

長者照顧服務

Elderly Care Services



服務方向

我們因應長者所需的照顧程度提供多元化的服務。為輕度身體缺損但仍在社區生活的長者，我們提供綜合家居照顧服務（普通個案）作家務支援以協助他們日常在社區生活；至於為需要長期護理照顧的長者，本會提供綜合家居照顧服務（體弱個案）、改善家居及社區照顧服務、長者日間護理中心、長者社區照顧服務券及護理安老院等專業支援及照顧服務，以維持長者的健康及紓緩照顧者的壓力。

Service Orientation

Our Elderly Care Services cover a wide range of services to address different level of care needs of the elders. For those elders with mild level impairment in frailty, who live in the community, we provide Integrated Home Care Services (ordinary cases) to support their community living and household care. For those in need of long term care, we provide Integrated Home Care Services (frail cases), Enhanced Home and Community Care Services, Day Care Centres for the Elderly, Community Care Service Voucher for the Elderly and Care and Attention Residential Care Service and give them professional support and care for maintaining their health and releasing the stress of the carers.

服務摘要

長者社區照顧服務券

本會智存記憶及認知訓練中心（智存中心）和樂力長者日間訓練中心（樂力中心）於2013年9月開始分別得到社會福利署資助14和20個長者社區照顧服務券名額。服務開展以來，受到長者歡迎，使用率常滿。為應付社區的需求，我們於今年更把名額再次提升，樂力中心提升到25個，智存中心提升到28個，而智存中心更由單一模式轉為混合模式，為體弱長者提供日間護理和家居照顧服務。

Service Highlights

Community Care Service Voucher for the Elderly

Our Mind-Lock Memory & Cognitive Training Centre (MLC) and Lively Elderly Day Training Centre (LE) have been granted 14 and 20 places of Community Care Service Voucher for the Elderly by the Social Welfare Department respectively. Since commencement of the service, the utilisation rate has been always full. To echo the urgent need of the community, we have increased the quota to 25 in LE and 28 in MLC in this year. MLC also changed from single mode to mixed mode in service provision. Now, it is providing both day care service and home care service as well to the voucher users.

逸活課程——認知障礙症患者到戶訓練

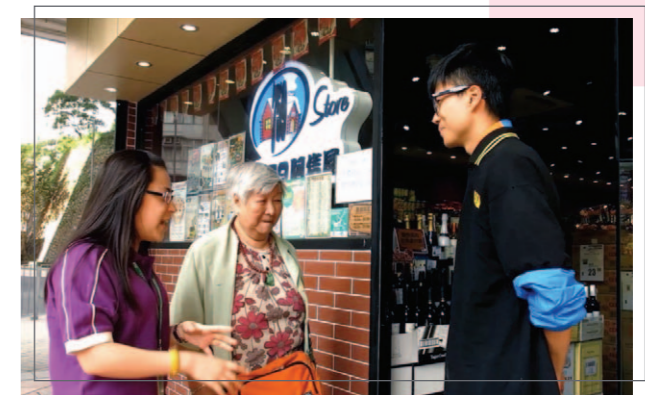
今年，智存中心得到香港公益金贊助港幣三百多萬進行為期兩年的認知障礙症長者訓練——「逸活課程」，這是一個到戶認知復康訓練服務，由職業治療師評估患者的情況，再由治療助理到戶進行訓練，內容融合了家居認知訓練、社區生活技能訓練及建立鄰里支援網絡等，目的是讓患者能夠安心、安全地留在社區生活。

Make-it-easy Community Living & Home-based Training

This year, MLC has been granted more than HK\$3 million by The Community Chest of Hong Kong for a 2-year project, providing Dementia Training for elders, named 'Make-it-easy Community Living & Home-based Training'. This is a home-based cognitive rehabilitation programme. Users are assessed by Occupational Therapist and training are provided by Therapist Assistants. The training integrates cognitive training elements in daily living and facilitates users to maintain their community living skills. Users' neighbours in the community are liaised to assist them in case of disorientation in the community.



