

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



**Sand and Sun,  
Summer has Begun!**

「炎炎夏日」

July – September 2018

2018年7–9月



Yee Hong Centre  
For Geriatric Care

頤康中心

# 愛與關懷

# LOVE WITH CARE

日期: 二零一八年七月二十一日 (星期六)

Date: Saturday, July 21, 2018

時間: 上午十時至下午一時

Time: 10am - 1pm

地址: 頤康護老教育及資訊中心

Address: Yee Hong Caregiver Education & Resource Centre

歡迎與家人一起參加!  
Come and join us  
with family!

內容 Activities:  
攤位遊戲 Game Booths  
手工藝作 Handicraft  
家庭拍照 Family Portraits (收費)  
還有其他活動.....  
More activities are  
waiting for you!

查詢電話 Enquiry: 905-597-9380

# 頤康護老教育及支援服務

## Caregiver Education & Support Services

為了鼓勵更多護老者及長者加強對社區資源、護理、健康及各種疾病的認識，由2018年4月起，我們將實施會員制度。凡參加成為會員，可以免費參加我們舉辦的專題健康講座（特別節目除外）。歡迎任何人士加入，一起活到老，學到老！

Caregiver Education and Support Services announces our Annual Membership for caregivers and seniors in the coming year. Members will benefit from free educational and health workshops conducted by our team (special programs excluded). Interested individuals are encouraged to apply!

現在開始接受會員報名/ Join Now!

對象/Target: 歡迎任何人士，及可邀請兩位家人共享會員  
Everyone is welcome to join and to invite 2 family members to join for free

年費/Fee: \$20 (2018年4月1日-2019年3月31日)

報名及查詢請致電/  
Registration and Enquiries  
905-597-9380

416-412-4571 內線/ ext 2608



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:

**An Introduction to Bereavement**

哀傷之路

**I Can Dance – Dancing with Parkinson's !**

「舞動人生」-- 與帕金森症共舞

**Online Registration**

護老教育課程網上報名簡介

「頤康關護網學習平台」是由安省中區醫療服務聯網 (C LHIN) 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 McNicoll 頤康士嘉堡麥瀝高中心	7月 Jul 3 日 8月 Aug 7 日 9月 Sep 4 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	7月 Jul 7 日 8月 Aug 11 日 9月 Sep 8 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	8月 Aug 25 日 (Sat 六)	10am — 12pm	(416) 412-4571 x 2608
Parkinson's Disease Self-Management Group 與伴同行: 柏金遜互助小組	Yee Hong Centre— Scarborough McNicoll Chinese Evergreen Manor 頤康士嘉堡麥瀝高中心 松柏禮堂	7月 Jul 14 日 8月 Aug 11 日 9月 Sep 8 日 (Sat 六)	9:30am — 12pm	(905) 597-9380
Walking Together: Caregiver Support Group 伴你同行: 關顧者互助小組	Yee Hong Centre— Markham 頤康何黎靄雲中心 萬錦市	7月 Jul 23 日 8月 Aug 20 日 9月 Sep 24 日 (Mon 一)	10am — 11:30am	(905) 597-9380
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	7月 Jul 25 日 8月 Aug 22 日 9月 Sep 26 日 (Wed 三)	10am — 11:30am	(905) 597-9380
Caregiver Health & Wellness Group 心晴小聚 護老健康聚一聚	Yee Hong Caregiver Education & Resource Centre 頤康護老教育及資源中心	7月 Jul 16 日 8月 Aug 20 日 9月 Sep 17 日 (Mon 一)	10am — 11:30am	(905) 597-9380

# Caregiver Workshops - July 2018 | 關顧講座 - 2018年7月

JULY 2018 七月

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				

## 5 Caregiver Tips— Hydration Tips for Summer

護老者須知— 夏日消暑有良方

10am—11:30am



Speaker/講員: Beatrice Leung, 梁碧倩女士 (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

## 9 CareLearning: How to Register Online

頤康關顧網— 如何在網上登記/報名我們的講座及課程

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

## 11 Liver Care with Traditional Chinese Medicine (Mandarin)

中醫如何護肝? (普通話)

10:00am—11:30am



Speaker/講員: Mr. Hon Chau Wong 黃漢疇中醫師

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

## 12 Virtual Reality

認識多功能虛擬實境動態模擬

11am—12:00pm

Speaker/講員: Kathy Yeung, 楊嘉慧女士 (頤康中心職員)

