

Patrick Ho Lam Lai, PhD, LCSW, MSW (United States), RSW (Hong Kong) CURRICULUM VITAE

Anne and Henry Zarrow School of Social Work at the University of Oklahoma | Zarrow Hall 310 | 700 Elm Ave, Norman, OK 73069 | patricklai@ou.edu

Academic Appointments

Aug 2025 – present: **Assistant Professor**, Anne and Henry Zarrow School of Social Work, University of Oklahoma, OK

Secondary Appointments

May 2025 – Apr 2026: **Visiting Scholar**, School of Social Work, Boston College, MA

Education

Aug 2020 – Dec 2024: **Doctor of Philosophy (PhD) in Social Work**, School of Social Work, Boston College, MA
Dissertation: Social, Economic, and Culture-Related Factors Influencing Formal and Informal Volunteerism among Asian Midlife and Older Adults in the United States Compared with Other Ethnoracial Groups: A Three Paper Dissertation

Aug 2018 – May 2020: **Master of Social Work (MSW)**, School of Social Work, University of Michigan, MI

Sep 2011 – May 2014: **Bachelor of Social Work (BSW)**, Department of Social Work and Social Administration, University of Hong Kong, Hong Kong

Research Interests

- Productive and social engagement in later life
- Cross-cultural gerontology
- Ageism
- Asian health disparities
- Workplace equity
- Intergenerational theory and practice
- Psychotherapy

Peer-Reviewed Publications

Underlined denotes community partner co-author

1. **Lai, P. H. L.**, Matz, C., & Halvorsen, C. (accepted). A comparative study on volunteering among Asian older adults and other ethnoracial groups in the United States: Exploring the role of socioeconomic resources. *Journal of Applied Gerontology*.
2. **Lai, P. H. L.**, Hogan, D., McNamara, T., Pitt-Catsoupes, M., Christensen, K., & Bradley, S. (2024). A new lens into workplace equity: The equity of employment systems. *Equality, Diversity, and Inclusion: An International Journal*. <https://doi.org/10.1108/EDI-01-2024-0028>
3. **Lai, P. H. L.**, Halvorsen, C., Chang, K., Nguyen, L.H.T., Howard, E.P., & Lyons, K.S. (2024). Unemployed, immigrant, and older Asian workers in a U.S.-based job-training program: Their experiences and well-being, and strategies for reaching this important population. *Journal of Gerontological Social Work*. <https://doi.org/10.1080/01634372.2024.2339980>
4. Xin, R., Fitzpatrick, O. M., **Lai, P. H. L.**, Weisz, J., & Price, M. A. (2022). A systematic narrative review of cognitive-behavioral therapies with Asian American youth. *Evidence-Based Practice in Child and Adolescent Mental Health*, 7(2), 198-212. <https://doi.org/10.1080/23794925.2022.2042872>
5. Hai, A. H., Lee, C., John, R. S., Vaughn, M. G., Bo, A., **Lai, P. H. L.**, & Salas-Wright, C. (2021). Debunking the myth of low behavioral risk among Asian Americans: The case of alcohol use 2002-2018. *Drug and Alcohol Dependence*, 228, 109059. <https://doi.org/10.1016/j.drugalcdep.2021.109059>

6. Xiang, X., **Lai, P. H. L.**, Bao, L., Sun, Y., Chen, J., Dunkle, R. E., & Maust, D. (2020). Dual trajectories of social isolation and dementia in older adults: A population-based longitudinal study. *Journal of Aging and Health*, 33(1-2), 63-74. <https://doi.org/10.1177/0898264320953693>
7. Xiang, X., Lu, X., Halavanau, A., Xue, J., Sun, Y., **Lai, P. H. L.**, & Wu, Z. (2020). Modern senicide in the face of a pandemic: An examination of public discourse and sentiment about older adults and COVID-19 Using machine learning. *The Journals of Gerontology: Series B*, 76(4), e190-e200. <https://doi.org/10.1093/geronb/gbaa128>
8. Xiang, X., Sun, Y., Smith, S., **Lai, P. H. L.**, & Himle, J. (2020). Internet-based cognitive-behavioral therapy for depression: A feasibility study for homecare older adults. *Research on Social Work Practice*, 30(7), 791-801. <https://doi.org/10.1177/1049731520927783>

