



長者照顧服務

Elderly Care Services

服務方向 Service Orientation

社會進入老齡化人口，我們致力為體弱長者提供適切的優質照顧服務，提升長者晚年的生活質素，讓他們無論居於何處，仍能活得有尊嚴、有選擇，並繼續強化家人及社區支援服務，為長者帶來更具意義的晚年生活，讓他們活得安樂，亦讓家人感到安心。

Since the community entered into the ageing era, we are dedicated to offer professional and timely caring services for frail elders. Wherever they live, they could still enjoy a quality life with respect and choices. Backing up the carers and strengthening our community support services are definitely our works to make the elders' lives more meaningful, enjoyable and at the same time bring along much relief to the carers.

護老

服務摘要 Service Highlights

第二期長者社區照顧服務券試驗計劃

這年度我們繼續參與「長者社區照顧服務券試驗計劃」的第二期，並加開了名額；智活記憶及認知訓練中心由24個名額增至64個名額，繼續提供照顧服務給認知障礙症患者。樂力長者日間訓練中心的社區券服務人數亦由2016年4月的42人增至2017年3月的53人，繼續提供優質的中風後、手術後和出院後的復康服務，而且因參加服務人數眾多，樂力長者日間訓練中心更獲社會福利署資助購買第二部復康小巴。



樂力長者日間訓練中心、智活記憶及認知訓練中心及瑞安海鷗社合辦「耆耆樂暢遊」活動，由義工陪伴服務使用者到馬鞍山遊玩。

Lively Elderly Day Training Centre, Mind Delight Memory & Cognitive Training Centre and Shui On Seagull Club co-organised a visit to Ma On Shan for service users.

強化社區特別照顧服務—適樂服務

「適樂服務—腎病腹膜透析及骨質疏鬆護理」於2016年10月投入服務。今年新設的適樂服務是專為有需要進行腎病腹膜透析(洗肚)、骨質密度低或一般長者而設。以到戶形式提供全面優質護理及復康服務，例如腹膜透析服務、感染控制/防併發症、初步骨質密度檢測、負重運動設計等，協助需要進行腎病腹膜透析的腎病長者能舒「適」地安居社區；骨質密度低或一般長者能保持骨骼健康，快樂地生活；而照顧者亦能獲得支援，減輕照顧壓力。

Phase II of The Pilot Scheme on Community Care Service Voucher for the Elderly

We continue to participate in the second phase of 'The Pilot Scheme on Community Care Service Voucher for the Elderly (CCSV)' this year. The number of placement of Mind Delight Memory & Cognitive Training Centre had been extended from 24 to 64 in mix-mode service to serve the elders suffering from dementia. For the Lively Elderly Day Training Centre, the number of CCSV placement had been increased from 42 clients in April 2016 to 53 clients in March 2017. We continue to provide quality rehabilitation services for post stroke, post fall and hospital discharged elders. The Social Welfare Department approved funding for purchasing one more rehab bus due to the high utilisation rate.



樂力長者日間訓練中心於聖誕聯歡活動中邀請「男爵樂團」到中心表演。
Lively Elderly Day Training Centre invited 'Men in Jazz' for music performance in the Christmas Party.

Enhancing Specialised Community Caring Service – D & O Service

'D & O Service – CAPD & Osteoporosis Care' was commenced in October 2016. This year we have especially set up a brand new unit to provide comprehensive quality care and rehabilitation service to the elderlies and those suffering from either end stage of renal failure requiring 'Continuous Ambulatory Peritoneal Dialysis' (CAPD) or Osteoporosis. These home-based services provide holistic quality care and professional rehabilitation services, including CAPD, infection control and complication prevention, initial bone density assessment, and weight-bearing exercise design. They are designed to help elderlies with kidney diseases who require peritoneal dialysis for their kidneys to live comfortably in the community, as well as the elderlies with low bone density and other elderlies to ensure their bones are healthy. Carers are well supported so that their stresses on caring were being relieved.



養真苑透過「六藝®」的全人多元智能健腦活動，協助院友預防及延緩認知退化。

The residents of Yang Chen House joined the 'Six Arts® Brain Health Programme' to delay their deterioration and attenuate the resultant sufferings by building up cognitive reserve.

