



Elderly Care Services



Service Orientation

Elderly Care Services will continue to fulfil the physical and mental needs of the elderly and their carers in an all-round way with high-quality services, thereby reconnecting them with the community, while empowering families and communities to meet the challenges of an ageing population.



Learn more about our Elderly Care Services



Service Highlights

Improvement and Reorganisation of the Kitchen Process in Wong Tai Sin, Kwun Tong and Lam Tin

In order to meet the increasing demand for meal services in elderly care services, Wong Tai Sin, Kwun Tong and Lam Tin Integrated Home Care Services have added extra kitchen equipment and switched to environmentally-friendly lunchboxes this year, in an effort to increase the capacity of the kitchen and expand its door-to-door meal delivery service. Service users have reported an improvement in thermal insulation, and the freshness of the food after adopting the new lunchboxes. Compared with the old thermos pots, the environmentally-friendly lunchboxes are lighter in weight and more convenient when packed together - which not only means our colleagues carry lighter loads, but 2,000 more lunchboxes can be delivered every month.



In order to improve our meal services for the elderly, warming cabinets had been installed in the kitchen to keep the lunchboxes warm.



After switching to eco-friendly lunchboxes, service users confirmed the meals were more hygienic and fresher.

Pilot Scheme on Home Care and Support Services for Elderly Persons with Mild Impairment (HSMI) Incorporated into the Government's Regular Subvention

The "Pilot Scheme on Home Care and Support for Elderly Persons with Mild Impairment", funded by the Community Care Fund for the last five years, was officially incorporated into the Government's regular assistance programme on 1st January 2023. CFSC's two elderly service units in Kwun Tong and Wong Tai Sin Districts can provide 390 service places in total. As a result, it is expected that more elderly service users will be provided with home care and support services in the future.



The Agency arranged its service users to travel in groups to enjoy the scenery of Victoria Harbour.



Learn more about the "Pilot Scheme on Home Care and Support for Elderly Persons with Mild Impairment"

Champion For Change Award

In September 2022, our three innovative service plans - “Mind Delight Online Store” - Mind-Delight Centre, “Time Bank. Life Connection Project” and “Keep eTouch” - stood out at the “Champion For Change Award” jointly organised by the Hong Kong Social Workers Association and Keswick Foundation, where they were among the seven winning projects. In addition, the “Fit Solution - Community Transitional Day Rehabilitation Programme of the Lively Rehabilitation Day Centre For Elderly”, which was funded by the Keswick Foundation from June 2017 to August 2020, was awarded as the “Outstanding Project of the Year”. These recognitions affirmed our commitment to meet the new demands of our society with creativity and up-to-date services.



A prize of HK\$400,000 was granted for each winning plan to develop the relevant services.



Learn more about the
Mind Delight Online Store



This year, the Agency won three awards for its “Mind Delight Online Store”, “Time Bank. Life Connection Project” and “Keep eTouch” service plans.

New Service Model “Life-oriented Cognitive Training” Project

With funding support of HK\$2.27 million from the Social Innovation Fund of The Community Chest of Hong Kong, the “Life-oriented Cognitive Training” project (2023–2025) has been launched by Mind Delight Memory and Cognitive Training Centre. The aim of the project is to take the perspective of the elderly with dementia into account, and reconsider how we can integrate cognitive training elements into the elders’ daily lives, so that they can enjoy their lives while retaining their dignity. In addition, the project engages different stakeholders (e.g., merchants, restaurants and residents) to take on different roles in facilitating community life for elders suffering from dementia, while promoting the idea of building a dementia-friendly community. A total of 120 dementia patients have benefitted from the project.



Learn more about our
Mind Delight Memory and
Cognitive Training Centre



We accompanied elders to the market to buy groceries - a daily activity involving cognitive training.

“Walking with You”

“Walking with You” - a two-year Community Rehabilitation Transition Programme for Stroke and Fall Fracture Patients, which was initiated by Lively Elderly Day Training Centre and supported by the HKEX Foundation with a sum of HK\$2.33 million, was successfully concluded in January 2023. The programme aimed to provide seamless day care and rehabilitation services for newly-discharged elders. A total of 2,350 families benefited from the programme.



