

東區尤德夫人那打素醫院
老人精神科資深護師
區麗明





Dementia Community Support Scheme (DCSS) 智友醫社同行計劃



背景

- 由關愛基金撥款的「智友醫社同行計劃」，以「醫社合作」模式進行
- 為期兩年（由2017年2月至2019年1月止）。
- 4個醫管局聯網參與（新界東、九龍東、港島東及新界西）
- 20間長者地區中心參與
- 涉及8個地區（東區、灣仔、觀塘、將軍澳、
沙田、大埔、屯門、元朗）
- 約2000名長者受惠



服務對象

- 年滿60歲或以上的長者，並：
- 被醫管局(參與先導計劃的4個聯網會優先處理)
- 確診患有輕度或中度認知障礙症的患者

*長者及其照顧者同意參與計劃 (Consent)





轉介信經由醫管局精神科或老人科醫生轉介
(評估根據整體退化量表(GDS)工具量度達到級別4)



* GDS – Global Deterioration Scale

再由資深護師進行評估



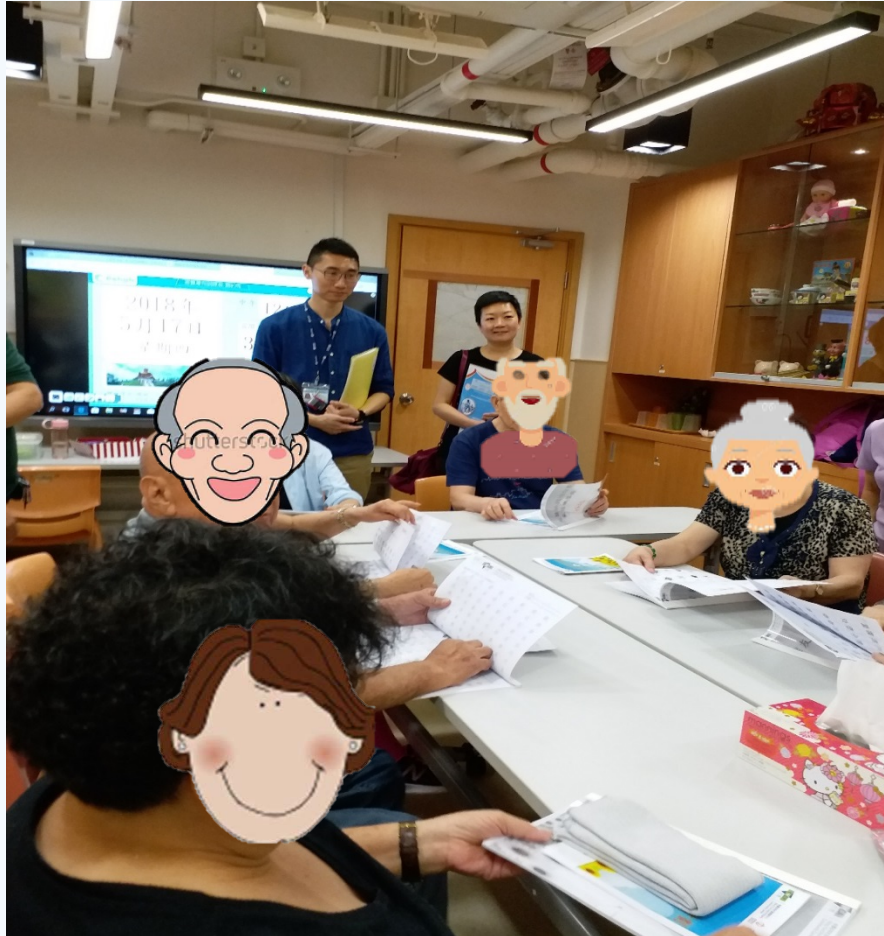
Chinese version of the Disability Assessment for Dementia (CDAD) 失智功能障礙評估量表

DISABILITY ASSESSMENT FOR DEMENTIA (DAD-E)				
Below, I will ask you some questions about how your family member performs some activities of daily living, such as hygiene, getting dressed, etc. You should answer by thinking about how his family member did that activity during the past two weeks . If you do not understand any of the questions, please let me know so that I can clarify your question.				
ANSWER CODING: NO=0 YES=1 NOT APPLICABLE because: He never did it =2 He has not had a chance in these past two weeks =3 This is prevented by a sensory impairment=4 This is prevented by a motor impairment=5 This is prevented by a sensory and motor impairment=6 Other causes of non-cognitive origin=7				
In the past two weeks, (name) _____, without anyone helping him or reminding him,		Initiative	Planning	Performance
HYGIENE				
1	Has he had the initiative to wash or bathe or shower by himself?			
2	Has he had the initiative to brush his teeth or take care of his dentures?			
3	Has he had the initiative to wash and comb his hair?			
4	Has he prepared water, towels and soap for washing, bathing or showering?			
5	Has he washed and dried all parts of his body with care?			
6	Has he brushed his teeth or taken care of his dentures properly?			
7	Has he taken care of washing and combing his hair?			
GETTING DRESSED				
8	Has he had the initiative to get dressed?			
9	Has he chosen the right clothes (in relation to the occasion, the neatness, the time and combining the colors)?			
10	Has he dressed in the right order (underwear, pants / skirt, shoes)?			
11	Did he dress completely alone?			
12	Has he just completely undressed?			
CONTINENCE				
13	Has he had the initiative to go to the bathroom at the right time?			
14	Has he used the bathroom without any mishap?			
EATING				
15	Has he had initiative to eat?			
16	Has he chosen the right cutlery and condiments when he eats?			
17	Has he eaten at a normal pace and with good manners?			
FOOD PREPARATION				
18	Has he had the initiative to prepare a simple meal or snack?			
19	Has he planned properly how to prepare a simple meal or snack (ingredients, cooking tools)?			
20	Has he prepared or cooked a simple meal or snack with no mishap?			
USING PHONE				
21	Has he tried to call someone at a reasonable time?			
22	Has he found and dialed a phone number correctly?			
23	Has he had an appropriate telephone conversation?			

