

安寧誌



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香港中文大學
 賽馬會老年學研究所
 CUHK Jockey Club Institute of Ageing



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聖雅各福群會
 St. James' Settlement



The Best Time is Now: Community Wide Survey on End-of-Life Care in Hong Kong

A three-wave community-wide survey on end-of-life care in Hong Kong were conducted since the launch of The Jockey Club End-of-Life Community Care Project (JCECC), funded by The Hong Kong Jockey Club Charities Trust in January 2016. The survey aims to measure the changes in knowledge, attitudes and preferences on end-of-life care among Hong Kong citizens, as well as to assess the impact of the project.

A press conference was arranged on November 1, 2016 at The University of Hong Kong, to release the results of the first wave findings carried out between January and March 2016. Mr Leong Cheung, Executive Director, Charities and Community of The Hong Kong Jockey Club introduced the JCECC project, with Project Directors, Professor Cecilia Chan and Dr Amy Chow, released the research findings, and project volunteers and service users shared their experience in participating in the project.



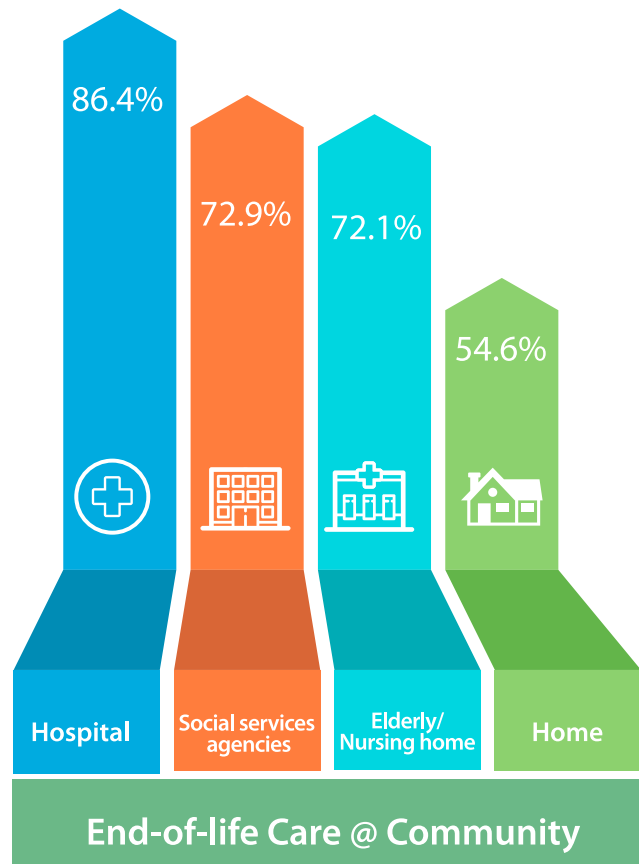
Feature



“No Longer Taboo: End-of-Life Care in the Community”

“Most people in Hong Kong are now comfortable to talk about death, and they showed support to end-of-life care services in the community,” said Dr Amy Chow. “The survey results indicate that the best time to promote end-of-life care services is now,” she said.

There were 1,600 randomly-selected Hong Kong citizens aged 18 years old participated in the telephone interview. Over 90% of them did not feel uncomfortable talking about death. Most of them were supportive if end-of-life care services are to be provided in the community. Although hospitals remain the most popular choice for end-of-life care provision, over 72% of respondents would also consider other community settings (such as social service agencies and elderly and nursing homes) as plausible places for end-of-life care services.



End-of-life Care@Neighbourhood

82.1% EoLC facilities near home

76.1% Neighbours receive EoLC at Home

59.2% Neighbours die at home

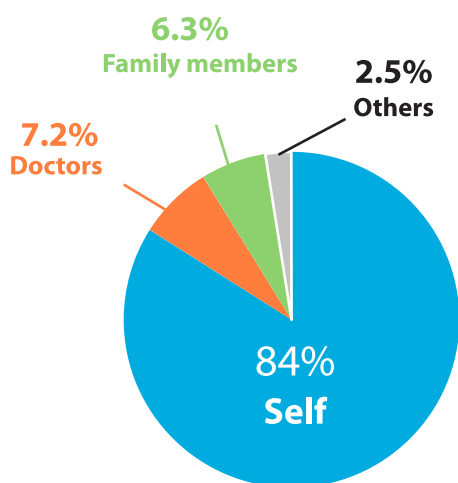
82% of respondents showed support for the construction of end-of-life care facilities in their own community. 76% said that they would not feel uneasy if their neighbours receive end-of-life care at home, and nearly 60% of them thought that it is acceptable for their neighbours to choose to pass away at home. With respect to their own preferences, more than half of them said they wish to receive end-of-life care at home in the last stage of life and around one-fourth of them considered home as the ideal place to pass away.

End-of-life Care@Home



“ The Best Time is Now: Community Wide Survey on End-of-Life Care in Hong Kong ”

The survey also reviewed that most people seek for self-autonomy in end-of-life care decision making, while family remained a core concern in those decisions. As much as 84% respondents believed that they should be the one who make decisions on their end-of-life care plan. Family communication are valued, with over 70% of respondents who had expressed wishes to sign advance directives (AD), receive end-of-life care, or choose place of death also expressed willingness to discuss these decisions with family. In the last 6 months of life, people wished to be accompanied by family members and friends and wanted to create good memories with them.



