



AUSTRALIAN NURSING HOME FOUNDATION

Newsletter

ISSUE 24—July 2018

Never-to-be-Missed Seniors Expo



Ada Cheng, CEO

May I take this opportunity to cordially invite you to the Australian Seniors Expo (EXPO) jointly organised by ANHF and Television Broadcasts Limited Australia (TVBA) over the weekend 11-12 August 2018 at Sydney Town Hall.

In a rapidly changing aged care environment, agility is vital. Since the ten years aged care reforms started in 2012, we have seen seismic changes in aged care. As a key aged care provider for the Chinese community, ANHF needs to respond smartly and flexibly to meet the associated challenges to integrate the changes of the Government's directive on Consumer Directed Care (CDC). We place substantial emphasis on Choice and Control and actively seek to help our clients building capacity through the provision of education and information so that they can make well informed decisions. The EXPO is created with a vision of creating a one-stop community event where seniors and their carers and families can meet with services providers, aged care businesses, government and advocacy groups to have discussion focusing around seniors' wellness and lifestyle.

The Government Aged Care Reforms & de-regulation of community aged care services have created much confusion for seniors and their caregivers, particularly for those from the culturally and linguistically diverse (CALD) communities. Unfortunately most of the funding available for improving access and information to seniors of CALD backgrounds were abolished during the reforms which creates big challenges for older people and their carers from CALD backgrounds. We hope that the EXPO will offer our seniors more choices, more control and easier access to a full range of aged care services.

The EXPO will have the following features:-

- The Expo has over 30 exhibitors showcasing the latest aged care services and products, lifestyle, technology, health and government services which offer seniors choices for active ageing in their homes and localities. Plenty of entertainments, health talks and giveaways will be on the Expo Live Stage over the two days.

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EDITORIAL COMMITTEE

Ada Cheng
Rebekah Kwan
Adelaide Fung
Cindy Wong
Ita Wong

ADVISORS

ANHF Board

- Both ethno-specific and mainstream aged care providers and Government Departments are invited to give seniors and caregivers more care options and help them to find the best services that will suit their care needs. Caregivers, family members and seniors can get all of their questions answered by the best in the business i.e. housing, care services, community resources, advocacy services and information about how to apply and pay for it all etc.
- Different health screenings and tests are available on site for early detection of health problems as well as raising awareness of health prevention programs for seniors. Seniors and caregivers can connect with many health and aged care professionals and companies to discuss products and services to maintain and improve health and wellness.
- Display of seniors-friendly furniture, tools and equipment and smart technologies which enable seniors who are frail and/or living with dementia with choices for active ageing in a safe and supportive environment where they can maintain independence while receiving professional care and support. Seniors can explore all the hobbies and activities to stay healthy and active.
- In addition, the Expo will feature an art exhibition displaying over 120 paintings. These artworks are created by ANHF housing residents and clients across 6 Seniors Wellness Centres and Home Care Service.
- The Expo will definitely make available a venue for social connections with hundreds of seniors and caregivers during health talks, arts workshops, and activities to share their stories and experiences in active ageing.
- Expo Live Stage will feature many entertainments, health talks and demonstrations and giveaways will be handed out to participants over the two days.
- Bi-lingual interpreters are available at the Expo to assist those in need.
- This Expo will be promoted via large-scale marketing channels via TVBA, Chinese newspapers, Chinese radios and other digital platforms and aged care networks.

Anticipating to seeing you all in this never-to-be-missed expo!

Ada Cheng
CEO



Seniors Health Expo press release - group photo with Ada Cheng, Jacky Cheung, TVB Director of News and Production and Councillor Robert Kok.



'Grandpa' and 'Grand Auntie' from Living Longer Living Better Series were at the press release to promote the event.

A Time to Celebrate – Our Team, Our Service

Maisy Lai General Manager, Residential

In the past 9 months, all our three residential homes went through re-accreditation with great achievements. Lucy Chieng Aged Care Centre had its accreditation in October 2017, while Bernard Chan Nursing Home and Chow Cho Poon Nursing had theirs in May this year.

