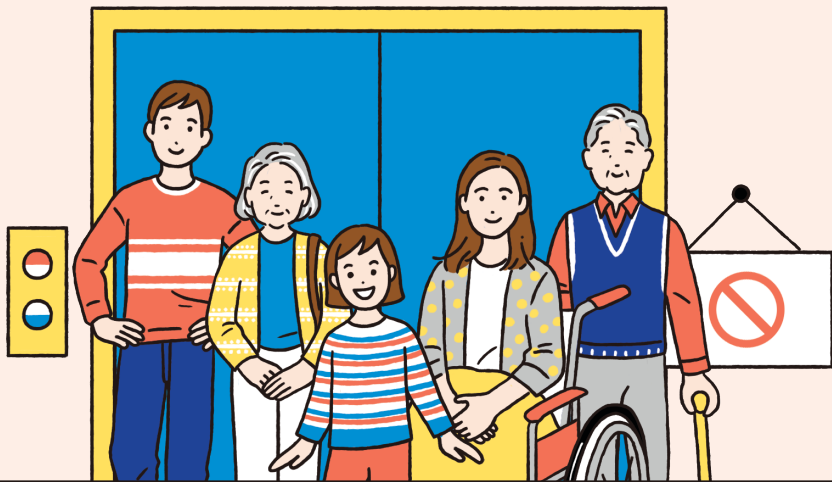


大廈停軌 社區支援手冊

A COMMUNITY SUPPORT GUIDE FOR LIFT MODERNISATION WORKS



在政府夥拍市區重建局(市建局)推行的「優化升降機資助計劃」(升降機資助計劃)下,你所居住的大廈正在或將會進行升降機工程,可能帶來生活不便。本手冊為住戶提供一系列有用資訊,支援你走過「停軌」的日子。

Under the Lift Modernisation Subsidy Scheme (LIMSS) co-launched by the government and the Urban Renewal Authority (URA), lift service of the building you are living in is being or will be suspended for modernisation works and this may cause inconvenience to your daily life. This handbook provides residents with a range of useful information, helping you to cope with the days without a lift.

01-02 停軌注意事項
FRIENDLY REMINDER

03-04 簡易家居運動
HOME EXERCISE

05-08 善用地區資源
COMMUNITY RESOURCES

09-10 外展社會服務
OUTREACH SOCIAL SERVICES

停枱點算好？ 7 件事情要知道

7 THINGS TO REMEMBER BEFORE
LIFT MODERNISATION WORKS



1 留意停枱日 呢個日子要記實

Mark the date of lift service suspension

停枱或影響日常規劃，可把日子記在月曆上提醒自己！

Suspension of lift service may affect your daily plans.
Remind yourself by marking the date on the calendar!



日期 Date :

2 出門預時間 上落樓梯唔使爭

Leave time for walking stairs

停枱期間多人使用樓梯，可預早半小時，或避開繁忙時間出門。

Suspension of lift service may cause high traffic on stairs.
Leave home 30 minutes earlier or avoid peak hours.



3 乾淨樓梯級 唔亂擺嘢唔阻塞

Keep stairs clean

當樓梯使用率增加，保持地方整潔，可減意外風險。

When the stairs are used more frequently, keeping them clean may prevent accidents.

01

5 水電煤氣單 落樓交定唔使煩

Settle utility bills downstairs
in advance

留意帳單到期日，在停枱前外出繳交。

Check the due date of the bills.

Settle them before lift service is suspended.



4 糧食日用品 提早買定嚟傍身

Store food and daily necessities

留在家中時間可能增多，可購買儲存期較久的食品或日用品備用。

You may purchase food and daily necessities with longer expiry dates for your extra stay home periods.



6 改期去覆診 配定藥物最安心

Reschedule medical appointments

如有需要可更改覆診日期，並與醫生商量不便外出期間的備用藥物份量。

Reschedule medical appointments if needed.
Consult your doctor on extra medication for the period when you are not able to leave home.



相關資訊見 05 頁
More info on P.05

7 多聯絡親朋 左鄰右里互關心

Care for your neighbours

多與親友分享近況，鄰居間隨時互相幫忙。

Keep close contact with your friends and family.
Always help your neighbours.



02

在家時間增多 多做運動益身心

DO MORE EXERCISE WHILE STAYING AT HOME



在大廈停頓期間，你可能會減少了外出，多了時間留在家中。以下介紹一套可在家中進行的簡易運動，鼓勵你多活動身體，保持身心健康。

While you may spend more time at home during the lift modernisation works, let's introduce you to a set of exercises that can easily be done at home. Doing more exercise is beneficial to both your physical and mental health.

