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## *Community Education, Arts Development and Research* 社區教育、藝術發展及研究





# 扶康會「香港最佳老友」運動 · 賽馬會社會共融計劃 FHS 'BEST BUDDIES HONG KONG' Movement. Jockey Club Social Inclusion Project

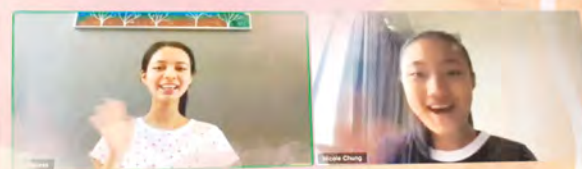


「最佳老友」是一項非牟利的國際性運動，由美國甘迺迪家族成員Mr. Anthony Kennedy Shriver於1989年發起，目前於全球五十九個國家推行，透過建立智障人士與非智障人士一對一的友誼，提高智障人士的生活質素，促進社會共融。

'Best Buddies' is a global non-profit organisation founded in 1989 by Mr. Anthony Kennedy Shriver, one of the members of the Kennedy clan in the United States. The organisation is dedicated to enhancing the lives of persons with intellectual disabilities by providing opportunities for one-to-one friendships to be built between those with and without intellectual disabilities. At present, the Best Buddies programmes have been launched in 59 countries and territories around the world.

扶康會是唯一獲「國際最佳老友」認可並授權在香港推動「最佳老友運動」的機構，過去十六年透過舉辦多元化的活動，連繫智障人士與非智障人士，為老友們提供互動、學習與分享等機會，加深社會對智障人士的了解，促進社會共融。

Fu Hong Society is the sole authorised organisation in Hong Kong for the 'BEST BUDDIES HONG KONG' (BBHK) Movement. In the past 16 years, we sought to connect persons with and without intellectual disabilities, and provided the Buddies with opportunities to interact, learn and share, so as to cultivate friendships among Buddies and promote social inclusion through diverse activities.



今屆國際領袖會議改為網上進行，參與的兩位學生老友亦透過網上和大家分享她們的得著  
The Best Buddies International Leadership Conference was held virtually. Two participating student Buddies shared their experiences and learnings on BB Channel

過去一年的疫情和社交距離限制無疑為計劃的推行帶來不少挑戰。然而，我們善用科技和應用程式在疫情中透過網絡持續舉辦友誼活動及大型活動，當中包括一年一度的周年大會和周年聚會。本年度的共融故事演繹比賽亦改以遞交影片方式舉行。參加者即使未能現場參與比賽，但各人均發揮創意，透過影片帶來生動有趣的共融訊息。

In the past year, the COVID-19 pandemic and social distancing measures brought great challenges to the operation of BBHK. In response, we made use of information technology and continued launching friendship programmes and mass activities such as the Annual General Meeting and Annual Gala through online platforms. The Story-Telling Competition was also held online. While the participants were not able to perform on-site, they brought us meaningful social inclusion messages in creative and engaging ways through the videos they submitted.

周年大會在網上直播，老友們都可以一齊參與  
Every Buddy can participate in the live broadcast of the virtual Annual Gala



「最佳老友」頻道內容豐富，學生老友陳殷蒨和張達銘擔任嘉賓，為老友們在疫情中增添樂趣  
The programme of BB Channel provides entertainment for our Buddies during the epidemic. Two student Buddies, Ms. Chan Yan Sin Ana and Mr. Cheung Tat Ming Martin, contributed as guests on our programme

透過「最佳老友」頻道，老友們可以一齊唱歌啊！  
Through BB Channel, Buddies can sing together!







嘉賓們於周年大會上，為老友送上祝福！  
Our guest speakers sending their best wishes to our Buddies during the virtual Annual Gala

透過故事比賽，小朋友從中認識共融  
Children learn about the message of social inclusion by participating in the story-telling competition



智障老友都可以站在台上演繹她的故事，發揮才能  
Buddies with intellectual disabilities showcasing their talent onstage

除此之外，計劃於臉書專頁開設了「最佳老友頻道」，每週為老友播放自行製作的教育和資訊的節目，繼續和老友保持互動。我們更成為全球首個推動「最佳老友」的機構創作以共融為主題的Whatsticker，讓老友們可透過Whatsapp程式互相問候和表達關心。

BBHK also produced a series of TV programmes tailor-made for persons with intellectual disabilities. The series was called 'BB Channel' and the objective was to provide knowledge and entertainment to service users through the Facebook Fan Page. We are also the first Best Buddies organiser to design WhatStickers with the theme of social inclusion that facilitate communication between Buddies on WhatsApp.



