

Academic qualifications

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| 2021 | PhD in Social Work and Social Administration , The University of Hong Kong (HKU) Dissertation: <i>Understanding Family Care from a Team Perspective: Size, Dynamics, and Networks in the Context of Aged and Dementia Care</i> |
| 2014 | Master of Psychological Medicine (Psychosis Studies), HKU |
| 2009 | Bachelor of Social Sciences (Majors: Psychology, Criminal Justice), HKU |

Academic appointments and research positions

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| 2022-pres | Research Assistant Professor , Department of Social Work and Social Administration, HKU |
| 2021-2022 | Post-doctoral Fellow, Department of Social Work and Social Administration, HKU |
| 2019-2021 | Assistant Research Officer, Department of Social Work and Social Administration, HKU |
| 2015-2019 | Senior Research Assistant, Sau Po Centre on Ageing, HKU |
| 2014-2015 | Research Assistant, Nethersole School of Nursing, The Chinese University of Hong Kong |
| 2011-2013 | Research Assistant I, Department of Social Work and Social Administration, HKU |
| 2010-2011 | Research Assistant, Department of Special Education and Counselling, The Hong Kong Institute of Education |

Honorary academic appointment

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| 2023-pres | Visiting Fellow, The Geller Institute for Aging and Memory, University of West London |
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Professional qualifications/ membership

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| 2025-pres | Fellow of the Higher Education Academy (FHEA) , Advance HE, UK |
| 2024-pres | Member, Hong Kong Association of Gerontology, Hong Kong |
| 2016-pres | Member, The Gerontological Society of America, USA |

Areas of expertise

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- **Dementia intervention:** Cognitive Stimulation Therapy | Tailored Activities | Family-centered approach | Technology-assisted Intervention | Nature-based intervention
 - **Ageing & Family Care:** Carer mental health | Family Stress Theory | Informal-formal care partnerships | Preparedness for future care | Care policies

Grants**In Principal Investigator (PI) capacity**

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| 2024-2026 | PI. <i>Family care shared by multiple carers: longitudinal changes in family-level demands, resources, perceptions, and wellbeing among carers of people living with dementia.</i> Funded by General Research Fund (GRF) , Research Grants Council, Hong Kong (24 months; HK\$739,432). |
| 2024-2024 | PI. <i>Forest bathing intervention for people living with dementia and family carers: a feasibility study.</i> Contract research in collaboration with Elderly Service Department, Hong Kong Young Women's Christian Association (6 months). |
| 2023-2024 | PI. <i>Explorative study of family preparedness for caregiving among families living with dementia.</i> Funded by Seed Fund for Basic Research for New Staff, HKU (12 months; HK\$147,564). |

In Co-Investigator (Co-I) capacity

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| 2025-2027 | Co-I. <i>Project BrainLive Connect.</i> Funded by Simon K.Y. Lee Foundation (24 months; HK\$5,051,009). |
| 2026-2028 | Co-I. <i>Understanding Shared Decision Making in Mental Health Care for Older Adults in Hong Kong: A Mixed-Methods Study from a Family Perspective.</i> Funded by GRF , Research Grants Council, Hong Kong (36 months; HK\$842,700). |
| 2026-2027 | Co-I. <i>Dyadic approach to self-compassion: understanding the interdependent effects on communication and psychological well-being.</i> Funded by GRF , Research Grants Council, |

- Hong Kong (24 months; HK\$723,700).
- 2025-2026 **Co-I.** *The Effect of the Young Ambassadors Supporting Caregivers (YASC) Program: A Dual Randomized Controlled Trial.* Funded by Social Sciences Internal Seed Grant, The University of Hong Kong (12 months; HK\$150,000).
- 2025-2026 **Co-I.** *Utilization of Immersive Virtual Reality in Cognitive Stimulation Therapy (IVR-CST) for Elderly with Mild Cognitive Impairment: A Randomized Controlled Pilot Study.* Funded by **Health and Medical Research Fund (HMRF)**, Health Bureau, Hong Kong (15 months; HK\$499,996).
- 2023-2024 **Co-I.** *CST-Bank: Development and utilization of a multi-modal framework to study the verbal and nonverbal interactions of people with dementia and their facilitators in virtual Cognitive Stimulation Therapy (vCST) sessions.* Funded by Departmental General Research Fund, Department of Chinese & Bilingual Studies, The Hong Kong Polytechnic University (12 months; HK\$249,500).

