

善寧會訊

NEWSLETTER

ISSUE

67

MARCH 2023
二零二三年三月

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善寧會

Society for the Promotion of Hospice Care

照顧者 有誰支援 CARING FOR THE CAREGIVER



虞伯伯入住善寧之家後，心情變得開朗，並在家人陪伴下安詳離世。
Ms Yu's father became more cheerful after arriving at JCHH and passed away peacefully surrounded by loved ones.

「父母同年罹患癌症，對我而言是個沉痛打擊！惟政府為病人及家屬提供的晚期照顧資訊有限，加上日常生活林林總總的壓力，一切只能靠自己，孤立無援。」虞小姐感嘆照顧者的身心壓力，難以言喻。

"When my parents were diagnosed with cancer in the same year, I was surprised at the lack of end-of-life resources for the public. Without anyone to rely on, I felt very alone and helpless indeed," recalled Ms Yu on the physical and mental stress of being a caregiver.

父親於 2018 年確診肺癌，正當虞小姐手足無措之際，媽媽亦不幸確診腸癌及輕度腦退化症。恰巧虞小姐因兒子升學而辭去工作，她頓成「家庭之柱」，疲於奔命照顧兩個家庭。

艱澀與無助

當時，虞小姐經常陪同父母覆診和檢查，幾乎一星期五天都在醫院，她既擔心自己照顧家人不周，亦因時間安排和體力消耗而大感壓力。她曾多次因照顧父親而受傷，並出現嚴重失眠、體重下降等情況；其間她因婦科病，而接受兩次外科手術。「照顧」不僅令她心力交瘁，也令她逃避社交。此外，原本擁有穩定工作和收入的虞小姐，辭職後家庭的經濟重擔落在丈夫身上。父母雖使用公立醫院服務，但每月的藥物開支仍非常高昂，經濟壓力大增。

由於父親疫情期間曾入住公立醫院，不快經歷令他對公院產生恐懼及抗拒。他只求安舒離去，於是虞小姐埋首搜尋舒緩治療資料：「一方面要為父親的臨終作準備，心情難過，另一方面政府提供晚期照顧的支援不足，我只能『獨立』

In 2018, Ms Yu had just been informed of her father's lung cancer diagnosis when she received news that her mother had colon cancer and mild dementia. At the time, Ms Yu had resigned from her job to help with her son's studies, but soon found herself struggling to take care of two families.

Overcome with Helplessness

For almost five days a week, Ms Yu accompanied her parents to every follow-up visit and examination at the hospital, leaving little time to tend to her duties at home. The physical toll of caregiving caused Ms Yu to suffer from multiple injuries, insomnia, weight loss and even the development of gynecological diseases for which she underwent two surgeries. Despite using public healthcare, the monthly medication expenses were high, resulting in increased financial pressure on Ms Yu's husband.

After a distressing hospitalization experience during the pandemic, Ms Yu's father was fearful to return to public hospitals and only wished to depart peacefully. "As difficult as it was to contemplate my father's death, I had to search for an alternative solution," said Ms Yu. "Due to the pandemic, most facilities did not allow family visitation, with the exception of the Jockey Club Home for Hospice.



經歷喪親之痛的虞老太，出現失眠及情緒不穩等症狀。
Grief caused Ms Yu's mother to suffer from insomnia and depression.



面對晚期照顧支援不足，照顧者往往要獨自面對種種問題。
Inadequate end-of-life resources mean caregivers often must face their challenges alone.

面對，過程無助艱澀。由於當時疫情嚴峻，大多院舍限制探訪，當中只有賽馬會善寧之家維持家屬陪宿，且環境寧靜。獲父親同意後入院，他的心情變得開朗，三個月後在我們陪伴下安詳離世。」父親的離去雖不留遺憾，但喪親之痛難以釋懷，母親確診抑鬱症。

祈生命自決

負責虞小姐個案的外展家居護士認為，照顧者亦需照顧和支援，而外展的家居照護正好扮演輔助者角色。她指虞伯伯離世後，虞老太出現嚴重的失眠、情緒不穩等抑鬱症症狀：「我們會先處理病人身體不適及提供用藥指導，再為她進行徵狀評估，跟進她情緒病及腦退化的情況，再按結果提供專業支援，如：向精神科專科醫生求醫、提供當區的社區中心支援服務資訊，紓緩虞小姐的照顧壓力等。」此外，家居護士亦加密家訪次數，安排紓緩治療助理為虞老太進行伸展運動，並鼓勵她倆多做運動，保持心情開朗。

經歷父親離世、母親患癌及腦退化症、乃至自己患病，虞小姐人生上了一課重要的生死教育：「近年發生的事，令我領悟死亡不能改變、無可避免，變的只有自己的心態，意識如何面對及規劃晚年照顧計劃，包括『預設醫療指示』，祈能做到生命自決。」

We were so relieved to see my father's mood improve after being admitted. He spent the last months of his life there before passing away peacefully with us at his bedside."

