



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

October to December (2020) Program Schedule

二零二零年十月至十二月活動表

Topic/講題	Date/日期	Time/時間	Venue/活動地點
October /十月份			
2020 Community & Hospice Care Education Program 2020 (Cantonese)	September 19, 26, October 3, 10, 17 (Consecutive Saturdays)	9:15am to 4:30pm 上午九時十五分至下午四時半	SSB113 Cafeteria, 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, 113 室
2020 年耆暉會“關懷大使”義工證書粵語課程培訓 (粵語)	九月十九, 二十六日, 十月三, 十, 十七日 (逢星期六)		
Fraud Prevention (Mandarin Workshop)	October 6 (Tuesday) 十月六日 (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)	October 7 (Wednesday) 十月七日 (星期三)	3:00pm to 4:30pm 下午三時至四時半	420 High Way 7 East Activity Room 耆暉會約克區服務中心活動室
“Goodbye, My Love” Spousal Loss Support Group (Cantonese)	September 16, 23, 30, October 7, 14, 21 (Consecutive Wednesdays)	2:00pm to 4:00pm 下午二時至四時	SSB249, 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, 249 室
“別了, 親愛的” 喪偶支援小組 (粵語)	九月十六, 二十三, 三十日, 十月七, 十四, 二十一日 (逢星期三)		
Inter-Generation Communication (Cantonese Workshop)	October 13 (Tuesday) 十月十三日 (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
家庭關係-世代的溝通 (粵語講座)			



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社區支援服務部--士嘉堡及約克區

Topic/講題	Date/日期	Time/時間	Venue/活動地點
October /十月份			
Senior Benefit (Mandarin Workshop) 樂居安省(長者福利) (國語講座)	October 17 (Saturday) 十月十七日 (星期六)	10:00am to 11:30pm 上午十時至十一時半	SSB249, Carefirst One Stop Multi-Services Centre -- 300 Silver Star Blvd 耆暉會一站式綜合社區服務中 心, 249 室
Dementia & Community Support (Cantonese Workshop) 腦部健康與社區資源 (粵語講座)	October 20 (Tuesday) 十月二十日 (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
Ontario Seniors Medical Benefits & Resources (Cantonese Workshop) 安省長者醫療福利及保健資源 (粵 語講座)	October 23 (Friday) 十月二十三日 (星期 五)	10:00pm to 11:30pm 上午十時至十一時半	SSB249, Carefirst One Stop Multi-Services Centre -- 300 Silver Star Blvd 耆暉會一站式綜合社區服務中 心, 249 室
Understand Tax & Probate (Cantonese Workshop) 認識稅款與遺囑認證 (粵語講座)	October 27 (Tuesday) 十月二十七日 (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
November /十一月份			
Fall Prevention & Community Resources (Cantonese Workshop) 預防跌倒及社區資源 (粵語講座)	November 3 (Tuesday) 十一月三日 (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
Home Safety (Cantonese Workshop) 居安思危 - 家居安全 (粵語講座)	November 4 (Wednesday) 十一月四日 (星期三)	3:00pm to 4:30pm 下午三時至四時半	420 High Way 7 East Activity Room 耆暉會約克區服務中心活動室

