Highlights of the Year

7月
- 開展「庇護工場延展照顧先導計劃」
  Launching of ‘Sheltered Workshop Extended Care Pilot Project’

10月
- 扶康會四十五周年感恩祭暨分享會
  FHS 45th Anniversary Celebration
  Thanksgiving Mass cum Sharing Session
  * 聖德肋撒堂 St. Teresa’s Church

11月
- 扶康會四十五周年誌慶開幕禮暨《藝與夢飛行2022：快樂藝術家》展覽
  FHS 45th Anniversary Celebration
  Closing Ceremony cum ‘Flying Dreams, Flying Colours 2022: Happy Artists’ Exhibition
  * 鬆淳「發現號」Kwun Tong ‘VESSEL’

12月
- 扶康會四十五周年誌慶電影「殊：不簡單」放映會
  Screening of FHS 45th Anniversary Celebration Microfilm — ‘A Special Journey’
  * 萬方百老匯戲院 PREMIERE ELEMENTS

8月
- 獲獲ARC國際年報比賽整體報導金牌
  Received the Gold Award of Overall Presentation in International ARC Awards Competition

26/8
- 扶康會四十五周年誌慶啟動禮暨
  「擁抱轉變 — 康復服務的智慧」研討會
  Kick Off Ceremony of FHS 45th Anniversary Celebration cum ‘Embracing Change — Wisdom in Rehabilitation Services’ Symposium

14/10
- 扶康會康復中心二十五周年誌慶
  25th Anniversary of Fu Hong Society Rehabilitation Centre
  * 扶康會康復中心禮堂
  Hall, Fu Hong Society Rehabilitation Centre

3月
- 出版《治療在我手》系列工具書
  Publishing “Healing in My Hand” Booklet Set

- 唐.HasValue 重新開
  Reopening of Madam Hong Café
  * 香港海防博物館
  Hong Kong Museum of Coastal Defence

- 獲頒「無障礙網頁嘉許計劃」金獎
  Received the Gold Award of ‘Web Accessibility Recognition Scheme’
住宿服務
Residential Services

本會以「優質家庭生活」作為住宿服務的服務模式，其中涵蓋五大元素，包括身體及物質福祉、情感福祉、正向互動、培育成長及個別支援。各個住宿服務單位既是一個個小家庭，也是扶桑會大家庭中的一分子。

‘Quality Family Life’ is our core service model for residential units. The model has five main elements, namely physical and material well-being, emotional well-being, positive interaction, parenting and individual support. Each residential service unit is a small family. At the same time, it is also a part of the big Fu Hong family.

樂事、難過事，事事關心
Happy or Sad, Every Moment Matters

斷斷續續的疫情無形服務使用者與家人、義工的聯繫、相片、電話、寫卡，拍片等，早已成為日常的一部分，讓大家的關係不受阻礙，作為一家人，員工與服務使用者都珍惜每一段歡樂時光。同時，服務單位亦鼓勵舍友組成互助網絡，盡訴心中情，接納彼此的負面情緒。

The intermittent epidemic has not hindered communication between service users, family members and volunteers. Things like video calls, phone calls, written cards and short videos have become part of our daily life, helping us to maintain relationships. As a family, our staff and service users cherish every happy moment spent together. Our service units encourage service users to form mutual aid networks, share their ups and downs, and accept each other’s negative feelings.

軟餐、特別餐，餐餐入味
Soft Meal or Special Meal, Every Meal Is a Good Meal

民以食為天，家以樂為先。除了平日的健康餐餚外，當然還少不了要有：節日的大餐，慶生訂造的特別餐，以及色香味俱全的飯糰。桌上一道菜，席下有功夫。無論是餐點的安全，還是品味的質素，均有一定要求，但幸而之際，只要見到舍友吃得津津有味，就是員工最大的欣慰。除了提供優質餐牌之外，本會的中途宿舍更全面開懶小廚房，開放給服務使用者一展廚藝，共享美味。

Happiness is integral to the quality of family life and food is perhaps the most important thing that brings people together on a daily basis. Apart from regular daily meals, food at our residential service units also includes festive treats, customised special meals and tasty soft meals. Every dish on the table is the result of tremendous care and effort, and subject to strict safety and culinary requirements. While that is hard work, it is the greatest gratification for our staff to see the service users eating with gusto. Apart from providing high-quality meals, the kitchen area of the Society’s halfway house has been fully renovated and service users are welcome to cook their favourite dishes there and share them with others.
Artist or Dreamer, Talent Abounds

Although our hosts promote a communal style of living, great attention is also paid to the preferences, interests and strengths of individual service users. A variety of activities are on hand to help showcase our service users’ talent and also cultivate their temperament. These activities also bring harmonious and cheerful vibes. With the guidance of coaches from different fields, many service users have shown previously undiscovered potential over time and developed unique talent, allowing the public to see persons with disabilities in a different light.

For a family to be cohesive, happiness and a sense of belonging are essential. Our staff constantly brainsstorms ideas to organise relaxing and joyful activities for service users, including studio photography that showcases their personal styles, adrenaline-charged sports days or even prayer days. Meanwhile, as members of the family, service users are also happy to do their part. They have sent homemade thank you cards to the doctors who worked hard during the pandemic. This is a gesture of respect and courtesy, and also one that makes the service users themselves feel a greater sense of belonging.
Family Care Home Services

The Family Care Homes provide small–group family services aimed at providing family life for the orphaned adults with intellectual disabilities or their parents are unable to take care of them due to old age. The Family Care Home committed to helping its Family Members integrate into the community, allowing them to use community facilities and interact with members of the community to promote mutual understanding and acceptance. This helps to achieve the goal of creating a caring and inclusive society.

This year, the Family Care Home organised a milestone activity called ‘Happy Together’. Volunteers were paired with 24 Family Members who participated in the activity held at Ng Wah College. The activity promoted friendship and social inclusion among the participants and provided an opportunity for positive interactions.

此外，關愛家庭亦定期讓成員在義工和員工的陪同下，參與社區不同類型的活動，包括迪士尼一天遊、扶康會四十五週年活動開幕禮及實踐捐款等。成員大都熱烈參與，並對服務質量十分滿意。今年，兩位 SEEK 為關愛家庭成員與家鄉提供靈性支援，以及透過興趣小組活動提高成員的社交支援，令他們倍感滿足。

The Family Care Home also regularly arranged for its Family Members to join in various community activities with volunteers and staff. These activities included a day trip to Disneyland, the Closing Ceremony of Fu Hong Society’s 45th Anniversary and fundraising charity events. Most of our Family Members were able to participate, showing great enthusiasm and satisfied with the service quality. Interest groups have also been organised to enrich the social lives of the Family Members in addition to providing spiritual support to them and the Housemothers. The participants found these activities heartwarming.
日間訓練服務
Day Training Services

持續三年的新型冠狀病毒病對本會日間訓練服務帶來極大的挑戰。幸而挑戰終於在2022年年底隨著疫情開始緩和，社會亦逐步復常。在過去一年受疫情反覆影響下，各中心均採取不同的策略繼續服務，中度至嚴重智障人士提供日間訓練服務，並透過多元化的訓練模式，如個別訓練、小組活動、體能學習、藝術媒介等，讓服務使用者在日常自理、休閒和社群生活等各方面都獲得發展，不但在生活素質上得到改善，亦提升了他們的身心健康。

The COVID–19 pandemic brought great challenges to the Society’s adult training centres over the past three years. By the end of 2022, the situation finally eased somewhat and Hong Kong gradually returned to normal. In the past year, the Society’s adult training centres adopted different strategies to provide day services to persons with mild, moderate and severe intellectual disabilities, and provided a variety of learning modes such as individual training, group activities, hands–on learning and art media so that service users can develop in all aspects of self–care, leisure and social life. This is aimed not only at improving their quality of life, but also to enhance their body, mind and spiritual wellness.

