

# 長者照顧服務

## Elderly Care Services



### 服務方向 Service Orientation

為照顧體弱長者多元需要，加強專門及專業服務，我們引入長者自立支援照顧模式，改變照顧概念，讓長者能過自己喜歡的生活；並全方位照顧體弱長者及照顧者的身心需要，務求讓照顧者繼續有力量去照顧長者安享晚年。

With more diversified needs of the frail elders, we are dedicated to providing more specific, professional, and tailor-made services for our users. With the change of caring concept, following the introduction of the "Empowerment in Care" model, we aim to facilitate the elders towards leading better lives. Our holistic person-centred care to both the elders and carers ultimately allows the elders ageing in place more comfortably.





◀ 眾嘉賓與小演員於籌款晚會的開幕典禮上合照。  
Honourable guests and child actors at the opening ceremony of the opera fund raising show.

「童心護老任白緣」任白慈善基金景林安老院粵劇籌款已於2018年8月20日假大會堂舉行，當晚一班小演員為大家演出折子戲，共籌得港幣三百多萬元，以資助院舍翻新，加強院舍配套設施，以提升專業護理質素。

我們衷心感謝任白慈善基金、聲輝粵劇推廣協會及白雪仙博士GBS多年的鼎力支持，一直心繫長者，多次親臨院舍探望及關心他們所需。陳寶珠女士及梅雪仙女士作為慈善愛心大使，希望喚起大家對身邊長者的關愛。

An opera fund raising show organised at City Hall on 20<sup>th</sup> August, 2018 with the child actors performed the Cantonese Opera on the stage. The show has raised fund for over HK\$3 million in order to support the renovation of the Yam Pak Charitable Foundation King Lam Home for the Elderly for improving their service equipment and enhancing the professional service quality.

We thanked for the support of the Yam Pak Charitable Foundation, Sing Fai Cantonese Opera Promotion Association Ltd and Dr. Pak Suet-sin, GBS for their contribution and support. With our elders in their hearts, they frequently visited the elders living in our residential homes and care about their needs. Ms Connie Chan Po-chu and Ms. Mui Suet-see were the Charity Ambassadors in this event shared the message of love and concern for the elders.

▼ 白雪仙博士GBS多次親臨院舍探望及關心長者們的需要。  
Dr. Pak Suet-sin, GBS frequently visited the elders living in our residential homes and care about their needs.

▼ 一班小演員於晚會中演出多段任白折子戲。  
Child Cantonese opera actors performed a number of Yam Pak's famous repertoires.







▲ 長者照顧服務同工參與自立支援培訓營，體驗長者受約束的感受。  
Our caring staff experiencing being restrained in the training of “Empowerment in Care” model.

## 推進「自立支援照顧」模式

自機構於2017年引進台灣「自立支援照顧」模式並應用於院舍及日間護理中心後，我們致力促進「零約束、零尿布、零卧床」的照顧，調節日常運作，加強復健訓練，提升長者日常生活自理能力及生活質素，取得不錯的成效。而為了加強同工對該模式的掌握及將其推展至家居照顧服務，我們於同年12月邀請了台灣自立支援學院廖志峰秘書長及財團法人—高雄市私立宏仁老人長期照顧中心梁皓鈞主任到港為本會管理層、專業及前線同工提供體驗培訓，參加者既可體會體弱長者的切身感受，也能轉變對照顧的概念，期望為長者照顧服務帶來新一頁。

## Promoting “Empowerment in Care” Model

Since 2017, the “Empowerment in Care” model, which originated in Taiwan, has been implemented in our elderly home and day care centres for the elderly. We are dedicated to advocating a caring model with “No Restraint, No Diaper and No Bedbound”, together with restructuring daily routines and intensifying rehabilitative training to empower self-care abilities and improve the quality of life for the elders. To further advance our knowledge of the model and its extension to home care services, in December 2018, we invited the Taiwan pioneers of this model to train our staff. In the training programme, participants could experience the feeling of being restrained and treated as a senior. With the mindset changed in the elderly care profession, we would strive for a new page in empowering our elders to lead their lives with more autonomy and joyfulness.



◀ 養真苑物理治療師施姑娘出席台灣自立支援年會，分享院舍推行「自立支援照顧」模式的經驗。

A physiotherapist at Yang Chen House, Ms. See, sharing her experiences of applying the “Empowerment in Care” model in our elderly homes at a conference in Taiwan.







◀ 工作人員為認知障礙症患者提供認知訓練小組。  
Worker teaches clients through “Cognitive Stimulation Therapy”.

## 擴大認知障礙照顧服務

面對認知障礙症患者服務需要的提升，「『腦』友鄰舍在南區計劃」獲社區投資共享基金資助港幣\$290萬元，於2018至2021年在香港仔中心、石排灣邨及漁光邨推行，連結不同界別團體、地區持分者、居民及護老者組成協作平台，透過社區教育增進社區對患者的理解，並提升居民守望相助的意識，以支援患者及其照顧者，建立認知障礙症友善社區。

「智專綜合支援服務」獲香港公益金贊助港幣\$279萬元，於2018至2020年進行為期2年的服務，計劃不單為不受年齡限制的認知障礙症患者提供家居服務、陪診、藥物提示、送飯服務，還提供護理及認知訓練服務和義工服務。

「童耆再飛」跨代認知障礙服務今年獲得攜手扶弱基金及幾間私人捐贈機構贊助共港幣\$76萬元，於2018年1月至2019年12月開展，以學習補助形式支援貧困學童學習需要，並透過魔術、園藝、藝術訓練，把學習轉化為社會服務，教授及關懷社區貧困長者。



◀ 參與學童接受藝術訓練後，教授區內的長者。  
Participants teaches art classes for the elders.