Chat Room 座談會

12:30pm—3pm

Speaker/講員: Yee Hong Centre 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 Maintaining Physical Activity in Summer for Seniors

長者活力在夏日

10:00am—11:30am



Speaker/講員: Beatrice Leung, 梁碧倩女士 (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

## 19 Ways to Improve Sleep

改善睡眠質量靠自己

10am—11:30am



Speaker/講員: Bonnie Wong, 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

## 23 Reminiscing on Traditional Chinese Dessert vs Modern Fusion

懷舊甜品: 從中西合璧回到傳統

10am—11:30am

Speaker/講員: Beatrice Leung, 梁碧倩女士 (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

## 26 Treating Heat Related Injuries

治療夏日緊急醫療情況

11am—12pm

Speaker/講員: Peter Lam, (First-Aid Instructor)

林傳賜先生先生

(加拿大心臟及中風基金會生命支援術導師)

Chat Room 座談會

12:30pm—3pm

Speaker/講員: Yee Hong Centre 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

## 28 Alleviating Stress through Ear Acu-Points

耳穴舒緩是什麼?

10am—11:30am

Speaker/講員: Nicky Lam, RSW

林世強先生 (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

## 30 Communication with Health Care Provider

與醫護人員溝通: 常用英語詞語

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

## 31 Alleviating Stress through Ear Acu-Points

護老資訊 - 耳穴舒緩是什麼

10am—11:30am

Speaker/講員: Nicky Lam, RSW

林世強先生 (安省註冊社工)



Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

# Caregiver Workshops - August 2018 | 關顧講座 - 2018年8月

AUGUST 2018 八月

SUN	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	

## 2 CareLearning— How to Search and Watch Our Videos

頤康關顧網— 如何在網上搜索及查看在線影片  
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

## 3 Diabetes Self-Management Program (6 Consecutive Fridays)

糖尿病自我管理課程

10am—12:30pm (連續6個星期五)

Speaker/講員: Diabetes Self-Management Leaders

「糖尿病自我管理課程」組長

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 Communication with Health Care Provider (Mandarin)

與醫護人員溝通: 常用英語詞語 (普通話)

10am—11:30am

Speaker/講員: Beatrice Leung, 梁碧倩女士 (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

## 9 Home Safety: Modifications and Considerations for Seniors

家居安全: 如何為長者改造一個安全的家

10am—11:30am

Speaker/講員: Ms. Grace Chu, 朱陳珮瑩女士 (註冊職業治療師)

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

## 16 Does Forgetfulness mean Dementia?

記憶力差還是失智症?

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

## 18 Physique from Traditional Chinese Medicine Perspective

中醫看體質

10am—11:30am

Speaker/講員: Mr. Hon Chau Wong 黃漢疇中醫師

Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

## 21 Exercises for People with Osteoporosis

適合骨質疏鬆人士的運動

10am—11:30am

Speaker/講員: 陳俊邦醫生 (脊骨神經科)

Dr. Anthony Chan (Chiropractor)



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

## 23 First Aid at A Glance

急救一覽

11am—12pm

Speaker/講員: Peter Lam, (First-Aid Instructor)

林傳賜先生先生

(加拿大心臟及中風基金會生命支援術導師)

Chat Room 座談會

12:30pm—3pm

Speaker/講員: Yee Hong Centre 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

## 27 Hearing Health in Seniors

長者聽力健康

10am—11:30am

Speaker/講員: Sara Jiang (Hearing Health Counsellor)

江慧 (聽覺保健輔導員)



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

## 28 The Power of Touch in Dementia Care

如何與失智症患者相處—輕觸的力量

10am—11:30am

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



Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

## 29 Back Care: Pain Prevention and Management

保護您的背部—背部疼痛的預防與護理

6pm—7:30pm

Speaker/講員: Tammy Yuen



Yee Hong Centre—Scarborough McNicoll

頤康士嘉堡麥瀝高中心

2311 McNicoll Ave., Scarborough

## 30 Long Distance Caregiving

遙距護老

11am—12:00pm

Chat Room 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

# Caregiver Workshops - September 2018 | 關顧講座-2018年9月

SEPTEMBER 2018 九月

SUN	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

**6** **Memory Training Workshop**  
改善記憶力工作坊  
10am—11:30am

Speaker/講員: Bonnie Wong, 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

**11** **Managing the Caregiver and Senior Relationship**  
溺愛: 愛您愛到害了您  
10am—11:30am  
Speaker/講員: Bonnie Wong, 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