Research management and support experience

Key projects managed in RAP / Post-doctoral Fellow capacity:

- *Effectiveness and Cost-effectiveness of Technology-enriched Cognitive Stimulation Therapy (teleCST) and Carer Support.* Funded by **Collaborative Research Fund (CRF)**, Research Grants Council (RGC), Hong Kong. 2022-2025
- *Project BrainLive: Connecting Families Living with Dementia In Pandemic Situations and Beyond.* Funded by the Elderly Fund, **Simon K.Y. Lee Foundation**. 2020-2023 ([Project website – Chinese only](#))
- *Tools to Inform Policy: Chinese communities' Action in Response to Dementia (TIP-CARD).* Funded by **Research Impact Fund (RIF)**, RGC, Hong Kong. 2019-2022 ([Project website](#))

Key projects supported in Senior Research Assistant capacity:

- *Evaluation Study on Dementia Community Support Scheme.* Funded by the **Food and Health Bureau**, Hong Kong SAR Government. 2017-2019
- *Consultancy Study on Pilot Scheme on Living Allowance for Low-income Carers of Persons with Disabilities and Pilot Scheme on Living Allowance for Carers of Elderly Persons from Low-income Families.* Funded by the **Social Welfare Department**, Hong Kong SAR Government. 2014-2018 (Supported since 2015)
- *Project on Enhancement of the Infrastructure of Long-term Care in Hong Kong.* Funded by the **Social Welfare Department**, HKSAR Government. 2013- 2017 (Supported since 2015)

Publications

Peer-reviewed paper

1. Wong, W. W. S., Wong, G. H. Y., **Choy, J. C. P.**, Pui Li, D. S., & Lo, Y. L. (2025). Utilization of Immersive Virtual Reality in Cognitive Stimulation Therapy (IVR-CST) for elderly with mild cognitive impairment: A randomized controlled pilot study protocol. *PLoS one*, 20(8), e0330686. <https://doi.org/10.1371/journal.pone.0330686>
2. Shi, C., Wong, G. H. Y., **Choy, J. C. P.**, Tang, J. Y. M., Luo, H., Lu, S. Comas-Herrera, A., Knapp, M., & Lum, T. Y. S. (2025). Association of dementia diagnosis, cognitive impairment levels, and their combination with care costs among publicly funded long-term care recipients. *Innovation in Aging*, igaf088. <https://doi.org/10.1093/geroni/igaf088> [Q1 in 'Gerontology', ranked 3/48]
3. **Choy, J. C. P.**, Lum, T. Y. S., Yu, D. S. F., & Wong, G. H. Y. (2025). Application of Family Stress Theory: Predicting Wellbeing by Demands, Resources and Perceptions Among Caregivers of Older Adults. *Family Process*, 64(1), e13100. <https://doi.org/10.1111/famp.13100> [Q1 in 'Family Studies', ranked 16/66]
4. Dizon, J. I. W. T., He, Q., Shen, X., Luk, P., Chong, D. Y. K., Chan, K. M. K., ..., **Choy, J. C. P.**, (9th author) ... & Ganotice Jr, F. A. (2024). Which psychological needs profile exhibits higher engagement and favorable attitudes toward interprofessional education? A cluster analysis among health and social care Hong Kong students. *BMC Medical Education*, 24(1), 1508. <https://doi.org/10.1186/s12909-024-06507-7> [Q1 in 'Education, & Educational Research', ranked 109/760]
5. Kong, A. P. H., Cheung, R. T. H., Wong, G. H., **Choy, J. C. P.**, Dai, R., & Spector, A. (2023). Spoken discourse in episodic autobiographical and verbal short-term memory in Chinese people with dementia: the roles of global coherence and informativeness. *Frontiers in Psychology*, 14, 1124477.

