

THE POWER OF YOUR GIFT

愛心力量，點亮長者生活



Villa Cathay Care Home 華宮安老院

Villa Cathay Care Home is a non-profit long-term care facility located in Vancouver's Strathcona neighbourhood, dedicated to providing 24/7 care for older adults.

Established in 1973, Villa Cathay Care Home has become one of the largest long-term care homes in the Lower Mainland, offering 224 care beds to support seniors in need. We are committed to delivering culturally relevant care and fostering an environment where every resident can enjoy a life enriched with dignity, compassion, and meaningful relationships.

Programs Made Possible by Your Generosity

While government funding provides for the basic standard of care, it continues to fall short of nationally recommended levels—leaving a significant gap in our ability to support the full range of seniors' physical, emotional, and psychosocial needs.

Philanthropic support is essential in enabling us to enrich residents' quality of life *now*, rather than waiting for policy changes or increased public funding.

Thanks to the generosity of donors like you, we have been able to offer an array of programs that go beyond basic care. Your support has empowered us to strengthen our person-centered care approach, expand access to social work, provide vital services such as speech and language assessments, acupuncture, massage therapy, and on-site dental care at Villa Cathay.

We are also able to offer Music and Art Therapy alongside diverse recreation activities – holistic programs that nurture both body and mind. Together, they create countless meaningful moments that help each resident feel valued in their daily life and empowered to live fully and vibrantly.

It is our heartfelt joy to share with you how your generous gift has positively transformed the lives of our residents!

華宮安老院位於溫哥華士達孔拿區，是一所非牟利的長期護理安老機構，致力為長者提供全天候的醫療護理與生活照顧。

自1973年成立以來，華宮安老院已發展成為低陸平原地區規模最大的長期護理院舍之一，共設有224個護理床位。我們不僅提供切合華人文化背景的照護服務，更致力於讓每位長者在院舍中擁有豐盛、尊嚴與備受關懷的人生旅程。

善長推動的服務項目

政府的資助僅能覆蓋長期護理的基本照顧標準，但仍無法達到全國建議的撥款水平，這使得華宮在滿足長者的生理、情感和心理需求上依然面臨諸多挑戰。

透過各位善長的慷慨捐助，我們能夠在政策改變或撥款增加前，及時提升長者的生活質量，滿足他們的多元需求。

仰賴善長的慷慨捐贈，華宮得以推行多項超越基本護理範疇的服務項目，包括：實踐以人為本的護理理念、擴展社工服務、並提供言語治療評估、針灸、按摩，以及牙科護理等重要服務。

此外，我們亦得以為長者提供音樂及藝術治療等身心靈兼顧的活動，配合多元化的康樂節目，為他們創造無數充滿意義的時刻，讓每一位長者在日常生活中都能感受到自身的價值，活出精彩人生。

我們想透過此份刊物與您分享：您的愛心捐贈，如何令華宮長者的生活更豐盛！



Advancing Person-Centered Care 推進以人為本的照顧



While government funding provides for the basic standard of care, the financial constraints it imposes often make it challenging to fully realize resident-specific, person-centered care. Meeting each resident's unique needs, preferences, and aspirations requires resources that go beyond what public funding currently supports.

Donations have enabled us to offer additional training and real-time coaching—empowering our team to place each resident's individuality and dignity at the heart of what we do and to elevate the level of personalization we are able to provide.

政府對長期護理的撥款僅限於基本的護理，這對於實踐以長者為本、個人化的照顧理念，帶來財務挑戰。滿足每位長者的獨特需求、喜好、和期望所需的資源遠超過目前政府撥款所能支持的範圍。

善長的慷慨捐贈讓我們得以提供額外的培訓和即時指導，讓團隊能根據每位長者的獨特需求量身訂做照顧計劃，將每位長者的個別特質與尊嚴放在照顧核心，隨著長者需求的變化，持續滿足長者的需求，提供更完善的個人化照顧。

Expanded Access to Social Work 擴展社工支援服務



Social Workers play a vital role in nurturing residents' emotional wellbeing while advocating for their wishes, individuality, and dignity.

Thanks to donor generosity, our Social Worker's availability has increased by 60%, enabling more dedicated one-on-one time with residents and more responsive, personalized support.

