



2023-2024

年報 ANNUAL REPORT



目錄 Table of Contents



1

關於我們 About Us



- 2 信念、願景、使命
Belief, Vision, Mission
- 4 主席的話
Message from the Chairman
- 6 機構發展
Organizational Development

3

疫情下的認知功能障礙 Cognitive Impairment Under the Pandemic

- 18 九龍城「共建認知友善社區計劃」
'The Programme for Building a
Dementia-friendly Community'
in Kowloon City District
- 20 編織關愛 健康滿載：認知友善社區計劃
Love connection - Cognitive Friendly
Community Scheme

5

25 服務統計總覽 Service Statistics

7

29 財務報告 Financial Statement

9

35 捐款表格 Donation Form

2

回應慢性疾病管理的需要 Addressing the needs of Chronic Disease Management

- 10 賽馬會銀鈴健樂在社區計劃
Jockey Club Elders' Health Caring
Community Scheme
- 13 公益金寶達銀鈴護士站
Community Chest CareAge Nurse Station
- 15 睛靈長者計劃
Senior Eye Care Scheme
- 16 防跌偵查計劃
Fall Detection Program

4

社區支援長者情緒疾病 Community Support for Elders with Emotion Issues

- 23 「茶」「督」「撐」護老者關護大行動
'Stand by you' Carer Empowerment
Programme

6

26 鳴謝 Acknowledgement

8

32 機構組織 Organisation Structure



信念、願景、使命

Belief, Vision, Mission

信念

- 敬重長者對社會的貢獻
- 傳承中國優良傳統敬老文化
- 為公益，不計報酬向有需要人士提供服務

願景

- 為長者帶來健康快樂的晚年生活，提高長者的生活質素，安老在家
- 期望長者能健康地、獨立地、安全地生活在他們熟悉的社區環境內
- 鄰舍守望相助，建立和諧社區

使命

- 向長者及其家庭、護老者免費提供健康知識及護理諮詢，強化社區中的預防措施
- 積極推動社區人士關心及照顧身邊長者，建立一個互助關懷的社區
- 積極關懷長者，以訓練提昇長者自我照顧能力
- 推行公眾教育，使大眾明白理解各種老年人的疾病，從容面對黃金歲月

Values

- Respect the contributions by the elderly to the society
- Uphold the esteemed Chinese culture of respecting seniors
- Serve without seeking rewards from the community

Vision

- That the well-being of the elderly is enhanced for a happy and healthy life in their twilight years
- That the elderly may live in their familiar community safely, healthily and independently, with frequency of medical clinics and hospital visits reduced
- That the neighbourhood community is caring and harmonious

Mission

- Consultation on healthcare freely provided to the elders, their families and caregivers in the community
- Advocate community caring deeds to attain a harmonized society
- Reinforce the elder's self-reliant ability towards active ageing
- Educate the public at large the general knowledge of old-age problems, diseases and issues, and the concept of primary health care, preparing everyone to face the challenges of old age



關於關護長者協會

About Community CareAge Foundation

關護長者協會創立於2009年，乃香港政府認可的非牟利慈善機構（獲豁免繳稅的慈善機構檔案號碼：91/10167），致力在社區為經濟條件有限的長者，提供由護士主導的醫社合作下免費的健康關顧服務。創辦及管理團隊以專業醫護及社工為主，理事會委員中，近半數擁有醫療、護理及社工專業資格，包括老人科專科醫生、精神科醫生、註冊護士、臨床心理學家、註冊社工等，為前線提供專業知識、建議及監督。

協會引進社區護士站的概念，聘請註冊護士及註冊社工於公共屋邨及基層社區內設立「銀鈴護士站」，向低收入家庭的、60歲或以上的長者提供免費的健康諮詢服務。銀鈴護士站的服務包括公眾健康教育、身體及認知檢測、慢性病管理服務等，目的是令長者達治未病，早就醫的健康之道；亦幫助其照顧者學習護老之技巧和知識，促進家庭和社區和諧。我們期盼受惠長者們能夠改善生活習慣，選取健康飲食之道，預防疾病惡化，身心康健地、有自理能力地安老在家。

自2021起，協會增設兩所「銀鈴醫護站」，除提供全方位的護士服務外，更推出義診專科醫生服務（包括眼科、骨科、老人精神科、中醫等），務求加強社區的疾病預防，及早為長者偵測隱疾，並為確診慢性病的穩定個案提供適時檢查，務求及時轉介病情轉差的長者，至合適的醫療系統就醫，令他們穩定甚至改善健康情況，以達居家安老之效。

關護長者協會屬於香港公益金會員機構及香港社會服務聯會的會員，營運全靠各方捐款（私人、慈善基金及工商機構等）。協會服務模式成效卓越，獲社聯頒發「2019社聯最具成效中小型非政府資助社會服務機構大獎」嘉許，反映業界的認同。

Community CareAge Foundation Ltd (CCAF) was incorporated in HK in 2009 as a charitable organization. (IR file No: 91/10167). Its principal activity is to carry out charitable work beneficial to the community, in particular, relief support of financially underprivileged elderly in Hong Kong by the offering of nurse-led medical-social collaboration healthcare services on a non-profit making basis. It was founded by a group of medical, healthcare and social service professionals. The majority of the Board of Directors are with medical or social service professional backgrounds, including specialist in geriatric medicine, geriatric psychiatrist, registered nurses, clinical psychologist, and register social worker.

CCAF operates **CareAge Nurse Stations** to provide preventive primary healthcare include health education, health assessment to facilitate early disease intervention, and one-on-one nurse consultation on chronic disease management, aiming at reducing their frequency of visiting medical clinics or hospitalisation, so they may retire in the comfort of their own home healthily, competently and independently.

Since 2021, CCAF has set up two **CareAge Health Centres**. Apart from our signature nursing service, free of charge specialist consultation (including ophthalmology, orthopaedics, geriatric, and geriatric psychiatry) is introduced to assess vulnerable cases, make prompt referral to public medical services for early treatment. Interim medical treatment will also be made available for diagnosed stable cases while they are waiting for admission into the service for long term follow up.

CCAF is a member of the Community Chest of Hong Kong and the Hong Kong Council of Social Services. We received the Grand Award of "2019 HKCSS Most Impactful Small and Medium-sized Non-subvented NGOs' Award" organized by the Hong Kong Council of Social Services. The award reflects the industry's recognition of the effectiveness and cost efficiency of the services offered by CCAF.

理事會主席的話 From the Chairman



經歷 3 年多疫情，2023 至 2024 年對香港是疫後復常的新階段。「復常」在大部分社會大眾的角度，關心的重點多於經濟和社會民生上。然而，對長者而言，卻是一連串生理及心理健康從新適應的「挑戰年」。

2022 年，第五波疫情帶走了逾萬性命，當中佔多數是長者和長期病患者。風雨過後，不少長者對疫病仍抱有很大的焦慮感。長期在家的日子，亦令眾多長者失去了以往的社交生活。加上減少外出，對長者行動能力及感知能力上都帶來了負面影響。

更重要者，莫過於在數年疫情期間，公營醫療系統不勝負荷，不少長者的覆診輪候期延長。雖然，疫後醫療體系運作逐步回覆正常，但整體長者的健康跟進情況仍然遠遠落後於預期；而疫情亦令不少長者對於外出檢查身體感到卻步，他們身體雖出現狀況，但並未能得到及時偵測，錯失及早治療的良機。

有見及此，本會承接過去於疫情期

After enduring the pandemic for more than three years, the 2023-2024 period marks a new stage of normalcy for Hong Kong. For most of the public, the main concerns regarding this resumption are economic development and livelihood. However, for elders, this period was a 'challenging year' as they had to readjust to their physical and mental health conditions.

The fifth wave of the pandemic claimed over 10,000 lives, the majority of whom were elders or chronic disease patients. Many elders still feel very anxious about COVID-19 after the trauma. Moreover, some have lost their previous social lives as they had to stay at home for extended periods. The decrease in outdoor activities has also negatively impacted their mobility and cognitive abilities.

More importantly, the public health system was overloaded during the pandemic years, resulting in prolonged waiting times for follow-up consultations for many elders. Even though the health system gradually resumed normal operation after COVID-19, the overall follow-up on the health conditions of elders remains far below expectations. Moreover, the pandemic discouraged many elders from going out to seek medical check-ups. As a result, if they suffer from illnesses, they may not receive timely diagnoses and treatment.

間，種種為長者「治未病」而設計的服務，在疫後深化推行及發展。感謝精神健康諮詢委員會、香港公益金、香港賽馬會慈善信託基金、陳登社會服務基金、Hong Kong Club Foundation、匯豐社區伙伴計劃、華人永遠墳場管理委員會及各善長人翁的捐助，本年度我們支援了 3,904 位長者、並提供了 50,236 人次的服務予他們和護老者。

另一方面，我們了解到因社交隔離、減少外出機會和各類支援服務數量下調的情況下，疫情對患有認知障礙症的長者，帶來了種種負面影響；獨自面對的照顧者亦承受非常巨大的壓力。本會在陳登社會服務基金的支持下，推出「共建認知友善社區」計劃，為生活於愛民邨、何文田邨及真善美邨超過 1100 位長者提供支援，回應這方面的需要。

在這充滿挑戰的一年，本人代表關護長者協會，感謝馮偉基先生加入成為本會理事會成員，努力一起為社區長者尋找各種服侍他們的機遇。

展望未來，在政府大力推行基層醫療服務，以及本港市民整體醫療衛生常識提高下，市民會更著重個人健康、防治疾病於未然。我們會繼續與政府、及眾多社區協助伙伴一起，服務因身處不利環境、或基於經濟能力有限，而缺乏應有醫療健康服務的長者群眾，為他們締造獲更平等和公平的健康生活環境！

陳華發醫生
關護長者協會主席

In light of the above issues, after the pandemic, CCAF have enhanced our various services during COVID-19, designed to help elderly individuals prevent potential diseases, by deepening of their implementation and development. Thanks to the donations by Advisory Committee on Mental Health, The Community Chest of Hong Kong, The Hong Kong Jockey Club Charities Trust, Chan Dang Social Services Foundation, Hong Kong Club Foundation, The HSBC Hong Kong Community Partnership Programme, Board of Management of the Chinese Permanent Cemeteries and other generous individuals, we have supported 3,904 elders and have provided 50,236 times of services for them and their carers.

