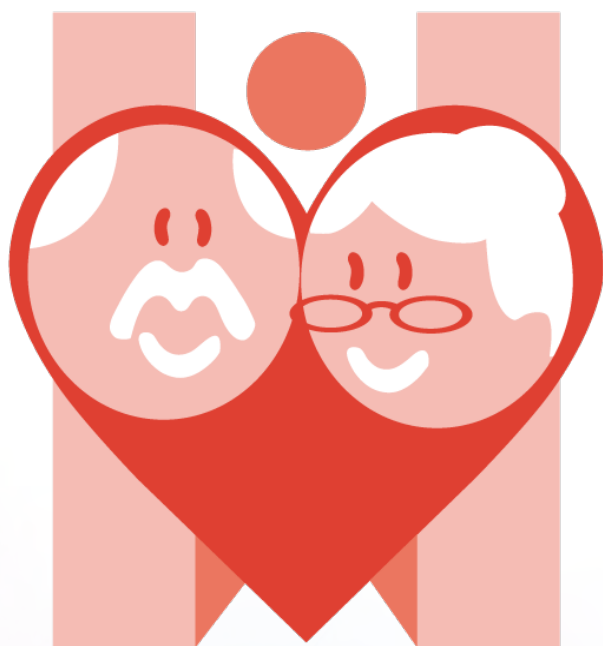


Elderly Health Service, Department of Health

Elderly Health Centre



We provide quality primary health care services for promoting the health of our elderly population



Department of Health



Elderly Health Service

Services provided by the Elderly Health Centres

The Elderly Health Service of the Department of Health aims to enhance primary health care for the elderly, improve their self-care ability, encourage healthy living and strengthen family support so as to minimise illness and disability.

The Elderly Health Centres (EHCs) adopt a Family Medicine approach in providing primary health care service to elderly persons by a team of multi-disciplinary professionals, aiming at prevention, early detection and control of disease.

- **Health Assessment and Medical Consultation:** to prevent and control diseases, as well as preventing complications, through understanding the elderly persons' lifestyles and risk factors for various diseases, followed by appropriate counselling and treatment.
- **Health Educational Services:** to empower the elderly and their carers with proper ways of disease prevention and control.
- **Multi-disciplinary Team Approach:** Doctors, nurses, physiotherapists, occupational therapists, clinical psychologists and dietitians provide assessment, counselling and treatment based on elderly's needs.

Health Assessment and Medical Consultation

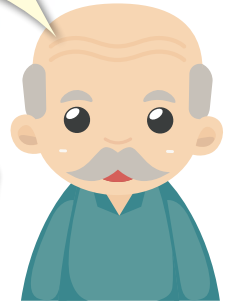
Based on the Hong Kong Reference Framework for Preventive Care for Older Adults in Primary Care Settings issued by the Primary Healthcare Office of Food and Health Bureau, EHCs assess elderly persons' lifestyles, activities of daily-living and their physical, mental and psychosocial well-being. Our doctors will also assess the elderly persons' medical history, disease risk factors, medication history, family history and conduct physical examination.

After the comprehensive health assessment, laboratory investigations (e.g. blood glucose test) might be prescribed by doctors according to the elderlies' individual needs. A separate follow-up appointment will be arranged for elderly for explaining the health assessment results, prescribing health advice, treatments or referral to other specialties if necessary.

Please note: Health assessment cannot ensure the detection of all hidden diseases. Elderly should be aware of their own health condition, and be alert to any suspicious signs and symptoms and seek medical attention promptly.



Is it true that the more health check items I receive, the better I would know about my health condition?



There is no universal health assessment package which is suitable for everyone. It is not advisable to undergo too many investigations either.

- Each investigation or test item has its own limitations, and it bears the following risks if we make diagnosis simply based on the test results:
 1. **A false negative result**, i.e. you may be informed of a normal test result even if you actually have a health problem.
 2. **A false positive result**, i.e. though the test result is abnormal, you may turn out to be healthy.
- Excessive laboratory investigations without scientific evidence may result in unnecessary pain, harm or fear, as well as a waste of money and time.

