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香港殘疾人士及長期病患者的概況及其照顧者的特徵  
The Profile of Persons with Disabilities and Chronic Diseases in  
Hong Kong and Characteristics of their Carers

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政府統計處在 2019 年 8 月至 2020 年 12 月期間，進行一項有關殘疾人士及長期病患者的全港性統計調查。是項統計調查旨在了解殘疾人士及長期病患者的基本概況，以及搜集有關他們的照顧者的資料。本文概述是項統計調查的主要結果。

The Census and Statistics Department conducted a territory-wide survey on persons with disabilities and chronic diseases during August 2019 to December 2020. The survey aimed to study the basic profiles of persons with disabilities and persons with chronic diseases and to collect information about the carers of these persons. This article gives a brief account of the major findings of the survey.

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# 香港殘疾人士及長期病患者的概況及其照顧者的特徵

## The Profile of Persons with Disabilities and Chronic Diseases in Hong Kong and Characteristics of their Carers

### 1. 引言

1.1 政府統計處在 2019 年 8 月至 2020 年 12 月期間，進行一項有關殘疾人士及長期病患者的全港性統計調查。是項統計調查旨在了解殘疾人士及長期病患者的基本概況，以及搜集有關他們的照顧者的資料。本文概述是項統計調查的主要結果。

1.2 殘疾人士及長期病患者的統計調查分三部分進行。第一部分為於 2019 年 8 月至 9 月期間透過「綜合住戶統計調查」進行的「長期病患者」專題訪問，以搜集居住在住戶內的長期病患者的資料。第二部分是透過「綜合住戶統計調查」進行的「殘疾人士」專題訪問，以搜集居住在住戶內的殘疾人士的資料。為確保統計調查能獲取有關各類殘疾人士的足夠規模的樣本作詳細統計分析，加上 2019 冠狀病毒病疫情對資料搜集工作的影響，是項專題訪問的統計期由 2019 年 11 月起，持續進行 13 個月，至 2020 年 11 月止。統計調查的第三部分為於 2020 年 5 月至 12 月期間進行的院舍統計調查，以搜集居住在提供住宿服務的院舍內的殘疾人士及長期病患者的資料。在編製統計調查結果時，有關的數字已進行適當的統計調整，以推算 2020 年的情況。因此，本文內所載的統計數字均反映 2020 年的情況。

1.3 第一部分的統計調查成功訪問了約 6 700 個根據科學方法抽選的住戶（約佔全港總住戶數目的 0.3%），回應率為 78%。第二部分的統計調查則成功訪問了約 40 600 個住戶（約佔全港總住戶數目的 1.5%），回應率為 72%。至於院舍統計調查，共抽選了約 130 間院舍進行訪問，當中約 1 700 名住院人士接受了訪問，回應率為 87%。對於該三部

### 1. Introduction

1.1 The Census and Statistics Department (C&SD) conducted a territory-wide survey on persons with disabilities and chronic diseases during August 2019 to December 2020. The survey aimed to study the basic profiles of persons with disabilities and persons with chronic diseases and to collect information about the carers of these persons. This article gives a brief account of the major findings of the survey.

1.2 The survey on persons with disabilities and chronic diseases was organised into three parts. The first part was a special topic enquiry (STE) on “Persons with chronic diseases” conducted via the General Household Survey (GHS) during August to September 2019, collecting data from persons with chronic diseases who resided in households. The second part was a STE on “Persons with disabilities” conducted via the GHS, collecting data from persons with disabilities who resided in households. In order to obtain a sufficiently large sample of persons with different types of disability for detailed statistical analysis, coupled with the impact of COVID-19 epidemic on the data collection work, the survey period of the STE spanned over 13 months, from November 2019 to November 2020. The third part of the survey was an institutions survey conducted during May to December 2020 to collect data from persons with disabilities and persons with chronic diseases who resided in institutions with residential services. In compiling the survey results, statistical adjustment had been applied to relevant figures to project the situation in 2020. Therefore, the statistics presented in this article reflect the situation in 2020.

1.3 Some 6 700 households within a scientifically selected sample (i.e. about 0.3% of all households in Hong Kong) were successfully enumerated in the first part of the survey, constituting a response rate of 78%. For the second part of the survey, some 40 600 households (i.e. about 1.5% of all households in Hong Kong) were successfully enumerated, constituting a response rate of 72%. For the institutions survey, altogether some 130 institutions were sampled and around 1 700 residents therein were successfully

分的統計調查的未回應情況，編製統計調查結果時已進行適當的統計調整。

## 2. 概念及定義

2.1 因應搜集殘疾統計數字的最新國際發展，是次統計調查更新了四種選定殘疾類別（身體活動能力受限制、視覺有困難、聽覺有困難、溝通能力有困難）的定義<sup>1</sup>，相關的統計調查結果因而不能與以往的結果作直接比較。「殘疾人士」包括一些從事某種活動的能力受限制或有所欠缺的人士，而這種活動對一般人來說，是可用正常方式或在正常能力範圍內做到。具體而言，「殘疾人士」是指下列任何人士

(i) 在統計時，認為自己有下列四項中至少一項情況，並已持續或預料會持續最少 6 個月的時間：

- (A) 身體活動能力受限制；
- (B) 視覺有困難；
- (C) 聽覺有困難；及
- (D) 溝通能力有困難

或

(ii) 經相關專業人員（例如西醫、中醫、臨床心理學家、教育心理學家）診斷有下列五項中至少一項情況：

- (E) 精神病／情緒病；
- (F) 自閉症譜系障礙；
- (G) 特殊學習困難；
- (H) 注意力不足／過度活躍症；及
- (I) 智障。

2.2 「長期病患者」是指在統計時需要長期

enumerated, constituting a response rate of about 87%. Proper statistical adjustments had been applied in the compilation of survey results to take account of the non-response situation in these three parts of the survey.