提升認知障礙症患者照顧服務

面對認知障礙症患者的日常照顧，我們的院舍及日間護理中心以不同形式的服務作介入。養真苑加入成為香港認知障礙症協會的「六藝®網絡伙伴計劃」協作單位，完成了同工培訓後，陸續為院友舉辦多個含有六藝®「禮、樂、射、御、書、數」元素的全人多元智能健腦活動，以預防及延緩院友認知退化。任白慈善基金景林安老院則特別為中度認知障礙症院友設立「懷智閣」，以舒適及特定的環境、流程提供各項日間照顧及訓練，令他們的需要得到更適切的關注。而翠林長者日間護理中心，則試行以生活技能訓練模式，按患認知障礙症長者的強項及能力，安排不同「工作」給予他們，例如協助製作下午茶、摺圍裙或小毛巾、入盒包裝及剪橙皮製作環保酵素等，讓他們保持活動能力及增加處理日常生活事務所需的記憶力，過程亦有助穩定患者的情緒，增加自信心。

此外，智活記憶及認知訓練中心亦正式開展由利希慎基金作為策略伙伴及贊助的「日樂社區認知友善計劃@觀塘」，推行醫社合作，提供免費診症、藥物治療和認知訓練予有經濟困難的認知障礙症患者；以及由勞工及福利局—社區投資共享基金資助的「腦」友鄰舍守護計劃，匯聚社區支援服務團體、地區居民及認知障礙症照顧者，共同建構「認知障礙症友善社區」。



翠林長者日間護理中心透過生活技能訓練，提升長者的活動能力及信心。

The life skills training in Tsui Lam Day Care Centre for the Elderly enhanced elders' ability and confidence.



「腦」友鄰舍守護計劃旨在培訓義工作為「社區守護員」為區內認知障礙症人士作支援。

'Dementia Friendly Community' Project aims at training the volunteer to become 'Neighbour Angel' in order to support the people with dementia and their family.

Enhancement of dementia care

Multi-intervention were being used to take care of the elders with dementia in our elderly homes and day care centres. Yang Chen House has joined the Hong Kong Alzheimer's Disease Association's 'Six Arts® Brain Health Programme' Collaboration Network. Our staff were well-trained to design and organise 'Six Arts® Brain Health Programme' which integrates aspects of physical, social and cognitive stimulation, so as to prevent and delay residents' cognitive deterioration. A dementia corner was set up to cater the daily caring and training work for the residents with dementia in Yam Pak Charitable Foundation King Lam Home for the Elderly. The comfortable, familiar environment and routine schedule helped to intensify our care to them. In Tsui Lam Day Care Centre for the Elderly, we tried to render more living skills training through arranging different jobs for the elders in the daily routine according to their strengths and ability, e.g. preparing tea, folding apron and handkerchief, packing and cutting orange skin for making ECO enzyme etc. These training help in keeping their emotions stable, strengthening their cognitive and motor skills, and even establishing their social network and self-confidence.

Furthermore, Mind Delight Memory & Cognitive Training Centre has formally launched 2 projects, namely 'Project Sunrise@Kwun Tong' sponsored by Lee Hysan Foundation aiming at mobilising primary care doctors and social workers to provide free medication consultation, medication, cognitive training and carer support to deprived dementia elders; and 'CIIF project: Dementia Friendly Community' aiming at building up the network among neighbours, carers and local support parties for building a 'dementia friendly community'.

重視心靈需要 認識生命意義

除了日常的護理照顧工作，我們也重視長者的情緒、心靈需要。多間長者日間護理中心增聘社工人手，為會員提供更多社交小組、情緒輔導及家屬支援服務。為特別關顧長者的靈性需要，真光苑長者日間護理中心更曾推行為期三個月的「心靈對話」小組，以關切長者身心社靈的需要。核心服務亦持續推動生命晚期教育，協助長者認識生命意義，為生命的晚期作出準備；今年主力加強對同工的培訓，並邀請律師、醫生為同工講解老病死的相關法律、臨終照顧服務及預設醫療指示等，部分單位更各自邀請相關服務團體合辦教育性小組、講座予長者及家屬。



觀塘長者日間護理中心帶領「耆樂義工」小組探訪已入住院舍的舊會員，送上關懷。

Kwun Tong Day Care Centre for the Elderly organised volunteer visit to the ex-users living in elderly home to show their care and concerns.

鼓勵與社區連繫 讓他們展現能力

為鼓勵長者多接觸群眾，並發揮他們的才能，體現老有所為精神，多個院舍及長者日間護理中心於單位開設一系列長者畫班，並於2016年12月1至3日，在本會總部愛心廣場舉辦一場名為「畫·話一賞說想聽」長者畫作展覽，展出甄選作品，記錄了長者不同年代的過節經歷，吸引超過400人次參觀。而觀塘長者日間護理中心的「耆樂義工小組」則積極參與義工服務，透過關懷探訪入住院舍的舊會員及實旗活動，令他們提升自我形象，晚年生活變得更有意義。



Care for emotional needs Search for life meaning

Besides the daily cares, we also envisage our elders' emotional and spiritual needs. In this year, we have additional social workers in our elderly day care centres to render professional input in the social groups, emotion counselling and carer support work which definitely benefit our elders. For enhancing the spiritual need of our elders, True Light Villa Day Care Centre for the Elderly organised a 3-month 'Soul-Talk' Group to care of the elders' inner voices. Our core service endeavours to promote the end-of-life education continuously. Elders were facilitated to search for the meaning of life and prepare for a good death. Building staff capacity is our priority this year. We organised staff trainings, invited solicitors to explain the legal matters and invited doctors to introduce end-of-life care and advance health care directives. Groups and educational programmes were also co-organised with related organisations for elders and carers by our service units.

