



中心已在 2022 年 4 月份開展為期 21 個小時的「樂齡友里」義工訓練計劃，一共有 22 位義工參加，旨在讓義工們認識長者精神健康問題和辨識精神危機的徵兆。

Sunrise Centre launched the Ambassadors Training of JC JoyAge Project in April 2022, which aims to enhance participants' mental health knowledge and enable them to assess mental health risks of older adults. A total of 22 participants have attended the 21-hour volunteer training programme.



賽馬會樂齡同行計劃
Jockey Club Holistic Support Project
for Elderly Mental Wellness

樂齡服務在社區

Older Adults Services in the Community

為回應長者抑鬱情況，康晴天地自 2022 年 1 月起參與由香港賽馬會慈善信託基金策劃及捐助的「賽馬會樂齡同行計劃」，聯同合作院校香港大學及南區兩間長者中心，開展為期兩年的服務。

服務結合長者地區服務及社區精神健康服務，建立逐步介入模式，並根據風險程度、徵狀的嚴重程度等，為有抑鬱風險或抑鬱徵狀的長者提供標準化的預防和適切的介入服務，從而提升長者的心理健康。

計劃亦為專業及非專業人員進行培訓，於社區建立推廣長者心理健康的人力資源及社會資本，提升社區照顧能力。期望長者透過學習精神健康實務知識，提升自身應對情緒問題的能力和技巧，同時協助支援社區中受抑鬱困擾的長者，達至助人自助。

如對「賽馬會樂齡同行計劃」有任何查詢，請聯絡負責計劃經理梁少英姑娘，電話 2518 3880 或瀏覽網頁 <https://jcjoyage.hk/> 了解更多。

Since January 2022, Sunrise Centre has participated in JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness (JC JoyAge), a project initiated and funded by The Hong Kong Jockey Club Charities Trust, which aims to tackle depression among older adults. The

Centre would provide a 2-year service, in collaboration with The University of Hong Kong and two District Elderly Community Centres ("DECC") in Southern.

Through cross-sectoral collaboration, JC JoyAge provides a community-based supporting network for the senior citizens to enhance their resiliency in facing the challenges of ageing. The service bridged the DECC and Integrated Community Centre for Mental Wellness ("ICCMW") to establish a collaborative and integrated service model to render standardised prevention and timely intervention services for those depressed elderly according to the level of risks and symptoms severity, etc.

The Project also provides training for both professional and non-professional staff to build the community capacity of elderly mental support. It is hoped to enhance the older adults' resilience and skills in dealing with their own emotional challenges, as well as to support the depressed elders in the community.

For enquiry, please contact project manager Miss Rachel Leung at 2518 3880 or visit website <https://jcjoyage.hk/> for more details.

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合作院校 Partner Institution :



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