



ANHF

AUSTRALIAN NURSING HOME FOUNDATION

澳華療養院基金

Culturally Appropriate Aged Care Since 1980

## NEWSLETTER



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ANHFAU



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## Innovation X Technology

### Achieved Amazing Aged Care Experiences

Angela Ng (Project Manager - Innovation)



ANHF had showcased various Gerontech products in recent large-scale aged care expos. Feedbacks from the industry partners and users were all very positive. ANHF is undoubtedly at the forefront of the era of adopting smart technology in the aged care sector. As Project Manager (Innovation), please tell us more about our organization's vision on technology use.

Use of technology to support the operation in different industries is a global trend. It is obvious that technology can improve the operations, efficiency, security, and service outcomes of the aged care industry. Besides, population ageing has brought great impact to the whole society. Many companies around the world are inventing gerontechnology products to cope with the challenges.

ANHF believes that the introduction of new technologies will bring significant benefits to elderly people in terms of their physical and mental health. Being the pioneer in aged care for the Asian community, ANHF has already utilized various technologies in our services e.g. care management system, nurses calls, fall prevention devices etc. The products that we introduced recently focused more on enhancing the elderly's rehabilitation process and outcomes, as well as providing unique leisure activities.

#### Editorial Committee:

Ada Cheng Rebekah Kwan  
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Cindy Wong

#### Advisors:

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Before joining ANHF, I was responsible for promoting the gerontech development and adoption in the Hong Kong aged care sector. Hong Kong is comparatively more advance in utilizing gerontech. I therefore want to draw reference to this positive experience and introduce new options to ANHF and the Australian aged care sector.

Please briefly share with us the functions of these gerontech products that we have introduced.

We have introduced 5 products to our Huang Ying Jung Nursing Home (HYJNH) in Gordon.

- 1) Interactive Robot “Kebbi” : Kebbi” can communicate with users, sing, dance, assist people to exercise etc. More functions like newspaper reading and radio broadcasting will be added later.
- 2) Immersive VR system : 1)The portable system provides 270° multi-sensory experience, including multi-users motion detection games, immersive video etc.
- 3) Interactive Projector : The portable unit can project on the floor, the table and the wall. Some games are specially designed for people with dementia.
- 4) Motion sensor VR Exercise : This VR racing game is controlled by adjustable sensitivity sensors to suit user ability.
- 5) Cognitive & eye-hand coordination training : 1)The big buttons design of this system provides impactful response to users. All contents can be tailored by a simple excel file.

All the above products are imported from Hong Kong tech companies. Device interfaces are all adapted and tailored for the local Chinese community in Sydney. We also aim to enhance the functions of the devices through co-creating, co-designing with our Hong Kong technology partners.

How can these products enhance the wellbeing of the elderly people?

These gerontech devices have brought positive impacts to the residents in HYJNH. For example, the VR racing game is attractive to our residents. They can now do gaming just like young people. When they see the respective characters running on the screen, they are being motivated and tend to do more exercise without being aware of this. Sensors can also be attached to various conventional exercise tools to track performance data.

Besides, people at their age who have mobility problems can hardly travel any more; but through the immersive VR system, the elderly can now travel to Japan in the morning, then Italy in the afternoon.







This is a good social activity which can bring them good memories and marvellous experience. I still recall a touching moment when we showed a couple a video to Venice. The gentleman kept holding his wife's hand and saying, "We have been to this place; this is St. Mark's Square". I could certainly see that joyful memory in his eyes.

We believe that these gerontech products can help to enhance both their physical and mental health. Through all the unique activities, our elderly residents can explore the world with fun; take new challenges and enable their hidden abilities.

**Gerontech has already been introduced to our facilities for a few months, what is the general feedback of the elderly and their families? What is the most popular game?**

Our elderly users welcomed all these new technologies. Some of them might be a bit hesitant in trying out at the very beginning. But when they noticed that they could manage, they all enjoyed the activities very much. We found that our elderly residents are particularly interested in action games, like hitting the bugs and whack-a-mole. Family members could also join in the gerontech fun. They were happy to see that ANHF can provide these innovative activities that bring unique experience to their loved ones.