Zarit Burden Interview 負擔情況調查問卷

Zarit's 失智症照顧者的負擔調查						
說明：此份問卷敘述人們在照顧失智者時可能出現的感覺。在每個敘述後面標示出感覺發生的頻率，如：從不、很少如此（一個月幾次）、有時候（一週 1~3 次）、經常如此（一週 4~5 次）或總是如此（幾乎天天）。請在各項問題的四種答案中選出您認為最適合於說明您的情況的一項，在它上面做個記號。 這份問卷的回答沒有對或錯。						
1.	您是否覺得失智者要求超過他（她）所需要的幫助？	從不	很少如此	有時候	經常如此	總是如此
2.	您是否覺得因為您照顧失智者花費太多時間，以致沒有足夠的時間留給自己？	從不	很少如此	有時候	經常如此	總是如此
3.	您是否覺得在照顧失智者和您的家庭、工作上其他責任間會有衝突？	從不	很少如此	有時候	經常如此	總是如此
4.	您是否對失智者的行為感到難堪？ 【台語：不好意思】	從不	很少如此	有時候	經常如此	總是如此
5.	當您在失智者周圍時，您是否覺得生氣？	從不	很少如此	有時候	經常如此	總是如此
6.	您是否覺得失智者對您和其他家人、朋友的關係有負面影響？	從不	很少如此	有時候	經常如此	總是如此
7.	您是否害怕失智者的未來會如何？	從不	很少如此	有時候	經常如此	總是如此
8.	您是否覺得失智者依賴您？	從不	很少如此	有時候	經常如此	總是如此
9.	當失智者在您周圍時，您是否覺得緊張（有壓力）？	從不	很少如此	有時候	經常如此	總是如此
10.	您是否覺得因為投入照顧失智者而影響自己的健康？	從不	很少如此	有時候	經常如此	總是如此
11.	您是否覺得因為失智者而沒有自己的隱私？	從不	很少如此	有時候	經常如此	總是如此

Schedule a Visit



THE NURSING REPORT



疑難問題？



1+1=?



每月開會商討個案及實踐護理計劃



由2017年4月至2018年4月，共轉介444個案參加計劃。

截至2018年4月，有153人畢業。





循道衛理中心
Methodist Centre



香港耆康老人福利會
The Hong Kong Society for the Aged



智友醫社同行計劃

謝映蘭資深護師
香港基督教女青年會
明儒松柏社區服務中心

等我們團隊帶大家去體驗吓
這個計劃，大家就會明白多
點架喇！

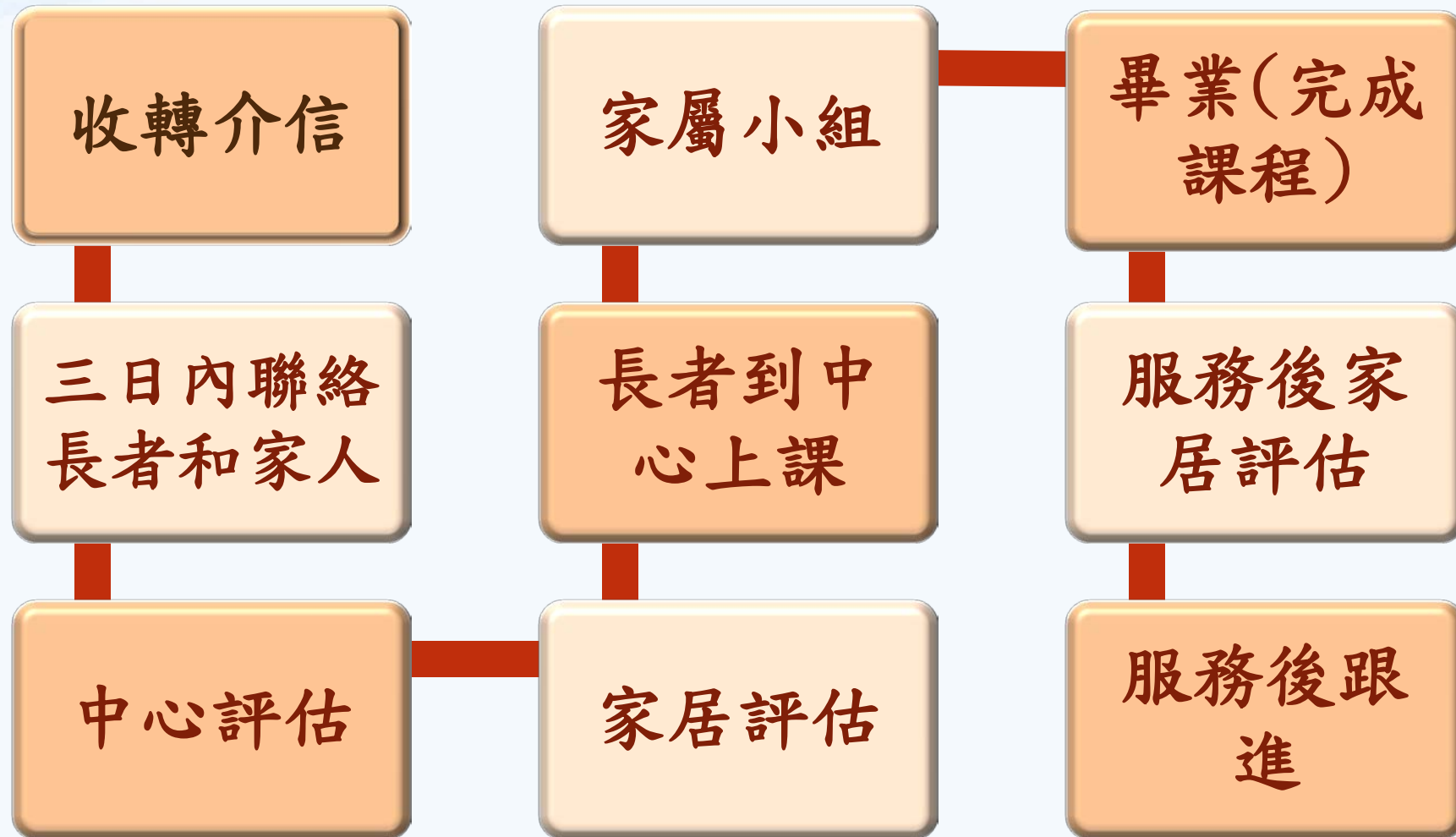


左：一級職業治療師

中：資深護師

右：社工

智友醫社同行計劃服務流程



智友醫社同行計劃體驗 旅程正式開始



智友簡介

曾女士

年齡	7X
轉介來源	東區醫院
診斷	輕度認知障礙症
GDS	4
居住情況	獨居
婚姻	寡
兒女	3 女兒
徵狀	生活作息混亂，被動，社交生活漸退縮，性格固執， 缺乏興趣和動力

智友醫社同行計劃體驗第一站：評估顯關懷

介紹服務內容和
收費



評估背景，經濟，
社交，身體和精神
狀況，藥物，照顧
者壓力等

認識中心環境



建立關係

智友醫社同行計劃體驗第二站：認識您多一些（家訪）

認知/身體機能/家居安全評估



認識您多一些（家訪）：藥物評估/認識長者生活習慣和興趣



智友醫社同行計劃體驗第三站：腦友齊學習（長者小組）



Osom 認知訓練



互動投影科技



新科技電子遊戲

智友醫社同行計劃體驗第三站：腦友齊學習（長者小組）



藝術小組



園藝活動



懷舊小組

智友醫社同行計劃體驗第三站：腦友齊學習（長者小組）



訓練日常生活技能



參觀房協



強身健體

智友醫社同行計劃體驗第四站：同心破浪（家屬小組）

作息
定時

居安
思危

誰來明
白我

知識技
巧篇

與你
同行

智友醫社同行計劃體驗第四站：同心破浪（家屬小組）

香薰
按摩

藝術
治療

靜觀

感受心
靈篇

大笑
健身

智友醫社同行計劃體驗第四站：同心破浪（家屬小組）



智友醫社同行計劃體驗第五站：我都做得到（畢業啦！）



智友醫社同行計劃體驗第六站：再續情緣(跟進服務)

