

综合長者昭顧服務 Integrated Elderly Care Services





】合長者照顧服務是由三個服務部門組成,包括社 務。過去一年,我們的重點工作是加強長者的能力,使他 們能留在熟悉的社區或院舍中安渡晚年;擴展長者參與社 會及建立有利長者發展潛能的環境。我們的主要工作有以 下的範疇:

擴展持續照顧服務

我們擴展了綜合家居照顧服務與改善家居及社區照顧 服務,令更多長者得到外展服務的支援,繼續在社區中居 住。同時,我們將任白慈善基金景林安老院轉型為所提供 持續照顧服務的護理安老院舍。

促進長者健康

我們舉辦多項健康促進活動,以加強長者身體的健康; 並鼓勵長者組織自務式的教育活動,建立積極的晚年生 活。我們透過調查,引起社會人士關注長者在生理及心理 健康方面的特別需要。

與外界團體合作營造關懷的環境

我們鼓勵長者義工與商界及社區團體的義工合作,參與 社區活動及為有需要的長者提供義工服務。

The Integrated Elderly Care Services comprise three divisions, namely the Community Support Service, the Home and Community Care Services, and the Residential Service. In the past year, we focused our work on strengthening the capabilities of the elderly to enable them to stay in a familiar environment in the community or in elderly homes; to maximize their social participation and to establish an environment that provides opportunities for developing their potential. We have identified the following major areas of work:

Expanding Continuum of Care Services

We expanded our Integrated Home Care Services and Enhanced Home and Community Care Services so that more elderly people could be supported by our outreaching services and continue living in the community. We also converted Yam Pak Charitable Foundation King Lam Home for the Elderly to a care-and-attention home providing continuum of care.

Promotion of Elderly Health

We organized a series of health promotion programmes to strengthen the physical fitness of the elderly and to encourage self-organized educational activities amongst the elderly for active ageing. We conducted surveys to draw the attention of the public to the special needs of the elderly, both in terms of physical and psychological health.

Partnership with External Organizations to Create a Caring Environment

We encouraged our elderly volunteers to partner with volunteers from the commercial sector and community organizations to participate in community activities or to provide volunteer service to the elderly in need.

服務發展

綜合家居照顧服務擴充

為配合政府安老服務的「老有所屬」及「持續照顧」的政策,政府於2006年至2007年年度增撥二千萬元以加強長者的家居照顧服務。經過接近一年的商討,本會於2007年1月1日起,每年獲社會福利署增撥約一百七十萬元以加強本會為普通個案所提供的綜合家居照顧服務。自得到該筆新增的撥款後,本會綜合家居照顧服務的個案數目於2007年首季由971個增加至1,020個。

改善家居及社區照顧服務增加資源

體弱長者接受家居照顧服務的需要不斷上升。自 2005年10月1日起在黃大仙區提供服務以來,黃大仙改 善家居及社區照顧服務的個案數目上限,已因應與社會福 利署簽署的合約協定,上調至現時的212名及另加四個資 源增值名額。截至2007年3月31日,黃大仙改善家居及 社區照顧服務正為213名體弱長者提供服務。

院舍轉型

根據政府的政策,全港長者宿舍及安老院宿位將分階段轉型為提供持續照顧服務的護理安老院宿位,隨着養真院去年的轉型,任白慈善基金景林安老院的轉型於2007年3月1日展開,該院的供膳部將分期取消,最終將提供82個持續照顧資助宿位及18個自負盈虧宿位。



Major Initiatives

In-situ Expansion of Integrated Home Care Services

In order to fulfill its policies of 'Ageing in Place' and 'Continuum of Care', the Government has earmarked an additional \$20 million to strengthen home care services for the elderly. Following discussion with the Social Welfare Department for almost a year, we have been allocated an additional \$1.7 million per year to strengthen our Integrated Home Care Services for ordinary cases, with effect from 1 January 2007. After receiving the additional subvention, the number of service users attended to by our Integrated Home Care Services increased from 971 to 1,020 in the first quarter of 2007.

Increase in Caseload of Enhanced Home and Community Care Services

The need for home care services for the frail elderly continues to escalate. Consequent upon our provision of services to the frail elderly in Wong Tai Sin District from 1 October 2005, the maximum caseload of Wong Tai Sin Enhanced Home and Community Care Services was adjusted in accordance with the contract with the Social Welfare Department in June 2006. The current maximum caseload of Wong Tai Sin Enhanced Home and Community Care Services is 212 and 4 value added cases, and we were providing services to 213 frail elders as at 31 March 2007.