Encourage community participation Demonstrate their talent

To encourage the elders to connect with the community and show their talent, our elderly homes and day care centres conducted an art exhibition from 1st to 3rd December, 2016 in our headquarter after a series of painting trainings were rendered for the elders. Selected paintings were exhibited with stories behind which were around life experiences during festivals. The exhibition attracted more than 400 audience including their families, people from the community and our staff. Moreover, up-keeping our elders' motives in community contribution, the volunteer group of Kwun Tong Day Care Centre for the Elderly visited the ex-members of the centre who entered into the elderly homes and actively joined our agency flag day, which made their lives more meaningful.



「畫·話一賞說想聽」長者畫作展覽，讓長者、家屬及社區人士對參與長者的才藝刮目相看。

The Art Exhibition demonstrated the talents of our elders together revealing their warm stories which caught everyone's eyeballs.

未來發展 Outlook

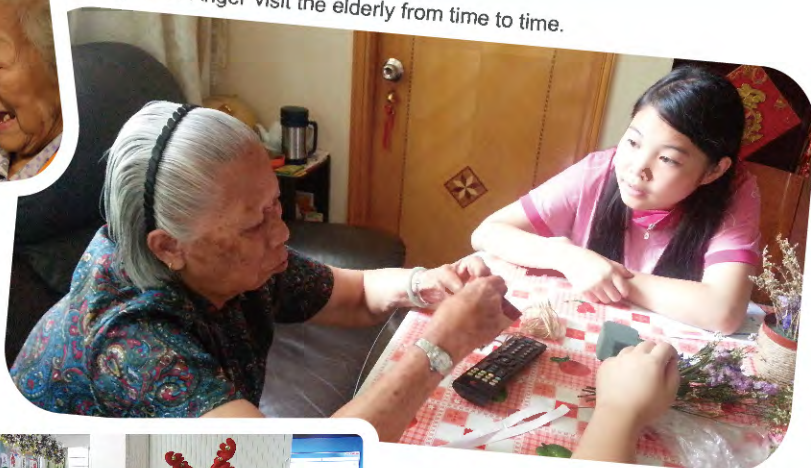
為應付長者更急切、更多元的需要，提供更有效及貼心的服務，我們會積極發展創新服務、裝備團隊，加強同工培訓，特別是幫助同工及護老者認識如何處理認知障礙症患者的情緒行為反應，提供更到位的社區照顧服務；教育長者如何面對生命的終結，加強院舍的臨終照顧服務，讓長者繼續活出積極而又安樂的晚年生活。

To cater for the pressing and diversified needs of the elders, we are dedicated to provide more effective and person-centred services; we will strive for innovative service development. Capacity building in our team, especially in enhancing knowledge and skills in handling the Behavioural and Psychological Symptoms of Dementia and in end-of-life care would be our significant tasks in the future. We would keep on rendering demand-driven community care services, educating the elders to prepare for their end stage of life and creating more possibilities for the elders to lead their active and peaceful life.



輕鬆有趣的認知訓練活動，為長者帶來愉快的心情。
Cognitive training with fun element will bring happiness to the elderly.

「社區守護員」定期探訪長者。
'Neighbour Angel' visit the elderly from time to time.



鄭女士由開院至今，一直住在任白慈善基金景林安老院，特別為院舍25周年送上祝福。

Ms. Cheng who has been living at our Yam Pak Charitable Foundation King Lam Home for the Elderly for 25 years sending her warm blessing to us during our 25th anniversary celebration party.

2016-2017服務統計 (截至2017年3月31日)

Service Statistics (as at 31st March, 2017)

安老住宿照顧個案數目
No. of cases of residential
services for elderlies



210

190,816



全年送遞到戶膳食之數目
No. of home delivery meals

長者社區照顧個案數目
No. of cases of community care
services for elderlies



3,470

46,639



提供照顧、護理服務時數
No. of hours of care and
nursing services

長者社區聯繫活動數目
No. of community connection
programmes for elderlies



390

38,168



提供復康訓練節數
No. of rehabilitation training sessions