**What is ANHF's gerontech implementation plan? How can we further influence the aged care sector to embrace gerontech?**

We will gradually increase the utilization of gerontech products within ANHF. For example, robots will be deployed to all relevant centres and nursing homes of ANHF. In the coming months, gerontech game days will be held in both HYJNH and in the community. We hope that more users will have opportunities to try on these new devices. At the same time, we will also provide basic training to our staff so that they can master the operation of the devices and help to promote the use of technology in our service units.

As for the aged care sector, we will continue to share our positive experiences through different channels. Our aspiration is to change the public's perception of aged care i.e. aged care is not just about personal care but about fun, opportunities and enablement.

We are liaising with some institutes with the aim to conduct relevant research on application outcomes of gerontech devices on our users. This will help to demonstrate the effectiveness of gerontech on the operation of aged care service. We hope that more partners in the industry can join in and enhance the aged care service provision with technology.

We will also connect with different product developers and identify more collaboration or co-creation opportunities. We will foresee ANHF evolve into a hub and test bed of gerontech development in the coming years.



# A Not-So-Ordinary Nursing Home

## Where Elderly Residents Regain Confidence through Boxing Exercise

*Fifi Lai (Physiotherapist/Lifestyle Coordinator)*



Huang Ying Jung Nursing Home is a residential facility abounding in energy and joy. Its attraction lies not just in the gracefully elegant design but also its unique and vibrant recreational activities. Among these is one which probably is the first of its kind that has ever been introduced in a nursing home in Sydney — elderly boxing exercise held in the residents gym room located on 2/F. Shoe straps, hoists, safety belts are installed to ensure safety during exercising. The physiotherapist is there in every session to assess and adjust the exercise level and speed for individual residents.

Fifi, our physiotherapist, was the first to introduce this boxing exercise to the nursing home. When asked about when she first had this idea, Fifi said, 'Several years ago a friend forwarded to me a youtube video on elderly people exercising in a gym room in Hong Kong. That really impressed me. As HYJNH was still under construction, I spoke to Ada, our CEO, to explore the probability of having elderly boxing exercise in our gym room. Ada was very excited and fully supported this idea.'

Listing the benefits of boxing exercise for the elderly, Fifi said this exercise strengthens the upper and lower limbs, core muscles, improves balance skills and body pose. It also lessens falls, improves coordination between eyes and hands and related responses. What counts most is elderly residents find this exercise very interesting! Knowing that safety belts are worn to ensure safety during exercising, they then have confidence in taking up this captivating exercise!







This boxing exercise received a huge welcome after its introduction, with the frequency increased from once per week to twice a week. Still residents love to have more. Fifi observes that the wellbeing of residents has improved significantly. Some residents with Parkinson's disease, or have poorer balance skills, or some whose legs are too weak for walking show obvious improvements after using the exercise hoist in gait training.

## Elderly Boxing Exercise Assistant Instructor - Wenbo Wu

Wenbo Wu, assistant instructor of elderly boxing exercise, feels honoured to help in this role. He started the required training several years ago so as to assist in creating a safe environment for the elderly to undergo boxing exercise with peace of mind.

Wenbo also mentioned that it had been more than half a year since this boxing exercise started in HYJNH. Since its introduction, he has seen family members changing from a doubtful attitude to trust and enthusiastically involved in this exercise. Residents are in high spirits after every session, all agree that boxing exercise benefits their health.

Seeing the changes to our elderly residents as well as witnessing their enjoyment in boxing exercise, Wenbo also has a great sense of satisfaction.





# Connecting Seniors

## TURN A NEW PAGE IN YOUR GOLDEN YEARS

The "Turn A New Page in Your Golden Year" program, specially conducted by ANHF Communications and Marketing Unit, is an online course tailored for seniors aged 65 and above. The objective is to recruit a group of vibrant seniors who are keen on maintaining their physical and mental well-being. The course covers Australian government benefits and elderly services while imparting mobile phone and computer technology knowledge to participants. This empowers them to stay updated with current technologies, boosts their confidence and joyfully embark on a new chapter in their lives. Since its launch in 2022, the program has garnered immense support from the community, with up to 150 seniors participating in and endorsing it. In 2024, we plan to expand its reach by introducing an advanced module of the program, not only engaging seniors online but also conducting hands-on tech sessions. These sessions will guide seniors step-by-step on using online accounts like My Gov and My Aged Care, along with sharing essential internet safety tips. The course consists of four modules, aiming for participants to immediately apply their newly acquired skills in daily life after each session.