Book Chapters

1. Gonzales, E., Matz, C., Morrow-Howell, N., **Lai, P. H. L.**, Whetung, C., Zingg, E., Keating, E., James, J. B., & Putnam, M. (2022). Advance long and productive lives. In R. P. Barth, J. T. Messing, T. R. Shanks, & J. H. Williams (Eds.), *Grand challenges for social work and society* (2nd ed., chapter 5, pp. 111-144). New York and Washington, DC: Oxford University Press/NASW Press. <https://bit.ly/3yLKK1H>

Additional Scholarly Publications

1. Halvorsen, C., & **Lai, P. H. L.** (2023). *Documenting the health, well-being, and experiences of older workers in the Senior Community Service Employment Program*. Social Science Research Network. <https://www.ssrn.com/abstract=4405049>
2. Halvorsen, C. J., & **Lai, P. H. L.** (2022). *Documenting the health, well-being, and experiences of older Asian workers in the Senior Community Service Employment Program*. Boston College School of Social Work. <https://www.ssrn.com/abstract=4405051>

Peer-Reviewed Presentations

1. **Lai, P. H. L.** (2026, January). Asian ethnic group differences in formal and informal volunteerism among adults aged 50 and over in the United States. Presenting in B. M. Campos, C. Matz, C. Su, P. H. L. Lai, T. Brennan., & N. Morrow-Howell, *Expanding opportunities and reducing inequities to advance long, healthy, and productive lives in later life*. Symposium at the Society for Social Work and Research (SSWR) Annual Conference in Washington, DC. <https://sswr.confex.com/sswr/2026/webprogram/Session16232.html>
2. **Lai, P. H. L.** & C. Matz (2025, November). Cultural determinants of formal and informal volunteerism among Asian older adults and other ethnoracial groups. Presenting in **P. H. L. Lai (Chair)**, C. Halvorsen, A. Diaz-Valdes, B., & N. Morrow-Howell, *Productive aging across nations and cultures*. Symposium at the Gerontological Society of America (GSA) Annual Scientific Meeting in Boston, MA.
3. **Lai, P. H. L.** (2025, November). Asian ethnic group differences in formal and informal volunteerism among adults aged 50 and over in the United States. Presenting in C. Matz, C. Su, **P. H. L. Lai**, E. Gonzales, R. Perron & J. Miller, *Engaged aging: Disparities in paid and unpaid work in later life*. Symposium at the Gerontological Society of America (GSA) Annual Scientific Meeting in Boston, MA.
4. **Lai, P. H. L.** (2024, November). Ethnoracial differences in formal and informal volunteerism among older adults in the US: A focus on Asian Americans. Presenting in C. Matz, B. Ryu, J. Miller, C. Halvorsen, **P. H. L. Lai**, & R. Carpenter, *Voices from the margins: Exploring inequities in work and volunteering among older adults*. Symposium at the Gerontological Society of America (GSA) Annual Scientific Meeting in Seattle, WA. <https://doi.org/10.1093/geroni/igae098.1853>
5. **Lai, P. H. L.** (2024, November). *Interactions of socioeconomic and ethnoracial factors shaping formal and informal volunteerism in later life*. Presentation at the Gerontological Society of America (GSA) Annual Scientific Meeting in Seattle, WA. <https://doi.org/10.1093/geroni/igae098.2887>
6. Matz, C., **Lai, P. H. L.**, & Barbara M. C. (2024, November). *Care's echo: The impact of caregiving during COVID-19 on older workers' financial, health, and job outcomes*. Presentation at the Gerontological Society of America (GSA) Annual Scientific Meeting in Seattle, WA. <https://doi.org/10.1093/geroni/igae098.1103>
7. **Lai, P. H. L.**, Bradley, S., McNamara, T., Christensen, K., & Pitt-Catsoupes, M. (2024, January). *Strengthening organizational resilience and equity at the workplace: Exploring the role of social work professions in supporting*

nonprofits. Presentation at the Society for Social Work and Research (SSWR) Annual Conference in Washington, DC. <https://sswr.confex.com/sswr/2024/webprogram/Paper53176.html>

