

Family Summit 2013

Preparation for the 20th anniversary of UN International Year of the Family

Organized by the Hong Kong Council of Social Service

May 15, 2013

Concurrent Session 3 – Advancing Intergenerational Solidarity in an Aging Society

Caring Family Caregivers for Frail Older Adults: A View of Shared Responsibility

讓我們共同關顧體弱長者家庭護老者： 從今天做起

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內容提要

- 人口老齡化和長期照顧需求
- 家庭護老者和長期照顧政策
- 體弱長者長期照顧—分擔責任的思考
- 小結



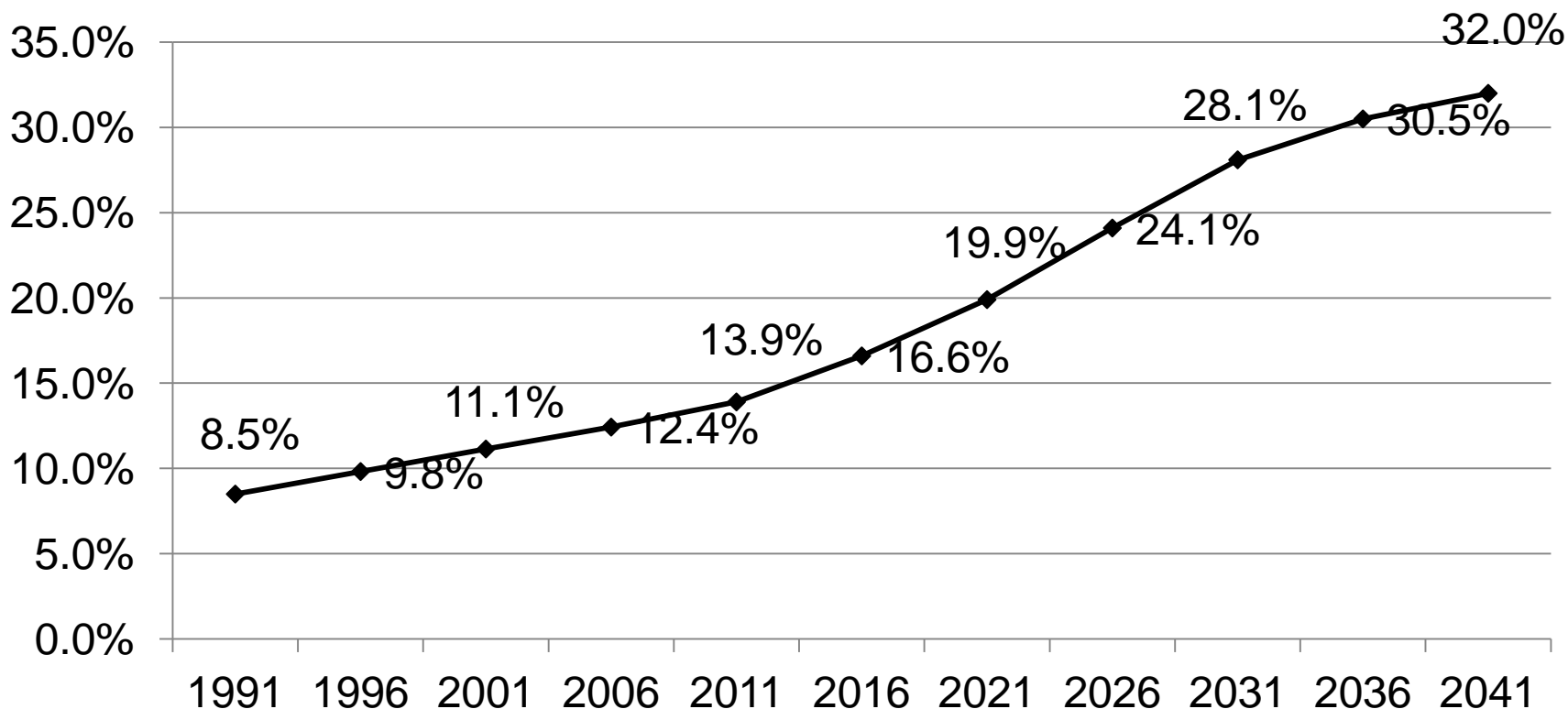
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香港人口老齡化加劇

香港65歲以上老年人口發展趨勢預測(1991-2041)



Sources:

Census and Statistics Department. (2008). Hong Kong 2006 Population By-census Thematic Report: Older Persons. Hong Kong: Census and Statistics Department. Retrieved from http://www.statistics.gov.hk/publication/stat_report/population/B11200532006XXXXB0100.pdf

Census and Statistics Department. (2012). Hong Kong in Figures, 2012 Feb Edition. Hong Kong: Census and Statistics Department. Retrieved from <http://www.statistics.gov.hk/pub/B10100062012AN12E0100.pdf>

Census and Statistics Department. (2012). Hong Kong Population Projections (2012-2041), 2012 Edition. Hong Kong: Census and Statistics Department. Retrieved from <http://www.statistics.gov.hk/pub/B1120015052012XXXXB0100.pdf>

