS, JP Chairman, Council for Carbon Neutrality & Sustainable Development, HKSAR  Prof. Dongmei JIANG Chair, International Youth Science Video Fair Committee, China
01:05 pm 02:15 pm	Lunch	
02:15 pm 04:00 pm	Best Practices Sharing in Asia – Family Well-Being Project 2024 Projects: Caritas Jockey Club Perinatal Bereavement Care Project Upcycling Project - Transforming Home Spaces through Decluttering and Customised Furniture Project 1,2,3! Project P.S.I Parental Stress Intervention	Presenting Organisations: Grace Port - Caritas Miscarriage Support Centre Urban Renewal Authority, Wofoo Social Enterprises TOUCH Community Services Heep Hong Society
04:00 pm 04:20 pm	Tea Break	
04:20 pm 06:20 pm	"Strategic Work in Parent Education in Mental Health" Program at Hong Kong Primary Schools: Enhancing Child and Parent Well-being HEarSay Empowering SEN Families - Paradigm Shift from Traditional SEN Rehabilitation Service towards Trans-disciplinary Collaboration The Jockey Club Kinship Support Project	TWGHs Ho Yuk Ching Educational Psychology Service Centre (Sha Tin), The Boys' and Girls' Clubs Association of Hong Kong Community and Creative Learning Centre, St. James' Settlement Youth Services Caritas Jockey Club Project Cedar - Social and Emotional Support Service for Men Hong Kong Christian Service Aberdeen Kai-fong Welfare Association Social Service Centre
06:20 pm 08:20 pm	Sight-Seeing (Tram Tour)	

Remarks: Simultaneous interpretation for English and Putonghua will be provided at sessions in the Grand Hall.



Program At-a-glance

DAY 3 | 29/12
Sunday

Time	Programme	Speaker		
08:30 am 09:00 am	Registration			
09:00 am 10:15 am	Concurrent Session 2	Group A Grand Hall	Group B Classroom LG.18	Group C Classroom LG.34
	ICT & the Family			
10:15 am 11:15 am	Keynote Speech 4 Being Good Ancestors: Preparing a Positive Technological Future for the Family	 Prof. Susan WALKER Associate Professor Emeritus, Department of Family Social Science, University of Minnesota, United States		
11:15 am 12:00 pm	Tea Break			
12:00 pm 01:15 pm	Concurrent Session 3	Group A Grand Hall	Group B Classroom LG.18	Group C Classroom LG.34
01:15 pm 02:15 pm	Lunch			
02:15 pm 03:45 pm	Plenary Session 4 Jockey Club SMART Family-Link Project: Transforming Family Services in Hong Kong along the Megatrends of Technological Changes Family Nexus: Integrating Health and Social Services for Holistic Support to Families The Use of Technologies in Family Services in Shanghai, Hong Kong, and Taipei	 Prof. Kelvin Man-Ping WANG Principal Investigator of Jockey Club SMART Family-Link Project, The University of Hong Kong, HKSAR  Dr. Xiaoxuan GUO Programme Lead, Family Nexus@Punggol, SingHealth Polyclinics, Singapore  Ms. Joanne TAY Assistant Director, Planning Partnership Division, Ministry of Social and Family Development (MSF), Singapore  Dr. Herman LO Associate Professor, Department of Applied Social Sciences, The Hong Kong Polytechnic University, HKSAR		
03:45 pm 04:05 pm	Tea Break			
04:05 pm 05:20 pm	Concurrent Session 4	Group A Grand Hall	Group B Classroom LG.18	
05:20 pm 05:50 pm	Closing Ceremony			
07:00 pm 09:30 pm	Gala Dinner cum Best Practices Sharing in Asia – Family Well-Being Project 2024 Award Presentation Ceremony			

Family Well-Being Expo	11:00 am 11:15 am	Registration
	11:15 am 11:45 am	Opening Ceremony Lecture Hall II
	11:45 am 06:00 pm	Family Well-Being Expo Lecture Hall II

Remarks: Simultaneous interpretation for English and Putonghua will be provided at sessions in the Grand Hall.

Programme Urbanisation and Migration





Keynote Speech 1

Impact of Urbanisation & Migration on Family

Date: 27/12, Friday

Time: 10:00 am - 11:00 am

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Prof. Jean Wei-Jun YEUNG

Professor, Department of Paediatrics, Yong Loo Lin School of Medicine, National University of Singapore & Director (Social Sciences), Agency of Science, Technology and Research, Singapore



URBANISATION AND MIGRATION

Biography

Prof. Jean Wei-Jun YEUNG is a Professor in the Department of Paediatrics at the Yong Loo Lin School of Medicine at the National University of Singapore, and Director of Social Sciences at the Institute for Human Development and Potential, Agency for Science, Technology and Research (A*STAR). She was a Provost-Chair Professor in the Department of Sociology from 2008-2023. Professor Yeung is a leading expert in social demography, family studies, population health, and social stratification. She is the inaugural President of the Population Association of Singapore and the founding Director of the Center for Family and Population Research at NUS.

Abstract

Human migration is one of the most important social phenomena of the late twentieth and early twenty-first centuries. As more people leave rural lifestyles to seek opportunities in cities, urbanisation has been growing exponentially. Both trends have profound effects on family structure, relationships, and practices that implicate gender norms, intergenerational ties, social stratification, and the geopolitical relations between nations. This talk will discuss the impact of both domestic and international migration in Asia on the demographic behaviours of migrants such as union formation, parenthood, transition to adulthood, and the aging trends. Attention will be paid to how migration and urbanisation have influenced the well-being of children, young adults, and the older population in both the sending and receiving areas. I will also review the implications of the increased marriage migrants for family changes in East and Southeast Asia.

Moderator
Prof. Vivian LOU

The University of Hong Kong



Plenary Session 1

Date: 27/12, Friday

Time: 11:20 am - 12:50 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong

Speaker	Region	Topic
Prof. Peng DU	China	Urbanism, Migration and Family Well-Being in China
Prof. Patrick Tak-Kuen NIP, GBS, JP	Hong Kong SAR	Urbanisation and Migration: Serving the Most Vulnerable Children
Dr. Mine SATO	Japan	Living in Two Places as a Related Population: Expansion of Urban Functions and Realisation of QOL in Japan

Moderator
Ms. Bawany CHINAPAN

Andolfi Family Therapy Center,
Malaysia





Plenary Session 1

Urbanism, Migration and Family Well-Being in China

Date: 27/12, Friday

Time: 11:20 am - 12:50 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Prof. Peng DU

Dean, School of Population and Health,
Renmin University of China,
China



URBANISATION AND MIGRATION

Biography

Professor Peng DU is former vice-president of Renmin University of China, dean of School of Population and Health of Renmin University of China, dean of Institute of Healthy China, and director and professor of the Institute of Gerontology. He is also an experts committee member of the National Working Commission on Aging, vice-president of China Gerontology and Geriatrics Society, and vice-president of China population Association. His main research interests are population ageing, ageing policies, and population and development. He has led multiple national and provincial research projects, including "Implementation of National Strategy to Actively Respond to Population Ageing", a Major Program of National Social Science Fund of China. His accolades include the 9th China Population Award, national selected candidate of New Century Talents Project, and State Council Special Allowance Expert.

Abstract

Since the 21st century, the world has been experiencing "concurrent changes in population and families", with urbanisation accelerating the transformation of family structures across nations. This trend is particularly pronounced in China, characterised by a large population, vast territory, distinct urban-rural features, and the coexistence of declining birth rates and an ageing population. Migration and mobility serves as a significant driver of urbanisation, profoundly impacting family change in China. Structurally, this is evidenced by smaller family sizes, flatter generational structures, diverse family types, an increase in mobile families, and the rise of empty-nest elderly households. Relationally, there is a democratisation of intergenerational relationships, a weakening of parent-child bonds, and heightened dependency among spouses. Functionally, families are experiencing a decline in production roles, differentiation of elder care functions, a weakening of reproductive functions, and growing reliance on external support. These changes pose distinct challenges for family development in contemporary China, particularly concerning social integration, the "one old, one young" issue, and urban-rural collaboration. Therefore, it is essential to accelerate the establishment of a family support policy framework that promotes shared responsibilities between the state and families, implements diverse measures to strengthen family development capacity, and effectively enhances family well-being and the quality of life for residents.



Plenary Session 1

Urbanisation and Migration: Serving the Most Vulnerable Children

Date: 27/12, Friday

Time: 11:20 am - 12:50 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Prof. Patrick Tak-Kuen NIP, GBS, JP

Vice Chairman, World Vision China,
HKSAR



URBANISATION AND MIGRATION

Biography

Professor NIP is the Vice Chairman, Board of World Vision China. He is also an Adjunct Professor at The University of Hong Kong; an Honorary Professor at The Chinese University of Hong Kong; an Independent Non-Executive Director of Hang Seng Bank (China) Limited; and the Convenor of the Advisory Committee of the Jockey Club Carer Space Project.

Professor NIP has worked in the Government for 36 years. He has served in various bureaux and departments and assumed senior positions both as a civil servant and a political appointee. He was the Secretary for Constitutional and Mainland Affairs from July 2017 to April 2020 and the Secretary for the Civil Service from April 2020 to June 2022. He was appointed the Director of Social Welfare in August 2009, the Director of the Chief Secretary for Administration's Private Office (on poverty alleviation and population policy) in June 2013, the Director of Information Services in February 2014 and the Permanent Secretary for Health in July 2016.

Professor NIP received a Bachelor of Social Sciences degree from The University of Hong Kong and a Master in Public Administration degree from the Harvard Kennedy School. He has also studied public administration at Oxford University.

Abstract

For generations, people in Asia have migrated within their countries and across borders in search of better opportunities than they can find at home. As a choice, migration can be hugely empowering. However, as external factors like climate change put ever more strain on rural livelihoods and traditional ways of living, many of the region's most vulnerable families find themselves with fewer alternatives, and migration may seem like the only option.

For 75 years, World Vision has been committed to improving the lives of the most vulnerable children in Asia through multi-sector programmes tailored to the needs and priorities of local communities. Understanding and responding to the unique needs of children in the context of migration is increasingly critical to the organisation's ability to effectively serve the most vulnerable children in a rapidly urbanising region.

This session will: explore the nuances of migration for vulnerable families and young people; share learning and best practices from World Vision's work with families reshaped by migration, with case studies from mainland China, Cambodia, and Thailand; and provide a call to action for a multi-stakeholder response to ensure children are more effectively protected and better cared for, whether on the move, or remaining behind.



Plenary Session 1

Living in Two Places as a Related Population: Expansion of Urban Functions and Realisation of QOL in Japan

Date: 27/12, Friday

Time: 11:20 am - 12:50 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Dr. Mine SATO

Associate Professor, Department of Urban Innovation,
Yokohama National University,
Japan



URBANISATION AND MIGRATION

Biography

Dr. Mine SATO is an Associate Professor specialising in International Development Studies and Applied Anthropology, currently working at Institute of Urban Innovation, Yokohama National University. She has worked with a variety of international cooperation agencies such as UNICEF, JBIC and JICA as a social development specialist. Her main research interests are agency & well-being (agentic empowerment), sustainable and inclusive community design, and development policy discourse analyses. Her main research fields are Latin America (especially Nicaragua), Japan and USA.

Abstract

This presentation explores current situations, measures, possibilities, bottlenecks, and perspectives regarding dual habitation in Japan, which has been spotlighted in the context of prolonged pandemic situations. First, the author introduces how overpopulation in metropolitan Tokyo has been accelerated and how the quality of life has been affected, which has boosted interest in rural migration consequently. Second, sharp population declines in rural areas and difficulties to promote migrations from urban areas will be illustrated. Third, current policies and measures to promote dual habitation will be overviewed and analysed. Subsequently, actual cases of dual habitations will be introduced and discussed to understand whether such practices can be chosen widely by the general population. Finally, future perspectives and policy recommendations are shared so that dual habitation can be a popular life choice for the more general population.

Programme Demographic Changes





Keynote Speech 2

Implications of Demographic Changes on the Family Structure and Intergenerational Relations in Asia and the Pacific

Date: 27/12, Friday

Time: 02:00 pm - 03:00 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Dr. Srinivas TATA

Director, Social Development Division,
Economic & Social Commission for Asia & the Pacific (ESCAP),
United Nations



DEMOGRAPHIC CHANGES

Biography

Dr. Srinivas TATA is the Director of the Social Development Division of ESCAP. He has 20 years of experience of working with the United Nations. As the head of the Social Development Division, his responsibilities include supporting member States in the promotion of social protection, fostering gender equality, and strengthening social inclusion of persons with disabilities, older persons, youth and migrants, among others. He is a physician by qualification with experience in social policy, public health and programme management. He has served in wide range of positions within the United Nations. He has previously served as the Chief of the Capacity Development and Partnerships Section of the Strategy and Programme Management Division, providing support to all ESCAP Divisions and Offices for the formulation and implementation of technical cooperation projects and managed partnerships with a wide range of stakeholders. He also served as the Chief of Social Policy and Population Section in the Social Development Division from 2012 to 2016, focusing on population ageing, demographic change, migration and health. He was also posted as the Deputy Chief of the Regional Commissions New York Office from 2010 to 2012. He is a physician by qualification and prior to joining the UN, he worked as a senior civil servant on issues related to finance and public health with the Government of India.

Abstract

The presentation will present the elements of rapid demographic changes sweeping across the Asia-Pacific region with a particular focus on population and family structures and living arrangements. It will highlight the need for the region to adapt to the needs of an ageing society through adopting a life course approach, understanding the two-ways flow within intergenerational relations and the ways in which these could be strengthened for the benefit of all generations. The role of the family in the future and its role in delivering care and economic, social support and emotional support, and ways in which this could be supported by enabling policies will be highlighted.

Moderator
Prof. Annie TAM

Connecting Hearts,
HKSAR



Plenary Session 2

Date: 27/12, Friday

Time: 03:20 am - 04:50 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong

Speaker	Region	Topic
Dr. Corinne GHOH	Singapore	Ageing in a Super-Aged Singapore: Challenges and Opportunities for Older Adults and Their Families
Mr. Kai-Ming HO, JP	Hong Kong SAR	Addressing Demographic Challenges : Measures of the HKSAR Government from the Social Welfare Perspective
Dr. Mala Kapur SHANKARDASS	India	Impact of Demographic Changes on Family

Moderator
Prof. Teresa TSIEN

Hang Seng University of Hong Kong,
HKSAR





Plenary Session 2

Ageing in a Super-Aged Singapore: Challenges and Opportunities for Older Adults and Their Families

Date: 27/12, Friday

Time: 03:20 pm – 04:50 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Dr. Corinne GHOH

Associate Professor (Practice), Social Work Department,
National University of Singapore,
Singapore



DEMOGRAPHIC CHANGES

Biography

Dr. Corinne GHOH is an Associate Professor (Practice) in the Department of Social Work at the Faculty of Arts and Social Sciences, National University of Singapore (NUS). She brings over 35 years of extensive experience in the field of social work, with significant expertise in safeguarding the welfare of vulnerable individuals and families, as well as in the care of older adults. Before joining NUS, Dr. GHOH served as a Senior Consultant with the Ageing Planning Office at the Ministry of Health. She also held the position of Director of Social Welfare at the former Ministry of Community Development, Youth and Sports, now known as the Ministry of Social and Family Development. Dr. GHOH's distinguished career spans various domains within social work, highlighting her dedication to improving social welfare policies and practices. Her ongoing work at NUS continues to influence both academic and practical advancements in social work.

Abstract

Singapore is witnessing a rapid demographic shift as its population ages. Over the past decade, the proportion of residents aged 65 and above has surged from 9% in 2010 to 20% in 2024. By 2026, this figure is anticipated to exceed 21%, placing Singapore in the "super-aged society" category as defined by the United Nations. Projections indicate that by 2030, one in four Singaporeans will be aged 65 or older. Amidst this backdrop of an aging population and increasing life expectancy, Singapore faces the challenge of a declining fertility rate, which remains below the replacement level. This plenary will delve into the implications of these demographic changes on ageing in a super-aged society. We will explore the multifaceted impact on older adults, the evolving roles of families, and the necessary policy responses from the community and society at large.



