

慈惠月報

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聖雅各福群會
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社工的話
Social Worker's Remark

感謝義工及善長 為弱勢社群出心出力

一年一度感謝慈惠服務義工的春茗已順利完成，當晚集各服務的義工，包括：惠澤社區藥房、電器贈長者、長者家居維修服務和到戶理髮服務等的義工，濟濟一堂歡渡新春，希望對在一年來默默為獨老家居安全服務付出的義工，作為一些心意。

由於我們的服務主力為貧老弱老籌募善款，故來春茗的二百多位義工也是自掏腰包的，幸有善長了解我們的情況，也很欣賞義工們長年累月的付出，被他們的愛心感動，故他們很樂意捐出禮物作活動之用，同時亦希望人人有份，永不落空。禮物雖少，但心意十足；而同事們亦預備了一些遊戲跟大家開心一下，作為一點答謝心意。

此外，每年我們都會續一在台上介紹同事，沒有這些同事，很多工作也難於推動。很多義工知道服務發展有多項計劃，站在台上的同事約10個左右，有義工不禁問道：「你們人數不多，但卻做全港性服務，真叫人驚訝！」當下，我請他望向會場那些義工，還有些未能出席的，服務就是全賴大家的協助，再加上善長的支持，一眾同事才有勇氣承擔！正如春茗一樣，我們那裡可掏出禮物錢？唯每天在為獨居長者奔馳之時，同事也記掛著義工們，向善長提出需要，才可以順利舉行一樣。

新一年又開始，我們一方面繼續提供直接服務，一方面尋找新資源，包括：金錢、實物和場地。實物上如各類合適獨居長者的電器、冬天所需的新棉衣棉被、潤膚膏等等；場地如方便到達的可存倉地方……這些都有助服務的推展和對長者需要的回應力。

到了2041年，65歲的以上的人士將佔全港人口約33%，即3個香港人就有1位是長者。現時長者人口中有十四萬是獨居生活，二十八萬是兩老互相照顧。面對著服務使用者人數不上升的趨勢，強化地區支援工作、以主動出擊的方法、及早介入是十分重要。我們會繼續往開來，集眾人之力 and 專長，為弱勢社群的基本生活需要而努力！

Grateful Thanks to Volunteer & Donor Giving Help to the Needy

The annual dinner for volunteers of Charity Project is finished. At that night, volunteers of all programs, namely Philanthropic Community Pharmacy, Electrical Appliances for the Elderly Program, Elderly Home Maintenance Services, Home Haircut Services and etc, came together in celebrating the New Year. Through the annual dinner, we hope to give thanks for those volunteers who have been serving the living alone elderly in the past year.

Since the Charity Project is with no subsidy at all, all volunteers coming to the dinner have to pay by themselves. Luckily, some donors well understand our situation and appreciate the effort of the volunteers; thus, they are willing to donate some presents for our use. Also, our colleagues prepare some games so that everyone can have fun in it. All these represent our thankful heart to the volunteers.

Every year, we will introduce all colleagues to the volunteers. Without them, it is hard to operate and develop the project. Most of the volunteers know that there are a number of programs under the Charity Project; however, they are query that there are just around 10 colleagues on stage, "How can the Project provide service in all districts with just a few colleagues? It is amazing!" At that moment, I asked him to look at the restaurants where is full of volunteers and think of those who cannot attend that night. In fact, it is only with the support of all volunteers and kind donors that our colleagues have the confidence in doing more! Like the annual dinner, how can we offer resource to hold such a big event and to have the present? It is also with the support of different donors that we can have the dinner in giving thanks to our volunteers.

Another year came, we will on one hand offer direct service while on the other hand searching more resources, including money, material and place. For materials, it includes appliance suitable for living alone elderly, coat and quilt for keeping warm in winter and etc; while for place, it refers to places where is convenient for storage. All these resources are important to the Project.

In 2041, 33% of the population is people aged 65 years old or above; in other words, 1 of 3 Hong Kong people is elderly. Regarding to the elderly population now in Hong Kong, 140,000 is living alone elderly and 280,000 is living alone elderly couple. Facing the increasing number of service users, strengthening the district services, giving proactive service as well as offering help at the early stage are of great importance. From now on, we will keep our effort in providing the basic need for the deprived in community.

滴水成河，粒米成籬，勿輕己靈，勿以善小而為。

Drops of water make up a river; grains of rice fill up a basket. Do not refrain from doing charity even it is a small gesture.



感謝你們作我戰友 一直與我並肩作戰

Thanks for being My Comrade Fighting by My Side

醫學科技在近代發展迅速，一些以往醫學界束手無策的病況，來到現在，已研發出各種新藥來控制病情。可是這些新研發藥物的價格普遍比較高昂，例如用於癌症治療的標靶藥物每月所需費用一般高達三至五萬元不等。如此高昂的藥費對在職人士來說已造成沉重的經濟壓力，更遑論一些已退下職場的高齡患者及來自低收入家庭的患者。當他們知道有藥物可幫助控制病情及提高生活質素的同時，亦了解到自己及其家庭的經濟狀況未能支付相關費用，當中的無奈及無助感可想而知。

「惠澤社區藥房」便是秉持「病者有其藥」的理念，以較市價優惠的藥費或透過藥物資助計劃，讓病患者適時得到他們所需要的藥物。「兩年多前我被確診患上晚期腎細胞癌，並接受醫生的建議，開始服食自費的標靶藥物來控制病情。我是一名退休人士，雖有一定積蓄，但大部分已用於支付前期的住院、檢查及手術等的費用；至於每月大約兩萬元的標靶藥物費用，我預計在半年後便會因沒法持續支付昂貴藥費而被逼中止標靶治療……屆時，病情便很有可能迅速惡化。」梁先生很擔心地說。後來梁先生申請「惠澤社區藥房」的藥物資助計劃，經評估後現時梁先生可以大約三折價錢購得所需的標靶藥物，讓他在家庭經濟狀況尚可承受的情形下繼續接受標靶治療。

「除了藥費的優惠，『惠澤社區藥房』的註冊藥劑師為我進行配藥時，讓我知道服用該標靶藥物後，毛髮及皮膚顏色均會變淺，亦較容易出現腹瀉、疲倦及皮膚方面等的副作用。所以，我在標靶藥物治療期間所出現的各種副作用已有一定的心理準備，並在副作用出現時，跟循他的指示採取適當的應對措施，將副作用的影響盡可能減輕。」根據藥劑師的觀察，梁先生亦緊記他所指示的服藥方法，確保藥物療效。

梁先生在醫生及藥劑師的指引下，已服用標靶藥物超過兩年多的時間，效果理想，病情穩定，治療期間所出現的副作用受控。梁先生除了較易感到疲倦外，生活質素並沒有受到嚴重影響。

「『惠澤社區藥房』不單讓我有機會得到所需的藥物，更重要的是，讓我重拾生活的步伐。藥劑師就好像我的戰友一樣，我們一起商討戰術，共同對抗癌症的同時，藥劑師的各項建議亦讓我有足夠的精神體力去做我喜歡的事情。」梁先生的例子正好讓我們體會到「病者有其藥」以及「知藥用藥」的重要性，這亦正正是「惠澤社區藥房」的使命。

Medical technologies have been rapidly developed in recent years. Now, some incurable diseases in the past can be controlled with various new drugs. However, these newly developed drugs are in general much more expensive. Examples are target drugs for cancer treatment which may cost thirty to fifty thousand dollars a month. Such high medical expenses cause a heavy financial burden to working patients, not to mention the retired elders or those from low income families. In fact, everyone can imagine their helplessness that they come to learn drugs are available for controlling their condition and improving their quality of their lives but realize their financial situation cannot afford the associated expenses.