香港人口老化同步經濟發展

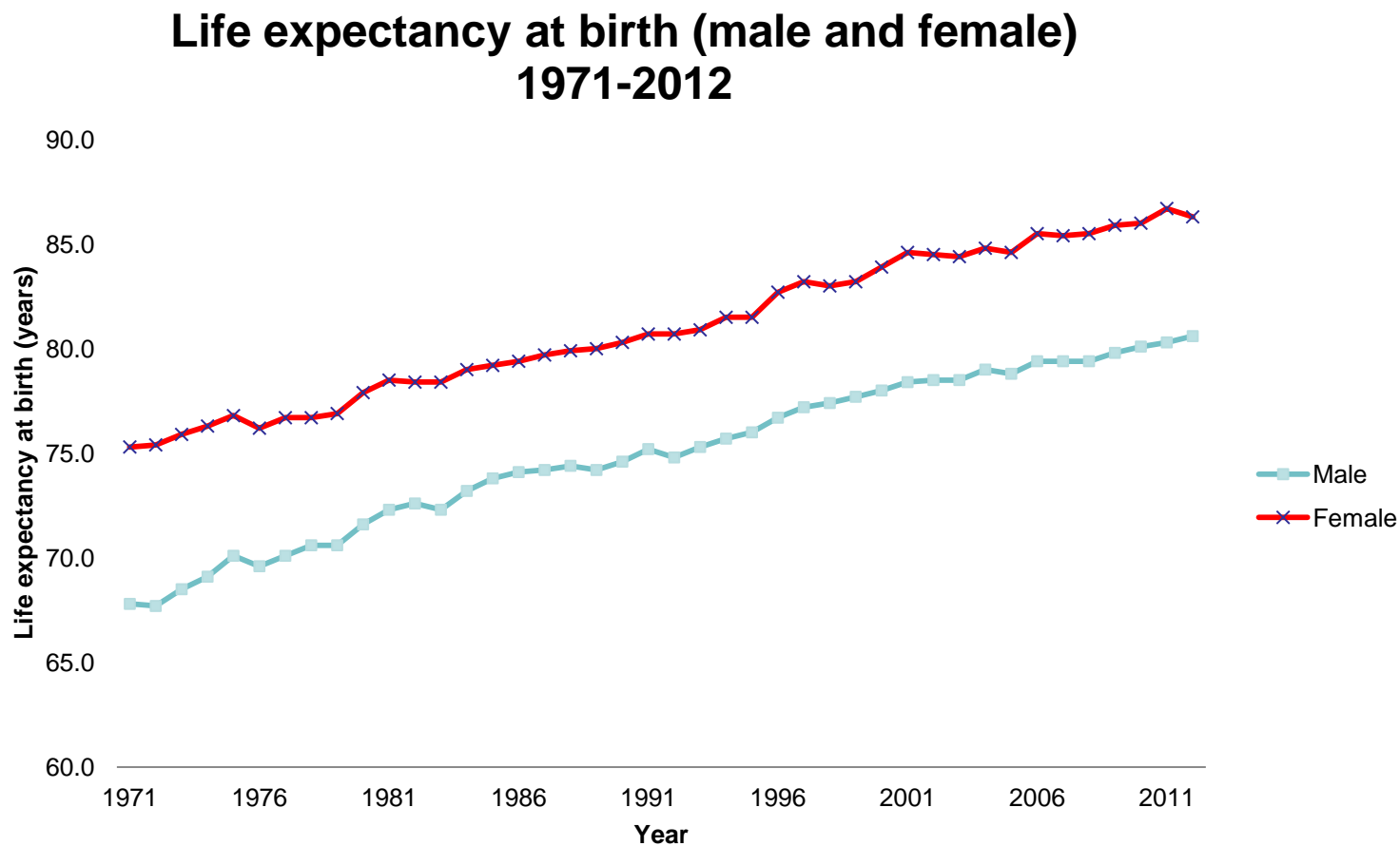
年份	人均生產總值（港幣）	65歲及以上人口佔總人口數百分比
1991	116,223	8.5%
1996	185,206	9.8%
2001	187,748	11.1%
2006	215,158	12.4%
2011	266,026	13.9%

Sources:

Census and Statistics Department. (2012). Hong Kong in Figures, 2012 Feb Edition. Hong Kong: Census and Statistics Department. Retrieved from <http://www.statistics.gov.hk/pub/B10100062012AN12E0100.pdf>

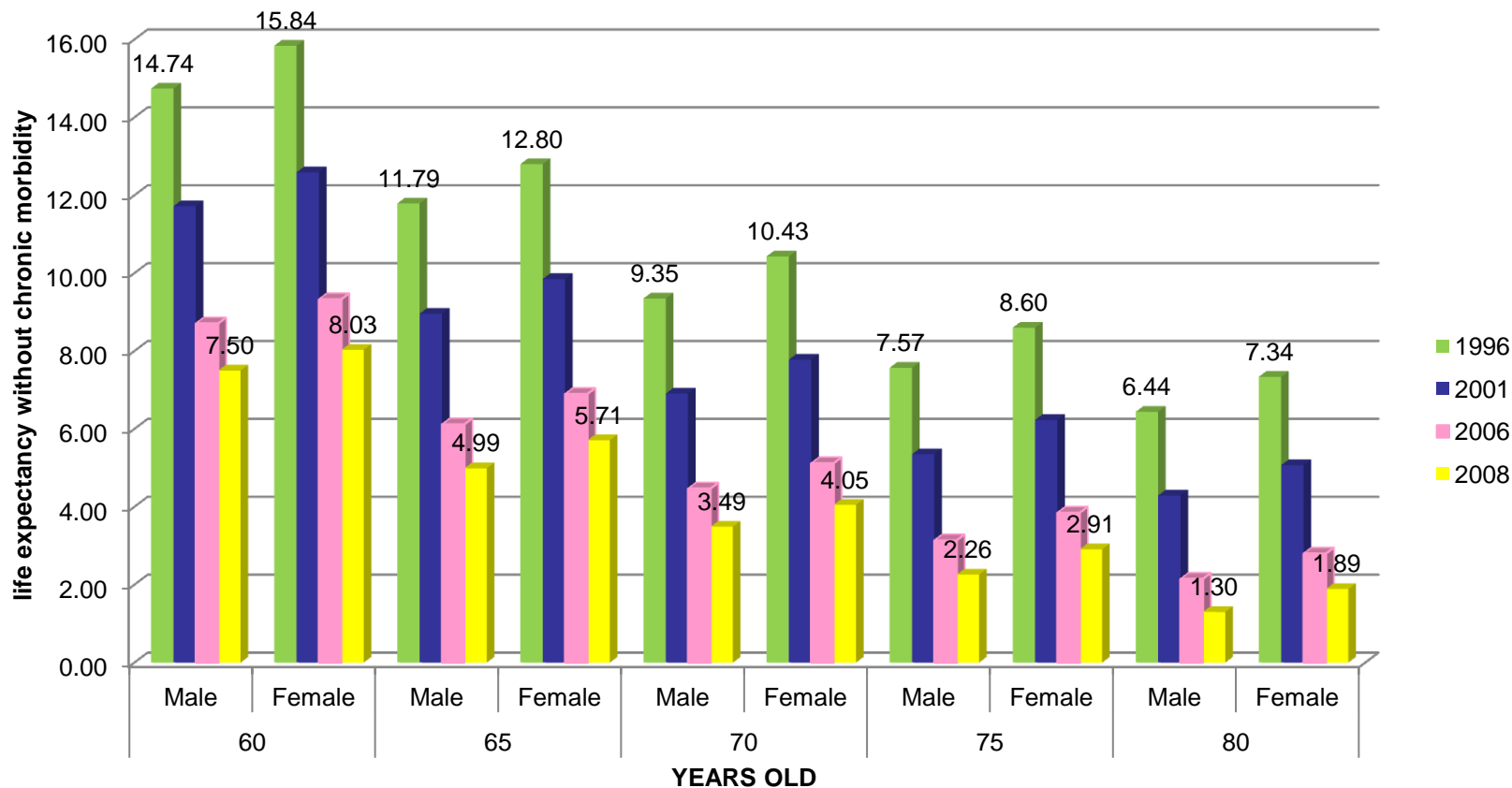
Financial services bureau. (2002). 2002 Economic prospects. Hong Kong: Financial services bureau. Retrieved from <http://www.statistics.gov.hk/pub/B6XX00022002AN02E0100.pdf>