### Learning from Teaching

*Carmen Li,  
Communications and Marketing Officer*

As the Communications and Marketing officer, I not only participated in the establishment and design of this course but also took up one of the instructor roles. My primary role involves teaching seniors basic IT knowledge and mobile phone applications. The courses I instruct cover fundamental mobile applications, QR code scanning, mobile translation, backing up phone data, ChatGPT etc. Despite the average age of participants is over 70 years old, their learning abilities and eagerness for new knowledge are no less than that of the younger ones. I am pleased to see that acquiring new technological skills has become one of the most popular topics in their journey of turning a new page in their golden years.



## Good News! Digital Skills Grant

To enable seniors to turn a new page in their golden years, Communications and Marketing Unit has been actively seeking various avenues for grants and subsidies. We are thrilled to share the good news that we have recently secured funding from the "Good Things Foundation – Digital Skills Grant". We hope to have more positive developments in the future, aiming to support even more seniors in the community to lead fulfilling lives.







# ANHF Moon Festival Seniors Luncheon

## *Songs and Dances of Rhythm and Robustness Stirred up Fun and Energy among the Elderly*

Though the ANHF annual Moon Festival Luncheon had come to a halt due to the pandemic, it returned this year during an auspicious lunar calendar year with a twice-repeated month that brought twice the festive calendar date that marked the beginning of spring. As the Moon Festival is a festive time for family gatherings, a Festival Seniors Luncheon was held on Wednesday 28/9 at Cabra Bowl (Cabrarnatta) to welcome the full moon; followed by our Moon Festival Seniors Luncheon held on Thursday 29/9 at Crown Dragon Restaurant. Participants included over 400 ANHF elderly consumers from our various services — Stanley Hunt Seniors Wellness Centre, So Wai Seniors Wellness Centre, Hurstville Seniors Wellness Centre, our Seniors Wellness Centres in northern Sydney, Campsie Seniors Wellness Hub, Community Housing and Home Care Services. What a joyous festive event to celebrate the Moon Festival together!



A variety of programmes were held to make this festival a memorable one. Ms. Li Pei Fang, a renowned Chinese singer and vocal coach in Sydney, and adjudicator in many singing contests in Australia, was especially invited to the luncheon. There was also Anson, who won the 1985 singing contest in Sydney when opened up a singing career. Their impressive performances mesmerized all elderly participants. ANHF Board members Ms Mei Mei Tse,

Mr Andrew Gock and Dr Bernard Tse, General Manager Care Services Ms Jenny Chua and CEO Ms Ada Cheng presented the awards to three most senior elderly participants: Mr Bernard Hor (aged 99), Ms Zhang Ye, Guang (aged 99) and Ms Tung, May Yong (aged 98). Mr Bernard Hor is also ANHF Honorary Life Governor. A special cake-cutting ceremony was held to celebrate in advance his turning 100 in a month's time and to wish all elderly participants longevity and health.



Fabulous programmes continued while the elderly were enjoying the sumptuous lunch. Brianna, our specially invited Latin dance dancer, pushed the atmosphere to the climax, conjured up the singing and dancing cells of elderly participants who turned into singing and dancing kings and queens! In her Vote of Thanks, Ms Ada Cheng, CEO, especially thanked our longtime luncheon sponsors: Mr Brad Chan (representing the Chan's family) and ANHF Honorary Life Governor Mr Bernard Hor. Our thanks also went to Ettason Pty Ltd, Hor's Dim Sim Kitchen and Chang's Noodles for their generous donation of prizes that complemented the event.





