

甚麼是認知障礙症 What is dementia



認知障礙症不是正常老化，而是多種引致腦部功能持續不正常衰退的病症統稱。患者的腦細胞出現病變而急劇退化及死亡，導致腦功能衰退。患者的記憶、時間導向、空間導向、思考、理解、判斷力和語言能力，以至行為、情緒及身體活動能力都可能受到影響。

Dementia is not a natural part of ageing, but a collective name for many progressive brain syndromes. Drastic degeneration and death of brain cells arising from disease lead to an abnormal decline in cognitive functions. Consequently, dementia will affect one's memory, time and spatial orientation, thinking, understanding, judgment and language abilities, as well as behaviours, mood and physical mobility.

認知障礙症在香港 Dementia in Hong Kong

每10名70歲或以上長者，便有1人患病

1 in 10 elderly persons aged 70 or above are living with dementia



85歲以上長者患病率



高達三分之一

The prevalence rate among those over the age of 85 is as high as 1 in 3

隨人口老化，患病人數將急劇增加，可能每個家庭也有1位患者！

As population ages, the prevalence of dementia will sharply increase. Each family may have a person living with dementia!

為了更清晰客觀地形容病症徵狀，並消除負面標籤，老年痴呆症已正名為認知障礙症。

資料來源：
Department of Health, HKSAR, Dementia Care Seminar cum Kick-off Ceremony for Dementia Care Campaign 2006.
Available from: <http://www.dh.gov.hk/english/press/2006/061013.html>.

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香港認知障礙症協會

Hong Kong Alzheimer's Disease Association

為認知障礙症患者及家庭 提供專業專門的支援服務

Provide specialized and professional dementia care services
for people living with dementia and their families



早檢測 早診治 早準備
Early Detection Early Treatment Early Planning

關於我們 About us

香港認知障礙症協會 於1995年成立(前稱「香港老年痴呆症協會」)，為國際認知障礙症協會在港的唯一會員，亦是全港第一間專門提供認知障礙症服務的非牟利及自負盈虧機構。

本會致力為認知障礙症患者、家屬及照顧者提供專業及多元化非藥物治療活動及服務。同時，提供不同程度的培訓和教育予專業人士、護老者及社會大眾，加強他們對認知障礙症的認識並且關注大腦健康，以期達致早檢測、早診治、早準備，抵禦大腦退化。

The Hong Kong Alzheimer's Disease Association (HKADA) was established in 1995, is a non-profit-making, self-financed charitable organisation without Government subvention. We are the only member of the Alzheimer's Disease International in Hong Kong and the first local organisation specialized in providing services to people living with dementia and their families.

HKADA provides professional, multi-dimensional non-pharmacological interventions and services to people living with dementia and their family caregivers. At the same time, we provide education on brain health and knowledge of the disease to the general public; as well as training to medical practitioners, caregivers and professionals of various trades, to enhance their ability on early detection of the disease and their knowledge and skills in caring for people living with dementia.



香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER AGENCY



Alzheimer's Disease International



Charity listed on
WiseGiving
惠施·慈善機構



懷疑患上認知障礙症？
Worried someone has dementia?



如患上認知障礙症？
Diagnosed with dementia?



尋求照顧者支援？
Seek for caregiver support?



加深對認知障礙症的認識？
Learn more about dementia?

記憶診所服務 Memory Clinic Service

及早把握治療黃金期
Grasping the golden period for treatment

記憶診所提供一站式評估及醫療診斷，先由受專業培訓的註冊護士或職業治療師採用一籃子獲國際認可、適合本地使用的評估工具，為出現認知障礙徵狀人士進行認知、情緒、身體機能、自理能力等評估，及早識別病症及醫療方向；亦能準確排除非認知障礙人士，釋除疑慮，節省不必要的醫療開支和程序。

疑似個案可由專科醫生進行診斷，並開展藥物治療，把握治療黃金期。

The Memory Clinic provides one-stop service to people showing early signs of Dementia. The professionally trained registered nurse or occupational therapist use series of internationally recognized assessment tools to assess the cognitive, psycho-social and physical functions, as well as self-care ability, of the case. The service also excludes people without Dementia syndrome, reduces unnecessary medical procedures and expenses. People suspected with Dementia will be diagnosed and offered medical follow-up by the Specialists.



日間中心服務 Day Centre Service

愉快有意義的認知刺激活動
Joyful and meaningful cognitive stimulating activities

由職業治療師及社工設計的多元化認知刺激活動，如現實導向、懷緬治療、記憶訓練、多感官治療、計算訓練、日常生活技能訓練、健體活動等，透過各類非藥物治療方法及本會研發的六藝®活動，延緩患者的大腦退化速度及維持自我照顧能力。

此外，透過日間照顧服務，紓緩家屬及照顧者的照顧壓力。

Through participating in a variety of non-medical interventions and 6 Arts® activities organized by registered occupational therapists and social workers, comprising reality orientation, reminiscence therapy, memory training, multi-sensory stimulation, arithmetic games, activities of daily living training, physical exercise etc., clients' existing functions will be maintained and further cognitive deterioration will also be delayed. It also relieves stress of family caregivers.



到戶服務 Inhome Service

專業到戶 保持社區生活能力
Home-based training to maintain abilities in daily functioning

由職業治療師評估患者能力及需要，設計適合於家居進行的認知刺激活動；同時提供照顧技巧及家居環境改善建議，協助患者建立健康生活習慣及建立適合患者居住的家居環境。

Specific home-based training will be tailor-made, based on the capacity and needs of the person living with dementia; occupational therapists will also render professional advices for family caregivers on home care management and environmental safety.

家屬支援 Caregiver support

分享經驗 強化照顧力量
Knowledge sharing and mutual support

定期舉辦家屬聚會及工作坊，提升家屬照顧技巧；同時，透過同路人經驗分享及互相扶持鼓勵，減輕照顧壓力。

Through sharing and activities on different topics, we provide dementia care resources and knowledge for family caregivers. Caregivers can also link to the peer to share experience and gain mutual support in order to relieve the stress along their caring journey.



認知障礙症教育中心 Institute of Alzheimer's Education (IAE)

促進認知障礙症的認識及優質照顧
Building capacity through knowledge and experience sharing

提供不同程度的教育及培訓課程予醫療及社會服務業界同工、照顧者及社會大眾，加強他們對認知障礙症及大腦健康的認識，及早識別病徵及加強社區照顧能力。

We aim to provide training and educational courses for medical and social service practitioners, caregivers and general public, in order to raise understanding of dementia and help to build the capacity for quality dementia care.

認知友善好友 Dementia Friends Hong Kong

推動各界關注 坐言起行 共建認知友善社區
Raising public awareness and encouraging action to care, joining hands to build a dementia friendly community

響應英國認知障礙症協會發起的 Dementia Friends (港譯：認知友善好友) 全球運動，於香港推動各界成為「認知友善好友」，以行動關懷及接納認知障礙症患者。

In echoing the "Dementia Friends" global movement initiated by the Alzheimer's Society UK, we join the global movement and invite people from all walks of life in Hong Kong to register as Dementia Friends and encourage care and support actions for people living with dementia.

