

基督教家庭服務中心

全港長者大合唱



綜合長者照顧服務
INTEGRATED ELDERLY
CARE SERVICES



服務綜述

本會安老服務單位落實貫徹政府的「居家安老」政策，致力整合各安老服務及加強服務質素，推動和運用資源創新服務，務求令長者能夠健康地在社區生活。

過往一年，本會獲社會福利署增撥資源，以「原址擴充」的原則增強了「改善家居及社區照顧服務」的服務量，將個案上限增加至 723 個，比之前的服務量約增加了 80%，以滿足體弱長者對家居照顧服務的需要。因應為老年痴呆症患者而設的服務不足，本會努力尋求社會資源發展自負盈虧形式的日間訓練服務，並製作訓練刊物，以加強照顧者的照顧技巧。本會的兩間長者地區中心一共舉辦了三百多項積極樂頌年活動，並獲 39 次的傳媒訪問及報導，有助深化長者支援服務。此外，本會的安老服務單位共紀錄了 113 個服務讚賞，進一步肯定了本會長者照顧服務的質素。



長者地區中心活動獲傳媒廣泛報導，有助教育及支援長者於社區生活。
The programmes of our DECCs were widely reported by mass media which helped educate and support the elders living in the community.

SERVICE OVERVIEW

In order to actualise the “Ageing-in-Place” policy of the Government, the Agency's elderly service units all along endeavoured to integrate services, mobilise resources and innovate services for enabling the elders to live in the community healthily.

Over the past year, the subvention of our Enhanced Home and Community Care Services was increased to 723 cases by the Government according to the “in-situ expansion” principle. The maximum caseload we served was increased by 80% which definitely helped meet the needs of the frail elders. In view of inadequate service for demented elders, the Agency endeavoured to mobilise resources and innovated self-financed day-training services to cater for their needs. We also produced a book to strengthen the caring skills of the caregivers for demented elders. Our two District Elderly Community Centres (DECCs) had conducted 300 positive-ageing programmes which were reported or interviewed by 39

mass media. This helped enhance our community support services for the elders. Besides, there were 113 appreciations received by our elderly service units which indeed was an encouragement to further recognise the quality of our elderly care services.

新計劃

智能家居安弱老之「芝麻開門」計劃

順安長者地區中心在有利集團有限公司資助及香港城市大學土木工程及建築系的技術支援下，為體弱長者安裝電動門鎖及遙控器，方便他們獨立生活。



遙控器
Remote Control



電動門鎖
Automatic Locks

NEW PROJECTS

“Open Sesame” - An Intelligent Door Opening Project for Frail Elders

With the sponsorship of Yau Lee Group and support of the Department of Civil & Architectural Engineering from the City University of Hong Kong, Shun On District Elderly Community Centre (Shun On DECC) operated an Intelligent Door Opening Project for frail elders - “Open Sesame”. Automatic door opening system with remote control was installed in frail elders' homes for their convenience in independent living.

綜合長者照顧服務 INTEGRATED ELDERLY CARE SERVICES

特別活動

「安心、放心、開心」老有所為活動計劃

透過此老有所為活動計劃，真光苑長者地區中心鼓勵長者學習「愛笑瑜伽」釋放憂慮，並以樂觀開心的態度生活。



長者開口大笑，笑聲帶來無窮的生命力。
Elders' laughs brought unlimited live energy to themselves.

SPECIAL EVENTS

“Relax, Release & Rejoice” - Opportunities for the Elderly Project (OEP)

In this OEP Project, True Light Villa District Elderly Community Centre (True Light Villa DECC) encouraged the elders to release their worries by “Laughing Yoga” and live positively.



年青一代從長者的不同情懷中，學習到念舊重情、堅毅顧家、豁達淡然的特質。
From the elders' passions, the younger generation learned how to treasure old relationship and look after families with open-minded set.



「歲月流光情常在」老有所為活動計劃

順安長者地區中心將3個長者的生命故事攝製成短片，再配合不同的跨代交流活動，讓年青一輩見證「歲月雖流光，情卻永常在」的人生處境。計劃更獲選為觀塘區最佳「老有所為活動計劃」，並正競逐全港最佳「老有所為活動計劃」獎項。

“Times & Years Turn With Everlasting Passion” - Opportunities for the Elders Project

Shun On DECC featured the life journey of 3 elders into a short video which positively set encouraging life examples to youngsters through inter-generation activities. This project was selected to be the Outstanding District Project of Kwun Tong District to run for the Best OEP Project in Hong Kong.



