

支援照顧者服務

SERVICES SUPPORTING THE CARERS

身邊的人主動幫忙和社區的支援可以減輕他們的負擔。
People around could lend a hand and community support would ease their burden.

照顧者24小時悉心照顧有需要的家人。“好叻呀！”
Carers take dedicated care of family members in need round the clock. “I feel exhausted.”



照顧者支援專線：182 183

24小時服務的專線會由專業社工接聽，旨為減輕照顧者在日常生活照顧工作的壓力和負擔，並持續提升他們的照顧能力。專線為照顧者提供即時支援，為有緊急需要的個案提供外展探訪，亦會按個別情況轉介照顧者到主流福利服務單位，讓有需要的照顧者得到跟進服務。服務對象包括護老者及殘疾人士／精神復元人士的照顧者。



Designated Hotline for Carer Support : 182 183

The 24-hour Designated Hotline will be answered by professional social workers. It aims to reduce carers' stress and burden induced by daily caregiving, and enhance their caring capability continuously. The hotline provides instant support to carers, outreaching service to those facing emergency situation and refers them to the mainstream welfare service units for follow-up service in case of needs. Target service users include carers of elderly persons / persons with disabilities / persons in mental recovery.



照顧者資訊網 (carers.hk)

社會福利署與香港賽馬會慈善信託基金合作，委託香港樹仁大學建立照顧者資訊網，向照顧者提供全面、最新和方便閱覽的資訊。網站內容涵蓋長者、殘疾人士及精神復元人士的相關服務，照顧技巧，社區活動和資源等。



Information Gateway for Carers (carers.hk)

The Social Welfare Department collaborated with the Hong Kong Jockey Club Charities Trust and commissioned Hong Kong Shue Yan University to develop the Information Gateway for Carers, to provide comprehensive, updated and easily accessible information for carers. The Information Gateway will cover related services provided for elderly persons, persons with disabilities and persons in mental recovery, caring skills, and other community activities and resources.



長者／殘疾人士／精神復元人士日間和住宿暫託服務

護老者和殘疾人士／精神復元人士的照顧者有時也需要抖抖氣，給自己一點空間休息，或處理個人事務。日間和住宿暫託服務可以為體弱長者／殘疾人士／精神復元人士提供短期或臨時的日間和住宿照顧，讓護老者／照顧者在有需要時能得到歇息的機會。

Day and Residential Respite Service for the Elderly Persons / Persons with Disabilities / Persons in Mental Recovery

Carers of elderly persons / persons with disabilities / persons in mental recovery sometimes need to catch a breath and give themselves some space to rest or handle personal matters. Day and residential respite service can provide short-term or temporary daytime and residential care for frail elderly persons / persons with disabilities / persons in mental recovery, allowing carers to have the opportunity to take a break when needed.

長者日間和住宿暫託服務



殘疾人士／精神復元人士日間暫顧服務



殘疾人士／精神復元人士住宿暫顧服務



Day Respite / Residential Respite Service for the Elderly Persons



Day Respite Service for the Persons with Disabilities / Persons in Mental Recovery



Residential Respite Service for the Persons with Disabilities / Persons in Mental Recovery



暫託服務／緊急住宿空置名額查詢系統

照顧者可由查詢系統尋找適合長者／殘疾人士／精神復元人士的日間暫託／暫顧服務、住宿暫託／暫顧服務及緊急住宿服務。

Vacancy Enquiry System for Respite Services / Emergency Placement

Carers can look for suitable day respite service, residential respite service and emergency placement for the elderly persons / persons with disabilities / persons in mental recovery in the Vacancy Enquiry System.



長者及護老者的支援服務

Support Services for Elderly Persons and their Carers

- 長者地區中心及長者鄰舍中心
- District Elderly Community Centre and Neighbourhood Elderly Centre



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- 長者日間護理中心／單位
- Day Care Centre / Unit for the Elderly



中文



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- 「家居為本」長者社區照顧服務
- Home-based Community Care for the Elderly



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殘疾人士／精神復元人士及其家人／照顧者的支援服務

Support Services for Persons with Disabilities / Persons in Mental Recovery and Their Families / Carers

- 家長／親屬資源中心
- Parents / Relatives Resource Centre



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- 精神健康綜合社區中心
- Integrated Community Centre for Mental Wellness



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- 殘疾人士地區支援中心
- District Support Centre for Persons with Disabilities



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經濟援助

Financial Assistance

- 為低收入家庭護老者提供生活津貼計劃
- Scheme on Living Allowance for Carers of Elderly Persons from Low-income Families



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- 為低收入的殘疾人士照顧者提供生活津貼計劃
- Scheme on Living Allowance for Low-income Carers of Persons with Disabilities



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衛生署長者健康服務

Elderly Health Service of Department of Health

- 長者健康服務網頁 (www.elderly.gov.hk)
- Elderly Health Service Website (www.elderly.gov.hk)
- 長者健康資訊專線 (2121 8080)
- Elderly Health Infoline (2121 8080)



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- 長者健康服務YouTube頻道
- Elderly Health Service YouTube Channel



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其他資訊

Other Information

- 社會福利署網頁 (www.swd.gov.hk)
- Social Welfare Department (www.swd.gov.hk)
- 醫院管理局「智友站」 (www.smartpatient.ha.org.hk)
- Hospital Authority "Smart Patient Website" (www.smartpatient.ha.org.hk)



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- 「陪我講」精神健康推廣和公眾教育計劃 (www.shallwetalk.hk)
- "Shall We Talk" Mental Health Promotion and Public Education (www.shallwetalk.hk)



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照顧者如有需要，可致電以下熱線：
Carers may call the following hotlines if required :

照顧者支援專線 (24小時) Designated Hotline for Carer Support (24 hours)	182 183
社會福利署熱線服務 (24小時) Hotline Service of Social Welfare Department (24 hours)	2343 2255
明愛向晴熱線 (24小時) Caritas Family Crisis Support Hotline (24 hours)	18288
醫院管理局精神健康專線 (24小時) Hospital Authority Mental Health Direct (24 hours)	2466 7350
「情緒通」精神健康支援熱線 (24小時) Mental Health Support Hotline (24 hours)	18111