This added capacity is crucial for enhancing emotional care, identifying mental health concerns early, and fostering a home where every resident feels heard, valued, and respected.

除了協助長者順利過渡到長期護理生活外，社工在華宮擔當著為長者及家人提供情感支援及表達意願的重要角色。在善長的支持下，華宮能為長者提供多60%的社工服務，讓社工有更多時間與每位長者進行一對一的交流。這項提升不僅加深我們對長者個別需要的了解，亦有助促進情緒健康，及早察覺潛在需要，從而營造一個讓每位長者都感受到被重視與被聆聽的關愛環境。

On-site Dental Care 到診牙科服務

Thanks to our partnership with the UBC Faculty of Dentistry, residents at Villa Cathay have access to a fully equipped dental clinic right on-site. The UBC Geriatric Dentistry team visits regularly to provide complimentary dental care, addressing oral health issues that are often overlooked but essential to maintaining overall health and quality of life. By eliminating the stress and difficulty of traveling to off-site appointments, This on-site service ensures that oral care is seamlessly integrated into each resident's overall well-being.

感謝卑詩大學牙科學院，華宮安老院內能設有設備齊全的牙科診所，為長者提供專業服務。卑詩大學老年牙科團隊定期來訪，針對每位長者的需求提供免費的牙科護理，免去長者外出就診的壓力，並確保他們的口腔健康得到妥善照顧，成為長者整體健康的重要部分。



IMPACT OF DONATIONS 善款的力量

April 1, 2024 - March 31, 2025

Each number tells a story of generosity—of donors like you who make the best care possible for Villa Cathay residents. Together, we are redefining the standard of care: ensuring every choice is respected, every need honored, and every resident truly supported.

每一個數字都代表著一個善長慷慨支持長者的故事，讓華宮得以為長者提供最優質的照顧。這些共同的努力重新定義了照顧的標準，並確保每一個選擇都獲得尊重，每一個需求都受到重視，每一位長者都能體驗到全方位的支持。

Seniors Served
服務長者人數



220

Residents

Annual Donations
Needed to Support
Enhancement Programs
每年維持額外服務所需善款

\$650,000

Person-Centered Care Hours
Made Possible by Donors
以人為本的照顧時數



3,600

Hours

Donor-Funded
Social Work Hours
額外的社工服務



1,080

Hours

Speech Therapy Clients
言語治療服務人數



45

Residents

Recreation Programs
康樂活動



8,567

Sessions

Art Therapy
藝術治療小時



562

Hours

Music Therapy
音樂治療小時



665

Hours

Acupuncture Service
針灸治療次數



816

Sessions

Massage Service
按摩服務次數



695

Sessions

Dental Service
牙科服務



418

Sessions

Outings
外遊次數



54

Trips

Hair Services
理髮服務



216

Sessions

Food Program
探索美食活動



4

Sessions

Care Services & Quality Indicators

照顧服務與質量指標

We continuously monitor and evaluate various aspects of our care services. Below are the most recent data (2023/24) obtained from the Canadian Institute for Health Information. Although current data are not available, this information still offers valuable insights into the effectiveness of our care services and the overall well-being of our community.

我們持續監控和評估我們護理服務水準。以下是從加拿大健康資訊研究所取得的最新數據（2023/24）。儘管沒有當前的數據，但這些資料仍然為我們護理服務的水準及長者的整體福祉提供了重要的參考。

Resident Profile 長者概況

	Villa Cathay 華宮	B.C. 全卑詩省
Average age of population 平均年齡	89	83
Average length of stay (days) 平均住在院舍（日數）	1,117	829
Residents diagnosed with depression 被診斷患有憂鬱症的長者	13.8%	22.2%
Residents dependent in activities of daily living 日常生活依賴照顧的長者	37.4%	31.7%
Residents in a wheelchair 使用輪椅者的長者	62.6%	54.1%
Residents with dementia (mild to severe) 患有腦退化（輕度至重度）的長者	51.4%	62.1%
Average index of social engagement 平均社交參與指數	4.2	2.8