Plenary Session 2

Addressing Demographic Challenges : Measures of the HKSAR Government from the Social Welfare Perspective

Date: 27/12, Friday

Time: 03:20 pm – 04:50 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Mr. Kai-Ming HO, JP

Under Secretary for Labour and Welfare,
Hong Kong SAR



DEMOGRAPHIC CHANGES

Biography

Mr. HO has been Under Secretary for Labour and Welfare since 2020.

Mr. HO had served as Council Member of the Chinese University of Hong Kong, Director-General of the Hong Kong Manufacturing Industry Employees General Union, and as a member of the Executive Committee of the Hong Kong Clerical and Professional Employees General Union. Prior to joining the Government, Mr. HO was a member of the Legislative Council, and of the Kwun Tong District Council from 2012 to 2019. He is a member of the Hong Kong Federation of Trade Unions.

Mr. HO holds a Bachelor of Arts degree from the Chinese University of Hong Kong.

Abstract

Ageing has presented unprecedented challenges to many developed countries and places, and Hong Kong is no exception. From the territory-wide perspective, the key challenges include shrinking labour force, decelerating economic growth, increasing healthcare expenditure, upsurging demand for elderly care services. These challenges have called for new and innovative social welfare initiatives on one hand to enhance child care services with a view to unleashing the women labour force, and on the other hand, to meet the ever-growing demand for elderly care services. This plenary session will share the experience of the HKSAR Government in recent years in addressing the challenges brought about by the demographic change.



Plenary Session 2

Impact of Demographic Changes on Family

Date: 27/12, Friday

Time: 03:20 pm – 04:50 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Dr. Mala Kapur SHANKARDASS

Founder,
Development, Welfare and Research Foundation (DWRF),
India



DEMOGRAPHIC CHANGES

Biography

Dr. Mala Kapur SHANKARDASS, a sociologist, gerontologist, health and development social scientist with a doctorate degree and post-doctoral work is an academician, researcher, writer and an activist. She does prestigious assignments at micro and macro levels for various Indian and foreign institutions, including UN agencies. She is associated as Committee Member with various Ministries/departments of Government of India. She also holds honorary executive positions with a few NGOs and serves as an Expert/Resource Person to varied organisations including delivering lectures/talks and being a Reviewer, Editorial Board Member for publishing houses and reputed journals. She has published 13 books, many chapters with world publishers, has 3 forthcoming volumes in the next few months, and over 100 articles in specialised journals, magazines and newspapers. She is invited Panelist with media houses. Since 1990s is recipient of fellowships and professional awards. She advocates for appropriate policies, programs, and pragmatic action from a right based perspective with a life cycle approach towards quality-of-life issues for the well-being of humanity across ages. She is Life Member of various professional bodies and Founder of Development, Welfare and Research Foundation, a CSO registered with Government of India since 2000, doing many meaningful programs/activities.

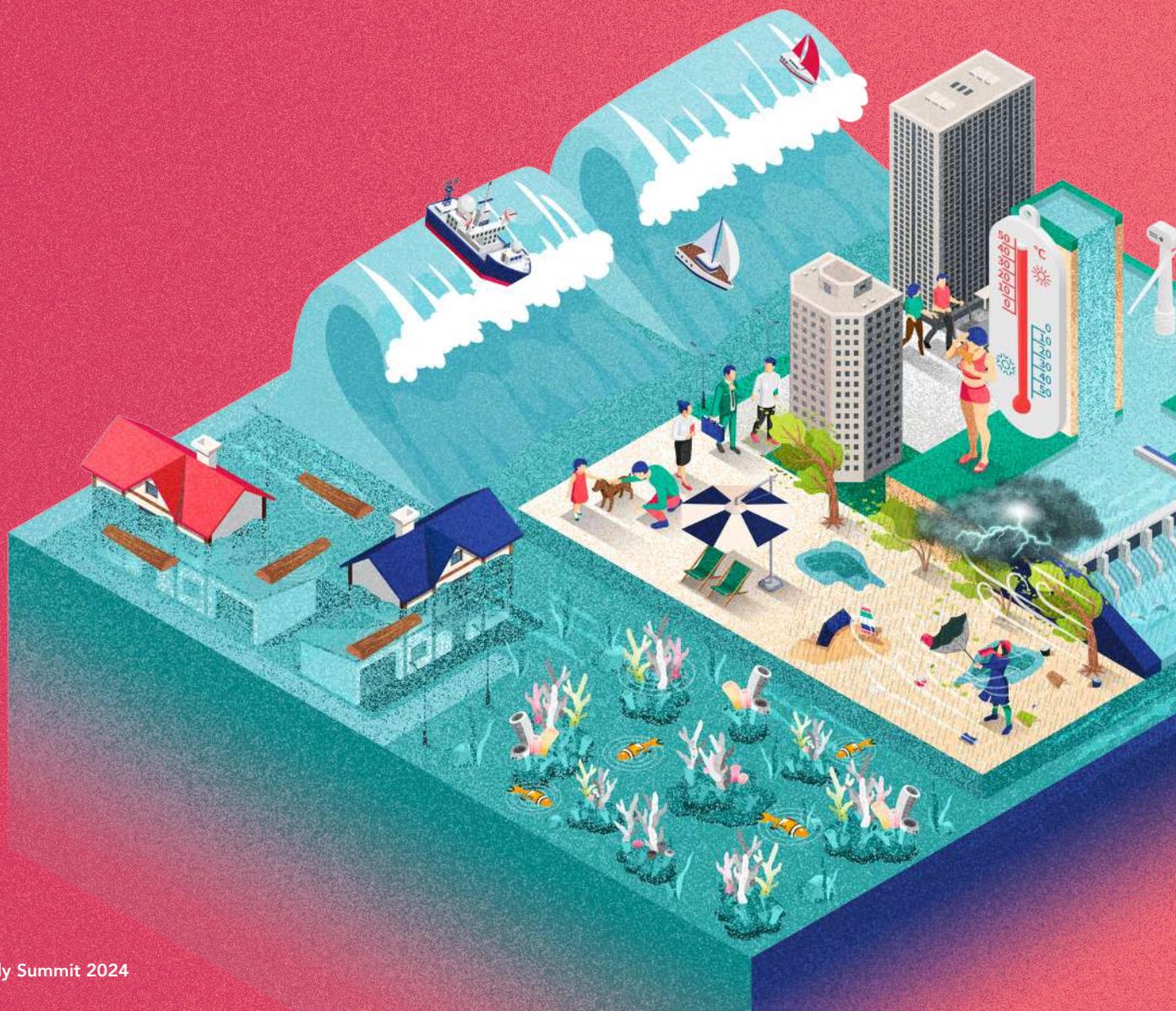
Abstract

In contemporary world families worldwide are impacted in many ways by demographic changes especially due to declines in fertility and mortality rates, extension in lifespan, population ageing, increasing migration, all resulting in shaping intergenerational relationships as well as gender equations in various ways which then requires policy response for the well-being of family members of different sex and of all ages.

Demographic trends present many challenges to families to achieve desired family size, care responsibilities of children, older parents, bring in work-family balance, share household responsibilities, and provide healthy well-being to its members without gender and age constraints.

It is imperative that in this scenario various stakeholders reflect on the opportunities that global and national demographic situation presents in order to enhance the potential of different family forms and structures. Along with this it is pivotal for societies to take into account varied mechanisms and measures that can be adopted to provide enabling environments for individuals to maintain healthy sustainable intra- and intergenerational bonding. The discourse in this presentation highlights the need of maintaining intergenerational solidarity, gender equity, strengthen household's capacity so that families can overcome negative impacts of existent demographic patterns and enjoy positive sustainable outcomes.

Climate Programme Change





Keynote Speech 3

Environmental Sustainability in Asian Families: Striving for Clean, Healthy and Carbon-Zero Lifestyle

Date: 28/12, Saturday

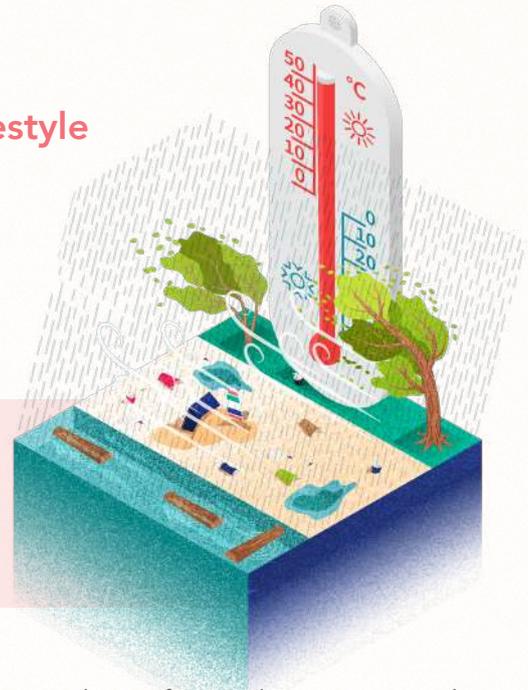
Time: 10:15 am – 11:15 am

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Prof. Kin-Chung HO, BBS, JP

Honorary Professor, Department of Geography,
The University of Hong Kong,
Hong Kong SAR



CLIMATE CHANGE

Biography

Prof. Kin-Chung, HO, BBS, JP, Foreign Full Academician of the European Academy of Natural Sciences, was the former Dean of the School of Science & Technology and Programme Leader in Environmental Studies at the Open University of Hong Kong. Currently, he is the Director of the Polar Research Institute of Hong Kong, Special-Appointed Professor of the College of Marine Science & Ecological Environment of the Shanghai Ocean University, Honorary Professor of the Department of Geography of The University of Hong Kong, Court Member of the Hong Kong Baptist University, Chairperson of the Algae Innovative Technologies (HK) Co. Ltd., Chairperson of the AIT High Tech (Shenzhen) Co. Ltd. and Founding Chairman of the Athens Institute of Education of Hong Kong.

Prof. HO's academic interests include harmful algal blooms, water quality and resources management, environmental impact assessment, planning and policy, energy management and climate change, environmental ethics and education. He has visited the Higher Arctic more than twenty times and Antarctica four times for scientific research and expeditions, published more than 400 research articles in refereed journals and international conference proceedings, authored and edited 45 books, developed eight sets of distance-education study materials and produced more than 20 technical reports for the Government and public corporations.

Besides academic contributions, Prof. HO also serves in many professional and statutory bodies in Hong Kong and Mainland China.

Abstract

The globally adopted Sustainable Development Goals (SDGs) aim to transform the world with a brand-new lifestyle, personally or in the family. First, there are callings for the removal of poverty and inequality. In parallel, concerns are given to the reduction of environmental contaminants and damage to the ecosystem so that people can enjoy safer, more healthy and joyful lives. Nowadays, the whole being of humans is closely linked to carbon-zero lifestyles that are crucial to combating global climate change. With the advancement of science and technologies and the innovation of productivity and business management, various SDGs can be achieved by joint efforts of society in the contemporary world. Nevertheless, the challenge ahead shall be faced and overcome by education, particularly family education and support from the government and business sectors. The concepts of Total Health Management, Total Environment Management and Total Quality Management should be enhanced in society with the enthusiastic commitment of Environment, Society and Governance (ESG) in the public and business sectors.

Moderator
Prof. Joyce FENG

Child Welfare League Foundation,
Taiwan



Plenary Session 3

Date: 28/12, Saturday

Time: 11:35 am - 01:05 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong

Speaker	Region	Topic
Dr. John Jamir Benzon ARUTA	Philippines	Climate Change and Mental Health Nexus from a Climate Justice Lens: Implications for Families and their Dynamics
Dr. Ching-Choi LAM, SBS, JP	Hong Kong SAR	Impact of Climate Change on Family
Prof. Dongmei JIANG	China	How to Make Discovery Videos in your Family?

Moderator
Prof. Vivian LOU

The University of Hong Kong,
HKSAR





Plenary Session 3

Climate Change and Mental Health Nexus from a Climate Justice Lens: Implications for Families and their Dynamics

Date: 28/12, Saturday

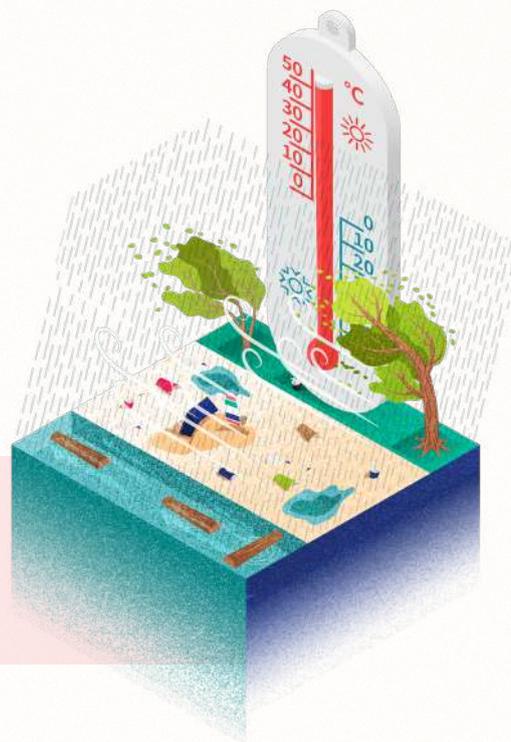
Time: 11:35 am - 01:05 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Dr. John Jamir Benzon ARUTA

Associate Professor, Department of Psychology,
De La Salle University,
Philippines



CLIMATE CHANGE

Biography

Dr. John Jamir Benzon R. ARUTA, PhD is an Associate Professor at the De La Salle University, Manila, Philippines. His research programme includes 1) the application of psychology principles in promoting environmental sustainability, 2) the interface between climate change and mental health in the Global South context, 3) planetary health, and 4) the mental health of neglected and marginalised populations. He is an Associate Editor of the journal *Global Environmental Psychology* and is a member of the Editorial Board of *BMC Psychology* and *Nature Communications Psychology*. Dr. ARUTA is also an active clinical practitioner in the Philippines, providing mental health assessment, counselling, and psychotherapy for families, children, adolescents, and early adults. He was awarded an Outstanding Young Scientist 2023 by the National Academy of Science and Technology, the highest award-giving body in science in the Philippines.

Abstract

Climate change is already devastating societies, cultures, livelihoods, health, and mental health. This plenary talk focuses on the intricate nexus between climate change and mental health. Using Global South and climate justice perspectives, the lecture looks into how climate injustice is linked with the disproportionate impacts of the climate crisis on people in climate-vulnerable countries, zooming in to the experiences and insights from the Philippines. The session also showcases the efforts to build a community of practice for climate change and mental health intersection in the country. Importantly, this talk expands how the different forms of injustice in the climate change contexts could affect families and their dynamics from the perspectives of marginalised and vulnerable groups.



Plenary Session 3

Impact of Climate Change on Family

Date: 28/12, Saturday

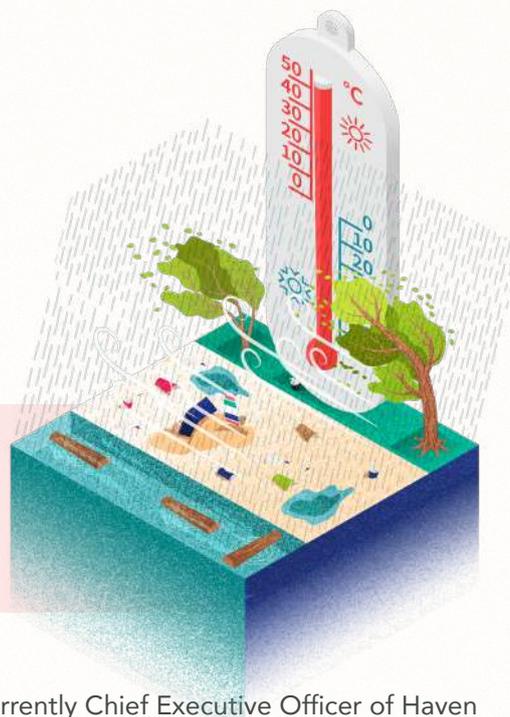
Time: 11:35 am - 01:05 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Dr. Ching-Choi LAM, SBS, JP

Chairman of the Council for Carbon Neutrality &
Sustainable Development,
Hong Kong SAR



CLIMATE CHANGE

Biography

Dr. LAM is a specialist in paediatric and community medicine and is currently Chief Executive Officer of Haven of Hope Christian Service.