「愛·拐杖」計劃

順安長者地區中心於觀塘區議會贊助下，進行一項「長者使用拐杖情況」的問卷調查，以找出步履不穩的長者不願使用拐杖的原因，再針對他們的需要，邀請大專院校和中學合作，設計出多用途創意拐杖，並以「貓步」形式展出不同的拐杖供長者選擇和使用。



長者以「貓步」形式展示不同設計和功能的拐杖。
Different walking sticks were displayed by elders in catwalk show.

“Love·Walking Sticks” Project

With the sponsorship of the Kwun Tong District Council, Shun On DECC conducted a survey on “The Use of Walking Sticks Among The Elderly” for finding out reasons of the elders with unbalancing gait for their unwillingness to use walking sticks. Based on the findings, the project invited secondary and post-secondary school students to design innovative walking sticks which were displayed in catwalk shows for elders’ option and use.

新書發行及教育活動 – 《未想您忘記 – 輕度認知障礙中西醫學治療方法及 DIY 家居訓練手冊》

本會與經濟日報出版社在 2011 年 6 月 26 日合力出版《未想您忘記 – 輕度認知障礙中西醫學治療方法及 DIY 家居訓練手冊》，推廣護老者在家居為輕度認知障礙的患者進行認知訓練。我們邀得各界的專家撰寫其中的內容，更設計了 30 多款家居訓練教材，協助護老者進行家居訓練。發佈會當日，我們更與高錕慈善基金會合辦「100 樣健腦訓練活動話你知」教育活動，推廣為早期老年痴呆症及輕度認知障礙患者進行早期及家居訓練。當日參加人數超過 300 人。

New Book Publication and Education Programme - “Wish You Remember - Home Training Manual for Mild Cognitive Impaired Patients”

The new book was published and released on 26th June, 2011 jointly by the Agency and Economic Times Press to promote the condition of cognitive training for Mild Cognitive Impaired Patients at home to the carers. Experts in different professions were invited to write chapters in the book. Home training exercises tools and samples were provided to facilitate the carers to conduct training at home. Besides, we conducted an educational event jointly with the Charles K. Kao Foundation for Alzheimer’s Disease named “100 ways to train MCI patients” to promote home caring and early training for early dementia and mild cognitive impaired patients. There were more than 300 participants.



與高錕慈善基金會合辦的「100 樣健腦訓練活動話你知暨《未想您忘記》新書發佈會」。
New Book Release and Community Education Programme were jointly conducted with Charles K. Kao Foundation for Alzheimer’s Disease.



我們的新書《未想您忘記》於 2011 年 6 月出版了。
“Wish You Remember” was published in June 2011.

綜合長者照顧服務 INTEGRATED ELDERLY CARE SERVICES

老年痴呆症補貼

這是政府為長者日間護理中心提供的一項補貼。本會 5 間長者日間護理中心在 2011 年 10 月至 2012 年 3 月期間共獲港幣 \$405,882 的補貼。這項補貼後來轉為一項專為老年痴呆症長者提供深入照顧而設的恆常撥款，本會以此為有需要會員加強記憶及認知訓練，以及中醫針灸治療和音樂治療。



本會運用老年痴呆症補貼為有需要的會員提供針灸治療。Acupuncture for frail elderly given by registered Chinese Medicine Practitioner supported by the Dementia Supplement.

Dementia Supplement

It was an extra supplement to Day Care Centre for the Elderly by the Government. The Agency got a lump sum of HK\$405,882 for our 5 Day Care Centres for the Elderly from October 2011 to March 2012. The Supplement turned out to be a re-current supplement for supporting intensive care for dementia members in our centres. We used the Supplement to provide more memory and cognitive training through acupuncture and music therapy to the elders in need.



在獲得老年痴呆症補貼下，職業治療師為會員提供記憶及認知訓練。Memory / Cognitive Training given by Occupational Therapist supported by the Dementia Supplement.

園藝治療

養真苑與項目發展團隊合辦了一個園藝治療小組，由導師到院舍為患有輕度抑鬱徵狀的院友舉辦園藝治療活動，從而提升參加者的正面情緒，效果良好。



Horticultural Therapy

Yang Chen House and Project Development Team jointly formed an on-site horticultural therapeutic group, which was led by professional instructor and targeted at those residents with mild degree of depressive symptoms. After joining the group for a few sessions, the participants exhibited positive emotions gradually.

園藝治療小組組員繪畫不同的樹葉。Drawings of leaves by horticultural therapeutic group members.



