

新聞稿（請即發佈）

2012年2月28日

問卷調查發現 八成腦退化症家屬受訪者喜愛網上課程 高錕教授夫人及眾星齊齊出席力撐 「耆智同行」網站正式開動

首個華人社區專為腦退化症照顧者而設的網上課程

賽馬會耆智園於今天（二月二十八日）假沙田園址舉行「耆智同行」網站(ADcarer.com) 啟動日暨腦退化症家屬調查報告公佈，承蒙高錕教授夫人高黃美芸女士、以及參與網站短片演出演員胡楓、何家勁及黎燕珊抽空出席，場面熱鬧感人。

是日，活動由香港中文大學內科及藥物治療學系教授暨賽馬會耆智園總監郭志銳、香港中文大學前任校長、諾貝爾物理獎得主高錕教授夫人高黃美芸女士，以及賽馬會耆智園總經理何貴英女士主持簡單而隆重的「耆智同行」網站啟動儀式，當各位嘉賓把富有耆智精神的拚圖併貼後，象徵著這個專為腦退化症患者家屬而設的網站「耆智同行」網站終於啟動。其後，郭教授更向在場人士介紹網站的獨有內容，而為了令傳媒朋友對網站有更深入的了解，大會特別邀請家屬照顧者葉李淑儀女士及黎燕珊小姐，以使用者身份，分享該網站如何能協助他們在家中輕鬆獲取最新資訊之好處。

而為了能對患者家屬的需要有更全面諮詢，賽馬會耆智園於去年6月至2012年1月期間，訪問279名患者家屬，深入瞭解其需要。席中，郭志銳教授詳細講述是次調查結果（附件一），而為照顧患者家屬的需要，香港中文大學及賽馬會耆智園特別推出「耆智同行」網站，內容共分為：照顧技巧課程、輕鬆照顧課程及貼身支援課程，除此之外，網站內更有多媒體教材，協助家屬於網上自學，同步亦首推網上個案跟進服務，為本港家屬照顧者服務開創先河。而為了令內容更有趣味性及易於明白，賽馬會耆智園更邀請多位著名藝人包括：羅蘭、黎燕珊、王殷廷、胡楓及何家勁，演出當中四套短片。是日，當中有份演出的藝人胡楓及何家勁更親臨現場，分享拍攝期間的趣事及感受。最後，為答謝各單位支持，賽馬會耆智園總經理何貴英女士向所有製作單位頒贈紀念品並拍攝大合照留念。

香港中文大學內科及藥物治療學系教授暨賽馬會耆智園總監郭志銳教授表示：「網上課程能讓腦退化症照顧者靈活安排學習時間，即使足不出戶亦可增進有關知識和技巧，尤其適合一些須要長期留在家中的照顧者。我們期望透過『耆智同行』網站，能讓照顧者學懂處理患者的行為及心理症狀，加強他們對患者的理解及溝通，甚至有效控制腦退化症患者的病情，計劃長遠的照顧方案等，從而減輕他們的壓力。」

參與演出的胡楓表示：「提到腦退化症，很多人都好像很理解，但當要親力親為照顧病人時卻發現問題多多，不知從何入手。耆智園這輯短片教材除了有助大家深入明白腦退化症外，亦可徹底了解幫助病人的方法，避免患者病情惡化，非常有意義。」；至於

長期在大陸拍攝的何家勁是次抽空來港參與拍攝亦表示：「腦退化症並不是只出現在長者身上的病症，即使是正值壯年，都有機會患上此症。賽馬會耆智園一直不遺餘力，積極把腦退化症的相關知識在社會普及，這不論對患者、照顧者或普羅大眾而言，都是難能可貴的事。」

身為患者家屬及參與短片演出的黎燕珊亦分享道：「現今社會大眾看腦退化症已較開放和正面，很高興看到像耆智園這樣的中心，為病患家屬提供一個平台，搜集有關此病的資訊，相信只要家人多站在病患者的立場想想，給予瞭解和體諒，便可好好照顧他們。我是過來人，明白到病患者的家人亦很需要支援，耆智園所提供一站式服務，能讓家屬們不再徬徨，絕對值得我們支持，若政府能多撥捐資源發展這方面的服務更佳。」

賽馬會耆智園特別鳴謝下列各單位的支持及參與（排名不分先後）：

- 香港中文大學前校長高錕教授
- 高黃美芸女士
- 香港理工大學應用社會科學系副教授區美蘭博士
- 醫院管理局沙田醫院副顧問醫生李舜華醫生
- 郭匡義律師行郭婉琳律師

助行器使用及扶抱技巧

- 唐卿女士

影音教材

羅蘭女士	胡楓先生	黎燕珊女士
何家勁先生	王殷廷女士	慧妍雅集

- 聲音導航~雷霆 881 商業電台

麥詠宜女士	梁嘉賢女士	陳廷暉先生	許耀斌先生	蔡靜宜女士
梁詩雯女士	李錦先生	杜光庭先生	陳慕賢女士	伍甄琪女士

有關賽馬會耆智園

賽馬會耆智園是一所專注推動腦退化症綜合服務的本地機構，由 2000 年開始提供日間護理、短期住宿、訓練支援及專業評估等一站式服務，希望可以紓緩腦退化症患者家屬的身心壓力，以及向腦退化症患者提供適當的社交及心理活動，減慢認知能力的衰退速度。詳情請瀏覽 www.jccpa.org.hk。

有關「耆智同行」網上課程(ADcarer.com)

為協助家屬掌握照顧技巧，減輕照顧壓力，香港中文大學銳意發展以腦退化症患者的家屬為對象的網上培訓課程，讓家屬能得到切實的協助。故此，香港中文大學於 2010 年 3 月 14 日，舉辦了「與高錕教授同行」中大步行籌款日，又透過香港中文大學知識轉移基金，撥款贊助網頁部分經費。耆智園深明大部分照顧者都希望盡力照顧好患者。針對想更瞭解腦退化症及相關照顧技巧