With his extensive knowledge of local public health policies and services, Dr. LAM has sat on multiple statutory and advisory bodies. He is a non-official member of the Executive Council of the HKSAR Government. Prior to his current position as the Chairman of the Advisory Committee on Mental Health, he served the Elderly Commission for almost 20 years, and he was once the Chairman of the Commission. He now also serves the Council for Carbon Neutrality & Sustainable Development, the Primary Healthcare Committee, the Steering Committee on Review of Manpower for Healthcare Services in Residential Care Homes, the Healthcare & Wellness Training Board of the Vocational Training Council, the Industry Training Advisory Committee of Elderly Care Service and the Independent Commission Against Corruption Complaints Committee.

He is also a member of the Green Technology & Finance Development Committee as well as the Advisory Panel on Silver Economy to provide advice to the government on various policies.

Dr. LAM was honoured by the HKSAR Government with the Justice of Peace in 2003 and Silver Bauhinia Star in 2019. In 2018, apart from receiving Honorary Fellowship from Lingnan University, he also received the Ageing Asia Global Ageing Influencer Award (Special Recognitions) in recognition of his devotion to public services and his influence on policy-making for the global ageing trend.

Abstract

Climate change is the defining challenge of our time, and lot of attention has been devoted to its damage to the natural and the built environment. But our understanding of the climate crisis would not be complete without considering its adverse impacts on families, such as health problems triggered by temperature rise, increased cost of living to cover energy bills and rising food prices, disruption of economic activities or even the loss of property caused by adverse weather events, etc.

Despite the above challenges, families can also be empowered to become an important driving force for climate action. Families, being the essential and fundamental units supporting the sustainable development of the community, provides the best place for developing climate awareness and a climate-friendly lifestyle through inter-generational education. Families as consumers can also drive the green and low-carbon transition by making the right consumption choices. By practising energy saving, procuring energy efficient appliances, opting for green mobility options, and participating in reuse and recycling, families can make direct contribution to the implementation of the decarbonisation strategies that will help Hong Kong achieve carbon neutrality before 2050.



Plenary Session 3

How to Make Discovery Videos in your Family?

Date: 28/12, Saturday

Time: 11:35 am - 01:05 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Prof. Dongmei JIANG

Chair,
International Youth Science Video Fair Committee,
China



CLIMATE CHANGE

Biography

Prof. Dongmei JIANG graduated from the School of Environment at Nanjing University and conducted postdoctoral research at Tsinghua University. Her main research area is addressing climate change. She is a professor at Zhengzhou Normal University and the academic vice president of Zhengzhou University of Technology. She has served as a visiting researcher at the Energy Research Institute of Hong Kong Baptist University and the STEAM Research Center of Lingnan University in Hong Kong.

She has not only made outstanding achievements in addressing climate change and carbon neutrality, but more importantly, she loves youth science education. She has served as the tenured honorary president of the Hong Kong Youth Science Academy. In 2006, she founded China Youth Science Video Education, and in 2010, she initiated and organised the "China Adolescents Science Video Festival" in China, which has been held for 14 sessions. In 2016, she initiated and organized the "International Youth Science Video Fair" in Hong Kong, which has been held for 9 sessions. She has edited 12 books, including the "Open DV to Learn Science" series, "Curiosity takes flight through the lens", "Lighting your dreams from discovery videos" etc., introducing youth science video activities. Now she is the chair of 9th International Youth Science Video Fair Committee.

Abstract

"How to Make Discovery Videos in your Family?"

1. Each family is a research group, where mother and children can be scientific explorers, working together to complete a discovery project;
2. Each family is a film crew, where mother and children can be directors, screenwriters, photographers, editors, actors, voice actors, and composers, working together to complete a short film;
3. The topic of discovery video can focus on the UN sustainable development goals, 17 goals in total, to cultivate the responsibility of the next generation. They can choose topics that are meaningful to the society, all mankind, and the earth, such as biodiversity conservation, climate protection, and clean water preservation.
4. The Research of discovery video should follow the general practice of science research to enable the next generation to master how to think in a scientific way.



Keynote Speech 4

Being Good Ancestors: Preparing a Positive Technological Future for the Family

Date: 29/12, Sunday

Time: 10:15 am – 11:15 am

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Prof. Susan WALKER

Associate Professor Emeritus,
Department of Family Social Science, University of Minnesota,
United States



NEW TECHNOLOGIES

Biography

Prof. Susan WALKER is proud to have a diverse career that includes working directly with families, working alongside family practitioners in the community, researching effective ways for parents to learn, and pioneering the importance of technology in family life. This includes developing a unique college course, writing a textbook, creating new technology that benefits parent learning, and focusing interest on technology support needs of practitioners.

Prof. WALKER's 30 years working in higher education was at the University of Maryland, College Park and the University of Minnesota. In Maryland she was the state Extension Specialist in Human Development and Family Life, where she researched and advocated for progressive policies on child care quality and benefits for family child care choice, and facilitated statewide child care provider training. At Minnesota in addition to her research, Prof. WALKER oversaw the Parenting Education teacher license preparation program. She consulted with the University of Iceland to create a similar program and currently serves as the External Examiner for Hong Kong University of Education's Child and Family Education Masters Degree. As a global consultant on families and technology, Prof. WALKER serves as an expert for the United Nations, Division of Economic and Social Affairs (DESA).

Abstract

In a generation, information and communications technology (ICT) has revolutionised family life. From personal communication in relationships to fostering new ways for children's learning, from novel ways to work anywhere anytime to efficiently managing the tasks of daily living, ICT has undoubtedly affected families worldwide; not necessarily equitably or in all cases positively, but impacted nonetheless. Understanding technology impacts on families in Asia and across the world is aided by extant and new theories of family life, adapted to consider virtual environments and variable use of digital devices. Actions to support all families experience positive ICT use lie at practitioner and policy levels. Practitioners provide education, modeling and access to resources to use ICT safely; policy makers ensure a safer, more equitable world for families. Innovations and initiatives put in place now will only benefit future generations to live in the tech-saturated world they inherit.

Moderator
Mrs. Patricia CHU, BBS

CIFA



Plenary Session 4

Date: 29/12, Sunday

Time: 02:00 pm - 03:30 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong

Speaker	Region	Topic
Prof. Kelvin Man-Ping WANG	HK SAR	Family services in Hong Kong along the Megatrends of Technological Changes
Dr. Xiaoxuan GUO Ms. Joanne TAY	Singapore	Family Nexus: Integrating Health and Social Services for Holistic Support to Families
Dr. Herman LO	HK SAR	The Use of Technologies in Family Services in Shanghai, Hong Kong, and Taipei

Moderator Prof. Mei-Hua ZHU

East China University of Science
and Technology,
China





Plenary Session 4

Family Services in Hong Kong along the Megatrends of Technological Changes

Date: 29/12, Sunday

Time: 02:00 pm - 03:30 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Prof. Kelvin Man-Ping WANG

Principal Investigator of Jockey Club SMART Family-Link Project,
The University of Hong Kong,
HKSAR



NEW TECHNOLOGIES

Biography

Prof. Kelvin WANG is the Principal Investigator of Jockey Club SMART Family-Link Project (Phase 2, Nursing), a Professor at the School of Nursing, Assistant Dean (Professional Development in Health Science) of LKS Faculty of Medicine, The University of Hong Kong (HKU). He is Fellow of UK Faculty of Public Health (FFPH), Fellow of American Academy of Nursing (FAAN), Co-leader of Smoking Cessation & Tobacco Control team (HKU), Council member of Nursing Council of Hong Kong and Council on Human Reproductive Technology. He is an Associate Editor of BMC Public Health, Nursing Reports, Journal of Smoking Cessation and editorial board member of Scientific Reports.

He has published 240+ papers (e.g. JAMA Internal Medicine, Lancet Digital Health, Addiction, Tobacco Control, etc.) (Google Scholar H-index: 37), 2023 & 2024 Top 1% by citation (Essential Science Indicators) and awarded Faculty Outstanding Research Output 2022. His research focuses on behavioral intervention, addiction, policy evaluation, and health communication. He led the team on alternative tobacco products (ATPs) research and has been awarded Faculty Knowledge Exchange Award 2022 for the impactful research on total ban of ATPs. The Community-based Smoking Cessation Program has been awarded American Academy of Nursing Edge Runner as an excellent nursing model.

Abstract

The Jockey Club SMART Family-Link Project, initiated and funded by The Hong Kong Jockey Club Charities Trust, seeks to leverage advanced Information and Communications Technology (ICT) in support of more effective and innovative family service delivery in Hong Kong. The Project focuses on fostering cross-disciplinary collaboration between NGOs and academia to enhance family well-being, through the creation of a service management system and digital capacity building initiatives. It has already shown significant progress in transforming family service delivery, enabling agencies to reach a broader audience via digital platforms. The core of the Project is the "i-Connect" service management system, which digitises paper-based operations within family service centers, improving efficiency and facilitating data-driven service planning. The Project also aims to empower service centers to develop and evaluate digital technology-assisted services, enhancing the accessibility and efficacy of family services. Future plans involve leveraging advanced ICTs in family service management, conducting insightful data analysis, and facilitating innovative, ICT-enabled family services. Despite certain challenges, including the digital literacy gap, privacy and data security concerns, the Project represents a significant step towards integrating digital technology in family services.



Plenary Session 4

Family Nexus: Integrating Health and Social Services for Holistic Support to Families

Date: 29/12, Sunday

Time: 02:00 pm - 03:30 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Dr. Xiaoxuan GUO

Programme Lead,
Family Nexus@Punggol, SingHealth Polyclinics,
Singapore



NEW TECHNOLOGIES

Biography

Dr. Xiaoxuan GUO is a Consultant Family Physician and Clinic Director at SingHealth Polyclinics (SHP) - Punggol. She completed her undergraduate medical degree at the Yong Loo Lin School of Medicine, National University of Singapore (NUS), in 2010. She underwent post-graduate training in Family Medicine under the SingHealth Family Medicine Residency Programme and graduated with a Masters of Medicine in Family Medicine from NUS in 2015. She was subsequently admitted as a Fellow of the College of Family Physicians (Singapore) in 2018, and completed a government-funded training in Adolescent Community Health Services in Melbourne, Australia, in 2024.

Dr. GUO is currently Programme Lead for SHP's Integrated Maternal and Child Wellness Hub, and Family Nexus@Punggol. She also serves as co-lead on SHP's Mental Health Workgroup, and oversees SHP's Health Wellness Service, a second-tier service for mental health in primary care.



Speaker
Ms. Joanne TAY

Assistant Director,
Planning Partnership Division, Ministry of Social and Family Development (MSF),
Singapore

Biography

Ms. Joanne TAY is an Assistant Director in the Ministry of Social and Family Development (MSF) in Singapore, under the Family Life Group (FLG). MSF seeks to build strong and resilient families across all life stages through family strengthening initiatives. As part of the team that support the Families for Life movement in Singapore, Joanne helps to develop and implement strategies to expand the community-based ecosystem of support for families and bring together whole-of-society partners to promote overall family well-being.

Abstract

Family Nexus is a pilot programme that integrates health and social services together under one roof for families with young children, at a convenient community node near their home. It is an inter-agency, inter-organisational collaboration, that aims to deliver holistic and person-centric care for the child and the family, through support in marriage, parenting and health services in the community. The programme is one of the key initiatives implemented to support Singapore's new Child and Maternal Health & Well-being Strategy to drive better health outcomes for children and their families.

In this session, the speakers will introduce the programme, its conceptual model, impetus and objectives and share how both a healthcare-based and community-based model can help support our young to achieve their best potential.



Plenary Session 4

The Use of Technologies in Family Services in Shanghai, Hong Kong, and Taipei

Date: 29/12, Sunday

Time: 02:00 pm - 03:30 pm

Venue: Grand Hall, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong



Speaker
Dr. Herman LO

Associate Professor,
Department of Applied Social Sciences,
The Hong Kong Polytechnic University,
HKSAR



NEW TECHNOLOGIES

Biography

Dr. Herman LO is an Associate Professor of the Department of Applied Social Sciences at the Hong Kong Polytechnic University. He is a Registered Social Worker, the Associate Fellow and Approved Supervisor from the Hong Kong Professional Counselling Association. Dr. LO research expertise is in applying mindfulness-based interventions in parenting and caregiving. One of his recent projects is an online mindfulness programme for parents of children with ADHD. He has received appointments in editorial positions of world leading academic journals including Mindfulness, Scientific Reports, and Frontiers in Psychology.

Abstract

There has been an increased application of technology in the social service sector. However, not all social service domains have readily tapped into the potentials of technologies, and the use of technology. It is more evident in youth work and gerontological fields than in family service. In this study, we explore how social workers in family practitioners in three cities (Shanghai, Hong Kong, and Taipei) applied technologies into their practice. Research questions include the extent that technology used to meet organisational and service needs and goals, drivers and barriers. Technology Readiness Index is used to investigate underlying beliefs in application in four dimensions, including optimism, innovativeness, discomfort, and insecurity. Findings of this study prioritise the perspective of the service providers, and implications for action to advance the development of new knowledge, skills, and mindsets for the family service practitioners will be provided.



Concurrent Sessions

Concurrent Session 1

Date: 28/12, Saturday

Time: 09:00 am - 10:15 am

Group	Theme	Moderator	Venue
A	Positive Parenting and Family Resilience	Dr. Steve FONG Hong Kong Shue Yan University, HKSAR	Grand Hall
B	Positive Parenting and Family Resilience	Dr. Herman LO The Hong Kong Polytechnic University, HKSAR	Classroom LG.18
C	Urbanisation and Adaptation of Family Migration and Family Life Cycle	Prof. Yeong-Hee KIM Chungbuk National University, Korea	Classroom LG.34

Concurrent Session 2

Date: 29/12, Sunday

Time: 09:00 am - 10:15 am

Group	Theme	Moderator	Venue
A	Intergenerational Connectedness & Family Caregiving	Ms. Angie CHAN The Samaritan Befrienders Hong Kong, HKSAR	Grand Hall
B	Intergenerational Connectedness & Family Caregiving Gender Equality and Empowerment Innovative Practices and Programmes for Promoting Family Well-Being	Prof. Joyce FENG Child Welfare League Foundation, Taiwan	Classroom LG.18
C	Evaluating the Impact of Family Well-Being Policies and Interventions Evidence-Based Policy-Making for Family Well-Being	Dr. Agnes NG CIFA	Classroom LG.34



Concurrent Sessions

Concurrent Session 3

Date: 29/12, Sunday

Time: 12:00 pm - 01:15 pm

Group	Theme	Moderator	Venue
A	The Role of Technology in Enhancing Family Well-Being	Ms. Bawany CHINAPAN Andolfi Family Therapy Center, Malaysia	Grand Hall
B	Domestic Violence and Fostering Safe Family Environment Positive Parenting and Family Resilience	Dr. Anna CHOI The University of Hong Kong, HKSAR	Classroom LG.18
C	Climate Change, Health and Well-Being Healthy Lifestyle in Urbanisation Context Evidence-Based Policy-Making for Family Well-Being	Prof. Florence FONG Lingnan University, HKSAR	Classroom LG.34

Concurrent Session 4

Date: 29/12, Sunday

Time: 04:05 pm – 05:20 pm

Group	Theme	Moderator	Venue
A	Innovative Practices and Programmes for Promoting Family Well-Being	Dr. Miranda CHUNG CIFA	Grand Hall
B	Innovative Practices and Programmes for Promoting Family Well-Being	Mr. Chi-Tong LAI CIFA	Classroom LG.18



Concurrent Session 1

Date: 28/12, Saturday

Time: 09:00 am - 10:15 am

Group	Theme	Moderator	Venue
A	Positive Parenting and Family Resilience	Dr. Steve FONG Hong Kong Shue Yan University, HKSAR	Grand Hall

Parenting Styles as Predictors of Sleep Problems Among Taiwanese Primary School Children

Presenter

Guang-Yi LIU

Taiwan

Organisation

Children and Family Research
Center, Taiwan University

Abstract

Parents play a crucial role in improving the sleep health of children within the family system. This study examined the impact of different parenting styles—authoritative, harsh, and indulgent—on sleep problems in Taiwanese children, particularly focusing on irregular and late bedtimes. Data were collected from 6,195 parents of primary school children in Taipei and New Taipei, Taiwan, using a probability-proportional-to-size sampling method and school-based surveys. Multiple logistic regression models were employed to examine the predictive effects of various parenting styles on children's sleep problems. Results show that 19% of children have irregular bedtimes, and 42% have late bedtimes, defined as regularly going to bed after 21:30. The three parenting styles are significant predictors of children's sleep problems, each in distinct ways. Greater authoritative parenting is associated with a lower likelihood of both irregular and late bedtimes. Greater harsh parenting is linked to a higher likelihood of irregular bedtimes but a lower likelihood of late bedtimes. Greater indulgent parenting is associated with a higher likelihood of both irregular and late bedtimes. These findings suggest that family programs designed to promote appropriate parenting styles as a key component could benefit children's sleep health.

