



起動樂 · 鼓勵殘疾人士做運動

Encourage exercise among persons with disabilities

殘疾人士普遍缺乏運動，衍生出肥胖及其他健康問題。他們的身體機能亦較容易出現提早衰退，繼而影響日常活動功能。有見及此，本會近年積極推動殘疾人士多做運動，目的是為了改善他們的生理和心理健康，提升生活質素。此外，他們透過使用社區設施做運動，增加與社區人士接觸，促進社會共融。運動不只有助改善心肺功能、肌肉力量、柔軟度、平衡能力和協調能力，還可以釋放內在潛能，提升自信心和促進社交能力。

在推動殘疾人士做運動的過程中，本會物理治療團隊需要針對服務使用者的身體狀況，制定不同類型的運動方案。對於行動不便或坐輪椅的服務使用者，治療師會先安排輕度運動，如跟隨教學影片做坐式太極和伸展運動等；同時，治療師亦會在運動期間加入康復訓練元素，以改善他們的身體機能。



對於專注力較低的自閉症譜系障礙人士或智障人士，治療師會引入一些多元化的運動項目，包括新興運動、體感遊戲和互動單車等，增加做運動的趣味性，提高他們對運動的參與度，以改善他們的身體機能。

隨著社會老齡化的問題日益嚴重，越來越多殘疾人士需要長期護理和照顧。推動殘疾人士做運動可提前預防或延緩他們可能出現的身體機能問題，從而減輕社會及照顧者的醫療負擔。此外，殘疾人士使用社區設施做運動可以提高他們對社區的連繫感，並加深與社區人士的理解和尊重，有助促進社會和諧。

總括而言，推動殘疾人士參與運動對他們的身心健康和社會融合至關重要。這需要通過大家的支持和凝聚社會力量，營造一個更加包容和友善的環境，讓殘疾人士也能夠享受運動帶來的益處。

Lack of exercise is a common issue among persons with disabilities, which causes obesity and an array of health problems. This can lead to an early decline in physical well-being that gradually takes its toll in everyday life. In view of this, the Society has been an active advocate of exercise for persons with disabilities. Our aim is to enhance their quality of life through improvements in physical and mental well-being. This is also an opportunity to promote social integration as persons with disabilities come into contact with the general public through exercising in communal facilities. Not only does exercise train cardio-respiratory fitness, muscle strength, flexibility, balance and coordination, it also serves as a chance for persons with disabilities to unleash their potential, boost self-confidence and build social skills.

As part of our effort to encourage exercise among persons with disabilities, our physical therapy team designs different exercise routines according to their distinct health statuses. For service users with limited mobility or wheelchair users, our therapists will first suggest light exercises, such as performing sitting Tai Chi and stretching routines while following instruction videos. Rehabilitation

elements are also added to these routines to enhance bodily functions. For people with autism spectrum disorders or intellectual disabilities, our therapists introduced more dynamic exercise routines that target their lower attention span. To encourage participation, these routines include newly emerged sports, sensory games and interactive cycles are more interesting for participants.

As person with disability ages, the demand for long-term care and attention will rise. Promoting exercise among persons with disabilities can prevent or delay potential issues with bodily functions, which can ease the medical burden on society and caregivers. Additionally, the use of communal facilities for exercise can deepen one's sense of connection to society. This will strengthen understanding and respect within the community and promote social inclusion.

Promoting physical and mental well-being of persons with disabilities, while enabling social inclusion are the key aims of encouraging persons with disabilities to take part in sports. With your concerted support, we will create a more inclusive and encouraging environment that allows persons with disabilities to enjoy exercising benefit.