

服務對象

Target groups

長者、護老者及有興趣人士
The elderly, carers of the
elderly and interested parties

計劃目的

Programme objectives

讓參加者：

- * 認識長者常見的情緒病
- * 掌握良好溝通技巧，給予長者適當照顧
- * 提升長者/護老者的自我照顧及關懷

To enable the participants:

- * to know about the common mood disorders of the elderly;
- * to acquire effective communication skills so as to attend properly to the elderly;
- * to promote self-care and compassion among the elderly and carers.

服務形式

Forms of service

提供講座、分享、小組輔導
talk, sharing and small group counseling

1

認識長者常見的情緒病及自殺想法

- * 抑鬱及焦慮症的成因及徵狀
- * 自我測試 – 我有抑鬱症嗎？
- * 長者自殺的徵兆
- * 情緒病的治療方法

2

掌握良好溝通技巧 照顧病患長者

- * 患病長者的身心狀態
- * 影響長者溝通的因素
- * 有效的溝通技巧
- * 紓緩有情緒的長者
- * 支援有自殺傾向的長者

3

長者和睦相處之道

- * 人際關係與心理健康
- * 長者衝突的原因和後果
- * 經常動怒對身心的不良影響
- * 有效溝通、和睦相處
- * 情緒管理

4

長者如何照顧好自己？

- * 長壽之道 – 保持身心靈健康
- * 照顧自己的身體健康
- * 照顧自己的心理健康：
管理情緒、紓緩壓力
- * 如何達到心靈快樂滿足
- * 身心健康練習

5

護老者如何照顧好自己？

- * 護老者的壓力
- * 壓力會導致身心疾病
- * 關顧自己的身心健康
- * 鬆弛運動
- * 社區資源及支援服務

聯繫我們

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1

Common mood disorders and warning signs of suicide in the elderly

- * Causes and symptoms of anxiety and depression
- * Identifying depression
- * Suicide warning signs
- * Dealing with emotional disorders

2

Communicating with those who are sick and elderly

- * Physiological and emotional problems
- * Communicating with others
- * Supporting the elderly

3

Communicating with each other

- * Conflicts and arguments
- * Communicating effectively
- * Managing emotions

4

Taking care

- * Enjoying longevity
- * Physiological health
- * Emotional well-being
- * Enhancing the body and mind

5

Those who care for others

- * Anxieties and problems
- * Impact on health
- * Caring for oneself
- * Relaxation exercises
- * Community resources and support services

Contact Us

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