的照顧者，耆智園設立了「照顧技巧課程」，內容涵蓋診斷、照顧，以至未來長遠計劃及安排等，全面探索各種照顧事宜，讓家屬能更從容地處理各種照顧疑難及不同階段的照顧需要。對於為照顧壓力所苦的家屬，耆智園設計了「輕鬆照顧課程」，讓照顧者透過各種練習和技巧，調整自己的心態，減少內心的矛盾，從而能夠有效地應用各種照顧技巧，減輕壓力。至於深受患者的行為及心理症狀困擾的家屬，耆智園則推出了「貼身支援課程」，跟進家屬及患者的情況九星期，務求令照顧者掌握一套方法，去減輕患者的症狀，並提供情緒支援，讓家屬可以在課程完結後，有能力自行解決常見的照顧問題。耆智園特地邀請了多名演員及電台節目主持參與「耆智同行」的教材製作，令網站內容更生動有趣。

有關腦退化症

腦退化症是與大腦認知能力衰退有關的病症。患者會逐漸失去記憶力及其他認知功能，如學習、理解、語言運用、方向感及判斷力等。本港目前已至少有七萬多位患者，雖然此症患者多屬老年人，但 65 歲或以下的人士也可能患上腦退化症，而發病率亦會隨年齡而增加。因此隨着香港人口老化，腦退化症患者將越來越多。

發稿：賽馬會耆智園

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附件一

腦退化症家屬對網上學習課程之意向調查報告

隨著香港人口老化，老年人普遍較以往更長壽，與此同時，罹患腦退化症的風險亦相對增加。根據中文大學於 2006 年一項研究，70 歲或以上的老年人約有一成機會患上腦退化症。腦退化症是多種引致腦部功能不正常地衰退的病患之統稱，患者的記憶力及其他認知功能（例如學習、理解、語言運用、方向感及判斷力等）會逐漸失去；而腦退化症患者的家屬亦會遇到照顧上的困難和壓力，甚至影響日常生活。

現時，本港專為腦退化症照顧者而設的服務範圍較為狹窄，其中大部份旨在提昇他們照顧上的知識和技巧，以及如何運用社區資源；照顧者往往須要親身到服務中心接受服務。然而，基於時間、交通、以至照顧上的安排，他們未必能夠使用到有關服務。

為了發掘更方便和直接的途徑來幫助腦退化症的照顧者，賽馬會耆智園以問卷調查方式訪問腦退化病人的照顧者。調查內容包括他們的背景資料、壓力，以及對於網上支援服務的態度。

研究方式

問卷調查於去年六月至今年一月期間進行，透過耆智園網頁或舉辦講座發出一份簡短的問題，一共接觸了 279 名受訪者（在線受訪者佔 174 名或 62.4%）。調查目的主要在於訪問腦退化症家屬照顧者對有關腦退化症的網上課程的接受程度及期望。

結果

1. 腦退化症家屬照顧者的照顧壓力水平

接近九成受訪者表示自親人患上腦退化症後，感受到照顧壓力。其中約一半更表示經常感受到照顧壓力。由此可見照顧者壓力水平不容忽視。

2. 樂意參加網上課程的程度

近八成受訪者表示願意或有可能參與有關腦退化症的網上課程（逾四成表示願意參加，另外約四成表示有可能參加；見表一），顯示服務照顧者的網上支援平台有實際需要。

3. 有興趣參與網上課程之受訪者

調查發現，有興趣參與網上支援服務的受訪者多有以下特徵：

- 為患者的子女／孫兒
- 並非最主要照顧者
- 有傭工或親戚幫助（見圖一）
- 較年輕(60 歲以下)
- 教育程度較高(高中或以上)
- 願意瀏覽網上資料
- 每天最少花一小時上網

由於這些受訪者很可能成為網上課程的參加者，問卷同時亦嘗試了解他們對課程的想法及期望。

4. 選擇網上課程的原因及期望課程內容

選擇參加網上課程而非傳統課程的最主要原因有包括：方便、時間有彈性、及課程內容靈活（見圖二）。此外，受訪者期望課程能包括以下內容：識別社區資源、控制腦退化症病情、計劃長期照顧方案、提升與患者的溝通能力、處理行為及心理症狀等。（見圖三）

總結及建議

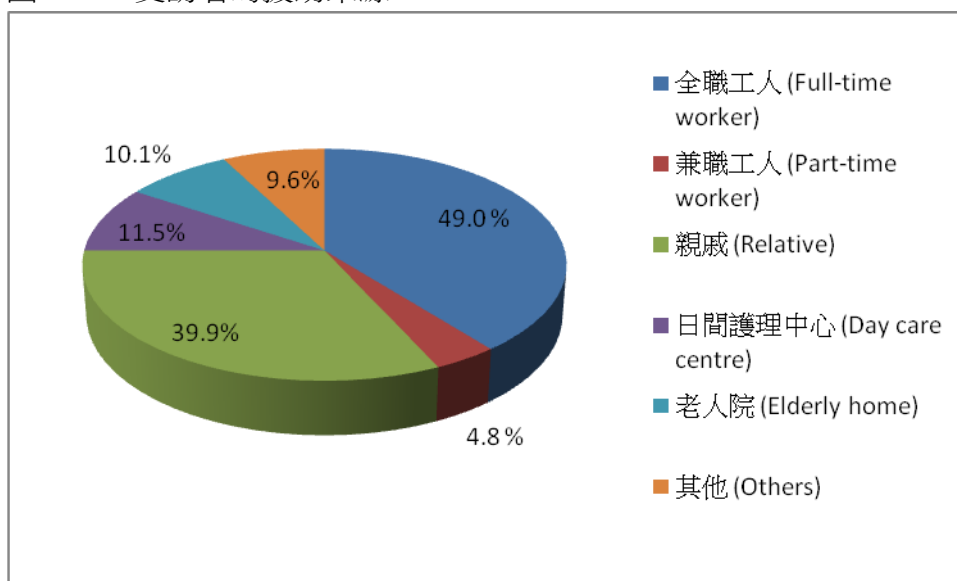
基於對腦退化症網上支援服務的實際需要，中文網上支援及學習平台能為腦退化症照顧者提供有關的專業知識，協助他們處理照顧上面對的壓力和情緒。現時，香港正缺乏有關資源，而開發此項服務將為腦退化症照顧者帶來簡便、有幫助的資訊。本園希望透過提供照顧者更完善的支援，最終為腦退化患者帶來更優質的照顧。

