



15th



Annual Report
2024 - 2025 年報

目錄 Table of Contents

1	關於我們	About Us	P.2
	主席報告	Chairman's Report	P.4
	總幹事報告	Chief Executive's Report	P.8
<hr/>			
2	臨床專科服務	Clinical Specialist Services	
	• 銀鈴醫護站	CareAge Health Centre	P.13
	• 銀鈴護眼中心	Holistic Eye Care Hub	P.14
	• 聽覺護理，預防跌倒	Hearing Care & Fall Prevention	P.16
<hr/>			
3	社區健康服務	Community Health Services	
	• 銀鈴護士站	CareAge Nurse Station	P.18
	• 服務重點介紹	Programme Highlights	P.20
<hr/>			
4	協會活動	Association Events	
	• 認知友善社區計劃	Love Connection - Cognitive Friendly Community Scheme	P.24
	• 義工活動	Volunteer Activities	P.25
	• 大學合作活動	University Collaborative Activities	P.27
	• 中醫義診	Free Traditional Chinese Medicine Consultations	P.30
<hr/>			
5	社區健康誌	Community Health Bulletin	P.31
<hr/>			
6	機構管治	Corporate Governance	P.36
<hr/>			
7	財務報告	Financial Statement	P.38
	主要服務數字	Key Service Statistics	P.41
	鳴謝	Acknowledgement	P.42
	機構組織	Organization Structure	P.45
	捐款表格	Donation Form	P.49

信念、願景、使命 Belief, Vision, Mission

信念 Belief

- ▶ 敬重長者對社會的貢獻
- ▶ 傳承中國優良傳統敬老文化
- ▶ 為公益，不計報酬向有需要人士提供服務
- ▶ Respect the contributions by the elderly to the society
- ▶ Uphold the esteemed Chinese culture of respecting seniors
- ▶ Serve without seeking rewards from the community

願景 Vision

- ▶ 為長者帶來健康快樂的晚年生活，提高長者的生活質素，安老在家
- ▶ 期望長者能健康地、獨立地、安全地生活在他們熟悉的社區環境內
- ▶ 鄰舍守望相助，建立和諧社區
- ▶ That the well-being of the elderly is enhanced for a happy and healthy life in their twilight years
- ▶ That the elderly may live in their familiar community safely, healthily and independently, with frequency of medical clinics and hospital visits reduced
- ▶ That the neighbourhood community is caring and harmonious

使命 Mission

- ▶ 向長者及其家庭、護老者免費提供健康知識及護理諮詢，強化社區中的預防措施
- ▶ 積極推動社區人士關心及照顧身邊長者，建立一個互助關懷的社區
- ▶ 積極關懷長者，以訓練提昇長者自我照顧能力
- ▶ 推行公眾教育，使大眾明白理解各種老年人的疾病，從容面對黃金歲月
- ▶ Consultation on healthcare freely provided to the elders, their families and caregivers in the community
- ▶ Advocate community caring deeds to attain a harmonized society
- ▶ Reinforce the elder's self-reliant ability towards active ageing
- ▶ Educate the public at large the general knowledge of old-age problems, diseases and issues, and the concept of primary health care, preparing everyone to face the challenges of old age

關護長者協會創立於2009年，乃香港政府認可的非牟利慈善機構（獲豁免繳稅的慈善機構檔案號碼：91/10167），致力在社區為經濟條件有限的長者，提供由護士主導的醫社合作下免費的健康關顧服務。創辦及管理團隊以專業醫護及社工為主，理事會委員中，近半數擁有醫療、護理及社工專業資格，包括老人科專科醫生、精神科醫生、註冊護士、臨床心理學家、註冊社工等，為前線提供專業知識、建議及監督。

協會引進社區護士站的概念，聘請註冊護士及註冊社工於公共屋邨及基層社區內設立「銀鈴護士站」，向低收入家庭的、60歲或以上的長者提供免費的健康諮詢服務。銀鈴護士站的服務包括公眾健康教育、身體及認知檢測、慢性病管理服務等，目的是令長者達治未病，早就醫的健康之道；亦幫助其照顧者學習護老之技巧和知識，促進家庭和社區和諧。我們期望受惠長者們能夠改善生活習慣，選取健康飲食之道，預防疾病惡化，身心康健地、有自理能力地安老在家。

自2021起，協會增設兩所「銀鈴醫護站」，除提供全方位的護士服務外，更推出義診專科醫生服務（包括眼科、骨科、老人精神科、中醫等），務求加強社區的疾病預防，及早為長者偵測隱疾，並為確診慢性病的穩定個案提供適時檢查，務求及時轉介病情轉差的長者，至合適的醫療系統就醫，令他們穩定甚至改善健康情況，以達居家安老之效。

關護長者協會屬於香港公益金會員機構及香港社會服務聯會的會員，營運全靠各方捐款（私人、慈善基金及工商機構等）。協會服務模式成效卓越，獲社聯頒發「2019社聯最具成效中小型非政府資助社會服務機構大獎」嘉許，反映業界的認同。

Community CareAge Foundation Ltd. (CCAF) was incorporated in HK in 2009 as a charitable organization. (IR file No: 91/10167). Its principal activity is to carry out charitable work beneficial to the community, in particular, relief support of financially underprivileged elderly in Hong Kong by the offering of nurse-led medical-social collaboration healthcare services on a non-profit making basis. It was founded by a group of medical, healthcare and social service professionals. The majority of the Board of Directors are with medical or social service professional backgrounds, including specialist in geriatric medicine, geriatric psychiatrist, registered nurses, clinical psychologist, and register social worker.

CCAF operates CareAge Nurse Stations to provide preventive primary healthcare include health education, health assessment to facilitate early disease intervention, and one-on-one nurse consultation on chronic disease management, aiming at reducing their frequency of visiting medical clinics or hospitalisation, so they may retire in the comfort of their own home healthily, competently and independently.

Since 2021, CCAF has set up two CareAge Health Centres. Apart from our signature nursing service, free of charge specialist consultation (including ophthalmology, orthopaedics, geriatric, and geriatric psychiatry) is introduced to assess vulnerable cases, make prompt referral to public medical services for early treatment. Interim medical treatment will also be made available for diagnosed stable cases while they are waiting for admission into the service for long term follow up.

CCAF is a member of the Community Chest of Hong Kong and the Hong Kong Council of Social Services. We received the Grand Award of "2019 HKCSS Most Impactful Small and Medium-sized Non-subsided NGOs' Award" organized by the Hong Kong Council of Social Services. The award reflects the industry's recognition of the effectiveness and cost efficiency of the services offered by CCAF.



主席報告

Chairman's Report



關護長者協會創立於 2009 年，為幫助社區中的長者獲得妥善照顧，能安老在家，最初以長者社區診所的概念提供基層醫療服務，默默於社區耕耘，建立了很好的服務根基。今年適逢協會成立 15 週年，我們的服務模式已趨於成熟。為回應人口老化所帶來的社區健康支援需求，協會透過旗下的社區護士站及醫護站，將服務擴展至 11 個公共屋邨及舊區。每年為超過 4000 位長者提供健康跟進服務。作為協會主席，本人感到十分光榮，並欣喜向大家呈獻 2024/25 的年度報告。

Established in 2009, Community CareAge Foundation (CCAF) is dedicated to enabling older adults to receive appropriate care and age with dignity and comfort in their own homes. Initially operating under the concept of a community-based clinic providing medical services for the grassroots, we gradually cultivate a solid foundation of providing services in the community. This year marks the 15th anniversary of the CCAF, a milestone that reflects our continued growth and maturity in service delivery. In response to the increasing demand for community health support driven by the ageing population, our organization has expanded services through its community Nurse Stations and Health Centres to 11 public housing estates and older districts. It also provides ongoing health follow-up services for more than 4000 older adults each year. As the Chairman of the CCAF, I am deeply honored and delighted to present the 2024/2025 Annual Report.



強化機構管治

Strengthening Corporate Governance

今年度協會努力提升機構整體的管治能力，積極邀請各界專業人士及社會賢達成為不同服務發展的顧問成員。為更深入檢視整理事會團隊的強項和應優化之處，我們邀請香港大學社會工作及社會行政學系陳瑜博士及前廉政公署社區關係處處長何渭枝先生審視機構理事會的架構及管治方針。

Throughout this year, our organization has strived to strengthen its overall governance capacity by proactively inviting professionals from diverse sectors and esteemed community leaders to serve as advisory members for various aspects of service development. In order to deeply evaluate the Board's strengths and areas for optimisation, we invited Dr. Chan Yu of the Department of Social Work and Social Administration, Hong Kong University and Former Director of Community Relations, Independent Commission Against Corruption (ICAC), Mr. Ho Wai Chi, to examine the Board's structure and governance policies.

財務管治

Financial Governance

隨著疫後大部分常規醫療服務逐步恢復正常，協會旗下許多由不同基金會資助、旨在應對短期醫療需求的計劃亦相繼完結。然而，為使疫情期間一些極具發展潛力的計劃能夠持續，我們決定保留這些項目及相關同事。此舉無疑給協會帶來了一定的財務壓力。然而，我們進行了重整人力架構、尋求社區捐款、精簡流程和節流等措施，在可控的範圍維持惠及長者的服務；發展中的計劃亦在年度第三及第四季取得相當的成果，獲得不同慈善基金在未來數年的支持，下年度協會財務會趨向平穩。

With the gradual resumption of most regular medical services after the pandemic, many projects that were funded by various foundations under our organization, aiming to address short-term medical needs, have also concluded. However, to ensure the continuity of several initiatives that demonstrated strong developmental potential, we decided to retain these programmes and associated staff. While this decision inevitably brings financial pressure on CCAF, we responded by restructuring our staffing framework, pursuing community donations, streamlining administrative procedures and implementing cost-control measures. These actions allowed us to sustain our elder-focused services within manageable parameters. Encouragingly, several developing programmes achieved substantial progress in the third and fourth quarters of the year, securing continuous financial support from multiple charitable foundations in the following years. As a result, we anticipate the Foundation's finances will be stabilised in the coming financial year.

持續服務發展

Ongoing Service Development

協會多年來承蒙社會各界捐助及一眾慈善基金的鼎力支持，本年更積極增加服務名額並推出創新服務。在社區工作方面，「銀鈴護士站」在年度第四季擴展到彩虹邨及真善美村，為受重建影響的邨內長者提供身體和心理支援；「銀鈴醫護站」所提供的專科義診服務，亦擴展了視力、聽力等服務；為更全面地協助康復中的長者，我們積極推動針對長者而設的社區復康工作；更重要的是，為了提升社區整體扶持長者的能力，我們亦大力招募義工，並準備於下年度初開展針對中、小學生的醫護及長者健康知識教育，實踐「以幼扶長」的服務理念。

Our organization has consistently received unwavering support and donations from various sectors of society and numerous charitable foundations over the years. During the year, we further expanded service capacity and launched new services. In terms of community-based work, the "CareAge Nurse Station" expanded its services to Choi Hung Estate and Chun Seen Mei Chuen in the fourth quarter, providing physical and psychosocial support to the elderly affected by redevelopment in these estates. Meanwhile, the "CareAge Health Centre" also broadened its free specialist outpatient services and included vision and hearing services. In order to support the elderly's recovery more comprehensively, we proactively introduced community-based rehabilitation programmes tailored for them. More importantly, to promote the community's capacity to support the older adults, we greatly recruited volunteers and plan to deliver healthcare and geriatric education for primary and secondary students, enhancing their health literacy, aligning with our service motto, "empowering the young to support the elderly".

