

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)
- 衛生署長者健康服務網頁 (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)
- Elderly Health Services of Department of Health (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)