- <https://doi.org/10.3389/fpsyg.2023.1124477> [Q2 in 'Psychology, Multidisciplinary', ranked 56/219]
6. Salcher-Konrad, M., Shi, C., Patel, D., McDaid, D., Astudillo-García, C. I., Bobrow, K., **Choy, J. C. P.**, (7th author) ... & STRiDE Evidence Review Group. (2023). Research evaluating the effectiveness of dementia interventions in low-and middle-income countries: A systematic mapping of 340 randomised controlled trials. *International Journal of Geriatric Psychiatry*, 38(7), e5965. <https://doi.org/10.1002/gps.5965> [Q1 in 'Psychiatry', ranked 66/279]
 7. Shi, C., Wong, G. H., **Choy, J. C. P.**, Wong, K. K., Lum, T. Y., & Yu, D. S. F. (2022). Are we on the same page? Multiple stakeholders and service users priorities for dementia care and policy: A Delphi study. *International Journal of Nursing Studies*, 133, 104300. <https://doi.org/10.1016/j.ijnurstu.2022.104300> [Q1 in 'Nursing', ranked 1/193; rated 4* in mock RAE 2025]
 8. Lu, S., Zhang, A. Y., Liu, T., **Choy, J. C. P.**, Ma, M. S., Wong, G., & Lum, T. (2021). Degree of personalisation in tailored activities and its effect on behavioural and psychological symptoms and quality of life among people with dementia: a systematic review and meta-analysis. *BMJ Open*, 11(11), e048917. <https://doi.org/10.1136/bmjopen-2021-048917> [Q1 in 'Medicine, General & Internal', ranked 81/329; rated 4* in mock RAE 2025]
 9. Shi, C., Chen, S., Salcher-Konrad, M., **Choy, J. C. P.**, Luo, H., Leung, D. K. Y., ... & Wong, G. (2021). Effectiveness of interventions for people living with dementia and their carers in Chinese communities: protocol for a systematic review and meta-analysis of randomised controlled trials. *BMJ Open*, 11(8), e047560. <https://doi.org/10.1136/bmjopen-2020-047560> [Q1 in 'Medicine, General & Internal', ranked 81/329]
 10. Liu, T., Wong, G. H., Luo, H., Tang, J. Y., Xu, J., **Choy, J. C. P.**, & Lum, T. Y. (2018). Everyday cognitive functioning and global cognitive performance are differentially associated with physical frailty and chronological age in older Chinese men and women. *Aging & Mental health*, 22(8), 942-947. <https://doi.org/10.1080/13607863.2017.1320700> [Q2 in 'Gerontology', ranked 13/47; rated 3* in mock RAE 2020]
 11. Xu, J. Q., **Choy, J. C. P.**, Tang, J. Y. M., Liu, T. Y., Luo, H., Lou, V. W. Q., Lum, T. Y. S. & Wong, G. H. Y. (2017). Spontaneously reported symptoms by informants are associated with clinical severity in dementia help-seekers. *Journal of the American Geriatrics Society*, 65(9), 1946-1952. <https://doi.org/10.1111/jgs.14931> [Q1 in 'Gerontology', ranked 7/47]
 12. Yu, D. S. F., Kwok, T., **Choy, J.**, & Kavanagh, D. J. (2016). Measuring the expressed emotion in Chinese family caregivers of persons with dementia: Validation of a Chinese version of the Family Attitude Scale. *International Journal of Nursing Studies*, 55, 50-59. <https://doi.org/10.1016/j.ijnurstu.2015.11.005> [Q1 in 'Nursing', ranked 1/193]
 13. **Choy, J. C. P.**, & Lou, V. W. Q. (2016). The effectiveness of modified Instrumental Reminiscence Intervention on psychological well-being among community-dwelling Chinese older adults: A randomized controlled trial. *The American Journal of Geriatric Psychiatry*, 24(1), 60-69. <https://doi.org/10.1016/j.jagp.2015.05.008> [Q1 in 'Gerontology', ranked 6/47]
 14. Lou, V. W. Q., Au, J. W. N., & **Choy, J. C. P.** (2016). Enhancing homework adherence of Chinese older adults: A case study using Instrumental Reminiscence Intervention. *Geriatrics & Gerontology International*, 16(10), 1153-1160. <https://doi.org/10.1111/ggi.12595> [Q2 in 'Gerontology', ranked 16/47]
 15. Lou, V. W. Q., & **Choy, J. C. P.** (2013). Factorial structure and psychometric properties of a brief version of the Reminiscence Functions Scale with Chinese older adults. *Aging & Mental health*, 18(4), 531-536. <https://doi.org/10.1080/13607863.2013.860423> [Q2 in 'Gerontology', ranked 13/47]