附件

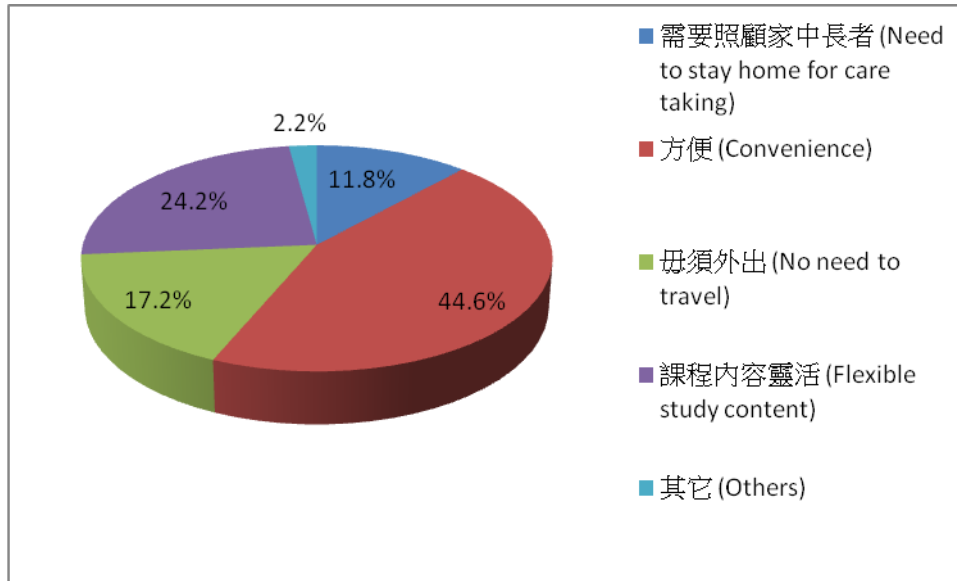
表一 腦退化症網上課程之意向分佈

	數目 (Count)	%
受訪者總數 (Total number of respondents)	279	100
願意參與腦退化症的網上學習課程 (Willing to join dementia E-learning programme)	121	43.4
不願意參與腦退化症的網上學習課程 (Not willing to join dementia E-learning programme)	26	9.3
可能參與 (Maybe)	105	37.6
沒有披露 (Not disclosed)	27	9.7

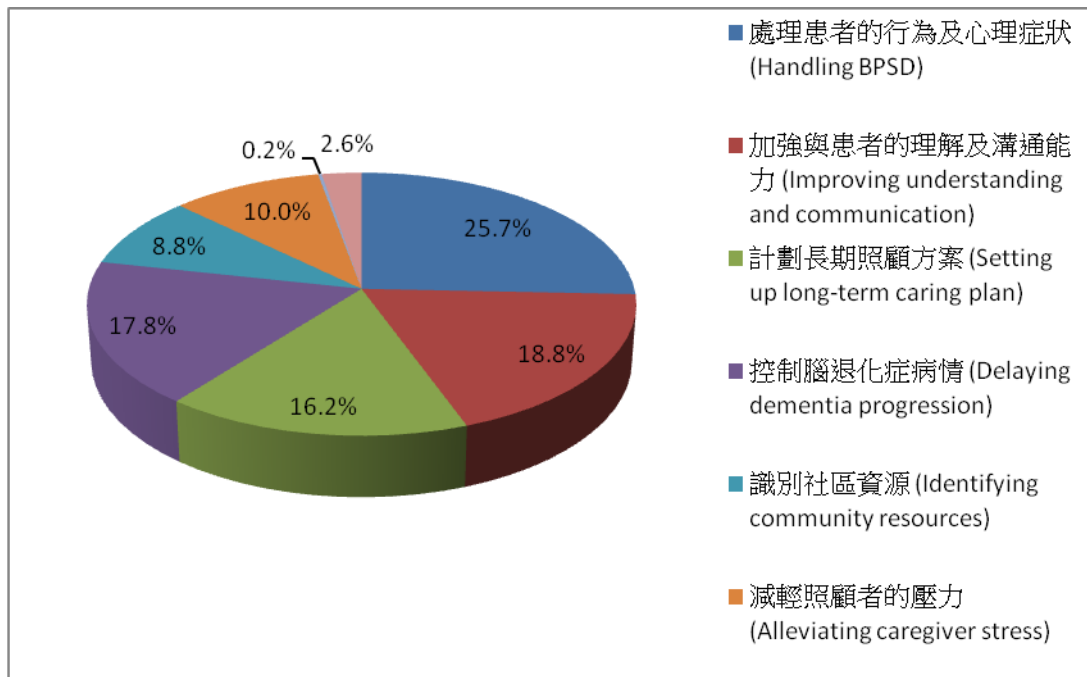
圖一 受訪者的援助來源



圖二 選擇網上課程的原因



圖三 期望的課程內容





附件二

「耆智同行」介紹 <https://www.adcarer.com>

1. 背景

- 照顧者的困境
 - 照顧知識不足
 - 用不到現有服務
 - 不願使用服務
 - 不知道相關服務
- 源起
 - 香港中文大學於 2010 年 3 月 14 日舉辦「『與高錕教授同行』中大步行籌款日」，籌得善款資助網站研發（照顧技巧課程及輕鬆照顧課程）
 - 香港中文大學知識轉移基金贊助提升網站服務（貼身支援課程）
- 理念
 - 家屬是願意照顧患者，讓其能居家安老
 - 家屬只要得到所需協助，是有能力好好照顧患者
 - 家屬必須先調整心態，才能應用所學，真心真意地好好照顧患者
 - 家屬只要能從照顧患者中找到意義，便可以兼顧私人生活與照顧，照顧得開心又快樂
- 特色
 - 首個華人專為腦退化症照顧者而設之網上課程
 - 一站式提供有關腦退化症之資訊
 - 以照顧者為本
 - 揉合本地文化
 - 重視情緒處理
 - 多種學習模式
 - 參考海外經驗
 - 創新網上服務