## 2. Concepts and definitions

2.1 In relation to the latest international development in collecting statistical data on disability, the definitions for the four selected types of disability (restriction in body movement, seeing difficulty, hearing difficulty and communication difficulty) have been updated in this round of the survey<sup>1</sup> and hence the survey findings concerned are not directly comparable with the past results. “Persons with disabilities” included those with restriction or those who lacked ability to perform an activity in the manner or within the range considered normal for a human being. Specifically, “persons with disabilities” were defined as those who

(i) had perceived themselves as having one or more of the following four conditions, or expecting such conditions to last, for a period of 6 months or more at the time of enumeration:

- (A) restriction in body movement;
- (B) seeing difficulty;
- (C) hearing difficulty; and
- (D) communication difficulty

or

(ii) had been diagnosed by related professionals (such as practitioners of Western medicine and Chinese medicine, clinical psychologists and educational psychologists) as having one or more of the following five conditions:

- (E) mental illness / mood disorder;
- (F) Autism Spectrum Disorder (ASD);
- (G) Specific Learning Difficulties (SpLD);
- (H) Attention Deficit / Hyperactivity Disorder (AD/HD); and
- (I) intellectual disability (ID).

2.2 “Persons with chronic diseases” referred to those who required long-term (i.e. lasting at least

<sup>1</sup> 有關定義的更新及資料的局限，詳情請參閱《從綜合住戶統計調查搜集所得的社會資料：第 63 號專題報告書》。

<sup>1</sup> Regarding the updates of the definition and limitations of the data, please refer to the report entitled *Social data collected via the General Household Survey: Special Topics Report No. 63* for details.

(即持續最少 6 個月的時間) 接受藥物治療、覆診或打針服藥以治療某種 (或多於一種) 疾病的人士, 疾病的類別及嚴重性均沒有規限。同時, 所需接受的藥物治療、覆診或打針服藥的頻次亦無規限。然而, 所有在統計時未經醫生確定的疾病不包括在內。同樣地, 只為預防某類疾病而進行的藥物治療及診症亦不包括在內。

### 3. 殘疾人士的概況

3.1 如上文第 2.1 段所述, 是項統計調查所搜集的各項資料中, 包括有關居住於院舍及住戶內的智障人士的資料。然而, 因為根據統計調查結果得出的居住於住戶內的智障人士數目有明顯低估的情況, 本文內刊載的統計調查結果將不會包括智障人士。根據基於不同相關數據來源的粗略統計評估, 全港智障人士的總數可能為 77 000 人至 90 000 人左右, 即代表全港智障人士的普遍率為 1.0% 至 1.2%。

3.2 撇除智障人士, 在 2020 年, 估計有 534 200 名殘疾人士。殘疾人士的整體普遍率 (以佔全港整體人口的百分比計算) 為 7.1%。 (圖 1)

3.3 按選定的殘疾類別分析, 約 244 000 人表示身體活動能力受限制 (在整體人口內的普遍率為 3.3%), 47 600 人視覺有困難 (0.6%), 47 900 人聽覺有困難 (0.6%), 48 700 人溝通能力有困難 (0.7%), 256 800 人有精神病 / 情緒病 (3.4%), 22 400 人有自閉症譜系障礙 (0.3%), 35 400 人有特殊學習困難 (0.5%) 及 38 200 人有注意力不足 / 過度活躍症 (0.5%)。 (圖 1)。

3.4 按年齡組別分析, 在 534 200 名殘疾人士中, 70 歲及以上人士佔 44.5%, 60 至 69 歲人士佔 14.4%, 而 50 至 59 歲人士則佔

6 months) medical treatment, consultation or medication for certain type(s) of diseases at the time of enumeration, irrespective of the type and severity of diseases as well as the frequency of the medical treatment, consultation or medication required. However, any diseases which had not yet been confirmed by medical practitioners at the time of enumeration were not included. Likewise, medical treatment and consultation for the purpose of preventing a certain type of diseases were excluded.

### 3. General profile of persons with disabilities

3.1 As mentioned in paragraph 2.1 above, the survey collected, among others, information on persons with ID residing in institutions and households. However, as there was strong indication of under-estimation in respect of the number of persons with ID residing in households as derived from the survey findings, the survey results presented in this article do not cover persons with ID. A crude statistical assessment based on various relevant data sources indicated that the total number of persons with ID in Hong Kong was likely to be in the region of 77 000 to 90 000, representing a prevalence rate of some 1.0% to 1.2% for persons with ID in Hong Kong.

3.2 Excluding persons with ID, in 2020, it was estimated that there were 534 200 persons with disabilities. The overall prevalence rate of persons with disabilities (expressed as a percentage of the total population of Hong Kong) was 7.1%. (Chart 1)