On the other hand, due to social distancing, reduced opportunities to go out and a decrease of support services, we recognise that the pandemic has had various negative impacts on the elders with dementia, while their carers face tremendous pressure on their own as well. To address these needs, with the support by Chan Dang Social Services Foundation, we have launched 'The Programme for Building a Dementia-friendly Community', providing support for over 1,100 elders living in Oi Man Estate, Ho Man Tin Estate and Chun Seen Mei Chuen.

On behalf of CCAF, I would like to thank Mr Fung Wai Ki for joining our Board of Directors during this challenging year, as we strive for more opportunities to serve elders in the community.

Looking ahead, as the government is committed to promoting grassroots health services and the public gains better general health knowledge, Hong Kong citizens will place greater importance on personal health and the prevention of potential diseases. We shall continue to collaborate with the government and various community partners to serve elders who lack access to essential health services, due to disadvantaged environments or limited economic resources, and create a fairer and more equal health environment for them!

Dr. Chan Wah Fat
Chairman, CCAF Board of Directors

機構發展 Organizational Development

本年我們加強對本地長者基層醫療在慢性疾病管理、及促進雙老照顧者的情緒健康工作，亦透過營造社區網絡和社會資本，打造何文田成為認知障礙友善社區，落實執行過去一年所訂定的發展目標和方向。

This year, we have strengthened our efforts in managing chronic diseases for local elderly patients and promoting the emotional well-being of dual caregivers. Additionally, we are building a community network and social capital to make Ho Man Tin a dementia-friendly community, implementing the development goals and directions we established over the past year.

銀鈴護士站 CareAge Nurse Station

本會以社區護士診所的概念，自 2009 年起設立「銀鈴護士站」，聘用註冊護士及註冊社工，為 60 歲或以上基層市民提供免費健康諮詢服務，包括公眾教育、身體及認知檢測、慢性病管理服務等，旨在社區把守第一關，令長者「未病先防」，達治未病，早就醫的健康之道；亦幫助照顧者學習護老技巧和知識，促進家庭和社區和諧。

Since 2009, our organization has established the "CareAge Nurse Station" based on the concept of community nursing clinics. We employ registered nurses and social workers to provide free health consultation services for individuals aged 60 and above. These services include public education, physical and cognitive assessments, and chronic disease management. Our aim is to serve as the first line of defense in the community, enabling seniors to "Prevention is better than cure" and encouraging early medical intervention for better health outcomes. We also help caregivers learn caregiving skills and knowledge, promoting harmony within families and the community.



銀鈴護士站 CareAge Nurse Station

九龍城區 Kowloon City	何文田邨、真善美邨 Ho Man Tin, Chun Seen Mei Chuen
觀塘區 Kwun Tong	寶達邨、秀茂坪 Po Tat Estate, Sau Mau Ping Estate
港島東區 Island East	興華邨、勵德邨、浣紗街 Hing Wah, Lai Tak, Wun Sha
深水埗區 Sham Shui Po	蘇屋邨 So Uk

銀鈴醫護站 CareAge Health Centre

深水埗基隆街 Sham Shui Po Ki Lung Branch	愛民邨 Oi Man Estate
--	----------------------

銀鈴醫護站 CareAge Health Centre

本會以護士站在社區成為「未病先防」第一關，由註冊護士為基層長者進行專業評估，再按長者的健康狀況轉介往「銀鈴醫護站」讓義診醫生進行診斷，本著「已病早治」的想法，讓原本不知自己有病、或長期輪候公營醫療服務的長者，適時獲得藥物或治療，以免耽誤病情。

Our organization positions the nurse station as the first line of defense for "Prevention is better than cure". Registered nurses conduct professional assessments for elderly individuals in the community. Based on the health status of the seniors, they are referred to the "CareAge Health Centre" for diagnosis by volunteer doctors. With the principle of "Early treatment is better than late," we ensure that seniors who may be unaware of their health issues or are on long waiting lists for public healthcare services receive timely medication or treatment, preventing any delays in their condition.

服務使用者故事 The Story of Service Users



袁婆婆，80 歲，與配偶同住公共屋邨。袁婆婆患有心肌梗塞及聽力障礙，於 2012 年被診斷出患有胃癌，已完成手術治療。丈夫周先生，84 歲，患有高血壓、糖尿病和高血脂症多年，並於 2018 年被診斷患上肺癌，由於手術風險高，沒有進行手術治療。

袁婆婆及丈夫由 2018 年開始接受銀鈴護士站及深水埗銀鈴醫護站的護士健康諮詢服務。2023 年 10 月袁婆婆向註冊護士表示感染新冠肺炎後，經常咳嗽至無法睡眠及胃口欠佳，同樣染病的丈夫表示周身疼痛以致暫停了多年堅持的晨泳習慣。經護士轉介，夫婦參與了銀鈴醫護站的中醫義診服務，並由本機構的藥物資助計劃資助了 2 星期的中藥治療，舒緩了袁婆婆的咳嗽情況及其丈夫的痛症困擾，改善了夫婦的睡眠質素，並讓其丈夫延續興趣。

儘管袁婆婆夫婦在生活中多次遭遇不幸，例如多次工傷創傷、配偶和自己病危，甚至兒子突然去世，但他們都能克服自己的悲傷，活在當下，最長情的陪伴是彼此最強的後盾。最後將袁婆婆夫婦的座右銘送給正在與頑疾抗爭的朋友：「隨遇而安！」。

Grandma Yuen, 80, lives with her husband in a public housing estate. She, a patient with myocardial infarction and hearing impairment, was also diagnosed with stomach cancer in 2012 and subsequently underwent surgery. Mr. Chau, her 84-year-old husband, was a long-term patient with hypertension, diabetes and hyperlipidemia. He has not undergone surgery for lung cancer, despite being diagnosed in 2018, due to the high associated risks.

The couple has been receiving health consultation services from nurses at CareAge Nurse Station and Sham Shui Po CareAge Health Centre since 2018. In October 2023, Grandma Yuen told a registered nurse that she had been coughing to the point of being unable to sleep and had a poor appetite after contracting COVID-19. Mr. Chau, who also suffered during the pandemic, said he had to stop his morning swimming routine because he felt pain throughout his body. After being referred by nurses, they received pro bono consultation from Chinese medicine practitioners at CareAge Health Centre. Our Drug Financial Assistance Programme also sponsored two weeks of Chinese medicine treatments for them, which helped relieve Yuen's coughing and Chau's pain. Their sleep quality also improved, while Chau was able to resume his swimming.

Although the Chau couple encountered several misfortunes in their lives, including injuries from industrial accidents, serious illnesses and the sudden death of their son, they can still overcome their sadness and live for the moment. Their long-term companionship is their strongest support for each other. 'Take things as come,' the couple advised other patients who are also battling diseases.



夫婦互助香薰按摩工作坊，丈夫靜靜地享受著袁婆婆新學的手法。
The Chau couple made a mosaic vase together. The camera-shy Yuen leaned on her husband's shoulder.



袁婆婆和丈夫一起創作了馬賽克花瓶，不習慣照相的袁婆婆害羞地靠在丈夫的肩膀。
In an aromatherapy massage workshop for couples, Mr Chau was enjoying Grandma Yuen's newly learned massage skills.

本會社工羅媛棋
Social Worker of CCAF

回應慢性疾病管理的需要

Addressing the needs of Chronic Disease Management



2021年，疫情第四波爆發，社會均看到，在公營醫療系統縮減非緊急服務下，大量長者的覆診和治療期也大受阻延。本會當時得到香港賽馬會慈善信託基金支持下，開展了「賽馬會銀鈴健樂在社區」計劃，在港島東（勵德邨、興華邨、浣紗）及深水埗，為長者提供健康風險評估及慢性病管理的服務。

時隔數年，隨疫後進入復常階段，本計劃亦已告一段落。整個計劃實施期間，服務進行了大量在地醫護支援和外展健康評估工作、進行藥物及健康生活管理教育，承托著社區長者的需要。而受助者，在健康相關行為、態度和知識上均有顯著的提升。另一方面，疫情令本地社區人士發揮出互相守望的精神。一眾參與的社區及公司義工，看見獨居及雙老戶的需要，多番參與慰問長者，致力減少他們未能外出而出現的孤獨感。疫後，他們仍然樂於參與本會服務，繼續將這份精神貢獻予區內長者。

When the fourth wave of the COVID-19 broke out in 2021, the public found that elders experienced delays in follow-up services and prolonged treatment times as the healthcare system scaled back non-emergency services. With the support of The Hong Kong Jockey Club Charities Trust, we launched the 'Jockey Club Elders' Health Caring Community Scheme' in Eastern District (Lai Tak Tsuen, Hing Wah Estate and Wun Sha) and Sham Shui Po to provide health risk assessments and chronic disease management services for elders.