「老有所為活動計劃」

任白慈善基金景林安老院參加了社會福利署的「老有所為活動計劃」，並舉行了「跨代同心 – 健康家庭廚房」活動。在傳統中國人的觀念當中，家庭觀念是很重要的，在家用膳時無論山珍海味，抑或家常小菜都具有同樣的重要意義。長者們昔日每天為家庭成員盡心盡力預備不同的飯菜，隨著歲月的流逝，他們有些或許已淡忘入廚的技巧。透過是次烹飪比賽及食譜編寫活動，讓長者、家人及義工們一起烹調出美味可口的菜式及編印出精美的食譜，延續長者對家庭成員的關懷，增進跨代的關係。



“Opportunity for the Elderly Project”

Yam Pak Charitable Foundation King Lam Home for the Elderly had joined the captioned scheme and organised a programme titled “Linking the Hearts across Generations - Having Healthy Meals Together”. According to the Chinese tradition, the togetherness of family was very important. Whether the meals were plentiful or not, they implied special meaning among all members. In the past, elders prepared meals for family members every day. As time went by, their technique might be forgotten. However, these memories were revived once the family cooked together again in the programme. Through this programme, the family as well as the generational relationship have been actively promoted.

院友、家人和義工一起製作健康美食，體現跨代齊參與的精神，促進兩代溝通。Tasty chicken and stuff dumplings were cooked by our residents, their family member and volunteers.

翠林長者日間護理中心開幕典禮

中心於 2011 年 12 月 13 日，假翠林社區會堂舉行開幕禮，承蒙社會福利署助理署長 (安老服務) 李婉華女士及董事局主席關銳煊教授出任主禮嘉賓。當日超過 150 位嘉賓及業界同工蒞臨出席，場面熱鬧。典禮上，除了有區內的長者團體表演助興外，中心的長者會員更首次以時裝表演的形式，向一眾來賓展現他們的獨有魅力，獲得不少掌聲。



長者團體以醒獅表演祝賀中心開幕。
Elders performed lion dance to celebrate the opening of the centre.

Opening Ceremony of Tsui Lam Day Care Centre for the Elderly

The ceremony was held on 13th December, 2012 at Tsui Lam Community Hall. It was grateful to have Ms. Cecilla Li, Assistant Director of Social Welfare Department (Elderly Service) and Professor Alex Kwan Yui-huen, Chairman of the Agency to be the officiating guests. Over 150 guests attended the ceremony. During the ceremony, amongst various performances, our elderly members demonstrated their amazing abilities in a fashion show and gained a great deal of applause from the audience.



在時裝表演環節中，長者以「貓步」向各嘉賓展示其獨有的個人魅力。
Our elderly members demonstrated their amazing abilities in a fashion show.

綜合長者照顧服務 INTEGRATED ELDERLY CARE SERVICES



社會福利署助理署長(安老服務)李婉華女士(左8)及董事局主席關銳煊教授(左7)與一眾嘉賓合照。
Ms.Cecilla Li, Assistant Director of Social Welfare Department (Elderly Service) (Left 8) and Professor Alex Kwan Yui-huen, Chairman of the Agency (Left 7) had a group photo with our honourable guests.

養真苑大型維修工程

養真苑喜獲獎券基金資助港幣1千4百萬進行大規模維修工程，院方已聘請認可人士跟進設計及工程，以改善院友的住宿環境。

Major Renovation at Yang Chen House

Yang Chen House received a grant of HK\$14 million from the Lotteries Fund to carry out major renovation for improving the physical environment of the House. The House had employed Authorised Person to follow up the design and works.

任白慈善基金景林安老院安裝冷暖氣機

任白慈善基金景林安老院已於全院安裝了冷暖氣機，為長者在夏天及冬天的時候提供舒適的環境。是次工程獲獎券基金資助港幣40萬進行。

Installation of air-conditioners at Yam Pak Charitable Foundation King Lam Home for the Elderly

With the support of Lotteries Fund of over HK\$0.4 million, the project on installing air-conditioners for the entire Yam Pak Charitable Foundation King Lam Home for the Elderly was completed. It improved the living conditions of the residents during the hot and the cold seasons greatly.

