

外傭護老培訓試驗計劃

PILOT SCHEME ON TRAINING FOR FOREIGN DOMESTIC HELPERS (FDHS) IN ELDERLY CARE



教授外傭照顧體弱長者的基本知識和技巧

培訓外傭協助長者建立健康的生活模式

透過受培訓外傭的照顧和支援，
提高長者在社區生活的質素



英語授課

即時傳譯



講者由註冊護士、物理治療師、
職業治療師和營養師擔任

費用全免



中心看顧服務

*職員會評估長者身體情況，決定是否合適



參與計劃的外傭、長者
可參與中心一系列活動



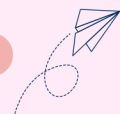
完成課程可獲證書

*參加者需出席所有課堂

第一至第四堂 必修課		日期	上課時間
第一堂	<ul style="list-style-type: none">長者生命體徵觀察與技巧： 量度血壓、體溫及血糖長者常見的精神健康和警號	2024年6月26日 (三)	9:00am - 12:15pm
第二堂	<ul style="list-style-type: none">食物衛生及長者膳食安排指南協助輕度活動障礙長者轉移位置	2024年7月3日 (三)	9:00am - 12:45pm
第三堂	<ul style="list-style-type: none">長者的餵食及協助長者服用藥物協助長者淋浴及長者的口腔護理	2024年7月10日 (三)	9:00am - 11:30am
第四堂	<ul style="list-style-type: none">慎防跌倒急救	2024年7月17日 (三)	9:00am - 11:30am
第五至第六堂 選修課		日期	上課時間
第五堂	<ul style="list-style-type: none">處理認知障礙症患者的行為及情緒問題認知障礙症長者膳食安排指南	2024年7月24日 (三)	9:00am - 12:15pm
第六堂	<ul style="list-style-type: none">照顧中風長者與認知障礙症長者溝通	2024年7月31日 (三)	9:00am - 12:15pm

查詢及聯絡

葉穎朗先生 電話: 24797383 元朗水邊圍郵盈水樓地下11-20號



PILOT SCHEME ON TRAINING FOR FOREIGN DOMESTIC HELPERS (FDHS) IN ELDERLY CARE



To equip FDHS with basic knowledge and skills for providing care for frail elderly persons



To train FDHS to support elderly persons in adopting healthy lifestyles and reducing their health risk factors

To enhance elderly persons' quality of life in the community through better support from their employed FDHS who are equipped with elderly caregiving skills



Delivered in English with simultaneous interpretation



Lectures are delivered by Registered Nurse, Dietician, Physiotherapist, and Occupational Therapist



Centre Elder Sitting Service

*Staff will evaluate the elderly's health condition



FDHS who participate in the program can also attend a series of activities



Certificate would be granted to participants

*Participants are required to attend all classes

FREE

	Core	Date	Time
1	<ul style="list-style-type: none"> Vital signs observation and skills in measuring blood pressure, body temperature and blood sugar (with Practicum) Mental health of elderly persons and detection of warning signs 	26/6/2024 (Wed)	9:00am - 12:15pm
2	<ul style="list-style-type: none"> Food hygiene and healthy meals arrangement for the elderly Assisting elderly persons with mild mobility impairment in transferring positions (with Practicum) 	3/7/2024 (Wed)	9:00am - 12:45pm
3	<ul style="list-style-type: none"> Assisting elderly persons with feeding and taking medicines Bathing and oral care for the elderly 	10/7/2024 (Wed)	9:00am - 11:30am
4	<ul style="list-style-type: none"> Fall prevention First Aid 	17/7/2024 (Wed)	9:00am - 11:30am
	Elective	Date	Time
5	<ul style="list-style-type: none"> Managing behavioral and psychological symptoms of dementia (with Practicum) Meal arrangements for elderly persons with dementia 	24/7/2024 (Wed)	9:00am - 12:15pm
6	<ul style="list-style-type: none"> Caring for elderly persons with stroke (with Practicum) Communicating with elderly persons with dementia 	31/7/2024 (Wed)	9:00am - 12:15pm

Enquiries

Mr. Mike Ip Tel: 24797383

Units 11-20A, G/F, Ying Shui House, Shui Pin Wai Estate, Yuen Long, N.T.

