



## 長者照顧服務 Elderly Care Services

### 服務方向 Service Orientation

重視長者的個別需要與選擇，為他們提供跨專業、優質及多元化的照顧服務；同時致力鼓勵家庭參與、加強社區支援網絡，協助長者在社區或院舍健康快樂地生活。

We care for the individual needs of our elderlies, provide multi-disciplinary, quality and diverse care services; as well as encourage family engagement and community support, to enable elderlies enjoy healthy and happy lives in the community.

### 服務摘要 Service Highlights

#### 關懷認知障礙症長者

在社會各界的支持下，我們為認知障礙症長者提供多元化的訓練、照顧與復康服務，以及舉辦活動推動社區人士關注認知障礙症。

1. 我們得到香港公益金贊助港幣 \$330 多萬，在 2015 年 6 月至 2017 年 5 月期間提供兩年的中心及到戶認知訓練服務，讓體弱行動不便的認知障礙症患者也可以得到適當的訓練，緩減認知功能退化的情況。過去一年，我們已為 60 名認知障礙症患者提供中心認知訓練服務，以及為 40 名認知障礙症患者提供到戶認知訓練；
2. 得到佳運來企業有限公司和社會福利署——攜手扶弱基金合共港幣 \$18 萬的資助，推行「憶」力多訓練及社區逸活支援計劃，於 2015 年 4 月至 2016 年 3 月期間提供 133 次出動，為 80 個經濟困難家庭，提供協助認知障礙症患者居家生活的輔助工具和使用訓練；

#### Care for elderlies with dementia

With the support from different parties of the society, we provide a wide range of training, care and rehabilitation services for elderlies with dementia, and organise programmes to promote community awareness of dementia.

1. Funded by The Community Chest of Hong Kong of over HK\$3.3 million, the Agency has been able to offer 2 years home-based and centred-based cognitive training services from June 2015 to May 2017 for the physically weak elderlies with dementia to slow down the deterioration of their cognitive functions with proper trainings. Last year, we served 60 and 40 dementia elderlies through centred-based and home-based sessions respectively.
2. Thanks to the HK\$180,000 joint sponsorship provided by Welloyal Enterprises Limited and Social Welfare Department – Partnership Fund for the Disadvantaged, we have arranged 133 home visits from April 2015 to March 2016 through our training and community support programme to provide home supplementary tools and usage training for people with dementia in 80 economically disadvantaged families.



▲ 果園社企的狗醫生到訪智存記憶及認知訓練中心。  
Dr. Dogs (Therapeutic Dogs) from Fruitgarden Social Enterprise visited Mind-Lock Memory & Cognitive Training Centre.

▲ 長者學習利用紙花及乾花製作相架。  
Elderlies learned to decorate photo frames by paper flowers and dried flowers.



3. 獲薪火相傳基金和社會福利署—攜手扶弱基金合共資助港幣 \$80 萬，推行「童耆高飛」—長幼共融計劃，為 30 位基層家庭孩子提供助學津貼和認知訓練員訓練 (Train-the-trainer)，並同時為 15 名有經濟困難的認知障礙長者提供 60 次免費的魔術認知訓練和園藝認知訓練；

4. 翠林長者日間護理中心與全港認知障礙症照顧者聯盟及將軍澳區內四個安老服務單位合作舉辦「『腦』動將軍澳—健腦、活老，關注認知障礙症嘉年華」，喚醒區內居民關注認知障礙症，及早覺察有需要之長者，及早治療。

3. Thanks to the HK\$800,000 joint sponsorship provided by Bright Flame Foundation Company Limited and Social Welfare Department – Partnership Fund for the Disadvantaged, the Agency has organised 'Fly Together – Intergeneration Integration Project' to provide education subsidies and 'Train-the-Trainer' cognitive training programmes to children from 30 grassroots families. In addition, 60 free of charge magic cognitive training and horticultural therapy training sessions were provided to 15 economically disadvantaged elderlies with dementia.

4. Teamed up with Hong Kong Carer Alliance for People with Dementia and four other elderly care service units at Tseung Kwan O district, Tsui Lam Day Care Centre for the Elderly organised a 'Brain Move Tseung Kwan O – Brain Health, Active Ageing and Dementia Concerns Carnival' to arouse community concerns and awareness on dementia, which hopes to result in early recognition of elderly dementia symptoms and timely medical treatments.



◀ 魔術師、青年義工及長者於智存記憶及認知訓練中心接受傳媒訪問，介紹魔術認知訓練課程  
Media interviews about magic cognitive training were conducted in Mind-Lock Memory & Cognitive Training Centre.

▼ 樂力長者日間訓練中心安排服務使用者及其家屬到海洋公園參觀。  
Lively Elderly Day Training Centre organised a visit to Ocean Park for service users and their families.