8. Matz, C., Coley, R. L., Teixeira, S., & **Lai, P. H. L.** (2023, November). Low-Income, marginalized older workers: Financial strain, health, and mental Health. Presented in C. Halvorsen, C. Matz, J. Miller, L. H. Choi-Allum, & D. C. Carr, *Precarity and work in later life: Experiences of older workers in uncertain times*. Symposium at the Gerontological Society of America (GSA) Annual Scientific Meeting in Tampa, FL. *Innovation in Aging*, 7(1), 267. <https://doi.org/10.1093/geroni/igad104.0888>
9. Halvorsen, C., **Lai, P. H. L.**, Howard, E. P., Lyons, K. S., Moorman, S. M., & Matz, C. (2023, November). Experiences and well-being of low-income workers in the senior community service employment program. Presented in C. Halvorsen, C. Matz, J. Miller, L. H. Choi-Allum, & D. C. Carr, *Precarity and work in later life: Experiences of older workers in uncertain times*. Symposium at the Gerontological Society of America (GSA) Annual Scientific Meeting in Tampa, FL. *Innovation in Aging*, 7(1), 266-267. <https://doi.org/10.1093/geroni/igad104.0887>
10. **Lai, P. H. L.** & Halvorsen, C. (2023, January). Community-based research on a federal job-training program in late-life. Presented in C. Halvorsen, **P. H. L. Lai**, S. Teixeira, K. Evans, & M. F. Pinerós-Leano, *Conducting community-based research across languages and culture*. Roundtable at the Society for Social Work and Research Annual Conference in Phoenix, AZ. <https://sswr.confex.com/sswr/2023/webprogram/Session13505.html>
11. **Lai, P. H. L.** & Halvorsen, C. (2022, November). *The Senior Community Service Employment Program: new data on older Asian workers*. Presentation at the Gerontological Society of America (GSA) Annual Scientific Meeting in Indianapolis, IN. <https://doi.org/10.1093/geroni/igab046.086>
12. Gonzales, E., James, J., Jason, K., Matz, C., Morrow-Howell, N., & **Lai, P. H. L.** (2022, November). *Reimagining' productive aging' for a post-COVID world: Critical reflections and new directions*. Presentation at the Gerontological Society of America (GSA) Annual Scientific Meeting in Indianapolis, IN. <https://www.gsa2022.org/Highlights/Pre-Conference-Workshops>
13. **Lai, P. H. L.**, Matz, C., & Halvorsen, C. (2021, November). Exploring gender differences in volunteer behaviors among older Asian Americans. Paper presented in C. Matz & C. Halvorsen (co-chairs), *Injustice Squared"? An Intersectional Lens to Research on Productive Engagement in Later Life*. Symposium at the Gerontological Society of America (GSA) Annual Scientific Meeting, virtual. <https://doi.org/10.1093/geroni/igab046.086>
14. Pitt-Catsoupes, M., Christensen, K., Bradley, S., & **Lai, P. H. L.** (2021, June). *Workplace equity and flexible job structures*. Presentation at the Work and Family Researchers Network 6th Biennial Conference in Montreal, Canada. <https://wfrn.org/wp-content/uploads/2022/06/Final-Program-2022.pdf>
15. **Lai, P. H. L.**, Halvorsen, C., & Matz, C. (2021, December). *The relationship between occupation types, education, and volunteer behaviors among older Americans*. Presentation at the Gerontological Society of America's (GSA) Annual Scientific Meeting (virtual). <https://doi.org/10.1093/geroni/igab046.2587>
16. **Lai, P. H. L.** (2021, December). *The relationship of careers with people interactions and volunteering between gender-racial groups in late-life*. Presentation at the Gerontological Society of America (GSA) Annual Scientific Meeting (virtual). <https://doi.org/10.1093/geroni/igab046.2593>
17. Xiang, X., Sun, Y., & **Lai, P. H. L.** (2021, January). *A feasibility open trial of internet-based cognitive-behavioral therapy for depression among homebound older adults*. Presentation at the Society for Social Work and Research (SSWR) Annual Conference (virtual). <https://sswr.confex.com/sswr/2021/webprogram/Paper43244.html>
18. **Lai, P. H. L.**, Xiang, X., Sun, Y., & Himle, J. (2020, November). *Recruitment of hard-to-reach older adults in technology-based mental health services studies: Lessons learned*. Presentation at the Gerontological Society of America (GSA) Annual Scientific Meeting (virtual). *Innovation in Aging*, 4(1), 412. <https://doi.org/10.1093/geroni/igaa057.1328>
19. Xiang, X., Sun, Y., Smith, S., **Lai, P. H. L.**, & Himle, J. (2020, November). *Internet-based cognitive-behavioral therapy for depression: A feasibility study for homecare older adults*. Presentation at the Gerontological Society of America (GSA) Annual Scientific Meeting (virtual). *Innovation in Aging*, 4(1), 371. <https://doi.org/10.1093/geroni/igaa057.1194>
20. Xiang, X., **Lai, P. H. L.**, Sun, Y., & Dunkle, R. E. (2020, November). *Dual trajectories of social isolation and dementia in older adults: A population-based longitudinal study*. Presentation at the Gerontological Society of America (GSA) Annual Scientific Meeting (virtual). *Innovation in Aging*, 4(1), 319. <https://doi.org/10.1093/geroni/igaa057.1022>

