

## 服務對象

- 肢體傷殘或智障人士照顧者，受薪傭工除外
- 香港居民，服務並無任何年齡、性別和種族限制，覆蓋全港大部分地區(離島除外)

## 申請手續

透過醫護人員、醫務社工、教會、其他社會服務機構作出轉介，或自行申請。

## 聯絡方法

電話及傳真

電話：2426 8338

傳真：2426 5188

辦事處地址

九龍深水埗大南街180號萬豐大廈1樓

電郵地址

cfc@hkphab.org.hk

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## 服務宗旨

透過外展家訪的工作模式，註冊社工為肢體傷殘或智力障礙人士的照顧者提供專業輔導服務，支援他/她們處理個人情緒和壓力，增強其照顧傷殘家屬的能力，促進家庭共融。

## 服務範疇

### 輔導服務

社工為正受情緒困擾的照顧者提供外展家訪及專業輔導服務。

### 治療小組

運用藝術、靜觀等不同手法，幫助照顧者處理情緒和建立同路人支援網絡。

### 照顧者教育及技巧培訓

提供切合照顧者身心健康主題的工作坊。

### 家庭凝聚活動

安排照顧者及傷殘家屬參加社交活動，提升家庭凝聚力量。

### 社區資源轉介

按照照顧者需要，轉介申請家居改裝、物理治療、暫顧服務、交通安排等。

# 照顧者專線

受情緒困擾的傷殘人士  
照顧者之輔導服務



本計劃由香港公益金資助  
This project is supported by The Community Chest



## Service Target

- Carers of family members with physical disabilities or intellectual disabilities (except paid domestic helpers).
- Hong Kong citizens with no age, gender or racial limitation; we serve most districts (except outlying islands).

## Application Procedure

Referral from medical or nursing professionals, medical social workers, church, non-governmental organizations, or self-application, are welcome.

## Contact us

Telephone and Fax  
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Fax : 2426 5188

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## Service Objective

Professional counselling and support services will be provided to carers of persons with physical disabilities or intellectual disabilities, in order to help them handle emotional distress, enhance the knowledge and skills in taking care of their disabled family members, and promote their family harmony and integration.

## Scope of Service

### Counselling Service:

Social workers will pay home visits and provide professional counselling to the carers who are assessed to be emotionally at risk.

### Therapeutic Groups:

To organize groups in form of Art, Mindfulness and other therapeutic approaches to help carers relieve their stress and to establish peer support network.

### Education & Skills Trainings:

To run health-related talks and caring skills workshops for carers.

### Family Cohesion Activities:

To arrange social and recreational activities to carers and their family members with disabilities to enhance their family cohesion.

### Community Resources Referrals:

Referrals for home modification, physiotherapy, temporary care and transport arrangement, etc. will be made to meet individual family needs.

## Care for the Carers Project

### Counselling Service for the Carers of Persons with Disabilities



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