推廣「樂活老齢」減緩退化
Promote ‘Active Ageing’ Model to Slow Down Deterioration

本會成人訓練中心應用「樂活老齢」模式，包括健康管理、運動、預防跌傷、社交聯繫與健康飲食五個原則，推行身心健康的訓練及活動，例如舞蹈班、烹飪班、園藝及藝術活動等，以減緩他們的身體機能退化。此外，員工發動創意，推行不同形式的小組和活動，在中心內舉辦聚會享用美食、團建戶外露營及參加節慶活動以體驗生活的樂趣。

Our adult training centres implemented the ‘Active Ageing’ service model in response to the needs of ageing service users. The five principles of this model are health management, physical exercise, injury prevention, social contact and healthy eating. We organised diversified training activities such as dance classes, cooking groups, horticulture therapy and artistic activities to help slow down the deterioration of the service users’ health conditions. The staff also used their creativity to organise different forms of group training and activities. For example, the service users joined indoor activities such as banquets and enjoyed delicious food, as well as simulated outdoor camping. They also participated in festivals to experience the fun of life.
跨專業介入提升身心靈健康

Multidisciplinary Interventions for Enhancing Body and Mind Wellness

本會成人訓練中心積極運用「國際功能、殘疾和健康分類」系統的框架，透過評估及分析服務使用者在健康、身體功能、活動參與及環境因素等情況的相互影響，制定跨專業的個別計劃及介入方向。各專業同工會重視服務使用者的整體，對服務使用者的需要有更全面的了解，及時在跨專團隊協作下，中心為服務使用者提供適當的訓練及活動，提升他們的身心靈健康。此外，各中心亦關注服務使用者的心靈發展，透過提供生死教育，如製作生命故事書和撰寫悼念儀式等，讓智障人士認識生死和珍惜生命。

The Society has applied the ‘International Classification of Functioning, Disability and Health’ (ICF) framework in case intervention. It was adopted for evaluation and analysis of the relationship among health, physical functions, participation in activities and environmental factors of the service users for the purpose of gaining a comprehensive understanding of the needs of our service users. This also helps us formulate an interdisciplinary individual plan and intervention direction which allow professionals to devote more attention to the needs of service users. Moreover, with the collaboration among multidisciplinary staff, the body and mind wellness of our service users would be enhanced. The spiritual development of service users is also a concern at our adult training centres. By organising life and death education groups with activities such as the production of a collection of life stories and mock mourning, persons with intellectual disabilities can learn more about life and enrich their experiences.

服務使用者參與由義務同行會舉辦的簡單訓練班，展現才能

Service users participating in the arts class organized by the nonprofit association and showcasing their potential.

服務使用者享受康復活動，可以扮演較年長和聖誕老人

Service users learns the festive activities where they could act as old or Santa Claus.

服務使用者分享支持及訓練活動

Sharing support and training activities.

應用實用性的科技產品提升服務

Using practical technology to support service users' learning and training.

服務使用者享受康復活動

Service users participating in the activities.
Community Participation in Promoting Social Inclusion

The centres resumed organising volunteer activities as the pandemic eased. For instance, the student and community volunteers of the "BEST BUDDIES HONG KONG" Movement visited the centres to show their concern and maintain precious friendships with our service users. At the same time, the service users are very excited about participating in outdoor activities. The outdoor tours and visits to theme parks were welcomed by our service users and their parents. Last year was the 40th anniversary of the Society, and all centres actively participated in the "FHS 40th Anniversary Celebration Closing Ceremony cum Flying Dreams, Flying Colours 2020: Happy Artists Art Exhibition". It was a good opportunity to promote social inclusion, as it helped to demonstrate the potential of persons with intellectual disabilities.
職業康復及發展服務
Vocational Rehabilitation and Development Services

本會職業康復及發展服務包括兩間庇護工場、一間綜合職業康復服務中心，以及就業支援服務，提供一站式不同工作技能訓練和就業機會，藉此向社會各界展示服務使用者的工作潛能，發展他們的長處，提升社會大眾對他們的接受程度，進而建立一個共融社會。

The Society’s Vocational Rehabilitation and Development Services consist of two Sheltered Workshops, one Integrated Vocational Rehabilitation Centre and the Employment Support Service. They provide one-stop work skills training as well as employment opportunities to enable service users to realise their potential, develop their strengths, increase public acceptance and build an inclusive society.

復常路上推動共融就業
Promoting Inclusive Employment Alongside Normalcy

本會各工場致力推廣康復就業，在復常期間一直不遺餘力地提供個化及市場化的職業康復訓練服務，以助服務使用者成功就業，與外界有更多接觸。自二零零三年起，本會各工場積極把握各行各業復甦契機，為服務使用者於公開市場尋找就業機會，亦與不同行業、不同規模的公司合作，例如國際連鎖時裝店、本地大學、公立醫院、大小餐館、洗衣工場及社會企業等。一年間成功讓多位服務使用者獲得就業機會，使他們除了可以自力更生之外，也能在適合自己的崗位上貢獻社會。

Our Workshops are committed to promoting inclusive employment opportunities for persons with disabilities. It has also continued to provide vocational rehabilitation training during the pandemic to enhance the employability of our service users. This has helped to strengthen their connection with society. As the pandemic gradually subsides, we have been actively seizing opportunities for our service users to find employment in the open market by collaborating with companies of different industries and scale. They include international fashion chains, local universities, public hospitals, restaurants, laundry shops and social enterprises. Many service users have been hired after receiving personalised training. This not only allows them to be self-sufficient but also empowers them to contribute to society in their own ways.
推展「就業支援服務」

Promote Employment Support Service

就業支援服務為具公開就業潛力的服務使用者提供親切服務，協助他們尋找合適工作，包括工作機會、性格、所需技能、職責、環境等，增加公開就業機會，讓他們發揮才能。除賺取收入外，更能夠增加信心和實現自我。本年服務共為約一百位服務使用者提供就業支援服務。此外，本服務亦積極鼓勵服務使用者成為義工及參與音樂、話劇及舞蹈等培訓，讓他們的多元才能得以發揮，加強他們的自信，讓他們放膽發光。

The Employment Support Service provides appropriate services to service users with potential for employment in the open market. Over the year, 110 service users benefited. The services help to match service users to suitable jobs based on criteria such as job type, job nature, work skills, duties and environment so that they can use their skills and talent not only to earn income but also to boost their confidence and self-actualisation. In addition, the services actively encourage service users to become volunteers and participate in music, drama and dance-related training so that they can develop diverse talent and become more confident, allowing their self-worth to shine.

