



南葵涌社會服務處

South Kwai Chung Social Service

從心出發 用愛營造



長者健康計劃

Elderly Health Project

社區存關愛 銀髮無所懼



本計劃由香港公益金資助

This project is supported by The Community Chest

計劃目標

PROJECT OBJECTIVES

- 組織居民參與社區，發展社會資本，建立社區互助網絡，持續支援長者。
- 為長者提供一系列的身心健康服務，以實踐老有所為、老有所樂、老有所依。
- 提高照顧者的照顧技巧和護理知識，支援長者社區生活，實踐「居家安老」。
- Organize residents to enhance social participation, develop social capital, establish a mutual aid network to support elderly.
- Provide a series of physical and mental healthcare service for elderly to achieve sense of worthiness, happiness & belonging.
- Improve care-giving skills and nursing knowledge of caregivers, support elderly needs of living, and practice "aging in place".

居住於葵青區年滿45歲或以上的人士及其家庭
Residents lived in Kwai Tsing District who aged 45 or above and their family members

服務對象

TARGET GROUP

社區診所

Community Clinic

採用「個案管理」模式

讓長者獲得便捷的身心支援服務

Case Management based service

Easier to provide healthcare service to seniors

- 註冊社工作出全面評估，輔導跟進及服務轉介
Social Workers: Provide comprehensive assessment, counselling & referral
- 專業護士提供健康評估、疾病護理指導、藥物諮詢等
Nurses: Provide health assessment, disease management guidance, medication consultation



樂景中心 Lok King Centre

葵涌荔景邨樂景樓地下5號

No.5, G/F, Lok King House, Lai King Estate, Kwai Chung



逢星期五 Fridays 9:00 am - 11:00 am



社區保健計劃

Community Health

Monitoring Scheme

定期健康檢查及護士諮詢

提升長者健康管理能力

Regular Health screening & Nurse

Consultation to empower elderly in

Health Management

檢查項目包括：

- 體質指數 BMI
- 血壓值 Blood Pressure
- 血糖值 Blood Glucose
- 其他主題項目 Other Items



健康推廣活動

Health Promotion Events

走入社區推廣健康知識

提升大眾對健康的關注

Promote Health Information in the community to raise the public awareness on Health

- 健康教育講座
Health Education Seminar
- 健康巡迴展覽
Health Roving Exhibition
- 社區健康嘉年華
Community Health Fun Fair



多元化興趣班組

Variety of Interest Classes

發掘和培養長者興趣 建立社交生活
達致「老有所學」及「老有所樂」

Discover & develop hobbies of elderly, so as to develop their social lives and achieve sense of continuous learning & happiness.



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長期病患 互助小組

Chronic disease
mutual support group

組織同路人小組
促使長期病患者互相支持
積極面對病患

Organize companion groups
to promote mutual support
among long-term patients
and actively face illness



護老者支援

舒緩護老者的照顧壓力
增強護老者照顧技巧
Relieve the care-giving
stress of caregivers and
enhance their care-giving
skills

- 提供護老資訊
Provide care-giving
information
- 舉辦互助小組及工作坊
Organize mutual support
groups & workshops



義工網絡 服務社區

Volunteers Network to
Serve the Community

策劃和推展長者義工活動
鼓勵長者參與義務工作
善用其能力發揮社區關懷的精神
Develop Elderly Voluntary Action
Encourage Elderly to join
Voluntary Service

南葵涌社會服務處（前稱南葵涌服務中心）成立於1987年，為政府認可的慈善團體。中心植根基層社區，以健康為服務切入點，透過和醫療機構、專上學院、社區團體等協作；發展「醫、福、社」跨專業社區照顧模式，推動基層健康服務和支援長者「居家安老」。本會現為香港社會服務聯會和香港公益金會員機構。

South Kwai Chung Social Service (SKCSS) was established in 1987 as a recognized charitable organization. SKCSS focuses on healthcare and collaborates with various parties including medical institutions, tertiary institutions and community organizations to develop a "Medical, Welfare, Community" cross-professional community care model, in order to strive for primary healthcare service and support elderly to "age in place". SKCSS is a member of Hong Kong Council of Social Service and Hong Kong Community Chest.

本會簡介 Introduction



南葵涌社會服務處

South Kwai Chung Social Service

荔景社區服務中心

Lai King Community Service Unit

安景中心開放日

免費入會
Free
Membership

長者健康資源中心

Elderly Health Resource Centre

中心服務 Our Services

- ✓ 最新健康資訊
Latest Health Information
- ✓ 健康活動及班組報名
Health Activities & Classes Enrollment
- ✓ 自助健康檢查
Self-Health Monitoring
- ✓ 復康儀器使用
Health Equipment



葵涌荔景邨安景樓地下4號
No.4, G/F, On King House, Lai King
Estate, Kwai Chung



星期一至五 Mon-Fri

9:00 am - 1:00 pm
2:00 pm - 6:00 pm

星期六 Sat

9:00 am - 1:00 pm

最新活動資訊 Latest Information



skcss1987



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