

賽馬會安寧頌



Jockey Club End-of-Life Community Care Project

St. James' Settlement Cheering@Home End of Life Care Services

Care at Home -
Building Capacity for Patients and Families by
Retaining Joyful Moment

捐助機構 Funded by:



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心同步同進 RIDING HIGH TOGETHER

合作夥伴 Project Partner:



Our Clients

as at the end of May 2018

Average 80

age.



WE served **169 cases**



79



90



Families served: 348
 Average family members: 2.11

11% Live alone cases

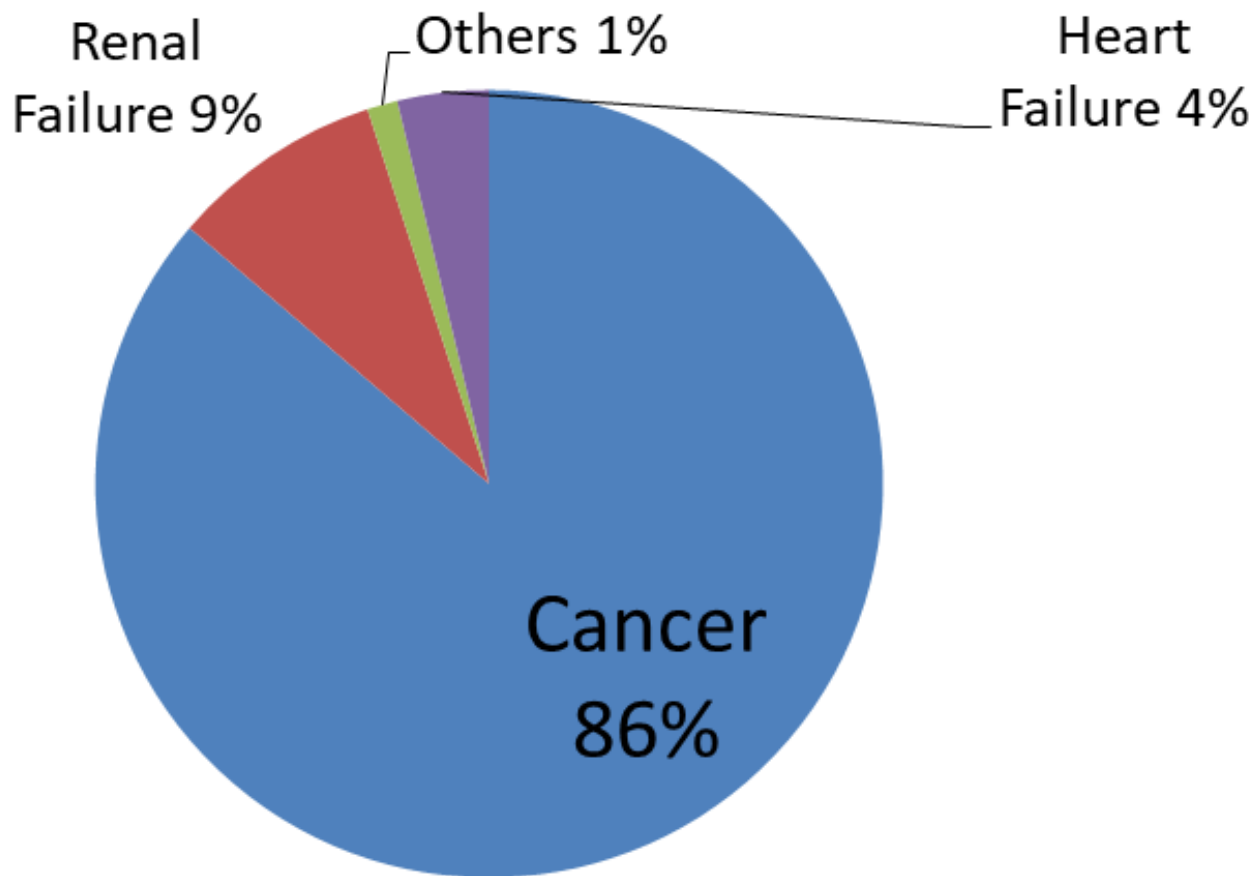


11% on CSSA only

District	Case (%)
HK South	38%
HK East	21%
Central & Western	21%
Wanchai / Causeway Bay	20%

