



香港認知障礙症協會
Hong Kong Alzheimer's Disease Association

年報

Annual Report

2024-2025

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📘 HKADA 香港認知障礙症協會





香港認知障礙症協會
Hong Kong Alzheimer's Disease Association



目錄

Content

03	關於我們 About Us
05	悼念余枝勝醫生 In memory of Dr Yu Chi Sing
09	我們的三十年 Our 30 th Anniversary
14	機構管治 Corporate Governance
17	執行委員會主席展望 Vision by Chairman
18	總幹事報告 Executive Director's Report
21	服務成效報告 Service Impact Report
23	日間中心及到戶服務 Day Centre Service and Inhome Service
38	認知障礙症流動診療車 Mobile Clinic
41	記憶診所 Memory Clinic
43	教育及發展 Education and Developments
51	財務報告 Financial Report
52	鳴謝 Acknowledgement
53	捐款表格 Donation Form
54	聯絡我們 Contact Us

關於我們

ABOUT US



香港認知障礙症協會
Hong Kong Alzheimer's Disease Association

心和手代表著能用心地去幫忙有需要人士；綠葉代表著長青的心態，勇於接受改變及創新，有前瞻的視野及策劃未來的能耐，不畏困難、勇往向前。

The heart and hand symbolise our commitment to helping those in need with compassion and care. The green leaf represents a spirit of vitality and growth — embracing change and innovation, with a forward-looking vision and the ability to plan for the future. It also reflects our courage in facing challenges and moving ahead with determination.

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，本會是國際認知障礙症協會在香港的唯一會員機構，亦是全港第一個專門提供認知障礙症服務的非牟利、自負盈虧、未有政府資助的慈善機構。

本會致力為認知障礙症人士及家屬提供專業及多元化非藥物治療及支援服務。同時，提供不同程度的培訓和教育活動予專業人士、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，抵禦大腦功能衰退。

本會依據儒家「禮、樂、射、御、書、數」的概念，設計成現代化全人多元智能的「六藝®」認知刺激訓練模式，應用於本會的服務上，並推廣至其他長者服務單位。

The Hong Kong Alzheimer's Disease Association (HKADA) was established in 1995. It is the sole member organisation of Alzheimer's Disease International in Hong Kong and the first local non-profit-making, self-financing charitable organisation specialising in providing dementia care services.

We are committed to providing professional and multi-dimensional non-pharmacological interventions and services for people living with dementia, their families, and carers. At the same time, we offer training at various levels for professionals, carers, and the general public to enhance their understanding of dementia and raise awareness on brain health. Our goal is to promote “Early Detection, Early Treatment, Early Planning” to delay cognitive decline.

With reference to the philosophy of Confucian's Six Arts – “Rites, Music, Archery, Charioteering, Calligraphy and Numeracy”, a modern, multi-intellectual cognitive stimulating model of “6 Arts®” has been designed and incorporated into our cognitive stimulating activities. The same is adopted by other elderly service units in the Social Service Sector.

使命 MISSION

為受認知障礙症影響的家庭提供專門的服務及全面的關顧，並倡議適切的社區支援，以促進本港認知障礙症的優質照顧。

To promote quality dementia care in Hong Kong by providing specialised and comprehensive intervention and support services for families with people living with dementia and advocating appropriate management of the condition in the community.



OBJECTIVES 目標



提供專門服務及支援予認知障礙症人士及家屬，並倡導足夠的優質服務及社區資源。
To provide specialised intervention and support services to PWDs (People living with dementia) and their families, and to advocate sufficient quality services and community resources for dementia care.



透過社區教育活動，提高大眾對認知障礙症的疾病資訊、預防方法與大腦健康意識。
To promote public awareness on brain health, dementia and its prevention through community education activities.



提供認知障礙症訓練課程予專業人士、照顧者及社會大眾。凝聚相關團體及個人力量，加強合作、分享經驗及擴闊網絡，增強社區對認知障礙症的互助及義務精神。
To organise training programmes in dementia for professionals, caregivers and laymen in Hong Kong. This is to facilitate collaborations, experience sharing and network extension to enhance mutual support and volunteerism for dementia in the community.



促進適合香港社會環境的研究工作，持續改善認知障礙症的照顧。
To advocate appropriate researches which are in accordance with Hong Kong societal context for continued advancement in dementia care.

悼念創會主席 余枝勝醫生



(中)



(左一)

本會創會主席余枝勝醫生於2025年8月21日與世長辭，本人及本會全人對余醫生的離開深感哀痛與不捨。

余醫生是本地老人精神科的翹楚，畢生致力推動對認知障礙症人士及家屬的支援和關顧。他不僅關注認知障礙症人士的醫療需要，更關顧其身心健康，陪伴無數家庭走過困難，成為認知障礙症人士與家屬堅實而溫暖的伙伴。

於1995年，余醫生凝聚一群有心的醫護人員、社工、家屬及義工，排除萬難創立「香港老年痴呆症協會」(即本會前稱)，為本會奠下穩固基石。沒有當年余醫生播下的種子，便沒有今天為社會遮風擋雨、守護長者與家庭的林蔭。

余醫生的精神與貢獻將長存我們心中。本會全體全人謹向余醫生致以最崇高的敬意，並深切懷念。

香港認知障礙症協會主席
吳義銘醫生

每次遇見余醫生，他都會親切的問候我：「雅儀，近來好嗎？協會好嗎？」（這世代，記得和稱呼自己中文全名的人，已屈指可數）。而在臨別之際，他總會遞上一首以我的名字為句頭的詩。相信不少朋友也同樣收過余醫生的作品，我好開心和榮幸能成為其中一人。即使退休後，余醫生仍經常出席不同的學術會議與我們一班後輩交流，而記掛著老友記和家屬的心更是多年來未曾改變。由我初入行認識余醫生，轉眼間已廿多年了，今天他離開了，萬般不捨，但我深信，他在主懷必獲安息。

李雅儀 Maggie

余醫生一路走好。
二十多年前我在醫學院就讀時，
曾經到葵涌醫院上過他的課。
向我的老師致敬。

馬漢明醫生

聽到這個消息真的很難過。
余醫生一直非常支持認知障礙症相關的
專業教育工作。

司徒艾華 Helen

余醫生是我們的傳奇，
願他一路好走。

戴樂群醫生

RIP.

黃凱茵博士 Gloria

Rest in Peace.

陳尚齡 Ophelia

聽到這個消息真的非常難過。
記得余醫生曾在會員大會對我的勉勵。
願他安息。

陳婉雯 Marina

聽到這個消息十分難過。
三十年前，我曾在靈實醫院跟隨他學習。
親眼見證了他推展老人精神科醫生與
老年科醫生協作的先導護理服務。

譚鉅富醫生 Stanley

大約二十八年前，是余醫生鼓勵我加入香港認知障礙症協會，並參與了後來的國際認知障礙症協會及國際老年學總會會議，開拓了我的眼界與思維。他是我的英雄，我將永遠心懷感激。

謝偉鴻博士 Henry

感謝余枝勝醫生和大家有志的醫護和社工團隊、家屬及義工在1995年一起創立老年癡呆症協會（本會前稱）！記得大家當年的每個星期會有三個晚上一起開會、一起安排籌款計劃去創立老人癡呆症協會！余枝勝醫生帶領幹事會、支持訓練委員會各項目、家屬關顧組的發展等！余醫生非常熱心支持老人癡呆症協會的各項目，帶領認知障礙症的創新的發展，受惠了許多認知障礙症的長者！對於余醫生的貢獻，大家及認知障礙症的長者都有目共睹和畢生銘感！作為一位資深的職業治療師，和余醫生一起做葵涌醫院老齡精神科服務及認知障礙症協會義務工作30年，我們為余枝勝醫生對社會作出巨大的貢獻引以自豪！對於余醫生的離逝，大家深表痛惜！大家會秉承余醫生的精神，繼續努力支持香港認知障礙症協會推展的各项認知障礙症項目！

余醫生，你主懷安息！亦希望天父繼續保守余醫生的家人及協會！

李月英博士 Grace

我在讀博士期間曾有幸與余醫生見面，他是我們領域中備受尊敬的前輩。
願他安息。

張詩瑛博士 Daphne

太難過的消息。當年是余醫生邀請我加入香港認知障礙症協會。向我們的創會主席余醫生致敬，向他的家人致以最深切的慰問。願他安息。

錢黃碧君教授 Teresa

我們的三十年

Our 30th Anniversary



香港老年痴呆症協會(本會前稱)成立,為一個自助組織,設於深水埗的社區復康網絡李鄭屋邨中心,為會員提供服務

香港老年痴呆症協會(本會前稱)成立,為一個自助組織,設於深水埗的社區復康網絡李鄭屋邨中心,為會員提供服務

The Hong Kong Alzheimer's Disease Association (HKADA) was established as a self-help group, providing services to members.

The first Day Centre for people living with dementia (PWDs) was established at Wang Cho House, Wang Tau Hom Estate.



獲香港公益金資助開展早期檢測服務

The Early Detection Service was started with support from the Community Chest of Hong Kong.

把儒家六藝設計成現代化全人多元智能的「六藝®」認知模式,除應用於本會的認知刺激活動,亦推廣至不同機構

The philosophy of Confucian's Six Arts was incorporated into our cognitive stimulating activities. Based on the Model, an iPad App on "6 Arts®" cognitive stimulation was developed.



開展將軍澳綜合服務中心及荃灣李淇華中心

The Tseung Kwan O Integrated Service Centre and The Tsuen Wan Gene Hwa Lee Centre were established.



澳門特區政府社會工作局委任本會為顧問,制定澳門認知障礙症政策十年規劃及支援相關工作

The Social Welfare Bureau of the Macao SAR Government commissioned the HKADA as consultant to provide advice and support to their 10-year National Dementia Plan.

使用了15年的橫頭磡宏業樓會址進行全面翻新

The 15-year old service premises at Wang Yip House, Wang Tau Hom Estate was renovated.



引入國際性認知障礙症教育活動-「認知友善好友」運動

The HKADA brought in "Dementia Friends", an initiative of the Dementia Awareness Global Movement.

認知障礙症流動診療車投入服務,將本會各項服務伸展至欠缺認知障礙症服務的地區,惠及更多有需要人士

Mobile Dementia Clinic commenced service, enabling outreach to districts which have limited support for PWDs and their families.

1995

1996

2001

2004

2006

2007

2011

2012

2013

2014

2015

2016

2017

2018

2021

2024

成為國際認知障礙症協會在香港的唯一會員,亦是亞洲地區首個成員機構

The HKADA is recognised by the Alzheimer's Disease International as the only member in Hong Kong, and the first member in the Asia Region.



遷至現址橫頭磡宏業樓地下,擴展後的日間中心訂名為智康中心

The Head Office and the Day Centre moved to Ground Floor, Wang Yip House, Wang Tau Hom Estate. The Day Centre was formally named as The Brain Health Centre with expanded capacity.



灣仔芹慧中心成立

The Jean Wei Centre in Wanchai was established.



為減低「痴呆症」一詞的標籤及負面影響,病症正名為「認知障礙症」,本會的中文名稱亦隨之改為「香港認知障礙症協會」

The Chinese Name of the Hong Kong Alzheimer's Disease Association was changed to reduce stigma to PWDs.



成立認知障礙症教育中心,加強並凝聚應付病症的能力,建立認知障礙友善社區

The Institute of Alzheimer's Education was formally established to address the pressing needs of community-wide capacity building, to promote quality of dementia care and to build a dementia friendly community.



建構並向各界倡導醫社協作的認知障礙症照顧模式

To develop and advocate the Medical-Social Collaborative Model for Dementia Care.

與滙豐銀行合作,並協助其成為本港首間認知友善銀行

Through collaboration with HSBC on implementing dementia-friendly initiatives, the Bank became the first dementia-friendly bank in Hong Kong.



開展記憶診所服務,為認知障礙症人士提供一站式診斷支援

Launched Memory Clinic services to provide a one-stop diagnostic support for people living with dementia.



推動創新，邁向及早識別與診斷

Advancing Early Detection Through Innovation



Achieving “Early Detection, Early Treatment, Early Planning”
落實「早檢測 早診治 早準備」

過去十年，香港認知障礙症協會積極推動多項創新服務模式，透過一系列先導計劃及跨界合作，致力提升對認知障礙症的早期識別與診斷。協會靈活運用資助，回應社區需要的變化，持續實踐不同服務模式，推動更具包容性的認知障礙症醫療與社區支援系統。

Over the past ten years, the Hong Kong Alzheimer’s Disease Association has pioneered multiple innovative models to enhance early detection and diagnosis of dementia. Through a range of pilot projects and cross-sector collaborations, the Association has strategically utilized funding to develop scalable interventions that respond to evolving community needs and foster a more dementia-inclusive healthcare system.

