IVE（屯門）學生物理治療動作指導系統 奪房協樂齡科技設計比賽金獎

IVE (Tuen Mun) students win Gold Award at HKHS Gerontech Competition with elderly-friendly project

面對人口老化，愈來愈多樂齡科技湧現，以協助長者改善生活質素。IVE（屯門）軟件工程高級文憑課程學生最近亦因應長者需要，運用科技及創新意念，為長者構思出物理治療動作指導系統「自慧理」(Selfphy)，並於香港房屋協會舉辦的第二屆「創科樂『耆』中」樂齡科技設計比賽中，奪得大專學生組金獎、「智」有創意大獎及最實「融」大獎。

系統除了利用文字、聲音及畫面，「指導」用家做出正確的物理治療動作外，更透過人工智能分析用家的動作是否標準，讓長者安在家中也可進行物理治療。此外，系統亦會將相關數據儲存至資料庫，分析長者的健康狀況，並會按時提醒長者進行治療。今次已是IVE學生第二度於比賽摘冠，去年的金獎作品、IVE（柴灣）學生創作的「智能健身站」，更獲房協應用於樂民新村內，推動長者友善社區。

The ageing population has given rise to the development of gerontechnology products aiming at enhancing seniors' quality of life. Seeing the rising future demand in physiotherapy, a group of students from IVE (Tuen Mun)'s Higher Diploma in Software Engineering Programme developed "Selfphy", a system providing step-by-step physiotherapy guidance, which has later won the Gold Award, Best Creativity Award and Best Application Award in the Tertiary Students Category of the 2nd Gerontech Competition organised by the Hong Kong Housing Society.

On top of the use of text, voice and pictures to show users the proper way of doing physiotherapy exercises, the system adopts artificial intelligence to detect whether users are doing the pose correctly, thus allowing seniors to receive physiotherapy at home. The programme also collects and stores users' data for health condition analyses and issues reminders on receiving therapy. This is the second time for IVE students to win the Gold Award of the competition. The Award winner last year, the "Outdoor Smart Fitness Station" by IVE (Chai Wan) students, is now among the various community facilities in Lok Man Sun Chuen, serving to promote elderly-friendliness in the district.