

# 伴同行 你

支援照顧者服務  
SERVICES SUPPORTING  
THE CARERS



你正在照顧家中的長者、殘疾人士或  
長期病患者嗎？你是否覺得……

- 身心疲累、力不從心？
- 沒有時間和心情處理個人事務？
- 難於處理被照顧親友的情緒及行為問題？
- 經濟出現困難？
- 被照顧親友的身體狀況突然轉壞／日益衰弱，令你愈發擔憂？
- 正在孤軍作戰，缺乏其他親友的支援和體諒，但又不知道社區內有哪些服務可以幫助你？

你若遇到上述困難，請……

- 明白自己能力有限，不必自責或對自己有過高的要求
- 使用你認為有效的紓緩壓力方法，例如做運動、聽音樂、找朋友傾訴等，讓自己輕鬆一下
- 騰出時間處理個人事務及休息
- 使用社區內的各類支援服務，例如照顧者支援服務、暫託／暫顧服務、綜合家居照顧服務、經濟援助、輔導服務等，減輕自己照顧親友的壓力
- 尋求社工或醫護專業人員等的協助

你若希望進一步了解或申請有關服務，  
可向下列社會服務單位查詢：

- 醫管局轄下醫院／診所的醫務社會服務部
- 設於各區的綜合家庭服務中心／綜合服務中心
- 設於各區的長者地區中心、長者鄰舍中心及長者活動中心
- 設於各區的康復服務單位
- 設於特殊學校的社會服務部

你亦可瀏覽以下網頁，獲取上述各項  
服務單位的名單及進一步資料：

- 社會福利署網頁 ([www.swd.gov.hk](http://www.swd.gov.hk))
- 衛生署長者健康服務網頁 ([www.elderly.gov.hk](http://www.elderly.gov.hk))

**If you are taking care of an elder or a family member with disabilities or chronic diseases,** you may possibly feel exhausted both physically and psychologically, find no time and mood to handle personal matters, find it difficult to handle the emotion and behaviour of him/her, run into financial difficulty, worry much about the sudden/gradual deterioration of his/her physical condition, feel lonely without support from others but not knowing what community services are available...

### **When you face any of the above difficulties, please ...**

- accept your own limitations and do not blame yourself or have too high an expectation on yourself.
- find an effective means to relax yourself, such as doing physical exercise, listening to music, sharing your feelings with friends, etc.
- find some time to handle personal matters and take a rest.
- make use of various community support services, such as carer support service, respite service, integrated home care services, financial assistance and counselling service, to help relieve your stress.
- seek assistance from social workers or medical care professionals, etc.

### **If you want to know more about the services or apply for appropriate services, you may approach the following service units:**

- medical social services units of the hospitals/clinics under the Hospital Authority
- integrated family service centres/integrated services centres

- district elderly community centres, neighbourhood elderly centres and social centres for the elderly
- rehabilitation services units
- social service units of special schools

### **You may also browse the following websites for relevant information and the list of the above service units:**

- Social Welfare Department ([www.swd.gov.hk](http://www.swd.gov.hk))
- Elderly Health Services of Department of Health ([www.elderly.gov.hk](http://www.elderly.gov.hk))

### **有需要的話，你可使用以下的熱線服務：**

- 社會福利署熱線 (2343 2255)
- 明愛向晴熱線 (18288)
- 衛生署長者健康24小時電話資訊熱線(廣東話) (2121 8080)

### **You may also use the following hotline services if necessary:**

- Social Welfare Department Hotline (2343 2255)
- Caritas Family Crisis Support Centre Hotline (18288)