Determine the Final Chapter of Life

Saying goodbye to a loved one is never easy and Ms Yu's mother developed depression shortly after. Upon learning that Ms Yu's mother was experiencing severe insomnia and depressive symptoms, the assigned home care nurse explained that caregivers often needed support too. "We start by treating any physical symptoms that may be present before addressing the psychological issues. With dementia patients, we will seek medical advice from psychiatrists and refer them to the appropriate community services." To further improve her mood, a palliative care assistant was arranged to assist Ms Yu's mother with simple stretching exercises on a regular basis.

After experiencing the many struggles of caregiving, Ms Yu learned a valuable lesson on life and death. "Everything that has happened is a reminder that death is inevitable. I must focus on what I can control, which is to educate myself on elderly care planning and advance directives so that I can determine the final chapter of my own life."

寒冬送暖 BRINGING THE HOLIDAY CHEER



家居照護團隊與婆婆共慶佳節
The home care team celebrated the festive season
with Grandma Foon

家居照護團隊除跟進病人的身心不適、紓緩照顧者壓力外，還會在佳節前夕為病人送上關愛。晚期病人金歡婆婆，是家居照護資深護師林詠芝跟進的病人之一，聖誕前夕林姑娘與臨床社工、外展紓緩助理家訪婆婆及舉行小型派對，並送上義工們的禮物，寒冬送暖！

Every festive season, the home care team goes beyond their regular duties to bring the holiday cheer to patients. On Christmas Eve, senior home care nurse, Gigi Lam, together with a clinical social worker and outreach palliative care assistant, surprised Grandma Foon at home with a small party and gifts made by volunteers.

「預祝你和家人，聖誕快樂！」林姑娘邊說、邊輕拍身旁的金歡婆婆。婆婆是獨居的晚期病人，自丈夫離世後，便患上抑鬱症和癌症。由於癌症令她痛不欲生，曾有自殺傾向，親人徬徨無助之際，幸得醫院社工轉介，由林姑娘為婆婆提供家居照護服務（見下表）。

「不少獨居病人會感到孤單和情緒不穩，故我們趁佳節當前，藉家訪跟進病情，臨床社工提供輔導，讓她們感到溫暖和祝福。」此外，婆婆出現脊椎側彎，林姑娘便安排外展紓緩治療助理每星期到訪，教授她進行伸展運動。

婆婆女兒李小姐說：「自林姑娘跟進媽媽病情後，其情緒和痛症得以紓緩。每當我照顧她頓感困倦時，想起醫護團隊的積極幫忙，我也變得樂觀，積極面對！感謝善寧會的幫忙和支援！」

Grandma Foon is a terminally ill patient who has lived alone since her husband passed away. Between the pain from her cancer and the loss of her partner, she also suffers from depression and suicidal thoughts. Grandma Foon was eventually referred by a hospital social worker for home care services at JCHH (details below).

“Patients who live by themselves may feel lonely and emotional, especially during the festive season,” Gigi explained. “We always try to schedule home visits for these patients during the holidays to provide additional counselling support and to keep them company.”

“Ever since Gigi began following up with my mother, both her symptoms and psychological state have improved,” said Ms. Li, Grandma Foon’s daughter. “Simply knowing that I am supported by such an experienced and compassionate team fills me with optimism. We are truly grateful to have found this wonderful service.”

家居照護 Home Care Service

家居護士定期到訪病人住所，提供以下服務（節錄）：

- 痛楚及徵狀護理
- 藥物管理及制訂個人化照顧計劃
- 照顧者的支援與教育
- 臨床社工為病人及家屬提供情緒及心靈輔導
- 醫生及其他醫療人員，在有需要時為病人提供醫療支援

A home care nurse visits the patient at home on a regular basis to provide:

- Pain and symptom management
- Medication management and individualized care planning
- Caregiver support and education
- Psychological counselling to the patient and family members (provided by clinical social worker)
- Medical support as needed (by doctor and other healthcare professionals)



家居照護資深護師蕭潔英
Elane Siu, Home Care, Advanced Practice Nurse

病人的另外選擇

A SUITABLE ALTERNATIVE

香港人口老化，公營醫療負擔沉重，不少人認為病人臨終時，被送入醫院像是「找個地方安置」，未能有尊嚴地離開。加上疫情持續，醫院限制、甚至禁止家屬探訪，令無數醫院病人孤身上路。除醫院以外，臨終病人還有其他選擇嗎？

The population of Hong Kong is ageing rapidly, and the public healthcare system is already beginning to feel the strain. Meanwhile, many regard public hospitals to be where people go to die without dignity, a reputation that became more entrenched when pandemic restrictions forced patients to spend their final days without their loved ones. So, the question is: do terminal patients have an alternative?

