

# 安老服務

## Services for the Elderly

### 目標 Objectives

安老服務旨在為60歲或以上的長者，提供社區照顧及支援服務，讓他們能夠保持身心健康、維持其生活質素以及個人尊嚴，並積極投入社區生活，並同時支援照顧者減輕其護老壓力。為達到上述目標，本服務提供不同類型的服務，包括中心服務、日間護理中心、院舍服務及綜合家居照顧服務。

The Services for the Elderly provides community care and support services for the elderly aged 60 or above, with an aim of maintaining their general well-being and quality of life as well as upholding their self-esteem and ability to live actively in the community. Supportive services are also provided to the caregivers to assist them to cope with the caring stress. These are achieved through a wide range of services which are centre services, day care centre services, residential care services, and integrated home care services.

### 全年摘要 Highlights of the Year

#### 護老甜蜜新天地計劃

#### Sweet Sunday Holiday for Carers and Elderly Project

獲精神健康諮詢委員會贊助，我們於2023年4月在轄下18個長者服務單位展開「護老甜蜜新天地計劃」。這項計劃透過在週日及公眾假期提供服務，促進護老者和長者的精神健康，並加強護老者與長者之間的正面互動及情感連結。

此外，為了提高大眾對護老者精神健康的關注，亦相繼成立護老者互助小組和朋輩支援網絡、設立電話關顧服務和分享護老故事。

Funded by the Advisory Committee on Mental Health, the “Sweet Sunday Holiday for Carers and Elderly Project” was launched in April 2023 at our 18 elderly service units. It aimed at fostering mental well-being among carers and the elderly, as well as strengthening positive interactions and emotional connections between them through the services provided in Sundays and public holidays.

In addition, in order to enhance the awareness of the public towards the mental well-being of the carers, mutual aid groups for carers and peers supporting networks were established, complemented by telephone caring service and sharing by carers.

#### 個案分享：

邱伯獨力照顧因中風而行動不便的太太。然而，由於邱伯近年身體情況轉差，需要倚靠電動輪椅代步，因此難以與同樣坐輪椅的太太一同外出。久而久之，他們經常留在家中看電視度日，漸漸失去了社交生活。有見及此，社工轉介邱伯參與這項計劃，並配對一名男義工定期致電關心邱伯的近況及分享照顧心得。此外，社工亦邀請邱伯夫婦一同參與週日身心靈工作坊，並安排護送服務，讓他們得以再次享受社交生活。

邱伯亦參與護老者互助小組，與其他護老者交流經驗，他從中學會了如何提升個人的精神健康及了解如何獲取社區上可用的資源。更重要的是，他學會了主動向子女表達自己的需要，並讓他們分擔照顧責任。現在，邱伯不再感到孤單，因為他知道身邊有很多人給予支持，讓他有動力繼續照顧太太，堅守對太太不離不棄的承諾。



邱伯在護老者互助小組上分享照顧心得  
Mr Yau sharing his caregiving experience at carers mutual aid group



### Case Sharing:

Mr Yau is the sole carer of his wife who has been mobility impaired after a stroke. However, due to his deteriorating health in recent years, he has to use electric wheelchair to go out. It became very difficult for him to go out with his wife, who is wheelchair-bound as well. They gradually lost their social life and spent most of the time watching television at home. In view of this, the social worker referred Mr Yau to join the Project and matched with a male volunteer who provided regular caring call as well as shared caring tips with him. Besides, with the escort services provided, Mr and Mrs Yau were invited to participate the Sunday workshops to enjoy their social life again.

Mr Yau also joined the carers' mutual aid group to exchange experience with other carers. He learned how to enhance individual's mental well-being and understood how to obtain the resources available in the community. More importantly, he learned how to express his needs proactively to his children and share the caregiving responsibilities with them. Mr Yau no longer feels alone as he knows that many people are willing to offer their support him, which give him the strength to continue looking after Mrs Yau and keep his vow to stick with her.



邱伯與太太參加週日身心靈工作坊，  
一起製作足浴球  
Mr and Mrs Yau joining  
the Sunday workshop to make bath bomb

### 願望乘車計劃 GogoWish

利用「願望乘車計劃」的服務車，我們推出了「風繼續吹」項目，招募了15位精神復元的長者擔任義工，陪同有抑鬱或焦慮症狀的長者及照顧者外出「啱啱氣」。我們更將義工撰寫的感想輯錄成故事書《追夢者與圓夢人》。其中一名義工蒲女士分享：「對長者來說有夢想是十分重要，因夢想能夠讓他們抱有希望，有了這些希望，他們便能夠維持身心健康。」

除此以外，本年度「願望乘車計劃」亦推出了「風再起時」項目，鼓勵抑鬱症患者及其伴侶參與郊外野炊活動。有長者夫婦分享表示「風再起時」項目讓他們能夠抽離日常的煩囂而稍作休息，有助培養彼此的感情。

