



東華三院  
Tung Wah Group of Hospitals



## 賽馬會展毅日間活動中心暨宿舍 Jockey Club Tsin Ngai Day Activity Centre cum Hostel

### 簡介 Introduction

賽馬會展毅日間活動中心暨宿舍是東華三院賽馬會復康中心屬下的服務單位，於一九九八年四月正式投入服務，提供日間訓練及延展照顧服務合共五十三個名額，及住宿服務五十一名額，另亦提供住宿暫顧服務共兩個名額(偶然空宿)

TWGHs Jockey Club Tsin Ngai Day Activity Centre cum Hostel (D/H) is one of the service centres under the management of TWGHs Jockey Club Rehabilitation Complex since April, 1998, providing 53 places for day training, Extended Care Programme, 51 residential places and 2 places (casual vacancy) for residential respite service.

我們的使命  
MISSION

「共融社區齊參與，  
優質生活我自主。」  
"Join Us to Build Our Inclusive  
Community, Support Me to Become  
Master of My Own Enriched Life."



社會福利署資助服務

Subsidised Service by  
the Social Welfare Department

## 服務目標

### Objectives

為嚴重智障人士提供個人及或小組訓練，提升自理、獨立生活能力及生活質素

- 發掘他們的潛能及興趣，參與社區活動
- 提供住宿服務，建立健康生活模式，與家人保持聯繫及融入社區

For severely mentally handicapped persons provide individual and/or group training to enhance self-care ability, independent living skills as well as quality of life.

- Develop their strengths and abilities for integration to the community.
- Provide residential care, promote healthy lifestyle and maintain connection with family and the community.

## 服務對象

### Target Clientele

- 嚴重智障人士；
- 年齡在15歲或以上；
- 現正使用或正獲安排往展能中心接受服務；
- 身體和精神狀況均適合過群體生活；及
- 沒有患上傳染病。
- severely mentally handicapped persons;
- aged 15 or above;
- actively occupied in or being arranged for admission to a day activity centre;
- physically and mentally suitable for group living; and
- without infectious disease.

## 服務範圍

### Scope of Services

#### 生活技能訓練

#### Training on daily living skills

在配合實用功能、適切年齡及融入社區的原則下，提供個人事務、工作及休閒訓練等。

Individualized program plans on personal management, work and leisure are developed under the principles of functional utility, age appropriateness and community integration.

#### 住宿及膳食服務

#### Residential & Meal Services

住宿照顧及早、午、晚三餐之均衡膳食。

The D/H provides accommodation with nutritious and balanced diet.

## 健康護理

### Health Care

專業護理團隊提供日常健康護理服務；註冊醫生亦會定期到訪中心為有需要的學員診症。

The professional nursing team provides daily health care service. Visiting medical practitioner service will also be arranged on need basis.

## 個別及小組輔導

### Individual and Group Counselling

因應學員的需要，由社工提供輔導或轉介臨床心理學家提供心理輔導服務。

Individual and group counselling will be arranged by social workers and/or referred to clinical psychologist on need basis.

## 物理治療、職業治療服務、言語治療

### Physiotherapy · Occupational Therapy · Speech Therapy Services

因應學員需要而轉介接受物理治療、職業治療、言語治療服務，以改善肌能活動、認知能力、吞嚥及社交溝通能力，加強學員獨立生活能力。

Physiotherapy, occupational, speech therapy services will be offered on need basis to improve residents' motor functions, cognitive ability, swallowing ability and social communication skills in order to enhance residents' independent living skills.

## 康樂及社交活動

### Social and Recreational Programmes

提供各類體藝及社交活動，以豐富餘暇生活。

A variety of social, art and sports activities are organized to enrich life experiences.

## 家屬工作

### Working with Families

定期舉辦家屬聚會及活動，以增強彼此的聯繫，交流照顧心得及舒緩壓力。

The D/H works closely with the families through regular gatherings and activities to support and relieve stress of families.

## 中心設施

### Facilities

中心佔地1,244平方米，設有睡房、訓練室、隔離室、客廳及飯廳，全中心均有空調；學員亦可享受復康中心的中央設施，例如多用途禮堂、院車、小賣部及露天茶座。有需要的學員亦會使用職業治療室、物理治療室或暖水治療池設備。

The D/H, with an area of 1,244 sq.m., consists of dormitories, training room, activity room, isolation room, sitting room and dining room.

Residents can also use communal facilities and the central occupational therapy/ physiotherapy rooms and hydro-pool.

## 申請手續

### Application Procedures

所有申請須由社工經社會福利署康復服務中央轉介系統轉介及推薦。

Applications must be made by social workers via the Central Referral System for Rehabilitation Services of the Social Welfare Department (SWD).

## 轉介處理及接受服務安排

### Handling of Referrals and Admission

本中心於接獲申請個案後，四星期內完成所有入宿程序。

Upon receipt of referral, the D/H will complete all intake procedures within 4 weeks.

## 延展服務計劃

### Extended Care Programme (ECP)

為年屆50歲或以上的學員，因年老或身體健康轉差，而無法從長時間密集訓練中獲益，提供健康、社交、康樂及融入社區等活動。

For those residents who are aged 50 or above and who could no longer benefit from prolonged or intensive training owing to ageing or deterioration in health conditions. A range of well-planned and coordinated services facilitative to their social and physical well-being and integration into the community will be provided.

## 住宿暫顧服務 (偶然空置宿位)

### Residential Respite Service (casual vacancy)

為在社區中生活，需要家人或親屬提供個人照顧的殘疾人士，提供臨時而短暫的住宿照顧，紓減照顧者的壓力，從而鼓勵及協助殘疾人士儘量繼續留在社區居住。

A form of temporary or short-term residential care service for persons with disabilities. It serves the objective of providing temporary relief for family members or relatives who are the main caregivers of persons with disabilities requiring a certain degree of personal care whilst residing in the community. It aims at encouraging and helping persons with disabilities to continue living in the community for as long as possible.

## 退出服務

### Termination of Service

學員、家屬、監護人及中心均可按學員的需要，經各方面仔細的考慮及商討過程，安排退出服務。

With respect to the need of the resident, the D/H can arrange for the termination of service after careful consideration among the related stakeholders' concern.



港鐵 MTR

港鐵黃竹坑站B出口

Wong Chuk Hang Station Exit B

巴士

註1N1：陳白沙紀念中學(南朗山道)：  
48、72A、75、107、78

註2N2：黃竹坑道巴士站(南朗山道)：  
37B、38、41A、42、70、72、73、76、77、78、  
170、171、973

## 收費 Fee Charge

每月按社會福利署釐定之收費標準收取膳宿費用，及按需要收取雜費。

A monthly hostel fee is charged as set by SWD and a miscellaneous fee charge will be collected as necessary.

## 服務時間 Service Hour

二十四小時服務。24-hour service.

## 日間服務時間 Service Hour of Day Activity Centre

星期一至五 上午九時至下午四時

Monday - Friday 9:00a.m. - 4:00p.m.

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