Our Clients

as at the end of May 2018



Our Focus

- **As death is relational issue**, we focus on family relationship and restoration with loved one
- **To have quality of care to patients and caregivers**, we provide intensive psychosocial, tangible support and spiritual support
- **To have meaningful of life**, we bring happy moments to patients and their families, reduce the sick role and support patients to settle unfinished business
- **To have better preparation on death issue**, we support family to discuss the ACP and get the consent on funeral navigation

Our Team



1 Social Worker

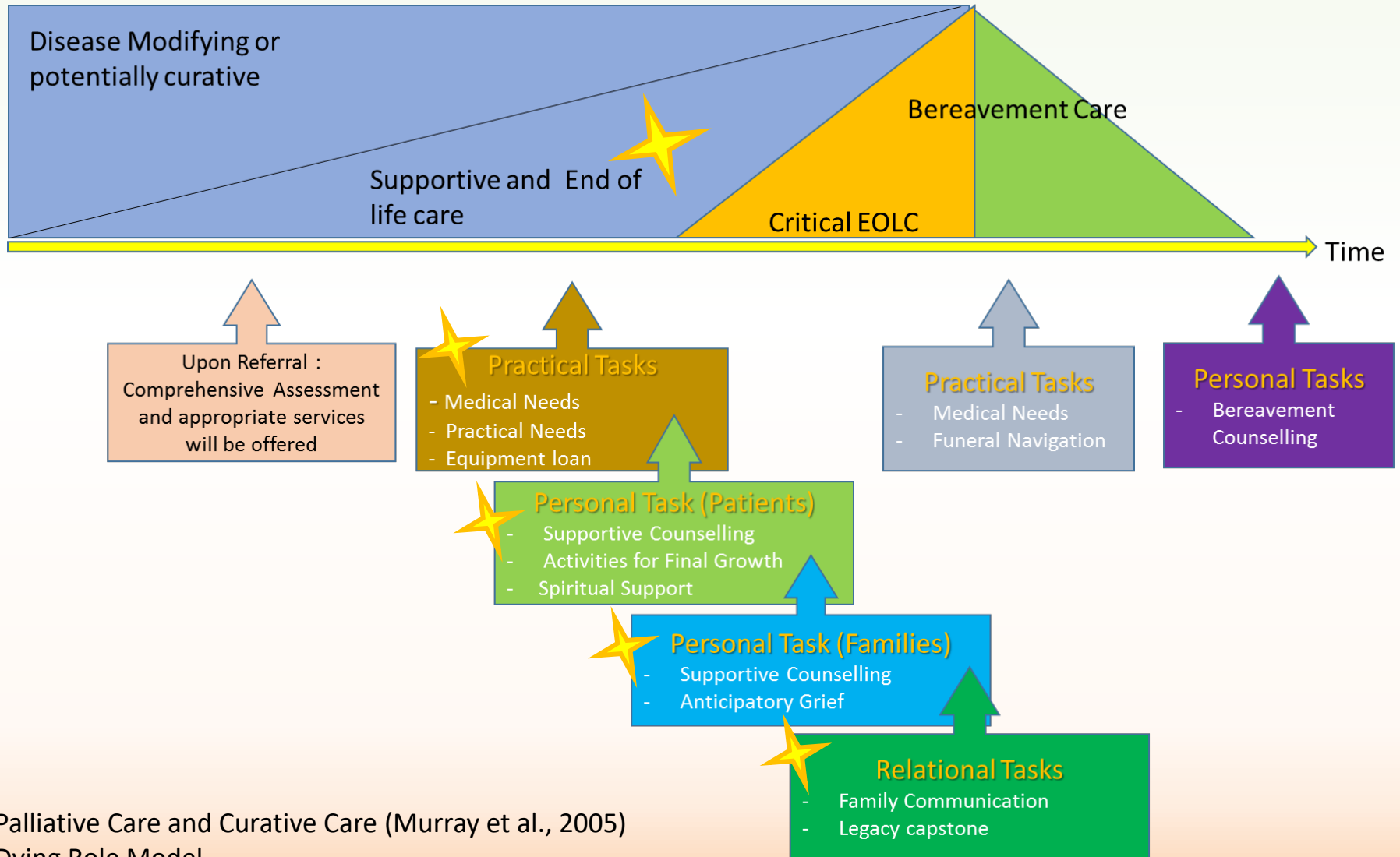
3 Young Caregiving Officers

1 Clerical Assistant



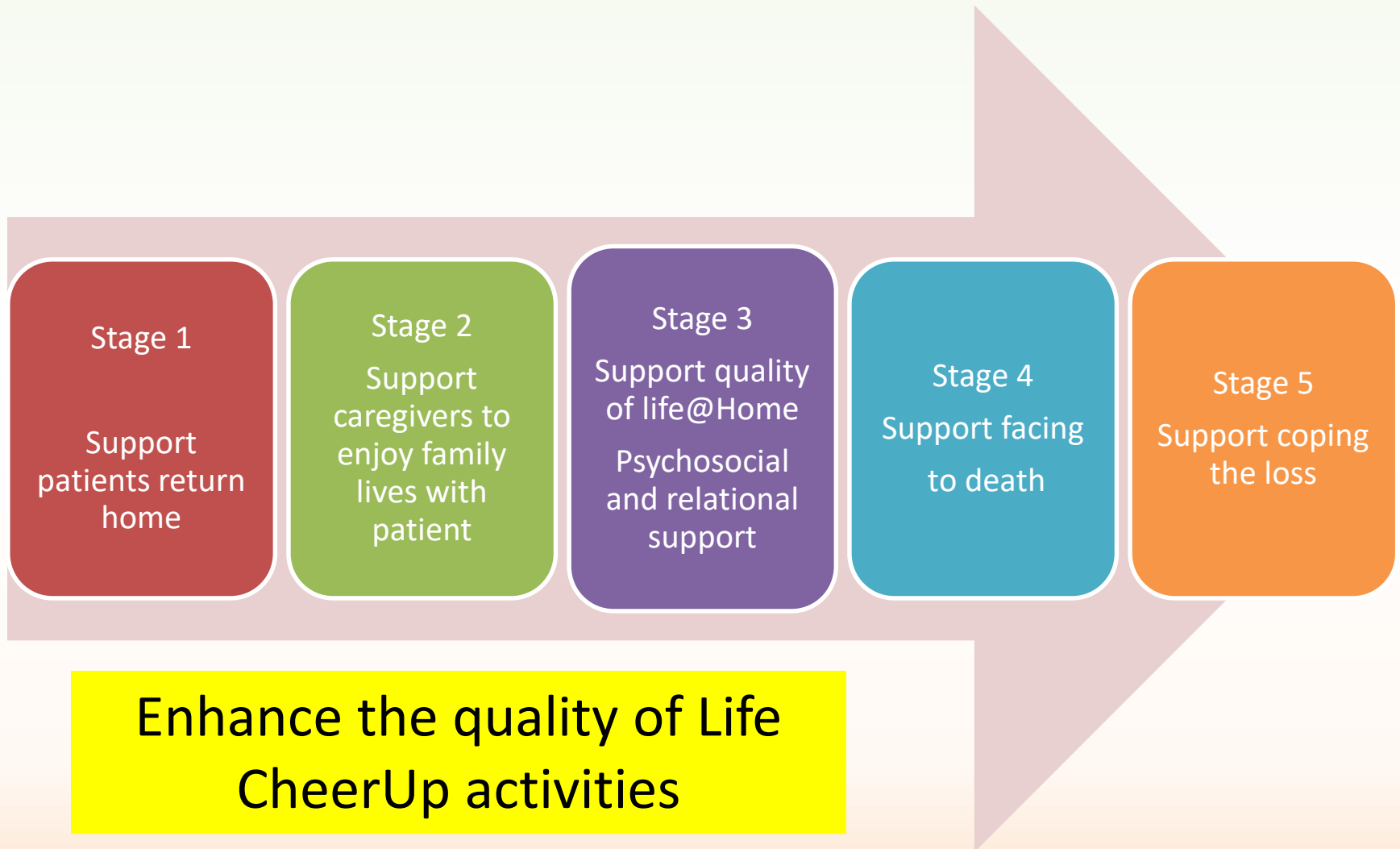
49 Cheering Practitioners

Our Care Model



Palliative Care and Curative Care (Murray et al., 2005)
