



2026 年 7 月：居家護理服務： 保持健康與獨立 **Home Care Services: Keeping You Well and Independent**

亞省基層護理部多元社區聯繫組健康生活路計劃在中文電臺 FM 94.7 進行廣播

什麼是居家護理？

居家護理是一項幫助你或你所愛的人儘可能長時間維持安全和獨立的服務。居家護理包括專業和個人護理服務。

誰有資格獲得居家護理？

只要居住在亞伯達省持有有效醫療卡，而其需求能安全地在家中被滿足到，即可獲得居家護理服務。

居家護理個案經理

居家護理個案經理使用標準化評估工具來識別您的需求，助您和您的親人聯絡最合適的醫療用品或輔助設備及技術。

專業健康服務包括：

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- 預防、篩查和受理客戶;
- 健康情況和/或醫療狀況評估;
- 進行治療和操作程式;
- 康復服務使身體功能最大化;
- 用藥管理;
- 舒緩療護或臨終關懷;
- 教學和督導自我照顧;
- 向家庭成員及其他照護者教授護理和操作程式; 以及
- 教學和監督家庭支援服務提供者;
- 提供個別護理並完成指定活動。

個人護理服務包括:

- 個人衛生 (洗澡和梳理) ;
- 穿衣;
- 如廁和失禁管理;
- 移動與轉移;
- 協助用餐和口腔護理;
- 協助用藥。

部分居家護理客戶可能需要獲得家庭和社區支援服務，包括滿足治療性娛樂和社交需求的服務，以及支援在社區中獨立生活的活動。

一些居家護理客戶可能需要並獲得護理人員的支持和臨時照護服務，幫助那些支持他們在執行護理任務時保持健康的人。這些服務可能包括獲取服務的信息和說明、教育、技能培訓和臨時照護。

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我對居家護理的需求將如何確定服務受理？

你的護理需求將由個案經理在你的協助下進行評估。您和您的個案經理將與您的護理人員共同制定專屬的護理計劃。

誰來照顧我？

您的個案經理擁有一支本地醫療專業人員團隊的支援，提供醫護服務。根據您的需求，醫療團隊可能包括您的家庭醫生、護士、物理治療師、藥劑師、醫護助理及其他人員。

居家護理服務在哪裡提供？

服務可以在家中或診所環境中提供。其靈活性足以在多種不同環境中提供服務。

居家護理服務

您可以通過撥打下方相應號碼申請居家護理服務。

北方：

1-855-371-4122

埃德蒙頓：

1-780-496-1300

中區：

1-855-371-4122

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卡爾加里：

1-403-943-1920 或

1-888-943-1920

南區：

1-866-388-6380

家人、朋友、鄰居或醫療專業人員也可以代表您撥打電。

欲瞭解更多資訊：請致電健康連線 811。

新工具使訪問健康連線 811 更加便捷

非緊急健康諮詢和資訊現在更容易獲取，得益於亞伯達省初級保健健康連接 811 提供的兩項新工具。

亞伯達省居民可利用新推出的 **修度恤訂职夫开白**，週一至週五上午 8 點至下午 4 點 15 分，即時與健康資訊護士聊天，討論包括免疫接種、醫療保險覆蓋或尋找家庭醫生等多種話題。

想與註冊護士通話的患者還可以嘗試新的 **濠韦因孛** 功能，免去等待的麻煩。來電者在輪到自己排隊時會收到回電。

修度俟悦职夫 和 **柄韦因男** 不適用於緊急或急診患者。如果患者的擔憂是緊急或急診的，應撥打其他服務（例如毒物控制中心）、前往急診護理中心、撥打 911 或前往急診科。

要開始使用這些新工具，患者可以在 **primarycarealberta.ca** 主屏幕上打開 **Contact Health Link**。

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