▲ 樂力長者日間訓練中心設有先進復康器材，能為有需要人士提供優質的復康服務。
Lively Elderly Day Training Centre is equipped with advanced rehabilitation equipment, which allow us to provide quality rehabilitation service to our service users.



▲ 「逸活課程」——協助長者實習當遇上迷路時如何向商舖職員尋求協助。
'Make-It-Easy Community Living & Home-based Training' – Rehearsal for asking for help if the elders got lost in the community.

輔助工具應用課程

在 2014 年本會得到私人捐款，並配合社會福利署—攜手扶弱基金合共港幣 \$10 萬，推動「輔助工具應用課程」。認知障礙症患者因為記憶力衰退，日常生活會遇到很多困難，例如忘記吃藥、關水喉及走失等。透過教導患者使用不同之記憶輔助工具，例如藥盒、水滿提示器、走失警報器及防走失手鍊等，減少患者日常生活遇到之困難、家居意外及走失風險等。

「FaceTime 宅急便」—心意速遞計劃

此計劃得到「全城街馬」贊助港幣 \$15 萬，於去年 8 月開展，為期一年。由弱勢社群人士擔任心意速遞員，協助體弱長者聯繫他們記掛的人。累積至今已服務超過 60 位體弱長者。

養真苑大型翻新工程竣工

養真苑獲得獎券基金港幣 \$1,500 萬的資助，經過 15 個月施工的大型翻新工程終於在今年 2 月 14 日竣工。隨著裝修、傢具設備及設施的改善，院友享有較佳的生活環境。院舍亦將陸續添置 120 張可調式的電動護理床，以滿足日益增加的服務需要，改進後的設施有助院舍提供護理服務。



▲ 透過「FaceTime 宅急便」—心意速遞計劃，協助行動不便的長者與居住於老人院的丈夫相見。
The frail elders met with her husband who lived in elderly home via facetime.

Memory Aids Training Program

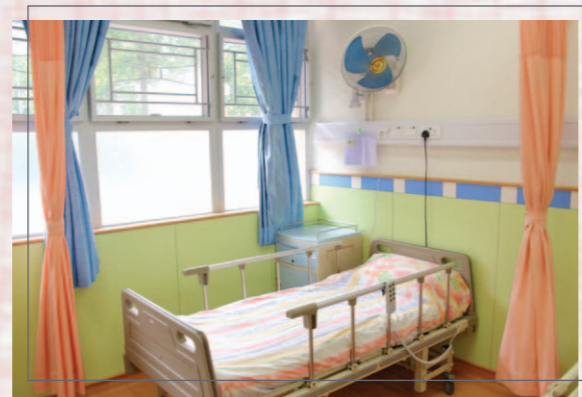
In 2014, we received a donation from a private donor, and matched with the Social Welfare Department – Partnership Fund for the Disadvantaged, in total of HK\$100,000 to support our 'Memory Aids Training Programme' for people with dementia. People with dementia encounter many daily living problems caused by cognitive impairment such as missing prescribed drugs, leaving the water tap on and losing their way home, etc. The programme aims to teach users to use memory aids, including drug box, high water level alarm, anti-wandering alarm and bracelet, etc., in order to reduce difficulties in daily living and prevent the risks of home accidents or disorientation.

'FaceTime' – Love Delivery Project

The project is supported by 'RunOurCity' with HK\$150,000, commenced since August, 2014. It lasts for a year. We recruited deprived people as 'Love Delivery Worker' to help the frail elders delivering love and concern to whom they want to meet via facetime. We have already served more than 60 frail elders in the past year.

Major Renovation Completed at Yang Chen House

With a funding support of \$15 million from the Lotteries Fund, the major renovation of Yang Chen House was completed in 14th February, 2015 after 15 months of works. With improvement in furniture and equipment, the residents enjoyed a better living environment. 120 new adjustable electric beds will be purchased to meet the increasing need for services of the residents. The improved equipment will facilitate the delivery of care services for them.