感謝

Acknowledgements

對於各理事及委員會成員多年來的支持、不同顧問在協會各方面發展上不遺餘力參與協助，本人表示由衷感謝。協會總幹事黃子璋先生已於本年度六月底離任，本人謹代表理事會衷心感謝他過往對協會的貢獻。同時，我們歡迎梁振康先生加入本會並出任總幹事一職，深信他將能帶領協會開創服務新局，持續為社區長者提供卓越而具成效的服務。

I extend my heartfelt gratitude to our Board and committee members for their longstanding support over the years and to many advisory members who contributed relentlessly to the CCAF's various developments. Our Chief Executive, Mr. Wong Tsz Wai has resigned from his post since the end of June this year. On behalf of the Board of Directors, I sincerely appreciate his outstanding contributions to our organization. At the same time, we warmly welcome Mr. Leung Chun Hong joining us and being our Chief Executive. We strongly believe that he will lead us to deliver innovative, excellent and effective services to the elderly in the community.

關護長者協會主席 陳華發醫生
Dr. Chan Wah Fat Chairman, CCAF Board of Directors



總幹事報告

Chief Executive's Report

今年是關護長者協會成立十五週年，協會一直關注長者的健康福祉，與時並進，開創多項服務以回應社會所需，並透過不同服務模型和成效作出政策倡議。自疫情結束至今，我們觀察到，要達致「居家安老」，社區內的基層醫療及相關服務仍有相當大的發展空間。在本會主席、一眾理事及顧問成員的策動和帶領下，本年度服務針對社區的需要，發展迅速，令服務使用者得到更佳的健康照顧。

社區健康護理跟進

Community-based Health Evaluation

過去一年，協會積極推動品牌項目「銀鈴護士站」及「銀鈴醫護站」的發展，協助政府推動各類政策；回應政府施政報告提及重建公共屋邨的計劃，協會即於短時間內，在彩虹邨新設「銀鈴護士站」服務點，亦著手準備於西環邨及馬頭圍邨提供服務。承接協會過往服務重建屋邨——真善美村所累積的經驗，我們將為未來面臨重建的屋邨進行社區健康篩查，內容包括：評估長者因搬遷所產生的焦慮、提供防跌指導、連繫屋邨醫生以提供可及的醫療服務，以及推行生活醫學教育。

專科健康介入

Specialist Health Intervention

而針對施政報告內提及白內障手術長期輪候的狀況，以及基層醫療藍圖內，提及公營服務中，每位醫生診症最高的三個專科為眼科、耳鼻喉科、精神科。我們已在「銀鈴醫護站」內分別推出「銀鈴護眼中心」和「60+聽覺護理服務」兩個項目，旨在為長者提供快速評估、專科義診及復康支援。連同協會本有的精神科、骨科和老人科義診，為社區內低收入的長者提供快捷、一站式、個人化的健康跟進服務。亦要在此特別鳴謝一直支持本會提供眼科服務的睛彩慈善基金，承蒙一眾眼科醫生為患有白內障且身體狀況合適的長者施行免費白內障手術。

This year marks the fifteenth anniversary of the Community CareAge Foundation Ltd. Our organization has remained steadfast in our commitment to the health and well-being of older adults, keeping pace with changing needs, pioneering new services to meet societal demand, and advocating for policy advancements from diverse service models and outcomes. Since the end of the pandemic, we have observed that achieving "ageing in place" still requires significant development in community-based primary healthcare and related services. Under the guidance and leadership of our Chairman, Board members, and advisors, our services this year have expanded rapidly in response to community needs, enabling service users to receive more comprehensive and effective health care.

Over the past year, our organization has enthusiastically promoted its flagship programmes, which are the "CareAge Nurse Station" and "CareAge Health Centre", to support the implementation of relevant government policies. In response to the public-housing redevelopment initiatives outlined in the Policy Address, our organization has rapidly established a new "CareAge Nurse Station" service point at Choi Hung Estate and commenced preparations to extend services to Sai Wan Estate and Ma Tau Wai Estate. Building on experience gained from serving the redeveloped Chun Seen Mei Chuen, we will conduct community health screening for estates earmarked for redevelopment. The scope includes assessment of relocation-related anxiety among older residents, fall-prevention education, connecting with estate-based doctors to provide accessible medical services, and healthy lifestyle education.

In response to the Policy Address highlighting prolonged waiting times for cataract surgery, and the Primary Healthcare Blueprint noting that the three most frequently attended specialties in the public sector are ophthalmology, ear, nose and throat and psychiatry, we have launched two initiatives under the "CareAge Health Centre", which are the "Holistic Eye Care Hub" and the "CareAge Hearing Programme" respectively. These programmes provide rapid assessment, free specialist consultations, and rehabilitation support for older adults. Together with our existing psychiatry, orthopaedics, and geriatrics free consultation, we offer low-income seniors timely, one-stop, and individualised healthcare follow-up services in the community. We also extend our special thanks to the Eye Care Charitable Foundation for its continued support of ophthalmic services and to participating ophthalmologists who have provided free cataract surgeries for seniors with an eligible health status.



長者社區復康

Community-based Geriatric Rehabilitation

在我們的經驗中，接受完專科服務後的長者，並非立即能夠良好適應改善健康後的生活，舉例，常有居於唐樓的長者因視力變得清晰，上落樓梯時更覺困難；又或在配戴助聽器改善聽力後，認知能力卻未能同步分辨人聲與環境噪音。本年我們積極探索如何為「感覺功能」受損而且居於不利條件下的長者，提供社區復康服務。相關服務包括與大學合作進行各類復康介入方案的研究，並推行以長者及義工作為「社區聯繫員」的計劃。我們透過不同的「社會處方」，關顧那些因長期感官功能不佳而留在家中的長者，協助他們由內而外地改變生活方式。

From our experience, older adults who complete specialist interventions do not always adapt smoothly to life after their health improves. For example, older adults living in walk-up tong lau may find climbing stairs more challenging when their vision suddenly becomes clear and they do not get used to it; likewise, after hearing is improved with hearing aids, cognitive processing may not immediately keep pace in distinguishing speech from background noise. During the year, we actively explored how to deliver community rehabilitation for older adults with "sensory impairments" and disadvantaged conditions. Our work includes research collaborations with universities on rehabilitation interventions and the implementation of programmes that engage older adults and volunteers as "Community Link-worker". Through a range of "social prescribing" initiatives, we support homebound seniors affected by long-standing sensory difficulties, helping them to adopt sustainable, inside-out lifestyle changes.

社區健康發展

Community Health Development

協會成立至今已十五年。期間，香港長者人口大幅上升，而長者供養比率同步大幅下降。社會人口的變化，令我們不得不思考，如何運用社區義工、長者勞動力、以及年輕一代，在不同社區崗位上回應長者人口健康需要的進路。協會的社區發展服務，透過「認知友善社區計劃」和「童心同行小護士社區計劃」，大力推動長幼共融、社區教育、以及招募社區義工就長者健康需要方面，進行培訓和實踐。

Fifteen years have passed since CCAF's establishment. During this period, Hong Kong's older adult population has risen substantially, while the old-age support ratio has declined sharply. These demographic shifts compel us to consider how best to mobilise community volunteers, older adults' productive capacity, and the younger generation to meet seniors' health needs across different community roles. Through our community development services, such as "Cognitive Friendly Community Scheme" and "Little Nurse Community Care Programme", we actively promote intergenerational inclusion, community education, and the recruitment and training of community volunteers to address the health needs of older residents.

機構管治

Corporate Governance

為配合整個協會發展，協會在管理能力、人才發展、醫護服務質素上，都進行了一系列的革新，例如就兩個「銀鈴醫護站」的室內空氣質素、衛生、相關牌照要求的流程管理上，我們訂定了高標準的要求；同時，我們正在重整服務數據系統，對十多個護士站的長者健康數據進行分析與研究，以期更科學地依據服務地區長者的需求，歸納出機構未來的發展方向。而備存的服務成果，亦有助進行政策倡議。

To align with our overall development, we have undertaken a series of enhancements in management capability, talent development, and healthcare service quality. For example, we have set high standards for indoor air quality, hygiene, and licensing-related process management at our two "CareAge Health Centres". At the same time, we are restructuring our service data systems to analyse older adults' health data from more than ten nurse stations, enabling our future development directions tailored to their needs in each service area. The cumulative service outcomes will also support our policy advocacy.

機構社會責任

Corporate Social Responsibility

協會在發展服務及推行政策時，亦致力於更有效地履行社會責任，與員工共同在項目設計與實施中，響應聯合國的永續發展目標，建立一間關注貧窮、締造健康公平、建立長者友善社區的機構。

In developing services and implementing policy initiatives, our organization is committed to fulfilling its social responsibility more effectively. Together with our staff, we integrate the United Nations Sustainable Development Goals (SDGs) into project design and execution, building an organization that addresses poverty, promotes health equity, and fosters age-friendly communities.

綜觀協會本年的在各方面的快速發展，除有賴主席和一眾理事在方向上明確帶領和支持外，亦有賴一眾員工處處替服務使用者「想多一步、行多一步」，勇敢創新。展望未來一年，我們會持守本會使命，繼續為社區中的長者作健康的守護者。

Reflecting on our rapid progress this year, we are deeply grateful for the clear leadership and support of our Chairman and Board members, as well as the courageous innovation of our staff, who consistently "think a step further and go a step further" for our service users. In the year ahead, we will remain true to our mission and continue to serve as guardians of health for older adults in our community.

關護長者協會總幹事 梁振康先生
Mr. Leung Chun Hong Chief Executive, CCAF



銀鈴醫護站 CareAge Health Centre

健康問題的社會決定因素是世界衛生組織近年關注的項目之一。這些決定因素，具體是指人們出生、成長、受教育、生活、工作和年齡等條件，以及社會對這些條件造成的影響。本港長者的社會健康狀況，建基於已發展的醫療系統，已相較世界各地不同地方為佳。唯因不同的居住環境、經濟條件及教育水平有所不同，不少長者仍處於相對健康不平等的狀況。協會為改善這狀況，本年度積極發展及籌備在未來應對這群體的專科醫療需要，本會銀鈴醫護站，提供免費的綜合專科診斷服務，及早為低收入長者識別健康狀況，這些專科服務，包括眼科、耳鼻喉科、老人精神科、骨科及老人科等等。

The social determinants of health have been a key focus of the World Health Organization in recent years. They refer to conditions in which people are born, grow, are educated, live, work and age, and the broader forces that shape these conditions. While Hong Kong's older adults benefit from a well-developed healthcare system and, in many respects, enjoy better social health outcomes than other countries, disparities in living environments, economic circumstances and educational attainment mean that many elderly still face health inequities. To address these gaps, our organization has actively developed and prepared services to meet the specialist healthcare needs of the older population going forward. Our CareAge Health Centre provides free, integrated specialist diagnostic services to enable early identification of health conditions among low-income older adults. Specialties include ophthalmology, ear, nose and throat (ENT), geriatric psychiatry, orthopaedics, and geriatrics, among others.

臨床專科服務 Clinical Specialist Services



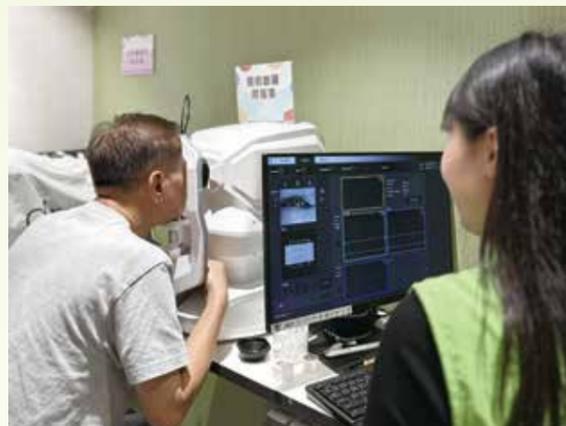
銀鈴護眼中心 Holistic Eye Care Hub

協會在利希慎基金會和維拉律敦治·荻西基金的支持下，於2024年8月1日起推展新計劃「銀鈴護眼中心」，項目設立在深水埗銀鈴醫護站。

With support from the Lee Hysan Foundation and the Vera Ruttonjee Desai Charitable Foundation, our organization launched the new "Holistic Eye Care Hub" on 1 August 2024, located within the Sham Shui Po CareAge Health Centre.