# Crossing Professional Boundaries

## From Care Support to the Mission of ANHF

*Madeline Yan (Project Manager, Support at Home)*

My last position was the Sector Support and Development Officer at Hornsby Shire Council. I supported aged care providers, particularly home care providers, in getting better at delivering services to older people through training, consultation and fostering collaboration amongst providers.

With many working years behind me, I have worked across the government, business and not-for-profit sectors in roles in marketing, consulting, operations, business improvement and more.

In my previous role in supporting aged care providers, I got to meet many aged care providers. Colleagues in ANHF, from management to frontline workers, have always impressed me with their caring attitude, professionalism and enthusiasm. It seemed like a great culture to work in. Hence, when the opportunity to be part of ANHF presented itself, I took it up with pride.

I love my new role, my new colleagues and my new workplace in Campsie.

I joined ANHF at a challenging time for aged care providers when the Federal Government had been rolling out the Aged Care Reforms. Home care providers have been for a long time preparing themselves for the mammoth task of transitioning to the new Support at Home Program starting in July 2025. As the Project Manager for the Support at Home Program, I aspire to be the conduit of a smooth transition for ANHF in better serving our seniors in the new aged care environment while balancing the health and wellbeing of our seniors and our hardworking colleagues.

I love reading and long walks. I enjoy looking after my furry and feathered friends (an old rabbit called Tofu and two beautiful Chinese Silky chickens) but most of all, I love spending time with my three children who are eternally challenging, highly opinionated and funny.



# My Journey into the Aged Care Industry

Xin Lu – HYJNH Care Manager

**1. Before joining, HYJNH as the Care Manager, you had already a liking for ANHF. Why? After joining ANHF, have you had any new experiences or views?**

I've heard that ANHF is a well-established aged care provider for the Chinese population in Sydney. I share the same value with ANHF in that we respect the elderly's individual life experiences and cultural beliefs. I believed that working in a culturally specific environment like this will bring me the sense of belonging and allow me to better care for the residents as I understand and live the same culture.

ANHF accommodates the special needs of the Chinese people such as providing Chinese food and mahjong tables to keep the elderlies entertained. I've previously worked in aged care facilities where most of the residents were mostly Caucasians and occasionally there were one or two Chinese residents. The Chinese residents were isolated as they spoke limited English and they could not fit in the environment and socialise with the others. What impresses me at ANHF is that the Chinese residents are genuinely having a good time living here. They enjoy the diverse Chinese food provided; they could play the Chinese chess with each other; and their favourite activity of the day – Mahjong. You could clearly see the passion of the elderlies sending out invites to each other after lunch to play Mahjong in the designated mahjong room. All of these were not achievable in other non-Chinese-specific nursing homes. The residents would always greet me with a big smile on their face, that's when you know that they are genuinely happy and satisfied living here.



**2. Could you please describe any previous experience related with aged care services? Would you encourage younger individuals to join the aged care industry?**

Before joining ANHF I was working for the Aged Care Quality and Safety Commission as a lead assessor. I travelled to different sites every week to audit the homes against the 8 standards/42 requirements. I've audited more than 40 homes across Australia and had seen different cultures and approaches within aged care facilities. This experience had

brought me the insight of what the common problems are and made me reflect on how we could fix the problems in a systemic way.

I am a registered nurse and most of the consumers that I cared for are elderlies. I initially had to adjust myself to the aged care environment as it could be quite confronting seeing the elderly pass away. That made me realised that it's particularly important to provide them with high quality care during the last journey of their lives. I personally find it rewarding if I see that the elderlies are enjoying themselves in the aged care environment by having rapport with the staff and making new friends with other residents. Therefore I also encourage young people like myself to join the aged care industry to personally experience this valuable lesson in life.

**3. Could you briefly introduce yourself? Let us get to know another side of you.**

I spend most of my spare time doing different types of sports. I enjoy playing badminton with my friends during the weekdays, and I would go cycling, climbing, fishing, camping, diving, or snorkelling over the weekend. Doing exercise is a good way to release stress and it creates great opportunities to catch up with friends.





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You can also donate securely via our website: <http://anhf.org.au/contact-us/donations>

Thank you for your support. Below are the donations received from **October to December 2023**  
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