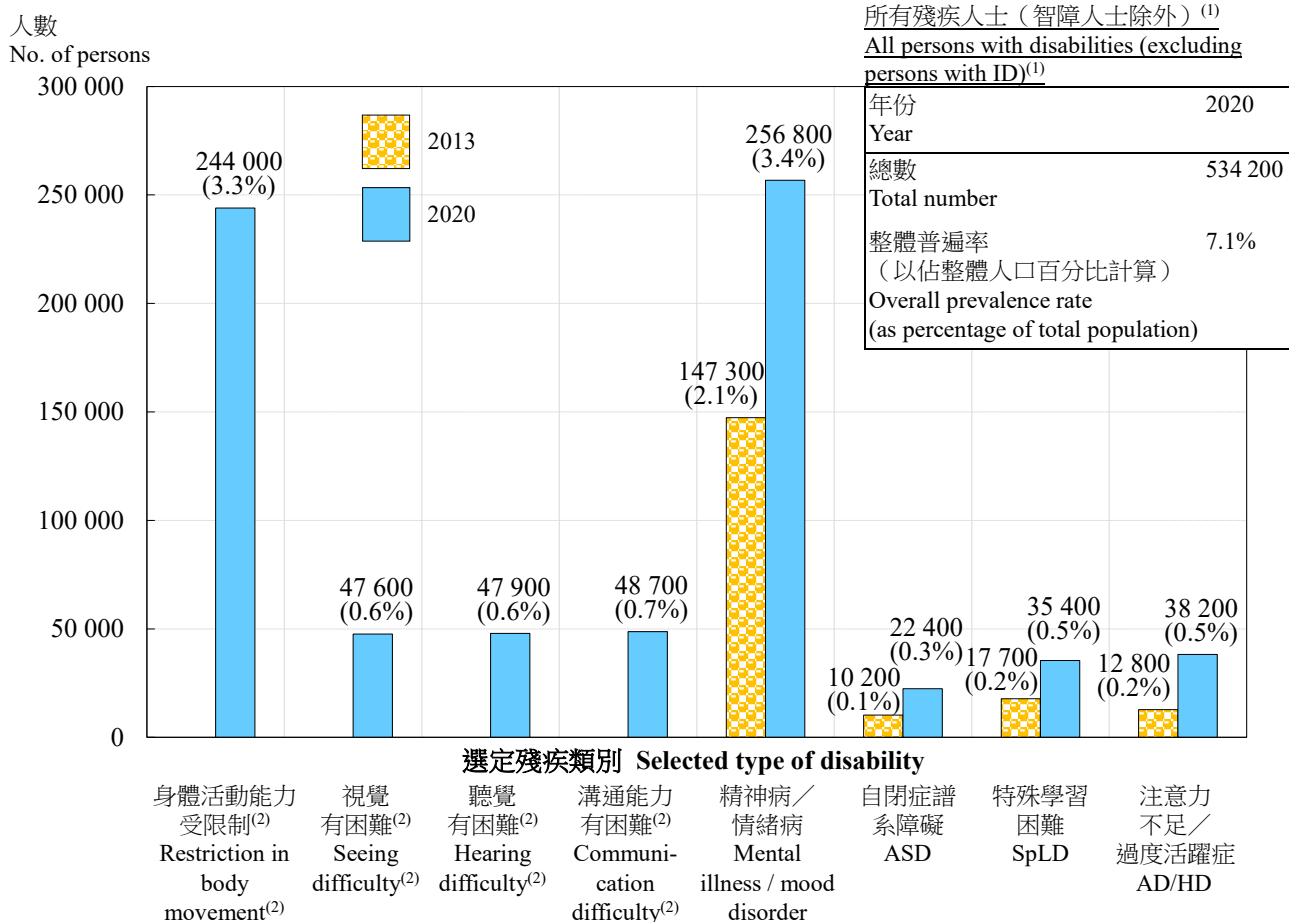
3.3 Analysed by selected type of disability, some 244 000 persons reported that they were with restriction in body movement (with a prevalence rate of 3.3% among the total population), 47 600 persons were with seeing difficulty (0.6%), 47 900 persons were with hearing difficulty (0.6%), 48 700 persons were with communication difficulty (0.7%), 256 800 persons were with mental illness / mood disorder (3.4%), 22 400 persons were with ASD (0.3%), 35 400 persons were with SpLD (0.5%) and 38 200 persons were with AD/HD (0.5%). (Chart 1)

3.4 Analysed by age group, 44.5% of the 534 200 persons with disabilities were aged 70 and over, 14.4% were aged 60 to 69 and 12.1% were aged 50 to 59. The prevalence rate of disability was higher for older

12.1%。一般來說，年齡愈年長的人士中，殘疾普遍率亦愈高。按性別分析，女性殘疾人士較男性為多，分別佔所有殘疾人士的 58.5% 及 41.5%。（圖 2）

persons in general. Analysed by sex, there were more females with disabilities than males, constituting 58.5% and 41.5% of all persons with disabilities respectively. (Chart 2)

**圖 1 按選定殘疾類別劃分的殘疾人士數目**  
**Chart 1 Persons with disabilities by selected type of disability**



註釋：括號的數字顯示個別殘疾類別的普遍率。

Notes: Figures in brackets represent the prevalence rates of respective types of disability.

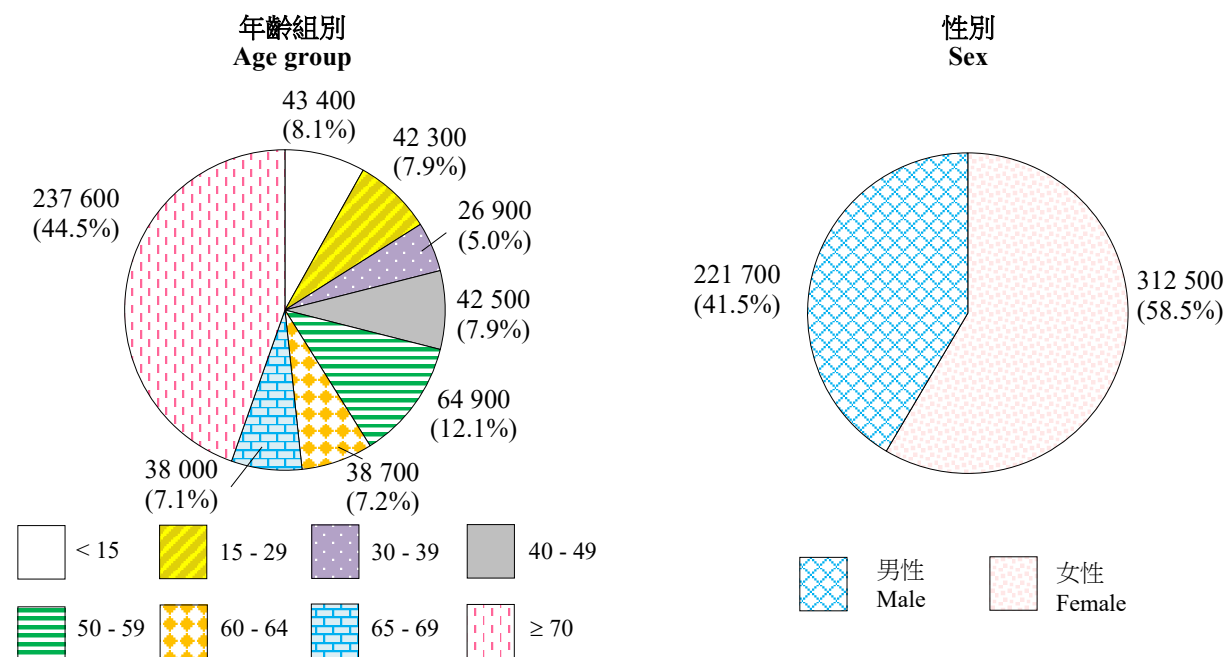
(1) 一名人士可能有多於一種選定殘疾類別。因此，殘疾人士的合計數目／普遍率較有個別殘疾類別人士數目／普遍率的總和為小。

(1) A person might have more than one selected type of disability and hence the overall number / prevalence rate of persons with disabilities is smaller than the sum of the number / prevalence rate of persons with individual types of disability.