Learn to be a Compassionate Parent—Non-violent Communication Intervention

Presenter

Yuen-Han MO

HKSAR

Organisation

Hong Kong Shue Yan University

Abstract

Nonviolent Communication (NVC) is considered a communication process that emphasises the power of compassionate communication to achieve better results. This evaluation study focuses on a NVC family project conducted by Project 40 Minutes @ Harmony Space in Hong Kong. The project aims to assist parents in learning NVC techniques for parenting, managing their emotions, and improving parent-child and family relationships. The services provided include nonviolent communication groups and workshops for parents, mindfulness and focusing groups, casework services, and publications. The evaluation study utilised a mixed method approach, using a "Framework of Reconnection" to examine the relationship between variables. The research findings shed light on the impact of NVC on family relationships and the perception of nonviolent communication among different stakeholders in the Chinese context. The results indicated that NVC learning and practice significantly influenced parenting styles and strategies, enabling parents to better control their emotions and adopt a more positive approach to parenting.

「從父母開始」 Start from Parents Project

Presenter

Jessica LING

HKSAR

Organisation

The Hong Kong Federation of Youth Groups

Abstract

The "Start From Parents Project", initiated by the Hong Kong Federation of Youth Groups - Parent Support Network, was carried out from May 2023 to Nov 2024 with the aim of providing robust emotional support to parents of children with special education needs in Hong Kong. This project is distinct in its focus, aiming to offer participants a platform for self-exploration through creative and mindfulness activities, instead of conventional parenting skill coaching. Furthermore, the project featured parent-child experiential activities to fortify familial relationships. In the project's concluding phase, parents were encouraged to engage in mutual support groups, fostering an environment for sharing feelings and stress associated with raising their child. Notably, the project facilitated the formation of an enduring mutually supportive network, even after its conclusion. The "Start From Parents Project" has successfully engaged over 100 families and provided service to 2,500 frequencies of participants, with positive feedback indicating a significant reduction in parenting stress and an improved quality of life. This positive impact is reflected in parents' growing appreciation for "Me Time" and their ability to prioritise self-care within their busy lifestyles.

Developing a Child-Friendly Community: Unlocking the Potential of Families in Multidisciplinary Setting by the 5E approach

Presenter

Ka-Man YUEN

HKSAR

Organisation

Hong Kong Christian Service

Abstract

UNICEF's Child-Friendly Cities initiative emphasises every child's right to grow up in a safe environment, access clean water, breathe fresh air, receive basic social services, play, learn, and have their voices heard. This initiative is crucial for enhancing positive family life within communities. To effectively gauge caregivers' perceptions of child-friendliness in Hong Kong, HKCS conducted a survey using a structured questionnaire based on the Child Friendly Community Assessment Tools (2011) designed by UNICEF. The survey results revealed lower scores in several key areas, including Play and Leisure—Issues related to social inclusion and multiculturalism; Participation and Citizenship—Limited involvement in community policy and service planning; Safety and Protection—Concerns about community safety and awareness of formal help—seeking channels; Health and Social Services—Challenges with community environmental hygiene and air quality; Educational Resources—Barriers to school participation rights and social inclusion; Home Environment—Issues with home space, housing affordability, and stability. These findings highlight the necessity for active participation and empowerment of children and their families through multidisciplinary interventions. The 5E approach—education, engagement, experiences, expression, and empowerment—emerges as an effective strategy to enhance the involvement of families with pre-school children in building a Child-Friendly Community. This, in turn, promotes a positive family life within the community.



Concurrent Sessions 1

Date: 28/12, Saturday

Time: 09:00 am - 10:15 am

Group	Theme	Moderator	Venue
B	Positive Parenting and Family Resilience	Dr. Herman LO The Hong Kong Polytechnic University, HKSAR	Classroom LG.18

Strengthening Family Well-Being to Prevent Violence: Innovative Practices and Outcomes

Presenter

Holden CHU

Taiwan

Organisation

Child Welfare League Foundation

Abstract

Purpose: Parental self-efficacy is essential for influencing children’s behavior, particularly in their preschool years. By increasing parental effectiveness, issues such as domestic violence and child abuse can be significantly reduced. CWLF developed systematic courses inspired by the SDGs to equip parents and children with positive communication and emotional regulation skills, emphasising the collective well-being and aiming to create healthier family environments ultimately reducing the risk of child abuse. **Research Design:** The initiative, "Parent-Child Well-being Moments," offered tailored courses for children aged 0-6 to enhance their age-appropriate skills and respite service for parents with parenting challenges. The study involved 1,047 caregivers and 1,088 children, using a one-group pretest-posttest design. Surveys were administered to parents before and after the courses, while teachers and primary caregivers conducted behavioral observations of the children. Additionally, the program established thriving parent communities to provide continuous resources and support, fostering stronger family dynamics. **Results:** The program significantly reduced parenting stress and improved parental self-efficacy. It promoted children’s autonomy, reduced separation anxiety, and strengthened healthy attachment. Furthermore, it increased the involvement of secondary caregivers. A total of 17,258 service instances were provided, including parental relief, parent-child bonding, and SDGs courses, effectively contributing to family well-being and child development.

Strengthening Families Program – Exploring the Effectiveness of Family-Based Intervention for the Prevention of Drug Abuse

Presenter

**Connie
Tsz-Yau AU YEUNG**

HKSAR

Organisation

The Hong Kong Federation of
Youth Groups

Abstract

Project “Begin from Family” is a three-year territory-wide project organised by the Youth Crime Prevention Centre of the Hong Kong Federation of Youth Groups and funded by the Beat Drugs Fund since April 2017. The second and third phases of the project successfully commenced in 2020 and 2023 respectively. The project adopts the full set of “Strengthening Families Program 7-17 Curriculum”, which is originated in the United States, and further tailors a localised version suitable for the Chinese context. The project aims at enhancing parenting skills and family functioning to minimise the risks of having delinquent, criminal behavior, and drug-taking problems among at-risk youth. From 2017 to 2020, the project team collaborated with Prof. Eric Chui Wing Hong and his research collaborators to develop an assessment tool that evaluates family needs and risks related to drug-taking behaviors. A program evaluation on the effectiveness of the service delivered to the families was conducted. Positive outcomes were found by using a quasi-experimental pre- and post-test research design, for example, participants in the treatment group exhibited significantly higher levels of “Family Communication”, “Family Cohesion”, and “Child’s Substance Resistance” (including both drugs and alcohol).

Exploring the Impact of Online Service Learning on Character Strengths Development among Hong Kong Secondary School Students and Their Families in the Context of the COVID-19 Pandemic: A Qualitative Intervention Study

Presenter

Abraham Wai-Yat NG

HKSAR

Organisation

Caritas - Hong Kong

Abstract

The COVID-19 Pandemic has significantly disrupted daily life, to cope with the suspension of face-to-face classes, all schools turned to online learning. In Hong Kong SAR, it was challenging to conduct character-building activities for secondary school students, such as visitation to elderly homes. This paper explores how an online project helped secondary school students develop character strengths to enhance resilience in individual and their families. A qualitative intervention study utilised focus group meetings with 20 Grade 8 students and 4 parents. The qualitative data collected from these focus group interviews provide preliminary evidence to augment our understanding of how online service learning could foster students’ character strengths, such as gratitude, kindness, perseverance, and self-regulation. The findings from this study contribute to the importance of service learning as an effective tool for student character strength development and enhancing family resilience. This study has practical implications for social workers, educators, and policymakers to consider the potential of service learning not only students but also parents need to learn about character strengths from positive parent education; this innovative Home School approach will allow them to share a common language with their child and develop a stronger sense of connection with the school.

Celebrating Families: Toward Transformed Social Norms and Child Well-Being

Presenter

Lien Thi Kim PHAN

Vietnam

Organisation

World Vision International in
Vietnam

Abstract

Celebrating-Families (CF) teaches parents and caregivers about their role in creating a safe and loving environment for the nurture of children and equips them to translate these principles into practical actions that can be applied within the family. Through this process, parents learn to identify and address family issues that hinder children's holistic development and support practices that create space for children to experience improved family relationships and a decrease in harmful attitudes and practices, including violence and neglect, within the family. Following the 'COMB' framework, the 2-year CF program equips caregivers with attitude, knowledge and skills (C – Capability) to recognise family values and roles of family members, through a gender and disability inclusive lens; followed by creating Opportunities (O) to interact and reflect through support groups and community networks; which continuously Motivate (M) them from passive to active Behavior change (B) and transformed social norms. The foundations established through CF further contribute to more positive outcomes in other sectors, including Child Health & Nutrition and Livelihoods. World Vision has implemented CF in 60 countries. In Vietnam, CF has reached more than 60,000 parents, with outstanding results, best practice, and learning to be shared through this session.



Concurrent Session 1

Date: 28/12, Saturday

Time: 09:00 am - 10:15 am

Group	Theme	Moderator	Venue
C	Urbanisation and Adaptation of Family Migration and Family Life Cycle	Prof. Yeong-Hee KIM Chungbuk National University, South Korea	Classroom LG.34

Transformation of Family Support for Elders in Yunnan: A Case Study on Urbanisation's Impact in a Minority Village

Presenter
Ting CAO

China

Organisation
Kunming Medical University

Abstract

This study investigates the transformation of family support practices in a minority village in Yunnan, China, amidst increasing urbanisation influences. Known for its agrarian-based extended family structure, Yunnan provides a unique insight into the challenges and adaptations faced by traditional care systems as they intersect with modernity. Utilising a qualitative research method, this study conducted in-depth interviews with 40 residents, including both caregivers and elderly individuals, combined with observation, analysis of published and unpublished documents and running records, to explore the adaptive strategies and evolving practices in family support for older adults. The findings reveal a shift from predominantly extended family care to a blend of traditional support supplemented by emerging community resources. This transition reflects the broader socio-economic changes influencing rural communities, where urbanisation introduces new opportunities and challenges for sustaining elder care. Importantly, the study emphasised the role of micro-individual factors such as disparities in socio-economic conditions, living arrangements, and the availability of informal support, which significantly influence family adaptation strategies in caregiving. These factors affect both the ability and willingness to provide care, underscoring the need for policies that not only support transitions in care provision but also cater to the nuanced needs of individual family members.

Exploring the Impact of Parental Migration on Family Functioning in Indonesia and the Philippines: A Comparative Longitudinal Study

Presenter
Yao FU

HKSAR

Organisation
The Hong Kong Polytechnic
University

Abstract

From the perspective of family functioning theory (Olson, 1993; Steinhauer et al., 1984), migration can transform traditional norms of parenting and caregiving practices, which consequently creates new challenges to family functioning. However, the impact of migration, a dynamic process involving both family separation and reunification, on family functioning remains inadequately understood. This study compares the impact of parental migration on family functioning in Indonesia and the Philippines, both major labour-sending countries in Southeast Asia. We use longitudinal data collected in 2008 and tracked in 2016 with 479 Indonesian households and 389 Filipino households. Family APGAR scores are dichotomously recoded, with a cut-off point of 13, indicating poor or good family functioning. Findings show that the relative log odds of improved family functioning among Indonesian families increase by 1.09 for households with new migrants compared to those households with never-migrant parents. Conversely, Filipino households with migrant parents at both waves have a 0.69 decrease in the relative log odds of good family functioning relative to those with non-migrant parents. These results underscore the pivotal role of migration stages in influencing family functioning, offering crucial insights for Asian family welfare in diverse migration contexts.

Reflecting Upon the Services of Building Capital among Cross-border Students in Hong Kong

Presenter
Iris Kam-Fung LIU

HKSAR

Organisation
International Social Services-HK

Abstract

Hong Kong has witnessed notable cross-border population flows, with a focus on one particular group – children who reside in Mainland China but commute daily to Hong Kong for schooling, known as cross-border students (CBSs). These students typically fall into two categories: those born of cross-border marriages and those born in Hong Kong through 'birth tourism'. Official figures indicate 27,000 CBSs during the 2020-2021 academic year. Cross-border schooling is often considered a conscious family strategy to take advantage of resources at multiple locations and accumulate various forms of capital. However, CBSs often encounter multiple challenges, such as acculturation, conflicting identities and social exclusion during daily cross-border practices. Drawing from the authors' qualitative study involving interviews with 20 young adults who were former CBSs, a mobility-capital framework was developed to explore how childhood cross-border experiences influence their settlement intentions and school-to-work transitions as they transition into young adulthood. This framework is applied to map the service programs offered by the International Social Service Hong Kong Branch (ISS-HK), specialising in supporting CBSs and their families. It also offers insights for fostering collaborations among academics and practitioners to promote upward social and educational mobility for CBSs.

Local Solutions to Universal Health Coverage for Migrant Families

Presenter

**Amaralak
KHAMHONG**

Thailand

Organisation

World Vision Foundation of
Thailand

Abstract

Thailand is a key destination for migrants, among the top 20 countries globally with the largest stocks of international migrants with approximately 3.9 million people making up more than 10% of the total workforce, including 61% women. In this context of high levels of migration, Thailand has become a global leader in championing the health of migrants, providing regular migrants with access to universal healthcare, although many barriers mean accessing healthcare services remains prohibitive. World Vision Foundation of Thailand is working across levels of government and with civil society partners to provide local solutions for universal health coverage, focusing on universal primary care, including antenatal care for pregnant women and immunisation campaigns for migrant children. These local solutions include a range of community based and civil-society-government led initiatives, from fully resourced community health-posts to deliver primary care, development of a world-renowned migrant health volunteer model, provision of low-cost health insurance programs and provision of mobile clinics to support migrant family health. This oral presentation will provide an overview of several case studies of how local, innovative and collaborative solutions can support family health for vulnerable migrants, regardless of status.



