



耆暉會

華人防止虐老及忽略長者教育計劃



1. 改用自動轉帳代替支票過戶，例如老人金直接存入戶口
2. 所有支票切記要填寫收款人名稱及銀碼，即使發給家人的也不例外
3. 不要以金錢或產業作受照顧的交換條件
4. 切勿用電話及電腦提供個人信用卡或銀行戶口資料
5. 受權可靠的親友管理財務之餘，自己亦清楚自己的財政狀況及好好保存財務檔案
6. 明瞭自己的權益，清楚瞭解保護自己的法律知識，例如在完全明白內容下才簽署文件
7. 主動向信任的人尋求協助及傾訴感受
8. 運用社區支援服務，向專業人士查詢或求助
9. 認識及發掘社區給予長者的支援，提防過份依賴單一照顧者
10. 發揮互相守望相助的精神，如發現身邊的朋友或長者懷疑遭受到虐待的情況，主動關心和聆聽其需要
11. 多參加社區活動，擴大社交圈子，保持和外界聯系
12. 準備隨身急救包，裡面包括：身份證明、健康卡及現金，以備不時之需



Carefirst Seniors & Community Services Association
 耆暉會
 Community Support Services -Scarborough and York Region
 社區支援服務部--士嘉堡及約克區
 July to September (2020) Program Schedule
 二零二零年七月至九月活動表

Topic/講題	Date/日期	Time/時間	Venue/活動地點
July /七月份			
Positive Mind, Positive Mood (Cantonese Workshop) 正向思維.正向情緒 (粵語講座)	July 7 (Tuesday) 七月七日 (星期二)	10:00am to 11:00am 上午十時至十一時	Zoom Virtual Platform 網上資訊平台
Fraud Prevention (Cantonese Workshop) 小心疫疫 (粵語講座)	July 14 (Tuesday) 七月十四日 (星期二)	10:00am to 11:00am 上午十時至十一時	
Living Options (Cantonese Workshop) 樂居安省 (粵語講座)	July 21 (Tuesday) 七月二十一日 (星期二)	10:00am to 11:00am 上午十時至十一時	
Safety Plan (Cantonese Workshop) 安心"寶" - 危機的準備 (粵語講座)	July 24 (Friday) 七月二十四日 (星期五)	10:00am to 11:00am 上午十時至十一時	
Emergency Preparedness (Cantonese Workshop) 危機處理 (粵語講座)	July 28 (Tuesday) 七月二十八日 (星期二)	10:00am to 11:00am 上午十時至十一時	



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Topic/講題	Date/日期	Time/時間	Venue/活動地點
August /八月份			
Fraud Prevention (Mandarin Workshop) 防止詐騙 (國語講座)	August 4 (Tuesday) 八月四日 (星期二)	10:00am to 11:00am 上午十時至十一時	Zoom Virtual Platform 網上資訊平台
Advance care planning (Cantonese Workshop) 預置計劃 (粵語講座)	August 7 (Friday) 八月七日 (星期五)	2:00pm to 3:00pm 下午二時至三時	
Home Safety (Cantonese Workshop) 長者家居安全 (粵語講座)	August 11 (Tuesday) 八月十一日 (星期二)	10:00am to 11:00am 上午十時至十一時	
Senior Benefits & Financial Abuse (Cantonese Workshop) 安省長者福利及財政虐待 (粵語講座)	August 14 (Friday) 八月十四日 (星期五)	2:00pm to 3:00pm 下午二時至三時	
Senior Benefits (Cantonese Workshop) 安省長者福利 (粵語講座)	August 15 (Saturday) 八月十五日 (星期六)	10:00am to 12:00am 上午十時至十二時	
			Carefirst One Stop Multi-Services Centre -- 300 Silver Star Blvd, Scarborough 耆暉會一站式綜合社區服務中心



Carefirst Chinese Elder Abuse Education & Prevention Program



1. Set up Automatic Payment to replace cheque payment instead, such as using Automatic Payment Service for your Old Age Security Allowance.
2. Fill out payee and exact amount of money prior to issuing any cheque, even for family members.
3. Avoid using any financial reward or/ and other forms of assets as a means for securing caregiving service.
4. Do not provide your bank account nor your credit card information to anyone via phone, tablet or internet system.
5. Stay yourself abreast of your financial conditions and keep your financial statements on file, even you have a reliable person being your "Continuing Power of Attorney for Property" .
6. Understand your legal rights and the content of any legal documents prior to signing it.
7. Reach out proactively to the people you trust for help whenever appropriate.
8. Seek help from professional and leverage community support services for assistance if needed
9. Heighten your knowledge of different types of services to seniors and avoid over relying on a sole caregiver.
10. If you come across any of your friends or seniors who might being abused, please reach out and listen to them attentively.
11. Broaden your support network by participating in community activities and staying contacts with your community.
12. Have an emergency kit in place, including your ID Card, Health Card and ready cash for any unexpected circumstance.



Community Support Services -Scarborough and York Region

社區支援服務部--士嘉堡及約克區

Week Days Information and Referral Service (Monday to Friday)

Services include: Senior Benefits, Aging at Home, Integrate Care, Transitional Care Centre and Supportive Counseling and Referral etc.

