



我們需要你的捐助 We Need Your Donation

病殘者疾患轉壞急須就醫 缺車資往覆診令病未可控

「健康轉差，需往醫院診治，是控制病情的方法。」一位社康護士說：「但我一些病人因為缺乏金錢乘搭的士往醫院診治，多拒絕我們建議早些回醫院覆診的意見，寧願等待健康好些時，乘巴士到醫院診治病情。」

「他們認為既然病了多年，已習慣不適，只要不會立即有生命危險，他們總是說可以捱，可以忍受不適，待再嚴重時才撥999入急症室。」另一位社康護士說：「他們每月可動用的金錢有限，日常為治理診病，花費已不少，但卻沒有提早回醫院診治的的士車費，真是令人唏噓。」

「及早求醫治理，方才是他們可控制病情的要道。」向本會求助支援的一位社康護理服務的主管說：「他們若有交通費的支援，不但可盡早診治控制病情，也給無助病弱者一點人間生存溫暖。」

由聖雅各福群會籌備的「診病交通費支援」計劃基金，乃應轉介者(如社康護士、醫生及社工)的緊急轉介，一經我們核實病弱者的經濟、健康及體能狀況，在無須急待其施基金的賜助下，可即時運用善款予個案診病的交通費支援，以避免病者延期或放棄及早覆診的問題；懇盼捐款支持，善款支票請書：聖雅各福群會，支票背面指明捐助「診病交通費支援」。網址：www.thevoice.org.hk。施善查詢：2835-4321或8107-8324。

Taxi Fare Subsidy For Patients

“When health deteriorates an earlier follow-up doctor’s visit is a must to prevent further health set back” said a community nurse, “However I have patients who turn it down because they could not afford the taxi fare for the trip and preferred to wait until improved conditions allowed them taking the bus on the visit.”

“Their view is that they have been accustomed to the discomfort of their illnesses, and since it is not life threatening they can wait and live with the discomfort or call 999 for going to the emergency ward if situation becomes serious,” said another community nurse, “As they only have spent their limited money looking after their costly chronic illnesses they cannot afford the taxi fare for an earlier follow-up consultation trip to the hospital. What a shame!”

“Early treatment is vital to illnesses control,” said a community nursing support supervisor, “Had they obtained travel support, not only earlier treatment is ensured but warmth and community care is extended to the feeble patients.”

The SJS “Patients Travel Subsidy” Plan is a response to urgent requests and from referrals parties (e.g. community nurses, doctors and social workers) and upon verification of their health and financial conditions being valid, SJS will provide them support in order they can take taxis to the clinic or hospital for doctor’s follow-up consultation for the timely and earlier treatment. Donation for this cause can be sent by cheque, beneficiary St. James’ Settlement, earmarked at its back for “Patients Travel Subsidy” Plan. Website: www.thevoice.org.hk. Inquiry hotline: 2835-4321 or 8107-8324.



生前預繳 殯葬無憂

聖雅各福群會推出本港首個「後顧無憂，生前預繳」殯葬服務，為獨居老人或末期病患者預先規劃並辦理身後事，迄今已有六百人報名參加服務。

另外，金融海嘯並未使港人縮減殯儀開支，「未來居所」價錢保持不變。

聖雅各福群會高級經理李玉芝表示，聖雅各福群會於零四年推出「後顧無憂」規劃服務，幫助綜援老人或末期病患者規劃身後事，至今為止已有六百人報名參加服務。而服務推出後收到不少非綜援人士查詢，所以聖雅各福群會於今年三月又開始對獨居，以及末期或長期患病的非綜援人士提供服務。至今已超過一百名非綜援人士報名輪候後事來臨。

她說，參照綜援殯葬津貼，綜援人士有一萬零七百五十元殯葬費用，所以毋須預支費用；而有別於綜援人士，非綜援人士必須預先支付殯葬費用，價錢在一萬二千五百元至三萬元之間。參加服務後，聖雅各福群會可為報名者預先計劃不同的宗教儀式和安葬形式，待其百年歸老時，按照其意願履行身後事。