香港長者的預期壽命—全球領先



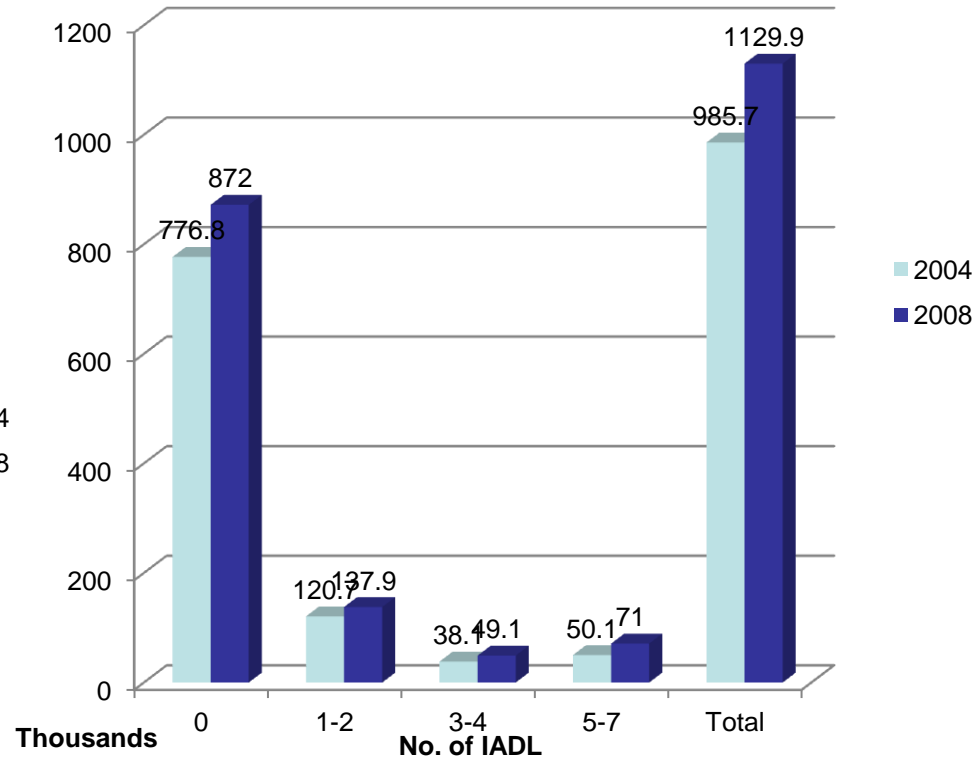
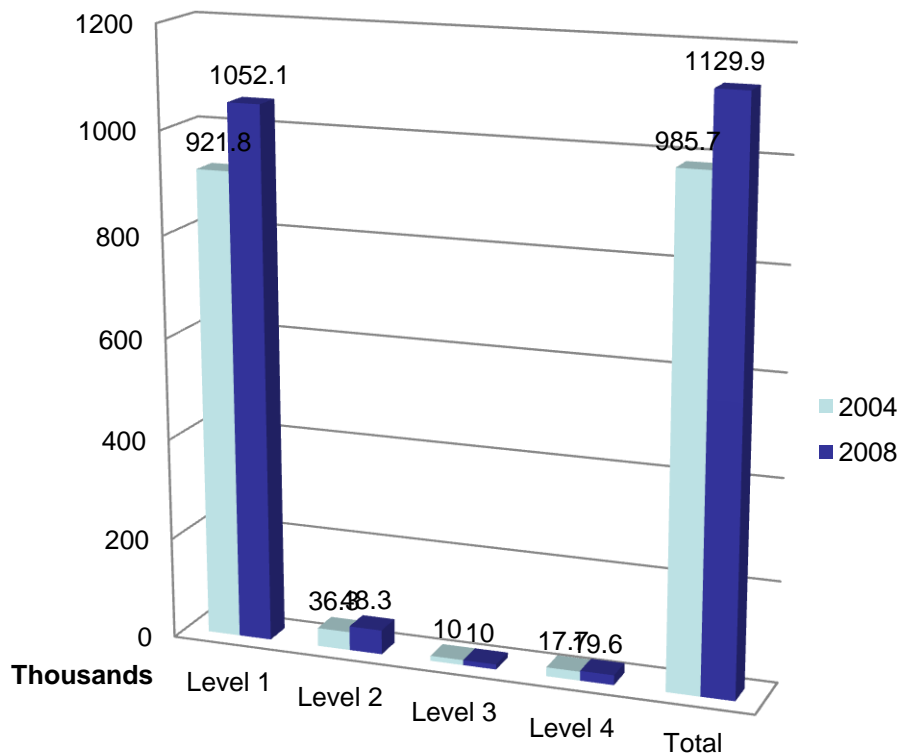
但是—健康預期壽命不見延遲

Life expectancy without chronic morbidity (CMFLE)
by age and sex (1996-2008)



Cheung, K. S. L., & Yip, P. S. F. (2010). Trends in healthy life expectancy in Hong Kong SAR 1996–2008. *European journal of ageing*, 7(4), 257-269.

日常生活能力缺損 (ADL Deficits)



Census and Statistics Department, H. K. (2009). *Thematic Household Survey Report No.40*. Hong Kong: Census and Statistics Department, HKSAR Retrieved from <http://www.statistics.gov.hk/pub/B11302402009XXXXB0100.pdf>

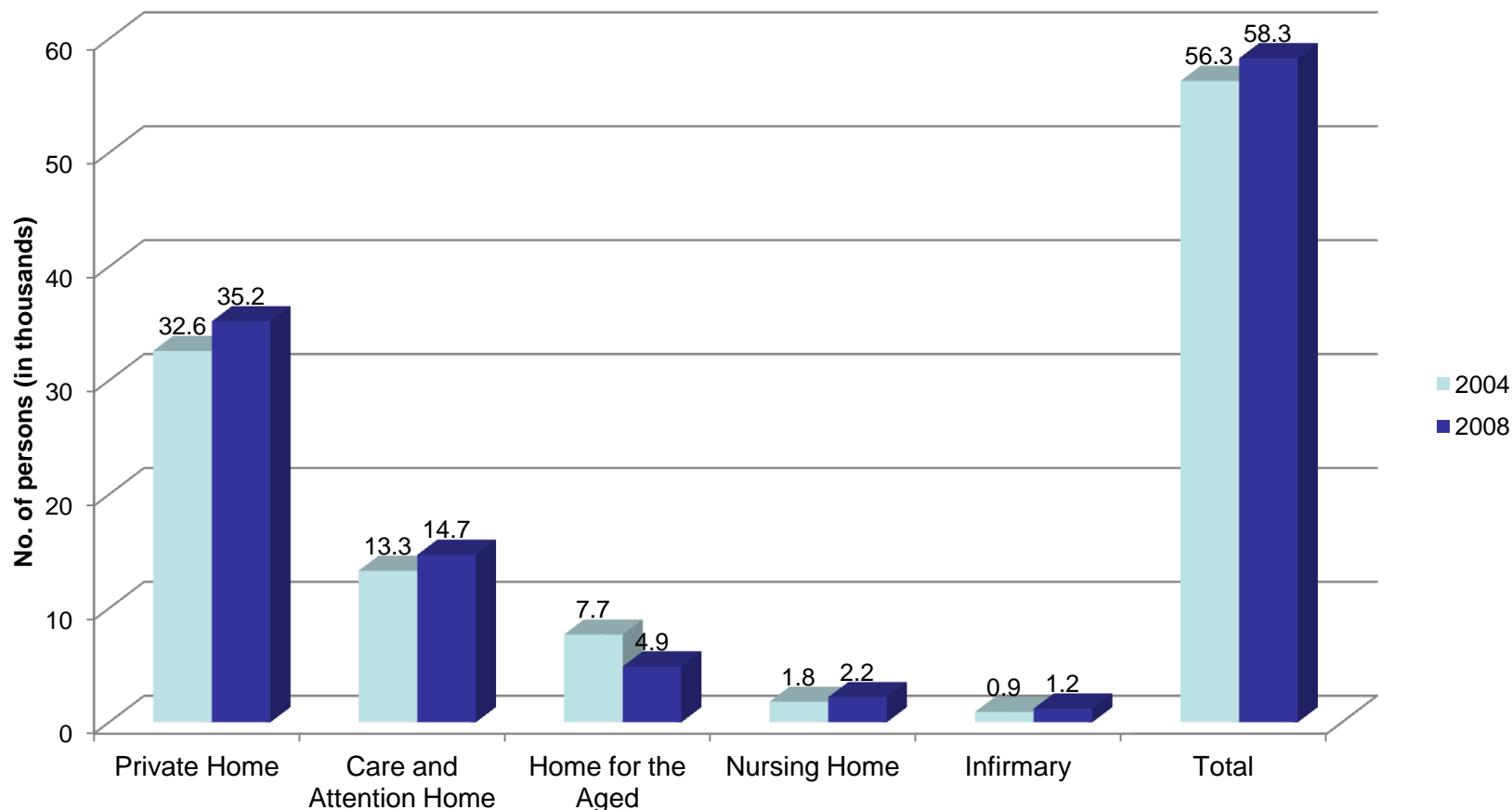
Census and Statistics Department, H. K. (2005). *Thematic Household Survey Report No.21*. Hong Kong: Census and Statistics Department, HKSAR Retrieved from <http://www.statistics.gov.hk/pub/B11302212005XXXXB0100.pdf>