The Scheme concluded after some years as Hong Kong resumed normalcy. To cater the needs of elders in the community, it provided extensive local medical and nursing supports and outreach health assessments, as well as education on medicine and healthy life management, during its implementation years. The beneficiaries have shown significant improvements in health-related behaviours, attitudes and knowledge.

On the other hand, the pandemic encouraged people in the community to embrace a spirit of mutual help. Recognising the needs of elders living alone and aged couples, many volunteers from the community and corporations visited them multiple times to help alleviate their loneliness caused by difficulties in going out. These volunteers remain eager to participate in our services and continue contributing to the wellbeing of elders in the community after the pandemic.

服務使用者故事 The Story of Service Users



梁伯，81歲、為人開朗。2023年7月，梁伯因視力模糊跌倒，右額頭縫8針，然而梁伯的公立醫院眼科專科覆診期卻在2027年1月。「因為疫情，家人都沒有工作、沒有收入，有時覺得睇醫生好奢侈，唔想累家人多個負擔。」

他與患有骨質疏鬆、受痛症困擾的80歲太太同住，經濟及生活均欠缺支援下，兩老常常自責年老成為拖累，社區接觸也慢慢減少。

及後，梁伯經由本會深水埗銀鈴醫護站的註冊護士轉介，參加了眼科義診，他被確診患有白內障。後經本會緊密合作的「睛彩慈善基金」及一眾眼科醫生協助，免費進行了白內障手術。

手術後，梁伯視力清晰了，心情變得開朗。「我好感謝關護長者協會，原來睇得番嘢唔單只我，連同我太太心

情都好左，我希望對同樣受眼疾影響的長者，幫得幾多得幾多！」

梁伯及太太自此樂於參與社區活動，太太的睡眠及情緒亦大為改善。梁伯鼓勵太太參加了「多元才藝展我能小組」，通過不同的藝術活動，專注當下，放鬆身心。農曆新年期間，更為深水埗銀鈴醫護站的服務使用者揮筆贈揮春。

Uncle Leung, 81, accidentally fell due to blurred vision and received eight stitches on his right forehead in July, 2023. However, his follow-up consultation in ophthalmology at public medical services is scheduled for January, 2027. 'My family members are out of work and without income due to the pandemic,' said Leung. 'I find it a luxury to visit a private doctor. I don't want to add any extra financial burden on my family.'

He lives together with his 80-year-old wife, who suffers from osteoporosis and pain. Without financial and living support, they used to blame themselves for their age and were reluctant to engage in social activities.

After being referred by a registered nurse at our CareAge Health Centre in Sham Shui Po, Leung received a pro bono ophthalmology consultation and was diagnosed with cataracts. Later, with the assistance of the Eye Care Charitable Foundation, which has close collaborations with us, and many ophthalmologists, he got a free cataracts operation.

Leung's eyesight returned to normal after the operation and he became jubilant. 'I'm really grateful to Community CareAge Foundation,' said Leung. 'Now, not only can I see things clearly, my wife also gets happier because of it. I hope more and more fellow elders suffering eye problems can receive assistance from CCAF!'

The Leung couple then enjoyed participating in social activities, while the wife's sleep and emotions improved significantly. Leung also encouraged her to take part in the 'multi-talent development group' to relax and live in the moment through joining various arts activities. In addition, during the Lunar New Year, Leung even visited the CareAge Health Centre in Sham Shui Po to write fai chun for the service users.





賽馬會銀鈴健樂在社區計劃 Jockey Club Elders' Health Caring Community Scheme



服務人數

Number of service users:

87,034

義工參與人次

Number of volunteers

service times:

1,394

賽馬會銀鈴健樂在社區計劃旨在提升深水埗和東區的長者健康與福祉。該計劃自 2021 年 2 月 1 日開始，至 2024 年 3 月 31 日結束，涵蓋了多項針對長者需求的服務，包括社區健康篩查、居家評估、註冊護士的後續健康支援、生活方式培訓、照顧者支援等等。

計劃目標

本計劃的主要目標是管理影響長者健康的風險因素，隱蔽病例的早期識別和干預，以及向弱勢長者推廣生活健康護理。

Jockey Club Elders' Health Caring Community Scheme, began on 1 February, 2021 and concluded on 31 March, 2024, aimed to enhance the health and wellbeing of the elders in Sham Shui Po and Eastern District. It provided many services to meet the demands of the senior population, including health screening in the community, home assessments, follow-up health support by registered nurses, lifestyle training and support to carers.

Scheme Objectives

The main objectives of this Scheme were to manage risk factors affecting elders' health, facilitate early identification and intervention of hidden cases, and promote primary health care for underprivileged elders.



服務成效與成就

儘管面對 COVID-19 疫情的挑戰，該計劃在運作上取得了顯著的成效。社區健康篩查和居家評估的服務量超出預期，顯示出計劃在回應長者社區健康需要方面的卓越表現。例如，社區健康篩查，受益人數達到 2,873 人。此類成果不僅是數據上的成功，更反映了長者對健康服務的需求得到及時滿足。

在疫情期間，本會展現了靈活應對的能力，將活動規模縮小並增加次數，以減少社交感染風險。社區教育活動的數量比原計劃增加了 20 倍，這不僅顯示了團隊的應變能力，也體現了其對疫情的敏感和關注。

影響與社區參與

計劃的設計，結合了出門可及的健康服務和社區合作夥伴連繫，成功滿足了社區的健康需求。護士和社工協助了大量社區個案進行分流，反映了計劃在將長者與所需服務連接方面的有效性。透過註冊護士的專業評估，許多長者獲得了及時的醫療支援，這不僅改善了他們的健康狀況，也提升了他們的生活質素。

Effectiveness and Achievements of the Services

Despite the challenges posed by COVID-19, the Scheme achieved remarkable results. The numbers of service users of health screening in the community and home assessments far exceeded the expected targets, demonstrating that the Scheme effectively addressed the health needs of the aged community. For instance, the former benefiting 2,873 users. Such results were not only statistical successes but also reflected the Scheme's ability to meet the health service needs of elders in a timely manner.

During the pandemic, CCAF showed flexibility in addressing challenges by downsizing the scale of events and increasing their frequency to reduce the risk of infection through social activities. The number of community education activities increased twentyfold from the original plan. In addition to demonstrating adaptability, the team also showed sensitivity and concern regarding COVID-19.

Impact and Community Participation

The design of the Scheme, combining accessible health services with collaboration among community partners, successfully satisfied the health needs of the community. Nurses and social workers triaged a large volume of medical cases in the community, demonstrating that the Scheme effectively connected elders with the services they needed. Following professional assessments by registered nurses, many elders received timely medical support, improving their health and quality of life.

In addition, the Scheme applied the B-A-C-K (Behaviour, Attitude, Condition, Knowledge) Framework to assess the positive changes in participants. A high proportion of respondents reported an increase in medication compliance, willingness to seek health services, and knowledge of self-care. These qualitative changes proved that the Scheme had a profound impact on the health behaviours and attitudes of elders.

此外，計劃運用 B-A-C-K（行為、態度、狀況、知識）框架評估參與者的正面變化。高比例的長者報告了用藥依從性提高、尋求健康服務的意願增加，以及自我護理知識的提升，這些質性的改變顯示了計劃對長者健康行為和態度的深遠影響。

面對挑戰與未來展望

COVID-19 疫情帶來的挑戰，特別是在面對面健康諮詢和培訓方面的限制，促使本會採用更多遠程服務，如電話跟進和線上健康教育，確保服務的連續性。對於有特別需要的群體，護士們仍然提供居家探訪，以滿足他們的緊急健康支援。

疫情復常，本會將繼續擴展並複製此計劃的成功模式。通過加強與社區組織的合作，探索新的服務機會。建立一個綜合的轉介系統，不僅能有效應對長者健康挑戰，還能促進社區整體的健康水平。

總結而言，賽馬會銀鈴健樂在社區計劃展示了社區基層醫療健康服務的有效性。通過整合各項服務並促進長者獲得必要的醫療護理。計劃不僅改善了個體健康，更為長者營造了一個支持性的社區環境，確保他們能夠以尊嚴和關懷度過晚年。



Facing Challenges and Prospects

The challenges posed by Covid-19, particularly the limitation in face-to-face health consultation and training, prompted us to implement more remote services, such as follow-ups over the phone and online health education, to ensure continuity of service. Nurses continued to make home visits to individuals with special needs to provide urgent health supports.

CCAF expand and replicate the successful model of this Scheme when Hong Kong resumed normalcy after the pandemic. We are making greater efforts to collaborate with community organisations to explore new service opportunities. Besides addressing the health challenges of elders, the overall health standard in the community can also be enhanced if an integrated referral system is established.

In conclusion, Jockey Club Elders' Health Caring Community Scheme proves the effectiveness of grassroots health services in the community. In addition to improving individual health, it helped create a supportive community environment for the elders by integrating various services and facilitating access to necessary medical care, ensuring they can spend their remaining years with dignity and concern.