迎撫健康樂活下半場

Embracing Healthy and Happy Living

面對服務使用者年齡化情況，本會各工種應用「樂活」概念，導入為年長的服務使用者做好準備，協助他們應對整個年長過程的挑戰。服務單位從「健康管理」、「預防跌傷」、「運動」、「社交訓練」和「健康飲食」五方面着手。除了每天常規進行日常生活活動及健康監測外，亦會與其他機構合作舉辦視力檢測、氣功活動、前列腺檢查等，務求令服務使用者享受健康及活力的晩年。

In response to the ageing of service users, our Workshops have adopted the ‘Active Ageing’ service model and are proactively preparing elderly service users for ageing-related challenges. Under this model, the Workshops focus on five aspects: health management, injury prevention, physical activities, social connectedness and healthy eating. In addition to daily exercise and health monitoring, the Workshop also collaborates with other organisations to organise activities such as eye examinations, qigong, and prostate checks, with the aim of helping service users enjoy their old age in good health.
Social Enterprises

The Society set up Hong Yung Services Limited (HYS) in 2003, adopting a business and operational strategy that seeks to achieve the social objective of promoting employment of persons with disabilities. The social enterprise provides diverse employment opportunities for persons with disabilities, encourages them to participate in the community and allows them to demonstrate their work capabilities to the community. Its operations include setting up a store that sells cleaning and disinfection products, operating Chinese and Western–style restaurants, providing sanitation work, and providing door–to–door air disinfection and pest control services.

Our catering business aims to provide persons with disabilities with training in actual working environments so as to enhance the skills they need to work in the catering industry in the future and prepare them for future employment in related fields. Furthermore, they can improve their communication skills and gain self–confidence through a satisfying work experience, which would in turn encourage them to live actively in the community. HYS currently operates two catering outlets, namely Madam Hong Restaurant at Ko Shan Theatre and Madam Hong Cafe at the Hong Kong Museum of Coastal Defence. These two restaurants not only provide employment opportunities for persons with disabilities but also allow them to interact with customers from different countries in the course of providing catering services and demonstrate their working abilities. In short, they are a platform for social inclusion.
康威的 GERMAGIC 滿足專業清潔團隊是香港首間社會企業獲得香港科技大學認可，並且是目前唯一由社會企業營運的專業清潔團隊。過去數年，在積極推行創新，康威 GERMAGIC 由蓮專業清潔團隊為不同的公司、學校、食肆、商鋪、社區機構、院舍、車房、公共場所、小巴、出租巴、的士等業內及業外場所，提供高效能九十五天防腐消毒專業服務。康威的服務覆蓋包括辦公室、學校及各類商場，不但展現了康威清潔人士為社會貢獻作出貢獻，同時可以鼓勵殘疾人士積極參與社區，讓他們找到符合自己需要的工作。Germagic coating specialist team is Hong Kong’s first social enterprise to be recognised by the Hong Kong University of Science and Technology. It is also the only social enterprise coating specialist team that is operated by a social enterprise. During the pandemic in the past few years, HYSL-Germagic coating specialist team provided the 90-day GERMAGIC thyme antiviral coating service for various indoor and outdoor venues such as companies, schools, restaurants, shops, social welfare institutions, hostels, residential homes, public venues, minibuses, tourist buses and taxis. The antiviral coating service demonstrates the contributions that persons with disabilities can make in preventive efforts and encourages them to participate in the community. As they travel to different districts to provide the services, they gain access to different facilities and people in the community, increasing their sense of presence in the community and allowing them to feel that they truly are a part of the community.

此外，康威透過競投，成功延續了香港大學賽馬會學生二層宿舍的兩年清潔服務合約，自2023年1月1日起生效。這是康威為該宿舍提供清潔服務的第十八年。這意味着，香港大學不僅認同康威的服務質量，而且還鼓勵殘疾人士就業。

康威多元化的業務，能夠增加殘疾人士參與社區的機會，並且讓社區人士了解殘疾人士的能力，促進社會共融。展望未來，康威將繼續爭取工商界的支持，為殘疾人士創造更多就業機會，一起構建“共融共鮑社會”。

HYSL has also successfully extended a two-year cleaning service contract with Jockey Club Student Village II of the University of Hong Kong with effect from 1 January 2023 in an open tender exercise. That means this would be the 18th year for HYSL to provide cleaning services to this dormitory. Not only is it a recognition of the service quality HYSL delivers, it is also a form of encouragement to others to employ persons with disabilities.

HYSL’s diverse services can increase opportunities of social participation for persons with disabilities and allow the community to recognise the capabilities of persons with disabilities, promoting social inclusion in the process. HYSL will continue to enlist support from the industrial and commercial sectors for the creation of employment opportunities for persons with disabilities so as to “Build an Inclusive Society for All” together.
Community Mental Health Services

The Society provides Community Mental Health Services through three halfway houses, namely Yuet Kwan Home, Yuet Chi Home and Yuet Hang Home, and the Integrated Community Centre for Mental Wellness is called Sunrise Centre. Halfway houses provide community-based residential services to persons in recovery, facilitating their reintegration into the community. Sunrise Centre serves the residents in the Central District and some parts of the Southern District, and provides one-stop and district-based integrated community mental health support services. The centre also plays an active role in community outreach to enhance public awareness of mental wellness.

Connecting Community through Physical Activities

The sports group regularly organised hiking, stretching, table tennis and running activities during the pandemic. Through these activities, service users could get in touch with nature, breathe fresh air and enjoy the beautiful scenery while hiking in the countryside. These not only relieve the pressure of daily life but also strengthen body and mind resilience. Through the "Sowers Action Challenging 12 Hours", "Green Power Hike", and "Adventureship", service users and community volunteers supported one another and achieved goals together.

In the past year, halfway houses have taken care of the physical and emotional needs of persons in recovery through a variety of activities and encouraged social participation.
**Embracing Body-Mind-Spirit Wellness**

Service users spend time listening to their inner needs through yoga and singing bowl experiential activities amidst the fast pace of life, gaining a sense of calm through physical and mental relaxation with these activities. Some of their physical pain was also relieved. Aerial yoga gives service users better control over their bodies, and enhances their body and mental coordination.

**Walking with Caregivers**

Family members of persons in recovery also have needs to be met. Halfway houses organised mutual support groups for family members, encouraging caregivers to prioritise their own physical and mental needs, and treat themselves well. The activity not only facilitated stress alleviation but also encouraged fellow members to support each other and share experiences. With a positive and optimistic attitude, they gained the strength to meet various challenges on the road to recovery.