Care Services & Quality Indicators 照顧服務與質量指標

	Villa Cathay 華宮	B.C. 全卑詩省
Residents receiving physical therapy 接受物理治療的長者	18.3%	11.0%
Residents receiving recreation therapy 接受康樂治療的長者	75.1%	31.7%
Residents receiving occupational therapy 接受職業治療的長者	11.0%	5.2%
Residents receiving depression medication 服用抗抑鬱藥物的長者	38.1%	51.6%
Residents taking antipsychotic drugs with or without a diagnosis of psychosis 尚未或已診斷有精神異常，服用抗精神科藥物的長者	23.5%	27.7%
Residents with falls in the last 30 days 過去30天內跌倒的長者	9.0%	12.3%
Residents with daily physical restraints 每天使用約束措施的長者 (Use of wheelchair lap belts and lap trays. 使用輪椅輔助帶及膝上活動板的人數。)	28.8%	6.0%
Residents with a worsened pressure ulcer 褥瘡有惡化的長者	0.8%	2.1%

Residents Stories 長者的故事

Expanded Recreation Programs 更多元化的康樂活動

Donations helped us to expand our recreation programs to enrich the daily lives of our residents through engaging and meaningful activities. These experiences foster joy, connection, and a strong sense of belonging within the Villa Cathay community.

善款協助華宮提供更多元而有意義的活動，豐富長者的日常生活。這些體驗促進喜悅與聯繫，並加強院內的歸屬感與幸福感。



Among the most well-loved new additions this year is Villa Express, a food program that brings dishes from local restaurants right to our care home. Residents have embraced the opportunity to try comforting favourites and new flavours—turning mealtimes into moments of joy and discovery.

今年新增的活動中，最受長者歡迎的之一就是美食項目「民以食為先」。此項目將本地餐廳的菜式帶進華宮，讓長者在熟悉的環境中品嚐到熟悉的風味與新鮮的驚喜，為日常用餐增添了樂趣與期待。

Music Therapy 音樂治療

Music therapy supports emotional well-being, memory, and connection—especially for residents with dementia or communication challenges.

音樂治療提升情緒健康、喚起記憶，促進長者之間的情感連結，尤其對認知障礙或溝通困難的長者特別有益。

Despite cognitive, physical, or emotional challenges, our residents took the stage with great confidence, delivering a powerful Christmas Eve performance under the guidance of our donor-funded music therapist. Not only their performance captivated the audience but also filled them with a profound sense of accomplishment and self-worth, while nurturing their creativity, confidence, and sense of fulfillment.

在善長贊助的音樂治療師的支持與指導下，儘管面對認知、身體或情緒上的多重挑戰，長者自信地踏上舞台，展現無比勇氣與風采，為大家表演手鐘表演聖誕頌詩，讓長者們的創造力與自信心得以綻放。



Art Therapy Program 藝術治療

Art therapy offers residents a creative space for self-expression and emotional connection. Through art, they explore memories, express feelings, and find moments of joy and calm.

藝術治療為華宮的長者提供創作空間，表達自我與情感連結。透過藝術，他們重溫回憶、抒發情感，並享受平靜而愉悅的時光。



Ms. Lin rediscovered a sense of confidence and independence that had once felt distant. Smiling as she described her painting, she said, “I can go everywhere freely. I like shopping.” Her words, simple yet powerful, speak to the joy of reclaiming autonomy through creativity.

林太太在創作過程中重新找回了曾經遙不可及的自信與自主感。她一邊微笑，一邊描述自己的畫作時說：「我可以自由地到處走。我喜歡逛街。」這句簡單卻有力的話語，道出了她透過藝術創作重拾自主所帶來的喜悅。

Speech Language Pathologist Service 言語治療服務



Donations help fund a contracted Speech-Language Pathologist (SLP) at Villa Cathay, reducing wait times from six months, when relying solely on public services, to just one month.

Timely swallowing assessments are essential in determining whether a resident requires modified texture meals or can safely enjoy a broader variety of foods. This enhances their mealtime experience and helps restore the joy, comfort, dignity, and independence that come with eating.

Thanks to your generosity, our residents receive the highest quality of care and enjoy fulfilling, safe dining experiences every day.