個案轉介

登記長者成為
中心會員

照顧者登記為
護老者會員

電話關心熱線

節日性重聚

自費延續課程

智友醫社同行計劃體驗第七站：心靈的回響

認知障礙症不會讓
長者和家人變得疏遠



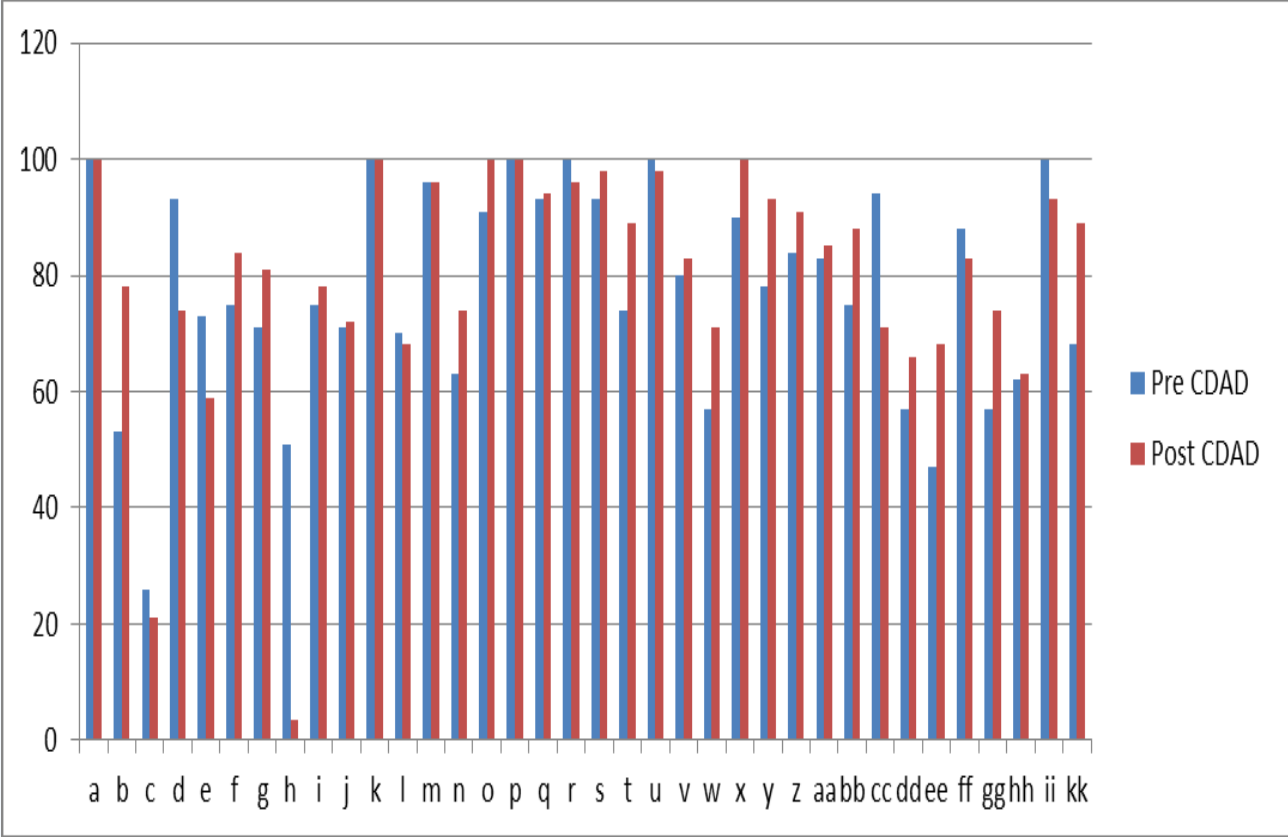
因為愛讓長者和家人
彼此有得更近

看短片

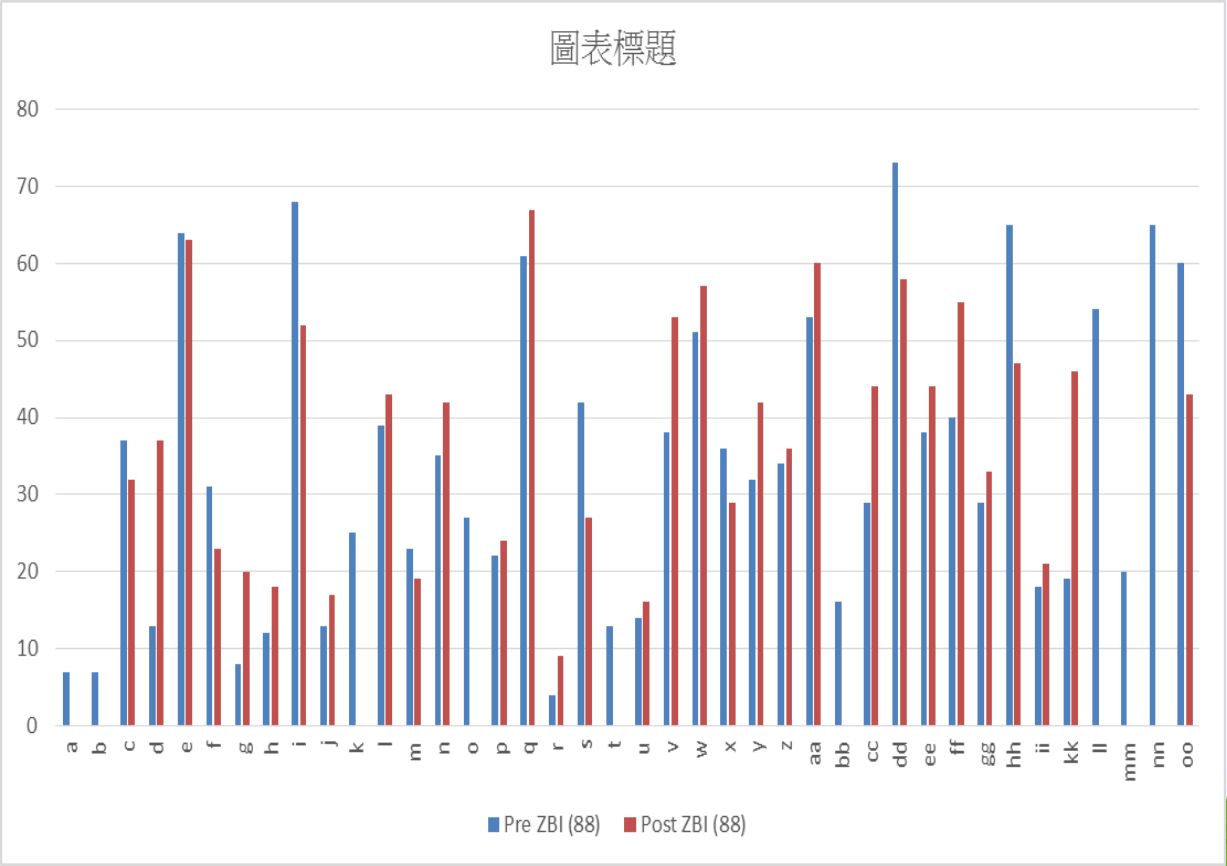


照顧者對智友醫社同行計劃的 意見

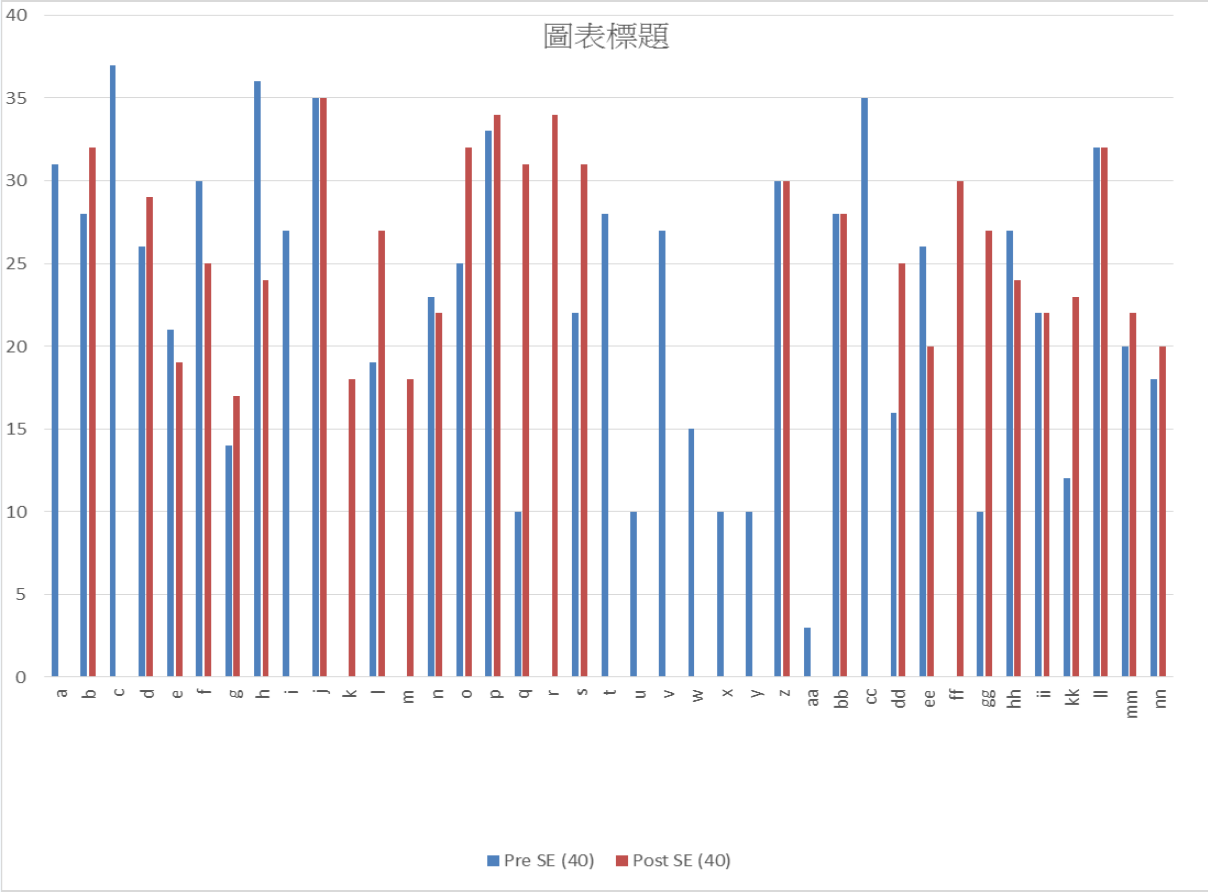
Patient	Pre CDAD	Post CDAD	Patient	Pre CDAD	Post CDAD
a	100	100	s	93	98
b	53	78	t	74	89
c	26	21	u	100	98
d	93	74	v	80	83
e	73	59	w	57	71
f	75	84	x	90	100
g	71	81	y	78	93
h	51	3.6	z	84	91
i	75	78	aa	83	85
j	71	72	bb	75	88
k	100	100	cc	94	71
l	70	68	dd	57	66
m	96	96	ee	47	68
n	63	74	ff	88	83
o	91	100	gg	57	74
p	100	100	hh	62	63
q	93	94	ii	100	93
r	100	96	kk	68	89



Patient	Pre ZBI (88)	Post ZBI (88)	Patient	Pre ZBI (88)	Post ZBI (88)
a	7		u	14	16
b	7		v	38	53
c	37	32	w	51	57
d	13	37	x	36	29
e	64	63	y	32	42
f	31	23	z	34	36
g	8	20	aa	53	60
h	12	18	bb	16	
i	68	52	cc	29	44
j	13	17	dd	73	58
k	25		ee	38	44
l	39	43	ff	40	55
m	23	19	gg	29	33
n	35	42	hh	65	47
o	27		ii	18	21
p	22	24	kk	19	46
q	61	67	ll	54	
r	4	9	mm	20	
s	42	27	nn	65	
t	13		oo	60	43



