



外傭護老培訓試驗計劃

本計劃旨在教授外傭照顧體弱長者的基本知識和技巧，以減少進行照顧時潛在風險及提高長者在社區生活的質素。

日期：2026年5月30日 - 2026年7月4日

時間：請參閱背頁《課程時間表》

上課地點：Island ECC

(北角英皇道633號11樓，鄰近健康村)

對象：已獲聘而現正或將會照顧體弱長者的外傭

名額：22位

課堂語言：英語 或 廣東話 (輔以印尼語傳譯)

講義備有中、英、菲律賓、印尼文及泰文版本

導師：由專業醫護人員教授

費用：全免

負責職員：社工 禡姑娘

報名方法：請致電 2563 0187 與中心職員聯絡

備註：

- 所有參加計劃的外傭必須獲僱主推薦 / 允許，其僱主亦需已購買法定要求的僱員補償保險
- 中心將為有需要的長者在其外傭參加培訓課程期段安排相關的照顧服務或活動
- 外傭在完成培訓後，將獲頒發出席證書



課程時間表
請轉後頁



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課程時間表 (2026年5月 - 2026年7月)

類別	日期及時間	課堂主題	講員
必修課程 (4堂)	30/5/2026 (六) 上午9:00 - 12:15	<ul style="list-style-type: none"> 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問題及警號 	註冊護士
	6/6/2026 (六) 上午9:00 - 12:45	<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 	營養師 及 物理治療師
	13/6/2026 (六) 上午9:00 - 11:30	<ul style="list-style-type: none"> 長者的餵食及協助長者服用藥物 協助長者沐浴及長者的口腔護理 	註冊護士
	20/6/2026 (六) 上午9:00 - 11:30	<ul style="list-style-type: none"> 慎防跌倒 急救 	註冊護士
選修專題 (2堂)	27/6/2026 (六) 上午9:00 - 12:15	<ul style="list-style-type: none"> 處理認知障礙症患者的行為及情緒 與認知障礙症長者溝通問題 	職業治療師 及 註冊護士
	4/7/2026 (六) 上午9:00 - 12:15	<ul style="list-style-type: none"> 照顧中風患者 認知障礙症長者膳食安排指南 	職業治療師 及 營養師



Pilot Scheme on Training for Foreign Domestic Helpers (FDHs) in Elderly Care

The scheme aimed to enhance elderly persons' quality of life in the community by equipping FDHs with essential knowledge and skills for providing care for frail elderly persons.



Date: 30th May 2026 - 4th July 2026

Time: Please refer to the Class Schedule

Venue: Island ECC

(11/F, 633 King's Road, North Point, Hong Kong)

Target: Hired FDHs who are / will be taking care of elderly persons

Class Capacity: 22ppl

Medium of Teaching: English or Cantonese (with Indonesia Interpretation & English / Tagalog / Indonesian / Thai Handouts)

Trainers: Healthcare profession practitioners

Course Fee: Free of Charge

Responsible Person: Ms HUEN (Social Worker)

Enrollment method: Please phone 2563 0187 for further follow-up

Remarks:

- All FDHs participating in the Pilot Scheme must have employers' recommendations / permission, and the employers concerned are to take out employees' compensation insurance policies as statutorily required.
- The Centre will arrange care services or activities for the needy elderly persons when the training is being conducted.
- Upon completion of the training, a certificate of attendance will be issued.



Pilot Scheme on Training for Foreign Domestic Helpers (FDHs) in Elderly Care

Class Schedule (May 2026- July 2026)

Modules	Date / Time	Course Content	Trainers
Core	30/5/2026 (Sat) 9:00am - 12:15pm	<ul style="list-style-type: none"> Vital signs observation and skills in measuring blood pressure, body temperature and blood sugar Mental health of elderly persons and detection of warning signs 	Registered Nurse
	6/6/2026 (Sat) 9:00am - 12:45pm	<ul style="list-style-type: none"> Food hygiene and healthy meal arrangement for the elderly Assist elderly persons with mild mobility impairment in transferring positions 	Dietician & Physiotherapist
	13/6/2026 (Sat) 9:00am - 11:30am	<ul style="list-style-type: none"> Assisting elderly persons with feeding and taking medicines Bathing and oral care for the elderly 	Registered Nurse
	20/6/2026 (Sat) 9:00am - 11:30am	<ul style="list-style-type: none"> Fall prevention First aid 	Registered Nurse
Elective	27/6/2026 (Sat) 9:00am - 12:15pm	<ul style="list-style-type: none"> Managing behavioural and psychological symptoms of dementia (BPSD) Communicating with the elderly persons with dementia 	Occupational Therapist & Registered Nurse
	4/7/2026 (Sat) 9:00am - 12:15pm	<ul style="list-style-type: none"> Caring for elderly persons with stroke Meal arrangements for elderly persons with dementia 	Occupational Therapist & Dietician



Pilot Scheme on Training for Foreign Domestic Helpers (FDHs) in Elderly Care (May 2026 - July 2026)

Venue: Island ECC (11/F, 633 King's Road, North Point, Hong Kong)

Public Transport

MTR Station: Quarry Bay station Exit C

(Eastbound) Bus: Citybus 2, 2A, 8H, 18X, 77, 81, 82, 99, 102, 106, 116, 606, 608, A12
(Healthy Village)

(Westbound) Bus: Citybus 2, 2A, 8H, 18X, 81, 82, 85, 99, 102, 106, 116, 606, 608, A12
(Healthy Village)

Tram: Healthy Street East



G/F, Phase 2, Provident Centre,

53 Wharf Road, North Point, Hong Kong

2563 0187

耆康會東區長者地區中心