The Philanthropic Community Pharmacy upholds the belief that every patient has its right of having medication and hence offers the medication at a lower price or through different subsidy program. "I was diagnosed of terminal phase kidney cancer cells two years ago. I took the doctor's advice and started taking self-financed target drug to control my illness. I am a retiree. Although I have certain saving, most of it has been spent in covering my hospitalization, examination and operation costs. Regarding to the target drug costing twenty thousand dollars a month, I predicted that I will be forced to stop the treatment six month later as my saving will also be used up..... Then, my condition will get worse rapidly." said Mr. Leung with extreme worries. Subsequently, he applied the medication subsidy program of our Philanthropic Community Pharmacy. After the assessment, he can now buy the medication with 70% discount which allows him to continue the treatment as well as relieves the family's pressure.

"In addition to the subsidy, the registered pharmacist of the Philanthropic Community Pharmacy clearly explain the side effects which the hair and skin colour will be lighter and possibility of having diarrhea and etc. Hence, I am mentally well prepared for the various side effects; and when the side effects come, I follow the pharmacist's instruction in order to relieve the hardness." According to the pharmacist's observation, Mr. Leung follows the instruction well to ensure the drug efficacy.

Under the guidance of the doctor and the pharmacist, Mr. Leung has been taking target drugs for more than two years. The efficacy is good and his condition is stable. part from feeling tired easily, the quality of his life has not been badly affected.

"The Philanthropic Community Pharmacy not only gives me the chance in getting the needed medicine; more importantly, it enables me to regain the pace in life. The pharmacist is like my comrade who is willing to discuss the battle tactics and fight with the cancer together. His suggestions enable me to have sufficient mental and physical strength to do what I like." Mr. Leung's example lets us realize the importance of "medicine for the patient" and "knowledge of medicine application" which are the mission of our Philanthropic Community Pharmacy.



「到戶藥物檢視服務」

Outreach Medicine Inspection Service

在公立醫院輪候服務，人山人海，每日醫生診症的病人多不勝數，每位病人可以見到醫生的時間往往只是幾分鐘的事。明白需求大，資源又有限，加上近年部份醫生轉投私型醫療機構，人手嚴重緊張，因此病人要把握短短數分鐘時間，簡握精要地把病情交待，然後又要用百份百的精神記著醫生的說話，不要說是長者，就算是一般成年朋友也未必可以做到！結果，往往是久等一場，匆忙進入診症室，在很短時間內告知醫生自己的病情，又要在很短的時間內找緊醫生的回應，同步又要把自己的疑問問醫生，如此倉卒的診病過程，醫生和病人都很無奈。到取藥時間，情況亦是急急趕趕，一袋袋的藥物有不同服用效果、方法或副作用，真的不是個個病人可以霎時間可以掌握，結果在回家的路上，他們對自己的病情及藥物的服用仍是滿肚疑問。

雖知道有些病人在服藥上發生問題，但自己及家人都沒有察覺。又或是獨居的病人乏人照顧及指導，無法按照指示服藥，於是病情得不到有效的控制。

聖雅各福群會「惠澤社區藥房」的成立，目的是為來買藥的病人提供正確藥物知識，令他們明白後，改善服藥的習慣。由於社區上還有很多老人家，因著體弱的緣故未能親自來到藥房，「我在政府醫院覆診，在老人科取了很藥，包括：心臟藥、血壓藥和糖尿藥，差不多十多款。我要用拐杖出入，要來藥房實在不方便，只用電話溝通又說不清聽不明。」七十歲的方伯伯說道。

為了幫助類似方伯伯情況的病人，本會推出「到戶藥物檢視服務」，由外展配藥員主動出擊，走進社區，為有需要的長者提供藥物檢視服務。不論就他們服用藥物提供用藥知識——服藥方法、藥效及副作用，還是由配藥員協助整理藥物，把藥物按醫生指示，分藥盒存放及提供服藥提示，這都是「到戶藥物檢視服務」的工作範圍。外展配藥員會因應長者的需要，在所需支援的時間內持續為他們提供有關服務，改善他們的服藥習慣及對藥物的依從性，最終達至「知藥用藥」的目的。經過一段時間的服務後，現在方伯伯可自己根據指示，按時服用，方伯伯放心地跟我們說：「劉先生上門幾次，每次逐一把藥物講解我知，又用筆及貼字在藥袋上寫上標記，雖然行動差，我頭腦及眼睛尚算靈活，如果覆診改藥，我又遇到困難或不明白，現在我會通知他。」

「到戶藥物檢視服務」以上門形式，由外展配藥員及藥劑師一起為有需要的病人提供藥療輔導，解釋服用藥物的資訊及解答他們的疑問。

The government hospitals are always packed with people queuing for medical services because there are a large number of patients but not enough doctors. Each patient can only have a few minutes consulting doctor. As a matter of fact, patients do not have enough time to explain their condition to the doctor or understand what the doctor said to them. Similar situations occur in the dispensaries. Many patients packed in the dispensary waiting for their medicine. They have to wait very long for getting medicine with little knowledge of the usage and side effects of it that they have been prescribed.

There are patients having problem in taking medicine. The patients themselves or even their family members are unable to notice changes on the patients even if something goes wrong after taking the medicine. The living alone elderly even have no one to assist them taking medicine and that could cause their illness turn uncontrollable.

The establishment of Philanthropic Community Pharmacy of St. James' Settlement is to provide proper knowledge on drug usage for patients who go there for medicine. Many old people in the community are too fragile to go to dispensary for medicine. Uncle Fong, aged 70, said, "I go to government hospital for Geriatric consultation. I get prescriptions of high blood pressure, cardiac and diabetic medicine. There are over 10 kinds of them. My feet are feeble and I need a cane for walking. It is inconvenient for me to go to the dispensary. Besides, I have difficulties to make appointment through the telephone as my hearing is poor."

In order to help patients like Uncle Fong, St. James' Settlement has developed an Outreach Medicine Inspection Service. Outreach dispensers of this Service take initiative to go into the community to help elderly in need. The service includes teaching elderly the usage, effect and side-effect of medicine being prescribed, and how to take them properly. The outreach dispensers assist the elderly to set up routine ways to take medicine so that no session will be missed. After a considerable period of time Uncle Fong can take his medicine independently and correctly. He said to us, "The outreach dispenser Mr. Lau teaches me how to take medicine every time he visits me. He marked the dosage and date on the medicine bags for my easy reading so that I can take them correctly. When there is change of medicine, Mr. Lau will teach me again."

