

外傭護老計劃

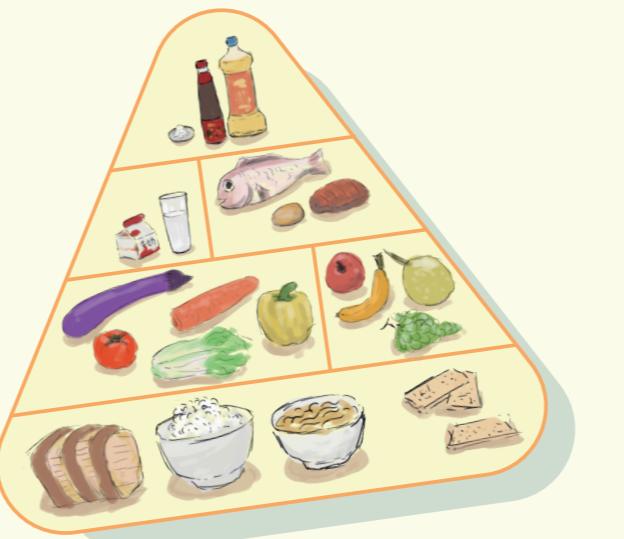
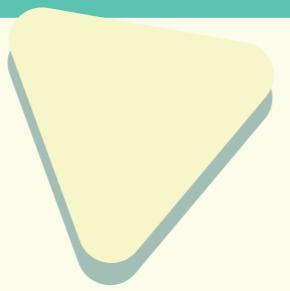
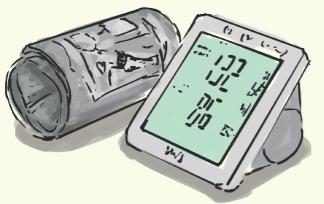
Scheme on Training for
Foreign Domestic Helpers
in Elderly Care

計劃

- ▶ 長者地區中心可為有需要的長者在其外傭參加培訓時段安排相關的照顧服務或活動。
- ▶ 參加計劃的外傭需先獲僱主推薦 / 允許，其僱主亦需已購買法定要求的僱員補償保險。

Scope of Service

- ▶ The DECCs will arrange care services or activities for the needy elderly persons when the training is being conducted.
- ▶ All FDHs participating in the Scheme must have employers' recommendations / permission, and the employers concerned are to take out employees' compensation insurance policies as statutorily required.



報名方法

- ▶ 有興趣的僱主和外傭，可直接聯絡推行計劃的長者地區中心報名。
- ▶ 詳情可以瀏覽社會福利署網頁：

[https://www.swd.gov.hk/tc/pubserv/
elderly/cat_careersupp/psfdh/index.html](https://www.swd.gov.hk/tc/pubserv/elderly/cat_careersupp/psfdh/index.html)



Enrollment

- ▶ Interested employers and FDHs may contact participating DECCs directly.
- ▶ Details can be browsed from the website of the Social Welfare Department:
[https://www.swd.gov.hk/en/pubserv/
elderly/cat_careersupp/psfdh/index.html](https://www.swd.gov.hk/en/pubserv/elderly/cat_careersupp/psfdh/index.html)



現時，外傭在不少家庭中擔當著主要護老者的角色。社會福利署在2018年推行「外傭護老培訓計劃」，以加強外傭照顧體弱長者的技巧，提高長者在社區的生活質素，支援長者「居家安老」。

Foreign domestic helpers (FDHs) are playing a major role in caring for the elderly persons in a number of families. The Social Welfare Department implements the Scheme on Training for FDHs in Elderly Care in 2018 to strengthen the skills of FDHs in taking care of frail elderly persons, so as to enhance the elderly persons' quality of life in the community and support ageing in place for them.

服務對象

- ▶ 已獲聘而現正或將會照顧體弱長者的外傭。

Target Group

- ▶ Hired FDHs who are / will be taking care of frail elderly persons.



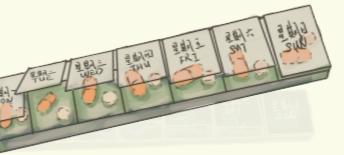
目標

- ▶ 教授外傭照顧體弱長者的基本知識和技巧。
- ▶ 培訓外傭協助長者建立健康的生活模式，減少潛在風險。
- ▶ 透過受培訓外傭的照顧和支持，提高長者在社區生活的質素。



Objectives

- ▶ To equip FDHs with basic knowledge and skills for providing care for frail elderly persons.
- ▶ To train FDHs to support elderly persons in adopting healthy lifestyles and reducing their health risk factors.
- ▶ To enhance elderly persons' quality of life in the community through better support from their employed FDHs who are equipped with elderly caregiving skills.



培訓內容

- ▶ 八項核心科目（共12小時），涵蓋常見的護老課題及照顧技巧。
- ▶ 四項選修科目（共6.5小時），有關照顧認知障礙症及中風長者的技巧。
- ▶ 由護士、營養師、物理治療師及職業治療師擔任導師。
- ▶ 課程以英語或廣東話主講（可安排菲律賓、印尼及泰國語傳譯服務）。
- ▶ 講義備有中、英、菲律賓、印尼及泰文版本。
- ▶ 培訓地點為長者地區中心。

Training Content

- ▶ 8 core modules (12 hours) of common topics in elderly care and care skills.
- ▶ 4 elective modules (6.5 hours) on caring for elderly persons with dementia and stroke.
- ▶ The trainers include nurses, dieticians, physiotherapists and occupational therapists.
- ▶ The training will be conducted in Cantonese or English (interpretation service in Tagalog, Bahasa Indonesia, and Thai could be arranged in classes).
- ▶ The training handouts are available in Chinese, English, Tagalog, Bahasa Indonesia and Thai.
- ▶ Training will be held at District Elderly Community Centres (DECCs).