

給認知障礙患者的服務

『腦』有『記』

## 記憶及認知訓練服務



### 服務申請及查詢

#### 復康專科及資源中心

九龍紅磡香港理工大學育才道S座地下  
電話 2364 2345 傳真 2764 5038

#### 扶輪兒童復康專科及資源中心

香港薄扶林沙灣徑七號地下  
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www.rehabaid.org

### 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認知障礙症(又名腦退化症)患者及家屬提供一站式的認知功能評估、個別/小組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，以延緩認知能力的衰退，使他們的生活能過得更有尊嚴及更有意義。

中心提供獨特的跨專業服務(包括：職業治療師、物理治療師、建築師、心理學家、中醫師等)，能有效地發揮康復過程中西保健治療及建設環境所需的協同作用，提昇治療效果。



### 認知功能測檢服務

為懷疑患有認知障礙的個案提供初步評估，並由職業治療師撰寫有關報告與醫生以協助作出診斷。

### 中心認知訓練

提供個別及小組認知訓練，內容包括:-

- 現實導向
- 懷緬治療
- 音樂治療
- 記憶策略
- 電腦輔助認知訓練
- 肌能訓練等

### 到戶訓練

於家居環境內，由治療師為患者及其家人提供貼身的訓練包括:-

- 認知訓練
- 懷緬治療 - 個人記憶重塑
- 生活流程重整
- 行為及情緒管理
- 日常及社區生活技能
- 照顧及溝通策略等

### 認知訓練教材及復康器材租借服務

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)和認知及記憶訓練教材供照顧者租用，方便於家中自行為患者進行訓練。

### 環境設計服務

中心的建築師提供無障礙設計顧問服務，針對患者的認知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。



服務社區超過35年



Service for dementia patients




**"Brain Power"**

## Memory and cognitive training 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

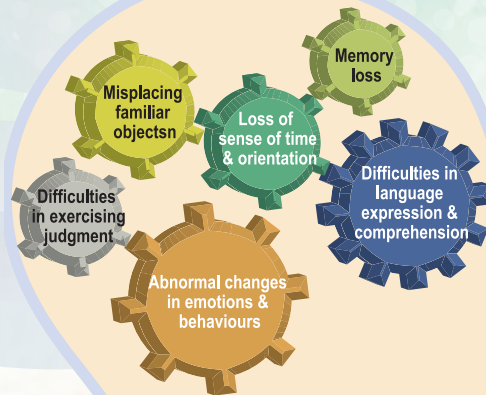
 G/F., 7 Sha Wan Drive, Pokfulam, Hong Kong  
 Tel 2817 5196  Fax 28198041

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### Service Introduction

A service unit under the Rehabaid Society, Rehabaid Centre provides one-stop services for dementia patients and their families, including cognitive function assessment, centre and home-based training, and support services for carers, aiming to mitigate the regression of cognitive functions through early assessment and training, helping patients to live a meaningful life with dignity.

Our unique interdisciplinary team (including: occupational therapist, physiotherapist, architect, clinical psychologist, Chinese medicine practitioner, etc.) provides comprehensive service for clients, including wellness enhancement and environmental modification advisory, to achieve synergetic effect in the rehabilitation process.



### Cognitive function assessment service

Occupational therapist can conduct cognitive assessment for client, and provide assessment report to doctor to facilitate early diagnosis.

### Centre-based cognitive training

Rehabaid Centre provides individual and small-group cognitive training, including:

- Reality orientation
- Reminiscence therapy
- Music therapy
- Memory strategies
- Computer-based cognitive training
- Physical therapy, etc.

### Home-based training

Therapist provides customized training for dementia patients and their families in the home environment, including:

- Cognitive training
- Reminiscence therapy – reconstruction of personal memories
- Restructure of daily life routine
- Behavioral and emotional management
- Skills for daily living and community living
- Caring skills and communication strategies for carers, etc.

### Dementia training kit and rehabilitation equipment loan service

We offer a variety of rehabilitation equipment / aids (e.g. walking frame, wheelchair, transfer belt, bath seat, etc.), as well as cognitive and memory training kits for loan by carers to conduct home-based training for dementia patients.

### Environmental design service for dementia

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



Serving the community for over 35 years