Manuscript under peer review

16. **Choy, J. C. P.**, Wong, G. H. Y., Tang, Y. M. J., Yu, D. S. F., Lum, T. Y. S., Lee, M., Dai, L. K. D., & Spector, A., (2025). *Culturally Adapt or Locally Develop? A Cluster Randomized Trial of Cognitive Stimulation Therapy, Six Arts, versus Usual Care in Chinese People with Dementia*. [Manuscript submitted for publication; Target journal: *Alzheimer's and Dementia: Translational Research & Clinical Interventions*].
17. **Choy, J. C. P.**, Yu, D. S. F., Zhang, A. Y. & Wong, G. H. Y. (2025). *Carer-Led Cognitive Stimulation Therapy: A Case of Informal-formal Care Partnership*. [Manuscript submitted for publication; Target journal: *Activities, Adaptation & Aging*].
18. Shi, C., Salcher-Konrad, M., **Choy, J. C. P.**, Leung, D. K. Y., Song, J., Comas-Herrera, A., McDaid, D., Knapp, M., & Wong, G. H. Y. (2025). *A systematic mapping review of 525 randomised controlled trials on pharmacological and non-pharmacological interventions for people living with dementia and their*

formal and informal carers in Chinese communities. [Manuscript submitted for publication; Target journal: *International Journal of Geriatric Psychiatry*].

19. Leung, D. K. Y., Chan, O. L. H., Yiu, E. K. L., Ip, M. H. C., Shi, C., Salcher-Konrad, M., Choy, J. C. P., Luo, H., Cai, X., Comas-Herrera, A., Knapp, M., & Wong, G. H. Y. (2025). *Effectiveness of pharmacological and non-pharmacological interventions for improving cognitive function in people with dementia in Chinese communities: A network meta-analysis of randomized controlled trials.* [Manuscript submitted for publication]

