

**Swallowing Gym:
Game-based
swallowing exercise
for post-
COVID rehabilitation
in older adults**

吞嚥健身室：「長新冠」
之長者吞嚥復康遊戲

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(Project No.: KE-SI-2022-23-25)

Strategic Theme(s):

Health and Medical Technologies

Swallowing Gym



識飲識食

食塊餅

飲啖茶

下午茶全餐

返回

中斷遊戲

進度 1/5



分數 260

COMBO 2

‘啖’開個嘴 越開越好 😄

中斷遊戲

進度 1/5



分數 0

COMBO 0

啖起個嘴 越前越好 😞

道具商店

445

 <p>果醬餅乾 (Level 1) \$ 25</p>	 <p>年糕 (Level 2) \$ 150</p>	 <p>蔥油餅 (Level 3) \$ 450</p>
 <p>益力多 (Level 1) \$ 25</p>	 <p>奶昔 (Level 2) \$ 150</p>	 <p>珍珠奶茶 (Level 3) \$ 450</p>

返回

World Swallowing Day 12 Dec 2022

The game was showcased at the seminar, which was attended by the Director of Department of Health, Dr. Ronald Lam, JP and around 50 elderly from the community.



Media interview

- Now TV杏林在線 – 重拾滋味
- https://news.now.com/home/local/player?newsId=511879&refer=Share&utm_source=now_appshare&utm_medium=share

【杏林在線】 重拾滋味

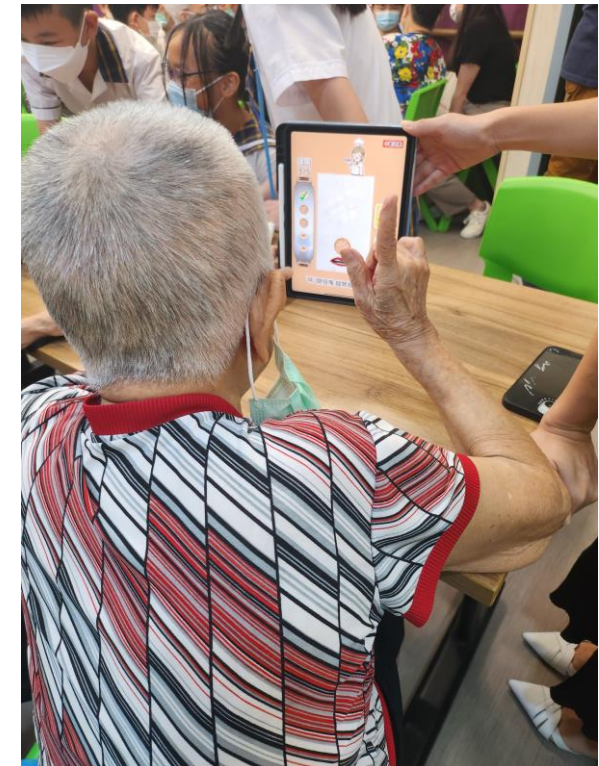
2023年3月24日 21:30



Game demonstrations at Elderly Centre

7 July 2023

- A joint event with Sik Sik Yuen primary schools to teach elderly to play with different games designed by the students, including the Swallowing Gym.



8th Golden Age Expo & Summit (11-13 August 2023)

A booth demonstrating the Swallowing Gym game and a public talk was held at the Convention Centre.



KE outcomes and impact

Older adults are at higher risk of developing swallowing difficulties. Such difficulties can negatively impact the older adults mealtime enjoyment, health and nutritional status. Swallowing exercises are commonly used by speech language pathologists (SLPs) to enhance older adults' swallowing functions. Traditionally, SLPs would use face-to-face teaching or pre-recorded videos to encourage older adults to conduct these swallowing exercises. However, older adults are often not motivated to repeat these exercises at home. The newly developed Swallowing Gym game is designed to be easy-to-use, fun and interactive to encourage older adults to do these swallowing exercises independently. Our recent study shows that healthy older adults practiced more frequently when using the games than when watching pre-recorded videos. Other older adults with dementia or mild cognitive impairment were also able to play with these games with minimal guidance. Our team will continue to develop different games to facilitate speech and swallowing exercises in older adults.



知識交流的成果和影響

長者患有吞嚥困難的風險較高，吞嚥困難會對長者的用膳經驗、健康和營養狀況產生負面影響。言語治療師通常會建意長者多做吞嚥練習來增強吞嚥功能。傳統上，言語治療師會使用面對面的教學或預先錄製的視頻來鼓勵長者進行這些吞嚥練習。然而，長者通常沒有動力在家裡重複這些練習。新開發的吞嚥健身房遊戲旨在易於使用，有趣和互動，以鼓勵長者獨立進行這些吞嚥練習。我們最近的研究表明，健康的長者在使用遊戲時比觀看預先錄製的視頻時更頻繁地練習。其他患有失智或輕度認知障礙的長者也可以在最少的指導下玩這些遊戲。我們的團隊將繼續開發不同的遊戲，以促進長者的言語和吞嚥練習。

