



2026 年 7 月：居家护理服务： 保持健康与独立 **Home Care Services: Keeping You Well and Independent**

亚省基层护理部多元社区联系组健康生活路计划在中文电台 FM 94.7 进行广播

什么是居家护理？

居家护理是一项帮助你或你所爱的人尽可能长时间维持安全和独立的服务。居家护理包括专业和个人护理服务。

谁有资格获得居家护理？

只要居住在亚伯达省持有有效医疗卡，而其需求能安全地在家中被满足到，即可获得居家护理服务。

居家护理个案经理

居家护理个案经理使用标准化评估工具来识别您的需求，助您和您的亲人联络最合适的医疗用品或辅助设备及技术。

专业健康服务包括：

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- 预防、筛查和受理客户;
- 健康状况和/或医疗状况评估;
- 进行治疗和操作系统;
- 康复服务使身体功能最大化;
- 用药管理;
- 舒缓疗护或临终关怀;
- 教学和督导自我照顾;
- 向家庭成员及其他照护者教授护理和操作系统;以及
- 教学和监督家庭支持服务提供者
- 提供个别护理并完成指定活动。

个人护理服务包括:

- 个人卫生（洗澡和梳理）；
- 穿衣;
- 如厕和失禁管理;
- 移动与转移;
- 协助用餐和口腔护理;
- 协助用药。

部分居家护理客户可能需要获得家庭和社区支持服务，包括满足治疗性娱乐和社交需求的服务，以及支持在社区中独立生活的活动。

一些居家护理客户可能需要并获得护理人员的支持和临时照护服务，帮助那些支持他们在执行护理任务时保持健康的人。这些服务可能包括获取服务的信息和帮助、教育、技能培训和临时照护。

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我对居家护理的需求将如何确定服务受理？

你的护理需求将由个案经理在你的协助下进行评估。您和您的个案经理将与您的护理人员共同制定专属的护理计划。

谁来照顾我？

您的个案经理拥有一支本地医疗专业人员团队的支持，提供医护服务。根据您的需求，医疗团队可能包括您的家庭医生、护士、物理治疗师、药剂师、医护助理及其他人员。

居家护理服务在哪里提供？

服务可以在家中或诊所环境中提供。其灵活性足以在多种不同环境中提供服务。

居家护理服务

您可以通过拨打下方相应号码申请居家护理服务。

北方：

1-855-371-4122

埃德蒙顿：

1-780-496-1300

中区：

1-855-371-4122

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卡尔加里：

1-403-943-1920 或

1-888-943-1920

南区：

1-866-388-6380

家人、朋友、邻居或医疗专业人员也可以代表您拨打电话。

欲了解更多信息：请致电 Health Link 811。

新工具使访问 Health Link 811 更加便捷

非紧急健康咨询和信息现在更容易获取，得益于亚伯达省初级保健健康连接 811 提供的两项新工具。

亚伯达省居民可利用新推出的 *的修度侯悦职夫* 平台，周一至周五上午 8 点至下午 4 点 15 分，实时与健康信息护士聊天，讨论包括疫苗接种、医疗保险覆盖或寻找家庭医生等多种话题。

想与注册护士通话的患者还可以尝试新的 *柄韦因男* 功能，免去等待的麻烦。来电者在轮到自己排队时会收到回电。

的修度侯悦职夫 和 *柄韦因男* 不适用于紧急或急诊患者。如果患者的担忧是紧急或急诊的，应拨打其他服务（例如毒物控制中心）、前往急诊护理中心、拨打 911 或前往急诊科。

要开始使用这些新工具，患者可以在 primarycarealberta.ca 主屏幕上打开 Contact Health Link。

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