公益金寶達銀鈴護士站 Community Chest CareAge Nurse Station (Po Tat Estate)

承蒙香港公益金多年來的贊助及支持，銀鈴護士站得以在寶達邨及秀茂坪邨內開展服務，為區內基層長者提供健康諮詢、慢性病管理及健康監控小組等多樣化的服務。

慢性疾病管理

多年以來，護士站已為超過 1200 位寶達銀鈴之友提供個別的慢性疾病管理服務。透過個人化的指導，這些銀鈴之友能夠將健康知識實踐於日常生活中，從而使他們能夠在原有的社區內居家安老，享有更好的生活質素。

社區健康教育

在過去一年中，護士站在社區健康教育方面亦有所拓展，針對長者常見的健康問題，為區內超過 300 位長者講解不同專科疾病的預防及護理知識。例如，我們舉辦了「順腸人生便秘護理」講座、預防高血壓的教育活動、酒精墨水畫靜觀藝術工作坊，及「心房顫動知多 D」的講座，旨在提升長者的健康意識和自我護理能力。

With the continuous sponsorship and support from The Community Chest of Hong Kong, CareAge Nurse Station operates at Po Tat Estate and Sau Mau Ping Estate to provide diversified services, including health consultation, chronic disease management and health monitoring groups, for the grassroots elders in the district.

Individual Chronic Disease Management

Over the years, our Nurse Station has offered individual chronic disease management services to more than 1,200 senior members. Thanks to the help of personalised guidance, these members can utilise their health knowledge in daily life, thus enabling them to age in place in the original community and have better living quality.

Health Education in the Community

The Nurse Station has also expanded the health education in the community in the past year. Focusing on the common health issues of elders, we have provided preventive and caring knowledge about different specialty diseases to over 300 elders in the district. For example, aiming at improving the health awareness and self-care ability of elders, we have organized talks about 'the intestines and secretion' and 'atrial fibrillation', education events about prevention of high blood pressure, as well as a workshop for alcohol ink art.



痛症管理訓練

除護士服務外，護士站亦因應區內長者對痛症護理的需求，舉辦了一系列的痛症管理訓練活動。這些活動包括針對肌肉失調、骨質疏鬆症、痛風及退化性關節痛的社區講座，幫助長者了解不同痛症的成因及預防方法。此外，護士訓練區內的長者，協助在寶達及秀茂坪邨內舉辦了多次社區檢查活動，共有超過 1580 人次參加，從中發掘了患有關節退化問題的長者。

工作坊與小組活動

為了進一步支援這些長者，我們設計了多個工作坊及小組活動，包括肩頸緩痛工作坊和「鬆一鬆痛症情緒管理小組」。這些活動透過熱敷痛處和放鬆情緒的方法，協助舒緩長者的痛感。此外，針對膝關節痛的長者，我們安排了「動動樂運動小組」，讓他們在安全的環境下進行椅上運動，既能鍛鍊腿力，又可以與其他長者交流互勉。在飲食控制方面，註冊護士於痛風飲食小組中教導長者認識各種醬料及食品的標籤，幫助他們避免選擇含有引致痛風發作的食品。註冊社工則設計了模擬超市，讓參加者能在實際購物過程中實踐所學知識。

防跌計劃

在 279 位參加痛症訓練的長者中，我們發現約有一半的參加者曾經跌倒。這一發現促使我們計劃在來年加強社區防跌工作，以減低長者的跌倒及骨折風險，確保他們的安全與健康。這些努力不僅提升了長者的生活質素，更幫助他們在社區中更好地融入和生活。

Training on Pain Management

Besides nursing services, the Nurse Stations also launched a series of training activities on pain management to address the corresponding needs of elders in the district. Such activities included community talks on topics like muscle imbalance, osteoporosis, gout and osteoarthritis, which helped elders understand the causes and preventive measures of various pains. In addition, the Nurse Station trained some elders to assist in the health inspection activities in Po Tat Estate and Sau Mau Ping Estate. More than 1,580 people took part in these activities which helped identify elders with osteoarthritis.

Workshops and Group Activities

To further support these elders, we designed many workshops and group activities, including a workshop to deal with shoulder and neck pains, as well as a group to manage emotions arising from pains. These functions helped lessen the pains of elders through warm compress on pain areas and relief of emotions. Moreover, we also arranged an exercise group for the elders with pain in knee joints. They could train their leg strengths through exercises on the chair under a safe environment and give mutual support to their peers. In a group for 'gout diet', registered nurses provided knowledge about labels of sauces and food to help elders avoid the food that could cause gout; while registered social workers designed a mock supermarket for the participants to practise what they learned.

Fall Prevention Scheme

We found that about half of the 279 elders who participated in the training about gout had experienced falls. This discovery leads to our plan to enhance the work on fall prevention in the coming year to lower the elders' risks of falling and bone fracture and ensure their safety and health. Besides improving their living standards, such efforts can also help them have better integration into the community.



睛靈長者計劃 Senior Eye Care Scheme

疫情令長者接受專科診斷回覆診期延長，影響了日常生活功能。本會有幸獲「滙豐香港社區夥伴計劃」資助，於 2022 年 9 月開展「睛靈長者計劃」。提供免費的眼疾護理教育及眼疾風險檢查，讓深水埗區內患有眼疾的長者，能及早提供適切的專科醫療跟進。

本計劃於深水埗區舉辦免費常見眼疾健康講座，向區內 833 位長者講解白內障、青光眼及黃斑病變的徵狀及診治方法。同時，亦為區內 302 位長者作視力檢查。當中有 83 位長者發現患有眼疾，並經由銀鈴醫護站轉介專科眼科醫生進行活療，為當中有需要長者進行白內障手術恢復清晰視野。

同時，我們明白預防勝於治療。要減慢眼疾惡化，需要多做護眼功夫。是次計劃便透過預防小組，與長者一起種植，讓多看綠色植物，舒緩眼部疲勞。另外，我們亦舉辦護眼按摩小組讓長者學習眼部按摩技巧，舒緩淚管閉塞症狀及改善眼睛疲勞問題。

最後，睛靈長者計劃亦訓練了一班青年義工，上門探訪深水埗區內視力退化的長者，送贈及協助長者家中安裝小夜燈及浴室防滑墊，改善長者家居安全，避免因視力不清而容易於家中跌倒發生意外。

The COVID-19 pandemic has led to extended waiting times for specialist diagnoses and follow-up appointments for the elderly, affecting their daily activities and quality of life. Our organization, supported by funding from the "HSBC Hong Kong Community Partnership Programme," launched the "Bright Eyes for Seniors" project in September 2022. This initiative provides free eye care education and screenings, enabling elderly individuals in Sham Shui Po with eye conditions to access timely specialist follow-up care.

The project organized free health talks on common eye diseases in Sham Shui Po, educating 833 elderly individuals about the symptoms and treatments of cataracts, glaucoma, and macular degeneration. Vision screenings were conducted for 302 elderly individuals, with 83 identified as having eye diseases and referred to specialist ophthalmologists through the Silver Bell Medical Station for treatments, including cataract surgery to restore clear vision.

Recognizing that prevention is better than cure, the project organizes gardening groups for the elderly, promoting exposure to greenery to help reduce eye fatigue. Additionally, we conduct eye care massage workshops to teach techniques for relieving lacrimal duct obstruction and eye fatigue.



Finally, the "Bright Eyes for Seniors" project trained young volunteers to visit elderly individuals with impaired vision in Sham Shui Po. They assisted in installing night lights and bathroom anti-slip mats, enhancing home safety and reducing accidents caused by blurred vision.

2 回應慢性疾病管理的需要 Addressing the needs of Chronic Disease Management



防跌偵查計劃 Fall Detection Program

多年的社交隔離減少了長者外出的機會，缺乏日常運動，不少長者的肌力也因而下降，成為跌倒的其中一個成因。本會感謝 Hong Kong Club Foundation 資助本會由 2022 年 9 月至 2023 年 8 月推行「防跌偵查計劃」識別社區中因減少外出，跌倒風險提升的長者，並給予協助，改善他們抗跌力。

計劃幫助長者識別潛在的跌倒風險因素，合共為 319 位長者提供不同的醫護專業跟進及訓練。另外，計劃亦提供營養師及物理治療師健康講座，為參加的長者提供準確的資訊和知識，提高他們對自身營養需求的認識並改善他們的整體健康和活動能力。物理治療師亦教育參與者選擇和使用合適的助行器和設備。

為協助更多社區長者預防跌倒，我們設計了一本家居訓練教育手冊，其中介紹了主要的跌倒風險因素以及預防跌倒的健康生活方式的提示。建議長者定期進行簡單及不同程度的運動訓練，鼓勵他們採取措施增強肌肉力量、平衡力量和減輕疼痛，以助更多社區長者建立健康生活模式。

Years of social isolation have limited older adults' opportunities for physical and social activities. The lack of daily exercise has caused a decline in muscle strength in many, increasing their risk of falls. Our organization is grateful to the Hong Kong Club Foundation for funding the "Fall Prevention and Risk Assessment Program" from September 2022 to August 2023. This program identifies older adults in the community at increased risk of falling due to reduced physical activity and provides support to enhance their balance and strength. It has helped participants identify potential fall risk factors and provided 319 older adults with follow-up care and training from medical and healthcare professionals.

The program also offers health talks by nutritionists and physical therapists, equipping participants with knowledge to better understand their nutritional needs and improve their overall health and mobility. Physical therapists provide guidance on selecting and using appropriate walking aids and equipment.

