

「感」「懷」身世 — 多感官懷緬治療室暨花園 “Re-start from we were young” – Multi-Sensory and Reminisce Room cum Garden

毅信之家於2010年獲伊利沙伯女皇弱智人士基金撥款資助發展「『感』『懷』身世 — 多感官懷緬治療室暨花園」，並於2012年正式供服務使用者使用。

「感」乃指多感官(Multi Sensory)，「懷」乃是懷緬治療(Reminisce)，研究顯示這兩種治療模式對減慢老化效果顯著。本計劃結合這兩種治療模式，期望減慢服務使用者記憶衰退及提升他們對外在環境的反應，特別是腦退化症患者。

懷緬治療室仿照五、六十年代的家居設計，除了日常家居用品、玩具及廚具外，亦放置了多款懷舊宣傳海報。除此之外，我們亦透過懷舊式電視播放五、六十年代的經典電視劇及電影，期望能喚起年長的服務使用者的兒時回憶。另外，亦有空中花園，並設置視覺區、聽覺區及觸感區，讓服務使用者可感受各種官能刺激。透過多感官刺激，提升年紀漸大的服務使用者對外在環境的反應，從而減慢其退化的情況。



With sponsorship from the Queen Elizabeth Foundation for the Mentally Handicapped, Ngai Shun Home has set up the “Re-start from we were young – Multi-Sensory and Reminisce Room cum Garden” in 2010, and formally put it in use in 2012.

According to research findings, the two treatment models, “multi-sensory” and “reminisce”, are effective in slowing down the process of ageing. Our Project succeeds in combing the two treatment models, with the aim at slowing down the memory loss of persons with intellectual disabilities as well as enhancing their response to external environment, especially for those suffering from dementia.

Emulating home designs of the 1950s and 1960s, the reminisce room is decorated with quite a number of nostalgic posters besides daily household items, toys and kitchen utensils. Apart from that, classic TV dramas and movies of the 50s and 60s were shown on screen of old television sets, hoping to recall senior service users’ childhood memories. Moreover, there is the hanging garden equipped with a visual area, auditory area and touch area that allows service users to experience different kinds of sensory stimulation. Through multi-sensory stimulation, it aims to strengthen the response of ageing service users to the external environment and slow down their process of degeneration.