EHC doctors will order the most appropriate tests for their elderly based on their individual age, history, signs and results of the comprehensive health assessment.



Health Education Activities

Free health education activities are conducted on a regular basis, and include:

- **Health talks**, which educate on the risk factors of diseases and the measures to prevent diseases and improve health. All EHC members, their family members as well as members of the public are welcome to attend. For details, please contact respective EHC.
- **Support groups**, focus on specific health conditions and risk factors. Through small group participation, elderly with similar conditions will be able to receive in-depth health education, and at the same time share their experience and support each other, achieving better health in the long run through adopting healthy lifestyles.

The most effective way to maintain health and reduce risks of chronic diseases and their complications is to practise healthy life style. Specifically:

1. Do not smoke
2. Do not drink alcohol
3. Have a balanced diet
4. Maintain physical activity
5. Maintain an optimal body weight
6. Maintain a cheerful mood
7. Develop healthy hobbies and be socially active



Multi-disciplinary Team Approach

Most elderly persons can improve their health and control their chronic illnesses by means of adaptive skills and practices. Allied health services are provided upon doctor's referral, as follows:

Physiotherapist

- To assess the mobility and physical abilities of elderly
- To improve mobility, reduce musculoskeletal pain and prevent falls through rehabilitative exercise prescriptions
- To teach carers techniques on lifting and transfer and how to assist elderly to practise exercise

Occupational Therapist

- To assess the activities of daily living and daily routines of the elderly
- To advise on the selection of meaningful activities, provide training on daily living skills, advise on the use of assistive devices and home adaptation to enhance elderly's self-care ability and use of leisure time, leading to improvements in physical and mental health

Clinical Psychologist

- To provide cognitive screening and psychological evaluation, counselling, stress management and memory skills training to help the elderly persons to regulate mood, enhance self-efficacy and adjust to life changes
- To offer advice to family members and carers of elderly persons for the promotion of their mental health

Dietitian

- To conduct nutrition assessment to determine the nutritional status of the elderly
- To provide dietary counselling and advice for elderly with conditions such as overweight, obesity, diabetes, high blood cholesterol and hypertension, etc.

Frequently Asked Questions

How can I join as a member of the EHC?

Any person aged 65 years or above is eligible. You may visit a nearby EHC for application of membership. Besides, you can apply online, or send the completed EHC membership application form together with a photocopy of Hong Kong Identity Card or other proof of identity, to ONE EHCs by fax or post. Your personal information, such as contact telephone number and address will be collected on the day of application.

Please note: You can submit your application for enrolment at **ONLY ONE EHC** at any one time

Do I need to pay to become a member?

A fee will be collected on the day when you are enrolled as our member and attend health assessment. You will be issued with a receipt.

Annual fee (excluding mammography):

- Eligible persons (holders of valid Hong Kong Identity Card) \$110
- Non-eligible persons \$770

(Fees will be waived for Comprehensive Social Security Allowance (CSSA) recipients and those with medical waiver certificates. Documentary proof is required.)

What do I need to bring along on the day of enrolment?

Please bring the following items along when you come for health assessment:

- Original copy of your Hong Kong Identity Card or other proof of identity
- Annual fee
- Record of chronic medications (such as original drug packages)
- Important medical information (like record of drug allergy and medical record from clinics or hospitals)

How come the date of my health assessment cannot be fixed at the time of application?

There is a huge demand for our service and a variable number of new applications for enrolment each month. Besides, the vacancies for enrolment are affected by many different factors. It is therefore not feasible to schedule an exact date for your health assessment at the time of application.

We will inform you of the date of your health assessment by phone once available, and a reminder phone call will also be given nearer the date of your health assessment.

What should I do if I moved house while waiting for enrolment?

If you wish to be enrolled as member at the same EHC after moving house, please notify the EHC of your new address for contact purpose. If you wish to apply for membership at another EHC, you have to cancel the previous application and start a fresh application again. However, this may affect your waiting time.

