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天為生命定壽元

When days cannot be added to life, add life to days

人為生命賦意義

贊助人獻詞 Message from the Patron



醫學和科技日趨進步，人類的壽命得以普遍延長。但不少人仍難免面對頑疾的折磨。今天，善終服務可為頑疾病人提供適當的關愛照顧，使他們活得充實，無懼走過人生的最後旅程。善寧會本著「天為生命定壽元，人為生命賦意義」的宗旨，推廣正面信息，倡導市民採取積極樂觀的態度，勇敢面對人生的最後階段。

多年來，善寧會的專業醫護和義工隊伍一直竭力推廣寧養照顧，提供善別輔導支援，推行社區教育計劃，至今取得實質成果。香港市民逐漸接受善終服務的理念，明白末期病者也可活得滿有尊嚴，更願意給予喪親家屬誠摯支持，以紓減他們失去至親的傷痛。

善寧會的工作日受重視，社會人士和機構的慷慨捐助，以及義工們的無私奉獻，有以致之。謹在此向他們致以衷心謝意，並希望各位繼續鼎力支持善寧會日後的工作。

While the continuous advancement of scientific and medical knowledge has extended the human lifespan, some people still suffer from incurable diseases. Hospice care today provides much-needed humane and compassionate care for patients in the last phases of such diseases so they may live as fully and comfortably as possible. The Society for the Promotion of Hospice Care is dedicated to fulfilling its mission of "adding life to days when days cannot be added to life" to promote in the community a positive attitude towards end of life.

Over the years, the interdisciplinary health care team and volunteers of the Society have done a great job in offering bereavement support and organising life and death education programmes to promote hospice and palliative care in the community. Now, more people have come to recognise the hospice philosophy of spending the last days with dignity and quality, and more bereaved families are given cordial support to cope with issues of loss and grief.

Thanks to the generous contributions of many individual citizens and corporate donors and the selfless support of our volunteers, the Society has made good progress throughout the years. I look forward to your continued support for the Society as it moves forward in the years ahead.



曾鮑笑薇 Mrs. Selina Tsang
香港特別行政區行政長官夫人
Wife of the Chief Executive
Hong Kong Special Administrative Region

主席的話 Chairman's Message

過去一年，在紓緩照顧服務的細小界別裏發生了兩項全球關注的事件：「紓緩服務之母」桑德絲女士在2005年7月14日離世；以及2005年10月8日被定為首屆「世界紓緩關懷日」。

紓緩照顧服務始創人一西西里·桑德絲女士，於英國倫敦其親手創辦之 St. Christopher's Hospice 安然逝世，享年87歲。桑德絲女士於1967年創辦了專注照顧末期癌症病人的 St. Christopher's Hospice。自此，St. Christopher's Hospice 便成為其他地方推行善終紓緩照顧服務效法的榜樣。在香港建立的白普理寧養中心及於各公立醫院裏提供的善終寧養服務亦是根據這位領導者的理念而推行。

另外，全球超過80個國家參與發起首屆「世界紓緩關懷日」，並為此而舉辦了超過1,600個活動以推廣紓緩照顧服務的理念。在香港，善寧會亦聯繫多個相關機構組織了一連串活動，向市民介紹紓緩照顧服務及有關社區資源。此後，「世界紓緩關懷日」的特別推廣，將定為每年10月首個星期六。

桑德絲女士的離世，令無數照顧臨終病人的工作人員都為失去這位偉大的領導者而感到悲慟，但她照顧末期病者的理念，將一直帶領推廣紓緩照顧服務的團隊向前邁進。「世界紓緩關懷日」的訂立，就是另一個新的里程碑。

在香港，善寧會繼續與世界有關發展同步，致力在主要基礎範疇發展。當前的要務包括推廣寧養照顧的認知，及提供高質素的培訓。在加強服務方面，善寧會更在2005年4月與香港醫院管理局新界東聯網簽署一份備忘錄，讓善寧會為沙田白普理寧養中心增聘護士及護理員，以協助中心維持完整的紓緩照顧服務及典範。在善別輔導服務方面，本會轄下譚雅士杜佩珍安家舍繼續提供免費之善別輔導服務之餘，也盡力為地區院舍及老人中心的同工提供培訓，年內我們的專業善別輔導員更應邀到上海、廣州及澳門授課，協助當地啟動寧養照顧工作的發展。至於公眾教育，去年內透過「世界紓緩關懷日」、新聞發佈會及社區講座等公眾活動，努力將面對臨終的正確觀念傳播至普羅大眾。以上種種工作，旨在提昇市民、醫護人員、病者及家屬對寧養照顧的認知，並透過各方面的支持、捐款和合作，方可以為對寧養服務有需要的人士提供最適切及最優質的幫助及照顧。

