

生活環境對治療的重要 Therapeutic Effect of Life Enhancing Environment

有研究發現，環境對患有不同程度認知障礙症人士的行為有重要影響。如果家居的環境欠佳，非但有可能對病患者造成危險，更甚或會令認知障礙症病情加深，做出一些令人難以應付的行為反應。相反，設計優良的環境，有助紓緩病患者的認知和情緒障礙病狀，提高他們的應對能力和紓緩病情。

Recent studies had shown that built environment has a significant impact on the behavior of people with Dementia, including Alzheimer's disease. While undesirable environment may be unsafe and amplify the symptoms, a well designed living environment contribute positively to the well being of people with Dementia, typically by reducing the stress on their cognitive and emotional deficits. As a result, their coping ability improves and progression of the disease is reduced.



服務範圍 Scope of Service

- 我們提供設計顧問服務予個別居住單位、健康及康復設施及安老院舍。服務範圍包括：
- 治療師和建築師團隊就設施作出審察及評估
 - 就供長者及殘疾住客的無障礙設施作出評估
 - 空間規劃，包括：室內及室外設施
 - 因應患有認知障礙症或腦受損人士的需要而進行的裝修或改造工程，提供建築及室內設計服務
 - 籌劃及處理建築工程所需的招標及施工文件
 - 建議合適的傢俱、裝置及設備
 - 場地入伙及設施運作後之評估
 - 因應個別需要「度身訂做」的其他服務

不論是廚房或浴室這類小型裝修工程的規劃，或整體專用健康設施的設計，我們都樂意協助。

We provide design consultancy service to individual's flat, health & rehabilitation facilities, homes and hostels. Scope of service includes:

- Facilities Assessment & Appraisal by Therapists and Architects
- Access Audit on barrier free provisions for elderly and disabled residents
- Space Planning, including indoor and outdoor facilities
- Architectural Design, Interior Design of new or renovation & retrofitting of premises for people with Dementia
- Documentation for tender & construction of building works
- Selection of finishes, furniture & fittings
- Post-Occupancy Evaluation
- Other customized services

Whether you are planning a small kitchen or bathroom renovation, or an entire dedicated health facility, our team will be happy to assist.

專業服務 Expertise & Services

復康資源協會提供獨特的跨專業服務，可以有效地發揮康復過程中保健治療及建設環境所需的協同作用。我們的團隊包括：醫療保健專業人才 - 職業治療師、物理治療師和健康管理專家；環境設計專才 - 建築師、空間規劃師、無障礙設計顧問及室內設計師。我們經驗豐富的專業團隊，善於塑造具“生命昇華”的建設空間，從而提升患者的身體功能和生活素質，尤見於患有認知障礙症或腦受損的人士。

RehabAid Society is uniquely set up with a multi-disciplinary team comprising of: Healthcare Professionals - Occupational Therapist, Physiotherapist, Health Management Specialists. Environmental Design Specialists - Architect, Space Planner, Access Consultant, Interior Designer. Our professional team is experienced in creating “life-enhancing” environment which improves the individual's ability to function as well as their living quality, particularly for those with Dementia.

復康資源協會是一個註冊慈善組織，一般會提供首次免費諮詢服務，以了解用者現況及需要，從而確立一個特定和合適的服務方案，以滿足用者需求。

RehabAid Society is a registered charitable organization. Our fees are project specific to cover cost of operation rather than profit orientated. We typically provide a free first consultation to enable a clear vision of client's needs and establish a customized service plan to satisfy specific needs.

服務收費 Service Fee

Healthcare & Environmental Design for Dementia 認知障礙症 保健及 環境設計 服務



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居住環境設計上的配合，例如：照明、音響、色彩、擺設、空間的佈局、圖案和質料等，對認知障礙症患者有著治療的作用。良好的環境設計能讓身體功能得到充分發揮，使生活更愜意。環境設計及改裝應有以下考慮：

- 保障安全及保護患者
- 空間能作有意識的活動促進身體功能
- 增強意識和定向力
- 裝造合適的環境刺激和挑戰
- 擴大自主和自決
- 順應變化和需要
- 建立健康和親切的聯繫

Environmental variables such as illumination, noise, colour, furnishings, spatial arrangement, pattern and texture etc. can be therapeutic to people suffering from Dementia. A good environmental design can maximize people's function and increase their satisfaction in life. Environmental design and modification should take the following considerations:

- ensure safety and security
- support functional ability through meaningful activity
- provide heightened awareness and orientation
- provide appropriate environmental stimulation and challenge
- maximize autonomy and control
- adapt to changing needs
- establish links to health and familiarity

聲響 Acoustic



- add clear graphic label / sign for easy recognition of living place
- use solid colour fields, simple or common patterns, be identifiable and realistic
- emphasize the features of place to help finding and recognition.
- Remove potential dangers such as small loose furniture, plant with spikes, sharp edges
- keep clear of hallways / corridors to avoid tripping over
- securely install grab rail / handrail along long walkways and stair
- Ensure highly visible, difference in risers' and treads' colours, slip-resistant strips with contrast colour on stairs and step.
- add window retainer to limit the opening angle and amplitude
- create safe and well-planned looped or circular wandering paths to provide a healthy source of exercise and stimulation
- no sudden change of flooring colours from light to dark, to avoid creating misinterpretation of hole or level change, and result in easily falls

小改變，大改善

Smarttips on Home Adaptation

照明 Lighting

- 清晰的圖案標籤或指示可加強起居環境及用途的認知
- 採用實色、簡單的通用圖案，易於識別及有真實感
- 強調區的特色，令患者容易找尋及分辨，特色越明顯效果越佳
- 移除有潛在危險的東西，如：閒置的小傢具、有尖釘的植物、尖角等
- 保持地方暢通無阻，以防絆跌
- 於通道及梯級加裝穩固的扶手
- 確保梯級容易辨認，踏步豎板及級面用不同色彩，級邊前沿需採用防滑及有顏色對比的设计
- 窗戶需有制動裝置限制打開角度及幅度
- 設計安全及規劃完善的閒逛徑，藉以提供健體練習及引發適當的刺激
- 避免地板顏色深淺的突然轉變，令病患者誤以為地面凹凸不平或有洞，走過時容易跌倒



香味 Aroma

色彩 Colour