目標 What we aim

- 醫社協作
Medical-Social Collaboration
- 強化基層醫療
Strengthen the role of Primary Health Care
- 早期檢測
Early Detection Pathway
- 流動服務模式克服地域限制
Mobile service to overcome access barriers in under-served areas
- 社區診斷介入
Community-based Diagnosis

成員感言

Message from Committee Member

戴樂群醫生 Dr Dai Lok-kwan, David, MH, JP

廿多年前，在創會主席余枝勝醫生的邀請下，我有幸加入香港認知障礙症協會，展開一段與社會攜手同行、推動認知障礙症服務發展的旅程。當時社會稱此病為「老年痴呆症」，也普遍認為患病後「無事可為」，甚至專業醫護人員亦抱持類似看法。正因如此，我們更深感使命重大，致力建立正確認知，開創從零開始的教育工作，涵蓋醫生、院舍團隊、照顧者以至社會大眾。

協會轉眼已邁向三十週年，一路走來，協會堅守人本精神及專業服務，倡導及早識別、區分不同類型的認知障礙症並採取相應介入策略；同時亦成功轉化照顧文化，從昔日充滿無助與「吐苦水」的氛圍，逐漸走向強調能力、希望與同行的正向支持模式。隨着認知障礙症服務逐步在社區落地生根、遍地開花，我們更得以把香港經驗帶到澳門，促成相關政策支援的萌芽，見證區域協作的力量。

展望未來，服務視角必須更宏觀、更具前瞻性——以家庭為核心支點，延伸至整個社會系統的支持。認知障礙友善社區並不限於居家安老，更需讓認知障礙症人士及照顧者能安心走出家門，涵蓋房屋規劃、交通出行、醫療保健、保險制度等範疇。唯有讓認知障礙症人士在病程中仍能感到喜悅、尊嚴與幸福，社會才真正做到包容與共融。

More than twenty years ago, I was honoured to join the Hong Kong Alzheimer's Disease Association at the invitation of our Founding Chair, Dr. Yu Chi Sing. That marked the beginning of a journey—walking alongside society to advance dementia care in Hong Kong. At that time, the condition was still commonly called “senile dementia,” and many believed “nothing could be done” once a person was diagnosed. Even healthcare professionals often shared this misconception. Precisely because of this, we felt an even greater sense of mission: to build correct understanding from the ground up and to develop education for doctors, care home teams, caregivers, and the wider public.

As the Association approaches its 30th anniversary, I am heartened to see how it has remained steadfast in its person centred values and professional commitment. We have championed early identification, differentiation of dementia subtypes, and appropriate intervention strategies. We have also helped transform the culture of caregiving—from one filled with helplessness and “venting of burdens” to a model rooted in ability, hope, and shared companionship. As dementia services gradually take root and flourish across the community, we have also brought Hong Kong's experience to Macau, inspiring emerging policy support and demonstrating the power of regional collaboration.

Looking ahead, our service perspective must become broader and more forward looking—placing families at the centre while extending support across the entire social system. A dementia friendly community is not only about ageing in place; it must also empower people living with dementia and their caregivers to step outside their homes with confidence. This includes housing design, transportation, healthcare, insurance, and more. Only when people living with dementia can continue to experience joy, dignity, and a sense of wellbeing throughout their journey can we truly call ourselves an inclusive society.

機構管治

Corporate Governance



委員會及管理團隊

Corporate Governance – Committees and Management Team

顧問督導委員會 Advisory Steering Committee

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汪國成教授 Prof Wong Kwok-shing, Thomas, JP

當然委員 Ex-Officio Member

吳義銘醫生 Dr Wu Yee-ming, Jimmy

執行委員會 Executive Committee

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王蓓恩博士 Dr Wong Pui-yan, Venus
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吳紹平先生 Mr Ng Siu-ping, George

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經理(傳訊及發展) Manager (Communication & Development)

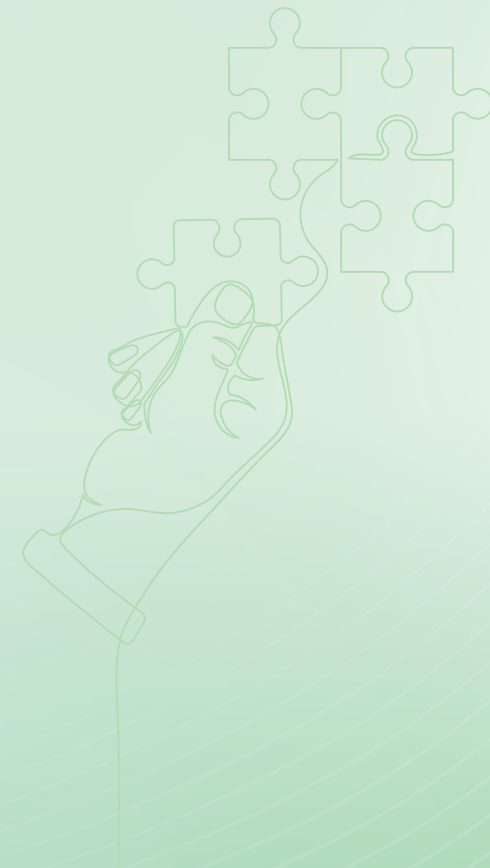
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麥少梅女士 Ms Mak Siu-mui, Jenny

財務經理 Finance Manager

趙鎮龍先生 Mr Chiu Chun-lung



執行委員會主席展望

Visions by Chairman



執行委員會主席 Chairman of Executive Committee

吳義銘醫生
Dr Wu Yee-ming, Jimmy

三十載初心不改 共迎認知障礙症服務新紀元

2024/25年度對本會別具意義——不僅是香港認知障礙症服務邁向新紀元的起點，更是協會成立三十週年的里程碑。

三十年來，協會與社會同行，從推廣正確認知、支援照顧者、到參與政策倡議與實踐創新服務模式，一步一腳印走過資源匱乏的日子，也共同見證社會對認知障礙症由誤解到接納、從被動到積極。這一切的成果，來自無數前輩的奠基、團隊的堅持，以及社會各界的信任與同行。

邁向嶄新時代：跨界合作的契機

回望過去一年，無論是全球醫學界對診斷與治療的突破、本地醫療與支援政策的逐步回應，還是社區中漸漸萌芽的認知友善理念，都標誌着一個服務重構、觀念革新的新起點。

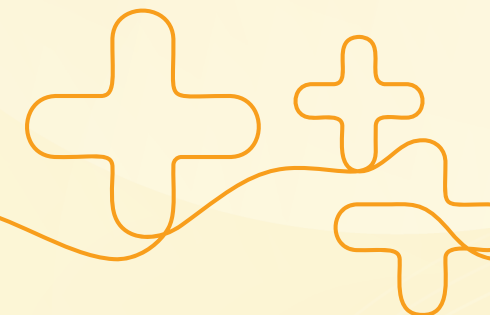
Unwavering Commitment Through 30 Years Welcoming a New Era in Dementia Care

The year 2024/25 holds special meaning for the Hong Kong Alzheimer's Disease Association—not only does it mark the beginning of a new era in dementia care for Hong Kong, it also celebrates our Association's 30th anniversary.

Over the past three decades, we have walked alongside the community through many challenges. From advocating for accurate understanding of dementia, supporting caregivers, educating professionals, to shaping policies and pioneering new service models, our journey has been built step by step, often starting with very limited resources. The progress we see today is the result of the foundations laid by our predecessors, the dedication of our team, and the trust and support of partners among the Community.

Entering a New Era: A New Landscape of Collaboration

Looking back at the past year, there were breakthroughs in global diagnostics and treatment, Hong Kong's gradual policy response, and growing community awareness of dementia friendliness all point to a turning point—a moment where service models and public attitudes are being reshaped.



這個新時代不僅關乎醫療科技的進步，更關乎制度能否回應、社會是否接納，以及我們如何從「照顧問題」走向「共建能力」的合作框架。未來的認知障礙症服務，必須以家庭為中心、社區為基礎、科技為引擎、公私協作為推動力。

不只承傳，更是承擔

站在三十週年的交匯點上，我們更加堅信協會的角色不止於服務提供者，而是連結各界、引領創新、推動政策倡議的橋樑。面對高齡化社會的急速來臨，協會將持續結合醫療與社會力量，為認知障礙症人士及其家庭爭取更早期、更全面、更有尊嚴的支援。

衷心感謝，堅定同行

我要代表協會，衷心感謝所有合作夥伴、捐助者、義工、專業和堅守崗位的團隊，以及每一位與我們並肩前行的家庭。正因為你們，我們才能在這個轉捩點上堅定邁步，擁抱挑戰。

未來，我們將繼續以三十載累積的經驗與信念，攜手社會各界，迎接認知障礙症服務的新紀元，為認知障礙症人士及家庭帶來更多希望、力量與尊嚴。

This new era is not only about advances in medical science. It is also about whether our systems can respond, whether society can embrace changes, and whether we can move from “problem solving” to “collective capacity building.” The future of dementia care must be grounded in families, supported by communities, empowered by technology innovation, and strengthened through public-private collaboration.

More Than a Legacy—A Responsibility

Standing at this 30 year milestone, we are more convinced than ever that our role goes beyond providing services. We are a bridge that connects sectors, inspires innovation, and advocates for forward looking policies. As Hong Kong faces the rapid rise of an ageing population, we will continue bringing together medical and social sectors to ensure earlier, more comprehensive and more dignified support for people living with dementia and their families.

With Gratitude, We Walk Forward Together

On behalf of the Association, I would like to express my heartfelt gratitude to all our partners, donors, volunteers, professional and hardworking teams, and every family who has journeyed with us. Your trust enables us to stand firm at this critical moment of change.

Looking ahead, we will continue to build on three decades of experience and conviction, working alongside the community to usher in a new era of dementia care—one that brings greater hope, strength, and dignity to everyone affected by dementia.

總幹事報告

Executive Director's Report



總幹事
Executive Director

李雅儀女士
Ms Lee Nga-yee, Maggie

2024/25年度對協會別具意義——除了見證認知障礙症領域在診斷與治療上的重大突破，我們亦迎來協會成立三十周年。從一個小型自助組織發展至今天擁有跨專業團隊及多項社區服務的機構，這三十年的成長源於無數家庭、義工、同工和伙伴的信任與支持。踏入新時代，早期診斷與新一代治療逐漸普及，社會對認知障礙症服務的期望亦愈來愈高，協會需要在專業能力、醫社協作及服務模式上作出更深層的準備。

本年度，本會四間日間中心和到戶服務的服務使用量再創新高，為近500位認知障礙症人士提供了近4千節認知訓練和活動，合共錄得超過6萬人次。本年度有幸獲得匯豐銀行透過公益金資助推展「腦動藝術」計劃，並將於下年度推展至12間長者或認知障礙症服務單位，透過與業界分享經驗，以提昇服務質素。我們亦由「老有所為活動計劃」資助推展了各項跨代參與的體育活動。另外，各中心亦持續與不同的伙伴合作，例如動物義工、幼稚園小朋友探訪等，為老友記帶來更多探索與成就感。當聽到家屬說：「中心不只是媽媽的避風港，更是她自己得以繼續前行的堅強後盾。」倍感恩惠，這正是我們過去、現在和將來一直堅持下去的動力和意義。

Thirty Years of Purpose, embracing a New Era of Dementia Care

The 2024/25 year holds special meaning for us—not only does it mark major breakthroughs in dementia diagnosis and treatment, it also celebrates the 30th anniversary of our Association.

From our humble beginnings as a small self-help group to becoming a multidisciplinary organisation serving the wider community, our growth over these three decades has been made possible by the trust and support of countless families, volunteers, staff, and partners. As we enter a new era—one shaped by early diagnosis and emerging treatments—public expectations of dementia care are rising. We must prepare ourselves through stronger professional capacity, deeper medical-social collaboration, and revisited service models.

This year, our four Day Centres and Inhome Service reached new heights: nearly 500 individuals living with dementia participated in close to 4,000 sessions of cognitive stimulating activities, with over 60,000 total attendance recorded. We are grateful to have received funding from HSBC via the Community Chest to launch our “Healing Arts” initiative, which will expand to 12 elderly service and dementia service units next year—enabling experience sharing across Sectors to elevate service qualities. Our Centres also rolled out intergenerational physical programmes funded by the Opportunities for the Elderly Project, and continued to partner with kindergartens, therapy animals, and volunteers to bring joy, exploration and a sense of achievement to our service users. A caregiver once said: “The Centre isn’t just a shelter for my mum—it’s what gives her the strength to keep going.” This is what makes our work meaningful, and an incentive to move forward.

