



“Jockey Club End-of-Life Community Care Project: Unison” 「賽馬會安寧頌：融和篇」

善終，即是一般人說的「好死」，意指當生命完結時，心中再無牽掛和遺憾，可安祥地離開。

智障人士較一般人更早面對老齡化問題，不少或罹患危疾重症或末期疾病，當病情惡化，患者要經常出入醫院，既感到痛楚的折磨，亦使照顧者為此疲於奔命。有見及此，本會向香港賽馬會慈善信託基金申請撥款，獲捐助推行紓緩及晚期照顧服務，為期四年半。由今年8月起，於會內推展賽馬會安寧頌：融和篇。

計劃有以下四個目標及相關工作範疇，包括：

- 1** 提供優質的紓緩及晚期照顧服務予服務使用者，同時透過生死教育讓他們認識生死概念，以提升正向感。員工會為有需要的服務使用者制訂「預設照顧計劃」，提供個人化照顧及安排入住安寧房，讓臨終服務使用者在熟悉的環境下獲悉心照護，及家屬至親陪伴在側，圓滿走好人生最後之旅。
- 2** 為員工提供培訓以掌握紓緩及晚期照顧的技巧，和提升評估個案、症狀的處理、痛症的控制及與家屬溝通能力。
- 3** 為參加的家屬提供輔導及支援，增加他們對紓緩及晚期照顧知識及技巧；
- 4** 推動社會了解智障人士的晚期照顧需要，招募義工支援有需要的服務使用者及其家庭，建立慈愛社會。

隨著政府修訂「居處離世」法例，患有末期疾病的服務使用者可選擇在院舍離世，在熟悉的地方渡過最後的日子。希望透過本計劃，服務使用者在生命完結時，心中可以了無牽掛和遺憾，在家人朋友陪伴下安祥地離開。

“**M**eeting a Good Death” in Chinese generally means that one is able to leave in peace, and be free of worries and regrets when one’s life draws to a close.

Persons with intellectual disabilities normally face the problems of aging earlier than the general population, and often suffer from critical or terminal illnesses. As their condition worsens, service users need to visit the hospital frequently, not only they suffer from the pain, but also make the caregivers

生命教育工具冊的封面貼上組員的相片，令冊子更具獨特性。
Adding service user's photo on his/her own toolkit cover to make it more unique.



在上李屋成人訓練中心模擬靈堂佈置及舉行儀式。

Simulate the decoration and ceremony of the mourning at Sheung Li Uk Adult Training Centre.

exhausted. The Society applied funding from The Hong Kong Jockey Club Charities Trust, and received donation to run Palliative and End-of-Life Care services for 4.5 years. Beginning from August this year, the Society will implement the “Jockey Club End-of-Life Community Care Project: Unison”.

The four goals and related work areas of the project, including:

- 1** Provide quality palliative and end-of-life care to service users while acquainting them with the concept of the inevitable cycle of life and death, to encourage positive thinking through education. Additionally, staff assist service users to formulate “Advanced Care Plan” and provide personalized care and relocation into hospice room. End-of-life service users can receive attentive care in a familiar environment while being accompanied by their family members and relatives, leading a fulfilled final journey.
- 2** Provide training for staff to master palliative and end-of-life care; also, improve their abilities of case assessment, symptom management, pain control and family communication.
- 3** Provide counseling and support to participating family members to enhance their understanding of palliative care and terminal care knowledge and skills;
- 4** Enhance public awareness of the end-of-life care of persons with intellectual disabilities, and recruit volunteers to support service users and their families in need, with the goal of establishing a compassionate community.

With the government’s amendments to the “Dying-in-place” policy, service users with terminal illnesses can choose to spend their final days in residential care homes. Through this project, it is hoped that service users will be able to leave without regrets and worries, and peacefully surrounded by family and friends.



預設醫療指示講座舉辦
Conduct seminar on advance directives.