申請政府資助長期照顧服務的長者特徵

		yov								
		2001	2002	2003	2004	2005	2006	2007	2008	2009
N		2306	10350	8287	11270	12817	14174	15569	16171	11772
Gender										
Male	ColPctN	40.81	36.65	38.66	40.50	40.50	38.42	40.66	40.01	41.09
Female	ColPctN	59.19	63.35	61.34	59.50	59.50	61.58	59.34	59.99	58.91
Age										
60-69	ColPctN	12.92	10.33	10.97	9.42	8.47	9.16	7.78	7.18	7.52
70-79	ColPctN	39.33	36.82	36.08	34.90	35.28	33.17	33.09	32.27	31.34
80-89	ColPctN	39.29	43.23	43.42	45.00	44.59	45.97	46.36	47.55	47.69
>=90	ColPctN	8.46	9.62	9.53	10.68	11.66	11.70	12.76	12.99	13.46
married										
Not	ColPctN	67.39	70.07	65.13	64.15	64.15	65.99	63.53	62.38	60.98
Married	ColPctN	32.61	29.93	34.87	35.85	35.85	34.01	36.47	37.62	39.02
Edu										
No	ColPctN	30.40	30.90	31.31	31.00	30.33	28.35	28.64	28.33	28.89
Some	ColPctN	69.60	69.10	68.69	69.00	69.67	71.65	71.36	71.67	71.11

香港體弱老人住院舍情況

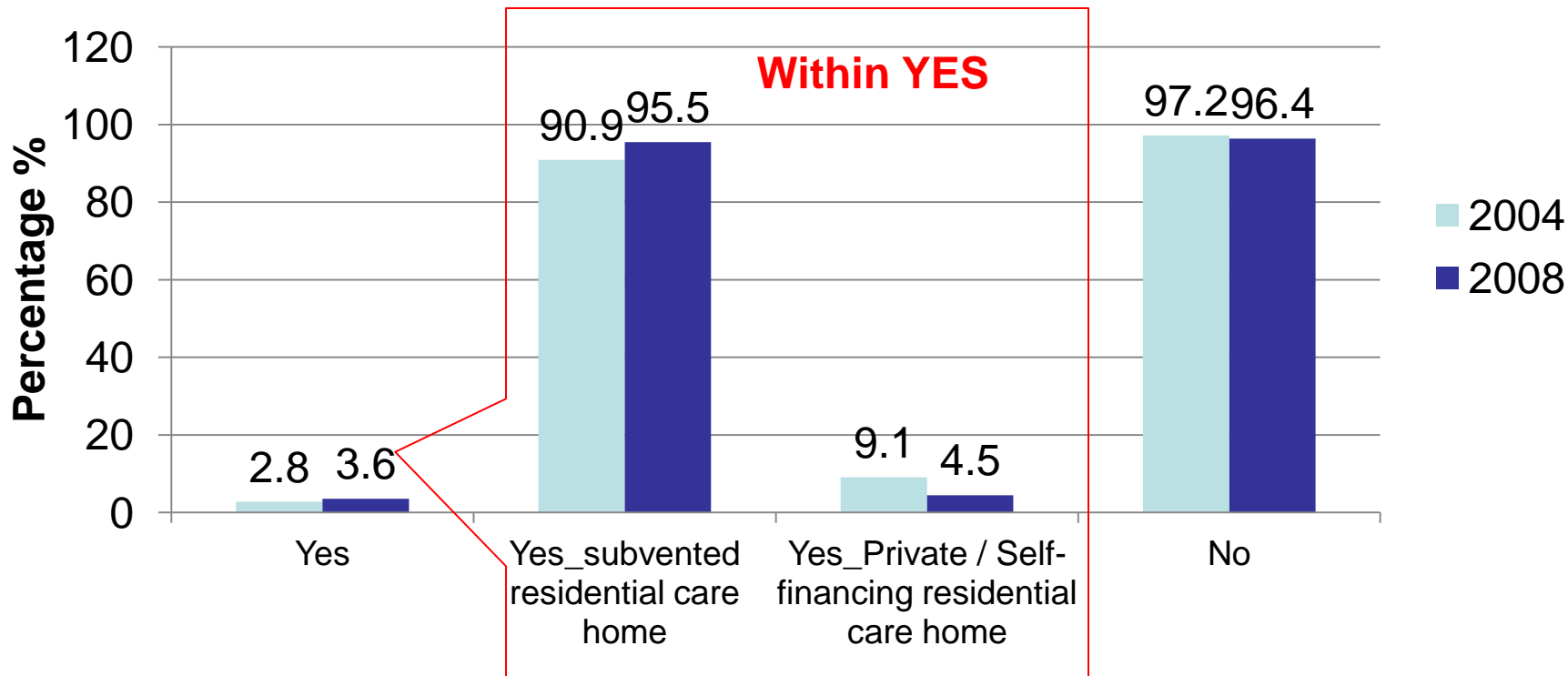
Institutional elderly by type of residential care institutional place



Census and Statistics Department, H. K. (2009). *Thematic Household Survey Report No.40*. Hong Kong: Census and Statistics Department, HKSAR Retrieved from <http://www.statistics.gov.hk/pub/B11302402009XXXXB0100.pdf>

