

Safety distance for prevention of virus spread

防疫楚河要劃清

扶康會早前舉行「間間有本防疫的經」比賽，收集服務單位推行的「防疫好措施」，讓各服務單位互相參考，最終由麗瑤成人訓練中心採用的「防疫楚河要劃清」策略勇奪冠軍。麗瑤成人訓練中心舍監黃佩賢 (Cola) 表示要感謝單位所有職員在疫情期間，為保障服務使用者的安全，同心協力完成了一次看似平凡，但又毫不簡單的「任務」。

Fu Hong Society recently held the "Pandemic Prevention Best Practice" competition, which aims to collect "Pandemic prevention tips" among service units, so that service units can learn from each other. The "Creation of Safety distancing" strategy adopted by the Lai Yiu Adult Training Centre (LYATC) has been awarded as the champion. Cola, warden of LYATC, extended her thanks to all staff in the unit, who had completed a seemingly ordinary, yet exceptional "mission" during the pandemic to ensure the safety of service users.



「防疫楚河」是什麼？

麗瑤成人訓練中心有兩座，為 72 名服務使用者提供住宿照顧服務，日間時段分成兩批到祖堯成人訓練中心及上李屋成人訓練中心接受訓練。Cola 指為了避免服務使用者在院舍內出現交叉感染的風險，因此需要重整分流安排，「我哋將到上李屋中心接受訓練嘅服務使用者安排在第一座生活，而到祖堯中心接受訓練的服務使用者就安排在第二座生活，呢個就係我哋所謂嘅楚河漢界。」因為疫情爆發得很突然，所以 Cola 指他們需要在一、二日內完成整個分流，「我哋需要重新安排職員工作、調節服務使用者作息安排、睡房及睡床位置、小組訓練名單、廚務配合、記錄文件方式及其他日常生活流程等等……這是一項看似平凡，但又毫不簡單的『任務』。」

What is "Creation of Safety Distancing"?

LYATC consists of two blocks, it provides residential and care services for 72 service users. During the morning session, service users were separated into two groups, where they received their training in Cho Yiu Adult Training Centre and Sheung Li Uk Adult Training Centre respectively. Cola pointed out that in order to circumvent the risk of cross-infection among service users in the center, a "segregation" strategy was being adopted. "Service users who received training at the Sheung Li Uk Adult Training Centre were arranged to live in the first block, while those who received training at the Cho Yiu Adult Training Centre were arranged to live in the second block. This was what we called by 'Creation of Safety Distancing'." Cola mentioned that since the outbreak of the pandemic was so sudden, they needed

to complete the entire segregation process within 1 to 2 days. "We had to reorganize the work of our staff, readjust the daily schedule of our service users, the positioning of the bedrooms and the beds, group training list, coordination with kitchen staff, reorganize the documentation system and other daily schedules, and so on... It is a 'mission' that seems ordinary, but it is in fact exceptional."

多走一步助適應

縱使硬件上有充足的準備，亦要靠軟件配合 – 職員的細心。Cola 大讚職員能夠循循善誘、細心引導，令服務使用者更容易適應新安排，「部份服務使用者患有自閉症，唔習慣改變，細微如連一件衫擺放位置唔同咗都可能影響佢哋，所以同事會留意佢哋同邊個服務使用者熟啲，盡量安排番佢哋同房，我哋又會喺佢哋新嘅房門外貼佢哋嘅相片，希望令佢哋快啲習慣。」Cola 坦言這樣的安排，增加了職員的工作量，猶幸各職員謹守崗位，「同事都要作心理調節，因為佢哋好多都會有既定嘅工作流程，但今次改動，可能令佢哋要照顧唔同嘅服務使用者，要重新適應佢哋嘅習慣。所以我都想衷心感謝同事今次嘅齊心合力。」



心理健康同樣重要

除了重新劃分起居作息的地方外，Cola 指麗瑤成人訓練中心亦有推行其他的防疫措施，希望令服務使用者在疫情期間也可以有不同的生活體驗，「疫情期間，家屬未能前來探訪，我哋會安排家人同服務使用者定期視像通話，亦會舉辦美食日，同埋會同佢哋分享一下社區嘅相片，希望佢哋雖然唔可以外出，但都可以眼睛去旅行，增加體驗。」最後，Cola 希望疫情可以盡快過去，可以再次與服務使用者外出活動。

Smoother integration by taking the one more step

Despite ample preparation in terms of hardware, coordination from software – attentiveness of staff is still necessary. Cola praised the patience of the staff in guiding the service users to adapt to these new arrangements. "Some service users are suffering from autistic, they are not easy to adopt changes. Something subtle such as relocation of a piece of clothing will affect them. That's why my colleagues have been observing which service users they are more familiar with, so that they can be placed in the same room. We had also put up their pictures on the doors of their new rooms, so that they can get used to it quickly." Cola admitted that such an arrangement increased the workload of the staff. Luckily, the staff upholds this "mission", "Our colleagues also had to adjust mentally. Most of them already had a fixed workflow, yet they had to take care of different service users due to this change and readjust to their habits. That's why I would like to thank from the bottom of my heart the concerted effort from my colleagues."



Mental health is equally important

Other than rearranging the living areas, Cola mentioned that LYATC had introduced other anti-pandemic measures that allow service users to experience augmented and virtual reality amid pandemic. "We organized regular video calls between service users and their families, during suspension of home leave arrangement and on-site visitations. Also held Food Days, and shared pictures of the community, so that they could keep contact with outside world by watching photos." Ultimately, Cola hoped that the pandemic could become a thing of the past soon, so that all service users can venture out again.