Service Hours: 9:00am to 5:00pm

Saturday Information and Referral Service:

August 15 and September 12 from 10:00am to 12:00pm

週一至週五服務查詢及轉介:

內容包括: 有關長者福利諮詢, 長者整體護理, 短期暫住護理服務, 支援輔導及轉介服務等

服務時間: 早上九時至下午五時

週六服務查詢及轉介:

八月十五日及九月十二日上午十時至中午十二時

Registration & Inquiry: 416-502-2323 ext. 6143

報名及查詢電話: 416-502-2323 內綫 6143

Speakers: Carefirst Registered Social Workers,

Experienced Workers and other Allied Professionals

講員: 耆暉會註冊社工, 資深工作人員及其他有關業

人士

保護長者華語熱線服務: 416-502-221

Chinese Elder Abuse Helpline: 416-502-2321



Parking Fee at 300 Silver Star Blvd. \$2.00 /day

停車場費: \$2.00/日



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Topic/講題	Date/日期	Time/時間	Venue/活動地點
August /八月份			
Empty Nest and Marital Relationship (Cantonese Workshop) 空巢期與婚姻關係 (粵語講座)	August 18 (Tuesday) 八月十八日 (星期二)	10:00am to 11:00am 上午十時至十一時	Zoom Virtual Platform 網上資訊平台
Dementia & Community Resources (Cantonese Workshop) 認識失智症及社區資源 (粵語講座)	August 21 (Friday) 八月二十一日 (星期五)	2:00pm to 3:00pm 下午二時至三時	
Be a Smart Senior and POA (Cantonese Workshop) 醒目長者與授權書 (粵語講座)	August 25 (Tuesday) 八月二十五日 (星期二)	10:00am to 11:00am 上午十時至十一時	
Stress Management (Cantonese Workshop) 壓力管理 (粵語講座)	August 27 (Wednesday) 八月二十七日 (星期四)	10:30am to 12:00pm 上午十時三十分至十二時	Carefirst One Stop Multi-Services Centre -- 300 Silver Star Blvd, Scarborough 耆暉會一站式綜合社區服務中心
September /九月份			
Advance Care Planning (Cantonese Workshop) 預置計劃 (粵語講座)	September 1 (Tuesday) 九月一日 (星期二)	10:00am to 11:00am 上午十時至十一時	Zoom Virtual Platform 網上資訊平台



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September /九月份			
"Goodbye, My Love" Spousal Loss Support Group (Cantonese) “別了，親愛的” 喪偶支援小組 (粵語)	September 2, 9, 16, 23, 30 and October 7, 14, 21 (Consecutive Wednesdays) (九月二, 九, 十六, 二十三· 三十及十月七, 十四, 二十一)	2:00pm to 4:00pm 下午二時至四時	Carefirst One Stop Multi- Services Centre -- 300 Silver Star Blvd, Scarborough 耆暉會一站式綜合社 區服務中心
Senior Benefits & Financial Abuse (Mandarin Workshop) 安省長者福利及財政虐待 (國語講座)	September 8 (Tuesday) 九月八日 (星期二)	10:00am to 11:00am 上午十時至十一時	Zoom Virtual Platform 網上資訊平台
"Staying Healthy" Cantonese Support Group 《醫、食、住、行》 粵語互助小組	September 11, 18, 25, October 2, 9 and 16 (Consecutive Fridays) 九月十一, 十八, 二十五, 十月二· 九及十六日 (逢星期五)	9:30am to 11:30am 上午九時三十分至 十一時三十分	Carefirst One Stop Multi- Services Centre -- 300 Silver Star Blvd, Scarborough
Seniors' Benefits (Cantonese Workshop) 安省長者福利 (粵語講座)	September 12 (Saturday) 九月十二日 (星期六)	10:00am to 12:00pm 上午十時至中午十二時	耆暉會一站式綜合社 區服務中心
Aging at Home (Cantonese Workshop) 在家千日好 (粵語講座)	September 15 (Tuesday) 九月十五日 (星期二)	10:00am to 11:00am 上午十時至十一時	Zoom Virtual Platform 網上資訊平台



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September /九月份			
Elder Abuse Education and Fun Day (Cantonese) 護老中秋同學樂 (粵語)	September 18 (Friday) 九月十八日 (星期五)	1:30pm to 3:00pm 下午一時三十分至三時	To be Confirmed 地點有待確定
Living Options (Cantonese Workshop) 樂居安省 (粵語講座)	Septemb22 (Tuesday) 九月二十二日 (星期二)	10:00am to 11:00am 上午十時至十一時	Zoom Virtual Platform 網上資訊平台
Brain Health and Community Resources (Cantonese Workshop) 腦部健康與社區支援 (粵語講座)	September23 (Wednesday) 九月二十三日 (星期三)	3:00pm to 5:00pm 下午三時至五時	420 High Way 7 East #104A 耆暉會約克區服務中心 104A 室
Living Option in Peel & LTC (Cantonese Workshop) 皮爾區房屋及 長期護理院選擇 (粵語講座)	Septemb29 (Tuesday) 九月二十九日 (星期二)	10:00am to 11:00am 上午十時至十一時	Zoom Virtual Platform 網上資訊平台