

Education Program &  
Services Overview  
課程及服務概覽



**Yee Hong Centre  
For Geriatric Care**

頤康中心

## Caregiver Education & Support Services 頤康護老教育及支援服務



**Winter Wonderland**  
「冬之活力」

January – March 2018

2018年1 – 3月



# Chinese New Year Banquet



# 福 犬 報 喜 賀 新 春

二零一八年二月二十三日(星期五,農曆年初八)

Friday, February 23, 2018

**豪門宴 Casa Deluz Banquet Hall**

**1571 Sandhurst Circle, Unit 107  
Scarborough ON M1V 1V2  
(at Woodside Square)**

六時恭候 七時入席

Reception: 6:00 pm Dinner: 7:00 - 9:30 pm

每位:\$43.00, 三歲以下孩童免費

Fee: \$43/person, Free for Children under 3

截止報名:二零一八年一月二十六日

R.S.V.P. before January 26, 2018



**請與頤康職員報名  
Please Register with Program Staff**

**Yee Hong Community Support Services 頤康社區服務部**



# CAREGIVER APPRECIATION NIGHT

## 關愛共行—關顧者嘉許活動



It is not easy being a caregiver, it is a 24/7 responsibility!  
Our staff would like to take this opportunity to invite seniors and their caregivers to join us for a night of fun!

關顧者一直擔當著守護長者身心靈健康的重任，二十四小時的無私的付出絕非易事。中心將透過次關顧者嘉許活動肯定及表揚關顧者為照顧長者付出的努力和貢獻。邀請長者及關顧者共享晚餐、集體遊戲及豐富的活動!

Date/ 時間: 3月 Mar 23日, 2018 (Friday/ 星期五)  
下午 5pm 至 晚上 9pm

Location/ 地點: Yee Hong Centre—McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

每位 \$10 / person (with dinner/ 包晚餐)

Registration & Enquiries / 報名及查詢: 905 597 9380



Yee Hong Centre  
For Geriatric Care

頤康中心

**CARE-Learning** 關護網學習平台  
PLATFORM

<https://carelearning.yeehong.com>

<https://carelearning.yeehong.com>

歡迎瀏覽最新上載的護老短片，我們將於每季定期更新短片，期盼這個網站能帶給你更多的護老資訊。本季度的護老短片包括：

Check out the new videos posted on our Care-Learning website! We will be updating our website on a quarterly basis. This quarter, the new additions include:

### **Managing Falls in the Senior Population**

長者跌倒的處理 ~ 普通話

### **Soothing Music for the Senior**

如何挑選音樂舒緩長者情緒

### **Effective Communication with Dementia Patient (Environmental)**

如何與失智症患者溝通 ~ 環境篇

「頤康關護網學習平台」是由安省中區醫療服務聯網 (CLHIN) 資助

Funding for the CARE-Learning Platform has been provided by the Central Local Health Integration Network

# Caregiver Support Groups | 關顧者互助及支援小組

Support Group 小組名稱	Location 地點	Date 日期	Time 時間	Registration & Enquiries 報名及查詢
Walking Together: Caregiver Support Group 伴你同行: 關顧者互助小組	Yee Hong Centre— Scarborough Finch 頤康士嘉堡芬治中心	1月 Jan 10 日 2月 Feb 14 日 3月 Mar 14 日 (Wed 三)	1pm — 2:30pm	(416) 412-4571 x 2608
Walking Together: Caregiver Support Group 伴你同行: 關顧者互助小組	Yee Hong Centre— Scarborough McNicoll 頤康士嘉堡麥瀝高中心	1月 Jan 2 日 2月 Feb 6 日 3月 Mar 6 日 (Tue 二)	10am — 12pm	(416) 412-4571 x 2608
Dementia Support Group for Caregivers (Mandarin) 失智症照護同行 國語互助小組	Yee Hong Community Health and Education Centre 頤康社區健康 教育及活動中心	1月 Jan 13 日 2月 Feb 10 日 3月 Mar 10 日 (Sat 六)	10am — 12pm	(416) 412-4571 x 2361
Caregiver Support Group 關顧者互助小組	Yee Hong Centre— Mississauga 頤康密西沙加中心	2月 Feb 24 日 (Sat 六)	9:30am — 12pm	(905) 568-0333 x 4302
Parkinson's Disease Self-Management Support Group 栢金遜患者及 家屬互助小組	Yee Hong Centre— Scarborough McNicoll Chinese Evergreen Manor 頤康士嘉堡麥瀝高中心 松栢禮堂	1月 Jan 13 日 2月 Feb 10 日 3月 Mar 10 日 (Sat 六)	9:30am — 12pm	(416) 412-4571 x 2608
Humour Therapy Support Group 幽默治療互助小組	Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心	1月 Jan 31 日 2月 Feb 28 日 3月 Mar 28 日 (Wed 三)	10am — 11:30am	(905) 597-9380
Caregiver Relaxation Group 心晴小聚—護老健康談	Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心	1月 Jan 4 (Thu 四) 2月 Feb 6 (Tue 二) 3月 Mar 6 (Tue 二)	10am — 11:30am	(905) 597-9380
Health & Personal Growth: Yoga for Caregivers 護老者身心健康成長之 「瑜珈小組」	Yee Hong Centre— Markham 頤康何黎靄雲中心 萬錦市	詳情請致電 905-597-9380 查詢	9:45am — 11:15am	<b>導師:</b> 葉翠芬女士 (安省註冊社工及社會工作碩士, SSLD系統培訓師及瑜珈導師) <b>Instructor:</b> Ms. Linus Ip, MSW, RSW (SSLD Trainer, and Yoga Instructor)