毛巾操 TOWEL WORKOUT

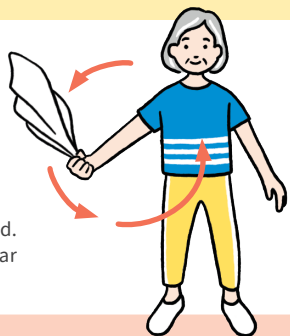
- 不用專業器具，一條毛巾即可！
No special equipment needed. Just a towel!
- 站立進行
Stand erect
- 每個動作或每邊重複 8 至 12 次
Repeat 8 to 12 times with each movement or each side

打圈圈

SWIRLING CIRCLES

右手拿着毛巾一端，伸直手臂，手臂快速打圈。

Hold one end of the towel with your right hand. Keep your arm straight and make fast circular movements.



轉換左手，重複動作。

Repeat with your left hand.

屈手臂

BICEPS CURL

右手握毛巾，垂下。

With your right arm extended, hold the towel down next to the side of your leg.



向上屈臂，還原。

Bend your elbow and curl the towel up.



轉換左手，重複動作。

Return to the starting position and repeat with the left arm.

弓箭步

LUNGES

雙手拉緊毛巾兩端，橫放胸前。

Stretch the towel horizontally with your hands grabbing both ends in front of your chest.



右腳踏前一下成弓箭步，雙手同時向前推。

Step forward with your right leg and bend at the knee. Push your arms forward at the same time.



隨即還原至站立，轉腳重複。

Return to standing position. Repeat with your left leg.

提提腿

TOWEL KICKS

雙手拿着毛巾上方兩角，向前伸直，保持在上腹水平。

Stretch your arms straight in front of your upper abdomen and hold the upper corners of the towel with your hands.



提起右腳至觸及毛巾下方。

Lift your right foot to touch the lower part of the towel.



放下右腳，換左腳再做。

Return to the starting position and repeat with your left foot.

拋毛巾

TOWEL THROWING

兩人面對面站立，把打了結的毛巾拋給對方。

Stand face to face with your partner. Throw a knotted towel to each other.



小貼士 TIPS

運動時小心平衡，確保附近有穩固物件，必要時用作扶手。

Keep your balance. Make sure to exercise near steady objects which you can grab hold of when necessary.



提提你 REMINDERS

- 運動前後必須做足熱身及緩和運動
Do sufficient warm-up and cool-down exercise
- 進行運動期間，如有不適，應立即停止，並徵詢醫生或專業人士意見
When feeling unwell, stop the exercise immediately and seek advice from a medical practitioner or professional

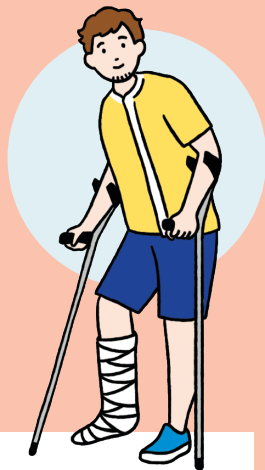
更多家居運動：
Scan to learn more



資料來源：
康文署長者健體指南
Source: A Guide to Fitness Exercise for the Elderly (LCSD)

社區有配套 善用各類地區服務

MAKE GOOD USE OF COMMUNITY SERVICES



醫療服務 MEDICAL SERVICES

假如你不便出門
需要延期覆診
或補充藥物...

If you cannot leave home and need to reschedule medical appointments or refill the drugs ...



公院專科

Specialty outpatient clinics under Hospital Authority

方法 1 Method

致電
覆診紙上
電話



Call the number on your appointment slip

電話改期時告知
職員，並可查詢親
友代領藥物安排

Inform the staff when calling to reschedule, and enquire about arrangements for family members to collect medicine on behalf of you

方法 2 Method

下載使用
醫管局 HA Go
手機應用程式



Download and use Hospital Authority's mobile application HA Go

申請改期流程
STEPS TO RESCHEDULE APPOINTMENTS



使用 HA Go 改期時，
剔選「延期及補充藥
物」，待職員聯絡跟進

Tick the checkbox "Appointment deferral and Drug refill" in HA Go application and wait for follow-up by the staff

家居到戶服務

HOME-BASED COMMUNITY CARE SERVICES

綜合家居照顧服務 (普通個案)