診斷支援方面，由中國銀行(香港)支持的「認知障礙症流動診療車」於本年度邁向計劃的尾聲。診療車以創新的服務模式，將及早診斷和治療帶到有需要的市民住處。診療車花了近5年時間，遊走香港各區讓超過2萬名市民參與大腦健康教育活動，亦為超過7千名市民進行初步大腦健康篩查，當中近1,300名市民需接受進步詳細的認知功能及心理評估，最終近400名人士診斷為認知障礙症及繼續於診療車接受醫療跟進及非藥物治療，直至他們能進入公營醫療及社會服務繼續跟進為止。

除了直接服務，本會在專業教育、義工動員及社區倡議方面亦持續擴展。本年度共培訓超過2,800位業界同工，並舉辦超過11,500人次的公眾教育和家屬支援活動。

踏入三十周年，協會迎來新階段的挑戰與機遇。新診斷技術和治療的出現帶來希望，同時意味著傳統治療和支援方式將會面臨前所未有的挑戰，我們需重新定位和反思仍能為老友記和家屬做些什麼？我們還可以為業界和受認知障礙症影響的人士貢獻什麼？

而社會對認知障礙症的關注提高，意味著我們要更具前瞻性、創新性和包容性。未來，本會將致力建立更強的醫社協作平台，引入更多早期介入的方法，並進一步加強認知友善網絡，讓我們能抓緊機遇，真正惠及每一位受認知障礙症影響的人士和家庭。

在協會服務超過二十年的日子裡，我見證了香港社會對認知障礙症由陌生走向理解，也看見無數家庭在困難中展現力量。許多老友記和照顧者的一個笑容、一句問候，都提醒我們工作的價值——我們不單提供服務，而是與家庭同行，守護尊嚴與記憶。

最後，我衷心感謝顧問督導委員會和執行委員會的領導、所有團隊成員的努力，以及每一位捐助者、伙伴的信任。希望我們能以專業和初心，在接下來的三十年繼續堅定而謙卑地守護每一份記憶的價值。

On the diagnosis front, our Mobile Dementia Clinic, supported by Bank of China (Hong Kong), neared its completion this year. This innovative outreach model brought early assessment and intervention directly into the community. Over five years, the vehicle engaged over 20,000 people in brain health education, provided initial cognitive screening for more than 7,000 participants, and offered in-depth clinical assessment to nearly 1,300 individuals. Nearly 400 were ultimately diagnosed with dementia and received follow-up treatment and support onboard until they transitioned into public healthcare and social services.

Beyond direct services, we continued to grow our efforts in professional training, volunteer engagement and public education. This year, we trained over 2,800 industrial staff and hosted public education programmes reaching over 11,500 attendances.

As we step into our 30th anniversary, we also enter a new phase of challenge and opportunity. Breakthroughs in diagnostics and treatment bring hope, but they also disrupt traditional care models. We must ask ourselves: How can we continue to serve meaningfully? What more can we offer to the sector and to those affected by dementia?

With increased public attention on dementia, our future work must be even more forward-looking, inclusive, and innovative. We aim to strengthen medical-social collaboration, introduce more early-intervention pathways, and expand our dementia-friendly networks across communities—ensuring every person and family affected can truly benefit from what this new era offers.

Having worked in the Association for over two decades, I have witnessed society’s journey from unfamiliarity to understanding. I have seen families rise with quiet strength in the face of hardship. A smile, a word of gratitude from a caregiver or service users—these small moments reaffirm our purpose. We are not merely delivering services; we are walking alongside families, safeguarding dignity and memory.

Finally, I wish to express my heartfelt thanks to our Advisory Steering Committee and Executive Committee, our dedicated team, each and every donor and partner who walks this path with us. With our professionalism and original aspiration, may we step into the next 30 years with humility, courage, and unwavering commitment to the value of every memory.

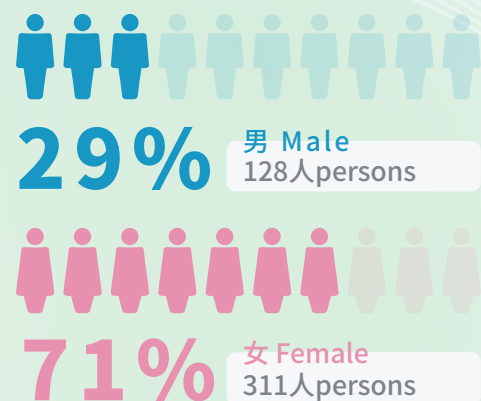
服務成效報告

Service Impact Report

參與日間中心服務 Attending Day Centre Service

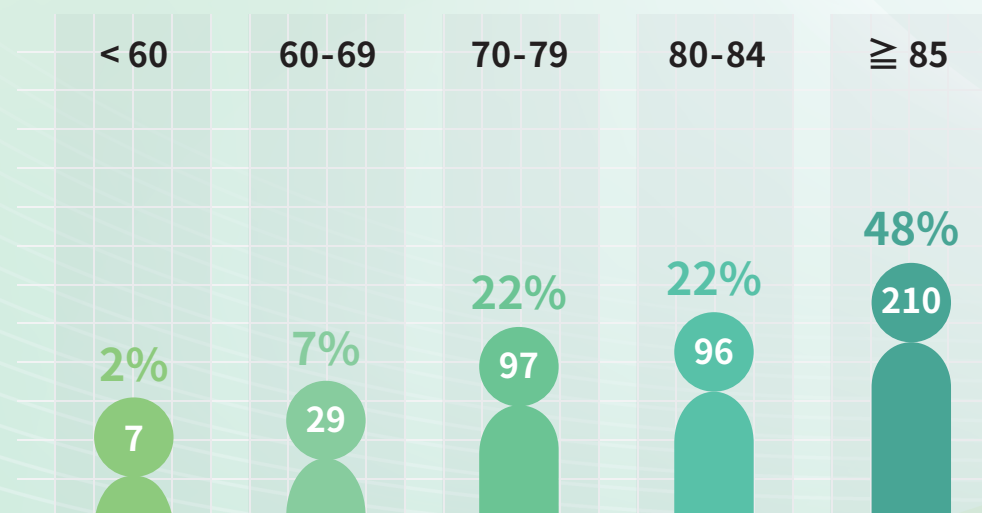
	2024/25	2023/24	2022/23
智康中心 Brain Health Centre	14,704	12,774	11,787
芹慧中心 Jean Wei Centre	14,815	12,988	11,789
將軍澳中心 Tseung Kwan O Centre	13,471	12,853	13,478
李淇華中心 Gene Hwa Lee Centre	17,053	16,020	14,237
人次 headcounts	60,043	54,635	51,291

服務使用者 Service Users

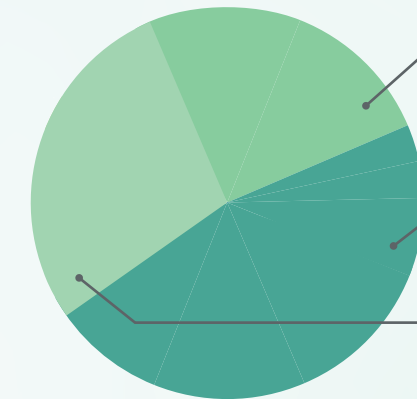


439
人 persons

年齡分佈 Age Distribution



患病程度 Stage of Dementia



早期 early stage

28%
121

中期 mid stage

43%
189

後期 last stage

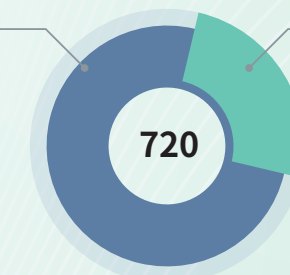
29%
129

接受早期認知檢測服務 Receiving Early Detection Service



懷疑患有認知障礙症
With suspected dementia symptoms

60%
431



40%
289



沒有出現認知障礙症狀
No dementia symptom

到戶訓練服務 Inhome Training Service



1,856
人次 headcounts

專業/前線工作人員培訓 Training for Professional/ Frontline Staff



2,874
人次 headcounts

家屬支援及公眾教育活動 Family Caregiver Support & Public Education Activities

大腦健康篩查 Brain Health Screening	3,202
家屬支援活動 Family Caregiver Support Activities	3,609
公眾教育活動 Public Education Activities	4,760
	11,571 人次 headcounts

日間中心服務

Day Centre Service



香港認知障礙症協會轄下的日間中心，秉持「以人為本、以家庭為核心」的理念，致力為認知障礙症人士打造一個安全、充滿認知刺激與社交互動的日間空間，讓他們在熟悉的環境中保持尊嚴與活力。同時，中心積極支援照顧者於不同照護階段的需要，為家庭提供全方位、具延展性的陪伴與支援。

The Day Centres operated by the Hong Kong Alzheimer's Disease Association are founded on the principles of person-centred care and family-oriented support. We are committed to providing a safe, cognitively stimulating, and socially engaging environment for people living with dementia. At the same time, our Centres offer comprehensive and continuous support to caregivers, empowering families to face the challenges of caring for people living with dementia.

協會於樂富、灣仔、將軍澳及荃灣設立四間專門為認知障礙症人士而設的日間中心。2024—2025年度，四所中心共為 439位服務使用者 提供 1,944節日間訓練(半天為一節)，全年服務人次更創新高，達60,043，比去年增長超過5,400人次，反映中心服務的需求與成效持續上升。

空間與活動設計：從細節出發，促進認知與社交

協會日間中心重視環境設計與活動編排的互動效益。在空間佈局上，我們著重感官導向與安全性：透過柔和照明、簡約色彩及清晰動線，引導服務使用者於熟悉和安定的環境中建立社交互動，提升參與感。

同時，團隊結合依據儒家「禮、樂、射、御、書、數」的概念演化而成的「六藝®」全人多元智能認知刺激訓練模式，能按服務使用者的能力和需要，設計各項有意義及有趣認知活動，務求讓每位參與日間中心的服務使用者均能得到全面及有系統的大腦認知刺激，以保持他們的認知能力和延緩大腦退化，並讓每位長者在活動中獲得投入感、成功感與社交滿足。

The Association operates four specialised Day Centres located in Lok Fu, Wan Chai, Tseung Kwan O, and Tsuen Wan which are dedicated to serving people living with dementia. In the year 2024–2025, the four Centres provided a total of 1,944 training sessions (each half-day counted as one session) for 439 service users, reaching a record-high attendance of 60,043 headcounts. This is an increase of over 5,400 headcounts compared to the previous year. The growth reflects a continuous demand and effectiveness of our Services.

Space and Activity Design: Fostering Cognitive abilities and Social Engagement through planning with attention to Details

Our Day Centres are carefully designed to maximise cognitive and social stimulation through a combination of sensory-friendly environments and structured activities. Spatial planning prioritises safety and sensory orientation; features such as soft lighting, clean colour palettes, and clear signages at appropriate places help service users to move around with ease. A familiar setting could gradually encourage social interaction all parties.

The core of our service model, the “6-Arts®” holistic cognitive stimulation framework, is derived from the philosophy of Confucian's Six Arts - Rites, Music, Archery, Charioteering, Calligraphy, and Numeracy. The model adapts to each PWD's abilities and interests, hence integrates multiple intelligences. Engaging cognitive activities provide comprehensive as well as systematic brain stimulation, which help to maintain cognitive functions and slow down cognitive decline. With structured activities, PWDs could better integrate through participation within the community, while at the same time, the connections could energise social fulfilment.



注入創新 創造連結

本年度，協會的日間中心在多項資助支持下，持續為日間服務注入嶄新元素，打造充滿活力的空間。藉著香港公益金支持，我們開展了為期三年的「腦動藝術」計劃，透過浮水畫、流體畫、肌理畫等媒介，開展一系列藝術治療小組，讓認知障礙症人士和照顧者在創作過程中彼此連結、表達內在情感，重建共同興趣與家庭關係。這些小組與一般「畫畫活動」不同，強調理解照顧關係和個人尊嚴，讓老友記發揮能力，他們往往能創作出令人驚喜、具美感的作品。

此外，在社會福利署『老有所為活動計劃』支持下，本會舉辦了「耆樂運動展才能」活動，活動招募了中小學生為義工，與認知障礙症人士一起參與布袋球、地壺球和芬蘭木柱等活動，為長者提升手眼協調與肌力，促進整體功能健康。同時，學生們在協活動的過程中與老友記交流合作，促進長幼共融。家屬曾分享：「平時在家，爸爸很少主動做運動，但在中心和大家一起活動，就變得更有動力。」這些微小的轉變，正是服務背後的深遠價值。

此外，為提升活動新鮮感與挑戰性，我們亦引入年輕人常用的連鎖三角棋、數字翻牌等桌遊。驚喜的是老友記展現出驚人的學習能力與創造力，樂在其中。



Injecting Innovation, Building Connections

Throughout the year, support from various resources, enabled our Day Centres to continue with more innovative activities that created a dynamic environment for PWDs. Fundings from The Community Chest of Hong Kong, started a three-year “Healing Arts for Dementia” programme. Medium like marbling art, fluid art, and texture painting went beyond general “art classes”, these became a series of art therapy that enabled PWDs and their caregivers to rebuild shared interests through creativity which subsequently enhance family bonds. Through empowerment, PWDs and their caregivers often produced artworks of surprising creativity in the classroom.