**Active Ageing GO!**

In response to the physical and social needs of silver-haired service users, halfway houses encourage them to learn how to prepare for ageing, and to maintain physical and mental health, through education on healthy diet and lifestyle. As part of this activity, young service users are invited to participate as well as to build friendships and promote cross-generational interaction.

**Sunrise Centre**

Sunrise Centre is an integrated Community Centre for Mental Wellness that provides community-based mental health services to persons in recovery, persons with suspected mental disturbances, their family members / caregivers and residents living in the Central and Southern Districts. The professional team comprises social workers, occupational therapists, psychiatric nurses, a clinical psychologist and peer support workers.
**Utilising Information Technology**

Sunrise Centre launched a mobile application in July 2022, allowing members to use smartphones to register for centre activities and receive the latest information from the centre. Registered members of the programme expressed their appreciation for the programme’s ability to strengthen communication and connection between the centre and its members.

**Flying Dreams, Flying Colours** Art Exhibition / Artistic Work

More than ten members of Sunrise Centre participated in creating art for the exhibition. They showed self-appreciation through their portraits and shared stories. Their exhibits were highly praised.

**Mutual Support with Experience Sharing**

Peer Support Service actively cooperates with schools and community groups. Through the “Human Library”, community members have the opportunity to exchange their experiences with persons in recovery, and their understanding of mental health and acceptance of persons in recovery can be enhanced. The three peer support workers drew from their own recovery experience to conduct inclusive activities for participants at schools in the Southern District and at the Hong Kong and Shanghai Banking Corporation Limited (HSBC). At the same time, peer supporters gave support and encouragement to others on the road to recovery.

**「青・MIND」精神健康服務**

“Young MIND” operates in a multi-professional mode, and provides mental health-related support services through cooperation with schools in the service area. This year, Muay Thai has been used as a medium to help young people relieve stress and learn emotional management for the promotion of physical and mental health.
**Friendship Project**

The programme encourages friendship among members, as they participate in regular activities together and expand their networks of personal support. Each bimonthly gathering has a specific theme on recovery elements so that our members can better understand the importance of physical and mental health. The centre organises activities on festive days and encourages members to come to the centre for the gatherings and have a joyful time. Every year, the centre organises a mass outing so that the members and their families can participate in a 3-day trip together. In addition to enhancing family relationships, such trips also promote their involvement in the community.

**JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Health**

JC JoyAge was initiated in January 2022 with the goal of providing holistic support for elderly mental health. It aims to address the needs of elderly people through a balanced approach that integrates physical, mental, and emotional well-being. The programme offers various activities and support services, such as health assessments, mental health counselling, and social engagements, to help improve the quality of life for the elderly.

Since January 2022, Sunrise Centre has participated in JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Health, a project initiated and funded by the Hong Kong Jockey Club Charities Trust, to deal with depression issues in the ageing population. The service combines regional elderly services and community mental health services by using a stepped care model with appropriate prevention and intervention services for the elderly who are at risk of depression or have symptoms of depression.

The professional staff and service users have completed all relevant training. This means they are now the human resources and social capital required in the work of improving mental health care for the elderly. By acquiring practical knowledge of mental health, the elderly can improve their abilities and skills in coping with emotional problems. Meanwhile, they can support their peers suffering from depression in the community as well. This achieves the goals of self-help and helping others.
Community Support Services for Persons with Disabilities

At the height of the pandemic, many social services were forced to be suspended but the centre’s doors remained open, providing support services to members in need. It conducted online training, organised home visits to deliver anti-epidemic resources and daily necessities, and accompanied members for COVID-19 vaccination, among other things. The team helped a housebound member by donating peritoneal dialysis solution to tide her over an emergency. This gesture won Tin Shui Wai District Support Centre third place in the ‘8th Good Staff and Good Event Recognition Scheme’.
隨着疫情緩和，社會復常，中心隨即於2022年10月舉辦「第一屆硬地滾球錦標賽」，藉此吸引會員重返社區，又於2022年11月與香港理工大學協作推展「共融」時裝設計工作坊，並於2023年3月舉行相關時裝展覽。與此同時，為鼓勵區內的少數族裔長者、嚴重障礙人士，中心亦設「天水圍區青年傳達站」為他們提供傳媒及培訓服務，及舉辦系列小組旅遊社區活動，如「照顧者Café」、「與你同遊」環島單車隊等，目的均是讓不同種族、階級共融的筒倉社區。

As the pandemic eased, social normality gradually returned. In October 2022, the centre held the ‘1st Boccia Championship’ aimed at encouraging members to reconnect with the community. In November 2022, the centre partnered with the Hong Kong Polytechnic University to launch a fashion design workshop and the related fashion show will be held in September 2023. The centre also held roadshows in Tin Shui Wai District to reach out to ethnic minority groups and their family members who have disabilities. It also provided them with translation services and medical escorts. To create a caring community that embraced people of all races and abilities, the centre rolled out a series of community initiatives for the ethnic minority groups, including the ‘Caregivers Café’ and an island-wide cycling team called ‘Ride with You’.

香港經歷了有史以來最嚴重的疫情，中心團隊從中學會了快速應變，適應環境地提供服務，也更深切體會到殘疾人士在社區生活、工作之間的重要性。有見及此，中心致力培訓更多居民成為「扶康之友」，齊心協力，加強與地區夥伴的協作，積極迎接未來的轉變和挑戰。

Hong Kong has undergone major changes during the pandemic. The team has learnt to swiftly respond to the rapidly changing environment and provide services in an agile manner. Mutual support among neighbours is indispensable for persons with disabilities living in the community. In view of this, the centre is committed to training Tin Shui Wai residents to become ‘Friends of PHS’ volunteers, strengthening the collaboration with community partners, and proactively embracing upcoming changes and challenges in the Tin Shui Wai community.
Autism Spectrum Disorders and Developmental Disabilities Support Services

The establishment of ‘Hin Dip Centre’ and ‘Hin Dip Hong Yee Centre’ was to provide appropriate treatment and training for children with special needs, including those on the waiting list for subsidised preschool rehabilitation services. Our services cover subsidised learning and training, individual training, intensive training groups, sensory integration therapy, physiotherapy, speech therapy and psychological assessment services.

Online Teaching during the Pandemic

Due to the 2020 COVID-19 pandemic, face-to-face classes were suspended, and special needs children and their parents were especially affected. Online teaching has become an important way of education. The centres resumed face-to-face training for children after the pandemic eased.
製作教學影片及網上教學平台

Production of Educational Video and Online Teaching Platform

為支應家長對培養及訓練的需要，中心製作多款教學影片和教材，供家長免費下載使用，並透過網上教學平台「親媒體」及「應兒小教室」，讓兒童在家也能學習。此外，中心每月定期出版「親媒體」，分享育兒資訊，給予家長全方位的支援，紓緩因應的壓力。

To help parents provide appropriate training to their children at home, the centres have produced a number of instructional videos and materials for parents to download and use for free. The centres also created online teaching platforms ‘Hin Dip Channel’ and ‘Hong Yi Classroom’ as well as published the monthly ‘Hin Dip Newsletter’ to share parenting information. This provides comprehensive support for parents who want to train their children, which helps to relieve the pressure on caregivers.

