

# The Impact of Your Gift

## 您的善款成效報告

2026



## The Power of Your Gift 您的善款力量

While government funding supports the basic standard of care in long-term care, it does not fully address the diverse physical, emotional, social, and psychosocial needs of older adults.

Philanthropic support enables Villa Cathay to respond to these needs in a more timely and meaningful way, enhancing residents' quality of life beyond the basic standard of care.

Thanks to the generosity of donors like you, Villa Cathay is able to offer the following programs and services that go beyond basic care:

政府資助雖然支援長期護理的基本照顧標準，但仍未能完全涵蓋長者在身體、情感、社交及心理健康方面的多元需要。

善長的慷慨支持，讓我們能夠更及時、更全面地回應長者的需要，在等待政策改變或公共撥款增加之前，已能為長者提升生活質素。

衷心感謝各位善長的慷慨支持，華宮得以提供以下超越基本護理範疇的服務與項目：

### Life Enrichment Program 豐盛生活計劃

Enhancing opportunities for engagement, creativity, and social connection to support a more active and meaningful daily life.

提升參與機會、創意活動及社交連結，促進更積極及有意義的日常生活體驗。

### Vitality and Mobility Program 活力健康行動計劃

Supporting rehabilitation services and resources that help residents maintain strength, mobility, and independence.

支援復康治療及資源，協助長者維持體能、活動能力及生活自理。

### Resident Experience Enhancement Program 優化長者體驗計劃

Strengthening person-centred care and ensuring timely access to essential care resources and equipment to enhance residents' overall experience and quality of life.

強化以人為本的護理模式，並確保及時獲取必要的護理資源及設備，以提升長者整體生活體驗及生活質素。

We are pleased to share through this report how your gift has helped bring more meaningful, enriching, and joyful experiences to the lives of our residents at Villa Cathay.

我們很高興透過這份報告與您分享，您的捐助如何幫助華宮長者的生活更加充實和豐富。

### Wellness Program 長者保健計劃

Improving access to holistic, on-site wellness services that support comfort, recovery, and overall well-being.

加強院舍內全方位健康服務的可及性，支援舒適、康復及整體身心健康。

### Service Access Program 服務延展計劃

Ensuring timely access to assessments and interventions that support residents' physical, psychological, and social well-being.

確保長者能及時獲得必要的評估及介入服務，支援其身體、心理及社交健康。



### Expanded Recreation Programs 更多元化的康樂活動

The trishaw program, made possible entirely through donors' support, has quickly become a resident favourite, bringing the gift of mobility and the exhilarating freedom of an outdoor ride back into residents' lives.

For Mr. and Mrs. Chua, who both call Villa Cathay home, the trishaw ride offered a priceless chance to reconnect. "It has been a long time since we went out together like this," Mrs. Chua shared, her face lighting up. "It feels like we are going on a trip!"



As the trishaw winds through the historic streets of Chinatown and surrounding neighbourhoods, familiar sights often bring moments of quiet recognition, evoking memories of home, community, and daily life.

The trishaw experience is far more than a ride. It becomes a bridge back to familiar places and shared memories—offering residents a profound sense of joy, presence, and movement that extends far beyond the walls of the care home.

### Music Therapy: A Bridge Through Music 在音樂治療中重新找到連繫

Physical and cognitive decline had slowly shrunk Ms. Wong's world, making communication more difficult and her days increasingly shaped by isolation.

Music therapy, made possible through donors' generosity, offered a meaningful way to reconnect. When words failed, familiar melodies from her past created a gentle bridge to connection. During one-to-one music therapy sessions, music helped bring her back into the moment. Ms. Wong responded deeply—smiling, holding eye contact, and showing clear signs of comfort and recognition. At times, she even sang along with the music therapist!

These moments, though simple, carry profound significance. They remind us that dignity and human connection are never out of reach—and are made possible through your support.

