

# 「一站式日間訓練及照顧試驗計劃」

## “Pilot Project on One-stop Services for Ageing Service Users of Hostel for Severely Mentally Handicapped Persons and Hostels for Moderately Mentally Handicapped Persons”

為應對殘疾人士老化，社會福利署去年於全港 18 間智障人士宿舍推出「一站式日間訓練及照顧試驗計劃」，為居於嚴重及中度智障人士宿舍的年長服務使用者，提供一站式日間訓練及住宿照顧服務，以提升殘疾人士的生活質素，透過跨專業團隊的全面照顧，讓他們在熟悉的環境中生活。

本會轄下三間宿舍，長康之家、友愛之家及禾輦成人訓練中心，獲社會福利署撥款推行此計劃，各有 10 個名額讓合資格服務使用者參加。他們可在熟悉的宿舍環境中，接受全方位的日間護理、康復訓練，及參與文娛康樂活動，無需再往返工場或日間中心，度過舒適豐盛的晚年。

### 友愛之家服務使用者—羅金枝

年過六旬的友愛之家服務使用者金枝，過去在長沙灣成人訓練中心接受日間訓練，她整體表現被動，對周邊人或事態度冷淡，依賴他人協助。她去年成功申請參加此計劃後，初期表現仍然被動，隨著與員工互動增加，得到更多關注，漸漸有所改變；半年後，她有很大的進步，會主動參與訓練，部份項目更會自行完成。除了訓練上的進步，她整體主動性也提升。職員向她提問，她會點頭回應；當聽到職員有趣的對話時，會偷偷發笑。閒聊時如職員說中其心意，她即含蓄微笑。休閒時段更會主動四處走動，觀看四周東西；在外出活動，更會主動駐足拿起物件觀看探究。

接受了一年多的服務，金枝的參與度、主動性、好奇心及反應等，整體表現有所提升。此外，每天保持適量運動，身體活動能力也得以維持。金枝較參加計劃前開朗，由過往默默地等待被照顧，變成耀眼的一員，家人也樂見她有如此改變。

To cope with an aging population of persons with disabilities, the Social Welfare Department launched the “Pilot Project on One-stop Services for Ageing Service Users of Hostel for Severely Mentally Handicapped Persons and Hostels for Moderately Mentally Handicapped Persons” at 18 hostels for persons with severely and moderately intellectual disabilities in Hong Kong last year. The project provides one-stop day training and residential care for ageing service users in hostels. Through comprehensive care by multidisciplinary staff, we hope to enhance service user's quality of life by allowing residence in a familiar environment.

Thanks to the Social Welfare Department, 10 eligible service users from each of the three hostels under the Society, Cheung Hong Home, Father Tapella Home and Wo Che Adult Training Centre will benefit from the project. Service users will receive comprehensive day care, rehabilitation training while



participating in cultural and recreational activities in the familiar hostel environment, without having to go back and forth between it and workshop or day centre, can live comfortably and fruitfully.

### Father Tapella Home service user—Lo Gam Ji

Father Tapella Home service user Gam Ji is over 60 years old. She used to have day training at the Cheung Sha Wan Adult Training Centre. Generally passive and disinterested towards others and her surroundings, she had relied on others for help. After successfully registering for the project last year, Gam Ji initially continued to be passive. However, as she interacted with staff more frequently and received more attention, her condition gradually changed. Within half a year, she made remarkable improvements, participating actively in trainings, even completing some tasks by herself. Apart from improvements in training, she was also more proactive overall. Questions from staff are acknowledged with nods, she snickers when she overhears funny staff conversations. If a member of staff happens to mention something she likes during casual conversation, she would respond with a smile. During break time, she would even walk around and explore, picking up items to examine during outings.

After receiving service for more than a year, Gam Ji's overall condition, including her participation, initiative, curiosity and reaction has improved. Furthermore, daily moderate exercise helps sustain her physical mobility. Gam Ji is more cheerful now. She used to passively wait for care, but now she has become a dazzling member of the hostel – a change that is welcomed by her family.