

(Translation)

Council meeting of 13 December 2023

**Hon Adrian HO's motion on
“Promoting healthy ageing to create a good quality of life
for the silver-haired group”**

**Motion as amended by Dr Hon Johnny NG, Hon Elizabeth QUAT and
Prof Hon LAU Chi-pang**

That President XI Jinping has expressed his hope for the Hong Kong SAR Government to earnestly address people's concerns and difficulties in daily life, including 'having better care in their twilight years'; the continued ageing of the population in Hong Kong has led to a rise in the elderly dependency ratio and exerted tremendous pressure on Hong Kong's healthcare system, welfare policies, public resources, etc.; in order to meet the needs of the silver-haired group, this Council urges the SAR Government to draw reference from international experience and proactively promote healthy ageing, so as to address the problem of an ageing population; the measures include raising people's awareness of planning for a silver-haired life for their future in order to realize ageing in place; making good use of gerontechnology to enhance the quality of life and self-care abilities of the silver-haired group and improve their social and mental health; promoting services for preventing and delaying disabilities, so as to enable the silver-haired group to maintain self-reliance and continue to give full play to their strengths and contribute to society; and developing silver-hair industries to enhance the quality of life of the silver-haired group, thereby creating an age-friendly social environment for Hong Kong; this Council also urges the SAR Government to extend the 'Let's Go Well-being—Well-being Design Pretest' to all public housing estates in the territory, so as to enhance the sense of happiness of the silver-haired group, and conduct a study on lowering the eligible age for applying for the HKMC Annuity Plan to below 60, so as to ensure that the life of the silver-haired group after retirement will be more secure; this Council also urges the SAR Government to make reference to the Plan for the Development of National Undertakings for the Aged and Elderly Care Service System during the 14th Five-Year Plan Period to promote healthy ageing.