

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

分組二

主題：高齡化的應對介入手法

A1：跟牙醫做個 Friend

扶康會社工 黃妙珠女士

智障人士恐懼進行牙齒檢查及治療，牙痛引致吞嚥困難、腸胃道疾病、情緒和行為問題等。本中心依循社交故事(Social Story)及經驗學習法(Experiential Learning)的理論，透過影像及模擬環境，提供預告及活動體驗，以減低他們對看牙醫的恐懼感。實施後，一個八人小組中，共有五人有顯著改善，例如：願意進入牙科診所、躺在醫療椅上、進行牙齒檢查及治療。這個實驗小組的結果，符合社交故事和經驗學習法理論的預期成效 -- 幫助智障人士降低對陌生環境和活動的恐懼感。

A2：說死談生教育計劃的小組培訓及成效

扶康會統籌主任 梁天樂先生

扶康會社工 麥可兒女士

凡有生命的東西都不能避免死亡，智障人士與一般人無異，同樣需要面對死亡；死亡對中國人來說是忌諱，加上智障人士普遍被誤解作不能理解死亡的意義，故此剝奪了他們接觸生死教育的權利。有見及此，本會推行「說死談生」生死教育計劃，透過不同的形式增加員工、服務使用者及其家屬對死亡的認識，並提升他們對死亡正面觀感，從而珍惜生命。是次匯報將介紹本計劃的小組培訓內容及成效。

A3：護理家舍嚴重智障人士在使用多功能感官室後，對鬆弛行為的成效：個案研究

扶康會職業治療師 李冠宏先生

The purpose of this study was to investigate the relaxation effect of multisensory room (MSR) towards a selected resident in Care and Attention Home. A male adult with severe intellectual disability, who was easily agitated without obvious reason, was recruited to attend each 40 minutes MSR session for over six months.

The results from paired sample t-test indicated that first hypothesis on relaxation

effect of MSR was supported ($p=0.009$). The participant showed improvement on relaxation behaviour after the MSR intervention sessions. Upon estimation with independent sample t-test, the second hypothesis on relaxation behaviour after the MSR sessions should be improved when compared with the non-intervention sessions was not supported ($p=0.441$). Since the same participant was observed in the non-intervention sessions, it was probably due to carry over effect from the MSR intervention sessions. Investigation on carry over effect of MSR could be opinioned for more studies. This study supported the philosophy that MSR induced relaxation for people with severe intellectual disabilities through sensory stimulation in this specific condition.

A4：運用「密集互動」經驗分享

扶康會服務經理 賴麗麗女士

Developed by Dave Hewitt and Melanie Nind, Intensive Interaction has been a practical approach to facilitate the development of communication abilities to children and adults with severe learning difficulties and Autism Spectrum Disorder (Nind & Hewitt, 1994). Fu Hong Society conducted the first pilot exercise on Intensive Interaction in 2009 and the second and third pilot exercises were conducted in 2010 and 2015 respectively to further enrich the experiences in its application. The purpose of this paper is to share the pilot experience and lessons learnt of FHS in applying Intensive Interaction approach in adult training service context to meet the communication needs of adults with severe intellectual disabilities and Autism Spectrum Disorder.

A5：如何量度密集互動的成效？

扶康會社工 鄧利紅女士

社工實務中，有不同的介入手法。本工作坊介紹，透過密集互動的十個技巧，結合成效評估的元素，期望用較科學化的方法，量度密集互動介入手法的成效。初步發現服務使用者對工作人員的反應及對身邊事物的好奇心比未參加密集互動介入手法前有明顯增加。

A6：智障人士老齡化 vs 照顧需要探討

扶康會護士主任 陳少芹女士

就智障人士老齡化、平均壽命延長及早發性老化等現象及其帶來的影響，預期對智障及殘疾人士院舍等康復服務所產生的照顧及工作壓力亦會日益顯著。加上家

長及職員同樣面對老年化，必需就此作出及早的相應改善計劃和準備，以盡量減輕可以預計之照顧壓力。

扶康會於 2016 年 3 月於會內部分服務單位進行了「服務使用者照顧需要評估」：反映出該壓力並不單單集中於照顧年老者，照顧年輕者之服務壓力也容忽視。

A7：坐式經絡瑜珈操先導計劃

扶康會物理治療師 **陳偉雄先生**

智障人士的跌倒是宿舍常見意外之一，而「坐式經絡瑜珈操」透過經絡運動原理，訓練四肢協調，可能有效改善學員平衡力防止摔倒；柏格氏平衡量表（Berg balance scale, BBS）是一個廣泛應用於老人界定摔倒風險之量表和作為平衡力改善的評估工具。我們藉此量表研究此運動能否改善平衡，13 位學員接受共 12 週，每週 5 天，每天約 30 分鐘的療程，統計學上的結果分析為經絡瑜珈操可以改善平衡力。

A8：冷酸刺激對腦麻痺吞嚥障礙的療效

扶康會言語治療師 **崔龍逸先生**

Swallowing problems are prevalent in individuals in the most severe forms of cerebral palsy (e.g. quadriplegia). The aim of this study was to assess the effectiveness of thermal-gustatory stimulation in dysphagic individuals with cerebral palsy. Twelve subjects were randomized into experimental and control groups. Participants in the two groups were age-matched. The control group received no treatment, while in the experimental group thermal-gustatory stimulation was applied. Swallowing function was assessed before and 4 weeks after treatment, and evaluated via the swallow function scoring system, and the swallowing rating scale. This treatment programme proved to be an effective treatment for these dysphagic individuals with cerebral palsy.