To help more seniors in the community avoid falls, we have created a home exercise guide that outlines key fall risk factors and tips for maintaining a healthy lifestyle. Participants are encouraged to perform regular, simple exercises of varying intensities to improve muscle strength, balance, and mobility, fostering a healthier lifestyle.



3 疫情下的認知功能障礙 Cognitive Impairment Under the Pandemic

疫情下的認知功能障礙 Cognitive Impairment Under the Pandemic

近年，認知障礙症及疫情的雙重打擊引起了世界各地人們對認知障礙症患者及其照顧者壓力的高度關注。認知障礙症患者對準確執行防疫措施和獲取相關資訊能力有限，要求他們謹記配帶口罩和使用其他保護措施亦遇到不少困難，令致他們有更高的疫病感染風險。在維持社交限制措施運作的情況下，他們較易感到孤獨和被遺棄，大大影響了情緒。

認知障礙症的早期識別和介入能顯著改善患者的生活質量，減緩病程進展 (Alzheimer's Association, 2021)。承蒙陳登社會服務基金的支持，我們試點形式於九龍城何文田邨及真善美邨推行「共建認知友善社區」計劃，通過舉辦一系列健康講座和訓練工作坊，參與者不僅增加了對疾病的認識，還提升了自我護理能力，促進了社交互動。這種社區參與模式有助於減少孤獨感，增強長者的心理健康。

此外，計劃亦透過認知訓練小組利用藝術和懷緬治療等方法，促進了長者的情感表達和認知功能。而定期的後續護理，不僅提升了長者對慢性疾病的管理能力，還加強了他們的健康自我效能感。



The dual impact of cognitive impairment and the pandemic in recent years has raised concerns about the patients of the former and the stresses faced by their carers. Patients with dementia had limited abilities to implement pandemic preventive measures and gather relevant information. It was also difficult for them to remember to wear masks and implement other protective measures, putting them at a higher risk of infection. Under social distancing restrictions, they also experienced intense emotional distress, as they could easily feel lonely and abandoned.

Early identification and intervention in dementia can significantly enhance patients' quality of life and slow the progression of the disease (Alzheimer's Association, 2021). Thanks to the support of Chan Dang Social Services Foundation, we have launched the 'The Programme for Building a Dementia-friendly Community' at Ho Man Tin Estate and Chun Seen Mei Chuen in Kowloon City District. Participants of the Programme can acquire more knowledge about the disease, improve their self-care skills and increase their social interactions by attending a series of health talks and training workshops. This kind of social participation helps elders lower their sense of loneliness and enhance their mental health.

Moreover, the cognitive training group under the Programme also promoted elders' emotion expression and cognitive function through arts and reminiscence therapies. We also provided regular follow-up care which enhanced elders' ability to manage chronic diseases and their sense of health self-efficacy.

九龍城「共建認知友善社區計劃」 'The Programme for Building a Dementia-friendly Community' in Kowloon City District



服務人數
Number of service users:
1,305

計劃概述

隨著香港老齡化問題的日益嚴重，認知障礙成為社會重大關注，影響著患者及其家庭。本計劃由陳登社會服務基金資助，於2023年8月1日至2024年1月31日實施，旨在針對未經診斷的長者進行認知評估及後續護理。

計劃設計

在公共教育方面，我們舉辦了多場健康講座，向長者及其護理者介紹認知障礙的基本知識和應對策略。專業人士的分享讓超過85%的參與者對認知障礙的理解有了顯著提高，並激發了他們調整生活習慣和積極參與社交活動的意願。

Summary of the Programme

As the issue of population ageing becomes increasingly serious in Hong Kong, dementia, impacting both patients and their families, has emerged as a major societal concern. Thanks to the sponsorship of the Chan Dang Social Service Foundation, the Programme was implemented from 1 August, 2023 to 31 January, 2024 to provide cognitive assessments and follow-up care for elders without prior diagnosis.

Programme Design

In the area of public education, we organised several health talks to introduce basic knowledge about dementia and its coping strategies for elders and their carers. After hearing from professionals, 85% of participants significantly enhanced their understanding of dementia and expressed a willingness to adjust their living habits and engage proactively in social activities.



早期篩查與介入

我們為長者進行了早期篩查，結果顯示許多人面臨潛在的認知衰退風險。為了應對這一挑戰，我們設立了認知訓練小組，並針對行動不便的長者提供居家訓練。社工根據每位參與者的背景和能力設計課程，採用了藝術治療和懷緬治療等多樣化的介入手段。這些方法不僅幫助他們分享過去的生活經歷，還促進了他們的情感表達和社交互動。

綜合後續護理

在後續護理方面，護士定期與服務使用者進行交流，幫助他們改善慢性病的管理。這些定期諮詢不僅涉及健康狀況的監測，還包括生活方式的調整和社交網絡的建立。參與者在這一過程中獲得了更多的知識和支持，並表示對自我健康管理的信心提高。

服務成效

整體而言，計劃在各方面的實施都是成功的。受益者對於健康講座和訓練的回應積極，許多人表示願意在未來繼續參與相關活動。這不僅顯示了他們對於健康管理的認識增強，也反映出社區對於提升長者生活質素的共同努力。

儘管計劃取得了一定的成就，但我們明白在認知障礙的公共教育方面仍有許多工作要做，特別是加強對家庭成員和社區的宣傳，讓更多人參與到識別和支援長者的行動。

Early Screening and Intervention

From the early screening for elders, we found that many people were at potential risk for dementia. To address this challenge, we established a cognitive training group and provided domestic training for elders with mobility impairments. Social workers customised a course for each participant, based on his/her background and abilities, and applied various intervention tools like arts therapy and reminiscence therapy. Beyond facilitating the sharing of life experiences, these methods also enhanced their emotional expression and social interaction.

Integrated Follow-up Care

In terms of follow-up care, nurses maintained regular interactions with service users, helping them in managing their chronic diseases more effectively. These regular consultations encompassed monitoring health conditions, adjusting lifestyles and developing social networks. Participants gained more knowledge and support throughout the process, claiming increased confidence in managing their own health.

Service Effectiveness of the

The Programme was successful in all aspects. Beneficiaries gave positive feedback on health talks and training, with many expressing a desire to continue participating in similar activities in the future. This not only demonstrated the enhancement of elders' knowledge about health management but also reflected the community's collective effort to improve the quality of life for elders.





總結

本計劃展示了服務的有效性，通過綜合的支持體系，我們能夠為弱勢長者提供全面的服務，幫助他們在面對認知障礙時獲得必要的關懷和支持。未來，我們將繼續尋求資助，以擴展和改進此計劃，應對香港日益增長的人口老化問題。

Although the Programme has achieved certain successes, we recognise that much remains to be done in public education about dementia. To encourage greater participation in identifying and supporting elders with dementia, it is crucial to enhance the publicity, targeting their family members and the community.

Conclusion

The Programme demonstrates the effectiveness of fundamental care services in the community. By establishing an integrated support system, we can provide comprehensive services for underprivileged elders, ensuring them receive the necessary concern and support in facing dementia. To tackle the increasingly pressing ageing issue in Hong Kong, we shall seek more sponsorships in the future to expand and improve this Programme.



社區合作

我們將串連社區內的社會服務單位、大專院校、商界以及屋邨物業管理公司，將「認知障礙」這一社區重要議題帶給不同的持份者。這樣的合作旨在加強社區人士對長者的認識及理解。

增加認識

透過增加健康知識和社區資源資訊，計劃協助在社區傳遞與「認知障礙」相關的正確和實用知識。這不僅加強社區人士對有認知衰退的長者及其家庭需求的認識，還推動長者及其照顧者積極參與社區活動。

社區守護網絡

我們運用區內的持份者及區外企業的義工，建立邨內的「社區守護員」義工網絡。透過辨識及主動關懷，這個網絡將支援區內的長者及家庭，加強鄰里互助的氛圍。

跨界別協作

計劃透過成立跨界別協作委員會，成為計劃內的專業顧問。委員會將定期舉行會議，檢視社區的需求，並擬定營造社會資本的策略，以持續共建認知障礙友善社區。

Collaborations in the Community

We have liaised with the major social service units, tertiary colleges, the business sector and estate management organisations in the community to introduce the important topic of 'dementia' to various stakeholders. Such collaborations aim to help people in the community have better understanding and knowledge about elders.

Better Understanding

The Scheme delivers accurate and practical knowledge about 'dementia' in the community through providing health knowledge and information about community resources. Besides helping people in the community have better understanding about the elders with dementia and the needs of their families, this measure also encourages elders and their carers to participate in community activities actively.

Community Caring Network

We shall team up with stakeholders in the community and volunteers of external corporations to build a 'Community Carers' volunteer network. This network will support elders and their families in the community and cultivate the atmosphere of mutual assistance in neighbourhood by identifying their needs and providing caring services proactively.

Cross-sector Collaborations

We established a committee for cross-sector collaborations to serve as the professional advisor of the Scheme. In order to develop a cognitive friendly community in a sustainable way, the committee will hold meetings regularly to review the needs of the community and formulate strategies to build social capital.



編織關愛 健康滿載：認知友善社區計劃

Love connection - Cognitive Friendly Community Scheme



計劃背景

社區投資共享基金資助，於何文田邨社區開展為期三年的「編織關愛 健康滿載」認知友善社區計劃。此計劃旨在透過不同的介入手法，推廣認知友善社區，支援被識別有輕度認知障礙的長者。

Scheme Background

Thanks to the sponsorship of Project of Community Investment and Inclusion Fund, we have launched Love connection - Cognitive Friendly Community Scheme in the community of Ho Man Tin Estate, with a duration of three years. The Scheme aims to develop a cognitive friendly community and support elders who are identified as having cognitive decline issues.



