



基督教家庭服務中心
Christian Family Service Centre



心悅社
LIFES Link

照顧殘疾人士
及其年老照顧
者的服務

計劃簡介：

本計劃於 2016 年獲香港公益金資助，致力為殘疾人士照顧者提供社區支援和網絡服務，以促進社區照顧工作的可持續性及協助年老的照顧者達致康健老齡。

我們的服務目標：

本計劃致力為殘疾人士照顧者提供社區支援和網絡服務，以達至

- 1) 舒緩照顧者壓力
- 2) 改善照顧者生活質素
- 3) 促進社區照顧工作的可持續性化
- 4) 協助年老的照顧者達致康健老齡

我們的服務對象：

- 1) 殘疾人士之照顧者；
- 2) 殘疾人士及其兄弟姐妹；

聯絡方法：

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我們的服務：

- 1) 強化照顧者能耐
 - 多元化的教育性小組
 - 專題講座或工作坊
 - 定期提供復康資訊
 - 家居支援服務
- 2) 社區支援和網絡
 - 互助支援小組
 - 聯誼活動
 - 家庭活動/旅行
 - 參觀或探訪活動
- 3) 生涯規劃及個人成長
 - 心理健康小組
 - 義工服務小組
 - 興趣小組或活動
- 4) 身心靈健康服務
 - 個案輔導及情緒支援服務。
 - 健康管理活動及小組
 - 健康、營養及心理顧問服務
 - 轉介服務

服務收費：

- 詳情請向單位查詢



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A Network of
Service Handling
the Dual Ageing
Issues of Men-
tally Disabled
Persons and
their Caregivers

Introduction :

This project has been support by Community Chest since 2016 to provide networking and community support service for caregivers of people with disabilities in responding to the dual aging issues and promoting the sustainability of the caregiving practices in the community.

Our Objectives :

- To relieve caring stress of carer;
- To enhance quality of life of carer;
- To promote the sustainability of the caregiving practices in the community; and
- To promoting healthy aging of aged carer;

Our Target Clients :

- 1) Carers with Disabled Adult Child; and
- 2) The Disabled Clients and their Siblings .

Contacts:

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Our Service :

- 1) Enhancing the competence of caregivers;
 - Training Group
 - Talk and Seminar
 - Individual Life Coaching
 - 2) Rebuilding their supportive network;
 - Mutual Support Group
 - Social gathering and activities
 - Rehabilitation Service Visit
 - Family Program / outing
 - 3) Promoting healthy aging and meet their developmental needs;
 - Therapeutic Workshop
 - Voluntary group
 - Interest Group
 - 4) Improving the physical and mental health of caregivers; and
 - Individual & Family counseling
 - Health Management program and group
 - Health consultation services
- Service Charge :**
- Contact us for enquiry



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