Autonomy: EoLC decision making

Communication: The catalyst of End-of-life Care

80.1%

Among those who would choose to sign an AD, 80.1% would talk with family about their decision

72.6%

Among those who would choose to receive EoLC, 72.6% would talk with family about their decision

74.3%

Among those who would choose the place to die, 74.3% would talk with family about their decision

“The findings probably rooted in the familial cultural value in Chinese community. Most Chinese people think that family is the most important in life.” Dr Chow explained. “If patients are willing to initiate conversations on end-of-life care, family members should be open, and be able to respect their wishes. Family communication is essential in end-of-life care. It is a treasurable time to express love and care, and to create happy memories.”

The survey results were congruent with the directions of the JCECC project. The project aims to raise public awareness and enhance their knowledge on end-of-life care; and to improve the community end-of-life care services in Hong Kong. The results will guide future development on professional training and public education activities under the project.





Professor Cecilia Chan said “The JCECC project has launched for ten months and its effect in improving patients’ and family members’ quality of life is prominent.” One of the community partners of the JCECC project, representative from St. James’ Settlement Ms Alvina Chau, a project volunteer Simon and a family member of a service user, Ms Wong, shared their experience in participating in the project.

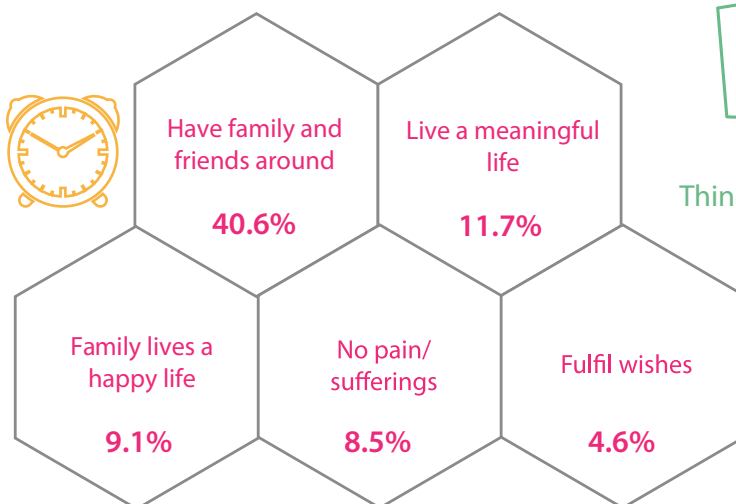
Ms Wong’s 89-year-old father, Mr Wong, has been suffering from chronic diseases for more than ten years. He started to receive Cheering@Home End-of-Life Care Services provided by St. James’ Settlement earlier this year. Apart from tangible support in daily

life, the project arranged Simon, one of the “cheering practitioners” to visit Mr Wong once a week, bring fun and joy to him through various activities such as guitar, puzzles and water-color painting. In the process, Simon noticed the tensions among family members. He encouraged the family to go out and have dinner together at Mr Wong’s birthday. The birthday dinner reunited the family. “After the dinner, we watched fireworks together on the rooftop. It was the most treasurable memory for the family,” Ms Wong said.

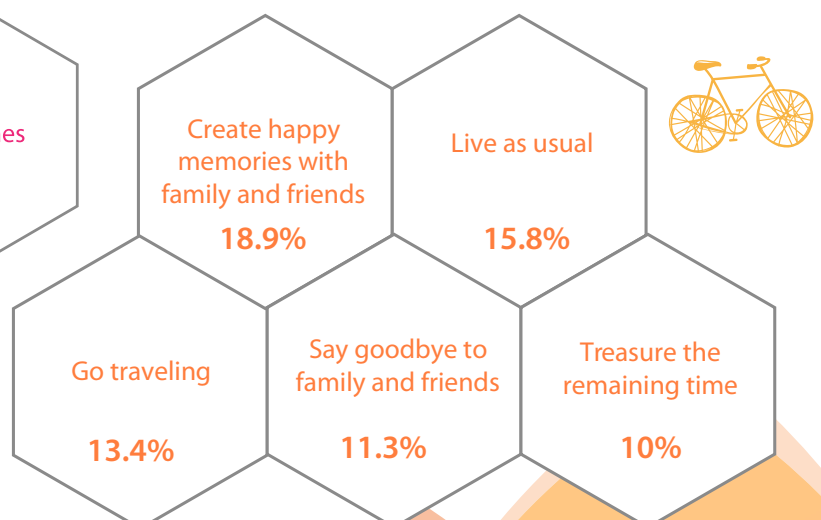
Professor Chan said, “This three-year project does not only aim to support families like Mr Wong’s through psychosocial support and family communication. We have a clear message to the public: Life is limited, but everyone can take a small step to contribute to the unlimited happiness and sweetness!”

The second and third waves of the community-wide survey on end-of-life care in Hong Kong would be conducted in April 2017 and July 2018 respectively.

The most important thing in the last **6** months of life...



Things people wish to do in their last **6** months of life...



Feature



End-of-life Care: This is My Choice!

Madam Li was an 88 year-old lady whose husband passed away when their children were very young. The tough and independent lady had shouldered all family burdens and brought up six children by herself. In January 2016, Madam Li was diagnosed with inoperable bile duct cancer. This decisive lady immediately made up her mind to opt for palliative care at home, so that she could spend quality time with her beloved family.

