



●● 服務，怎會局限在醫院？

為了讓長者得到無障礙的服務，我們的團隊樂於走出醫院，精神科醫生會為區內特定的資助和私營安老院舍提供外展服務，精神科社康護士、職業治療師和醫務社工也會為有需要的長者安排家訪。團隊更會定期提供家屬和照顧者技巧訓練、精神健康講座等活動，務求將優質的老人精神科服務帶到長者家中。

●● Service beyond the walls

We believe that no patient should be barred from our service due to their disability. Therefore our professional team is prepared to go into the community to offer accessible care. Our psychogeriatricians provide regular outreach service to specific elderly homes within the district. Community psychiatric nurses, occupational therapists and medical social workers visit our patients with specific needs at their homes. Regular talks and forums for carers are held to support and enhance their skills.

●● 尋求我們的協助

服務對象

年滿65歲或以上，居於屯門、元朗或天水圍，受到精神健康問題困擾的長者。

轉介途徑

可以透過醫生轉介到青山醫院老人精神科，也可以諮詢長者服務團體。

- 地址：新界屯門青松觀路15號
- 聯絡電話：2456 7111
- 醫院管理局精神健康專線（24小時）：2466 7350

●● To contact our service

Our service target

Elderly aged 65 years or older residing in Tuen Mun, Yuen Long or Tin Shui Wai districts with mental health issues.

Referral

We accept referrals from any medical practitioners. Further information is available at elderly service organisations.

- Our address: 15 Tsing Chung Koon Road, Tuen Mun, New Territories
- Contact telephone number: 2456 7111
- Hospital Authority Mental Health Direct (24 hours): 2466 7350



©本刊物任何部份之資料，未獲版權持有人允許，不得用任何方式（包括電子、機械、影印或記錄）抄襲、翻印、儲存在任何檢索系統上或傳輸。

(第三版) 3rd Edition



老人精神科

Department of Old Age Psychiatry

老人精神科 · 專業創先河
Take the Lead · Meet the Need



醫院管理局
HOSPITAL
AUTHORITY



青·山·醫·院
Castle Peak Hospital



●● 健康，
怎少得精神健康？

長者精神健康問題十分普遍，當中包括認知障礙、情緒困擾等。因此青山醫院老人精神科自1994年成立至今，透過由精神科醫生、精神科護士、精神科社康護士、職業治療師、臨床心理學家和醫務社工組成的專業團隊，為區內長者提供有效和全面的優質精神科服務。

●● *There is no health
without mental health*

Mental health difficulties are common among elders, for instance cognitive impairment and mood disturbances. In order to address such need, the Department of Old Age Psychiatry, comprises psychogeriatricians, psychiatric nurses, community psychiatric nurses, occupational therapists, clinical psychologists and medical social workers, was established in 1994 and continues to provide effective and comprehensive treatment for the elderly within the district.

●● 治療，怎會單靠藥物？

青山醫院老人精神科門診位於賽馬會明心樓地下的屯門精神健康中心，為長者提供一站式的精神健康評估和治療。服務包括：

- 老人精神科專科門診
- 速治門診
- 記憶診所
- 臨床心理學家門診
- 精神科護士門診

除了藥物治療外，我們還按長者需要提供各種心理治療、職業治療、復康訓練、照顧者訓練等。

●● *Treatment beyond medication*

Our specialist out-patient clinic located at Tuen Mun Mental Health Centre provides a one-stop service for assessing and managing elders with mental health needs. Our service includes:

- Psychogeriatric specialist out-patient clinic
- Fast track clinic
- Memory clinic
- Clinical psychologist clinic
- Psychogeriatric nurse clinic

Different types of modern psychiatric treatment are available in our service. Apart from the use of medication, we also provide psychological intervention, occupational therapy, rehabilitation programme, carer training and so on.



●● 住院，怎會感覺冷冰冰？

青山醫院老人精神科住院服務的設備現代化，為需要接受住院治療的長者提供一個安全舒適的環境。醫療人員親切專業，與長者和家屬一同決定合適的治療方針。除了精神評估和治療外，醫療人員也會關注長者身體、吞嚥、活動能力等情況。住院長者也可以參加不同的復康活動，例如生活技巧訓練、社交小組、導向小組、體能鍛鍊、多感官刺激、懷緬治療等。



●● *Care round the clock*

Our in-patient service is located in the Castle Peak Hospital. The wards are comfortable and well-equipped. Our professional team works collaboratively with patients and their carers to tailor treatment plans that address individual needs and preferences of our patients. In addition to the psychiatric well-being of our patients, we also take care of their physical status, swallowing ability, and mobility issue with specific attention. A range of rehabilitation activities are carefully designed, including life-skills training, social groups, orientation programme, physical training, multi-sensory stimulation and reminiscence therapy.