2. 目的

- 協助家屬掌握照顧技巧，減輕照顧壓力
- 提升家屬對照顧壓力的認識，並掌握減壓技巧
- 填補服務缺口，讓家屬能安在家中，透過方便、快捷的方法，得到切實的協助

3. 網站內容

- (I) 照顧技巧課程 https://www.adcarer.com/course1_index.php?cid=99
 - 以增加家屬的實際知識及照顧技巧為目的
 - 內容包括：甚麼是腦退化症、治療方法、溝通及照顧技巧、環境改善、活動設計、規劃照顧安排、個案分享



(II) 輕鬆照顧課程 https://www.adcarer.com/course2_intro.php

- 以提升家屬對照顧壓力的認識、介紹減壓方法、協助家屬處理哀傷、轉變心態為目的
- 內容包括：心理狀態與健康狀況的關係、正面理解「忤」「煩」「劫」「矛盾」、各種減壓及調整心態的方法、如何找回生活平衡等

(III) 貼身支援課程 https://www.adcarer.com/course3_index.php

- 讓家屬能學到一套方法，能配合患者情況自行調整照顧方式，日後能自行解決照顧問題，並得到情緒支援
- 內容包括：專業團隊透過個人專用的網站留言板，為家屬提供九星期的免費跟進，解答照顧疑難，協助改善照顧方法及安排，減少患者的情緒及行為問題，並減輕照顧壓力

4. 個案短片

- 照顧技巧課程 > 個案分享

https://www.adcarer.com/course1_case.php?cid=7

- 個案一：多疑（演員：羅蘭、黎燕珊）
- 個案二：嚷著要回家（演員：胡楓、黎燕珊）
- 個案三：錯覺（演員：胡楓、何家勁、王殷廷）
- 個案四：拒絕洗澡（演員：羅蘭、胡楓、黎燕珊、何家勁）

5. 家屬感言

- 照顧技巧課程

- **有系統**地介紹了病情的成因與發展趨向，讓家屬清楚自己要面對的問題，能做好**實際和心理準備**
- **明白患者**為何有奇怪的想法及行為，解決自己的疑慮
- 令家屬對腦退化症**多點瞭解**，令患者能得到更多更好的照顧

- 輕鬆照顧課程

- 現有的資源大都只介紹照顧患者時的注意事項，停留於表面，此課程卻不只從**患者的最佳利益**出發，更顧及**家屬的心理感受**，除講解及分析家屬可以如何面對事態的發展，更讓家屬掌握照顧過程中可能出現的**身心狀況**及對應的**處理方法**，真正有效地幫助家屬正面地面對及舒緩壓力，有助家屬釋懷
- 明白到照顧患者要**先照顧自己**，以往覺得越照顧越疲倦，全因沒有先照顧自己。課程讓家屬有系統地反思，**找回照顧的意義**
- 深切體會及明白每一件事情都有**很多**處理方法，也會帶來很多想法，只要向**好的方面**想，又或者**豁達地接受**患者或照顧者自身的不足／缺點，便能減少壓力，增加面對事情的能力

For Immediate Release

28th February, 2012

**ADCarer.com website launch
Survey identified substantial demand for E-learning resources for
caregivers of demented person**

As the population ages, an increasing number of people will suffer from dementia, and the number of dementia caregivers will have to increase as well. When dementia advances, caregivers will need to tackle various changes and difficulties when looking after patients. For many families, essential issues that arise during the caregiving process include finding ways to ease the heavy pressure of taking care of somebody with dementia, continuing to look after the person for years, dealing with caregiving concerns for other senior family members and relatives, and keeping harmony in the family.

To help families develop caregiving skills and ease their pressure, the Chinese University of Hong Kong (CUHK) and the Jockey Club Centre for Positive Ageing (JCCPA) have developed an online training program “ADcarer.com”, for family caregivers of people with cognitive loss to obtain suitable and practical aid. Against this background, the CUHK organised the “Walk with Professor Kao” CUHK Walkathon on 14th March, 2010 to raise fund. The CUHK Knowledge Transfer Unit Project Fund has also sponsored professional teams to provide other forms of aid to family caregivers.

The website consists of three parts: 1) Caregiving Skills Program, 2) Caregiving Made Easy Program and 3) Intensive Support Program. The programs cover both the traditional disease model and the health model, gaining a lot of attention for the way they combine positive psychology, neuroscience psychology, cognitive behavior theory, rational emotive behavior therapy, the Satir Model, grief counselling, personality typology and coaching skills. With a focus on both theory and practice, the approach encompasses how to handle and prevent problems, thereby helping caregivers face and tackle difficulties and pressure, as well as indirectly enhancing the living quality of patients and building up a harmonious relationship between patients and caregivers. This will start a new page for caregivers of dementia patients in Hong Kong. For more information about the website, please find in Appendix A.

A launch ceremony for the website was held today at the Jockey Club Centre for Positive Ageing, Shatin. The Honorary Guest Mrs. Gwen May-wan, the wife of Professor Charles Kao, Professor Timothy Kwok Chi-yui, Faculty of Medicine, CUHK and Director of JCCPA, and Ms. Florence Ho Kwai-ying, General Manager of JCCPA officiated at the ceremony.

Results of a survey on family caregivers’ preferences on online dementia-related education (Dementia e-learning) program were also announced in the event. Nearly 90% of the

respondents reported to experience caregiving stress after talking up the caring responsibility concerning their demented family member. Around 80% of the respondents show interest in taking part in dementia E-learning program. This indicates there is a great demand to develop E-learning platform for the general public to acquire dementia-related information, particularly the caregivers of demented persons. Full details of the findings can be found in Appendix B.