Madam Li's children were very concerned about their mother's health and were willing to provide full financial support for whatever treatments that could cure their mother. Knowing the incurable nature of the cancer, they decided to respect and support their mother's choice after discussion. This was not an easy decision for them, but they believed that the best they could do for their beloved mother was to respect her wish and to maintain her quality of life.

Madam Li's 50-year-old youngest son Peter was her main family caregiver. He was living with his mother and needed to work full time. Peter employed a domestic helper to take care of Madam Li during day time while he took up the caregiving tasks at night when he returned from work. Balancing work and caregiving is never easy. Yet, Peter was very determined to respect his mother's wish to stay at home as long as possible. He also treasured the time with his mother so that they could create precious memories together.

Madam Li's physical condition was getting worse, and this had created extra caregiving burden for her son and the domestic helper. Symptoms like jaundice, abdominal distension and swollen feet were challenging to handle. Madam Li had a biliary drain on her abdomen and a big pressure sore on her back. She had to take lots of medicines to control the symptoms. In March 2016, Madam Li was referred to the JCECC 'Hospice at Home' service, which aims to allow patients to spend quality time with their family members in a familiar place and to reduce or avoid unnecessary hospital admission.

Our Palliative Care nurse visited Madam Li at home to advise the caregivers on the symptom management and usage of medications, as well as educate her family on pressure sore prevention and handle her biliary drain. Health Care workers of the team assisted Madam Li in her shower and advised the caregivers in relevant care techniques. Eventually, Madam Li's wish was fulfilled. She stayed at home until the final 10 days of her life, whereby she was admitted to our Centre. She passed away in peace and with dignity.

Our service enabled Madam Li to fulfill her wish to stay at home with her family as long as possible, and her quality of life was maintained. Madam Li was satisfied with the arrangement and her children were left with no regrets because they had fulfilled the wish of their mother.

Fion Pik Shan Chow
Nurse Specialist
Palliative Home Care Service
Haven of Hope Sister Annie Skau Holistic Care Centre



End-of-life Care: Heartfelt Connection with My Family

Case Sharing

The Chinese people value "family" the most important. They would like to stay with their family, having a harmonious relationship. This is particularly true for patients suffering from serious illnesses at the end stage of life. Their wishes are very often family-oriented, hoping to reconcile with their family members and to visualize them leading to a happy life. Eighty-year-old Mrs Xia is one of those patients. She has been suffering from end-stage renal failure for some years and was referred to the JCECC 'Hospice in Family' Home Care Support Services since September 2016.

Mrs Xia is proud of having a big family. She is a mother of five sons. When she was young, she ran a small noodle store in Kwai Chung with her husband. She had to manage the operation and finance, and at the same time, to take care of her five sons. "They all grew up and got married now, so I am not worried about them anymore," Mrs Xia said with satisfaction. She told our team with pride and joy, "My family is getting larger now. I have five daughters-in-law, nine grandchildren, and one great-grandson. This family is my biggest achievement in life."

Mrs Xia seemed to be strong and optimistic, yet there was an unspoken wish lying deep in her heart. This wish was not unveiled until recently when her physical condition got worse and she was admitted to the hospital from time to time. On one occasion when our team visited her, she said, "I haven't seen my third son and his family for years because of some minor issues. I miss them very much!" From her eyes, we could see how much she longed for a reunion with the third son's family, knowing more about their life, and seeing her grandson whom she hasn't met for 10 years.

Knowing Mrs Xia's wish, our team tried to contact the grandson. The grandson also missed Mrs Xia very much and immediately agreed to visit her. Eventually, it came to the time for the reunion. Mrs Xia's feelings were really complicated when she saw her grandson who has now grown up into a young adult. She could not even speak a word. Our team initiated conversations on the grandson's recent life, asking whether the grandson had got married. Without waiting for the grandson's answer, Mrs Xia responded with confidence, "I know my grandson very well. He does not like to date with girls." She held her grandson's hands tightly. The embarrassment between the grandma and grandson was dismissed in one sentence. Mrs Xia could clearly remember her grandson's personalities although they hadn't met for ten years.

Mrs Xia has become even happier and more positive since the reunion. She is still receiving treatment in the hospital now. But with her wish fulfilled, she is immersed in the sweetness of family reunion despite all the physical pains and sufferings.

Kimmy Lam
Project Manager
JCECC 'Hospice in Family' Home Care Support Services
Hospice & Bereavement Service Division
District Elderly Community Center, S.K.H. Holy Carpenter Church

Capacity Building and Education Programmes on End-of-Life Care



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CUHK Jockey Club Institute of Ageing

The CUHK Jockey Club Institute of Ageing (IoA) has established networks with hospitals in the Hospital Authority (HA) New Territories East Cluster (NTEC), namely Prince of Wales Hospital, Shatin Hospital, Cheshire Home, Bradbury Hospice, Alice Ho Miu Ling Nethersole Hospital, Tai Po Hospital and North District Hospital; Residential Care Homes for the Elderly (RCHEs); Community Organizations and Patients' Association. As of 30 May 2017, 140 information sessions and workshops for healthcare staff, patients and their relatives, volunteer and public have been held with more than 4900 attendees. Since August 2016, IoA has liaised with HA Hospitals in NTEC, Public Libraries and The Chinese University of Hong Kong (CUHK) to hold exhibitions on End-of-Life Care. The exhibition of "The Train of Life's Journey" shares information about preparation for the last stage of life. A public event on End-of-Life Care education was successfully held on 19 June 2017 at CUHK with overwhelming response. 180 participants attended the talk given by Dr Vincent Tse, an expert in life and death education. Dr Tse advised how patients and family members should communicate with healthcare professionals. Over 150 participants have joined three interactive workshops.