21. Xiang, X., Lu, X., Halavanau, A., Xue, J., Sun, Y., **Lai, P. H. L.**, & Wu, Z. (2020, November). *Modern Ubasute: Public discourse and sentiment about older adults and COVID19 using machine learning*. Presentation at the Gerontological Society of America (GSA) Annual Scientific Meeting (virtual). *Innovation in Aging*, 4(1), 952-953.
<https://doi.org/10.1093/geroni/igaa057.3485>

Invited Presentations

1. **Lai, P. H. L.** (2024, November). *Ethnoracial differences in formal and informal volunteerism among older adults in the US: A focus on Asian Americans*. Presentation at the Aging Interdisciplinary Symposium, Boston College, MA.
2. Halvorsen, C. & **Lai, P. H. L.** (2022, November). *An interdisciplinary evaluation of the health benefits of participating in a federally funded community service employment program for low-income older adults: A pilot study*. Presentation at the Schiller Institute for Integrated Science and Society Grant Symposium, Boston College, MA.
3. Halvorsen, C. & **Lai, P. H. L.** (2022, April). *Documenting the health, well-being, and experiences of older workers in the Senior Community Service Employment Program: Topline results of Asian SCSEP respondents in Massachusetts*. Presentation to the "Overview of Massachusetts SCSEP Study" workshop, organized by the Greater Boston Chinese Golden Age Center, Boston, MA, and the National Asian Pacific Center on Aging, U.S.
4. Sun, Y. & **Lai, P. H. L.** (2020, June). *The return of Ubasute to the modern world in the face of a pandemic?*. Presentation at the SARS-COV2 and COVID19 Virtual Symposium, organized by the Biosciences Initiative and Michigan Center for Infectious Disease Threats, University of Michigan, MI.
5. **Lai, P. H. L.** (2019, March). *The wellbeing of Chinese older adults with dementia in the United Kingdom*. Presentation at the 2019 Global Social Work Day, University of Michigan, MI.

Other Presentations

1. **Lai, P. H. L.** (2017, January). *Intergenerational integration services: Practice experience from the LinkAges Lam Ki Yip Centre*. Presentation at the Golden Age Expo and Summit in Hong Kong.

Funding Received

- 2021 – 2022: **Schiller Institute Grants for Exploratory Collaborative Scholarship (SIGECs) Doctoral Fellowship**, Schiller Institute for Integrated Science and Society, Boston College, MA.
Role: Awardee / Lead Doctoral Research Assistant.
Project title: *An interdisciplinary evaluation of the health benefits of participating in a federally funded community-service employment program for low-income older adults: A pilot study* (PI: Cal Halvorsen, Boston College).
Amount: \$25,000 awarded as doctoral research support.
- 2019: **Global Independent Study Grant**, Office of Global Activities, University of Michigan, MI.
Role: Awardee
Project title: *The well-being of Chinese older adults with dementia in the United Kingdom*.
Amount: \$2,000.

Funding Under Review and In Preparation

- Oct 2025: **Japan-US Global Partnership Grant** (Concept note submitted), Japan Foundation, NY.
Role: PI (Co-PI: Chie Noyori-Corbett, University of Oklahoma).
Project title: *Ikigai and Productive Aging: Japan-U.S. Scholar Exchange for Research, Practice, and Policy Development*.
Proposed budget: ≈ \$125,000.

Advanced Training

- Sep 2021 – Dec 2024: **Apprenticeship in College Teaching (ACT) Certificate**, The Center for Teaching Excellence, Boston College, MA
- May 2022 – Dec 2022: **Serving the Health Insurance Needs of Everyone (SHINE) Certificate**, Executive Office of Elder Affairs, Boston, MA

- Jul 2019 – Aug 2019: **Inter-university Consortium for Political and Social Research (ICPSR) Summer Program in Social Research**, University of Michigan, MI
- Apr 2019: **The Best Friends™ Approach to Dementia Care**, Area of Agency on Aging 1-B and EHM Senior Solutions, Ann Arbor, MI

Service to School

Service is to schools of social work unless otherwise specified.