伙伴合作計劃

「松柏滅罪先鋒」計劃

真光苑長者地區中心第5年與觀塘警區、觀塘區撲滅罪行委員會及觀塘區議會合辦「松柏滅罪先鋒」計劃，共訓練了150位松柏滅罪先鋒教導區內長者與警方合作，撲滅罪行。計劃有助減低區內騙案的發生。

PARTNERSHIP PROJECTS

“Evergreen Anti-Crime Ambassadors”

True Light Villa DECC continued the 5th year collaboration with the Kwun Tong Police, Kwun Tong Fight Crime Committee and the Kwun Tong District Council to train up 150 elders to become "Evergreen Anti-Crime Ambassadors". The project helped reduce the deception cases in the district.



觀塘警區指揮官周楚基總警司委任長者成為「松柏滅罪先鋒」。
Mr. Chau Cho-kei, the Chief Superintendent of Police and the District Commander of Kwun Tong appointed elders to be "Evergreen Anti-Crime Ambassador".



「舞動一家親」音樂匯演

真光苑及順安長者地區中心與香港教育學院文化與創意藝術學系合辦「舞動一家親」音樂匯演。活動訓練了近千名幼稚園學生及長者如何配合音樂舞動身體以鍛鍊身心健康，並於香港公園以互動及有趣方式匯演肢體韻律音樂舞，場面非常熱鬧。

“Move It” Musical Showcase

True Light Villa and Shun On DECC collaborated with the Department of Cultural & Creative Arts of the Hong Kong Institute of Education to launch a “Move It!” Showcase. Almost 1,000 elders, kids and their parents were trained to move their bodies pleasurably in pace with music for health promotion. The showcase ended their mass demonstration in Hong Kong Park to enable the public to experience the pleasure in opening up their senses through interactive movements and actions.



千人齊跳肢體韻律操，場面熱鬧。
A thousand participants enjoyed the integrated music in action.

香港大學護理系學生促進長者健康

真光苑及順安長者地區中心與香港大學護理系合作多年，安排護士學生到中心為長者提供健康講座、上門探訪、健康檢查及諮詢活動，以及早辨識長者的健康問題而作跟進安排。

Health Promotion For the Elderly with the School of Nursing, The University of Hong Kong

True Light Villa and Shun On DECC continued to collaborate with the School of Nursing of The University of Hong Kong to arrange practicum for the nursing students at the DECCs. Health talks, home calls, health check and consultation would be provided by the students for the elders in order to identify their health problems for early intervention.



香港大學護理系學生為長者進行健康測試。
Nursing Students from the School of Nursing of The University of Hong Kong provided health check for the elderly.



香港大學護理系學生向社區長者推廣健康訊息。
Nursing Students from the School of Nursing of The University of Hong Kong provided street-side health checks for the elders to promote health concern.

綜合長者照顧服務 INTEGRATED ELDERLY CARE SERVICES

創意 · 環保 · 抗通脹

順安長者地區中心獲香港房屋委員會資助，與順安邨各座互委會合作，回收居民的二手布料和舊雨傘，加入創意和心思製成時尚的百家環保袋和家庭用品，再由義工轉送給長者。活動除了提升居民的環保意識外，亦有助參與者減少生活支出以抗通脹。



義工利用舊布料和雨傘，細心設計和縫製不同款式的「百家環保袋」轉送長者。
Volunteers made household bags for the elders.

Innovation · Environmental Protection · Against Inflation

With the sponsorship of the Hong Kong Housing Authority, Shun On DECC collaborated with the Mutual Aid Committees of Shun On Estate to collect old umbrellas and clothes for recycling the fabrics into household bags for the elders. The project aimed to raise the consciousness of environmental protection among the residents and reduce their living expenses against the inflation.



計劃獲區內不同團體支持，攜手宣揚環保訊息。
The project was supported by different organisations in the community.

「愛家四重奏 – 和諧家庭協奏曲」

真光苑長者地區中心、觀塘城市督導委員會及觀塘南分區委員會獲觀塘區議會贊助，舉辦「愛家四重奏 – 和諧家庭協奏曲」，鼓勵長者與家人心平氣和地溝通，並由專業攝影義工替 100 個家庭拍攝快樂家庭照以深化家庭的和諧氣氛。當中亦進行了一個有關「令家庭快樂十大方法」的調查發佈，進一步推廣如何維繫快樂家庭。



本會禮堂化身「影樓」，由專業攝影師為 100 個快樂家庭拍照留念。
Professional photographers took photos for 100 happy families.

“4 Loving Family Plays - Concerto of Harmonious Family”

With the sponsorship of the Kwun Tong District Council, True Light Villa DECC partnered with the Kwun Tong Healthy City Steering Committee and South Kwun Tong Area Committee to conduct “4 Loving Family Plays - Concerto of Harmonious Family”, which aimed to promote family communication and harmony. 100 families were arranged to be taken photos by photographers which helped deepen the family relationship. Moreover, a survey of “The 10 Ways Leading to Family Happiness” were conducted to further promote harmonious family. Result of the survey was widely reported by mass media.