「後顧無憂」生前預繳規劃服務經理岑智榮補充說，本港灰位一向緊張，為讓往生者真正後顧無憂，專人會將老人骨灰保存，並為其排隊等待灰位，而選擇海葬或花園葬則無需排隊等候。另外，為免通脹影響，聖雅各福群會將與報名人士兩年續一次約，如有升幅，需補差價。

殯葬撒灰漸獲接受

過去很少人能接受撒灰的概念。李玉芝欣慰地說，服務剛推出時，老人家對撒骨灰感覺恐懼，零四年，只有百分之三至四的老人家使用紀念花園。不過，通過社區的生死教育後，老人家對撒骨灰的概念已不那麼怕，現在已有超過一成二老人家願意使用紀念花園；去年政府批准海葬後，令更多老人家加入撒灰隊伍，願意海葬人數逾一成七。

如今金融海嘯來襲，房價大跌，港人「未來居所」可會因而下跌？殯儀業商會當屆會長吳耀棠表示：「傳統的灰位價錢沒變，港人安排後事的開支也未因經濟不好而改變」。他說，近幾年一般家庭辦喪事，大多使用最基本消費，海嘯來了亦是如此，而且喪事不比結婚，很多程序是無法減免的。



撫棺微笑的婆婆。

Por Por is happy to touch the coffin.

Pre-paid Funeral Navigation Services

The St. James' Settlement introduced the first **Pre-paid Funeral Navigation Services** in Hong Kong, which aims at helping elders who live alone and those with terminal diseases plan and arrange their funerals. So far, over 600 applicants have been received.

Meanwhile, Hong Kong people have not cut back on funeral expenses as a result of the financial tsunami. Prices for "future homes" remain unchanged.

Miss Lee Yuk Chi, Senior Manager of the St. James' Settlement, says that the Settlement launched the Funeral Navigation Services in 2004, to help elders and persons with terminal or chronic diseases receiving Comprehensive Social Security Assistance (CSSA) plan their funeral arrangements. To-date, over 600 applications have been received. As the Settlement has also received many enquiries from non-CSSA recipients, it started to provide the service also to non-CSSA recipients who live alone or suffer from terminal or chronic diseases in March this year. So far over 100 non-CSSA recipients have applied for the service.

She says as CSSA recipients are entitled to funeral fees subsidy up to HK\$10,750, they do not need to make any payment, whereas non-CSSA recipients will have to make advance payment for their funerals, ranging from HK\$12,750 to HK\$30,000. The Settlement will help participants pre-arrange funerals with different religious ceremonies and different burial methods, and carry out the arrangements according to their preferences when they pass away.

Pre-paid Funeral Navigation Services manager Shum Chi Wing supplements that since columbarium niches in Hong Kong are in short supply, to let participants have peace of mind, designated staff will safe keep their ashes while waiting for the availability of niches. As for those choosing sea burial or garden burial, they won't have to wait. To cater for inflation, the Settlement will renew the agreement with the participants once every two years. They have to top up their payment should there be any cost increase.

Gradual Acceptance of Scattering of Ashes

In the past, few people accept the concept of scattering of human cremated ashes. Lee Yuk Chi says that when the service was first introduced, elders feared the concept. In 2004, only 3% to 4% of elders chose to use the Garden of Remembrance. However, through community education, elders have become less scared of the idea, and now over 12% of elders are willing to use the Garden of Remembrance. Since the government approved sea burial last year, more elders have opted for scattering of ashes, with 17% choosing sea burial.

Now that flat prices have plummeted under the financial tsunami, would prices of "future homes" fall also? Funeral Services Association Chairman Ng Yiu Tong said: "The prices of traditional niches have not changed. Hong Kong people's expenditure on funeral services have not changed as a result of the poor economy."



