

# Visiting Health Team

Elderly Health Service,  
Department of Health



Department of Health



Elderly Health Service

Photo: A large scale community health promotion activity for elderly held by VHT



## Background

The Elderly Health Service, comprising 18 Elderly Health Centres and 18 Visiting Health Teams (VHTs), was established in 1998 to enhance primary health care to elderly people living in the community, improve their self-care ability, encourage healthy living and strengthen family support so as to minimise illness and disability.

The 18 VHTs serving each of the 18 districts in Hong Kong, adopting a multidisciplinary approach, reach out into the community and residential care settings to provide health promotion activities for the elderly and their carers in collaboration with other elderly service providers.

## Mission

To increase the health awareness of the elderly and their carers, strengthen the elderly people's self-care ability and to enhance the quality of caregiving.



## Target Service Recipients

1. Elderly
2. Carers (including family members, home helpers, domestic helpers, staff working in residential care homes for the elderly and elderly centres, and volunteers providing services to the elderly)



# Main Services

## (1) Health Promotion Activities

Conduct on-site health promotion activities in the form of health talks, skills training and support groups for elderly people and their carers in collaboration with other elderly service providers.

## (2) Residential Care Home for the Elderly (RCHE) Advisory Service

The VHTs conduct annual integrated assessment in all RCHEs to identify the individual needs of each RCHE to enable the planning and offering of appropriate on-site training and advisory service tailored to the needs of each RCHE. The training and advisory services cover topics including: drug management, nursing skills, menu planning, activities and exercise planning, environmental safety assessment and modification, infection control, etc.

## (3) Health Information and Publicity Activities

The VHTs also disseminate health information to the public via seminars, books, leaflets or pamphlets, audiovisual materials, Elderly Health Infoline, website and the mass media.

## Fees and Charges

All Services provided by the VHTs are free of charge.



# Contact Information

## Hong Kong Island

### Central and Western District Visiting Health Team

6/F, Sai Ying Pun Jockey Club Polyclinic, 134 Queen's Road West, Hong Kong

Tel: 2816 6555

### Eastern District Visiting Health Team

1/F, Block D, Perfect Mount Garden, 1 Po Man Street, Shau Kei Wan, Hong Kong

Tel: 2569 6464

### Southern District Visiting Health Team

6/F, Sai Ying Pun Jockey Club Polyclinic, 134 Queen's Road West, Hong Kong

Tel: 2817 1584

### Wan Chai District Visiting Health Team

Room 1401, 14/F, Guardian House, 32 Oi Kwan Road, Wan Chai, Hong Kong

Tel: 2891 4443

## Kowloon

### Kowloon City District Visiting Health Team

G/F, Lee Kee Memorial Dispensary, 99 Carpenter Road, Kowloon City, Kowloon

Tel: 2383 2053

### Kwun Tong District Visiting Health Team

G/F, Lam Tin Community Complex, 223 Pik Wan Road, Lam Tin, Kowloon

Tel: 2750 5665

### Sham Shui Po District Visiting Health Team

G/F, Nam Yiu House, Nam Shan Estate, Shek Kip Mei, Kowloon

Tel: 2779 9389

### Wong Tai Sin District Visiting Health Team

G/F, Lee Kee Memorial Dispensary, 99 Carpenter Road, Kowloon City, Kowloon

Tel: 2383 2109

### Yau Tsim Mong District Visiting Health Team

LG1, 60 Ting On Street, Ngau Tau Kok, Kwun Tong, Kowloon

Tel: 2243 3635

## New Territories

### Islands District Visiting Health Team

6/F, Sai Ying Pun Jockey Club Polyclinic, 134 Queen's Road West, Hong Kong

Tel: 2816 6555

### Kwai Tsing District Visiting Health Team

1/F, Shing Wo House, Kwai Shing East Estate, Kwai Yip Street, Kwai Chung, NT

Tel: 2439 5806

### North District Visiting Health Team

1/F, 108 Jockey Club Road, Shek Wu Hui, Sheung Shui, NT

Tel: 2671 6745

### Sai Kung District Visiting Health Team

3/F, Rm 326, 1 Sheung Wo Che Road, Sha Tin, NT

Tel: 2623 7980

### Sha Tin District Visiting Health Team

3/F, Rm 326, 1 Sheung Wo Che Road, Sha Tin, NT

Tel: 2145 8972

### Tai Po District Visiting Health Team

1/F, 108 Jockey Club Road, Shek Wu Hui, Sheung Shui, NT

Tel: 2671 6745

### Tsuen Wan District Visiting Health Team

1/F, Shing Wo House, Kwai Shing East Estate, Kwai Yip Street, Kwai Chung, NT

Tel: 2439 5806

### Tuen Mun District Visiting Health Team

1/F, Mdm Yung Fung Shee Health Centre, 26 Sai Ching Street, Yuen Long, NT

Tel: 2458 0417

### Yuen Long District Visiting Health Team

1/F, Mdm Yung Fung Shee Health Centre, 26 Sai Ching Street, Yuen Long, NT

Tel: 2458 0417

**Elderly Health Service, Department of Health**  
**Website: [www.elderly.gov.hk](http://www.elderly.gov.hk)**  
**Elderly Health Infoline: 2121 8080**