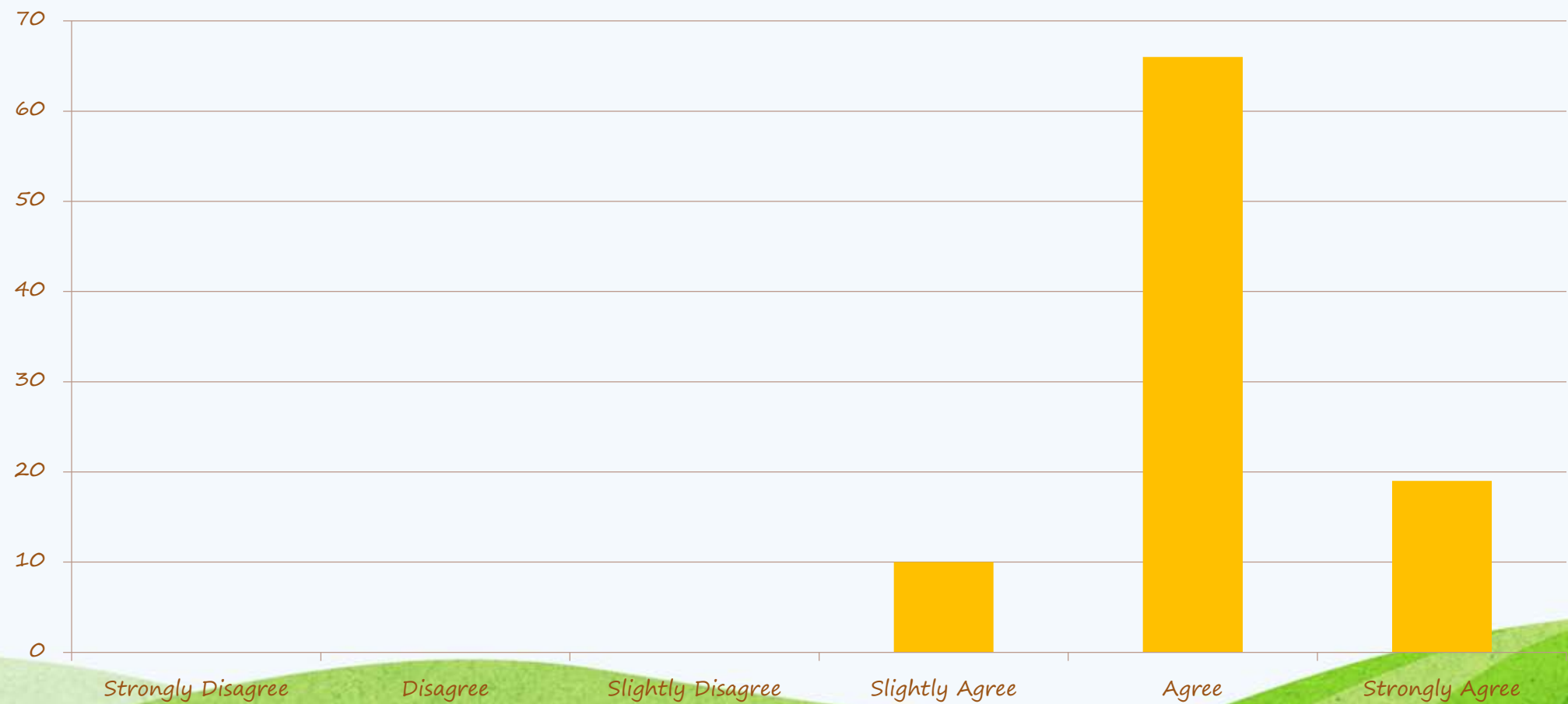
Patient	Pre SE (40)	Post SE (40)	Patient	Pre SE (40)	Post SE (40)
a	31		u	10	
b	28	32	v	27	
c	37		w	15	
d	26	29	x	10	
e	21	19	y	10	
f	30	25	z	30	30
g	14	17	aa	3	
h	36	24	bb	28	28
i	27		cc	35	
j	35	35	dd	16	25
k		18	ee	26	20
l	19	27	ff		30
m		18	gg	10	27
n	23	22	hh	27	24
o	25	32	ii	22	22
p	33	34	kk	12	23
q	10	31	ll	32	32
r		34	mm	20	22
s	22	31	nn	18	20
t	28				



Q. 1 Do you agree that this program enables you to know more about dementia?

你是否同意本訓練課程增加你對認知障礙症的知識？

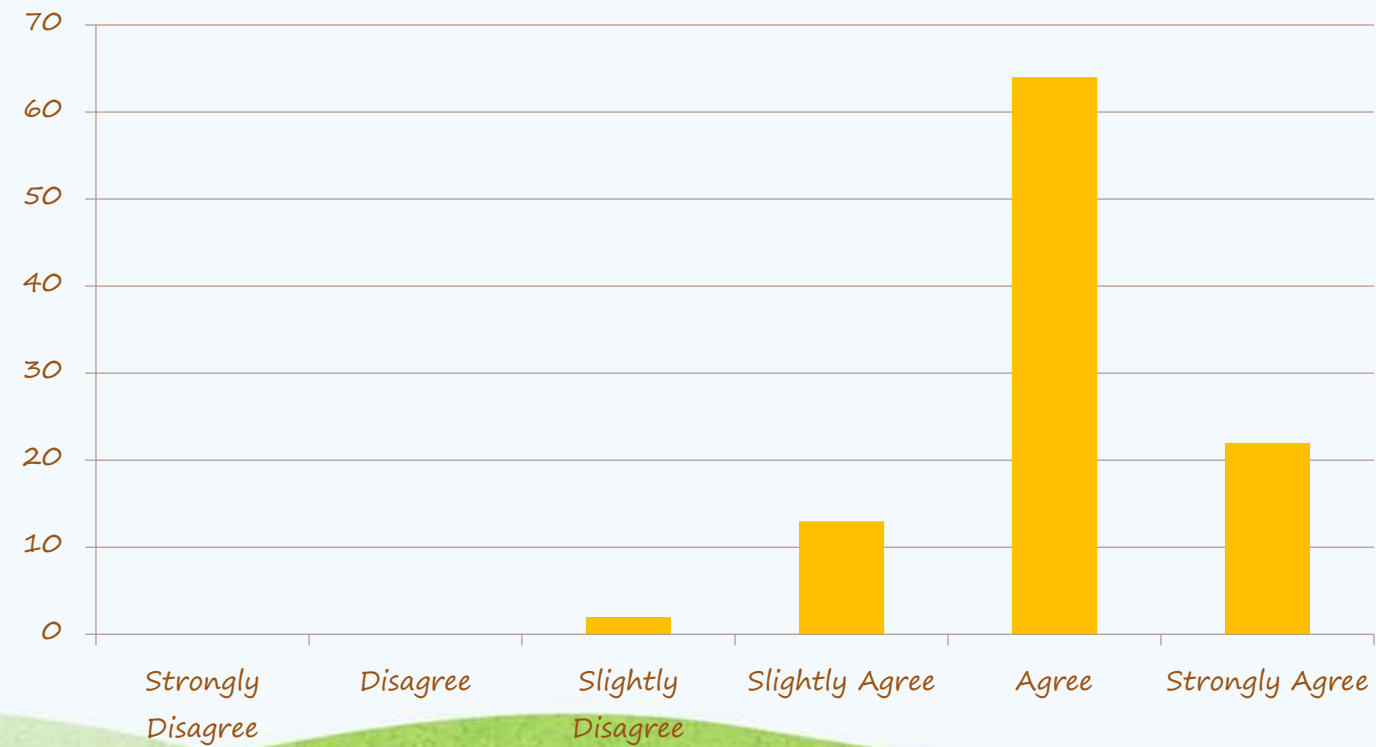
Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
			10	66	19



Q. 2 Do you agree that this program enables you to know more about the treatment modalities, caring techniques as well as the community resources that can help dementia persons?

