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The contemporary perspective on rehabilitation has changed from focusing on the restoration of function to enhancing the quality of life of the disabled. In Hong Kong, Day Care Centres for the disabled elderly are entitled to have one-fourth therapist for every 40 clients. With such a low therapist-to-client ratio, it is feasible to provide the disabled elderly only with minimal palliative care such as stretching and general mobility. In an attempt to improve the quality of life of the disabled elderly with such a minimal available resources, a holistic approach based on the Petö's Concept was adopted and applied in a day care centre. All the clients in the centre are aged over 60 with history of stroke, parkinsonism, diabetes, hypertension or mixed. Most of these clients were deprived from social and recreational life. The holistic approach involved a transdisciplinary team with a structured environment. With a transdisciplinary team, all staff in the centre were motivated to assist their clients on the road to rehabilitation. Training was incorporated with the clients' daily life that was categorised into self-care and recreational domains. A therapist was responsible for designing the contents of each group training session that was conducted by the minor staff. The clients' activities between training sessions were determined by a nurse and carried out by the minor staff. Both the therapist and the nurse should allow sufficient opportunities for the clients to practise the skills that they learned from the group sessions in their self-care and recreational activities. The quality of life of the clients before and after 6 months training using the approach was evaluated and compared.



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