JANUARY 2018 一月

SUN 日	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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## Tax Tips for Family Caregivers

安省關顧者稅務優惠知多少

10am—11:00am

Speaker/講員: Alex Fu, CPA, CA 傅先生 (特許會計師)

Fee/費用: \$5/Family 每家庭

📍 Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

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## My Eating Habits

我的飲食模式

11:30am—12:30pm

Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)

Fee/費用: 費用詳情請聯絡中信中心 (416) 291-3202

📍 Chinese Christian Mission 中信中心

#3107, Oriental Centre, 4438 Sheppard Ave. E., Scarborough

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## First Aid Supplies 101

急救用品知多少?

11am—12pm

Chatroom 座談會 12:30pm—3pm

Speaker/講員: Fiona Lam (Yee Hong Centre Staff)

林凱欣女士 (頤康中心職員)

Fee/費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

📍 North York Chinese Baptist Church

2/F, 685 Sheppard Ave. E., Toronto

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## Am I Suffering from Memory Loss?

我的記憶力在衰退嗎?

10am—11:30am

Speaker/講員: Bonnie Wong, RSW 黃皓欣女士 (安省註冊社工)

Fee/費用: \$5/ Family 每家庭

📍 Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

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## Dementia 101

認識失智症

10am—11:30am

Speaker/講員: Yee Hong Centre Staff 頤康中心職員

Fee/費用: \$5/ Family 每家庭

📍 Yee Hong Centre—Markham

頤康何黎靄雲中心 (萬錦市)

2780 Bur Oak Ave., Markham

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## Understanding Brain Beat Dance

認識腦保健舞

10am—11:30am

Speaker/講員: Brain Beat Dance Canada Senior Association

加拿大腦保健舞蹈學會

Fee/費用: \$5/ Family 每家庭

📍 Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

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## Caregiver Tips— First Aid for Caregivers

護老者須知—急救知識

10am—11:30am

Speaker/講員: Raymond Woo (急救導師)

Fee/費用: \$5/ Family 每家庭

📍 Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

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## Flight Preparations for Seniors

長途飛行的預備

10am—11:30am

Speaker/講員: Fiona Lam (Yee Hong Centre Staff)

林凱欣女士 (頤康中心職員)

Fee/費用: \$5/ Family 每家庭

📍 Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

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## Activities for Seniors in the Winter (Mandarin)

適合長者的冬天活動 (普通話)

10am—11:30am

Speaker/講員: Yee Hong Centre Staff 頤康中心職員

📍 Yee Hong Caregiver Education & Resource Centre

頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

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## Relationship Between Aging & Emotions

情緒與老化的關係

11am—12pm

Chatroom 座談會 12:30pm—3pm

Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)

Fee/費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

📍 North York Chinese Baptist Church

2/F, 685 Sheppard Ave. East, Toronto

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## Practical Skills & Psychological Impacts for Incontinence Care

失禁護理的技巧及心理反應

10am—12pm

Speaker/講員: Ms. Ivy Leung, RN 張蔚欣女士 (安省註冊護士)