服務內容包括 Scope of Services

- ▶ 外展視覺篩查
- ▶ 視覺健康檢查（包括眼壓、眼底照片及護士健康分析）
- ▶ 光學斷層掃描（需經醫生指示後執行）
- ▶ 眼科醫生視力檢查
- ▶ 服務轉介（包括免費白內障手術）
- ▶ Outreach vision screening
- ▶ Comprehensive visual health assessment (including intraocular pressure measurement, fundus photography, and nurse-led health review)
- ▶ Optical Coherence Tomography (OCT) (performed upon doctor's order)
- ▶ Ophthalmologist consultation and examination
- ▶ Service referrals (including access to free cataract surgery)



截至2025年3月31日，共有808名服務對象（70%以上為獨居或「雙老」長者住戶）完成了視覺健康檢查。數據顯示，其中65%的人從未在公營醫療系統中接受過眼部醫療服務，當中更有超過95%被診斷有慢性眼疾，主要是白內障和與年齡相關的黃斑變性。這段期間82位長者經由合作伙伴—睛彩慈善基金的眼科醫生安排接受免費白內障手術。

長者的視力健康問題普遍存在，經濟困難和資訊不足、長時間的輪候情況等，均令長者在尋求醫療幫助上面對困難。此計劃顯著提升了社區弱勢長者獲取眼科服務的可行性，從而使他們更理解維持視力健康的方法，並為他們提供及時的介入，預防或延緩病情惡化。

現時，服務已逐步由深水埗拓展至本港其他地區，協助計劃推行的眼科醫生已超過15位，並在香港中文大學醫學院研究教授李瑞山先生的協助下進行了計劃模型的論文撰寫工作。我們可以看見未來弱勢長者社群在類似的服務模式支援下，將會獲得更有效的視力健康承托。

2024年8月1日至2025年3月31日

服務人數：

808人

未曾使用醫管局眼科醫療服務：

525人（佔65%）

有眼科跟進需要：

645人（佔80%）

護士諮詢：

100%

醫生面診：

247人（佔31%）

需每年覆診：

265人（佔33%）

男女比例：

男26% / 女74%

服務使用者年齡中位數：

74歲

As of 31 March 2025, a total of 808 service users (over 70% of whom were older adults living alone or two-elderly households) had completed visual health assessments. The data indicates that 65% had never received ophthalmic care within the public healthcare system, and over 95% were diagnosed with chronic eye conditions, chiefly cataract and age-related macular degeneration. During this period, 82 older adults received free cataract surgery arranged by ophthalmologists from our partner, the Eye Care Charitable Foundation.

Visual health problems are prevalent among older adults. Financial constraints, limited access to information, and lengthy waiting times often hinder their help-seeking. This programme has significantly improved access to ophthalmic services for disadvantaged seniors in the community, enhanced their understanding of vision health maintenance, and enabled timely interventions to prevent or slow disease deterioration.

The service has progressively expanded beyond Sham Shui Po to other districts across Hong Kong. More than 15 ophthalmologists now support programme delivery. With the assistance of Prof. Shui-shan Lee of the Faculty of Medicine from the Chinese University of Hong Kong, the development of an academic paper on the programme model has been prepared. We anticipate that vulnerable older populations will benefit from more effective vision-care support with similar service models in the years ahead.

1 August 2024 - 31 March 2025

Total service users:

808 people

No prior Hospital Authority ophthalmology service:

525 people (65%)

Required ophthalmology follow-up:

645 people (80%)

Nurse consultation:

100%

Face-to-face doctor consultation:

247 people (31%)

Annual check-up required:

442 people (55%)

Gender ratio:

Male 26% / Female 74%

Median age of service users:

74 years



臨床專科服務 Clinical Specialist Services



聽覺護理 Hearing Care

視力問題和聽力問題與長者的認知能力、社交溝通和情緒健康都有莫大關聯，承接本會近年展開的認知友善社區計劃，以及本年度新設的全方位眼科中心的服務經驗，因此，我們開始為有聽力減退的長者提供護士諮詢服務，於十多個已投入服務的護士站推行，由註冊護士為區內長者提供聽力檢查，並感謝袁寶榮教授和黃懿行教授的支持，為有聽力需要的長者提供義診。



Vision and hearing impairments are closely linked to older adults' cognitive function, social communication, and emotional well-being. Building on our recent Cognitive Friendly Community Scheme and the service experience of this year's newly established Holistic Eye Care Hub, we have commenced nurse-led consultations for seniors with reduced hearing. Implemented across more than ten operational nursing stations, registered nurses provide hearing screening for local older residents. We also extend our gratitude to Prof. Yuen Po Wing and Prof. Wong Yee Hang for their support in offering free specialist consultations to seniors with identified hearing needs.

預防跌倒 Fall Prevention

協會多年來於秀茂坪邨及寶達邨的工作中，為長者提供防跌服務。我們了解到，環境與長者健康密切互相影響，因此於深水埗的設計了「防跌樂活計劃」，並得匯豐香港社區夥伴計劃支持，為深水埗區居於不利居住環境、例如居於區內沒有電梯的「唐樓」和「劏房」的長者，提供防跌教育及家居支援服務，並得骨科專科陳威虎醫生提供義診服務。



Over the years, our organization has provided fall-prevention services for older residents in Sau Mau Ping Estate and Po Tat Estate. Recognising the close interplay between environment and seniors' health, we designed the "CareAge Fall Prevention Program" in Sham Shui Po, supported by the HSBC Hong Kong Community Partnership Programme. The initiative delivers fall-prevention education and home-based support to older adults living in unfavourable housing conditions, such as walk-up "tong lau" without lifts and "subdivided units", and includes free consultations by Dr. Chan Wai Fu, a specialist in orthopaedics.

服務人數：	Total service users:
819 人	819 people
護士評估：	Nurse assessments:
100%	100%
防跌教育：	Fall-prevention education:
100%	100%
運動處方：	Older adults who receive exercise prescriptions:
143 人	143 people
家居支援：	Older adults who receive home-based support:
200 人	200 people
醫生面診：	Older adults who receive face-to-face doctor consultations:
104 人	104 people



社區健康服務
Community Health Services



銀鈴護士站
CareAge Nurse Station

本地人口持續老化，按政府於基層醫療藍圖所陳述，在 2021 年至 2030 年的十年間，65 歲及以上人口將由 2021 年的 150 萬上升至 2039 年的 252 萬。這增幅反映了本地對長者健康服務的需求大大上升，縱然政府就這個年齡層所提供的醫療服務已較全球大部分地方投入更多和完備，我們仍然不難觀察到，不少長者仍沒有或未能使用相關服務。協會就此進行探討，嘗試推動一套涵蓋最有需要的長者群體的醫療保障服務模式，銀鈴護士站服務遂成為了社區保護長者健康的第一層防線。

本會自 15 年前已發展以地區為本的長者基層醫療服務，旨在協助社區中對慢性疾病和健康知識認識不多的長者更好地了解自身狀況，同時讓不良於行和缺乏健康資源的高齡長者（80 歲及以上）能夠獲得更易達的健康諮詢與管理服務。至今銀鈴護士站已提供服務予本地十多個屋邨及社區：



上述區域長者居住人口超過 12 萬，為更有效分析不同地域的長者健康需要，本年度服務將更有系統就長者健康資訊進行分析，以確實了解地區長者的介入方案。而護士站服務聚焦於滿足服務使用者健康需要、以及增權其以自主健康管理。

Hong Kong's population continues to age. According to the Government's Primary Healthcare Blueprint, over the decade 2021–2030, the population aged 65 and above is projected to rise from 1.5 million in 2021 to 2.52 million by 2039. This growth reflects a substantial increase in demand for elder health services. Although healthcare services provision for this age group is comparatively well resourced compared to most countries in the world, many older adults still do not, or cannot, access relevant services. In response, our organization has explored and tried to implement a health-protection service model that prioritises those most in need. Hence, the CareAge Nurse Station has become a first line of defence in safeguarding seniors' health in the community.

For fifteen years, our organization has developed district-based primary healthcare services for older adults. We aim to help seniors with limited knowledge of chronic diseases and health literacy better understand their own health and to provide more accessible consultation and care management for older residents (80+) with mobility issues and limited access to health resources. To date, the CareAge Nurse Stations operate across more than ten estates and communities, including:

The older-adult population living in the above service areas exceeds 120,000. To more effectively assess locality-specific health needs, our services will undertake a more systematic analysis of seniors' health data this year, enabling us to identify evidence-based intervention plans for each district. The Nurse Station service will continue to focus on meeting users' health needs and empowering them to self-manage their health.

服務可達
Service Accessibility

服務在全人醫療保障中扮演的角色，包括以「社區為本」，服務點設於長者居住地，亦同時設有上門家訪，為可達性極高的服務模式，便於長者使用；服務地區的選擇，針對屋邨重建、長者人口密集、地區較不便利、生活條件不利等要素而設，讓居住環境有較高健康風險的長者得到照顧。

Within a comprehensive, person-centred care framework, our model is "community-based"; service points are located within older residents' living communities, complemented by home visit services to maximise accessibility and ease of use. Service areas are selected with reference to factors such as estate redevelopment, high concentrations of older residents, transport and geographic inconvenience, and adverse living conditions, ensuring that seniors exposed to higher environmental health risks receive appropriate care.

免費服務
Free Services

我們為 60 歲或以上，經濟條件不利的一群為服務對象，提供完全免費的健康服務，改變長者對「健康等如花費」的印象，提升他們注意個人健康的動機。而護士站亦會轉介服務使用者至本會的兩所「銀鈴醫護站」，在服務點由不同專科醫生提供免費的診治服務。

We provide fully free health services to economically disadvantaged adults aged 60 and above, countering the perception that "health means expense" and strengthening their motivation for personal health management. Nurse Stations also refer service users to our two "CareAge Health Centre", where specialist doctors deliver free consultations and treatment at the service points.



服務內容覆蓋面廣
Broad Scope of Services

護士站的服務範圍廣泛，除了將個案分流至本會醫護站由醫生診斷外，更涵蓋了從健康評估、長者復康到社區健康發展等多個層面。註冊護士會於護士站或透過外展，為長者提供全人健康評估。此評估是參照世衛所提出的 ICOPE 問卷及「內在健康力」框架進行，從肌肉功能、感官功能、認知功能、活力功能、情緒健康、社區參與及照顧者支援等多個面向，找出服務使用者的潛在需求，並據此設計個人化的介入方案。

Our Nurse Stations provide a wide-ranging suite of services. In addition to triaging cases to our Health Centre for doctors' diagnosis, the scope spans health assessment, geriatric rehabilitation, and community health development. Registered Nurses conduct holistic health assessments on-site or through outreach. These assessments draw on the World Health Organization (WHO) ICOPE (Integrated Care for Older People) screening and the "Intrinsic Capacity" framework, identifying potential needs across multiple domains—including muscle, sensory and cognitive function, vitality, emotional well-being, community participation, and caregiver support, informing the design of individualised intervention plans.

彩虹邨
Choi Hung Estate

香港對公營房屋的需求從未間斷，而屋邨重建正是回應房屋需求的重點之一。2024年施政報告指出，房委會正進行11個重建計劃，今年內會公布重建彩虹邨的研究結果和細節，明年會公布西環邨及馬頭圍邨的重建方案。過去有眾多文獻與研究指出，搬遷對長者健康可能產生不良影響。我們關注到老舊公屋中住有大量長者，他們數十年來已習慣自身的居住環境，面對重建，他們的身心適應及現時的健康狀況，均會面臨種種挑戰。有見及此，協會本年加大服務面臨重建屋邨的護士站服務，以回應這群長者的健康需要。

彩虹邨重建的時間表於2024年10月出爐後，我們便立即啟動「彩虹邨銀鈴護士站」服務，並獲陳登社會服務基金支持，於未來三年支援區內因重建而有健康服務需要的長者。由註冊護士為他們提供社區為本的健康諮詢；社工以各類社區連繫活動作「社會處方」，為他們提供情緒健康支援；並以家居樂齡科技為他們進行室內防跌偵測等等。

借鑑過往在真善美村重建計劃中提供護士站的經驗，本會深切明白為行動不便的長者提供到戶服務的必要性，是次計劃除了由社工護士上門提供服務外，亦大力推動屋邨內不同團體協作，為區內行動不便的雙老及獨老戶作恆常性探訪。亦有幸得邨內李信昌醫生及不同商戶的支持，為這些長者免費或以優惠價格給予種種健康相關的支持。

Demand for public housing in Hong Kong has remained high, and estate redevelopment is one of the key responses to this need. The 2024 Policy Address noted that the Housing Authority is undertaking 11 redevelopment projects; the study findings and details for Choi Hung Estate will be announced within the year, with redevelopment proposals for Sai Wan Estate and Ma Tau Wai Estate to be released next year. Much literature indicates that relocation may adversely affect older adults' health. We are concerned that many seniors reside in old public housing estates and have become accustomed to their living environments over decades. In the face of redevelopment, they will encounter multiple challenges in terms of physical and psychological adjustment and their current health status. In view of this, our organization has strengthened Nurse Station services in redevelopment-affected estates to respond to seniors' health needs.

