

全面了解衰弱症

Strengthening Health and Wellness as We Age

社區資源 Community Resources

卑詩健康資訊 HealthLink BC

電話 Call: 8-1-1

健康服務嚮導（每天24小時提供卑詩省醫療保健系統的信息，設有中文服務）助您查找健康資訊和服務，聯絡註冊護理師、運動專家、藥劑師或註冊營養師。

A health services navigator (available 24/7 and Chinese speakers are available) can find you health information and services or provide a connections to a Registered Nurse, Exercise Professional, Pharmacist or Registered Dietitian.

網頁 Website:

- 按指示服藥 Taking medicines as prescribed: <https://www.healthlinkbc.ca/health-topics/taking-medicines-prescribed>
- 身體活動 Physical Activity: <https://www.healthlinkbc.ca/physical-activity>
- 預防長者跌倒 Preventing Falls in Older Adults: <https://www.healthlinkbc.ca/more/healthy-aging/seniors-health/preventing-falls-older-adults>
- 健康飲食 Healthy Eating: <https://www.healthlinkbc.ca/health-topics/healthy-eating>
- 預先護理計劃 Advance Care Planning: <https://www.healthlinkbc.ca/more/healthy-aging/seniors-health/advance-care-planning>

使用應用程式 Use App:

(可於 App Store、Google Play 或 Microsoft store 網路商店免費下載)

(Available on App Store, Google Play, or Microsoft store)



HealthLinkBC
BC Health Service Locator
Province of British Columbia

社區資源 Community Resources

卑詩省家庭照顧者中心 Family Caregivers of BC

照顧者熱線 Caregiver Support Line: 1-877-520-3267

網頁 Website: <https://www.familycaregiversbc.ca/>

卑詩省長者指南 BC Senior's Guide

網站 Website: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

附有中文版本 Traditional Chinese version available

長者健康飲食 Healthy Eating for Seniors Handbook

網站 Website: https://www2.gov.bc.ca/assets/gov/people/seniors/health-safety/pdf/hefs_web_chinese.pdf

加拿大食品指南 Canada's Food Guide

網站 Website: <https://food-guide.canada.ca/en/>

卑詩省營養師 B.C. Dietitian

網站 Website: <https://bcdietitians.ca/>

查詢長期護理院資料 Long-Term Care and Assisted Living Directory

網站 Website: <https://www.seniorsadvocatebc.ca/quickfacts/location>

社區資源 Community Resources

老年人跌倒是可以預防的 Seniors' Fall Can Be Prevented

網站 Website: <https://www.healthlinkbc.ca/healthlinkbc-files/seniors-falls-can-be-prevented>

預防跌倒資源 Fall Prevention Resources

網站 Website: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/disease-and-injury-care-and-prevention/fall-prevention/resources-to-learn-more>

Finding Balance B.C.

網站 Website: <https://findingbalancebc.ca/>

預防老年人跌倒 Preventing Falls As You Age

網站 Website: <https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls>

卑詩省無障礙房屋改造返利計畫

B.C. Rebate for Accessible Home Adaptations

為符合條件的低收入家庭提供經濟援助以完成無障礙家庭改造，助他們獨立生活。

Provides financial help in the form of rebates to eligible low-income households to complete home adaptations for independent living.

網站 Website: <https://www.bchousing.org/housing-assistance/BC-RAHA>

社區資源 Community Resources

危機及防止自殺熱線 Crisis Intervention and Suicide Prevention Line

電話 Call: 604 872-3311 (大溫地區) / 1-800-784-2433 (免費 toll-free)

全天候24小時無間斷運作 Available 24 hours a day, 7 days a week

310 心理健康支持熱線 310 Mental Health Support Line

提供情緒和心理健康支持

Provides emotional support and resources for mental health related concerns.

電話 Call: 310-6789 (無需撥字頭/區號 An area code is not needed)

加拿大心理衛生協會 The Canadian Mental Health Association (CMHA)

電話 Call: 1-866-658-1221

網站 Website: <https://cmha.ca/>

「重振旗鼓」情緒處理計劃 “Bounce Back Program”

網站 Website: <https://bouncebackbc.ca/>

該計劃有助提升心理健康，教學光碟附有英語、普通話及廣東話，學習工作簿材料可選英語和廣東話。

This resource is for depression, anxiety, and how to improve your mental health.

Instructional DVDs are available in English, Mandarin and Cantonese and the Workbook is available in English and Cantonese.

 www.iconproject.org

 icon.support@ubc.ca

社區資源 Community Resources

心理健康及物質使用資訊 Mental Health and Substance Use Information

網站 Website: <https://www.heretohelp.bc.ca/>

一個由推廣心理健康及物質使用資訊的非牟利組織所成立的網站，內含有關維持良好心理健康的要點、物質使用問題及整體健康的知識。

This resource provides information about maintaining good mental health, provides information, tips and resources for self management of mental illness, excessive drinking or use of other substances as well as general wellness.