Fee/費用: \$5/ Family 每家庭

📍 Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

FEBRUARY 2018 二月

SUN	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

## 2 My Mind and My Clay 粘土的心意創作

10am—11:30am

Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)

Fee/費用: \$5/ Family 每家庭

Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

## 8 Strategies for Seniors to Cope with Challenges During Winter

長者如何應付冬天挑戰

11am—12pm

Chatroom 座談會 (12:30pm—3pm)

Speaker/講員: Fiona Lam (Yee Hong Centre Staff)

林凱欣女士 (頤康中心職員)

Fee/費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

North York Chinese Baptist Church  
2/F, 685 Sheppard Ave. E., Toronto

## 9 Understanding Styles and Personality

個人風格與個性的認識

10am—11:30am

Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)

Fee/費用: \$5/ Family 每家庭

Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

## 13 Ear Exercise

耳部舒緩運動

11:30am—12:30am

Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)

Fee/費用: 費用詳情請聯絡中信中心 (416) 291-3202

Chinese Christian Mission 中信中心  
#3107, Oriental Centre, 4438 Sheppard Ave. E., Scarborough

## 14 Chinese New Year Party (Mandarin)

迎新瑞犬報年豐 (普通話)

10am—1:30pm

Fee/費用: 每人 \$8/ Person

Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心

Unit 17, 360B Highway 7 East, Richmond Hill

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## Chinese New Year Party (Cantonese)

戌犬騰歡慶新春

11am—2pm

Speaker/講員: Yee Hong Centre Staff 頤康中心職員

Fee/費用: 每人 \$9/ Person

Richmond Hill Christian Community Church

城北華人基督教會

9670 Bayview Ave., Richmond Hill

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## Age is Just a Number

生理年齡與心理年齡的特質

11am—12pm

Chatroom

座談會

12:30pm—3pm

Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)

Fee/費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

North York Chinese Baptist Church  
2/F, 685 Sheppard Ave. East, Toronto

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## Chinese New Year Dinner Party

福犬報喜賀新春

For more details, please see page 2

詳情請參閱第二頁

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## Music and Well-being (2 Sessions)

心晴的藝術—音樂篇 (分兩節)

10am—11:30am

Speaker/講員: Fiona Lam (Music Therapist Accredited)

林凱欣女士 (加美註冊音樂治療師)

Fee/費用: \$10/ Family 每家庭

Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

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## 27 Using Assistive Devices to Improve Life Quality and Prevent Fall

如何利用輔助器材改善生活質素及預防跌倒

10am—11:30am

Speaker/講員: Ms. Grace Chu (OT Reg.)

朱陳珮瑩女士 (註冊職業治療師)

Fee/費用: \$5/ Family 每家庭

Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

## Managing the Cold with Traditional Chinese Medicine

中醫教驅寒好招

10am—11:30am

Speaker/講員: Mr. Hon Chau Wong 黃漢疇中醫師

Fee/費用: \$5/ Family 每家庭

Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill



MARCH 2018 三月

SUN	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

## 8 The Link between Diabetes and Diet

糖尿病與日常飲食

11am—12pm

Speaker/講員: Rowena Leung, RD

梁繞琦女士 (註冊營養師)

Chatroom 座談會 (12:30pm—3pm)

Speaker/講員: Yee Hong Staff 頤康中心職員

Fee/費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

North York Chinese Baptist Church  
2/F, 685 Sheppard Ave. East, Toronto

## 13 How Caregivers Can Help Seniors to Eat Healthy

關顧者如何幫助長者食得健康

10am—11:30am

Speaker/講員: Ms. Rowena Leung (RD)

梁繞琦女士 (註冊營養師)

Fee/費用: \$5/ Family 每家庭

Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

## 14 The Marriage Roller Coaster (Mandarin)

婚姻過山車 (普通話)

10am—11:30am

Speaker/講員: Bonnie Wong, MSW, RSW

黃皓欣女士 (安省註冊社工)

Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

## 20 Taking Care of Your Back

了解背部疼痛及舒緩方法

10am—11:30am

Speaker/講員: Anthony Chan (Chiropractor)

陳俊邦醫生 (脊骨神經科)

Fee/費用: \$5/ Family 每家庭

Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

## 21 Dementia 101

認識失智症

10am—11:30am

Speaker/講員: Yee Hong Staff 頤康中心職員

Fee/費用: \$5/ Family 每家庭

Yee Hong Caregiver Education & Resource Centre  
頤康護老教育及資源中心  
Unit 17, 360B Highway 7 East, Richmond Hill

## 22 Assistive Devices

輔助器材的使用

11am—12pm

Speaker/講員: Grace Chu (OT Reg.)