Meanwhile support from the Social Welfare Department’s Opportunities for the Elderly Project, we had organised the “Active Ageing Sports Showcase”. The event recruited primary and secondary school students as volunteers to participate in activities such as cornhole, floor curling, and Mōlkky with PWDs. The activities, helped to enhance hand-eye coordination, improve muscle strength and overall physical function. Through intergeneration collaborations, the students also developed a deeper understanding of dementia. One family member shared, “At home, my dad rarely initiates exercise, but when he’s at the Centre and sees others joining in, he’s much more motivated.” These subtle change in behaviour exemplified the impact of our services.

To further boost the novelty of our activities, we introduced board games such as Chain Triangle Chess and Shut The Box Game which are well liked by youngsters. To our surprise, our service users demonstrated keen interest in picking up the skills and were fully immersed in the games.

以家庭為核心，支援照顧者同行

我們深知，照顧者的壓力和孤獨往往被忽略。因此，中心致力營造一個支援照顧者的空間，透過恆常家屬小組互動活動，密切關待照顧者的情緒與需要，並提供專業知識及社區資源支援。

個案分享：

王伯伯2024年6月開始使用日間中心服務，當時他身體尚算健康，能自行外出飲茶。儘管他有子女，但他們各自有家庭及經濟狀況，主要照顧責任仍落在年長的太太身上。太太曾因突發健康問題無法再承擔照顧工作，我們團隊即時介入，協助他們物色提供週末服務的單位，並持續與太太檢視院舍申請安排，讓王伯伯能更快獲配津助院舍，大大紓緩家庭的壓力。

黃婆婆因患上認知障礙症，由海外回流與兒子同住，初時兒子對其能力有很多誤解，認為她無法自理，加上婆婆出現日夜顛倒，令兒子倍感壓力。經中心觀察與活動安排後，我們發現黃婆婆其實尚有良好的社交與語言能力，可表達自己需要，並能以四腳架自行走動，反為是糖尿病的情況令人擔憂。故此我們特別留意婆婆的血糖指數和膳食安排，在與家人持續溝通與匯報下，兒子逐漸認同母親的能力，並化解憂慮，在黃婆婆在日間中心時得到喘息，親子關係有了顯著改善。

Family-Centred Approach: Supporting Caregivers Along the Journey

At our Day Centres, we recognise that caregivers often face immense pressure and isolation, which are frequently overlooked. As such, we strive to create a supportive environment for caregivers through regular Family Support Groups and interactive activities. These initiatives offer emotional support, practical knowledge, and access to community resources, helping caregivers feel a sense of being seen, heard, and empowered.

Case Story 1: Mr Wong

Mr Wong began using our Day Centre services in June 2024. At the time, he was still physically capable of going out for dim sum on his own. As all his children have their own family commitments caregiving responsibilities rest on his wife who is also of age. The time when she faced a sudden health issue and could no longer continue to provide caregiving duties, our team immediately intervened. We helped to arrange weekend day care services and assisted the family to apply for subsidised residential care. The support provide a timely relief to the family.

Case Story 2: Madam Wong

After returning to Hong Kong to live with her son, Madam Wong, who has dementia, encountered frequent misunderstandings from him regarding her abilities. He believes she is entirely dependent on others. He becomes increasingly stressed due to her irregular sleep patterns. Madam Wong joined our Day Centre, through observations and structured activities, we discover Madam Wong possesses strong social and communication skills. She has mobility skill and can walk independently with a quad cane. In fact, diabetes management for her is a greater concern. With tailored monitoring of her blood sugar level plus dietary arrangements, combined with regular communications with her son, we manage to gradually alleviate his concerns. While Mrs Wong attends activities at our Centre, her son receives the much-needed respite, and their relationship significantly improved.



此外，為針對尚未確診但已出現輕微認知缺損的社區人士，我們特別設立「星期六記憶力訓練班」，邀請長者與家屬一同參與，鼓勵老友記多動腦筋之餘，亦提供循序漸進的入門體驗。這項計劃為初期個案提供安全過渡，尤其適合對中心環境感陌生、社交較抗拒的老友記，在熟悉與陪伴中逐步建立信任感與參與意欲。

社區連結與跨界合作 共同建構認知友善網絡

我們積極與不同團體合作，拓展認知障礙症人士的社交圈子。過去一年，我們曾與香港按蹻協會舉辦保健示範日、與保護遺棄動物協會合作進行寵物輔助探訪活動，亦與靈實牙科外展隊合辦免費牙齒檢查，提升服務多樣性與實用性。

節日期間，我們邀請企業與學校義工參與活動，例如中秋製作冰皮月餅、聖誕聯歡會等，讓老友記在節慶氣氛中與社區重新連結，也讓更多市民有機會了解認知障礙症。

協會的日間中心從不止步於「讓認知障礙症人士有地方可去」，更是一個鼓勵探索、推動創意、連結社區與家庭的互動平台。未來，我們將繼續引入更多跨界合作與創新認知活動，並深化照顧者支援，讓中心真正成為認知障礙症人士與家人「共同成長的地方」。

To support people who show early signs of cognitive decline, we have launched the “Saturday Memory Training Class.” The programme welcomes joint participation of people with early symptoms of dementia and their family members. The programme offers a gradual introduction to centre-based activities; which is ideal for those who are hesitant to socialise. It also helps to build trust and engagement in a conducive environment.

Community Connection and Cross-Sector Collaboration: Building a Dementia-Friendly Network

We actively collaborate with different organisations to expand the social network of PWDs. Over the past year, our Centres partnered with the The Hong Kong Association of Traditional Chiropractise to host a Wellness Demonstration Day. We had, organised pet-assisted visits with the Society for Abandoned Animals, and co-hosted free dental check-ups with the Haven of Hope's Outreach Dental Team to enhance diversity and practicality of our services.

We welcomed volunteers from corporations and schools to join centre-based activities such as snowy mooncake-making for Mid-Autumn Festival and Christmas celebrations. The festive events helped to reconnect PWDs with the community while offering the public meaningful opportunities to better understand dementia and the needs of PWDs.

Our Day Care Centres have never been just a place for PWDs to “kill time.” They are dynamic, interactive platforms that promote exploration, creativity, and connection with both community and family. Looking ahead, we will continue to bring in innovative cognitive activities and cross-sector collaborations, while strengthening caregiver support, we will ensure our Centres would remain spaces where both PWDs and their families can grow together.

發揮所長，老友記們也是運動健將。

Through participation, our service users make the most of their strengths and become Champion Athletes.

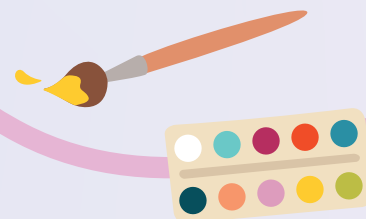


各種有趣又富有意義的認知刺激活動。

Structured cognitive stimulating activities at our Day Centres.



老友記們專注參與不同的藝術活動，見證藝術治療的成效。
The “Elderly buddies” deeply engaged in various forms of art, demonstrating the power of Art Therapy.



香港按蹠協會的中醫師和治療師為患有痛症的照顧者講解關節傷患成因，並示範減痛手法。
Chinese medicine practitioners and therapists from The Hong Kong Association of Traditional Chiropractic provided guidance on causes of joint pain and demonstrated pain-relief techniques to the caregivers.



不同的團體與學校義工參與中心活動，讓老友記保持與社區的連繫。
Volunteers from different organisations and schools joined our Day Centre activities, helping PWDs to stay connected with the community.



「同行路上・家屬心聲」

Voices from the Journey – Family Reflections

陳楚芬女士 Ms Chan Chor Fun

智康中心服務使用者家屬 Caregiver of a service user at Brain Health Centre



After my father passed away, my mother faced the dual challenge of suffering from depression and Alzheimer's disease. Her emotions become unstable. She is overwhelmed by anxiety and harboured deep mistrust towards our domestic helper. Their tense relationship made it difficult for me to focus at my work, leaving me constantly torn between responsibilities and worries.

爸爸離世後，媽媽同時面對抑鬱症和阿茲海默症的雙重打擊，情緒極不穩定，經常陷入胡思亂想，對身邊的人充滿防備。她與工人姐姐關係緊張，令我即使身在工作崗位，心仍繫於家，長期處於高壓與無力感中。

Things changed a year and a half ago when we were referred to the Hong Kong Alzheimer's Disease Association. My mother started joining memory training classes and day care services. Ms. Wong from the Centre took the time to understand our situation and carefully arranged our domestic helper to join my mother at the activities. This built mutual trust between them and has given me a much-needed sense of relief.

轉捩點出現於一年半前，我們經地區中心轉介認識了香港認知障礙症協會，媽媽開始參加記憶訓練班及日間中心服務。黃姑娘耐心了解我們的處境，細心安排工人姐姐陪同媽媽參與活動，讓她們逐步建立起信任與默契，也讓我終於能放下心頭重擔。

My mother truly enjoys her time at the Centre. She has made new friends and often shared joyful stories with me. The wide variety of engaging activities not only enriched her daily life but significantly reduced her anxiety and negative emotions. What touches me most is how every staff member—even the cleaning lady—genuinely cares for the elderly. My mother feels respected and valued, and I, too, feel secure knowing she's in good hands. The Centre has become more than just a safe space for her—it's also the support I rely on to keep myself moving forward. I am deeply grateful for the Association's unwavering care.

媽媽非常享受在中心的日子，不但結識了朋友，還會主動向我分享她的快樂時光。中心的活動豐富多元，成功分散了她的焦慮與負面情緒，生活變得充實穩定。最難得的是，中心每一位職員——甚至是清潔姨姨——都真誠關心每一位長者，讓媽媽感受到被重視，也讓我感受到安心與信任。這裡不只是她的避風港，更是我得以繼續前行的堅強後盾。



鄭女士 Ms Cheng

將軍澳綜合服務中心家屬 Caregiver of a service user at Tseung Kwan O Integrated Service Centre

起初，我以為父母之間的拗掇只是日常爭執，直到發現爸爸出現記憶混亂、語無倫次的情況，才警覺或許另有原因。經朋友建議求醫後，爸爸確診患上認知障礙症，這讓我頓時明白，過往的不安與誤解，其實是病情的徵兆。

面對持續的家庭衝突，我意識到不能再讓媽媽獨自承擔，便透過網上查詢，聯絡上協會並為爸爸申請了日間中心服務。這個決定成為我們家庭的重要轉捩點。

在中心，爸爸積極參與小組活動、遊戲與運動，不僅延緩了退化，職員們更時常親切鼓勵，讓爸爸重拾社交與自信。媽媽亦因此得以喘息，學懂接受與調適，兩人的相處變得和諧，家中的氣氛明顯改善。

「家有一老，如有一寶」，家中的長者都是我們的寶貝。我深信，只要願意尋求支援，社會上其實有很多資源可以協助認知障礙症人士與家屬同行。協會的日間中心服務不僅幫助了爸爸，更成為媽媽和我們整個家庭的依靠。在照顧路上，我們不再孤單，學會了理解，也找回了家庭的平衡。



At first, I think my parents' frequent arguments are just typical squabbles. But when I begin noticing my father becoming confused and incoherent, I realize something more serious might be going on. A friend urges us to seek medical advice, and eventually, my father is diagnosed with dementia. It is only then that I understand the past misunderstandings and tensions are actually symptoms of his illness.

The ongoing family conflicts begin to take a toll on my mother's mental health. I know she could no longer carry the burden alone. After researching available services online, I come across the Association and arrange for my father to attend the Day Centre. That decision marks a turning point for our family.

At the Centre, my father actively participates in group activities, games, and exercise sessions. These experiences not only help to preserve his physical and cognitive abilities but also restore his social engagement and self-confidence. The staff's encouragement has made a real difference. Meanwhile, my mother finally finds time to rest and care for herself. She gradually comes to accept my father's condition and grows more patient and understanding. Our household atmosphere improves remarkably.

As the Chinese saying goes, "an elderly at home is like a living golden treasure." Our elderly family members are precious. As long as we are willing to follow up with care and seek help, there are ample community resources available to help both patients and caregivers. I'm grateful to the Association — the Day Centre service has not only helped my father, but has also become a pillar of strength for us as caregivers, bringing real improvements to our family and helping us feel truly supported on this journey of care.



