




# 中風復康治療服務

 **ReHabAid Centre**  
復康專科及資源中心



## 服務申請及查詢

### 復康專科及資源中心

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## 服務簡介

復康資源協會旗下的復康專科及資源中心致力為中風患者及其家屬提供一站式的功能評估、中心/上門訓練及為照顧者提供支援服務。期望透過及早的評估和訓練，促進患者的康復進度和減低中風的後遺症。

我們的專業團隊包括：職業治療師、物理治療師、心理學家、中醫師、無障礙設計顧問及室內設計師，共同為患者提供貼身的訓練及個人化的無障礙生活空間，從而提升其生活的獨立性及生活素質。

## 職業治療服務

職業治療師會透過標準的功能評估為中風復康者制定個人化的肌能訓練、日常生活技巧及社區適應訓練。此外，職業治療師亦會按復康者的生活需要而建議適合的輔助用品，以提昇其自我照顧的能力及生活上的自主性。

## 物理治療服務

物理治療師會為中風復康者進行專業評估，從而設計針對性的肌肉及關節控制訓練、肌肉耐力訓練、站立及步行訓練、平衡訓練等；亦會按康復者需要提供不同的手法治療、電療及熱療以促進康復進度和減輕中風的後遺症。

## 培訓及支援服務

中心定期舉辦各類教育講座，包括照顧技巧課程及分享小組，以提昇家屬對中風患者的護理技能及舒緩照顧上的壓力。

## 中醫診療服務

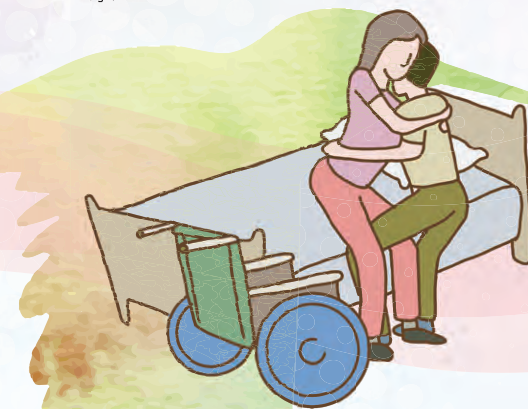
中醫師會透過辨症論治的方式為中風復康者提供中藥治療及針灸治療。中醫認為補虛是治療中風後遺症的主要原則，利用中藥及針灸進行補虛、活血及通絡等方法固本培元，正好達到中西治療互補不足的良好效果。

## 復康器材評估、顧問及租借服務

中心備有不同類型的復康器材（如：助行架、輪椅、扶抱帶、沖涼椅等等）及電腦輔助科技供復康者及照顧者之用。

## 環境設計服務

中心的建築師提供無障礙設計顧問服務，針對患者的活動需要而設計一個舒適及安全的環境，從而提昇其身體功能和生活質素。



  
復康資源協會

服務社區超過35年

# Stroke Rehabilitation Service



## Service Inquiry and Referral

### Rehabaid Centre

G/F., Core S, Yuk Choi Road, The HK Polytechnic University, Hunghom, Kowloon  
Tel 2364 2345 Fax 2764 5038

### Rotary Rehabaid Centre for Children

G/F., 7 Sha Wan Drive, Pokfulam, Hong Kong  
Tel 2817 5196 Fax 28198041

@ admin@rehabaidsociety.org.hk  
www.rehabaid.org

## Service Introduction

A service unit under the Rehabaid Society, Rehabaid Centre provides one-stop services for people with stroke and their families, including functional assessment, centre and home-based training, and support services for carers, aiming to enhance recovery progress and minimize residual symptoms through early intervention.

Our interdisciplinary team (including: occupational therapist, physiotherapist, architect, clinical psychologist, Chinese medicine practitioner, etc.) provides comprehensive service for clients, including customized training and environmental modification advisory, to promote client's independence and improve their quality of life.

## Occupational Therapy

Occupational Therapist conducts standardized functional assessment to assess clients' function and limitation. Based on client's needs, therapist designs and customizes therapy and daily living skills training to help them restructure their life role after stroke. Therapist would also recommend aids to suit individual client's needs and enhance their self-care and autonomy in daily living.

## Physiotherapy

Physiotherapist provides assessment for clients with stroke and designs targeted training for muscle / joint control, muscle strength, posture, balance and gait training. Therapist also employs manual, electrical and/or heat therapy to alleviate symptoms and promote recovery.

## Training & Education for Carers

Our centre regularly organizes educational talks, workshops for caring techniques, and group sharing sessions for families / carers of people with stroke to enhance their caring skills and support them through a stressful period.

## Chinese Medicine service

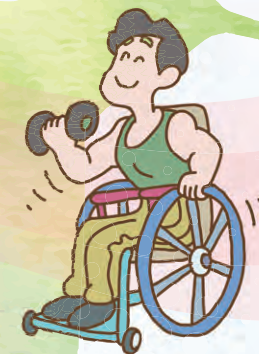
Chinese medicine practitioner provides treatment for clients with stroke through traditional Chinese herbal medicine and acupuncture, promoting circulation and helping the body to attain its natural balance, acting complementary to Western medical treatment.

## Rehabilitation Equipment Consultation & Loan Service

We offer a variety of rehabilitation equipment / aids (e.g. walking frame, wheelchair, transfer belt, bath seat, etc.) for assessment and loan by clients and carers.

## Environmental design service

Our architect provides accessible design consultancy service, helping to build a "life-enhancing" space customized to clients' functional needs to improve their body functions and quality of life.



Serving the community for over 35 years