為業界舉辦專業治療講座

Organising Professional Talks for Industry

中心為幼稚園教師提供專業培訓，及舉辦不同的專業治療講座，例如「感覺統合障礙」、「幼兒情緒」、「認識兒童發展障礙及介入策略」等，與業界專業同工分享支援特殊需要兒童的經驗和知識。

The centres conduct professional training for kindergarten teachers. They have held various professional talks such as "Learning More About Sensory Integration", "Children’s Physical Fitness" and "Knowledge of Children’s Developmental Difficulty and Intervention Strategies", sharing their experience with other professionals in supporting children with special needs.
家庭支援服務
Family Support Services

賽馬會「樂助群願」計劃 – 扶康會家庭支援服務

賽馬會「樂助群願」計劃 – 扶康會家庭支援服務，透過以家庭為本的介入模式，與特殊學校智障學生的家庭同行，並提供多元化的服務，包括個案及家庭輔導、康復心理服務、職業治療服務、畢業生適應工作、家庭聯繫活動、線上資訊平臺及興趣小組等。中心亦積極連接社區資源，促進服務使用者的社區參與及共融。此外，本會亦持續為「特殊需要信託計劃機構照顧者」的申請人提供諮詢服務。

- The ‘Jockey Club C-Care Programme – Fu Hong Society Family Support Service’ aims to provide family support services to persons with disabilities and their family members, especially when it comes to special school graduates. By means of a family-centred intervention model, diversified services are provided to support special school leavers with intellectual disabilities and their family members. The scope of the programme includes individual and family counselling, buddy matching programmes, educational workshops, informative e-platforms as well as leisure groups. The centre also actively connects service users with community resources to promote participation and social inclusion. In addition, the Society continues to provide consultation services to the applicants of ‘Institution Carer Services Supporting Special Need Trust’.

賽馬會「樂助群願」計劃 – 扶康會家庭支援服務中心開幕禮
Opening ceremony of the ‘Jockey Club C-Care Programme’ – Fu Hong Society Family Support Service Centre

The opening ceremony of the centre was successfully held in hybrid mode on 23 July 2023. Ms. YP Hau Yu, Assistant Director of Social Welfare Department (Rehabilitation and Medical Social Services), Ms. CHUNG Wai Man, Senior Chanties Manager (Rehabilitation and Medical) of the Hong Kong Jockey Club, and Ms. LAM Siu Ling, MH, Council Chairman of the Society, were invited to officiate at the ceremony.

本計劃為特殊學校提供成長及適應小組，讓畢業生順利過渡到成人服務，例如畢業後出路拓展及應變技巧等。計劃亦會盡顧顧問的身心健康，為家庭會費顧問提供不同類型治療小組活動，如龍鼓及音樂治療小組，讓他們學習應對方法外，亦促進同類人互相勉勵，展現面對困難、終會看到曙光。

This project puts in place growth and adaptation groups for special schools so that graduates can undergo transition smoothly to adult services such as guidance on the next steps after graduation and how to adapt to the new phase of life. This project also focuses on looking after the physical and mental health of caregivers, and provides various therapy group activities to help caregivers reduce stress. The activities include those relating to mindfulness and music therapy groups. The activities not only teach them how to relax but also foster mutual support among caregivers. Even in the face of difficulties, there will be light at the end of the tunnel.
Moreover, the centre organises diversified family activities to cultivate family relationships and social interaction. The activities include parent-child interest classes and festive activities, as well as the "Buddy Programme" that broadens the social circles of families with special needs.
FHS ‘BEST BUDDIES HONG KONG’ Movement
- Tuen Tin Inclusive Network

“BEST BUDDIES” was founded by Mr. Anthony Kennedy Shriver, a member of the Kennedy clan in the United States which established ‘Best Buddies International’ in 1989 to promote one-to-one friendships between persons with and without intellectual disabilities. Owing to his dedication, Best Buddies programmes have been launched in 47 countries and territories around the world.

In 2004, by the invitation of Best Buddies International, Fu Hong Society was authorised as the sole organisation in Hong Kong to promote the ‘BEST BUDDIES HONG KONG’ Movement. In the past 18 years, we have sought to connect persons with and without intellectual disabilities, and provided the Buddies with opportunities to interact, learn and share with each other, in order to cultivate friendship among them and foster social inclusion through diversified activities. Since April 2022, the Community Investment and Inclusion Fund has sponsored the Society to launch the ‘BEST BUDDIES HONG KONG’ Movement – Tuen Tin Inclusive Network’, so as to continue promoting the inclusive spirit of ‘BEST BUDDIES HONG KONG’.
雖然過去一年仍受疫情影響，但老友善用科技，透過網上視像形式參與友誼活動，以保持連結。當疫情稍為緩和，老友參與活動時仍嚴守防疫措施，沒有鬆懈。本年度舉辦了不同的一對一活動，例如「友誼之行」活動，讓老友見面、一同遊覽山頂、嘉道理農場、士多啤梨園等，以維持連結、增進友誼，及促進社交發展和身心靈健康。

To mitigate the impact of the pandemic in the past year, we made good use of information technology to continue launching friendship programmes to help the Buddies stay in touch. When the pandemic eased slightly, the Buddies still strictly abided by the pandemic prevention measures when participating in activities. A variety of one-to-one friendship activities were held, including the 'Chapter Friendship Walk' programme which consisted of visits to the Peak, Kadoorie Farm and strawberry fields as well as other activities. The Buddies could speak face-to-face to maintain social contact with the service users, build friendships and enhance their wellness and holistic health.
同時，「香港最佳老友」運動希望讓服務使用者與老友一起學習水墨畫，藉此機會互相認識和欣賞殘障人士的才能。「香港最佳老友」運動更首次舉辦公開水墨畫展，並運用服務使用者和社區老友合作而成的水墨畫印製精美的利是封，讓社區人士從中了解殘障人士的才能，體現平等和接納，一起構建共融社會。

Meanwhile, the Buddies got to learn Chinese ink painting together while they got to know each other and appreciated the abilities of persons with disabilities. It was the first time 'BEST BUDDIES HONG KONG' held a Chinese ink Painting Exhibition, and made use of the ink paintings jointly drawn by the service users and Citizen Buddies for printing of beautiful red packets. Letting members of the community understand the potential of persons with disabilities, and delivering the message of equality and acceptance helped to create an inclusive society.

▲ 老友們齊心合力製作水墨畫
Buddies drawing Chinese ink paintings together whenever feeling

▲ 在水墨畫展場，社區人士與智障人士一起參與藝術工作坊
The BEST BUDDIES HONG KONG Community Education Exhibition provided opportunities for community members to join art workshops with persons with intellectual disabilities.

