

## 老人精神科

### 前言

瑪麗醫院老人精神科服務，於1994年成立，服務對象為任何香港島中、西、南區及離島區65歲或以上有精神病患者，還有為病者家屬及照顧者提供專業輔導及支援。其服務宗旨是透過個別及小組治療性活動和全人護理，使他們能獨立生活，繼續適應及參與各方面的社交活動。

### 服務範圍

#### ◆ 住院服務

瑪麗醫院J座七樓提供24小時住院醫療護理服務，患者可從急症室、病房諮詢聯絡服務、專科門診診所或外展服務轉介入院。

老人精神科住院服務包括臨床病徵評估，檢驗和藥物治療。此外，其他治療性活動，如現實導向計劃、懷舊治療、社交技巧訓練、記憶訓練、行為治療和康樂治療亦會在住院時提供給有需要的患者。患者並會在其住院時接受個人化的護理治療計劃，以幫助患者離院之後盡可能獨立地在社區生活。

#### 精神科專科診所

精神科專科診所位於高街1號F戴麟趾康復中心之西區精神科中心內。患

者可透過私家醫生或醫院管理局轄下之普通科或專科診所轉介。我們會採用分流制度安排首次診症的先後次序。

#### ◆ 精神科日間中心

老人精神科日間中心於1999年1月正式開幕。中心目的是透過個別及小組治療、藥物治療和社區認知，從而提供更深入持續的康復服務。

#### ◆ 精神科外展服務

老人精神科外展服務開始於1995年1月。成員包括精神科醫生、護士、職業治療師及醫務社工。外展醫療隊會定期到病者家中，或所屬政府資助及私人護理安老院進行家訪。

#### ◆ 公眾教育

老人精神科小組成員會舉辦訓練課程/教育講座，教導一般市民認識老人精神病症和照顧之基本技巧，此外，亦在社區舉辦講座、展覽、研討會和心理健康測試，教導院舍認識精神科藥物、危機處理和預防復發知識。

地址：香港薄扶林道102號J座7樓  
電話：2255 3085 傳真：2817 5159

地址：香港高街1號F戴麟趾康復中心南翼2樓  
電話：2517 8225 傳真：2858 5186


以上資料由瑪麗醫院精神科提供。



瑪麗醫院  
Queen Mary Hospital

## 老人精神科

DEPARTMENT OF PSYCHIATRY  
PSYCHOGERIATRIC SERVICE

|   |   |
|---|---|
|  瑪麗醫院<br>Queen Mary Hospital | Pamphlet Topic & Department Code        |
| Ownership   | QMH/Psychiatry-6                        |
| Last review/revision  | Aug/2024                                |
| Approval  | HKWC Information Pamphlet Working Group |
| Distribution  | As requested                            |

## DEPARTMENT OF PSYCHIATRY PSYCHOGERIATRIC SERVICE

### Introduction

In 1994 the psychogeriatric service of the Department of Psychiatry, Queen Mary Hospital was established for caring person aged over 65 years with mental problems and providing support to their carers/significant others.

Our mission is to maximize the functional capacities of our psychogeriatric clients suffered from mental problems, aiming to restore their well-beings, through holistic and structured individualized programme.

### Scope of Service

The psychogeriatric service of our department provides in-patient, out-patient, day-patient and outreaching services to the areas of Southern, Central & Western districts and Outlying Islands of Hong Kong.

#### ◆ In-patient Service

There are 24-hour, acute in-patient clinical beds available to the clients admitted through the Accident and Emergency Department, consultation-liaison service, specialty out-patient clinic and from outreaching services. After admission, clinical assessment, appropriate investigations and medication treatment will be prescribed.

Other therapeutic activities, such as Reality Orientation Programme, Reminiscence Therapy, Social Skill Training, Memory Training, Behavioural Therapy and Diversional Therapy will also be available during their admission in accordance to the clients' needs. Moreover, we also tailor individualized nursing care plan for them during their hospitalization. We aim at assisting them living as independently as possible in the community after leaving the hospital.

#### ◆ Psychiatric Specialist Clinic

The Psychiatric Specialist Clinic is situated at 1F, High Street, Western Psychiatric Centre within the David Trench Rehabilitation Centre. We accept referrals from general practitioners, and doctors from other specialties and general out-patient clinics under Hospital Authority. Referrals will then be prioritized according to our Triage System with appointment arranged.

#### ◆ Psychogeriatric Day Centre

The Psychogeriatric Day Centre (PGDC) was officially opened in January 1999. It aims at providing our clients with an intensive and continuous rehabilitation service through individual and group therapy, medication treatment, and community orientation program.

#### ◆ Psychogeriatric Outreaching Service

The Psychogeriatric Outreaching Service began in January 1995. The Psychogeriatric Team (PGT) includes psychiatrists, nurses, occupational therapists and social workers. They pay visits to clients at home and to residents living at the listed old age homes (OAHs). This service provides psychogeriatric medical consultation and nursing service to clients at their living areas.

#### ◆ Public Education

Apart from organizing training courses/educational talks to staff members of the listed OAHs, carers and the public, our PGT members also conduct lectures, exhibitions, workshops and mental health assessments for elderly in the community.

Address: 7/F, Block J, Queen Mary Hospital, 102 Pokfulam Road, Hong Kong  
Tel: 2255 3085 Fax: 2817 5159

Address: 2/F, South Wing, David Trench Rehabilitation Centre, 1/F, High Street, Hong Kong  
Tel: 2517 8225 Fax: 2858 5186

Information provided by Department of Psychiatry,  
Queen Mary Hospital