



服務成績  
**SERVICE  
ACHIEVEMENTS**



## 年度亮點 Highlights of the Year



2013

Sep  
九月



勇奪「職安健常識問答比賽2013」工會/團體組別冠軍是次比賽增加員工對職業安全的關注，有助推廣安全文化。

#### Championship in the "Safety Quiz 2013" Union Category

The contest increases the work safety awareness of staff members while propagating the safety culture.

Nov  
十一月



扶康會創辦人及神師方叔華神父獲選為「ATV 2013 感動香港」十大年度人物之一

方神父希望透過分享自己與殘疾人士一同生活的經歷，感染更多社會人士接納他們，學會彼此欣賞。

#### The founder and Spiritual Adviser of the Society, Fr BONZI Giosuè G PIME, was awarded as one of the top ten winners of the "ATV 2013 Hong Kong Loving Hearts Campaign"

Fr BONZI, through sharing his experience of getting along with persons with disabilities, wishes to enhance public understanding and acceptance of persons with disabilities, appreciate and learn from one another.

Dec  
十二月



#### 本會連續五年獲頒「十八區關愛僱主」嘉許

此嘉許表揚本會在促進殘疾人士就業、推動傷健共融及締造和諧社會方面的努力及貢獻。本會同時成為全港六間獲頒發特別大獎的非政府機構之一，表揚本會連續五年成為關愛僱主。

#### The Society received the "18 Districts Caring Employers" Award for five consecutive years

This award commends the efforts and contributions made by the Society to build an inclusive and harmonious society through promoting employment of persons with disabilities. The Society was honoured to be one of the six non-governmental organisations to receive a special award for being a caring employer over the past five years.

Dec  
十二月



#### 第十屆「甜蜜心連心」步行籌款

是次步行籌款為智障人士、精神康復者及自閉症人士的服務籌募經費，有接近1,200位傷健人士參與，反應熱烈。

#### The 10<sup>th</sup> FHS Charity Walkathon

The Walkathon, which raised funds for services for persons with intellectual disabilities, psychiatric disabilities and autism, attracted about 1,200 participants with and without disabilities who warmly supported the event.

2014

Feb  
二月



#### 扶康會歷史回顧《用愛啟航家是岸——扶康會「以求為導」卅五年》

此書介紹本會的發展歷史及多元服務，與各持份者回顧本會多年來的成長點滴。

#### The Society's historical review "Set Sail for Home with Love — How Fu Hong Society has 'Met the Need, Taken the Lead' for 35 years"

This book introduces the Society's milestones and diversified services, looking back on the development over the years with all stakeholders.

Feb  
二月



#### 石圍角工場推行水耕種植先導訓練計劃

設立水耕種植訓練室，為服務使用者提供多元職業技能訓練。

#### Launching the pilot hydroponics training project in Shek Wai Kok Workshop

A hydroponics training room was set up to provide diversified occupational trainings for service users.

Mar  
三月

#### 董事局委員與管理層員工參與集思會

集思會討論本會未來的發展方向，並提出建議作為制定本會未來之策略計劃。

#### Members of the Council and Management participated in a Council Retreat

The Society's direction of future development was mapped out for formulation of related strategic plans in the retreat.

Mar  
三月



#### 慶祝「香港最佳老友」運動成立十周年

本會舉行連串慶祝活動，包括第十屆「香港最佳老友」運動電能烹飪比賽，讓三百多位傷健人士透過製作美食，發揮共融精神。

#### Celebrated the 10<sup>th</sup> Anniversary of "Best Buddies Hong Kong" Movement

The Society celebrates with a series of activities, including the 10<sup>th</sup> "Best Buddies Hong Kong" Movement Electric Cooking Competition. The Competition enabled over 300 contestants with or without disabilities cooking hand in hand and the spirit of social inclusion was manifested.

Mar  
三月



#### 「康姨咖啡室」開幕

咖啡室聘請殘疾人士擔任餐飲服務員，協助他們發展潛能、融入社會。

#### "Madam Hong Cafe" started its operation

The cafe employed persons with disabilities for developing their capabilities and integrating them with the community.



## 我們的服務 Our Services

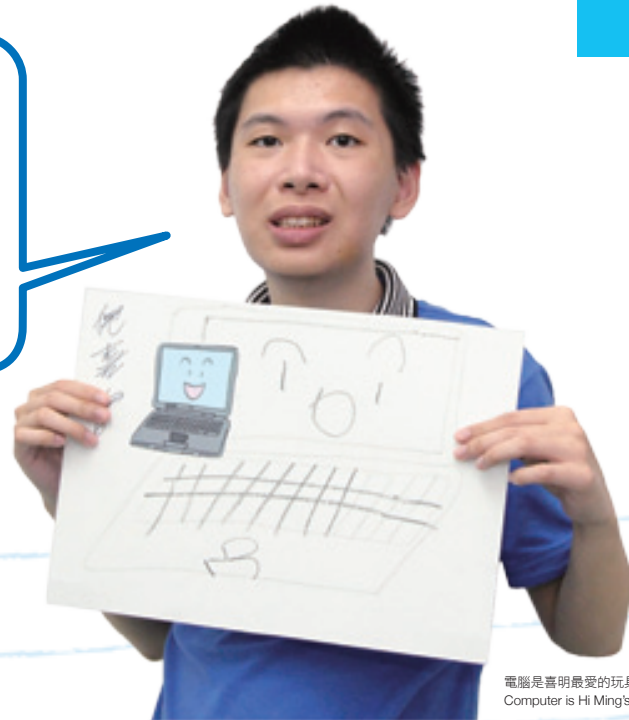
### 我的多元訓練生活 My Life of Diversified Training

我寫得一手好書法，  
可以免費幫你寫毛筆揮春！  
I am good at calligraphy and  
I can write you Fai Chun for free!

楊嘉明

服務使用者  
Service User

扶康會順利成人訓練中心  
FHS Shun Lee Adult Training Centre



電腦是喜明最愛的玩具  
Computer is Hi Ming's favourite toy



喜明於大型活動上表演毛筆書法，展示才能  
Hi Ming demonstrates calligraphy at major event, showing his talent

我叫喜明，是一位自閉症及中度智障人士，之前在特殊學校上學及寄宿。2008年畢業後，我與家人同住，並進入了扶康會順利成人訓練中心接受日間訓練服務至今。

剛進入中心時，我很害怕，因為突然要面對很多轉變，如新的學習環境、學習內容和活動時間表，還有新的導師和同學。患有自閉症的我對不熟悉的事物會產生恐懼，但我卻不懂如何表達自己的感受和告訴別人我想要什麼。那時，每當回到中心，我都感到不安，抗拒參與訓練和活動，有時更會打碎玻璃物品和拍打別人來表達需要和發洩情感。幸好中心導師明白我的情況，為我度身設計一個我看得懂的個人學習和活動時間表，同

Hi Ming is my name. I am a person with autism and moderate intellectual disability. After graduation in 2008 from special school where I got my education and boarding, I stay with my family and attend FHS Shun Lee Adult Training Centre during daytime.

