



Rethinking What It Means to Age Well



陳廷驊基金會
THE D.H.CHEN
FOUNDATION

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For years, The D. H. Chen Foundation has worked alongside community partners to support older adults, caregivers, and intergenerational connection. These experiences prompted a deeper question: How can we understand and support ageing well in ways that are rooted in compassion and relevant to Hong Kong's cultural context?

This question led to a research collaboration with the Harvard T.H. Chan School of Public Health and the Department of Sociology at The University of Hong Kong (HKU) to explore a Compassionate Eldercare Framework that goes beyond traditional wellbeing measures to emphasise dignity, purpose, and human connection.



On 3 August, the Foundation convened a sharing session bringing together leaders from philanthropy, the social good sector, and academia to reflect on the research findings.

The conversation began with Ruby Yong, Chief Programme Officer, sharing the Foundation's vision in advancing older adults' wellbeing. She emphasised that the goal is not merely to generate insights. "We believe the sector needs more spaces for exchange and dialogue to expand our collective imagination of compassionate eldercare and gradually build a more inclusive ecosystem and society."



Professor Cheris Chan of HKU then shared stories and lived experiences from older adults in Hong Kong through her ethnographic study. While these stories revealed that staying healthy is crucial, ageing well goes far beyond physical health. It is also about:

- living with dignity;
- having a sense of purpose;
- maintaining meaningful family relationships;
- exercising autonomy, and
- feeling connected to one's community



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Building on these insights, Professor Winnie Yip from Harvard University explored conceptual approaches to ageing well and compassionate eldercare.

Her presentation challenged us to look beyond conventional indicators of wellbeing and consider a more holistic understanding of what it means to age well. How might we develop approaches that capture not only physical health, but also purpose, meaningful relationships, a sense of belonging, social connectedness, and the ability to live life to its fullest?



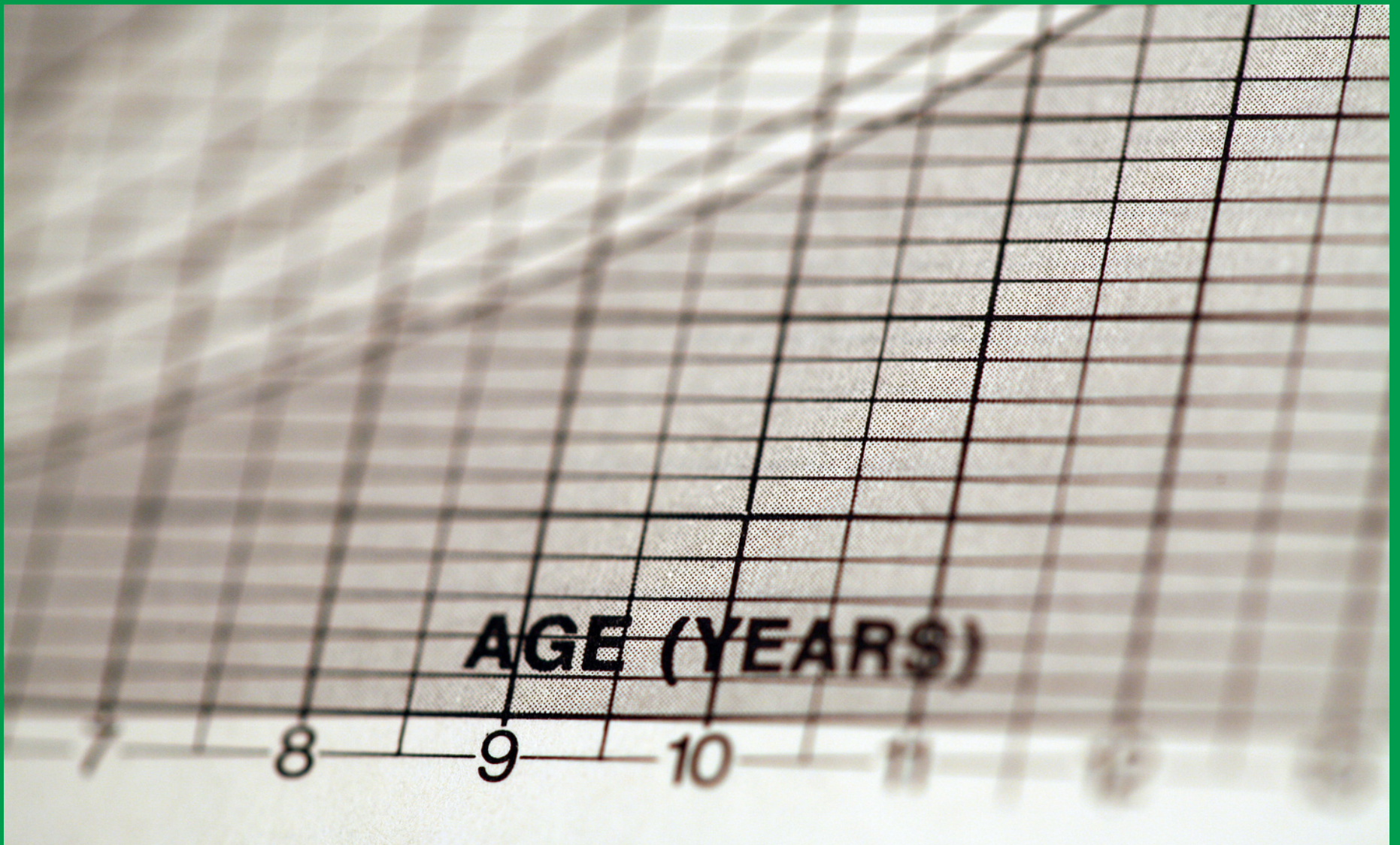
A dynamic fireside conversation facilitated by Dicky Chow of Our Hong Kong Foundation brought together perspectives from philanthropy, research, and practice.

Together, participants explored how individuals, families, communities, nonprofits, funders, and policymakers can contribute to creating environments where older adults can thrive, while helping to build a society that responds proactively to the opportunities and challenges of an ageing population.



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The sharing session generated thoughtful and inspiring exchanges. As these questions continue to resonate with us, we invite the wider community to join the conversation:

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- How should we reimagine ageing well in Hong Kong?
- How do family dynamics shape the ageing experience in Asian societies?
- What mindset shifts are needed to enable truly compassionate eldercare?
- How can different sectors work together to create lasting change?



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Compassionate eldercare is a collective effort. Building a compassionate society means reimagining how we understand ageing – not as a period of decline, but as a stage of life filled with dignity, purpose, connection, and continued contribution.

We look forward to continuing this conversation with partners to broaden and strengthen compassionate models of eldercare, laying the groundwork for our upcoming cross-sector dialogue and a more compassionate future for ageing in Hong Kong.