University of Oklahoma

- Nov 2025 – present: **Graduate College Representative** and **Member**, Doctoral Committee (Christopher C. Gibbs College of Architecture)
- Oct 2025 – present: **Member**, Program Evaluation Committee
- Sep 2025 – present: **Member**, Curriculum Committee, MSW Foundation Year Subcommittee
- Sep 2025: **Support Staff**, Ritsumeikan University (Japan) Exchange Visit

Boston College

- Aug 2024 – Dec 2025: **Tutoring Coordinator**, *Research Methods* and *Program Evaluations* courses
- Nov 2021: **Panelist**, *International Student Experiences and Perspectives on Global Crisis*, International Education Week, Office of International Students and Scholars (university)
- Nov 2020: **Panelist**, *Council on Social Work Education (CSWE) Annual Program Meeting*
- Nov 2020: **Panelist**, *Interested in Graduate School? Roundtable with Current Master's and Doctoral Students*, McNair Scholars Graduate Mentor Program (university)
- Dec 2020 – Jan 2023: **Vice President**, **Diversity Coordinator**, and **Strategic Planner**, Graduate International Student Association (university)

University of Michigan

- Aug 2019: **Panelist**, *Student Panel with Current International Students*, International Student Orientation

University of Hong Kong

- 2012 – 2014: **Booth Representative**, *HKU Information Days for Undergraduate Admissions* (university)
- Nov 2011 – Nov 2012: **External Vice President**, Social Work and Social Administration Society

Service to Community

- June 2025: **Master of Ceremonies**, New England Hong Kong Festival, Somerville, MA
- Jan 2022 – Jun 2025: **Social Work Ambassador**, Greater Boston Chinese Golden Age Center, Boston, MA
- Sep 2017 – Dec 2017: **Master of Ceremonies** and **Station Coordinator**, *Walkathons, Flag Day, and Coupon Book Fundraising 2017*, Aberdeen Kai-fong Welfare Association, Hong Kong
- Jun 2013 – Oct 2013: **Group Leader**, “Hong Kong 200” Leadership Project, Hong Kong Federation of Youth Groups, Hong Kong

Service to Profession

- Mar 2021 – Apr 2023: **Committee Member**, Doctoral Student Committee and Conference Sub-committee, Society for Social Work and Research (SSWR), U.S.
- 2021 – 2022: **Abstract Reviewer**, Gerontological Society of America Annual Scientific Meeting
- May 2012 – May 2013: **President**, Hong Kong Federation of Social Work Students, Hong Kong

Student Mentorship

- Dissertation: Abrar Alahmadi, PhD program, Christopher C. Gibbs College of Architecture, University of Oklahoma (2025 – present)
- Research assistants: Briana N. Saul, MSW program, Anne and Henry Zarrow School of Social Work, University of Oklahoma (2025 – present)

Ad Hoc Reviewer

Journal of Cross-Cultural Gerontology (2025), *BMC Geriatrics* (2024), *Journal of Aging and Health* (2023–2024), *Journal of Ethnic & Cultural Diversity in Social Work* (2022), *Research on Aging* (2021), *Journal of Gerontology: Social Sciences* (2021), and *The Gerontologist* (2020).

Research Experiences

- Feb 2022 – Dec 2024: **Doctoral Research Assistant**, *Work equity: evaluation of the Equity Innovation Lab*, Center for Social Innovation, School of Social Work, Boston College, MA
- Sep 2020 – Dec 2024: **Doctoral Research Assistant**, Center on Aging and Work, Boston College, MA
- Jun 2022 – Jan 2023: **Doctoral Research Assistant**, *Targeting health disparities through housing redevelopment: A natural experiment of housing quality, stability, and economic integration*, Lynch School of Education and Human Development, Boston College, MA
- Jun 2021 – Mar 2023: **Doctoral Research Assistant**, *An interdisciplinary evaluation of the health benefits of participating in a federally funded community-service employment program for low-income older adults: A pilot study*, Schiller Institute for Integrated Science and Society, Boston College, MA
- Oct 2019 – May 2020: **Graduate Research Assistant**, *Promotion of social work faculties, from Assistant Professors to Associate Professors*, University of Michigan School of Social Work, University of Michigan, MI
- Feb 2019 – Aug 2020: **Graduate Research Assistant**, *Happy@Home: Training personal care aides to administer online therapy for depression in homecare seniors*, University of Michigan School of Social Work, University of Michigan, MI
- Dec 2018 – Sep 2019: **Student Researcher**, *The Well-being of Chinese Older Adults with Dementia in the United Kingdom*, Office of Global Activities, University of Michigan, MI