▲ 院友新寢室
New dormitory setting

互動健腦樂繽紛

本會兩間院舍約有三分之一的院友患有認知障礙症，為防止院友迅速衰退的情況，提供持續及多元化的訓練和感觀的刺激是很重要的。任白慈善基金景林安老院透過華人永遠墳場管理委員會的慈善捐款資助，添置具互動功能的電子產品，包括輕觸式功能電視、平板電腦及多感觀治療儀器等，並按長者的能力提供資訊及遊戲，定期為院友提供個別及小組的訓練，從而加強他們的認知功能、社交及接受訓練的興趣，為他們的生活增添姿采。

另一方面，養真苑亦透過非藥物治療方法，為患有認知障礙症的院友提供訓練及活動，例如音樂治療、魔術治療及園藝治療，以提升患者的情緒及認知狀態。

Interactive training programmes

The two care-and-attention homes of us has about one-third of the residents suffering from mild to severe level of dementia. Some continual structure and interactive training programmes are essential for preventing quick deterioration of health. Yam Pak Charitable Foundation King Lam Home for the Elderly obtained a grant from The Board of Management of The Chinese Permanent Cemeteries to purchase some multi-media electronic training facilities. With these facilities, the staff provided individual or group training according to the needs of the residents. By using the multi-media facilities, the residents showed great interest in learning the skills in playing the training games and communicate with the others, thus, their cognitive functioning were improved.

On the other hand, Yang Chen House also conducted non-pharmacological therapies, such as music therapy for cognitive training, magic therapy and horticulture therapy. By using these therapeutic programmes, residents' mood and cognitive functioning were enhanced.



▲ 院友參與音樂治療活動。
Residents participated in music therapy programme.

▶ 透過電子遊戲，為院友進行認知訓練。
Residents received cognitive training through playing electronic games.



治療研究成效發佈會

今年，我們在不同的場合和國際會議中發表服務研究，其中包括與基督教聯合醫院合辦的新聞發佈會，發表「醫社合作模式：認知復康訓練課程成效研究」，獲得多間傳媒報導。此外，我們也在去年 11 月舉辦的「第九屆泛太平洋康復會議暨第廿一屆老年學周年會議」中，以海報形式發表了「先導研究計劃：跨專業認知障礙症音樂治療成效」。

伙伴合作

與「整全保健學院」合作——推拿訓練及服務

黃大仙改善家居及社區照顧服務與「整全保健學院」合作，於去年 9 月至 10 月期間合辦健康服務人員推拿治療基礎證書予前線同事，共有 24 名同事報讀並順利通過考核；其中 20 名獲機構資助。受訓完畢的同事，現在於不同服務單位為長者提供簡單推拿服務。

與尊賢會合作——椅子舞

今年我們與尊賢會合作，於不同服務單位舉辦由英國引入之椅子舞活動。舞步針對長者需要而設計，輕快的舞蹈為患者帶來健康和歡笑，從而改善他們之情緒狀況和活動能力。

▼ 椅子舞
Chair Dance Programme

Publication of evaluation studies

We have presented our studies in different context and international conference. It included the Press Conference collaborated with the United Christian Hospital, which topic was 'Hospital and Community Partners Engagement - Effectiveness of Community Rehabilitation Programme for the Elders'. Moreover, we also had a poster presentation of 'The Effectiveness of a Multi-disciplinary Music Therapy Programme in People with Dementia: A Pilot Study' in the '9th Pan-Pacific Conference on Rehabilitation cum 21st Annual Congress of Gerontology'.

Partnership Projects

Collaboration with the Institute of Holistic Healthcare – Tui-Na Training & Services

To promote service quality and variety, Wong Tai Sin Enhanced Home and Community Care Services (EHCCS) allied with Kerry Fung & Associates Physiotherapy Services, the Institute of Holistic Healthcare, to design Tui-Na training curriculum for home care workers from September to October 2014. 24 staff from different service units had been trained and got the certificates. 20 of them were sponsored by the Agency. Graduates are now providing massage service in their service units.

