

西貢區

Sai Kung District



賽馬會齡活城市
Jockey Club Age-friendly City



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

策劃及捐助 Initiated and funded by

主辦 Organised by



西貢區議會長者服務處
Sai Kung District Council Elderly Services Unit

「腦」動西貢2018 Brain Big Fun Sai Kung 2018

計劃主要元素 Key components

在區內提供認知障礙症的倡議及支援服務，以喚起大眾對認知障礙的意識。

Holistic initiatives to raise awareness and to provide support to the dementia in the community.



提供及早識別之評估服務 Early Screening Service

以認知障礙評估工具 (MoCA) 為西貢及將軍澳區長者提供初步評估及轉介服務，以免錯過早期治療的黃金階段。

Provide Montreal Cognitive Assessment (MoCA) to identify mild cognitive impairment and dementia in older people in Sai Kung and Tseung Kwan O.

製作資源地圖 Compilation of "Resource Map"



培訓義工關於認知障礙症服務及製作「西貢區認知障礙服務資源地圖」。

Train volunteers the knowledge of dementia care and create "Resource Map for Dementia Service in Sai Kung District"

教育及推廣 Education and Promotion

在區內派發有關認知障礙症單張、舉行「健腦健康日」、「齡活城市」展覽、健腦運動或認知訓練工具推廣、義工推廣大使嘉許禮等。

Organize a series of education and promotion activities including 'Healthy Brain Day', 'Age-friendly City' exhibition, volunteer recognition ceremony, brain gym exercise and cognitive training workshops to raise public awareness on dementia care and age-friendly concept.



推行日期：2018年04月 - 2018年12月
Implementation date: April 2018 – December 2018

長者及年齡友善社區範疇 Domains of Age-friendly City



社區與健康服務
Community Support
& Health Services



信息交流
Communication
& Information



尊重和社會包容
Respect and
Social Inclusion



社會參與
Social
Participation