近年，香港人對「在家離世」的關注度日增。然而，縱使病人選擇「在家離世」，也須各方客觀條件配合才能成事。比方說，病人的居住空間充足，能放置醫療病床、氧氣機及抽痰機等醫療器材，應付日常護理所需。此外，照顧者須對臨終照顧有足夠的認知和能力，可協助病人控制徵狀，紓緩不適，同時照顧者亦須具備良好的心理質素，能與病人正面溝通和看待生死。

然而，香港居住空間窄小，且照顧者未能具備上述條件；更甚者，部份人有錯誤觀念，認為病人在家中離世後住宅會變凶宅。如此種種，我們前線醫護人員在推動「在家離世」服務發展時就舉步維艱。

面對香港人口老化問題嚴重，推行「在家離世」實有迫切性，但須得到政府政策多方配合，才能推動在家離世的發展。人有「選擇」才活得有「尊嚴」。如香港能普及「在家離世」，這不僅讓晚期病人多一個臨終選擇，還有助紓緩病人對公立醫院急症室和病床需求的壓力，達致兩全其美的雙贏局面。

In recent years, public interest on “home death” has been increasing. However, even when a patient chooses to die at home, there are other arrangements to consider before it can be achieved. For example, the patient’s home must have sufficient space to accommodate large medical equipment such as hospital beds, oxygen concentrators, and suction pumps. In addition, caregivers must possess the basic skills to take care for the patient’s symptoms on a daily basis as well as the psychological resilience to discuss life and death in a positive manner.

The unfortunate reality for Hong Kong is that living spaces are extremely limited and caregivers often do not meet the requirements. Furthermore, the cultural stigma that a property becomes haunted after a death occurs is well-documented. All of the above present significant challenges for frontline clinical staff as they attempt to promote home death services.

While home death can help address the pressing issue of population ageing, it will require the support of government policies before any meaningful progress can be made. If home death becomes widely accepted in Hong Kong, it will not only provide terminal patients with a suitable alternative at the end of life, but also ease the pressure on the public healthcare system in the coming years. It is truly a win-win scenario.

珍惜當下

CHERISHING THE MOMENT

疾病困住病人的軀體，但困不住生存的鬥志。Pauline 兩年前因胃部不適向醫生求醫，確診患上第四期腸癌。消息有如尖銳的石頭，不斷在她胸口翻轉；隨著時間消耗石頭轉動的能量，她放下恐懼和不安，並萌生一個信念，相信在家人的關愛和支持下，身體總會康復。

Sickness may weaken the body but not the fighting spirit. Two years ago, Pauline was diagnosed with stage four colon cancer after a checkup for stomach pain. The news turned Pauline's life upside down, but through the love and support of her family, she learned to let go of her fear and anxiety.

原本在公立醫院病房從事健康助理的 Pauline，每天進出病房，主要照顧初生嬰兒和植物人：「令我印象最深刻的，是一位當時只有三歲的嬰孩。我看著他被送入病房，一住就十多年，至我因病辭職時，他仍躺在床上，每天靠儀器維持生命。他讓我看到『生命』不由自己主宰，人生時有無奈。」

生命總要往前行

昔日 Pauline 的工作是照顧病人，今天卻成為病人，切身與病魔糾纏。割除腫瘤、接受化療、服用標靶藥，副作用為她身體帶來種種不適及長期失眠。不朽的堅持只求換取「活著」，爭取與家人共處，但「付出」並未成全她的願望，病魔沒因此而退讓。

「既然疾病選中我，我只能面對，因為生命總要往前行。雖然它折磨我的身體，但我堅持每天做適量的運動和注意飲食，保持心情開朗，以平安的心靈面對人生。疾病讓我更懂得珍惜與家人相處，愛惜一分一秒。我向家人道盡所思所感，因為我不知道明天會怎樣。」

生命是有重量的。縱使 Pauline 豁然面對疾病與死亡，但對家人、尤其是兩名女兒卻萬般不捨。不捨源於母愛；作為父母，總盼望見證子女每個人生重要階段。Pauline 的兩名女兒雖長大成人，但她仍有所牽掛，希望她們能擁有自己的家庭。

Originally a healthcare assistant at a public hospital, Pauline mainly cared for newborns and comatose patients. "I will always remember the three-year-old child who was admitted to the ward where I worked. Ten years later, when I was forced to resign due to illness, he was still there, clinging to life with the help of medical equipment. That child reminded me that life is often out of our control."

Life Must Go On

As Pauline transitioned from caregiver to patient, she struggled with chronic insomnia and other unpleasant side effects caused by her cancer treatments. "Life must go on, and my only choice is to face reality. No one knows what tomorrow will bring so in the meantime, I will continue to keep an open mind, live a healthy life and most importantly, cherish every moment that I have with my family." Yet despite Pauline's positive outlook, she could not bear to part with her two daughters, as any parent would understand.



何先生早前辭去工作，全心全意照顧太太 Pauline。
Mr Ho left his job to care for his wife, Pauline.



Pauline 認為生命總要往前行，縱然受盡病魔折磨，但仍以平安的心面對。
Pauline believed that life must go on and chose to keep an open mind.