Census and Statistics Department, H. K. (2005). *Thematic Household Survey Report No.21*. Hong Kong: Census and Statistics Department, HKSAR Retrieved from <http://www.statistics.gov.hk/pub/B11302212005XXXXB0100.pdf>

絕大多數長者的意願 - 在家中居住

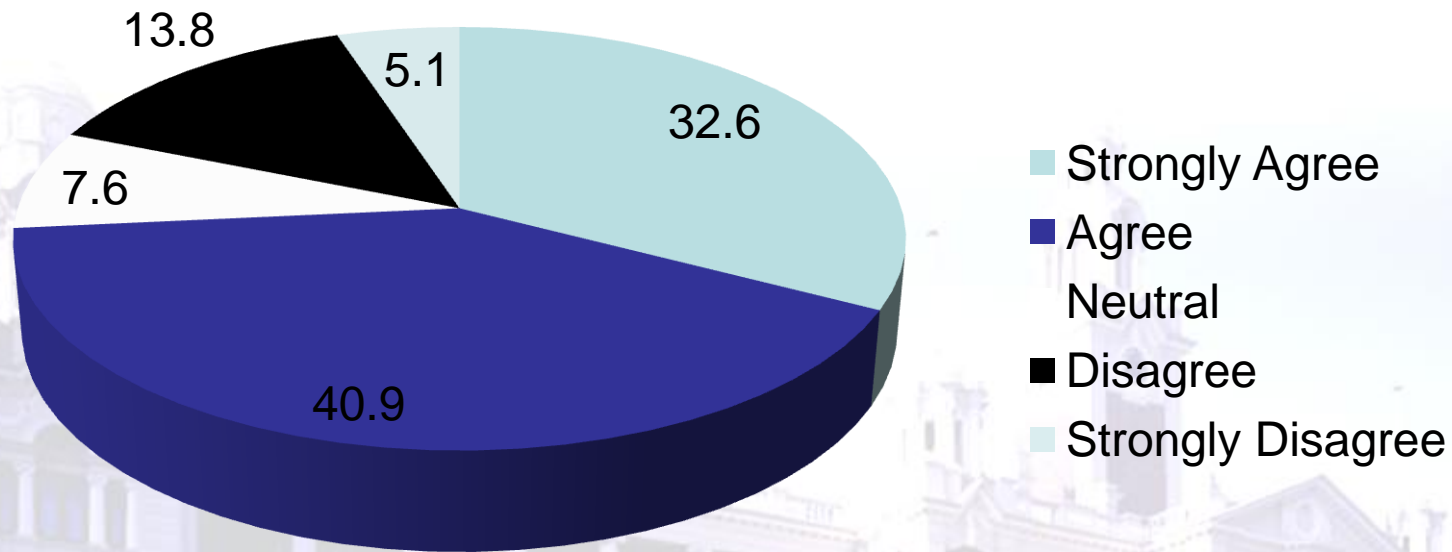


Census and Statistics Department, H. K. (2009). *Thematic Household Survey Report No.40*. Hong Kong: Census and Statistics Department, HKSAR Retrieved from <http://www.statistics.gov.hk/pub/B11302402009XXXXB0100.pdf>

Census and Statistics Department, H. K. (2005). *Thematic Household Survey Report No.21*. Hong Kong: Census and Statistics Department, HKSAR Retrieved from <http://www.statistics.gov.hk/pub/B11302212005XXXXB0100.pdf>

長者認為在家中接受長期照顧是比較好的安排

- 大多數受訪長者“同意”或者“非常同意” - 在家中接受照顧比在院舍好。



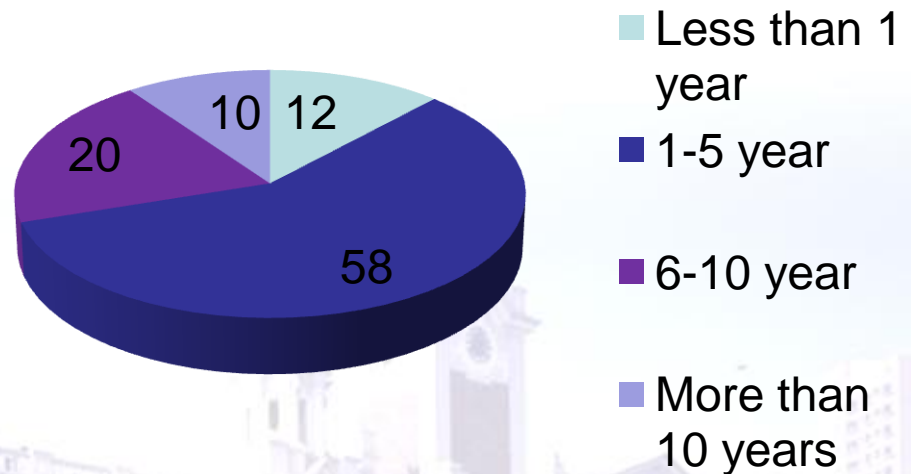
家庭護老者

- 與被照顧長者的關係:

- 配偶 ~25-30%
- 子女 ~50-60%
- 其他人 ~10-25%

- 照顧時間:

- 平均5年



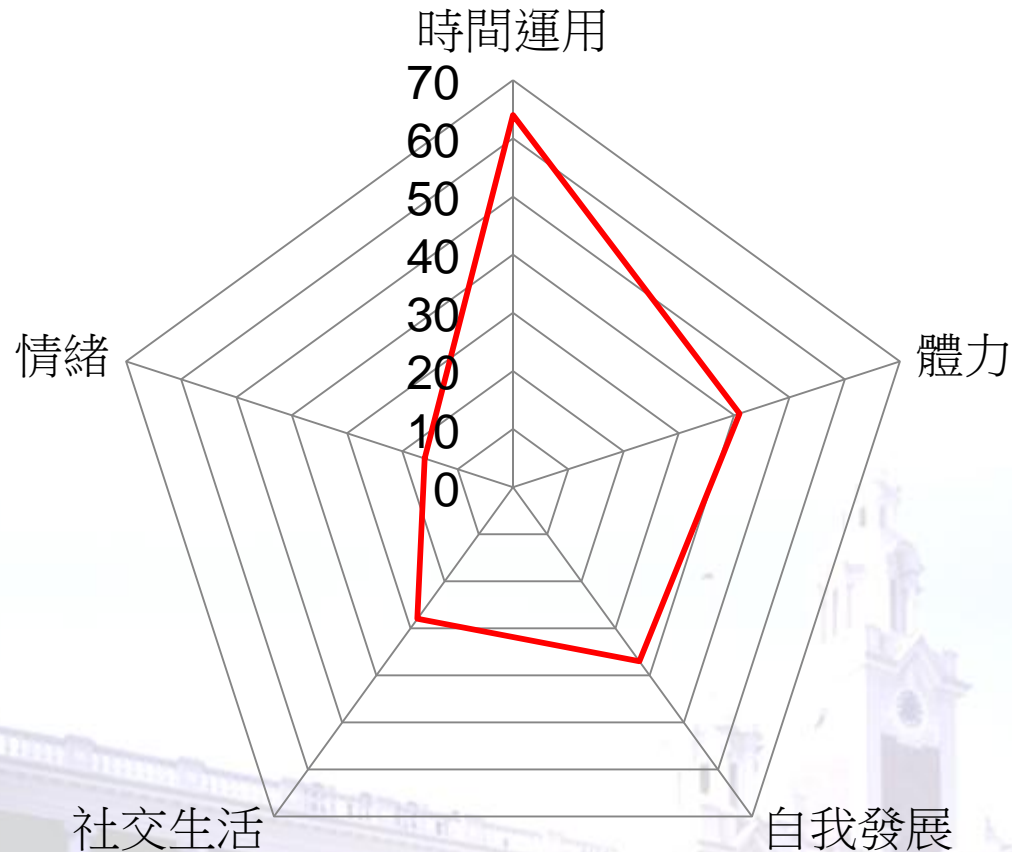
家庭護老者提供的照顧

Frequency of caregiving tasks being carried out by caregivers in past 3 months (N=74)