To ensure quality services the Australian government accreditation system covers 4 standards: management system, personal care and health, lifestyle, environment and safety. Under these four standards there are 44 expected outcomes. An independent agent (Australian Aged Care Quality Agency) is assigned to conduct three-yearly assessments on all nursing homes in all standards and expected outcomes.

Sounds not easy? Yes. But with our dedicated team who are always on the alert for quality services, these are our routine requirements.

Team spirit and cohesive teamwork are the key drives in the success of the re-accreditation across three homes. Prior to and during the visits, members of the Residential Care Leadership Team, especially Mabel (Continuous Quality Improvement Officer), Fifi (Physiotherapist and Lifestyle Coordinator), Eleanor (Learning and Development Officer) and Ling (Quality, Risk and Compliance Manager) provided unreserved support, advice and training to ensure our care team to deliver excellent care to our care recipients. Besides, the corporate team is indispensable in ensuring the compliance on human resources, procurement and maintenance.

Highlights of comments from assessors / surveyors on respective residential facilities reflect our quality services:

Lucy Chieng Aged Care Centre

- a happy atmosphere through meaningful activities for care recipients
- good interaction between employee and care recipients provides a home-feel ambience.
- an unwavering commitment to health and safety environment which makes care recipients safe and very well cared for.
- a very friendly and helpful staff with the smile always on

Bernard Chan Nursing Home

- Care recipients have such a huge life in the small home.
- BCNH staff not only delivered the medical model to care recipients but also the lifestyle model.

Chow Cho Poon Nursing Home

- Care recipients were well- served and respected.
- ANHF has a solid process in the system.

To value the hard work and contributions of each and every staff in achieving great results in the re-accreditation audits, a celebration dinner party was organised on 30 May at Bankstown RSL club. Participants enjoyed the buffet settings where they could freely move around and chat to everyone. The highlight was a prize draw and most staff left the fun-and-joy-filled party full-handed.



So Wai Seniors Wellness Centre 10th Anniversary

Eliza Chan SWSWC Team Leader

Time flies! 2018 May 8 marked the 10th year milestone for So Wai Seniors Wellness Centre in providing day care programs to the elderly living with dementia in our Chinese and Vietnamese communities.

So Wai Seniors Wellness Centre (formerly known as So Wai Lifestyle Activity Centre) commenced her memorable journey on 1st April 2008, with the official opening ceremony on 8th May 2008. The service was first funded by National Respite for Carers Program (NRCP) to provide day care service to Chinese elderly with dementia for 4 days a week. Starting with 4 clients, client total gradually increased to 26 by December 2008, with the number kept on increasing. Most clients attended the centre more than one day per week. In 2010 ANHF received another new funding from Home and Community Care (HACC) to extend dementia day care service to Vietnamese, Korean, Greek and Italian communities in the Inner West. From 2010 to 2016, both Vietnamese & Korean day care programs were also run in So Wai.

Currently we have the Chinese group on Monday, Tuesday, Wednesday and Friday; the Vietnamese group on Thursday. Over the last 10 years, we have provided services to 263 Chinese elderly and 80 Vietnamese elderly living with dementia, with a total of over 50 committed volunteers.

Volunteers with little or no knowledge on dementia will attend a 45-minute training on dementia awareness -- what is dementia, communication with people living with dementia, differences between normal ageing and dementia and how to assist staff in running day programs. Our service first started with two volunteers, with the current daily attendance of 13 – 28 clients, we need four volunteers on site.

To provide substantial and practical support for carers, So Wai Support Group was established in July 2008. It is the only Chinese dementia carers support group in Sydney, perhaps the only one in Australia for the time being. We started with 4 carers, now the number on list has increased to 29. Our active support for carers and dementia care research finally came to fruition when we received the Local Carers' Awards 2011 presented by NSW Carers Australia. Members support one another through sharing experiences in caring for their loved ones. Knowing that they are not alone is a very powerful source of energy and companionship that keep them moving forward in such a challenging journey.