緊握著太太 Pauline 的手，何先生祈求她能為家人堅持活下去。
Taking Pauline's hand, Mr Ho encouraged his wife to live on.

珍愛家人

未來是盼望，過去是回望。Pauline 氣若游絲笑道：「最懷念以前與女兒到日韓旅行，但疾病令我不良於行，最近一次『出行』已是六月。女兒開車載一家上太平山，觀賞香港夜景，當晚的夜色格外迷人。」

隨著病情惡化，Pauline 需接受寧養紓緩治療。有見公立醫院因疫情限制探訪，Pauline 與家人商議後，決定入住賽馬會善寧之家。丈夫何先生指善寧之家設陪宿安排，方便家人日夜陪伴，讓他們可爭取時間共處。加上醫護人員悉心照顧，臨床社工提供善別輔導，紓緩哀傷情緒，太太能安心養病，走完人生最後旅程。

「我希望你能為家人堅持下去！信仰讓我們得到安康、安詳。倘上天安排你要與我們暫別，但願他日我們再遇重聚，一起生活。」話畢，何先生緊握 Pauline 的手，眺望遠景。窗外，也無風雨也無晴。

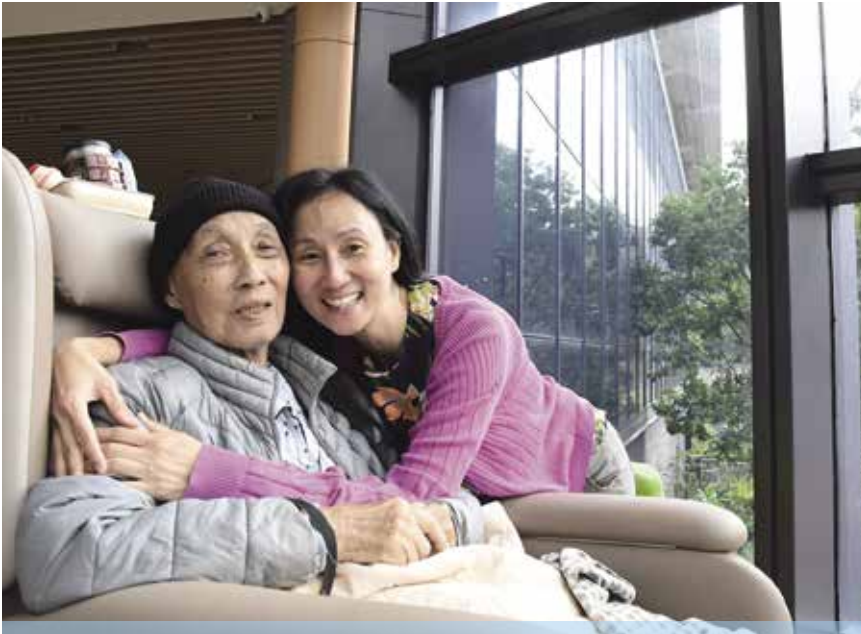
Treasure Your Family

"I miss traveling with my daughters most of all," Pauline said longingly. "We often visited Japan and South Korea, but I have not been able to travel since becoming ill. My last 'trip' was in June when our family spent a lovely evening at the Peak."

As her health deteriorated, Pauline eventually required palliative care. With visitation restricted at public hospitals due to the pandemic, Pauline and her husband, Mr Ho, agreed to seek admission at the Jockey Club Home for Hospice, where family members are welcome to accompany the patient. Under the attentive care of the clinical team and grief counselling by the clinical social workers, the family was well-supported, and Pauline was able to complete her life's journey with dignity.

"Our family is hoping you will live on, but if it is God's will for you to leave us, then we will look forward to the day when we can see you again." With these parting words, Mr Ho held Pauline closer and cherished the moment together.

如願 帶笑離開 DEPARTING WITH A SMILE



Serin 指父親已步入臨終，家人十分珍惜與他最後共處的時刻。
Serin and her family cherished every moment with her father.

「爸爸希望帶笑離開，我們希望與他笑著道別。臨終的他只有一個願望——在家人陪伴下安舒地走完人生。紓緩治療不是放棄治療，它對於晚期病人和家人也很重要。」Serin 凝視父親黃伯伯說。

"Towards the end of his life, my dad's only wish was to spend time with his loved ones and depart with a smile. To seek palliative care is not to give up on treatment but rather to prioritize what is most important for the patient and family members," Serin said about her father, Grandpa Wong.

