

安老善終 Serving to the End

明愛的安老服務旨在為60歲或以上的長者，提供社區照顧和支援服務，讓他們能夠保持安康，以至其生活質素得到改善。同時維護他們的個人尊嚴和能力，使其能積極投入社區生活。我們透過一系列全面的服務，包括中心服務、院舍服務和到戶服務，以達致上述的各項目標。

We provide community care and support services for elderly aged 60 or above. We aim to maintain their general well-being and improve their quality of life as well as to uphold their self-esteem and ability to live actively in the community. These are achieved through a comprehensive range of services including centre services, residential care services, and in-home care services.

相關部門 Related Division

社會工作服務部 Social Work Services Division



在白髮老人前，應起立；
對老年人要尊敬，應敬畏你的天主：我是上主。
(肋未記 19:32)

Rise up before the hoary head, and honour the person of
the aged man: and fear the Lord thy God. I am the Lord.
(Leviticus 19:32)



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疫中送暖

我們在2019冠狀病毒病疫情期間，除了向長者送贈防疫物資和進行電話慰問外，更安排中醫師為居住於港島區或院舍內的確診長者和護老者，進行視像問症、安排藥物送遞、調理「長新冠」後遺症，以及提供針灸服務。



其後，於疫情稍為緩和的情況下，我們安排同事和義工上門探訪長者和舉行中醫防疫養生講座。同時，院舍向確診院友提供額外營養食療，以改善食慾和提升免疫力。為了安撫院友的不安情緒，我們亦舉辦了不同活動，鼓勵院友以積極的態度回顧疫情期間的得著，加強訓練他們的正向思維。



透過展板與院友一同回顧齊心抗疫的點滴
Residents review the fight against the pandemic over the display boards

「護老者服務：回顧與前瞻」研討會

為總結服務經驗，與業界共同分享成果，明愛賽馬會照顧者資源及支援中心於2023年2月24日至2023年2月25日分別舉辦了兩場研討會，藉此促進專業及跨機構的合作。在研討會上，我們亦發布了於早前委託明愛專上學院湯羅鳳賢社會科學院進行的服務成效研究結果，與在場人士進行正面交流。

Sending Warmth during the Pandemic

During the outbreak of COVID-19, apart from giving anti-epidemic supplies and making telephone calls to the elderly, we also arranged for infected elderly and carers living on Hong Kong Island or in residential care homes to have video consultations, medicine delivery, post-COVID-19 conditions treatment and acupuncture services provided by the Chinese medicine practitioners.

Later, as pandemic gradually alleviated, we arranged our colleagues and volunteers to visit the elderly, and held talks with them on using Chinese medicine for COVID-19 prevention. The residential care homes also provided additional nutritional meals to the infected residents to improve their appetite and enhance their immunity. To appease the residents, we organized various activities to encourage them to reflect on their gains during the pandemic with an optimistic attitude to strengthen their positive thinking.



院友享用特製的營養布丁
A resident enjoys special nutritional pudding

Symposium on Carers Support Service

To reflect on our services and share our experiences with colleagues in the sector, Caritas Jockey Club Resource and Support Centre for Carers held a symposium between 24 February 2023 and 25 February 2023 to promote professional and cross-agency collaboration. At the symposium, we released and discussed the finding of a service effectiveness study conducted earlier by Felizberta Lo Padilla Tong School of Social Sciences of the Caritas Institute of Higher Education.

假日服務

為了加強與社區護老者和長者的接觸，明愛西貢長者中心、明愛東頭長者中心及明愛觀塘長者中心於2022年9月18日舉辦了名為「假日服務新體驗」的聯區活動，當日活動內容包括由醫生主講「認知障礙症之迷思」、外展推廣、以及多項專為護老者而設的減壓活動，反應十分熱烈。

明愛鄭承峰長者社區中心(深水埗)由2022年5月開始，定期於星期日舉辦以護老者為對象的活動，當中更結合了「藝術」、「音樂」及「cafe」等元素，並設有長者暫托服務，讓護老者得以放鬆疲憊的身心。



護老者以音樂治療進行減壓
Carers use music therapy to reduce stress

長者KOL

為了發掘長者的潛能，讓他們緊貼時代新趨勢，明愛沙田長者中心及明愛觀塘長者中心特意成立了「長者KOL」隊，培訓會員擔任活動的直播主持。此外，他們亦會走訪全港介紹不同景點和專訪個別人物，務求以輕鬆的手法向其他會員及社區人士推廣不同內容的資訊。



Holiday Service

To strengthen our contact with the carers and elderly in the community, Caritas Elderly Centre – Sai Kung, Caritas Elderly Centre - Tung Tau and Caritas Elderly Centre – Kwun Tong held a joint district event which named as “New Experience on Holiday Service” on 18 September 2022. It included a doctor’s talk on “All You Want to Know about Dementia”, outreach service promotion, and several stress-relief activities specially designed for carers. The activities received an enthusiastic response.

