

Geriatric Rehabilitation Services by Home of the Elderly

Home of the Elderly dedicates to provide high-quality home-based and institution rehabilitation services. Our team has more than 10 Physiotherapists and Social Workers, mainly provides Physiotherapy, Counseling and training services. The following table summarizes the features of respective service.

| Service Type | Physiotherapy | Counseling and training |
|------------------------------|---|--|
| Service Target | <ul style="list-style-type: none"> ● Stroke ● Parkinson ● Post Surgery ● Pain e.g. Low back pain, hip and knee pain ● Fracture rehabilitation e.g. Hip, knee, wrist etc ● Weakness in limbs and trunk ● Decreased exercise tolerance | <ul style="list-style-type: none"> ● Dementia ● Depression ● Anxiety disorders ● Sleep disorders ● Somatoform disorders ● Impulse-control disorders ● Psychotic Disorders |
| Service Functionality | <ul style="list-style-type: none"> ● Uplifting functional capacity ● Regaining mobility ● Fall prevention ● Relieving pain ● Upgrading their confidence ● Enhancing quality of life | <ul style="list-style-type: none"> ● Improving behavioral problems and slowdown the deterioration rate ● Elevating mood for depressed clients ● Escalating adaptability and curtail anxiety in changes and physical declination ● Shifting point of view and emotional reaction of matters |
| Service Qualification | Physiotherapists registered at the Physiotherapists Board of Hong Kong | Social Workers registered at the Hong Kong Social Workers Registration Board |
| Service Features | <p>We stand for the benefit and good health condition of elderly, our pledge of service are:</p> <ol style="list-style-type: none"> 1. Optimizing the rehabilitation effect by making use of the 'golden rehabilitation period'; i.e. we would grasp the best and most effective timing to deliver our services. For example, stroke patients can yield the best rehabilitation result within 6 months from the episode 2. Simple but thorough assessment is given to each client, for they can | |



| | | |
|---|---|---|
| | <p>receive the best service they deserve</p> <ol style="list-style-type: none"> 3. Flexible in allocation of time and place for treatment, according to clients' need 4. Our teammates can communicate fluently in English and Mandarin 5. Cases are followed up by social workers | |
| Service Description | All clients will be assessed before treatment is given; Cases will be diagnosed by scientific methods | |
| Assessment | Aspects to be assessed: | |
| | <table border="1"> <tr> <td> <ul style="list-style-type: none"> ● Personal background ● Medical history ● Physical status </td> <td> <ul style="list-style-type: none"> ● Social history ● Psychological status </td> </tr> </table> | <ul style="list-style-type: none"> ● Personal background ● Medical history ● Physical status |
| <ul style="list-style-type: none"> ● Personal background ● Medical history ● Physical status | <ul style="list-style-type: none"> ● Social history ● Psychological status | |
| Treatment | By analyzing the about result, our professional staff will design the most suitable treatment for each and every client. Treatments include: | |
| | <table border="1"> <tr> <td> <ul style="list-style-type: none"> ● Stroke rehabilitation ● Pain management e.g. Using manual technique and electrotherapy ● Exercise therapy ● Professional consultation and education for family members on caring the elderly </td> <td> <ul style="list-style-type: none"> ● Reminiscence therapy ● Memory training ● Cognitive Behavioral therapy ● Counselling </td> </tr> </table> | <ul style="list-style-type: none"> ● Stroke rehabilitation ● Pain management e.g. Using manual technique and electrotherapy ● Exercise therapy ● Professional consultation and education for family members on caring the elderly |
| <ul style="list-style-type: none"> ● Stroke rehabilitation ● Pain management e.g. Using manual technique and electrotherapy ● Exercise therapy ● Professional consultation and education for family members on caring the elderly | <ul style="list-style-type: none"> ● Reminiscence therapy ● Memory training ● Cognitive Behavioral therapy ● Counselling | |
| Service Session | <p>Generally, the treatment duration and time are as follows, the actual treatment plan depends on the case complexity and the time to start rehabilitation:</p> <ul style="list-style-type: none"> ● Duration per session: 30-60 min ● Frequency: twice per week ● Rehabilitation plan: 4-6 months | |

For further inquiries, please contact us at 2708 9060 or email to info@hkelderlyrehab.org .