(2) 由於殘疾類別的定義有所更新，數字不能與以往的調查結果作直接比較。

(2) Owing to the updated definition of the type of disability, figures could not be directly compared with the past survey results.

圖 2 按年齡／性別劃分的殘疾人士數目  
Chart 2 Persons with disabilities by age/sex



註釋： 智障人士並不包括在內。

Note: Persons with ID were excluded.

#### 4. 長期病患者的概況

4.1 在 2020 年，估計全港約有 1 799 100 名長期病患者，較 2013 年的 1 375 200 人為高。他們約佔全港整體人口的 24.1%，而 2013 年的相應數字為 19.2%。（圖 3）

4.2 在該 1 799 100 名長期病患者中，首三類最普遍的病患為高血壓、糖尿病及膽固醇過高，分別有 939 800 名（佔整體人口的 12.6%）、388 100 名（5.2%）及 383 400 名（5.1%）人士患有該等病患。（圖 3）

4.3 按年齡組別分析，在長期病患者中，70 歲及以上人士佔 40.0%，60 至 69 歲人士佔 27.6%，而 50 至 59 歲人士則佔 17.9%。按性別分析，在該 1 799 100 名長期病患者中，女性較男性為多，分別佔所有長期病患者的 53.1% 及 46.9%。（圖 4）

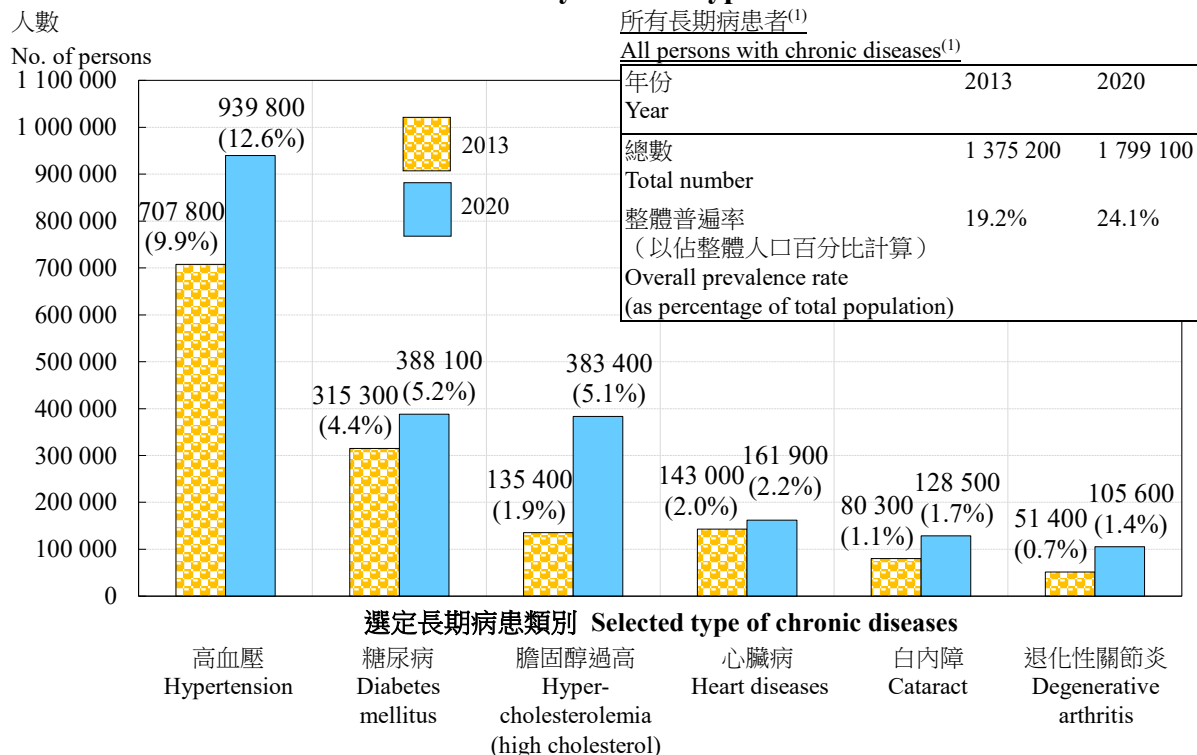
#### 4. General profile of persons with chronic diseases

4.1 In 2020, it was estimated that there were some 1 799 100 persons with chronic diseases in Hong Kong, higher than the 1 375 200 persons in 2013. They constituted about 24.1% of the total population of Hong Kong, as against 19.2% in 2013. (Chart 3)

4.2 Among those 1 799 100 persons with chronic diseases, the three most commonly cited diseases which they had were hypertension, diabetes mellitus and hypercholesterolemia (high cholesterol). Some 939 800 (or 12.6% of the total population), 388 100 (5.2%) and 383 400 (5.1%) persons suffered from such diseases respectively. (Chart 3)

4.3 Analysed by age group, 40.0% of persons with chronic diseases were aged 70 and over, 27.6% were aged 60 to 69, and 17.9% were aged 50 to 59. Analysed by sex, there were more females than males among the 1 799 100 persons with chronic diseases, constituting 53.1% and 46.9% respectively of all persons with chronic diseases. (Chart 4)