Concurrent Session 2

Date: 29/12, Sunday

Time: 09:00 am - 10:15 am

Group	Theme	Moderator	Venue
A	Intergenerational Connectedness & Family Caregiving	Ms. Angie CHAN The Samaritan Befrienders Hong Kong, HKSAR	Grand Hall

A Brief Mindfulness-Based Intervention for Caregivers of Frail Older Adults

Presenter

Herman LO

HKSAR

Organisation

The Hong Kong Polytechnic
University

Abstract

Frailty increases the risk of physical disabilities and cognitive impairments in elderly individuals, leading to a growing need for caregiving. In ageing societies like Hong Kong, 46% of the family caregivers are adult children or extended family members. In the long-term caregiving process, caregivers commonly report caregiving burden and distress, as well as depression and anxiety symptoms. To address these challenges, a brief mindfulness-based intervention (MBI) has been developed to enhance caregivers' coping strategies. This project aims to evaluate the effectiveness of a low-intensity MBI and understand the mechanisms behind its positive changes. A multi-site, three-arm randomised controlled trial was conducted to compare the effects of the MBI with the groups of an ordinary psychoeducation and treat-as-usual. A total of 93 adult caregivers participated in the study, and data analyses were performed using the intent-to-treat principle. Caregivers in the MBI group reported larger improvements in their depression symptoms, family functioning, self-efficacy, experiential avoidance, and problem-solving immediately after the intervention. Additionally, its positive effect on self-efficacy was maintained at the six-month follow-up. The project provides future directions for developing a brief mindfulness-based intervention, which might be supportive for caregivers with limited time and significant caregiving burden.

Dynamics in Three-Generational Chinese Families: Conflict, Solidarity, and Ambivalence

Presenter

Ke MA

HKSAR

Organisation

The Hong Kong Polytechnic University

Abstract

Quality multigenerational relationships are crucial for family well-being, particularly in the caregiving context. This study explored three-generational family dynamics through qualitative interviews with 120 participants from 40 Chinese-speaking families (one member per generation) between September 2023 and March 2024. Abductive coding identified three key themes: conflict, solidarity, and ambivalence. Conflict emerged as sandwiched generations faced dual pressures from caring for both older and younger members, leading to resource strain and reduced well-being. Shifting intergenerational power dynamics revealed struggles as parental authority transitioned to dependency. Perceived value shifts and inadequate communication further escalated tensions. Solidarity was characterised by affectual closeness, strengthened through effective communication, caregiving, and reconciliation. The transmission of family values nurtured normative solidarity, while functional solidarity relied on altruism, reciprocity, and collective investment in future generations. Ambivalence arose from unresolved grievances, creating tensions between past resentments and current caregiving roles. Despite declining norms of reciprocity, altruistic parents recalibrated expectations, and relational resilience highlighted their commitment to family ties. Many struggled to balance elder care with investing in future generations. By integrating theories of conflict, solidarity, and ambivalence, this study illustrates how competing interests shape multigenerational dynamics and offers strategies to manage conflicts, strengthen bonds, and resolve ambivalence.

The Essence Behind the Adolescent Mask

Presenter

Bawany CHINAPAN

Malaysia

Organisation

Andolfi Family Therapy Center

Abstract

Is adolescence the most misunderstood phase of a family life cycle? This presentation attempts to understand the developmental crisis of the adolescent phase through the lens of intergenerational family therapy. The approach is to integrate systemic and developmental theories; therefore, the family's developmental history and life-cycle as the framework used to understand and assess the adolescent's misbehaviour and symptoms. The three-tier inter-generational family system is the core of observation and intervention to view the relational patterns and the inter-generational blockages within the family to deal with the adolescents' problems. The tri-generational family is an enlarged family map (i.e. grandparents; parents; grandchildren) - this tri-generational genogram guides the sessions as a reference grid. Adolescent issues are not individual issues, but rather an intergenerational issue. Here, two clinical cases are presented to unmask some common adolescent struggles in families. The observation of the family from the beginning; how they take seat or interact helps give sense of difficulties hidden behind the family mask, and assist to attempt to find the markers of pain through the guide of the one family member: the adolescent (identified patient). These clinical cases unfold the family's unresolved struggles: which exacerbate the adolescents need for connectedness and separation.

Exploring the Benefits of Setting Up a Central Depository for Storage & Retrieval of the Three Instruments of Peace in Hong Kong

Presenter

Sherlynn CHAN

HKSAR

Organisation

MIP Care Resources Connect

Abstract

With a rapidly ageing population, the creation of a well-structured and effective central depository for the “Three Instruments of Peace”, namely, Wills, Enduring Powers of Attorney or Advance Medical Directives (collectively the “IOP”), will help elderly family members who have difficulty remembering where they stored their IOP, so that their wishes may be respected and known. MIPCRC will spearhead research with a tertiary institute, aiming at developing a feasible model for setting up a depository in Hong Kong to benefit the members of the community. The research will involve gathering information on how IOP are stored in ten jurisdictions; analysing the effectiveness of their systems; exploring how obstacles have been tackled and resolved; and in-depth interviews with various stakeholders to consider the benefits of a central depository, what policies, legislation, and professional practice changes are required, and other technical and security issues in Hong Kong. A well-structured and effective proposed model for a central depository tailored for Hong Kong will provide peace of mind for families in inter-generational connectedness and help vulnerable and elderly persons make health, welfare and financial planning decisions when they are still mentally capable to do so.



Concurrent Session 2

Date: 29/12, Sunday

Time: 09:00 am - 10:15 am

Group	Theme	Moderator	Venue
B	Intergenerational Connectedness & Family Caregiving Gender Equality and Empowerment Innovative Practices and Programmes for Promoting Family Well-Being	Prof. Joyce FENG Child Welfare League Foundation, Taiwan	Classroom LG.18

Gender Identity Issues as a Gap or Bridge between Transgender Adult Children and Their Parents

Presenter

Alex Ho-Ming LAM

HKSAR

Organisation

HKSARG

Abstract

Transgender people and their parents have been encountering internalised transphobia and minority stress from their initial discovery of gender identification, to progressive explorations of their preferred gender identity and subsequent actions towards social, medical and legal transitioning. A questionnaire in the format of sentence-completion was designed for transgender adult children and their parents to capture their felt experiences along the process. A total of 38 transgender adults and 13 parents were recruited through convenient snowball sampling. Results of the qualitative study revealed not only the early manifestations of gender atypical preferences of the transgender persons, their struggles between norm-conforming and gender explorations, considerations along their road to transitioning, and expectations onto their parents over their transitioning, but also the reactions of the parents along their discoveries on their children, their coping to preserve the relationship with their growing children and strive to maintain their inner peace despite their grief for the loss of children with their gender at birth, helplessness towards issues associated with children’s transitioning, and anxieties over the unforeseeable future. Clinical observations drawn from a subsequent parent group involving 7 parents with transwomen adult children were discussed to reveal therapeutic measures that could be beneficial for these parents.

Evolving Parental Roles in Hong Kong: Addressing Changing Stress Dynamics through a Gender-Responsive 'Single-Session Consultation' Approach

Presenter

Cyril CHUNG

HKSAR

Organisation

Caritas Hong Kong

Abstract

The traditional gender roles in Hong Kong have undergone rapid changes, with women and men experiencing shifts in their responsibilities and stress levels. A recent survey (n=266) revealed that mothers aged 40 or above face significantly higher stress in childcare compared to fathers of the same age group ($p<0.01$). Interestingly, the younger generation of fathers (25-39 years old) now experience similar levels of stress in childcare as mothers. These younger fathers also reported greater financial stress and had higher scores on the Parental Stress Scale compared to fathers aged 40 or above ($p<0.05$). Notably, the survey (n=311) found that Hong Kong men's interest in social services is now comparable to that of women, underscoring the need for gender-sensitive support services for both genders. The paper proposes the design of gender-sensitive social services that cater to the specific characteristics and needs of Hong Kong's men. It highlights a successful model called Single-session consultation; a counseling approach that has demonstrated immediate and long-lasting positive effects on recipients' sense of control, reduction in problem-related disturbances, and increased confidence in coping with situations (all $p<0.01$; n=60).



Concurrent Session 2

Date: 29/12, Sunday

Time: 09:00 am - 10:15 am

Group	Theme	Moderator	Venue
C	Evaluating the Impact of Family Well-Being Policies and Interventions Evidence-Based Policy-Making for Family Well-Being	Dr. Agnes NG CIFA, HKSAR	Classroom LG.34

Measuring the Malaysian Family Well-Being in Assessing Policy and Program Interventions Effectiveness

Presenter

Irwan Nadzif MAHPUL

Malaysia

Organisation

National Population and Family Development Board

Abstract

The first Malaysian Family Well-Being Index was initiated in 2011 by the National Population and Family Development Board Malaysia with the aim to measure the level of family well-being in assessing the effectiveness of the implemented family intervention programs and policies in the country. The Malaysian Family Well-Being Index 2011 had started with 7 domains: Family Relationship Domain; Family Economy Domain; Family Health Domain; Family Safety Domain; Family and Community Engagement Domain; Role of Religion and Spiritual Practices Domain; and Housing and Environment Domain. The recorded index in 2011 was 7.55 with a maximum score of 10.00. In 2016, measurement of the Malaysian Family Well-Being Index was repeated using an improvised instrument. The Malaysian Family Well-Being Index 2016 had maintained all the 7 domains in the previous 2011 Index with an additional domain, Family and Communication Technology. The index recorded in 2016 was 7.33 out of a maximum score of 10.00. The instrument's refinement exercise was repeated again in 2019 and 2022 in order to measure the Malaysian Family Well-Being Index 2019 and the Malaysian Family Well-Being Index 2022. The index score recorded in 2022 was 7.93 with a maximum score of 10.00.

A Preliminary Analysis on the Effectiveness of In-home Respite Care for Caregivers of Older Adults in Hong Kong

Presenter

Nga-Yan HUI

HKSAR

Organisation

The University of Hong Kong

Abstract

Caregivers (CGs) often feel overwhelmed by caring for their care recipients (CRs) that they hardly have any time for themselves. Respite service is provided to let CGs take a break from caregiving to replenish themselves, but its effectiveness on CG's well-being is controversial. This study adopted a single-group pretest-posttest design to investigate the effectiveness of in-home respite services. CG/CR dyads would first complete the baseline assessments, and receive a maximum of 48 hours of in-home respite services within a 6-month intervention period, provided by trained alternative carers. The dyads are reassessed 3 months after the baseline. Data collection is ongoing and pre-post data of 6 cases were analysed. Although the sample size is small, preliminary findings showed that in-home respite service significantly improve anxiety in caregivers, $F(1,5) = 25.98, p = .004$. On the individual case level, we found that CGs who perceived the service as a time off from caregiving were more likely to show improvement, compared to those who considered respite an extra helping hand in caregiving. This underscores the potential value of respite services and the importance of encouraging CGs to see them as an opportunity for replenishment. Funding source: Hong Kong Association of Gerontology

The Exploration of the Associations of Work Stress, Work Autonomy, Family-friendly Policy Perception, and the Value of Parenthood in Impacting Willingness for Childbirth among Employees in Macau

Presenter

Jenny LOK

Macau SAR

Organisation

City University of Macau

Abstract

The rise in women's labour force participation and economic interdependence in Macau has recently led to reduced fertility rates. The decision to have children is significantly influenced by perceived work-life balance and the value placed on parenthood. Family-friendly policies (FFPs) are designed to help employees balance work and family responsibilities. These policies can include flexible working hours and increased work autonomy. This study aims to explore whether employees who perceive FFPs as effective tend to report lower levels of work stress and higher levels of work autonomy, which in turn influence their willingness to consider childbirth. This study was conducted among 800+ employees recruited through community sampling. The analysis examines how perceived work stress and work autonomy mediate the relationship between perceived FFPs and the willingness to have children. Employees experiencing high stress levels reported a diminished desire for parenthood, while those with greater autonomy felt more empowered to consider starting a family. These findings underscore the importance of implementing robust FFPs in Macau to support employees in navigating the challenges of balancing work and family life. By fostering a supportive workplace culture that prioritises family values and employee well-being, organisations can contribute positively to societal trends regarding fertility rates.

The Evolving Trend of Family Well-Being in Hong Kong: Comparison on Three Waves of Surveys

Presenter

**Michael
Hong-Ting FOK**

HKSAR

Organisation

Hong Kong Family Welfare Society

Abstract

The Hong Kong Family Wellbeing Index (HKFWI) is the first tool that has undergone a rigorous validation process and is utilised for regular assessments of family well-being in Hong Kong. It serves as a comprehensive measure not only of a general family well-being score among Hong Kong families, but also focuses on six specific domains: Family solidarity, family resources, family health, social connection, social resources, and work-life balance. In 2019, 2022 and 2024, three cohorts of HKFWI randomised telephone surveys were conducted, each gathering responses from over 2,000 participants. These surveys targeted adult residents of Hong Kong living with one or more family members, with the goal of monitoring family well-being trends and enabling longitudinal comparisons. Notably, these surveys were carried out during a period marked by the impact of COVID-19 and global financial instability. This presentation will introduce the evolving trend of family well-being among Hong Kong families against the backdrop of shifting societal context from 2019 to 2024. It aims to offer insights for policy formulation and service enhancement in response to the changing needs of families in Hong Kong.



Concurrent Session 3

Date: 29/12, Sunday

Time: 12:00 pm - 01:15 pm

Group	Theme	Moderator	Venue
A	The Role of Technology in Enhancing Family Well-Being	Ms. Bawany CHINAPAN Andolfi Family Therapy Center, Malaysia	Grand Hall

Transnational Ageing and Digital Technologies: The Everyday Experiences of Older Hong Kongers in Transnational Contexts

Presenter

Lucille Lok-Sun NGAN

HKSAR

Organisation

Hang Seng University of
Hong Kong

Abstract

This article addresses gaps in research on older adults affected by international migration and global ageing, which has primarily focused on immediate care networks. Through in-depth interviews with older parents from Hong Kong living in transnational contexts, it examines how digital technologies influence their daily lives. Contrary to the belief that older adults avoid new technologies, participants actively engaged with them. The findings reveal that digital technologies facilitate practical care for older family members across distances, challenging the notion that such care must be in-person. Additionally, maintaining connections with geographically distant family and friends is essential for these older adults, and digital tools enable these social ties. Beyond fostering interpersonal connections, digitalisation enhances personal life satisfaction. This study argues that a comprehensive understanding of aging must incorporate the impact of digitalisation, extending beyond localised contexts. By recognising the role of technology, we can better understand the experiences and needs of older adults in transnational settings. This work was supported by the Research Grant Council, University Grants Committee, Hong Kong, UGC/FDS14/H15/22.

A Study on the Acceptance and Use of ICT by Family Service Workers in Taiwan: the Impact of Work Experience and Self-efficacy

Presenter

Chin-Fen CHANG

Taiwan

Organisation

Shih-Chieh University

Abstract

While ICT opens up innovative opportunities for family services, it also challenges long-standing methods of social work, professional ethics, and the traditional interaction between service providers and users, leading to hesitation and concerns about ICT usage. Although past social work education has lacked ICT training, Taiwan, being an important hub in the global ICT manufacturing industry, has a population generally willing to embrace new ICT. This study aims to explore the experiences of family service workers in Taiwan regarding their acceptance and usage of ICT, as well as the impact of work experience and self-efficacy on their ICT adoption and usage. The study also provides suggestions to promote the digitisation of family welfare services. The research focuses on family service workers in Taiwan, using purposive sampling within family services organisations and the snowball sampling method for electronic surveys. Data collection took place from mid-July to early October 2024, yielding a total of 178 valid samples. The research team will not only describe and further analyse the ICT acceptance and usage experiences of family social workers in Taiwan but will also seek to identify effective entry points for promoting the digitisation of family services and propose specific recommendations.

E-Outreach Solutions: Utilising Technology to Expand Support for Separated and Divorced Families

Presenter

Elim YEUNG

HKSAR

Organisation

The Salvation Army

Abstract

In response to the growing number of families experiencing separation and divorce, our experiences and discussions with service partners revealed two key trends: parents often seek legal information online, and many view divorce as a private matter, leading to reluctance in seeking support until crises arise. By understanding these patterns, we emphasise early intervention by utilising online strategies to prevent crises and alleviate children's distress during transitions. Our outreach strategy employs virtual platforms to discreetly connect with parents via an AI chatbot, alongside both face-to-face and virtual services. These offerings include navigation toolkits, community programs, and counselling from professionals, ensuring timely support when parents are most motivated to seek help. Recognising that divorce can impact individual identities and lead to relocation challenges, we are fostering a supportive online community that promotes knowledge exchange and social acceptance. This framework also helps us identify families in need even after they exit formal services. Additionally, we are developing the first validated Chinese Divorce Adaptation e-Assessment Tool in collaboration with a local university. This user-friendly digital tool enhances parental awareness of their own and their children's adaptation challenges. Our e-approach aims to expand early intervention services and enhance overall family well-being.