受惠者言

Client's Remark

為有需要的弱勢社群推出適切的服務，是作為社會服務同工的職志；我們推出的「贈藥治病」計劃及「診病交通費支援」計劃，就是為無助貧困病弱及行動不便者提供金錢的援助，協助他們減除苦困，免因而惡化健康及大大影響生活質素，以可紓緩壓力，安心生活或學習。

月前我們收到上述兩項「慈惠服務」的一位受惠者感謝信，信中道盡善長們施善的成果，受助人得著援助後的轉變，以及令其父母減去擔憂的壓力，真確使人閱讀後也可分享箇中的喜悅。

不知該如何答謝

敬愛的贊助者：

您好！首先，萬二分感謝您的慷慨解囊，資助我接受精神科藥物治療及物理治療的費用，令我父母的負擔能大大減輕。唯因為一直都忙於應付三月的高級程度會考，故多月來都未能來信致謝，請見諒！

經過多月的藥物治療後，我的驚恐症已漸見起色。記得在接受治療前，我於課堂上時刻都處於極度緊張的狀態，且常因過度緊張而令四肢僵硬得無法繼續正在進行的工作。即使肌肉放鬆了，但整個人仍會處於緊張狀態。此舉除了令我感到不適外，還會影響我的學業，尤其在測驗、考試期間，若發作次數頻密的話，我就無法完成試卷了。

如今驚恐症仍未完全離我而去。醫生說這與我本身患有先天性疾病，肌肉較容易緊張有關。不過眼見現在已有起色，他相信情況會漸趨好轉的。

至於物理治療方面，雖然接受治療至今只是短短兩個多月，但也有好消息出現了一困擾了我超過十年的“S”形步態，在每天拉筋和強化肌力的訓練下，彎曲的程度已沒以往般嚴重了。雖然現在我因膝患問題，仍不能長時間步行，但至少我每踏一步，都較以往穩固，信心也大了。這對於我，以及我的家人而言，都是一個天大的喜訊。但若當初沒有您的一顆善心，相信這一個又一個的好消息，仍只是一個遙不可及的夢。我實在不知該如何答謝您才好了，唯有寄語一紙書信寥表心意，及繼續與醫生及治療師好好合作。

農曆新年快到了，衷心希望您有一個快樂無比的2009年。稍後天氣又會再次轉冷了，緊記要多穿衣服，保重身體啊！

祝

新年快樂 身體健康！

XXX謹啟

Helping the less privileged with appropriate services is the professional duty of our colleagues. We launched the “Donate Medication” Program and “Travel Expenses Support” Program to help the poor, weak, handicapped and helpless patients to get them out of their difficulties. It is aimed to minimize impact and pressure on their daily lives.

We have recently received a thank you letter from one of the beneficiary of the above charitable services and we wish to share his/her feeling with you all.

Don't really know how to thank

Dear Sponsors,

I am really grateful to your generosity in supporting my medical and physiotherapy expenses on my mental illnesses. That has greatly alleviated the worries of my parents. As I am busily preparing for my High Certificate Examination in March, I have not been writing this thank you letter sooner.

After taking the medication for few months, my fright is coming under control. I could remember prior to receiving the treatment, I was extremely tense in the classes. I was so tense that my limbs stiffened, unable to carry on with my work at the time. Even after my muscles have relaxed, I was still very tense. This not just made me feeling uncomfortable but worse still affected my study especially during tests or examinations. When this happened, I was unable to finish my test or examination.

Now though my fear has not gone completely, my doctor on seeing my improved condition and progress believes it is going to get better. He said that my condition is congenital in nature and my muscles could freeze easily

On physiotherapy, there is good news in spite of the fact that I have only been treated for two months. The “S” shaped steps that has bothered me for over ten years is on a correction course with daily stretching and muscles strengthening exercises. I am still bothered by problem of my knees and cannot walk for long, but my steps are now firmer and my confidence has increased. This is very good news to my family. Without your help, this could be but a dream. I really don't know how to thank you! I shall continue to work closely with my doctor and the physiotherapist.

