

计划

- 外佣在完成所有核心科目后，会获颁发出席证书。
- 长者地区中心可为有需要的长者在其外佣参加培训时段安排相关的照顾服务或活动。
- 参与计划的外佣需先获雇主推荐 / 允许，其雇主亦需已购买法定要求的雇员补偿保险。

Scope of Service

- Upon successful completion of the core modules, FDHs will be awarded an attendance certificate.
- 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.

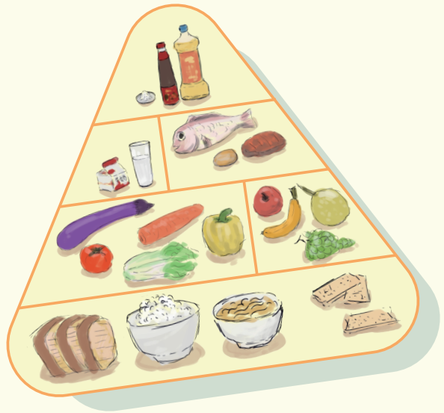


费用

- $200

Fee charging

- $200



报名方法

- 有兴趣的雇主和外佣，可直接联络推行计划的长者地区中心报名。
- 详情可以浏览社会福利署网页：

https://www.swd.gov.hk/sc/index/site_pubsvc/page_elderly/sub_psfdh/



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/index/site_pubsvc/page_elderly/sub_psfdh/



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外佣护老培训计划

Scheme on Training for Foreign Domestic Helpers in Elderly Care



社會福利署
Social Welfare Department

现时，外佣在不少家庭中担当着主要护老者的角色。社会福利署在2018年推行「外佣护老培训计划」，以加强外佣照顾体弱长者的技巧，提高长者在社区的生活质素，支援长者「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.







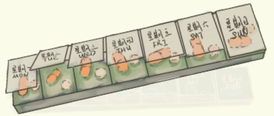
服务对象

- 已获聘而现正或将会照顾体弱长者的外佣。

Target Group

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

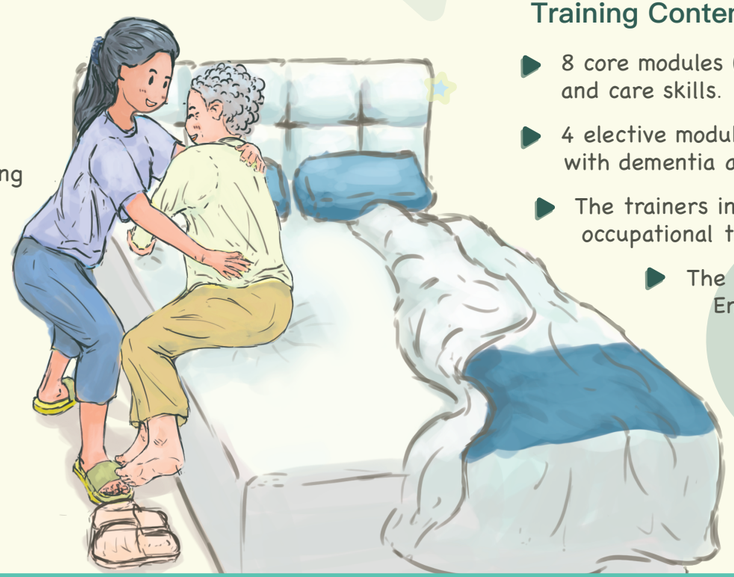
目标



- 教授外佣照顾体弱长者的基本知识和技巧。
- 培训外佣协助长者建立健康的生活模式，减少潜在风险。
- 透过受培训外佣的照顾和支持，提高长者在社区生活的质素。

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.



培训内容

- 八项核心科目（共12小时），涵盖常见的护老课题及照顾技巧。
- 四项选修科目（共6.5小时），有关照顾认知障碍症及中风长者的技巧。
- 由护士、营养师、物理治疗师及职业治疗师担任导师。
- 课程以英语或广东话主讲（可安排菲律宾、印尼及泰国语传译服务）。
- 讲义备有中、英、菲律宾、印尼及泰文版本。
- 培训地点为长者地区中心。



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).