Please note: You can retain your membership at **ONLY ONE** EHC at any one time

What if there is a typhoon or rainstorm on the day of my health assessment?

If typhoon signal No. 8 or black rainstorm warning signal is hoisted, all our centres will suspend service temporarily. Your appointment will be rescheduled and you will be notified by phone. Please contact our staff if you have any enquiry.

What if I fall sick while waiting for my health assessment?

You should pay attention to your health. If you feel unwell or anything unusual, please consult a doctor promptly instead of waiting for the health assessment. You are also advised to pay attention to the following health warning signs:

- Severe chest pain, back pain or shoulder pain upon physical exertion or when emotionally upset
- Sudden onset of weakness or numbness (even though transient) in particular if it affects one side of the body

The above can be signals of heart attack or stroke. Go to the Accident and Emergency Department immediately.

- Persistent cough, blood in sputum or hoarseness
- Lump(s) on the body even if painless
- Persistent abdominal pain, change in bowel habit (including diarrhoea or constipation), or mucus or blood in stool
- Post menopausal vaginal bleeding
- Sudden change in the appearance of a wart, mole or a wound or ulcer that does not heal
- Unexplained weight loss
- Persistent low mood (for more than 2 weeks), lost interest in hobbies, sleep disturbance
- Swallowing problem
- Frequent falls

Do not ignore any of the above warning signals. Consult a doctor promptly.

Contact us

EHC	Address	Telephone
Hong Kong Island		
Sai Ying Pun	6/F, Sai Ying Pun Jockey Club Polyclinic, 134 Queen's Road West	2817 3418
Shau Kei Wan	G/F, Shau Kei Wan Jockey Club Clinic, 8 Chai Wan Road, Shau Kei Wan	2569 4333
Aberdeen	LG/F, Block B, Aberdeen Jockey Club Clinic, 10 Aberdeen Reservoir Road	2580 3554
Wan Chai	2/F, Southorn Centre, 130 Hennessy Road, Wan Chai	2591 4847
Kowloon		
Kowloon City	G/F, Lions Clubs Health Centre, 80 Hau Wong Road, Kowloon City	2762 8911
Lam Tin	G/F, Lam Tin Community Complex, 223 Pik Wan Road, Lam Tin	2727 5616
Nam Shan	G/F, Nam Yiu House, Nam Shan Estate, Shek Kip Mei	2779 5596
San Po Kong	2/F, Robert Black Health Centre, 600 Prince Edward Road East, San Po Kong	2382 3757
Yau Ma Tei	1/F, Yau Ma Tei Jockey Club Polyclinic, 145 Battery Street, Yau Ma Tei	2782 5577
New Territories		
Tung Chung	1/F, Block 2, Tung Chung Health Centre, 6 Fu Tung Street, Tung Chung, Lantau Island	2109 4711
Kwai Shing	G/F & 1/F, Shing Wo House, Kwai Shing East Estate, Kwai Yip Street, Kwai Chung	2741 2069
Shek Wu Hui	1/F, Shek Wu Hui Jockey Club Clinic, 108-130 Jockey Club Road, Sheung Shui	2672 5858
Tseung Kwan O	G/F, Tseung Kwan O Jockey Club Clinic, 99 Po Lam Road North, Tseung Kwan O	2623 7304
Lek Yuen	3/F, Lek Yuen Health Centre, 9 Lek Yuen Street, Sha Tin	2637 2005
Tai Po	G/F, Wong Siu Ching Clinic, 1 Po Wu Lane, Tai Po	2657 2329
Tsuen Wan	G/F, Block B, Lady Trench Polyclinic, 213 Sha Tsui Road, Tsuen Wan	2408 2267
Tuen Mun Wu Hong	G/F, Tuen Mun Wu Hong Clinic, 2 Wu Hong Street, Tuen Mun	2430 7634
Yuen Long	G/F, Madam Yung Fung Shee Health Centre, 26 Sai Ching Street, Yuen Long	2470 5982

Elderly Health Service, Department of Health

Website: www.elderly.gov.hk

Elderly Health Infoline: 2121 8080