Community-oriented Longitudinal Database and LGCM Trajectory Tracking of Health-related Quality of Life

Presenter

Ge-Hao YANG

HKSAR

Organisation

Sau Po Centre on Aging,
The University of Hong Kong

Abstract

Objective: 1) Build up a community-based database to monitor health-related quality of life (HRQoL) among older adults. 2) Track health trajectory, predict future care needs, and assess ageing-in-place policy effectiveness. Methodology: Social workers gathered administrative data during registration and annual renewals at elderly centers, using it to evaluate needs. Latent Growth Curve Modeling (LGCM) was applied to explore factors influencing the trajectory of HRQoL changes and prediction. Findings: From Jan 2021 to Oct 2024, 2249 individuals (≥ 50 years, $\text{Mage}=78.29$) participated. We used data from all three waves and observed 107 participants ($\text{Mage}=79.37$) in wave 3. The LGCM analysis indicated that the model captured the trajectory of HRQoL changes, highlighting factors contributing to individual differences over time. The results show that social participation, living conditions and pain symptoms were associated with both the baseline level and change rate of HRQoL. Conclusion: Longitudinal data from elderly centers can provide insights into the dynamics of HRQoL, revealing critical factors. These findings can help refine service allocation, enhance management practices, and inform community-based ageing-in-place strategies.



Concurrent Session 3

Date: 29/12, Sunday

Time: 12:00 pm - 01:15 pm

Group	Theme	Moderator	Venue
B	Domestic Violence and Fostering Safe Family Environment Positive Parenting and Family Resilience	Dr. Anna CHOI The University of Hong Kong, HKSAR	Classroom LG.18

Psychological Trauma, Shame and Ambivalence in Fatherhood of Male Survivors of Intimate Partner Violence

Presenter

**Wallace
Wai-Hung TSANG**

HKSAR

Organisation

Hong Kong Shue Yan University

Abstract

This qualitative research aimed to examine traumatic experiences of male intimate partner violence (IPV) survivors in Hong Kong and Mainland China, addressing three aspects: 1) psychological trauma; 2) shame and masculinity; 3) interplay of trauma and shame on their ambivalence in fatherhood. 19 Chinese male IPV survivors were recruited both from Hong Kong and Guangdong, who had been in a heterosexual intimate relationship for at least 6 months. In-depth interviews were adopted to explore their traumatic experiences in relation to abusive incidents and fatherhood. Thematic analysis was adopted to analyze the data. The issues of male IPV survivors facing oppressive forces from societal world views on hegemonic masculinity, impact of psychological trauma on their shame, ambivalence in adopting fatherhood and its influence on parent-child relationship will be discussed. Cross-cultural dialogue of fatherhood of male IPV survivors will be examined in this paper. This research could lead to recommendations for practitioners and policy makers regarding strategies to support male IPV survivors in building positive fatherhood.

ERPATs MOVE to End Domestic Violence

Presenter

Ricky A. BUNAO

Philippines

Organisation

House of Refuge Foundation

Abstract

Domestic violence is a global issue affecting millions of women and children all over the world. Interventions are focused on the victims-survivors and their children, with a little attention given to men who perpetrate the violence most of the time. In the Philippines, "ERPATs" (empowerment and re-affirmation of paternal abilities training service) was established to engage fathers become effective and responsive. Further, a movement has formed called "Men Opposed to Violence Everywhere" (MOVE) in 2006 to involved men in the campaign to end domestic violence and in the promotion of gender equality. Drawing from my own personal and professional engagement, my presentation focuses on discussing the history, objectives, programs and advocacies of ERPATs and MOVE. It highlights the significance of fathers, men and boys as allies, advocates and partners in addressing all forms of domestic violence. Further, this argues that fathers and the men in general can, must be the solution in ending all forms of abuses and that men and women must work together to promote safe family and environment for all. Implications to social work practice are explored for future actions.

Challenges Faced by Adoptive Families and How Clinical Psychological Service Branch (CPSB) Helps

Presenter

Salina Siu-Ying HO

HKSAR

Organisation

Social Welfare Department

Abstract

Even though legal procedures in adoption have been completed, stories of adoptive families still are not. They need a lifelong and continuous process of family integration, building of trust and attachment security. When adopted children grow with ages, they may face various challenges arising from realizing differences from their adoptive family members and peers, sense of bewilderment about their genealogy, adoptive micro-aggressions, meaning of adoption on themselves, etc. From our clinical experiences, relational difficulties within adoptive families or even adoption disruptions have been sadly encountered. In order to enhance the chance of adoptive success, the Clinical Psychological Service Branch (CPSB) has initiated to produce the Reference for Assessment of Children-to-be-Adopted; and to localize two assessment tools, namely the Chinese Pictorial Version of Children's Dissociative Experiences Scale and Posttraumatic Symptom Inventory (CP-CDES/PTSI) as well as the Attachment Story Completion Task (ASCT). With a better understanding of the psychological needs of children-to-be adopted through precise assessments, clinical studies, and literature reviews, these initiatives facilitate frontline professionals in matching suitable adoptive families with flexible parenting strategies, ongoing resiliency, and genuine acceptance of the children. Helping children-to-be adopted find permanent homes aligns with the Social Welfare Department's Permanency Planning for Child Welfare Policy.



Concurrent Session 3

Date: 29/12, Sunday

Time: 12:00 pm - 01:15 pm

Group	Theme	Moderator	Venue
C	Climate Change, Health and Well-Being Healthy Lifestyle in Urbanisation Context Evidence-Based Policy-Making for Family Well-Being	Prof. Florence FONG Lingnan University, HKSAR	Classroom LG.34

In Reminiscence of 2004 Tsunami in Aceh – Impact on Mental Health, and How Community and Family Resilience Play a Role in Recovery

Presenter

Sit-Fong LOH

Malaysia

Organisation

Silver Lining Psychology Specialist

Abstract

On 26 December 2004, a catastrophic tsunami, with waves reaching up to 30 meters, struck the coasts surrounding the Indian Ocean, resulting in over 200,000 deaths across 14 countries. Banda Aceh reported the largest number of deaths, with widespread devastation to infrastructure and living conditions. Mercy Malaysia, alongside other international humanitarian relief organisations, played an important role in addressing the immediate needs in sectors such as health, food, water, sanitation, temporary shelters, and mental health. As volunteers involved in the mental health and psychosocial support response in Aceh following the tsunami, we aim to share our observations on the psychological impact on survivors. Grief and Post Traumatic Stress Disorder (PTSD) were among the most prevalent mental health issues observed among the survivors. We will highlight the mental health and psychosocial support implemented to assist survivors in coping with the aftermath. Despite the overwhelming challenges, the resilience demonstrated by individuals, families, and communities in Aceh emerged as a key factor in their recovery journey.

Mindfulness in the City: A Study on Enhancing Stress Resilience and Well-Being through a Digital Platform

Presenter

Yi-Ting CHEN

Taiwan

Organisation

Child Welfare League Foundation
(CWLF)

Abstract

This study examines modern mental health challenges, focusing on effective coping strategies for parenting-related anxiety. It explores how parents manage these challenges and assess whether a mindfulness-based parenting model can reduce caregiver stress and anxiety while enhancing well-being and self-awareness. A 21-day mindfulness intervention was conducted via LINE, Taiwan's predominant communication platform, involving 109 participants across three cohorts. Participants received daily mindfulness practice tasks and booster articles from the research team. After completing their daily practice, they reported their progress. The researchers encouraged participants to continue their practice and motivate each other through a multi-interaction design. A pre-and post-test design assessed five variables: self-awareness, stress, attention span, mood, and overall well-being. All variables showed positive developments after the intervention, with significant differences observed in well-being ($T=-3.75$, $P<.001$) and mood ($T=3.61$, $P<.01$), indicating an increase in well-being and a reduction in emotional distress following participation in the program. However, changes in self-awareness and attention span may require extended or continuous intervention and follow-up investments. Future studies will investigate the comparative effectiveness of in-person guided mindfulness versus hybrid approaches incorporating digital practice groups.

Adverse Childhood Experiences (ACEs): Insights from an Umbrella Review and Implications for Practice, Intervention, and Future Research in Asian Societies

Presenter

Bitna KIM

United States of America

Organisation

Sam Houston State University,
Texas

Abstract

Building on an extensive umbrella review of meta-analyses, this presentation delves into the wide-ranging effects of Adverse Childhood Experiences (ACEs) and their specific implications for Asian societies. The original review synthesised global evidence, examining ACEs' impacts on health, behavioural, and social outcomes. This presentation extends those insights by focusing on culturally relevant practices, interventions, and prevention strategies tailored to the unique socio-cultural context of Asia. In addition to reviewing successful programs and interventions, the presentation identifies critical gaps in current research and practice within Asian settings. Emphasising the importance of cultural adaptation, it highlights the need for family-centered, community-driven approaches to address the lasting consequences of ACEs. The discussion will further outline priorities for future research, underscoring the necessity of long-term, sustainable solutions that build resilience and well-being among diverse populations in Asia.



Concurrent Session 4

Date: 29/12, Sunday

Time: 04:05 pm - 05:20 pm

Group	Theme	Moderator	Venue
A	Innovative Practices and Programmes for Promoting Family Well-Being	Dr. Miranda CHUNG CIFA, HKSAR	Grand Hall

Innovative Use of Technology on Marital Work for Marriage Enrichment: An Impact Assessment and Reflection in Family Service Development Using ICT

Presenter

**Monica
Wai-Ling CHEUNG**

HKSAR

Organisation

Caritas Family Service (Hong Kong)

Abstract

A jump from 1.11 in 1991 to 2.14 in 2019 in Hong Kong's crude divorce rate emphasises the significance of focusing on maintaining healthy relationships within marriage. Caritas Family Service uses digital technology to address marital and family difficulties by combining professional expertise with user reflection. Hong Kong Baptist University's study used a randomised controlled experiment approach to examine a groundbreaking e-book titled "Marriage +: From Me to We" for newlyweds. The encouraging outcome demonstrated that it is a great tool for newlyweds. After using this self-help e-book, the couples in the study reported significantly greater satisfaction in their marriages. They reported higher levels of marital satisfaction for men ($F = 4.432, p < .05$) and relationship commitment for female ($F = 5.598, p < .05$) respectively. Over 95% were pleased with its effectiveness in strengthening their marriages, and nearly 90% said it helped them overcome marital problems. This e-book is an excellent guide for married couples looking to strengthen their bond, learn to work together, and adapt to married life. With two ICT projects, Family Port and Relationship University, we have been developing digital family services for a diverse clientele, and this promising outcome has validated our path.

Engaging Mothers in Supporting Husbands' Fatherhood in Chinese Families - A Group Intervention Approach

Presenter

**Wallace Wai-Hung
TSANG**

HKSAR

Organisation

Hong Kong Shue Yan University

Abstract

Mothers' engagement with their husbands in co-parenting is an important agenda for promoting family well-being. This is a pioneering project called 'CO-MUST', which is a co-parenting intervention group launched in Hong Kong. CO-MUST was designed to engage mothers in supporting their husbands in adopting positive fatherhood in co-parenting. It adopts a psycho-educational format, led by two trained group facilitators. Twenty-one mothers from a primary school and a kindergarten participated in the CO-MUST intervention groups from September 2021 to June 2022. A mixed research approach was adopted to evaluate the outcomes. Questionnaires were used to measure changes in some psychometric variables before and after their participation in the group. Focus groups were also conducted to explore the in-depth experiences of including their husbands in co-parenting. CO-MUST intervention group was found to be effective in enhancing mothers' behavior of accepting and recognising their husbands' roles and performance in parenting. Besides, the groups could enhance mothers' parenting efficacy, reduce parenting stress and psychological distress, and promote the couple's relationship. The findings also concluded that mothers' inclusion and acceptance of fathers in co-parenting contribute to positive outcomes in enhancing and supporting fathers' involvement in co-parenting.

Cancer Support Service for Young Survivors and their Families

Presenter

Ka-Ki WONG

HKSAR

Organisation

The Hong Kong Anti-Cancer
Society

Abstract

Over the past decade, the annual growth rate of cancer cases has reached 2.6%. According to our statistics, 42% of cancer cases are aged 64 or below. These young cancer patients not only have to deal with their own illness but they also need to take care of elderly parents or young children as well as expenses for their family. The psychological, social, and financial pressures of the families are severe. JCCSC provides one-on-one support to cancer patients and their families at every stage, from diagnosis to treatment and recovery. A designated case manager will offer holistic services including counselling, health tips, practical assistance, and referrals to charitable initiatives. Case managers also arrange psychosocial support groups and activities for survivors and caregivers, encouraging mutual support and enhancing their quality of life. The Centre on Behavioral Health of HKU had conducted a survey in 2023 which proved the effectiveness of JCCSC project that provided a model for cancer support service and helped to fill service gaps in the community. The research finds that the perceived distress of survivors and caregivers reduced significantly after joining the programme for 3 months and their general mental health improved by 20.7%.

Nuts and Bolts of Building a Volunteer-Based Marriage Mentoring Program

Presenter

Ee Lyn POH

Singapore

Organisation

Fei Yue Community Services

Abstract

Marriage mentoring has been identified as a highly effective method to enrich marriages by providing ongoing support and modelling healthy relationship behaviours. Traditionally, marriage mentoring is offered to premarital couples. Fei Yue Community Services piloted a volunteer-based mentoring programme for couples who have been married for at least 2 years and have attended the Prepare/Enrich Group Program. Couples were invited to sign up for marriage mentoring and were paired with trained volunteer mentors to support their application of knowledge and skills from the Prepare/Enrich Group Program. Post-marriage mentoring feedback from mentors and mentees found improvements in communication, conflict resolution, and overall marital satisfaction. Mentor couples also reported gaining valuable relationship skills and developed a deeper bond with their spouses when they worked together to support couple mentees. This presentation shares the programme components; challenges encountered in recruiting, training, matching and supervising volunteer marriage mentors; and methods found helpful in designing and delivering a volunteer-based marriage mentoring program.



Concurrent Session 4

Date: 29/12, Sunday

Time: 04:05 pm - 05:20 pm

Group	Theme	Moderator	Venue
B	Innovative Practices and Programmes for Promoting Family Well-Being	Mr. Chi-Tong LAI CIFA, HKSAR	Classroom LG.18

Promoting the Family Well-Being Through Community Education and Training During Covid-19 Pandemic

Presenter

Maricel CONDINO

Philippines

Organisation

Philippine Women's University

Abstract

In support of the growing uncertainties of the pandemic situation and the lockdown measures implemented in the Philippines, particularly in the National Capital Region extended to most parts of the country, the promotion of family well-being, and support intervention to community partners was implemented through the community education and training of the PWU- University Outreach Program and the Philippine School of Social Work. In a span of one (1) month period, a series of educative awareness and support significant to family well-being were provided through online platforms wherein fifty (50) families consistently participated in the online opportunities to engage in meaningful discussions with professionals and resource persons underscoring health and safety measures, the mental health and adult care providers, advocating for proper waste disposal of household medical waste, urban gardening as a recreational household activity, family and community-based disaster preparedness, cybercrime prevention. A mixed-method approach was employed in the evaluation of the effectiveness of this intervention to family well-being during the COVID-19 pandemic. The evaluation yielded results that promoting family well-being intervention amidst the multifaceted issues during the COVID-19 pandemic through online community education training using digital technology has become effective, relevant, and responsive to the family's needs and concerns.

