
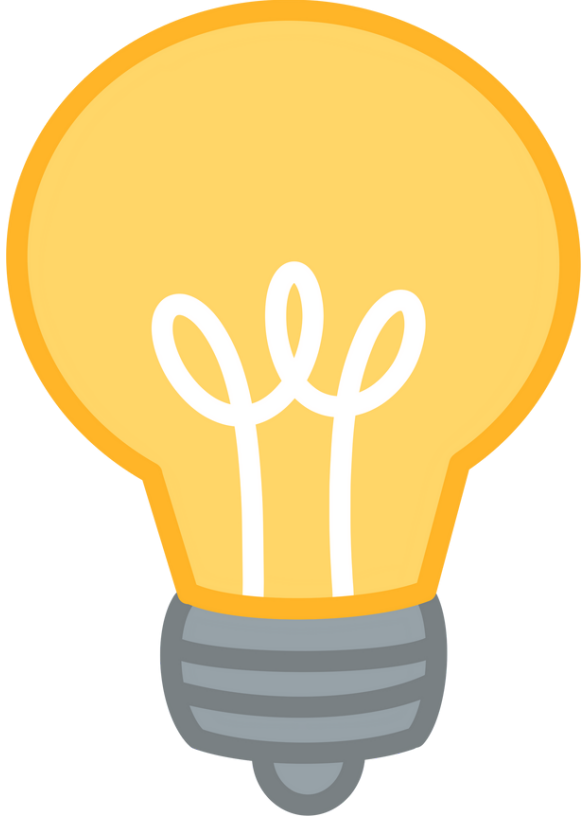


CHRISTIAN FAMILY SERVICE CENTRE

THE EFFECTIVENESS OF MÖLKKY ON MOTOR AND COGNITIVE FUNCTION OF COMMUNITY-DWELLING OLDER ADULTS



Video Introduction

<h3>Research Objectives</h3>	<h3>Research Team</h3>
<ol style="list-style-type: none"> 1. To investigate effectiveness of MÖlkky on improving cognitive and physical functioning and quality of life of elderly 2. To collect feedbacks from elderly participants and healthcare workers on effectiveness of MÖlkky 	<p>Karen Liu Tam Lok Kei</p>
	<h3>Methodology and Result</h3> <p>Twenty-five older adults (mean age 77.20) from Christian Family Service Centre participated in the study. They received 20-week MÖlkky training in preparation for a MÖlkky tournament. Assessments were conducted twice, at baseline and after the tournament, including the Stroop Color and Word Test (Stroop) (Cognitive function), Two-Minute Step Test (TMST) (motor function), and EuroQol-five Dimensions Questionnaire (EQ-5D-5L) (quality of life). Both the participants and the healthcare workers assisting in the MÖlkky training and tournament completed a feedback questionnaire after the tournament.</p> <p>Results showed that the participants had significant improvement in TMST and less errors when completing the Stroop. The feedback questionnaires showed that all participants agreed they enjoyed the activity. Both participants and healthcare workers commented that MÖlkky should be continued in the future.</p>
<h3>The most unforgettable experience in this research</h3>	
<p>We collaborated with PolyU on a research project studying how MÖlkky can enhance cognitive abilities and physical fitness among elderly residents in the community. The post-test results of this study have shown a relatively low attrition rate, as the elderly continue their participation in MÖlkky and establish relationships with staff members. They exhibit a greater sense of belonging and motivation, and their progress encourages them to continue participating in the tests.</p> <p>Moreover, after engaging in MÖlkky, the elderly not only experience improvements in cognitive abilities and physical fitness but also demonstrate a noticeable increase in motivation and drive to go out into the community and explore more. This enriches their lives and encourages them to embrace a more fulfilling lifestyle.</p>	