### 尊重長者 重拾意義

為促進長者與家人溝通，鼓勵他們把握生命、活在當下，真光苑長者日間護理中心於 2015 年 10 月至 12 月期間舉辦「自主晚晴心願小組」，並邀請香港專業教育學院（葵涌）應用科學—醫療保健高級文憑的學生作義工，協助進行小組活動。小組共有 10 節，協助長者及家屬預備面對別離的經驗，引領長者從身、心、社、靈的角度探討死亡及晚晴安排，並促進長者與家人一同開放感官，為長者整合人生和製作個人記錄冊，為生命作出較圓滿的總結。

我們亦積極鼓勵長者活出獨立自主及被尊重的晚年生活，其中，觀塘長者日間護理中心每年均舉辦會員委員選舉，鼓勵長者參與成為委員，收集中心會員意見，以及對中心活動、訓練安排及餐膳上提出意見，令中心在各方面更能配合長者的需要。

### Respect the elderlies Regain the meanings

In order to encourage elderlies to communicate with their families, seize their lives and live in the moment, True Light Villa Day Care Centre for the Elderly organised an 'Advance Care Planning – Latter Life Programme' Group from October to December 2015 and invited students from The Applied Science Discipline, Hong Kong Institute of Vocational Education (Kwai Chung) Higher Diploma in Rehabilitation Service to become volunteers and assist with group activities. Throughout the 10-session of the programme, the elderlies and their carers will be provided with opportunities to reflect on life through knowing more about death, and explore the topic from physical, psychological, social and spiritual perspectives. End of life care was promoted with the encouragement for the elderlies to have a direct and open communication with the family. The programme ended with a personal log book created by the elderlies to sum up their stories as a life review.

To enable elderlies live their final years independently and with dignity, Kwun Tong Day Care Centre for the Elderly encourages service users to participate in the yearly committee election and become committee members to gather feedback from fellow users on the centre's activity line up, training and meals arrangements, so that improvements could be made to better facilitate the needs of our users in all respects.

◀ 會員委員選舉，請投我一票啦！  
Committee members election, vote me please!



▲ 「『腦』動將軍澳—健腦、活老，關注認知障礙症嘉年華」，集結社區力量，及早覺察介入需要。

'Brain Move Tseung Kwan O – Brain Health, Active Ageing and Dementia Concerns Carnival', to have early intervention in dementia and care with collective power.



▲ 「自主晚晴心願小組」及個人紀錄冊  
'Advance Care Planning – Latter Life Programme' and their memorable personal log book.



此外，我們亦與不少社福界的友好團體協作，攜手推動長者重拾生活意義。去年，我們參與善寧會舉辦的「莫忘初心之囍宴」籌款晚宴，本會總幹事郭烈東先生 JP 伉儷及養真苑的 3 對院友夫婦，與 150 對來自社區各界的夫婦一同參與「重發婚姻盟誓」，讓老夫妻向對方作出莊嚴婚姻承諾，重溫婚姻的真正意義，場面盛大感人。其中一對養真苑院友夫婦結婚 69 周年，是全場結婚周年之冠。

To help elderlies regain their meaning of lives, we actively collaborate with other organisations in the social welfare sector. Last year, we joined the 'A Wedding Banquet to Celebrate Love Vow' Charity Event held by The Society for the Promotion of Hospice Care, where over 150 elderly married couples from all sectors of the community were invited to renew their marriage vows, make solemn wedding commitments to each other and reflect on the true meaning of marriage. Mr. Kwok Lit-tung, JP, Chief Executive of the Agency, and his wife, attended the event with 3 married couples residing in Yang Chen House. A pair of couple from Yang Chen House took the opportunity to celebrate the 69th anniversary of their marriage, the longest of all among those married couples attending the event.



◀ 養真苑院友出席「莫忘初心之囍宴」籌款晚宴，慶祝溫馨的婚盟。  
Residents in Yang Chen House joined 'A Wedding Banquet to Celebrate Love Vow' to celebrate their valuable marriage.

### 運用藝術媒介 增強感知體驗

我們鼓勵長者多作不同的感知體驗，自 2014 年起聘用音樂治療師，並於去年由綜合家居及社區照顧服務與智存記憶及認知訓練中心攜手為有輕度抑鬱的居家長者安排「樂在其中」音樂治療小組，讓抑鬱長者透過音樂表達心中鬱結，引起對話，在樂聲中享受心中的舒坦；而橫頭磡長者日間護理中心則聯同其他單位，為一眾長者籌備社區藝術作品展，事前亦邀得專業的畫班導師教授繪畫技能，一眾長者在繪畫過程中重新經歷老中青幼的心路歷程，與導師回味每一個真實故事。

### Use of Arts to enhance sensory experience

We encourage elderlies to gain different sensory experiences and have engaged a music therapist for our elderly care services since 2014. Last year, our Integrated Home Care Services collaborated with the Mind-Lock Memory & Cognitive Training Centre to organise music therapy groups for elderlies with mild depression to express and share their pent-up feelings through music and derive psychological comfort through sharing with others in a comfortable environment. Moreover, Wang Tau Hom Day Care Centre for the Elderly has teamed up with other units to line up a community art exhibition for the Agency's elderly service users. Professional art tutors were engaged to teach painting skills to the elderly participants prior to the exhibition, which enabled the participants to relive their life experiences in various phases and recall real-life episodes from their past with the tutors.