目前，公營服務的語言治療師 (SLP) 進行語言和吞嚥評估的等待時間至少為六個月。感謝各位善長的慷慨支持，讓華宮能夠聘請語言治療師，大幅縮短了長者的等待時間，從六個月減少至一個月內即可接受評估。語言治療師的評估對於判斷長者是否需要調整食物質地，或是否能安全享用更多種類食物至關重要。這不僅提升了長者的用餐體驗，也重拾了進餐所帶來的喜悅、舒適、自主和生活品質。

Registered Massage Therapy 按摩治療服務

Mrs. Ng had been living with contractures in both her arms and legs, causing persistent stiffness, weakness, and limited range of motion. Thanks to our collaboration with the Langara College Registered Massage Therapy (RMT) program, Mrs. Ng now receives on-site massage therapy, which helps relax tense muscles, improve circulation, and enhance joint mobility, alleviating the discomfort caused by her contractures.



As she notices improvement in her hand flexibility, her mood lifts, and she becomes more willing to engage in daily activities!

吳婆婆長期受到手腳攣縮的困擾，導致肌肉僵硬、無力以及關節活動受限，影響了她的日常生活。華宮安老院得以與Langara學院合作，讓註冊按摩治療師課程的學生定期前來華宮為長者提供按摩服務。這些治療有助於放鬆緊繃的肌肉，促進血液循環，並改善關節靈活度。現在，吳婆婆的手部柔軟度開始有所改善，她的心情也變得更加愉快，更願意參與日常活動呢！

Acupuncture Service 針灸服務



Mrs. Ma experienced persistent numbness and drooling due to the loss of control over the facial muscles on the left side of her mouth. Thanks to our collaboration with the Kwantlen Polytechnic University (KPU) Acupuncture Student Clinic, Mrs. Ma has received ongoing acupuncture treatments.

Her family was overjoyed when they noticed the changes: "I couldn't believe my eyes, my mom didn't drool at all, and her speech is clearer. It's a night-and-day difference! My mom is so happy about it. This is a big improvement in my mom's quality of life!"

馬婆婆因左臉肌肉無法自主活動，長期受到口水不自主流出及麻痺困擾。感謝我們與昆倫理工大學中醫針灸學生診所的合作，讓馬婆婆能在華宮持續接受針灸治療。

當家人看到她的進步時，難掩驚喜與感動：「我簡直不敢相信自己的眼睛，媽媽今天完全沒有流口水，說話也清楚多了，真的是天壤之別！她自己也開心得不得了。這對媽媽的生活質素真的有很大的提升！」

Donate to enhance the care and service of Villa Cathay

Click here or scan the QR code to donate online:

請按此或掃描二維碼進行網上捐款

Villacathay.ca/donate



Online Donation
網上捐款

Villa Cathay relies on donations to improve and enhance the following programs:
華宮安老院需要善款支持以下服務:



Life Enrichment Program 豐盛生活計劃

- To expand the recreational staff team
- To diversify recreational program offerings
- To offer Art and Music Therapies for residents
- To procure more recreational equipment and supplies
- To increase the number of bus trips in the summer
- 擴展長者康樂部的人手
- 提供更多元化的康樂活動
- 為長者提供藝術和音樂治療
- 採購更多的設備和用品
- 增加夏季巴士旅行的次數

Wellness Program 長者保健計劃

- Enable residents to conveniently access holistic wellness treatments and services within Villa Cathay
- Current program offerings feature Acupuncture and Massage Services
- 讓長者能夠在華宮享用到全方位的健康療法和服務
- 目前的項目包括到院針灸及按摩服務



Service Access Program 服務延展計劃

Enable our residents to receive timely access to crucial assessments and interventions, such as:

- Enhancing residents' psychosocial support through expanded access to social work
- Providing prompt speech therapy interventions through a contracted Speech Language Pathologist
- 讓長者獲得及時的評估和援助措施, 例如:
- 增加長者可以獲得社工的心理和情緒支援的時間
- 增加言語治療時間, 提供及時的吞嚥和語言評估



Vitality and Mobility Program 活力健康行動計劃

- To enhance access to Occupational Therapy
- To purchase essential rehab equipment and supplies
- 增加職業治療的節數
- 購買必需的復康設備和用品



Resident Experience Enhancement Program 優化長者體驗計劃

- To enhance person-centered care for residents
- To promptly purchase care equipment and supplies
- 增強以人為本的護理
- 讓華宮能夠及時購買所需的護理設備和物資