



Workshop on Lifestyle Integrated Functional Exercise (LiFE)

(Course Code: HKOTA-0-00-23-0052)

Organized by the Hong Kong Occupational Therapy Association Ltd

Date and Time : 2 March 2024 (Saturday) 0900 to 1700
: 3 March 2024 (Sunday) 0900 to 1230
Venue : TBC

Targeted Participants:

All Occupational Therapists who want to enhance their fall management strategies are welcome!

Capacities:

50 (first-come-first serve basis)

Course Fee: *(Course fee includes a copy of trainer and participant manual in Chinese)*

HKOTA members (Early bird before 21/2/2024)	HKD 1,500
HKOTA members (Regular)	HKD1,800
Non-members (Early bird before 21/2/2024)	HKD 2,000
Non-members (Regular)	HKD2,300

Speakers:

Mr. Mark CHAN, Ms. Chloe CHE, Mr. Thomas CHEUNG, Ms. Cindy CHIU, Ms. Priscilla CHOI, Ms. Hannah KU, Ms. Vicki LEUNG, Ms. Michelle LUK, Ms. Athina POON, Ms. Delia TSANG, and Ms. Chi Lun YU

(Experienced OTs involved in developing local LiFE Program –please refer to Appendix I for their short introduction)

Outline of Workshop:

Please refer to Appendix II for the details

For enquiries, please contact:

Ms Lydia Yip (Tel: 5406 6878/ e-mail: hkotaeomail@gmail.com)

Deadline for application: 26 February 2024
Confirmation will be given by 28 February 2024

HKOTA CPD: 9 points

Remarks: Certificate of attendance will be offered to participants with full attendance.



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Please go to the Google link as below for application:

<https://forms.gle/JnyamELLBwNpSGpXA>

Information of the cheque :

Cheque payable to: Hong Kong Occupational Therapy Association Ltd.

Address: Workshop D, 13/F., Haribest Industrial Building, No.45-47 Au Pui Wan Street,
Shatin, N.T.

Attention: CE Sub-committee (Workshop on Lifestyle Integrated Functional
Exercise (LiFE))



Appendix I – Brief Introduction of Speakers

Mr. Mark CHAN

***Master in Occupational Therapy, Hong Kong Polytechnic University, B.S.Sc in Psychology, CUHK
Occupational Therapist, Founder of Psybridge Medical Services Ltd and Silver Blossoms***

Mr. Chan is an experienced geriatric Occupational Therapist. He found Psybridge Medical Services Ltd, an agency providing professional rehabilitation services. In 2023, Silver Blossoms, joining the CCSV scheme as a recognized service provider, was established. He is actively advocating the use of LiFE program in elderly living in the community.

Ms. Chloe CHE

***Master in Occupational Therapy, Hong Kong Polytechnic University, BSocSc
Occupational Therapist, Haven of Hope Christian Services***

Ms. Che has been working in community setting with focusing on geriatric field. She has worked in various settings at Haven of Hope Christian Services, including home-based community care and residential care services. She has great interest in promoting LiFE program for fall prevention amongst community elderlies.

Mr. Thomas CHEUNG

MSc in Clinical Gerontology, The Chinese University of Hong Kong; BSc in Occupational Therapy, Hong Kong Polytechnic University

Senior Occupational Therapist, Pamela Youde Nethersole Eastern Hospital Authority

Mr. Cheung is a Senior Occupational Therapist in PYNEH serving Medical and Geriatrics specialty. He involved in commissioning of primary care OT services in HA including “Allied Health Fall Prevention Clinic”, and “Enhanced Public Primary Care Services of OT services” He is coordinator of HKOTA LiFE work group which translated and publication of 2 LiFE manuals; and organized LiFE training in 2017 and 2018. In HA, he was the convenor of OTCOC Family Medicine Specialty Group. from 2013 to 2019; and the convenors of 2 Task Groups including organized LiFE training in 2018, as well as production of Fall Prevention Educational Booklets and Pamphlets in 2018.

Ms. Priscilla CHOI

***BSc in Occupational Therapy
Occupational Therapist, Haven of Hope Christian Services***

Ms. Choi has been working in home setting and day rehabilitation center of Haven of Hope Christian Service, serving clients mainly with neurological and orthopedic diseases as well as those with recurrent fall. She has interest in promoting LiFE programme in the community for fall prevention to enhance quality of life and wellbeing of clients with fall risk.