Looking ahead, staff and volunteers at So Wai will continue adhere to ANHF Mission and Values to provide quality services to our clients and their carers.

Let us uphold our So Wai motto: Caring Staff, Happy Clients, Relieved Family Members



Your Compliment, Our Support

Home Care Services received the following thank you letter from the daughter of a client, Mr Yee Leung NG:

Dear Ms Cao,

I am writing to express our appreciation to you and your colleagues who are looking after our father, Mr Yee Leung NG.

We thank you all for your kindness and great services, the equipment provided, Ms Wendy Lin the Home Care Advisor, Ms Woo who looks after my dad on Monday and Friday, especially Ms Helen Leung, the carer on Tuesday, Thursday and Saturday. We greatly appreciate her service delivered in the most caring and professional manner. This has improved my father's self-esteem as well as his physical and mental health.

On behalf of all my family members, we would like to thank ANHF and the staff for all their great and caring services, which are much appreciated.

Regards,

Clara



Note: Immediately after receiving this complimentary letter, staff from Communications and Marketing Unit contacted Clara to invite her for an interview in our 2ac Radio program. An article was also written for Sing Tao Weekender to report this real-life case. Both the radio program and the article (also available on our website) are titled 'Home Care Services That Bring back the Meaning of Life'.



活動相簿 Activity Photos



愛笑瑜珈，讓長者開懷大笑！
Laughter yoga that brings smiles to everyone!
(社區房屋 Community Housing)



行政總裁和家居服務員工同慶母親節。
Our CEO and our home care team celebrated Mother's Day together.
(家居服務 HCS)



廚神出馬，大家有口福！
Mouth-watering food prepared by our master chefs!
(錢梁秀容療養院 LCACC)



坐著也可以做大極，多開心！
Chair tai chi – here's how it goes!
(沛德活動中心 SHSWC)



有我們充滿愛心的職員相伴，這個生日過得特別快樂！
What a HAPPY birthday with staff who cared!
(西南悉尼活動中心 SWSSWC)



防跌安全週，長者齊參與。
Falls Prevention Week – interesting activities for everybody
(周藻洋療養院 CCPNH)



彩色斑斕，我們長者多有大畫家風範！
Dashes of vibrant colours under the hands of the master painter!
(陳秉達療養院 BCNH)



長者參觀悉尼杜莎夫人蠟像館，和皇室人員合照！
Visit to Tussaud Wax Museum – taking photos with the royal family!
(沛德活動中心 SHSWC)



打鼓有多開心，看長者的笑臉就知道！
'Drums' up for our drumming skills!
(蘇懷活動中心 SWSWC)

活動相簿 Activity Photos



好思維活動中心五週年生日快樂!
Happy 5th anniversary to Hurstville
Seniors Wellness Centre
(好思維活動中心 HSWC)



祝百歲婆婆福如東海，壽比南山!
Blessings and well wishes to a happy
centenarian!
(陳秉達療養院 BCNH)



誰說長者入療養院就吃不到漢堡包!
Another choice for our
residents: hamburgers
(錢梁秀容療養院 LCACC)



看我們的長者打鼓打得多豪邁奔放!
Endless energy came with the rolling
of drums!
(西南悉尼活動中心 SWSSWC)



齊心就事成，長者齊來開畫展!
Unity is might. We'll soon have our joint
exhibition!