INTEGRATED HOME CARE SERVICES (ORDINARY CASES)

對象

TARGET GROUP

- 60 歲或以上長者、殘疾人士，以及有社會需要的個人和家庭
- Elderly persons aged 60 or above, persons with disabilities, and individuals and families with social needs living in the community

服務內容

SERVICE CONTENT

- 個人照顧
Personal care
- 膳食服務
Meal service
- 購物及送遞服務
Purchase and delivery of daily necessities
- 家居清潔及護送服務
Household cleaning and escort service

綜合家居照顧服務 (體弱個案) 或

INTEGRATED HOME CARE SERVICES (FRAIL CASES) OR

改善家居及社區照顧服務

ENHANCED HOME AND COMMUNITY CARE SERVICES

對象

TARGET GROUP

- 60 歲或以上
Aged 60 or above
 - 經「安老服務統一評估機制」評估後建議適合接受社區照顧服務或院舍照顧服務的體弱長者
- Frail elderly persons assessed and recommended for Community Care Services or Residential Care Services under the Standardised Care Need Assessment Mechanism for Elderly Services

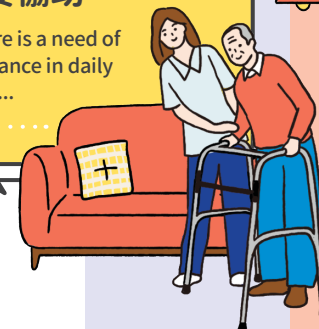
服務內容

SERVICE CONTENT

- 個人照顧及護理服務
Personal care and nursing care
- 復康運動 / 言語治療
Rehabilitation exercises / speech therapy
- 護老者支援及訓練
Carer support and training

假如起居飲食
需要協助...

If there is a need of assistance in daily living...



詳情及
中心資料

INFO & CONTACTS



詳情及
中心資料

INFO & CONTACTS



長者服務 ELDERLY SERVICES

長者地區中心 或 長者鄰舍中心

DISTRICT ELDERLY COMMUNITY CENTRE OR
NEIGHBOURHOOD ELDERLY CENTRE

對象 TARGET GROUP

- 年滿 60 歲或以上在區內居住的長者
Elderly persons aged 60 or above living in the locality
- 護老者
Carers
- 社區人士
The community at large

服務內容 SERVICE CONTENT

- 認知障礙症教育及支援服務
Educational and supportive programmes on dementia
- 護老者支援服務
Carer support services
- 健康教育
Health education
- 教育及發展性活動
Educational and development activities
- 社交及康樂活動
Social and recreational activities

假如長者
有身心需要...

If an elderly has physical
or psychological
needs...



詳情及
中心資料
INFO & CONTACTS



家庭服務 FAMILY SERVICES

綜合家庭服務

INTEGRATED FAMILY SERVICES

對象 TARGET GROUP

- 個人或家庭皆可
Individuals or families

服務內容 SERVICE CONTENT

- 社區資源及轉介服務
Community resource and referral service
- 輔導及情緒支援服務
Counselling and emotional support service
- 家庭生活教育
Family life education

假如你需要
家庭諮詢...

If you need family
consultation...



詳情及
中心資料
INFO & CONTACTS



康復服務 REHABILITATION SERVICES

殘疾人士地區支援中心

DISTRICT SUPPORT CENTRE FOR PERSONS WITH
DISABILITIES

對象 TARGET GROUP

- 在社區中生活的殘疾人士及其照顧者
Persons with disabilities living in the community and their carers

服務內容 SERVICE CONTENT

- 社區資源及轉介服務
Community resource and referral service
- 家居及社區生活技能訓練及支援服務
Domestic living and community living skills training
- 社交及康樂活動
Social and recreational activities

假如殘疾人士
或照顧者
有身心需要...

If a person with disabilities
or carer has physical
or psychological
needs...



詳情及
中心資料
INFO & CONTACTS



住宿暫顧服務

RESIDENTIAL RESPITE SERVICE

對象 TARGET GROUP

- 肢體傷殘人士或弱智人士或精神復元人士或長者
People with physical or intellectual disability or in mental recovery or elderly

服務內容 SERVICE CONTENT

- 殘疾人士住宿暫顧服務
Residential respite service for persons with disabilities
- 長者住宿暫託服務
Residential respite service for the elderly
- 長者緊急住宿服務
Emergency placement for the elderly



詳情及
中心資料
INFO & CONTACTS



額外支援：外展社會服務

EXTRA SUPPORT: OUTREACH SOCIAL SERVICES

在「升降機資助計劃」下，市建局特別委託聖雅各福群會在大廈進行升降機工程期間提供 **7 項外展社會服務**，紓緩對行動困難或有醫療需要人士的影響。

Under the LIMSS, URA has commissioned St James' Settlement (SJS) to provide the following **7 outreach social services** to alleviate the difficulties of persons with impaired mobility or health care needs during lift modernisation works.