全賴各位善長的鼎力支持，三輪車體驗計劃迅速成為長者們的摯愛。這份珍貴的禮物，為長者們重拾了自由出行的喜悅，讓他們能再次走出戶外，感受迎風前行的暢快。

對於同以華宮為家的蔡先生及蔡太太而言，這趟三輪車之旅提供了一個非常難得的出遊機會。



蔡太太笑逐顏開地分享道：「我們真的很久沒有這樣結伴出遊了，感覺就如去旅行一樣！」

當三輪車穿梭於充滿歷史氣息的唐人街及周邊社區時，沿途熟悉的街景往往能觸動長者的回憶，讓他們想起舊居、社區與昔日生活的點滴。

三輪車體驗不只是一次外出活動。它像是一座橋梁，帶領長者重返熟悉的地方，重溫與社區相連的記憶。旅程不僅為長者帶來喜悅，也讓他們在華宮以外，再次感受到與社區的連繫。

隨著身體機能與認知能力的衰退，黃婆婆的世界漸漸變小。因為溝通變得越來越困難，孤獨成了她日常生活的常態。

音樂治療為她重新帶來了與外界連結的契機。當言語難以傳遞心聲時，記憶深處那些熟悉的旋律便化作一座溫柔的橋樑。在一對一的音樂治療中，旋律帶她重新回到當下。



黃婆婆露出了微笑，眼神交匯，眉宇間流露出久違的舒適感與認同。有時候，她甚至會跟著音樂治療師一起哼唱！

這些相處的片刻雖然簡單，卻承載著深遠的力量。它們讓我們明白，尊嚴與關懷從不是遙不可及——這一切，皆因有善長的鼎力支持。

Through Villa Cathay's donor-funded Wellness Program, residents have access to additional health and wellness services right where they are—without the barriers of cost or travel—bringing greater comfort and well-being into their daily lives.

仰賴各位善長的支持，華宮得以推行「長者保健計劃」，讓長者免受費用與舟車勞頓的限制，將服務帶入華宮，使長者足不出戶也可獲得多元的健康與身心照護服務。

### Acupuncture Service 針灸服務

Mrs. Lee lives with severe spinal stenosis and advanced Parkinson's disease, which have significantly affected her posture, mobility, and daily comfort. She was often hunched forward and experienced weakness and numbness in her legs.

Thanks to our partnership with Kwantlen Polytechnic University Acupuncture Student Clinic, Mrs. Lee was introduced to acupuncture. With ongoing weekly sessions over several months, gradual but meaningful changes became increasingly visible. Her posture improved noticeably, with family members and our physiotherapist all observing her sitting more upright. Her mobility also improved, allowing her to once again walk short distances with greater ease.

"My mom is much happier now because she is more comfortable. It has made a huge difference in our lives and gives us optimism for the future," shared her daughter.

### Massage Therapy 按摩治療服務

Mrs. Chan has experienced long-term muscle tension and stiffness, partly due to the physically demanding work she did when she was younger. Over time, this ongoing discomfort affected her daily comfort and made it difficult for her body to fully relax.

Through Villa Cathay's partnership with Langara College, Mrs. Chan is able to receive massage therapy as part of the additional services available to residents. The sessions help relieve tension and support her overall comfort.

For Mrs. Chan, the impact is simple but meaningful. When her body feels less tense, daily life becomes more comfortable.

李婆婆患有脊椎管狹窄及晚期帕金森症，對她的姿勢、活動能力及日常舒適度造成了嚴重的影響。她經常身體前傾彎曲，並感到雙腿無力及麻痺。

感謝與昆特蘭理工大學（Kwantlen Polytechnic University）針灸學生診所的合作，華宮的長者能接受針灸治療。

在持續每週的療程下，她的家人及我們的物理治療師，都欣喜地注意到李婆婆坐得比以前更加挺直。更令人鼓舞的是，李婆婆的活動能力也有了改善，現在可以步行一小段路呢！



「媽媽現在舒服了很多，人也開心了不少，這對我們全家帶來很大的改變，也讓我們對未來感到有希望。」其女兒分享道。

陳婆婆多年來受到肌肉繃緊和僵硬的困擾，部分原因與她年輕時長期從事體力勞動有關。隨著時間過去，持續的肌肉繃緊影響了她的日常舒適度，也令身體難以完全放鬆。



透過華宮與蘭加拉學院的合作，陳婆婆能夠常常接受按摩治療。定期的按摩有助舒緩肌肉繃緊、減輕不適，並支援她的整體身心健康。

對陳婆婆而言，定期按摩帶來了實實在在的幫助。肌肉繃緊的情況減少後，她的身體變得較為放鬆，日常生活也更加舒適。

## Speech Language Pathologist services 言語治療服務

The current wait time for publicly funded Speech-Language Pathology (SLP) assessments can be six months or longer. These assessments are critical in helping families and care teams provide the right food textures to ensure safe eating and drinking.