The dispensers of the Outreach Medicine Inspection Service visit and provide drug coaching for elderly. Through the service elderly can get more information and have their questions answered.





感激義工不怕路遙遙 寒風中送上電飯煲

上門家訪，不時會發現貧弱長者使用的電飯煲，不是煲身外殼破損，就是內膽生鏽，還有的是經常跳掣！這無疑對他們生命及健康構成危險。為了讓長者能夠安全煮食，活得健康，「電器贈長者」計劃的義工團隊這次就到了元朗、天水圍等較為偏遠的地區，為有需要而又行動不便的長者送上電飯煲。

「你地終於來了，唔好意思，麻煩你們來咁遠的地方，仲要到處搵路。」擔心我們找不到入村的路，林婆婆一接到電話，就緩緩步出村口接應我們。林婆婆的丈夫離世後，就獨居在位於元朗某村落的鐵皮屋，每月僅靠三千多元的綜援金生活。由於患有青光眼和白內障，婆婆不敢用明火，平日僅靠兩個電飯煲煮食——一個用來煮飯，一個用來煲湯。但最近用來煮飯的電飯煲內膽破損，開始出現漏水的情況。無奈的林婆婆只能將其棄置，僅靠餘下的一個電飯煲應付日常煮食，十分不便。有見及此，醫務社工向「電器贈長者」計劃提出申請，希望能夠幫助婆婆申請一個電飯煲。考慮到林婆婆生活貧困，缺乏家庭支援，負責社工決定送贈一個電飯煲給婆婆，以減輕其生活上的困難。熱心的義工幫助婆婆在狹窄的房屋內找出地方妥善放置電飯煲，令婆婆十分感動：「你地真係好細心，好關心我地呢啲老人家，多謝你地」。婆婆還堅持陪我們到村口，與我們依依惜別。

與林婆婆告別後，我們去天水圍探望與太太同住的莫伯伯。莫伯伯夫婦二人相依為命，兩口子每月僅靠六千多元生活。最近婆婆因為肺部不適，急需接受手術，住院需要用付費，但多了出入醫院，添置日常用品，令他們增加額外開支，剛巧平日使用的電飯煲不時常跳掣，壞了不能再使用。生活捉襟見肘的他們實在無法支付購買電飯煲的費用。這令伯伯十分焦急：「個電飯煲壞咗，我都唔知點樣煮飯食。佢（婆婆）啱啱做完手術，有口熱飯落肚是很重要的。」幸好有社工知道兩老的苦況，協助他們申請一個全新的電飯煲。探訪時，義工不僅耐心地指導伯伯使用電飯煲的用法，還注意到婆婆身上貼有膏藥，提醒婆婆一定要注意用藥劑量，令兩位感到很窩心。婆婆感慨地說：「平時就我地兩個係屋企，都無乜人嚟探我地，好耐都無試過咁熱鬧、咁開心了！」

一個小小的電飯煲，不僅能夠幫助像林婆婆和莫伯伯夫婦這樣的長者減輕生活負擔，更能讓他們感受到他人的關懷與愛護，為孤苦無依的晚年生活增添溫暖。

一個小小的電飯煲，能助憂心的伯伯放下包袱，重拾笑容。
Just a rice cooker can help Grandpa remove his worry and make him wear a smile again.



Thanks for Bringing Me A Rice Cooker From A Long Distance in the Freezing Cold

When paying visits to the elderly in poverty, we often found that their rice cookers were in bad shape, either damage found in the outer part or rust gathered in the inner container. Some of them even had problems with their electronic parts! It undoubtedly poses hazard to the elderly's health and safety. To ensure safety in cooking and safeguard the health of the elderly, the volunteer team under the "Electrical Appliance for the Elderly Program" recently visited and brought some rice cookers to the poor and incapacitated elderly who live in the remote areas including Yuen Long and Tin Shiu Wai.

"Here you arrive at last! I feel sorry that you took the trouble to come here from a long distance but clear road signs are not available here." Upon receiving our call, Grandma Lam immediately headed for the entrance of the village, but can only in slow pace. She worried that we could not find the way in. Grandma Lam's husband has passed away and she is now living by herself in a hut with a galvanized-iron roof in a village in Yuen Long on CSSA of \$3,000 plus per month. As she suffers from glaucoma and cataract, she avoids using flame cooking. Instead, she usually prepares rice with a rice cooker and soup with another rice cooker. But recently the inner container of one of the rice cookers was broken and leakage occurred. She cannot but stop using it. It would be so inconvenient to do all the cooking with just the remaining rice cooker. A Medical Social Worker came to know about it and applied to us on Grandma's behalf for a rice cooker. As Grandma has no family support and is living in poverty, the social worker in charge approved the application hoping to ease a bit her difficulty. The enthusiastic volunteers had to make some effort in finding some suitable space in her tiny house to place the new rice cooker. Grandma was touched, "You are so attentive and care so much for the elderly. Thank you!" Grandma then insisted in seeing us off at the entrance of the village and waved farewell to us for some time before she returned home.

We then headed to Tin Shui Wai to see Grandpa Mok and his wife. The couple can only depend on each other and get by with just \$6,000 plus per month. Lately, Grandma Mok had problems with her lung and had undergone a surgery urgently. The hospital fees and the cost for the relevant necessities had added to their financial burden. Misfortune never comes alone; the electrical parts of their rice cooker did not function properly but they could not afford a new one. Grandpa said anxiously, "I am not able to prepare rice without a rice cooker; she (Grandma) needs and would feel better to eat some hot rice to help her recover better from the surgery." A social worker came to know about their difficulty and applied to us on their behalf for a new rice cooker. During the visit, the volunteers attentively showed Grandpa how to operate the rice cooker and they also noticed that a plaster drug was applied on Grandma's skin. They explained to her that she should be careful not to apply excessive amount of drug. Grandma was touched by their care and said, "There are always just two of us here; we rarely have guests. We have not been so happy for having guests here for a very long time!"

It is nothing but just a rice cooker that can not only help the elderly like Grandma Lam and the Mok couple to alleviate their financial burdens, but also convey our concern and care for them making these poor lone elderly feel warm.