I was quite scared when I first joined the Centre. It was a drastic change for me: new learning environment, learning content and activity schedule, not to mention new instructors and classmates. Being a person with autism, I easily become scared when facing something I am not familiar with. But I do not know how to express myself and tell people what I need. During those days, I was quite unsettled whenever I was in the Centre and refused to join any training or activities. Sometimes I even broke glass pieces or hit people to express my needs and to discharge my emotions. Fortunately, the instructors in the Centre understood my needs and custom-designed a learning and activity schedule which I would be able to understand. A white



時在訓練室內放置一個白板，讓我可以將個人需要和感受寫在白板上，逐步適應轉變。

導師常鼓勵我體驗和學習新事物，如毛筆書法、彈電子琴、使用平板電腦學習溝通技巧和認識社區地方及設施等。在活動室學習時，導師投放大幅的相片和生動的影片，又有問答環節，學習內容既有趣又令人容易明白。

經過努力練習，我有機會在大型活動上表演寫毛筆揮春和毛筆字畫賀詞，作出了大膽的嘗試，得到在場人士的讚賞，而媽媽更說我「叻」！我很享受表演的過程，從中更增加了自信和與人相處的信心。

board was placed in the training room for me so I could write down my needs and feelings and get used to the new environment gradually.

My instructors often encourage me to participate and learn new things such as calligraphy, electronic organ, using iPad to learn communication skills and knowing the district and its facilities. In the activity rooms, the instructors would project magnified pictures and interesting videos. There are also Q & A sessions which make learning interesting and easy.

Through much hard work, I have opportunity to demonstrate calligraphy in major events. Such bold attempts have won praises from participants. My mum says I am great! I enjoy the show a lot. Through these, I have gained self-confidence and I am more confident to get along with others.

## 成人訓練中心訓練服務 Training Services of Adult Training Centres

成人訓練中心透過「生活經驗互動訓練」，參照喜明的需要、能力和喜好，為他提供多元化的訓練形式和內容，讓他在愉快、輕鬆的學習經驗中展現才能，建立正向行為和融入社會。

Through "Life Experience Interactive Training", Adult Training Centre makes reference to Hi Ming's needs, capability and interests to design diversified training mode and content. Hi Ming is able to develop his talents in a joyful and leisure learning environment and to make positive social behaviour for his integration with the community.

「生活經驗互動訓練」讓學員從快樂中學習，提升學習興趣  
Life Experience Interactive Training enables service users to learn in a joyful environment and enhances their interest in learning





服務重點

本會透過為服務使用者提供多樣化的生活體驗，滿足其身、心、社、靈的需要，達致全人發展。去年度工作重點如下：

持續發展多媒體輔助訓練

各成人訓練中心共製作超過一百個多媒體輔助訓練範本供共享使用，同時本會資訊科技部會持續優化使用平台；舉辦工作坊以促進導師對使用多媒體輔助訓練的知識和技巧。

加強員工對展能藝術的認識

本會分別為導師和相關員工提供有關基本顏色運用及「展能藝術與智障人士的成長」課程，加強他們對展能藝術的認識和技巧。

密集互動訓練先導計劃

本會於2009年至2011年期間舉辦第一至第三期密集互動訓練先導計劃。現正整理相關研究資料成為資源冊，供各服務單位參閱；得到伊利沙伯女皇弱智人士基金贊助，與心理衛生會臻和學校合作，將邀請密集互動的始創人英國學者 Dr HEWETT Dave 於2014年12月到港舉辦講座和工作坊。

Service Focus

By providing various life experiences, it would be possible to fulfill the physical, psychological, social and spiritual needs of service users for their holistic development. Highlights of work last year are as follows:

Continuing development of Multimedia-assisted Training

Adult Training Centres produce more than 100 Multimedia-assisted Training modules for sharing of use. The Society's Information Technology Department will work for continuous improvement of the user platform and workshops on knowledge and technique of using Multimedia-assisted Training will be organised for instructors.

Enhancing staff members' knowledge of arts for the disabled

The Society provides courses on application of primary colors and "Arts for the Disabled and Growth of Persons with Intellectual Disabilities" to strengthen instructors and related staff's understanding and skills on arts for the disabled.

Pilot work for the Intensive Interaction Training

Pilot study materials for Phases 1 to 3 of the Intensive Interaction Training held between 2009 and 2011 are being compiled as a booklet for reference of all service units. Being sponsored by the Queen Elizabeth Foundation for the Mentally Handicapped, in collaboration with The Mental Health Association of Hong Kong – Cornwall School, the founder of the Intensive Interaction Training, Dr HEWETT Dave will be invited to Hong Kong to host talks and workshops in December 2014.