不但如此，「風的季節」項目更安排護老者及其家庭重遊舊地，例如初次約會的場所和昔日成長的地區。我們期望這個項目能夠有效促進家庭關係，為護老者提供喘息的空間，並為長期病患者達成心願。



義工陪同長者遊覽香港濕地公園  
Volunteer accompanying the elders to visit  
the Hong Kong Wetland Park

By making use of the "GogoWish" vehicle, we launched the "Breeze Season Project" which lined up fifteen elders who recovered from mental illnesses as volunteers to hang out with elders and caregivers with symptoms of anxiety and depression. A story book 《追夢者與圓夢人》 was published to record the feedbacks of the volunteers. One of the volunteers, Ms Po, shared, "It is important to encourage the elders have their dreams. With dreams, they can have hopes, with those hopes, they can stay physically and mentally healthy."

Besides, "Love Recharging Scheme" was also organized under "GogoWish" this year to encourage couples suffering from depression to participate in glamping activities. The elderly couples shared that the Scheme provided an opportunity for them to take a break from the daily chaos and build up their relationship.

Nevertheless, "Wind is Blowing Project" was also launched to arrange the family of the caregivers to re-visit places which have special meanings to them, such as the first dating venue and their childhood neighborhood. We hoped that it could foster their family relationships, provide caregivers with an opportunity to take a break and fulfill the dreams of their chronic patients.



妹妹陪同失明的兄長一同外遊散心  
Sister accompanying her disabled brother to go out and  
spend time together

### 個案分享：

宋伯和太太居於元朗的鄉郊地區，支援薄弱。宋伯在中風後不良於行，由太太獨力照顧。他們在疫情期間變得惶恐不安，宋伯更漸漸變得沉默寡言。及後參加了「風的季節」項目，安排他們到淺水灣郊遊。二人手拖手重遊拍拖舊地，重拾遺忘的情話，這一瞬間對他們來說十分美好。

### Case sharing:

Mr and Mrs Tsun live in the Yuen Long rural area with limited social network. Mr Tsun has been mobility impaired after a stroke who is solely looked after by her wife. They were on tenterhooks during the pandemic and Mr Tsun gradually became withdrawn. Later after joining the "Wind is Blowing Project," they were arranged to have a date at the Repulse Bay where they walked hand-in-hand, had sweet talks and enjoyed the intimacy of being together. The moment was beautiful to both of them.



宋伯和太太回到昔日拍拖的淺水灣  
Ms Tsun and Mrs Tsun visiting  
the Repulse Bay where they had  
a date in the old days

### 「生命·智慧」桌上遊戲 Life Wisdom Board Game

於2023年6月，我們設計並出版「生命·智慧」桌上遊戲，鼓勵長者以靈性及四道人生（道愛、道謝、道歉、道別）的角度回顧生命。透過這個桌上遊戲，長者能夠更加認識自己和肯定自我，繼而為生命進行規劃，並安然面對死亡，有將近200名長者、護老者及義工參與體驗這個桌上遊戲。余伯語重心長地說：「我從這個桌上遊戲中得到啟發；生命無常，確實要好好珍惜現在，活在當下。」另一名參與者何太亦



表示：「這個桌上遊戲提醒我平安四寶（預設醫療指示、平安紙、持久授權書及後事規劃）的重要性，我需要積極去預備。」這是一個喚醒參與者要愛自己、愛家人，活出智慧人生的桌上遊戲。

We designed and launched the “Life Wisdom” board game in June 2023 with a hope to encourage the elderly to review their lives from the spiritual and four principles of life (love, gratitude, forgiveness and bid farewell) perspectives. The elderly were able to gain a deeper understanding and affirmation of themselves, make plan for life and have courage to face death peacefully through this board game, with nearly 200 elders, caregivers and volunteers experienced playing the game.

“I am inspired by the board game to cherish and live at the present as life is full of uncertainties.” Mr Yu said sincerely. “The board game reminded me of the importance of four treasures of end-of-life planning. (i.e. advance directives, a will, power of attorney and funeral planning) which I have to prepare proactively” expressed by another participant Mrs Ho. This board game is about arousing people to love themselves and their families as well as living a life with wisdom.

## 舍耆

### Elderly Home X Community Canteen

為了加強院舍長者與社區的互動，明愛賽馬會恩暉苑於本年度與明愛荃灣社區中心合辦了四次舍耆Canteen活動。十名院友在活動中負責接待、落單、製作美食和清潔的崗位，充分發揮他們的才能和展示回饋精神。活動共有300名社區人士參與，可見他們的熱情和能力得到充分的支持和肯定。

With an aim to strengthen the interaction between the residents and the community, Caritas Jockey Club Everbright Home collaborated with Caritas Community Centre – Tsuen Wan to co-organize the “Elderly Home X Community Canteen” four times this year. Ten residents performed the duties of reception, taking orders, food preparation and cleaning during the event, showcasing their abilities at their ages and demonstrate the spirit of reciprocity. Their passions and abilities were appreciated by the 300 participants from the community.

