

運動對自閉症服務使用者的治療效果

Sports activities help service users with autism

本會荃葵及深水埗區服務單位積極推廣體育活動，特別是跑步（馬拉松），協助成年自閉症服務使用者康復，原因包括：

Our service units in Tsuen Kwai & Sham Shui Po district have been actively promoting sports activities especially running (marathon) to help adults with autism rehabilitate and with good reasons as follows:



1.

治療效果：不少文獻指出，體育活動對自閉症人士的行為、體能、協調能力、情緒和專注力有正面影響，對於有過度活躍傾向的自閉症服務使用者，更可透過體育活動將他們的能量用於有意義的事物上。

Treatment effects: A number of research studies have shown that sports activities are conducive to the behaviour, physical fitness, coordination, emotion and attention of persons with autism. Through sports, service users with autism who tend to suffer from hyperactivity disorder can spend their energy on more meaningful things.

2.

適合種類：對於自閉症服務使用者而言，某些體育活動（例如足球）需要一定程度的社交能力，影響了他們參與的動機；一些重複性動作的體育活動（例如跑步），較切合他們的個性。另外有研究指出，重複性的體育活動有助減少重複性的行為問題。

Appropriate sports activities: Some sports activities such as football require certain social skills such that their participation is affected. Meanwhile, some exercises with repetitive actions such as running may suit their personality better. A research study also points out that exercises with repetitive actions can alleviate problems relating to their repetitive behaviours.

3.

發掘及培養興趣：自閉症服務使用者較少有個人興趣，但他們在肌能協調方面的能力不弱，值得在體育方面發展他們的興趣。

Explore and foster their personal interests: Although few service users with autism have hobbies, their muscular coordination is by no means inferior. It is thus worth developing their interests in sports.

2013年1月，本區有超過10名自閉症服務使用者參與了本港一項特殊馬拉松比賽，所有服務使用者在賽前均積極及認真地參與練習，比賽當日亦能於大會指定時間內完成賽事。在比賽過程中，他們或許會感到艱難；但到達終點時，他們的臉上都綻放發自內心的燦爛笑容！大部份服務使用者的家長都有出席活動，不但為參加者注入正能量，還親眼見證子女努力的成果，使活動別具意義。

除了跑步外，我們會繼續發掘合適的體育活動予自閉症服務使用者，讓他們享受體育活動，因為愉快的情緒有助減少挑戰性行為。另外亦希望他們藉著參與體育活動，訓練溝通及社交等技能，有助他們的康復和提升生活質素。

In January 2013, more than 10 of our service users with autism in this district participated in a special marathon in Hong Kong. After going through a keen and earnest training prior to the race, they all completed the marathon within the time specified by the organizer. Though they might have experienced hardship during the competition, they beamed a bright and heartfelt smile when they reached the destination! This event was more meaningful when it was also attended by parents of most service users. This has not only motivated the participants, but also allowed the parents to witness their children's achievement.

In addition to running, we will continue to explore more suitable sports for our service users with autism to enjoy sports, because happiness can help reduce their challenging behaviours. Besides, it is our intention that their training in communication and social skills through sports can help them in their rehabilitation and enhance their quality of life.