**圖 3 按選定長期病患類別劃分的長期病患者數目**  
**Chart 3 Persons with chronic diseases by selected type of chronic diseases**



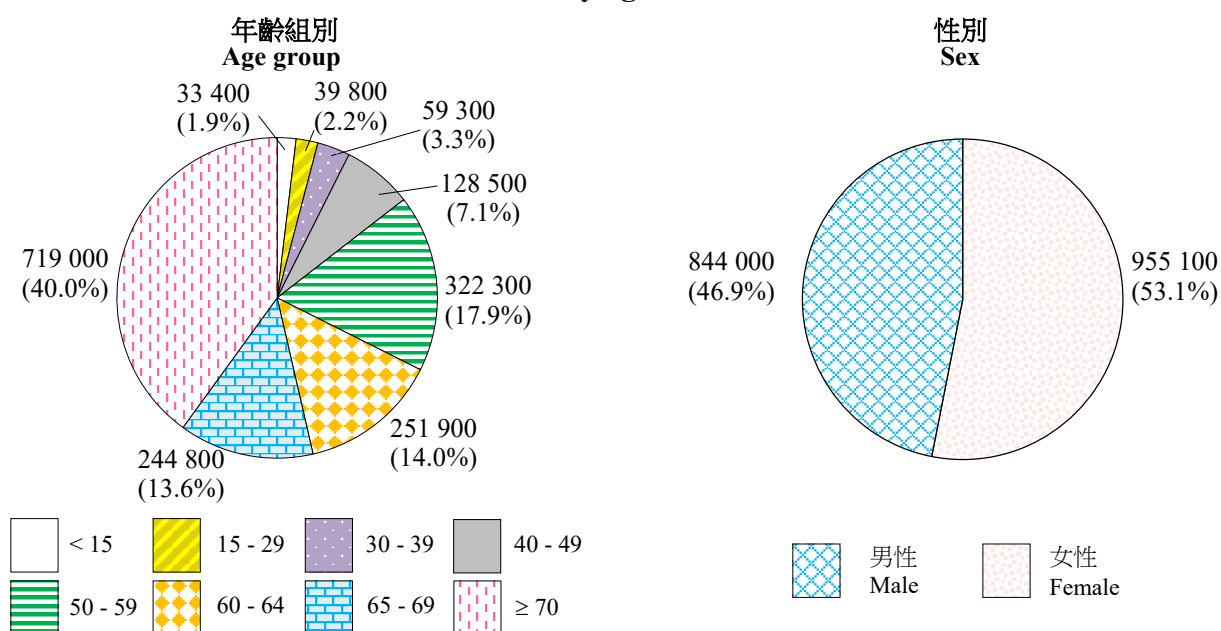
註釋：括號的數字顯示個別長期病患類別的普遍率。

Notes: Figures in brackets represent the prevalence rates of respective types of chronic disease.

(1) 由於一名人士可能有多於一種長期病患類別及在選定的長期病患類別以外的類別的統計數據並沒有列載，因此，長期病患者的合計數目與個別選定的長期病患類別人士數目的總和不同。

(1) As a person might have more than one selected type of chronic diseases and statistics for those types of chronic diseases other than the selected types were not presented, the overall number of persons with chronic diseases is not equal to the sum of the number of persons with individual selected types of chronic diseases.

**圖 4 按年齡／性別劃分的長期病患者數目**  
**Chart 4 Persons with chronic diseases by age/sex**





## 5. 殘疾人士及長期病患者的經濟活動身份

5.1 在 490 800 名 15 歲及以上殘疾人士中，約 393 900 人（80.3%）為非從事經濟活動人士，其餘 96 900 人（19.7%）為從事經濟活動人士（包括就業人士及失業人士）。在該 393 900 名 15 歲及以上非從事經濟活動殘疾人士中，約 249 800 人（佔所有 15 歲及以上殘疾人士的 50.9%）為退休人士。（圖 5）

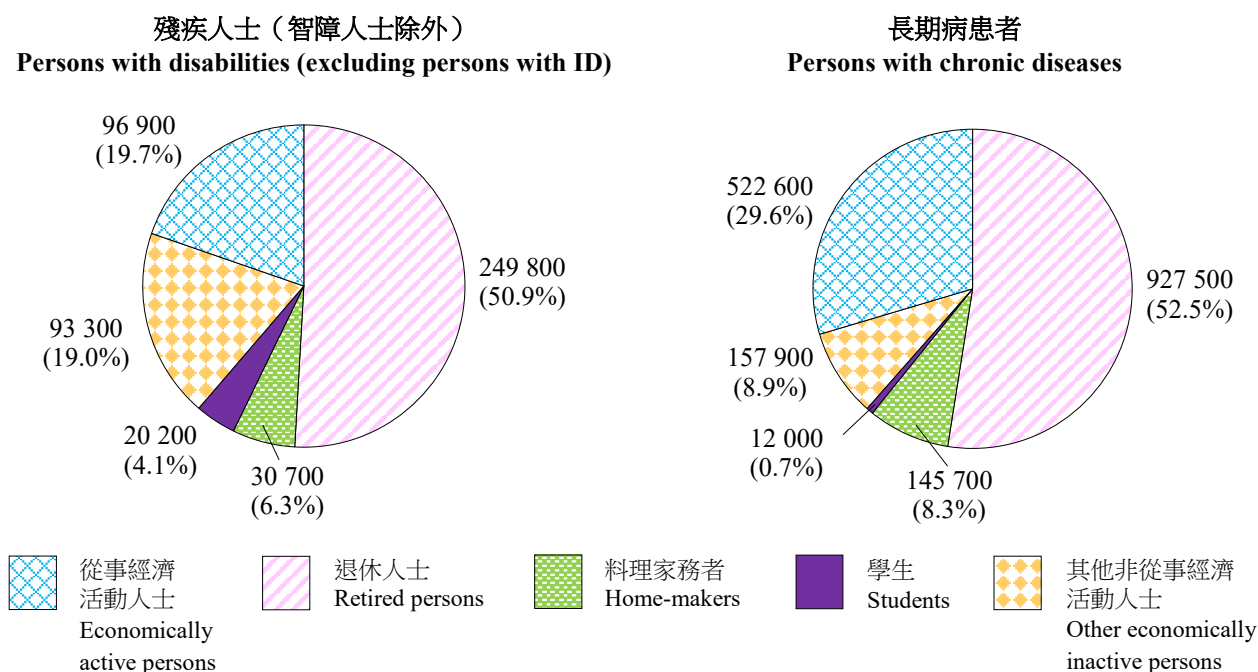
5.2 而在 1 765 700 名 15 歲及以上長期病患者中，約 1 243 100 人（70.4%）為非從事經濟活動人士，其餘 522 600 人（29.6%）為從事經濟活動人士。在該 1 243 100 名 15 歲及以上非從事經濟活動長期病患者中，約 927 500 人（佔所有 15 歲及以上長期病患者的 52.5%）為退休人士。（圖 5）