朱陳珮瑩女士 (註冊職業治療師)

Chatroom 座談會 (12:30pm—3pm)

Speaker/講員: Nicky Lam, RSW

Fee/費用: Free for NYCBC members

北約華人浸信會社群服務會員免費

North York Chinese Baptist Church  
2/F, 685 Sheppard Ave. East, Toronto

## 23 Using Humour to Look at Caregiving

幽默治療之關顧篇

10am—11:30am

Speaker/講員: Bonnie Wong, MSW, RSW

黃皓欣女士 (安省註冊社工)

Fee/費用: \$5/ Family 每家庭

Yee Hong Centre—Markham  
頤康何黎靄雲中心 (萬錦市)  
2780 Bur Oak Ave., Markham

## 27 Exercises for People with Arthritis

幫助關節炎患者的運動

10am—12pm

Speaker/講員: Ms. Alice Cheng, DOMP, R.TCMP, R. Ac., IYT

鄭心依女士 (整骨治療師, 註冊中醫師及針灸師, 國際瑜伽治療師)

Fee/費用: \$5/ Family 每家庭

Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

## 29 The Temptations of Sugar

糖的疑惑

11am—12pm

Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)

Chatroom

座談會

12:30pm—3pm

Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)

Fee/費用: Free for NYCBC members

北約華人浸信會社群服務會員免費  
North York Chinese Baptist Church  
2/F, 685 Sheppard Ave. East, Toronto



I Can Dance

舞動人生



### **Dancing with Parkinson's!**

**Dancing for the improvement of mobility and cognition!**

**Dancing for overall health and quality of life!**

與帕金森症共舞！讓我們一同經歷舞蹈的魅力。

透過旋律，節奏，編排變化和隊友的配合，緩解腦退化，激發生命的潛能。

**Program Contents/ 活動內容:** "I Can Dance" is designed for people with Parkinson's disease or other Parkinson like illnesses that hinder physical mobility. With the facilitation of our professional dancing coach, participants will experience the joy and benefits of dance.

本課程專為帕金森症及因其他疾病而導致身體活動有困難之患者設計。透過專業舞蹈教練的指導，從身、心、社交方面改善參加者的生活質素。

### **Objectives/ 活動目標:**

- ◆ Address symptom-specific concerns related to balance, coordination, motor skill and cognition.  
改善參加者的平衡力，肢體協調及身體靈活性，從而提升活動能力。
- ◆ Slow down physical deterioration, improve range of motion and facial expressions, reduce rigidity, and renew brain activities by actively learning and practicing movement, change and coordination.  
透過不斷改變步態，手臂形式，速度和節奏，使大腦保持在學習狀態，緩解老化。

**Who can benefit/ 參加對象:** People with Parkinson's disease or other Parkinson like illnesses that hinder physical mobility. Dance can be performed by either sitting down or standing.  
帕金森症患者或因其他疾病而導致身體活動能力受限之患者(參加者可選擇站立或坐下跳舞)

**Date/ 日期:** Jan 5-Feb 23, 2018 (8 Fridays)/ 2018年1月5日至2月23日，逢星期五，共8堂。

**Time/ 時間:** 上午10:15am - 11:15am

**Fee/ 收費:** \$8 per session, total \$64 / 課程每堂\$8，共\$64

**Address/ 地點:** Yee Hong Community Health & Education Centre 頤康社區健康教育及活動中心  
Unit 19, 25 Glen Watford Drive, Scarborough, M1S2B7 士嘉堡怡東商場19單位

**Instructor/ 導師簡介** Nikolay is a professional dancer and certified teacher from Russia. He has earned many certificates of merit and diplomas from the Russian and Moscow Dance Sport Federations regarding European and Latin Dance Programs. With more than twenty years of teaching experience, including training people with disabilities. He is impassioned about utilizing all of his expertise to make dancing a gratifying and successful experience.