我們需要你的捐助
We Need Your Donation

電磁爐，去明火，添安心

一直以來，電磁爐以其簡單、安全的操作，成為許多家庭必備的煮食工具。只要有個小小的電磁爐，就可在家中煮燉煲湯，既安全又健康。對於一些失明或記憶力衰退的長者來說，電磁爐更是保障家居安全的「法寶」。因為電磁爐操作方便，只要按幾個按鍵就能輕鬆煮食。若長者一時忘記關爐，電磁爐在過熱的情況下亦有自動關爐的功能，可避免發生火警。但對於生活貧困的長者來說，一個兩百元左右的電磁爐仍是一筆不少的支出。「電器贈長者」計劃藉善長的捐款，為不同地區的長者送上電磁爐，務求令他們能夠安全地在家煮食，減少家居危險。

六十歲的朱伯伯獨居葵涌的公屋單位，幾年前不幸患上了黃斑點病，視力不斷衰退，無奈下惟有辭去工作，依靠綜援金生活。沒有其他親人照顧的他，平日緊靠微弱的視力和雙手的觸覺，處理瑣碎的家務。近日伯伯家中的電飯煲損壞，我們上門送電飯煲給他時，嚇然發現他仍用明火煮食。當問起日常的煮食情況時，伯伯無奈地表示：「無辦法，我都係靠經驗同埋手摸，儘量唔好碰到嗰煤氣爐。但係有時唔小心都會燙到。我已經燙傷咗好幾次了。」眼見伯伯的苦楚，了解他生活貧困和缺乏支援的情況，便決定饋贈一個簡單易用的電磁爐給伯伯，以減輕其生活不便。當我們再次探訪伯伯，為他送上電磁爐時，伯伯非常高興：「太好了，嗰電磁爐煮食嘅時候爐身唔會發熱，唔會經常燙傷手了！」

同樣需要電磁爐的，還有獨居的李婆婆。李婆婆已年逾七十，患有頸椎移位、腦退化症等多種疾病，但她仍堅持在家中用煤氣爐煮食。由於記憶力衰退，多次出現忘記關火、燒糊食物的狀況，經過社工的多次勸說，婆婆終於願意接受使用電磁爐。家訪時又正碰上婆婆再次燒糊食物，燻黑的煮食爐旁邊鋪滿了煮糊的米粉，實在令人擔憂。當婆婆接過電磁爐時，仍十分不安：「你地一定要教我，我記性好差，唔識用。」義工耐心地向婆婆講解，提醒她開爐前一定要加水，使用後記得拔出插頭等安全事項，還在爐面的按鈕上貼上記號。在義工的鼓勵下，婆婆開始接受使用電磁爐：「好過用煤氣爐啊，起碼唔會燒焦食物。」

一個簡單的電磁爐，就能幫助兩位體弱無依的長者減輕生活上的煩惱和不便。「電器贈長者」計劃有賴善長支持，為更多類似他們一樣的貧困長者添置操作簡單的電磁爐，使他們得著生活的改善，保障家居安全。施善熱線：8107 8324 或 2835 4321。



Induction Stove Avoid Fire & Release Worry

The induction stove becomes an essential cooking tool of many families for its simple and safe operation. Just a small stove can cook food as well as boil soup which is safely and healthy. For elderly who is blind or with declining memory, this stove is the talisman to ensure home safety. As its operation is easy, simple touch of few buttons can cook. Even the elder on occasions forgets to switch-off, it will turn off automatically which can avoid fire hazard. However, a \$200 induction stove is still an heavy burden for the poor elderly. With the generous donation, the "Electrical Appliances for the Elderly Program" offers the induction stoves to elderly in need in order to ensure safe cooking at home and hence minimize the risk of having fire.

The 60 years old Grandpa Chu lives alone in a public housing unit in Kwai Chung. Unfortunately, he suffers from macular degeneration few years ago and led to the loss of sight. Thus, he can only resign and lives on CASS since then. With no family care, he replies on his weak eyesight and sense of touch in taking care of his daily living. Recently, his rick cooker is broken down. While we deliver a new rice cooker to him, we found that his still use the fire for cooking. He sighed, "I have no way. I can just use it by experience and feel with my hands. I try not to touch the gas stove; however, I still get brunt sometimes." Understanding his difficulties, we decided to offer him an induction stove. In our second visit delivering him the induction stove, he is excited, "Excellent! The stove will not be heated up and thus I will not burn my hand anymore!"

Grandma Lee who is over 70 years old has a similar need. Grandma Lee is suffering from cervical vertebra, dementia and other illnesses but she still insists on cooking with gas stove. With poor memory, she forgot to turn off the fire and burnt the food for quite a number of times. After repeated persuasion of her social worker, she was finally convinced to use the induction stove. On the day we delivered her the stove, we found that she brunt the food again. While she took over the induction stove, she still felt very worried and said, "You must teach me how to use it as my memory is very poor. I don't know how to use it." The volunteer then patiently explain to Grandma and even labeled the button with stickers. With the volunteer's encouragement, Grandma was getting more familiar with the use and said, "It is better than the gas stove, at least I will not burn the food anymore."

Asimpleinductionstovecaneasethelivinginconvenienceand worries of the two frail living alone elderly. "Electrical Appliance for the Elderly Program" is grateful to have support from different kind donors so that we can offer more similar cases with the induction stove in improving their living standard. Donation hotline: 8107 8324 or 2835 4321.

一個小小的電磁爐，能夠幫助長者減輕生活不便，保障家居安全。
An induction stove can provide the elderly a convenient living and ensure home safety.



不用再坐「過山車」 感謝圓我一個心願

「好囉，我終於不用再坐『過山車』了！」70歲關伯伯雙腳不能走路，在家中都需要使用電動輪椅。家中的地板已經破爛多時，每次輪椅進出都有如坐過山車一樣，高低起伏。輪椅稍一傾斜，伯伯就好不容易跟輪椅一同倒下。對於獨居的他來說，安全的家居環境更是十分重要。

「我只有一个姊妹，她年紀比我大又有自己的家庭，哪有時照顧我這個弟弟。我在多年前因交通意外而導致雙腳不能走動，我花了很多時間適應。要學習一個人生活，家中所有鎖碎事都要自己處理。」經過多年的適應，伯伯總算習慣了失了雙腿的獨居生活。「但是面對家中損壞的物件，我實在無能為力，主要是我不懂得修理，而且我行動不便沒有能力做。」

伯伯的地板已經壞了好一段時間，除了自己沒有體力找人協助外，因著經濟的困難，他久未處理。「我現在每個月都靠綜援金和傷殘金生活。整一整地板，一定好貴，我唔敢諗。反正我都用左咁多年，唔得都要捱住先啦。」

中心社工在家訪中留意到，每當伯伯用電動輪椅駛經破爛的地板時，伯伯都有如過坐山車一樣，上上落落，心怕他會跌出輪椅或坐在輪椅上雙雙倒地。於是轉介申請聖雅各福群會的長者家居維修服務，由義工上門為關伯伯維修地板。

眼見義工師傅把一塊塊破爛的地板鏟起，然後鋪平那些不平的地面，最後重新鋪上防滑新地板。「多謝你們的仗義幫忙，你們達成了我多年來想都不敢想的心願，全數資助我的工程費用之餘，又找來如此細心的義工幫我維修，實在太感謝你們。圓我一個心願，謝謝您們！」伯伯話不多，但他所說的每一句話都是發自內心。



No More "Roller Coaster" Thanks for Satisfying My Wish

"It's really great that I don't need to take the 'roller coaster' anymore!" 70 years old Grandpa Kwan is with walking disability and has to rely on the wheelchair. Since his floorboards are broken, it leads to an uneven flooring; and once the wheelchair tilts slightly, Grandpa will fall down with the wheelchair. For a living alone elderly like him, the home safety is of great importance.