 Dying Role Model

Our Care Model



Using Humor : Cheer Up activities

The acceptability of Humor between palliative care patients and health care providers (Julia Ridley 2014)

I laugh sometimes even when I am in pain. Sometimes people think I am crazy... for finding humor when I am sick

Participant's comment

Case Study : DoDo

- Aged 62
- Cervical Cancer
- Passed away in 2017,
- Only 3 years from diagnosed
- One daughter



Case Study : DoDo

- Funeral navigation
- Spirit support on bedside
- Final words to daughter
- DNACPR

Stage 1

Support patients return home

- Wheel chair
- Hospital bed
- Escorting 2 days after discharged

Stage 2

Support caregivers to enjoy family lives with patient

- Regular visit
- Sitter service at home & hospital
- Spiritual Support

Stage 3

Support quality of life@Home
Psychosocial and relational support

- Cooking
- Write a book about her life
- Encourage to share the daily living to her daughter
- Watch TV / play TV game with daughter

Stage 4

Support facing to death

Stage 5

Support coping the loss

- Funeral Support
- Memorable book



永遠懷念你的笑容~

你的女兒

每次相約 DoDo，她都會急不及待分享這星期發生的生活趣聞，少不免有「蝦碌」笑料。她總是笑得非常開懷，自嘲「大事精明，小事、塗」。正因為 DoDo 樂天、不計較的性格，與 DoDo 的相處總是帶著歡笑在裡頭。與 DoDo 相處期間，她曾送我一棵植物，象徵要勇於面對挑戰和困難，相信自己的能力。現時這棵植物陪伴著我工作，給予我勇氣。

DoDo，感謝你為我們帶來歡樂的回憶，感謝你在這段時間與我分享的一切、關懷和愛護！



聖雅各福群會「安·好」居家寧養服務

社區照顧主任

Shirley 陳秀玲



這是 DODO 第一件分享的生活趣事。

早上 DoDo 梳洗時，發現廁所內的光管損壞了。她不想女兒掛心，便快快到附近電器雜貨店購買新光管，回家安裝。完成後，她自豪地跟女兒 Whatsapp 報告，還拍下照片見證自己輝煌一刻。她期待著女兒回家欣賞。

話說回頭，DoDo 在雜貨店見到林林總總的光管，當然有點花多眼亂。她定定心神後，心裡懷著一個購物原則：「愈有名氣，愈耐用」。最後，她精挑細選一個著名日本品牌的光管，還一口氣買下兩支光管以備不時之需。



廁所？水族館？



策劃及捐助 Initiated and Funded by:



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER

喜樂的心是良藥

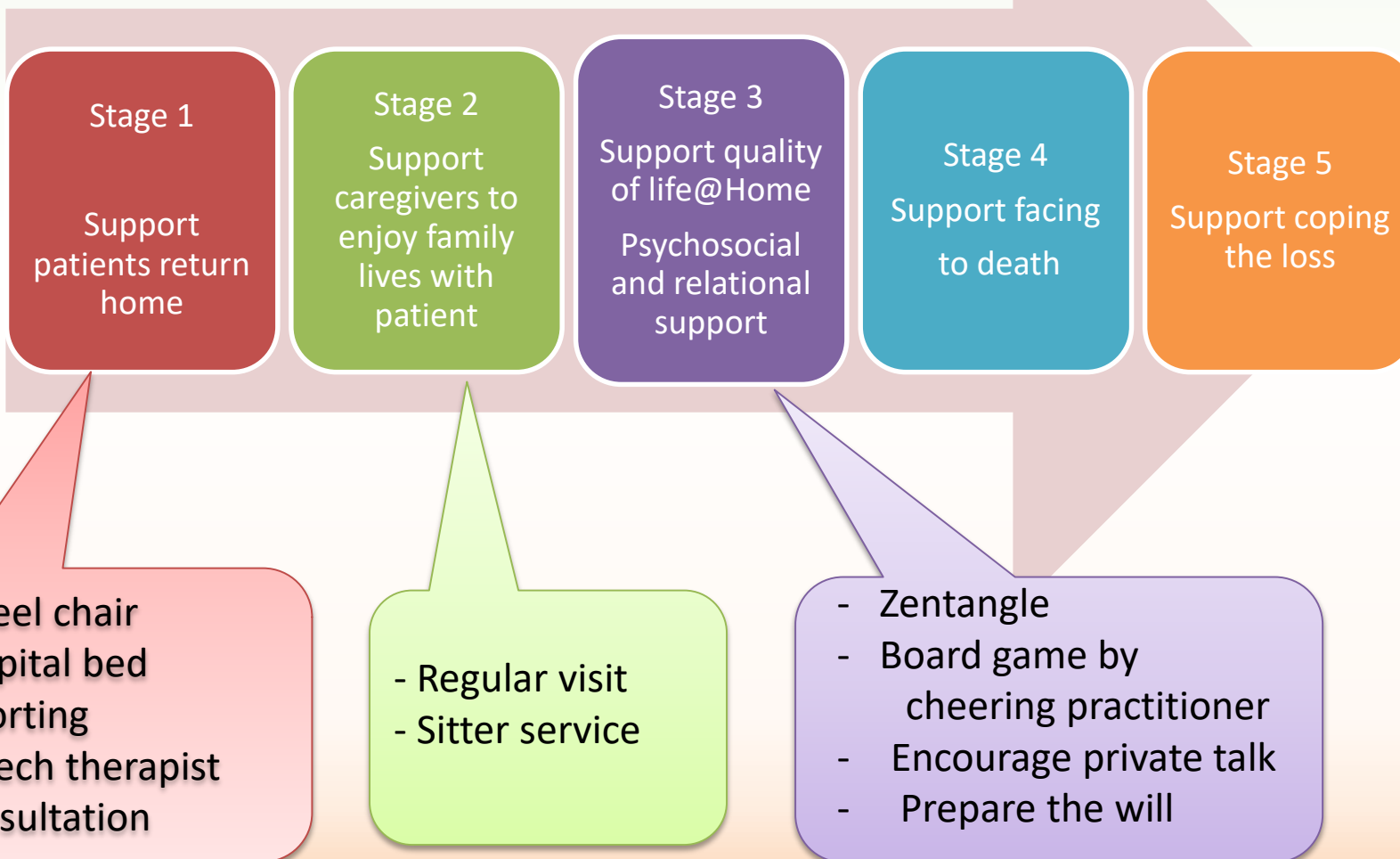
A joyful heart is good like medicine



安·好 居家寧養服務
Cheering@Home End of Life Care Services

The text '安·好' is in large, stylized green and yellow characters, followed by '居家寧養服務' in grey. Below it is 'Cheering@Home End of Life Care Services'.

Case Study : Moyee



Patient changes – IPOS (3-month changes)

	N	T ₀	T ₂	t	Sig. (2-tailed)
		service intake	3 rd month		
T ₂ -T ₀ (3 rd month of service)		Mean (SD)	Mean (SD)		
IPOS Physical Symptoms (0-40) **↓	41	12.29 (4.787)	9.54 (5.582)	-3.734	.001
IPOS Renal Failure Symptoms (0-20)	2	2 (2.828)	2.5 (2.121)	1	.500
Patient Depression (0-4) ** ↓	41	.75 (.916)	.19 (.558)	-3.588	.001
Patient's Anxiety (0-4)	41	.98 (1.235)	.78 (.791)	-1.071	.291
Patient not at Peace (0-4)	41	.90 (1.068)	.98 (.758)	.489	.628
Family Anxiety (0-4) *↓	41	1.95 (1.264)	1.41 (.974)	-2.594	.013
Practical Problems (0-4) **↓	42	1.50 (1.215)	.60 (1.149)	-3.619	.001