你是否同意本訓練課程讓你了解更多支援認知障礙症患者的治療方法、照顧技巧及社區資源？

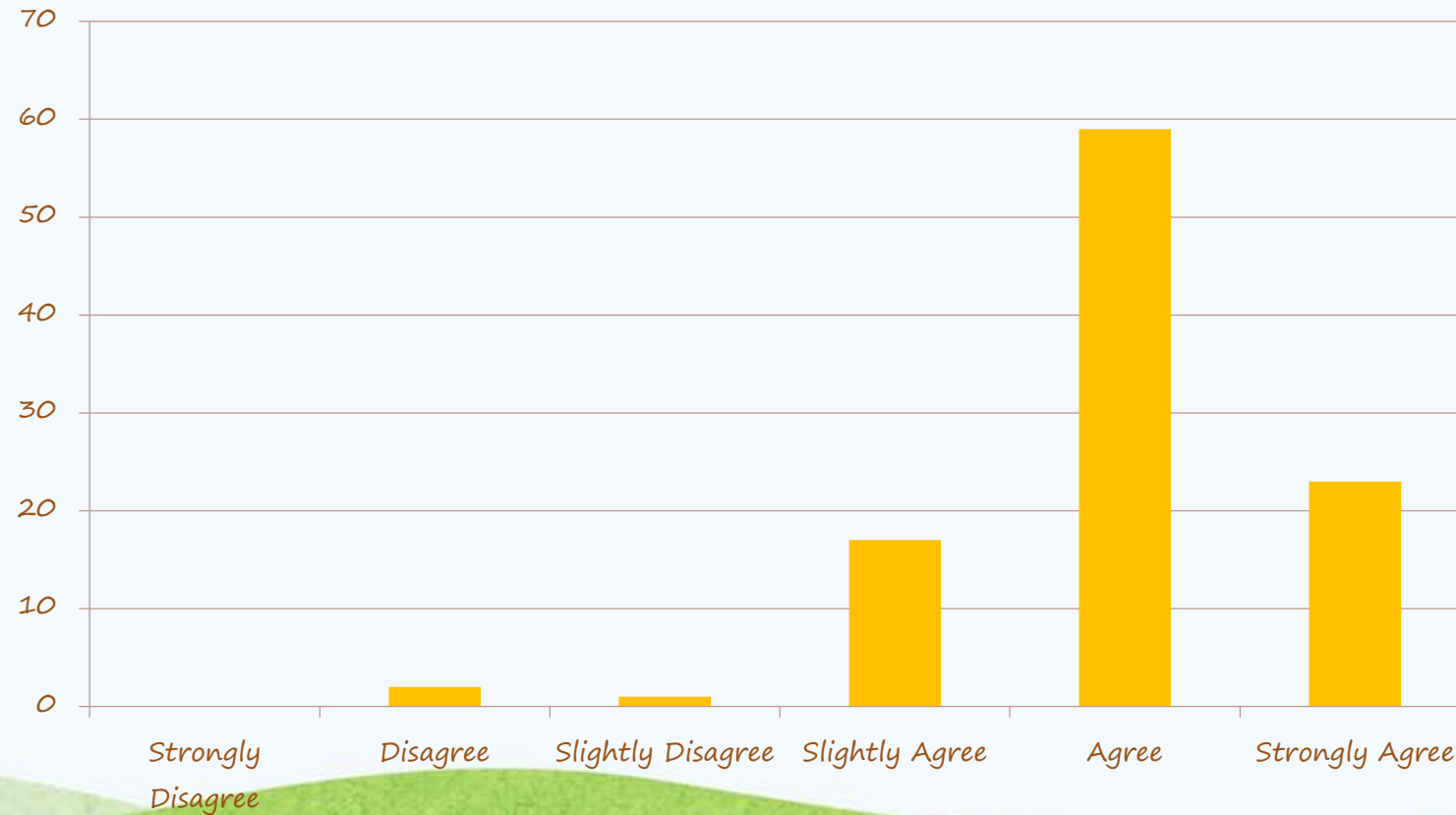
Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
		2	13	64	22



Q. 3 Do you agree that this program helps your confidence in letting the elderly aging in place?

你是否同意此訓練課程能提升你讓長者繼續留在社區生活的信心？

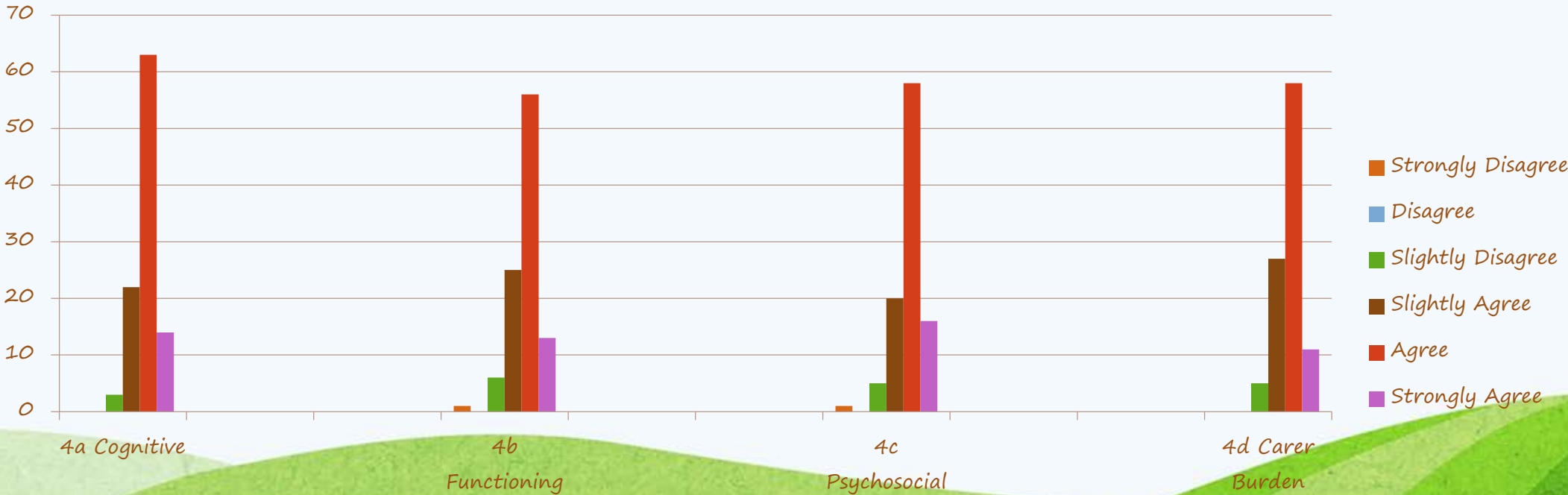
Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
	2	1	17	59	23