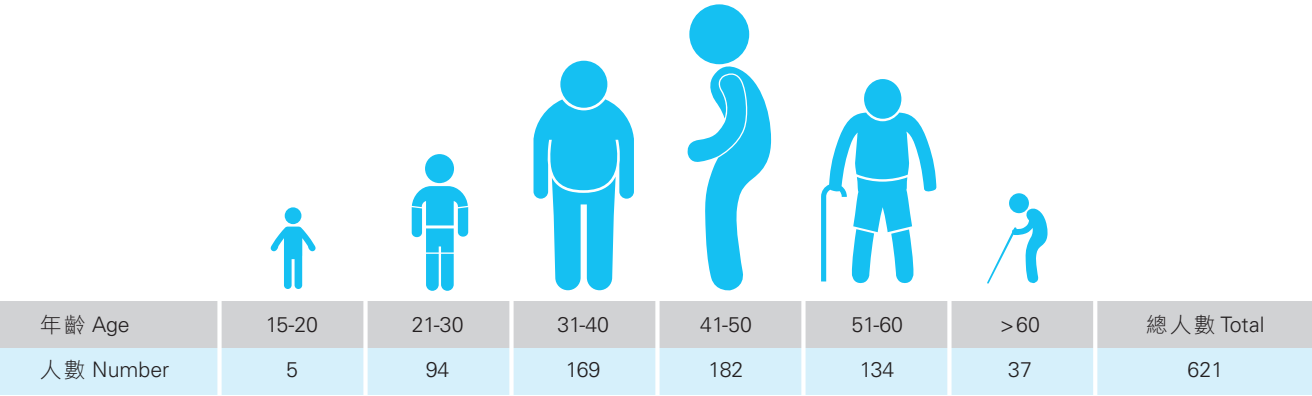
因應服務使用者老齡化提供所需服務

隨著醫療和照顧服務的不斷改善，智障人士的壽命已遠高於從前預計的四十歲。圖表一展示成人訓練中心服務使用者的年齡分佈。

Service to cater for the need of ageing service users

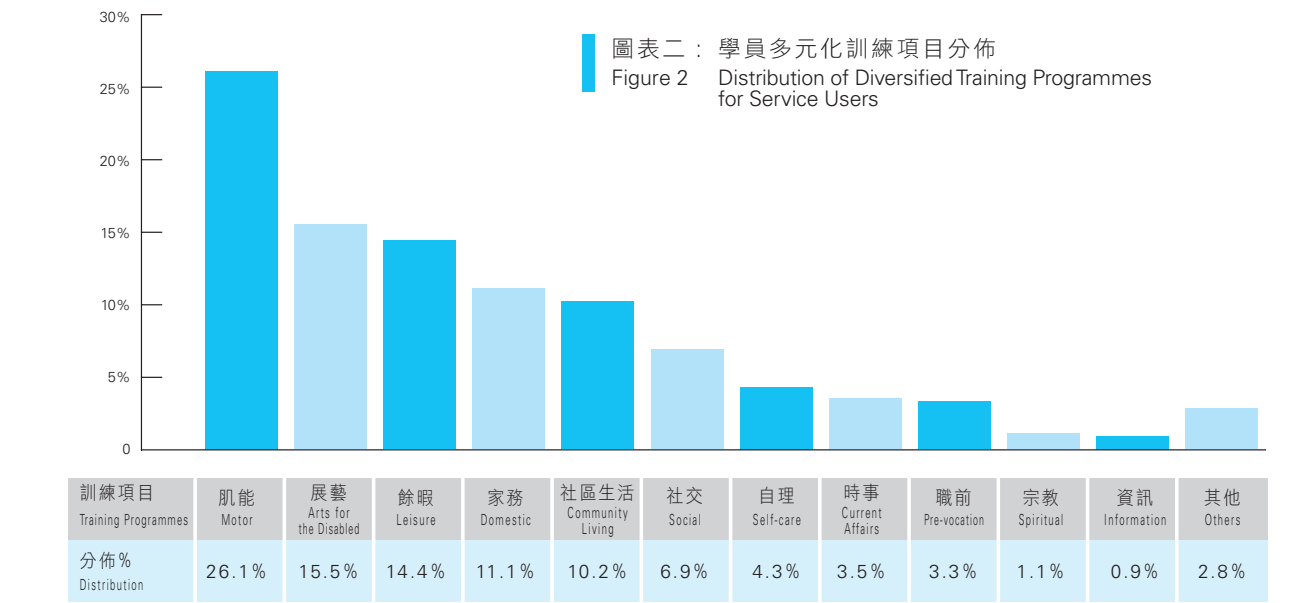
With the improvement of medical and caring service, life span of persons with intellectual disabilities has extended to over the age of 40 as previously estimated. Figure 1 shows the age distribution of service users of the Adult Training Centres.

圖表一：成人訓練中心服務使用者年齡分佈  
Figure 1 Age Distribution of Adult Training Centre Service Users



圖表二顯示各訓練中心在提供多元化訓練時，因應服務使用者老齡化的需要，增加肌能、展藝及餘暇範疇訓練項目的比重。

Figure 2 shows higher proportions on motor, arts for the disabled and leisure skills in providing diversified training, to cater for ageing service users.



「生活經驗互動訓練」成效評估

使用香港大學行為健康教研中心協助制訂的「生活經驗互動訓練成效評估表」，按時在會內各展能中心進行訓練成效評估，量度訓練成效。2013年10月的成效評估顯示服務使用者的人際社交正向行為得到維持及改善。

Assessment of "Life Experience Interactive Training"

With assistance from Centre on Behavioral Health – The University of Hong Kong, "Life Experience Interactive Training Scale" is formulated for measurement of the service effectiveness of the day training centres. The assessment results of October 2013 show maintenance and improvement of service users' positive behaviours in social and interpersonal skills.



1. 學員接受「多媒體輔助訓練」  
Multimedia – assisted Training for service users
2. 「密集互動訓練」有助改善嚴重智障人士的溝通和社交行為  
Intensive Interaction Training helps improve the communication skills and social behaviours of adults with severe intellectual disabilities
3. 硬地滾球訓練有助服務使用者減慢身體機能退化  
Training of bocce helps delay physical deterioration of service users



## 我的美食人生 My Life of Gourmet

江鴻秋  
KWONG Hung Chau

飲咖啡前記得要  
One More, Two More 做運動！  
Don't forget to "One more, Two more"  
before drinking coffee!

江鴻秋

服務使用者 扶康會天耀之家  
Service User FHS Tin Yiu Home

咖啡是鴻秋最愛的飲料  
Coffee is Hung Chau's favourite drink



鴻秋最愛食物，不論是上茶樓或燒烤，她也樂在其中  
Hung Chau loves food. Whether in restaurant or BBQ, she enjoys every moment of it

我是江鴻秋，今年五十五歲，智力和一般人一樣，只是沒有上過學校。由於我出生時右邊身體有殘障，加上有淋巴腺問題，影響新陳代謝機能，身體尤其下肢容易腫脹，出入要使用輪椅。

2000年，我入住扶康會天耀之家。初時，我甚不習慣集體生活，每樣事都有「流程」、「規矩」，而同房的智障同伴總是嘈嘈吵吵，發脾氣時更會「打人」；最叫我一下子難適應的是要我「減肥」。天呀！在家時父母都疼愛我任由我吃東西，這是我最重要的生活享受，如今要節食減肥差點兒叫我氣瘋了。

那時，我擺出一副不合作的態度，職員大多認為我是麻煩製造者。奇怪的是社工及治療師願意了解我，我漸漸對他們減少了不合作態度，並樂意與他們分享我的想法。職業治療師為我改善輪椅，教我畫圖、認字和玩電腦遊戲，讓我有機會學到新東西；物理治療師為我進行治療，減少下肢腫脹引致的不適，又願意傾聽我的情況，還邀請我就

My name is KWONG Hung Chau. I am 55 years old. I have an average IQ but have never had the chance to attend school. I was born with physical disability on the right side of my body. Together with lymph gland problem which affects metabolism resulting in swollen body in particular my legs, I need wheelchair for getting around.