## 有種戲劇叫「讀劇」

### A Precious Experience for the Elderly with “Read-through”

我們於2023年9月至2023年12月期間開辦了兩個讀劇班，招募對戲劇感興趣的第三齡人士參加。參加者須完成一個45小時的訓練班，學習運用聲音的技巧和演讀經典劇目。在訓練班尾聲為學員安排了3場公開表演，吸引了200名觀眾到場欣賞。他們的演出雖然沒有華麗的舞台和戲服，但學員精彩的表現贏得觀眾不絕的讚賞和掌聲。

We organized two “read-through” classes for the third age citizens who had interest in drama between September 2023 and December 2023. Participants were required to complete a 45-hour



「生命·智慧」桌上遊戲  
“Life Wisdom” Board Game



院友協助落單及製作美食  
Elder residents taking order and preparing the food

training class on vocal skills and classic titles reading. Three public performances were arranged for the participants by the end of the training class, with over 200 audiences came to enjoy their performance. Notwithstanding that there were neither big stage nor fancy costumes, the performance of the participants widely drew the praise and applause from the audience.

## 個案分享：

梁女士在完成訓練班後分享表示：  
「我十分享受整個學習過程，讓我  
能夠更加認識自己和發掘自己不同的  
面貌；例如演讀一些不同的對白，甚至  
反串出演男性角色，突破自己，嘗試新的  
可能！對我來說這實在極具挑戰性！」  
梁女士參加了讀劇訓練班，學會  
如何運用聲線的技巧，並配合不同的  
情感，將劇本的內容「讀」出來，好讓  
觀眾去想像和感受。讀劇訓練班更為  
梁女士提供了一個「挑戰」機會，讓她  
嘗試反串扮演男性角色，將角色的故事  
透過她的聲線呈現出來，令她能夠認識  
到另一面的自己。

## 擴展家居照顧服務

### Extension of Home Care Service

為致力落實推行居家安老，綜合家居照顧服務由去年開始擴展服務，為輕度缺損的長者提供服務。除了提供膳食及家居清潔服務外，明愛沙田及隆亨綜合家居照顧服務舉辦了不同活動，包括桌上遊戲、烹飪班、運動班和歌唱班，鼓勵他們走出社區，以照顧其身、心、社、靈的需要。其中一名參加者黃婆婆參與活動後表示：「對我來說每一天都是一個新發現！」，她開心滿足的表情，令我們的團隊感到十分鼓舞。



公開表演  
Performing in public

## Case Sharing:

Ms Leung shared after completing the training class, “I enjoyed the class very much as I can understand more on myself and explore the other side of me, such as reading different scripts and even performing the role of a male character. It’s such a breakthrough for me to explore those new possibilities!”

Joining the class allowed Ms Leung to learn a new side of her own, how to use her voice wisely and read the script emotionally, to let the audience imagine and indulge in the scenes with her. After the classes, Ms Leung had a chance to act as a male lead and present his stories through her voice. She recalled the scene when she could do it and her voice could make it as she felt unexpectedly empowered.



長者們正在享受桌上遊戲  
The elders enjoying the board game



With the determination to implement ageing in place, our Home care support services has extended its services to the elderly with mild impairment since last year. Apart from provision of hot meals and household cleaning services, Caritas Integrated Home Care Service – Shatin and Lung Hang organized different activities, including board games, cooking, physical exercise and singing classes, so as to encourage them to walk into the community and take care of their physical, mental, social and even spiritual needs. One of our service users, Ms Wong, shared her thought after joining the programme, “Every day is a new discovery to me”. Our team was really motivated by her satisfaction to our service.



為他們的摯愛製作蘿蔔糕  
Making turnip cake to their love ones

### 賽馬會護老導航照顧者支援計劃 Jockey Club Carer Space Project

於2024年初，我們推出了為期五年的「賽馬會護老導航照顧者支援計劃」，為有需要的護老者提供彈性和優質的暫顧服務。長者在中心獲安排接受短暫照顧和訓練，讓護老者得以稍作休息。

#### 個案分享：

黃女士照顧患有認知障礙症的母親已有兩年。她的母親早前曾經接受長者日間中心的服務，但由於服務時間過長，加上舟車勞頓，引致母親出現情緒和行為問題。因此，黃女士抗拒再使用這項服務。

隨後，黃女士透過宣傳得知這項計劃，認為內容適合母親和自己，便決定參與。

黃女士表示：「報名參與這項計劃不需要進行任何體檢或符合其他要求，我只需致電中心社工，便可以按約定時間帶同母親到中心。中心會安排專業人員和義工照顧母親，並提供各種認知訓練，例如手工藝製作、互動遊戲和使用樂齡科技運動設備，使母親的身心健康得到全面照顧。」

「暫顧服務的時間非常靈活，可以讓我們只選擇下午母親精神狀態較佳的時段使用服務。現在，我終於可以抽空參與其他自己感興趣的活動了！」

#### Case Sharing:

Ms Wong has been taking care of her cognitive impaired mother for two years. Previously, her mother was once admitted to an elderly day care centre. However, the long service hours and extensive travelling time led to emotional and behavioral issues of her mother. Therefore, Ms Wong resisted to using the service for her mother.