"I only have a sister who is older than me and with her own family. How can she afford more time to take care of me? I am not able to walk after a traffic accident many years ago. I spend a long time in adapting and learning to take care of myself." After years of training, Grandpa is now adapted to a living without the pair of legs. "However, I am still helpless while having broken appliances in home since I don't know and I have no ability to deal with it."

In fact, the flooring of Grandpa is broken for a while. Apart from the physical constrain, he doesn't repair it simply because of the financial difficulty. "I live on the Comprehensive Social Security Assistance and Disable Allowance. I believe it must cost a lot to repair the flooring and thus I don't plan to repair it at all. I can only tolerant until there is an urgent need to do so."

Though Grandpa Kwan doesn't have the planning to do the maintenance, the district worker notices that every time when Grandpa passes through the broken flooring, it is just like taking the roller coaster with many ups and downs. The worker worries that Grandpa will fall down easily and hence refers his case to our Elderly Home Maintenance Services.

The volunteers firstly removes the broken floorings and pave it with the new one. "Thanks for all your kind help! You guys satisfy my wish and need in all these years! You not only subsidy my maintenance fee, but also arrange the kind volunteer for help. I am really grateful! Thanks a lot!" With just a few words, Grandpa Kwan expressed his grateful thanks in heart!

「過山車」的路軌經師傅雙手變為平坦路徑。
"Roller Coaster" becomes a flat flooring after the volunteer's help.

籌募善款解危機

陳婆婆今年89歲，4年前中風後，左邊身肌肉萎縮，手腳行動都不方便。「現在我左邊的手只能舉高少少，隻左腳要很大力才可邁高少許。」婆婆雖然年紀大，但很了解自己的身體狀況。

「今次不好意思要找你們幫忙，我家廁所的門檻話高唔高，但我的左腳無力，半夜起身去廁所時，一個唔小心就被門檻絆倒，跌在地上，頭破血流。」陳婆婆已經不是第一次遇到這樣的家居意外了，在過去的4年，她跌過4次，幾乎一年跌一次，情況不容忽視！

陳婆婆跌倒的主因是廁所的門檻有1吋高，婆婆半夜睡眠惺忪，專注力稍一不足，雙腳力量不平均就會跌倒。每跌一次，身體活動能力就再差一點。最近一次社工家訪，才無意得知道婆婆曾在家中多次跌倒，故向「長者家居維修服務」申請協助，由義工將門檻拆除。

義工上門為陳婆婆評估拆除門檻的工程對其原有的隔水功能的影響，然後將門檻打破後再鋪上水泥。為了防止婆婆再發生絆倒的危機，義工師傅細心把地鋪平，待乾一點後又再鋪平一次。來回反復多次後，婆婆只需等待數個小時便可安心進出洗手間了。

能夠維持服務一向的宗旨，為長者建立安全家居環境，有賴三行師傅不辭勞苦義務為貧乏無依長者上門維修外，亦需要善長慷慨解囊，請支持我們助長者改善家居的服務。善施支票抬頭請書：「聖雅各福群會」，指定捐予「長者家居維修服務」；支票請寄：香港灣仔石水渠街85號一字樓105室；或致電2835 4318聯絡我們。



幸得善長捐款支持維修的費用，陳婆婆現在可以安全地出入廁所。

With the donation of the benefactors, Grandma Chan can now safely enter the toilet.

Donation to Resolve Crisis

Grandma Chan, 89 years old, had a stroke 4 years ago. Her left body side suffers from muscle atrophy and her mobility is bad. "No, my left hand can only raise a little and so as my left leg." Though old, Grandma knows her own physical condition clearly.

"I am sorry to bother you for help. My toilet threshold is in fact not very high but my left leg is weak; thus, when I went toilet at night, I tripped and fell for being careless." That was not the first time she had the same accident at home. In the past 4 years, she fell down for 4 times, averaging once a year. Hence, the situation should not be ignored!

The accident was mainly caused by the 1 inch toilet threshold. When Grandma woke up in the middle of the night, she easily lost balance and fell down with insufficient concentration. After each fall, her physical mobility get worse a bit. In a recent home visit, the social worker found that she had fallen down several times; hence, he applied our "Elderly Home Maintenance Services" for assistance, having the volunteer to remove the threshold.

The volunteer firstly evaluated the impact of removing the threshold which may affect the impermeable function. Then, he removed the threshold and pave it with cement flooring. To prevent the accident again, the volunteer carefully leveled the floor flat and repeated for a few times. After waiting for a few hours, Grandma can go to the toilet with no more worries.

The objective of our service is to set up a safe home environment for the elderly. Apart from the volunteers' effort in provide door to door service for the poor elderly, we also need the generous donations from our benefactors. Thus, please kindly donate generously to support our "Elderly Home Maintenance Services". Please mail your cheque beneficiary "St. James' Settlement", remarked at its back for "Elderly Home Maintenance Services", to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. Donation hotline: 2835 4318.



為長者度身訂造 建立安全家居

根據衛生防護中心資料顯示，跌倒是長者患病及死亡的重要原因之一。調查發現在社區居住的65歲或以上長者當中，每年約5人便有1人跌到，當中約有75%因而受傷需接受進一步治療，嚴重者更會出現骨折，甚至死亡。按2012年的資料顯示，65歲及以上長者因跌倒而死亡的登記個案為187人，而當中超過五分之二跌倒致命個案是在家中發生的。

長者跌倒，最直接的原因是實際環境因素。在我們的探訪經驗裡，地板凹凸不平、雜物四散滿地、傢俱日久失修等均常見於獨居長者家中，這些潛在的家居陷阱每天都在威脅著長者的健康。而對獨居長者而言，往往需要單打獨鬥應付生活大小事宜，加上多種長期病患導致身體功能上不同方面的障礙，如視力衰退、腳力不足、關節退化等，均會令長者出現跌倒的情況。

本著「急長者所急」的服務精神，聖雅各福群會「長者居家安全服務」“Elderly Home Sweet Home Service”，以「主動出擊」的方式，親身到戶改善無依獨居長者的家居環境。新服務整合推行多年的「長者家居維修」及「電器贈長者」服務經驗，採用「一條龍」方式提供一站式的家居安全配套服務。系列服務包括為無依長者「度身訂造」的家居安全檢視服務，服務社工主動走入長者居所，就長者的家居環境進行安全評估，評估項目包括長者的健康狀況、家居設計擺設、電器傢俱的缺乏程度等，訂立出屬於長者個人的「家居安全改善計劃」，同步與各項專才義工，如家居維修師傅、電器指導義工、傢俱設計義工等，合力推行家居改善工程各項的需要，為匱乏長者建立「居家安樂窩」。

因中風而需長期臥床的昌伯伯，正是新服務的受惠者。「自中風後，行步路都變得困難，只能長時間臥於床上。說起來也覺慚愧，連去廁所都得靠別人幫忙，無人無物的我，除了自己還可以依靠誰？」因昌伯伯舊居的板間房沒有電梯，經社署「體恤安置」計劃獲派新公屋，卻又為他帶來更多的煩惱。「我生活依靠綜援，新屋又要裝修，又要買家電、傢俱，還有咁多錢可以應付？我想只帶一些隨身衣物過新屋就算了，過得一日就一日吧！」服務社工了解到昌伯伯既無助又緊急的狀況，同時又得知業主請他月底一定得遷出舊居，於是為昌伯伯提供「一站式」的家居安全配套服務。