Nikolay是來自俄羅斯的專業舞蹈家和教練，於俄羅斯及莫斯科舞蹈運動協會獲得多項歐洲及拉丁舞的認可及資歷，並有超過20年的教練經驗，包括訓練有不同殘疾的人士。他憑著對舞蹈的熱誠和豐富的經驗，希望把跳舞的歡樂經驗分享給更多人。

**\*\*\*No Dance Experience Required \*\*\* 參加者無需任何跳舞經驗\*\*\***

**Enquiries & Registration 查詢或報名，請聯絡吳小姐 (416) 412-4571 x 2361 (Tracy Wu)**





**Yee Hong Centre  
For Geriatric Care**  
頤康中心

*You can now enjoy  
normal social life!*

# 成人護理產品

*Incontinence Products  
for Adults*

選用合適的護理用品  
繼續享受你輕鬆自在的人生

柔軟舒適 *High Quality*

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## 價目表 PRICE LIST

碼數 Size	腰圍 Waist	體重 Weight
Small	22"-36"	80-125 lbs.
Medium	34"-48"	120-175 lbs.
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Extra-Large	48"-66"	210-250 lbs.

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頤康護老教育及資源中心 (烈治文山)  
Caregiver Education & Resource Centre (Richmond Hill)  
905-597-9380 / email : caregiver.edu@yeehong.com

頤康士嘉堡麥瀝高中心  
Yee Hong Centre—Scarborough McNicoll  
Mrs. Gene Lau at 416-412-4571 Ext. 2640 /  
email : genevieve.lau@yeehong.com

貨品 Product	數量 Quantity	售價 Price
護墊 Pads	14/pack	(S)-\$3.50/pack (M)-\$4.50/pack (L)-\$5.50/pack
成人日用紙尿褲 Day Time Pull-Ups	(S)-22/pack (M)-20/pack (L)-18/pack (XL)-14/pack	\$18.00/pack
成人夜用紙尿褲 Night Time Pull-Ups	(S)-20/pack (M)-18/pack (L)-16/pack (XL)-14/pack	\$20.00/pack
成人日用紙尿片 Day Time Briefs	30/pack	(S)-\$18.00/pack (M)-\$21.00/pack (L)-\$24.00/pack
成人夜用紙尿片 Night Time Briefs	30/pack	(S)-\$24.00/pack (M)-\$27.00/pack (L)-\$30.00/pack



# Yee Hong Centre For Geriatric Care

頤康中心

## Yee Hong Continuum of Care 頤康優質服務 共同創造



### Yee Hong Centre – Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Avenue  
Scarborough, ON M1V 5L3

Tel: 416-321-6333

Fax: 416-321-6313

Email: [scarborough.mcnicoll@yeehong.com](mailto:scarborough.mcnicoll@yeehong.com)



### Yee Hong Ho Lai Oi Wan Centre – Markham

頤康何黎靄雲中心 (萬錦市)

2780 Bur Oak Avenue  
Markham, ON L6B 1C9

Tel: 905-471-3232

Fax: 905-471-3223

Email: [markham@yeehong.com](mailto:markham@yeehong.com)



### Yee Hong Centre – Mississauga

頤康密西沙加中心

5510 Mavis Road  
Mississauga, ON L5V 2X5

Tel: 905-568-0333

Fax: 905-568-0026

Email: [mississauga@yeehong.com](mailto:mississauga@yeehong.com)



### Yee Hong Centre – Scarborough Finch

頤康士嘉堡芬治中心

60 Scottfield Drive  
Scarborough, ON M1S 5T7

Tel: 416-321-3000

Fax: 416-321-0034

Email: [scarborough.finch@yeehong.com](mailto:scarborough.finch@yeehong.com)