Depressionhurts.ca

網站 Website (簡體中文 Simplified Chinese): <https://depressionhurts.ca/zh-hans/>

網站 Website (英文 English): <https://depressionhurts.ca/en/>

抑鬱症症狀一覽表 Symptoms checklist for depression:

(簡體中文 Simplified Chinese) <https://depressionhurts.ca/zh-hans/checklist/>

(英文 English) <https://depressionhurts.ca/en/could-it-be-depression/>

 www.iconproject.org

 icon.support@ubc.ca



歡迎掃描二維碼訂閱「安康」通訊，定時接收最新活動消息和健康生活資訊。

Please scan the QR code to join iCON mailing list and receive upcoming event news and healthy living tips.



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酒精及藥物資訊以及轉介服務

The Alcohol and Drug Information and Referral Service

電話 Call: 1-800-663-1441 / 604-660-9382 (低陸平原 lower mainland)

全天候24小時接聽電話，設有多種語言服務。

Assistance is available 24 hours a day, 7 days a week and in multiple languages.

網站 Website: <https://www.healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service>

卑詩藥物補助計劃 BC PharmaCare

網站 Website: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents>

卑詩公平藥物補助計劃 Fair Pharmacare Plan

電話 Call: 1-800-663-7867

網站 Website: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover/fair-pharmacare-plan>

如何接種新型冠狀病毒疫苗. Covid-19 immunization

網站 Website: <https://www2.gov.bc.ca/gov/content/covid-19/translation/tc/register>

卑詩省的藥房服務 Pharmacy Services in B.C.

網站 Website: <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/pharmacy-services/tc>

社區資源 Community Resources

約見藥劑師治療小病或處方避孕藥具 Pharmacy Services in B.C.

網站 Website: <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/pharmacy-services/tc#Minorailments>

卑詩省211 211 British Columbia

撥打或傳短訊至2-1-1 以尋找社區資源。

Phone or text 2-1-1 to find community resources

卑詩省長者維權辦公室 Office of the Seniors Advocate British Columbia

長者維權辦公室為長者提供資訊與轉介服務。

(Office of the Seniors Advocate provide seniors information and referral services.

電話 Call: 877-952-3181

網站 Website: www.seniorsadvocatebc.ca

卑詩疼痛協會 Pain B.C.

疼痛援助熱線: 844-880-PAIN

Pain Support Line: 844-880-PAIN

卑詩省自我管理-慢性疼痛計畫

Self Management British Columbia - Chronic Pain Program

網站 Website: <https://www.selfmanagementbc.ca/chronicpainselfmanagement>

社區資源 Community Resources

送餐服務 Meals on Wheels

中餐熱線 Chinese Meals Hotline: 604-733-6615

網站 Website: www.carebc.ca

Nidus 個人計劃資源中心 Nidus Personal Planning Resource Centre

網站 Website: www.nidus.ca

電郵 E-mail: info@nidus.ca

生命熱線 Lifeline

全天候英語服務熱線 24 hours English service hotline

電話 Call: 604-872-5433

特殊需要接載服務專用車 Handy Dart Service

網站 Website: <https://www.translink.ca/rider-guide/transit-accessibility/handydart>

卑詩省阿茲海默症協會 Alzheimer Society of BC

First Link 熱線 First Link Helpline: 800-936-6033

照顧者支持小組 Chinese caregiver support group

為失智症患者的照顧者和家庭成員提供支持

Provides support to caregivers and family members of patients with Dementia.

電話 Call: 604-687-8299

社區資源 Community Resources

長者社會處方箋 Seniors Social Prescribing Program

與社區的社會處方聯絡員聯繫 Connect with a Social Prescribing Connector in your community

網站 Website: <https://www.comservice.bc.ca/programs-services/seniors-social-prescribing-program/>

溫哥華沿岸衛生局 Vancouver Coastal Health

- 老年人心理健康 Vancouver MHSU Older Adult Program
 - 熱綫 Referral line : 604-873-6733
- 社區家庭健康服務 Community Home Health Service (Health Unit)
 - 熱綫 Referral line: 604-263-7377
- 訪問任務中心 AAC (Access Assignment Centre)
 - 熱綫 Referral line: 604-675-3700
- 列治文精神健康團隊 Richmond MH Team
 - 熱綫 Referral line: 604-204-1111
- 列治文家庭健康服務 Richmond Home Health Service (Health Unit)
 - 熱綫 Referral line: 604-278-3361

有關入住溫哥華沿岸衛生局長期護理院的資訊 Long-term care home access:

- 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

了解出院計畫 Discharge planning:

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

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Strengthening Health and Wellness as We Age

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.