Conversion of Homes

In line with the Government's policy of converting self-care hostel and home-for-the-aged places into care and attention places providing continuum of care, and following the conversion of Yang Chen House last year, the conversion of Yam Pak Charitable Foundation King Lam Home for the Elderly commenced on 1 March 2007. Meal places will be phased out, and the Home will provide 82 subsidized long-term-care places and 18 self-financed places upon completion of the conversion.



- 1.長幼共融 青年義工探訪院友 Inter-generation solidarity Young volunteers paid concern visit to the elderly residents
- 2. 服務使用者暢遊迪士尼主題公園時展現燦爛的笑容 Elderly users enjoyed the visit to Disney Land.
- 3.長幼共融 青年義工探訪院友 Inter-generation solidarity Young volunteers paid concern visit to the elderly residents

蘋果日報慈善基金—「長者自我提升體適能運動」計劃

順安及真光苑長者地區中心獲蘋果日報慈善基金的贊 助,為長者設立了運動閣。參加者經物理治療師的體能 評估及指引,能夠適當地運用各種運動器材,以改善體適

觀塘長者生活壓力普查

2006年8月,真光苑長者地區中心聯同服務區內十間長 者中心進行了一項有關觀塘區長者生活壓力普查。結果在 四百零三位受訪長者中,有六成表示感到生活壓力;這些 壓力主要與他們的健康有關。當他們遇有壓力時,他們最 常見的症狀是失眠。為配合這需要,各長者中心將會在區 內舉行一系列為長者而設的健康及紓壓活動,以提升他們 生活的質素。

Self-Enhancement of Physical Fitness for the Elderly - Apple Daily Charitable Fund

With the generous sponsorship of the Apple Daily Charitable Fund, Shun On and True Light Villa District Community Centre established a fitness corner for their elderly. Under the guidance of a physiotherapist, all participants were enabled to use the exercise facilities safely and to improve their physical fitness after a thorough fitness assessment. The project was well received by the participants, whose physical mobility was greatly improved.

General Survey on Life Stress Amongst the Elderly in Kwun Tong

In August 2006, True Light Villa District Elderly Community Centre collaborated with 10 elderly service units in the Cluster to conduct a general survey on the life stress of their users. Among 403 interviewees, 61.5% indicated that they experienced life stress; for over 60%, this stress was associated with health issues. The most common stressful symptom encountered was insomnia. In order to improve quality of life among the respondents, a series of health and relaxation programmes will be organized in the Cluster.







- 4. 長者會員在運動閣進行運行 Elderly members doing exercise at the fitness corner
- 「單身男性是者對晚婚的態度調查」發佈會 Press Conference on "Survey on the Attitudes Towards Late Marriage Among the Male Elders" 「長者骨質健康、營養知識及生活調查」發佈會 Press Conference on "Survey on Bone Health, Nutrition and Lifestyle of the Elderly"

特別活動

「長者骨質健康、營養知識及生活習慣」調查

在一間商業機構的贊助下,綜合長者照顧服務舉行了一項「長者骨質健康、營養知識及生活習慣」調查。在營養師的協助下,我們設計了一份問卷來調查長者的營養及生活習慣,再輔以超聲波掃瞄測試長者的骨質密度。是次問卷調查共有五百零一名長者參與,當中四百六十名長者亦參與了骨質密度檢查。在參與了骨質密度檢查的長者中,只有百分之七的長者的骨質密度被評定為健康。在百分之九十三的參加者的骨質密度被評定為健康。在百分之九十三的參加者的骨質密度被評定在標準以下,當中只有百分之四的長者正接受合適的醫治;調查結果顯示社會應投放更多的資源,以關顧骨質健康出現問題的長者之需要。是項調查的結果及相關建議已於2006年10月19日的新聞發佈會上向外界公佈。此外,綜合長者照顧服務亦印備了有關骨質健康的教育單張,讓長者及其他人士加強對骨質健康的認識。

「單身男性長者對晚婚的態度」調查— **耆性資源輔導中心及香港浸會大**學

調查於2006年12月至2007年1月間進行,目的是要探討單身男性長者的生理及情緒需要。調查成功訪問了三百六十二位六十歲以上從未結過婚、喪偶、離婚或分居的的單身男性長者。四分一之受訪者表示不滿意單身身活,三分之二欲婚的受訪者希望尋找伴侶以滿足自己的生理需要。調查結果獲傳媒廣泛的報導,倡導以正面態度關注單身男性長者的生理、婚前及婚後輔導的需要。

