

外傭培訓-護老系列

**TRAINING FOR FOREIGN DOMESTIC
HELPERS - ELDERLY CARE SERIES**



對象 TARGET

對象為現正或將會照顧長者的外傭
Foreign / Domestic Helpers who are / will be
taking care of elderly persons

培訓目標 TRAINING AIMS

教授外傭照顧體弱長者的基本知識和技巧
To equip Foreign Domestic Helpers with basic knowledge and
skills for providing care for frail elderly persons

上課安排 CLASS ARRANGEMENTS

歡迎包班，可彈性規劃課程內容及上課時間
(包括星期六或日)
Class can be arranged upon request. We will provide tailor-
made class with flexible planning of course content and class
time (including Saturday or Sunday)

教學語言 MEDIUM OF INSTRUCTION

全英語或全廣東話
English or Cantonese Only

基本營養與食物準備

BASIC NUTRITION & FOOD PREPARATION

**時間 TIME**

兩小時 2 Hours

內容 CONTENT

1. 如何根據食譜烹飪
How to cook with recipes
2. 基本食材及特殊飲食需要之中餐準備
Basic food preparation & Chinese food for special diet needs
3. 食物、營養與健康的關係
Relationship between food, nutrition and health

教學模式 TEACHING METHOD

講課和練習 Lecture & Practice

導師 INSTRUCTOR

註冊護士 / 專職醫療人員
Registered Nurse / Allied Health Professional

費用 FEE

HK\$250

上課地點 TEACHING VENUE

明愛社區書院 - 紅磡
Caritas Institute of Community Education - Hung Hom

扶抱技巧和家居安全 TRANSFER SKILLS & HOME SAFETY



時間 TIME

兩小時 2 Hours

內容 CONTENT

1. 扶抱技巧示範及練習
Demonstration and practice of transfer techniques
2. 家居安全準備
Safety home preparations

教學模式 TEACHING METHOD

講課和學員互習 Lecture & Role Play

導師 INSTRUCTOR

註冊護士 / 專職醫療人員
Registered Nurse / Allied Health Professional

費用 FEE

HK\$200

上課地點 TEACHING VENUE

明愛賽馬會社區書院 - 荃灣
Caritas Jockey Club Institute of Community Education -
Tsuen Wan

長者常見疾病 ELDERLY COMMON DISEASES



時間 TIME

兩小時 2 Hours

內容 CONTENT

1. 長者常見慢性病介紹
Introduction of common chronic illness of elderly
2. 正確的健康監測和記錄
Proper health monitoring and recording

教學模式 TEACHING METHOD

講課和學員互習 Lecture & Role Play

導師 INSTRUCTOR

註冊護士 / 專職醫療人員
Registered Nurse / Allied Health Professional

費用 FEE

HK\$200

上課地點 TEACHING VENUE

明愛賽馬會社區書院 - 荃灣
Caritas Jockey Club Institute of Community Education -
Tsuen Wan

個人衛生和壓瘡預防 PERSONAL HYGIENE & PRESSURE ULCER PREVENTION



時間 TIME

兩小時 2 Hours

內容 CONTENT

1. 個人清潔和衛生程序
Personal hygiene and grooming procedures
2. 預防壓瘡
Pressure ulcer prevention

教學模式 TEACHING METHOD

講課和學員互習 Lecture & Role Play

導師 INSTRUCTOR

註冊護士 / 專職醫療人員
Registered Nurse / Allied Health Professional

費用 FEE

HK\$200

上課地點 TEACHING VENUE

明愛賽馬會社區書院 - 荃灣
Caritas Jockey Club Institute of Community Education -
Tsuen Wan

沐浴和穿衣技巧 BATHING & DRESSING SKILLS



時間 TIME

兩小時 2 Hours

內容 CONTENT

1. 適當的沐浴和穿衣技巧以預防創傷
Injury prevention through proper bathing & dressing techniques
2. 穿除衣物，淋浴和床上沐浴的正確程序
Proper proceduces for wearing & removing cloth, showering & bed bathing

教學模式 TEACHING METHOD

講課和學員互習 Lecture & Role Play

導師 INSTRUCTOR

註冊護士 / 專職醫療人員
Registered Nurse / Allied Health Professional

費用 FEE

HK\$200

上課地點 TEACHING VENUE

明愛賽馬會社區書院 - 荃灣
Caritas Jockey Club Institute of Community Education -
Tsuen Wan

查詢電話 ENQUIRY TEL
3610 3700

WHATSAPP
9517 2012

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新界荃灣眾安街 146 號 (荃灣西站 D 出口)
Caritas Jockey Club Institute of Community Education - Tsuen Wan
146 Chung On Street, Tsuen Wan, N.T.
(Tsuen Wan West Station Exit D)



明愛社區書院 - 紅磡
九龍紅磡戴亞街 5 號 (黃埔站 A 出口)
Caritas Institute of Community Education - Hung Hom
5 Dyer Avenue, Hung Hom, Kowloon
(Whampoa Station Exit A)