社區支援長者情緒疾病 Community Support for Elders with Emotion Issues

COVID-19 對長者情緒健康的影響已被多項學術研究廣泛探討。研究顯示，疫情期間的社交隔離使得許多長者感受到孤獨和社交焦慮，這種情況進一步加劇了他們的心理健康問題。此外，健康焦慮也是影響長者情緒健康的重要因素。許多研究指出，對 COVID-19 感染的恐懼加上對自身健康狀況的擔憂，導致長者經常感到焦慮和壓力。

生活方式的改變同樣對情緒健康產生了負面影響。疫情導致長者的體力活動減少和飲食習慣改變，這些因素對情緒健康有直接關聯。而減少來自社區的支持和醫療服務，亦使得長者在面對情緒困擾時缺乏必要的資源。

從上種種，我們亦觀察到，年長照顧者在疫情期間面對的焦慮、不安與無助感比普遍年長社群更甚。疫情後期，我們以「茶」「督」「撐」護老者關護大行動作社區教育，去預防承托這群護老長者的情緒健康需要。

Many academic researches have examined the effects of COVID-19 on the mental health of elders. Studies found that the social distancing measures during the pandemic caused many elders to feel isolated and anxious about their social lives, exacerbating their mental health issues. Anxiety about their own health is another significant factor affecting their mental wellbeing. Many researches indicated that the fear of contracting COVID-19 and worries about their own health caused anxiety and stress among elders.

The change in lifestyle also had negative effects on mental health. A decrease in physical activities and changes in dining habits among elders, due to the pandemic, were also closely linked to emotional disturbance, as there was a reduction in regular medical support and services in the community during that period.

Based on the above, we observed that senior carers experienced higher levels of anxiety, unease and helplessness than elders in general during the pandemic. In the later stages of COVID-19, we implemented community education through the 'Stand by you' Carer Empowerment Programme to address the mental health needs of these carers.



「茶」「督」「撐」護老者關護大行動
'Stand by you' Carer Empowerment Programme

項目成果概述

本項目在推行期間取得了顯著的成果，尤其在提升年長照顧者的參與感和社區聯繫方面表現突出。計劃其中一個重點是以「社區保母」協助年長照顧者進行照顧工作，讓他們有時間到公營醫療服務覆診或醫治。這項服務不僅僅是數字上的達成，更多的是在於這些服務如何實質上改善了照顧者的生活質素。

Summary of Achievements

The Programme made big accomplishments, especially in the areas of promoting the participation of elders' carers and community connections. One of the highlights of the Programme was the utilisation of community carers to assist elders' carers in their caring work and let them have time to receive treatment or follow-up consultation at public medical organisations. The most valuable achievement of this service was not merely meeting the quantitative targets, but rather improving the quality of life for caregivers in a practical way.

Appraisal of Programme Quality and Promotion Value

According to the feedback by participants, they generally found that their caring skills and health knowledge had been improved. In addition to practical knowledge, the carers could also develop friendships through interactions in the health workshops. This kind of social support was of utmost importance to their mental health. The participants also noted that, with regular follow-ups from social workers, their emotional wellbeing and quality of life had improved significantly, as this kind of care made them feel valued and supported.

項目推行日期
Programme Period
**2022年3月1日至
2023年8月31日**
**1 March, 2022 to
31 August, 2023**

服務人次
Number of service times:
6,851



項目質素及推廣價值評估

根據參加者的反饋，照顧者普遍感受到對照顧技巧和健康知識的提升。例如，在健康工作坊中，照顧者不僅學到實用的知識，還能在互動中建立友誼，這樣的社交支持對他們的精神健康至關重要。參加者也表示，透過社工的定期跟進，他們的情緒和生活質量都有明顯改善，這種關懷讓他們感到被重視和支持。



推廣活動及參加者反應

在「身心加油站」照顧者茶敘中，照顧者們分享了各自的故事，這樣的交流讓他們感到不再孤單。參加者如鄧婆婆表示，透過活動她認識了很多同樣是照顧者的人，大家互相鼓勵，形成了一個支持網絡。這種情感的交流對於照顧者的心理健康有著深遠的影響。

成功因素及持續性

本項目的成功在於我們重視照顧者的聲音，並在設計活動時充分考慮他們的需求。每次活動後的反饋環節不僅讓護老者感受到參與感，也使我們能夠靈活調整計劃，確保其切合實際。護老者在活動中的轉變，從最初的抗拒到後來的積極參與，充分顯示了這種設計思路的有效性。

疫後，本會進一步整合社區資源，吸引了大批社區義工，為照顧者提供持續的支持。透過建立一個友善和互助的社區環境，進一步提升照顧者的生活質量和精神健康，讓他們在照顧的旅程中不再孤單。

總結來說，「茶」「督」「撐」護老者關護大行動的成功不僅在於數據的達成，更在於每一位護老者在活動中所感受到的關懷與支持。隨著社區的共同努力，未來我們有望為更多護老者帶來積極的改變。

Promotional Activities and Participants' Responses

At the tea parties held for carers, they shared their own stories and no longer felt alone. Grandma Tang, one of the participants, said that she became acquainted with many fellow carers through the activities. They encouraged each other and formed a support network. Such emotional exchanges have a profound impact on the mental health of carers.

Success Factors and Sustainability

The success of this Programme lay in the facts that we highly valued carers' opinions and fully considered their needs in the design of activities. The feedback session after each event gave the carers a sense of participation and helped us adjust the Programme to meet their practical needs. The carers' change in attitude, from being resistant to participating actively, reflected the effectiveness of this design concept.

We further integrated community resources and attracted a lot of volunteers to provide ongoing support for carers after the pandemic. A community built on friendship and mutual assistance enhances carers' quality of life and mental health. They no longer feel alone on their caregiving journey.

In summary, while meeting the targets quantitatively is important, it is even more crucial that all caregivers felt the concern and support during the 'Stand by you' Carer Empowerment Programme. With the coordinated efforts of the community, we aim to bring positive changes to more carers of elders.

2023-2024 服務統計數字

Service Statistics 2023-2024

(截至 2024 年 3 月 31 日 as of 31 March 2024)

年度服務總人次 No. of Total Attendances	年度服務總人數 No. of Active Members
76,212	3,904

8 個銀鈴護士站年度服務總人次 No. of Attendances of 8 CareAge Nurse Stations				服務總人次合共 No. of Total Attendances	15,990 人次 times
健康教育 Health Education	健康檢查 Health Screening	護士個案跟進 Nurse Case Management	其他長者服務 Other Elderly Services	義工訓練 Volunteer Training	
7,887 人次 times	1,918 人次 times	6,043 人次 times	136 人次 times	6 人次 times	

2 個銀鈴醫護站年度服務總人次 No. of Attendances of 2 CareAge Health Centre			服務總人次合共 No. of Total Attendances	25,102 人次 times
健康教育 Health Education	健康檢查 Health Screening	護士個案跟進 Nurse Case Management		
17,263 人次 times	2,601 人次 times	3,855 人次 times		
專科疾病監控 Special Medical Monitoring Services	其他長者服務 Other Elderly Services	義工訓練 Volunteer Training		
1,126 人次 times	205 人次 times	52 人次 times		

感謝各界支持 Thanks for Your Support

感謝各商界、機構、義工及熱心人士對關護長者協會的認同，慷慨捐助，出手相助。我們謹代表所有受惠長者及其家人，致以衷心感謝。

We are greatly indebted to the many commercial enterprises, organization, volunteers and enthusiasts for their recognition of Community CareAge Foundation Limited, generous donations and help. On behalf of the elderly and their family who have benefitted from your generosity, we wish to express our heartfelt thank you.

捐款及項目資助 (所有鳴謝，排名不分先後)

Donations and funding (The Acknowledgements below are in no particular order)

慈善基金 Charity Trusts / Foundations:

		
		
		
濟世醫療慈善基金會有限公司 Grand Champion Medical Charity Foundation Limited		

工商機構 Corporations:

善長 Individuals:

賀澤輝醫生	Mr. Patrick Wong	Ms. Kwok Ying Kwan	姚見當
蔡漢錦醫師	Madam. Lee Chun	Ms. Wong Ka Yan	陳笑興
鍾永漢講師	Ms. Tan Siew Fong	Mr. Alan Li Kam On	鄧玉萱
蔡展雄先生	Mr. Leung Kwok Chiu	章冰	吳綺梅
Mr. Wong Ka Shing	Ms. Lai Siu Ping Terry	李鳳燕	
Miss. Low Suet Wan	Ms. Chang Linda Lui Chi	張海韻	

合作夥伴 Service Collaborators:

九龍仔街坊福利會 Kowloon Chai Kai Fong Welfare Association	聖雅各福群會浣紗長者中心 St. James' Settlement Wun Sha Elderly Centre	聖雅各福群會創齡·樂匯 St. James' Settlement, HUBBA Lab
九龍城綜合家居照顧服務隊 Kowloon City Integrated Home Care Services Team	聖雅各福群會蘇屋長者鄰舍中心 St. James' Settlement So Uk Neighbourhood Elderly Centre	家·南·天地 CANAAAN
大坑西鄰舍輔導會 The Neighbourhood Advice-Action Council (Tai Hang Sai)	聖雅各福群會灣仔長者地區中心 St. James' Settlement Wan Chai District Elderly Community Centre	深水埔街坊福利會長者鄰舍中心 Shamshuipo Kaifong Welfare Advancement Association Neighbourhood Elderly Centre
香港房屋協會 Hong Kong Housing Society	聖雅各福群會懷愛長者中心 St. James' Settlement Project Care Neighbourhood Elderly Centre	香港路德會社會服務處 Hong Kong Lutheran Social Service
香港基督教服務處順利長者鄰舍中心 Hong Kong Christian Service Shun Lee Neighbourhood Elderly Centre	香港大學公共衛生醫學院 School of Public Health of the University of Hong Kong	惜食堂 Food Angel
香港基督教培道聯愛會莊重文敬老中心 H.K. Christian Mutual Improvement Soc. Chuang Chung Wen Soc. Ctr. For the Elderly	循道衛理楊震社會服務處 Yang Memorial Methodist Social Service	聚賢薈 - 黎棟國議員辦事處 Centre Stage Squarer
香港華人基督會恩庭長者活動中心 The Grace Elderly Activity Centre	睛彩慈善基金 Eye Care Charity Foundation	香港藥學服務基金 Hong Kong Pharmaceutical Care Foundation
恩光社會服務中心 Yan Kwong Social Service Centre	社區組織協會 Society for Community Organization	遺善最樂 Forevergift
靚色園主辦可樂耆英鄰舍中心 Ho Wing Neighbourhood Centre for Senior Citizens (Sponsored by Sik Sik Yuen)	深水埗地區康健中心 Sham Shui Po District Health Center	九龍醫院社康護理服務 Community Nursing Services - Kowloon Hospital
聖雅各福群會青洲銅鑼灣綜合服務中心 St. James' Settlement Causeway Bay Integrated Services Centre	香港耆英協進會 HK Aged Concern Ltd.	香港社會服務聯會 Hong Kong Council of Social Service

義工團體 / 學院 Volunteer groups / Universities & College:

同行共創社區服務有限公司 CoCreative Partners Community services limited	聖方濟各大學 Saint Francis University	香港房屋協會 Hong Kong Housing Society	香港紅十字會 Hong Kong Red Cross
香港浸會大學 Hong Kong Baptist Univeristy	香港基督教會活石堂 The Church of Livingstones Hong Kong limited	香港理工大學 Hong Kong Polytechnic University	聚賢善有限公司 Centre Stage Squarer Limited
香港中文大學醫學院 The Chinese University of Hong Kong, Department of Paediatrics	香港藥學服務基金 (各義務藥劑師及配藥員) The Hong Kong Pharmaceutical Care Foundation	圓月 Full Moon	量子共振華人協會 Quantum Touch Association (Chinese)
香港中文大學賽馬會公共衛生 及基層醫療學院 The Chinese University of Hong Kong, JC School of Public Health and Primary Care			

專業義工 Professional Volunteers

Consultation 諮詢

Professor Chan Wai Chi, Chief of Service,
Dept of Psychiatry, Queen Mary Hospital

Dr Choy Hon Kam,
Traditional Chinese Medicine

Dr Daphne Sze-Ki Cheung,
School of Nursing, The HK Polytechnic University

Mr Alan Chan,
Solicitor

Lectures 講座 / Voluntary Services 義診

Dr So Kar Kui 蘇家駒醫生 (Geriatric Medicine)	Dr. Anthony Chan Wai Fu 陳威虎醫生 (Orthopaedics)。	何綺蓮註冊護士 高麗靈中醫師
Dr Chan Fei 陳飛醫生 (Geriatric Medicine)	Mr. Vin Ip Tsun Yin 葉俊言先生 (Registered Dietitian)	杜碧鈺中醫師 馮家俊中醫師
Dr. Chan Wah Fat 陳華發醫生 (Psychiatry)	李中熙中醫師 劉漢昌中醫師	余韻律中醫師 吳初豹中醫師
Dr. Chow Pak Chin 周伯展醫生 (Ophthalmology)	張兆豪中醫師 張梓聰中醫師	周貴民註冊物理治療師 陳穎琳註冊藥劑師
Dr. Donald Woo Chai Fong 黃澤烽醫生 (Ophthalmology)	卜偉鋒中醫師 莫鴻光註冊藥劑師	黃佩玲註冊護士 黃柏年註冊社工
Dr. Ruby Ching Hok Ying 秦學瑩醫生 (Ophthalmology)	李玉清坐式太極老師	

愛心義工 Volunteers

寶達邨:

戴娥英、張漢義、李玉清、李嘉麗、周桂嬌、鄧佩枝、
黃淑嫦、鄭艷芬、蔡元源、陳慧堅、施家緣、梁咪

何文田:

周炳富、陳惠芳、鄺慧彩、黃善結、梁玉嬌、鄧惠紅、
夏桂香、廖美蘭、歐陽燕儀、鄧玉萱、謝鳳鸞、鍾維慶、
陳淑儀、文碧霞、盧素琴、鄧惠芳、陳艷桃

勵德邨:

鄺錦華、李玉梅、張鳳霞、李任準、忻英娣、趙美德

深水埗:

李式烈、劉如雄、林鳳蓮、梁海權、廖燕屏、冼美玲、
扶兆華、李益燕、黃愛月、蘇敏玲、池蓮蘭、章冰、
吳潔蘭、何紹燕、許潔貞

COMMUNITY CAREAGE FOUNDATION LIMITED
STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE YEAR ENDED MARCH 31, 2024

	Note	2024	2023
Revenue			
Donation received	3	\$ 835,611	\$ 2,182,749
Other fundings received	3	1,355,780	2,562,865
Funding from Chan Dang Social Services Foundation	3	848,846	1,112,865
Funding from The Hong Kong Jockey Club Charities Trust	3	3,166,667	4,138,000
Funding from The Community Chest of Hong Kong	3	1,436,143	1,768,902
		\$ 7,643,047	\$ 11,765,381
Other income	4	137,872	798,433
		\$ 7,780,919	\$ 12,563,814
Administrative expenses			
Activities and campaign expense		\$ 1,162,146	\$ 1,714,585
Auditor's remuneration		-	-
Bank charges		3,900	9,900
Depreciation		24,925	88,270
Expenses related to the funding for The Community Chest Po Tat CareAge Nurse Station	5	812,662	1,143,068
Insurance		81,324	78,557
Membership fee		5,179	4,980
Printing and stationery		11,576	58,854
Postage and courier		530	944
Rent and ratés	3	100,800	45,600
Secretarial fee		2,270	15,670
Staff costs	6(a)	6,800,471	8,211,181
Sundry expenses		31,205	53,861
Communication fee		3,723	3,695
Fitting out		8,400	643,745
Promotion expense		-	41,000
		\$ 9,049,111	\$ 12,113,910
(Deficit)/surplus before taxation	6	\$ (1,268,192)	\$ 449,904
Income tax expense	7	-	-
(Deficit)/surplus and total comprehensive income for the year		\$ (1,268,192)	\$ 449,904

COMMUNITY CAREAGE FOUNDATION LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT MARCH 31, 2024

	Note	2024	2023
Non-current asset			
Property, plant and equipment	9	\$ 45,282	\$ 70,207
Current assets			
Grant receivables		\$ 768,946	\$ 786,179
Deposits and prepayments		31,536	53,100
Cash and cash equivalents	10	5,195,402	6,394,560
		<u>\$ 5,995,884</u>	<u>\$ 7,233,839</u>
Current liabilities			
Accruals and other payables		\$ 104,398	\$ 325,639
Fund received in advance	11	663,080	436,527
		<u>\$ 767,478</u>	<u>\$ 762,166</u>
NET CURRENT ASSETS		<u>\$ 5,228,406</u>	<u>\$ 6,471,673</u>
NET ASSETS		<u>\$ 5,273,688</u>	<u>\$ 6,541,880</u>
Reserves			
Development fund		\$ 3,000,000	\$ 3,000,000
Accumulated surplus		2,273,688	3,541,880
		<u>\$ 5,273,688</u>	<u>\$ 6,541,880</u>

COMMUNITY CAREAGE FOUNDATION LIMITED
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED MARCH 31, 2024

		2024	2023
Cash flow from operating activities			
(Deficit)/surplus for the year		\$ (1,268,192)	\$ 449,904
Adjustments for:			
Bank interest income	4	(73,278)	(20,461)
Depreciation	6(b)	24,925	88,270
Operating cash flows before working capital changes		<u>\$ (1,316,545)</u>	<u>\$ 517,713</u>
Changes in working capital			
Decrease/(increase) in grant receivables		17,233	(450,199)
Decrease in deposits and prepayments		21,564	-
(Decrease)/increase in accruals and other payables		(221,241)	246,566
Increase/(decrease) in fund received in advance		226,553	(1,089,720)
Cash used in operating activities		<u>\$ (1,272,436)</u>	<u>\$ (775,640)</u>
Cash flows from investing activities			
Payment for the purchase of property, plant and equipment		\$ -	\$ (74,775)
Bank interest received		73,278	20,461
Net cash generated from/(used in) investing activities		<u>\$ 73,278</u>	<u>\$ (54,314)</u>
Net decrease in cash and cash equivalents		<u>\$ (1,199,158)</u>	<u>\$ (829,954)</u>
Cash and cash equivalents at 1 April		<u>6,394,560</u>	<u>7,224,514</u>
Cash and cash equivalents at 31 March	10	<u>\$ 5,195,402</u>	<u>\$ 6,394,560</u>

Cash and cash equivalents represent cash at bank and on hand.