80 多歲的黃伯伯，太太三年前患上血管癌，及後輾轉入住賽馬會善寧之家，在無痛、舒適及至親陪伴下，安詳離開。當時黃伯伯有所感觸，及後向家人說：「有一天我人生倒數，也要在這裡離開」。

去年，黃伯伯發現大便不正常，及後確診癌症。Serin 說：「癌症令他出現嚴重腹痛，無法如常外出，引致抑鬱症復發、嚴重失眠，同時肌肉及神經痛令他失去求生意志。然而，公立醫院的治療未能為他減輕身心痛苦，且疫情期間，不能與家人見面，十分痛苦！我們看見爸爸這麼折騰，極感無助難過，壓力沉重。」此時，Serin 憶起善寧會，遂向我們的外展家居照護尋求協助。經評估後，父親安排以「住院資助計劃」入住善寧之家。

Three years ago, Grandpa Wong learned that his wife was diagnosed with terminal vascular cancer. She was later admitted to the Jockey Club Home for Hospice (JCHH) where she passed away peacefully while accompanied by loved ones. In that moment, Grandpa Wong, who was in his eighties, turned to his family and said, "When it is my time, I wish to spend my final days here."

Last year, Grandpa Wong was diagnosed with cancer after noticing abnormalities in his stool. "Severe abdominal pain, insomnia and other symptoms prevented my dad from living normally and he gradually lost the will to live. Not only were public hospitals unable to provide effective treatment, but also we could not visit him due to pandemic restrictions. We felt utterly hopeless," recalled Serin. "Thankfully, JCHH extended a lifeline once again by granting my dad admission under the "Hospice Subsidy Bed Scheme."



知命的黃伯伯只有一個願望——在家人陪伴下安舒地走完人生。
Grandpa Wong had only one wish - to live out his days comfortably and be with his family.

父親能有尊嚴地、在充滿愛的環境下圓滿人生，Serin 坦言沒有遺憾。
Serin was thankful that her father was able to complete his life's journey without regret.



關顧身心需要

針對黃伯伯的不適，醫生為他處方止痛藥及徵狀處理。隨後，黃伯伯的病情得以緩和，呼吸暢順，不再失眠及感到痛楚，抑鬱情況亦大為改善。身體的不適可透過藥物處理，心靈的安穩需要家人同行。「我們選擇這裡，全因這裡充滿『溫情』，醫護對病人很有愛心。院舍鼓勵 24 小時陪伴安排。父親步入臨終，餘下的時間不多，我們十分珍惜與他最後共處的時刻。他見到我們輪流陪伴，心情開朗很多！」她認為院舍環境恬適，父親喜歡花草樹木，家人輪流每天帶他到花園親近大自然，享受鳥語花香和和煦的陽光，緩和身心。

應擁有生活質素

回憶當初選擇紓緩治療，Serin 和家人均認為這是最正確的決定。但她感觸大眾對紓緩治療的認識太少。她指父親已步入晚期，希望的不是勉強續命，只求他感到安舒，擁有生活質素：「紓緩治療不僅處理父親的身體不適，還減輕我們心靈壓力，並關顧我們的心理需要。如臨床社工及佛教院侍為我們提供善別輔導，幫助我們正面看待死亡，也讓父親有尊嚴地、在充滿愛的環境下圓滿人生。」

人生不斷經歷相遇和離別。Serin 直言對父親的離去縱有不捨但沒有遺憾，並感謝捐助「住院資助計劃」的善長和基金。她指父親因這份關愛，如願得到適切的紓緩服務，達致生死相安，避免他孤身上路，成為人生遺憾。日後，她會「以心傳心」，以不同方式，包括捐助善寧會，讓更多晚期病人受惠，延續這份祝福。

Meeting Every Need

Physical discomfort can be treated with medicine, but psychological health requires warmth and love that only a family can provide. With Grandpa Wong's symptoms well-managed by the clinical team, his loved ones were able to tend to his emotional needs. "My dad did not have much time left and JCHH encourages family members to accompany the patient at all times. It was the perfect place for us to cherish every remaining moment with him."

Improved Quality of Life

A firm believer that palliative care is the best option at the end of life, Serin hoped the public will become more aware of it. "Palliative care is about addressing the needs of not only the patient but also the family members. Thanks to the bereavement counselling support from clinical social workers and Buddhist disciples, my family was able to maintain a positive outlook even when faced with the inevitable loss of my dad."

In a life full of first meetings and final partings, Serin was most reluctant to say goodbye to her father but felt comforted knowing that he departed with a smile as was his wish. She expressed her heartfelt gratitude to the generous donors of the "Hospice Subsidy Bed Scheme" for supporting her father in his final chapter of life, and for inspiring her to pass on this blessing to others in need.



與太太結婚四十多年，是唐先生最幸福的時光。
The forty years that Martin was married to his wife were the happiest of his life.



經歷喪妻之痛的唐先生認為，人不能永遠活在痛苦之中，因為人總要前行。
After losing his spouse, Martin believes the best way to cope is to keep moving forward.

總要前行 MOVING FORWARD

「與太太結婚四十多年，這是我人生最幸福的時光。自她離去後，什麼地方我也不想去，腦海只充斥與她相處的片段。」七十餘歲的唐先生退休前是一名消防員，救人無數亦曾與死神擦身而過。他對死亡毫不畏懼、不哀慟，惟太太離世，晚年喪偶令他的悲傷難平。

“The forty years that I was married to my wife were the happiest of my life. Now that she is gone, I have only the memories of our time together.” As a retired firefighter, Mr Martin Tong had his share of life-threatening experiences and was not afraid of death. However, the grief from his wife's sudden passing proved too much even for him to bear.

