

## Target 服務對象 / 申請資格

- ★ 中風患者
- ★ 中風不超過一年及具復康潛質的病者優先
- ★ 非認知嚴重缺損者
- ★ 沒有傳染性疾病的患者
- ★ 情緒穩定
- ★ Patients suffered from stroke
- ★ With rehabilitation potential, probably within one year post stroke period
- ★ Cognitive impairment (mild/moderate level)
- ★ No infectious diseases
- ★ Emotionally calm

Reference: Cheung CM, Tsoi TH, Hon SF, et al. Outcomes after first-ever stroke. Hong Kong Med J 2007;13:95-9.

## Service Content 計劃主要內容

### 3-4個月復康療程包括：

- ★ 個別物理治療療程
- ★ 個別職業治療療程
- ★ 營養諮詢
- ★ 病理控制及檢視
- ★ 為參加者及家屬的心理健康輔導
- ★ 跨專業個案會議，跟進並調節個案復康目標及進展
- ★ 照顧者護理訓練
- ★ 到戶家居環境評估，為返家作適切配合

### 3-4 months of Rehabilitation Programme

- ★ Individual physiotherapy
- ★ Individual occupational therapy
- ★ Dietetic consultation
- ★ Pathological monitoring
- ★ Counseling to patients and family members
- ★ Regular multi-disciplinary case conferences
- ★ Carers training series
- ★ Pre-discharge home visit with advice on home modifications and rehabilitation aids

流金頌：賽馬會長者計劃新里程是由香港賽馬會慈善信託基金主導推行的一項五年計劃，以迎接人口老化為社會帶來的挑戰。馬會捐款三億八千萬港元，與香港大學社會科學院及香港中文大學醫學院合作，透過社區計劃、科研、培訓、公眾教育等，推動社會對長者的正面態度，改善香港老人的照顧，提升長者的生活質素。www.cadenza.hk

CADENZA: A Jockey Club Initiative for Seniors is a five-year project launched by The Hong Kong Jockey Club Charities Trust with \$380 million funding in light of the rapidly ageing population in Hong Kong. Through community projects, research, training and public education, the project aims to create an elder-friendly community which fosters positive community attitude towards older people and continuously improves the quality of care and quality of life for Hong Kong's elderly. The Faculty of Social Sciences of The University of Hong Kong and the Faculty of Medicine of The Chinese University of Hong Kong are project partners. www.cadenza.hk

## Period 計劃推展時期

2009年4月1日至2012年3月31日  
From 1st April 2009 to 31st March 2012



## Contact Information 聯絡及查詢

地址：九龍牛頭角 彩霞道55號 彩頤居2樓  
Address: 2/F, Cheerful Court, 55 Choi Ha Road, Ngau Tau Kok, Kowloon.  
電話：2251-3699 Tel: 2251 3699

香港聖公會福利協會  
Hong Kong Sheng Kung Hui Welfare Council



網址：www.cheers.org.hk  
電郵：sen@skhwc.org.hk

# 流金頌社區計劃— 恩悅中風復康服務

CADENZA Community Project  
Transitional Care for Stroke Patients



恩悅軒

日間·住宿康健中心

Cadenza  
流金頌  
賽馬會長者計劃新里程  
A Jockey Club Initiative for Seniors

捐助機構  
Funded by:



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust

## Background 計劃背景

中風已成為第四號殺手。有調查更發現，首次中風者於5年內再次中風的機會，高達百分之二十一。及早和有系統的復康治療，能增加患者提高康復能力的機會。但由於需求不斷增加，公營復康醫院的床位亦供不應求，部份中風患者因而錯過復康的黃金機會。其實部份患者可以在「用者自付」的原則下，使用較迅速或較高水平的服務，除增加復康機會，亦減少公營醫療服務的壓力。

有見及此，香港聖公會福利協會為填補服務空隙，推行一個具特色的離院後中轉支援及復康計劃，名為「流金頌社區計劃 - 恩悅中風復康服務」。本計劃為「流金頌：賽馬會長者計劃新里程」的其中一項社區計劃，由香港賽馬會慈善信託基金捐助。

Stroke is the fourth leading cause of death in Hong Kong. According to the recent study, 21 % of the stroke patients would likely to have second stroke within 5 years post stroke. Overseas experience found that early intervention and intensive rehabilitation for persons after stroke can reduce disability and improve the speed of recovery, However, with limited resources, patients in public sector usually face the difficulties of: (i) long waiting time for required rehabilitation programme, (ii) infrequent rehabilitation arrangement, (iii) limited period of rehabilitation programme and (iv) lack of choices and care options for those could afford to pay.

In view of the pressing needs of stroke elders as well as providing more care options for the affordable group, Hong Kong Sheng Kung Hui Welfare Council initiates an integrated and multi-dimensional stroke rehabilitation program with comparatively cost-effective pathway. This includes an individualized treatment plan sessions with various therapists and group activities that are designed to help their memory, speech, cognitive and functional mobility.

This three-year project is one of the community projects of CADENZA: A Jockey Club Initiative for Seniors, funded by The Hong Kong Jockey Club Charities Trust to provide stroke elders with transitional care programme in a caring and supporting residential setting after discharging from hospitals. One-stop rehabilitation services are provided by a multi-disciplinary professional team to help maximize stroke patients' potential for independent living and prevent hospital readmission.

## Objectives 計劃目標

★ 填補現有服務的空隙，並在「用者自付」的原則下，為中風患者提供離院後中轉支援及復康服務；

★ 為參加者提供針對性及密集的復康計劃，務求將能力回復至最高水平，讓他們可早日重返家園「自在」地生活；

★ 有計劃地安排復康者離院，並減低他們再次入院及依賴長期住宿院舍的比率，以舒緩整體醫療的壓力。

★ To maximize rehabilitation potential through the provision of intensive rehabilitation programme so as to help stroke patients enjoy independence as far as possible;

★ To support timely discharge and reduce the unnecessary admissions to hospitals and long term care institutions as well as alleviate the burden of the public sector;

★ To fill the existing service gap by providing more care options for stroke patients who require transitional care, and also a new endeavor to try out a user-pay model for reference of future service delivery.

# 步出「中風」深幽之谷 經歷非一般「復康」之旅

## Program Characteristics 計劃特色

### 爭分奪秒

抓緊中風後首半年的「黃金復康期」，透過密集治療，提升患者的復康進度及機會；

### 聚焦分流

在「用者自付」的原則下，提供較高水平而自費的服務選擇，同時亦為公營服務分流減壓；

### 共謀同進

讓患者及家人參與議訂照顧計劃，亦按時與他們透過錄影片段及收集所得之數據檢視進展；

### 合縱連橫

除了跨專業團隊合作外，更中西結合，加入針灸、復康電腦軟件程式的應用，作出「針對性」治療。

### Alternate Choice

We provide more care options for users with access to faster and higher quality rehabilitation services;

### Sharp and Prompt Response

We arrange intensive and continuous rehabilitation programme in order to maximize the effect of "Golden Rehabilitation Period";

### Users' Participation

Patients and family members are involved in setting the care plan; recovery progress will be reviewed periodically with scientific data as well as visual evidences;

### Full Spectrum of Services

Besides putting medical, nursing, allied health and social work professions together, we also integrate alternate treatment methods like acupuncture, rehabilitation software into our programme.

