



Overview

FISH COMPANION AQUAPONICS

Enhance the well-being of our elderly with our innovative mini aquaponics systems in nursing homes! These captivating aquatic companions provide emotional support. Plus, the program empowers youth with autism spectrum disorder (ASD) by involving them in regular system maintenance, guided by dedicated mentors, ensuring everything runs smoothly.

This mutually beneficial program not only combats loneliness and boosts mental health in the elderly but also offers meaningful employment and skill development for ASD youth. Achieving intergenerational communication and social integration.





愛 · 傳遞 明白愛 懂得愛 傳遞愛

成立於2015年

慈善檔案號碼: 91/13813

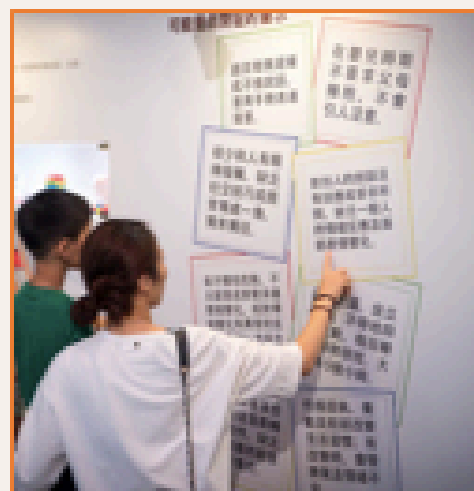
Vision

Build a better world with Love, Co-Creation & Inclusion

Mission

LoveXpress is dedicated to promoting social inclusion within the autism community by gathering social resources from diverse sectors and integrating them onto co-created platforms. By fostering collaboration, understanding, and support, we create an environment where individuals with autism can truly thrive.

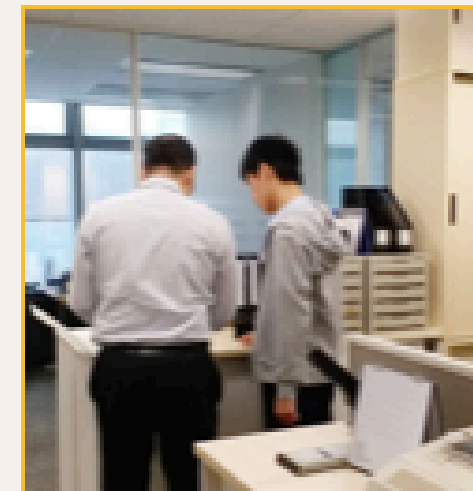
Core Projects Care for the Autism Community



