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About the Charles K. Kao Foundation for Alzheimer's Disease and Charles Kao CUHK BEAT AD Service

About the Charles K. Kao Foundation for Alzheimer's Disease

The Charles K. Kao Foundation for Alzheimer's Disease Limited (CKKF) is a registered non-profit organisation founded in 2010 by the late Professor Charles K. Kao and his wife Mrs Gwen Kao. Its mission is to educate the public about dementia and to support people living with dementia and their caregivers.

Charles Kao CUHK BEAT AD Service

With a generous donation from Dr Brigitte Lin Ching-hsia, BEAT AD Patron and Project Ambassador, The Charles K. Kao Foundation for Alzheimer's Disease, in partnership with The Chinese University of Hong Kong (CUHK), co-launched the Charles Kao CUHK BEAT AD (**Brain Health Education And Tailor-made Measures for Prevention of AD**) to provide a free community-based educational, dementia screening and prevention service for Hong Kong residents. The BEAT AD Service aspires to enhance the quality of life in affected individuals and reduce the substantial burden posed by dementia on Hong Kong's healthcare system. Clinical evidence shows that control of modifiable risk factors for brain health can effectively prevent and alleviate the progression of cognitive decline in individuals at risk of dementia. With this in mind, cognitive screening, a comprehensive brain health assessment of modifiable risk factors and an individualised brain health care plan are being provided to each participant by the Service. This 18-month pilot service, which starts in September 2023, aims to conduct 800 assessments and 800 case follow-ups in total, with a view to extending the service to the wider community in due course.

Eligible individuals will undergo face-to-face assessments in the service truck stationed at CUHK. Registered nurses will conduct cognitive screenings, assess brain health risk, and evaluate RetinAD* test results, collaboratively creating a one-year, personalised brain health care plan. The plan will integrate cardiovascular risk factors, brain health exercises, cognitive stimulation and social activities, as well as a brain healthy diet to preserve and improve brain function.

(*RetinAD is a technology utilising an artificial intelligence system to analyse retinal images and identify cognitively unimpaired elderly subjects who may be at risk of developing Alzheimer's disease.)

For more details, please refer to: <https://neurology.mect.cuhk.edu.hk/beatad/> (Chinese only)