## 5. Economic activity status of persons with disabilities and persons with chronic diseases

5.1 Of the 490 800 persons aged 15 and over with disabilities, some 393 900 (80.3%) were economically inactive and the remaining 96 900 (19.7%) were economically active (including employed persons and unemployed persons). Among those 393 900 economically inactive persons aged 15 and over with disabilities, some 249 800 (or 50.9% of all persons aged 15 and over with disabilities) were retired persons. (Chart 5)

5.2 Of the 1 765 700 persons aged 15 and over with chronic diseases, some 1 243 100 (70.4%) were economically inactive and the remaining 522 600 (29.6%) were economically active. Among those 1 243 100 economically inactive persons aged 15 and over with chronic diseases, some 927 500 (or 52.5% of all persons aged 15 and over with chronic diseases) were retired persons. (Chart 5)

圖 5 按經濟活動身分劃分的 15 歲及以上殘疾人士及長期病患者數目  
Chart 5 Persons aged 15 and over with disabilities and those with chronic diseases by economic activity status



註釋：一名人士可能同時有殘疾及患有長期病患，故殘疾人士及長期病患者的數目不應直接相加。

Note: A person might have disabilities and chronic diseases at the same time, so the numbers of persons with disabilities and persons with chronic diseases should not be added up directly.

## 6. 居住在住戶內的殘疾人士及有特定需要的長期患者的主要照顧者

6.1 在 462 400 名居住在住戶內的殘疾人士中，有 204 200 人（44.2%）表示因其健康狀況而有別人照顧其日常生活。而在 580 800 名居住在住戶內及有特定需要的長期病患者（指其在日常生活有困難或正在使用輔助儀器的長期病患者）中，有 248 000 人（42.7%）表示有同樣情況。（圖 6）

6.2 對於有多於一人照顧其日常生活的殘疾人士及有特定需要的長期病患者而言，「主要照顧者」為一星期內照顧他們最長時間的人士，當中「主要特定照顧者」只包括親人及朋友。

### 照顧者的身分

6.3 在該 204 200 名有別人照顧其日常生活的殘疾人士中，28.7% 的主要照顧者為他們的子女／女婿／媳婦，28.2% 是他們的家庭傭工，20.7% 是他們的配偶，而 15.0% 是他們的父母。至於該 248 000 名有特定需要的長期病患者中，31.9% 的主要照顧者為他們的子女／女婿／媳婦，28.9% 是他們的配偶，24.5% 是他們的家庭傭工，而 7.9% 是他們的父母。（圖 7）

### 受照顧者照顧時數

6.4 在 204 200 名有別人照顧其日常生活的殘疾人士中，約 47.0% 表示主要照顧者每周照顧他們少於 40 小時。他們每周通常受主要照顧者照顧時數的中位數為 42 小時。在 248 000 名有特定需要的長期病患者中，相應的數字分別為 52.1% 及 35 小時。（圖 8）

## 6. Primary carers of persons with disabilities and persons with chronic diseases who had specific needs residing in households

6.1 Among the 462 400 persons with disabilities residing in households, 204 200 persons (44.2%) cited that they had another person taking care of their day-to-day living due to their health conditions. For the 580 800 persons with chronic diseases who had specific needs (refer to persons with chronic diseases who were encountering difficulty in day-to-day living or using assistive device) residing in households, 248 000 persons (42.7%) reported the same. (Charts 6)

6.2 For those persons with disabilities and persons with chronic diseases who had specific needs and had more than one person taking care of their day-to-day living, “primary carer” refers to the person who provided the longest hours of caring services during a week, where “primary specific carer” only includes the carer whose identity is relative and friend.

### Identity of the carer

6.3 For the 204 200 persons with disabilities who had another person taking care of their day-to-day living, 28.7% of their primary carers were their children/son-in-law/daughter-in-law, 28.2% were their domestic helpers, 20.7% were their spouses and 15.0% were their parents. As for those 248 000 persons with chronic diseases who had specific needs, 31.9% of their primary carers were their children/son-in-law/daughter-in-law, 28.9% were their spouses, 24.5% were their domestic helpers and 7.9% were their parents. (Chart 7)

### Hours of caring services provided by the carer

6.4 Of the 204 200 persons with disabilities who had a person taking care of their day-to-day living, some 47.0% cited that their primary carers usually took care of them for less than 40 hours per week. The median usual hours of caring services provided by the primary carer per week was 42 hours. The corresponding figures for those 248 000 persons with chronic diseases who had specific needs were 52.1% and 35 hours respectively. (Chart 8)

## 特定照顧者的精神壓力

6.5 為了解特定照顧者的精神壓力，是次統計調查新增了有關的問題。在 150 800 名有特定照顧者的殘疾人士中，52.4% 的主要特定照顧者表示在統計前 1 個月曾因照顧而感到有精神壓力。而在 162 000 名有特定需要的長期病患者的相應數字為 54.9%。（圖 9）

6.6 在 79 100 名有主要特定照顧者在統計前 1 個月曾因照顧而感到有精神壓力的殘疾人士中，60.5% 的主要特定照顧者形容上一次感到有精神壓力的程度為輕微，30.9% 則形容程度為介乎輕微與嚴重之間。而在 88 900 名有特定需要的長期病患者的相應數字分別為 56.0% 及 27.0%。（圖 9）