在過去一年，本會員工首次到香港都會大學介紹「香港最佳老友」運動計劃，並邀請學生參與，年度內亦分別在屯門及元朗舉辦了三次巡迴展覽，除推廣「香港最佳老友」運動外，社區人士還可在展覽中與智障人士一起參與藝術工作坊，增強彼此認識。此外，員工悉心把老友的共處故事拍成短片，藉以加強向大眾宣傳「香港最佳老友」運動。

In the past year, the staff of the Society visited the Hong Kong Metropolitan University to promote the 'BEST BUDDIES HONG KONG' Movement for the first time. Students were invited to join the project. In addition, the 'BEST BUDDIES HONG KONG' Community Education Exhibition Tour was held in Tuen Mun and Yuen Long. Apart from promoting the 'BEST BUDDIES HONG KONG' Movement to the public, community members were invited to make handicrafts with persons with intellectual disabilities. This helped to foster their mutual understanding. Moreover, the inclusive stories of the Buddies were featured in short films for the promotion of the 'BEST BUDDIES HONG KONG' Movement too.

▲ 把老友的共處故事拍製成短片向大眾宣傳「香港最佳老友」運動
The inclusive stories of Buddies were featured in short films for promotion of the 'BEST BUDDIES HONG KONG' Movement.
公融藝術計劃
Inclusive Arts Project

The Inclusive Arts Project advocates the use of art as a mean to unleash the artistic potential of talented service users through three aspects: cultivating interest, imparting skills and providing a platform. At the same time, it is aimed at promoting social inclusion through public education and collaborative activities.

我們相信每個人有均等參與的權利。推動共融，就是讓殘障人士同社區參與的過程。為了讓殘障人士認識及欣賞殘障人士的多元潛能，本會於觀塘區颱風號舉辦了一週三日的藝術展覽，展示了由接近二百名的殘障藝術家創作的一百十件藝術作品，包括平面視覺藝術及立體裝置創作。展覽亦有服務使用者的音樂表演。活動吸引了約一千三百多人參與。

We believe everyone has an equal right to participation. Promoting social inclusion is to allow persons with disabilities to move from the point of absence to community presence. To raise public awareness and recognition of the diverse capabilities of persons with disabilities, an art exhibition was held at VESSEL in Kwun Tong, with over 1,300 participants turning out for this three-day event. Nearly 200 artists with disabilities presented 110 artworks which included 2D visual art and 3D installation art pieces. Musical performances were also arranged at the event.

我們相信“美”是每個人的權利。本會早前與港澳扶輪社、依戀國際模特兒有限公司及三間本地機構於赤柱廣場協辦慈善展覽。通過教學姿勢技巧，服務使用者化身成攝影模特兒，並透過攝影作品展現他們的美麗和自信，更讓殘障人士認識“美”是無所不在的限制。

We believe everyone has the right to be beautiful. We co-organised a charity album exhibition at Stanley Plaza with the Rotary Club of the HUB Hong Kong, Primo Management Limited and three local organisations. Through learning posing techniques, the service users became photographic models manifesting their beauty and confidence. They provided an opportunity for the public to understand “beauty” is not limited by disabilities.
除了以聲音表達藝術，身體也是另一種天赋。由伊利沙伯女皇智障人士基金赞助的「愛舞動」计划，為本會九個服務單位籌辦了二十五個舞動小組，共一百八十位服務使用者參與。他們以現代舞為基礎，配合創意編織及形體動作，以身體表達自我，開拓不同藝術發展的可能。

Aside from vocal music, the arts can also be expressed through body movement. With the support of the Queen Elizabeth Foundation, we organised 25 dancing groups for 180 service users who came from 19 service units in the ‘Dance with Love’ Project. With modern dance as a foundation, the participants expressed themselves through creative body movements and opened up different possibilities for their artistic development.

### 釋放藝術潛能

**Unleashing Potential in Arts**

我們相信每個人都擁有天賦的潛能。推動共融，就是讓障礙人士運用自身才能的過程。本會早前獲慈善人士藝術發展基金資助舉辦「康樂路」計劃，為來自本會超過一百五十名服務使用者，提供超過二百五十小時的歌唱及樂器技巧訓練。透過歌曲及樂器表演，培養他們的自信心及自我價值。社區精神健康服務的服務使用者更組成樂隊，於本會四十五週年活動之際表演，亦為觀眾帶來喜悅。進一步增強他們對精神障礙人士的尊重及內心世界。

We believe everyone is gifted and promoting social inclusion is facilitating the process of persons with disabilities transforming from being invisible to visible. We were sponsored by the Arts Development Fund for Persons with Disabilities to organise ‘Fu Hong Music Journey’. We provided more than 250 hours of training on singing and band performance, enabling our service users to express their complex emotions through music. In particular, the band formed by the service users of Community Mental Health Services performed at the Fu Hong Society 45th anniversary celebration. In addition, the band also recorded songs and shot videos in a studio. This allowed the public to better understand the strengths and inner world of persons in mental recovery.
Cultivating Artistic Interest

There is no right or wrong in the world of arts. Apart from skills enhancement, we also value the process of nurturing persons with disabilities to appreciate the arts. Last year, we organised 340 sessions of visual arts activities and 448 sessions of musical activities for a total of over 4,000 participants. We integrated the concept of environmental friendliness into the activities as well. Apart from making music instruments from recycled materials, we also made handicrafts by reusing the remaining flags collected from Fu Hong Society’s territory-wide Flag Day. With creativity, we can always integrate arts into our daily life.
Nursing and Allied Health Services

The Society is always concerned about the physical and mental development of service users. Hence, the Society provides services ranging from Clinical Psychology and Physiotherapy to Occupational Therapy, Speech Therapy and Health Care to train the service users by applying professional knowledge for them to achieve balanced physical and mental development, and cope with ageing-related problems such as deterioration of physical faculties and swallowing difficulties.

Clinical Psychological Service

Clinical psychologists help people in need to prevent and deal with various emotional, cognitive and behavioural disturbances. Clinical psychologists help service users to effectively manage their emotions through evidence-based positive behavioural support strategies.

Emotional Well-Being of Staff and Service Users During the Pandemic

Emotional Well-Being of Staff

For caregivers, not only did the workload increase greatly during the epidemic but they also had to worry about their own health, as well as that of their families and service users. During the pandemic, clinical psychologists supported the emotional health of staff through various activities to help them remain positive and active.

在逆境中堅持信念

擁抱希望，尋找意義

疫情中，彼此互相支持！

服務支援熱線 0578 2739

疫情前，彼此互相支持！

服務支援熱線 0578 2739
提升服務使用者的情緒健康及社交技巧

疫情期間的種種限制令服務使用者缺乏社交活動，影響情緒。臨床心理學家透過小組活動，提升他們的情緒健康及社交技巧。

Enhance Emotional Health and Social Skills of Service Users

Owing to various restrictions during the pandemic, service users lacked social activities and experienced negative emotions as a result. Clinical psychologists helped them improve their emotional management skills and social skills through group training.

