



Prevention of Elderly Suicide Project : The Way Forward

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Joint Project on Prevention of Elderly
Suicide

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1

Joint Project on Prevention of Elderly Suicide 2001 – 2004

❖ Project Background

- **1998** - Working Group on Elderly Suicide and Depression was set up under the Elderly Commission to tackle the problem of elderly suicide
- **2001** - A 3-year Joint Project was organized by
 - *the Hong Kong Council of Social Service (HKCSS),*
 - *Hong Kong Psychogeriatric Association (HKPGA) and*
 - *the Social Welfare Department (SWD)*
- With funding support from the HK Jockey Club Charities Trust (HK\$7.96Million)

2

❖ Project Objectives

- To promote public awareness of mental wellness in old age and to prevent elderly suicide through a proactive approach
- To equip practitioners with the necessary skills to handle elderly suicide cases
- To pilot on a coordinated service model in handling elderly suicide

3

❖ Project Major Components

- Community Education Programmes
- Asia-Pacific Regional Conference on Prevention of Elderly Suicide
- 3-Tier Coordinated Service Model

4

❖ Project Evaluation

❖ Output Measures

- Output indicators, e.g. no of participants, no. of sessions conducted, no. of programmes conducted, etc.

❖ Outcome Measures

- Customer Satisfaction Survey
- Pre-test & Post-test of clients involved in the 3-Tier Model

5

Asia-Pacific Regional Conference on Prevention of Elderly Suicide

Prevention of Elderly Suicide: A Transdisciplinary Challenge

March 24-26 2004 Hong Kong



-Over 490 delegates from all over the world participated

-54.9% of the delegates from welfare Sector, 39.2% from health & medical Sector, 5.9% from universities and academic institutes

-More than 80 speakers had presented a total of 60 important papers concerning the subject

6

❖ Feedback

- A customer satisfaction survey was conducted
- 94.6% of the delegates were very satisfied with the Conference
- 92% of the delegates found the Conference had met their expectation
- 95.7% of the delegates found it useful to their practice and work
- Over 91% of the delegates ranked the Scientific Programmes, Field Visit, Venue, Conference Duration and Social Programme either “Excellent” or “Good”

7

Community Education Programmes

❖ Objectives

- To arouse public awareness towards elderly mental wellness, depression and suicide.
- To educate public understandings towards the importance of prevention and early detection.

❖ Format

- Funding set up to subsidize NGOs and public bodies to organize community education programmes on elderly suicide prevention and public awareness

8

❖ Feedback

- A total of 69 programmes had been funded.
- About 20,000 questionnaires from participants were returned.
- 95 % of the participants were either “very satisfied” or “satisfied” with the programmes.
- Around 92% of participants agreed the programmes had increased their knowledge and awareness towards elderly suicide and prevention.

9

3-Tier Coordinated Service Model

❖ Objectives

- To pilot a 3-Tier prevention and intervention model.
- To provide 1-stop identification and intervention service for the elders at risk.
- To achieve better coordination and collaboration across various disciplines.

10

What is 3-Tier Model?

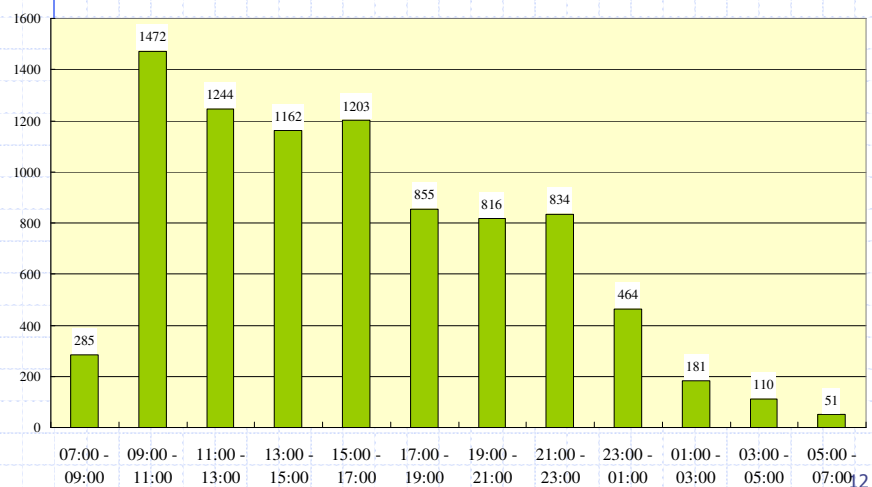
- ❖ 1st Tier – Hotline & Community Partners
- ❖ 2nd Tier – Counsellor and Social Workers
- ❖ 3rd Tier – Nurses and Psychogeriatrician

11

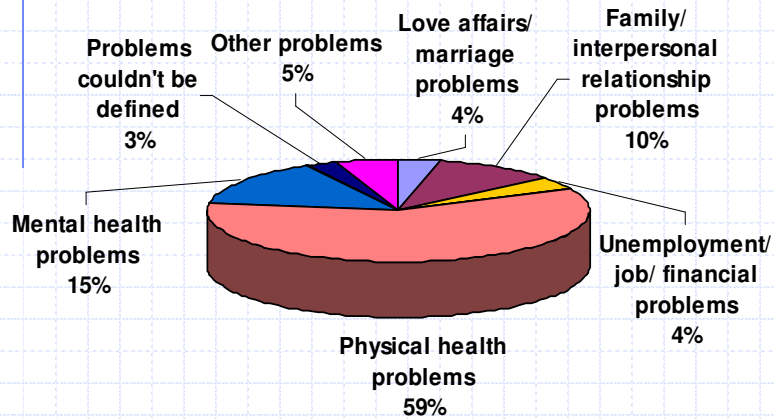
Data from 1st Tier

Total calls : 8,677

Distribution of Incoming Calls By Time-slot (28/12/01-31/8/04)