I moved into FHS Tin Yiu Home in 2000. In the beginning, I could not get used to the collective living pattern. There are "procedures" and "rules" for everything. My intellectual disabled roommates made so much noise and even hit people when losing their temper. The worst was that I was asked to reduce weight. My God! My parents loved me so much that they would let me eat whatever I liked at home. This is my most important enjoyment in life. I was so mad when they tried to put me on diet.

In those days, I was determined not to co-operate and was regarded as a trouble maker by most of the staff. Strangely social workers and therapists made efforts to understand me. In return, I become more co-operative and I am willing to share my thoughts with them. Occupational therapist helps improve my wheelchair, teaches me how to draw, to recognise characters and to play computer games so I can learn new things. Physiotherapist gives me treatment to ease the pain caused by the swollen lower part of my body. He is willing to listen to my thoughts and I was even invited to

膳食給意見，讓我明白到發脾氣並不是表達意見的唯一方法；社工明白我渴求自主和結識多些朋友，遂安排義工、實習學生、臨床心理學家等與我傾談，在交往中我明白到生活不盡是灰暗，願意體諒和尊重，才會過得開心。及後，社工還協助我達成多年的心願——拜祭去世的父母。此外，家舍常安排不同類型的活動，令許多以往只能從電視中觀賞的生活經驗，如今卻可親身領略。

現在，我自覺比許多臥病在床的朋友幸福得多。舍友們雖時有吵鬧，但我已學懂體諒他們的情緒起伏。至於減肥嗎？我明白護士的苦心，我會努力……

give ideas on the menu. They make me understand that losing temper is not the only way to express myself. Social workers understand my wish to be independent and to make friends. They make arrangement for volunteers, intern students, and clinical psychologist to talk to me. Through such interaction, I realise that life is not grey. Life would be much brighter if one is willing to understand and respect. Later on, social workers even make my dream come true - to visit my parents grave. In addition, the hostel would organise various activities so we can personally experience those lives which previously could only be watched on TV.

Now, I feel so much more fortunate than those bed-ridden friends. Sometimes there are quarrels among my friends at the hostel, but I have learned to cope with their emotional ups and downs. As to weight loss, I understand the concern of the nurses and I'll try...



1. 現在，鴻秋與職員相處融洽，並熱愛在天耀之家的生活  
Now, Hung Chau gets along with staff members and enjoys her life in Tin Yiu Home
2. 鴻秋參與「扶康愛心屯隊」的義工活動，並獲會方頒發「熱心服務銀獎」以示嘉許  
Hung Chau participates in the volunteer activities of FHS's Joint of Love. She is awarded the Silver Medal of "Enthusiastic Service" by the Society

## 住宿服務 Residential Services

從鴻秋的個案，可見本會住宿服務團隊秉持以人為本的服務理念，各專業同工互相緊密協作，為殘疾人士提供全面的住宿照顧、康復及發展服務，以維持及改善他們獨立生活的能力。

The people oriented approach upheld by the Society's residential services is illustrated by Hung Chau's case. Professionals of different disciplines work closely together for the provision and development of comprehensive care and rehabilitation services for persons with disabilities to maintain and improve their capabilities to live independently.

### 服務重點

本會設立不同類型的院舍，為智障、肢體傷殘人士及精神康復者提供廿四小時的住宿照顧服務。去年住宿服務的工作重點如下：

### Service Focus

The Society operates various types of hostels for persons with intellectual, physical and psychiatric disabilities to provide 24-hour residential care services. Highlights of work last year are as follows:



## 申領殘疾人士院舍牌照

各單位著手完善宿舍的環境設施和消防裝備，並檢視人手編制和運作，以符合申領牌照的要求。

## 塑造家居化生活環境

住宿服務看重的不只是舒適、美觀的家居佈置，而是讓服務使用者感受到職員的友善關顧和人情味。

## 多樣化生活體驗、提升生活質素

本會致力維護服務使用者的選擇權，透過「一人一夢想」計劃，在可行情況下儘量達成服務使用者的心願，包括：聽演唱會、境外遊、觀賞賽馬、學習模擬駕駛飛機、參觀消防局等。



1

- 透過「一人一夢想」計劃，參觀模擬駕駛室，並到澳門觀光及參與交流活動  
Through the "One Person One Dream" Programme, service users visit the simulation cockpit and Macau for cultural exchange
- 服務使用者與職員在海濱一嘗釣魚樂  
Service user and staff member try fishing along the coast
- 服務使用者興致勃勃地學習打高爾夫球  
Service user learns to play golf with enthusiasm



2



3

## Application for the License of Residential Care Homes (Persons with Disabilities)

Each service unit examines their service provision, fire service installation, staff provision and operations to meet the requirements for the license application.

## Creating a homelike living environment

Residential care services put emphasis not only on comfortable and beautiful home decorations, but also a friendly and caring environment for service users.

## Diversified life experience for enhancement of living quality

The Society strives to provide service users with options. Through the "One Person One Dream" Programme, service users may realise their dreams such as going to concerts, travelling outside Hong Kong, going to horse races, learning to use flying simulator, tour of fire station, etc.

## 一人一體藝

按服務使用者的興趣和能力，推動他們參與各項體藝活動，包括遠足、釣魚、打高爾夫球、種植盆栽、健步等，讓他們發揮潛能、強身健體，以延緩老化速度。

## One Person One Sport and Art

Service users, according to their interest and capabilities, are encouraged to participate in sports and arts activities such as hiking, fishing, golf, planting of bonsai, walking, etc. Such activities can help develop their potential and strengthen their body to delay ageing.

## 一切由曲奇開始

*It All Started with Cookies...*

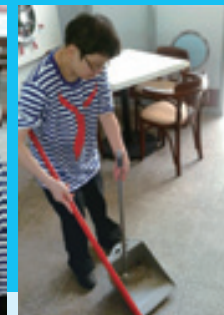
李倩瑩  
LEE Sin Ying

快來「康姨咖啡室」一嘗我有份調配的絲襪奶茶及泡沫咖啡！你們的支持及鼓勵，為我的工作注入一支強心針！

Come to Madam Hong Cafe and have a cup of pantyhose milk tea and cappuccino made by me. Your support and encouragement will give me a boost!

