



**我最喜愛的全城·長者友善計劃大獎**  
**MY FAVOURITE CITY PARTNERSHIP**  
**SCHEME AWARD**



**宜居設計有限公司**  
**Elderly Home Designs Limited**

## 長者家居優化服務 Age-friendly Home Modification Service

宜居設計是首間提供一站式家居優化服務的機構，全方位為長者度身設計長者友善家居。長者隨著年齡增長，身體機能逐漸老化，都會使長者日常生活中出現各種障礙，增加家居意外風險，其家人或照顧者亦飽受照顧壓力。

### 跨專業協作實現居家安老

長者家居優化服務是跨界別協作的專業服務，涉及的專業包括職業治療、物理治療、長期護理、室內設計及工程、輔具應用、樂齡科技等。結合以上各種專業服務，以長者及照顧者的實際情況及需要出發，度身設計長者的家居環境，讓長者於合適的家居環境安老。

宜居設計致力打造安全、便利及舒適的家居，以環境提升長者自理能力，從而提高長者生活質素及尊嚴，同時致力把樂齡科技融入於家居優化之中，以科技協助照顧者更輕鬆地照顧長者，減低雙方受傷機會，減輕照顧者壓力，促進家庭和諧。



Elderly Home Designs is the first organisation to provide one-stop home optimisation services through elderly-friendly home designs. The mobility and health condition will deteriorate when one ages, which will adversely affect the elderly's daily life. Risks of home accidents also increase. The family members and carers are often stressed for taking extra care of the seniors.

### Cross-professional collaboration to achieve ageing-in-place

Age-friendly home modification service consists of different professions including occupational therapy, physiotherapy, long-term care, interior design and engineering, application of assistive devices and gerontechnology, etc. With the support from these multi-disciplinary professionals, a hassle-free living environment can be tailor-made according to the situation and needs of the elderly and their carers, enabling the elderly to age-in-place.

Elderly Home Designs is committed to creating a safe and convenient home for the elderly to live independently, so as to maintain their dignity and improve quality of life. Besides, gerontechnology is applied into home design for caregivers to take care of the elderly at ease, reducing the chance of injury to both parties. It is hoped to reduce the burden on caregivers and promote family harmony.



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香港卓護義工協會  
HONG KONG CREDIBLE CARE VOLUNTEERS ASSOCIATION LIMITED

香港卓護義工協會  
Hong Kong Credible Care  
Volunteers Association

### 「陪你講」電話關懷空中送暖行動 “Talk to You” Caring Call Programme

香港卓護義工協會由護士及相關專業人士組成，為有需要團體提供有系統的義務護理工作及培訓，積極發揮護士對香港社會的貢獻。因應疫情緣故，長者機構服務大受影響，尤其是一眾剛出院在家休養的長者，更需要關懷及問候，協會於是與長者服務機構合作，派出護士義工以在家工作形式致電關心長者的需要及了解他們近期的身體狀況，讓長者在居家抗疫及減少社交接觸期間，得到適切的關懷。

#### 「陪你講」義工提供適時協助

「陪你講」針對獨居長者/曾入院的長者、對接種新冠疫苗有疑問的長者、曾患新冠肺炎及已經康復的長者而設，透過護士義工電話慰問，了解長者最近身體狀況及需要，並由護士解答長者對接種新冠疫苗的疑問；至於康復的長者，護士會講解新冠肺炎後遺症的處理方法，協助長者回復正常生活。



The Hong Kong Credible Care Volunteers Association was formed by nurses and other professionals to provide systematic voluntary activities and trainings to other organisations to serve the community. Under the waves of pandemic, the services of elderly centres have been greatly affected, in particular the elderly who have just been discharged from the hospital. The Association thus collaborated with elderly service units and provided caring calls to the elderly by nurses who worked at home to understand their needs and health conditions.

#### Volunteers “Talk to You” to provide timely support

The “Talk to You” Programme is designed for the singleton elderly or those who had been admitted to the hospital, as well as the elderly who were doubtful about COVID-19 vaccination and those who had recovered from COVID-19. Through the caring calls, nurse volunteers could understand the latest health conditions and needs of the elderly and answer enquiries on the vaccination. For the recovered patients, nurses would explain the treatment for post-COVID-19 symptoms, helping them get back to a normal life.



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## 香港中文大學醫學院那打素護理學院 The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong

### ABCD家泉戶曉齊結網 ABCD Shui Chuen O Family Network

「ABCD家泉戶曉齊結網」計劃於2020年11月下旬於沙田水泉澳邨推行，致力透過家居探訪和健康活動，提升居民的健康意識及滿足長者的健康需要。

#### 社區護士諮詢站

計劃與區內不同持分者合作推動「社區護士諮詢站」，定期由護士為長者及照顧者提供保健、復康、藥物及日常照顧諮詢等。在疫情高峰期，護士利用Zoom或電話視像形式解答長者的健康問題，更為邨內長者開設了數場網上護士健康諮詢站，內容包括家居防疫、疫苗接種資訊、快速抗原測試包的正確使用方法等。

社區護士諮詢站的護士曾分享道，有時最困擾長者的不只是身體問題，更多的是心理及精神問題，尤其疫情發生以來，他們的日常生活和社交生活大大改變，與親人見面的次數也減少了，很多長者都變得鬱鬱寡歡，幸好仍有護士及義工的慰問，令他們感受到關愛和人情味。



The ABCD Shui Chuen O Family Network Project was launched in late November 2020 in Shui Chuen O Estate, Sha Tin, with the aim of improving residents' health awareness and addressing the health needs of the elderly through home visits and health activities.

#### Community Nurse Clinic

Having collaborated with various stakeholders in the district, nurses from the Community Nurse Clinic provided healthcare, rehabilitation, medication and daily care consultations for the elderly and caregivers on a regular basis. During the peak of the pandemic, nurses responded to the health enquiries from the elderly via Zoom or video calls. They also set up several online nurse consultation stations to introduce epidemic prevention measures, vaccine information, and the correct use of rapid antigen test kits.

A nurse shared that physical health was not the most worrying issue to the elderly, but mental and emotional health. Under the pandemic, the daily life and social life of elderly were greatly affected, and they could not visit their family members as often. Many of them had become depressed. Fortunately, the caring calls and visits from nurses and volunteers brought a lot of warmth to the community.