藉著Zoom，老友可以不受地域限制繼續見面啦！  
Buddies overcoming restrictions of location by meeting one another on Zoom

老友在網上都可以一齊玩啊！  
Buddies can play together virtually



為方便老友們溝通，「香港最佳老友」運動設計全球首套「最佳老友」貼圖  
BBHK created the world's first set of Best Buddies WhatStickers to enhance e-communication between Buddies

老友們平日可以透過網上視像通訊見面聊天  
Buddies can chat via WhatsApp video calls



疫情期間，「香港最佳老友」運動仍繼續拓展分社，去年先後獲得香港浸會大學持續教育學院護理教育部和香港專業教育學院沙田分校加入成立分社。

During the pandemic, BBHK continued strengthening its collaboration with different parties. We are happy to have launched new chapters for the Division of Nursing Education, School of Continuing Education of Hong Kong Baptist University, and Hong Kong Institute of Vocational Education (Shatin).



## 「正向人生·樂頤年」教育計劃 ‘Positive Mindset · Active Ageing’ Educational Project

本會自2016年開始已連續五年為殘疾人士推行生死教育，致力協助他們在人生不同階段面對「生死」的挑戰。2018年及2019年間，本會以「圓滿人生夢飛翔 — 夢想成真」為主題，進行新一輪生死教育計劃，並為面對頑疾或年長的殘疾人士實現夢想。

The Society started providing ‘life and death education’ for persons with disabilities in 2016. Over the past five years, we have been supporting service users as they face difficulties in different life stages, as well as enhancing their understanding of the concepts of life and death. In 2018 and 2019, we organised ‘Let Dreams Come True – The Fullness of Life’ Educational Project focusing on realising the dreams of elderly persons with disabilities and severe illness.

隨著殘疾人士老齡化問題日益嚴重，華人永遠墳場管理委員會在2020年繼續批款資助名為「正向人生·樂頤年」的生死教育計劃，開始引入正向心理學五大元素於生死教育活動內，希望透過正向思維，幫助他們及其家人以正面態度面對生死及年老的各種身心變化，推動殘疾人士建立正向人生觀。

雖然服務在疫情期間受到嚴重影響，生死教育工作組仍把握機會，在疫情稍見緩和時，立即開展「幸福樂齡」正向思維生死教育小組，透過正向元素中的感恩、慈愛及抗逆力三大主題，協助服務使用者對身邊人表達感謝，學習「活在當下」、珍愛自己、保持積極生活的態度。

雖然家人暫時不能探望我，但我找到了讓自己快樂起來的方法  
Although my family cannot visit me during the COVID-19 pandemic, I have found ways to cheer myself up



To meet the increasing needs of ageing persons with disabilities, we introduced the five building blocks of positive psychology in implementing the life and death education project in 2020. Through the implementation of the ‘Positive Mindset · Active Ageing’ Educational Project continuously sponsored by the Board of Management of the Chinese Permanent Cemeteries, persons with disabilities and their families learnt about positive attitudes one could adopt when facing life and death issues, so as to support them in tackling mental and physical changes. Additionally, the project enabled them to maintain confidence and feel positive about ageing.

Although the pandemic impacted on our project drastically, we seized the opportunity to launch the ‘Joyful Ageing’ awareness group once the threat of COVID-19 eased. In this group, we encouraged our service users to express their gratitude to others, learn to live in the moment, love and cherish themselves, and maintain positive attitudes by learning about the three key positive elements: gratitude, kindness and resilience.

參加小組真開心啊！我要寫下自己想感謝的人名  
I am so pleased to join the group!  
I would love to write down the names of people I appreciate



疫情底下，基於防疫考慮，服務使用者阿虹的年邁家人很久未能前來院舍探望；因此阿虹在小組中常常心情低落，當談論到面對家人離世的話題，阿虹似有預感家人即將離世，悶悶不樂地表示：「我家人可能再也不能來探望我了。」平時難以啓齒的生死問題，加上受疫情影響的鬱悶，在小組中讓她有機會抒發對家人的思念，學會將思念化為珍惜，活在當下，與身邊的人相處，並找到讓自己開懷的方法。阿虹明白聽音樂令她心情愉悅，現在每晚入睡有喜愛的歌曲相伴，正面情緒明顯增多。