義工心聲 • 陪伴與成長的旅程

A Volunteer's Voice: A Journey of Support and Growth

駱芙蓉女士 Ms Jane Lok

芹慧中心義工 Volunteer, Jean Wei Centre

我曾是照顧者，媽媽患有認知障礙症。爸爸離世後，她變得抑鬱、情緒低落，認知能力也急劇退化。媽媽離開後，我希望把這段經歷轉化為助人的力量，於是修讀相關課程，並成為芹慧中心的義工。

初到中心，有位伯伯總是抗拒參與活動，甚至撕爛工作紙。但在中心團隊的耐心指導下，我逐漸學會如何與認知障礙症人士溝通與互動。經過多番鼓勵，伯伯終於願意完成整張工作紙，這份改變讓我十分滿足與感動，也體會到陪伴的力量。

我深深認同協會的服務理念，日間中心的認知刺激活動對長者非常有幫助，能有效延緩退化。每次看到老友記積極參與、職員細心照顧，讓我不禁感慨：如果當年能更早為媽媽安排這些活動，或許她的情況會不同。

我衷心鼓勵每一位照顧者：多陪伴、多傾聽、多鼓勵家中長者動腦筋；同時希望更多人能早日接觸協會的服務，獲得適切支援。

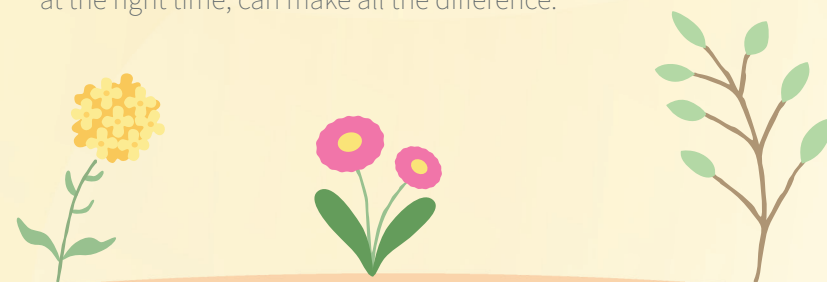


I was once a caregiver for my mother, who had dementia. After my father passed away, she became increasingly depressed and her dementia condition deteriorated significantly. After her passing, I made a commitment to turn this personal journey into strength to help others. I enrolled in relevant courses and applied to become a volunteer at the Jean Wei Centre.

When I first joined the Centre, there was a service user who always refused to participate in activities and even tore up the worksheets. Through observing the staff, I learned valuable communication and interaction skills. Through prolonged interaction and encouragement, one day he finally completed an entire worksheet. That change brought me immense comfort and satisfaction.

I deeply resonate with the Association's Mission. The cognitive stimulation activities arranged by the Day Centre truly help PWDs to slow down their deterioration. Seeing the elderly actively engaged and the staff care for them wholeheartedly made me reflect: if I had accompanied my mother to these activities earlier, her journey might have been different.

I sincerely encourage everyone to spend more time with their elderly loved ones—talk to them, encourage mental activities—and never hesitate to seek support. The right help, at the right time, can make all the difference.



服務團隊的心聲

Voices of Our Team

黎國顯 Mr Henry Lai

智康中心認知障礙症治療助理 Dementia Training Assistant, Brain Health Centre

從實習到正式加入協會，一晃眼已三年。每天在日間中心與老友記一同唱歌、做運動、玩記憶遊戲，這些看似平凡的活動，卻蘊藏着不平凡的關係與轉變。

雖然老友記是「服務使用者」，但在我心中，他們更像是家人。很多時候，他們對我非常親切，像對待自己的孫仔一樣。有一次，有位婆婆記得我生日，對我說了一句「黎生，生日快樂」，簡單一句祝福卻讓我非常驚喜和感動——即使患有認知障礙，但情感的連結依然真摯而深刻。

這份工作最大的價值，就是看見老友記的改變：情緒穩定了，笑容多了，參與活動更積極。對我來說，他們每一點進步都是鼓舞。而當我知道，這些服務同時為照顧者帶來喘息與支持，我更堅信我們的付出是值得的。

我希望社會更重視早期介入的重要性。無論是藥物治療還是非藥物訓練，只要及早識別，適時介入，再加上一點理解與陪伴，老友記的路就能走得更從容、更有尊嚴。

From my internship to becoming a full-time staff member, it's been three years since I joined the Association. Every day at the Day Centre, I lead singing, exercise sessions, and memory training games with our service users. These activities may look simple, but they hold remarkable meaning — they nurture connection, joy, and powerful transformations.

The service users are more like family members. At many a time, they treat me with great warmth, just like their own grandson. Once, a service user remembered my birthday and sent me a birthday greeting - , "Happy birthday, Mr. Lai". That simple blessing surprised and touched me deeply. Despite having dementia, the emotional connection remained authentic and strong.

Being witness to our service users enjoying healthy living, and improving in their social abilities make me feel proud and great. For every small step forward is fulfilling and encouraging. Also knowing that these services can also give caregivers space to breathe and feel supported, reinforce my belief that all effort matters.

I hope society will pay more attention to the importance of early intervention. Whether through medication or non-pharmacological means, early detection and the right support — along with understanding and companionship — can make this journey less daunting and more dignified for our service users.

曾靜儀女士 Ms June Tsang

芹慧中心高級認知障礙症治療助理 Senior Dementia Training Assistant, Jean Wei Centre

加入協會已十二年，但我從不覺得這是一份「照顧」的工作，而是一場深刻的「陪伴」。

我從不把日間中心的老友記當作「患者」，而是真心當他們是「老友」，尊重與信任是我們相處的基礎。最近有位老友記不願進食，工人姐姐餵食也被拒絕，但當他看見我也在吃飯，竟然模仿我一口一口地吃，最後竟然自己完成了整頓午餐，完全不需協助。那一刻我深信：他們其實做得好，只是需要值得信任的人和合適的引導。

工作中最具挑戰的是面對老友記的情緒波動，中心的服務團隊都有無限耐心，靜候時機，才能真正幫助他們。越深入接觸，我越相信：只要家人及早了解、早作準備，照顧路上就少一點手足無措，多一點從容與溫暖。

在日間中心，每個人都很努力——老友記努力記住世界，我們努力記住他們。每天聽到老友記叫我「姑娘」，看見他們眼中的笑意，就是我繼續堅持的最大動力。

I've been serving in the Association for twelve years, and I've never seen this as merely a "caregiving job, it's rather a journey of profound companionship.

I never see the elderly at the Centre as "patients", but treat them as true friends. Respect and trust are the cornerstones of how we connect. Recently, one of our service users refused to eat even when his domestic helper tried to assist. But when he saw me eating, he began to imitate, taking one bite after another, and eventually finished lunch all by himself—without any assistance. This reaffirmed my belief: they are capable; they just need someone they trust and the right kind of guidance.

The most challenging part of the job is managing emotional fluctuations. Our team shows endless patience, waiting for the right moment to help our service users. The more I engage, the more I believe in the importance of early intervention and cognitive stimulation activities. With better preparation and understanding, families can reduce the difficulties they face, and walk the caregiving journey with peace and confidence.

At our Day Centre, everyone is doing their best — our service users are trying to remember the world, and we are trying to remember them. A warm greeting, calling "Miss Tsang", accompanied by a smiling gaze is the greatest motivation for me to keep going.



張小紅女士 Ms Cheung Siu Hung

將軍澳綜合服務中心服務助理 Service Assistant, Tseung Kwan O Integrated Service Centre

我在協會擔任服務助理已十二年，負責照顧中心老記友的日常，包括飲食、協助大小二便、跟車接送等。有人說照顧認知障礙症長者很辛苦，但我覺得，能夠參與他們生命中的一小段旅程，是一種福氣。

多年來，我經歷過不少難忘的時刻。有一次，我們正前往接一位伯伯回中心，途中突然收到他太太電話，哭著說伯伯飲茶後走失了。由於伯伯表達能力較有限，我們均心急如焚。即使已報警，我們仍沿途專注留意，希望盡快找到他。沒想到，在下一個接送站，我們竟遇上了他——原來另一位認知程度也一般的老友記認出了他，叫住了他，才沒走失。那一刻我差點落淚——原來，在他們的世界裡，也有守望與扶持。

還有一位婆婆，家人表示她在家不肯進食，初來中心時營養不足、精神欠佳。中心安排她食糊餐、飲奶，我每次都溫柔耐心地哄她：「最後一啖」、「仲有一啖」，用美麗謊言鼓勵她進食。慢慢地，婆婆開始願意吃，她的精神和體力也好了起來，家人亦放心安排婆婆每天都來日間中心。

這些點滴也讓我感受到服務的意義。「施比受更有福」，能夠運用自己的經驗和能力幫助他人，令我打從心底感到快樂與滿足，亦支持著我堅持至今，讓我深深感受到這份工作的意義。

I've worked as a care worker in the Association for twelve years. My duties include assisting our service users with their daily needs like meals, toileting, and transportation. Some people say caring for PWDs is exhausting — but I feel it's a blessing to be part of their journey, even for a short while.

Over the years, I've experienced many unforgettable moments. Once, while we were on our way to pick up a service user, we received a tearful call from his wife — he had wandered off after dim sum. Since he had limited ability to express himself, we were extremely worried. Despite having reported to the police, we kept being vigilant along the way, hoping to find him as soon as we could. Miraculously, at the next pick-up point, we found him — with another service user with moderate dementia who recognised him. Thanks! he didn't go missing. I was so moved I nearly cried.

There was also a service user, her family told us that she refused to eat at home. When she first joined our Centre, she was undernourished and lack of energy. We began feeding her soft meals and milk. Each time, I coaxed her: "Just one more bite," "Just a little more," — using white lies to encourage her to eat. Over time, she resumed appetite. Both her physical and mental health improved. Her family felt confident to let her attend the Day Centre daily.

These little moments remind me of the value of our service. "It is more blessed to give than to receive" — being able to use my experience and to provide care and support to others brings genuine joy and fulfilment. It keeps me going and helps me understand the true meaning behind my work.



到戶服務

Inhome Service

延續家居服務，支援居家安老

為協助認知障礙症人士維持認知功能與社區生活能力，協會持續推展以家居為本的「到戶服務」，由專業團隊上門提供個人化認知訓練與支援。今年共為61位服務使用者提供1,856人次到戶訓練，服務需求持續上升。

服務團隊根據使用者的能力、興趣及家居環境，設計度身訂造的認知活動方案，並邀請照顧者共同參與，讓訓練更貼近日常生活。熟悉的環境有助提升投入感與持續參與，從而發揮最大復康效益。

除了認知缺損，為應對使用者常見的身體退化問題，協會本年度新增「職業治療師家居評估及諮詢服務」，提供復康運動、預防跌倒、輔助用具評估、進食指導，以及照顧者的技巧培訓。服務不僅強化了家庭的照護能力，也提升了認知障礙症人士在家中維持自我照顧的信心。

Extending Home-Based Support: Enabling Ageing in Place

To support PWDs in maintaining cognitive function and community-living abilities, the Association continues to expand its Home-Based Outreach Services. In 2024–2025, our professional team had delivered 1,856 home-based cognitive training sessions to 61 service users, reflecting the growing demand for personalised in-home support.

Each case is carefully tailored to the individual's cognitive capacity, interests, and home environment. Caregivers are actively involved in the sessions, ensuring that training helps daily living. The home-based setting is familiar to both PWDs and caregivers, thus enhance comfort, engagement, and continuity, maximising therapeutic impact.

In response to common age-related physical challenges, HKADA relaunched Inhome Occupational Therapy service this year. This includes fall prevention exercises, joint mobility training, assistive equipment assessments, feeding posture guidance, and practical skills coaching for caregivers. The focus on the captioned empower and the caregivers in-home care capabilities and promotes confidence in daily functioning among PWDs and caregivers.



實踐結果顯示，這項服務有效協助認知障礙症人士延緩功能退化，並減少因照顧壓力導致的院舍申請個案或因過早入住院舍而喪失自我照顧和生活能力。

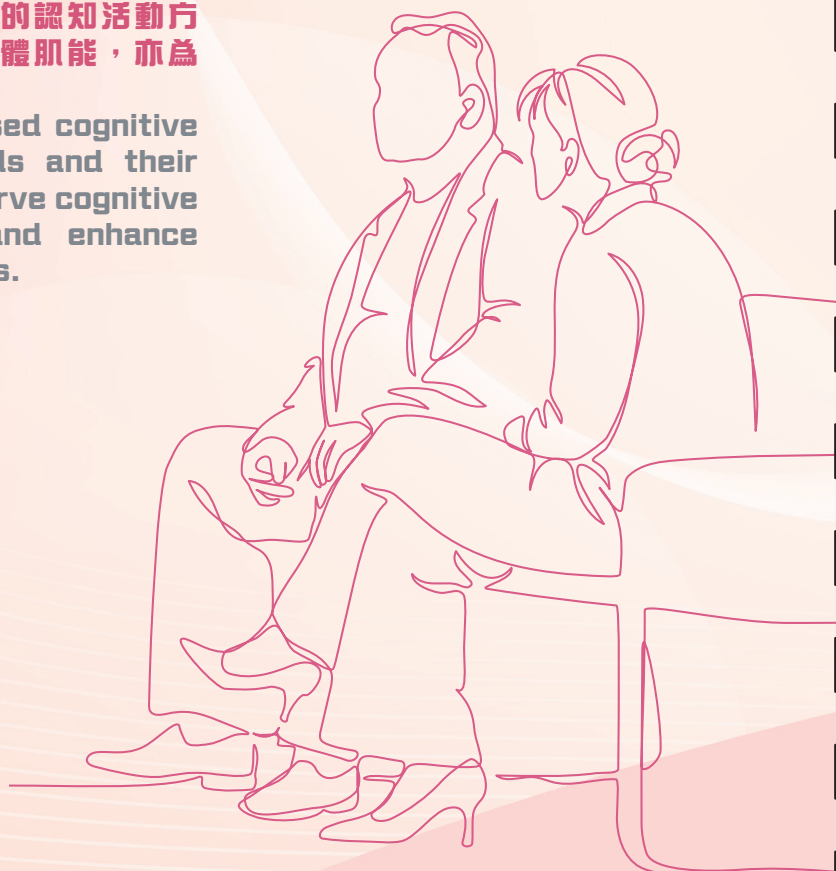
長者得以「居家安老」，同時讓照顧者在支援與喘息中重拾力量，體現人性化家居照護的可持續性。

Evidence proved that the holistic, caregiver-inclusive model improves participation and functional outcomes, while also help families to maintain a sustainable rhythm of care. The service contributes to delayed institutionalisation, enabling service users to age with dignity in their own homes.