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

Weekdays 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

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

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



Community Support Services -Scarborough and York Region

社區支援服務部--士嘉堡及約克區

Topic/講題	Date/日期	Time/時間	Venue/活動地點
November /十一月份			
Elder Abuse (Mandarin Workshop) 敬老護老 (國語講座)	November 6 (Friday) 十一月六日 (星期五)	9:30am to 11:00am 上午九時半至十一時	Zoom Virtual Platform 網上資訊平台
Senior Benefits & Peel Financial Help for Seniors (Cantonese Workshop) 長者福利及皮爾區財政資助 (粵語講座)	November 10 (Tuesday) 十一月十日 (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
Elder Abuse (Mandarin Workshop) 敬老護老 (國語講座)	November 13 (Friday) 十一月十三日 (星期五)	9:30am to 11:00am 上午九時半至十一時	Zoom Virtual Platform 網上資訊平台
Senior Benefit (Cantonese Workshop) 樂居安省 (長者福利) (粵語講座)	November 14 (Saturday) 十一月十四日 (星期六)	10:00am to 12:00pm 上午十時至下午十二時	SSB247, Carefirst One Stop Multi-Services Centre -- 300 Silver Star Blvd 耆暉會一站式綜合社區服務中心, 247 室
Living Options (Cantonese Workshop) 樂居安省 (粵語講座)	November 17 (Tuesday) 十一月十七日 (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
Prevention Elder Abuse in Dementia (Cantonese Workshop) 敬老護老-預防失智症下虐待 (粵語講座)	November 18 (Wednesday) 十一月十八日 (星期三)	10:00pm to 11:30pm 上午十時至十一時半	SSB249, Carefirst One Stop Multi-Services Centre -- 300 Silver Star Blvd 耆暉會一站式綜合社區服務中心, 249 室



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

停車場費: \$2.00/日





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November /十一月份			
OAS, GIS, Financial Abuse (Mandarin Workshop) 長者福利及財政虐待 (國語講座)	November 24 (Tuesday) 十一月二十四日 (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
Ageing Well (Cantonese Workshop) 活出優質金齡歲月 (粵語講座)	November 25 (Wednesday) 十一月二十五日 (星期三)	3:00pm to 4:30pm 下午三時至四時半	420 High Way 7 East Activity Room 耆暉會約克區服務中心活動室
Emotion Management (Mandarin Workshop) 情緒管理 (國語講座)	November 27 (Friday) 十一月二十七日 (星期五)	2:00pm to 3:00pm 下午二時至三時	Zoom Virtual Platform 網上資訊平台
December/十二月份			
Fraud Prevention (Cantonese Workshop) 小心"疫疫" - 防止詐騙 (粵語講座)	December 1 (Tuesday) 十二月一日 (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
Advance Care Planning (Cantonese Workshop) 預置護理計劃 - 委託授權書 (粵語講座)	December 2 (Wednesday) 十二月二日(星期三)	3:00pm to 4:30pm 下午三時至四時半	420 High Way 7 East Activity Room 耆暉會約克區服務中心活動室
Advance Care Planning (English Workshop) 預置護理計劃 (英語講座)	December 3 (Thursday) 十二月三日(星期四)	10:00am to 11:00am 上午十時至十一時	SSB249, Carefirst One Stop Multi-Services Centre -- 300 Silver Star Blvd 耆暉會一站式綜合社區服務中心, 249 室



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Topic/講題	Date/日期	Time/時間	Venue/活動地點
December/十二月份			
Ageing Well (Cantonese Workshop) 活出優質金齡歲月 (粵語講座)	December 8 (Tuesday) 十二月八日(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
Housing (Cantonese Workshop) 樂居安省 (房屋) (粵語講座)	December 12 (Saturday) 十二月十二日(星期六)	10:00am to 12:00pm 上午十時至十二時	SSB249, Carefirst One Stop Multi-Services Centre -- 300 Silver Star Blvd 耆暉會一站式綜合社區服務中心, 249 室
Winter Driving & 80+ Senior Driving Test (Cantonese Workshop) 冬季及高齡駕駛 (粵語講座)	December 15 (Tuesday) 十二月十五日(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
Brain Health & Nutrition (Cantonese Workshop) 腦部健康與營養 (粵語講座)	December 18 (Friday) 十二月十八日(星期五)	10:00pm to 11:30pm 上午十時至十一時半	SSB249, Carefirst One Stop Multi-Services Centre -- 300 Silver Star Blvd 耆暉會一站式綜合社區服務中心, 249 室
Senior Benefits (Mandarin Workshop) 長者福利 (國語講座)	December 22 (Tuesday) 十二月二十二日(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
Communication & Relationship (Cantonese Workshop) 溝通與關係(粵語講座)	December 29 (Tuesday) 十二月二十九日(星期二)	10:00am to 11:00am 上午十時至十一時	