

# Geriatric Day Hospital Community Extension Program

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## Introduction

In Hong Kong, there is an increasing need for integrated rehabilitation for the aging population in the community. In order to meet the rising demand, a community-based integrated rehabilitation program collaborated between NGOs and HA was implemented to enhance the patients' rehabilitation after discharged from day hospitals.

## Purpose of the Project

To study the feasibility of utilizing the resources deriving from the partnership between NGOs and day hospitals to deliver comprehensive community care to patients.

## Methods / Program Outline

Patient discharged from PYNEH and TWEH who has the potential for further rehabilitation was referred to TWGHsKWCMHHC or TWGHsFSCSSB for assessment. A comprehensive rehabilitation program including physiotherapy and occupational therapy was then delivered to the patient for a 4-months' period according to the patient's need. After the 4-months' rehabilitation, a re-assessment together with a medical consultation would be arranged to assess the patient's physical and functional conditions.

## Results

From Jan 2007 to Dec 2007, 51 patients joined the community-based integrated rehabilitation program at TWGHsKWCMHHC and TWGHsFSCSSB. 29 patients were discharged while 22 patients are still participating in the program. Majority of patients who completed the program showed improvement in walking stability and endurance while some of them showed improvement in standing balance and joints pain.

## Conclusion

A community-based integrated rehabilitation program is a feasible model in providing rehabilitation to the aging population after discharged from day hospitals. It was shown to improve and enhance the health and functional outcomes through this community model.