Later, Ms Wong decided to join after seeing the promotion of this project which seems to be suitable for both her mother and her. Ms Wong stated that “No medical examination or other requirement is needed for the enrollment. I just call the social worker for making an appointment and bring my mother to the centre at the scheduled time. The centre will arrange professional staff and volunteers to take care of my mother and provide various cognitive training activities to her, such as handicraft making, interactive games, and age-friendly technology exercise equipment. Her physical and mental wellness are well catered.”

“The time for respite care service is very flexible, allowing us to use the afternoon service when my mother’s mental state is rather stable. I can finally spare my own time to participate in other activities that I am interested in.”



護老者與長者一同設計聖誕卡  
Carer and elder making Christmas card together



認知訓練  
Cognitive Training

We rolled out the “Jockey Club Carer Space Project” in early 2024, which is a 5-year project, to provide flexible and high quality respite care services to the caregivers in need. Short-term care and training for the elderly will be offered which enable the caregivers to take a break.

### 賽馬會樂齡同行計劃 Jockey Club JoyAge Project for Elderly Mental Wellness

第三期「賽馬會樂齡同行計劃」於2024年1月展開，旨在透過治療性小組及個別輔導，關注長者的情緒及抑鬱徵狀，以改善其身心健康。此外，計劃亦舉辦一系列社區教育活動，喚起公眾對長者精神健康的關注。

The third phase of the “Jockey Club JoyAge Project for Elderly Mental Wellness” kicked off in January 2024. It aimed to improve the mental and physical health of the elderly with special attention paid to their emotions and symptoms of depression through therapeutic group sessions and individual counselling. In addition, a series of community education programmes were held to arouse public awareness towards mental health of the elderly.

#### 個案分享：

黃伯一年前受焦慮症及抑鬱影響而患上厭食症，甚至在試圖輕生後留院治療。出院後，黃伯參加了這項計劃，接受密集的介入治療和個別輔導。社工亦與黃伯家人為其訂立在家日程，同時為他配對樂齡之友進行定期關懷，陪伴他外出散步和參加中心活動。經歷約一年的治療，黃伯的身心狀況得到改善，更恢復了食慾，並漸漸懂得如何處理負面情緒。在社工的鼓勵下，黃伯擔任中心木工班導師，並重拾昔日遠足和釣魚的興趣。黃伯現時可謂能夠活出自在豐盛的人生。



黃伯擔任中心木工興趣班導師  
Mr Wong serving as volunteer woodwork tutor at the Centre



### Case Sharing:

Mr Wong, who suffered from anorexia nervosa due to anxiety and depression a year ago, was admitted to hospital after attempt of committing suicide. He participated the project after discharged from the hospital to receive intensive therapeutic intervention and individual counselling. The social worker also worked closely with his family for scheduling his home activity. Moreover, peer supporters were matched to accompany him to attend outings and centre programmes. After around a year of treatment, Mr Wong recovered physically and psychologically well with appetite and gradually knew how to deal with negative emotions. Under the encouragement of the social worker, he served as a woodwork tutor at the centre and picked up his hiking and fishing hobbies. Mr Wong is now able to lead a rich and fulfilling live.



### 獲取獎項 Awards Achieved

明愛沙田長者中心推行之「『跨』越變幻·耆義人生」活動計劃獲社會福利署2022/2023年度「老有所為活動計劃」全港最佳「一年計劃」的冠軍及地區最佳計劃。計劃目的是希望透過製作微電影及繪本，拉近兩代人距離，並促進跨代共融。在過程中，長者親自參與整項計劃之構思、策劃及推行，充分展現長者與時並進的樂活精神。

The Project「『跨』越變幻·耆義人生」launched by Caritas Elderly Centre – Shatin awarded the Championship and District Best Activity Award of the 2022/2023 Opportunities for the Elderly Award (1-year Project) which was organized by Social Welfare Department. It aimed to foster the relationships between generations and promote cross-generational integration through the production of micro-films and picture books. It also demonstrated the joyful spirit of elderly in moving with the times through participation in project design, planning and implementation.



製作認知障礙症繪本  
Making picture books