End-of-Life Care in Residential Care Homes for the Elderly (RCHEs)



The "JCECC: End-of-Life Care in Residential Care Homes for the Elderly (RCHEs)" has organised 212 trainings in 16 RCHEs and over 1381 RCHE staff participated as of June 2017. Starting from July 2016, the project provided holistic end-of-life care service to 29 elderly people in RCHEs and helped 28 elderly people to sign the advance directives. The project has also organised 30 public seminars to the elderly since April 2016 and 1256 elderly participated. On September 17, 2016, a seminar titled "感悟·生死之醫護·仁心" was organised and 205 participants enrolled in the seminar. In the seminar, the view of end-of-life care planning from the participants were collected. The project aims to enhance the knowledge and skills of RCHEs staff so as to provide a better end-of-life care service.



Hospice at Home



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"JCECC: Hospice at Home" has now served more than 70 patients with life-limiting illness and their families. As the project develops, the Escort Service and Rehabilitation Service have been launched since late 2016. In addition, the first round "Spiritual Care Volunteer Training — Basic" was finished and more is to come. We sincerely invite all interested to join the training program. Let's embrace the last journey with love.





“Hospice in Family” Home Care Support Services



The JCECC : “Hospice in Family” Home Care Support Services mainly support the end-of-life care service in the Northern District. S.K.H. Holy Carpenter Church District Elderly Community Centre not only provides end-of-life care case support, but also organises varieties of activities for service users and their families including workshop on aromatherapy, workshop on hypnotic skills, workshop on laugh yoga, etc.

“Life Rainbow” End-of-Life Care Services



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The JCECC: “Life Rainbow” End-of-Life Care Services provides quality community end-of-life care to people with late stage chronic illness and their family members who live in Wanchai and Eastern District. As of mid-June 2017, the project has served 76 end-of-life patients and successfully built up a team of professional volunteers. In September 2017, the "End-of-Life Care Movement for Self-Help Organisations" will be kicked off with training workshops and public seminars. It welcomes members of self-help organisations and public to join.

Cheering@Home End-of-Life Care Services



The “JCECC: Cheering@Home End-of-Life Care Services” provides community end-of-life care to life-threatening illness patients and their families, also supports patients' staying at home as their preferred place of care. On October 8, 2016, a seminar on Enduring Power of Attorney with over 330 participants was held. The organiser invited Dr Lam Chi Leung, Dr Wong Chun Por and Mr Leung Chun Kuen as speakers to explain the details and provide tips on setting up an enduring power of attorney.

專業能力培訓 Professional Trainings



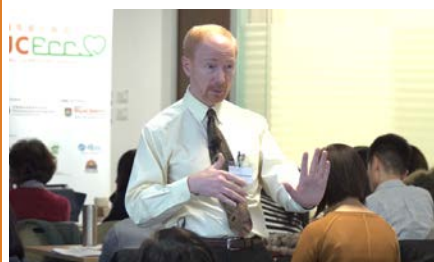
2016年7月15及22日
July 15 and 22, 2016

應用表達藝術療法於紓緩治療工作坊
The Use of Expressive Arts Therapy
in Palliative Care



2016年9月7,14及21日
September 7, 14 and 21, 2016

自我催眠與身心症狀的處理 –
艾歷森模式與傳統模式的整合運用
Integration of Traditional Approach
and Ericksonian Approach



2017年2月24及25日
February 24 and 25, 2017

Techniques of Grief Therapy: Creative
Practices for Counseling the Bereaved



2017年4月25日
April 25, 2017

Workshop on Basic Bereavement Care:
Theory, Practice and Evidence

公眾講座 Public Seminars



2016年11月5日
November 5, 2016

人生大事你要識：香港安寧服務
End-of-Life Care in Hong Kong



2016年11月26日
November 26, 2016

身安心寧在院舍
End-of-Life Care in Residential Care Homes
for the Elderly (RCHes)



2017年2月18日
February 18, 2017

說得出的愛：晚晴溝通我有法
Conversation with Your Beloved Families



2017年4月28日
April 28, 2017

監護法、持久授權書及特殊需要信託
Guardianship, Enduring Powers of Attorney
and Special Need Trust in End-of-Life Care



活動預告

Forthcoming Events

Workshop on The Integration of Valid Outcome Measures in Clinical Practice to Improve End-of-Life Care

日期: 2017年7月24日
上午9時正至 下午 4時正

Date: July 24, 2017
9:00am - 4:00pm

地點 | Venue:

香港薄扶林道香港大學百周年校園賽馬會教學樓11樓, 社會科學會議廳
Social Sciences Chamber
11/F, The Jockey Club Tower, Centennial Campus, The University of Hong Kong

Professional Symposium on “Choices” in Community End-of-Life Care cum Visit to Society for the Promotion of Hospice Care (SPHC) Jockey Club Home for Hospice

日期: 2017年8月4日
下午2時正 至5時30分

Date: August 4, 2017
2:00pm - 5:30pm

地點 | Venue:

Lecture Theatre, Jockey Club Home for Hospice, No. 18, A Kung Kok Shan Road, Shatin

Workshop on Specialized Bereavement Care: The Theory, Practice and Evidence of the Dual-Process Bereavement Group

日期: 2017年8月9日
上午9時30分至 下午 5時正

Date: August 9, 2017
9:30am - 5:00pm

地點 | Venue:

香港薄扶林道香港大學百周年校園賽馬會教學樓11樓活動室
Social Sciences Function Room
11/F, The Jockey Club Tower, Centennial Campus, The University of Hong Kong

Workshop on Responding to the Richness of Lives Application of Narrative Therapy

日期: 2017年8月18及25日
上午9時30分至 下午5時30分

Date: August 15&25, 2017
9:30am - 5:30pm

地點 | Venue:

香港薄扶林道香港大學百周年校園賽馬會教學樓11樓活動室
Social Sciences Function Room
11/F, The Jockey Club Tower, Centennial Campus, The University of Hong Kong

活動預告
Forthcoming Event



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「安寧在家」居家 照顧支援服務

賽馬會安寧頌 - 「安寧在家」居家照顧支援服務主要為屯門、元朗及天水圍的晚期病人提供服務。聖公會聖匠堂長者地區中心安寧服務部除了提供個案支援外，於過去數月亦舉辦以下不同類型的活動，藉以促進服務使用者及家人的社交生活，以及推動親友間的相聚時間。活動包括香薰治療減壓體驗工作坊、催眠治療體驗坊、大笑瑜伽體驗坊等。



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「安晴·生命彩虹」 社區安寧照顧計劃

賽馬會安寧頌 - 「安晴·生命彩虹」社區安寧照顧計劃為港島灣仔區及東區的晚期長期病患者及其家人提供支援，以提升他們的生活質素。截至2017年6月中，本計劃共服務76位晚期長期病患者，並成功建立專業及地區義工隊。隨着計劃發展，2017年9月將啟動途「終」有您晚晴關懷行動，皆時將有工作坊及公眾教育講座，歡迎病人自助組織、長期病患者、家屬及公眾人士參與，詳情及招募將稍後公佈。



「安晴·生命彩虹」社區安寧照顧計劃
預早反思對將來晚晴照顧之期望



「安·好」居家 寧養服務

賽馬會安寧頌 - 「安·好」居家寧養服務致力為有意在家寧養的長者，提供一站式服務，照顧他們及其家人在生活、心理、社交和靈性的需要。計劃於2016年10月8日舉行「持久授權書」公開講座，330多位長者出席參與了解如何制定「持久授權書」。當天，邀請林智良精神科專科醫生、王春波老人科醫生和梁振權律師分別以醫療診斷及法律角度講解訂立「持久授權書」的要訣，為長者臨終階段的生活質素提供多一個選擇。





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CUHK Jockey Club Institute of Ageing

安寧服務培訓及教育計劃

在「賽馬會安寧頌 - 安寧服務培訓及教育計劃」下，香港中文大學賽馬會老年學研究所與醫院管理局新界東聯網醫院（威爾斯親王醫院、沙田醫院、沙田慈氏護養院、白普理寧養中心、雅麗氏何妙齡那打素醫院、大埔醫院和北區醫院）、護理安老院、社區團體及病人組織建立緊密聯繫。直至2017年5月底，為醫護人員、病患者及其家屬、義工乃至公眾人士舉辦了140場講座及工作坊，超過4900人次參加。由2016年8月起，研究所亦於醫院管理局新界東聯網醫院、公共圖書館及香港中文大學舉行有關「安寧服務-人生列車的完美一程」的展覽，介紹如何準備人生最後一程的資訊。並於2017年6月19日在香港中文大學舉行「安寧服務」公眾教育活動，反應熱烈。有180人參與由資深推廣生死教育的謝建泉醫生主講的「如何與醫護人員展開晚期照顧的話題」講座，及逾150人參與三場互動工作坊。



安寧在院舍

賽馬會安寧頌 - 「安寧在院舍」計劃直至2016年9月為止已在24間安老院舍舉辦了超過212次訓練活動。超過1381位院舍員工參加了這些培訓。計劃由2016年7月開始為合適之末期病患院友提供紓緩及臨終照顧服務，至2017年6月初，共有29位院友接受服務，亦有28位院友在計劃安排下，簽訂「預設醫療指示」。計劃亦自2016年4月開始，總共舉辦了30場生死教育講座予社區的長者，共有1256位長者參加。於9月舉辦了一場社區教育講座 - 「感悟・生死之醫護・仁心」，共有205位參加者出席。講座上亦向參加者收集有關對於規劃晚期照顧的認知及意願。「賽馬會安寧頌 - 安寧在院舍」計劃旨在提升香港安老院舍職員在安寧照顧的知識、技巧及態度，以提供優質安寧服務。



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尊重生命・改變生命

安居晚晴照顧計劃

賽馬會安寧頌 - 「安居晚晴照顧計劃」至今已服務超過70位晚期病友及其家屬。隨著計劃發展，2016年下旬已開始院車服務和復康治療服務。首輪「心靈關懷義工基礎訓練」亦已經順利完成，未來將會繼續舉辦培訓，歡迎有興趣的朋友加入接受訓練，一起用愛擁抱晚晴。