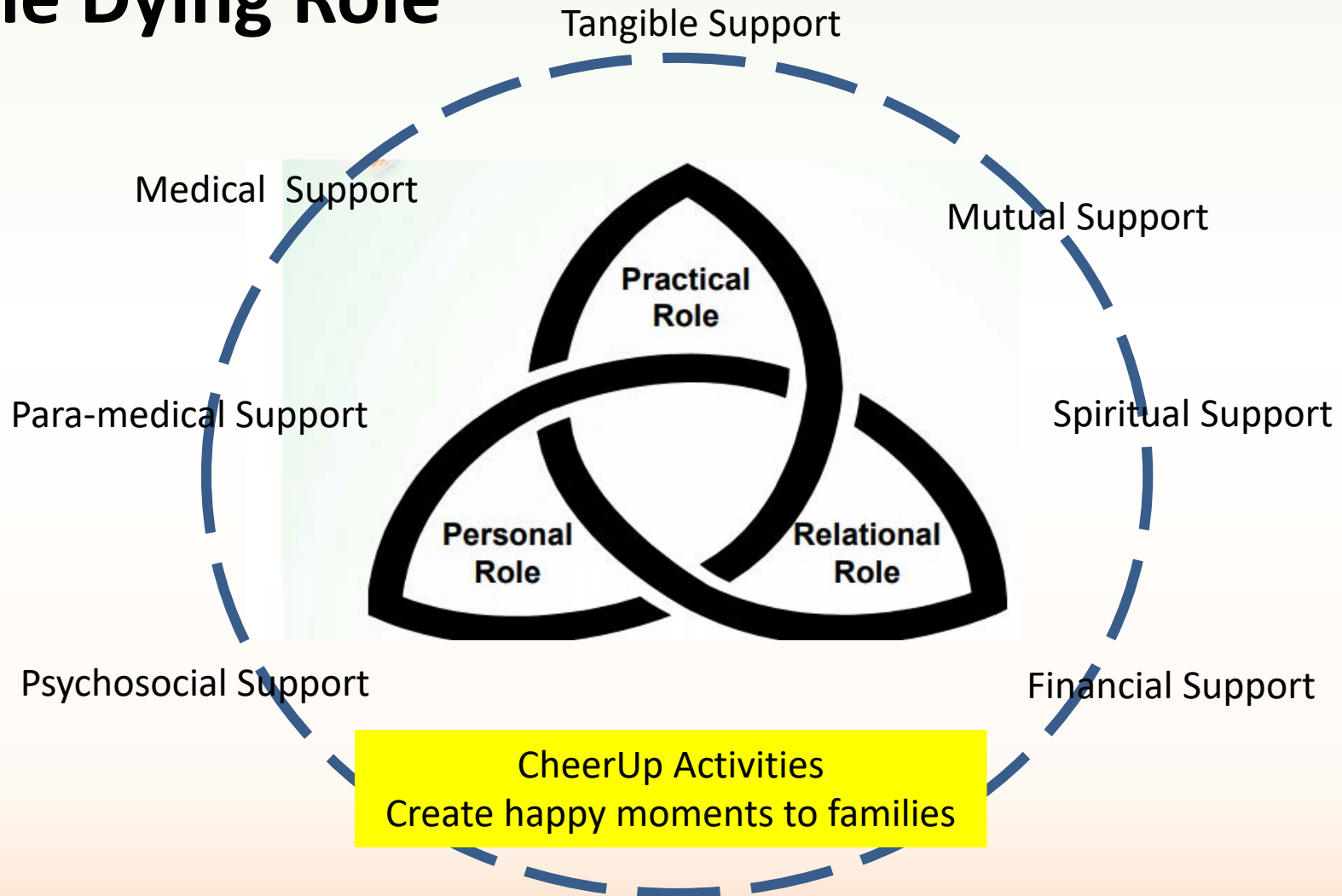
Reduced physical symptoms, depression, family anxiety, and practical problems in 3rd month