Chinese New Year will come soon. I earnestly wish you a very happy 2009. It is getting cold, so do not forget putting on more clothes and take care.

Best wishes for a Happy Chinese New Year and the Best of Health.

Yours sincerely,

XXX



我們需要你的捐助
We Need Your Donation

「防流感 助病弱」 計劃

眾所皆知，本會的「慈惠服務」中的「病患者藥療輔導服務」、「贈藥治病計劃」、「家居醫療用品支援計劃」、「診病交通支援計劃」及「電費助貧弱計劃」等，全都是針對貧而無助的長期病患者，在治理疾患的過程中，所帶來的財政及知識上的問題，透過大家的捐助，以改善他們的生活質素。由於他們的身體抗病能力差，容易被病魔入侵，是人所共知的事實，如何透過我們的「慈惠服務」令他們有著健康，當然是我們必要關注的課題。

自北美洲爆發人類感染甲型流感H1N1開始不久，疫情亦開始慢慢在亞洲蔓延，世界衛生組織亦把流感大流行戒備級別由第4級升至第5級，代表人類豬流感已出現人傳人情況。當局亦隨即啟動「流感大流行應變計劃」，正如特首指出由於香港乃國際大都會，人流流動頻繁，加上居住環境狹窄，疾病傳染容易，我們服務的貧弱病殘者正是高危一族，受豬流感感染的機會會是很大；如何助他們渡過此世紀疫情，亦是本會的「慈惠服務」職責。

為免如年前「沙士疫情」的後知後覺被動表現，我們為能可盡早作出應變，特推出「防流感 助病弱」計劃，希望於全力支援以上匱乏個案，藉你們的援助以令他們減低病痛痛苦之餘，亦懇盼大家於對抗傳染病能力低人士而言的「大難臨頭」時期，伸出援手作出捐款，俾我們可向代理商購買有關口罩、濕紙巾及消毒潔手液等，以可轉送予以上個案，或透過各區社福機構的轉介，以令貧而無助病弱殘疾者可有此等物資應用，以助抵禦流感所襲。

捐款請用支票，抬頭請寫上：聖雅各福群會，支票背面請指定捐予「防流感 助病弱」，惠寄香港灣仔石水渠街85號一字樓105室。我們正與有關代理商聯絡，一待有著大家的捐款支持後，便可盡早啟動被病弱者視為被流感襲擊的恐慌。施惠查：2835-4321或8107-8324。

Flu Protection for Frail Sick Plan

It is a common knowledge that SJS "Charitable Services" consisting of the programs, namely, "Pharmaceutical Care Service for Patients Project", "Medication Subsidy Program", "Home Use Medical Equipment Support Program", "Patients Travel Subsidy Plan" and "Power Subsidy - Ailing & Handicapped" are all geared to help the poor and helpless elderly suffering from chronic illnesses to cope with their lack of financial resources and knowledge deficiencies through public donation and education.

With current eruption of swine flu H1N1 in America slowly spreading through people to Europe and Austro-Pacific, WHO has quickly raised its global alert level to Phase V as of this writing and the Hong Kong government has initiated its own "Flu Pandemic Response Plan". We believe our "Charitable Services" has need to provide additional precautionary service to the above mentioned group of high risk, poor and frail elderly.

Hence, we are taking a proactive approach to cope with possible potential outbreak by putting out this "Flu Protection for Frail Sick" drive to raise money for the purchase of masks, moist paper towels and antiseptic hand wash etc for distribution to them, when need arises, directly or through referral by district welfare institutions.

Donations by cheque can be made out to beneficiary St. James' Settlement earmarking for "Flu Protection for Frail Sick" and mail to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong. We have been in touch with relevant supply distributors and upon receipt of your donations we can start this program rolling. Donation and inquiry hotline: 2835-4321 or 8107-8324.