Choice

Resident participation in hostel affairs

自主選擇

院友對宿舍事務參與

The residential services constitute one of the Society's core services. A total of 26 different types of hostels have been set up that provide residential care services to over 1,000 persons with disabilities across Hong Kong. Target group include persons with different degrees of intellectual disabilities, persons with severe physical disabilities, and persons in psychiatric recovery. Residential services fall under the category of collective living, and thus easily give the impression of tedious repetition or a lack of variety and interest. Combined with the outbreak of the pandemic in recent years, the lives of residents have seldom been made available to family members or public, adding a layer of mystery to the living conditions of residents. In this issue, an illustration form is used to show everyone the wonderful life of residents!

Big hostel, small family

Although residential services operate based on the model of "Big Hostel", what we actually implement is the "Family Quality of Life" under the "Small Family" concept. The concept of "Family Quality of Life" originates from the Beach Centre on Disability of The University of Kansas in the United States and refers to improving the quality of life of individuals at the family level. This concept is the same as the ideology held by the Society's residential services. In actuality, the original English name of Fu Hong Society: "The Society of Homes for the Handicapped", had already emphasized the importance of Home.

No small matters in everyday living

Seeing that it is a small family, residents are no doubt the main entities of the family, where they have both the autonomy to "make personal choices" and the obligation to "actively participate". In accordance with the Chinese proverb "you're only a boss when you can make your own choices", whether it's in matters of everyday clothing and food, the surrounding environment and facilities, or itineraries and arrangements, residents are all permitted to express their personal opinions. In the "Buddies" program, each resident is paired with dedicated staff to cares for resident's needs. At the same time, residents can join regular room meetings and plenary meetings, etc., to express their ideas and suggestions. Similarly, we also encourage residents to participate in both small and big "family" affairs and to contribute their strengths for the good of this "family".

People-oriented, capability-oriented

"Only kids make choices. I choose everything!" This online catchphrase is probably familiar to everyone. Although this phrase may appear a little too idealistic, it in fact helps us to make breakthroughs and remove ourselves from fixed thinking, moving towards a new direction where residents can choose what they want as much as possible. Free choice values the needs and wants of residents while simultaneously focusing on cultivating their decision-making capabilities and experiences. Despite the restrictions caused by the pandemic, we have continued to use a different kind of approach that provides our residents the opportunity to engage with a multitude of experiences. The aim is to give them more variety in their lives, more opportunities to make choices, as well as more extensive decision-making capabilities.
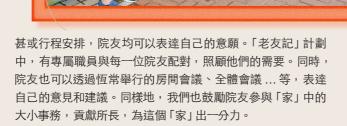

住宿服務是本會主要服務範疇之一，共有 26 個不同類型的宿舍遍佈港九新界，為 1,000 多位殘疾人士提供住宿照顧服務，對象主要包括不同程度的智障人士、嚴重肢體傷殘人士以及精神復元人士。住宿服務屬於集體生活，容易給人千遍一律、枯燥乏味的印象，加上近年疫情緣故，較少開放給家屬或公眾人士入內內，令院友的生活情況多了一層神秘的面紗。今次就藉通訊，以圖文並茂的形式，讓大家一睹院友精彩的生活！

大家舍、小家庭

住宿服務雖然以「大家舍」的形式運作，但所推行的卻是「小家庭」的「優質家庭生活服務模式」。「優質家庭生活服務模式」的概念來自於美國堪薩斯大學（The University of Kansas）轄下的 "Beach Center on Disability"，旨在於家庭層面提升個人的生活質素，這個想法與扶康會住宿服務推行的理念不謀而合。事實上，扶康會創會初期的英文名稱："The Society of Homes for the Handicapped"，就突顯了「家」(Home) 的重要性。

衣食住行無小事

既然是小家庭，院友當然是這個家的主人翁，有權利－「自主選擇」，也有義務－「主動參與」。俗語有云：「有得揀，先至係老闆」，無論日常的衣物飲食，還是周遭的環境設施，甚或行程安排，院友均可以表達自己的意願。「老友記」計劃中，有專屬職員與每一位院友配對，照顧他們的需要。同時，院友也可以透過恆常舉行的房間會議、全體會議 … 等，表達自己的意見和建議。同樣地，我們也鼓勵院友參與「家」中的大小事務，貢獻所長，為這個「家」出一分力。

以人為本、以能為本

「小孩子才做選擇，我全都要！」這句網絡潮語可能你也耳熟能詳。這句略帶任性的話，卻其實帶我們突破盲點，走出固有思維，邁向能讓院友能選擇選的新路向。自主選擇既要重視院友的需要和意願，也應著重培養他們選擇的能力和經驗。即使在疫情限制下，我們仍透過不同形式，協助院友嘗試各式各樣的體驗，目的正是希望他們的生活多姿多彩，有更多的選擇機會，也有更廣泛的選擇能力。