Nature-Based Mindfulness Intervention Programme for Parents and Family Caregivers

Presenter

Herman LO

HKSAR

Organisation

Hong Kong Polytechnic University

Abstract

An NGO in Hong Kong developed a new initiative by making use of a family retreat centre at rural area. Parents and caregivers were invited to participate in a study of nature-based mindfulness intervention programme, integrating ordinary mindfulness-based intervention with sessions organizing in a family retreat centre with the benefits of practicing mindfulness in a natural environment. A mixed methods study was conducted to evaluate this innovative practice. A total of 95 participants, including 40 caregivers of older adults and 55 parents under stress, participated the programme. In quantitative study, significant improvements are found in depression, anxiety, stress, physical distress, daily functioning, and well-being after the programme for caregivers of older adults. Further improvements in family functioning and connectedness with nature are also found at follow-up. For parents under stress, significant improvements are found in stress, physical distress, daily functioning, and self-compassion after programme. Further improvements in anxiety and all subscales in family conflicts were found at follow-up. In hierarchical regression analysis, connection with nature played a significant role in predicting the programme effect in depression. Qualitative analysis based on focus group interviews showed consistent findings with attention restoration theory. Recommendation for further practice and research are provided.

Golden Age Smart Care Lab

Presenter

Robin SHAM

HKSAR

Organisation

Golden Age Foundation

Abstract

The GAF launched the 'Golden Age Smart Care Lab' Project for 34 private residential care homes, there are three parts: "Smart Age Technology Product Application", "Volunteer Services", and "Talent Training". Four technological products were used, (i) Dr Gold 金醫生, a robot; (ii) the therapy doll 金筐籬; (iii) NeuroGym, a tablet cognitive training system; and (iv) a fall detection system. Volunteers feel satisfied that the use of smart age technology can establish connections with the elderly and bring a positive atmosphere. After the therapy doll treatment, the "severity of dementia" and "the trouble of symptoms of dementia", such as delusions, agitation or aggressive behavior, anxiety symptoms have been significantly improved. The overall satisfaction rate of staff of participating institutions with regard to the use of the four types of technologies exceeds 82%. This reflects their positive attitude towards the application of smart age technology and helps institutions continue to use it. 'Golden Age Smart Care Lab' Project brings three keys to the elderly care industry, connecting smart age technology and humans, training sustainable professional nursing talents and providing retirees labour to the society.

Fostering Happiness in Later Life: The Impact of the Joyful Marriage Project on Retired Couples' Marital Well-being

Presenter

Violet Yu-Ting HUANG

HKSAR

Organisation

The University of Hong Kong

Abstract

In Hong Kong, most of the senior citizens remain married after retirement. Marital satisfaction plays a crucial role in personal well-being and mutual support as couples navigate post-retirement challenges. The Joyful Marriage Project, based on the "PEARL (Positive Emotion-Engagement-Achievement-Relationship-Life Goals)" model, developed various courses to enhance marital happiness for retired couples. The project, which lasted for three years from September 2021 to August 2024, utilized a pre-and post-test design to assess the intervention effects. A total of 158 retired couples, aged 53 to 77, completed both self-administered online questionnaires before and after participating in the project. Results of the Wilcoxon signed-rank test showed significant improvements in marital satisfaction ($z = 4.563, p = .000$) among the couples. Furthermore, the project effectively fostered positive communication ($z = 3.253, p = .001$), increased marital leisure activities ($z = 3.965, p = .000$), and cultivated a caring family atmosphere ($z = 4.228, p = .000$). Additionally, there were significant reductions in family conflicts ($z = -7.167, p = .000$) and technology interference ($z = -2.959, p = .003$). These findings highlight the profound positive impact of the Joyful Marriage Project on couples' relationships. More couple-based projects are recommended for the elderly population in the future. Funding Source: The Hong Kong Jockey Club Charities Trust



Best Practices Sharing in Asia - Family Well-Being Project 2024

Date: 28/12, Saturday

Time: 02:15 pm - 06:20 pm

About Best Practices Sharing in Asia Family Well-Being Project 2024

The aim of the Best Practices Sharing in Asia – Family Well-Being Project 2024 is to provide a platform to encourage sharing of valuable experience and practice wisdom while giving recognition to outstanding and pioneering work. It encourages the transfer of innovation and knowledge among professionals in different countries, ultimately contributing to the sustainable development of family well-being and strengthening of family functioning in the whole of Asia.

Region/Country	Organisation	Project Name
Hong Kong	Grace Port - Caritas Miscarriage Support Centre	Caritas Jockey Club Perinatal Bereavement Care Project
Hong Kong	Urban Renewal Authority Wofoo Social Enterprises	Upcycling Project - Transforming Home Spaces through Decluttering and Customised Furniture
Singapore	TOUCH Community Services	Project 1,2,3!
Hong Kong	Heep Hong Society	Project P.S.I Parental Stress Intervention
Hong Kong	TWGHs Ho Yuk Ching Educational Psychology Service Centre (Sha Tin), The Boys' and Girls' Clubs Association of Hong Kong, Community and Creative Learning Centre St. James' Settlement Youth Service	"Strategic Work in Parent Education in Mental Health" Program at Hong Kong Primary Schools: Enhancing Child and Parent Well-being
Hong Kong	Caritas Jockey Club Project Cedar - Social and Emotional Support Service for Men	HEarSay
Hong Kong	Hong Kong Christian Service	Empowering SEN Families - Paradigm Shift from Traditional SEN Rehabilitation Service towards Trans-disciplinary Collaboration
Hong Kong	Aberdeen Kai-fong Welfare Association Social Service Centre	The Jockey Club Kinship Support Project



Poster Presentations

Date: 27/12, Friday

Date: 28/12, Saturday

Time: 08:00 am – 06:00 pm

Time: 08:00 am – 02:15 pm

Venue: Lecture Hall II, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong

Region/Country	Author(s)	Organisation(s)	Title of Abstract
Hong Kong	On-Yue PANG	H.K.S.K.H. Lady MacLehose Centre	Experience Family Resilience through Health Promotion among Child Caregivers
China	Joy Yue ZHOU	Nanjing University of Science and Technology	A Family Case Study of Social Work Intervention in the Rehabilitation Environment of Autistic Children
Hong Kong	Annie Wing-Yan SHUM Hon-Wai LAM Alice Nga-Lai KWONG	Hong Kong Christian Service	Enhancing Family Relationships and Support Systems for Hong Kong Elders Facing Children Migration: Frontline Experiences
India	Esha ARORA Ashish GOEL Anika BATRA	District Hospital, Mohali, punjab B.R.Ambedkar Institute of Health Sciences, Mohali University College of Medical Sciences, Delhi	Home Visit Program for Oldest Old in Mohali District in Punjab
China	Wenshu LI Huiwei CAO	Shandong Jianzhu University; East China Normal University; Shanghai Zhujing No. 2 Primary School	Practical Exploration of Intergenerational "Wisdom" Companionship Model from the Perspective of Home-School Collaborative Education: A Case Study of Shanghai Zhujing No. 2 Primary School
China	Jinghui LIU Xia LIN	Beijing Academy of Social Sciences, Beijing City University	A Practical Study on Improving the Educational Capacity of Grandparents of Fact Orphans
Hong Kong	David HO	The University of Hong Kong	Youth Civic Identity Formation in Transforming Families and Societies Across Asia



Poster Presentations

Date: 27/12, Friday

Date: 28/12, Saturday

Time: 08:00 am – 06:00 pm

Time: 08:00 am – 02:15 pm

Venue: Lecture Hall II, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong

Region/Country	Author(s)	Organisation(s)	Title of Abstract
China	He BU Wenlong MU	East China University of Science and Technology Wuhan University	The Dual Role of Clan Culture in Shaping Women's Mental Health Across Life Stages
Hong Kong	Dingke YU Wenli ZHU Linda Dong-Ling WANG	Sau Pu Centre on Aging, HKU School of Public Health, Yangzhou University	The Role of Professional Identity in College Students' Mental Health: A Scoping Review
Hong Kong	Wingyin LEUNG Peiyi LU	The University of Hong Kong	Association of Online Parent-child Interaction with Depressive Symptoms among Middle-aged and Older Adults in China
China	Liping GAO	Shandong Jianzhu University	Population Ageing and Family Care
Hong Kong	Xinyu LIU	Lingnan University	Research on China's Ageing Finance Policy: Routes in Government-Bank Collaborative Promotion
China	Quzhen SILANG	Shanghai Open University	Family and City: Cultural Capital and Social Integration of Housekeeping Service Workers
Hong Kong	Elim YEUNG Hong-Hong TAI	The Salvation Army	Navigating Families in Separation and Divorce Transitions: A Path to Well-Being
China	Weiye YUAN Gen LI Yanping XU	Shanghai Public Affairs of Social Worker Agency	A Competency Perspective on Social Work Interventions Service Strategies for Family Development



亞洲家庭高峰會 2024

幸福家庭博覽會

Asian Family Summit 2024 Family Well-Being Expo





Family Well-Being Expo

Date: 29/12, Sunday

Time: 11:00 am – 06:00 pm

Venue: Lecture Hall II, Lee Shau Kee Lecture Centre,
LG/F, Centennial Campus, The University of Hong Kong

About Family Well-Belling Expo

Family well-being is vital to thriving societies. Family is a basic social unit and plays a significant role in the sustainable development of society. Families play an important role in the care of loved ones by providing support and assistance, and by creating a nurturing environment for loved ones.

To echo the theme this year “Towards a Better Tomorrow for Families: Partnership, Collaboration & Action for Sustainable Development” and the four megatrends of the Summit, the Family Well-Being Expo will be held again to offer family members a day of joy and excitement.

A series of booth games, performances, and workshops will be conducted to enhance family well-being and raise awareness about the megatrends of New Technologies, Urbanisation and Migration, Climate Change, and Demographic Changes, all of which will shape our world over the next 75 years and are closely related to the well-being of the family.





Sight-Seeing and Gala Dinner

Experience the vibrant life of Hong Kong as you ride through the city on a charming tram, guided by a knowledgeable tour guide who will share fascinating insights into the local culture and landmarks.

* Registration required

Tram Tour

Date: 28/12, Saturday

Time: 06:20 pm - 08:20 pm

Meet-up Time and Point: 06:20 pm @ Grand Hall, The University of Hong Kong or
06:45 pm @ Whitty Street Tram Depot

Duration: 2 hours

Gala Dinner

Date: 29/12, Sunday

Time: 07:00 pm - 09:30 pm

Venue: Regal Hongkong Hotel, 88 Yee Wo Street, Causeway Bay





Post-Summit Workshops

Date: 30/12, Monday

Time: 09:00 am – 12:00 pm

Venue: Classroom at The University of Hong Kong

Post-Summit Workshop 1

Multi-site Implementation Research and Practice in Supporting Informal Caregivers: A Comprehensive Workshop

The rapidly ageing global population has led to an increased demand for informal caregiving, placing considerable strain on caregivers and emphasising the need for effective support systems. This three-hour workshop, titled "Multi-site Implementation Research and Practice in Supporting Informal Caregivers," aims to provide conference participants from Hong Kong and abroad with valuable insights into the challenges and opportunities in implementation science as it pertains to caregiver support.



Trainer
Prof. Vivian LOU



Trainer
Iris Xiaoyu RUAN



Trainer
Dr. Linda Wang

Biographies

Professor LOU Vivian W. Q. is the Director of Sau Po Centre on Ageing, and 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 and family caregivers. She has committed to cross-sector collaboration with community partners, social enterprises, and the market. Prof. Lou has been appointed as a member of Statistics Advisory Board, Community Investment and Inclusion Fund, Senior Police Call Central Advisory Board, and Elderly Academy Development Foundation of the HKSAR Government. She is a fellow of the Gerontological Society of America, and a Council member of Hong Kong Association of Gerontology and Consortium of Institutes on Family in the Asian Region (CIFA). Professor Lou is recognized as Healthy Ageing 50 leaders transforming the world to be a better place in which to grow older in 2022, Woman Change Maker in STEM in 2023, Ageing Asia Global Ageing Influencer 2024, and Golden Age Foundation Smart Ageing Champion – Academia 2024.

My name is Iris Xiaoyu RUAN and I am a registered social worker based in Hong Kong. I currently work as a Senior Research Assistant at the Sau Po Centre on Ageing, where I contribute to the Jockey Club Carer Space Project. This initiative is dedicated to advancing carer support and services. My passion lies in gerontology research, particularly in developing evidence-based interventions and community-based services that enhance the quality of life for the elderly and their families.

Dr. Linda Wang is a dedicated researcher with a diverse background in clinical medicine, public health, and aging research. She has interdisciplinary research experiences utilizing both qualitative and quantitative research methods, with a particular focus on applying sociological research methods to the field of health. With a deep understanding of the challenges encountered by informal caregivers and the significance of evidence-based interventions in this domain, Dr. Wang currently holds the position of Research Assistant Professor and serves as the project leader for the Jockey Club "Stand-by U" Caregivers Community Support Project at the Sau Po Centre on Ageing, HKU.



Post-Summit Workshops

Date: 30/12, Monday

Time: 09:00 am – 12:00 pm

Venue: Classroom at The University of Hong Kong

Post-Summit Workshop 1

Agenda

The workshop will commence with a comprehensive overview of the current landscape of informal caregiving, highlighting the unique challenges faced by caregivers and the importance of evidence-based interventions. Participants will be introduced to the fundamentals of implementation science and its role in enhancing the support provided to informal caregivers.

The second part of the workshop will focus on good practices in research and practice collaboration in caregiver support. Through case studies and interactive discussions, attendees will learn about successful multi-site collaborations that have led to improved caregiver outcomes. The workshop will explore the critical factors that contribute to effective partnerships and provide participants with strategies for fostering collaboration in their own organisations.

In the final segment of the workshop, participants will be introduced to a practical caregiver need screening tool designed to guide service implementation. Attendees will learn how to utilise this tool to identify the specific needs of caregivers, enabling them to develop tailored support services. The session will include hands-on exercises to ensure participants gain a thorough understanding of the screening tool's application in real-world settings.

This workshop is targeted at conference attendees from diverse backgrounds, including researchers, practitioners, policymakers, and service providers working in the field of informal caregiving. By the end of the session, participants will have a comprehensive understanding of the challenges and opportunities in implementation science, good practices in research and practice collaboration, and the application of a caregiver need screening tool to guide service implementation. Join us for this informative and engaging workshop to enhance your knowledge and skills in supporting informal caregivers effectively.



Post-Summit Workshops

Date: 30/12, Monday

Time: 09:00 am – 12:00 pm

Venue: Classroom at The University of Hong Kong

Post-Summit Workshop 2

An Integrative Body-Mind-Spirit Approach to Support Families: Finding Balance and Cultivating Compassion in Caregiving

Cultivating resilience and compassion are essential to effective family-based intervention and other psychotherapies. Resilient practitioners embody the psychological flexibility and resources that help to buffer against professional burnout, while compassionate practitioners offer their clients their presence in their clinical encounters, which is instrumental to effective therapeutic relationships and successful treatment outcomes. The workshop is designed to support professionals in their caregiving journey through a holistic, integrated body-mind-spirit approach. The workshop introduces the concept of holistic healthcare and its benefits for caregivers. Participants will experience easy-to-learn, evidence-based holistic healthcare practices and practical tips and resources on integrating these practices into daily life and creating a personalised holistic healthcare plan. The workshop aims to empower participants with the knowledge and valuable tools to support themselves, their families, and their service users in the context of family-focused helping service.



Trainer
Prof. Cecilia CHAN



Trainer
Dr. Adrian WAN

Biographies

Prof. Cecilia CHAN is an Emeritus Professor in the Department of Social Work and Social Administration at the University of Hong Kong. She is the founder of Integrative Body-Mind-Spirit Social Practice and a prolific scholar in the field. Prof. CHAN founded the Centre on Behavioral Health, a multidisciplinary centre fostering interdisciplinary knowledge exchange, education, research, and practice to promote well-being in the local context.

Dr. Adrian WAN is a researcher and practitioner in holistic healthcare and mindfulness and compassion-informed intervention. He is a Certified Mindful Self-Compassion Teacher and a Certified Self-Compassion-Inspired Psychotherapist. His research interests lie in psycho-oncology, caregiver support, holistic practices, and the applications of mindfulness and self-compassion in psychotherapy to improve the well-being of laypersons and those struggling with chronic physical conditions.

