



「藥您同行，關懷有里」

婦女照顧者身健康支援計劃

Walking with Women Caregivers in Holistic Health and Well-Being

「喜樂的心乃是良藥」 "A Joyful Heart Is Good Medicine"



培育及支援 Incubation Support

FSES
豐盛社企學會
Fullness Social Enterprises Society

INNOVATOR
FARM
創新園



Stressors experienced by women

Medical Inflation

公營醫療收費改革
Public Healthcare Fees and Charges Reform
Effective from
1.1.2026 開始

門診服務及藥物收費調整
Out-patient Service and Medication Fee Adjustment

P2 要聞

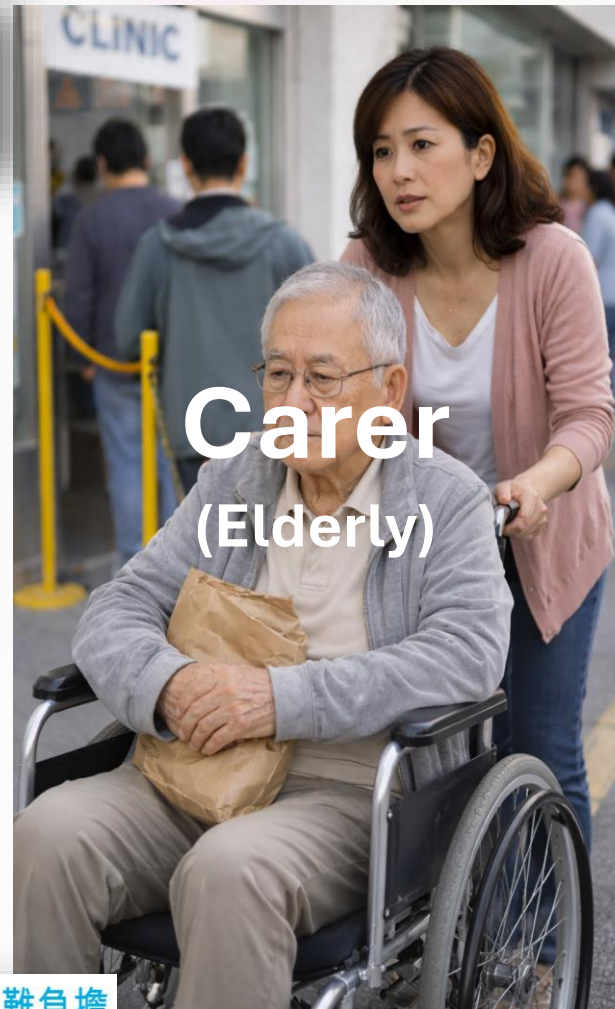
私家夜診不足 市民燭睭急症
公院加價首周非緊急求診降18% 醫療費減免已批5.5萬宗

【本報訊】今年元月1日起調整公營醫療服務收費，其中急症室門診收費將由目前的100元調至150元，增幅達50%。雖然政府表示，急症室門診收費調整後，急症室門診服務將維持穩定，但不少市民表示，急症室門診收費增加後，急症室門診服務將會減少，部分急症病人將會被轉介至私家醫院，增加病人的經濟負擔。

據悉，急症室門診收費增加後，急症室門診服務將會減少，部分急症病人將會被轉介至私家醫院，增加病人的經濟負擔。據悉，急症室門診收費增加後，急症室門診服務將會減少，部分急症病人將會被轉介至私家醫院，增加病人的經濟負擔。



私院夜診價破千 市民難負擔



Carer (Elderly)



Carer (Kids)



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Women caregivers carry a growing 3-generation health burden

Across HK, many women aged 45 or above manage the health needs of themselves, older relatives and children at the same time.



- **Rising healthcare costs:** Medical and primary-care inflation makes outpatient and episodic care increasingly difficult for families to sustain.



- **Elder-care responsibilities:** Chronic medicines, adherence, post-discharge support and minor ailments require continuous attention.



- **Children's health needs:** Eczema care, school-trip medicines and nutritional support add another layer of responsibility.

Our solution - Accessible whole-family care through community pharmacy

We provides women caregivers with one convenient local access point for immediate care, prevention and the health needs of family members under their care.



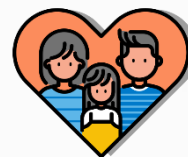
1. Minor Ailments and Medication Support

- Packaged minor-ailment services at the HKSEP community pharmacy.
- Standby medications with pharmacist counselling on safe and appropriate use.
- Prescription dispensing, medication guidance and ongoing adherence support.



2. Preventive and Personalised Care

- Basic health checks and personalised supplement guidance.
- Eczema and allergy support, including appropriate screening and care advice.
- Pre-diabetes screening and early wellness support.



3. Family Health Empowerment

- Children: Eczema care, standby-medicine guidance and nutritional support.
- Older family members: Medication review, post-discharge support and prescription dispensing.
- Household health: Smoking-cessation education and practical guidance to reduce second-hand-smoke exposure.



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Service Objective



- ✓ **Restore** and strengthen the holistic well-being of women caregivers
- ✓ **Empower** women as confident health stewards of their families
- ✓ **Establish** a sustainable, faith-rooted community pharmacy model

Service Target

- Women caregivers aged 45 and above in the Shatin District (with a focus on Tai Wai)
- Families of participating women caregivers

Church-connected and community residents in Shatin



Membership Benefit Details

1. Support for Women Caregivers



- Basic health screening and personalised pharmacist consultation
- Sleep health support addressing insomnia, fatigue, and stress
- Personalised supplement advice to support energy, immunity, and overall well-being
- Health education workshops on self-care, medication safety, and long-term health management
- Pre-diabetes precision wellness (optional)

2. Support for Children's Health



- Eczema support services, including allergy screening (ALEX2), topical care guidance, and dietary advice
- Safe dispensing and counselling on standby medications for school activities and trips
- Personalised nutritional supplement advice to support concentration and learning

3. Support for Elderly Care



- Post-discharge Medication Management Services
- Long-term medication review and adherence support for chronic conditions
- Minor ailment management
- Nutritional support products (e.g. milk supplements)

4. Smoking Cessation Support



- Guidance and educational support to help women encourage smoking cessation among spouses or male family members, reducing second-hand smoke exposure at home



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