在畫師指導下，讓長者畫出心中彩虹。
Painting the rainbows in our hearts.
(家居服務 HCS)



看花漂亮還是我們的長者漂亮!
A beauty contest between flowers
and our elderly clients!
(好思維活動中心 HSWC)



咪笑我地老，跳舞比年青人還好!
The more we age, the better we
dance!
(蘇懷活動中心 SWSWC)



動物農物到訪，讓長者緬懷昔日餵雞
的日子!
Visit by the animal farm reminded
some elderly residents of their
hen-feeding farm days.
(周藻泮療養院 CCPNH)

Section 1: Personal Details

Please support ANHF to deliver quality and culturally competent aged care to our community.
請支持澳華療養院基金為社區提供高質素及合符文化的高齡護理服務。

Title 稱謂

Mr 先生

Mrs 太太

Ms 女士

Miss 小姐

Family Name 姓氏

First Name 名

Second Name

Home Address 住址

State/ Territory 州

Postcode 郵政區號

Phone Number 電話號碼

Section 2: Donation Details

Donation of \$2 and over is tax deductible.

凡捐款2元或以上可扣稅

I would like to make a donation of \$ _____.

Payment Type

☐ Electronic Funds Transfer

☐ Please debit this card

TO: Australian Nursing Home Foundation (BSB 082-201, Account Number 580-328-001)

☐ Master Card

☐ Visa

☐ Other:

Name on Card

Card No.

Expiry Date

Signature

BEQUEST – Leave a Gift in your Will

By leaving a **Gift** to the ANHF in your **Will**, you are creating a **lasting legacy** that will help us continue to create a **thriving** and **vibrant** environment that will enable our elders to age with **dignity** and **grace**.

If you wish to leave a **Gift** in your **Will**, you should seek appropriate legal advice. For more information, you may wish to request further information by ticking the box below or refer to our **Bequest Fact Sheet** on our website.

☐ Please send me details on making a gift to the Foundation in my will. 我希望在遺囑中對基金作出饋贈，請將詳情寄給我。

Please return this form to Australian Nursing Home Foundation, 60 Weldon Street, Burwood NSW 2134.

YOU CAN ALSO DONATE SECURELY VIA OUR WEBSITE: [HTTP://ANH.F.ORG.AU/CONTACT-US/DONATIONS](http://anhf.org.au/contact-us/donations)

Thank you for your support. Below are the donations received from April 2018 till June 2018

謝謝各位的支持。下為2018年4月至6月期間捐助人士芳名。

100以下 Below <100	\$100—\$499	\$ 500—\$ 999	\$1000-\$4999	\$5000以上 \$5000 and above
Huan Huo Do Prof. Peter Sopade	Janna TANG Judy LUU Margaret WONG Mr. Terence P NG	Tat Min WONG John WONG	Jin Mei Zheng Mrs Nellie Lee Yuen Yee FUNG Yu Wing LEUNG Vincent KWOK Dr. Francis CHUNG Mr. Hin Wing CHUNG	Chan King Yue Chung Millie TONG Robert LEONG Robert &Therese TONG Emily CHANG
8	Address: 60 Weldon St, Burwood NSW 2134 Tel: (02)8741 0218 Fax: (02) 9747 1637 WWW.ANH.F.ORG.AU			



曾婉茜

助理會計

曾婉茜女士接任助理會計一職，專責院舍護理及社區服務賬項。

曾女士於零售業曾任相類工作達七年，於愛德雷德大學修畢會計及市場學碩士學位，說流利英語及普通話。



Wan-Chien (Joyce) Tseng Assistant Accountant

Joyce is taking on the role of the Assistant Accountant responsible for residential and community billings. She will be reporting to Mi Tsu in this role.

Joyce has worked for several years in a similar role in the retail sector. She possesses good communication skills in English and Mandarin. She possesses a Master's degree in Accounting and Marketing from the Adelaide Uni.

謝韻詩

副院長 - 陳秉達療養院

謝韻詩女士曾為註冊護士，具超過八年之高齡護理經驗。加入基金團隊前為聖雲仙護理服務之安全及培訓主任，與院舍經理及護理經理緊密合作，確保達致政府護理標準。謝女士除熱衷為院舍服務對象提供以人為本及循證為本之臨床護理外，於「高齡護理撥款評審標準」、「高齡護理審核綱領」及持續改善服務皆認識甚深。



Caroline Chia

DDON -BCNH

Caroline Chia has had more than 8 years of Aged Care experience as a Registered Nurse. Her previous position was a Quality Safety and Education coordinator in St Vincent's Care Services. During her time over there, she worked closely with the Facility manager and Care manager to ensure all statutory requirements comply. She is passionate about providing person-centred and evidenced-based clinical care for her residents. She also has a wide knowledge of ACFI & Aged Care accreditation principles and understanding of continuous improvement.

