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Lianhe ZaoBao - English Translation

Tan Chin Tuan Foundation Helps Senior Citizens Maintain Wellness

As long as a bar is fixed at the right height, with proper instructions given to the users, this will become a healthcare facility that the elders can make use of any time.

Tan Chin Tuan Foundation started the <Project Solid Gold> (黄金年华) in 2008. The Foundation installed mirror, bar, pulley, as well as hand and foot paddle wheel. It had improved the facilities of many elders activities centre and homes for the aged.

Project Solid Gold consultant Mr. Calvin Goh pointed out that all these are simple facilities. There is no need for the elders to worry about their own abilities.

He says that, "Not all activity centres have professional physical therapies or functional medical officers to take care of the elders exercises on a full time basis. Simple activities and facilities enable the elders to use the facilities independently. Most importantly is that they move non-stop to prevent muscle atrophy or muscle degradation.

The next step of Tan Chin Tuan Foundation is produce an instructional exercise video, to help the elders exercise on their own without professionals around.

Once these simple facilities are able to stimulate the elders' desires to exercise, and a fixed bar can be found, the elders naturally will work on some simple exercises. Their chances of exercises will be improved.

Mr. Calvin Goh says that it costs only S\$30/- to purchase a bar. It is convenient to change to a new one even if it is spoiled. Same are the pulley and hand and foot paddle wheel. These simple equipments are cheap to own, free from maintaining. The Foundation has no worry on service and maintenance costs.

<People's Park Yong-En Care Centre> is one of the centers whom the elders benefit in exercising. The Centre had gone through a renovation end of 2008 to install pulley and hand and foot paddle wheel at different height levels on the wall. In this way the elders have more suitable spaces for exercising.

Yong En Centre Assistant Mr. Yang (杨汉文) says that with the new facilities:

- 1) Participating rate of the members has increased by 20%.
- 2) The members are more enthusiastic in exercises.

<Yong-En Care Centre>' regular member Madam Lei (雷群英, 85 years old) discovers that she walks faster and lighter, her hands and legs are more flexible after exercising in the centre regularly.

Translated by Alan Yiu on 04JUN09

陈振传基金帮助乐龄保健



装置一个简单的扶把，就能够让年长者随时锻炼身上不同部位的肌肉。

林妙娜 报道

只要把区区一个扶把装在正确的高度，再加上正确的指导，就可成为年长者随时都能使用的保健设备。

陈振传基金在去年中开始了“黄金年华”计划，通过在墙壁上装置镜子、扶把、滑轮和手脚桨轮，改善多家乐龄活动中心和老人院的运动配备。

陈振传基金方案顾问吴仁辉指出，这些都是简单的设备，年长使用者无须担心自己不会使用。

他说：“不是每个活动中心都有专业物理治疗师或职能治疗师全天在中心照顾乐龄人士的运

动。因此设计简单的活动和设备，让乐龄人士能够独立使用非常重要。最重要的是让他们不停地动，避免肌肉萎缩或退化。”

接下来，陈振传基金打算录制指导影碟，让年长者即使在没有专人在场指导的情况下，也可以自行做运动。

此外，通过这些简单的设备激发乐龄者对运动的兴趣后，不论置身何处，只要有扶把的地方，乐龄人士就可以做些简单的运动，提高他们做运动的机会。

吴仁辉指出，购置一个扶把只需30元，即使坏了也容易更换，而滑轮和桨轮都是非常经济、无

须维修的简单器材，中心无须担心设备的维修和保养费用。

位于牛车水的永恩关怀中心是受惠的乐龄活动中心之一。中心在去年底经过装修后，墙壁上多了安装在不同高度的扶把和滑轮，让老人家都有适合自己活动的空间。

中心的治疗助理杨文说，自从装置新的设备后，会员们的参加率增加了20%，对运动的态度也越来越积极。

永恩关怀中心的常客雷群英（85岁）就发现，自从定期到中心运动后，她发现自己走起路来比以往更加轻快，手脚也更灵活。