社區教育及推廣



特教家庭支援網



自閉症青年職涯規劃



Schools Dynamic Ltd.
開創教育動力有限公司



香港兒童啟迪協會
DISCOVER LEARNING SOCIETY

學術機構

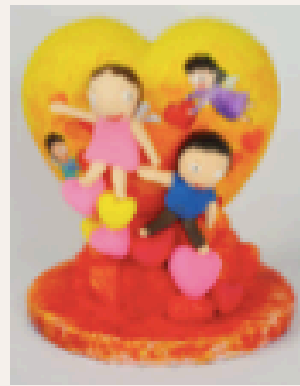
專業醫療及治療師

商界企業, 非牟利機構, 義工

家庭輔導及社工



LoveXpress
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2015

愛傳遞

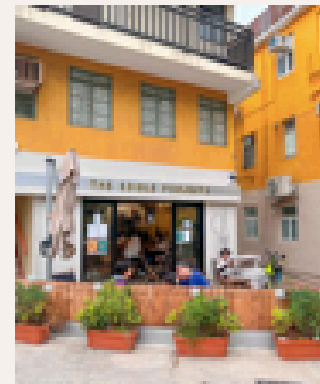
Green Skies
Aquaponic Farming



2019

綠悠天
魚菜共生

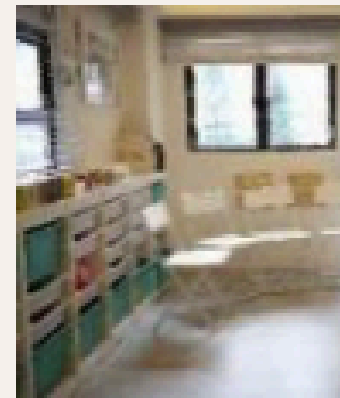
THE
EDIBLE
PROJECTS



2021

The Edible Projects
坪洲Cafe

LEX
CENTRE
Family-centred approach



2022

LEX Centre

THE
EDIBLE
PROJECTS



2022

The Edible Projects
深水埗Cafe

LoveXpress
愛 · 傳遞 明白愛 懂得愛 傳遞愛

Charity
Business

Advocacy

ASD Family
Support

ASD Early
Intervention
Program

ASD Career
Support
Program

OVER THE YEARS

WE SUPPORT

267,780

PERSONS

EMPOWERED

22,864

AUTISITIC CHILDREN

SET CAREER PATH FOR

3,310

AUTISTIC YOUTH



Pain Point: Mental Health Risks for the Elderly

**Statistics show that about 90% of HK elderly often feel lonely,
with 10% experiencing symptoms of depression & anxiety disorder due to aging issues**

Loneliness & Emotionally Empty

- the loss of a spouse
- life transitions
- strained family relationships
- economic pressures

Diminished Social Interaction

- social circles gradually shrink
- reduced mobility limited their social activities
- difficulty in rebuilding relationships