Ms. Cindy CHIU

***MSc in Health Care (Occupational Therapy), BSc in Occupational Therapy, Hong Kong Polytechnic University
Advanced Practice Occupational Therapist, Tuen Mun Hospital***

Ms. Chiu has been working in Tuen Mun Hospital with her expertise in the Medical and Geriatric field and she was the program leader of Nurse & Allied Fall Prevention Programme in Community Health center (CHC) in NTWC. She was providing fall risks assessment & training to the elderly in the community. She also participated as guest speaker in ASP OT training on Fall Prevention and the member of OTCOC LiFE Program Task Group on the development of LiFE program in 2018 & 2019. Ms. Chiu is the convener of Family Medicine & Primary Health care in OTCOC since 2023 and coordinated to develop OT services in FM.

Ms. Hannah KU

MSc in Health Services Management, The Chinese University of Hong Kong; BSc in Occupational Therapy, Hong Kong Polytechnic University

Senior Occupational Therapist, Yan Chai Hospital



Ms. Ku has over two decades of clinical experience, with expertise in orthopedic rehabilitation and pain management. She leads the clinical services at Yan Chai Hospital. She attended LiFE training workshop in 2018 and initiated a structural LiFE program for patients with lower limb fractures. Currently, she is the co-convenor of the Information Technology Committee in Hospital Authority

Ms. Vicki LEUNG

MSc in Geriatric Rehabilitation, BSc in Occupational Therapy, Hong Kong Polytechnic University

Senior Occupational Therapist, Queen Mary Hospital/David Trench Rehabilitation Centre

Ms. Leung has been working in Queen Mary Hospital & various settings in Hong Kong West Cluster with her specialties in Medical & Geriatrics, Cognitive Program for NCD patients and Community services. She has been the task group members of HA OTCOC "PEO Model/Fall Prevention Checklist" & LiFE Program. She participated as one of the speakers of CCTP LiFE Training Program in 2017. Moreover, Ms. Leung is the Convenor of Task Group on Fall Efficacy Scale Validation Project for contributing the service development in Fall Prevention.

Ms. Michelle LUK

BSc in Occupational Therapy

Resident Occupational Therapist, Kowloon Hospital

Miss Luk mainly served in the mental health field of Hospital Authority since 2019, including adult psychiatric and psychogeriatric services. She has experience in leading LiFE Program for elderly clients with mental health issues in Kowloon Hospital and presented the progress in the Hospital Authority Convention 2023. She was also one of the presenters for LiFE Program in the HKOTA 45th Anniversary Occupational Therapy Conference in 2023.

Ms. Athina POON

MHS in Gerontology, BSc in Occupational Therapy, Hong Kong Polytechnic University

Advanced Practice Occupational Therapist, Shatin Hospital

Ms. Poon is serving main specialty in Medical and Geriatrics. She is participated in HKOTA LiFE working group from 2016 which translated and publication of 2 Hong Kong LiFE manuals include LiFE trainer and participant manuals. She also participated as guest speaker and course organizing committee member for LiFE training workshop in 2017 and 2018.

In Hospital Authority, she is one of HA OTCOC LiFE Program Task Group members in 2018. And in 2019, she also a convenor of HA OTCOC LiFE Program Task Group and coordinated to develop HA OT LiFE Program reference manual.

Ms. Delia TSANG

MSocSc Counselling, City University of Hong Kong

MSc in Stroke and Clinical Neurosciences, The Chinese University of Hong Kong

BSc in Occupational Therapy, Hong Kong Polytechnic University

Senior Occupational Therapist, Kowloon Hospital

Ms. Tsang leads the clinical service of Integrated Day Rehabilitation Centre, Adult OPD and Community OT in Kowloon Hospital with her expertise in Medicine and Geriatrics.

She was the LiFE Program Task Group member in 2019 and contributed in the development of OT Manual on LiFE. She is currently the Co-convenor of Student Clinical Education Subcommittee and member of Stroke Subspecialty Group under OTCOC in Hospital Authority.

Miss. Chi Lun YU

MSc in Stroke and Clinical Neuroscience, The Chinese University of Hong Kong, MOT, BAdvSci (Hons)

Advanced Practice Occupational Therapist (APOT), North Lantau Hospital

Miss Yu was training as an Occupational Therapist at Sydney University. She worked with Hospital Authority for nine years and in 2017, attended the LiFE Program training workshop by Professor Lindy Clemson. Since then she has been a member of the HKOTA LiFE work group and contributed in editing of the Chinese participant and trainer's LiFE Program manual. She was also one of the speakers in the LiFE Program evening seminar in 2018 and online workshop in 2020. In addition, she was one of the Hospital Authority OTCOC LiFE Program task group members contributed in the development of the HA OT LiFE Program reference manual.



