



社會福利署

Social Welfare Department

Licensing Office of Residential Care Homes
for the Elderly
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213 Queen's Road East, Wan Chai, Hong Kong

Our Ref.: SWD 782/95 V

Tel. No.: 2961 7211

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To: All RCHE Operators/Home Managers

Dear Sir/Madam,

Cold Spell Precautionary Measures

Winter has come. As elderly persons are physically frailer, they may easily suffer from recurrent chronic illness or idiopathic disease as a result of the change of weather. In this connection, we are writing to remind you of the following to safeguard the health of your elderly residents.

1. Under Section 24 of the Residential Care Homes (Elderly Persons) Regulation and paragraph 4.9.1 of the Code of Practice for Residential Care Homes (Elderly Persons) ("Code of Practice"), "every residential care home for the elderly shall...be well heated, lighted and ventilated". In accordance with paragraphs 7.2 and 7.4 of the Code of Practice, heaters should be provided in the dormitories, toilets/bathrooms and any other places depending on need to ensure that a warm temperature is kept in cold weather. The heaters provided should comply with general safety standards.
2. Adequate warm clothes, including caps, gloves, stockings, blankets, quilts, must be provided for all elderly residents.
3. Adequate nutritious food should be provided for elderly residents so that they will have enough calories. During cold spell when the temperature is low, hot beverages should also be provided for elderly residents.
4. Arrangements should be made for elderly residents to do moderate amount of exercise so that heat can be generated to raise their body temperature and improve their physical fitness.

5. The health care of elderly residents, particularly those who are chronically ill, should be enhanced. Health care staff should regularly measure and record their blood pressure, pulse rate, body temperature, etc. Special attention should also be paid to the change of their body temperature to prevent them from suffering from hypothermia or flu. Where necessary, advice of health care professionals should be sought, and arrangements should be made for elderly residents to receive medical treatment from visiting registered medical practitioners or to be sent to medical institutions for treatment.

Should you have any enquiry, please contact the respective social work inspectors of the Licensing Office of Residential Care Homes for the Elderly.

Yours faithfully


(YAM Mun-ho)
for Director of Social Welfare