

Special Rehabilitation Program



 Aged 60 or over

To serve those elderly who are in need of maintenance/preventive rehabilitation service

Service Scope

Program	Aim
Fall Prevention	Balance training and gait improvement
Pain Management	Pain relief
Stroke Rehabilitation	Balance, maintain or improve upper/lower limb functions and Activities of Daily Living
Physical Fitness Training	Balance, gait training and strengthening
Cognitive Training	Maintain or improve cognitive functions in memory, attention, executive functions and language ability
Knee Health	Return to normal Activity of Daily Living
Sensory motor training	Maintain or improve functioning of the sensory systems including visual, auditory, tactile, olfactory, and proprioceptive systems



Dot wall

Advanced equipment

Service Hours

Monday to Friday from 3:30pm to 5:30pm

Saturday from 1:30pm to 5:30pm

Closed on Sundays and Public Holidays

Service Charge

(Charge for 45 minutes session*)

- Rehabilitation exercise under supervision of physiotherapist (PT) or occupational therapist (OT) **\$380**
- Rehabilitation exercise delivered by supporting staff **\$150**



More Details

*A minimum number of **8 service sessions within 3 months** for each Program is required.

Enquiry

Application Methods: Elders and/or family members fill in and submit application form on Elderly Day Care Centre website/call or visit the Centre to register.

2830-8802

 : 7/F, Block A, St. Paul's Hospital, 2 Eastern Hospital Road, Causeway Bay, Hong Kong

 : edcc@stpaul.org.hk

 : 2837-5259

 : www.edcc.stpaul.org.hk