Renowned actors and actresses showed their support and participated in the making of the educational videos.

Mr. Kenny HO Ka-ging said, “Dementia sufferers are not only limited to the elderly. Indeed, young people also have the chance in suffering from such illness. The JCCPA has spared no effort in promoting the professional dementia-related knowledge and the skills of helping dementia sufferer. It is obvious that not only sufferers and caregivers can be benefited, but also the general public.”

Mr. WOO Fung said, “Whenever we talk about dementia, most people seem to have fully understood about it. However, when it comes to the time they need to take care of their demented relative, they often feel helpless and not really know how to handle. This series of educational videos aim to enhance the caregivers’ knowledge of dementia, and thus to retard the disease progression. I think it is very meaningful.”

Ms. Eva LAI Yin-shan shared, “The general public tends to hold positive and enlightened attitude towards dementia nowadays. I am pleased to see that JCCPA has built up a platform for the caregivers to gather useful information. As long as the caregivers stay considered and try to think in the sufferers’ way, I believe they can take good care of demented persons. As an ex-caregiver, I understand the caregivers’ needs for local supporting services. The JCCPA offers one-stop services for caregivers, in order to relieve their anxiety which definitely deserves our support. It would be great if the government can spend more resources for developing this kind of services.”

JCCPA thanks the following parties for participating in the making of ADCarer.com:

- Professor Charles K. KAO, Former Vice-Chancellor, the Chinese University of Hong Kong and Recipient of Nobel Prize in Physics
- Mrs. Gwen KAO May-wan, the wife of Professor Charles K. KAO
- Dr. Alma AU May-lan, Associate Professor, Department of Applied Social Sciences, the Hong Kong Polytechnic University
- Dr. Jenny LEE Shun-wah, Associate Consultant, Shatin Hospital, the Hospital Authority
- Ms. Sophia KWOK Yuen-lam, Solicitor, Jesse H. Y. Kwok & Company

Actors

- Ms. Helena LAW Lan
- Mr. WOO Fung
- Ms. Eva LAI Yin-shan
- Mr. Kenny HO Ga-ging
- Ms. Edith WONG
- Wai Yin Association

Voice Over Talents

- Radio 881, Hong Kong Commercial Broadcasting Co., Ltd.
- Ms. Denise MAK
- Ms. Stella LEUNG
- Mr. Eric CHAN
- Mr. Kevin HUI
- Ms. Sandra CHOI
- Ms. Maria LEUNG
- Mr. LEE Kam
- Mr. Daryl DOO
- Ms. CHAN Mo Yin
- Ms. Winnie WU
- Use of Mobility Aids and Transfer
- Ms. TONG Hing

About Jockey Club Centre for Positive Ageing

The JCCPA is dedicated to improving care for people with dementia in Hong Kong. In order to delay the decline in cognitive ability and encourage the sufferers to maintain normal social activities, various services including day care service, respite service, home-based training, and memory clinic are provided since 2000. Moreover, caregiver support is available for relieving different kinds of stress among family members of the sufferers.

About Dementia

Dementia is an illness that entails the loss of cognitive ability. In dementia, the earliest and most prominent feature is usually memory loss, resulting in forgetfulness. Other symptoms include difficulties with language, getting lost, disorientation, inability to cope with daily activities and physical care, mood changes and behavioural problems. There are now at least seventy thousands of people suffering from dementia in Hong Kong. Rates of dementia increase with ageing. Although patients with this disease are mostly elderly, people under 65-year-old may also suffer from dementia. With the ageing of the population, it is not surprising that more people will suffer from dementia in Hong Kong.

Released by: Seedland International Limited

On Behalf of the Jockey Club Centre for Positive Ageing

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Appendix B

Report on preferences of caregivers of family members with dementia towards E-learning programme

Introduction

Hong Kong population is facing the problem of progressive ageing. On one hand, elderly people are living much longer due to advancements in medical technology. On the other hand, as one ages, the chance of getting dementia is increasing. According to a research conducted by The Chinese University of Hong Kong in 2006, it was estimated that about one in ten elderly people aged 70 or above was found to suffer from dementia in Hong Kong. Dementia is a degenerative brain disease with progressive loss of cognitive functions and mobility. Caregivers of demented persons are facing severe obstruction and stress, which pose major challenges to their daily life. The current scope of service for caregivers of demented person is relatively narrow, with majority of them aim at enhancing the knowledge and skills of the caregivers or resources link up. Besides, caregivers often have to approach the service provider in-person or use the service there. Caregivers may not be able to use the service as a result of time constrains, transportation issues, and inability to find replacements to take care of the demented persons during their study.

In order to explore a more convenient, accessible and effective way of helping caregivers of demented persons, Jockey Club Centre for Positive Ageing (JCCPA) has conducted a survey to investigate their demographic background, stressfulness, as well as their attitude and preferences on online dementia-related education (dementia E-learning) programme.

Method

The survey was conducted between June 2011 to January 2012. Through the JCCPA website or talks organized by JCCPA, respondents were requested to complete a short self-constructed questionnaire (either online or paper-format). The main intention was to identify the willingness, preferences and expectations of family caregivers of demented persons on dementia E-learning programme. Two hundred and seventy-nine caregivers (174 or 62.4% of them completed online questionnaire) have responded to this survey.

Findings

1. Perception of caregiving stress

Nearly 90% of the respondents reported to experience caregiving stress after talking up the caring responsibility concerning their demented family member. More importantly, frequent episodes of caregiving stress occurred in about half of them. This highlights the severity of caregiving stress among caregivers of demented persons. This problem may deteriorate if it is not tackled properly.

2. Willingness to participate dementia E-learning programme

Around 80% of the respondents were or might willing to take part in dementia E-learning programme (Over 40% of the respondents were willing to join dementia E-learning programme while near 40% of the respondents had the tendency to be participants, Table 1). This indicates there is a great demand to develop E-learning platform for the general public to acquire dementia-related information, particularly the caregivers of demented persons.