	Always/ Sometimes	Occasional	Rarely/ Never
	Freq (%)	Freq (%)	Freq (%)
ADL/IADL Care			
Observing health condition	72 (97.3)	2 (2.7)	0 (0)
Assist in shopping	62 (83.8)	3 (4.1)	9 (12.2)
Assist in medical consultation	61 (82.4)	6 (8.1)	7 (9.5)
Managing financial issues	57 (77.0)	3 (4.1)	14 (18.9)
Assist in medication & rehab	49 (66.2)	9 (12.2)	16 (21.6)
Assist on ADL	41 (55.4)	9 (12.2)	24 (32.4)
Escort to go out	39 (52.7)	15 (20.3)	20 (27.0)
Assist on IADL	38 (51.4)	13 (17.6)	23 (31.1)
Social Care			
Arranging social activities	26 (35.1)	13 (17.6)	35 (47.3)
Arranging entertainment	32 (43.2)	15 (20.3)	27 (36.5)
Financial Support	36 (48.6)	3 (4.1)	35 (47.3)
Emotional support	53 (71.6)	10 (13.5)	11 (14.9)

Lou , V. W. Q., & Chan, I. (2011). A study on family caregivers of frail community-dwelling older people aged 75 and above. Hong Kong: The University of Hong Kong.

照顧者壓力大



Lou, V. W. Q., & Chan, I. (2011). A study on family caregivers of frail community-dwelling older people aged 75 and above. Hong Kong: The University of Hong Kong.



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家庭護老者

- 日常生活照顧
 - 起居
 - 飲食
 - 個人清潔
 - 簡單護理
- 情緒/心理支持
- 求助
 - 醫院
 - 社區服務

養老機構為輔助

社區為依託

家庭為基礎

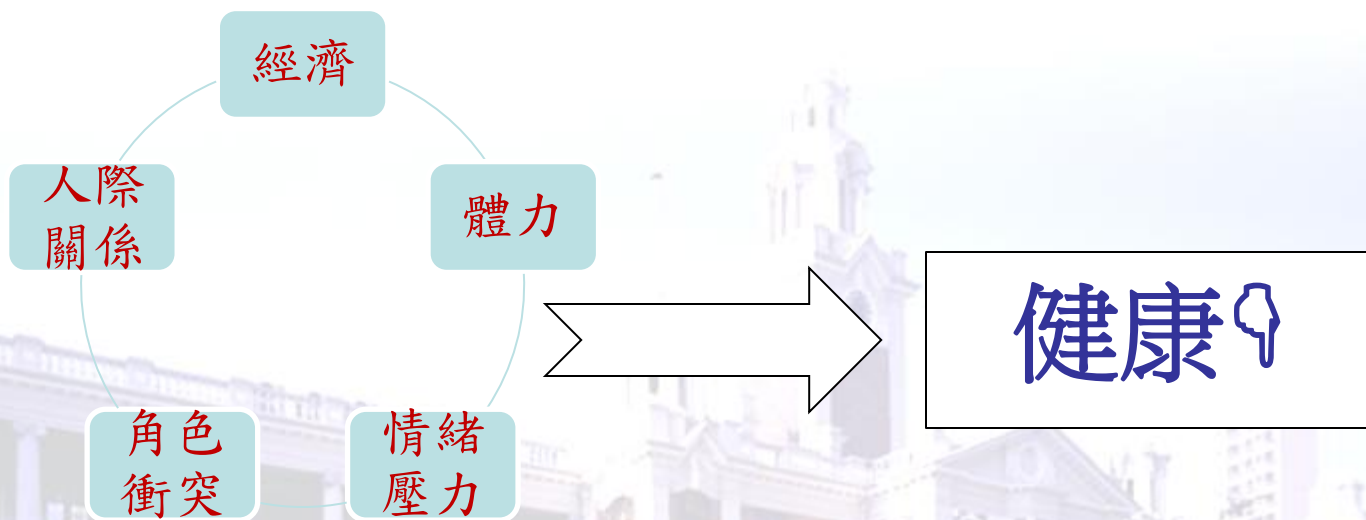


長者和家屬對服務認識不足

	CCS	RCS
Care and Attention Homes for the elderly	64.1	69.3
Day care centre / unit	44.1	52.8
Nursing Homes	42.1	37.6
Home help service	37.9	58.6
Community care services for the elders	26.2	30.0
Integrated Home Care Services	22.8	27.6
Enhanced Home & Community Care Services	22.8	17.9
Support teams for the elderly	13.1	17.9
Enhanced bought place scheme	13.1	14.8
Contract homes	11.0	13.1

家庭護老者面臨身心健康受損的威脅

照顧需求↑



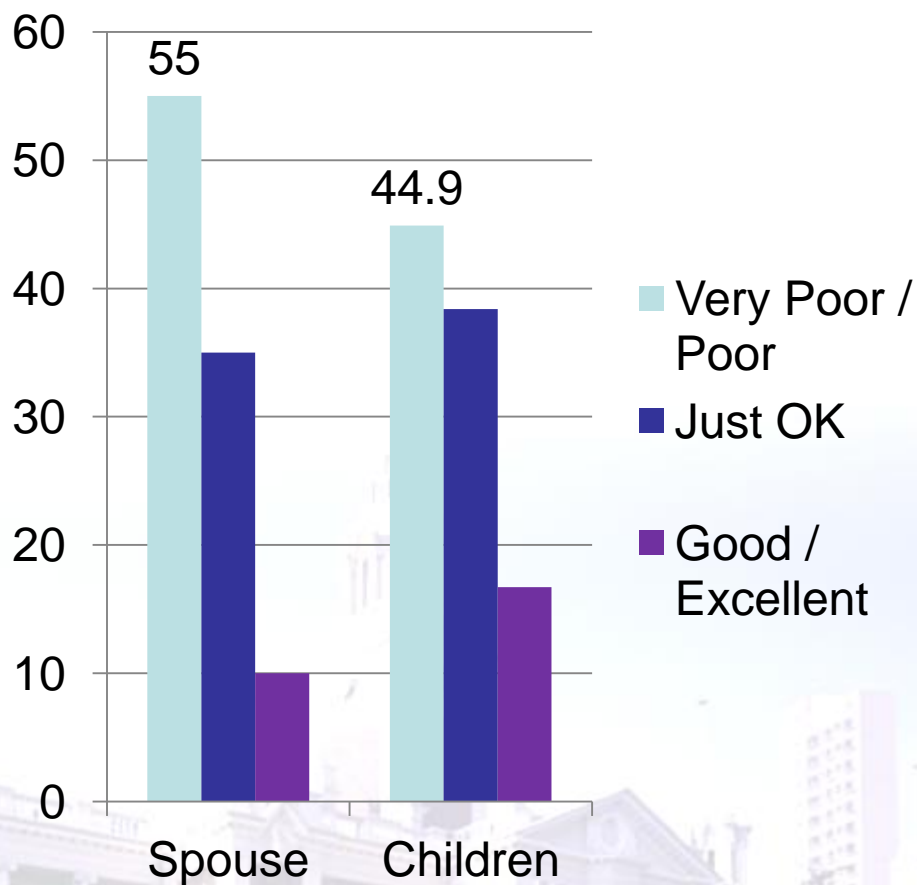
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身體健康受損