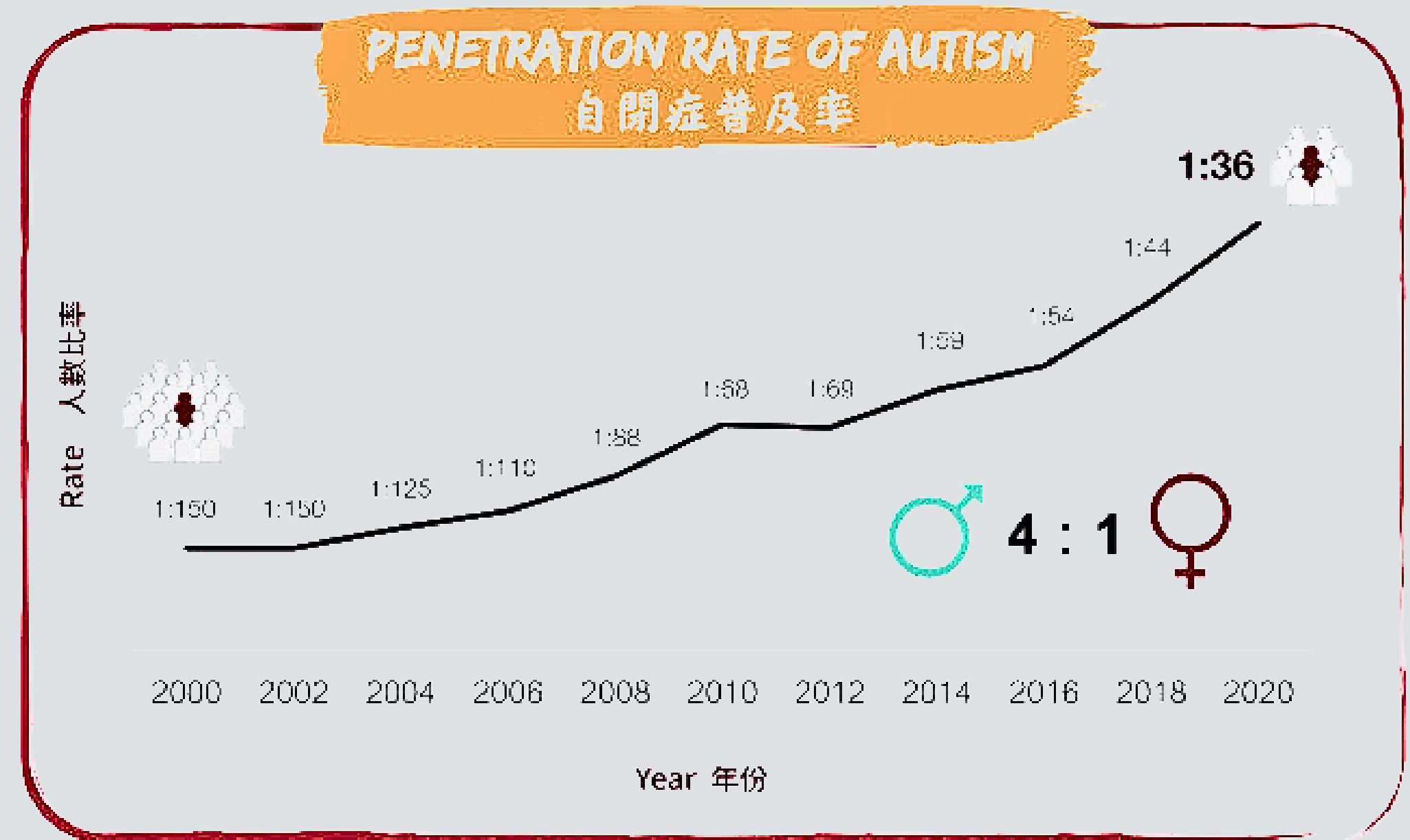
Health Issues

- chronic health problems
- dementia
- osteoarthritis

Pain Point:

Employment Challenges for ASD Youth

- The global population of individuals with autism is steadily increasing.
- Societal awareness remains insufficient, ASD youth are often excluded from the mainstream job market.
- They suffer from inadequate training and support, which impedes their social integration and career progression.
- This impacts their self-worth and societal acceptance,
- Placing lifelong financial pressure on their families.
- The talents and value of individuals with autism are overlooked



Source: U.S. Centers for Disease Control and Prevention



Project Objectives



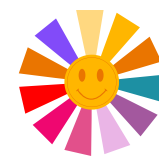
Caring for Seniors

By providing emotional support and social interaction, the aquaponics project aims to improve the mental well-being of elderly individuals in HK reducing feelings of loneliness and enhancing their overall quality of life.



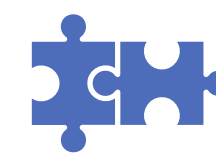
Promote Sustainability

The self-sustaining aquaponic system, featuring recycled materials and efficient resource management, embodies environmental protection and fosters a positive, eco-friendly lifestyle for the elderly participants.



Holistic Wellness

Empowering the seniors to attain both physical and mental well-being while actively contributing to environmental preservation, cultivating a positive and meaningful lifestyle.



Integration / Inclusion

Provide meaningful employment opportunities for autism spectrum disorder youth, helping them integrate into society, improve their quality of life, and enhance their self-worth.

Solution: Fish Companion Aquaponics

Mini aquaponics systems caters elderly's interests in gardening and keeping fish.

- Design mini aquaponics systems tailored to the elderly's interest in gardening and fish-keeping.
- Provide pet companions to enhance daily joy for the elderly.
- Cultivate young old as mentors or team leaders.
- Offer training and employment opportunities for ASD youth.
- Encourage participation from various stakeholders to foster intergenerational communication and promote social integration.



(reference picture)



Service Flow



Introductory Talks

Informative sessions held at participating elderly homes to introduce the project, its benefits, and how the elderly can get involved



Workshop and Support Group

Interactive workshops teaching elderly and their caregivers the fundamentals of operating and maintaining the aquaponic systems. Ongoing support groups are formed to ensure timely support and promote meaningful interaction.



Aquaponics System Distribution

Each participating senior will receive a mini aquaponics system and assemble according to their living space and preferences design.



Continuous Support and Outreach Visits

Regular outreach visits will be conducted to address any issues, and promote meaningful interaction between mentors, ASD staff, and seniors, enhancing their sense of participation and continuity.

Highlights of the Aquaponics System

Sustainable Ecosystem

The aquaponics system combines fish farming and plant cultivation. Fish waste provides nutrients for plants, while plants help filter and purify water, which then cycles back into the fish tank, creating a self-sustaining micro-ecosystem.

ESG Concept

This system requires minimal effort to care. It is eco-friendly and efficient, with the incorporation of recycled materials and personalized combinations to better suit seniors' preferences.

Sensory Experience Elements

The system incorporates sensory elements. Edible plants provide taste and smell enjoyment, while the presence of fish and plants offers visual and tactile stimulation, maximizing seniors' sensory experiences.