安寧照顧：我心繫我家

中國人重視家庭，最希望看到一家人齊齊整整、和睦團圓。面對晚期疾病，病人的心願也離不開與家人消除誤解，看到家人生活得幸福美滿。現年八十歲的夏婆婆便是一個好例子。患有腎衰竭多年的她從2016年9月開始接受賽馬會安寧頌——「安寧在家」居家照顧支援服務。

兒孫滿堂是夏婆婆最引以為傲的事情。夏婆婆有五個兒子。過去她和丈夫在葵涌開粉麵檔，要兼顧店舖和財政開支，還要撫養五個兒子，生活毫不容易。「不過而家五個仔全部成家立室，結晒婚，唔洗我再擔心囉。」夏婆婆滿臉幸福地說。婆婆還自豪地與我們團隊分享：「而家我多咗五個媳婦，九個孫，一個曾孫。這個大家庭是我最大嘅成就。你話我仲有咩擔心。」

看起來堅強開朗的夏婆婆，原來心裡一直有件未了心事。最近婆婆身體轉差常要進出醫院，在一次探訪中，她娓娓道出了藏在心底多年的話：「因為一點小誤會，我同第三個仔嘅家庭已經好耐無聯絡喇。我好掛住佢地。」說這番話時，夏婆婆眼中充滿思念，她很想知道第三個兒子一家過得怎麼樣，尤其想見那個十年沒有見面的孫兒。

為了幫夏婆婆實現心願，我們嘗試聯絡她的孫兒。原來孫兒心裡也十分掛念婆婆，並答應來探望婆婆。期待已久的重聚時刻來了，兩人四目相投，夏婆婆看見眼前長大成人的孫兒，百感交雜，縱有千言萬語都不知從何說起。團隊嘗試打開話匣，問及孫兒近況，有沒有結婚，婆婆搶先回答：「阿嫲最知道呢個孫，他不喜歡追女仔的。」言語間婆婆眼中充滿憐愛，拖着孫兒雙手，多年的隔膜一掃而空。縱然十年未見，孫兒的脾氣秉性，婆婆仍記得清清楚楚。

與孫兒重聚後，夏婆婆開心多了。她現在仍然要留在醫院接受治療，不過，相信對她來說，身體再痛，治療再苦，亦是甜在心頭。

林嘉欣
聖公會聖匠堂長者地區中心安寧服務部
賽馬會安寧頌——「安寧在家」居家照顧支援服務項目經理



安寧照顧：我有我選擇

八十八歲的李婆婆年少喪夫，她曾用瘦弱的肩膀支撐起家庭的重擔，獨力撫養六名子女長大成人。過去艱苦的歲月造就了李婆婆獨立堅強的性格。2016年1月，當李婆婆被診斷出患有膽管癌晚期，處事果斷的她立即決定接受紓緩治療，並選擇在熟悉的家中與她最疼愛的獨身幼子共度美好時光。

李婆婆的子女對李婆婆愛護備至，在經濟上全力支持她接受任何治療。對於李婆婆的意願，六個兄弟姊妹經過多次商量後決定支持母親的選擇。他們認為，尊重母親的心願，盡量維持她的晚期生活質素，才是最大的孝順。

李婆婆的幼子李先生五十多歲，與婆婆同住，亦是婆婆的主要照顧者。由於他需要工作，日間李婆婆的照顧主要由家傭負責，而晚上則由他親自照料母親。要兼顧工作及照顧並不容易，但是李先生決心盡量幫母親實現留在家中的心願。而他自己也想在母親的最後時光多陪她，留下珍貴的回憶。

隨著李婆婆的病情轉差，李先生和家傭要照顧婆婆也顯得愈來愈吃力。婆婆有黃疸、肚脹、腳腫等症狀。她身上插着膽管引流的管子，背部也有個大大的壓瘡，需要服用多種不同的藥物來控制病情。2016年3月，婆婆接受了賽馬會安寧頌-「安居晚晴照顧計劃」的服務，這個計劃旨在將寧養支援服務帶到晚晴病友家中。

我們的專科護士到李婆婆家中為她提供徵狀處理和藥物指引，並教導其家人引流和處理壓瘡的護理技巧。護理助理員則協助婆婆洗澡和指導家傭其他起居照顧技巧。在紓緩科及老人科醫生、物理和職業治療師、社工所提供的專業意見和指引下，我們的團隊一直支援着婆婆和她的家人在家中接受紓緩服務。最後，婆婆達成心願，留在家中直到生命的最後十天才入住靈實司務道寧養院，在寧養院帶着尊嚴和平安辭世。

我們的服務令李婆婆的選擇得到尊重，延長了她與家人相處的美好時光，也令她的晚期生活質素得以維持，而她的子女亦因為滿足了母親的心願而感到安慰。

周碧珊
靈實司務道寧養院家居紓緩服務部專科護師



陳麗雲教授說，「賽馬會安寧頌」計劃已經推行了10個月，成效明顯。這個計劃能夠幫助病人及家人得到有質素的生活。計劃其中一個社區伙伴，聖雅各福群會「安·好」居家寧養服務代表鄧穎詩女士、服務義工Simon和服務使用者家屬黃小姐在記者會上分享了對安寧服務的體會。