服務使用者的心靈健康

服務使用者在疫情中面對突如其來的轉變，需要身邊的照顧者幫助他們適應。臨床心理學家製作服務使用者情緒健康小冊，讓員工在疫情中學懂透過流程安撫、情緒處理及實踐活動，協助服務使用者減輕焦慮及壓力。臨床心理學家亦舉辦了「愛的溝通」及「靜觀、情緒輪」工作坊，讓服務使用者的家眷，掌握聆聽和感應為基礎的溝通方法，懂得用心聆聽，以愛回應彼此的需求，可以化危為機，在疫情下改善與家人的關係。

Emotional Well–Being of Service Users

In response to the sudden changes during the pandemic, a handbook about emotional management was produced for service users. Staff have learned how to arrange the routine, manage emotions and use practical ways to help service users reduce anxiety and stress. In addition, the workshops “Communication of Love” and “Mindfulness - Emotion Wheel” were organised at Sunrise Centre to help participants engage in mindfulness and love–based communication to improve their relationships with their families during this critical moment.

家庭/家庭成員情緒支援

Family Members Emotional Support

A clinical psychologist helping parents and family members relieve anxiety symptoms during COVID-19 through individual counselling.
物理治療服務
Physiotherapy Services

2022年5月，第五波新型冠狀病毒病大流行情況逐漸受到控制，大部分服務單位陸陸續續恢復正常服務。當時，物理治療服務面臨兩大挑戰。第一，大部分「新冠康復者」因長時間接受隔離而缺乏體能活動，導致身體機能衰退；對物理治療服務的需求大增。第二，在移民潮的影響下，物理治療師的人手出現短缺的問題。

In May 2022, the fifth wave of COVID-19 was gradually brought under control and most of our service units resumed normal services. At that time, our physiotherapy services faced two major challenges. Firstly, most of our service users who recovered from COVID-19 lacked physical activities due to prolonged isolation, resulting in a decline in physical functions and a significant increase in demand for physiotherapy services. Secondly, we experienced a shortage of physiotherapists due to a wave of migration.

針對上述情況，團隊積極發展社會資源，與不同的社福團體及大學機構展開協作。安排部分正在修讀物理治療的學生到本會進行支援，學生在物理治療師的指導下，積極地協助服務使用者進行評估及運動訓練，使服務使用者盡快從「新冠」中康復過來。

To address the above situation, our team actively explored social resources and collaborated with non-governmental organisations and universities, successfully arranging some of their physiotherapy students to assist in our services. Under the supervision of physiotherapists, the students proactively helped to conduct assessments and exercise training so that our service users could recover from COVID-19 as soon as possible.

在物理治療師的監督下，香港理工大學物理治療系學生為服務使用者進行上肢伸展及呼吸訓練，以預防肌肉萎縮及增加活動度。Under the supervision of a physiotherapist, physical therapy students from the Hong Kong Polytechnic University are conducting upper limb stretching exercises and breathing control exercises for service users to prevent muscle contractions and improve mobility.

團體積極地運用「國際功能、殘疾與健康分類」系統進行跨專業的評估及協作，以精準鑑定每位「新冠康復者」的服務需求，並為他們定立以人為本、度身訂造的個別化計劃，以減輕顧客、改善關節活動幅度，強化肌肉力量，改善平衡力及心肺功能為目標，提升他們的自我照顧能力及生活質量。

Our team also applies the 'International Classification of Functioning, Disability and Health' framework to conduct transdisciplinary assessment and collaborate to identify the service needs of each service user who has recovered from COVID-19. We develop people-centered, tailor-made rehabilitation programmes for them. The individualised rehabilitation programme focuses on alleviating pain, improving range of motion, strengthening muscles, and improving balance and cardiopulmonary functions to enhance the capacity for self-care as well as quality of life.

為服務使用者雙腳懸於腳踏固定位置，以防出現懸空睡眠。Helping service users to wear bilateral gaiters to prevent contracture of knees

鼓勵服務使用者進行運動。Encouraging service users to participate in mild climbing exercises to improve their balance and posture.
To evaluate how effective a treatment is, we use the ‘Modified Ambulation Category Scale’ as an assessment tool to determine the changes in the physical condition of service users who have recovered from COVID-19 before and after receiving physiotherapy treatment. Our team assessed 314 recovered service users who received physiotherapy services and found that 87% of them were able to return to premorbid levels while 12% recorded an improvement in their physical condition after receiving physiotherapy services. The results are inspiring and encouraging.

Over the past year, despite several challenges, our team has committed to overcoming all difficulties. The physiotherapy services successfully provided more than 22,800 sessions of assessment, treatment and consultation to 1,392 service users.
職業治療服務
Occupational Therapy Services

職業治療服務透過"國際功能、殘疾和健康分類"模式提升"身心靈健康"的服務！

Occupational Therapy Services for mind-body wellness under the "International Classification of Functioning, Disability and Health" framework:

「身體結構」方面職業治療的工作
針對坐姿問題，職業治療師進行手法治療，處理各種脊柱及關節變型的情況；亦會透過鍛鍊核心肌群，改善坐姿，或會安排有側墊、立體坐墊、立體靠背、輔助帶、弧形、後傾等功能特別座椅，甚至倒梯形坐墊，將坐姿的問題。

Occupational Therapy Services for "Body Structure"
Seating and positioning intervention is a major domain of concern for Occupational Therapy Services. In particular, service users diagnosed with cerebral palsy suffer from a range of spinal and pelvic deformities. Occupational therapists can use tumble forms to manage deformity or core muscle training to increase active postural control. In addition, occupational therapists can configure lateral support, contour seat cushion, contour back cushion, head support, hardness, pelvic belt, tilt-in-space wheelchair or moulded seat.

展望未來，物理治療服務將繼續努力，通過量化數據，不斷改進我們的治療方案及服務質素；同時，我們亦會引入更多專業培訓計劃，以提升團隊成員的技能及知識。最後，團隊亦會繼續與各專業建立更密切的合作關係，以發揮協同效應。

Looking ahead, our physiotherapy services will keep aiming for continuous improvement in treatment regimens and service quality through systematic data analysis. In the meantime, we will introduce more professional training programmes to enhance our skills and knowledge. Last but not least, our team will forge closer partnerships with various professions to achieve synergy in the future.

透過鍛鍊核心肌群改善機能使用者調節姿勢的能力，以提升日常生活功能
Training up the core muscles of service users so that they achieve better postural control for daily functioning.

安排不同裝置及功能的特別座椅，以提供支撐，改善坐姿，或防止脊柱及關節變型
Arranging different functional seats to improve support, improve sitting posture or prevent further spinal and pelvic deformity.

透過手足治療處理脊柱側彎、脊柱前傾、側面反射、及脊柱或脊樑等問題
Making use of Tumble Forms to eliminate scoliosis, kyphosis, extension thrust, pelvic and spinal rotation.
The range of motion training for upper limbs is an indispensable part of "body structure" therapy. Interactive virtual reality upper limb training through Gerontech can increase the participation of service users.
「活動及參與」方面
職業治療師設計下載式教材「白日換」，以期服務使用者有更大的彈性進行「白日換能」訓練，務求提升日常生活的參與。

Activity and Participation
Downloadable training materials with visual and auditory guides are useful for training motor skills for Activities of Daily Living (ADL) and essential to enhance participation in daily living.