唐太太因腦癌離世，但唐先生和女兒與太太緣慳一面，成為他人生最大的遺憾。他自責、情緒低落：「我倆相處甚歡，形影相隨，太太對我非常信任，生活日常全由我負責。除工作以外，我的生命只是她。她的猝逝讓我崩潰！悲痛、自責、憤怒、失落揮之不去。反覆思索『生存還有什麼意義？』，我祈求上天快帶我到太太身邊，與她重聚。」

伴侶離世，喪親者需要時間調適哀傷，重新學習另一種生活模式。臨床社工陳麗茵指男士喪偶一般需要一年時間釋懷，但晚年喪偶需時更長。唐先生是常見男士晚年喪偶的情況：「他與太太共處數十年，感情深厚，兩人互相依賴。他雖與女兒感情要好，但為免家人擔心，寧願獨居。加上性格內斂，習慣抑壓情感，不擅長主動溝通，社交圈子不大，故哀傷情緒需較長時間釋懷。」

善別輔導的過程中，社工除聆聽和陪伴喪親者外，還會鼓勵他們發展興趣及參與小組活動，與同路人互相扶持，擴闊生活圈子。目前，唐先生的哀傷情緒大為紓緩，但對太太的思念從沒減退。他說：「總不能永遠活在痛苦的陰霾中，我需要重新振作，重過正常生活。人活一天，總要獨自前行。」

When Mrs Tong passed away from brain cancer, Martin was overcome with immense sadness and self-blame. “Our family was very close. The only time my life wasn't dedicated to my wife was when I was working. I was utterly broken after her passing,” said Martin. “I kept asking myself, ‘What was the point of living?’ and would often pray to be reunited with her sooner.”

Time is essential to coping with grief and returning to a normal routine, especially after the death of a spouse. Clinical social worker, Ms Lilian Chan, explained that while most widowers can come to terms with their loss after a year, older individuals may require more time. “Not only did his marriage with Mrs Tong span decades, but Martin is also naturally introverted and, despite sharing a close relationship with his daughter, prefers to live alone. All of these factors resulted in a more gradual coping process.” In bereavement counselling, social workers often encourage the bereaved to pursue their interests through group activities as a way to build a valuable support network.

Today, Martin's life is no longer dictated by grief, but the longing for his wife still remains. “I can't live the rest of my life consumed by pain. Even if it is one day at a time, I must keep moving forward.”



感謝支持 THANK YOU FOR YOUR SUPPORT



第五屆樂齡電競及體驗日

「第五屆樂齡電競及體驗日」由香港創科發展協會、智慧香港扶輪社及數碼港合辦，於2022年8月28日在數碼港順利舉行。活動吸引百多名長者參與，齊齊享受電競帶來的樂趣。藉此活動，我們希望長者多接觸新事物，豐富老齡生活，保持健康。為此，我們衷心感謝以下善款贊助人及機構，慷慨解囊，將關愛帶給晚晴：理文足球有限公司、李煥明博士、羚邦集團有限公司、丁可恒先生、十三實驗室有限公司、Artificial Intelligence Art Limited（排名不分先後）。

5th Senior E-sports and Experience Day

Co-organized with the Hong Kong Innovative Technology Development Association, Rotary Club of Hong Kong and Cyberport, the "5th Elderly E-sports and Experience Day" was successfully held on 28 August 2022 with over one hundred seniors in attendance. Through this event, we hope to promote healthy ageing by engaging the elderly community with enriching, innovative activities. Our sincerest thanks to the following sponsors and donors for their generous support: Lee Man Football Limited, Dr Wendy Lee Woon Ming, Medialink Entertainment Limited, Mr Ting Ho Hang Terry, Lab 13 Limited, and Artificial Intelligence Art Limited. (Not listed in any specific order)



燃亮生命火花 聖誕音樂會

「燃亮生命火花」聖誕音樂會，於2022年12月6日假中環花園道聖約翰座堂，與大家一起迎接佳節。聖誕音樂會除準備多首悅耳聖詩及聖誕歌外，座堂繼續擺放大型聖誕樹，讓參加者憑卡寄意，為已故或彌留病榻之親友，傳遞真摯的祝福。

Light Up A Life Christmas Carol Concert

The "Light Up A Life" Christmas Carol Concert was held on 6 December 2022 at St. John's Cathedral in Central. To welcome the festive season, the event once again featured memorable performances of hymns and Christmas carols as well as the grand Tree of Life on which participants handed loving messages and blessings to remember the departed.