3. Profile of potential dementia E-learning programme participants

Among those respondents who have indicated their preference on dementia E-learning programme over the other means, they were found to be more likely to have the following characteristics:

- Second or third generation of the family i.e. children or grandchildren of the demented persons
- Not being major caregiver
- With assistance from various sources (mainly full-time workers or relatives, Figure 1)
- Willing to get access to online dementia-related information
- Relatively younger in age of below 60
- Relatively higher education level of senior secondary or above
- With working experience (either currently working full-time, unemployed or retired)
- Having regular web surfing habit of at least 1 hour per day

Caregivers possessing the above profile will potentially participate dementia E-learning programme and thus should be regarded as the immediate target audience if any dementia E-learning programme is going to be developed. Therefore, their preferences and expectations on the programme ought to be investigated in order to have better understanding on their concerns and needs.

4. Preferences and expectations on dementia E-learning programme

Among those who preferred E-learning over attending conventional training classes, the major reasons were suggested to be convenience as well as flexibility in study content (Figure 2). Moreover, people expected to achieve a wide spectrum of learning goals from the dementia E-learning programme e.g. identifying community resources, delaying dementia progression, setting up long-term caring plan, improving understanding and communication, handling behavioural and psychological symptoms of dementia (BPSD), etc (Figure 3).

Conclusion and recommendations

As a result of the genuine need for dementia E-learning resources for caregivers of demented persons, online Chinese-medium supporting and educational platform will be meaningful for providing professional dementia-related knowledge as well as stress and emotional management to them. To our knowledge, Hong Kong is currently lacking such important resources and its availability will surely deliver useful but yet convenient-to-acquire and flexible content to caregivers of demented persons. It is our vision that through delivering better assistance to those caregivers in need, higher quality of caring can be ultimately received by the demented persons. By and large, this will be beneficial to not only the confined group of dementia families, not also the whole society as well.

Attachments

Table 1. Willingness to dementia E-learning programme

	數目 (Count)	%
受訪者總數 (Total number of respondents)	279	100
願意參與腦退化症的網上學習課程 (Willing to join dementia E-learning programme)	121	43.4
不願意參與腦退化症的網上學習課程 (Not willing to join dementia E-learning programme)	26	9.3
可能參與 (Maybe)	105	37.6
沒有披露 (Not disclosed)	27	9.7