莊雯兒

項目經理

莊雯兒女士於悉尼大學修畢應用科學（護理）學士學位，熱衷高齡護理，經驗豐富。曾於「嘉碧蘆療養院」工作二十一年，先後任職註冊護理及在總辦事處任管理職務，主領拓展計劃。二零一七年莊女士於奧喜萊（Austral）協助退伍軍人協會護老服務開辦一間提供六十四個宿位之安老院及建立護理團隊。



Emily Chong

Project Manager

Emily graduated from the University of Sydney with Bachelor of Applied Science (Nursing). She is very passionate and has vast experience in aged care. Her career with Scalabrini Village spans over 21 years as RN and subsequently in management as well as project roles in head office. Emily did a couple of commissioning works in the last few years. In 2017 she commissioned a 64-bed aged care home - John Edmondson VC Gardens, RSL Lifecare at Austral and built the team from scratch.

馬德儀

項目主任

馬德儀女士於麥覺理大學修畢社會學及傳意學士學位，具多年健康及社區服務前線及管理經驗。過去七年來，馬女士於西悉尼健康服務任職健康服務經理，工作範疇包括僱員策劃、機構發展、人文及文化活動策劃。



Tak Yee Joyce Ma

Project Officer

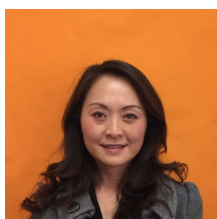
Joyce Ma graduated from Macquarie University with Bachelor of Arts (Sociology and communications). She has a long-standing working history in health and community services, holding front line and management roles. In the past 7 years, Joyce was a health manager at Western Sydney Local Health District. Her work includes Workforce Planning, Organisational Development, and People and Culture programs.

Staff Movement 員工變動

馮曉明

營運經理

馮曉明女士自高齡活動統籌經理轉任社區服務營運經理一職。



Rebecca Xiao Ming Feng Yee

Operations Manager

Rebecca Yee is redeployed from Seniors Wellness Centre Manager to the new role of Community Operations Manager.

你的嘉許，我們的鼓勵

在二零一八年五月家居照顧服務收到服務對象吳宜亮先生女兒的一封信：

曹姑娘：

我希望藉著這封信謝謝你和你的同事對父親（吳宜良）的照顧。

感謝你們的關愛和卓越服務、謝謝你們提供的器材、謝謝家居服務顧問林姑娘、在星期一及星期五照顧我父親的阿鳳，尤其是在星期二、星期四及星期六工作的梁姑娘。衷心感謝梁姑娘的悉心和專業的照顧，讓父親不單更有自信，身體和精神狀況也隨之改善了。

就讓我代表所有家人向澳華療養院基金及其員工致謝，謝謝你們發自內心的優質服務。

祝好

Clara

附註：

收到這封感謝信後，傳意及服務推廣部同事已第一時間聯絡 Clara，並邀請她到 2ac 電台接受我們的訪問，同時在星島日報澳華療養院基金專欄中報導這真實個案。電台訪問及星島日報專欄題目都是「家居服務讓長者重拾生趣」，有興趣人士可到我們網站查閱。



