

Patient & Family Library

病人及家屬圖書館



Chinese Resources

中文資訊目錄

Seniors Health (長者健康)

Books 書籍

Alzheimer's disease nursing handbook / Castle Peak Hospital -- Hong Kong : Ming Pao Publishing, 2001. (老人痴呆症完全護理手冊)

A complete handbook for dementia patients / Tai Wan Dementia Association. -- Taipei, TW: Tai Wan Dementia Association, 2008. (失智症完全手冊)

Mayo Clinic on Alzheimer's disease / Mayo Clinic -- Taipei, TW : CommonLife Publishing, 2003. (阿茲海默症)

Common diseases prevention and control for seniors / Hong Kong Wellness Association -- Hong Kong: Ming Pao Publishing, 2001. (老年疾病防治知多少)

Easy care for seniors at home / Japan Home Care Association. -- Taipei, TW : Bafun Books, 2007. (居家照護放輕鬆)

A healthy eating guide for older adults / Jean Woo -- Hong Kong : Chinese University Press, 2001. (老有所『養』- 老年人營養飲食之道)

Living a healthy life with chronic conditions: self-management of heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and others / Lorig, Kate. -- Hong Kong: Hong Kong Society for Rehabilitation, 2009. (實踐健康生活: 慢性疾病自我管理手冊)

Old TCM practitioner teaches older adults how to eat well – Chinese -- Jialing, CN: Jialing Science & Technology Publishing, 2008. (老中醫教中老年怎麼吃)

The realage workout - Chinese : maximum health, minmum work / Roizen, Michael F.; Oz, Mehmet. -- Nanjing Shi, China: Jiangxi Science & Technology Publishing, 2008.

Self care and wellness for older adults / -- Beijing, CN : Beijing Science & Technology Publishing, 2000. (老年人的保健護理)

Self massage for older adults -- Tianjin, CN : Tianjin Technology Translating Publishing, 1999. (中老年自我保健按摩)

Senile dementia frequently asked questions / Hong Kong (China) Elderly Health Services -- Hong Kong : Hong Kong Department of Health, 2007.

Senior wellness -- Hong Kong : Ming Pao Publishing, 1997. (老人保健)

When your parents in old age and dementia / Saito Masahiko -- Taipei, TW : Heliopolis Publishing, 2006. (當父母老年失智)

DVDs/Videos 錄像資源

Active living - the way to healthy aging – Chinese -- Hong Kong: Chinese University Press, 2002. (長者健身之道)

Lifting and transfer – Chinese VCD / Hong Kong Department of Health. -- Hong Kong : Hong Kong Department of Health. (扶抱技巧及位置轉移)

The many faces of Alzheimer Disease - Cantonese / Alzheimer Society of Toronto. -- Toronto, ON: Alzheimer Society of Toronto, 1996. (老人痴呆症的多種症狀)

Physical exercises to lead a healthy aging – Chinese VCD / Hong Kong Department of Health. -- Hong Kong : Hong Kong Department of Health (運動樂頤年)

Senile dementia caring for the ones with mild grade / Hong Kong (China) Elderly Health Services. -- Hong Kong: Hong Kong Department of Health, 2007. (老年痴呆症照顧篇 - 輕度)

Senile dementia caring for the ones with moderate to severe grade / Hong Kong (China) Elderly Health Services. -- Hong Kong: Hong Kong Department of Health, 2007. (老年痴呆症照顧篇 - 中度至嚴重程度)

Yellow Emperor's internal classic 04 - Chinese DVD : prolonging life span -- Guangdong,
CN: China Great Wall Cultural Centre (輕鬆活到天年 - 益壽篇)

Yellow Emperor's internal classic 12 - Chinese DVD : leading good long life -- Guangdong,
CN: China Great Wall Cultural Centre (輕鬆活到天年 - 延年篇)