在昌伯伯收到新居鎖匙後，家居維修義工率先為伯伯新居鋪設膠地板、安裝扶手、照明及窗簾軌軸。之後安排義工協助昌伯伯將舊居的物品搬遷到新屋，同時為他新居添置生活所需，包括二手床、「煮食三寶家電」-電飯煲、電水壺、電磁爐以及可提供熱水的電熱水爐，方便伯伯可即時使用家電煮食及洗澡。搬遷當日義工更護送昌伯伯到新居，按「家居安全」的設計概念，擺放提供傢俱及電器，以方便昌伯伯使用為前提。服務義工並同時將伯伯的衣物及物品，進行分類並放入不同顏色的膠箱裡，讓伯伯容易識別物品的擺放位置，方便拿取。

「人間本是有情！在我困難時候大家願意申請援手，熱心的幫我打點一切，從搬遷開始，到鋪設地板、運送家電，更幫我設計家居，讓我有空間走路及擺放衣物。雖然因病我都只能躺在床上，但義工對我的照顧卻是無微不至。從不間斷的為我新居擺設提供意見，亦按我的習慣為我擺設衣物、日用品等。看到他們如此熱心的幫我建立家園，讓我有份『重生』的感覺，我定會努力振作重新生活下去。」為體弱長者建造「安樂窩」，讓他們能夠真正安居，正是計劃多年的服務使命！

隨著新公屋邨將於年初陸續落成，服務已陸續收到長者申請，暫有20位長者正輪候「長者居家安全服務」。計劃急需要善長伸出援手協助，捐助\$1,000協助1位長者，以作購置最急切的床以及基本家電。服務刻不容緩的開展中，計劃社工及義工亦已全面投入服務，務求竭全力將善長們熾熱的關懷，到戶送到匱乏長者家中，請捐助「長者居家安全服務」！施善熱線：2835 4321 或 8107 8324。



Custom Built Safe Home for The Elderly

According to the Centre for Health Protection, falling is a main cause of elderly illness and death. Surveys show that, among persons aged 65 and older who live in the community, one out of every 5 persons falls every year. Of the falls, 75% result in injury requiring further treatment, with the more serious cases ending in bone fracture and even death. In the year 2012, 187 elderly persons aged 65 and older were on record as having died due to falling, and two-fifths of the fatal falls occurred at home.

The most direct causes of these falls are environmental factors. It is our experience from house visits that uneven floors, scattered articles and decrepit furniture are all potential hazards to the elderly. Elderly persons who live alone must cope with everything by themselves. But many of them have functional disabilities due to chronic diseases. Such handicaps include failing eye-sight, weak legs, and degeneration of the joints, all of which may cause them to fall.

Eager to meet their urgent needs, St. James' Settlement has launched an Elderly Home Sweet Home Service, in which we take the initiative of visiting the homes of elderly persons living alone and improving their living environment. This new service is a one-stop set of coordinated home safety services, integrating experiences gained from our long-standing programs of Elderly Home Maintenance Services and Electrical Appliances for the Elderly. The new service series includes a home safety assessment that is custom-made for each elderly person who lives alone. Our social workers initiate house calls to assess the safety of the elderly in his living environment. Based on the elderly person's health condition, the design and furnishings of his home, and electrical appliance and furniture he lacks, a personal Home Safety Improvement Plan is drawn up for this particular elderly person. Volunteers who specialize in home maintenance, electric appliances and furniture design then work together to make the necessary improvements to the home, to build a home sweet home for its elderly occupant.

Uncle Cheung, a bed-ridden stroke victim, is a beneficiary of the new service. "The stroke has made it hard for me to walk. I have to lie in bed most of the time. I am embarrassed to say that I even need help to go to the toilet. But who can I rely on but myself?" He was living in a room partitioned off with wooden boards, and there was no lift in the building. The Social Welfare Department's Compassion Rehousing program assigned a new public housing unit to him. But his new home presented more problems. "I live on Comprehensive Social Security Assistance. Where do I find the money to furnish my new home, to buy electrical appliances and furniture? I think I will only take my clothes with me when I move to the new home. I will just have to cope with each day as it comes!" Understanding Uncle Cheung's helplessness and the urgency of his situation, knowing also that the landlord had told him he must move out of his old home by the end of the month, our social worker drew up a one-stop set of home safety services.

When Uncle Cheung received the key to his new home, our home maintenance volunteers first laid a linoleum floor and installed handrails as well lighting fixtures and curtain railings for him. Other volunteers were then dispatched to move his belongings to the new home. Also added to his new home were such necessities as a second-hand bed, electric rice cooker, electric kettle, electric induction cooker, and electric water heater, to enable him to cook and bathe whenever he wants. On moving day our volunteers took Uncle Cheung to his new home. All the furniture and appliances were placed according to the home safety plan, to ensure that they will be easy for him to use. The volunteers also sorted out his clothes and other belongings and put them into plastic boxes of different colours, so that he could easily tell where everything was and could reach it easily.

"People care! When I had trouble everyone was willing to help me. They did everything for me, from moving to laying the flooring, delivering electrical appliances, and designing my home, making sure there is room for me to walk, and put away my clothes. I could only lie in bed. The volunteers took care of all my needs. They kept coming up with ideas on how to arrange the furniture and put away my clothes and articles of daily use according to my habit. Seeing their enthusiasm in building my new home makes me feel 'reborn.' I promise to pull myself together and live my life well." To build a Home Sweet Home for a frail elderly to live in peace and contentment is precisely our mission.

More new public housing estates will be completed early this year. Applications have already come in for our Elderly Home Sweet Home Service, forming a waiting list of 20. The service is in urgent need of your donation. It takes only \$1,000 from you to buy a most urgently needed bed and basic electrical appliances for an elderly person. The service has been launched and social workers and volunteers have already plunged in, ready to do their utmost to delivery your warm concern and care to the home of every needy elderly. Please donate to the Elderly Home Sweet Home Service. For more information, please telephone our hotlines: 2835 4321 and 8107 8324.

搬遷過程繁瑣，長者無力應付。服務義工協助長者執拾物品，並進行分類。
The process of moving house is too tedious for an elderly person. Volunteers help to sort out and pack his belongings.