- 一半護老者評估自己的健康屬於“差”或者“很差”



心理健康受損（一）

體弱長者家庭照顧者（74人）

	<u>Mean (SD)</u>
生活滿意度 (SWLS) (range: 5-25)	17.4 (3.76)
抑鬱症狀 (CES-D) (range: 0-60)	12.2 (8.50)
	<u>Freq. (%)</u>
抑鬱症狀分值分佈	
0-15	52 (70.3)
16-30	20 (27.0)
31-60	2 (2.7)

Lou, V. W. Q., & Chan, I. (2011). A study on family caregivers of frail community-dwelling older people aged 75 and above. Hong Kong: The University of Hong Kong.



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心理健康受損 (二)

腦退化症家庭照顧者 (100人)

	人數 (%)
流行病學研究中心抑鬱量表 沒有抑鬱徵狀(低於10分)	22 (22%)
輕微抑鬱徵狀(10-15分)	30 (30%)
中度的抑鬱徵狀(16-24分)	31 (31%)
嚴重的抑鬱徵狀(高於25分)	17 (17%)

Lou, V. W. Q. et al. (2013). Service of demented patients in Tuen Mun. Hong Kong: CRN.



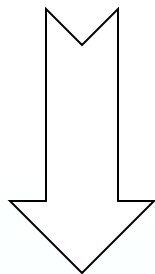
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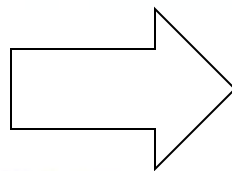
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家庭護老者面臨身心健康受損的威脅

照顧壓力↑



健康↓



難以繼續照顧
受照顧者生活
質量↓



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護老者在照顧選擇中起重要作用

照顧需求－認知缺損 (15.9%)

護老者資源－社會支持 / 財政支持
(10.3%)

社會心理因素－態度, 選擇在家中居住, 護老者沒有全職工作 (17.1%)



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家庭護老者

- 高齡長者－日常生活照顧需求大
- 長者－期望在家中接受照顧
- 養老機構床位數－共需不平衡嚴重

事實上，家庭護老者是長者長期照顧不可或缺的積極參與者



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香港長期照顧政策

第一階段

建立體制

- 統一評估工具、辦公室
- 中央輪候
- 評估員認證

第二階段

服務發展和重組

- 發展社區居家養老服務
- 優化院舍服務(持續照顧)

第三階段

服務津貼模式革新

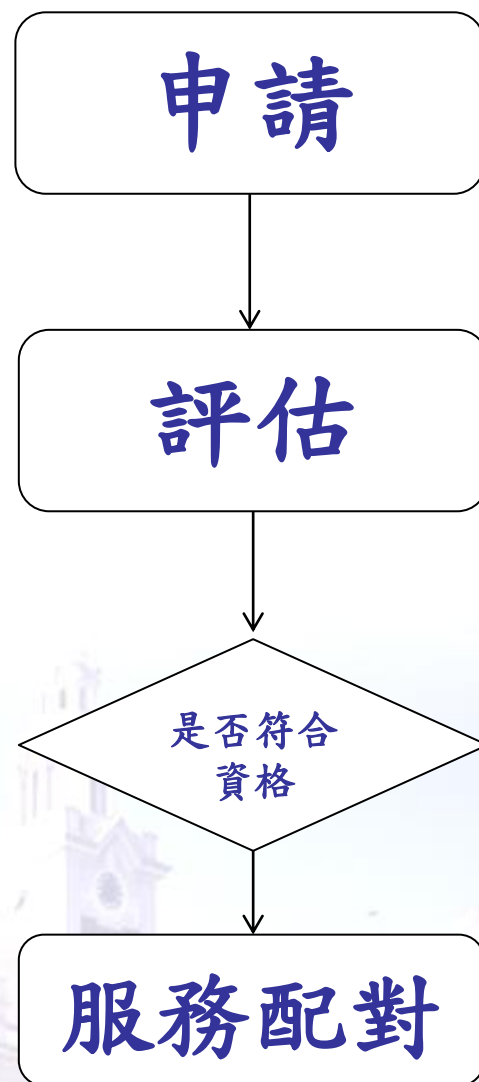
- 社區服務券(錢跟人走)