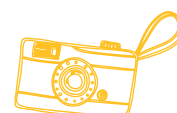
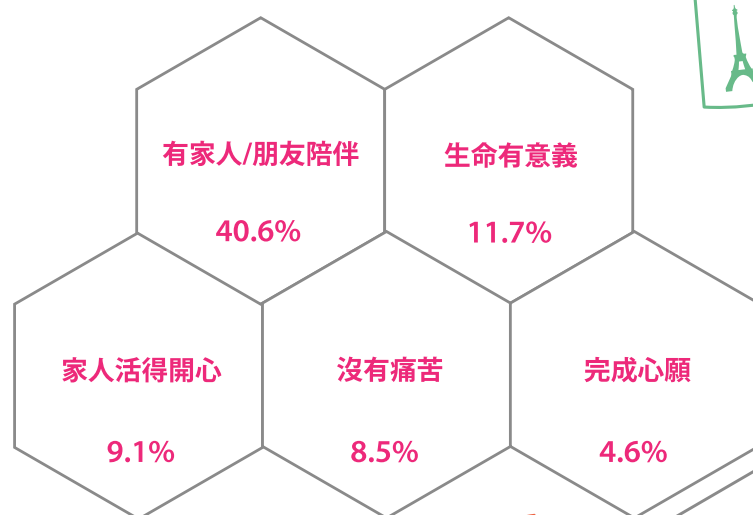
黃小姐89歲高齡的父親黃伯有長期病患。今年，黃伯接受了「安·好」居家寧養服務，除了安排生活上的照顧，「到戶娛樂家」義工Simon每星期都會帶著新點子去探望黃伯，為他彈吉他、陪他畫水彩和玩拼圖。細心的Simon在過程中留意到黃伯家人之間的小矛盾，鼓勵黃小姐一家在父親生日時外出食飯，家人之間的嫌隙竟然一掃而空。黃小姐說：「吃完飯我們還在頂樓看了煙花，全家人都感到很開心，是美好的回憶。」

陳麗雲教授說，在三年的「賽馬會安寧頌」計劃中，我們不僅希望透過心理社交支援及促進家庭溝通，服務像黃伯這樣的家庭；更希望令大眾知道，即使生命有限，只要每個人願意踏出一小步，我們也有能力創造無限的心甜回憶。

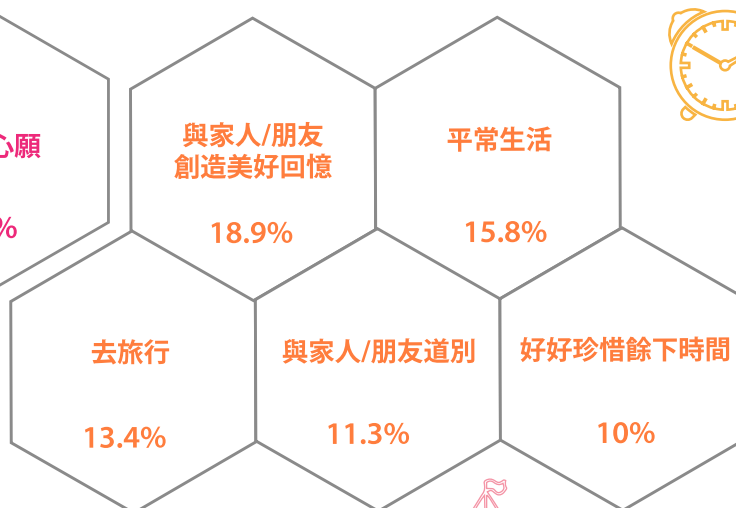
香港安寧照顧服務社區調查第二和第三階段調查分別將於2017年4月和2018年7月進行。



生命中最後6個月最重要的事情



生命中最後6個月要做的事情是



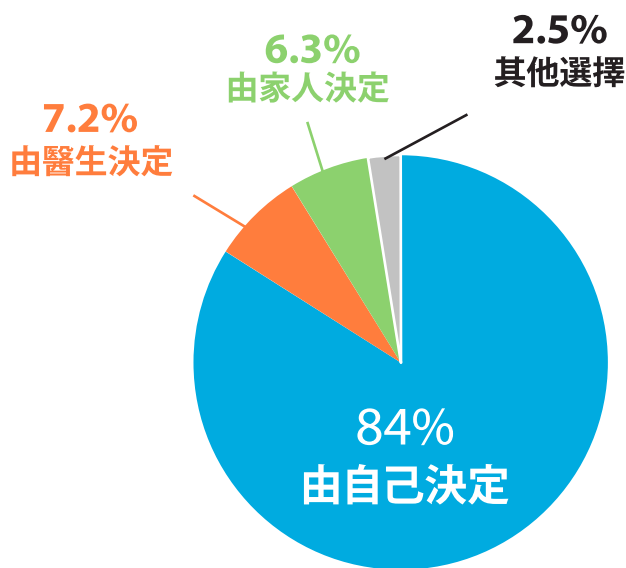
特載





“安寧照顧我做主 家庭關係最重要”

絕大部分受訪香港市民希望能自己決定安寧照顧安排，但與此同時他們亦以家庭為其中一個重要的考慮因素。調查中84%受訪者認為安寧照顧安排應該由自己決定。在表示會簽立預設醫療指示、選擇安寧照顧和選擇離世地方的受訪者中，高於七成人表示會與家人討論這些重大決定。而在生命中最後六個月，受訪者認為最重要的是得到家人朋友陪伴和看見家人活得開心，而他們最想做的就是與家人和朋友創造美好回憶和好好道別。



