

## Lingnan University SDG Report



Lingnan University (LU) has worked with numerous partners to translate its research and teaching activities into actionable events and products that significantly impact the health and well-being of populations across ages. Some of these efforts are presented below:

### **1. Collaborative efforts to protect against COVID-19 and enhance post-pandemic recovery**

The past year marked the transition from the COVID-19 pandemic into pre-pandemic normality. It was marked by Hong Kong's deadliest wave of the pandemic in 2022. Because of this, the LU community engaged in numerous activities and events to promote the health and well-being of people, including students and the community at large.

To protect the mental health of people required to quarantine as part of the COVID-19 preventive measures, LU's Wofoo Joseph Lee Consulting and Counselling Psychology Research Centre (WJLCCPRC) designed a [self-assessment questionnaire and intervention](#) exercise to help people in quarantine cope better psychologically. The intervention aimed at aiding users to "understand the implications of quarantine for individuals and society and improves their abilities to tackle loneliness". Research shows that isolation can trigger undesirable mental health outcomes. This was LU's contribution to promoting positive mental health outcomes. Even in the implementation phase, the study benefited 125 people who used and attested to the practicality of the intervention.

Furthermore, to support the wider community in health and well-being during the peak period of the pandemic in Hong Kong, the university mobilised various departments and talents to develop practical advice to people during difficult times as part of the campaign dubbed [CC4U](#). The campaign included short videos by Chinese medicine doctors on campus, students, staff and professionals. The videos comprised those targeting health promotion messages and others that demonstrated simple exercises to keep people active while they stayed home to

protect themselves against COVID-19. The Chinese medicine doctors offered advice on managing COVID-19, anti-pandemic soup recipes, and acupuncture techniques for young and older people. Some of the videos have been watched over [37,000 times](#) on YouTube, which demonstrates the university's impact in promoting health and well-being during the pandemic.

At the peak of the pandemic in Hong Kong, Lingnan University made tremendous efforts and took [extra measures](#) to protect the University community. For instance, all staff worked around the clock to cater to students' needs, including offering psychological counselling services and advice and provision of Rapid Antigen Test (RAT) kits at no cost to anyone who had come in contact with infected persons to minimise the risk of spreading the virus. Similarly, the university served as a conduit between the government of Hong Kong and young people by helping distribute [anti-epidemic service packs to students](#). These efforts meant that the campus and the university remained safe for the students and staff. This is partly why LU was able to adopt a hybrid mode of teaching and learning at different phases of the pandemic.

## **2. Promoting Healthy Ageing and Social Care in the community**

An important aspect of LU's contribution to the SDG on health and well-being has been those relating to ageing. As the university is located in a city considered super-aged, research and related interventions and services on ageing have been predominant and vital to the well-being of older adults and people approaching ageing. The contribution of LU in these areas cuts across issues of social care and services, application of gerontechnology, intergenerational communication and public sensitisation on ways to promote healthy ageing. LU units such as the LU Jockey Club Gerontechnology and Smart Ageing Project under the Asia Pacific Institute of Ageing Studies, School of Graduate Studies and Institute of Policy Studies partnered with the Hong Kong Science and Technology Parks Corporation to organise a public event to explore the avenues to integrate gerontechnology in supporting active and productive ageing. Over 200 young and older adults participated in the [event](#). It offered an excellent platform for Lingnan's academics and students to explore how integrated gerontechnology solutions are designed and deployed in the ageing society to enable better living conditions for older adults and explore new research directions.

To enhance the skills and awareness of young people and older adults on gerontechnology, the LU Jockey Club Gerontechnology and Smart Ageing Project has also introduced a [Gerontechnology Practitioner Training](#) Course to promote gerontechnology to the public. The course is designed for older adults, carers and young people. The content covers medicine, food, living and transportation,

comprehensively explaining older adults' needs and the challenges they face every day. Graduates of the course can become specialists and ambassadors for the programme.

Furthermore, as part of the successful project on age-friendly cities in Hong Kong, which has run for over seven years across all 18 districts of Hong Kong, the Asia Pacific Institute of Ageing Studies, which is one of the partners of the broader project sponsored by the Hong Kong Jockey Club Charities Trust, has organised public event under the theme: "[Show Capacity, Build an Age-friendly Community](#)" to demonstrate the critical role that older adults themselves play in promoting healthy ageing. The event, which attracted over 540 participants and 120 older active ageing ambassadors, created a platform to educate the public and seek their views on ways to promote active ageing under thematic discussions such as "How to build an age-friendly community through promoting social participation." The older adults' ambassadors received training on how to ensure the age-friendliness of their societies, and their role is to disseminate the knowledge they learn. The broader project has [trained over 2500 ambassadors](#).

Consistent with the support for age-friendly cities, the university has also supported various community efforts to promote ageing in place through revitalised medical-social collaboration. The medical-social collaboration is one of the key avenues that the government of Hong Kong has been pursuing to ensure active and healthy ageing. Researchers and practitioners in [the university have engaged](#) with various health services providers and social service agencies in support of the medical-social collaboration in Hong Kong.

Moreover, to support society in promoting long-term care services to older adults, the university has also signed an agreement with some care homes for research and practice exchanges to support adequate care of older persons. An example is the [agreement with Hong Kong's Culture Homes](#) and Forward Living, which offers comprehensive care services to older adults. LU invite the institution to share their experiences with students as part of lectures to improve students' awareness of the sector. Likewise, the institution is also involved in research-related activities to enable them to improve their services.