Manuscript in preparation

20. Choy, J. C. P., Yeung, M. K. Y., Ma, M. S. L., Wong, D. H. S., Cheung, G., Wong, K. K. Y., Yu, D. S. F., Lum, T. Y. S., Spector, A., & Wong, G. H. Y. (2025). *Strategies for Online Cognitive Stimulation Therapy: Video Observation and Interviews with People Living with Dementia, Caregivers, and Facilitators* [Manuscript in preparation; Target journal: *The Gerontologist*].
21. Choy, J. C. P., Wong, G. H. Y., Wong, D. H. S., & Lum, T. Y. S. (2025). *Dementia Care Shared by Multiple Chinese Family Caregivers: Exploring Family-Level Preparedness for Caregiving* [Manuscript in preparation; Target journal: *Innovation in Aging*].
22. Choy, J. C. P., Hon, J. M. K., Yik, A. C., Kwong, C. H. C., Chan, K. K. W., & Ma, M. S. L. (2025). *Forest Bathing in Urban Green Spaces: Impact on Wellbeing of Family Caregivers of People Living with Dementia* [Manuscript in preparation; Target journal: *Innovation in Aging*].
23. Choy, J. C. P., Ma, M. S. L., Knapp, M., Spector, A., Kwok, T., & Wong, G. H. Y. (2025). *Effectiveness and Cost-effectiveness of Virtual Cognitive Stimulation Therapy for People Living with Dementia.* [Manuscript in preparation; Target journal: *Alzheimer's & Dementia*].
24. Choy, J. C. P., Ma, M. S. L., Ip, H. C. M., & Wong, G. H. Y. (2025). *Can volunteers deliver evidence-based intervention for families living with dementia? Feasibility and outcomes of a volunteer training and online dementia community support programme* [Manuscript in preparation; Target journal: *American Journal of Community Psychology*].

Book chapter

25. Choy, J. C. P., Dai, R., Kong, A. P. H., & Wong, G. H. Y. (2024). Tele-Assessment of Cognition and Discourse Production. In *Spoken Discourse Impairments in the Neurogenic Populations: A State-of-the-Art, Contemporary Approach* (pp. 253-266). Cham: Springer International Publishing. <https://link.springer.com/book/10.1007/978-3-031-45190-4>

Book translation

26. Gitlin, L., & Piersol, C. (2021). *A Caregiver's Guide to Dementia: Using Activities and Other Strategies to Prevent, Reduce, and Manage Behavioral Symptoms.* 認知障礙症照顧者指南 預防、減少和應付行為症狀的活動和策略. (G. H. Y. Wong, J. C. P. Choy, & E. Y. M. Leung, Trans.). Hong Kong: Hong Kong University Press. (Original work published in 2014). ([Book URL](#))

Report and others

27. Choy, J. C. P., Wong, K. K. Y., Cheng, S. S., Cai, X., Zeng, Y., Tang, J. Y. M., Leung, E. Y. M., Ma, M. S. L., Shi, C., Comas-Herrera A., Knapp M., & Wong, G. H. Y. (2022). *The Dementia Situation in Hong Kong: Context, Systems, Policies, and Services* (version 4). TIP-CARD Desk Review. Department of Social Work and Social Administration, University of Hong Kong, Hong Kong. Available at: <https://www.tip-card.hku.hk/desk-review> and <https://stride-dementia.org/desk-review/?country=hong-kong-sar>
28. Choy, J. C. P., Ma, M. S. L., & Wong, G. H. Y. (2023). *Project BrainLive: BrainLive Host Training Manual.* Department of Social Work and Social Administration, University of Hong Kong, Hong Kong. ([Manual URL](#); Available in Chinese only)

Conference presentations

Peer-reviewed conference (first author /presenter only)

1. Choy, J. C. P., Hon, J. M. K., Yik, A. C., Kwong, C. H. C., Chan, K. K. W., & Ma, M. S. L. (2025). *Forest bathing intervention for improving wellbeing of family carers of people living with dementia: Initial findings on its acceptability, feasibility, and effectiveness.* Paper presented at the International Conference of Dementia Innovation Readiness; Hong Kong; 24-25 June 2025.
2. Wong, G. H. Y., & Choy, J. C. P. (2025). *Strategy of dementia care policies in Hong Kong – Lessons from TIP-CARD.* Paper presented at the International Conference of Dementia Innovation Readiness; Hong Kong; 24-25 June 2025.