蘇懷活動中心歡慶十週年

陳麗芳 蘇懷活動中心組長

時光如飛！在二零一八年五月八日蘇懷活動中心已服務社區內患上腦退化症的華裔及越裔長者達十年之久。

蘇懷活動中心（前稱「蘇懷日間中心」）於二零零八年四月一日開始投入服務，啟用儀式則於二零零八年五月八日舉行。早期撥款來自「全國照顧者暫息計劃」，為華裔腦退化症長者提供每星期四天日間中心服務。服務開始時有四位長者，到了二零零八年十二月增至二十六位，其後人數不斷遞增；大部分長者每星期參與中心活動超過一次。在二零一零年基金更獲「家居及社區照顧服務」撥款，將腦退化症日間中心服務拓展至內西區的越裔、韓裔、希臘及意大利社區。自二零一零至二零一六年間，蘇懷活動中心除原有的華裔長者日間中心服務外，更增添越裔及韓裔腦退化症長者的服務。目前星期一、星期二、星期三及星期五為華裔組，星期四為越裔組。在過去十年，我們已服務了二百六十三位華裔長者和八十位越裔長者，曾經付出愛心和熱忱的義工超過五十位。

中心為不太認識腦退化症的義工安排為時四十五分鐘的「認識腦退化症」培訓，內容包括甚麼是腦退化症、與患者溝通的技巧、正常老化和腦退化症的分別和怎樣協助職員進行中心活動。服務開始時只有兩位義工，現在因為每天出席人數介乎十三至二十八位之間，所以需要四位義工。

看到照顧者實在需要實質的支援，我們便在二零零八年成立蘇懷支持小組。這是悉尼惟一的華人腦退化症患者的照顧者支持小組，也可能是目前全澳洲惟一的一個。小組起初有四位照顧者，到了今天已經有二十九位在名單上。一直以來我們都積極支援照顧者和支持腦退化症護理的研究，在二零一一年獲「新州照顧者協會」頒贈「社區照顧者獎項」。小組成員互相支持，分享照顧家人的經驗。照顧者如果知道自己並不孤單，有伴同行，那麼在荊棘滿途的照顧路上，便走得更有力量。

展望將來，蘇懷活動中心的職員和義工們必會持守澳華療養院基金的服務宗旨和價值觀，為服務對象和他們的照顧者提供優質服務。

就讓我引用我們的蘇懷格言來結束這分享：員工關心、老友開心、家人放心



萬眾一心 共享成果

黎梁美時 院舍服務總經理

在過去九個月我們三間院舍全部以優越成績通過政府服務評審。錢梁秀容療養院的評審在二零一七年十月進行，陳秉達療養院和周藻泮療養院則於本年五月先後進行。

為確保療養院提供優質護理服務，

澳洲政府有四個評審標準：管理制度、個人護理及健康、生活模式、環境和安全。在這四個標準下細分四十四個預期結果。政府更委任「澳洲高齡護理質素監管局」（獨立機構）對每間療養院進行三年一次的評審，全面檢視院舍是否達到標準和預期結果。

聽起來當然絕不容易，但對我們這滿有熱誠、絕不鬆懈的服務團隊來說，這些都是日常貫徹的工作要求。

團隊精神和緊密合作是三間院舍成功通過評審的要素。不論評審前或評審期間，院舍護理團隊成員，尤其是服務質素提升主任李美寶姑娘、輔助醫療（物理治療師）主任黎宇菲姑娘、培訓及發展主任潘楊姑娘及服務質素監控經理楊齡鳳姑娘的不斷支持、建議和培訓，確保護理團隊為護理對象提供優質護理。功不可抹的還有財務及行政團隊在人力資源、採購及維修各方面的全力支持，

評審員的評語足證三間院舍的卓越服務：

錢梁秀容療養院

- ♥有意義的活動為護理對象帶來愉快的氣氛
- ♥員工和護理對象互動非常良好，院舍充滿家居氛圍。
- ♥院舍在環境及安全措施上絕不妥協，讓護理對象感到安全和備受關懷。
- ♥員工非常友善、樂意幫忙，常帶親切笑容。