李倩瑩

服務使用者  
Service User  
扶康會「殘疾人士在職培訓計劃」  
FHS "On the Job Training Programme for Persons with Disabilities"



倩瑩的夢想是擁有自己的咖啡室，當上「老闆娘」！  
Sin Ying's dream is to have her own coffee shop and become the "boss"

我是倩瑩，今年三十八歲，三年前加入扶康會「殘疾人士在職培訓計劃」。當時，爸爸帶著我查詢在職培訓服務，我向社工簡述了我的經歷：因早產緣故，我的身形瘦削，而智力比一般人低，屬輕度智障。進入扶康會前，我曾在連鎖食肆廚房內工作。儘管那時我已勤快地工作，奈何同伴總是催促著說「倩瑩！你可不可以手快點！」曾有一次，因心急發生工傷意外，至今那舊患仍未痊癒。我不禁反覆自忖「難道我真的沒能力好好工作嗎？」

加入在職培訓計劃後，對於那問題我得到了明確的答案。一年多前，我以兼職身分成為扶康會毅誠工場「康姨餅房」的有薪員工，幫助我重新建立在職場工作的信心。我更有機會代表扶康會前往北京分享工作經驗及獲推薦參與拍攝香港電台的劇作《沒有牆的世界III》之《我要做父母》，使我的生活變得豐富、多彩，爸爸也大感安慰！

My name is Sin Ying. I am 38 years old and joined the Society's "On the Job Training Programme for Persons with Disabilities" three years ago. When my father took me to enquire about the Programme, I told the social worker my story. I am kind of skinny because of pre-mature delivery and am a person with mild intellectual disability. Before I joined the Society, I worked in the kitchen of a chain restaurant. Although I had worked very hard, my workmates still pushed me to work faster. One time I had an accident while I tried to catch up. The injury has not yet fully healed even now. I became doubtful of my capability and asked myself often: "Perhaps I am not capable of working like other people?"

After I joined the Programme, I got an answer for my question. Over a year ago, I have become a part-time paid worker of "Madam Hong's Bakery". This has helped me re-establish my confidence in working again. I even had the opportunity to go to Beijing representing the Society to share my working experience. Then I was recommended to participate in the filming of RTHK's special series "A Wall-less World III: We Want to Be Parents". My life has become rich and interesting. My father is very pleased now.





倩瑩參與拍攝港台劇集  
《沒有牆的世界III》  
Sin Ying participates in the  
filming of RTHK's series  
"A Wall-less World III"

最近，我主動申請由康融服務有限公司（屬扶康會成立的社會企業）營運的「康姨咖啡室」的餐飲服務員職位。咖啡室位於筲箕灣海防博物館，去年由康融服務有限公司投得博物館的食肆經營權，為期三年。我希望能藉此擴闊眼界，學習多點工作技能，裝備自己。我的夢想是擁有自己的咖啡室，當上老闆娘。這夢想推動我每天積極地工作，令生活更充實。不過，在這新的工作環境，我需面對一些新挑戰——說英文。由於咖啡室常有外籍遊客光顧，我需在同事及社工的幫助下「惡補」英文。

雖然我的新工作充滿挑戰，但我相信只要用心學習，勤奮工作，難題總會迎刃而解！

Recently, I applied for the position of Catering Attendant in "Madam Hong Cafe" operated by Hong Yung Services Limited (a social enterprise of the Society). The Cafe is situated inside the Hong Kong Museum of Coastal Defence in Shau Kei Wan. Last year, Hong Yung Services Limited got the operation of the Cafe for three years through bidding. I hope through this opportunity I can open my eyes and equip myself by learning more work skills. My dream is to have my own coffee shop and become a boss of my own. This dream has driven me to work hard and to live a full life. However, in this new working environment I need to face some new challenge – speaking English. There are visitors from abroad and I need to do a crash course on English with the help of my workmates and social workers.

My new job is full of challenges. I believe as long as I learn hard and work hard everything will work out!

## 職業康復及發展服務 Vocational Rehabilitation and Development Services



從倩瑩的個案，可見本會的職業康復及發展服務一直走在前線，並堅守服務宗旨，結合工商元素，以創造更多就業及培訓機會予殘疾人士。

Sin Ying's case demonstrates that the vocational rehabilitation and development services provided by the Society have always been at the forefront. The Society continues to uphold its service principle to include vocational and business elements for the creation of more employment and training opportunities for persons with disabilities.

- 服務使用者細心地照料水耕菜  
Service user takes good care of hydroponic vegetables
- 石圍角工場水耕種植訓練室  
The hydroponics training room in Shek Wai Kok Workshop
- 「康姨餅房」工友與職員打成一片，齊心合力推銷曲奇  
Staff members and workers of "Madam Hong's Bakery" work together for the sale of cookies

## 服務重點

本會職業康復及發展服務內容多元化，包括工場、輔助就業、在職培訓計劃、社會企業和職業康復延展計劃等。去年度工作重點如下：

### 凝聚工商力量

得到共超過七十間工商機構客戶的支持，全年總生產收入接近港幣三百五十萬元，較去年提升了百分之十三。

### 推行水耕種植先導訓練計劃

石圍角工場獲善長贊助設立水耕種植訓練室，首批水耕菜已於2014年3月收割。

### 社會企業「康融服務有限公司」

截至2014年3月31日，康融共創造了四十四個就業職位，約七成三的僱員是殘疾人士，並得到超過一百五十個工商客戶伙伴的支持，全年總收入高達港幣四百二十多萬元，成績令人鼓舞；位於海防博物館的「康姨咖啡室」成功獲社會福利署「創業展才能」計劃贊助，可同時聘請八名殘疾人士。

### 公開就業

本會透過輔助就業服務及在職培訓計劃，去年成功協助二十五名服務使用者獲公開就業。

### 獲頒發「室內空氣質素檢定證書」《卓越級》

葵興職業發展中心連續四年獲環境保護署頒發此項證書，成為全港首間獲此殊榮的非政府機構。

## Service Focus

Vocational rehabilitation and development services provided by the Society are multi-faceted including workshop, placement, on-the-job training, social enterprise and work extension programme, etc. Highlights of work last year are as follows:

### Enlisting the resources of the commercial sector

With the support of over 70 companies, total production value of last year approached HK\$3.5 million, an increase of 13% over the previous year.

### Carrying out pilot hydroponics training project

Sponsored by a philanthropist, hydroponics training room is set up in Shek Wai Kok Workshop. The first batch of hydroponic vegetables had been reaped in March 2014.

### Social enterprise "Hong Yung Services Limited"

Up to 31 March 2014, a total of 44 posts have been created by Hong Yung, about 73% of the employees are persons with disabilities; more than 150 corporate partners support the services of Hong Yung, resulting in a total annual income of HK\$4.2 million more. The result is indeed encouraging. The "Madam Hong Cafe" located in the Hong Kong Museum of Coastal Defence has successfully received sponsorship from the "Enhancing Employment of People with Disabilities through Small Enterprise" Project of the Social Welfare Department. Eight persons with disabilities can be employed at the same time.

### Open employment

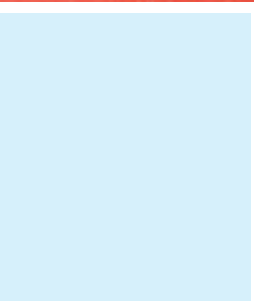
25 service users with the assistance of the Society have been successfully employed through supported employment service and on-the-job training programme in the open job market.