3. **Choy, J. C. P., & Wong, D. H. S.** (2024). *Dementia Care Shared by Multiple Chinese Family Caregivers: Exploring Family-level Preparedness for Caregiving*. Paper presented at the 2024 GSA Annual Scientific Meeting; Seattle, Washington, USA; 13-16 November 2024.
4. **Choy, J. C. P., & Wong, G. H. Y.** (2024) *Adapting CST in Chinese Populations Cultural and Implementation Considerations*. Paper presented at the 27th Asia-Pacific Regional Conference of Alzheimer's Disease International (ADI) and the 2024 Annual Conference of Alzheimer's Disease Chinese (ADC), Xi'an, China; 24-27 October 2024.
5. **Choy, J. C. P., Wong, G. H. Y., & Ma M. S. L.** (2024). *Formation of carer mutual support network after meeting online: lessons learned from a remote dementia support programme delivered by volunteers*. Paper presented at the 36th Global Conference of Alzheimer's Disease International (ADI 2024); Krakow, Poland; 24-26 April 2024.
6. **Choy, J. C. P., Wong, G. H. Y., & Wong, K. K. Y.** (2023). *Refining an ICT-Enriched Non-Pharmacological Intervention for People with Dementia: A Participatory Design*. Paper presented at the 2023 GSA Annual Scientific Meeting; Tampa, Florida, USA; 8-12 November 2023.
7. **Choy, J. C. P., & Wong, G. H. Y.** (2023). *Impact of Infection Control Measures on Effectiveness of Cognitive Stimulation Therapy*. Paper presented at the Alzheimer's Association International Conference (AAIC 2023); Amsterdam, Netherland; 16-20 July 2023.
8. **Choy, J. C. P.** (2022) *Challenges, vision, and priorities in developing dementia policy in Hong Kong: findings from situation analysis and theory of change stakeholder workshop*. Paper presented at the 6th International Conference on Evidenced-based Policy in Long-term Care of ILPN; London, UK; 7-10 September 2022.
9. **Choy, J. C. P., Yu, D. S. F., Zhang, A. Y., & Wong, G. H. Y.** (2022). *Innovative formal-informal care interfacing in dementia intervention delivery: A qualitative descriptive study in Hong Kong*. Paper presented at the 35th Global Conference of Alzheimer's Disease International (ADI); London, UK; 9-11 June 2022.
10. **Chung, B. Y. C., Choy, J. C. P., & Wong, G. H. Y.** (2022). *CST Groups Led by Non-professionals and Family Carers: Lessons Learned*. Paper presented at the 4th International Cognitive Stimulation Therapy (CST) Conference; London, UK, 8 June 2022.
11. **Choy, J. C. P.** (2019). *Developing a conceptual model of family preparedness for future dementia caregiving in Chinese families*. Paper presented at the 2019 GSA Annual Scientific Meeting; Austin, Texas, USA; 13-17 November 2019.
12. **Choy, J. C. P., Wong, G. H. Y., Tang, J. Y. M., & Lum, T. Y. S.** (2018). *Spending pattern and associated factors of carer allowance among low income informal carers*. Paper presented at the 5th International Conference on Evidenced-based Policy in Long-term Care of ILPN; Vienna, Austria; 10-12 September 2018.
13. **Xu, J. Q., Choy, J. C. P., Tang, J. Y. M., Wong, G. H. Y., Liu, T. Y., Luo, H., & Lum, T. Y. S.** (2016). *Predictive Power of Subjective Complaint Domains for Suspected MCI and Dementia in a Community Sample*. Paper presented at the 69th Annual Scientific Meeting of The Gerontological Society of America; New Orleans, Louisiana, USA; 16-20 November 2016.
14. **Choy, J. C. P., Xu, J., Tang, J. Y. M., Wong, G. H. Y., Lau, M. M. Y., Lou, V. W. Q., & Lum, T. Y. S.** (2016). *Obstacles to Ageing in place: Exploring Caregiver's Intention of the Use of Residential Care Service*. Paper presented at the 69th Annual Scientific Meeting of The Gerontological Society of America; New Orleans, Louisiana; 16-20 November 2016.