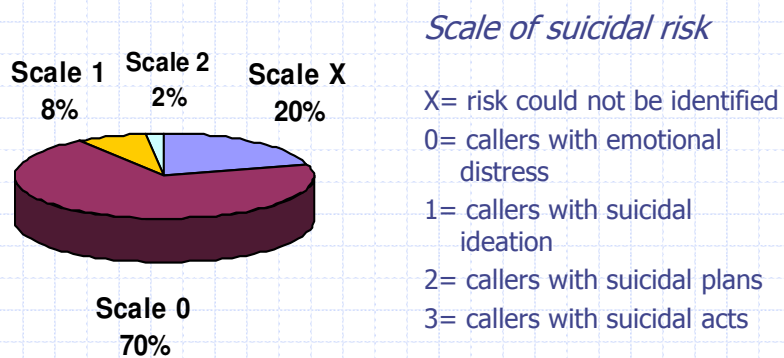


Distribution by Problems of Elderly Callers (28/12/01-31/8/04)



13

Distribution by Suicidal Risk of Elderly Callers (28/12/01 - 31/8/04)



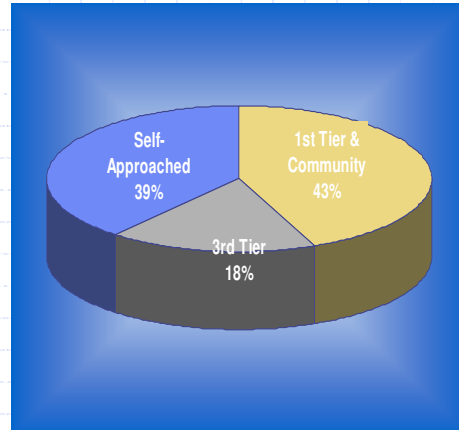
14

Data from 2nd Tier

❖ Source of Referral

(total: 85 cases from Dec 28 2001 – August 31 2004)

- 1st Tier & Community (43%)
- 3rd Tier (18%)
- Self-Approached Cases (39%)



15

Data from 3rd Tier

- ❖ No. of elders attended Life Clinic : 118
- ❖ No. of suicidal attempts identified and handled: 3
- ❖ No. of case died of suicide : 0

16

Training

- ❖ Various types of Training had been organized (up to November 2004)
 - Home helpers & Volunteers Training (3,382 trained)
 - Social Workers Training (307 trained)
 - General Practitioners Training (650 trained)



17

The Way Forward

- ❖ PROJECT officially ends on 30 November 2004
- ❖ Do we need to continue ? !
- ❖ **YES !!!!**
 - ❖ *Depression is detectable*
 - ❖ *Suicide is preventable*

18

The Way Forward – Community Education Programmes

- ❖ The Social Welfare Department will incorporate the subject of “*Depression*” and “*Elderly Suicide*” as themes of the Opportunity for Elderly Project (OEP)



19

The Way Forward – Training

- ❖ Sustain staff training and development on awareness and knowledge building
- ❖ Resource book, VCD, Audio-visual material



20

The Way Forward – Hotline

- ❖ Hotline will be continuously operated by the Suicide Prevention Service
- ❖ Financial support solicited from HKPGA for 3 years



21

The Way Forward – Life Clinic

- ❖ Life Clinic ended on September 30, 2004
- ❖ Fast Track Clinic of Hospital Authority – Shatin, Tai Po and North District started service since October 1 2004.
- ❖ A total of 6 Fast Track Clinics now operating in the community.

22

醫院管理局老人精神科速治服務

- ❖ 青山醫院老人精神科(屯門、元朗、天水圍) 2456 8087
- ❖ 葵涌醫院老齡精神科(葵涌、青衣、荃灣、深水埗)
2959 8473
- ❖ 新界東老人精神科(北區、沙田、大埔) 2683 7618
- ❖ 九龍醫院老人精神科(油麻地、尖沙咀、九龍城、黃大仙、西貢)
3129 6649
- ❖ 東區尤德夫人那打素醫院及瑪麗醫院老人精神科(香港島及離島)
2595 4035
- ❖ 基督教聯合醫院老人精神科(九龍東、將軍澳、坪石、彩虹、彩雲、
彩輝) 2727 8494

23

The Way Forward – more to be done

- ❖ Better Coordination and interfacing between medical and welfare sectors
 - Discharge from hospital – better follow up service
 - District-based service planning and collaboration

24

The Way Forward – more to be done

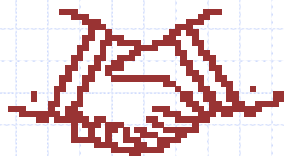
- ❖ Continuous staff training
 - GP
 - Frontline contacts - Home-helpers & Volunteers
 - Social workers
 - Allied health practitioners

25

Conclusion

- ❖ Project now ends but Prevention of Elderly Suicide needs to continue
- ❖ Project demonstrates need for cross sector collaboration

Let's continue to join hands together !!



26