外展服務團隊安排各項適合家居環境進行的認知活動方案，保持認知障礙症人士的認知能力與身體肌能，亦為照顧者強化家居照顧技巧

Our Outreach Team designs home-based cognitive activities tailored to individual needs and their living environment. This helps to preserve cognitive and physical functions of PWDs and enhance caregiving skills among family members.



認知障礙症流動診療車

Mobile Clinic

將診斷服務帶到社區身邊

Bringing Diagnosis Closer to the Community at Large



承蒙中國銀行（香港）資助，本會自2021年起開展認知障礙症流動診療車服務，走訪各區進行認知篩查與健康教育，讓更多公眾認識大腦健康與早期介入的重要性。隨著服務進入尾聲，我們於今年舉辦了10場大腦健康講座，接觸近10,000名市民，善用資源協助社區裡未被察覺的潛在個案。

這項計劃的獨特之處，在於不需病人四處求診，便能在自己居住的社區獲得認知評估、醫療轉介及後續支援。這種地區為本的模式，大大降低了求診門檻，亦讓更多體弱長者及照顧者獲得及時幫助。

自計劃開展以來，已有超過20,000人次參與了認知障礙症流動診療車舉辦的大腦健康教育活動；本年度團隊為超過2,000人次進行初步大腦健康篩查，並為229位社區人士完成詳細認知評估。其中，有148位被初步評估為懷疑患有認知障礙症，當中130人獲轉介至專科進一步跟進，最終有89人（佔68.5%）經醫生確診為認知障礙症。由篩查至確診的平均所需時間為46天，大大加快了個案識別與診治節奏，有效實踐了「早檢測、早診治、早準備」的核心理念。

這項服務不僅強化了社區第一線的識別能力，也促成疑似個案更快地銜接到醫療系統，支援認知障礙症人士及家庭及早部署所需的照顧安排。透過將醫療資源帶入社區，診療車成功觸及一群平日難以接觸的「隱性個案」，為認知障礙症的早期診斷與介入打開重要的一扇門。

With the generous support from The Bank of China (Hong Kong), our Mobile Dementia Clinic has been reaching out to communities across the city since 2021. It offers cognitive screening and public education to raise awareness on brain health and early intervention. As the programme draws near to completion, we had hosted 10 brain health seminars this year, reaching out to nearly 10,000 members of the general public, uncovering “hidden” as well as undiagnosed cases in the community.

What makes this project truly remarkable is its community-based, person-centred model—individuals do not need to travel far or navigate complex systems. Instead, they can access assessments, medical referrals, and post-diagnostic support right within their own neighbourhood, reducing barriers and making care and support more accessible, which is even more beneficial to the frail and their caregivers.

Since the launch of the project, over 20,000 attendances have been recorded in dementia education and brain health promotion activities organized by the Mobile Dementia Clinic. This year, the team also conducted preliminary brain health screenings for more than 2,000 individuals, and carried out in-depth cognitive assessments for 229 community members. Among them, 148 individuals were preliminarily assessed as at risk of dementia, 130 were referred for specialist follow-up, and ultimately 89 people (68.5%) were clinically diagnosed with dementia by a doctor. The average time from initial screening to diagnosis was just 46 days, reflects the project's success in achieving the core objectives of “Early Detection, Early Treatment, Early Planning”.

The Project served as a bridge—connecting hidden cases with timely care, empowering caregivers, and inspiring public discourse on dementia as a community health priority. It exemplifies that healthcare should be effective and accessible.



醫生向認知障礙症人士和家屬講解報告和治療方向

The Doctor interprets the MRI findings and introduces treatment plans to the patient and their families.



感謝義工支持診療車服務推廣

Thank you to all volunteers for supporting the promotion of our Mobile Clinic service.

流動診療車服務使用者家屬感想

Reflection from a Family Member - a Dementia Mobile Clinic Service User

文小姐 (化名) Ms Man (pseudonym)

2024年初，妹妹因其他病患入院後，開始出現呆滯、時空混亂等情況。當時我從沒想過這些改變與腦科問題有關，直到她出院後，經地區康健中心的職業治療師轉介，妹妹接受了協會流動診療車的評估，及後診斷她因缺血性中風引致血管性認知障礙症。

妹妹年僅48歲，卻要面對短期記憶衰退及其他認知功能下降，加上本身已有慢性病，這樣的衝擊對她來說無疑是一場硬仗，對我們家人亦是沉重挑戰。但我們沒有放棄，而是選擇積極面對。過去一年多，妹妹定期複診、接受藥物治療，亦參加診療車的認知刺激小組，情況漸趨穩定。

有一次，她竟然記得我近期的行程，主動問我：「你不是要去教畫嗎？」這短短一句，卻讓我無比驚喜與感動。流動車的職員也分享，妹妹在小組活動中表達和反應都有進步，還會主動聊貓的話題。這些改變，對我們來說都是莫大的鼓舞。

我衷心感謝協會流動診療車的每一位，他們不但提供專業的服務，更用心陪伴和照顧妹妹。這項服務不僅幫助了我們家庭，也令社區中更多有需要的人得到適切的協助，實在意義深遠。

我亦希望鼓勵其他同路人，照顧患病家屬同時，請不忘好好照顧自己。尋找合適的減壓方式，做自己喜歡的事，留一點時間讓身心休息。只有自己身心健康，才能繼續走好這條照顧之路，與摯愛同行。

In early 2024, my younger sister was hospitalized due to other illnesses. After her discharge, she began showing signs of sluggishness and disorientation with time and space. At that time, I never associated these changes with any neurological issues. It wasn't until she was referred by an occupational therapist from the District Health Centre to undergo an assessment at the Association's Mobile Clinic. She then was diagnosed for having Vascular Dementia caused by a stroke.

My sister was then only 48 years old, on top of her pre-existing chronic illnesses, she has to face the challenges of short-term memory loss and a decline in other cognitive functions. It has been a heavy blow for her as well as for us as a family. But we chose not to give up. We head-on, over the past year, she has been attending regular follow-ups, receiving medication, and participating in cognitive stimulation group activities provided by the Mobile Clinic. Her condition gradually stabilised.

There was a moment that deeply moved me. She suddenly remembered my recent schedule and asked, "Aren't you going to teach art class today?" That brief flash of clarity brought me a mixture of surprise and joy. The staff also shared with us that she has been improving in her expression and response during group activities, and would even initiate conversations about her favourite topic—cats. These small changes mean a great deal to us and keep our spirits high.

I am truly grateful to every member of the Mobile Clinic Team. They not only provided professional services but also heartfelt care and companionship to my sister. The Mobile Clinic service has helped us tremendously and has provided timely and meaningful support to many families in the community who are in need.

I also hope to encourage fellow caregivers: while caring for your loved ones, don't forget to take care of yourself. Find healthy ways to relieve stress, do things you enjoy, and give yourself time and space to relax. Stay positive—only then will you have the strength to continue on the caregiving journey.



記憶診所

Memory Clinic

一站式記憶診所服務：One-Stop Memory Clinic: 及早識別，及時支援 Early Detection, Timely Support

為實踐「早檢測、早診治、早準備」的理念，協會設立的記憶診所一直致力為社區人士提供一站式的認知障礙症支援——從初步篩查、臨床評估、醫療診斷以至後續轉介，全程緊密跟進。本年度，記憶診所共為720位懷疑出現認知障礙徵狀的人士提供詳細檢測，其中六成個案被評估為懷疑患上認知障礙症。我們亦即時為相關人士安排進一步的醫療跟進及介入服務，避免錯失黃金治療時機。

在以往，部分家庭因經濟困難而無法負擔私營醫療，只能漫長輪候公營系統，錯過了及早介入的契機。幸得香港公益金醫療援助基金的支持，協會得以為有經濟需要的服務使用者提供資助，減輕家庭負擔，並大大提升他們接受早期診治的意願。

診所的服務對象來自不同背景——有的是主動求診者，因察覺自身記憶力下降而尋求評估；有的是家人陪同的長者，來自子女的一片關懷；有的是朋友留意異樣、細心陪伴前來；亦有些是家人以「善意的謊言」巧妙地鼓勵他們接受評估。每一個前來診所的腳步背後，藏著一段段真摯的情感故事——無論是親情、友情，還是愛情——都令我們深感記憶診所所肩負的責任與使命。

To practise our philosophy on “Early detection, Early treatment, and Early planning”, the Association’s Memory Clinic continues to offer one-stop support for individuals in the community—ranging from initial screening and clinical assessments to medical follow-up and service referrals. In the past year, the clinic provided detailed early cognitive assessments for 720 individuals presenting signs of cognitive impairment. Among them, 60% were assessed as suspected cases of dementia, and were promptly arranged for further medical follow-up and intervention.

In the past, families with financial constraints often had no choice but to wait for support from the already overloaded public healthcare system. Causing delay in receiving timely care which proved to be risky. Thanks to the support of The Community Chest of Hong Kong, we are able to provide more affordable medical support to needy families to pursue early intervention.

Our service users come from all walks of life. Some sought help proactively, with concerns about their declining memory; some were accompanied by family members who noticed behavioural changes; others were brought in by concerned friends. Some persuaded reluctant family members through “white lies” to encourage to get assessed. While the assessments often reveal concerns, frustration, and helplessness. These demonstrate power of love—between parents and children, spouses, and among friends.

Behind every appointment lies inseparable love, and familial bonds. Our Memory Clinic is also hope for families who embrace the journey of caregiving to PWDs.



醫生為出現記憶問題的服務使用者進行認知，並提供專業診斷意見，以制定早期介入治療計劃
Doctor conducts cognitive assessments to suspected dementia cases, provide diagnostic insights and Early Intervention Plans.



記憶診所護士派發藥物，並向家屬講解注意事項

The clinic nurse explains medication instructions and potential side effects to family members. This is to ensure the caregivers are providing appropriate support and care to PWDs at home.

教育及發展

Education and Development

香港認知障礙症協會一直致力推動社會大眾對認知障礙症的正確認識，並透過多元化的教育活動，促進大腦健康及早期識別的重要性。我們的教育工作涵蓋三大方向——公眾教育、照顧者支援與專業培訓，並提高行業服務承載量和改善社區服務質素，全方位提升社區的認知友善程度。

The Hong Kong Alzheimer's Disease Association has long been committed to promoting accurate public understanding of dementia through a wide range of educational initiatives. We emphasize the importance of brain health and early identification of cognitive decline. Our educational efforts focus on three core areas — Public Education, Caregivers Support, and Professional Training, the aim of which is to enhance dementia-friendliness across the community through sustainable ways. This also strengthen the capacity of the Service Sector and improve overall community care.

教育 Education

香港認知障礙症協會教育部在本年度持續推動認知障礙症教育工作，涵蓋公眾、家庭照顧者、業界同工，以及專職護理及醫療人員等多個層面。

我們年內共舉辦67場公眾教育活動，總出席人次達4,760，進一步提升社會對認知障礙症及大腦健康的關注，以推廣早檢測、早診治、早準備的宗旨。我們亦針對家屬需要，提供溝通技巧、照顧技巧、預防走失等實用內容的講座或工作坊，支援照顧者應對照顧路上的挑戰，紓緩壓力。

本會亦定期舉辦專業課程，緊貼業界需要，並持續更新教材與優化教學模式，教學水平廣受認可。當中「認知障礙症照顧策劃師課程」及多項主題教育課程，均獲得多個專業團體認可持續專業進修時數，包括職業治療師管理委員會、物理治療師管理委員會、香港醫學會及護士管理局，反映本會在認知障礙症教育領域的專業地位。

Through the year, we continued to promote dementia education across multiple sectors, including the general public, family carers, frontline staff, and healthcare professionals.

A total of 67 public education events were held throughout the year, attracting 4,760 attendees. These events aimed to enhance public awareness on dementia and brain health, and to promote our philosophy on Early Detection, Early Treatment, and Early Planning. Tailored contents were also provided for carers, covering practical topics such as communication skill, caring skill, and prevention of wandering. The sessions helped to alleviate the stress of caregivers.