Appendix II - Workshop Outline

2 March 2024 (Day 1)			
0900-0915	15	Introduction to the LiFE program	Thomas CHEUNG
0915-1000	45	Research and background <ul style="list-style-type: none"> • Fall intervention research (systematic review) Introduction to conceptual model	Athina POON
1000-1030	15	LiFE Principles <ul style="list-style-type: none"> • Balance • Strength 	Chi Lun YU
1030-1045	15	Break	
1045-1115	45	Practical sessions + Return Demo	Chi Lun YU & Chloe CHE
1115-1145	30	Conceptual Basis <ul style="list-style-type: none"> • Embedding • Changing Habits • Challenging Self 	Chi Lun YU
1145-1200	15	Q&A	All speakers
1200-1300	60	LUNCH	
1300-1315	15	Brief Introduction to manuals/ session outlines and Reference materials	Thomas CHEUNG
1315-1400	45	Assessment overview: <ul style="list-style-type: none"> • Daily Routine Chart (DRC) • LiFE Assessment Tool (LAT) Planning with DRC and LAT	Vicki LEUNG
1400-1445	45	How to teach <i>balance</i> activities How to teach <i>strength</i> activities Upgrading activities: How, When & Why	Delia TSANG
1445-1500	15	Break	
1500-1600	60	Practical sessions <ol style="list-style-type: none"> 1) DRC, LAT 2) How to teach balance and strength activities + upgrade/downgrade 	Vicki LEUNG & Delia TSANG
1600-1630	30	Recording Rationale Activity Planner & Activity Counter—purpose and how to use it	Cindy CHIU & Priscilla CHOI
1630-1700	30	Round up and Q&A	All speakers



3 March 2024 (Day 2)			
0900-0910	10	Revision	All
0910-0940	30	LiFE development and implementation in Hong Kong	All
0940-1000	20	Fall Prevention Model - PEO	Vicki LEUNG
1000-1015	Break		
1015-1215		Local case sharing of using the LiFE program in different settings	
	20	1. Introduction of OT in HK fall prevention e.g. In/day/out/ community	Cindy CHIU
	20	2. LiFE application in Hospital Authority Psycho-geriatrics setting	Michelle LUK
	20	3. LiFE application in Hospital Authority Geriatrics setting	Athina POON
	20	4. LiFE application in Hospital Authority Outpatient setting	Hanna KU
	20	5. LiFE application in Hospital Authority Day Hospital sacrospina program.	(TBC)
	20	6. LiFE application in Community Home-based and Residential settings	Mark CHAN
1215-1230	15	Q&A	



Payment and Refund of the HKOTA course

1. Admission is on a first-come, first-served basis. Enrolment will be confirmed once you have made the payment. You will receive a payment confirmation after payment has been made successfully. You are advised to keep your payment confirmation for future enquiries.
2. Fees paid are not refundable regardless of whether the applicant has or has not attended the classes. Should there be any exceptional personal circumstance(s), please kindly appeal in writing. It is subjected to the Association's discretion. In such occasion, an administrative charge equivalent to 15% of the application fee will be charged. Should there be any course cancellation due to unforeseeable circumstances, refund after deducting administrative charges from third parties, e.g. PayPal, can be arranged.
3. Fees on courses cannot be transferred from one qualified applicant to another. Once accepted to a course, the studentship cannot be changed to another one. In case of exceptional personal circumstance(s), please kindly apply in writing and transfer of studentship will be subjected to HKOTA approval.
4. Should the applicant fails to comply to the payment and refund policy, his/ her enrollment to subsequent HKOTA courses will be affected. Admission is on a first-come, first-served basis. Enrolment will be confirmed once you have made the payment. You will receive a payment confirmation after payment has been made successfully. You are advised to keep your payment confirmation for future enquiries.

Bad Weather Arrangement

For workshop or seminar that have not yet started: If typhoon Signal No. 8 or above or Black Rainstorm Warning is in force after the following times, workshop or seminar will be cancelled as indicated	
6:00 a.m.	Morning workshop or seminar that start before 2:00 p.m.
11:00 a.m.	Afternoon workshop or seminar that start between 2:00 p.m. & 6:00 p.m.
3:00 p.m.	Evening workshop or seminar that start from 6:00 p.m.
For workshop or seminar that have already started:	
	workshop or seminar
When Typhoon Signal No 8 or above is hoisted	Immediately suspended
When Black Rainstorm Signal is in force	Continue