### IAQ Certification Scheme "Excellent Class" Award

Kwai Hing Vocational Development Centre has been awarded this certificate for four consecutive years by the Environment Protection Department, the first non-governmental organisation to receive such honour.



- 「康姨餅房」連續五屆於社會企業博覽會中贏得多個獎項，為餅房工友增添信心  
For the fifth time in a row, "Madam Hong's Bakery" has won a number of awards at the Social Enterprise Exhibition, becoming a boost of confidence for workers of the bakery
- 葵興職業發展中心獲頒發「室內空氣質素檢定證書」《卓越級》  
Kwai Hing Vocational Development Centre is awarded the IAQ Certification Scheme "Excellent Class"





我很滿意現在的生活和工作！

I am now very satisfied with my life and job!

康

服務使用者 扶康會康晴天地  
Service User FHS Sunrise Centre

## 康復路上的好伙伴

### Good Partner on the Road to Recovery

周叔康  
CHOW Suk Hong



1. 在中途宿舍接受服務期間，叔康（左二）與職員及舍友成為了互相支持的好友  
While staying in the halfway house, Suk Hong (second left) and staff and the other service users become good companion and support one another
2. 在嚴重殘疾人士宿舍的工作重新增添叔康（右）對自己的信心  
Suk Hong has re-established his self-confidence while working at the hostel for persons with severe intellectual disabilities
3. 雖然叔康工作忙碌，但他還是享受箇中的樂趣  
Although Suk Hong is very busy at work, he still enjoys his work very much

無論在工作或住在中途宿舍時，人人叫我「叔康」，或將我的名字掉轉讀為「康叔」。我很喜歡照顧智障人士的工作，能夠獲得工作機會，要從 2007 年入住扶康會說起。

我是一位精神康復者，經醫生轉介申請中途宿舍以學習重整人生目標，讓自己能在日後重返社區生活。不久，就輪候到扶康會康復中心悅智之家的中途宿舍服務，包括：認識精神病和有關藥物、學習適當地處理個人情緒、培養良好的工作習慣、建立有規律的生活等。

適應了宿舍生活後，社工推薦我到康復中心三樓一所嚴重殘疾人士宿舍擔任照顧助理，約兩年後晉升為二級照顧員。工作雖令我感到疲累，但得到宿舍護士及舍監的支持和鼓勵，我深深感受到在康復的路上並不孤單，而且漸漸建立了足夠的信心和過獨立生活的能力。因康復進度理想，我其後透過體恤安置申請入住香港仔石排灣邨的單位，並加入扶康會精神健康綜合社區中心——「康晴天地」成為會員。

康晴天地位於華富邨，距離我家只有約廿分鐘車程，其服務為我離開宿舍之後重返社區生活給予全面的支援和幫助。我的個案社工不但會定期家訪，了解我獨立生活的情況，而且在適應新生活和工作上提供寶貴意見。

People call me “Suk Hong,” or turn it around “Hong Suk” at my work place or when I lived in the half-way house. I enjoy my job looking after persons with intellectual disabilities. To have the opportunity to work, it all started in 2007 when I moved into the Society.

Being an ex-mentally ill person, I was referred by doctor to a halfway house where I could learn to adjust my goal for re-integration with the community. Soon I was admitted to the Society's halfway house – Yuet Chi Home, where services offered to service users include: to obtain knowledge of mental illness and related medications, to learn how to manage one's own emotion properly, to develop appropriate working habits and to establish a life of discipline, etc.

Having settled down to the life in the hostel, I was recommended by a social worker to work as a Care Assistant in the hostel for persons with severe intellectual disabilities on the third floor of the Society's Rehabilitation Centre. After two years, I was promoted to Care Worker II. Although work makes me tired, the support and encouragement I get from nurses and warden of the Home make me feel that I am not alone on the way to recovery. Gradually, I feel more confident and build up the ability for leading an independent life. My rehabilitation has gone well. Through compassionate rehousing, I get a unit in the Shek Pei Wan Estate in Aberdeen and become a member of the Society's Integrated Community Centre for Mental Wellness - Sunrise Centre.

The Centre is located in Wah Fu Estate, only 20 minutes by car from my home. They provide full support and assistance for my return to live in the community. Social workers visit me at my home on a regular basis so they have full understanding of my life of independence, and give me valuable



在康復路上，叔康一直勇往直前，積極活出生命的意義  
On the road to recovery, Suk Hong always strides forward with determination, giving meaning to life

中心常舉辦多元化小組及康樂活動，讓我和其他會員一起參加以充實閒暇。

目前，我的生活和工作情況理想，精神好情緒亦穩定。雖然我是獨居，但生活充實，還有社工定期探訪，在有需要時給予適切的支援，可見康晴天地的服務真的「貼身」又「貼心」！

advice for my new life and work. There are also various activities at the Centre where we can participate in leisure time.

At the moment, my life and work go well, I feel good and my emotion is stable. Despite living alone, I have led a full life. Also, visits by social workers provide me with timely and suitable support. They are always close by and their services are heart-warming.

## 社區精神康復服務 Community Psychiatric Services



叔康是中途宿舍成功離舍的例子，同時是跨專業團隊灌溉下的果實。在社區支援方面，康晴天地與康復者同行，在人生路上再踏步向前。

Suk Hong is not only an example of service user of halfway house stepping out successfully, but also the fruit of the hard work of a multi-disciplined team. On district support, staff of Sunrise Centre helps ex-mentally ill persons stride forward again and accompanies them in their new life.

## 服務重點

本會社區精神康復服務一直與時並進，透過更多樣化及多元化活動介入手法以切合不同年齡層和不同病類的康復者的興趣和需要，去年度的工作重點包括：

### 生活新體驗

透過參與種植小組、康文署社區園圃計劃、南山露營和澳門一天遊等活動，讓服務使用者有不同的生活體驗。

## Service Focus

The Society's community psychiatric services have always kept abreast with changing demand. Various and multi-faceted activities are offered to meet the needs and interests of different age groups or persons with different psychiatric disabilities. Highlights of work last year are as follows:

### New life experience

Through participating in planting group, the “Community Garden Programme” held by the Leisure and Cultural Services Department, camping at Nam Shan Campsite and Macau day tour, service users could have different life experience.