Collaboration with the Jade Club – Chair Dance Programme

In collaboration with the Jade Club, we provided the Chair Dance Programme, which was originated in England, to elders in different service units. The programme was designed according to the needs of elders, which provided opportunity for them to enjoy dancing in a safe environment and hence improving their mood and mobility.

與果園社企合作——狗醫生探訪

智存記憶及認知訓練中心與果園社企合作，安排狗醫生探訪中心之認知障礙症患者，從而刺激他們過往飼養寵物的回憶。與狗醫生之間的互動，讓患者感到快樂，對中後期認知障礙症患者尤其有幫助。

與東華三院準提閣佛學會生命同行坊合作——善壽服務工作坊

為了讓長者及其家人了解「老而善終」的理念，安排百年歸老時的各項事項，達至圓滿人生。黃大仙改善家居及社區照顧服務在去年 11 月 8 日與東華三院的準提閣佛學會生命同行坊（圓滿人生服務）合作，為長者們舉辦生命教育講座「善壽服務工作坊」，簡述身後事安排及本地殯儀訊息，吸引長者及家人參與，參與人數比原定的超額一倍。

與康城青年空間合作——跨代共融計劃

「傳承智慧、代代相連；以愛傳愛、長幼互勉」，翠林長者日間護理中心為實踐跨代共融的理念，本年度與香港青年協會康城青年空間攜手合作多個長幼共融的活動，其中包括「愛·接力」長者人生回憶冊製作及「青年愛心 COOK」兩大活動計劃。長者人生閱歷豐富，滿有智慧，透過青年義工的訪問和整理，成為珍貴的人生回憶冊，流傳後世，代代相傳。此外，以美食作媒介，由年青人為長者烹調各式美食，讓長者感到窩心的同時，亦能讓青少年體會關愛長者的方法。

Collaboration with the Fruit Garden Social Enterprise Limited – Pet Doctor Visit

Mind-Lock Memory & Cognitive Training Centre collaborated with the Fruit Garden Social Enterprise Limited, arranged pet doctors to visit our demented service users. This would stimulate service users' memories of pet raising. Those service users with moderate to severe level of dementia, enjoyed the most in playing with the 'Doctors', from which, they could improved their mood.

Collaboration with Chun Tei Kok Buddhist Association Limited Centre of Life Enlightening – Seminars on Funeral Services

To facilitate elders and carers' knowing about death and planning for death, and increase their acceptance of it, Wong Tai Sin EHCCS allied with Chun Tei Kok Buddhist Association Limited Centre of Life Enlightening (Endless Care Services) of Tung Wah Group of Hospitals, to organise 'Workshop on Funeral Services' for service users and their carers on 8th November, 2014.

Collaboration with LOHAS Youth S.P.O.T. – Intergenerational Communion Project

'Wisdom passed to future generation for sustainability; Love transfered to others for harmony'. Tsui Lam Day Care Centre for the Elderly adopted the concept of intergenerational communion and organised with the HKFYG LOHAS Youth S.P.O.T. for many intergenerational programmes, including 'Love · Relay' – production of elderly life story book, and 'Youth COOK'. Elders have rich life experience and wisdom. The youth volunteers conducted interviews, collected photos, and produced the life story books for the elders. This helped the passing of the elders' story to the next generation. While at the same time, with food as the media, the youth cooked the delicious food for the elders to make them feel gratifying. The programme also allowed the youth to have real experience in caring the elderly.



▲ 一本由青年人設計及編寫的長者人生回憶冊，成為了一個家庭生命延續的重要物。
The precious life story book, which was designed and compiled by the youth, became the important thing for life sustainability in one's family.



▲ 狗醫生探訪
Pet Doctor Visit



▲ 長者與年青人以美食作橋樑，開展關懷之旅。
The elders and the youth were connected by food.