Special Events

Survey on Bone Health, Nutrition and Lifestyle of the Elderly

With the sponsorship of a commercial company, Integrated Elderly Care Services organized a survey on Bone Health, Nutrition and Lifestyle of the Elderly. With the assistance of dietitians, we designed a questionnaire to investigate the nutrition and lifestyle of the Elderly, and supplemented the survey with ultrasonic bone scanning to investigate bone density. Altogether 501 elderly persons participated in the survey, with 464 of that number also participating in the bone scanning. Of these 464 elderly, only 7% had normal bone density, and only 4% had a normal daily intake of calcium. Despite these figures, only 4% of them were receiving proper medical intervention. These results indicate that more resources should be directed to address the needs of the elderly in this area. Results of the survey and corresponding recommendations were conveyed to the public via a press conference held on 19 October 2006. In addition, we also published an educational pamphlet on bone health to enhance the awareness of the elderly and the public in this area.

Survey on Attitudes Towards Late Marriage Among the Male Elderly—Sex Resource & Counselling Centre for the Elderly

To determine the sexual and emotional needs of single male elderly persons, from December 2006 to January 2007, a survey was conducted of 362 single men over 60 years old who (a) had never married, (b) were widowed, (c) were divorced, or (d) were separated. The survey found that a quarter of the interviewees were unhappy with single life, and two-thirds of those who did want to marry expressed the need for a partner to satisfy their sexual needs. The survey was widely reported by mass media and assisted in advocating for positive recognition of the sexual and emotional needs of the elderly, and the requirement for pre- and post-marriage counselling service for them.

為慶祝任白慈善基金景林安老院成立十五周年,本院於2006年7月至10月期間舉行了一連串的活動,並邀請地區人士、院友親屬、院友和員工一同參與,同時為回顧十五年來院舍的發展,特印製十五周年紀念特刊,以廣參閱。於2006年10月21日本院舉行開放日暨「街坊鄰里齊護老」義工計劃開展禮。當日邀請得任白慈善基金主席蒞臨主禮。區內街坊的參與十分踴躍,約有超過一千人次參與嘉年華會活動,氣氛非常熱鬧。

To celebrate providing residential service for the elderly in the community for fifteen years, Yam Pak Charitable Foundation King Lam Home for the Elderly organized a series of programmes in the latter half of 2006, with the participation of the staff, the residents, their family members and the community. A special bulletin was issued by the Home. The opening ceremony-cum-volunteer service project and carnival was held on 21 October 2006. Dr Chan Shuk Leung, the Chairlady of Yam Pak Charitable Foundation, officiated at the ceremony. More than 1,000 local residents also attended the carnival.









. 任白慈善基金主席陳淑良博士派發禮物給院友以表關懷 Dr. Chan Shuk Leung, Chairlady of Yam Pak Charitable Foundation concerned about the residents and delivered presents to them . 任白慈善基金主席陳淑良博士主持任白慈善基金景林安老院十五周年院慶典禮

Dr. Chan Shuk Leung, Chairlady of Yam Pak Charitable Foundation officiated at the 15th Anniversary Ceremony of Yam Pak Charitable Foundation King Lam Home for the Elderly

9-10. 任白慈善基金成員出席任白慈善基金景林安老院十五周年院慶活動

Members of the Yam Pak Charitable Foundation attended the 15th Anniversary Ceremony of Yam Pak Charitable Foundation King Lam Home for the Elderly

32

工聯會內地諮詢服務中心交流訪問

2006年6月10日工聯會內地諮詢中心一行十五人探訪真 光苑長者地區中心,互相交流安老服務的經驗。

南京市福利機構交流訪問

於2006年7月6日,南京市福利機構一行廿九人到訪本 會總部安老服務單位,彼此分享於提供長者社區、家居為 本照顧及院護方面的寶貴經驗。

Exchange Visit from the Service Centre of the China Federation of Trade Unions

On 10 June 2006, 15 staff from the Service Centre of the China Federation of Trade Unions visited the True Light Villa District Elderly Community Centre and exchanged experiences in running social services for the elderly.

Exchange Visit from the Nanjing Elderly Welfare Service Practitioners

On 7 July 2006, 29 welfare service practitioners from Nanjing visited the elderly service units of the Agency's Headquarters. With our visitors, we exchanged valuable experiences in providing community, home-based and residential services for the elderly.









