



復康資源協會

樂齡健身室

服務單位



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



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

服務申請及查詢

☎ 電話：2364 2345

☎ 傳真：2764 5038

✉ 電郵：admin@rehabaidsociety.org.hk

🌐 網址：www.rehabaidsociety.org.hk

樂齡健身室

樂齡健身服務可分為三個階段，包括體能健康評估、健身室復康訓練和為照顧者的培訓及支援。

服務對象

- 有永久性傷殘或特殊需要人士*
- 60歲或以上體弱或患病長者*
- 要照顧以上人士的家人、親戚和朋友等照顧者

計劃目標

- (1) 為長者、傷殘人士或長期病患者，提供康復訓練，以維持他們的活動能力及改善他們的生活質素。
- (2) 照顧者提供知識及培訓，以提高他們對永久性傷殘或長期病患的知識，及改善他們的照顧技巧。



體能健康評估

為長者和傷殘人士提供身體及認知評估，以識別有虛弱或虛弱前兆的長者或傷殘人士。

物理治療師/職業治療師會為參加者進行身體和認知評估，並解釋測試結果，建議及為參加者設計個人化的復康計劃。合資格人士會跟據測試結果進行肌力及耐力訓練、平衡和步態訓練，身體力學運用訓練等。

目的是讓參加者了解他們當前的身體和認知狀態，並獲得知識和技能，以增強體能或預防慢性疾病。

健身室復康訓練

為參加者提供一個進行復康訓練的環境，以恢復他們的肌肉力量和耐力，使他們的活動能力得以提升。健身室將免費開放供合資格人士使用。如有需要，物理治療師/職業治療師可提供協助。

健身室亦會有專為照顧者而設的教育區，提供疼痛和健康管理等知識。亦為照顧者提供運動知識，及促進病人和照顧者的溝通和關係。

為幫助參加者和照顧者抒發感受並反思身心狀態，本計劃會提供「康復健身之旅」記錄冊，以便記錄參與過程。

照顧者支援小組

為長者和傷殘人士的家人或照顧者提供支援，例如資訊講座，社交活動等。讓他們表達自己的想法和感受，增進互相情感，令病人及照顧者都得到適當的支持。

歡迎致電2364 2345申請評估服務。

* 需要被照顧或領取綜援及傷殘津貼者會被優先取錄。







Rehabaid Society

Healthy Aging Gym Rehab

Service Inquiry and Referral

 **Rehabaid Centre**
 G/F, Core S, Yuk Choi Road, The HK Polytechnic University, Hunghom, Kowloon, Hong Kong
 Tel 2364 2345  Fax 2764 5038

 **Rotary Rehabaid Centre for Children**
 G/F, 7 Sha Wan Drive, Pokfulam, Hong Kong
 Tel 2817 5196  Fax 2819 8041

 Email: admin@rehabaidsociety.org.hk
 Web : www.rehabaidsociety.org.hk

Healthy Aging Gym Rehab

Healthy Aging Gym Rehab are divided into three stages, including Health Assessment, Gym Rehab and Carers' Support Group.

Target Participants

- People with disabilities or special needs*
- Frail elderly aged 60 or above *
- Carers such as family members, relatives and friends who take care of the above individuals

Project Objectives

- (1) To provide rehabilitative training to elderly and people with disabilities (PWDs) or chronic illnesses, to maintain their functional mobility and improve their quality of life.
- (2) To provide educational opportunities to families and carers to increase awareness or knowledge of coping mechanism of permanent disabilities or chronic illnesses in order to improve their care.



Health Assessment

To provide physical and cognitive screening tests for elderly and PWDs living in the community, so as to identify their signs of frailty or pre-frailty.

Physiotherapists/Occupational Therapists would use functional outcome measures to assess clients' physical and cognitive status and explain the test results. Suitable clients will be offered interventions according to the test results such as strength and endurance training, balance training, gait training, body mechanics training, etc.

The purpose is to allow the clients to better understand their physical and cognitive status, gain knowledge and skills to enhance their physical functioning to prevent deterioration.

Healthy Aging Gym Rehab

To provide a forum and gym for clients to facilitate their restoration of strength, endurance and power, and to improve mobility. The gym service is free for suitable clients. Physiotherapists/Occupational Therapists will be available to provide guidance and assistance if needed.

There will be an area for education for carers such as tips on pain and health management, etc. We also provide knowledge and support to carers to facilitate bonding.

Rehab progress will be recorded in the "Rehab Gym Journey" story book. Clients and carers would record the progress and feeling towards their overall wellbeing.

Carers' Support Group

To create a supportive environment for family members or carers of the elderly and PWDs, such as informative sessions and social events, etc. This allows them to express their thoughts and feelings and enhance emotional support for the carers.

Please call 2364 2345 to apply for service.

* Priority goes to those who require a carer or who are on Social Service Assistance and Disability Allowance.

