

As a caregiver it is important to care for yourself too.

Be it for a medical appointment, to run an errand or to have a short break, you can consider the Centre-Based Weekend Respite Care (CBWRC) service. Enjoy peace of mind knowing that your loved one is being cared for at an eldercare centre while you are away for a few hours during the weekends.

作为一名看护者，您也需要照顾自己。

无论是预约医疗、出外办事或者短暂休息，您都可以考虑把年长者送到周末暂托服务中心(CBWRC)。您可以放心地休息几个小时，因为您不在的这段时间，年长者也能在中心得到适当的照顾。

Services 服务内容

The centre will help your loved one with:

- Activities of Daily Living such as eating, toileting and moving around
- Medication reminders and administration (to be pre-packed by caregivers)
- General exercise and social programmes
- Meals will also be provided

中心将提供以下服务：

- 日常生活活动，如进食、如厕和走动
- 指导年长者服药（由看护者预先准备）
- 基本的运动和社会节目
- 膳食

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Centre-Based Weekend Respite Care

周末暂托服务