### 以科技配合院舍照顧

除了致力為長者加強家庭和社區支援，讓長者可以健康快樂地在社區生活外，我們亦不忘與時並進，以科技協助提升院舍的服務質素與成效。

任白慈善基金景林安老院及養真苑去年獲社會福利署——社會福利發展基金撥款資助，引入「醫護存」電腦系統。系統的資料儲存主要包括生命表徵及預警顯示、傷口記錄及報告、日常工作記錄、事件報告及中央系統預警顯示，讓同工能盡快得知院友身體問題，作出更準確的專業判斷及適時跟進，施行效果理想。

### Technology for residential care

To enable elderlies live with health and happiness in the community, in addition to enhance family and community support, we also keep pace with the times and apply technology to enhance the quality of our residential care and improve service processes.

Funded by the Social Welfare Department – Social Welfare Development Fund last year, Yam Pak Charitable Foundation King Lam Home for the Elderly and Yang Chen House have ushered a medical records computerised system 'Clinical and Monitoring System' to improve the quality of our elderly care and service flow. The scope of the record stored in the system's database include vital signs and alerts, wounds records and reports, daily work records, and incidents reports. The implementation result was satisfactory and the centralised monitoring and alert system enable the related staff to be able to keep track on the residents' physical status, render timely health care intervention and make more accurate professional assessments for our users.



◀ 長青展藝班讓一眾老友記大顯身手。  
The elderlies showed their talents in painting in the artwork class.



▲ 「醫護存」的電腦系統操作容易，記錄準確。  
'Clinical and Monitoring System' is easy to operate, accurate to record.

我們重視長者的個別需要，關顧他們不同的行動能力及自理能力，添置科技產品，提升他們在院舍的生活質素。本年度，養真苑增設多部平板電腦供行動能力較弱的院友在床上及活動室使用，以豐富生活娛樂，亦藉此協助院友透過視像通話功能，與遠方的親友溝通，保持聯繫；我們亦與本會的輔助專業人員合作，使用平板電腦與患有認知障礙症的院友進行懷緬和導向活動，提升服務成效。此外，養真苑亦獲香港中華煤氣有限公司送贈及義務安裝 16 塊電動智能廁板，藉此提升長者的自理能力和減輕護理員的工作負擔。廁板簡單易用，設有沖洗、暖風功能，長者如廁後只需以按鈕操作便能自動處理清潔，有助增強他們的自信心。

We care for the individual needs of our residents, consider their different level of action and self-care ability. Technical products were procured to enhance the residents' living standard. This year, Yang Chen House has procured computer tablets for the physically weak residents to use in their beds or the activity rooms. The residents can not only be entertained by the massive range of audio and video content, but also maintain connection with their loved ones through video and audio communication. Moreover, our auxiliary professionals have made use of the tablets to organise reminiscence and reality orientation activities for residents with dementia to enhance our service effectiveness. The 16 electrical toilet washlets donated and installed by the Hong Kong and China Gas Company Limited has also enabled our residents in Yang Chen House take better care of themselves while lessening the workload of our carers. These washlets are easy to use with rinsing and air drying functions. After using the toilet bowl, elderly residents only need to press a button for automatic cleansing, thus boosting their self-confidence.

## 展望 Outlook

我們會繼續在社區裡發展跨專業模式的認知障礙症照顧服務、具本會特色的家居照顧和日間照顧服務，並以積極照顧模式，加強對日間護理中心及院舍體弱長者的專業照顧；此外，我們期望為有特殊護理需要的長者，例如腎病及骨質疏鬆症患者，提供更多專業照顧的服務選擇，希望他們都能享有舒適的晚年生活。

We will continue to develop our dementia care services in the community, marked by our unique brand of home care and day care offerings, with an intensive care model employed to strengthen professional care given to physically weak elderly users of day care centres and residential homes. Furthermore, we have started offering care services to those with special nursing needs, such as Continuous Ambulatory Peritoneal Dialysis and Osteoporosis, with the vision of providing special professional care and service options to enhance their quality of life.

## 2015-2016 服務統計 (截至 2016 年 3 月 31 日) Service Statistics (as at 31<sup>st</sup> March, 2016)