與智存記憶及認知訓練中心合作——於日間護理中心提供認知障礙訓練

本會轄下的 5 間日間護理中心均與智存記憶及認知訓練中心合作，提供各種不同的認知訓練和治療予認知障礙症會員，包括音樂治療、園藝治療、魔術認知訓練和烹飪班，以提供多元化和有趣的訓練予有需要的長者。

Collaboration with Mind-Lock Memory & Cognitive Training Centre – Dementia Training in Day Care Centres for the Elderly

All 5 of our Day Care Centres for the Elderly had partnership collaboration with our Mind-Lock Memory & Cognitive Training Centre to provide different kinds of cognitive training, such as music therapy, horticulture therapy, magic training with cognitive training element and cooking class.



▲ 為患有認知障礙症的長者舉辦「出奇魔術團」活動。A therapeutic group, 'Wonderful Magic Team', was held for demented service users.



▲ 由專業導師為長者及其家人製作漂亮的年曆，令長者可以細味當年的情景，將人生美好片段好好留住，轉成回憶。Professional photographers were invited to teach elders and their families to make valuable and memorable photo calendar.



▲ 透過音樂治療師及輔助人員，讓長者參與樂器演奏及懷舊金曲欣賞，訓練長者記憶及紓緩抑鬱情緒。Music therapy was conducted by music therapist to mild cognitive impairment and depressive users.

展望

展望來年，我們的長者照顧服務將繼續發展，尤其是長者社區照顧服務券方面，希望樂力長者日間訓練中心和智存記憶及認知訓練中心能夠服務更多有需要的人。而了解到在社區中安老的長者中，有些腎病患者有洗肚的需要，但是仍未想入住安老院舍，我們特別構思提供一些支援服務給與這類長者，協助他們繼續在社區生活。

Outlook

For the coming year, we are going to further develop the Community Care Service Voucher for the Elderly, we wish that more elders in need can enjoy our services in the Lively Elderly Day Training Centre and the Mind-Lock Memory & Cognitive Training Centre. Besides, knowing that there are some elderly home care users who are with renal failure, still wishing to stay in community instead of entering the residential care, we are planning to start some support for these elders in needs, helping them fulfill their wishes of staying and living in the community.

2014-2015 服務統計 (截至 2015 年 3 月 31 日) Service Statistics (as at 31st March, 2015)

院舍服務

Residential Service

安老院宿位 Home-for-the-Aged Places	11
提供持續照顧的護理安老宿位 Care-and-attention places providing continuum of care	199
院友總人數 Total no. of residents	210

長者社區照顧服務券

Community Care Service Voucher for the Elderly

樂力長者日間訓練中心 Lively Elderly Day Training Centre	25
智存記憶及認知訓練中心 Mind-Lock Memory and Cognitive Training Centre	28
總數 Total	53

家居及社區照顧服務

Home and Community Care Services

綜合家居照顧服務 (觀塘及黃大仙區) Integrated Home Care Services (Kwun Tong and Wong Tai Sin District)	
普通個案 No. of ordinary cases	1,190
體弱個案 No. of frail cases	91
改善家居及社區照顧服務 Enhanced Home and Community Care Services	
黃大仙區 Wong Tin Sin District	569
觀塘區 Kwun Tong District	448
總數 Total	2,298

長者日間護理中心

Day Care Centre for the Elderly

會員總數 Total No. of Members	
彩盈長者日間護理中心 Choi Ying Day Care Centre for the Elderly	65
真光苑長者日間護理中心 True Light Villa Day Care Centre for the Elderly	60
觀塘長者日間護理中心 Kwun Tong Day Care Centre for the Elderly	57
橫頭磡長者日間護理中心 Wan Tau Hom Day Care Centre for the Elderly	56
翠林長者日間護理中心 Tsui Lam Day Care Centre for the Elderly	83
總數 Total	321