Internal symposium/seminar

15. **Choy, J. C. P.** (2025). *Strategies for Engaging People Living with Dementia: What Do Users Think?* Webinar series on Can We Deliver Person-centred Dementia Care using ICT? A Study of Cognitive Stimulation Therapy (CST) and Carer Support, Department of Social Work and Social Administration, HKU; Hong Kong; 6 & 7 March 2025. ([Event URL](#))
16. **Choy, J. C. P.** (2023). *The Dementia Situation in Hong Kong: Key Challenges and Opportunities*. Online Research Seminars on Information Tools for Dementia-friendly Chinese Community, Project TIP-CARD, Department of Social Work and Social Administration, HKU; Hong Kong; 21 February 2023. ([Seminar video URL](#))
17. **Choy, J. C. P.** (2023). *Dementia: The Hong Kong Situation*. Symposium on Hong Kong and Global Responses to Dementia, Population and Health seminar series, Faculty of Social Sciences, HKU; Hong Kong; 18 February 2023. ([Event URL](#))

Awards

Jun 2025 **Oral Presentation Award.** The International Conference of Dementia Innovation Readiness; Hong Kong; 24-25 June 2025

Teaching and Learning

Courses of Primary Teaching Responsibilities

2021-pres **Course Coordinator, SOWK6337 Evidence-based Interventions and Care for People with Dementia**, HKU | Offered to MSW, MSocSc (Mental Health/ Gerontology/ Social Service Management) and RPg. Student evaluation on overall teacher effectiveness: 2024/25: **92.2**; 2023/24: **92.5**; 2022/23: **100**; 2021/22: **85.7** out of 100

2021-pres **Course Coordinator, SOWK6201 Mental Health Problems in Old Age**, HKU | Offered to MSW, MSocSc (Mental Health/ Gerontology/ Social Service Management) and RPg. Student evaluation on overall teacher effectiveness: 2024/25: **88.2**; 2023/24: **85.5**; 2022/23: **81.8**; 2021/22: **82.1** out of 100

Guest Lecturer

2022-pres **Guest lecturer**, Module ‘Global Perspectives in Dementia’, University of West London | Offered to MSc Dementia Studies ([Programme URL](#))

2022-2024 **Content Expert**, Dementia module, Interprofessional Education and Collaborative Practice (IPECP), HKU | Offered to MBBS, BNurs, BSc(Sp&HearSc), BSW and MSW ([Programme URL](#))

Jan 2025 **Guest speaker**, DPS707 Seminars on Social Policy and Social Change, Lingnan University | Offered to Doctor of Policy Studies

Dec 2024 **Guest lecturer**, PSYC7305 Developmental Psychology, HKU | Offered to MSocSc (Psychology)

Apr 2024 **Guest lecturer**, PSYC7305 Developmental Psychology, HKU | Offered to MSocSc (Psychology)

Feb 2023 **Guest speaker**, Seminars on Social Policy and Social Change, Lingnan University | Offered to DPS and RPg

Apr 2021 **Guest speaker**, SOWK2015 Research on Social Work Practice I, HKU | Offered to BSW

RPg Supervision

2023-pres **Thesis Committee member**, PhD candidate Lexi He under the supervision of Prof Aimee Spector, Division of Psychology and Language Sciences, University College London

2021-2025 **Thesis Committee member**, PhD candidate Emily Fisher under the supervision of Prof Aimee Spector, Division of Psychology and Language Sciences, University College London

Knowledge Transfer and Community Engagement

International conference

Jun 2024 **Organising Committee member**, The 5th International Cognitive Stimulation Therapy (CST) Conference, HKU, Hong Kong ([Event URL](#))

Jun 2022 **Organising Committee member**, The 4th International Cognitive Stimulation Therapy (CST) Conference, University College London, London ([Event URL](#))

Dec 2017 **Organising Committee member**, The 2nd International Cognitive Stimulation Therapy (CST) Conference, HKU, Hong Kong

Training for professional / non-professional

May 2025 **Instructor**, carer training in “What Complements Love? Workshop”, Macao Arts Festival, Cultural Affairs Bureau, Macau SAR ([Event URL](#))