HKADA also organises professional training programmes to address the evolving needs of the Sector on a regular basis. Teaching materials and deliveries are continuously refined. Our Programme is widely recognised. The Dementia Care Planner Course and other Specialised Training Programmes have been accredited for Continuing Professional Development (CPD) hours by various professional bodies, including the Occupational Therapists Board, Physiotherapists Board, the Hong Kong Medical Association, and the Nursing Council of Hong Kong—underscoring our professional standing in the field of dementia education.

如因應本年度在認知障礙症診斷及治療技術上的重大突破，本會亦特別籌辦多項課程及研討會，與業界分享最新資訊，協助同工更好地應對認知障礙症邁向新時代所帶來的挑戰與機遇。

為促進跨專業交流與發展，年內共錄得77人次醫生培訓及2,874人次業界同工參與培訓，涵蓋實務技巧及業界最新發展，支援專業人員提升服務質素和服務承載量。

我們深信，高質素、與時並進的教育是建構認知障礙症友善社會的基石。我們將繼續以專業精神和創新思維，連結社會各界，推動知識普及與照顧實踐並行，為認知障礙症人士、照顧者及前線工作者提供更具支援力的學習平台與同行力量。



我們透過外展教育講座服務，到訪不同安老服務單位和企業，推廣社區人士關注大腦健康
Through our Outreach Education Talks, we visited elderly service units and corporations to promote brain health awareness in the community.

In light of recent breakthroughs in dementia diagnosis and treatment, we also developed dedicated programmes to share the latest insights with sector professionals. These initiatives aimed to equip interdisciplinary care teams with up-to-date knowledge to better respond to the emerging challenges and opportunities of a new era in dementia care.

To further promote cross-disciplinary exchange and professional development, a total of 77 attendees were recorded for physician training, and 2,874 attendees for healthcare and social care professionals. These sessions covered both practical care techniques and the latest sector developments, supporting frontline staff in enhancing service quality and capacity to meet growing care demands.

We firmly believe that high-quality, timely education is the cornerstone of a dementia-friendly society. We will continue to uphold a spirit of professionalism and innovation, working in partnership with all sectors to advance knowledge dissemination and care practices—providing a strong, supportive learning platform for PWDs, their carers, and those who care for them.

本會多年來持續獲澳門社會工作局邀請，為其職員提供專業培訓，彰顯跨地域合作的穩定與持續發展
For many years, our Association has been invited by the Social Welfare Bureau of Macau to deliver professional training for its staff, reflecting a strong and ongoing cross-regional collaboration.



為配合認知障礙症診斷與治療技術的進步，協會積極推動「基層醫生培訓課程」，強化家庭醫生作為前線把關者的角色
To align with the latest advancements in dementia diagnosis and treatment, we have launched structured training programmes for primary care physicians, with the goal of strengthening their gatekeeping role in early identification.

認知障礙症照護新時代研討會 Seminar on New Era of Dementia Care

為回應近年認知障礙症診斷與治療技術的突破，香港認知障礙症協會於2024年7月2日舉辦「認知障礙症照護新時代研討會」，吸引超過180位來自醫療、專職醫療及社會服務界的專業人士參加。研討會旨在為業界提供嶄新資訊與實踐經驗，包括最新的治療發展和診斷流程、基層醫療的介入角色，以及跨專業協作個案分享。活動讓參加者掌握新知和啟發服務發展，為本地建立更及早、全面、互補的認知障礙症照顧模式奠下基礎。



In response to recent breakthroughs in dementia diagnosis and treatment, the Hong Kong Alzheimer's Disease Association hosted the "New Era of Dementia Care Seminar" on 2 July 2024, attracting over 180 professionals from the medical, allied health, and social service sectors. The seminar aimed to equip participants with up-to-date knowledge and practical insights, covering topics such as advances in treatment development, diagnostic pathways, the role of primary healthcare, and multidisciplinary case collaboration. The event served as a catalyst for knowledge exchange and inspired future service development, laying the groundwork for a more proactive, comprehensive, and integrated model of dementia care in Hong Kong.

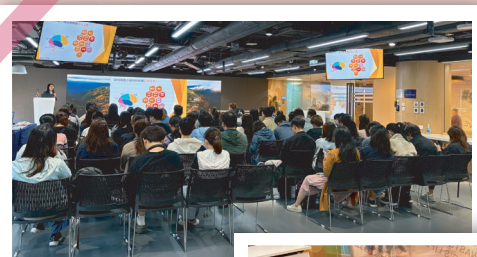


認知刺激活動設計工作坊 Cognitive Stimulation Activities: Do's & Don'ts Workshop

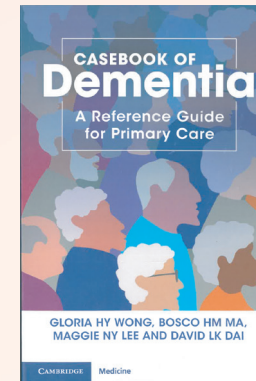
香港認知障礙症協會將於3月24日舉辦「認知刺激活動Do's & Don'ts工作坊」，與業界分享認知刺激活動的理念、帶領技巧及常見謬誤，並即場設計活動及評估成效。內容互動有趣，讓參加者輕鬆掌握認知刺激活動的成功要素。

On March 24, we successfully held a professional workshop titled "Cognitive Stimulation Activities: Do's & Don'ts", aiming to strengthen industry understanding of cognitive stimulation as a key approach in dementia care.

The workshop introduced core principles and facilitation techniques, and highlighted common misconceptions in the design and delivery of cognitive stimulation activities. Participants engaged in interactive sessions where they co-designed activities and experienced their effects firsthand. This hands-on approach enabled participants to deepen their understanding of success factors in cognitive stimulation and apply them confidently in real-world settings.



出版《認知障礙症個案集》 Publication of the "Casebook of Dementia"



香港認知障礙症協會一直致力推動以醫社合作為基礎的支援模式，為認知障礙症人士及其照顧者提供由早期診斷至社區支援的全方位服務。

《認知障礙症個案集》收錄99個源自前線實務的真實個案，涵蓋不同階段的需要與應對策略，展現多專業團隊在照顧歷程中所發揮的協同效能。

出版此書旨在促進業界交流、提高服務質素，並藉由具體個案，啟發照顧者、專業人員及政策制定者對認知障礙症的關注與反思。我們期望透過此出版物，推動更早期的識別與介入、鼓勵社區參與，並推進建立一個更具包容性的認知友善社會。

The Hong Kong Alzheimer's Disease Association has long championed a medical-social collaborative model to provide comprehensive, continuum-of-care support for people living with dementia and their care partners — from early diagnosis to community-based intervention.

The Casebook of Dementia compiles 99 real-life cases drawn from frontline practice, highlighting needs and strategies across different stages of the dementia journey. It demonstrates the synergistic power of multidisciplinary teams in providing person-centred and holistic care.

This publication aims to foster knowledge exchange, enhance service quality, and inspire greater awareness and reflection among caregivers, professionals, and policymakers. Through these concrete case narratives, we hope to promote earlier detection and intervention, encourage community participation, and advance the development of a more inclusive, dementia-friendly society.

認知友善活動 Dementia Friendly

為建構一個更具包容性的城市環境，本會持續與不同行業合作，推廣認知友善理念。去年，我們為恒生銀行提供專題員工培訓，內容涵蓋與認知障礙症顧客的溝通技巧、服務流程設計，以及分行空間的認知友善環境評估。

To build a more inclusive society for people living with dementia, the Association actively promotes dementia-friendly principles through cross-sectoral partnerships. In the past year, we collaborated with Hang Seng Bank to deliver a series of dementia-focused staff training sessions. These workshops covered effective communication techniques with customers living with dementia, and introduced tools for assessing dementia-friendly elements within branch environments.

透過跨部門協作，恒生銀行成功將認知友善原則融入日常營運，成為全港第二間推行認知友善實踐的銀行機構。這不僅提升員工對認知障礙症的理解與應對能力，更標誌着金融體系在共融服務上的重要進展，為認知障礙症人士及其照顧者創造更安心、尊重的服務體驗。

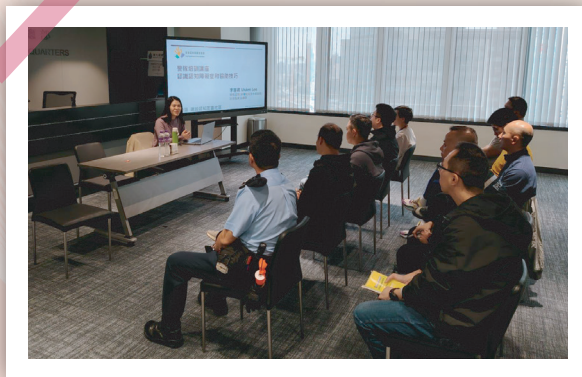
除了企業層面，我們亦針對前線執法人員開展培訓，包括為警務人員講解如何辨識疑似走失的認知障礙症長者，以及應對流程與協助方法。這類前線介入的知識與意識提升，對保障認知障礙症人士安全、促進社區協作具有深遠影響。



透過工作坊，強化前線職員接待認知障礙症顧客的能力，提升溝通技巧與共情反應。
Workshops help frontline banking staff to enhance their communication skills and empathy when serving customers living with dementia.

As a result, Hang Seng Bank became the second banking institution in Hong Kong to formally adopt dementia-friendly practices. This marks a significant step forward in embedding inclusive service principles into the financial sector—enhancing both the customer experience and staff preparedness, while setting a new industry benchmark for accessible banking.

Beyond corporate settings, the Association also provided targeted training for frontline law enforcement officers, focusing on how to identify and support individuals living with dementia who may go missing. This proactive training strengthens community safety protocols and equips officers with practical skills to respond compassionately and effectively.



講解認知障礙症走失者的常見特徵與協助方法，提升執法人員在實地應對上的準備與敏感度。
A dementia handling course tailor-made for the Hong Kong Police Force was conducted to enhance frontline officers' capacity in identifying and assisting persons living with dementia who may be lost or disoriented.

世界認知障礙症月 World Alzheimer's Disease Month

每年的9月是世界認知障礙症月，世界各地的認知障礙症機構均會籌備不同活動，提昇公眾人士對病症的認識。

作為世界認知障礙症協會在香港的唯一會員機構，本會每年均積極策劃一系列具教育意義與社區參與性的活動，響應國際號召。我們期望透過跨界合作與公眾參與，推動社會各界關注認知障礙症。

September is World Alzheimer's Month, an international campaign to raise dementia awareness and challenge stigma. Each year, Alzheimer and Dementia Associations from around the world united to organise advocacy and information provision events. As the only member of the Alzheimer's Disease International in Hong Kong, HKADA organises a series of events during the month.

「支援認知障礙症照顧者」研討會 Seminar on Support to Family Caregivers of People living with Dementia

作為 2024 年「世界認知障礙症月」的重點活動之一，研討會於 2024 年 9 月 12 日舉行，吸引了 120 位來自醫療、專職醫療及社會服務界的專業人士參加。研討會旨在讓與會者掌握支援家庭照顧者的策略，並應用於不同服務平台之中。活動為參加者提供了寶貴的啟示，協助他們將有效及全面的照顧者支援模式融入香港的認知障礙症照顧實踐。

主要講者包括香港大學護理學院余秀鳳教授，分享有關照顧者支援策略模式及本地研究成果；以及精神科專科梁琳明醫生，講解照顧者在不同照護階段的決策歷程與考量。社福機構代表亦分享了照顧者支援的實務經驗。



This was held on 12 September 2024 as a signature event of World Alzheimer's Month. The Seminar attracted 120 professionals from the medical, allied health, and social service sectors. It aimed to equip participants with strategies to support family caregivers across different service platforms. The seminar offered valuable insights on integrating effective and holistic caregiver support into dementia care practices in Hong Kong.

Professor Doris Yu from the School of Nursing, The University of Hong Kong, delivered a keynote presentation on strategic support models for caregivers and related local research findings. Dr Jess Leung, a specialist in psychiatry, shared professional insights on the decision-making processes at various caregiving stages. NGO representatives also shared practical service experiences in carer support.



健腦大笪地 Brain Health Fun Fair

我們舉辦社區活動大腦健康，活動內容豐富，包括由「認知障礙症知多啲」講座，提升公眾對病症的認識；現場設置大腦及「六藝®」健腦攤位遊戲，讓市民透過互動方式學習健腦知識；同場更有「健腦八式」示範，鼓勵大眾以運動預防認知障礙症。活動亦提供即場大腦健康初步篩查及評估，為出現認知障礙症徵狀的市民提供服務跟進。

The programme featured a public talk and brain health exercise to enhance awareness on Dementia. Interactive 6-Arts® game booths were set to encourage participants to learn about brain health. On-site cognitive screening and assessment were also provided, with follow-up support arranged for suspected cases.