Following the release of the Choi Hung Estate redevelopment timetable in October 2024, we immediately launched the "Choi Hung Estate CareAge Nurse Station" service, with support from the Chan Dang Social Services Foundation, to assist older residents with health needs arising from redevelopment over the next three years. Registered nurses provide community-based health consultations; social workers offer psychosocial support through community connection activities as a form of "social prescribing"; and we deploy ageing-in-place technology for in-home fall detection.

Drawing on our prior experience operating a Nurse Station during the redevelopment of Chun Seen Mei Chuen, we fully recognise the necessity of door-to-door services for mobility-limited seniors. In addition to home visits by nurses and social workers, the current programme fosters collaboration among estate-based organizations to conduct regular visits to two-elderly and solo-elderly households with mobility limitations. Our organization is also grateful for the support of Dr. Li Shun Cheong, an estate-based doctor, and various local businesses, who provide health-related assistance to these older residents free of charge or at concessionary prices.

(相片由羅偉業先生提供)
(Photograph provided by Mr. Lo Wai-yip, Tony)



愛民邨銀鈴醫護站 - 長者社區健康實驗室
Oi Man Estate CareAge Health Centre—
Community Health Lab for Older Adults

我們在社區中提供醫護服務時觀察到，長者由於罹患多種長期疾病，常以「病人」身份自居，個人健康多按專業人士的「指示」和「安排」而為。我們深信長者是有能力自主管理其個人健康的。為達致「由治療到自強」，讓長者更常自主健康生活，協會於愛民邨銀鈴醫護站試行多項由長者設計的健康活動。

In delivering healthcare services in the community, we have observed that many older adults are living with multiple chronic conditions. They tend to identify themselves primarily as "patients", with personal health decisions largely shaped by professional "instructions" and "arrangements". We believe older adults are fully capable of self-managing their health. To advance the shift "from treatment to empowerment", enabling older adults to lead healthier lives autonomously, we piloted a series of health activities designed by older adults at the Oi Man Estate CareAge Health Centre.

社區營造
Community Building

服務舉行了多場以社區健康為主題的小組，讓參與的長者分享他們在邨內健康的需要。同時，亦連結了區內不同的機構與持份者，包括地區的長者中心、青少年中心、綜合家居服務隊、街坊義工、商場保安、物業管理處和社區商戶。透過這些跨界別的合作，我們得以更全面地了解長者在社區中的多元需要，並共同協作設計更貼地的健康支援服務。

We convened multiple small-group sessions on community health, where participating older adults shared their health needs within the estate. In parallel, we connected with a range of local organizations and stakeholders, including elderly centres, youth centres, Integrated Home Care Services Teams, neighbourhood volunteers, shopping-mall security staff, property management offices, and local merchants. Through this cross-sector collaboration, we gained a more holistic understanding of seniors' diverse needs in the community and co-designed health support services that are practical to them.

由服務設計到實踐

From Service Co-Design to Application

這些服務設計的實踐並不複雜。例如，有長者表達希望在自己方便的時間到中心使用健康運動設施，或在進行「關節熱敷」時能與其他長者交流，一邊治療一邊閒話家常。這些調節對服務是相當容易處理的，但平時卻因以「個案管理」的角度編排服務，令服務缺乏「溫度」。



Putting these co-designed ideas into practice is not complicated. For example, some older adults wished to access exercise facilities at times convenient to them or to chat with peers while receiving "heat therapy" for joints, combining treatment with friendly conversation. Such adjustments are straightforward to implement, yet are often overlooked when services are treated solely through a "case-management" lens, which can make these services feel impersonal and lacking "warmth".

長者自行管理日常健康生活習慣，在「治未病」的角度是更優於持續由專業醫護人員恆常作出健康管理的指示，長遠提升社區整體長者的健康。

Encouraging older adults to self-manage their daily health routines, from a preventive perspective, "treat before illness" is preferable to receiving ongoing instructions from healthcare professionals exclusively. This contributes to improved health among seniors in the community in the long term.

社會科研及探索不同健康介入方案

Social Research and Exploration of Various Health Interventions

服務亦與各大專院校合作，進行多項學術研究訪談及嘗試不同的健康介入方案。舉例，本年度服務便與香港理工大學進行了「探索年長長期病患者的失控感經歷」、「音樂律動結合認知與體能雙重訓練」、「一站式音樂律動應用程式」等研究，亦與香港城市大學進行了「留港長者支援小組」，探索以接納與承諾治療方法去幫助長者舒緩情緒困擾等等。

未來，服務單位將與學術界有更緊密的連繫，讓科研與社區服務接軌，使彼此在締造社區健康的工作上，創造出更多有利長者的新方案。

We also collaborate with local universities to conduct academic interviews and pilot a range of health intervention approaches. For example, during the year, we partnered with The Hong Kong Polytechnic University on studies including "Exploring the Experience of Loss of Control among Older Adults with Chronic Illness", "Music-with-Movement Simultaneous Cognitive-Motor Dual-Task Training", and "One-stop Music-with-Movement Application". We also worked with the City University of Hong Kong on a "Support Group for Older Adults Remaining in Hong Kong", exploring the use of Acceptance and Commitment Therapy (ACT) to alleviate older adults' emotional distress.

Looking ahead, the service unit will strengthen ties with academia to better align scientific research with community services, co-creating innovative, elder-friendly solutions that advance community health.





「編織關愛 健康滿載」 認知友善社區計劃 "Love Connection" - Cognitive Friendly Community Scheme

在社區投資共享基金資助下，協會舉辦了一系列活動，凝聚社區力量，共同建設認知友善環境。透過大型計劃和社區活動，將自主管理健康，以及社區自發參與締結長者友善社區的概念推動社區改變。

為了響應每年9月份的「世界認知障礙月」，本會銀鈴醫護站（何文田），於2024年9月28日（星期六）在何文田邨舉行了啟動典禮及嘉年華，多個區內合作伙伴、義工團體、中學及大學學生等，與區內長者共聚一堂，向區內人士宣傳關心長者的文化及認知友善概念。

啟動典禮承蒙多位嘉賓撥冗出席，擔任主禮嘉賓，本會謹此致以衷心感謝。出席嘉賓包括：民政事務總署九龍城民政事務處蘇麗儀女士及冼寶琮女士、九龍城及油尖旺區福利辦事處張詠暉女士，以及九龍城區議會議員陳治華先生。

With support from the Community Investment and Inclusion Fund (CIIF), our organization organized a series of activities to mobilise community strength and jointly build a dementia-friendly environment. Through large-scale programmes and community events, we promoted health self-management and community-led participation to promote the co-creation of an age-friendly community.

In response to "World Alzheimer's Month" each September, the CareAge Health Centre (Ho Man Tin) held a launch ceremony and community carnival on Saturday, 28 September 2024, at Ho Man Tin Estate. Several community partner organizations, volunteer groups, and students from secondary schools and universities gathered with the older adults in the district to promote a culture of caring for the elderly and raise awareness of the dementia-friendly community concept.

CCAF is grateful to our officiating guests for taking the time to attend our launch ceremony. Attending guests included, Ms. So Lai Yee, and Ms. Sin Po King from Kowloon City District Office of Home Affairs Department, Ms. Chang Wing Fai from Kowloon City & Yau Tsim Mong District Social Welfare Office, and Mr. Chan Chi-wah from Kowloon City District Councillor.



新世界義工團隊關懷長者，帶著滿滿的關懷和節日禮品，為他們送上暖心的祝福，長者亦向義工分享生活點滴

With heartfelt care and festive gift packs, the New World volunteer team offered warm wishes to older adults, while the seniors shared their stories and smiles in return



新世界義工團隊積極參與由本機構舉辦的「輕度認知障礙長者義工培訓」。提升對輕度認知障礙（MCI）長者的理解和支援能力

The New World volunteer team actively participated in CCAF's "Volunteer Training for Older Adults with Mild Cognitive Impairment (MCI)", to enhance their understanding of this condition and strengthen their capacity to support affected older adults

義工活動 Volunteer Activities

協會的工作遍及全港多條長者人口比例甚高的公共屋邨。以秀茂坪邨為例，65歲或以上人口超過8,000人。為回應此社區高齡化的現狀，我們積極培訓義工，定期上門探訪行動不便的長者，了解他們的近況與健康需求。另外，亦會適時凝聚照顧者和與社區較少接觸的長者，透過活動提升他們的社交接觸度，並協助他們建立新的社交網絡，預防因社交孤立而致的種種情緒疾病。

Our organization's work is carried out in multiple public housing estates across Hong Kong with high proportions of older residents. Using Sau Mau Ping Estate as an example, it has over 8,000 residents aged 65 or above. In response to the reality of community ageing, we actively train volunteers to conduct regular home visits to older adults with mobility limitations, understanding their situations and health needs. Moreover, we also bring together caregivers and socially isolated seniors through targeted activities to increase their social engagement, as well as help them build new support networks, thereby preventing psychological conditions that can arise from social isolation.



感謝怡和餐飲集團義工們的愛心陪伴，與長者共度溫馨時光

Our sincere thanks to the volunteers from Jardine Restaurant Group for their kind companionship, creating treasured moments with older adults



日本命力的義工團隊先到中心進行有關與患有認知障礙症長者溝通的訓練，再到愛民邨進行探訪

The volunteer team from Meiriki undertook training at the Health Centre on communicating with older adults with cognitive impairment, then conducted outreach visits at Oi Man Estate



透過萊坊義工團隊的協助，我們能更深入地進行家訪，了解長者的實際困難與需求，例如排查家居環境中可能導致跌倒的潛在風險

With the support of Knight Frank volunteers, we are able to conduct more in-depth home visits to understand older adults' actual difficulties and needs, such as identifying potential household hazards that may lead to falls



CityCut Hair Salon 與「盛放之光」義工隊將於新年前夕，為計劃內的長者提供上門義剪及派送揮春服務

Before the New Year began, CityCut Hair Salon and the volunteer team from "Blooming Light" provided door-to-door complimentary haircuts and distributed fai chun (traditional Lunar New Year poetry scrolls) to older adults who enrolled in the programme

協會活動
Association Events

大學合作活動
University Collaborative Activities



「一站式音樂律動應用程式」
"One-stop Music-with-Movement Application"

為促進長者認知健康，本中心與香港理工大學護理學院合作，開展了一系列關於智能訓練系統對改善長者健康成效的研究。首階段以「一站式音樂律動應用程式」為核心，結合懷舊音樂與認知訓練；繼而引入「智能太鼓訓練系統」，將節奏遊戲與體能鍛煉相結合，有效提升手眼協調能力並活動上肢肌肉；至第三階段則推行「音樂律動雙重訓練」，通過每週一次的小組運動及配合音樂的家居訓練，深化干預效果。此系列研究旨在綜合分析這些訓練對患有潛在可逆性認知衰弱長者的影響。

To promote cognitive health in older adults, our Centre collaborated with the School of Nursing at The Hong Kong Polytechnic University on a series of studies investigating the effectiveness of intelligent training systems in improving seniors' well-being. In the initial phase, the project centred on the "One-stop Music-with-Movement Application", which integrated reminiscence music with cognitive training. This was followed by the introduction of the "Intelligent Taiko Training System", a programme that combined rhythm-based gameplay with physical exercise to improve hand-eye coordination and promote upper-limb muscle activation. In the third phase, we implemented the "Music-with-Movement Dual-Task Training", consisting of weekly group exercise sessions complemented by a structured home-based programme incorporating musical elements. Collectively, these phased studies aimed to comprehensively analyse the effects of the interventions on older adults with potentially reversible cognitive frailty.