Benefits for Elderly

Pet Companionship

Caring for fishes can be a calming and therapeutic experience, offering companionship and comfort through interactions with aquatic life. Not only provides visual pleasure but also instills a sense of vitality and happiness.

Sense of Purpose

The process of caring for these living beings foster a sense of responsibility and achievement, enhancing their self-worth and life goals, and making them feel needed and loved.

Cognitive Stimulation

Encouraging the elderly to learn about intricate ecosystems, as well as engage in simple maintenance tasks, helps keep their brains active. This can delay cognitive decline, improve memory and concentration, and promote overall brain health.

Enhanced Social Interaction

Elderly are encourage to form groups, sharing their experiences and insights, strengthening their connections and cooperation with one another. Mentors' regular visits create more opportunities for social interaction, increasing their social satisfaction and happiness.



Impactful Social Contributions



enhance elderly mental wellness



**create meaningful job opportunity
for ASD youth**



**Provide professional training to
young olds, enhancing their skills &
roles as mentors**



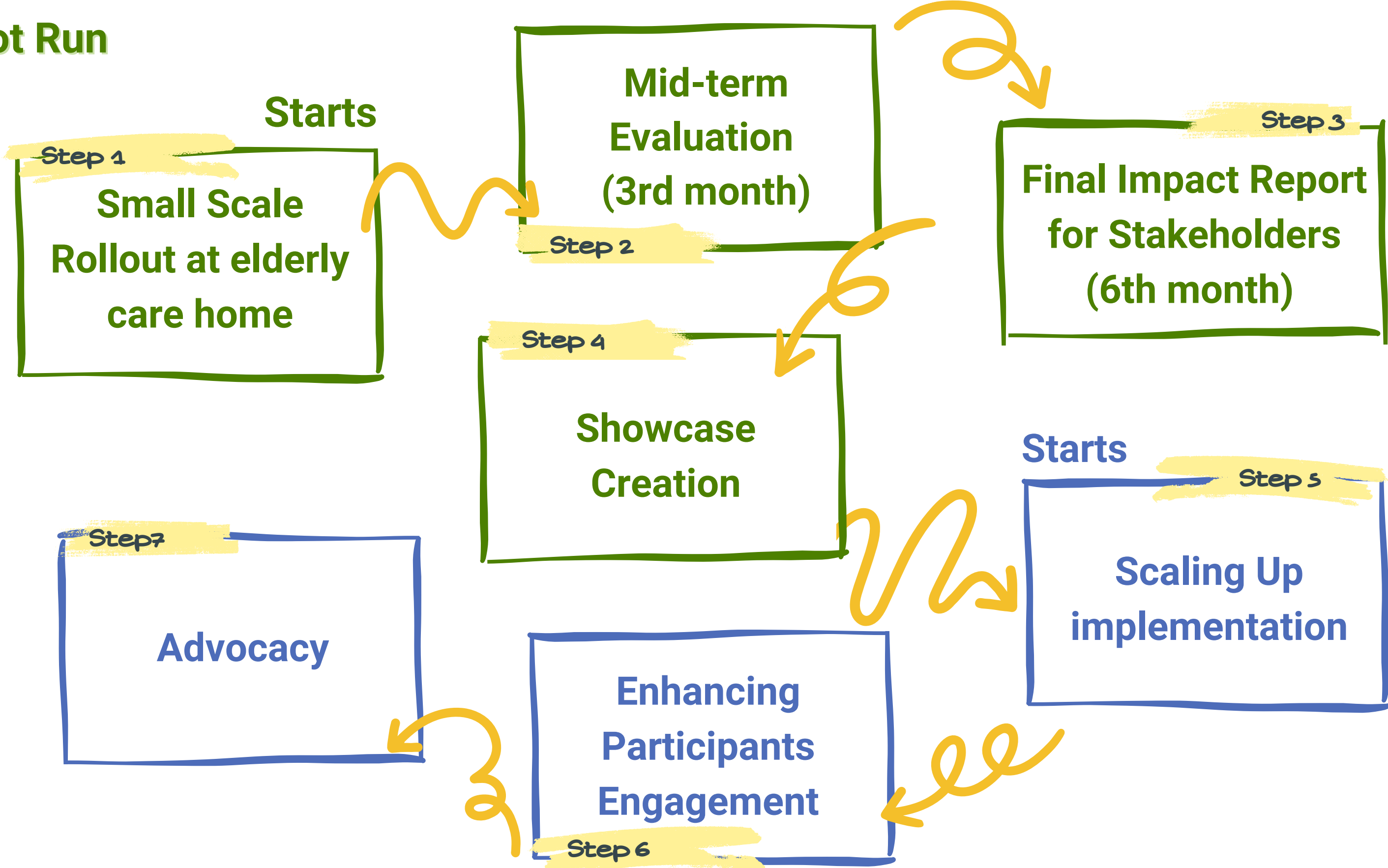
**promote sustainable green
lifestyle**



**Encourage the involvement of all stakeholders to
facilitate intergenerational communication &
promote social integration**

Phase One
Pilot Run

Project Roadmap



Phase Two
Full Expansion

Our Team



**Social
Worker**

**Elderly
Healthcare
Expert**

Counselor

**Aquaponics
Expert**

Q&A

Q1: What is a mini aquaponics system?

A1: A mini aquaponics system is an ecological farming technique that combines fish farming and plant cultivation. Fish waste provides nutrients for plants, while plants help filter and purify water, creating a self-sustaining ecosystem.

Q2: What are the benefits of this system for seniors?

A2: The [Fish Companion Aquaponics] program provides seniors with pet companionship, promotes cognitive function, offers emotional support, and enhances social interaction. Seniors can gain mental solace and daily enjoyment through observing and caring for fish and plants. Regular visits from mentors and staff also encourage seniors to engage with different people.

Q3: What skills do seniors need to use this system?

A3: Seniors do not need specialized skills; they only need to learn basic system operations under the guidance of mentors, including feeding fish and simple plant care. These activities are easy to learn and suitable for seniors of all ability levels.

Q4: How much time and effort does it take to maintain the system?