活動不僅提升社區對認知障礙症的了解，更積極傳遞「及早預防、及早識別」的重要訊息，推動建立認知障礙症友善社區。

The Event not only deepened community understanding of dementia but also conveyed the important message of “Early prevention and Early detection”, while linking people in need with suitable services and resources.



籌款 Fundraising

協會一直以非牟利、自負盈虧模式延續各項服務及推展新計劃。雖然沒有政府的恆常資助，我們的團隊始終堅守專業，並致力維持收費於大眾可負擔的水平，確保有需要的人士不會因經濟條件而卻步，每一個需要支援的家庭都不會被落下。

本年度，協會共籌得港幣\$3,748,093元捐款及\$3,293,483元專項資助。我們積極運用社交媒體及電子支付渠道，提高籌款成效並減低行政開支，務求將更多資源直接投放在服務之上。

協會承諾，必定妥善運用每一分善款，持續為認知障礙症人士及其照顧者提供悉心、專業及優質的服務。這份堅持與成果，全賴社會大眾、慈善基金、企業及善長的信任與支持，讓我們能與認知障礙症家庭攜手，為他們留住更多珍貴而快樂的片段。

HKADA operates as a non-profit, self-financing Organisation. Despite the absence of regular government subventions, our team remains steadfast in upholding professionalism and ensuring that service fees are kept at an affordable level. This commitment guarantees that no individual in need will be denied access to care because of financial constraints, and that every family requiring support will be reached.

This year, the Association has raised HK\$3,748,093 in donations and secured HK\$3,293,483 in designated funding. By leveraging social media and electronic payment channels, we enhanced fundraising effectiveness while reducing administrative costs, ensuring that more resources could be directly channelled into our services.

We pledge to make prudent and transparent use of every dollar entrusted to us, so that people living with dementia and their caregivers continue to receive dedicated, professional, and high-quality services. These achievements have only been possible through the trust and generosity of the public, charitable foundations, corporations, and individual donors, whose support enables us to walk alongside families on their dementia journey and help them preserve more joyful and meaningful moments together.

賣旗日 Flag Day

協會於2025年1月18日舉行的港島區賣旗日，匯聚超過800位來自學校、企業、社區團體及個人支持，籌得超過港幣100萬元善款，成績斐然。本會對所有義工及支持者致以最誠摯謝意。展望未來，協會將繼續多元化籌款模式，凝聚社會力量，為更多認知障礙症人士及其照顧者帶來希望與支援。

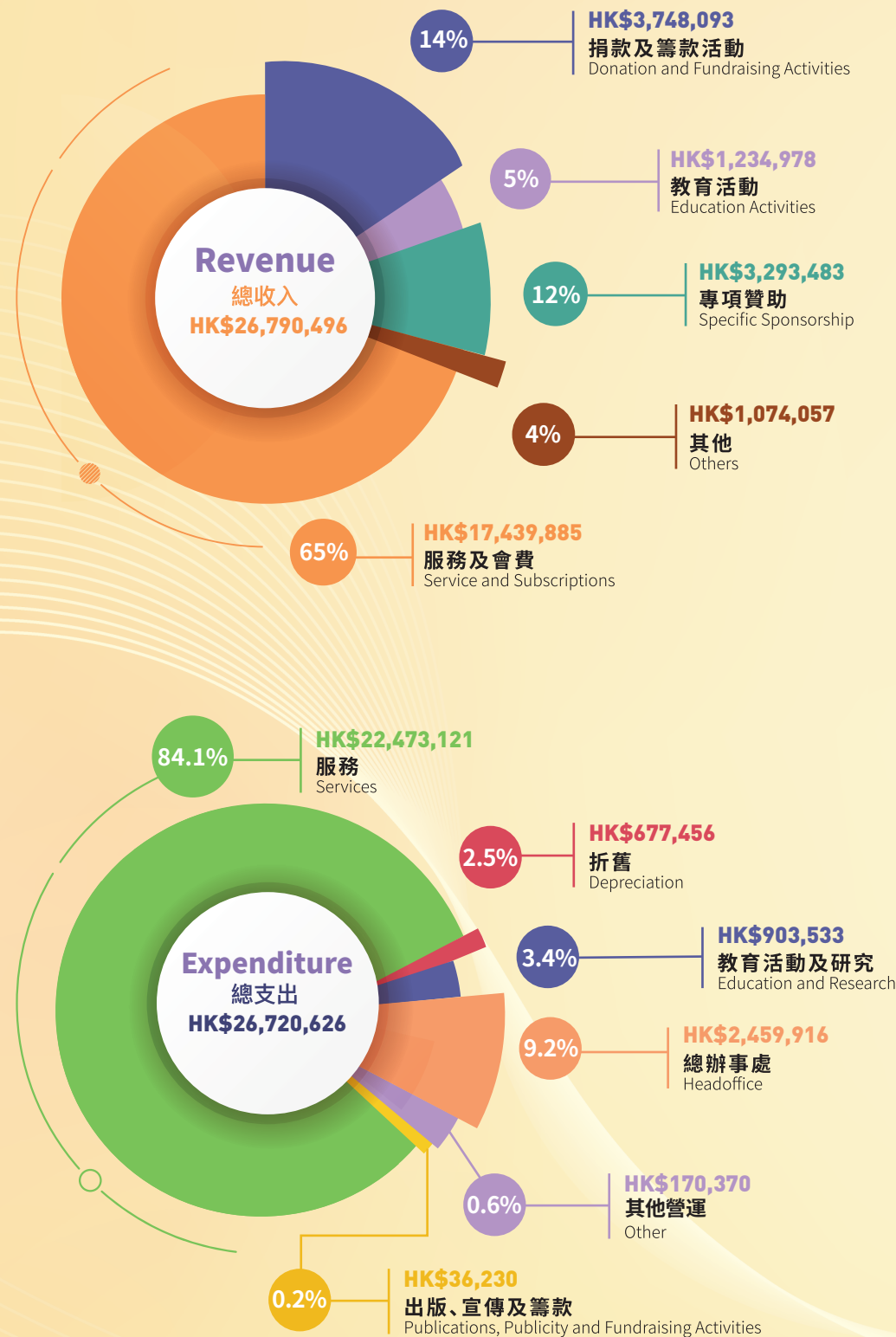
On 18 January 2025, HKADA successfully organised a Flag Day on Hong Kong Island. The Event brought together more than 800 volunteers from schools, corporations, community organisations, and individual supporters, raising over HK\$1 million. The remarkable success was made possible by the collective effort of every volunteer and donor, to whom we extend our heartfelt gratitude. Looking ahead, the Association will continue to diversify its fundraising strategies and mobilise community strength, bringing hope and support to more people living with dementia and their families.



感謝各界義工熱心參與賣旗日，為認知障礙症家庭提供支援
Heartfelt thanks to all volunteers for their enthusiastic participation in our Flag Day, bringing support to families affected by dementia.

財務報告

Financial Reporting



盈餘 Surplus
HK\$69,870

詳細核數報告, 請瀏覽
<https://www.hkada.org.hk/annual-report>

Visit the below link for details
<https://www.eng.hkada.org.hk/annual-report>

鳴謝

Acknowledgement

協會衷心感謝以下熱心人士及單位支持我們的服務! We are grateful to the below individuals and units for supporting our Services!

政府部門、公用事業及公營機構 Government Department, Public Utilities and Public Organisations

社會福利署 Social Welfare Department	香港金融管理局 Hong Kong Monetary Authority
香港中華煤氣有限公司 The Hong Kong and China Gas Company Limited (Towngas)	香港護士管理局 The Nursing Council of Hong Kong
香港房屋協會 Hong Kong Housing Society	香港鐵路有限公司 MTR Corporation Limited
香港房屋委員會 The Hong Kong Housing Authority	職業治療師管理委員會 Occupational Therapist Board

慈善基金 Charity Foundations

中銀香港百華誕善計劃 BOCHK Centenary Charity Programme	陳楊福和基金有限公司 Chen Yang Foo Oi Foundation Limited
施永青基金 Shih Wing Ching Foundation	葉志成慈善基金 Ip Chi Shing Charitable Foundation
香港公益金 The Community Chest of Hong Kong	周凱旋基金會有限公司 Chau Hoi Shuen Foundation
香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust	

企業 Corporations

九龍巴士(一九三三)有限公司 The Kowloon Motor Bus Co. (1933) Ltd	Afrikon Industrial Co. Ltd.
中信銀行(國際) China Citic Bank International	Apexwealth Investment Ltd
天生地產有限公司 Talent-Sign Properties Limited	CMA CGM (Hong Kong) Limited
恒生銀行 Hang Seng Bank	Eight Precious Gem Limited
香港海景絲麗酒店 Silka Seaview Hotel, Hong Kong	Eisai (HK) Co Ltd
香港電燈有限公司 (港燈) The Hongkong Electric Company, Limited	Eu Yan Sang (Hong Kong) Limited
香港遠東絲麗酒店 Silka Far East Hotel, Hong Kong	Harbour North
荃灣絲麗酒店 Silka Tsuen Wan, Hong Kong	Landmark North
	Lundbeck HK Limited
	Marshall Wace Asia Limited
	Roche Diagnostics (Hong Kong) Limited
	Sun Hung Kai Real Estate Agency Limited
	Tsuen Wan Plaza
	Universal (Hong Kong) Technology Co. Ltd
	Uptown Plaza
	YOHO MALL I
	YOHO MALL II

個人 Individuals

王蕙儀女士	Mr Chan Chi Keung Edward
吳玉珍女士	Ms Chan Ka Yan Karen
李家潔女士	Ms Chan Yuen Man
李煜先生	Mr Chris Pearce
李綺雯女士	Mr Frank Leung
林狄芹女士	Mr Gopi Maliwal
姚素華女士	Miss HON Kum Nar, Gina
張素華女士	Ms Kenty Law
張群女士	Ms Lau Po Yu
陳永紅女士	Mr Lester C H Kwok, JP
黃淑芬女士	Ms Leung Ping No Anna
董慧敏女士	Ms Lo Kit Ming
蔡慶金先生	Mr Ma Kam Man Jasper
黎玉珍女士	Mr Sin Tai Kong
黎家敏女士	Ms Wong Ting Chi
駱芙蓉女士	

學校、機構及團體 Schools, Organisations and Groups

國際認知障礙症協會 Alzheimer's Disease International	香港華仁書院 Wah Yan College, Hong Kong
01心意 01heart	柴灣浸信會學前教育中心呂明才幼稚園 CWBC Pre-School Education Lui Ming Choi Kindergarten
「愛樂善歌藝會」義工隊 「聲樂情心誼會」義工隊 Love Singing Friendship Association	真誠創藝研習坊 TRUE & Creative Workshop
九巴之友義工 Friends of KMB	荃灣區海濱關愛隊 Hoi Bun Care Teams
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天主教海星幼稚園 Star Of The Sea Catholic Kindergarten	救世軍柴灣青少年綜合服務 The Salvation Army Chaiwan Integrated Service for Young People
自資高等教育聯盟 Federation for Self-financing Tertiary Education	循道衛理灣仔長者服務中心 Wan Chai Methodist Centre for the Seniors
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明愛香港仔長者中心 Caritas Elderly Centre - Aberdeen	奧恩國際幼稚園 Mighty Oaks International Nursery and Kindergarten
東華學院職業治療學系 Tung Wah College School of Medical and Health Sciences	聖士提反女子中學 St. Stephen's Girls' College
保護遺棄動物協會 Society for Abandoned Animals Limited	聖士提反堂小學暨幼稚園 St. Stephen's Church Primary School & Kindergarten
香港大學扶青社 Rotaract Club of The University of Hong Kong	聖公會太和長者鄰舍中心 Hong Kong Sheng Kung Hui Welfare Council Limited Tai Wo Neighbourhood Elderly Centre
香港防癆會勞士施羅牙牙科診所 The Hong Kong Tuberculosis Association Rusy M. Shroff Dental Clinic	聖公會田灣始南小學 S.K.H. Tin Wan Chi Nam Primary School
香港社會服務聯會 Hong Kong Council of Social Service	聖公會將軍澳安老服務大樓 Hong Kong Sheng Kung Hui Welfare Council Limited Tseung Kwan O Aged Care Complex
香港按蹻協會 The Hong Kong Association of Traditional Chiropractise	聖公會聖匠堂長者中心 S.K.H. Holy Carpenter Church District Elderly Community Centre
香港真光中學幼稚園 The True Light School Of Hong Kong, Primary And Kindergarten Section	聖公會聖彼得堂幼稚園(赤柱分校) St. Peter's Church Kindergarten (Stanley)
香港耆康老人福利會何生長者鄰舍中心 SAGE Ho Sang Neighbourhood Elderly Centre	聖保羅書院小學 St Paul's College Primary School
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香港華人會計師公會 The Society of Chinese Accountants and Auditors	蘇浙公學 Kiangsu-Chekiang College
	Childhood adventures
	JWC music
	Kidex
	Walk with you