For a long time, an elderly family member was unable to visit Hung, one of our service users, due to the pandemic. As a result, Hung often sulked during group work. When discussing the death of one's loved ones, Hung seemed to be perturbed at what she thought was a likely prospect of her family member dying as she said, sadly, "My family may never visit me again." It is generally not easy to talk about life and death matters, but in this group, Hung had the opportunity to express longing for her loved ones, even as the pandemic situation saddened her. She learnt to cherish the people she stayed with and found ways to cheer herself up. Hung knows that music makes her happy, so she listens to her favourite songs before going to sleep every night. As a result, she has become a lot more positive and optimistic.



家人的離世令我感到難過，但想到有其他舍友的陪伴讓我的情緒得到紓緩  
I feel sad that my loved one has passed away. However, I have found comfort in my friend's companionship and support

在疫情下，大家一起變得堅強點！  
We will come out of the pandemic stronger than before



在疫情籠罩的負面氣氛下，推行正向思維，正好成為殘疾人士積極生活的動力，成為疫境下苦悶生活的一點甜！

Given the negativity associated with COVID-19, exercising positive thinking is an important way for persons with disabilities to stay positive and drive depressive thoughts away.



## 共融藝術計劃 Inclusive Art Project

共融藝術計劃為服務使用者提供參與藝術活動的機會，讓有潛質的服務使用者發揮他們藝術的潛能，同時讓社區人士與服務使用者透過共同參與藝術活動而達至社會共融的目標。

Inclusive Art Project provides service users with opportunities to participate in the arts. The project unleashes the artistic potential of talented service users, and allows members of the community and service users to achieve the goal of social inclusion through collaborative activities.

### 藝術活動豐富疫情下的生活 Artistic Activities Enrich Lives During Pandemic

在過去一年，我們分別舉辦了四百一十七節音樂和一百八十節視覺藝術活動。因應疫情關係，服務使用者留在院舍的時間增多，我們在不同服務單位舉辦製作口罩套和繪畫壁畫等活動，讓他們共同參與和創作，同時善用他們在疫情期間的閒暇時間。此外，視覺藝術導師和音樂導師亦在疫情期間以視像形式為不同單位的服務使用者舉辦藝術活動，反應十分踴躍。

In the past year, we held 417 music sessions and 180 visual art activities for our service users. Owing to the COVID-19 pandemic, service users spent more time in the hostels. We explored the artistic potential of our service users through the making of mask covers and mural painting at the dormitories of various service units. Such activities allowed the users to create art together and make good use of their leisure time during the pandemic. In addition, our visual art tutors and music tutors held online art activities for service users of various units. Service users welcomed the new ideas and participated in the activities actively.



在悅群之家合作繪上「懷舊香港」  
Painting at Yuet Kwan Home  
- 'A Nostalgic View of Hong Kong'



看看中途宿舍這個  
「悅智花園」多美！  
Look at how beautiful the 'Garden of Yuet Chi Home' is!

視像形式的音樂小組  
Online music group



用心製作壁畫  
Focusing on mural painting



視像形式的視覺藝術小組  
Online visual art group



## 與青年人一同推動共融藝術 Promoting Inclusive Art in Collaboration with Teens

我們舉辦了八百九十一小時的共融藝術活動。當中獲勞工及福利局撥款資助開展的「共融新星KOL」計劃，招募了八十六名來自兩所大專院校的學生參與和殘疾人士共同創作藝術的活動，深化他們認識殘疾人士的生活和他們的潛能。青少年在參與共融藝術活動後，透過社交網絡發放自身在計劃中的得著，與朋輩分享共融的訊息。有關計劃的成效理想，當中98.8%的青少年認為活動加深了他們對殘疾人士的了解，97.6%認為活動提高他們對殘疾人士的接納程度。

We held 891 hours of inclusive art activities in the past year. With the funding from the Labour and Welfare Bureau of the Government of the HKSAR, we involved 86 students from local tertiary education institutions in our 'Emerging KOL of Social Inclusion' project. The project allowed the young people to contribute in art creation with persons with disabilities. It enhanced their understanding of the life of persons with disabilities and their artistic talent. The young participants shared what they achieved through their personal social media accounts; in doing so, the message of social inclusion was transmitted to their peers. The project received positive feedback from the young people, with 98.8% of them reporting that they gained a better understanding of persons with disabilities and 97.6% of them finding that the project increased their acceptance towards persons with disabilities.



