

# 衰弱症的相關社會資源簡介

## Information for community resources and helpful tips for management of frailty in seniors

### 常見資源 General Resources



### 家居護理員服務 Community Health Workers Services

家居護理是幫助您保持獨立自主及提高生活質素。

**Home support** is care at home to help you remain independent and enhance quality of life.

家居護理員的服務是由家居護理員 (CHW) 為服務使用者所提供的個人支援服務，這些服務使用者在日常生活的各種活動方面需要協助，例如：

- 幫助您四處走動或安全地上床和落床
- 洗澡、穿衣及上廁所
- 加熱和端上飯菜
- 為您的照顧者提供休息時間
- 幫助您服藥

**Community health workers services** are personal support services provided by community health workers (CHWs) to clients who require assistance with daily activities, e.g:

- Assisting you to move around or get in and out of bed safely
- Bathing, dressing, and toileting
- Heating and serving meals
- Providing a break for your caregiver
- Helping you with taking your medication

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#### 成人日間服務 Adult Day Program



長者可以每週參加一到兩天的活動，  
活動期間提供午餐和點心

- 積極鍛鍊：多運動
- 保持健康：常社交
- 享受樂趣：參與遊戲、藝術、音樂和不同活動

Seniors can attend programs one or two days a week, where lunch and snacks are provided

- Get Active: Physical exercises
- Stay Well: Socialize
- Have fun: Participate in games, arts, music, and special events.

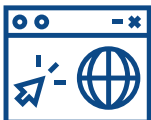
### 社交處方箋計畫 Social Prescribing Program

您可以與以下溫哥華的四個社交處方箋計畫的社區工作者聯繫

- West End Seniors' Network
- S.U.C.C.E.S.S.
- Frog Hollow Neighborhood House
- Collingwood Neighbourhood House

Connect with a Community Link Worker at one of the four Social Prescribing programs in Vancouver

- West End Seniors' Network
- S.U.C.C.E.S.S.
- Frog Hollow Neighborhood House
- Collingwood Neighbourhood House



更多講座相關的社區資源已上載「安康」網站 (全面了解衰弱症活動頁面)，  
或[按此了解更多](#)。

You can find more related community resources on the iCON website (Event: 2024 Chinese Health Forum) or by [clicking here](#).

## 常見資源 General Resources

### 輔助生活設施 Assisted Living Facility

適合能夠獨立生活並自主做出決策，但由於身體和功能性健康挑戰而需要輔助的成年人。

Adults who can live independently and make decisions on their behalf but require a supportive environment due to physical and functional health challenges.

### 入住公費補貼的長期護理院

#### Accessing Publicly Subsidized Long-Term Care Homes

在低陸平原，請聯絡 **In the lower mainland, contact your Home Health office:**

北溫哥華 (North Vancouver, B.C.) 604-983-6700

列治文 (Richmond, B.C.) 604-278-3361

溫哥華 (Vancouver, B.C.) 604-263-7377

西溫哥華 (West Vancouver, B.C.) 604-983-6700

在溫哥華沿岸衛生局，請聯絡醫院團隊以了解出院計畫

**In the Vancouver Coastal Health, contact your hospital team or discharge planner:**

<http://www.vch.ca/your-care/home-community-care/care-options/long-term-care>

### 預先護理計劃 Advance Care Planning

**[www.healthlinkbc.ca](http://www.healthlinkbc.ca)**

在搜索框中輸入“Advance Care Planning”

Visit the website and search for "Advance Care Planning"