Agenda

The workshop will provide a professional overview of the transdiagnostic and transtheoretical integrative body-mind-spirit approach to wellness. It will delve into the underlying principles, philosophical underpinnings, and evidence-based benefits for families, enhancing participants' knowledge competency. By the end of the workshop, participants will have a clear understanding of the integrative body-mind-spirit healthcare approach and its relevance to families, thereby enhancing their ability to provide effective care.

Moreover, the workshop will equip participants with practical skills in holistic wellness. It will cover core skills adopted from the disciplines of Traditional Chinese Medicine, mindfulness-based interventions, compassion-inspired contemplative practices, and other traditional forms of soothing and self-care techniques such as acupuncture, massage, and therapeutic journaling. Through experiential learning opportunities, participants will gain first-hand experiences in these techniques, enabling them to integrate these skill sets into their clinical practices and cultivate their therapeutic presence.



Post-Summit Workshops

Date: 30/12, Monday

Time: 09:00 am – 12:00 pm

Venue: Classroom at The University of Hong Kong

Post-Summit Workshop 3

Enhancing Couples Relationship for Family Well-Being

The "Enhancing Couples Relationship for Family Well-Being" workshop is a dynamic 3-hour session designed to empower couples with the tools they need to strengthen their relationships, ultimately fostering a healthier and happier family environment. Tailored specifically for couples, counsellors, family therapists, and community leaders, this workshop delves into the core aspects of relationship dynamics, communication strategies, conflict resolution, and emotional intimacy. Through a mix of mini-lectures, interactive activities, and group discussions, participants will gain a deeper understanding of the essential elements that contribute to a thriving relationship. Recognising that each couple's journey is unique, the workshop is customised to address common challenges and provide practical solutions relevant to the audience's experiences. Participants will engage in hands-on exercises, such as role-playing and skill practice, allowing them to apply new skills in real-time. The workshop also encourages open dialogue, enabling participants to share insights and learn from one another in a supportive environment. By the end of the session, audience may leave with a clearer vision of their relationship goals, equipped with effective strategies to enhance their connection and contribute to their family's overall well-being.



Trainer

Bawany CHINAPAN

Biography

Bawany CHINAPAN is a distinguished leader in the field of counseling and family therapy in Malaysia, whose expertise and accomplishments have left an indelible mark on the profession. Bawany CHINAPAN served as the Program Chair of the Counseling Unit, showcasing her commitment to academic excellence and program development. She was an instructor of Marital and Family Counseling module at the Masters in Counseling program.

A registered licensed counsellor and certified supervisor accredited by the regulatory body Lembaga Kaunselor Malaysia (LKM), her role includes providing comprehensive supervision for both trainees and seasoned practitioners, contributing significantly to the growth of the counselling community.

Bawany CHINAPAN's passion for her work is evident in her specialisation on couples and family functioning. She pursued training and supervision under the esteemed Master Family Therapist, Professor Maurizio Andolfi, and holds certification in Multigenerational Family Therapy. Her practice spans individual, couples, and family therapy, through a multigenerational approach. Recognised for her expertise and contribution, Bawany CHINAPAN was appointed by the Minister under the Ministry of Women, Family and Community Development as a Member of the Counselling Advisory Board Malaysia, a position she continues to hold with distinction. She currently serves as the Vice-President of the Malaysian Marriage and Family Therapy Association (MyMFT) and Vice-Chairperson of CIFA (Malaysia & Singapore).

Agenda

The workshop aims to enhance couples' relationships, emphasising their importance for family well-being. It begins with a 15-minute introduction where participants share their backgrounds and discuss the significance of healthy relationships. Following this, a 40-minute session delves into understanding relationship dynamics, focusing on essential elements like communication, trust, and emotional support. Participants engage in discussions to identify crucial factors in their relationships. Next, the workshop covers effective communication strategies, where attendees learn techniques such as active listening and empathy through role-playing scenarios. This is followed by a session on conflict management, equipping couples with tools to manage conflict constructively, including speaker-listener technique as a tool to manage misunderstandings. The workshop then highlights the significance of emotional intimacy, offering guided exercises to strengthen connections and discussing its impact on family well-being. Finally, a 15-minute Q&A session allows participants to address any lingering questions, followed by a summary of key takeaways and resources for further support. Overall, the workshop provides practical strategies and insights to foster healthier relationships, ultimately contributing to improved family dynamics.



Post-Summit Workshops

Date: 30/12, Monday

Time: 09:00 am – 12:00 pm

Venue: Classroom at The University of Hong Kong

Post-Summit Workshop 4

Introducing Traditional Chinese Medicine (TCM) and its Role in Supporting Family Well-Being

Navigating family dynamics can be challenging, often filled with complex emotions and interactions. This workshop aims to provide participants with a deeper understanding of how Traditional Chinese Medicine (TCM) can enhance family harmony and emotional well-being.

The session will begin with an overview of TCM principles and the concept of constitution care, focusing on how different body types can influence health and relationships. Participants will engage in an interactive self-assessment to better understand their own constitutions and how to support them through dietary and herbal remedies. A significant portion of the workshop will focus on emotional well-being, exploring how emotions are perceived in TCM and their impact on physical health. Participants will learn techniques for cultivating emotional balance, including mindfulness and breathing exercises.

The workshop will also feature a demonstration of acupressure techniques aimed at promoting health and relieving stress, followed by a hands-on activity where attendees create herbal sachets, harnessing the therapeutic properties of various herbs. Tailored for a diverse audience, this workshop combines practical skills with TCM insights, empowering participants to foster family harmony and holistic wellness in their lives.



Trainer
Ms. Yi-Shun TAM

Biographies

Ms. Yi-Shun TAM is a registered Chinese Medicine Practitioner with a Master of Chinese Medicine specialising in Acupuncture and Moxibustion from the University of Hong Kong (HKU). Currently, she works at The Hong Kong Tuberculosis Association—The University of Hong Kong Chinese Medicine Clinic cum Training and Research Centre, where she has gained valuable clinical experience treating a variety of conditions, with a focus on chronic pain and stress-related disorders.

She employs a holistic approach, integrating acupuncture, herbal remedies, and lifestyle modifications tailored to each patient's needs. She is passionate about patient education, helping individuals understand their health conditions and the benefits of Chinese medicine in their recovery.

In addition to her clinical practice, She actively engages with the community by giving talks and workshops, aiming to raise awareness about preventive care and the principles of Chinese medicine. She also serves as an instructor for a Chinese Medicine course for nursing students at a university, where she enjoys sharing her knowledge and experiences with aspiring healthcare professionals. Through her work, She is dedicated to promoting a deeper understanding of Chinese medicine and its role in holistic health and well-being.



Trainer
Ms. Mavis TSE

Ms. Mavis TSE is a registered Chinese Medicine Practitioner with a deep-rooted passion for holistic healing and women's wellness. Driven to further her expertise, she pursued a Master's degree in Chinese Medicine (Gynaecology) from The University of Hong Kong. This specialised training equipped her with an in-depth understanding of women's health issues from a TCM perspective.

Recognizing the importance of integrative healthcare, Mavis complemented her TCM knowledge with a Postgraduate Diploma in Pain Management. This additional qualification allows her to bridge the gap between traditional and modern approaches to pain relief, offering her patients a comprehensive range of options tailored to their individual needs.

Currently, Mavis practices at The Hong Kong Tuberculosis Association—The University of Hong Kong Chinese Medicine Clinic cum Training and Research Centre, where she provides personalised consultations and treatments to her patients. She is committed to integrating TCM's holistic philosophy into her practice, considering not only the physical symptoms but also the emotional and mental well-being of each individual.

Beyond her clinical work, Mavis is a frequent speaker at workshops and seminars, sharing on a variety of TCM topics with the public. She has also contributed to research project focused on the application of acupressure for stress relief in family caregivers, highlighting the potential of TCM in supporting those facing caregiving challenges.



Post-Summit Agency Visits

Date: 30/12, Monday

Route 1 | 09:00 am – 01:30 pm

1 KeySteps@JC

Sham Shui Po
2/F, Sunlight Centre, 273 Shun Ning Road, Cheung Sha Wan, Kowloon, Hong Kong

KeySteps@JC ("The Project") is initiated and funded by The Hong Kong Jockey Club Charities Trust, striving to bridge the developmental gaps of young children aged 0-6 and to build stronger foundation for their better life outcomes. It adopts a multidisciplinary collaboration approach involving education, health and welfare to strengthen family functioning and enhance teaching effectiveness in schools, while converging community resources through the KeySteps@JC Hubs. Hong Kong Christian Service operates the first flagship children's hub for children aged 0-6 located in Sham Shui Po. KeySteps@JC Hub is:

- 1) Children's quality space
- 2) Platform to engage significant carers
- 3) Children-centered community connector



2 Community Living Room

Sham Shui Po
1/F, No. 188 Fuk Wa Street, Sham Shui Po, Kowloon, Hong Kong

The Sham Shui Po Community Living Room is officially launched in December 2023 and is operated by The Lok Sin Tong Benevolent Society Kowloon and Sino Group & Ng Teng Fong Charitable Foundation as the venue provider. Community Living Room aims to provide targeted services to households residing in subdivided units, once households meet the relevant requirements, they are eligible to become members in CLR. As a member, they can expand their living space by using various living room amenities, including a pantry, self-service laundry, bathroom, living room, study room, etc. To enhance residents' quality of life, the CLR also offers a variety of activities and referral services, also encouraging participation with the community.





Post-Summit Agency Visits

Date: 30/12, Monday

Route 2 | 01:30 pm – 06:00 pm

1 CIC-Zero Carbon Park

8 Sheung Yuet Road, Kowloon Bay, Kowloon, Hong Kong

The “iHub” guided tour connects 3 exhibition centres of Construction Industry Council (CIC), including Construction Innovation and Technology Application Centre (CITAC), CIC-Zero Carbon Park and MiC Resources Centre. The iHub aims to promote the application of construction innovation, sustainability and digitalisation. CITAC will showcase innovative construction technology being adopted in the industry, such as smart safety helmet, AI Camera, IoT, smart site safety system, etc. CIC-Zero Carbon Park function as ‘green lungs’ for the high-density environment. The guided tour will introduce green building design features of the Zero Carbon Building. As the first MiC (Modular Integrated Construction) building in Hong Kong, MiC Resources Centre will showcase construction technology of MiC, visit MiC show flats and introduce different MiC projects in Hong Kong.



2 GREEN@COMMUNITY

27 Sheung Yee Road, Kowloon Bay, Kowloon, Hong Kong

Our vision is to protect natural resources and the ecological environment to preserve our planet. We aim to reduce pollution and waste by collaborating with various social groups and sectors for a sustainable future. Our services focus on integrating green practices into daily life to raise public awareness, reduce municipal solid waste, promote green communities, and enhance the city's livability.



3 Jockey Club Carer Space

Shop GA19-20, Kwun Fai Mansion, Lei King Wan, Sai Wan Ho, Hong Kong

Carers play an important role in supporting elders ageing in place. To address the needs of carers and their elders, The Hong Kong Jockey Club Charities Trust has initiated and funded the Jockey Club Carer Space Project with an approved donation of HK\$290 million in 2023. The Project establishes ten carer-centric service centres in different districts to connect carers with timely and appropriate services, to increase public awareness on carers needs and to promote a carer-friendly community.





Supporting Organisations





HKU Campus

LG/F, Centennial Campus





Major Catering Outlets

Centennial Campus



Gourmet Asia

South-East Asian Cuisine

G/F, Run Run Shaw Tower, Centennial Campus

Date: 27/12 | 08:00 am – 08:00 pm

28/12 | 08:00 am – 08:00 pm

29/12 | Closed



Oliver's Super Sandwiches

Sandwiches, baked potato, pasta, salad and coffee

LG/F, The Jockey Club Tower, Central Podium, Centennial Campus

Date: 27/12 | 08:00 am – 07:00 pm

28/12 | 08:00 am – 04:00 pm

29/12 | Closed



BIJAS Vegetarian | Halal Certified | Vegetarian

Halal Certified Chinese Style Vegetarian, Noodle, Coffee, Fresh Juice

G/F, Run Run Shaw Tower, Central Podium, Centennial Campus

Date: 27/12 | 11:30 am – 09:00 pm

28/12 | 11:30 am – 09:00 pm

29/12 | Closed



alfafa café

Pasta, sandwiches, salads, pastries and specialty coffee

G/F, The Jockey Club Tower, Central Podium, Centennial Campus

Date: 27/12 | 07:30 am – 08:00 pm

28/12 | 08:00 am – 06:00 pm

29/12 | 08:00 am – 06:00 pm



Scan with self-serviced ticketing kiosk

Valid from 27/12 to 29/12



Major Catering Outlets

Main Campus



Chong Yuet Ming Amenities Centre Restaurant (CYMAC Restaurant)

Local fast food, Noodles, Chinese BBQ, SE Asian food, Sizzling Plate
4/F, Chong Yuet Ming Cultural Centre, Main Campus

Date: 27/12 | 07:30 am – 09:30 pm
28/12 | 07:30 am – 09:30 pm
29/12 | 07:30 am – 09:30 pm



Union Restaurant (Haking Wong Canteen)

Local and multinational fast food
4/F, Haking Wong Building, Main Campus

Date: 27/12 | 07:30 am – 09:00 pm
28/12 | 07:30 am – 08:00 pm
29/12 | 07:30 am – 08:00 pm



Fong Shu Chuen Amenities Centre Restaurant (FSCAC Restaurant)

Local fast food, Noodles, Chinese BBQ, Pasta, SE Asian food
G/F, Run Run Shaw Tower, Central Podium, Centennial Campus

Date: 27/12 | 07:30 am – 08:00 pm
28/12 | 07:30 am – 02:00 pm
29/12 | Closed



Scan with self-serviced ticketing kiosk

Valid from 27/12 to 29/12



Contact Information



Consortium of Institutes on Family in the Asian Region

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574-576 Nathan Road, Kowloon, Hong Kong

Tel.: (852) 2363 0700 **Fax:** (852) 2363 3010

Email: info@cifa-net.org



Family Council, Hong Kong SAR Government

Address: 13/F, West Wing, Central Government Offices,
2 Tim Mei Avenue, Tamar, Hong Kong

Tel.: (852) 3509 7045 **Fax:** (852) 2591 6002

Email: secretariat_family_council@hyab.gov.hk



Social Welfare Department, Hong Kong SAR Government

Address: 8/F, Wu Chung House, 213 Queen's Road East,
Wan Chai, Hong Kong

Tel.: (852) 2343 2255 **Fax:** (852) 2838 0114

Email: swdenq@swd.gov.hk

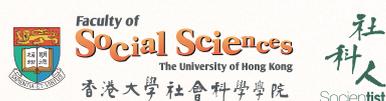


Connecting Hearts

Address: 502-503A, 5/F, Manulife Financial Centre Tower B,
223-231 Wai Yip Street, Kwun Tong, Hong Kong

Tel.: (852) 9586 0196 / 3892 0333

Email: info@swch.hk



Faculty of Social Sciences, The University of Hong Kong

Address: 11/F, The Jockey Club Tower, Centennial
Campus, The University of Hong Kong, Pokfulam
Road, Hong Kong

Tel.: (852) 3917 1234 **Fax:** (852) 2517 0806

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The Hong Kong Council of Social Service

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PowerPoints related to scientific presentations of the Summit and photographs/videos taken will be uploaded to the website of the Asian Family Summit as well as that of CIFA.

Asia Family Summit Website: <https://afs2024.org>

CIFA Website: <http://cifa-net.org/>

Your feedback

MATTERS TO US!

Our sincere gratitude to all the valued participants of AFS 2024. It has been an honour to assemble such a diverse and influential group, each offering their unique viewpoints and expertise.



Please scan the QR code or click [HERE](#) to complete the survey. We truly value your feedback!

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