A4: The design of the mini aquaponics system is simple and easy to maintain. Only a small amount of time each day is needed to feed the fish and check plant growth. We provide support communication channels and regularly inspect, maintain, and visit to ensure the system operates smoothly.



Q5: Is this system environmentally friendly?

A5: The waste produced by the fish acts as a natural fertilizer for the plants, which in turn purifies the water, reducing water resource waste. This green technology helps promote sustainable development and environmental awareness.

Q6: What should be done if there are issues with the fish or plants?

A6: If there are issues with the fish or plants, staff will conduct inspections and take appropriate measures to resolve the problems. We also provide regular training for seniors on how to handle common issues, ensuring the system's continuous operation.

Q7: Will the system take up too much space?

A7: The mini aquaponics system mainly includes a fish tank, water pump, filtration system, plant cultivation tank, and fish food, taking up minimal space.

Q8: Will this system attract mosquitoes?

A8: The system's design considers hygiene issues and will not breed mosquitoes under normal operation. Regular maintenance and cleaning ensure a clean and hygienic environment.

Q9: How to keep seniors interested in this system?

A9: We regularly organize activities related to aquaponics, such as planting sharing sessions, encouraging seniors to share their experiences and achievements, enhancing their sense of accomplishment and participation. Additionally, we encourage seniors to form groups, help each other, maintain the system together, and strengthen their sense of participation and continuity.

Q10: What if seniors have allergies?

A10: When selecting fish and plants, we avoid using breeds that may cause allergies. If necessary, we can make personalized adjustments based on the specific situation of seniors to ensure safety and comfort.

Q11: Will the system generate noise during operation?

A11: Noise issues have been considered in the system's design. The sound of the water pump and filtration equipment is minimal and will not disturb the daily lives of seniors. We also use low-noise equipment to ensure a quiet environment.

Q12: Do elderly participants need to take any special precautions when operating the system?

A12: Elderly participants should avoid exerting too much force and be careful when handling the water pumps and electrical equipment. We will provide detailed safety operation guides and arrange for professional training to ensure they can operate the system safely and correctly.

Join us in creating a nurturing,
mutually beneficial environment for all!

THANK YOU



+852 9238 0833



info@ai2.farm



www.ai2.farm



@Ai2Farm

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明白愛 懂得愛 傳遞愛

Charity File Number: 91/13813

