



香港精神顧問中心
Hong Kong Spiritus

除了工作，「我」還有什麼？
～～預防退休情緒問題小錦囊

16 Dec 2020

Veneree Club

The Hong Kong Institution of Engineers

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◆ Physical Wellbeing

身

- Risk of Hypertension, Diabetes, hypercholesterolaemia increase with age
- Metabolic diseases increase cardiovascular risk, eg coronary heart disease, cardiovascular disease (Stroke)
- Musculoskeletal Problem: osteoarthritis of knees, Low back pain
- Increased risk of malignancy (cancer)
- Hormonal changes: Menopause, andropause
- Higher prevalence of mood disorder in patients with chronic diseases /chronic pain
- Elderly : DDX for “Dizziness”, “numbness”, “malaise”, weakness”
- Dementia Elderly: DDX of Dementia with BPSD=> Delirium / Pseudodementia /Depression

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HOW do you
feel??



◆ Physical Wellbeing

身

- Risk of Hypertension, Diabetes, hypercholesterolaemia increase with age
- **Diet: low salt, low carbohydrates, increase exercise**
- Metabolic diseases increase cardiovascular risk, eg coronary heart disease, cardiovascular disease (Stroke)
- **increase exercise, treat above metabolic diseases**
- Musculoskeletal Problem: osteoarthritis of knees, Low back pain
- **Muscle training, core muscle training, posture**
- Increased risk of malignancy (cancer)
- **Body check**
- Hormonal changes: Menopause, andropause
- **Hormonal replacement**

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◆ Physical Wellbeing

身

- Higher prevalence of mood disorder in patients with chronic diseases /chronic pain
- Watch out for mood symptoms, eg insomnia, irritability
- Optimal control of pain condition
- Elderly : “Dizziness”, “numbness”, “malaise”, weakness”
- Many possibilities, shouldn’t affect daily activities
- Dementia Elderly: DDX of Dementia with BPSD=> Delirium / Pseudodementia /Depression
- Vascular type: control cardiovascular risk
- Alzheimer’s type
- Nutrition related : folate: vitamin B12, Mg, Phospholipids, ,
- Optimise sensory and cognitive input/exercise



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◆ Physical Wellbeing

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- ◆ Dementia
- ◆ Poor short term memory ==> can have good remote memory
- ◆ Impaired executive function and judgement
- ◆ Mood and behavioural changes
- ◆ Abnormal thinking or sensation
- ◆ Sleep changes



Financial Judgement

Enduring Power of Attorney (持久授權書)

授權另一人在你變為精神上無能力行事時，代你就財產及財政事務行事(必需有一名註冊醫生及律師見證)

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身

- ◆ Keep learning new things
- ◆ Connect
- ◆ Grand parenting
- ◆ IT , new technology etc....



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除了身體健康之外，我還要什麼？

除了工作之外，我還有什麼？

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◆ Psychological Wellbeing

- Healthy Mind
- Personality
- Self-awareness
- Self-acceptance
- Autonomy / Locus of control
- Personal Growth
- Post-traumatic Growth

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◆ Social Wellbeing

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- Positive Relationships vs Toxic relationships
- Marital relationship / intimate relationship
- Work relationships
- Peer relationships
- Family : in-law relationships / parent-child relationship
- Basic needs satisfied (physical needs/educational needs...etc)
- Community resource's accessible, competence in conflict resolution, adequate boundaries
- Example: divorce / unemployment



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◆ Spiritual Wellbeing

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- Ability to experience and integrate meaning and purpose in life through a person's connectedness with self, others, the nature, or higher power (Tien, Dao, Adonay, the Lord, etc...)
- Not necessarily a believer of a particular religion
- Spirituality in Psychiatry
 - Self-harm
 - Suicide
 - Depression
 - Grief reaction

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◆ Spiritual Wellbeing : Spiritual Activities

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老吾老以及人之老
幼吾幼以及人之幼
孟子

THANK YOU !



香港精神顧問中心
Hong Kong Spiritus

敬請預約

診症時間: 星期一至六

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✉ healing@hongkongspiritus.com

🌐 www.hongkongspiritus.com

- ▲ 兒童及青少年情緒行為評估
- ▲ 情緒/睡眠問題心理/藥物治療
- ▲ 老人精神行為能力評估
- ▲ 健康講座及專業培訓

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