Figure 1. Sources of assistance for caregivers

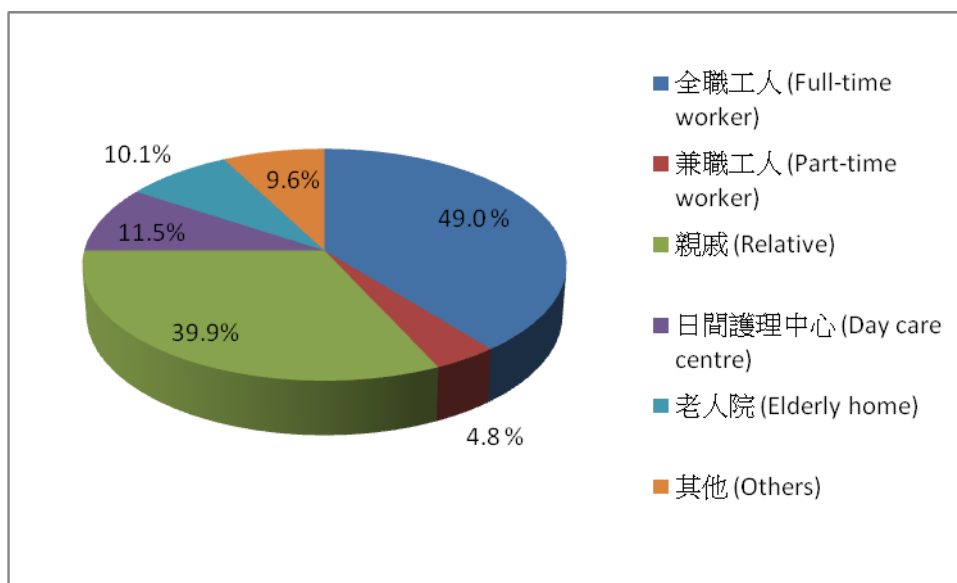


Figure 2. Reasons for preferring dementia E-learning programme

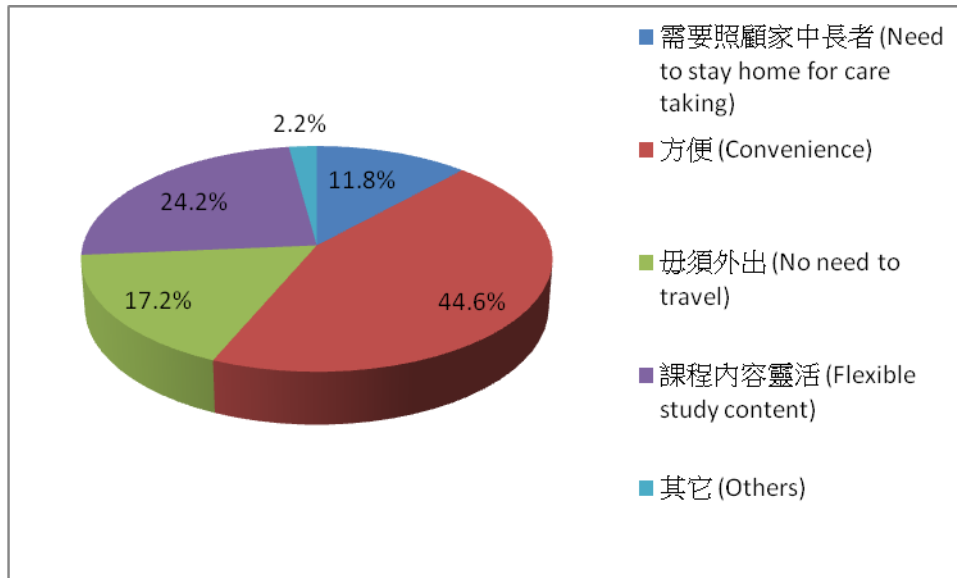
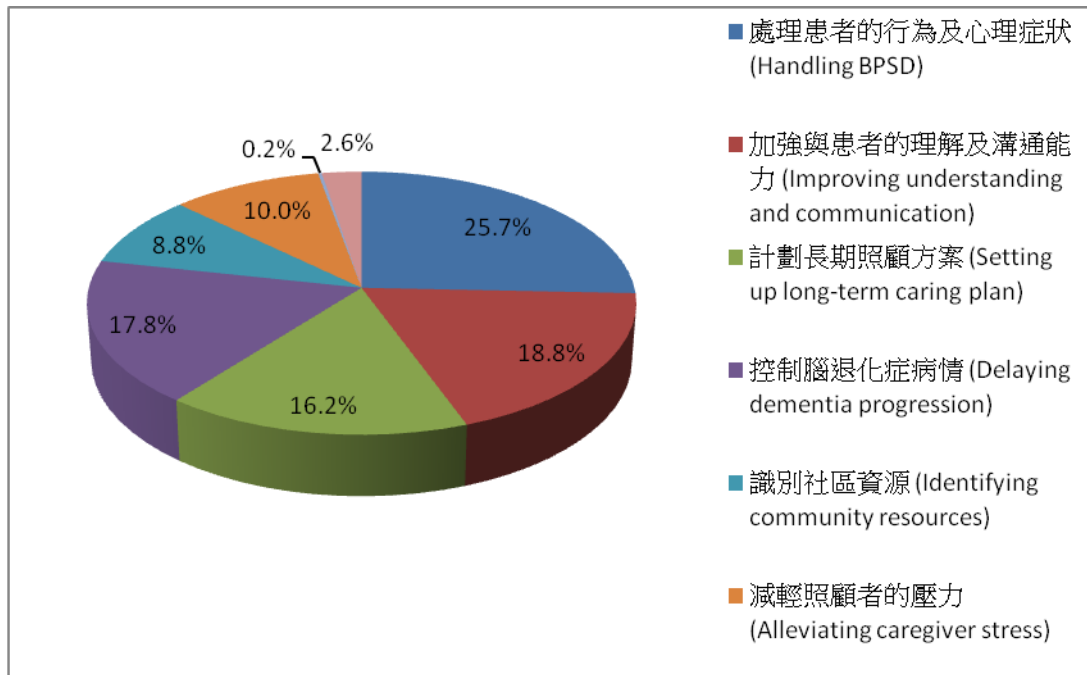


Figure 3. Expected goals for joining dementia E-learning programme





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耆智同行 ADCarer
<http://www.adcarer.com/>

現有之護老者支援服務

What services are available for carers?

- 由長者地區中心及長者鄰舍中心等提供
- Mainly provided by District Elderly Community Centres & Neighbourhood Elderly Centres
- 主要包括：
 - 技能訓練課程及教育計劃
 - 簡單輔導及轉介服務
 - 資源及器材借用
- Scope of service:
 - Skill-training and educational programmes
 - Simple counselling and referral services
 - Loan of rehabilitation-aid equipment & other resources

現有服務之不足

Weakness of available Carer Support Service

- 需親身到中心申請 / 使用服務
- Carers must use or apply for the service on-site
- 未有針對腦退化症
- Often not catered for carers of people with dementia
- 以「患者」為本
- Patient-centred
- 以「教育」照顧者為主
- Emphasis on educating carers

網站成立背景

Background

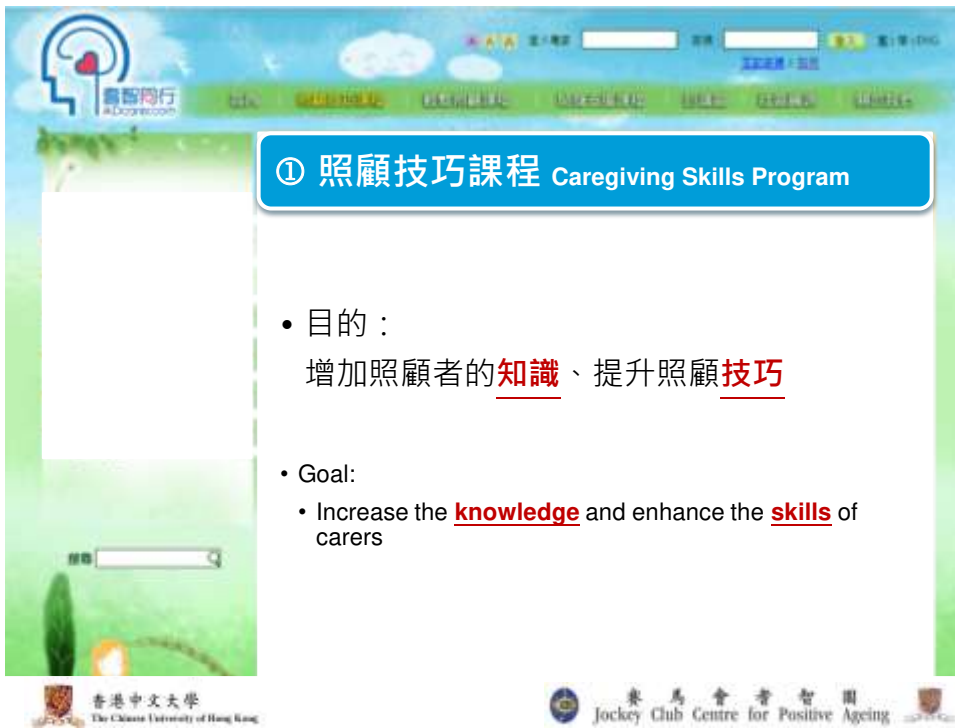
- 香港中文大學於2010年3月14日舉辦「與高錕教授同行」中大步行籌款日，籌得善款資助網站研發（照顧技巧課程及輕鬆照顧課程）
- CUHK organised the "Walk with Professor Kao" CUHK Walkathon on 14 March, 2010 to raise fund for the setup of the website (Caregiving Skills Program and Caregiving Made Easy Program)
- 香港中文大學知識轉移基金贊助提升網站服務（貼身支援課程）
- CUHK Knowledge Transfer Unit Project Fund sponsored the enhancement of the website (Intensive Support Program)