Q. 4 Do you agree that the program content listed below is useful to you or the elderly?

你是否同意下列訓練課程的內容對你或長者有實用之處？

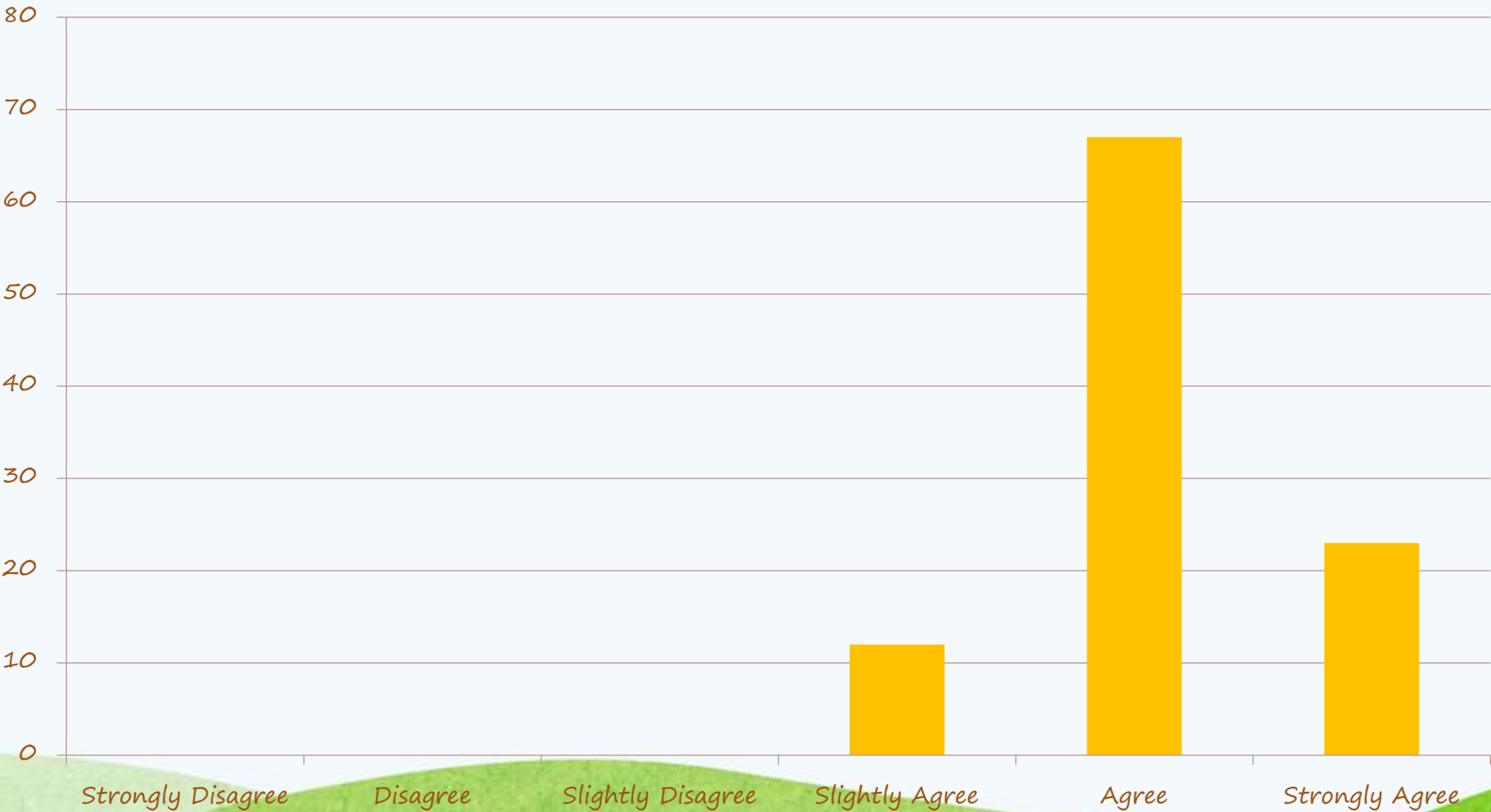
	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
4a Cognitive			3	22	63	14
4b Functioning	1		6	25	56	13
4c Psychosocial	1		5	20	58	16
4d Carer Burden			5	27	58	11



Q. 5 Do you agree that you are satisfied with this program as a whole?

你對整個訓練課程是否感到滿意？

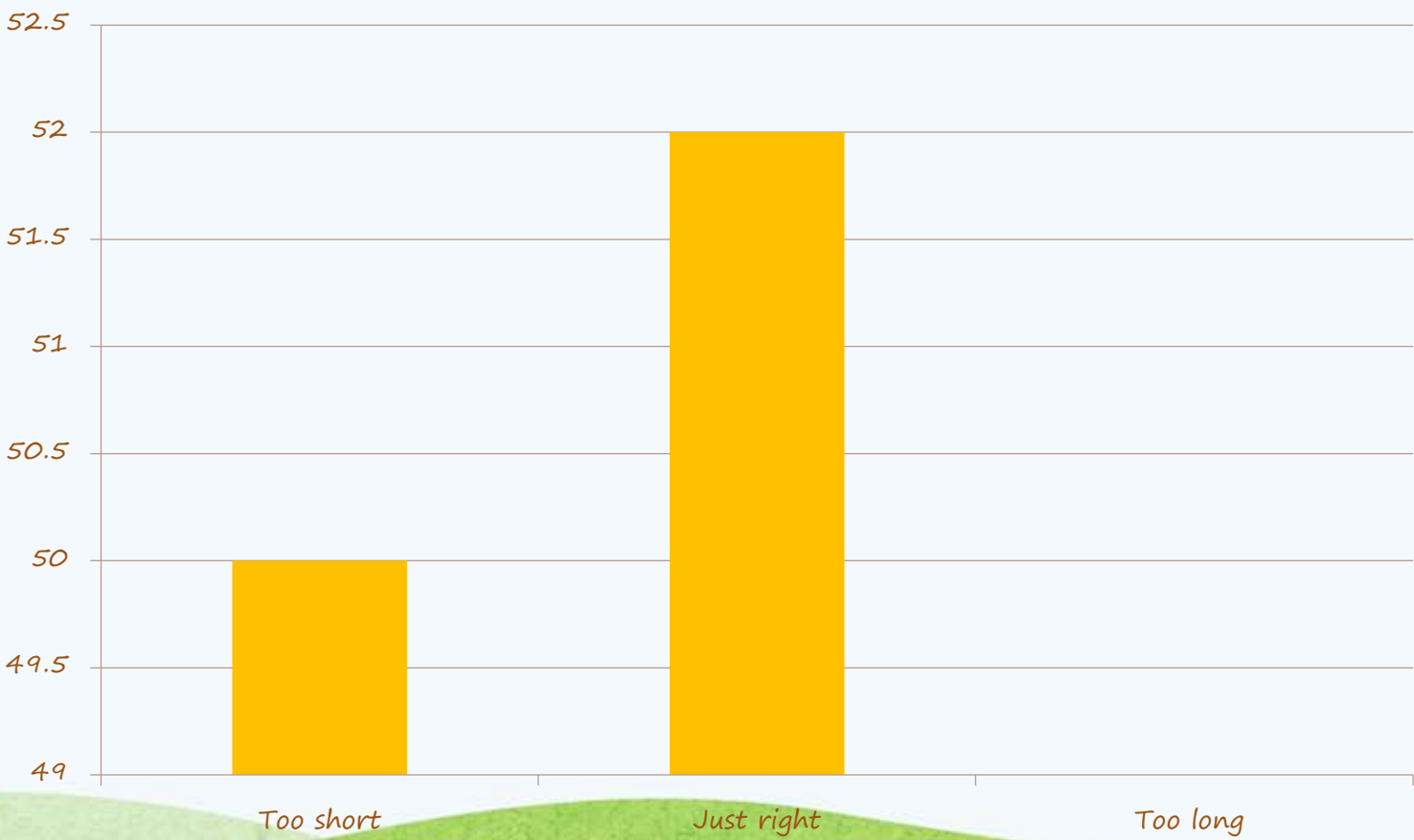
Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
			12	67	23