## Extension of Dementia Care Service

Facing an upsurge of elders with dementia, “Dementia - Friendly Community in Southern District” will be supported by the Community Investment and Inclusion Fund from 2018 to 2021, with funding of HK\$2.9 million. Supporting people from Aberdeen Centre, Shek Pai Wan Estate, and Yue Kwong Chuen, this project focuses on community education and building networks among organisations, stakeholders, citizens, and carers. It is hoped that the knowledge and awareness of dementia will be improved throughout the community, and a Dementia-Friendly community will be established by supporting both dementia sufferers and their carers.

“The Specific Home Care Support Service for People with Dementia” is a new service supported by The Community Chest of Hong Kong with a funding of HK\$2.79 million. The 2-year project (2018 to 2020) provides home care services for people with dementia, escorting services for medical consultations, drug supervision, meal delivery, nursing care, and cognitive training services, and without age boundaries. Meanwhile, the project aims to empower the community in providing effective and early intervention and volunteers service.

Another well-known project “Fly Again”, comprising a cross-generation of elders with dementia and young people, gained support from the Partnership Fund for the Disadvantaged and other private organisations, with funding of HK\$0.76 million. This is a 2-year project, from January 2018 to December 2019. The project aimed to support the learning needs of underprivileged children in the form of a learning grant, in addition to transforming learning into social services by teaching magic, gardening, and art classes for the elders.





## 支援護老者服務

為減輕護老者的照顧壓力，改善護老者自身的健康狀況，由滙豐150週年慈善計劃透過香港公益金資助港幣\$300萬元，為期2年的「有得抖有得學」護老者支援計劃已於2018年12月展開。計劃除了提供基本家居支援服務外，更會提供護老者照顧技巧工作坊和護士專業指導，以提升護老者的照顧技巧，並且協助護老者參與義工活動，貢獻社會。

為長者舉辦痛症舒緩運動講座。  
A "Health Talk on Pain Relief"  
for the elders.



## Caring and Coaching to the Carers of Elders

To lower the stress of carers that look after the elder, and to enhance carers' awareness of their own health, the HSBC 150th Anniversary Charity Programme funded HK\$3 million for a 2-year project - "Caring and Coaching to the Carers of Elders" through the Community Chest of Hong Kong. In addition to providing basic home care services and professional nursing advice, the project offers structured training and coaching programmes to carers and encourages other carer-volunteers to build a comprehensive support network.

## 引進樂齡科技

兩所安老院舍獲利希慎基金、周大福慈善基金有限公司、何張淑婉慈善基金、信興教育及慈善基金有限公司合共贊助港幣\$159萬元，為院舍安裝6組天花式吊機及購置13張電動輪椅護理床。此等嶄新的儀器不但減少前線同工於院友移轉時的體力勞動，提升院友在轉移過程的舒適度，更有助鼓勵院友多離床活動，增加與他人的互動。

院舍獲贊助增設天花吊機及電動輪椅護理床，提升院友的生活舒適感及減少同工勞損工傷。  
Ceiling hoists and robotic beds donated to our homes for the elderly help to increase the life quality of the residents and reduce work injuries to our staff.



## Utilisation of Gerontechnology

Our elderly homes had obtained 6 sets of ceiling hoists and 13 robotic beds, which were donated by the Lee Hysan Foundation, Chow Tai Fook Charity Foundation Limited, Ho Cheung Shuk Yuen Charitable Foundation, and Shun Hing Education and Charity Fund Limited, totalling HK\$1.59 million. Our hi-tech facilities reduces the manual lifting of our frontline care workers, which helps to prevent the risk of injury, and also increases comfort levels for our residents during transfer periods. Additionally, outdoor activities are encouraged in order to improve social interactions among residents during the day.





未來，我們將進一步推動「自立支援」照顧模式和概念，並應用在我們和本地的安老照顧服務上。同時，也希望繼續提供多元化及到位的優質服務，協助長者能過有尊嚴、有選擇的晚年生活，並且積極回應社會對支援護老者的需要，讓家庭及社區都更有力量去面對老齡化帶來的挑戰。

In the coming future, we will further promote the "Empowerment in Care" model and concepts and apply them to our local elderly care services. In addition, unceasing efforts have been made to provide diversified, customised, and professional services for the elders, allowing them to live with dignity and choices. We also respond proactively to the needs of the carers, and join hand-in-hand with families and communities to face the challenges of an ageing population.



◀ 小學生探訪長者家庭，了解長者的生活習慣及表達對他們的敬意。  
We encourage primary school students to care about the elders and understand their living conditions.

## 2018-2019 服務統計 (截至2019年3月31日) Service Statistics (as at 31<sup>st</sup> March, 2019)

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

256

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

3,299

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

299



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

230,551

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

38,387

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

72,217