Caritas Cheng Shing Fung District Elderly Centre (Shamshuipo) regularly organized activities for carers on Sundays from May 2022 onwards, which combined elements such as art, music and cafe. It also provided residential respite service for the elderly, so that their carers could take a break and relax.

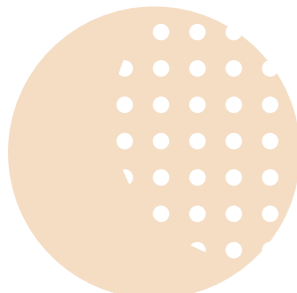


護老者共融活動
Inclusion activities for carers

Elderly KOL

To tap the potential of the elderly and keep them abreast of the social trends, Caritas Elderly Centre - Shatin and Caritas Elderly Centre - Kwun Tong set up a team of Elderly KOLs. Team members were trained to host live shows. They visited places all over Hong Kong to promote different attractions and interview guests, creating content in a lively and interesting way for other members and the community.

長者KOL訪問助理總裁麥冠達神父
Elderly KOLs interview
Assistant Chief Executive
Fr Dominique Mukonda





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生死教育及靈性服務推廣

本年度，寧安服務計劃與堂區合作舉辦生命關顧講座，內容包括平安三寶和四道人生，讓參加者從死看生，為生命作好「身前身後」的規劃，從而而不帶遺憾地離去。此外，我們亦舉辦了一個以「儒道釋耶跨文化看生死：圓融人生的關顧」為題的講座，讓長者和護老者認識死亡的意義。



在堂區舉辦生命教育講座
Life and death psychoeducation talk in a parish

Promotion of Life and Death Psychoeducation and Spiritual Wellness Service

This year, the Ning An Scheme collaborated with the parishes in organizing talks on end-of-life care with various topics on dying and death. The topics included will, enduring power of attorney and advance directive, and the "four virtues in life" (i.e. love, thanks, apologies and farewell). It let the participants look at life from the perspective of death and make planning and decisions ahead for the end of their life so that they leave this world without regrets. We also organized a talk on the theme "Cross-Cultural Views on Life and Death: End-of-Life Care" to let the elderly and their carers understand the meaning of death.



寧安服務計劃網頁
Website of Ning An Scheme

改善院舍環境

明愛富亨苑、盈水閣、馮黃鳳亭安老院，以及恩翠苑於本年度完成了部分環境改善工程，其中包括翻新院舍大堂、多功能活動室、中庭花園及休閒角，並嘗試引入不同的設計理念，冀望為院友提供一個更為舒適的居住環境，深得院友及其家人的欣賞。



經翻新後煥然一新的院舍大堂
Refurbished residential care home lobby

Improving the Residential Care Home Environment

Caritas Fu Heng Home, Ying Shui Home, Fung Wong Fung Ting Home and Evergreen Home completed parts of their improvement works this year, including renovating the lobbies, multi-function activity rooms, atrium gardens and leisure corners. Different design concepts were adopted with a view to provide a more comfortable living environment, which won great appreciation from the residents and their families.



重新規劃後的多功能活動室空間
Re-designed multi-function activity room

銀齡戲劇匯演

逾100位來自我們明愛「智好戲劇團」以及屬兩間機構長者劇社的第三齡人士，傾力籌備和演出「銀齡戲劇匯演」。匯演以話劇的形式道出長者關注的議題，包括認知障礙症、親友移民、離別的調適，以及四道人生（道謝、道歉、道愛、道別）等。他們在戲劇中綻放出對生命的熱愛和不斷追求成長的活力，觸動了超過1,700名觀眾的心靈。



Silver Age Theatre Gala

More than 100 third-age people from elderly drama troupes of Caritas and two other agencies devoted their efforts to preparing and performing in the Silver Age Theater Gala. In the form of drama, the gala performance addressed issues of concern to the elderly, including dementia, immigration of relatives and friends, adjusting to death, and life and death psychoeducation, and the "four virtues in life" (i.e. love, thanks, apologies and farewell). Their love and passion for life and their vitality in keep pursuing better performance were reflected in the performance, which touched the hearts of more than 1,700 audients.



表演者全情投入地演出
Performers put their heart and soul into the drama performance

鑽婚宴

明愛陸陳淑穎長者日間護理中心於2022年10月26日，為兩對已結婚60年的夫婦，舉辦一場簡單而隆重的婚宴，見證他們信守一生，以接納、包容、忍讓及愛承載對方的生命。

Diamond Wedding Ceremony

On 26 October 2022, Caritas Look Chan Suk Wing Day Care Centre for the Elderly held a simple but grand wedding ceremony for two couples who have been married for sixty years. The ceremony witnessed their lifelong commitment to each other, embracing acceptance, inclusion, tolerance and love.



