



16 April 2025 (Wed)  
11:00 am – 1:00 pm



CBCC Room 505



2024/2025

Research Seminar #7

## SPEAKERS

Facilitator:

Dr. LOW Yiu Tsang, Andrew  
Director of Research Office



**Prof. CHONG Ming Lin, Alice**  
Research Professor of Social Sciences  
cum  
Director of Caregiving Research and  
Development Centre

### PRESENTATION TITLE:

**Identification of and timely support for at-risk informal caregivers of frail elders: A policy study in Hong Kong**

### ABSTRACT:

This paper outlines a 2020–2021 policy study in Hong Kong targeting at-risk informal caregivers of frail elders, emphasizing prompt identification and support. Findings revealed that sudden caregiving distress often arose from disruptions like COVID-19, service changes, or care recipient health shifts. Current services were insufficiently responsive, prioritizing caregiving tasks over caregiver well-being. Low respite service uptake despite high demand underscored the need for improved caregiver-focused services. Recommendations included a 24-hour caregiver hotline and diverse respite care options. As a result, a hotline has been funded by the government. Yet, further exploration is warranted for user-friendly respite care solutions.

### PRESENTATION TITLE:

**From Fear to Empowerment:  
Supporting Caregiving Preparedness in Hong Kong**

### ABSTRACT:

Tragic incidents related to informal caregiving have often been linked to families from lower socio-economic backgrounds who lack support resources. However, a 2024 case involving a wealthy older woman attempting murder-suicide with her chronically ill husband challenges this notion. This presentation investigates service utilisation patterns among carers in Hong Kong and explores a new case management model to meet evolving needs. Fieldwork from 2022–2024 included focus groups and interviews with over 70 informal carers. A common theme emerged: carers' fears of becoming ill themselves, leading to stress and anxiety. This paper proposes a framework to help carers plan for future caregiving responsibilities systematically.



**Dr. LO Ka Wing, Sally**  
Research Assistant Professor of  
Social Sciences