Q. 6 Your opinion of the program duration is:

你認為此訓練課程的時間長短是：

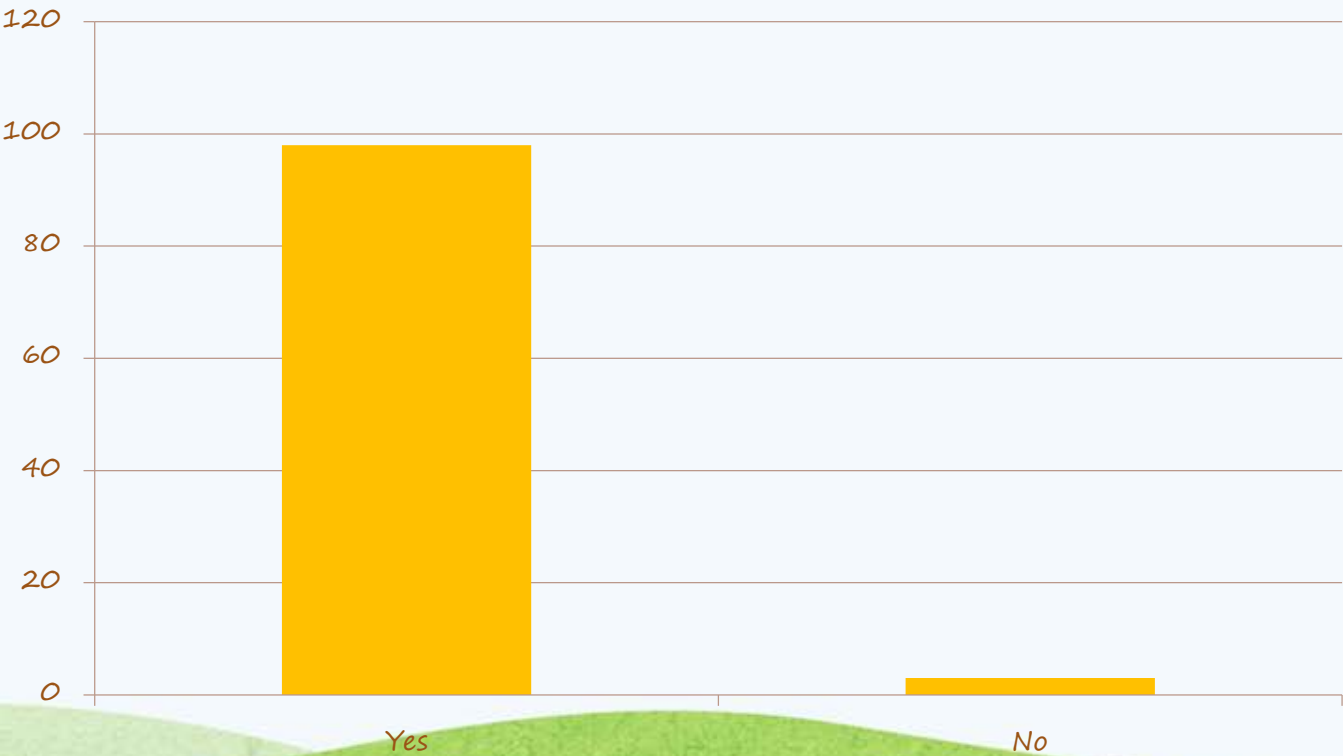
Too short	Just right	Too long
50	52	



Q. 7 Do you agree that the arrangement of the program is appropriate?

你認為此課程的安排(例如場地、流程)是否恰當？

Yes	No	Opinion
98	3	Much space is better for easy movement.
		DECC too far away
		Prefer AM session



Q. 8 Which of the following three items are the most helpful to care of your family member?

在長者參加的訓練課程中，那三個範疇你認為最能幫助你於家中照顧長者？

- (a) **Know more about dementia community resources (認識認知障礙症的社區資源): 37**
- (b) **Known more about dementia knowledge (認知障礙症的認識): 41**
- (c) **Grasp the knowledge on caring of dementia (掌握認知障礙症的照顧技巧) : 30**
- (d) **Continue exercise training (持續運動): 40**
- (e) **Maintain the elders' independent skills (保持長者的自我照顧能力): 41**
- (f) **Learn how to manage BPSD (心理行為問題的處理方法): 21**
- (g) **Advise offer by nurse/ OT on home environment modification (由護士／治療師提供的家訪和家居改善建議): 14**
- (h) **Social skills support network (長者心理社交的支援): 19**
- (i) **Carer psychological support network (照顧者的心理支援): 11**
- (j) **Regular activity offer by DECC to support graduated patients (完成訓練後中心提供定期活動以作支援): 33**

Q. 9 Other comments/opinion 其他意見 / 感想

1. Hope to participative same cognitive training course in future (望有機會參加類似計劃)
2. DECC can provide many cognitive training courses for dementia cases (多些地區的課程給認知障礙症長者)
3. Hope the DCSS training can continue (希望訓練過程能持續)
4. Hope can provide regular home visit and regular training program for dementia cases (多作定期家訪，定期提供訓練課程給長者)
5. Hope this training can help dementia cases (希望多幫助這種病人)
6. Sense community has resources help dementia cases and carer (感到有社區資源幫助認知障礙症長者及其家人)
7. Appreciate the training was useful but it was hard to provide continue support after completed the course. For instance, difficult to continue apply the exercise skills at home (感謝訓練課程有用但不能在課程完成後持續進行。例如在家中做運動忘了課堂所學習的步驟)

8. Duration of each training session was too short (訓練課程時間太短)
9. Should allow carer accompany the elder during training (准許照顧者陪伴長者參與課堂)
10. Support period should be longer (支援時間應長點)
11. Maintaining the motivation of the elderly is important (保持長者的動力較重要)
12. Elderly feel unhappy about the short support period (長者感覺不開心因支援期較短)



thank
you