善寧會作為一個獨立的非牟利機構，要持續推行及發展各項工作，實有賴市民的認同及各界專業人士、善長人翁、仁愛的義工，及本會充滿熱誠的執行委員會成員及同事的積極支持。本人謹向每一位有心人士致謝，並希望大家繼續提供意見，與我們繼續一起攜手，實踐「天為生命定壽元，人為生命賦意義」的宗旨。

During the past year, two significant reverences for respect for life in the tiny field of hospice care had aroused worldwide attention - sadly, Dame Cecily Saunders, the Mother of Modern Hospice Care, passed away on 14th July 2005, and, collaboratively, the First World Hospice and Palliative Care Day was launched on 8th October 2005.

Dame Cecily Saunders, founder of modern hospice and palliative care movement, died peacefully at St. Christopher's Hospice, London, at the age of 87. Her founding of the St. Christopher's Hospice in 1967 has since become the teaching and research center that inspired many around the world on how to care for the dying. In Hong Kong the well organized Bradbury Hospice and hospice care services provided in public hospitals are only some of the examples of her philosophy.

In the past year, over 80 countries joined hands to launch the First World Hospice and Palliative Care Day and organized over 1,600 activities to promote hospice and palliative care. SPHC took the leading role to hold a public awareness campaign to introduce the related concepts and community resources to the general public in Hong Kong. In the future, the annual World Hospice and Palliative Care Day will be designated on the first Saturday of every October.

While many hospice and palliative care-givers lament the loss of the great leader of the hospice movement, we witness that the vision of Dame Cecily Saunders will continue to guide the worldwide hospice development. The launch of the World Hospice and Palliative Care Day is yet another new milestone.

In Hong Kong, SPHC follows the global pace to strengthen our efforts and initiatives on the key fundamentals. We thrive to promote hospice and palliative care; and our quality professional training has never slowed down. In expansion of our service support, SPHC signed a Memorandum of Understanding with the Hospital Authority New Territories East Cluster, which allows SPHC to hire additional nurses and support staff for the Bradbury Hospice. The aim of this initiative is to help Bradbury Hospice to maintain the advocated service model and service quality. Regarding Bereavement Support, our Jessie and Thomas Tam Centre continues to offer free bereavement counseling services, and has also broadened our scope of training to the many co-workers of community homes and centers. Our professional bereavement counselors also gave lectures in Shanghai, Guangzhou and Macau, helping our counterparts in these cities to initiate hospice and palliative care. In respect of public education, we leveraged the publicity of the World Hospice and Palliative Care Day and organized a series of educational activities for the public through press conference, public forums and other public channels to advocate a positive attitude towards end-of-life issues.

All our efforts will instill better awareness and add knowledge to the healthcare workers, patients and their families in recognition of hospice and palliative care. We believe that only through mutual understanding and wider co-operation, we can provide the best care for all the people in need.

As an independent non-profit organization, SPHC thrives to maintain our quality service with the continued support and concerted efforts of the hospice and palliative care professionals, the generous donors, the kind-hearted volunteers, our enthusiastic Executive Committee members, and our dedicated team of staff. May I take this opportunity to express my heart-felt thanks to every one of you and hope that you would continue to advise us, and stand with us to help "add life to days when days cannot be added to life".



王紹強 Raymond Wong, MBE
善寧會執行委員會主席
Chairman, Executive Committee

執行總監報告

Executive Director's Report

過去的2005-2006財政年度是一個相當充實的年頭，本會除了執行既定的工作外，也在三個基礎範疇：寧養照顧、善別輔導，及生死教育，各有進一步發展，目標是提升現有紓緩照顧服務質素，和加深醫護人員及普羅大眾對紓緩照顧服務的認識。