在社區推行 藥物教育工作

惠澤社區藥房自成立以來，隨了讓社會上一些有需要的病患者以一個較優惠的價錢購買一些自費藥物外，同時亦十分重視對病患者藥物認知的教育工作。因此每一位來到藥房買藥的病患者，藥劑師都會善用面談的時間，提供藥物輔導，務求每一位使用我們服務的病患者，都能達到知藥用藥！

惠澤社區藥房本著這個使命，期望有更多社區上正用藥的病人得到有關藥物知識。故此，本房在全港不同地點進行社區教育，包括舉行講座和親到各機構為有關需要人士檢視藥物。以外展的手法，務求讓更多的病患者能受惠，適當地及有效地使用藥物。

這一次，惠澤社區藥房和跟本會「後顧無憂」生前規劃服務的同事合作，為一群獨居無依的長者檢視藥物。很多長者都是第一次接觸藥療輔導，對服務感到好奇。透過工作人員的提醒，他們帶備日常使用的藥物，由藥劑師和配藥員逐一協助檢視藥物。

陳婆婆把所有藥物帶來，由於她閱讀能力有限，在管理藥物上出現不少困難，並且有經常忘記食藥的情況，對於各種藥物的作用也很模糊。「每次去醫院覆診醫生都會開很多藥給我，我記性不好，轉頭就忘記了用藥的時間，因此常常忘記服藥。」陳婆婆無奈地說。由於管理藥物上出現混亂大大影響了婆婆病情的控制情況，血壓和血糖的指數一直未能達標。

在這次藥療輔導期間，藥劑師依藥物標籤向陳婆婆解說每種藥物的藥效，然後為她設計了藥物提示版，提醒他按時服用藥物。由於陳婆婆在管理藥物上較為混亂，單次的藥療輔導實在不足夠；故此，藥劑師安排陳婆婆接受「到戶藥物檢視計劃」，藉配藥員定時到訪，更進一步改善她服藥情況。

進行地區性的藥物教育工作，目的是為個別病人提供單對單的個人藥物輔導，解答由藥物存放至不同疾患藥物的處理與服食之道，以增強病者對藥物之依從性，助早日可控制病情，避免病情惡化。



Medication Education in Community

Since the establishment of the Philanthropic Community Pharmacy, we not only provide the medication for needy patients at a fairly favourable price, we also put great effort in giving patients with proper medication knowledge. Hence, our pharmacists will make good use of the time patients coming to take the medication by giving advice and ensuring every patient understands the medication.

With the belief of providing proper medication knowledge for more patients, we promote community education in different location by organizing seminars and visiting various organizations. We hope this outreach approach can benefit more patients in having proper and effective use of the medicines.

This time, the Pharmacy works with colleagues from "Pre-paid Funeral Navigation Service" program to check the medicines for a group of living alone elderly. This was the first time elderly know about the service and they were curious. The worker reminded the elderly to bring along their medication; hence, they pharmacist and dispenser can examine the medication one by one.

Grandma Chan brought all her medicine to us. As she only knows few words, she has lots of difficulties in managing her medication and often skips the medications. Also, her knowledge of the medication effect is very vague. "Each time when I have the medical check-up, the doctor prescribes lots of medicine to me. As my memory is poor, I forget the timing of taking them and hence skip quite often." Grandma sighed. Such difficulty greatly affects the medication efficacy and thus her blood pressure and diabetes indices have all along been over the limit.

Through this service, the pharmacist explained to her the each medication and designed a Medication Reminder Card for her in reminding her to take the medicine on-time. As her management on medication is quite confusing, one-off medicine consultation is not enough. Hence, the pharmacist put her on the "Home call medicine inspection scheme" whereby the dispenser can visit her regularly and further improve her medication taking situation.

Generally speaking, by offering on the spot and person to person medication consultation as well as sharing knowledge of medication storage and other skills, we hope to increase patients' compliance to get an early control of their conditions and avoid worsening of their illness.

長者面對各種各樣的藥物，實在感到茫然。
The elderly is always confused by sorts of medication.



守護獨老 長年無憂

A Safeguard for Singleton Elderly Well-Being for All Times

老一輩常說大時大節是老人家的難關，尤其在新年前後，醫院及殯儀館等地總是特別「旺場」。這些「大時大節」往往標記著氣候季節的更替，天氣急劇轉變，長者若一時間適應不到身體便很容易出現毛病。

對於「無憂通」電聯關顧服務的同工而言，每逢冬至新年都是高度戒備的時期。「無憂通」藉由電腦系統每天致電給長者，長者只需按電話指示簡單回應，工作人員就能從電腦中確定長者每一天的狀況，以保安全。根據過往經驗，每當步入寒冬，工作人員需上門跟進的個案亦比其他季度會多出百分之十五。

陳伯是「無憂通」服務的新用戶，他年過七十，獨居於天台屋。陳伯為人交帶，若接聽不到問候電話也會主動致電工作人員報平安。剛過去的十二月的一天，我們發現陳伯沒有回應問候電話，致電時又發現他的手提電話沒有開機，及至當天至晚上工作人員持續致電長者仍不果。我們查詢長者居住地方附近的醫院，但均無紀錄，及後再查詢所有醫院亦沒有發現陳伯入院；我們聯絡陳伯所認識的長者中心，發現該機構已有一段時間沒有聯絡長者；我們亦嘗試聯絡長者區內的長者支援服務隊，但同樣沒有長者的紀錄；我們聯絡長者的緊急聯絡人，甚至長者所屬教會，他們同樣亦表示沒有見過長者。

綜合以上的證據，工作人員認為陳伯有可能在家中發生意外。經本會服務經理批准後，我們取用陳伯所交托的後備鎖匙並上門查看。上天台後才發現天台有多個單位及沒有門牌，故不能確定長者所屬的單位。最後我們致電報案室，聯同警察逐戶拍門，若沒有人應門則嘗試以後備鎖匙開門，最後發現長者的家門隱藏於公眾廁所後方，需再爬梯才能進入。開門後，我們發現長者倒臥在床上失去知覺，趕忙將長者送院，最後總算來得及救治。

及後我們接到陳伯電話，他向工作人員表示自己因天氣急劇變化引起心臟衰竭。長者表示現在一切安好，並對工作人員的查探表達感激。

「無憂通」電聯關顧服務是一個安全網，藉著每天的問候和追蹤關顧，保障長者生命安全，安心無憂。



Our seniors have an impression that hospitals and funeral homes are busier in the Chinese festive season, especially during the days around Chinese New Year, and the aged are at special risk. Due to seasonality, Chinese festive season comes in tandem with a drastic temperature change and elderly who are unable to cope with the change would likely have problems.

From Winter Solstice to Chinese New Year every year, our staff working for the "No Worry Link" service is on high alert. The computer system generates calls every day to the elderly who signed up for the service, the elderly only need to make simple response according to the instructions and our staff would be able to ascertain the situation of the elderly every day. Visits in person and further follow-up will be arranged if problem cases are found. However, our staff reckons that problem cases consistently hike by 15% in every 4th quarter, i.e. during winter.

Uncle Chan, a 70-year-old elderly living in a rooftop house, newly signed up for the "No Worry Link" service. A disciplined person himself, he would directly call us up to report his condition if he didn't receive our calls. One day in the last December, our log record showed that Uncle Chan made no response to our calls, nor was he reachable by his mobile phone. Trying to find his trace, we kept calling him for the whole day on one hand and checked with the hospitals in the neighborhood on the other. Then we contacted the people and establishments which constantly connected with Uncle Chan, including the Elderly Centre, the Community Care & Support Services for the Elderly, the church Uncle Chan attends and the emergency contact, for his news.