2018-2024 **Training Coordinator**, Certified Cognitive Stimulation Therapy – Hong Kong (CST-HK) Practitioner Training Course, HKU; in collaboration with International CST Centre, University College London

Jun 2024 **Speaker**, Volunteer (Senior O’Coach) training on “Introduction to dementia and dementia care”, Project GrandMove+, HKU

Jun 2024 **Facilitator**, workshop on “CST Training for Volunteer: Curriculum Design and Implementation”, The 5th International Cognitive Stimulation Therapy (CST) Conference, HKU, Hong Kong ([Event URL](#))

2020-2022 **Trainer**, Volunteer (BrainLive Host) training and Professional training on remote dementia

- intervention and carer support, Project BrainLive: Connecting Families Living with Dementia In Pandemic Situations and Beyond, HKU
- Aug 2022 **Speaker**, M407 Overview of existing services and policy in Hong Kong, 22nd series of Certified Dementia Care Planner (CDCP) Course, Hong Kong Alzheimer’s Disease Association
- May 2022 **Speaker**, M302 Concepts and application of Cognitive Stimulating Activities, 22nd series of Certified Dementia Care Planner (CDCP) Course, Hong Kong Alzheimer’s Disease Association
- Mar 2022 **Speaker**, M407 Overview of existing services and policy in Hong Kong, 21st series of Certified Dementia Care Planner (CDCP) Course, Hong Kong Alzheimer’s Disease Association
- Aug 2021 **Speaker**, Volunteer (Senior O’Coach) training on introduction to dementia and dementia care, Project GrandMove: Alleviate Frailty and Promote Active Lifestyle, HKU
- Mar 2021 **Speaker**, Training video on ‘Dementia Caregivers Stress and Handling’, Family-based Dementia Assessment and Support Project, Hong Kong Family Welfare Society

Public talk & others

- Oct 2025 **Invited Speaker and Panelist**, *Cognitive Stimulation Therapy in Hong Kong: Evidence, Innovations, & Vision*, Professional Seminar on Rehabilitation in Dementia, Hong Kong Alzheimer’s Disease Association
- Sep 2024 **Invited Speaker**, *Stakeholders’ views and care cost of dementia in Hong Kong*, Dementia research and policy forum, The Hong Kong Council of Social Service ([Event URL](#))
- Sep 2023 **Keynote Speaker**, *Dementia Friendly Community: future directions and feasibility*, Sharing session on Dementia friends, Hong Kong Alzheimer’s Disease Association
- Feb 2023 **Speaker**, *Current care scenario & stakeholders’ views*, Public talk on Current Situation of Dementia Care in Hong Kong, Project TIP-CARD, HKU. ([Public talk URL](#))
- Jan 2023 **Invited Speaker**, *Dementia community care and support services in Hong Kong: an overview*, Online seminar, Season 15 of the PolyU Jockey Club “Operation SoInno”, The Hong Kong Polytechnic University, Hong Kong. ([Public talk URL](#))
- Oct 2020 Featured article on ‘Formulation of Dementia Policy’. *The Voice*. Hong Kong: St. James’ Settlement. (Available in Chinese only) ([Article URL](#))
- Oct 2018 Featured article on ‘Dementia and Caregiving Preparedness’. *The Voice*. Hong Kong: St. James’ Settlement. (Available in Chinese only) ([Article URL](#))

Service to International Professional Organisations

Founding team member of UCL Dementia Training Academy: Established in 2022, in collaboration with HKU and Peking University. (URL: <https://www.ucl-dementiatrainingacademy.org>)

Ad-hoc reviewer for the following peer-reviewed journals: Ageing Research Reviews, Aging & Mental Health, BMC Geriatrics, BMC Research Notes, Innovation in Aging, International Journal of Social Welfare, Journal of Gerontology: Social Sciences, Journal of Long-Term Care, JMIR, JMIR Aging, Scientific Reports, and The Gerontologist