Practice Experiences

- Mar 2025 – Sep 2025: **Clinical Counselor**, Agape Mental Health, Chelmsford, MA
- Mar 2025 – Sep 2025: **Mental Health (MH) and Substance Use Disorder (SUD) Clinician**, Community Caring Clinic, Boston, MA
- Apr 2025 – Aug 2025: **Mental Health Clinician**, Integrated Center for Child Development (ICCD), Newton/Canton, MA
- Jan 2025 – Jun 2025: **Psychotherapist**, Dear Therapy, Boston, MA
- Dec 2024 – Jun 2025: **Licensed Certified Social Worker (LCSW)**, Sarah Dionne & Associates, Lakeville, MA
- Sep 2019 – Apr 2020: **Graduate Intern**, Milan Seniors for Healthy Living, Milan, MI
- Sep 2018 – Apr 2019: **Graduate Intern**, The Oaks Adult Day Program, Catholic Social Services of Washtenaw County, Ann Arbor, MI
- Mar 2018 – Jul 2018: **School Social Worker**, Happy Child Association, Hong Kong
- Oct 2016 – Dec 2017: **Associate Social Work Officer**, LinkAges Lam Ki Yip Centre, Aberdeen Kai-fong Welfare Association, Hong Kong
- Apr 2015 – Sep 2016: **Social Work Assistant**, Community Center, Aberdeen Kai-fong Welfare Association, Hong Kong
- Sep 2013 – Mar 2014: **Undergraduate Intern**, Sha Kok Youth and Children's Centre, Stewards Limited, Hong Kong

Jun 2013 – Aug 2013: **Undergraduate Intern**, Tai Po (North) Integrated Family Service Centre, Hong Kong government, Hong Kong

Teaching Experiences

All courses at the master's degree level unless otherwise indicated.

University of Oklahoma

Spring 2026: **Instructor**, Human Lifespan Development (two separate sections)

Fall 2025: **Instructor**, Professional Social Work (two separate sections)

Boston College

Spring 2025: **Adjunct Professor**, Program Evaluation (two separate sections)

Spring 2022: **Teaching Assistant**, Advanced Practice with Older Adults: Practice in Home and Community Settings

Fall 2021: **Teaching Assistant**, Human Behavior and the Social Environment

Fall 2021: **Teaching Assistant**, Research Methods

Fall 2021: **Teaching Assistant**, Re-thinking Diversity: Systems of Oppression and Privilege

Nov 2020 – Dec 2020: **Guest Lecturer**, Human Behavior and the Social Environment

Academic Awards & Honors

Nov 2022: **Doctoral Student Leadership Award**, Association for Gerontology Education in Social Work (AGESW), U.S.

Nov 2020: **Selected Photograph**, International Photo Exhibition "*Exposing the Fault Lines: Embracing Social Justice in the Wake of a Crisis*", Boston College, MA

2020: **Specialist in Aging Certificate**, School of Social Work, University of Michigan, MI

2010 – 2012: **Gold Awards for Volunteer Service**, Hong Kong government, Hong Kong

Professional Associations

- Data Institute for Societal Challenges (DISC) (2025 – present, Norman, U.S.)
- Institute for Community and Society Transformation (ICAST) (2025 – present, Norman, U.S.)
- Society for Social Work and Research (SSWR) (2020 – present, U.S.)
- The Gerontological Society of America (GSA) (2020 – present, U.S.)
- Association for Gerontology Education in Social Work (AGESW) (2020 – present, U.S.)
- Social Workers Registration Board (2014 – present, Hong Kong)
- Sloan Research Network on Aging & Work, Boston College (2020 – 2024, Chestnut Hill, MA)
- Graduate International Student Association, Boston College (2020 – 2024, Chestnut Hill, MA)
- Hong Kong Social Workers' General Union (2011 – 2014, Hong Kong)
- Hong Kong Federation of Social Work Students (2011 – 2014, Hong Kong)
- Social Work and Social Administration Society, University of Hong Kong (2011 – 2014, Hong Kong)

Languages

- Cantonese/Traditional Chinese – First language
- Mandarin/Simplified Chinese – Fluent in spoken and written
- English – Fluent in spoken and written