

# 承擔、超越——廿一世紀女性

Women's Commission Conference 2009  
Beyond Limits - Women in the 21<sup>st</sup> Century

## 關懷照顧者——以地區為本的照顧者支援計劃 Caring for Carers - A Locality-based Carer Support Project

香港婦女中心協會

Hong Kong Federation of Women's Centres



舉行街展以喚起公眾對照顧者有進一步的了解和認識。  
Arousing public understanding of carers through exhibition on street.



成立照顧者支持小組，定時舉行活動，讓照顧者相聚互訴心聲。  
Peer support group for carers regularly organises activities for carers to share their experience.



義工為有需要的照顧者提供支援服務。  
Volunteers provided support service to carers in need.



舉辦講座向照顧者講解如何面對和減輕壓力。  
Seminars on facing and relieving stress for carers.



舉辦「鬆一鬆、抖一抖」照顧者茶聚，學習烹調「五豆粥」。  
Learning how to cook "five peas congee" at Take a Break tea gathering for carers.

得到「愛心聖誕大行動 (2007)」的資助，此計劃於2008年4月開始推行，旨在以地區為本和以照顧者為中心的支援服務提升照顧者的生活質素和福祉、促進照顧者的社會參與、增加社會人士對照顧者的認識、以及確認和關注照顧者的需要。內容包括：培訓婦女義工成為「照顧者之友」、組織照顧者支持小組、提供一個「鬆一鬆、抖一抖」空間、親親照顧者日、出版刊物、舉行講座及展覽，以及進行研究調查和研討會。

Since April 2008, the HKFWC has launched this project with funding from Operation Santa Claus (2007). Objectives of the project are to enhance the well-being of the carers by means of a locality-based support service specifically for carers, to facilitate community participation of carers, to increase societal understanding of the well-being and needs of carers, and to identify and be concerned about the needs of carers. Components of the project include: training up middle-aged women to be "Frienders of Carers", setting up a peer support group for carers, providing a "Take a Break - Carer's Corner", Carers' Pamper Day, publications talks and exhibitions, discussion forums and research studies.