九龍崇德社 關愛晚晴

熱心社會公益的九龍崇德社，推展大量以婦女、兒童、老人及弱勢社群為服務對象的社會項目。承蒙該社於2021年至2023年，合共捐款港幣30萬元支持「住院資助計劃」，幫助有經濟困難的晚期病人，讓他們得到適切的寧養紓緩服務。對此，本會向九龍崇德社致以衷心感謝。

Zonta Club of Kowloon

The Zonta Club of Kowloon inspires positive change by supporting social welfare projects for women, children, elderly and other vulnerable groups, one of which is an accumulated donation of HK\$300,000 to sponsor our "Hospice Subsidy Bed Scheme" within 2021 to 2023. Thanks to the generous support of the Zonta Club of Kowloon, more underprivileged terminal patients and their families will be able to receive quality palliative care at the end of life.



登山善行 2022 圓滿結束 2022 "HIKE FOR HOSPICE" SUCCESSFULLY CONCLUDED

October is
登山善行
HIKE FOR HOSPICE
Month
1.10.2022 - 31.10.2022

2022 年的登山善行於 10 月順利舉行。受疫情影響，活動繼續以線上模式進行，共吸引近四百名登山愛好者參加，當中有身處海外的人士參與，寓登山於慈善！

The 2022 "Hike for Hospice" was successfully held as a virtual event in October, attracting nearly 400 hikers from around the world to support a meaningful cause. All proceeds will be used to provide quality palliative care and bereavement services to underprivileged terminal patients, ensuring that their life's journey can be completed with dignity and the warmth of their loved ones.

為表謝意，我們於 2023 年 1 月 12 日舉行「頒獎典禮」。善寧會執行委員會主席汪國成教授致辭時，衷心感謝各贊助商及參加者的支持，籌得之善款將全數幫助基層的晚期病人，為他們提供適切的寧養紓緩和善別輔導服務，讓晚期病人能保持尊嚴，並在家人陪伴下完成人生最後一段旅程，達致生死相安。

活動籌委會主席艾禮仕致謝辭時表示，即使在疫情下未能以實體模式舉辦，仍能籌得超過一百五十萬元善款，實有賴社會各界、善長及友好機構的支持，期望下屆再會。

To acknowledge the outstanding efforts of the event sponsors and participants, the "Hike for Hospice" Awards Ceremony was organized on 12 January 2023. At the ceremony, Professor Thomas Wong Kwok-shing, Chairman of the SPHC Executive Committee, and Mr Edward Naylor, Chairman of the "Hike for Hospice" Organizing Committee, sincerely thanked all the supporters for successfully raising \$1.5 million despite the pandemic disruptions, and looked forward to welcoming everyone again next year.

得獎名單可瀏覽：

For the complete hiking results, please visit:



金鑽贊助 Diamond Sponsors



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Centline Property Agency Limited
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年度報告 2021/22

ANNUAL REPORT

善寧會成立於1986年，是一所在香港註冊、沒有政府資助的非牟利團體，致力提供寧養紓緩治療服務。

The Society for the Promotion of Hospice Care was established in 1986 as a non-profit organization without government subvention.

服務單位

Service Units :



沙田 Shatin

賽馬會善寧之家

Jockey Club Home for Hospice

長沙灣 Cheung Sha Wan

譚雅士杜佩珍安家舍服務中心

Jessie and Thomas Tam Centre

服務統計 Service Figures

本年度的總服務人次 Total Service Attendances This Year : **14,915**

服務查詢數字 Service Enquiries : **1,385**

善寧會核心服務範圍 Core Services

住院服務 In-patient Service

病人 Patients : **278**

家庭成員 Family members : **695**



善別輔導 Bereavement Service

服務人次 Service Users : **3,412**



家居照護 Home Care Service :

服務人次 Service Users : **3,818**



專業培訓及公眾教育 Professional Training and Public Education :

參與人次 Attendances : **3,372**



日間服務 Day Service :

門診服務人次 Day Consultation Service Users : **71**

日間中心服務人次 Day Activity Centre Attendances : **1,884**



善款運用與行政支出 Administrative Expenditures

① 善款運用 Use of Donations :

善款收入 Donation Income \$14,813,000

其他項目／基金撥款 Other Project/Foundation Grants \$8,110,000

② 服務支出 Service Expenditure \$36,112,000

③ 行政支出 Administrative Expenditure

服務收入 Service Income : \$18,447,000

行政支出 Administrative Expenses : \$2,291,000

捐款感謝

THANK YOU FOR YOUR DONATION

善寧會是一所不受政府津助的非牟利慈善團體，我們的服務實有賴社會大眾的支持！過去半年，感謝以下捐款者的捐助，讓我們所提供的「住院資助計劃」及「善別輔導」服務得以持續。惟篇幅所限，恕未能盡錄，見諒。

As a non-profit charitable organization without government subvention, SPHC relies on donations and fundraising to continue serving terminal patients and their families. We wish to show our gratitude to the following generous donors during these 6 months. Thank you for supporting our mission.

Due to the limited space, please accept our heartfelt apologies for any unintended omission.