When an assessment is delayed, residents face challenges that go far beyond safety. As a precaution, they are often placed on restrictive, modified-texture diets. Sadly, this can mean losing access to the familiar foods they love and recognize.

For Mrs. Chau, this was a daily reality. To protect her from choking, she was placed on a modified texture diet. Yet, she found her meals far less appetizing, and over time, her appetite began to fade, along with the joy she once found in eating.

Thanks to donor support, we were able to bypass the waitlist and arrange a timely SLP assessment for Mrs. Chau. The assessment confirmed that with only minor modifications to the meat, she could safely continue enjoying her favourite Chinese soups in their regular form.

For seniors like Mrs. Chau, mealtimes are often the highlight of the day. Your generosity helped restore comfort, dignity, and the joy of eating.

## Supporting Mobility and Confidence 提升長者活動能力與信心

When Mr. Wang first arrived at Villa Cathay, he relied on a wheelchair for mobility. Over time, after receiving acupuncture treatments and regular physiotherapy, he began to notice small but meaningful improvements in his strength and movement.

This progress gave him renewed confidence. He shared with our care team that he wanted to take steps again with support, and since last year, he has continued regular sessions with our physiotherapy team.

Although Mr. Wang still relies on his wheelchair, his willingness to try again is an important step forward. For him, physiotherapy supports more than mobility. It also helps build motivation and confidence.

目前，公共資助的語言和吞嚥評估等候時間可長達至少六個月或以上。這項評估至關重要，能有效協助家屬及護理團隊提供合適的食物質地，確保長者安全進食。

漫長的等待，影響的往往不止於安全。為了預防噎咳風險，他們通常會被安排改用限制性的「改質飲食」。遺憾的是，這意味著長者無法享用那些熟悉且喜愛的日常食物。

周婆婆便曾深陷這樣的無奈之中。為了防範噎咳，她只能進食糊餐或軟餐，這讓每餐飯都變得乏味。她的食慾逐漸減退，餐桌上原本帶來的滿足與期待，也慢慢被平淡所取代。



幸得善長的支持，我們得以讓周婆婆無需長時間輪候，及時獲語言治療評估。評估結果帶來令人欣慰的消息：她仍可如常享用最喜愛的中式湯品，只需對肉類作適度質地調整即可。

對長者而言，每餐飯往往是一天中最期待的時光。您的慷慨善款，不僅守護了長者的進食安全，更重拾了他們用餐的舒適、尊嚴與喜悅。

## Vitality and Mobility Program 活力健康行動計劃

王伯伯剛入住華宮時，需要依靠輪椅代步。他在華宮接受針灸服務，以及接受物理治療，開始感受到自己的體力及活動能力有改善。



這些進步讓他重拾信心。他曾向護理團隊表示，希望能在安全的情況下再次步行。自去年起，他一直與物理治療團隊定期練習。

雖然王伯伯目前仍需要依靠輪椅，但他願意再次努力，已經是一個重要的進步。對他而言，物理治療不只是活動能力的訓練，也幫助他建立信心和動力。

# Impact By the Numbers 善款的力量

April 1, 2025 - March 31, 2026

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

每一個數字代表著一個善長慷慨支持長者的故事，讓華宮能為長者提供最好的照顧。讓我們共同努力，重新定義照顧的標準，確保每個選擇都得到尊重，每個需求都被重視，每位長者都能獲得全方位的支持。