### Active Senior and Outreach

Program 活力長者及外展服務

### Community Support Services

頤康社區服務

Congregate Dining Program

半日消閒活動

Adult Day Program

耆老日間服務

Transportation Services

交通接送服務

Friendly Visiting and

Telephone Reassurance

親善探訪服務

Client Intervention &

Assistance Service

個案輔導服務

Chronic Disease Self-

Management Program

長期病患自我管理課程

Caregiver Education &

Support Services

頤康護老教育及支援服務

CARE-Learning Online Platform

頤康關護網學習平台

Caregiver Education &

Resource Centre

頤康護老教育及資源中心

### Volunteer Development













義工發展

### Supportive Housing/ Assisted Living/ Life Lease Housing

家居支援服務及終生租約式房屋



## Overview of Social Services Division 頤康社會服務概述

-  **Active Senior and Outreach Program:** provides a broad range of social, recreational and educational activities for seniors to develop an active and healthy lifestyle in order to enhance their physical, emotional and mental well-being. It is an integral part of the Yee Hong Centre's commitment to providing a continuum of care for seniors. **活力長者及外展服務:** 為長者提供多項社交、康樂及教育活動，使長者保持一個活躍、健康的生活方式，促進身心及精神健康。此項服務是頤康為長者提供的全面護理服務中重要一環。
-  **Congregate Dining Program:** is designed to bring isolated seniors together for nutritious meals, social, educational and recreational activities. **半日消閒活動:** 為希望參與群體活動的長者而設，提供營養午餐、興趣小組、康樂及教育活動。
-  **Adult Day Program:** provide structured and supervised activities in order to prevent social isolation and encourage independent living in the community. **耆老日間服務:** 主要為體弱及失智症長者提供精心設計及由專人指導的身心與認知訓練服務，並拓寬其社交生活，讓他們能在社區中獨立生活。
-  **Transportation Services:** enables seniors to participate in regular community programs such as Adult Day Program, Congregate Dining, attend medical appointments, etc. The service aims to support independent lifestyle, enhance community involvement and improve social functioning. **交通接送服務:** 接載長者定期參加頤康的社區服務或前往診所服務、支援長者過獨立生活、參與社區活動及增強社交能力。
-  **Friendly Visiting and Telephone Reassurance:** is a support service in which a volunteer visits/calls an isolated or frail adult regularly on a one to one basis. It aims to provide social support and contact with the community, and to ensure the well-being, health and safety of the clients. **親善探訪及電話慰問服務:** 是一項為長者而設的家居支援服務，由受過訓練的義工定期探訪或致電問候獨居或病弱長者，讓他們得到關懷及與社會保持聯繫，能夠在健康及安全的情況下獨立生活。
-  **Client Intervention & Assistance Service:** is aimed at helping seniors cope with the daily demands of independent living in the community. This is based on the professional case management model which includes casework intervention, service coordination and assistance to seniors and their caregivers. **個案輔導服務:** 以專業個案管理模式，為長者及其家人提供輔導、轉介、服務統籌等服務；協助長者進行日常活動，使他們能夠在社區內獨立生活。
-  **Chronic Disease Self-Management Program (CDSMP):** is based on the well-researched Stanford University model, which has proved to be highly effective in empowering patients with chronic conditions. Yee Hong is a licensed agency to deliver the CDSMP and leaders' training programs. **長期病患自我管理課程:** 以美國史丹福大學設計的長期病患自我管理課程為藍圖，該課程經過嚴格驗證，成效廣受推崇。頤康中心已獲史丹福大學認可，提供長期病患自我管理課程及組長訓練課程。
-  **Caregiver Education & Support Services:** Aims to empower informal caregivers to provide quality care in the community by offering educational and skills training programs. The goal is to enhance participants' knowledge and skills in regards to community resources, care, health, disease, and wellness. **頤康護老教育及支援服務:** 為護老者提供教育講座、訓練課程和護老資訊等服務;加強護老者對社區資源、護理、健康及各種疾病的認識;藉此提升他們護老的能力、技巧及身心健康。
-  **CARE-Learning Online Platform:** is an online resource created for caregivers and aims to provide the necessary knowledge, skills, and personal wellness to support them throughout their caregiving journey. 「頤康關護網學習平台」是一個專為照顧者而設的網頁，關顧網設立的主要目的在於透過有關護老資訊的分享與學習，讓照顧者於網上學習平台獲得更多護老知識與技巧並個人身心關顧的知識。 <https://carelearning.yeehong.com>
-  **Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心**  
Unit 17, 360B Highway 7 East, Richmond Hill, ON L4B 3Y7 Tel: 905-597-9380 Email: [caregiver.edu@yeehong.com](mailto:caregiver.edu@yeehong.com)
-  **Volunteer Development:** While providing additional resources to serve those in need and to augment Yee Hong's service quality, volunteering facilitates self-exploration, personal growth and community engagement and in the process helps nurture a caring and healthy community. **義工發展:** 義務工作除為頤康提供額外資源，增強對有需人士之服務及提昇服務質素外，並激勵自我探索、個人成長和社會參與，從而協助建立關懷和健康的社會。
-  **Supportive Housing/Assisted Living/Life Lease Housing:** are programs that provide seniors with essential support services in their homes so that they can cope with daily activities and continue to live independently in the community. The programs aim to enable seniors to live safely at home and reduce unnecessary admission to long-term care homes, emergency departments or hospitals. **家居支援服務及終生租約式房屋:** 為居住在家中的長者提供必需的支援，使他們的日常起居得到妥善的照顧，可以繼續在社區內過獨立的生活。此項服務目的是讓長者能夠在家安老，延緩入住長期護理院舍的需要及避免不必要地使用醫院服務。