基本申請資格 (必須全部符合)

BASIC ELIGIBILITY CRITERIA (All requirements must be fulfilled)

- ✓ 「升降機資助計劃」合資格的大廈的升降機即將因工程或已經暫停服務
Eligible buildings in application for LIMSS which lift service will soon be or has been suspended
- ✓ 有關大廈只有一部升降機或部分樓層只有一部升降機抵達
The building is either served by a **single lift** or by **only one lift per floor**
- ✓ 上落樓梯有困難人士
The applicant encounters difficulties in walking up or down the stairs
- ✓ 年滿 60 歲或以上的長者或殘疾人士
The applicant is aged 60 or above OR is a person with disabilities
- ✓ 缺乏家人、其他人士照顧或其他社區服務支援
The applicant lacks of support by family, other carers or community services

如需申請，
請致電



Call the hotline for
application

5185 5253

合資格居民可獲安排服務 / 社區轉介，包括：

Relevant services / other community resources will be arranged or referred to eligible applicants, including:

1 社區資源轉介

Community Resources Referrals

轉介予個別社會服務機構以提供支援服務
Referrals to social service organisations to help residents access the services they needed



2 遙距復康指導

Remote Rehabilitation Service

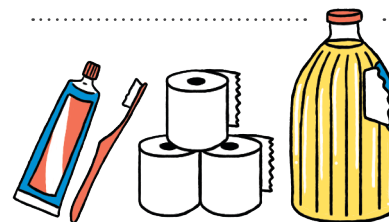
為有復康需要人士提供遙距的復康指導
Remote rehabilitative and health services for needy residents to maintain their physical health and social life



3 膳食訂購及送遞服務 !

Meal Delivery Service

協助有需要的住戶在指定供應商訂購及送遞餐膳
Delivery of hot meals and cold chill food from our designated service providers



4 生活必需品訂購及送遞服務 !

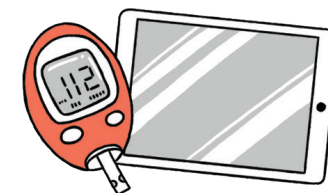
Daily Necessity Ordering and Delivery Service

協助有需要的住戶送遞已訂購的生活必需品
Door-to-door delivery of daily necessities

5 借用器材服務

Equipment Borrowing Service

借用器材例如簡單復康器材、健康監察儀器及平板電腦，以協助其維持健康生活及與外界聯繫
Provision of equipment such as rehabilitation aids, health monitor devices, tablets to the needy residents



6 樓梯機支援服務 *

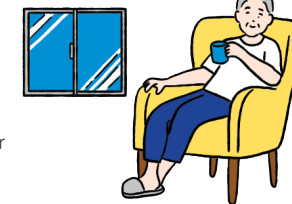
Stair Climber Service

為有醫療需要人士提供樓梯機服務
Stair climber service for the needy residents with essential health care needs

7 臨時住屋安排 *

Temporary Accommodation Service

協助極有需要的住戶物色、轉介及安排臨時性住宿
Assistance and referrals for residents with indispensable needs for relocation to temporary accommodations



! 大廈只有一部升降機可獲安排服務，若部分樓層只有一部升降機抵達，須為特殊需要個案
Service will be arranged to eligible cases living in buildings with a single lift, for buildings with one lift per floor, service will only be arranged to special cases.

* 由於服務的資源及提供有所限制，相關的服務申請將進行評估及排序，以便有效安排服務
Subject to case assessment and prioritisation due to resource and service limitations.



查詢
ENQUIRY

聖雅各福群會 服務熱線
SJS Services Hotline

5185 5253

電郵 Email

info-limss@sjs.org.hk

熱線時間 Hotline Service Hours

星期一至五 上午九時至下午六時
Mon to Fri 9:00am to 6:00pm

星期六 上午九時至中午十二時半
Sat 9:00am to 12:30pm

(公眾假期除外 Excluding Public Holidays)