本會推行優質紓緩照顧服務的工作從未間斷。獲得香港上海滙豐銀行慈善基金及職業訓練局高峰學院繼續支持，本會展開第二輪為期三年之「臨終照顧證書課程」及「起居照顧員證書課程」，全年共培訓了接近700名前線醫護人員。對於促進專業交流，本會分別主辦了第二屆「紓緩照顧專題研討會」，並協辦了第十二屆「香港國際癌症會議」，和「死亡、臨終及哀傷國際工作小組 (IWG) 香港會議」，各會議均提供了不可多得的機會讓本地及來自不同國家的專業人員互相交流工作體驗。本會更關注紓緩照顧服務的直接使用者，在2005年4月與香港醫院管理局新界東聯網簽署一份備忘錄，讓善寧會提供額外資源予沙田白普理寧養中心，包括撥款將中心內一個空置的範圍重新修葺為家居服務隊及日間護理服務隊的辦公室、有限度增聘護士及助理人員，及將一輛由香港獅子會 (主會) 捐贈予本會的全新汽車用作載家居服務隊出勤，這些項目均是為了提高中心服務病者及其家屬的質與量。

本會轄下「譚雅士杜佩珍安家舍」在過去一年接待了367個新個案，比前一年增加了百分之十一，除了提供個別輔導、小組輔導、家訪和電話接觸，也舉辦了70次小組聚會。此外，承蒙由南華早報及香港電台舉辦的「聖誕愛心大行動2004」慷慨贊助，安家舍在年內出版了另外兩本自助手冊：「安然善別」是專為末期病患者所擬寫；而「讓哀不再傷——善別手冊」則專為喪親家屬所編寫，兩本小冊子均免費派發給有需要人士及相關機構，延續本會「以書療心」之計劃。除在安家舍提供服務，我們的專業輔導員亦四出奔走為相關機構的同工提供講座及培訓，去年，更應邀到國內及澳門授課；其中，在2005年9月於上海舉行之「上海市社區老年保健研討會」，就有超過100名來自上海市不同衛生工作單位的醫護人員關注有關香港善別輔導服務的發展。我們樂於協助國內不同單位推動紓緩照顧服務，分享所累積的知識及經驗，並在未來日子加緊雙方在各方面的交流。

本會一方面提升紓緩照顧服務團隊的能力，另一方面亦透過不同類型公眾活動向公眾推廣服務的理念及介紹在香港現有支援市民之資源。在2005年8月，便舉行了一個名為「接哀順變」的新聞發佈會，

During the past financial year 2005-2006, the Society continued to extend the work of our "three fundamentals": hospice and palliative care, grief and bereavement counseling, and life and death education. Focus was put on enhancing the knowledge of care workers and the general public of the hospice and palliative care concept.

Our ongoing efforts to promote quality end-of-life care remained strong. With the generous sponsorship of the Hongkong Bank Foundation and support from the Vocational Training Council Institute of Professional Education and Knowledge, we had kicked-off the second round of a 3-year End-of-Life Care training program for front-line healthcare workers. Around 700 students had already graduated in this first year and have been using the newly acquired skills at their workplace. For professional palliative care workers, we had organized the 2nd Palliative Care Symposium, and co-organized the 12th Hong Kong International Cancer Congress and the International Work Group in Death, Dying & Bereavement. All of the conferences had given valuable opportunities for local and overseas professionals to exchange their experiences and insights. The Society did not overlook the needs of the end-users. In April 2005, the Society signed a Memorandum of Understanding with the Hospital Authority NT East Cluster, which allows the Society to allocate resources for the Bradbury Hospice to further enhance the quantity and quality of services for terminal patients and their families. Some of the enhancements include the renovation of an unused area at Bradbury Hospice to be a new office for the home care and day care teams, the employment of additional nurses and general service assistants, and the use of a brand new vehicle donated by the Lions Club of Hong Kong (Host) to the Society in support of home visits by the home care team.

Our Jessie and Thomas Tam Centre (JTTC) took on 367 bereavement support cases during the year - an 11% increase of the previous year. Year-round activities include individual counseling sessions, group counseling sessions, home visits, support via telephone, and therapeutic gatherings. With the sponsorship of Operation Santa Claus 2004, a charity program jointly organized by Radio Television Hong Kong and the South China Morning Post, our "Healing through Book" campaign continued and two booklets were published for free distribution to terminal patients and the bereaved families. Our bereavement counselors also outreach to the community to give talks and training to co-workers. Last year, our footprints were extended to the Mainland China and Macau. In one of the events, our bereavement counselor had explained the bereavement support work in Hong Kong to over 100 healthcare workers coming from different districts of Shanghai. The Society is happy to share our knowledge and experience with our peers in Mainland and we look forward to having more opportunities to further our exchange.

While we are endeavored to improve the quality of hospice and palliative care, we are also dedicated to advocate to the general public a positive and correct attitude towards end-of-life. In August 2005, the Society organized a press conference to announce some latest findings on the bereavement experiences of Chinese in Hong

