



# SOCIAL ENGAGEMENT 社會參與

**BACKGROUND** Social well-being is about being actively engaged with life and other people. An active social lifestyle protects older adults against illness, reduces distress, and lengthens life. Among U.S. older adults, watching TV, reading, relaxing, and socializing are among the most common leisure activities.

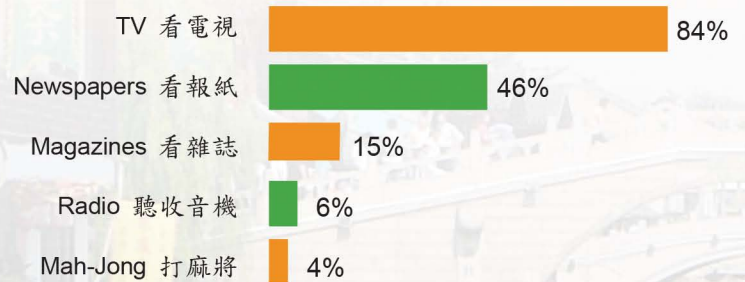
**STUDY RESULTS** Watching TV (84%) was reported as the most common daily activity. In terms of social activities, nearly one in ten older adults (8%) visited family or friends every day. Aside from homebound activities, visiting the community centers for their bilingual and bicultural programs was most common. In the past 5 years, only 33% of participants who have never visited community centers, compared to 60% who never visited a museum, or 75% who never been to a concert.



**背景** 維持健康的社會生活需要積極參與活動與交際。正面的生活方式有助延年益壽，減少抑鬱。看電視，閱讀，放鬆及參與社交都是美國老人常見的娛樂方式。

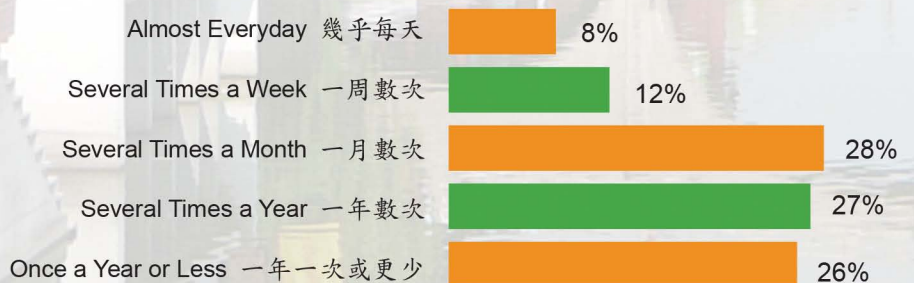
**研究結果** 看電視（84%）是最常見的日常活動。在社會活動方面，十分之一的老人每天拜訪親友，但也有26%一年拜訪親友的頻率一次或更少。除了室內活動外，參加社區活動中心組織的活動頻率也比參觀博物館和看音樂會表演常見。

## Common Daily Activities 日常活動



## Social Interactions 社交情形

### Frequency of Visits to Family Members, Friends, Relatives 拜訪親友頻率



**CONCLUSION** Similar to their U.S. counterparts, watching TV and reading were the most common leisure activities for Chinese elderly. However, Chinese older adults were likely to be more involved in homebound activities, which may be explained by physical dependence, lack of language proficiency and transportation tools. This trend may suggest that they were at high risk of social isolation. While community centers remain an important source of socialization for the elderly, increasing the diversity of cultural recreational resources and activities are needed.

**結論** 與美國老人相似，看電視及閱讀是華裔老人最常見的娛樂方式。由於身體變化，語言隔閡及交通不便，華裔老人較喜歡室內活動，而這也可能進一步導致社會隔離。社區活動中心對改善老年人的社群生活舉足輕重，應進一步提供具文化以及語言特色的社交娛樂活動。