



東華三院  
賽馬會展誠日間活動中心暨宿舍  
T.W.G.Hs  
Jockey Club Tsin Shing Day Activity  
Centre cum Hostel (D/H)



展現熱誠 燃亮人生  
Here to live, to work, to grow

## 簡介 Introduction

賽馬會展誠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，提供五十個日間訓練及五十個住宿名額。

The TWGHs Jockey Club Tsin Shing D/H is one of the service centres under the management of TWGHs Jockey Club Rehabilitation Complex, providing 50 day and residential places since April 1998.

## 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.”

## 服務目標 Objectives

- 訓練智障成人的自理及獨立生活能力，以提高生活質素。
- 透過參與不同的中心與社區活動，盡展個人潛能，發掘興趣及融入社群。
- 加強與家屬之溝通及聯繫，以了解智障人士的需要及舒緩家人在照顧上的壓力。
- To train the independent living skills of intellectual disability so as to enhance quality of life of trainees.
- To fully develop the potentials of trainees.
- To understand their needs and to relieve the stress of their families.

## 服務對象 Target Clientele

- 十五歲或以上低中度至嚴重智障
- 沒有傳染病
- 沒有嚴重攻擊性行為
- Low moderate to severe-graded intellectually disabled, aged 15 or above
- No infectious diseases
- No serious aggressive behavior

## 服務範圍 Scope of Service

### 生活技能訓練

### Training on Activities of Living

在配合實用功能、適切年齡及融入社區的原則下，訓練內容包括個人事務、工作訓練及休閒等。

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 Service

住宿照顧及早、午、晚三餐之均衡膳食。

The D/H provides accommodation with nutritious and wholesome meals.

## 健康護理 Health Care

專業護理團隊提供適當的健康護理，包括體檢、派藥等；註冊醫生亦會定期到訪中心為學員診症。

The professional nursing team provides daily health care. Regular visiting medical service will also be arranged.

## 個別及小組輔導 Counselling

因應學員的情況及情緒需要，由專業社工提供輔導，如有需要，可轉介臨床心理學家提供心理輔導服務。

Counselling by social workers is offered and referral to clinical psychologist will be made if necessary.

## 物理治療及職業治療服務 Physiotherapy and Occupational Therapy Service

因應學員需要而轉介接受物理治療或職業治療服務，以改善肌能活動，加強獨立生活能力。

Physiotherapy and occupational-therapy are offered to improve trainees' motor functions and independent living skills.

## 康樂及社交活動 Social and Recreational Programmes

組織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

定期舉辦家屬會議、講座及活動，以增強彼此的聯繫，交流照顧心得及紓緩壓力。

The D/H works closely with the families through group meetings, forums and individualized programme plan meetings.

## 中心設施 Facilities

中心佔地 1244 平方米，設有睡房、訓練室、感官室、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，包括多用途禮堂、中央廚房、中央洗衣房、院車、小賣部及露天茶座。有需要學員亦會使用職業/物理治療及暖水治療池設備。

The D/H with an area of 1244 sq.m., consists of dormitories, training rooms, group room, quiet room, sitting room and dining room. Trainees 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.

## 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，經各方面的考慮及商討過程，安排退出服務。

With respect to the need of the trainees, the D/H can arrange for the termination of service after careful consideration among the parties concerned.

## 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.

## 意見及查詢 Suggestions & Enquiries

歡迎任何人士對中心服務提出意見，或參與義務工作，詳情可聯絡中心主任或當值職員。

地址：香港仔惠福道四號賽馬會復康中心 A 座四樓

電話：2870 9296

傳真：2554 1624

電郵：[jctsdach@tungwah.org.hk](mailto:jctsdach@tungwah.org.hk)

Enquiries, suggestions and volunteer service are most welcome. For further details, please contact the Centre Supervisor or the duty staff.

Address : 4/F., Block A, JCRC,  
4 Welfare Road,  
Aberdeen, H.K.

Telephone : 28709296

Fax No. : 25541624

Email : [jctsdach@tungwah.org.hk](mailto:jctsdach@tungwah.org.hk)



N1: 黃竹坑巴士總站  
Wong Chuk Hang Bus Terminal  
48, 71, 72A, 75, 78, 107

N2: 黃竹坑道巴士站  
Bus Stop at Wong Chuk Hang Road  
38, 42, 43, 70, 72, 73, 90, 92, 96, 97,  
99, 170, 171, 590, 592, 671

本中心:

- 已領有由社會福利署發出的殘疾人士院舍豁免證明書。證明書編號：C0998

The D/H:

- is operated with the Certificate of Exemption of Residential Care Home for Persons with Disabilities by SWD. Certificate No.: C0998