

使用合適樂齡科技產品 增加做運動的動機

Getting motivated to exercise with Gerontech products

扶康會為配合服務使用者的需要，在政府、企業及慈善基金等支持下，各服務單位陸續增設不同樂齡科技產品。其中啟悅成人訓練中心添置了數款產品，包括互動電子白板及智能健身單車機，大大提高服務使用者接受訓練的動機。



按需要使用合適產品

啟悅成人訓練中心社工 Kelvin 介紹，服務使用者的身體情況各有差異，針對較年輕和精靈的服務使用者，會安排他們使用智能健身單車機，按他們的喜好，在互動白板播放不同片段，吸引他們踏單車做運動。如服務使用者喜歡烹調，會播放煮食片段，踏單車同時可觀看片段；喜歡外出的，會播放風景或街景片段，他們猶如自己駕車遊玩。

他解釋，傳統腳踏單車機較單一沉悶，有服務使用者「踏踏下會停」；相反，智能健身單車機有風景和街景欣賞，職員更親自拍攝香港街道的駕駛情況，包括本會總辦事處到啟悅成人訓練中心的車程，也有觀塘附近一帶的路景，大大增加服務使用者對做運動的興趣。

「阿偉以往抗拒做運動，如傳豆袋，他會扭計放下來，現時會主動向物理治療師提出要踏單車。」服務使用者阿偉持續訓練下，身體情況變好，步履變得穩健，精神亦較飽滿。他踏單車時不時露出笑容，很享受做運動的過程。

確保服務使用者及員工安全

智能健身單車機不但可吸引服務使用者做運動，亦可減少意外發生。Kelvin 表示，由於傳統腳踏單車機十分依靠雙腳發力，有時或會用錯力，而且沒有扶手可穩定身軀；智能健身單車機則可調整阻力，加上有兩對扶手，較沒有支撐點的傳統腳踏單車機安全。對員工來說，因智能健身單車機固定在指定位置，無須如傳統腳踏單車機，員工須不時搬動儀器，大大減低受傷和勞損的機會。

他表示，除了智能健身單車機，服務單位為步行不太穩定的服務使用者引入了步行機。機器可鞏固身體，慢慢地訓練他們行走。步行機可支撐服務使用者身體，一旦服務使用者失平衡，下方有承重吊帶，支持他們不會跌倒受傷。

使用樂齡科技產品帶來不少好處，本會正陸續加設更多合適的樂齡科技產品，希望協助更多服務使用者。



To provide better care to our service users, Fu Hong Society has gradually introduced Gerontech products in each service unit with support from the government, various corporations and charitable foundations. Kai Yuet Adult Training Centre has brought in several devices such as an interactive whiteboard and an AI smart bike to encourage service users to engage in training.

Choosing the right product according to their need

Kelvin, the Kai Yuet Adult Training Centre's social worker explained that in view of the variant health conditions of service users, younger and more flexible service users can cycle on an AI smart bike while watching their favorite clips on the interactive whiteboard, which makes working out more appealing. Service users who like to cook can view cooking clips while cycling, while those who enjoy being outdoors can enjoy clips of scenery or street view.

Kelvin explained that conventional exercise bikes can be tedious. Service users can "get tired of pedaling". Meanwhile, the scenery and street view feature of the AI smart bike makes exercising a lot more interesting for service users. Staff can even take video of Hong Kong roads, such as the drive from the Society's head office to Kai Yuet Adult Training Center in Kwun Tong.

"Wai used to resist working out, such as passing a beanbag, he would refuse to pass it on. Now he asks the physiotherapist if he can ride the AI smart bike on his own initiative." The continuous training of Wai, our service user has improved his health, steadied his steps and re-energized him. Wai's smile is the best evidence that he now enjoys exercising.

Ensuring service user and staff safety

Not only is the AI smart bike an incentive for service users to exercise, but it also reduces accidents. Kelvin remarked that a conventional bike relies heavily on pedaling and is not equipped with handles to stabilize the cyclist, which may be straining. On the contrary, resistance is adjustable on the AI smart bike, which comes with two handles, meaning that it is safer than a conventional bike that comes without support points. Because the AI smart bike is stationary, staff will not need to move them around like conventional bike, which greatly reduces the chances of staff injury and strain.

In addition to the AI smart bike, Kelvin mentioned the service unit has added an electric walker for service users whose steps are not as steady. The device habituates service users to walk by stabilizing the body. Service users are supported by the back belts with safety buckles which keep them from losing balance, injury and falling.

In view of the myriad of benefits of Gerontech products, the Society is looking to introduce more Gerontech products to assist more service users.