

主辦機構:



## 服務宗旨

### 服務對象

- 香港居民
- 年齡介乎50至64歲的中風患者及家屬
- 居住於深水埗區

### 申請手續

- 透過醫護人員、社工、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 7808  
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### 賽馬會「逆風伴航」中風者支援計劃

是為中風患者及家屬提供一系列社區支援服務，藉以提升患者及家屬的疾病管理知識和日常自理照顧能力，並且鼓勵患者建立健康生活模式及重新融入社會。

### 服務範疇

#### 輔導服務

社工透過外展家訪的服務方式，為受情緒困擾的中風患者及家屬提供個人輔導。

#### 家居訓練服務

由註冊護士、物理治療師及職業治療師，上門為患者進行家居護理、運動訓練、日常生活功能訓練等評估，並講解相關護理及訓練技巧，增強患者及照顧者的疾病管理能力。

#### 復康治療小組

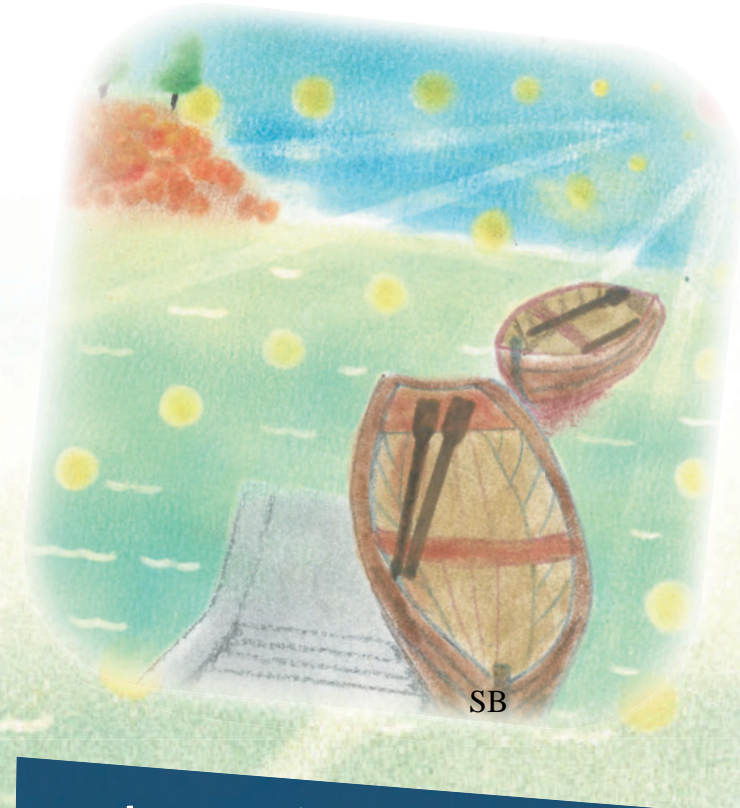
透過小組活動，協助中風患者及家屬紓緩心理困擾和壓力、認識家居運動及日常生活技能訓練技巧、學習護理及健康飲食習慣等知識。

#### 朋輩導師培訓

鼓勵及培訓中風康復者成為「朋輩導師」，以生命影響生命的理念，幫助中風患者重新適應及融入社區生活。

#### 社區教育活動

走訪不同社區，講解中風的成因及疾病預防知識，鼓勵社區人士建立健康生活模式，減低患上中風的風險。



## 賽馬會

# 「逆風伴航」 中風者支援計劃

捐助機構:



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust  
同心 同步 同進 RIDING HIGH TOGETHER



### Mutual Help and Peer Counselling

Stroke survivors will be trained to support fellow patients, specifically to facilitate adjustment and re-integration into the community.

### Community Programmes

The community education team will visit all districts in Hong Kong. The knowledge about stroke prevention will be widely spread in the community by means of workshops, exhibitions, and exercise programmes.

### Service Target & Application Procedure

- Hong Kong residents (aged 50-64) who suffer from stroke, and their carers
- Dwelling in Shamshuipo
- Referrals to the service can be made by medical staff, nursing staff, social workers, non-governmental organizations, or by self-approach of stroke survivors and their carers

## Contact Us

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Website  
<http://www.hkphab.org.hk>

## Service Objective

### Jockey Club "Strike Back" Support Project for Stroke Survivors

Aims to provide post-discharge rehabilitation services for community-dwelling stroke survivors and their carers. With a wide spectrum of support programmes, they are assisted to increase knowledge in disease management and enhance the capability of managing daily living. At the same time, they will be encouraged to adopt a healthy lifestyle, as well as re-integrate into the community.

### Scope of Service

#### Counselling Service:

Social worker will pay home visits to stroke survivors and their carers, especially those manifesting emotional distress, to provide individual counselling.

#### Home RehaCare:

Nurse, Physiotherapist, Occupational therapist will design a Home RehaCare programme (comprising disease management and daily care, plan of home exercise, training on managing daily activities, etc.) to enable self-management of illness among stroke survivors.

#### Rehabilitation and Psychotherapeutic Group:

Rehabilitation groups (including exercise training, living skills training, and nutrition & health care training) will be provided by Physiotherapist, Occupational therapist and Nurse to enable stroke survivors develop skills in illness management. Meanwhile, psychotherapeutic groups will be launched to help them relieve emotional distress and stress in facing the challenges led by stroke.

Organised by:



## Jockey Club

## "Strike Back" Support Project for Stroke Survivors

Funded by:



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The Hong Kong Jockey Club Charities Trust  
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