



8. Physical Fitness

We conduct daily physical fitness classes e.g. relaxation exercise, sport class, Baduanjin and stretching exercise to give service users the opportunity to improve and enhance their physical and mental health.

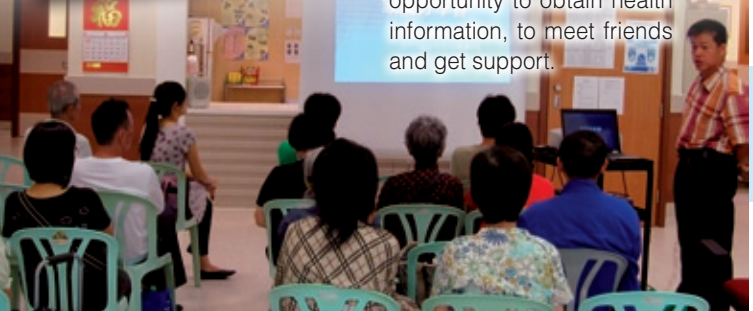
9. Self-care Training

We provide beauty care training, self-care training, simple cooking class and table manner training for our service users. These programs aim to strengthen their self-confidence, positive image and develop social network.



10. Relative Forum

Monthly relative forum brings health professionals and carers together to cope with the burdens and isolation brought on by caring people with mental illness. It is an opportunity to obtain health information, to meet friends and get support.



11. Work Activities

We provide Chinese tea cultural activities, work skills training, horticulture and gardening to cultivate service users interest, to enhance their self-confidence, and to improve their work skills.



Service Target

All general adult in-patients are welcome to join our programs. In-patients may contact nurses in ward for details. Also, multidisciplinary staff can book specific rehabilitation services for in-patients.

Opening Hours

Monday-Friday 09:00 – 17:00
Saturday 09:00 – 13:00
Except Public Holiday

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Centre for In-patient Daytime Program (CIDP)



醫院管理局
HOSPITAL
AUTHORITY



Introduction

The Centre for In-patient Daytime Program (CIDP) was established in August 2009. Apart from rendering a comprehensive range of daytime rehabilitation programs to the general adult in-patients, it also provides mental health education, social and emotional support to their carers.

Vision

We strive to empower our service users to perceive themselves as an enabler.

Mission

Our rehabilitation services are collaborative, person directed and individualized. By developing the culture of empowerment and optimism, service users join our program based on their needs; their rights to choose the programs they like are respected. Service users are encouraged to participate in decision about the service they receive. Their capacity is of primary concern to our program design. CIDP is a platform of co-ordination between wards, health professionals and voluntary agencies. Rehabilitation programs are delivered through partnership.

Scope of Services

1. Mental Health Education

Symptom management, mental health education and drug compliance training are held regularly to facilitate service users enhancing self-management abilities on mental illness and having a joyful life though living with mental illness.



2. Spiritual Support

To cater for service users' spiritual needs, we invite various religious bodies to help them regain inner peace and have a hope for the future through Cell group / Fellowship.



3. Psychological Relief

Therapeutic game and therapeutic art are held at regular intervals to facilitate service users relieving inner self anxiety/ hidden agenda and redefine life direction.



4. Emotion Management Training

Maintaining the psychological well-being of service users is of paramount importance, thus specific trainings such as anger management, stress management and problem solving group are designed to strengthen their abilities on emotion management.



5. Cognitive Rehabilitation

We hold cognitive remediation and simple calculation class regularly to facilitate service users to maximize their remaining capabilities and to counteract problem of cognitive impairment resulting from mental illness.



6. Community Living Skills Training

Appropriate trainings are provided to service users with the aim to enhance their budgeting skill, shopping skill, social skill, road safety awareness and use of public transport, thus enabling them to reintegrate into community.



7. Leisure Programs

We provide a wide range of leisure activities, which includes art & craft, calligraphy, chess group, karaoke, music/ film appreciation, walking meditation, reading group, brain training puzzles, internet usage, etc. These programs help to redirect service users from mental symptoms, improve quality of life cultivate interest and build up self esteem. These programs help to redirect service users from mental symptoms, improve quality of life, cultivate interest and build up self esteem.