東華學院護理系學生 - 軟餐體驗班
Tung Wah College School of Nursing - Soft Diet Experience Workshop

香港大約每五人就有一人為長者，與年齡老化相關的疾病如認知障礙症、肌少症、柏金遜症、中風等皆有機會引致吞嚥困難問題。機構一直本著通過社區層面健康教育，讓長者可預防與改善其吞嚥和營養問題，從而提升他們的生活質量與福祉。藉此我們很感謝大快活集團及東華學院護理系學生，用心設計活動，從心理、知識和體驗三方面入手，幫助長者正確認識健康與軟餐的意義，改變他們對軟餐的偏見，接受健康飲食的新理念，增強他們的健康信心。

不少長者的反饋，他們覺得「軟餐唔啱胃口，無味又有口感，會好慘。試諗下，要到真係需要食嗰日，心情一定會好低落，會覺得自己真係老咗、弱咗，甚至覺得冇晒尊嚴。」完成活動後，不少長者表示：「我而家唔再覺得食軟餐係一件負面的事，原來軟餐都可以咁有創意，唔單止有營養，仲可以好靚、好好味！」

About one in five people in Hong Kong is an older adult. Ageing-related conditions — such as dementia, sarcopenia, Parkinson's disease and stroke, can lead to swallowing difficulties. Our organization is committed to community-level health education to help older adults prevent and improve swallowing and nutrition problems, thereby enhancing their quality of life and wellbeing. We are grateful to Café de Coral Group and students from the School of Nursing at Tung Wah College for thoughtfully designing activities that addressed mindset, knowledge and hands-on experience, helping participants understand the role of soft and texture-modified diets, challenge stigma, embrace healthy-eating concepts, and build confidence.

Many older adults provided feedback, saying "Soft diets don't suit my taste. They're bland and have no texture. It would be miserable. Imagine the day I really have to eat them; I will feel very low, feel old and weak, and even feel I have lost my dignity." After the activities, many shared, "I no longer see soft diets as something negative. They can be creative, nutritious, attractive and truly delicious!"



聖方濟各大學 - 物理治療綜合臨床中心：
「認識防跌」講座及防跌篩查 × 防跌運動班
Saint Francis University - Integrated Physiotherapy Clinical Centre:
"Understanding Falls Prevention" Talk and Falls Screening ×
Falls-Prevention Exercise Class

在一場防跌篩查中，超過9成的參加者被評估為跌倒風險較高及肌力弱，物理治療師表示協會護士站篩選出的長者的行動能力，比一般於長者中心中見到的平均水平更差。社區中的長者普遍存在身體機能退化的問題，尤其是在平衡能力和肌力方面。是次與聖方濟各大學 - 物理治療綜合臨床中心的治療師及實習學生們合作，在完成篩查後，為長者提供為期兩個月的運動班，設計一系列專門針對強化腿部肌肉和提升平衡的運動，以提升老友記們的健康狀況。

有一位服務使用者分享：「之前行路時，我常常覺得斜路走起來特別吃力，以為是鞋子太重。非常感謝中心安排篩查，讓我及早發現自己屬於高風險跌倒的群體。經過兩個月的運動班，受到物理治療師的鼓勵腿部肌肉的鍛鍊，現在我的腳有力了很多，走斜路不再那麼困難了。雖然運動班已經結束，但我仍然保持腿部肌肉運動習慣。我還邀請朋友與我一起前往聖方濟各大學的物理治療綜合臨床中心參加運動活動，讓我們認識不同的社區資源。」

In one round of falls screening, over 90% of participants were assessed as having a higher risk of falls and reduced muscle strength. The physiotherapists noted that older adults referred through our nursing station generally presented with lower mobility than the average seen at elderly centres. This reflects the common functional decline among community-dwelling older adults, particularly in balance and muscular strength. In collaboration with therapists and placement students from the Saint Francis University - Integrated Physiotherapy Clinical Centre, we offered a two-month exercise programme following the screenings. The programme featured a series of exercises specifically designed to strengthen lower-limb muscles and improve balance, with the aim of enhancing participants' overall health.

A service user shared, "When walking before, I often found slopes especially strenuous and thought my shoes were too heavy. I'm grateful for the screening, which helped me identify my high fall risk early. After two months of classes — and with the physiotherapists' encouragement and leg-strength training — my legs feel much stronger and walking uphill is no longer so difficult. Although the classes have ended, I've kept up my leg-strength exercises. I've even invited friends to join activities at the Saint Francis University Integrated Physiotherapy Clinical Centre so we can learn about different community resources together."



中醫義診

Free Traditional Chinese Medicine Consultations

銀鈴醫護站一直以來都定期舉辦中醫義診服務。並以「中西合璧」的理念，結合中醫與西醫的專業優勢，為長者提供全面而持續的健康支持。短短兩年間，該服務已惠及近 200 位長者。服務模式結合了護士的專業評估與中醫的治療，由本會的註冊護士會為長者進行身體狀況的全面評估，了解他們的健康需要，並根據評估結果轉介至中醫師，由中醫師提供針對性的診斷與治療。此外，註冊護士還會持續跟進長者的身體情況，密切監察健康變化，確保他們能獲得持續而適切的醫療支援。

當中一位服務使用者就表示「年紀大了，身體這裡痛、那裡不舒服是常有的事。但係經濟條件不好，一來要花錢，二來排隊又麻煩又要等好耐，係銀鈴醫護站的中醫義診，呢度醫師免費幫我睇症、開藥，仲有啲中醫講座教如健康飲食、簡單的穴位按摩，舒緩下我痛咗幾十年的膝頭。係銀鈴，除了見完中醫師，平日仲有護士和社工姑娘跟進我的身體情況。呢度唔單止治病啊，更重要係給我帶來了一種被關心、被尊重的感覺。每次義診來的醫生和職員都很耐心，同我們傾計、了解和關心我的生活情況。」

The CareAge Health Centre regularly organises free traditional Chinese medicine consultation services. Guided by an "integrated Chinese-Western care" approach, the service combines the strengths of traditional Chinese medicine and Western medicine to provide older adults with comprehensive and continuous health support. In just two years, the programme has benefited nearly 200 older adults. Our service model integrates professional nursing assessment with traditional Chinese medicine treatment. Registered nurses from our organization first conduct a comprehensive health assessment to understand each participant's needs. Based on the assessment, referrals are made to traditional Chinese medicine practitioners for targeted diagnosis and treatment. Registered nurses then provide ongoing follow-up, closely monitoring changes in health status to ensure continuous and appropriate care.

A service user shared, "As I get older, aches and discomfort here and there are common. But with limited finances, treatment can be costly, and public queues are long. At the CareAge Health Centre's free traditional Chinese medicine clinic, the doctors see me and prescribe medication at no charge. There are also talks on healthy eating and simple acupressure techniques that have eased my knee pain for decades. Beyond seeing the traditional Chinese medicine doctor, nurses and social workers follow up with me regularly. This place doesn't just treat illness, it makes me feel cared for and respected. Every visiting doctor and staff member is patient, talks with us, and takes time to care about our life situations."





秀茂坪邨 (計劃由公益金資助)

Sau Mau Ping Estate (Programme Funded by The Community Chest)

秀茂坪邨是全港最多人居住的公共屋邨之一，邨內 65 歲或以上長者人口超過 8,500 人。屋邨依山而建，不少長者日常大部分時間都在山上生活。由於地理環境因素，長者面對醫療服務可及性不足、較高跌倒風險，以及因氣溫變化而引發疾病的問題。

Sau Mau Ping Estate is one of Hong Kong's most populous public housing estates, with over 8,500 residents aged 65 or above. Built on a hillside, many older adults reside on the upper levels. Due to its geography, they face limited access to healthcare services, a heightened risk of falls, and greater susceptibility to illnesses triggered by temperature fluctuations.

秀茂坪邨護士分享

Sau Mau Ping Estate Nurse's Sharing

長者往往帶著不同的健康問題卻不會主動求醫；設於社區的「銀鈴護士站」，正好成為我們發掘並處理這些隱憂的前哨站。

Older adults often live with unaddressed health issues. The community-based "CareAge Nurse Station" acts as a frontline outpost to identify and manage these concerns.

有一次，七十多歲的許婆婆來到護士站諮詢。我留意到她雙腳明顯腫脹，細問之下得知情況已持續四個月，嚴重影響其日常生活。翻閱她的用藥紀錄後，我發現她正在服用的降血壓藥，其常見副作用正是周邊性水腫。經過解釋及轉介後，醫生為她處方了新藥，水腫情況大有改善。

Once, Mrs. Hui, in her seventies, came for a consultation. I noticed significant leg swelling, which had persisted for four months and greatly impeded her daily life. A review of her medication record revealed her antihypertensive drug commonly causes peripheral oedema. After my explanation and referral, a doctor prescribed a new antihypertensive, which greatly reduced the swelling.

然而，新藥卻引發了持續的乾咳。第二次見面時，她告知已經咳嗽一個月。我再次查看用藥紀錄，發現此新藥的副作用正包括乾咳。於是我再次準備轉介信，建議她與醫生商討。最終，醫生找到合適的替代藥物，同時解決了腳腫和咳嗽的問題。許婆婆放下心頭大石，我也感到欣慰。

However, the new medication induced a persistent dry cough. At our next meeting, she reported coughing for a month. Re-checking her medication, I found dry cough was a known side effect of the new drug. Another referral was made. Ultimately, the doctor identified a suitable alternative medication that resolved both issues. Mrs. Hui was relieved, and I felt gratified to have helped.

社區護士的工作，就是透過觀察和健康教育，成為守護長者健康的第一道防線。持續關懷與跟進，是引領長者獲得適切治療的關鍵橋樑。

Through observation and health education, community nurses serve as the first line of defence in safeguarding older adults' health. This experience underscored that sustained care and follow-up are the vital bridge connecting seniors to timely and appropriate treatment.



彩虹邨 (計劃由陳登社會服務基金資助)

Choi Hung Estate (Programme Funded by The Chan Dang Social Services Fundation)

彩虹邨社工分享

Choi Hung Estate Social Worker's Sharing

彩虹邨於 2024 年 10 月開始重建，計劃分三期遷拆，居民將分批於 2028 至 2043 年間搬遷。

The redevelopment of Choi Hung Estate was confirmed in October 2024, proceeding in three phases, with residents relocating between 2028 and 2043.

在由舊式理髮店改建的「彩虹邨生活館」內，老街坊鴻哥靜靜地向我分享搬遷的安排。站在邨內標誌性的大榕樹旁，他惋惜地說：「看著這棵樹苗長到和旁邊的中學一樣高，不知道清拆後能否保留下來。」他眼神中雖有遺憾，卻也坦然接受重建難免帶來的失落，讓人感受到歲月的「重量」。

At the "Choi Hung Estate Living Hub" — a converted traditional hair salon — long-time resident Mr. Hung quietly shared relocation details. Standing beside the estate's iconic banyan trees, he said wistfully, "I've watched this sapling grow as tall as the secondary school next to it. I wonder if it will be preserved after demolition." His eyes held regret, yet he accepted that redevelopment inevitably entails loss, making one feel the "weight of time."

鴻哥非常健談，每次我到邨內工作，總能遇見他。他曾毫不猶豫地答應擔任導覽員，帶領理工大學學生遊覽屋邨，分享往事。

Mr. Hung is very sociable. I often meet him during my visits. He once readily agreed to be a guide for Hong Kong Polytechnic University students, sharing stories and reminiscing about the estate's past.

