

由香港房屋協會創立的「長者安居樂住屋計劃」致力為本地長者締造一個舒適、融和的家。旗下的「樂頤居」和「彩頤居」提供了一站式的安老服務，當中的註冊職業治療師會因應個別需要，為長者及殘疾人士提供身心支援，從而改善他們的生活質素、強化自理能力、協助他們重投居所、工作和社交生活。

The "Senior Citizen Residences Scheme" of the Hong Kong Housing Society strives to provide a warm and harmonic home to the local seniors where registered occupational therapists at Jolly Place and Cheerful Court are committed to provide physical and psychological supports to the elderly and the disabled. We aimed to improve their quality of life, maximize their level of independence in daily living, work and social life.

## 服務對象 Service Recipients

- 60歲或以上身體退化之人士或殘疾人士
- 患有神經系統疾病如中風、帕金森症、認知障礙症或腦創傷之患者
- 心臟或胸肺科疾病之患者

- Persons aged 60 or above with physical or psychological disabilities
- Elderly suffering from neurological disorders like stroke, Parkinson's disease, cognitive impairment, dementia or traumatic brain injury
- Patients suffering from cardiovascular or respiratory illness

申請人需持有香港註冊西醫發出之轉介信  
Referral letter from local registered medical practitioner is required

香港房屋協會保留更改此單張內容的權利，恕不另行通知。

The Hong Kong Housing Society reserves the right to make changes to the contents of this pamphlet without prior notice.

出版日期 Publication Date : 03/2021  
印刷數量 No. of Copies: 5,000

## 樂頤居復康部 Jolly Place Rehabilitation Section

☎ 2839 8218



新界將軍澳培成里2號樂頤居2樓 (港鐵坑口站B出口)  
2/F, Jolly Place, 2 Pui Shing Lane, Tseung Kwan O, N.T.  
(Hang Hau MTR Station Exit B)

## 彩頤居復康部 Cheerful Court Rehabilitation Section

☎ 2839 8074



九龍牛頭角彩霞道55號彩頤居2樓 (港鐵九龍灣站B出口)  
2/F, Cheerful Court, 55 Choi Ha Road, Ngau Tau Kok, Kowloon  
(Kowloon Bay MTR Station Exit B)

## 服務時間 Service Hours

星期一至五(公眾假期除外) 9am — 12:30pm, 1:30pm — 5:30pm  
Mon to Fri (except public holidays)

## 職業治療服務 Occupational Therapy Service



網址Website



喜頤閣  
Cheerful Court  
Care Home



安頤閣  
Jolly Place  
Care Home

## 神經系統疾病/心臟病/呼吸系統病復康治療

### Neurological/Cardiac/Respiratory Illness Rehabilitation

為中風人士、腦神經疾病、心臟病或呼吸系統病患者提供神經及功能訓練，以改善他們的姿勢、活動能力及自理能力。

Improve mobility and daily activities independence level of clients suffering from neurological disorders, cardiac or respiratory illness by adopting a series of functional and neurological exercise.



## 自理能力評估及訓練

### Daily Living Skills Assessment & Training

為身體機能退化之長者或殘疾人士提供評估和諮詢，並度身訂造訓練計劃，從而促進他們的自理能力。

Enhance self-care capability of elderly suffering from physical decoration or disability through tailor-made rehabilitation programme.

## 手部訓練

### Hand Function Training

針對因身體機能退化或受疾病影響活動能力的長者，提供提升關節活動能力、四肢力量及手眼協調能力的訓練。

Increase the range of motion, limb power and eye-hand coordination ability of elderly suffering from physical disabilities by adopting different hand function exercise.



## 認知評估及訓練

### Cognitive Assessment & Training

經評估後為認知障礙症患者而設的認知訓練，包括多感官治療、懷緬治療和現實導向治療等，以改善他們的生活質素。

Dedicated to those suffering from cognitive impairment to improve living quality via assessment and trainings including multi-sensory therapy, reminiscence therapy and reality orientation.

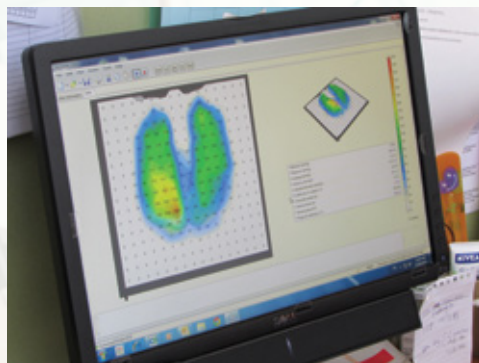


## 坐姿及壓力評估

### Sitting Posture & Press-Relieving Assessment

評估長者的坐立姿勢及肌肉壓力分布，教育他們正確的坐立姿勢及舒緩肌肉壓力的方法。

Facilitate body performance and prevent pressure sores by assessing posture of the elderly and educating them correct posturing, limbs positioning and pressure relieve management.



## 復康輔助器具建議

### Assistive Rehabilitation Device Advice

建議合適的輔助器具如輪椅、座墊，並給予長者及其照顧者使用輔助器具的指引。

Prescription of rehabilitation aids for individuals such as wheelchairs, seating cushion, etc., and provide instruction to the elderly and care-givers on correct use of assistive devices.

## 到戶家居評估及改裝建議

### Home Environmental Assessment & Modification

職業治療師按長者的身體狀況，到戶進行家居評估以建議合適的家居輔助器具、家居環境改善工程等，協助提升家居安全及優化長者的居住環境。

Home environment assessment by occupational therapist on clients home visit with the aim of enhancing home safety and ergonomics facilitation so as to adopt a home environment according to clients' mobility level.



## 照顧者教育

### Carer Education

為患者的親屬或家傭提供照顧技巧培訓，包括洗澡、餵食、更衣、梳洗、扶抱等。

Train family caregiver or domestic helper with essential personal care and practice skills from bathing, feeding, dressing, grooming to manual lifting.