

扶康會
四十周年誌慶研討會「老齡與共融—文明社會的挑戰」
分組環節 — 內容摘要

分組一

主題：社會共融

S1：「真人圖書館」— 與復元人士平等對話

扶康會服務經理 宋賀梅女士

扶康會朋輩支援員 李錦儀女士

朋輩支援員作為「真人圖書」，舉辦了五節小組，分別向 29 位職員分享她的生活點滴和內心世界。通過面對面真誠的溝通與交換意見，增加職員與有精神病經歷的人士溝通的信心，並減少職員對復元人士的負面標籤和迷思。

S2：自閉症譜系障礙成人使用圖片交換溝通系統的計劃評估

扶康會職業治療師 高永成先生

A preliminary program evaluation was conducted to study the communication skills of the selected service users with autistic spectrum disorders (ASDs) in the use of the Picture Exchange Communication System (PECS). Seven individuals with ASD were selected from four different adult training centres to participate in the project. All the relevant staff were given training in the use of the PECS beforehand. Standard recording forms were given to the centres. The data indicated the majority of participants showed purported improvements in their skills to use PECS. The positive results confirmed the clients' relative strength in and preference for processing visual information. The results are discussed in relation to the practical difficulties that encountered during the project.

S3：「社交路路通」：通過對交通的共同興趣和特長，有效地讓自閉症學生發展對他人的溝通信任和提升人際關係

香港大學教育學院榮譽副教授 祁永華博士

中學教師、交通規劃師及運輸物流學會特許會員 祁宇泫先生

In the past year, HKU and HHCKLA Buddhist Po Kwong School have co-pioneered a new set of pilot programs called Project GO (Chinese: 「社交路路通」), in order to build ASD students' trust and relationship with other people using “Interested-based learning” related to transport.

37 volunteers from HKU undergraduate and master degree students have participated in this program in various times throughout the school year I confirmed that, when the context of communication is about their special interest and strength, the students will be happier and be more open to engage and to express their thoughts and knowledge.

Their communication intention and communication skills can improve, and relation with the volunteers can develop.

S4：日本邁向共融之模式及訓練計劃之發展

前社區復健亞太網絡副主席 上野悅子女士

I will introduce different approaches of inclusion of persons with disabilities through showing practices of CBID in Japan. One is Cocoron which has supported living and work of people with psycho social disabilities in Fukushima Prefecture. The key word is medical rehabilitation and vocational rehabilitation, and collaboration with business sector and agriculture. The other is Howawa which has supported children with severe disability living at home after discharge from a hospital by providing day care service outside home. The key words are collaboration between medical care, nursing and welfare, children with severe disability.

CBR Matrix is used to see changes of persons with disabilities and community.

I will also speak about the training program which has been developed by our organization with the concept of CBID. The program contains identifying community issue, planning of training program, preparation of workshops, “Potluck of What We Can Do” Workshop which has been developed by NGOs in Nagoya city and introduced in the UN ENABLE NL in 2014.

I will show you those cases from the viewpoints of sustainability of CBR.

S5：電動輪椅與我

扶康會職業治療師 李慧敏女士

Helen used to be a bright and brilliant young professional who became wheelchair-bounded after the onset of Multiple Sclerosis and Thyrotoxicosis for 14 years. Helen was placed in a Care and Attention Home. Though she received meticulous nursing care, she was bored and had difficulty to find meanings in her life. With her intact cognition, Helen has the rights to participate and interact with other members of the community. A single case study using the WHOQOL-BREF(HK) to measure the quality of life. With the skill training of manoeuvring power wheelchair

for 1 hour per week for a continuous of 6 months, the test-retest results indicated genuine improvement in the quality of life. Findings of this study suggested that if direct-contact staff turnover, recruitment & training absentee rates are low enough to maintain continuity of supports & efficient use of resources, service user can have more skills training and more confident to participate in everyday community activities.

S6：園藝治療對患有自閉症譜系兼有智力障礙人士的成效

註冊園藝治療師（美國園藝治療協會 AHTA 及香港園藝治療協會 HKATH）及香港園藝治療協會會長 馮婉儀女士

Horticultural therapy (HT) is an intervention through which gardening and cultivating activities are used as vehicles in treatment and rehabilitation programs. An increasing body of research has documented the benefits of HT on clients with special needs. In the present study, we aimed to investigate the effect of HT on adults with Autism Spectrum Disorder comorbid with intellectual disabilities. We have recruited 12 participants and three of them were drop-outs. It was hypothesized that HT would improve the social responsiveness and increase positive emotion of the participants. The results showed that the participants reduced the frequency of destructive behaviors and increased the positive emotion upon the completion of a HT program. The implication of the present study and future direction for research will be discussed.

S7：小奧士平等之旅—社區教育活動

扶康會社工 郭詠琳女士

以「從小教育」為理念，創作卡通人物「小奧士」為溝通媒介，鼓勵小學生參與接觸殘疾人士，建立對他們的正面價值觀。

S8：「緊 Art 你手」：踏向共融的足跡

扶康會培訓經理 劉瑞珊女士

This study is to discuss how art as a medium has been applied in social inclusion art project. The project aims at promoting social inclusion and enhancing the self-esteem and confidence of persons with disabilities (PWDs). Quantitative research method, such as mainly questionnaire was used to collect data from both volunteers and PWDs who participating in the art workshops. Results found that the able-bodied participants increased their understanding on the artistic talents of PWDs although the positive

change in their perception towards PWDs was not improved obviously, and PWDs were also able to enhance their self-image. These findings showed that art is a useful medium for social inclusion program and building up self-esteem and confidence of PWDs.