大專生共融藝術活動 - 視覺藝術工作坊  
Inclusive art project: art workshop



大專生共融藝術活動 - 共融藝術活動  
Inclusive art project: volunteer programme



服務使用者的浮水畫作品  
Marble painting - artwork of service users



大專生共融藝術活動 - 視像共融藝術活動  
Inclusive art project: Online volunteer programme



以服務使用者作品編製而成的月曆  
A monthly calendar showcasing the artworks of service users

## 園藝活動生活更添姿彩 Adding Colour to Life Through Horticulture

本會獲得伊利沙伯女皇弱智人士基金資助的「樂活綠遊悠」計劃，舉辦了一系列的園藝治療和種植相關的活動。計劃以園藝治療協助智障人士疏解情緒；園藝活動亦為智障人士提供有意義的閒暇活動和參與美化生活環境的機會。本會共有十五個服務單位參與計劃，有七百八十一位服務使用者參與。他們對本計劃的各項活動均感興趣，在參與活動時表現得相當積極和投入。

With the support of the Queen Elizabeth Foundation for the Mentally Handicapped, we held a series of horticultural therapy and planting activities as part of the 'Live in Green, Live in Keen' project. Horticultural therapy can help persons with intellectual disabilities regulate their emotions, and the planting activities were also a meaningful way for our service users to spend their leisure time, as they contributed to the beautification of their living environment. A total of 781 service users from 15 service units benefited from the project. Our service users were interested in the planting activities and participated actively throughout.



園藝治療活動  
Horticultural therapy activities





## 社會共融成效研究

### Research Studies on Social Inclusion

在致力推動社會共融的同時，成效檢視尤其重要。去年本會進行了兩項社會共融的成效研究，調查結果正面，有助持續提升服務使用者的生活質素。

Research Studies are crucial to gauge the effectiveness of our services. The Society has conducted two studies on social inclusion last year. The positive results from the survey encourage us to continue improving the quality of life of our service users.

#### 研究 Research

「樂活綠遊悠」園藝介入小組  
(社會共融)

‘Live in Green, Live in Keen!’  
Horticulture Group Intervention  
(Social Inclusion)

#### 服務 Services

智障人士服務  
(成人訓練中心暨宿舍、工場、  
護理家舍、輔助家舍合共十五  
個單位)

Services for Persons with  
Intellectual Disabilities  
(15 Service Units from: Day  
Activity Centres cum Hostels,  
Workshops, Care & Attention  
Homes, and Supported Hostel)

#### 成效 Outcome

透過參與園藝小組，服務使用者的社交能力及表現（溝通、人際關係、參與）都有顯著的提升。研究亦發現，非自閉症譜系的服務使用者與自閉症譜系的在比較之下，前者能夠提升社交能力的較多。

Through using Horticulture Group Intervention, service users had significant improvement in the social ability and performance (Communication, Personal Relationship, Participation). Further analysis found that, proportionally there were more service users without autism spectrum disorders could benefit from enhanced social ability and performance, when compared to those with autism spectrum disorders.



#### 研究 Research

引入「國際功能、殘疾和健康分類」(ICF) 對跨專業團隊中員工能力及滿意度的影響研究  
(社會共融)

‘The Impact of Introducing an ICF-Based Practice on Staff Competency and Satisfaction under a Transdisciplinary Team Approach: An Exploratory Study’  
(Social Inclusion)

#### 服務 Services

智障人士服務  
(所有智障人士服務單位)

Services for Persons with  
Intellectual Disabilities  
(All Service Units for Persons  
with Intellectual Disabilities)

#### 成效 Outcome

此為與中文大學社會工作學系黃敬歲助理教授合作進行的研究，結果顯示在ICF先導計劃中有參與ICF的員工在五個領域（感知知識、感知技能、內在價值、關係效價及感知意義）都有顯著提升；相比沒有參與ICF先導計劃的員工，他們只在其中三個領域有顯著提升。

Collaborating with Ms. WONG King Shui Phyllis, Assistant Professor of Department of Social Work, the Chinese University of Hong Kong, the research results show that staff members who have participated in ICF pilot project have significant improvement in all 5 domains (perceived knowledge, perceived competence, intrapersonal valence, relational valence and perceived meaning), whilst for those staff members who have not participated in the project, significant improvement in only 3 of the 5 domains have been found.

