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Farmer's Life: an age-friendly toy 「農夫歲月」：以長者為主題的全齡玩具

Ka Lun Dragon Lam

Hong Kong Institute of Vocational Education (Sha Tin), Vocational Training Council

Ching Nam Wan

Hong Kong Institute of Vocational Education (Sha Tin), Vocational Training Council

Pak Hin Wong

Hong Kong Institute of Vocational Education (Sha Tin), Vocational Training Council

Chi Chung Yip

Hong Kong Institute of Vocational Education (Sha Tin), Vocational Training Council

Yong Hong Yu

Hong Kong Institute of Vocational Education (Sha Tin), Vocational Training Council

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Farmer's Life — An Age-friendly Toy



SILVER PRIZE AWARD

The proposed board game achieves the following objectives:

- (1) to communicate the importance of leisure activities for active ageing,
- (2) to promote intergeneration relationships, and
- (3) to improve the cognitive capacities of elderly people with mild cognitive impairment (MCI) and emotional health issues to enhance their social lives.

The intended targets and project beneficiaries are as follows:

- (1) Elderly people. The literature indicates that elderly people need to stay involved in leisure activities, including games that can promote health, build self-confidence, expand life experience, provide social opportunity and enable close relationships between active seniors.
- (2) Primary and secondary school students. Full-time games for the elderly can provide opportunities for young people to engage with older people, thereby increasing their awareness of the elderly, creating a friendly environment for interaction between people of different generations, and allowing ageing people to prepare for meeting their social and mental needs.
- (3) Elderly people with mild cognitive impairment. When older people experience losses of short-term memory, their practical difficulties in managing their normal living situations tend to increase. The literature shows that proper game activity not only slows the patient's cognitive degradation, but also improves his or her mood and outlook.

The board game involves four kinds of cards that indicate matters of fate, opportunities, scenarios and challenges, all of which are related to elderly people's daily lives. The 'Farmer's Life' has been revised to a third edition, and has been published and tested on various public or industry-related platforms for the elderly.

Innovator:

LAM Ka Lun Dragon
WAN Ching Nam
WONG Pak Hin
YIP Chi Chung
YU Yong Hong

Higher Diploma in Social Services and Community Education
Hong Kong Institute of Vocational Education (Sha Tin)

「農夫歲月」—以長者為主題的全齡玩具



銀獎

「農夫歲月」這項桌上遊戲能達致以下目標：

- (1) 傳達為活躍長者提供休閒活動的重要性；
- (2) 促進一家老幼的關係；
- (3) 協助患有輕微認知障礙及情緒健康問題的長者，改善自身的認知能力，從而提升其社交生活質量。

遊戲的目標人群及預期成果如下：

- (1) 長者—研究文獻顯示，長者需要持續參與休閒活動，其中包括能促進健康、建立自信、拓展生活體驗、提供社交機會以及讓活躍長者維繫親密關係的遊戲。
- (2) 中、小學生—為長者而設的遊戲亦能為年輕人提供接觸長者的機會，從而提升他們對長者的關懷意識，創造融洽環境讓一家老幼彼此互動，同時能滿足長者的社交和精神需求。
- (3) 認知能力輕微受損的長者—當長者經歷短期記憶喪失後，他們自理日常生活的難度會漸漸增加。研究文獻顯示，適當的遊戲不單能減慢病人的認知能力衰退速度，更能改善長者的情緒及對人生的態度。

這項桌上遊戲設有四款遊戲卡牌，分別代表命運、機會、情景和挑戰，全都與長者的日常生活息息相關。「農夫歲月」已修訂至第三版，推出後已在為長者而設的不同公眾及產業相關平台接受測試。

研發學生：

林家麟
尹靖嵐
黃栢軒
葉志聰
余永鴻

社會服務及社區教育高級文憑
香港專業教育學院（沙田）