11. 工聯會內地諮詢中心到訪真光苑長者地區中心 Service Centre of the China Federation of Trade Union visited the True Light Villa District Elderly Community Centre
12-14. 南京市福利機構到訪本會總部安老服務單位 Exchange visit from the Nanjing Elderly Welfare Service Practitioners to Elderly Service Units at the Agency's Headquarters

伙伴合作計劃

健體助延年計劃

健體助延年計劃是一個全港性活動,由十七間福利機構舉辦、七間體育總會及康樂及文化事務署協辦,並獲多間慈善團體及公司贊助。本會是合辦機構之一,計劃推行期由2007年1月至2008年12月,目的是鼓勵長者透過七項體育運動包括門球、草地滾球、社交舞、爵士舞、乒乓球、簡易網球和普及體操鍛鍊健康的生活模式。

獅子義エー比一・長者生活樂無憂

真光苑長者地區中心於2006年12月與何文田獅子會合辦一個社區教育活動,長者義工伙拍獅子會義工教導長者如何使用電話向政府診所預約診症服務及如何避免電話騙案。何文田獅子會並送贈大數字電話予一百位長者。

「家庭和諧日」

「家庭和諧日」是由東九龍青年商會與本會及其他機構 合辦的一項活動,目的是透過『我愛我的家』錄影帶及相 片攝錄比賽,提倡家庭和諧。順安長者地區中心的「非洲 鼓隊」獲邀於2006年12月奏出家庭和諧的樂章。

擴展義工網絡

在過去的一年,家居及社區照顧服務積極發展義工網絡,透過定期探訪或單元性的義工活動為服務使用者送上社會人士的關懷。探訪服務方面,我們與義務工作發展局『黃金歲月』退休人士義工計劃合作,開展了定期探訪長者的計劃。此外,家居及社區照顧服務亦得到香港郵政的贊助,舉辦了『人日賀壽慶新春』活動。在農曆正月初七,人人生日的特別日子,透過十一個包括互助委員會、中學、及青少年服務單位的義工為黃大仙及觀塘區七百六十名長者送上壽包及禮物,一同慶祝新春。

Partnership Project

'Healthy Exercise for Longevity' Project

This is a territory-wide project co-organized by 17 welfare organizations and sponsored by a number of charitable organizations as well as companies, and under the auspices of seven sports clubs and the Leisure and Cultural Services Department. The project, which will run from January 2007 to December 2008, aims to promote healthy lifestyles among the elderly through seven kinds of sports, including gateball, lawn bowls, social dance, jazz dance, table tennis, pinball, and general gymnastics.

Lions Service One-to-One – Elders living Happily with Intelligence

In December 2006, True Light Villa District Elderly Community Centre launched a community education project with the Lions Club of Ho Man Tin. In addition to financial sponsorship that supplied big-button telephone sets to 100 elderly persons, each elderly person was paired with one Club volunteer who would educate the elderly person in how to telephone-book medical appointments at government clinics, and on how to avoid becoming a victim of telephone deception (i.e. as practised by telephone 'con artists', who are noted for preying upon the elderly).

Family Harmony Day

The Family Harmony Day was initiated by the East Kowloon Junior Chamber and co-organized by CFSC and a number of other organizations. It aimed to promote family harmony through a photograph and video competition on the theme of 'I Love My Family'. The African Drum Team of Shun On District Elderly Centre drummed out its own version of family harmony at the award ceremony in December 2006.

Expanding Volunteer Networks

This year, the Home and Community Care Services expanded its volunteer network, with the aim, via regular home visits, of more efficiently directing potential service users to our services. We solicited the support of the Agency for Volunteer Services. Their Golden Age Volunteer Service Programme provided regular home visits to our service users. With the generous donation of Hong Kong Post, we organized a 'Birthday Celebration Programme' on the 7th of the Chinese New Year (i.e. the so-called 'Everybody's Birthday'.) On that day, volunteers from 11 organizations including Mutual Aid Committees, Secondary Schools, and Child and Youth Service Units delivered birthday buns to 760 elderly persons living in Wong Tai Sin and Kwun Tong, to celebrate together.



