Yet all the efforts were to no avail. Then our staff believed that Uncle Chan probably had accident at home. After getting approval from our Service Manager to use Uncle Chan's home keys kept in our custody, we immediately rushed to the rooftop he lived only to find that the rooftop houses were not arranged in sequence — we could not locate where Uncle Chan lived. So we called the police for assistance. The police helped us to check house by house and when nobody answered the door, they let us try opening the doors using Uncle Chan's keys. Finally we found Uncle Chan's house, it was in fact behind the lavatory and accessible only with a ladder. He was found lying unconsciously on the bed and fortunately it was not too late to send him for medical treatment.

Later we received a call from Uncle Chan himself, he told us that he had heart failure which was believed to be triggered the sudden temperature change, he was fine after treatment and he appreciated what we did for him.

"No Worry Link" offers elderly a safety net and provides the reassurance they need through daily greeting calls, response tracking and follow-up support service.

同事每天查看回應報告，緊密追查著長者的安全狀況。
Colleague checks the response every day in order to ensure the elderly's safety.

自購藥應注意註冊編號

市民自行購買非醫生處方的成藥時，應注意甚麼？有藥劑師提醒市民，購買或服用藥物前，可參考藥袋所註明的資料，而據《藥劑業及毒藥條例》，註冊的藥劑製品必須在標籤上註明藥物名稱、有效成分名稱及分量、製造商名稱及地址、藥物的香港註冊編號、生產批號及有效日期。

格式為「HK-XXXXX」

「市民自行買藥前，應該諮詢專業人士意見，如註冊藥房藥劑師或醫生。因為一啲非醫生處方藥物，可能唔適合某啲長期病患者，服用後或會有副作用。」聖雅各福群會惠澤社區藥房註冊藥劑師梁沛康建議，市民可參考藥物的註冊編號，在衛生署的網站查找它的成分，方才購買。

衛生署發言人提醒市民，切勿購買或使用來源不明的產品，所有已註冊的藥劑產品須於包裝附上香港註冊編號，格式為「HKXXXXX」，未經註冊藥劑製品，並未經由管理局評審，其安全、品質及效能均未獲保證。



Registration Number for Self-Paid Drug

When purchasing the self-paid medication, what should we be aware of? Pharmacist reminds that people should read the information stated on the medication package when having the self-paid drug. According to Pharmacy and Poisons Regulations, registered pharmaceutical product must has its drug name, name and quantity of all its active ingredients, name and address of the manufacturer, Hong Kong registration number, production period and expiry date on the label.

“HK-XXXXX” Format

“Public should consult professional opinion when buying drug by oneself, such as the registered pharmacist and doctors. It is because the over-the-counter (OTC) drug may not be suitable for some patients with chronic-illness and hence may cause some side effects.” Mr. Leung Pui Hong, the registered pharmacist of St. James’ Settlement Philanthropic Community Pharmacy advised public to take reference of the drug’s registration number and check its ingredients in the website of Department of Health before purchase.

The spokesperson for Department of Health reminds public not to buy or use product with unknown source. For all registered pharmaceutical product, they will have its Hong Kong registration number on the label and the format is “HK-XXXXX”; while for those unregistered and not accessed, its safety, quality and effectiveness are not guaranteed.

市民應留意藥物的註冊編號，認證安全方可購買。

Public should be aware of the medication registration number to ensure its safety before buying.



參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

- | | | | |
|------------------------------------|---|-------------------------------------|------------------------------------|
| <input type="checkbox"/> 贈藥治病計劃 | <input type="checkbox"/> 電器贈長者計劃 | <input type="checkbox"/> 家居醫療用品支援計劃 | <input type="checkbox"/> 病患者藥療輔導服務 |
| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 專科專藥補助計劃 (燃點希望計劃、補血寶愛心、乙肝援助防病行動及慢性阻塞性肺病家居支援行動) | | |
| <input type="checkbox"/> 送藥到戶服務 | <input type="checkbox"/> 營養福袋 | <input type="checkbox"/> 惠澤社區藥房 | <input type="checkbox"/> 家居維修服務 |
| <input type="checkbox"/> 到戶理髮服務 | <input type="checkbox"/> 電費助貧弱計劃 | <input type="checkbox"/> 外展體檢計劃 | <input type="checkbox"/> 後顧無憂規劃服務 |
| <input type="checkbox"/> 閃燈門鐘 | <input type="checkbox"/> 《松柏之聲》 | <input type="checkbox"/> 健康推廣活動 | <input type="checkbox"/> 以上任何一項 |

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

匯豐銀行：002-5-224247 或 恒生銀行：388-558645-001 或 東亞銀行：514-10-30561-7

(請在適當位置加上✓號)

敬請在支票背後或銀行入數紙寫上所捐賜之「慈惠服務」，連同捐款者之姓名及地址擲寄本會地址，或將銀行入數紙傳真至本會，FAX：3104-3635，俾本會可奉上謝函以及收據，以供閣下用作**扣除稅額**之用。謹此致謝。

I / My company would like to contribute (one-off / monthly) \$ _____ to support

- | | | |
|---|--|---|
| <input type="checkbox"/> Medication Subsidy Program | <input type="checkbox"/> Electrical Appliances for the Elderly Program | <input type="checkbox"/> Home Use Medical Equipment Support Program |
| <input type="checkbox"/> Pharmaceutical Care Service for Patients Project | <input type="checkbox"/> Patients Travel Subsidy Plan | <input type="checkbox"/> Nutritional Baggie For the Weak |
| <input type="checkbox"/> Philanthropic Community Pharmacy | | |
| <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme) | | |
| <input type="checkbox"/> Medication Delivery Services | | |
| <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Outreach Physical Examination | | |
| <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf | <input type="checkbox"/> "The Voice" Monthly Elderly Magazine |
| <input type="checkbox"/> Health Promotion Activities | | |
| <input type="checkbox"/> General use | | |

Donor / Co's Name : _____ Mailing No. : _____

Address : _____ Phone No. : _____

Donation Method :

Crossed cheque (Payable to "St. James' Settlement")

Bank : _____ Cheque No. : _____

By Credit Card (VISA MASTER)

Card No. : _____ Expiry Date : _____ (MM/YY)

Card Holder's Name : _____ Signature : _____

Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):

HSBC: 002-5-224247 or Hang Seng Bank: 388-558645-001 or Bank of East Asia: 514-10-30561-7

*Please check off your method of payment.

*Please kindly indicate the name of the Program / Service that you donate at the back of the cheque or bank receipt slip.

Please ensure that the bank receipt slip is returned along with your name and address to us via mail or fax at 3104-3635.

A tax return receipt will be issued with respect to your donation for tax deduction use. Thank You for your support.

查詢及網址：聖雅各福群會

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 網址：www.thevoice.org.hk
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 義務設計：黃志文先生
 翻譯義工：陳美玉 黃秀琼 辛秀麗 胡友玉 梁達仁
 友情印刷：平偉印務有限公司

Inquiry and Website : St. James' Settlement

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