陳秉達療養院

- ♥護理對象在小巧的院舍內生活充實
- ♥員工不單止悉心照顧護理對象的醫療需要，也關注他們的生活模式。

周藻泮療養院

- ♥護理對象獲得極佳照顧、備受尊重。
- ♥澳華療養院基金服務系統扎實優良

我們在五月三十日在賓士鎮舉行慶功晚宴，嘉許員工，多謝他們一直以來的努力和貢獻，在為評審中再創佳績。自助參形式讓大家有更多活動空間，和不同的同事們談天說地。壓軸好戲當然是幸運大抽獎，許多員工都滿載而歸，盡興而回。



- 我們邀請了政府部門、不同的主流服務機構及為非英語社區人士提供服務的機構參與，為長者及照顧者提供更多護理選擇，幫助他們獲得最適合自己護理需要的服務。照顧者和長者的家人也可以就住宿、護理、社區資源、代言服務等範疇諮詢專業意見，查詢申請渠道及收費等細節。
- 現場更有健康篩檢及測試，及早察看潛在健康問題和提升長者的保健意識。長者和照顧者可以當場聯繫各健康專業人士和機構，諮詢各項服務及產品，增進身心健康。
- 展覽項目包括方便長者使用的家具、工具和器材，以及「醒目」科技，供體弱及/或患有腦退化症長者選用，幫助他們在一個獲得支援及安全的環境中維持活躍、獨立自主的生活外，也同時享有專業護理及支持。長者可以瀏覽及選擇各類產品及活動，讓自己維持健康活躍的生活。
- 此外，博覽會特設長者畫展，陳列超過一百二十幅由澳華療養院基金六間活動中心、家居護理服務和住宿服務的長者創作的作品。
- 長者和照顧者必能藉著健康講座、藝術工作坊及活動，和在場人士分享如何保持身心活躍的經驗。博覽會演出主台會連續兩天為各位參加人士帶來娛樂節目、健康講座及示範，並有抽獎環節。
- 會場也安排傳譯員協助有需要人士。
- 我們會透過澳洲 TVB、華人報紙、華人電台、數碼渠道及高齡護理網絡廣泛推廣這博覽會。

盼望在這不可錯過的博覽會中見到你們！

鄭賜霞

行政總裁



長者健康生活博覽會新聞發佈會，鄭賜霞女士與合辦機構澳洲TVB助理總經理張智傑及市議員郭耀文等合照。



活得更精彩主角爺爺及八姨婆出席新聞發佈會，齊齊撐長者健康生活博覽會。



澳華療養院基金

會訊

第24期—2018年七月

你不可錯過的長者健康生活博覽會



行政總裁 鄭賜霞

讓我藉這機會誠邀各位蒞臨由澳華療養院基金及澳洲TVB於二零一八年八月十一日及十二日在悉尼市政廳合辦的「長者健康生活博覽會」。

在瞬息萬變的高齡護理環境中，靈活的服務非常重要。自從二零一二年開展高齡護理改革後，高齡護理起了翻天覆地的變化。作為華人社區高齡服務翹楚，我們看重服務對象的選擇和主導，一直以來都不斷藉著社區教育及提供資訊，幫助服務對象獲得所需資料，知所選擇。整個博覽會的意念就是提供一個「一站式服務」的環境，讓長者和他們的照顧者有機會和服務機構、高齡護理用品供應商、政府部門、倡議部門見面，獲得針對長者身心健康和愜意生活的資訊。

許多長者和照顧者都不太明白政府的高齡服務改革和解除管制社區護理服務帶來的改變；對來自不同文化和語言的人士來說，更感困惑。可惜大部分用作向非英語背景長者提供服務渠道或資訊的撥款在高齡護理改革中卻被取消，對非英語背景的長者而言，障礙仍然存在。我們希望這個全面展示高齡護理服務及產品的博覽會能夠為長者提供更多選擇、更多自主權和更簡易的服務渠道。

長者健康博覽會有如下特色：

- 博覽會有超過三十個展覽攤位，展示最新高齡護理服務及產品、生活模式、科技、健康及政府服務，讓長者選擇如何保持身心活躍，安居家中和參與社區。在兩天展覽期間，現場會有豐富資訊、娛樂、健康講座和精美禮物。

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