

日間照護病房簡介

輕安居為精神科日間留院病房，於民國 87 年成立，專門收治失智症患者以及慢性精神病患。取名『輕安居』，乃鑑於花東地區長期照護資源及機構均缺乏，於當時籌設護理之家及日間照護中心以減輕家屬照護負擔與壓力，滿足老年個案在長期照護上的需求，其得到適切的醫療照護，另針對慢性其之精神疾病個案進行精神復健，助其達成回歸社區之目標。

在失智症照護方面：每日不同的治療性活動，富含娛樂性、社交性的活動設計，如：懷舊活動、關節活動、音樂療法、卡拉 ok、趣味遊戲、讀報團體、手工藝術、園藝活動、娃娃治療等非藥物治療方式的提供以減緩失智患者的精神行為症狀。

在慢性精神病患照護方面：除了每日必須的不同性質治療性活動外，亦與職能治療師合作評估個案職能功能，協助個案參與工作隊訓練，至今已成立有復健小站、豆芽工作隊、洗燙衣工作隊以及飛毛腿送餐服務等，提升個案成就感與自信、充實生活。

“Light housing” for the psychiatric day hospital ward, was established in 1998, admitted to dementia and chronic psychiatric patients. The reason why naming - “Light housing”, because of Hualien and Taitung areas long-term care resources and institutions are lacking, so set the nursing home and day care centers to reduce the family care burden and pressure, to meet the elderly clients in long term care needs are met, its been appropriate medical care, and the other for the mental illness of their cases of chronic mental rehabilitation, return to the community to help them reach the goal.

In dementia care: the different treatment of daily activities, including entertainment, sociability design activities, such as: reminiscence activities, joint activities, music therapy, singing activities, fun games, the newspaper group, manual arts, gardening treatment, dolls therapy, etc., in order to reduce behavioral and psychological symptoms in patients with dementia.

Care for chronic psychiatric patients: the addition to the different nature of the daily therapeutic activities, occupational therapists also cooperate with the assessment of the case functions to help the patient to participate in team training, has been the establishment of a rehabilitation station, bean sprouts team, wash ironing and room service team and other teams to enhance the sense of accomplishment and self-confidence cases, enrich their lives.