

## **PYNEH/TWEH Extension of Day Hospital Rehabilitation to SAGE Eastern District Elderly Community Programme**

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### **Introduction:**

Ageing population and early occurrence of chronic illnesses increase the rehabilitation and care burden in the community. In order to respond to these concerns, The Hong Kong Society for the Aged (SAGE) Hong Kong Eastern District (HKE) has developed community rehabilitation services to elderly in recent years. In collaboration with Rehabilitation Day Hospital (RDH) of Tung Wah Eastern Hospital (TWEH) and Geriatric Day Hospital (GDH) of Pamela Youde Nethersole Eastern Hospital (PYNEH), we can provide seamless health care service within our community and meet the rehabilitation needs of patients discharged from RDH/ GDH.

### **Purpose of the Project:**

- To improve/ maintain mobility and self care ability of elderly patients discharged from RDH/ GDH but still need community maintenance rehabilitation.
- To bridge elderly patient who in their life have reached hospital as their only community link to a wide range of community support services in elderly centre.
- To strengthen sense of maintenance health among elderly people through educational and social activities to prevent further alleviation of disease.

### **Material & Methods:**

- SAGE HKE had established two physiotherapy units in two community centres, ready to serve clients discharged from hospitals.
- RDH/ GDH refer appropriate clients to SAGE; physiotherapists in SAGE are responsible for their assessment and centre-based treatment planning.
- A follow-up in RDH/ GDH will be provided for those clients discharged from the program.
- SAGE will assist those with financial difficulties to apply funding to subsidize their treatment cost.

### **Results:**

From June 2004 to March 2006, we provided 266 sessions and 1,388 person-time attended our service. On behalf of the referrals, nearly 70% of them accept our services. 15% of them received other services in SAGE after attending our program. Most of the discharged clients show significant improvement in mobility level.

### **Conclusions:**

This project is an example of successful partnership building between hospitals and NGOs in healthcare service provision. It well demonstrates the needs and urgency of community care for the seniors. It is a precious experience and pave way for the development of community-based care in future.