「邨內很多長者都想住到終老，說不擔心搬遷是假的。不少人『無親無故』，想到要適應新環境就覺得很困難，但大家也明白，這邨太舊了，終究還是要離開。」

"Many older residents intend to live here until their end; saying they aren't worried about moving isn't true. Many have no one, and the thought of adapting to a new environment is daunting, but they understand the estate is old and they must leave someday."

社區猶如一位「老朋友」，是長者們心靈的依靠。每天望著熟悉的環境、與榕樹「打招呼」，已經成為他們減少孤獨感的日常習慣。將來他們搬離後，新建築雖然會成為話題，但老街坊在新地方仍然要面對各種挑戰。如何撫慰思念、珍惜回憶、維持健康，我們希望能夠繼續給予關懷，幫助他們在新環境中結識「新朋友」。

The community is like an "old friend," an emotional anchor. Seeing familiar sights and "greeting" the banyan trees daily are habitual connections that reduce loneliness. After they move, the new buildings will become a fresh topic. Yet, these elders will face new challenges: easing nostalgia, holding onto memories, and maintaining healthy routines. May these remain shared concerns, helping them find "new friends" in their new home.





蘇屋邨 (計劃由秀清慈善基金資助)

So Uk Estate (Programme Funded by The Sau Ching Charity Foundation)

蘇屋邨護士分享

So Uk Estate Nurse's Sharing

84歲的鄭婆婆，早年喪偶，獨居於公共住宅。她於五年前完成白內障手術後，視力一度改善。然而，近一兩年視力再次模糊，配戴老花眼鏡也沒有幫助。由於經濟困難，且已經在醫院管理局結束追蹤，她無法負擔私人診療，只能忍受日益衰退的視力，生活深受困擾，更曾險些發生意外。

今年二月底，鄭婆婆透過本會的外展視力篩檢被發現右眼視力嚴重缺損，隨後轉介至銀鈴醫護站作眼壓檢查、免放瞳眼底攝影及護士諮詢。經匯報予義務眼科專科醫生及其診斷後，她確診為中後期青光眼，右眼視神經已萎縮壞死，部分視野喪失。

雖然醫生立即將她轉介到醫管局門診，但輪候時間長達十四週。礙於鄭婆婆雙眼眼壓均高於正常水平，為延緩視神經萎縮及視力缺損，本會義務眼科專科醫生決定在等候期間為她提供社區支援，開立處方青光眼藥水。本會護士協助購買眼藥水，並提供用藥指導、眼壓監測及定期複診，同時全額資助藥費。

鄭婆婆的個案正是許多低收入長者的縮影：受限於經濟狀況，他們只能依賴公營醫療，往往等到併發症出現時才求助，進一步加重醫療負擔。基層醫療應加強為社區長者提供定期視力及聽力篩檢，讓他們能夠安心、安全地在社區安老。

Mrs. Cheng, 84, lives alone in public housing. Her vision initially improved after cataract surgery five years ago but later deteriorated. Reading glasses provided no improvement. Financially constrained and no longer eligible for public follow-up, she endured declining vision that impacted her daily life and nearly caused an accident.

In late February, our outreach screening identified severe right-eye visual impairment. Referred to our CareAge Health Centre for eye pressure checks and retinal imaging, she was diagnosed by our volunteer ophthalmologist with moderate-to-advanced glaucoma, with right-eye optic nerve atrophy already causing partial vision loss.

Despite an immediate Hospital Authority referral, the 14-week wait prompted our volunteer doctor to provide interim community care. He prescribed glaucoma medication, which our nurses helped obtain while providing medication guidance, pressure monitoring, and follow-ups, with full cost coverage.

Her case typifies many low-income seniors: limited to public healthcare, they often seek help only after complications develop. This underscores the need for primary healthcare to provide regular vision and hearing screenings, enabling safe ageing in place.



愛民邨 (計劃由陳登社會服務基金資助)

Oi Man Estate (Programme Funded by The Chan Dang Social Services Fundation)

義工分享 陳愷霖 (中文大學學生)

Volunteer Reflection—Chan Hoi-lam (Student from the Chinese University of Hong Kong)

珍(化名)於十年前結識關護長者協會，原為使用震震機及常規服務的普通會員。數年前經歷伴侶離世與子女移民的打擊，陷入低潮，充滿負面念頭，甚至萌生輕生之念，終日閉門不出，幾乎與外界斷絕聯繫。

轉機發生在銀鈴醫護站的一次護士諮詢中。細心護士察覺她的異常，主動關心並轉介她接受輔導。起初她質疑年輕的輔導員能否理解自己，但數次深入交談後，她逐漸體會到輔導所帶來的力量。最觸動珍的，是輔導員以「櫃桶」為喻，指出她將情緒深藏心底，如同塞滿雜物的抽屜，日久發霉。這句話初聽平淡，卻像種子落在心田。每當她看見家中櫃桶，這句話便浮現心頭。終於有一天，她鼓起勇氣，跟從輔導員的建議，將那些承載傷感記憶的物品逐一清理。她驚喜發現自己的心如同騰出空間的抽屜，變得輕鬆自在。

此外，前線同工持續關懷，他們主動問候、鼓勵她參與活動，讓她感受到接納與支持。即使情緒低落不願外出，她也會因同工的熱情邀請而踏出家門。

一次塗色活動中，珍從最初懷疑「你們當我是幼稚園小朋友嗎？」到逐漸沉浸其中，體驗久違的內心平靜，重新學習欣賞自己。

如今，珍已走出陰霾，不再受輕生念頭困擾。三個月前，她更由服務使用者轉為義工，形容自己「好似升呢」，雖責任加重，卻倍感滿足。她心懷感恩，感謝協會的陪伴與支持，讓她重拾生活意義與希望。

Jan first connected with CCAF ten years ago as a regular member using vibration therapy and routine services. Years later, the loss of her partner and her children's emigration left her deeply depressed. Filled with negative thoughts, she contemplated suicide, withdrew from society, and rarely left home.

A turning point came during a nurse's consultation at the CareAge Health Centre. The attentive nurse noticed her distress and referred her for counselling. Initially sceptical of the younger counsellor's ability to understand her, Jan gradually discovered the power of counselling through their conversations. What moved her most was the counsellor's "drawer" metaphor: "You've been storing all emotions deep inside, like a drawer stuffed with clutter - it's gone musty." Though simple, these words took root in her heart. Each time she saw her drawers at home, the metaphor resurfaced. Eventually, she mustered courage to clear out items carrying sad memories. To her surprise, her heart felt lighter - like a freshly organized drawer.

Frontline staff's consistent care also touched Jan deeply. Their warm invitations and encouragement made her feel accepted and valued. Even during low moments, their kindness often persuaded her to participate in centre activities.

During a colouring session, Jan initially wondered, "Do you think I'm a kindergarten child?" Yet as she coloured, she found unexpected inner peace and rediscovered self-appreciation.

Today, Jan has emerged from the shadows, free from suicidal thoughts. Three months ago, she transitioned from service user to volunteer, describing the change as "feeling like I've leveled up." While bringing more responsibility, volunteering gives her profound fulfilment. She remains deeply grateful for the Foundation's support in helping her rediscover life's meaning and hope.

人力資源發展
Human Resources Development

根據政府推算，普通科護理人員的人力供需差距在 2030 年及 2035 年將分別達到 14.0% 及 10.2%。此推算是基於補助及非補助機構、以及衛生署已知與規劃中的老人及復康服務等數據所進行。隨著高齡人口持續增加，慢性病管理對護理人力的需求日益殷切，加上各類醫療人力的需求，在維護長者健康的道路上，面臨人力短缺的問題。

本會以社區為本，致力締造健康公平的環境。鑑於社區人口高度密集，且需透過上門服務惠及高齡與行動不便的長者，對醫療人力的需求極高。為因應未來人口變遷的挑戰，近年來本會積極推動醫護服務的職務轉移、職務分享、及資源提升，旨在最大化專業醫療人員的核心職能貢獻。

「職務轉移」的實踐包括運用專業義工、企業、社區及長者義工分擔部分工作，例如改善長者孤獨感的家訪、陪同進行簡單運動處方、身心健康問卷評估等。

「職務分享」則透過強化「銀鈴醫護站」的專科服務，建立一站式醫護服務單位。醫護站的護理人員經過培訓後，能夠綜合評估長者的跨專科健康狀況，由義診醫生提供視力、聽力、骨科、老人科及精神科診斷，其他專業人員則協助提供各類專科的復健服務。此模式能減少不同專科個別輪候所產生的額外工序及重複人力需求。

優化支援系統
Optimising Support Systems

我們鳴謝施特偉科技（中國）有限公司的支持，與本會合力開發「雲 E - 長者健康數據平台」，平台運用空間數據分析技術，使協會能更有效地收集與整合不同地區的長者健康資料。系統亦有助外展工作時減低資料外洩風險，並促進協會無紙化紀錄大量資料，在空間數據運用、優化人力資源、風險管理、環保推動上都成為了協會一項重要改革。



Government projections show a supply-demand gap for Registered Nurses (General) of 14.0% by 2030 and 10.2% by 2035. These estimates are based on data from subsidized and non-subsidized organizations, as well as existing and planned elderly and rehabilitation services under the Department of Health. With Hong Kong's growing older population and rising chronic disease management needs, workforce shortages present a major challenge in elderly healthcare.

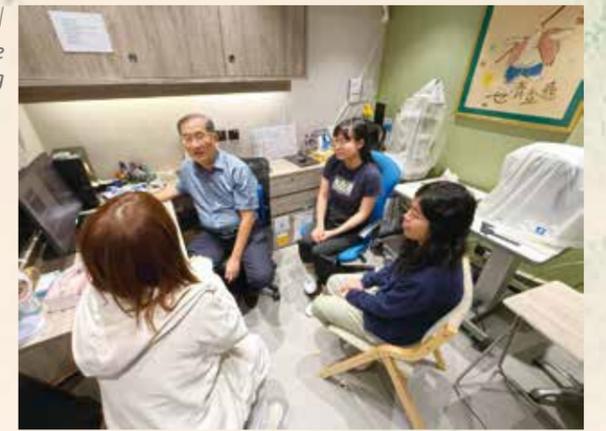
As a community-based organization, we are committed to health equity. Given high population density and the need for home-based services for older and mobility-limited residents, we face substantial demand for healthcare manpower. To address demographic challenges, we actively promote task shifting, task sharing, and resource enhancement to maximize professional contributions.

We implement "task shifting" by engaging professional volunteers, corporations, and community members to share responsibilities. This includes conducting home visits to reduce loneliness, accompanying seniors in simple exercise programs, and administering basic health assessments.

Through "task sharing", we enhanced the CareAge Health Centre as a one-stop service unit. Trained nurses conduct integrated cross-specialty assessments, while volunteer doctors provide diagnoses in ophthalmology, audiology, orthopaedics, geriatrics, and psychiatry. Other professionals deliver rehabilitation services, reducing duplicate processes from separate specialty referrals.

We extend our thanks to Cityray Technology (China) Limited for its support in co-developing the "ElderCloud". Leveraging spatial data analytics, this platform enables us to collect and integrate older adults' health data across different districts more efficiently. It also reduces the risk of data leakage during outreach activities and facilitates large-scale, paperless record-keeping. This represents a significant advancement for us in the application of spatial data, optimisation of human resources, risk management, and environmental sustainability.

蘇家駒醫生定期為護士提供個案指導及培訓
Dr. So Kar Kui provides nurses with regular case supervision and training



培訓及督導
Training and Clinical Supervision

為確保協會專業醫護人員的能力與質素，本年度大力推動員工培訓，並以不同專科醫生為首，為同工定期進行不同專科的個案醫護會議，指導同工更佳地為長者定立個別照顧計劃，提升同工評估長者健康需求的敏感度，確保協會發展過程中有人員有足夠的能力基礎。

To ensure the competence and quality of the professional healthcare workforce in our organization, we placed strong emphasis on staff development during the year. Led by doctors across multiple specialties, we convened regular, discipline-specific clinical case conferences to guide staff in formulating individualised care plans for older adults and to enhance their sensitivity in assessing the elderly's health needs. These efforts ensure our workforce has a solid capability base as our organization continues to grow.