Learn more about our Lively Elderly Day Training Centre



The programme provided service users with professional assessments and centre-based home rehabilitation training.



Service users and their families gathered to build beautiful memories.

Jockey Club “Stand-by U” Caregivers Community Support Project (Kowloon East)

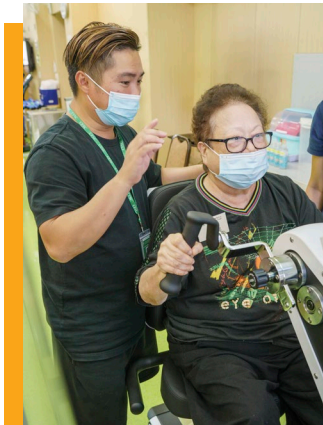
The Jockey Club “Stand-by U” Caregivers Community Support Project (Kowloon East) held its closing ceremony and sharing session in January 2023, together with four partner organisations. Throughout the project, we have provided home care services for more than 120 families within two years, with three different types of caregivers - “perspective caregivers”, “active caregivers” and “caregiver graduates” - recruited for the roles of “ambassadors” and “alternate caregivers”. After sufficient training and with comprehensive experience, they provided home-based respite service for the elderly in Kowloon East, mainly in the form of home care visits and provided me time for those caregivers.



Four participating organisations joined hands in the Jockey Club “Stand-by U” Caregivers Community Support Project to hold the closing ceremony and service summary sharing session.

“Breathing Resilience - Chronic Obstructive Pulmonary Disease (COPD) Home Care and Community Assessment”

The “Breathing Resilience - Chronic Obstructive Pulmonary Disease (COPD) Home Care and Community Assessment” programme was launched from 8th December 2021 to 30th October 2022. During the pandemic, interdisciplinary care for frail cases of chronic obstructive pulmonary disease was provided under the programme, which effectively reduced the chances of hospitalisation. On the basis of the “health and social care systems collaboration model”, our home care service units provided services to people in need 80 times, which included “centre-based” rehabilitation training with the use of professional equipment. In addition, 147 elderly people benefitted from “home-based” clinical guidance and rehabilitation exercises, while 65 elderly people received free medical services including acupuncture, Chinese or Western medicine consultations, nutritionist services, etc. The results of the programme have been encouraging, with more than 70% of the participants seeing an improvement in their daily self-care abilities.



Under the guidance of a physiotherapist, the elderly participants in the programme received training in the use of equipment.



Staff members were satisfied with the effectiveness of the programme in providing interdisciplinary care for patients with COPD.

Successful Completion of Project “Start With Zero”

The “Start With Zero” project, funded by the Vera Ruttonjee Desai Charitable Fund, was successfully completed in March 2023. The project aimed to introduce the “Empowerment in Care” model to a number of residential care homes for the elderly, day care centres, district community centres and neighbourhood centres for the elderly, as well as to institutions providing courses related to elderly care. In total, the project covered 35 elderly service units and institutions, where 687 industry workers or students were trained, serving 2,195 elderly people and their family members. A promotion campaign was also launched across various social media platforms, with a total of 18,499 views recorded.



In sharing groups, carers could experience how it felt to be affected by a disability and share experiences with their groupmates, thereby learning how to care for and be considerate of the elderly in care.



Years of the pandemic have led to elders living in residential homes being socially alienated from one another. As the pandemic eased, our elderly homes had gradually resumed family visits and held various group activities, in order to rebuild a social life and facilitate a mutually caring atmosphere among residents by keeping them active and engaged.

Outlook

With a new mindset, we will continue to make good use of diverse community resources and technologies to provide professional and well-placed care services, as we are committed to caring for the elderly and relieving the pressures on carers. Together, we stand ready to face the challenges brought about by an ageing society, while striving to create a friendly and caring environment in our community for the elderly.



Through collaboration with various community organisations, we encourage the elderly to exercise regularly to stay healthy and active.

Service Statistics 2022-2023 (as of 31st March 2023)

238

No. of elderly people receiving residential care services



63,192

No. of rehabilitation training sessions



4,593

No. of elderly people receiving community care services



292,035

No. of home-delivered meals

51,055

No. of hours of care and nursing services



278

No. of community connection events for the elderly