- 首個專為腦退化症照顧者而設之中文網上課程
- The first website with online programs in Chinese that are designed for carers of people with dementia
- 一站式腦退化症資訊
- One-stop information centre about dementia care
- 重視情緒處理
- Emphasis on exploring emotion
- 揉合本地文化
- Perfect blend of Western practice and local culture
- 多媒體教材
- Multimedia components

1 Caregiving Skills Program

2 Caregiving Made Easy Program

3 Intensive Support Program



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① 照顧技巧課程 Caregiving Skills Program

- 目的：
增加照顧者的知識、提升照顧技巧
- Goal:
 - Increase the knowledge and enhance the skills of carers



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The Chinese University of Hong Kong

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Jockey Club Centre for Positive Ageing

① 照顧技巧課程 Caregiving Skills Program

- 內容：
 - 甚麼是腦退化症
 - 治療方法
 - 照顧技巧
 - 環境改善
 - 活動設計
 - 財政規劃
 - 長遠安排
- Content:
 - What is Dementia?
 - Treatments
 - Caregiving Skills
 - Environment and Technology
 - Activity Design
 - Financial Planning
 - Long-Term Care

The screenshot shows the 'Wise Journey' website interface. At the top, there is a navigation bar with the logo 'Wise Journey' and 'AJO.org.hk'. Below the navigation bar, there are several menu items: 'Home', 'About Us', 'Our Services', 'Our Programs', 'Our Partners', 'Our Staff', and 'Our Contact'. On the left side, there is a vertical menu with the following items: 'Dementia Education', 'Dementia Care Methods', 'Caring Techniques', 'Caring Environment', 'Caring Activities', 'Future of Care', and 'Care Sharing'. A search bar is located below the menu. The main content area is divided into several panels. The top right panel shows a navigation menu for 'Room', 'Dining Room', 'Reception', 'Balcony', and 'Kitchen'. Below this, there is a video player showing a person in a wheelchair. To the right of the video player, there is a table with columns for 'Room Type', 'Room No.', 'Room Description', and 'Room Price'. The bottom of the page features the logos of 'The Chinese University of Hong Kong' and 'Jockey Club Centre for Positive Ageing'.

This screenshot shows the same 'Wise Journey' website interface as above, but with a different set of content panels. The navigation bar and left-side menu are identical. The main content area now features four video thumbnails arranged in a 2x2 grid. Each thumbnail shows an elderly person interacting with a caregiver. The top-left thumbnail shows an elderly woman sitting on a bed talking to a caregiver. The top-right thumbnail shows an elderly man standing and talking to a caregiver. The bottom-left thumbnail shows an elderly man and a caregiver standing together. The bottom-right thumbnail shows an elderly woman sitting and talking to a caregiver. The bottom of the page features the logos of 'The Chinese University of Hong Kong' and 'Jockey Club Centre for Positive Ageing'.



② 輕鬆照顧課程 Caregiving Made Easy Program

- 目的：
協助照顧者 調整心態、減輕照顧壓力
- Goal:
 - Help carers to **reconstruct** their life and their mindset and **release** their psychological stress

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② 輕鬆照顧課程 Caregiving Made Easy Program

- 內容：
 - 認識壓力來源
 - 各種減壓方法
 - 處理情緒及矛盾
 - 處理哀傷
 - 尋找意義
- Content:
 - Source of stress
 - Ways to reduce stress
 - Ways to handle emotion and internal struggles
 - Ways to handle grief
 - Recover the value of taking care of the family member

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課程介紹

- 中創有甚麼
- 當心感到煩躁
- 當心感到寂寞
- 當心感到孤子
- 當心感到無助

為何我感覺
無平靜?

我與他感
有心無力!

怎樣才能
改善這情況?

停

本課程針對化城「創不絕」, 創意設計 _____

以網絡為基礎的「與學同遊」, 創意設計 _____

以網絡為基礎的「與學同遊」, 創意設計 _____

以網絡為基礎的「與學同遊」, 創意設計 _____

以網絡為基礎的「與學同遊」, 創意設計 _____

以網絡為基礎的「與學同遊」, 創意設計 _____

以網絡為基礎的「與學同遊」, 創意設計 _____

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③ 貼身支援課程 Intensive Support Program

- 目的：
個別支援照顧者處理照顧困擾
- Goal:
 - Provide individualized support for carers to handle caregiving issues

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③ 貼身支援課程 Intensive Support Program

- 方法：
 - 透過網站，與照顧者同行九星期
 - 協助照顧者學習如何處理困擾
 - 提供情緒支援
- Method:
 - Accompany carers for 9 weeks through the website
 - Assist carers to **learn an approach** to handle caregiving issues
 - Provide emotional support



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User001 - 您好！您有 1 條來自耆智園團隊的新訊息。

1 二月份耆智園同行 主題：理解腦退化症及照顧方針
將於2月18日(六)9:30-11:00於新界沙田亞公角街二十七號二樓舉行詳情

耆智園團隊 - Vivian
你對自己發現其可行方法, 是很大的進步!
但面對照顧到你沒有主見, 只是用較的方法, 這說明你控制情緒的能力也還差呢!
0小時前 | 07/02/2012 14:00

User001
我的家人出現行為問題, 事後發生的事是變得不咸不淡, 事於發生
的事是變得很不愉快, 他打掃/行為是變得很煩, 他的即時應對方
法是動動, 他打掃/行為打真工是變得很煩, 可行的解決方法是照顧
時間, 我的學習/心得是好像有希望了。
0小時前 | 07/02/2012 13:58

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