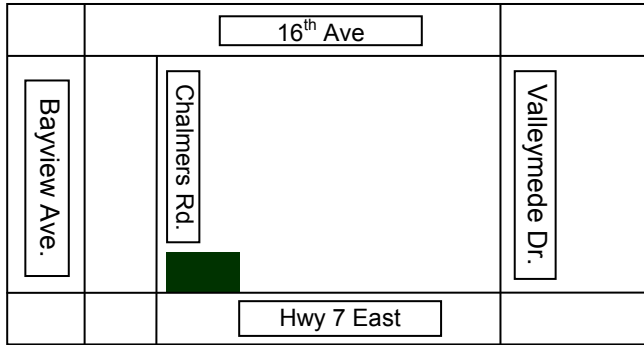


**Yee Hong Centre  
For Geriatric Care**

頤康中心

**頤康護老教育及資源中心**

**Yee Hong Caregiver Education & Resource Centre**



**地址 / Address:**

Unit 17, 360B Highway 7 East,  
Richmond Hill, ON L4B 3Y7

**電話 / Tel: (905) 597-9380**

**傳真 / Fax: (416) 321-6313**

**電郵 / Email: caregiver.edu@yeehong.com**

中心開放時間 星期一至星期五 / Monday to Friday

**Opening Hours:** 上午九時至下午五時 / 9:00 am - 5:00 pm  
(公眾假期休息) / (Closed on Public holidays)



**Yee Hong Social Services Division - Directory**

頤康社會服務 - 指南

**For Services Enquiry 服務查詢  
(416) 412-4571**

**Active Senior and Outreach Program 活力長者及外展服務**

Ext. 2609

**Community Support Services 頤康社區服務**

-Congregate Dining Program (CD) 半日消閒活動

Ext. 2613 (GTA), Ext. 4301 (Mississauga)

-Adult Day Programs (ADP) 耆老日間服務

(including Special Day Program (SDP), Memory Training & Activity Centre (MTAC),  
Community Health Education Centre (CHEC))

Ext. 2621 (McNicoll), Ext. 5612 (Finch)

Ext. 3603 (Markham), Ext. 4301 (Mississauga)

Ext. 2361 (Glen Watford Dr.)

-Transportation Services 交通接送服務

Ext. 2613

-Friendly Visiting and Telephone Reassurance 親善探訪服務

Ext. 2613

-Client Intervention & Assistance Service 個案輔導服務

Ext. 2614, Ext. 2609 (Mississauga)

-Chronic Disease Self-Management Program 長期病患自我管理課程

Ext. 2361

-Caregiver Education & Support Services 頤康護老教育及支援服務

Ext. 2608 (McNicoll), Ext. 4302 (Mississauga)

-CARE-Learning Online Platform 頤康關護網學習平台

<https://carelearning.yeehong.com>

-Caregiver Education & Resource Centre 頤康護老教育及資源中心

(905) 597-9380



**Volunteer Development 義工發展**

Ext. 2619

**Supportive Housing/Assisted Living 家居支援服務**

Ext. 2614

如欲查詢請瀏覽頤康網址 / **Please visit us at: [www.yeehong.com/centre](http://www.yeehong.com/centre)**



[www.yeehong.com](http://www.yeehong.com)



Yee Hong CARE-Learning



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Funding for the Care Ambassador Program has been provided by the Central Local Health Integration Network (C LHIN) & Central East Local Health Integration Network (CE LHIN), for the Caregiver Support Service in Mississauga has been provided by the Mississauga Halton LHIN  
以上活動是由安省中區醫療服務聯網及安省東部醫療服務聯網及安省麥西加漢頓醫療服務聯網資助