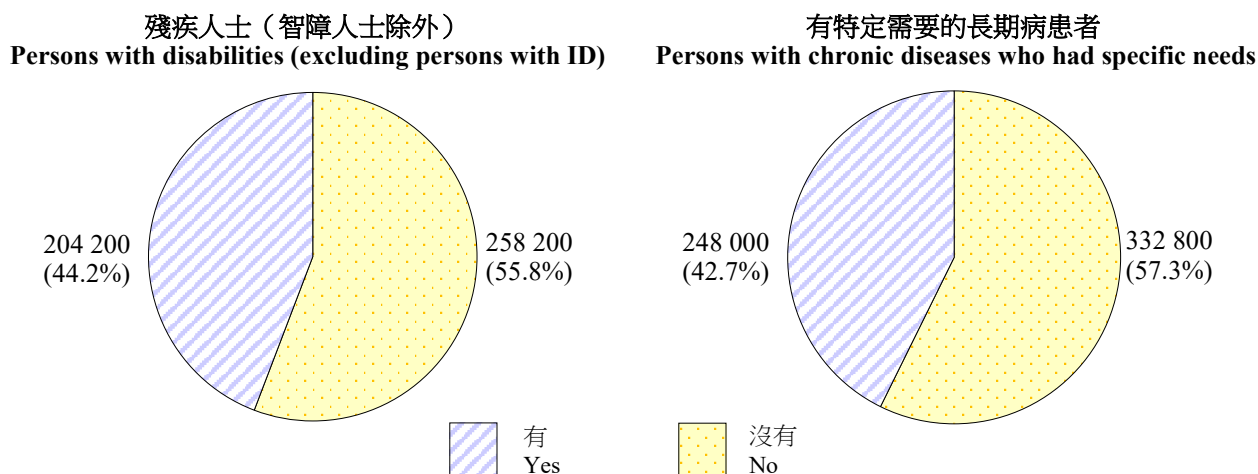
## Stress of the specific carer

6.5 To understand the stress of the specific carers, related questions were added in this round of the survey. Among the 150 800 persons with disabilities who had a specific carer, 52.4% of their primary specific carers cited that they felt stressed due to the caring services during the 1 month before enumeration. The corresponding percentage for those 162 000 persons with chronic diseases who had specific needs was 54.9%. (Chart 9)

6.6 Among the 79 100 persons with disabilities who had a primary specific carer felt stressed due to the caring services during the 1 month before enumeration, 60.5% of their primary specific carers described that they felt stressed a little last time, while 30.9% felt somewhere in between a little and a lot. The corresponding figures for those 88 900 persons with chronic diseases who had specific needs were 56.0% and 27.0% respectively. (Chart 9)

**圖 6 按有否因其殘疾及長期病患而有別人照顧其日常生活劃分的居住在住戶內的殘疾人士及有特定需要的長期病患者數目**

**Chart 6 Persons with disabilities and persons with chronic diseases who had specific needs residing in households by whether had a person taking care of their day-to-day living due to their disabilities and chronic diseases**



註釋：一名人士可能同時有殘疾及患有長期病患，故殘疾人士及長期病患者的數目不應直接相加。

Note: A person might have disabilities and chronic diseases at the same time, so the numbers of persons with disabilities and persons with chronic diseases should not be added up directly.

圖 7 按主要照顧者的身分劃分的有別人照顧其日常生活的居住在住戶內的殘疾人士及有特定需要的長期病患者數目

Chart 7 Persons with disabilities and persons with chronic diseases who had specific needs residing in households and had a person taking care of their day-to-day living by identity of the primary carer

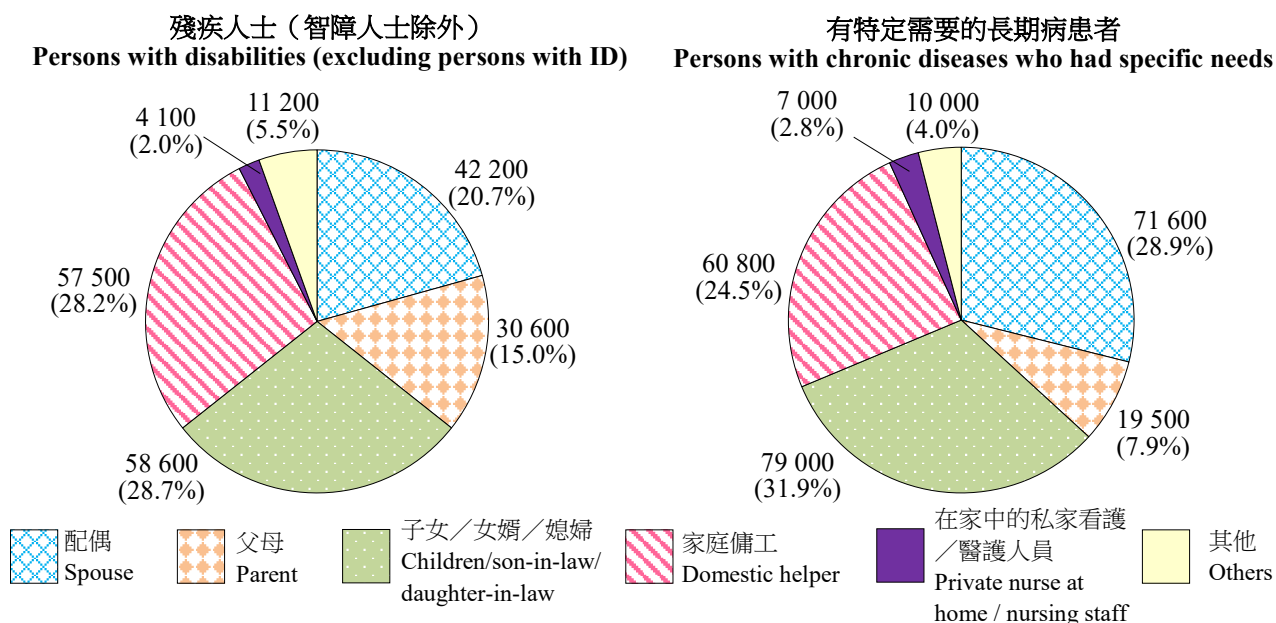


圖 8 按每周通常受主要照顧者照顧時數劃分的有別人照顧其日常生活的居住在住戶內的殘疾人士及有特定需要的長期病患者的百分比分布

Chart 8 Percentage distribution of persons with disabilities and persons with chronic diseases who had specific needs residing in households and had a person taking care of their day-to-day living by usual hours of caring services provided by the primary carer per week

