

District Health Centre

Interfacing with Community Elderly Service Partners

Symposium on “Application of Digital Health in Community Centres:
The First Step in a Stepped Care Approach to Primary Care of Older People”

CUHK Jockey Club Institute of Ageing

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Background – 2017 Policy Address

2017 Policy Address – Primary Healthcare

- Set up a **District Health Centre** with a brand new operation mode in Kwai Tsing District within two years.
- Make use of the **local network** to procure services from organisations and healthcare personnel serving the district

2018 Policy Address – Primary Healthcare

- To effectively **change the current focus** of our healthcare services **on treatment** and to alleviate the pressure on public hospitals
- The DHC will be a **service hub**



District Health Centre Scheme

- Enhance public awareness of **disease prevention**
- Enhance their capability in **self-management** of health
- Provide **support** for the chronically ill



Community-based

- Convenient location of Core Centre and Satellite Centres
- Local consultation and monitoring

DHC

Public-Private Partnership

- Appoint DHC Operator through open tender
- Purchase services from private service providers

Hub

Medical-Social Collaboration

- Collaboration with NGOs, other local service partners



Key Services of DHC

- Primary Prevention Services

- Health promotion, advisory and counselling services
- Health educational programmes
- Basic assessment for chronic diseases risk factors

- Secondary Prevention Services

- Health assessment and screening to facilitate early identification of chronic diseases

- Tertiary Prevention Services

- Chronic diseases management services – hypertension, diabetes mellitus, musculoskeletal disorder
- Community Rehabilitation services – stroke, post acute myocardial infarction and hip fracture



Key Services of DHC

- Primary Prevention Services (examples)
 - ✓ Healthy eating
 - ✓ Fall prevention programme
 - ✓ Sarcopenia prevention programme
 - ✓ Frailty prevention programme
 - ✓ Diabetes prevention programme
 - ✓ Prevention of degenerative joint disease
 - Alcohol abstinence
 - Smoking cessation
 - Relaxation technique
 - Stress management
 - Sleep hygiene



District Health Centre

The Hub



Elderly care

- Round the clock / Comprehensive Support
- Physical / Psychological / Social / Spiritual
- Rehabilitation / Maintenance
- Day-care / Home base / Institutional

- Carer support



Day care



District Elderly Community Centre
Neighbourhood Elderly Centre
District Care Centre / unit
Day Respite Service
Carer Support Service
Home Help Service
Elderly Health Centre
Patient Empoerment Programme
Carer Support Service

Subvented

Home base



Carer Support Service
Enhanced Home & Community Care
Home Help Service
Integrated Home Care Service
Carer Support Service

Private

Institution base



C&A Home
Home for the Aged
Nursing Home
Contract Home
C&A Home

Government / HA



Abundant Resources in the Community

- Different types of service
- Different service providers
- Different types of professional
- Different service model
- Team of volunteers / Carers



Service Overlap vs Gap



What to achieve

- Complementing
- Maximizing
- Empowering



Delineation and Collaboration

分工 合作



Better Coordination – the Enablers

- | | |
|---|---|
| <ul style="list-style-type: none">• Information<ul style="list-style-type: none">• Service scope• Target client• Expertise• System<ul style="list-style-type: none">• Referral• Communication | <ul style="list-style-type: none">• Client centred• Leadership• Mutual understanding• Mutual respect |
|---|---|



District Health Centre will

- provide primary, secondary and tertiary prevention services
- build district base service provision information
- organize joint programmes in collaboration in local service partners
- establish mechanism for cross referral with local service partners



TIMELY / APPROPRIATE / HOLISTIC / SEAMLESS

CARE

by All

through a Coordinated District Health System



Thank You