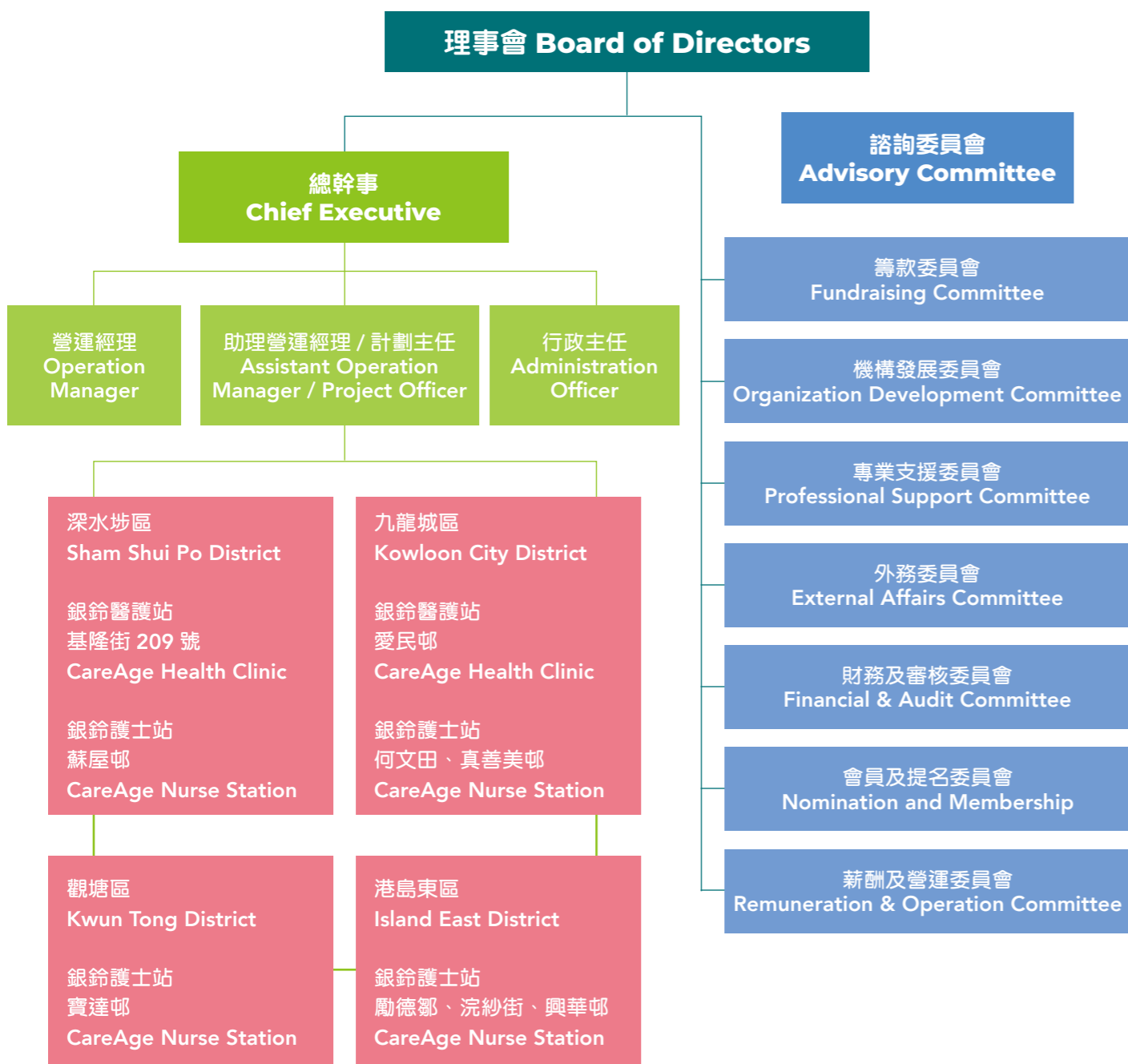
關護長者協會由衷感謝畢馬威會計師事務所，為本會提供 2023-24 財政年度之義務核數服務。

Community CaraAge Foundation wholeheartedly thanks KPMG for providing us
honorary audit service for the financial year 2023-24.

機構管治架構
Corporate Governance

關護長者協會由理事會制定發展藍圖、管理及監察財務事宜，確保所有捐款妥善用於協會成立目的。理事會成員來自醫護、商業及社會服務界別，由會員中互相推選而成，三年一任。理事會以下另設有 7 個諮詢委員會，就不同的範疇給予職員適時指導。

The Community CareAge Foundation is governed by a Board of Directors, who chart the development plan, and most importantly oversee the finance matters, ensuring all fundings are strictly utilized in compliance of our founding purpose and discreetly deployed. Board members are from medical, commercial and social service sectors. They are elected among the members to serve a term of three years. There are 7 advisory committees under the Board of Directors, giving guidelines and advice to operating staff.



理事會成員 Board of Directors (2023-2024)



陳華發醫生
主席
精神科專科醫生
Dr Chan Wah Fat
Chairman
Specialist in Psychiatry



李麗琴女士
副主席
臨床心理及催眠學家
Ms Hilda Li Lai Kam
Vice Chairman
Clinical Psychiatrist & Hypnosis Scientist



譚家明
司庫
註冊社工
Mr Leo Tam Ka Ming
Treasurer
Registered Social Worker



溫偉然先生
理事
集團資訊科技總監
Mr Wan Wai Yin
Board Director
Director of Information Technology



馮偉基先生
理事 (由 2024 年 3 月 27 日開始)
資深媒體市場營銷管理
Mr Tony Fung Wai Ki
Board Director (From 2024/3/27)
Senior Media Sales and Marketing Management



楊斌醫生
理事 (至 2024 年 4 月 18 日)
老人科專科醫生
Dr Yeung Pan
Board Director (Till 2024/4/18)
Specialist in Geriatric Medicine



路婉儀小姐
創會理事
理事 (至 2024 年 4 月 18 日)
註冊社康護士
Ms Dabby Lo Yuen Yee
Founding Member
Board Director (Till 2024/4/18)
Registered Community Nurse

當然理事 Ex-Officio Board Director



蘇家駒醫生
創會理事
老人科專科醫生
Dr So Kar Kui
Founding Member
Specialist in Geriatric Medicine

願景

- 為長者帶來健康及快樂的晚年生活，提高長者的生活質素，安老在家
- 期望長者能健康地、獨立地、安全地生活在他們熟悉的社區環境內
- 鄰舍守望相助，建立和諧社區

使命

- 向長者及其家庭、護老者免費提供健康知識及護理諮詢，強化社區中的預防措施
- 積極推動社區人士關心及照顧身邊的長者，建立一個互助關懷的社區
- 積極關懷長者，以訓練提昇長者自我照顧能力
- 推行公眾教育，使大眾明白理解各種老年人的疾病，使從容面對黃金歲月

請沿虛線摺疊 FOLD HERE

Vision

- That the well-being of the elderly is enhanced for a happy and healthy life in their twilight years
- That the elderly may age in place in their familiar community safely, healthily and independently, with frequency of medical clinics and hospital visits reduced
- That the neighborhood community is caring and harmonious

Mission

- Consultation on healthcare freely provided to the elders, their families and caregivers in the community
- Advocate community caring deeds to attain a harmonized society
- Reinforce the elder's self-reliant ability towards active ageing
- Educate the public at large the general knowledge of old-age problems, diseases and issues, and the concept of primary health care, preparing everyone to face the challenges of old age

請沿虛線摺疊 FOLD HERE

Please Affix
Stamp Here
請在此貼上郵票

關護長者協會有限公司

九龍觀塘鴻圖道 63-65 號鴻運工廠大廈 8 樓 8C01 室

Community CareAge Foundation Limited

Room 8C01, 8/F, Lucky Factory Building, 63-65 Hung To Road,
Kwun Tong, Kowloon

請沿此線對摺 FOLD HERE

請用膠水封口，切勿用釘書釘 Seal with glue. Do not use staples.

沿實線剪下 CUT ALONG SOLID LINE

沿實線剪下 CUT ALONG SOLID LINE



香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER AGENCY



關護長者協會 Community CareAge Foundation

總辦事處 : 九龍觀塘鴻圖道63-65號鴻運工廠大廈8樓8C01室

Head Office : Unit 8C01, 8/F, Lucky Factory Building, 63-65 Hung To Road, Kwun Tong, Kowloon

電話 Tel : 3586 9306

傳真 Fax : 3585 0837

電郵 Email : info@ccaf.org.hk

網址 Website : www.ccaf.org.hk



版權 本冊子的內容包括所有文本、平面圖像、圖片、照片以及數據資料的匯編，均受版權保障。除非徵得關護長者協會書面授權，否則嚴禁複製，轉載該等版權作品。

The contents of this booklet, including all texts, graphic images, pictures, photographs and compilations of data, are protected by copyright. Copying and reprinting of such copyrighted works is strictly prohibited unless authorized in writing by Community CareAge Foundation.

封面、內頁設計及印刷：嘉昱有限公司
Design and Printing by: Cheer Shine Enterprise Co Ltd

製作及印刷費用由恒愛慈善基金贊助
Printing and production costs sponsored by Hang Oi Charitable Foundation