**12** **Applying and Waiting for Long Term Care (Mandarin)**  
介紹社區服務— 申請護老院 (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

**Does Forgetfulness mean Dementia?**  
記憶力差還是失智症?  
6pm—7:30pm

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

**13** **Strengths-Based Care Management for Seniors**  
長者優勢基礎的管理  
11am—12pm  
**Chat Room 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

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

**14** **Caregiver at Risk— Avoiding Heart Diseases**  
護老者錦囊— 預防心臟疾病  
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

**15** **Community Resources for Caregivers**  
如何照顧長者—認識社區資源  
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

**18** **Vegetarian Diets for Seniors**  
長者素食知多少?  
10am—11:30am  
Speaker/講員: Ms. Rowena Leung 梁繞琦女士 (註冊營養師)  
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** **What is Environmental Crisis**  
護老資訊— 何謂環境危機  
10am—11:30am  
Speaker/講員: Nicky Lam, RSW 林世強先生 (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

**25** **Strengths-Based Care Management for Seniors**  
長者優勢基礎的管理  
10am—11:30am  
Speaker/講員: Nicky Lam, RSW 林世強先生 (安省註冊社工)  
Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

**27** **How to Prevent Heart Disease and Stroke**  
預防心臟疾病  
11am—12pm  
Speaker/講員: 加拿大心臟基金會 Heart and Stroke Foundation

**Chat Room 座談會**  
12:30pm—3pm  
Speaker/講員: Yee Hong Centre 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

**28** **Communication and Conflict Resolution**  
人際衝突的管理  
10am—11:30am  
Speaker/講員: Bonnie Wong, 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

**29** **Housing Options in Toronto**  
多倫多長者住屋選擇  
10am—11:30am  
Speaker/講員: 待定 To be Confirmed  
Yee Hong Centre—Scarborough McNicoll  
頤康士嘉堡麥瀝高中心  
2311 McNicoll Ave., Scarborough

## 二零一八年青少年暑期工作坊

# Love Our Seniors Teens Summer Workshop 2018



Yee Hong Centre  
For Geriatric Care  
頤康中心

## 頤康護老教育及支援服務

# Caregiver Education & Support Services

### 主旨

透過不同的遊戲及活動, 了解更多有關長者的知識, 更可親身體驗與長者相處之樂趣, 達致生活上融洽相處

### 日期及時間 地點

二零一八年七月十七日至二十日 (星期二至五)

8:30 a.m. to 4:00 p.m.

麥瀝高頤康中心 (士嘉堡麥瀝高道 2311 號)

### 活動內容

- 手工製作及 VR 體驗
- 認識老化過程
- 認識頤康中心連貫服務
- 體驗頤康中心長者活動
- 學習與長者相處技巧

### 對象 語言

九至十二歲華裔青少年

工作坊以英語進行

### 費用 報名/查詢

每位\$68(包括茶點, 午膳及活動材料費用)

請致電(416)412-4571 內線 2608



以上活動由安省(中區東部)地區醫療整合網資助  
These Programs are funded by Ontario Central East Local Health Integration Network





**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*

尺碼齊全 *Good Fit*

男女合用 *Unisex*

價格公道 *Reasonable Price*

取貨容易 *Convenient Services*

所有收益將撥捐頤康中心社會服務部  
All proceeds will go to the Yee Hong Social Services

## 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.
Large	44"-54"	170-210 lbs.
Extra-Large	48"-66"	210-250 lbs.

如欲購買，請聯絡 To order, please contact

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。

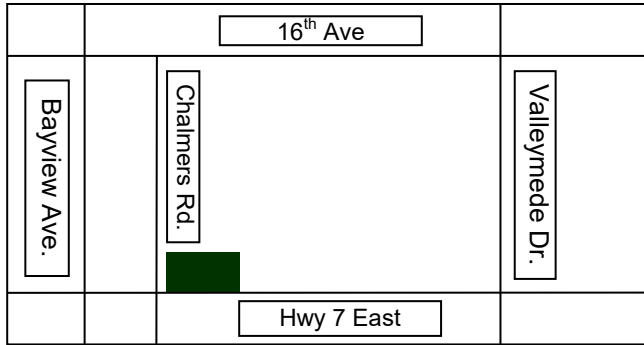


**Yee Hong Centre  
For Geriatric Care**

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. 2608

-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. 2360

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

Ext. 2608 (McNicoll & 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