15-16. 全港性活動——本會參與「健體助延年計劃」的啟動禮 Our Agency participated in the Kick Off Ceremony of "Healthy Exercise for Longevity Project"

- 15-16. 生活性活動 一本曾多典 "推請別班年計劃」的過數帳 Our Agency participated in the Kick Off Ceremony of "Healthy Exercise for Longevity Project"

 九龍城獅子會贊助「獅子養工一比一、長者生活樂無憂」活動 Lions Club of Ho Man Tin Sponsored the "Lions Service On to one-Elders Living Happily with Intelligence"

 18-19. 「獅子養工一比一、長者生活樂無憂」計劃開展機 Opening Ceremony of "Lions Service On to One Elders Living Happily with Intelligence" Project

 20. 本會與東九龍青年商會及其他機構合辦「家庭和諧日」活動 The East Kowloon Junior Chamber initiated the "Family Harmony Day" and our Agency participated as co-organizer

 11. 順安非洲結該於「家庭和諧日」表演 The Shun On African Drum Team performed at the "Family Harmony Day"

 22. 長幼同心慶團園一義工與長者共同製作湯園 Young volunteers and elderly members make foliase dumblings together

 3. 業工程は名今月日8日8年日本以表開修 Volunteers excepted cliffs and thoused concerns to the elderly were services.

- 義工致送紀念品與服務使用者以表關懷 Volunteers presented gifits and showed concern to the elderly users

成就

社會福利署「老有所為活動計劃」— 觀塘區最佳活動計劃

真光苑長者地區中心策動的「老有所為活動計劃」—「教學『相長』・『雙長』自強長者自務教育坊」成功地鼓勵了長者舉辦自務式的教育性活動,並培養長者們的獨立能力。此活動於2006年10月14日獲社會福利署頒為2005年至2006年度觀塘區最佳活動計劃。

護理程序指引及評估表

為提高護理服務的素質及統一護理程序,綜合長者照顧服務在各單位的護理專業同工的共同努力下,製訂了六十個護理指引,其中除了起居照顧的護理程序外,還有藥物處理及進階護理程序。因應每個護理指引,並製作了評估表以評估執行者的護理技巧及知識;此外還會評估與長者的溝通技巧及長者的滿意度等。評估結果會清晰列明跟進事項,例如:讚賞、重考、個別教授或建議進修等。護理技巧評估現正在部份單位試行,曾接受評核的員工,大多對指引及評估表有正面的評價。

Achievements

'Best Project in Kwun Tong' Award from the 'Opportunities for the Elderly Project' of the Social Welfare Department

'Win-Win To Grow: Self-organized Educational Workshop For The Elderly Project', initiated by the True Light Villa District Elderly Community Centre, successfully encouraged the elderly to self-organize educational programmes, hence promoting their independence. On 14 December 2006, it was awarded 'The Best Project in Kwun Tong District' by the 'Opportunities for the Elderly Project' of the Social Welfare Department.

Nursing Procedures and Assessment Forms

To promote quality of nursing care and to standardize nursing procedures, with the joint efforts of nursing professionals, the Integrated Elderly Care Services developed 60 nursing procedures. These included basic nursing care procedures, management of medication, and advanced nursing procedures. Assessment forms were developed for each nursing procedure. The assessment not only included nursing skills, but also caring knowledge, communication skills, and client satisfaction level. The assessment result was clearly noted down with recommendations on follow-up action such as appreciation, repeat assessment, individual coaching, and training suggestions. Some units piloted the new assessment scheme, and the feedback from most of the participants was positive.





24-25. 真光苑長者地區中心的「教學『相長』、『雙長』自強長者自務教育坊」獲頒為「老有所為活動計劃」之「觀塘區最佳活動計劃」 "Win-win to Grow : Self-organized Education Workshop for the Elderly Project" initiated by the True Light Villa District Elderly Community Centre was awarded "The Best Project in Kwun Tong District" by the "Opportunities for the Elderly Project"

服務統計 Service Statistics

院舍服務 Residential Service	
供膳部 Meal Section	75
護理部 Care-and-attention Section	140
院友總人數 Total no. of residents	215

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)	1,372
新個案 No. of new cases	350
終結個案 No. of closed cases	352
個案總數(體弱個案) No. of cases handled (Frail cases)	114
新個案 No. of new cases	24
終結個案 No. of closed cases	24

黃大仙改善家居照顧服務 Wong Tai Sin Enhanced Home and Community Care Services	
個案總數 No. of cases handled	319
新個案 No. of new cases	142
終結個案 No. of closed cases	106

長者日間理中心 Day Care Centre	
會員人數 Membership	169

耆性資源及輔導中心 Sex Resources and Counselling Centre	
熱線服務的查詢來電 No. of calls received via Hotline Service	140