質素檢定
Quality Assurance

協會致力提供優質專業的醫護服務，除由醫生指導同工更新護理程序外，亦加強內部監管，強化場地與服務的巡查，並成立內部檢察組確保符合服務牌照規範。

CCAF is committed to providing quality professional healthcare services. In addition to doctors guiding staff in updating nursing procedures, we have enhanced internal oversight through strengthened facility and service inspections, and established an internal compliance unit to ensure adherence to licensing requirements.

場地質素方面，除依法規管外，我們更重視空氣品質。感謝信山實業有限公司為銀鈴醫護站進行室內含菌量檢測，並提供醫療級空氣淨化系統，進一步保障服務使用者的健康。

Regarding facility standards, beyond regulatory compliance, we place emphasis on air quality. We extend our gratitude to RHT Industries Limited for conducting indoor microbial testing and supplying medical-grade air purification systems at our CareAge Health Centre, further protecting the health of service users.



信山實業有限公司詹嘉慧博士（環境及生態局能源諮詢委員會成員）為服務單位建議具能源效益的提升空氣質素的方案
RHT Industries Limited's Dr. Cathy Jim, a member of the Energy Advisory Committee under the Environment and Ecology Bureau, provided recommendations on energy-efficient solutions to improve indoor air quality at our service units



COMMUNITY CAREAGE FOUNDATION LIMITED
STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE
INCOME FOR THE YEAR ENDED MARCH 31, 2025

	Note	2025	2024
Revenue			
Donation received	3	\$ 998,777	\$ 835,611
Other fundings received	3	1,711,741	1,355,780
Funding from Chan Dang Social Services Foundation	3	205,368	848,846
Funding from The Hong Kong Jockey Club Charities Trust	3	833,273	3,166,667
Funding from The Community Chest of Hong Kong	3	1,142,300	1,436,143
Funding from Lee Hysan Foundation	3	1,519,005	-
Funding from Vera Ruttonjee Desai Charitable Fund	3	549,685	-
		<u>\$ 6,960,149</u>	<u>\$ 7,643,047</u>
Other income	4	<u>63,171</u>	<u>137,872</u>
		<u>\$ 7,023,320</u>	<u>\$ 7,780,919</u>
Expenditure			
Activities and campaign expense		\$ (700,657)	\$ (1,162,146)
Administrative expense	7	(337,000)	(319,228)
Bank charges		(9,595)	(3,900)
Depreciation		(68,769)	(24,925)
Expenses related to the funding for The Community Chest Po Tat CareAge Nurse Station	5	(1,083,739)	(812,662)
Insurance		(77,083)	(81,324)
Membership fee		(5,179)	(5,179)
Printing and stationery		(41,758)	(11,576)
Postage and courier		(572)	(530)
Rent and rates		(79,500)	(100,800)
Secretarial fee		(2,400)	(2,270)
Staff costs	6(a)	(5,270,572)	(6,481,243)
Sundry expenses		(24,185)	(31,205)
Communication fee		(11,912)	(3,723)
Fitting out		-	(8,400)
		<u>\$ (7,712,921)</u>	<u>\$ (9,049,111)</u>
Deficit before taxation	6	<u>\$ (689,601)</u>	<u>\$ (1,268,192)</u>
Income tax expense	8	-	-
Deficit and total comprehensive income for the year		<u>\$ (689,601)</u>	<u>\$ (1,268,192)</u>

COMMUNITY CAREAGE FOUNDATION LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT MARCH 31, 2025

	Note	2025	2024
Non-current assets			
Property, plant and equipment	10	\$ 195,638	\$ 45,282
Current assets			
Interest receivables		\$ 7,336	\$ -
Grant receivables		184,315	768,946
Deposits and prepayments		112,547	31,536
Cash and cash equivalents	11	6,228,029	5,195,402
		<u>\$ 6,532,227</u>	<u>\$ 5,995,884</u>
Current liabilities			
Accruals and other payables		\$ 226,040	\$ 104,398
Fund received in advance	12	1,917,738	663,080
		<u>\$ 2,143,778</u>	<u>\$ 767,478</u>
NET CURRENT ASSETS		<u>\$ 4,388,449</u>	<u>\$ 5,228,406</u>
NET ASSETS		<u>\$ 4,584,087</u>	<u>\$ 5,273,688</u>
Reserves			
Development fund	13	\$ 3,000,000	\$ 3,000,000
Accumulated surplus		1,584,087	2,273,688
		<u>\$ 4,584,087</u>	<u>\$ 5,273,688</u>

COMMUNITY CAREAGE FOUNDATION LIMITED
STATEMENT OF CASH FLOWS FOR
THE YEAR ENDED MARCH 31, 2025

	2025	2024
Cash flow from operating activities		
Deficit for the year	\$ (689,601)	\$ (1,268,192)
Adjustments for:		
Bank interest income	4 (62,871)	(73,278)
Depreciation	6(b) 68,769	24,925
Operating cash flows before working capital changes	\$ (683,703)	\$ (1,316,545)
Changes in working capital		
Decrease in grant receivables	584,631	17,233
(Increase)/decrease in deposits and prepayments	(81,011)	21,564
Increase/(decrease) in accruals and other payables	121,642	(221,241)
Increase in fund received in advance	1,254,658	226,553
Cash generated from/(used in) operating activities	\$ 1,196,217	\$ (1,272,436)
Cash flows from investing activities		
Purchase of property, plant and equipment	\$ (219,125)	\$ -
Bank interest received	55,535	73,278
Net cash (used in)/generated from investing activities	\$ (163,590)	\$ 73,278
Net increase/(decrease) in cash and cash equivalents	\$ 1,032,627	\$ (1,199,158)
Cash and cash equivalents at 1 April	5,195,402	6,394,560
Cash and cash equivalents at 31 March	11 \$ 6,228,029	\$ 5,195,402

Cash and cash equivalents represent cash at bank and on hand.

關護長者協會由衷感謝畢馬威會計師事務所，為本會提供 2024-25 財政年度之義務核數服務。
Community CareAge Foundation wholeheartedly thanks KPMG for providing us honorary audit service for the financial year 2024-25.



分區服務人數計算
Number of service users by district



鳴謝 Acknowledgement

慈善基金 Charity Trusts / Foundations

陳登社會服務基金會	Chan Dang Social Services Foundation
社區投資共享基金	Community Investment and Inclusion Fund
恒愛慈善基金有限公司	Hang Oi Charitable Foundation Limited
匯豐信託香港有限公司	HSBC Trustee (Hong Kong) Limited
利希慎基金	Lee Hysan Foundation
秀清慈善基金	Sau Ching Charity Foundation
騰訊公益慈善基金會	Tencent Charity Foundation
香港公益金	The Community Chest of Hong Kong
香港會慈善基金	The Hong Kong Club Foundation
維拉律敦治·荻茜慈善基金	Vera Ruttonjee Desai Charitable Fund

公司及機構 Corporations

安心三寶	Awesum Care
盛放兒童創作室	Bloomkids Creative
施特偉科技有限公司	Cityray Technology
商業廣播有限公司	Commercial Radio Hong Kong
健鶴藥業有限公司	Genfortune Pharmaceutical Co., Ltd.
多金鋼結構工程有限公司	Goldwave Steel Structure Engineering Ltd.
香港法律培訓學院	Hong Kong Legal Training Institute
怡和餐飲集團	Jardine Restaurant Group
茲曼尼	Kelvin Giormani
萊坊香港	Knight Frank Hong Kong
領展資產管理有限公司	Link Asset Management Limited
龍豐集團	Lung Fung Group
日本命力	Meiriki
新世界發展有限公司	New World Development Company
信山實業有限公司	RHT Industries Limited
依養環球養生有限公司	YY Global
曾智華慈善同學會 & 林碧霞	
社區光影工作室	
灝富工程有限公司	
宏道中醫診所	
	City Cut Hair Salon
	Genplus Wellness

個人 Individuals

Choi So Lai	Lai Dan Dan	Lam Chi Kit	Li Kwing Cheung	Lo Wing Yiu
Miss. Hung Chun Hung	Miss. Mak Hei Tung Sophia	Mr. Chan Shing Wah	Mr. Hau San Leung Tony	Mr. Hung Chi Wai
Mrs. Mak Ho Yee Ling Elaine	Ms. Wong Yuk Chi	賀澤輝醫生	陳治華議員	鍾永漢講師
莫健榮議員, MH	孫國林先生	黎筱嫻女士	吳素梅女士	李月華女士
李鳳燕女士	麥樹倉先生			

合作夥伴 Service Collaborators

家·南·天地	Amazing Canaan
聚賢耆 - 黎棟國議員辦事處	Centre Stage Squarer
聚賢耆有限公司	Centre Stage Squarer Limited
鐘聲慈善社	Chung Sing Benevolent Society
香港城市大學 - 社會及行為科學系	City University of Hong Kong - Department of Social and Behavioural Sciences
同行共創社區服務有限公司	Cocreative Partners Community Services Limited
睛彩慈善基金	Eye Care Charitable Foundation
大快活集團有限公司	Fairwood Holdings Limited
濟世醫療慈善基金	Grand Champion Medical Charity Foundation

合作夥伴 Service Collaborators

大灣區醫護教師社工協會	Healthcare Education and Social Welfare Association (Greater Bay Area)
香港耆英協進會	HK Aged Concern Ltd.
香港萬國宣道浸信會社會服務	Hong Kong ABWE Social Services
香港基督教培道聯愛會莊重文敬老中心	Hong Kong Christian Mutual Improvement Society - Chuang Chung Wen Centre for the Elderly
香港房屋協會	Hong Kong Housing Society
香港都會大學 - 社會科學系	Hong Kong Metropolitan University - Department of Social Sciences
香港新來港人士服務基金	Hong Kong New Arrivals Services Foundation Limited
香港警務處西九龍交通部	Hong Kong Police Force - Traffic Kowloon West
香港伯特利教會恩光堂	Hong Kong Yan Kwong Bethel Church
香港基督教女青年會九龍城綜合家居照顧服務	Hong Kong Young Women's Christian Association - Kowloon City Integrated Home Care Services Team
寰宇希望	Hope Worldwide
賽馬會綜合服務處 西貢區社區中心	Jockey Club Integrated Service Centre - Sai Kung District Community Centre
九龍城浸信會社會服務處 - 彩坪閱覽室	Kowloon City Baptist Church Choi Ping Reading Room
九龍城地區康健站	Kowloon City DHC Express
九龍醫院社康護理服務	Kowloon Hospital CNS Centre
觀塘民聯會	Kwun Tong Residents Association
香港基督教新生會 - 何文田堂長者鄰舍中心	New Life Church of Christ Ho Man Tin Neighbourhood Elderly Centre
香港藥學服務基金	Pharmaceutical Care Foundation
禮賢會彭學高紀念中學	Rhenish Church Pang Hok Ko Memorial College
聖公會聖匠堂社區中心	S.K.H Holy Carpenter Church
聖公會聖匠堂長者地區中心	S.K.H. Holy Carpenter Church District Elderly Community Centre
聖方濟各大學	Saint Francis University
聖方濟各大學 - 物理治療綜合臨床中心	Saint Francis University - The Physiotherapy Integrated Clinical Education Centre
香港大學公共衛生醫學院	School of Public Health of the University of Hong Kong
深水埗地區康健中心	Sham Shui Po District Health Center
深水埗街坊福利會長者鄰舍中心	Shamshuipo Kaifong Welfare Advancement Association Neighbourhood Elderly Centre
善導會	SideBySide
薈色園可澤耆英鄰舍中心	Sik Sik Yuen Ho Chak Neighbourhood Centre for Senior Citizens
薈色園 - 可榮耆英鄰舍中心	Sik Sik Yuen Ho Wing Neighbourhood Centre for Senior Citizens
香港社區組織協會	Society for Community Organization
聖雅各福群會青銅鑼灣綜合服務中心	St. James' Settlement Causeway Bay Integrated Services Centre
聖雅各福群會蘇屋長者鄰舍中心	St. James' Settlement So Uk Neighbourhood Elderly Centre
聖雅各福群會灣仔長者地區中心	St. James' Settlement Wan Chai District Elderly Community Centre
聖雅各福群會浣紗長者中心	St. James' Settlement Wun Sha Elderly Centre
德蘭中學	St. Teresa Secondary School
香港中文大學賽馬會公共衛生及基層醫療學院	The Chinese University of Hong Kong, JC School of Public Health and Primary Care
信義會長者服務	The Evangelical Lutheran Church Social Service Hong Kong
香港社會服務聯會	The Hong Kong Council of Social Service
香港理工大學 - 護理學系	Hong Kong Polytechnic University - School of Nursing
賽馬會社會創新設計院	The Hong Kong Polytechnic University's Jockey Club Design Institute for Social Innovation
路德會半島獅子會銀禧紀念長者中心	The Peninsula Lions Club Jubilee Lutheran Centre for the Elderly
東華學院 - 護理學院	Tung Wah College - School of Nursing
東華三院 - 黃祖棠長者地區中心	Tung Wah Group of Hospitals Wong Cho Tong District Elderly Community Centre
循道衛理楊震社會服務處 - 彩虹長者綜合服務中心	Yang Memorial Methodist Social Service Choi Hung Community Centre for Senior Citizens
循道衛理楊震社會服務處 - 何文田青少年綜合發展中心	Yang Memorial Methodist Social Service Homantin Integrated Centre for Youth Development
循道衛理楊震社會服務處 - 愛民長者鄰舍中心	Yang Memorial Methodist Social Service Oi Man Neighbourhood Elderly Centre
惜、剪	
香港華人基督會恩庭長者活動中心	
香港華人基督會恩庭睦鄰中心	