自主自決：安寧照顧的決定

周燕雯博士說，華人最重視家庭。如果病人願意就安寧照顧方式與家人商量，家人應該傾聽並尊重他們的意願，而不是把自己覺得最好的提供給病人。更重要的是病人和家人把握時間溝通，增進關係，共渡最後的美好時光。

此次調查結果正好與「賽馬會安寧頌」計劃的方向一致：社區安寧照顧是晚期病人護理服務的重要一環。計劃團隊將就調查所得，設計合適的社區安寧照顧培訓和公眾教育方案，進一步提升公眾人士對社區安寧照顧的關注和認識，優化香港的社區安寧照顧服務。

溝通：安寧照顧的催化劑

80.1%

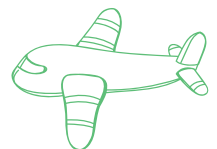
表示會選擇簽立預設醫療指示的受訪者中，80.1%會與家人討論有關決定

72.6%

表示會選擇接受安寧照顧的受訪者中，72.6%會與家人討論有關決定

74.3%

表示會選擇離世地方的受訪者中，74.3%會與家人討論有關決定

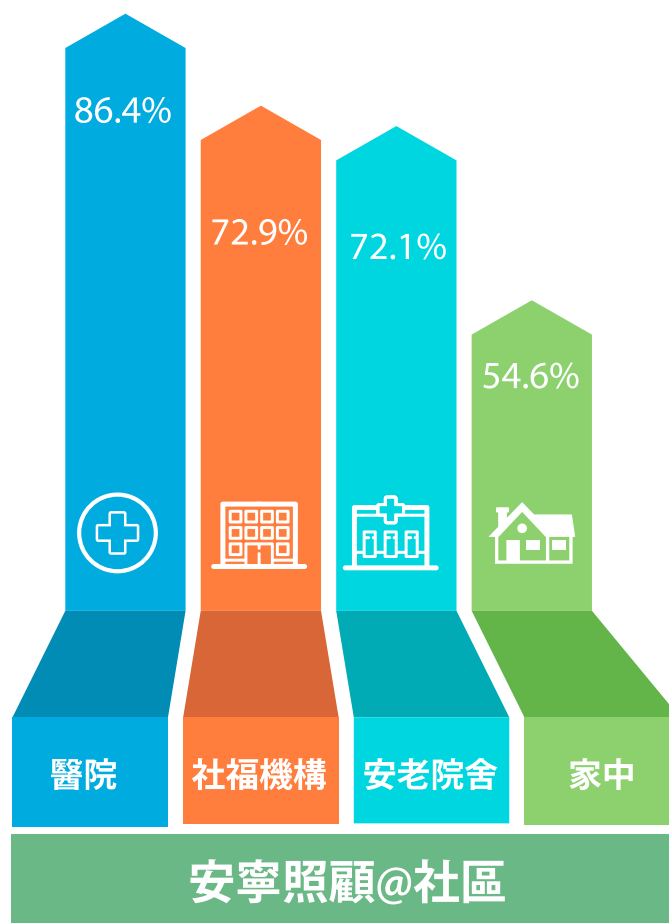


“安然自在談生死 安寧服務入社區”

周燕雯博士指調查發現大部分香港人能夠自在談論生死話題，而且香港人普遍支持將安寧服務推廣到社區，因此現在是在香港推行安寧服務的最佳時機。

在1,600位18歲或以上、接受隨機抽樣電話調查的香港市民中，超過90%受訪者表示不忌諱談論死亡，而且大部分香港人支持將安寧服務從醫院伸延到社區和家庭。雖然醫院仍是最多受訪市民認為適合提供安寧照顧的地方，但認為應該在安老院舍或社福機構中提供安寧照顧服務的市民亦分別超過72%。

對於在自己所住的社區興建安寧照顧設施，亦有超過八成的受訪市民表示支持。76%的人表示不反對鄰居在家中接受安寧照顧；近六成更表示不反對鄰居在家中被照顧直至離世。問及他們自己的意願，超過一半的受訪香港市民期望在家中接受安寧照顧，近四分之一的人更希望在家中離世。



安寧照顧@家庭

你會選擇在家中
接受安寧照顧

54.6%



23.8%

你會選擇在
家中離世

安寧照顧@鄰舍

82.1%

在你家附近興建安寧照顧設施

76.1%

你的鄰居選擇在家中接受
安寧照顧

59.2%

你的鄰居選擇在家中離世



機不可失：安寧服務在香港

由香港賽馬會慈善信託基金主導的「賽馬會安寧頌」計劃自2016年1月啟動後，香港大學隨即進行一個分為三個階段的香港安寧照顧服務社區調查，目的在於追蹤香港社區對於安寧照顧的認識、態度及取向的轉變，並為「賽馬會安寧頌」計劃作持續性評估。

首階段的調查已於2016年1月至3月順利進行。並於2016年11月1日在香港大學舉辦記者會，公佈首階段調查結果。

記者會當日，由香港賽馬會慈善及社區事務執行總監張亮先生介紹「賽馬會安寧頌」計劃，項目總監陳麗雲教授和周燕雯博士公佈首階段調查結果，並由參與服務義工Simon和服務使用者家屬黃小姐分享使用安寧服務的體會。



特載

安寧誌



策劃及捐助



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