統一評估內容

- InterRAI Minimum Dataset

- 日常生活照顧功能
- 生理健康
 - 疾病
 - 症狀
 - 治療
- 心理和認知
- 照顧者情況
- 環境危機



香港長期照顧政策的優勢和挑戰

優勢

- 一站式准入
- 統一評估
- 多專業團隊提供的服務

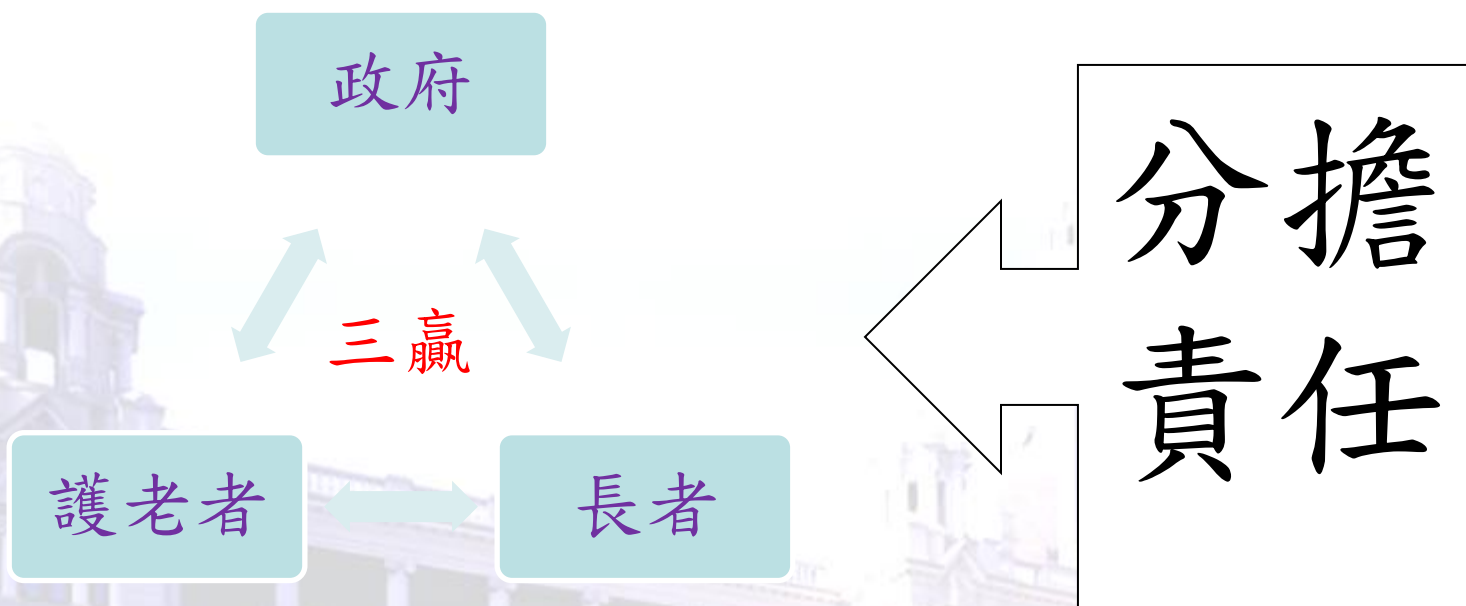
挑戰

- 長期照顧缺乏特定的資金來源
- 服務物件以體弱老人為主，家庭護老者還沒有成為服務物件
- 還沒有針對家屬照顧者的政策



家庭護老者政策議題的思考

- 什麼樣的政策能有效的幫助家庭護老者？



分擔日常照顧

	CCS	RCS
One adult child	52.7	55.6
Shared by adult children	67.1	68.2
One adult child and domestic helper	53.1	46.5
One adult child and community support service	63.4	48.3
Shared by adult children and domestic helper	60.1	55.6
Shared by adult children and community support service	66.7	53.1
Domestic helper and community support service	43.8	30.0
Domestic helper	31.7	21.0
Community support service	38.6	32.1
Residential facilities	9.0	44.8

分擔經濟負擔



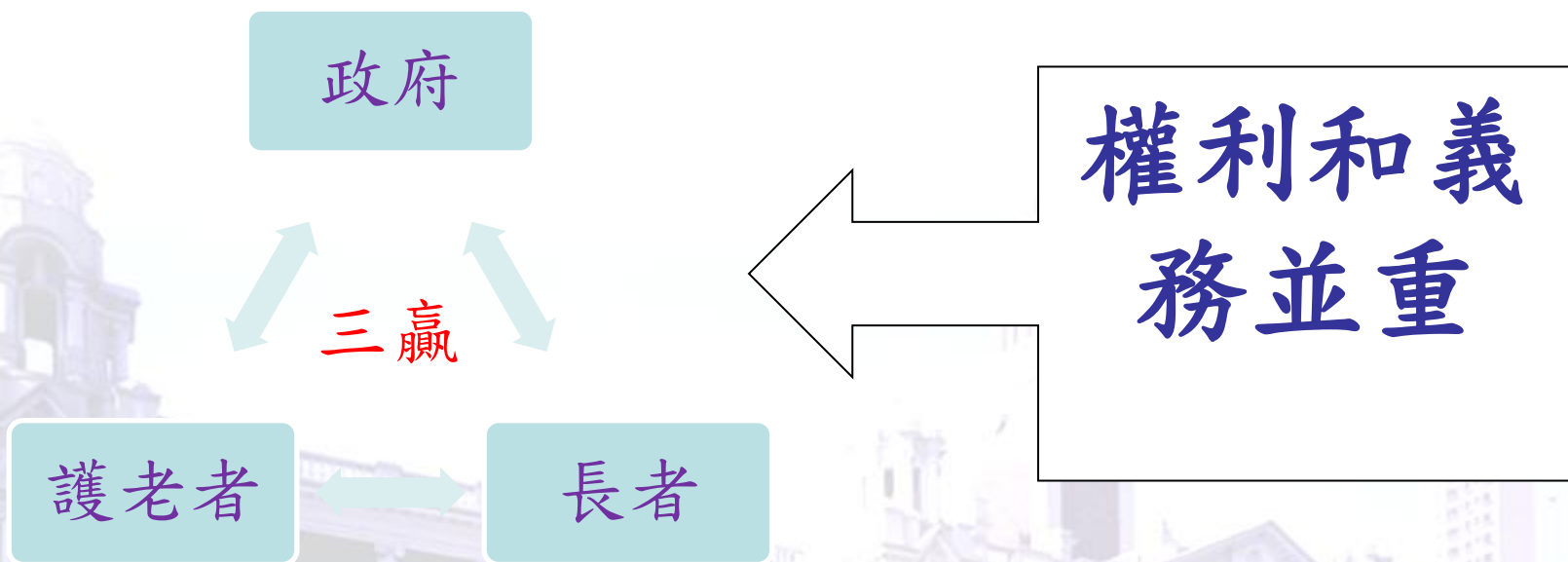
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家庭護老者政策議題的思考

- 什麼樣的政策能有效的促進三贏？



保障家庭護老者權利

- 美國National Family Caregivers Support Act [2000 as an amendment (Title IIIe) to the Older Americans Act (OAA)
- 對象: 1) 在家照顧體弱/長期病患/精神疾患/殘疾親屬; 2) 照顧兒童
- 政策: 政府有責任和義務提供以下的服務:
 1. 有關服務內容的信息
 2. 幫助有需要者或的有關服務
 3. 為家庭照顧者提供培訓/輔導/支持小組
 4. 為家庭照顧者提供臨時照顧服務
 5. 其他有需要的服務



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保障什麼？



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確保老人/護老者參與

- 政策制定—安老事物委員會、食衛局、社會福利署
 - 服務計畫
 - 服務發展
 - 服務提供
 - 服務評估



護老者組織
護老者團體



將家庭護老者納入長期照顧服務的當然服務對象

- 澳洲National Respite for Carers Program (NRCP)
- 對象: 為殘疾/體弱者提供照顧的親人或者朋友
- 服務內容:
 1. 信息
 2. 支持服務
 3. 臨時照顧



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引進新的長期照顧資助模式 — 推動權責平衡

- 消費者(老人)主導:
 - 從服務提供者到服務使用者轉變
 - 相信老人和家庭護老者的能力，支持知情選擇
 - 增加老人和家庭護老者選擇的範圍
 - 保障對老人和家庭護老者的服務品質



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小結

在制定老齡政策時，要把護老者作為主要對象之一

護老者有多方面的需要，護老者服務有利於居家養老目標的實現

護老者政策的議題：分擔責任、權責平衡



謝謝大家!

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