Patient changes – physical symptoms (3rd month)

	N	T ₀	T ₂	t	Sig. (2-tailed)
T ₁ -T ₀ (1 st month of service)		Mean (SD)	Mean (SD)		
Pain	42	1.38 (1.249)	1.12(1.109)	-1.505	.140
Shortness of breathe** ↓	42	1.17 (1.057)	.76 (1.055)	-3.061	.004
Weakness or lack of energy** ↓	42	2.36 (1.032)	1.43 (1.016)	-5.026	.000
Nausea	42	.36 (1.032)	1.43 (1.016)	.650	.519
Vomiting	42	.17 (.437)	.19 (.455)	.274	.785
Poor appetite* ↓	42	1.14 (1.160)	.76 (.906)	-2.386	.022
Constipation	42	.55 (.861)	.62 (.882)	.453	.653
Sore or dry mouth	41	1.24 (1.135)	.95 (1.117)	-1.550	.129
Drowsiness	42	1.57 (1.085)	1.29 (.995)	-1.453	.154
Poor mobility ^a	41	2.34 (1.175)	2.02 (.987)	-2.008	.051

Reduced SOB, fatigue, poor appetite, poor mobility
 in 3rd month

The Dying Role



Using Humor : Cheer Up activities

The acceptability of Humor between palliative care patients and health care providers (Julia Ridley 2014)

I laugh sometimes even when I am in pain. Sometimes people think I am crazy... for finding humor when I am sick

Participant's comment

Family Capacity Building - CHEER

C
H
E
E
R

Connect Family and Community

Heal the Pain

Express Love

Enhance Legacy

Reduce Sick Role





「安·好」居家寧養服務

尋 到戶 娛樂家



特徵： 擁有一顆願意陪伴臨終長者的心

專長： 願意將興趣、才藝、手藝、歌藝、廚藝、舞藝和靈性分享帶進長者家中

目標： 為臨終長者帶來生活樂趣，讓他們和家人享受重要而美好的時光



Bring joy and smile to the family.

CheerUp Activities Snapshot

Cheer Up Activities at hospital



Nail polishing

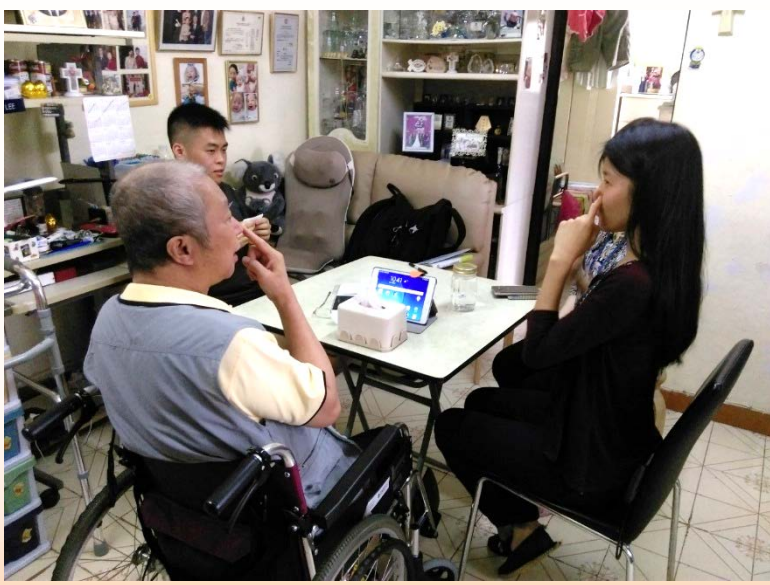


Handicrafts



Enjoy her favorite desserts

CheerUp Activities Snapshot



Family Capacity Building - CHEER

C
H
E
E
R

Connect Family and Community

Heal the Pain

Express Love

Enhance Legacy

Reduce Sick Role



THANK YOU

Welcome Feedback and Sharing