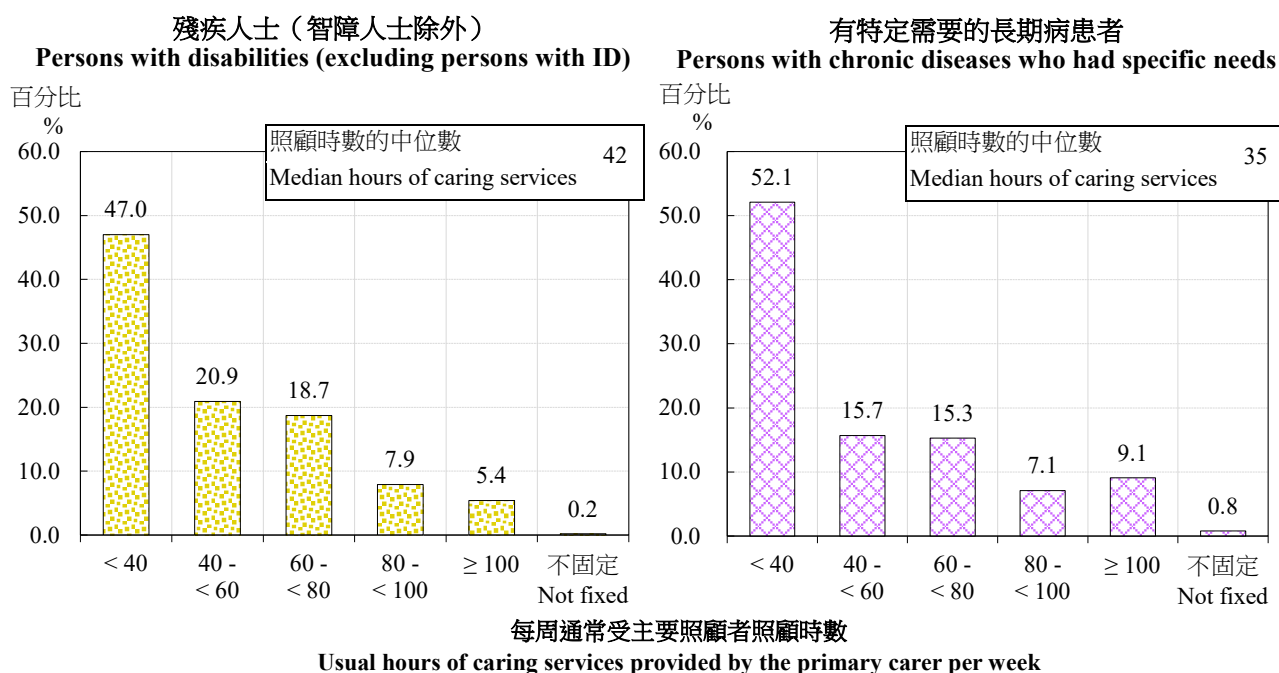
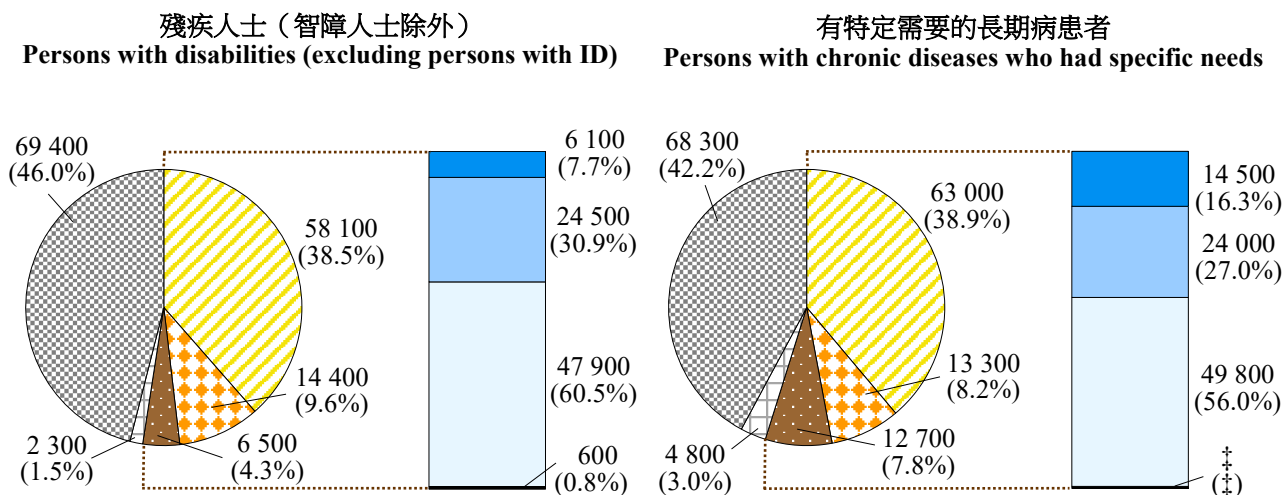


圖 9 按主要特定照顧者在統計前 1 個月因照顧而感到有精神壓力的頻率／上一次感到有精神壓力的程度劃分的有特定照顧者的居住在住戶內的殘疾人士及有特定需要的長期病患者數目

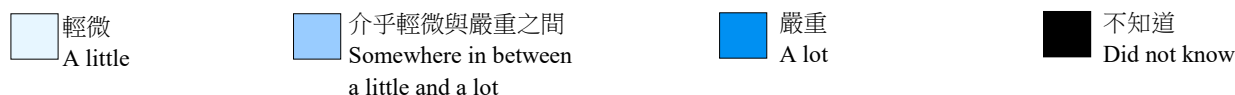
Chart 9 Persons with disabilities and persons with chronic diseases who had specific needs residing in households and had a specific carer by frequency of the primary specific carer feeling stressed due to the caring services during the 1 month before enumeration / level of stress the primary specific carer felt last time



因照顧而感到有精神壓力的頻率 Frequency of feeling stressed due to the caring services



上一次感到有精神壓力的程度 Level of stress felt last time



註釋：一名人士可能同時有殘疾及患有長期病患，故殘疾人士及長期病患者的數目不應直接相加。

‡ 由於抽樣誤差相對較大，數字不予公布。

Notes: A person might have disabilities and chronic diseases at the same time, so the numbers of persons with disabilities and persons with chronic diseases should not be added up directly.

‡ Figures are not released due to relatively large sampling error.

## 7. 可供參考有關刊物

7.1 有關殘疾人士及長期病患者的統計調查的詳細結果載於《從綜合住戶統計調查搜集所得的社會資料：第 63 號專題報告書》。

## 7. Further references

7.1 Detailed findings of the survey on persons with disabilities and chronic diseases were released in the report entitled *Social data collected via the General Household Survey: Special Topics Report No. 63*.

## 8. 數字的進位

8.1 由於本文內數字經四捨五入，分項總和未必與總數相等。

## 8. Rounding of figures

8.1 Figures in the article may not add up to the total due to rounding.