和諧家庭大使接受無線電視節目訪問，分享快樂家庭的心得。
Ambassadors of Harmonious Family shared their happiness in TVB programme.



2011-2012 服務統計 (截至 2012 年 3 月 31 日)

SERVICE STATISTICS (AS AT 31ST MARCH, 2012)

長者地區中心 District Elderly Community Centre
社區支援服務 Community Support Services

會員總數 Total Number of Members

順安長者地區中心 Shun On District Elderly Community Centre	真光苑長者地區中心 True Light Villa District Elderly Community Centre	總數 Total
1,496	1,357	2,853

會員性別分佈 Sex Distribution of Members

	順安長者地區中心 Shun On District Elderly Community Centre	真光苑長者地區中心 True Light Villa District Elderly Community Centre	總數 Total
男 Male	479	407	886
女 Female	1,017	950	1,967

會員年齡分佈 Age Distribution of Members

	順安長者地區中心 Shun On District Elderly Community Centre	真光苑長者地區中心 True Light Villa District Elderly Community Centre	總數 Total
60-64	100	71	171
65-69	210	150	360
70-74	340	271	611
75-79	378	390	768
80-84	278	292	570
85-89	143	135	278
90 或以上 or above	47	48	95
總數 Total	1,496	1,357	2,853

綜合長者照顧服務 INTEGRATED ELDERLY CARE SERVICES

義工人數及年齡分佈 Total Number and Age Distribution of Volunteers

	順安長者地區中心 Shun On District Elderly Community Centre	真光苑長者地區中心 True Light Villa District Elderly Community Centre	總數 Total
Below 60 以下	37	79	116
60-69	57	70	127
70-79	71	67	138
80-89	16	26	42
90 或以上 or above	0	0	0
總數 Total	181	242	423

護老者人數及年齡分佈 Total Number and Age Distribution of Carers

	順安長者地區中心 Shun On District Elderly Community Centre	真光苑長者地區中心 True Light Villa District Elderly Community Centre	總數 Total
Below 30 以下	2	3	5
30-39	10	16	26
40-49	49	90	139
50-59	33	111	144
60-69	61	56	117
70-79	103	48	151
80 或以上 or above	59	36	95
總數 Total	317	360	677

輔導個案 Total Number of Counselling Cases

	順安長者地區中心 Shun On District Elderly Community Centre	真光苑長者地區中心 True Light Villa District Elderly Community Centre	總數 Total
	532	550	1,082

耆性資源輔導中心 Sex & Counseling Centre for the Elderly

電話熱線	Total Number of Hotline Calls	62
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長者日間護理中心

Day Care Centre For The Elderly

會員總數

Total Number of Members

真光苑長者日間護理中心	True Light Villa Day Care Centre for the Elderly	84
觀塘長者日間護理中心	Kwun Tong Day Care Centre for the Elderly	65
橫頭磡長者日間護理中心	Wang Tau Hom Day Care Centre for the Elderly	77
彩盈長者日間護理中心	Choi Ying Day Care Centre for the Elderly	93
翠林長者日間護理中心	Tsui Lam Day Care Centre for the Elderly	68
總數	Total	387

家居及社區照顧服務

Home And Community Care Services

綜合家居照顧服務

Integrated Home Care Services

個案總數 (普通個案)	No. of cases handled (Ordinary cases)	1,220
新個案	No. of new cases	319
終結個案	No. of closed cases	403
個案總數 (體弱個案)	No. of case handled (Frail cases)	84
新個案	No. of new cases	23
終結個案	No. of closed cases	23

黃大仙改善家居及社區照顧服務

Wong Tai Sin Enhanced Home and Community Care Services

個案總數	No. of cases handled	429
新個案	No. of new cases	215
終結個案	No. of closed cases	108

觀塘改善家居及社區照顧服務

Kwun Tong Enhanced Home and Community Care Services

個案總數	No. of cases handled	445
新個案	No. of new cases	161
終結個案	No. of closed cases	109

院舍服務

Residential Service

安老院宿位	Home-for-the-Aged places	29
提供持續照顧的護理安老院宿位	Care-and-attention places providing continuum of care	177
自負盈虧宿位	Self-financed places	1
院友總人數	Total no. of residents	205