

研究背景

本港面對人口急速高齡化的挑戰。儘管香港醫療發達，依然有22.8%的長者出現最少一項活動能力缺損。活動能力缺損意味著他們在日常生活中需要別人協助。家人是長者的主要照顧者，但也有半數(52.4%) 長者的照顧需要得不到滿足。因此，如何確保長者（尤其是體弱長者）的護理需要得到滿足，又如何支援家庭護老者，乃決策者必須正視的問題，也是本研究的目的。

政策建議

（1）恆常化護老者津貼並保留其象徵意義

鑒於家庭是長者護理系統的重要部份，護老者津貼的象徵意義有必要保留。建議政府採取津貼遞減制度，並考慮提高津貼金額，以及把計劃恆常化。

（2）加強支援服務的可及性

資助機構應在周六及周日也提供服務。社署可向正在接受或輪候長期護理服務的長者家人發出邀請，由社工向護老者提供全面的評估，從而判斷他們所需要的支援並作出適當的轉介。長遠來說，政府可以立法的形式確立護老者的權利。

（3）支援在職家庭護老者

政府可參考英國於1996年訂立的《僱傭權利法例》（Employment Rights Act），以立法形式保障在職照顧者。

（4）規劃增加社區照顧服務名額及提升服務質素

建議政府釐定社區照顧服務名額比率，增加服務名額及資源投入，並改善服務質素。

（5）規劃增加社區照顧的護理人手

建議增加護理專業人手，動員「非常規」人力資源，以「地區為本」發展服務。

（6）尋求空間資源的配合

政府可考慮把屋邨地下的空置單位撥作服務之用；資助服務單位租用私營安老院舍的剩餘空間，或者向私營安老院舍購買膳食服務；把家居照顧服務的空間要求納入社署的安老設施明細表，成為規劃的一部份。

（7）加強推廣社區照顧服務

社署可考慮與民政署合作，動員後者的社區網絡，以助社署把社區照顧服務的資訊更廣泛的傳播出去。社署亦可考慮增撥資源，讓長者地區中心及鄰舍中心增聘社工，從而加強中心的外展工作。

（8）加強青少年與長者的接觸

建議政府（尤其是教育局）及長者服務機構加強與學校合作，舉辦活動讓青少年有更多機會接觸長者，使年輕一代認識關懷長者的重要性，同時也讓長者有機會與年輕一代分享人生經歷。



Aging in Place

Family and Community Care & Support

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Research Background

Hong Kong is confronted with the challenges of aging population. Despite medical advancement, 22.8% of the elderly are unable to do at least one item of instrumental activities in daily living, which means that they need others' care. Family members are their main carers, but still for half of them (52.4%), their care needs have yet been met. It is important for policy-makers to consider the ways to satisfy the care needs of the elderly (especially the frail cases), and provide support to their family carers.

Policy Recommendations

(1) Regularize the financial aid to carers and maintain its symbolic meaning

To balance between the symbolic meaning of the aid and its possible abuse, we recommend the adoption of a regressive aid system. Besides, the Government should regularize the aid and consider increasing its amount.

(2) Strengthen the accessibility of the aid to carers

It is proposed that the Social Welfare Department may invite family members to participate in need assessment exercises conducted by social workers. Needs will be identified and reference will be made to the relevant community support programmes. In the long-term, the Government may establish the equal rights of the carers by legislation.

(3) Support the family carers with employment

The Government may take reference of the Employment Rights Act enacted by the UK government in 1996, and bring succour to the carers by legislation.

(4) Plan for the Community Care service quotas and enhance service quality

The Government should define the rate of service places, increase the service quotas and funding, and enhance the quality of care.

(5) Plan to increase manpower

It is proposed to increase the manpower of formal care workers, mobilize informal manpower and develop district-based services.

(6) Allocate space for operators

The Government may consider: 1) to allocate the unoccupied units on the ground floor of public housing for the use by community care operators; 2) to subsidize the operators either to rent the unoccupied space in private nursing homes, or to purchase meal services from the latter; and 3) to include the space requirement into the Schedules of Accommodation (Elderly Services) and so into the government planning.

(7) Promote community care services

The promotion can be done through cooperation with the Home Affairs Department, drawing on the latter's community networks to get the messages across. The Social Welfare Department may also consider earmarking resources for district elderly community centres to have extra social worker head counts, so that outreach work can be further developed.

(8) Promote the Youth-and-old Contact

We recommend that the Government (especially the Education Bureau) should, in cooperation with schools, organize more activities through which young people will have increased and closer contact with the elderly.



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家庭與社區的照顧及支援

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