

運動抗衰老之互動餐單 Sports and Anti-ageing – Interactive Menu

區域物理治療師陳偉雄 Rex Chan, Regional Physiotherapist

智障人士高齡化是業界熱門的討論話題。扶康會作為香港其中最大的成人智障服務機構，保守估計五年後最少40%服務使用者會步入老年。為此物理治療師因應服務使用者的肌能和認知能力，設計相關的治療訓練方案，並且推動一些互動運動班，延緩服務使用者老化情況。

The ageing of persons with intellectual disabilities is a hot topic of discussion within the sector. As one of the largest service organizations for adults with intellectual disabilities in Hong Kong, it is estimated that at least 40% of Fu Hong Society's service users will be aged after five years. In view of that, our physiotherapist has designed treatment and training schemes based on service users' muscle strength and cognitive ability, and carried out interactive sport classes to prolong service users' ageing process.

運動餐單互動分享會

透過設計不同運動，利用集體形式，增加服務使用者參與運動的機會，提升他們運動的能力，以預防骨質疏鬆症、腦退化症和防止摔倒等。

運動模式規範化

運動餐單範本列出運動的簡介及作用、適合推行此運動的中心類型、服務使用者的能力及排除標準、所需人手及物資、程序等。

運動模式

以輕柔及輕運動量為主，一般的運動時間約30分鐘，期間播放物理治療師拍攝的運動DVD。運動包括：防止骨質疏鬆運動操（簡易版及進階版）、少林巧手36操（簡易版和音樂版）及動腦強身基本法。



Sports menu interactive sharing session

Through designing different exercises and collective participation provide service users with more opportunities to involve in sports programmes, the goal is to strengthen their muscles and mobility for the prevention of osteoporosis, dementia and falls.

Sports modules

A sports menu module includes brief information on the exercises and their functions, the types of centre suitable to implement such exercises, service users' abilities and standards for exclusion, manpower needed, resources and procedures etc.

Sports model

Mainly soft and light exercises, normal duration is 30 minutes with screening of exercise DVD shot by the physiotherapist. The exercises include: exercise for preventing osteoporosis (simplified and advanced version), Shaolin 36 strikes (simplified and musical version) and basic brain training.