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

# \$650,000

## Resident Experience Enhancement Program 優化長者體驗項目

**Seniors Served**  
服務長者人數



# 200

Residents

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



# 2,490

Hours

## Life Enrichment Program 豐盛生活計劃

**Recreation programs**  
康樂活動



# 8,381

Sessions

**Art therapy hours**  
藝術治療小時



# 382

Hours

**Music therapy hours**  
音樂治療小時



# 376

Hours

## Wellness Program 長者保健計劃

**Acupuncture sessions**  
針灸治療次數



# 911

Sessions

**Massage sessions**  
按摩服務次數



# 626

Sessions

**Dental**  
牙科服務



# 454

Sessions

## Vitality and Mobility 提升活動能力

**Exercise program  
participants**  
接受運動計劃之長者



# 70

Residents

## Increased Service Access Program 延展服務計劃

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



# 961

Hours

**Speech therapy clients**  
言語治療服務人數



# 56

Residents

## 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 is the most recent data (2024/25) obtained from the Canadian Institute for Health Information. Although current data is 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 (2024/25)。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)	1,735	855
Residents diagnosed with depression 被診斷患上憂鬱症的長者	12.5%	21.4%
Residents dependent in activities of daily living 日常生活依賴照顧的長者	36.3%	31.9%
Residents in a wheelchair 使用輪椅者的長者	60.9%	57.8%
Residents with dementia (mild to severe) 患有腦退化 (輕度至重度) 的長者	49.4%	62.4%
Average index of social engagement 平均社交參與指數	4.5	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	20.5%	11.4%
Residents receiving recreation therapy 接受康樂治療的長者	76.2%	30.6%
Residents receiving occupational therapy 接受職業治療的長者	12.1%	5.5%
Residents receiving depression medication 服用抗抑鬱藥物的長者	40.4%	52.8%
Residents taking antipsychotic drugs with or without a diagnosis of psychosis 未有或已診斷精神異常，接受抗精神科藥物的長者	23.3%	36.2%
Residents with falls in the last 30 days 過去30天內跌倒的長者	9.5%	12.7%
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。)	28.1%	6.2%
Residents with a worsened pressure ulcer 褥瘡有惡化的長者	1.2%	2.3%

## Your Continued Support: Inspiring Excellence at Villa Cathay

Over the past five years, donor support has been the driving force behind transforming care at Villa Cathay. Your support has improved the health outcomes and enriched the daily lives of the vulnerable seniors who call Villa Cathay home.

Yet, the need remains significant. Government-funded care hours continue to fall below national recommendations, while we face persistent staffing shortages and rising care complexity. Although Villa Cathay has achieved meaningful improvements in resident outcomes, including higher levels of social engagement, reduced use of depression-related medications, and fewer cases of worsened pressure injuries, sustaining and building on this progress requires continued community support.

High-quality, person-centred care depends not only on the dedication of our staff, but also on additional resources that enable responsive, innovative, and holistic support each day. Government funding covers essential care needs, but it is your partnership that makes exceptional care possible. Your support fuels the programs, staffing enhancements, and enrichment initiatives that improve residents' daily quality of life.

We invite you to continue partnering with Villa Cathay to advance the values at the heart of our work: dignity, comfort, connection, and well-being.

Together, we can continue creating the moments that matter most—moments of comfort, connection, belonging, and joy for the seniors who call Villa Cathay home.

Thank you for helping make these moments possible.

### 您的持續支持，是推動華宮卓越護理的核心動力

過去五年來，善長們的慷慨支持是推動華宮護理服務轉型的核心動力——不僅提升了健康成效，更豐富了長者的日常點滴。對需要悉心照料、視華宮為溫馨家園的長者而言，這份愛心意義非凡。

然而，我們眼前的需求依然嚴峻。政府資助的護理時數仍低於國家建議標準，與此同時，我們也正面臨持續的人手短缺以及日益複雜的護理需求。因為善長的鼎力相助，華宮在臨床與照護成效上取得了令人欣慰的突破，包括提升長者的社交活躍度、減少抑鬱藥物的需要，並有效減緩壓瘡惡化率。不過，要維持並深化這些成果，仍有賴社會各界的持續支持。

高質量的「以人為本」護理，除了依靠前線員工的敬業樂業，更需要額外資源的投入，以確保我們每天都能提供即時、創新且全方位的照護。政府資助僅能涵蓋基本的護理需求，幸獲熱心善長們的慷慨襄助，卓越照護才得以實現。善長的愛心全面推動了各項康樂活動、優化人手配置及生活充實計劃，讓長者的每日生活質素得以提升。

我們誠摯邀請您繼續與華宮攜手同行，共同實踐我們核心的照護價值：尊嚴、舒適、連結與身心健康。

凝聚力量，我們就能為視華宮為家的長者，繼續創造那些生命中最重要時刻——那些充滿舒適、溫馨聯繫、歸屬感與喜悅的難忘時光。

衷心感謝您，讓這些美好時刻成為可能。



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