鳴謝

Acknowledgement

專業義工 Professional Volunteers

諮詢 Consultation

張詩琪博士	Dr Daphne Cheung
陳威虎醫生 (骨科專科)	Dr. Anthony Chan Wai Fu (Orthopaedics)
陳瑜博士	Dr. Chan Yu
周伯展醫生 (眼科專科)	Dr. Chow Pak Chin (Ophthalmology)
賀澤烽醫生 (眼科專科)	Dr. Donald Woo Chai Fong (Ophthalmology)
劉秀英博士	Dr. Jamie Lau
林永和醫生	Dr. Lam Wing Wo
李章祺醫生 (老人科醫生)	Dr. Lee Cheung Kei (Geriatric)
秦學瑩醫生 (眼科專科)	Dr. Ruby Ching Hok Ying (Ophthalmology)
趙妍博士	Dr. Zhao Yan, Ivy
何渭枝先生	Mr. Ho Wai Chi
盧錦華先生 MH	Mr. Lo Kam Wah, Norman, MH, JP
蕭偉強先生 GBS, JP	Mr. Sui Wai Keung, Stephen, GBS, JP
梁綺雯教授	Professor Angela Y.M. Leung
李瑞山教授	Professor Lee Shui Shan
袁寶榮教授 (耳鼻喉科)	Professor Yuen Po Wing (Otorhinolaryngology)
楊錫聰先生	Mr. Yeung Sik Chung

講座 / 義診 Lectures / Voluntary Services

賀澤烽醫生 (眼科專科)	Dr. Donald Woo Chai Fong (Ophthalmology)
秦學瑩醫生 (眼科專科)	Dr. Ruby Ching Hok Ying (Ophthalmology)
陸藹晶醫生 (眼科專科)	Dr. Luk Oi Jing Fiona (Ophthalmology)
黃禮文醫生 (眼科專科)	Dr. Wong Lai Man Raymond (Ophthalmology)
梁穎欣醫生 (眼科專科)	Dr. See Leung Wing Yun Joy (Ophthalmology)
何璟穎醫生 (眼科專科)	Dr. Mary Ho (Ophthalmology)
趙懿行醫生 (眼科專科)	Dr. Chiu Yee Hang Thomas (Ophthalmology)
賴曉平醫生 (眼科專科)	Dr. Lai Hiu Ping Frank (Ophthalmology)
高嘉莉醫生 (眼科專科)	Dr. Ko Ka Li Callie (Ophthalmology)
袁寶榮教授 (耳鼻喉科)	Professor Yuen Po Wing (Otorhinolaryngology)
黃懿行醫生 (耳鼻喉科)	Dr. Birgitta Wong Yee Hang (Otorhinolaryngology)
陳威虎醫生 (骨科專科)	Dr. Anthony Chan Wai Fu (Orthopaedics)
李信昌醫生	Dr. Li Shun Cheong
莫永豪博士	Dr. Mok Wing Ho
李中熙中醫師	Dr. Li Chung Hei
劉漢昌中醫師	Dr. Lau Hon Cheong
張兆豪中醫師	Dr. Cheong Shiu Ho, Raymond
賴國輝聽力學家	Mr. Lai Kwok Fai (Audiologist)

愛心義工 Volunteers

勵德邨						
鄭漢華	李玉梅	張鳳霞	李任準	忻英娣	趙美德	
深水埗						
李式烈	劉如雄	林鳳蓮	廖燕屏	冼美玲	扶兆華	李益燕
黃愛月	蘇敏玲	章冰	許潔貞	陳就	梁禮然	

排名不分先後，由於篇幅所限，未能盡列所有善長芳名。我們謹代表所有受惠者，衷心感謝您們的支持。

Listed in no particular order. Due to limited space, we are unable to list the names of all the donors and supporters who have given us invaluable support. On behalf of our beneficiaries, we extend our sincere thanks to all of them for supporting our work.

機構組織

Organization Structure



機構組織 Organization Structure

機構組織 Organization Structure

理事會成員 Board of Directors (2024-2025)



當然理事 Ex-Officio Board Director



榮譽委員 Honorary Members



各委員會名單 Honorary Members

姓名	Name	財務及審核委員會 Financial and Audit Committee	機構發展及外務委員會 Organizational Development and External Affairs Committee	籌款委員會 Fundraising Committee	會員及提名委員會 Nomination and Membership Committee	專業支援委員會 Professional Support Committee	薪酬及營運委員會 Remuneration and Operation Committee
區以德先生	Mr. Au Yee Tak, Francis					●	
陳飛醫生	Dr. Chan Fei					●	
陳華發醫生	Dr. Chan Wah Fat			●	●	●	
馮偉基先生	Mr. Fung Wai Ki, Tony						●
葉俊言先生	Mr. Ip Tsun Yin, Vin		●			●	
黎筱娉女士	Ms. Lai Siu Ping, Terry			●			
羅美珊女士	Ms. Law Mei Shan, Hilda				●		●
李麗琴女士	Ms. Li Lai Kam, Hilda	●	●		●	●	
蘇家駒醫生	Dr. So Kar Kui					●	
譚家明先生	Mr. Tam Ka Ming, Leo	●	●	●	●		●
溫偉然先生	Mr. Wan Wai Yin		●		●	●	
王嘉雯女士	Ms. Wong Ka Man, Carmen			●			

1 陳華發醫生
主席
精神科專科醫生
Dr. Chan Wah Fat
Chairman
Specialist in Psychiatry

2 李麗琴女士
副主席
臨床心理及催眠學家
Ms. Hilda Li Lai Kam
Vice Chairman
Clinical Psychologist & Hypnosis Scientist

3 譚家明先生
司庫
註冊社工
Mr. Leo Tam Ka Ming
Treasurer
Registered Social Worker

4 溫偉然先生
理事
集團資訊科技總監
Mr. Wan Wai Yin
Board Director
Director of Information Technology

5 馮偉基先生
理事 (由2024年3月27日開始)
資深媒體市場營銷管理
Mr. Tony Fung Wai Ki
Board Director (From 2024/3/27)
Senior Media Sales and Marketing Management

6 蘇家駒醫生
老人科專科醫生
Dr. So Kar Kui
Founding Member
Specialist in Geriatric Medicine

7 孫國林太平紳士 BBS, MH, JP
商人及慈善基金董事
Mr. Suen Kwok Lam BBS, MH, JP
Business and Director of Charity Foundation

8 黎筱娉女士
資深電影工作者
Ms. Terry Lai Siu Ping
Veteran in Movie Industry

9 林旭華先生
資深傳媒工作者
Mr. Lam Yuk Wah
Veteran in Media Industry

10 葉樹華先生
資深行政人員
Mr. Ernest Ip Shu Wah
Veteran in Corporate Administration

**委員
Members**

羅美珊女士 註冊護士 Ms. Hilda Law Registered Nurse	葉俊言先生 註冊營養師 Mr. Vin Ip Tsun Yin Registered Dietitian
王嘉雯女士 理財顧問 Ms. Carmen Wong Financial Consultant	區以德先生 註冊社工 Mr. Francis Au Yee Tak Registered Social Worker
陳飛醫生 老人科專科醫生 Dr. Chan Fei Specialist in Geriatric Medicine	

願景

為長者帶來健康及快樂的晚年生活，提高長者的生活質素，安老在家
期望長者能健康地、獨立地、安全地生活在他們熟悉的社區環境內
鄰舍守望相助，建立和諧社區

使命

向長者及其家庭、護老者免費提供健康知識及護理諮詢，強化社區中的預防措施
積極推動社區人士關心及照顧身邊的長者，建立一個互助關懷的社區
積極關懷長者，以訓練提昇長者自我照顧能力
推行公眾教育，使大眾明白理解各種老年人的疾病，使從容面對黃金歲月

請沿虛線摺疊

FOLD HERE

Vision

- That the well-being of the elderly is enhanced for a happy and healthy life in their twilight years
- That the elderly may age in place in their familiar community safely, healthily and independently, with frequency of medical clinics and hospital visits reduced
- That the neighborhood community is caring and harmonious

Mission

- Consultation on healthcare freely provided to the elders, their families and caregivers in the community
- Advocate community caring deeds to attain a harmonized society
- Reinforce the elder's self-reliant ability towards active ageing
- Educate the public at large the general knowledge of old-age problems, diseases and issues, and the concept of primary health care, preparing everyone to face the challenges of old age

請沿虛線摺疊

FOLD HERE

關護長者協會有限公司
九龍觀塘鴻圖道 63-65 號鴻運工廠大廈 8 樓 8C01 室

Community CareAge Foundation Limited
Unit 8C01, 8/F Lucky Factory Building, 63-65 Hung To Road, Kowloon

Please Affix Stamp
Here
請在此貼上郵票

請沿此線對摺 FOLD HERE

請用膠水封口，切勿用釘書釘

Seal with glue. Do not use staples.

沿實線剪下 CUT ALONG SOLID LINE

沿實線剪下 CUT ALONG SOLID LINE



總辦事處
Head Office

九龍觀塘鴻圖道 63-65 號鴻運工廠大廈 8 樓 8C01 室
Unit 8C01, 8/F, Lucky Factory Building, 63-65 Hung To Road, Kwun Tong, Kowloon

電話 Tel

3586 9306

傳真 Fax

3585 0837

電郵 Email

info@ccaf.org.hk

網址 Website

www.ccaf.org.hk



關護長者協會 CCAF



關護長者協會 CCAF



版權本冊子的內容包括所有文本、平面圖像、圖片、照片以及數據資料的匯編，均受版權保障。除非徵得關護長者協會書面授權，否則嚴禁複製，轉載該等版權作品。

The contents of this booklet, including all texts, graphic images, pictures, photographs and compilations of data, are protected by copyright. Copying and reprinting of such copyrighted works is strictly prohibited unless authorized in writing by Community CareAge Foundation.



封面、內頁設計及印刷：小草印刷設計

製作及印刷費用由恒愛慈善基金贊助

Design and Printing by : New Verdure Printing & Design Co.

Printing and production costs sponsored by Hang Oi Charitable Foundation