1. 中途宿舍服務使用者體驗戶外露營生活  
Service users of halfway houses experience outdoor camping
2. 康晴天地舉辦旅行活動，增進會員間的認識  
Outing organised by Sunrise Centre for socialising





1. 服務使用者於「苗圃挑戰十二小時慈善越野馬拉松2013」活動中勇奪獎牌  
Service users get medals at the "Sowers Action-Challenging 12 hours Charity Marathon 2013"
2. 服務使用者參與「同行共跑——社工日(香港)2014」長跑比賽，挑戰三或十公里的賽事  
Service users participate in the 3 and 10 km races at the "Social Work Day (HK) Marathon 2014"

## 更新護理手冊

全面檢視護理服務，完成護理手冊的更新，訂立了更具體和具成效的服用藥物訓練藍圖。

## 舉辦治療小組及精神健康講座

內容包括妄想與幻覺處理、都市病認識及預防和壓力管理等，以配合不同康復進程的服務使用者。社工和護士更攜手舉辦復元小組，讓服務使用者能掌握自己的復元之路。

## 發揮精神康復者的運動潛能

中途宿舍的服務使用者參加了「苗圃挑戰十二小時慈善越野馬拉松2013」，勇奪公開組第八及第十名的獎牌。

## 重視「以人為本」的理念

康晴天地加強服務使用者參與設計其個別復元計劃，因應個案的不同需要作適切的介入；發展「康晴大使」計劃，為有需要的服務使用者度身訂造個別工作訓練，提升他們的工作動機和能力；為實踐服務使用者參與，在不同的服務中設立平台，讓服務使用者享有高度的自主權及參與服務管理。

## 與社區伙伴緊密聯繫

康晴天地積極與區內不同類型的服務單位，包括長者服務、家庭服務、青少年服務、醫院及學校等相互合作，籌辦社區教育活動，推廣精神健康的訊息。



康晴天地與香港小童群益會賽馬會海怡青少年綜合服務中心協辦「BS 展藝 Show」社區活動，宣揚逆境自強、輕鬆生活，關注精神健康的訊息  
"BS Talent Show", jointly organised by Sunrise Centre and The Boys' & Girls' Clubs Association of Hong Kong Jockey Club South Horizons Children & Youth Integrated Services Centre, promotes the message of being strong at adversity, easy living and mental wellness

## Update of nursing manual

The nursing manual has been updated as a result of a comprehensive review of nursing services. A more substantive and more effective training blueprint for taking medication has now been in place.

## Organising therapeutic group and mental wellness talk

Contents include the treatment of hallucination and delirium, understanding and prevention of stress resulting from city life and stress management etc., to meet the various needs of service users who are at different stages of recovery. Service users would have better grasp of their road to recovery by joining the therapeutic group jointly organised by social workers and nurses.

## Developing ex-mentally ill persons' potential in sports

Service users of halfway houses participated in the "Sowers Action – Challenging 12 hours Charity Marathon 2013" and won the 8<sup>th</sup> and 10<sup>th</sup> places in the Open Group.

## Putting emphasis on "people-oriented" approach

Sunrise Centre enhances service users' participation in the design of individual rehabilitation plan where appropriate assistance would be introduced where possible. The "Ambassador of Sunrise Centre" scheme is being developed. Individual job training programme is custom-designed for service users if such needs arise so as to enhance their motivation to work, and equip them with working capability. Service users enjoy high level of independence and participate in service management through platforms provided at various services, putting the concept of "user participation" in practice.

## Having close contact with community partners

Sunrise Centre actively involves in organising community education activities with various service units including elderly service, family service, youth service, hospitals and schools within the community to promote the message of mental health.

媽是我的最佳拍檔！  
My mother is my best partner!

何家樂

服務使用者  
Service User

扶康會天水圍地區支援中心  
FHS Tin Shui Wai District Support Centre

## 我的最佳拍檔 My Best Partner

何家樂  
HO Ka Lok



家樂的最愛 – 可樂  
Ka Lok's favourite - Coke



1. 家樂和媽媽以草原樂隊隊員身份參與音樂表演  
Ka Lok and mum, members of the Meadow Band, participate in a musical performance
2. 二人亦攜手參與本會「共融齊OK比賽」，一展歌喉  
The two of them sing at the Society's "Karaoke Together" Competition

大家好！我是家樂仔，今年廿九歲。我是一位輕度智障兼有威廉氏症候群人士，自2005年開始接受扶康會家居訓練及支援服務，其後轉為扶康會天水圍地區支援中心的會員。

中學畢業後，因我對工場工作興趣不大，所以便接受家居訓練服務。現在社區支援服務除了提供上門訓練外，還提供多元活動讓我選擇。導師及社工亦會按平日的觀察，向我推介合適的活動讓我參加，甚至落力遊說，減輕我內心的憂慮，令我的生活空間可以更加廣闊！

不單只我較以前積極活躍，連我媽媽也是。她不但參加地區支援中心的家長組活動，更參與單位的義務工作。我們同樣是中心草原樂隊的成員，我們把環保物品製作成為樂隊的樂器，並用它們來演奏不同的敲擊音樂。由於草原樂隊的獨特性，令我們經常被邀請

Hello, everybody! I am Ka Lok Chai and 29 years old. I am a person with mild intellectual disability and Williams Syndrome. Since 2005 I received Home-based Training and Support Services from the Society and later become a member of FHS Tin Shui Wai District Support Centre.

After graduation from secondary school, I receive home-based training service because I am not interested in working in the workshop. Now the District Support Centre provides not only training at my home but also various activities for me to choose. The instructor and social worker, based on their observation, would recommend suitable activities to me. Knowing my worry, they would talk to me and make me feel at ease to participate in the activities thus widening my living horizon.

I am not the only one who is more active, so is my mum. She participates in the activities of the parents group and the volunteer works of the District Support Centre. Both of us are members of the Centre's Meadow Band. We make musical instruments out of eco-friendly materials and play percussion music with them. Because of the band's uniqueness, we are often invited to perform at various district activities. Here I have learned to





家樂積極嘗試不同的活動，  
擴闊生活體驗  
Ka Lok actively tries different  
activities for a taste of  
different life experience

於不同的社區活動中表演。在這裡，我學會了面對群眾，學會了專注，更學會了面對壓力及團隊精神。在演出的過程中，我與媽媽往往是最佳拍檔，而我更是媽媽的音樂導師，因為每次練習新曲後，我都比她記得更清楚，要經常指導及督促她好好練習！

地區支援中心有各式各樣的活動，從中不但能接觸到各階層的社區人士，而且能體驗不同的社區設施及服務。我期望我能更開放自己，大步踏足社區。現時我正申請在工場工作，但我相信即使有了工作，我仍會積極參與地區支援中心的活動，繼續發展我的興趣，令我的生活有更多得著！

face the public, to be attentive, to work under pressure and to have team spirit. My mum and I are often the best partners at music performances. I even become her music teacher because every time, after rehearsing a new song, I am always the one who remembers the melody. She usually practises under my supervision!