鑽石捐助 Diamond Donor (HK\$400,000 或以上 Or above)

傅敏女士及黃志恒先生 Mandy Fu & William Wong

金捐助 Gold Donor (HK\$100,000 或以上 Or above)

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	Ms Natalie Howarth Cheung
	Ms Stephanie Hon Szee-nay
九龍崇德社	Zonta Club of Kowloon

銀捐助 Silver Donor (HK\$10,000 或以上 Or above)

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羅震耀醫生紀念羅啟璇先生	Dr Eric Law Chun Yiu in memory of 羅啟璇先生
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簡國安先生	Mr Kan Kwok On

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黃順女士	Ms Wong Shun
黃玉芳小姐	Miss Wong Yuk Fong
鄭格如基金	Zheng Ge Ru Foundation
王煒東先生	
王雙燕女士	
祝惠娥女士	

每月捐款 Monthly Donation

黃偉和先生	Mr Wallace Wong Wai Wo Mr Philip Wong
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楊文傑先生	Mr Yeung Man Kit

* 期內捐款平均達 \$10,000 或以上
The average donation within the period was \$10,000 or above

* 2022 年 7 月 1 日至 12 月 31 日 From 1 Jul to Dec 2022
* 排名不分次序 Not listed in any specific order

捐款表格 Donation Form

請以正楷填寫下列表格，及在適當空格加上✓號，並寄回、傳真、電郵或WhatsApp至善寧會，以便本會發出捐款之正式收據。你的個人資料將保密處理。

Please complete the form and ✓ as appropriate, and return to us by post, email, fax or WhatsApp for the issuance of official receipt. Your personal data provided herein will be kept strictly confidential.

港幣 HKD	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$500	<input type="checkbox"/> \$300	<input type="checkbox"/> \$100	<input type="checkbox"/> 其他 Other \$ _____
	<input type="checkbox"/> 每月定期捐款 Monthly donation				<input type="checkbox"/> 一次過捐款 One-off donation

捐款用途 Donation Purpose(s)	<input type="checkbox"/> 住院資助計劃 Subsidy Bed Scheme	<input type="checkbox"/> 一般捐款 General Donation	<input type="checkbox"/> 其他 Other(s) _____	捐款港幣100元或以上，可獲發收據作扣稅用途。 Donations of HKD100 or above are tax-deductible with an official receipt.
	<input type="checkbox"/> 善別輔導 Bereavement Service	<input type="checkbox"/> 專業培訓及教育 Professional Training and Education		

捐款人資料 Donor's Information

姓名 Name (中文) _____ (English) _____ 先生 Mr/小姐 Miss /女士 Mrs /其他 Others: _____

地址 Address _____ 電話 Phone _____

電郵 Email _____ 捐款人編號(如有) Donor No. (If any) _____

捐款方法 Donation Method

<input type="radio"/> 劃線支票 By Crossed Cheque 支票抬頭：善寧會 Payable to "The Society for the Promotion of Hospice Care"	<input type="radio"/> 轉數快 By Faster Payment Service (FPS)  或 電郵搜尋 Search by email: finance@hospicecare.org.hk	<input type="radio"/> 信用卡 By Credit Card (適用於每月定期及單次捐款 Applicable to both monthly & one-off donation) <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express 持卡人姓名 Cardholder's Name _____ 信用卡號碼 Card No. _____ 有效期至 Expiry Date (mm/yy) _____ / _____ * 持卡人簽署 Cardholder's Signature _____
<input type="radio"/> 自動轉帳或銀行櫃員機 By ATM or Direct Transfer <div style="border: 1px solid black; padding: 2px; width: fit-content;">善寧會銀行戶口 SPHC's Bank Account: 恒生銀行 Hang Seng Bank 280-3-451141</div> <p>請將入數紙或捐款的頁面截圖連同此表格郵寄、傳真、電郵或WhatsApp給我們。 Please mail / email / fax / WhatsApp us a copy of the bank-in slip or screen capture of the related transaction together with the completed donation form.</p>	<p>可透過網上銀行轉數快，掃描以上QRcode進行捐款，完成後電郵 frp@hospicecare.org.hk 或 WhatsApp (9635 5001) 告知我們，以便發出收據。 Donation can be made through FPS-enabled e-wallet or mobile apps by scanning the above QR code. To receive a donation receipt, please WhatsApp (9635 5001) / email (frp@hospicecare.org.hk) us.</p>	<p>* 本人授權善寧會由本人之信用卡戶口轉帳上述指定金額作定期或一次性捐款。每月捐款授權在本人之信用卡有效期過後及獲發新卡後仍繼續生效，直至另行通知。 * I hereby authorize the Society for the Promotion of Hospice Care to debit the amount specified above from my credit card account on a monthly or one-off basis. The authorization for monthly debit will continue after the expiry date of the credit card and with the issuance of a new card until further notice.</p>

本人 同意接收 agree to receive 電子郵寄 email 通訊 mail

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NW March 2023

摺線 Folding Line

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