兩對「新人」盛裝出席婚宴
Two "new" bridal couples attend the wedding ceremony

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新服務 / 新計劃 New Services / New Projects

《營男廚房》軟餐網上頻道

我們推出名為《營男廚房》的軟餐網上頻道，繼續向大眾推廣食得好的理念，以及支援護老者為有吞嚥困難的長者準備飲食。頻道由「營男」廚師示範製作營養豐富的家庭小菜軟餐，讓護老者能夠按簡單步驟輕鬆完成，讓家人能夠享受「同桌共食」之樂。



「營男」廚師示範製作軟餐
A chef demonstrates how to prepare soft meals

Oui Chef Channel

We launched an online soft meal channel called the Oui Chef Project to promote the concept of eating well to the public and as a support to the carers who prepare meals for the elderly with swallowing difficulty. In the channel, a chef demonstrates the cooking of nutritious family soft meals, so that carers can easily follow simple steps to prepare meals for family members to enjoy together.



《營男廚房》軟餐網上頻道
Oui Chef Channel

「痛定醫痛」痛症舒緩服務

本年度，我們轄下6個單位開展了痛症舒緩服務，安排中醫、物理治療師及推拿師，為社區內受痛症困擾的長者提供中醫診症、針灸、推拿按摩、緩痛治療和復健運動等服務，從而提升長者身心的健康。

Pain Relief Service

This year, our six service units launched the pain relief service provided by Chinese medicine practitioners, physiotherapists and massage therapists. Traditional Chinese medicine diagnosis, acupuncture, massage, pain relief treatment and rehabilitation exercise are used to help those elderly suffering from pain in the community to improve their physical and mental well-being.

個案分享 Case sharing

劉女士（化名）任職服務行業已有17個年頭，由於工作關係，她需要長期站立，下肢因此出現靜脈曲張的情況，左膝的痛症亦已困擾她3年多了。她表示早年與友人出外旅遊後，左膝的痛楚更為嚴重，甚至無法走路。經醫生檢查後，證實她左膝的軟骨磨損，需要轉介物理治療部進行治療。

及後，劉女士透過宣傳海報得知我們明愛元朗長者社區中心設有痛症舒緩服務，加上中心地點距離住所不遠，她便隨即報名參加接受治療。劉女士自參加服務以來，除了定期接受專業痛症管理外，亦跟隨物理治療師的指引，於家中以沙包綁腳的形式鍛鍊腿部肌肉。

劉女士過往左腳因痛症的關係，於上落樓梯時未能用上力，腰部亦猶如硬板。現時痛症全消，她更以「輕鬆晒」來形容腳和腰部的情況，可見治療的效果甚為理想。

「痛定醫痛」痛症舒緩服務 Pain Relief Service

Ms Liu (pseudonym) has been working in the service industry for 17 years. Due to her work, she needed to stand for long hours. As a result, she had varicose veins on her legs. The pain in her left knee has been bothering her for more than three years. She said that the pain in her left knee became severer and she could not even walk after a trip with her friends years ago. After being examined by a doctor, it was confirmed that the cartilage in her left knee was worn away and she was referred to the physiotherapy department for treatment.

Later, Ms Liu learned from our promotion poster that Caritas District Elderly Centre - Yuen Long provides pain relief services. As the centre was close to her residence, she immediately signed up for treatment. Since joining the service, apart from the regular professional pain management, Ms Liu also followed the guidance of a physiotherapist to exercise her leg muscles at home by using sandbags tied to her legs.

Owing to the pain in her left foot, Ms Liu had a stiff waist and had no strength in going up and down stairs. Now the pain has disappeared, she even described the condition of her feet and waist as relaxing, demonstrating that the treatment is very satisfactory.



長者會員接受推拿按摩
An elder receives massage service



長者會員正在進行體感訓練
An elder undertakes somatosensory exercise

「護老藍圖」：護老者支援計劃

承蒙「李國賢基金會」的資助和策劃，明愛香港仔長者中心及明愛中區長者中心得以和香港城市大學社會及行為科學學系合作。透過護老者需要評估工具以及個案管理模式，讓護老者更加了解自身的照顧優勢和方向，提供持續改善的動機。於2019冠狀病毒病疫情肆虐下，這項計劃仍然得到70多名護老者參加，成績實在令人鼓舞。

Carer Support Model: Development and Validation Project

Funded by the Simon K Y Lee Foundation, Caritas Elderly Centre - Aberdeen and Caritas Elderly Centre - Central District collaborated with the Department of Social and Behavioural Sciences of the City University of Hong Kong to launch this project. With the help of assessment tools and case management models, carers could better understand their strengths and have a clearer direction in their work, thus motivating their continuous improvement. Despite the prevalence of COVID-19, more than 70 carers participated in this project with encouraging results.

引入自動配藥機

明愛李嘉誠護理安老院獲「李嘉誠基金會」捐款，在院舍內添置一部自動配藥機，不但有助提升工作效率以及配藥、派藥的準確性，更大大降低發生藥物事故的機會率，讓院友食得放心住得安心。

Introduction of Automatic Dispensing Machine

Caritas Li Ka Shing Home received a donation from the Li Ka Shing Foundation to install an automatic dispensing machine in the elderly home. It not only helps improve work efficiency and dispensing accuracy but also greatly reduces medication incidents.