言語治療服務
Speech Therapy Services
善用新資源 持續推動軟餐
為響應港人質素的挑戰，政府於2020年施政報告提出增撥資源為資助安老服務單位提供軟餐，軟餐於去年正式擴展至受資助安老友會及社區康復服務單位，本會言語治療服務繼去年參與軟餐發展工作小組，及支持生死教育小組舉辦軟餐會食設計比賽外，今年與善社會福利署正式落實軟餐計劃，加大力度支援各服務單位提供軟餐。

Making Best Use of New Resources in Soft Meals
In response to the challenges arising from an ageing population, the Government proposed in the 2020 Policy Address to allocate resources to subsidise elderly care services for the provision of soft meals. The funding was officially expended last year to include subjacent residential care homes for persons with disabilities and subsidised community support services for persons with disabilities. In addition to joining the soft meal development working group and supporting the soft meal recipe design competition that was part of the Society’s life and death education endavour last year, the speech therapy team is taking advantage of the formal launch of the Social Welfare Department’s recurrent provision to deepen the level of support for service units in providing soft meals.

其中恩達成人訓練中心在3月份舉行了服務使用者期待的春季活動，在戀愛中心禮堂開幕典禮，家人一同為戀愛新人及愛情愛護者祝賀新婚，職能治療師為有需要的服務使用者提供環境改裝及辅助輔助器材，減輕身體功能及結構上的障礙所造成的生活限制及安全風險。

Environmental Factor
Occupational therapists modify the environment and provide assistive devices for service users to mitigate their limitations and risk in daily activities rendered by their disabilities.

In March this year, SI Lok Adult Training Centre held a highly anticipated Chinese New Year banquet for its service users. In the hall of our Rehabilitation Centre, six banquet tables were set up for everyone to welcome the new year and to celebrate the return to normalcy in society after the pandemic. To allow service users of different abilities to share the joy of festive food together, the service unit ordered the soft meal version of ‘Pooh Choy’ and soft meal assortment of dim sum for those who were unable to have regular foods. The speech therapist was present to provide advice on soft meal preparation and feeding techniques. Even for those with weaker oral and pharyngeal functions and who were unable to consume the soft meals directly, the speech therapist shared methods to heat up the soft meals until they melted and mix them with a small amount of water to further improve their texture. With the right feeding techniques, the service users were able to enjoy delicious food safely. Witnessing the joy the soft meals brought to the service users helps strengthen the team’s determination to promote high-quality meals in the future.
引入口肌運動新工具

對不少服務使用者來說，慢性的口肌運動是保持進食能力的重要部分，然而誤試和輔助活動不同，口肌活動要求小肌肉的協同及耐力訓練，研究指出舌壓力與吞嚥能力有顯著關係，舌壓測量儀器長久以來，然而過去一直缺乏有系統的舌壓測試工具。本研究以治療儀器全面引入日本研發的舌壓力測試系統 Peco Panda，工具不但造型可愛，亦有系統地硬度分級，並以顏色區分，切合不同能力的治療使用者需要，同時也能讓服務使用者更切實體會自己的進步，有效增強訓練動力。

Introducing New Tool for Oro–Motor Exercises

For many service users, regular oro–motor exercises are an important means to maintain their ability to eat. However, unlike limb and trunk activities, orofacial movements require coordination and endurance training of much smaller muscle groups. Studies have shown that tongue pressure is significantly related to swallowing ability and tongue pressure measurement devices have been in the market for years. Unfortunately, there was a lack of systematic tongue pressure training tools in the past. Last year, our speech therapy services introduced a tongue pressure training system called ‘Peco Panda’ which was developed in Japan. Peco Panda is not only a portable and easy-to-administer tool that looks cute but is also systematically graded in terms of hardness by colour for systematic training. That means we can choose according to the colours to suit the abilities of different service users. This also allows service users to have a clearer understanding of their progress, which helps to motivate them to train.

出版治療工具書

本會去年四十五周年推出了《治療在手》系列工具書，本書言語治療以《能言善道》為題，介紹了口肌、吞嚥及溝通訓練活動，把治療活動融入日常訓練中。言語治療師亦靈職業治療及物理治療師於本年度的書展發售會中推出了這套工具書，期望為員工、照顧者及業界提供參考。

Publishing Therapy Tool Books

Last year, Fu Hong Society launched the ‘Healing in My Hand’ aided health booklets as part of its 45th anniversary activities. Among them, the speech therapy team introduced ‘Speaking Well, Swallowing Well’ tool book in which training activities for oro–motor muscles, swallowing and communication were introduced. It serves as a reference idea for how therapy activities can be incorporated into daily training. In March this year, along with the occupational therapy and physiotherapy teams, we took part in the book launch to introduce the new set of resource books. We hope to offer these valuable resources to colleagues, caregivers and fellow practitioners in the rehabilitation industry.

2022/23年度成人言語治療服務統計

Annual Statistics of Speech Therapy Services for Adult (2022/23)

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<td>2</td>
<td>言語治療師人數 No. of speech therapists</td>
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護理照顧服務

Health Care Services

本會現有的護理人員包括註冊護士、登記護士及保健員，護理人員為服務使用者提供相關的護理服務。為提升服務單位的護理質量，會方安排護士主任到各個單位進行巡訪，以了解各單位護理工作的狀況，並將需要就護理服務上有限行政、時任知識、藥物管理和急救技巧等方面提出建議。而整合的採訪資料及建議，會由服務單位跟進並作出改善，及在健康護理服務會議上分享，讓不同單位的護理人員可以彼此學習，持續提升本會護理服務的質量。

The existing nursing staff of the Society include registered nurses, enrolled nurses and care workers who collectively provide nursing services to our service users. In order to improve the nursing quality of service units, the Society arranges the Nursing Officer to visit each unit to understand the nursing work there and provide advice on nursing services related to aspects such as administration, medical knowledge, drug management and first aid skills as necessary. The consolidated feedback, knowledge and results will be shared with the service units for follow-up and improvement, and presented at the health care services meetings so that our nursing staff of different units can learn from one another and improve the quality of our nursing services continuously.

Impact of COVID-19 on the Body Mass Index of Service Users and Corresponding Improvement Plans

In the past year, the Society noticed that some service users lost weight after being diagnosed with COVID-19. In view of this, the Society’s nursing team held several meetings with staff of different professions to discuss and formulate a plan to help service users regain their pre-pandemic weight levels.

To that end, we worked with external nutritionists to improve meals and absorption of nutrition. At the same time, nutritionists gave talks to our staff and service users. In addition, our speech therapists evaluated the swallowing conditions of service users, and discussed ways to improve the feeding method or adjust the softness and texture of the food and drinks according to their needs.

The Society encouraged service users to keep in touch with their families through means such as video conferencing, as that would keep them in high spirits which would help them increase their appetite. Through transcendisciplinary collaboration and close monitoring of weight changes by the nursing team, the impact of COVID-19 on our service users can be mitigated.