

要服務使用者達至「樂活老齡」，本會除了運用樂齡科技產品，專職醫療團隊的支援亦不可或缺。透過物理治療師和職業治療師制訂的防跌計劃，以及言語治療師安排的營養管理，可以保持高齡服務使用者身體健康。

Apart from application of Gerontech products, the support of Society's allied health team is indispensable in helping our service users to age well. We prepare our elderly service users for the next chapter in their lives through a fall prevention program devised by physiotherapists and occupational therapists, together with nutritional planning advised by speech therapists.

專職醫療團隊攜手合作 支援高齡服務使用者

Supporting elderly service users with our allied health teams

物理治療師開設「防跌運動班」

本會物理治療師定期評估服務使用者的身體狀況，並制定個人化運動治療計劃，以提升他們的肌肉力量、平衡力和步行穩定性等。針對跌倒風險較高的服務使用者開設「防跌運動班」，透過一系列的肌力強化和平衡訓練，以改善他們步行的穩定性，從而預防跌倒。

另外，近年積極引入不同的樂齡科技產品如「邦邦機械人」及「多功能易站儀」等；協助身體機能較弱的高齡服務使用者進行站立訓練，以改善生活質素。

Fall prevention program by physiotherapists

In order to improve muscle strength, balance and stability, physiotherapists regularly assess the health of service users and develop personalized exercise therapy routines. Those with a higher risk of tripping will take part in the "Fall Prevention Program" that focuses on improving the stability of their steps through a series of muscle strengthening and balance training.

Additionally, Gerontech products were introduced in the past few years such as the "Bang Bang Robot" and "Easy Stand Evolve" assist weaker elderly service users to perform standing training that enhances their wellbeing.



職業治療師以輔助器材 減少跌倒風險

職業治療師一般會透過安排使用輔助器材，改裝環境以減少跌倒風險，如沐浴及如廁裝備。由於高齡服務使用者下肢乏力，平衡力不足，加上警覺性低，除了安裝常見的標準扶手、摺疊式扶手或免安裝座地式扶手，按需要會安排使用便椅、座廁扶手或有協助起身功能的升降座廁架。而使用沐浴椅、沐浴床和配合搬扶機，都可防止高齡服務使用者沐浴時跌倒，亦避免員工工作時造成勞損。

至於改裝環境，服務單位會於地板、通道、客廳和床邊等地方，加設防護地板或吸震地墊，減輕跌倒後造成的損傷。同時

地板改用防滑物料，門邊石壘加設斜面設計，避免絆腳。主要通道上，安裝晚間使用光亮度合適的長明燈等；亦會因應需要安裝跌倒偵測、離床偵測及警報系統，以便提供最及時及適切的支援予服務使用者。

Occupational therapists use assistive devices to reduce the risk of falls

Occupational therapists generally modify the environment with assistive devices to reduce the risk of falls, such as bathroom and toilet facilities. Elderly service users lack balance,

言語治療師評估吞嚥功能

言語治療同樣扮演著重要角色，對於高齡服務使用者來說，身體機能的衰退會影響進食能力及溝通能力。

在語言和溝通上，為應對高齡服務使用者在溝通方面的挑戰，言語治療師會評估他們的需要並提供適當的治療訓練，以維持他們的溝通能力。完成基礎語言能力評估後，按個別服務使用者的基礎語言能力，在訓練項目中加入針對性的題材，例如食物與圖咭配對、食物命名和食物描述等，有助服務使用者與他人交流並表達他們的需求，例如食物偏好或特殊飲食要求。

而吞嚥功能情況，不論是牙齒問題或是咽喉機能下降，均會構成或加劇高齡服務使用者的吞嚥困難，或會導致營養攝取不足或食物吸入造成的肺炎。言語治療師會評估他們的咀嚼及吞嚥功能，並提供治療，以維持或改善吞嚥能力，確保他們能夠攝取足夠營養並減少誤吸的風險。

餐膳調適向來是保障進食安全的重要策略，現時本港的「照護食」市場正在逐步發展，言語治療師不時為服務單位提供適當的膳食建議，分享「照護食」市場資訊及提供軟餐製作技術支援，促使更多高齡服務使用者能繼續體會進食的樂趣。

Speech therapists to assess swallowing ability

For elderly service users, speech therapists are equally important, because the deterioration of bodily function can affect eating and communicating.

When it comes to language and communication, to tackle the challenges in communication that elderly service users face, speech therapists recommend therapy after assessing their needs. Upon completion of the basic language training, providing individualized services based on users' fundamental language abilities. Staff/ speech therapists will train with targeted themes, such as matching food, their names and description with flashcards to fulfill the needs



of service users to socialise, for example, expressing food preferences or special dietary requirements.

As for swallowing functions, whether it is a problem with teeth or a reduction of swallowing functions, will cause or exacerbate the swallowing difficulties of the elderly service user, which will lead to nutritional deficiency or food aspiration pneumonia. Speech therapists will assess their chewing and swallowing functions and recommend therapy that maintains or improves swallowing ability, so that service users can take in enough nutrition and reduce the risk of aspiration.

Meal adjustments have always been a key strategy in safe eating. As Hong Kong's "Care Food" market expands, speech therapists provide appropriate dietary suggestions to service units. Sharing "Care Food" market information and support on making soft meals to allow more elderly service users to continue to enjoy eating.

alertness and strength in their lower body, commode chair, toilet armrests and toilet lift with powered lifting function can be installed according to need, in addition to standard armrests, foldable armrests or set-up free standing armrests. Shower chairs, shower trolley and transfer hoist can prevent slippage and minimize strain on our staff.

Protective flooring and shock-absorbing mats are also installed on the flooring, passages, living room and by the bedside. To protect service users from slipping, service units have adopted anti-slipage flooring and a slated design on the stone wall by the door. It is also advised to install lights along major passages

to illuminate the night. Fall detection, bed monitoring and alarm system should be installed as needed as timely and suitable support to service users.