District Support Centre offers activities of various kinds. Through participation in these activities, I get to know and make contact with people with diverse backgrounds and also make use of various community facilities and services. I wish I could open myself up more and speed up integration with the community. I am now applying for a placement in the workshop. I believe even if I have to work, I would still actively involve in the Centre, to develop my interest and make my life more fruitful!

## 殘疾人士社區支援服務

### Community Support Services for Persons with Disabilities

地區支援中心的服務不但豐富了家樂的生活體驗，而且著重對服務使用者家人提供支援，舒緩照顧者的壓力。

District Support Centre not only enriches the life experience of Ka Lok but also puts emphasis on providing support for families of service users to reduce the pressure of carers.

### 服務重點

社區支援服務是一項講求彈性的服務，須隨著社會的變遷而持續地作出調整，讓資源獲得充分運用。去年度工作重點如下：

#### 回應社會需要 建立支援網絡

按地區需求，整合和提供臨時住宿服務、臨時日間照顧服務、特殊學校學生體驗計劃、假期照顧服務、家居暫托服務及晚間延展照顧服務等，為殘疾人士及其家屬提供適切的服務。

### Service Focus

Flexibility is the key to providing district support services. Continuing adjustments have to be made in response to the change of the community for more efficient use of resources. Highlights of work last year are as follows:

#### Meeting the needs of the community and building up support network

In response to district needs, services are consolidated and include Residential Respite Service, Day Respite Service, Attachment Programme for Students of Special Schools, Holiday Care Service, Family-based Respite Care Service and Extended Care Service during nighttime, etc. to meet the needs of persons with disabilities and their families.

### 推廣社會共融的理念

積極發展與地區組織及商業機構的合作活動，讓年青人能對殘疾人士的不同特性有更深入的了解，並讓殘疾人士在社區內獲得更大程度的認同。

### 培養服務使用者參與社會事務

屯元區服務使用者會議成立至今已九年，服務使用者從自行草擬政綱、公開向會議成員闡述參選理念、爭取支持者投票到正式參與會議等，整個過程見證了服務使用者會議更趨成熟。

### Promoting social inclusion

Through actively organising activities with district organisations and businesses, young people would have more in-depth understanding of the uniqueness of persons with disabilities. As a result, persons with disabilities would be accepted more readily by the community.

### Training up service users for participation in community affairs

Tuen Yuen District Service Users Meeting has been in place for 9 years. From drafting manifesto, deliberation of vision to members of meeting, canvassing for votes, to participation in meetings, service users have demonstrated their maturity in the process.



1. 會員參與「齊來露一露」活動  
Members at the "Let's Camp"
2. 定時舉行服務使用者會議  
Service Users Meeting held on a regular basis
3. 會員到天星碼頭進行展銷活動  
Members participate in a sales campaign at Star Ferry
4. 會員透過「我要做大廚」活動，發揮合作精神  
Members practise co-operation through "I want to be a chef"







## 我愛我家

I Love My Home

蔡珠女  
CHOI Chu Nui

我的好姐妹是佩芬!  
Pui Fun is my best buddy!

家庭成員  
Family Member

扶康家庭一和諧軒  
FHS Concordia Casa Famiglia



1



2

1. 扶康家庭的生活令珠女(右)感到溫馨、快樂、滿足  
Living in Casa Famiglia makes Chu Nui (right) feel warm, happy and contented
2. 珠女(左二)與和諧軒的好姐妹  
Chu Nui (second left) and her sisters at Concordia

大家好，我是珠女。認識我的人都會覺得我的笑容燦爛，一副幸福滿滿的樣子。其實，我是一個孤兒，至今都不知道家人是誰。但這些已不再重要，因為現在我有一個溫暖的家，有爸媽，也有兄弟姐妹。

我的家叫「和諧軒」，是其中一所扶康家庭。這裡雖沒有現代化的裝修，卻乾淨整潔、窗明几淨。每日「放學」回家，家姆妹宜或是潘姑娘就會在門口高興地迎接我回來。之後，在工場上班的兄弟姐妹也陸續回來。大家圍桌而坐，一起享受家姆精心烹調的晚餐。飯後，我會主動幫忙收拾碗筷及桌椅，而其他兄弟姐妹們也會一起清潔飯廳。接下來我和佩芬會一起坐在檯邊砌彩色積木。兄長麥生常常教導我們，雖然佩芬和我性格不同，時有摩擦，但始終是好姐妹，應該互相包容。

週六日是我們最開心的日子，因為有很多活動可以參加，例如唱K、一起外出逛逛、參加「樂融融」靈性活動等。還會有固定

Hello, I am Chu Nui. I smile all the time and people think I look happy enough. The fact is I am an orphan and don't know who my family is even now. But this no longer matters because I now have a warm home, complete with parents, brothers and sisters.

The place I call home is "Concordia", one of the Casa Famiglia (small group homes) run by the Society. Though there is no modern decoration, it is clean and tidy. Every day, coming back home from "school", housemother Mui Yee or Sister Poon would be there to greet me. Afterwards, other brothers and sisters working in the workshop also arrive. Everybody sits around and enjoys tasty dinner prepared by housemother. After dinner, I'll help clean the table and move the chairs back to their position. Other brothers and sisters will also help with the clean-up. Then I will play lego with Pui Fun. Elder brother Mr Mak often teaches Pui Fun and me that we are sisters after all and should bear with each other, though we have different characters and fights sometimes.

Saturdays and Sundays are our favourite days because there are many activities such as Karaoke, going out, or spiritual activities, etc. There will also be visits by our regular friends. I love spending time with

朋友到訪，我最喜歡和他們一起，因為他們接納我成為他們的一份子。我們每星期還會去教堂參與彌撒活動，這時我不禁想起曾和我們一起生活過的兄弟阿布，家姆說他在天國過得很好。我不知道天國在哪，但希望他可以像我們一樣開心、幸福。

我是一個普通不過的智障人士，但我很幸運，因為我可以重新擁有一個家，而且有那麼多人關心我、愛錫我，真想大聲高呼：「我愛大家，我愛我家！」

them because they treat me like one of them. We also go to church on every Sunday to attend mass. This is the time I often think of Ah Po who used to live with us. Housemother said he is in heaven now and lives well. I don't know where heaven is but hope he is as happy and fortunate as every one of us here.

I'm just an ordinary person with intellectual disability, but I'm very lucky because I now have a home again with so many people who care for me and love me. I really want to tell them at the top of my voice: "I love every one of you! I love my home!"



珠女(右二)與固定朋友到老人院表演魔術  
Chu Nui (second right) and regular friends perform magic at a home for the elderly

## 香港賽馬會社區資助計劃：扶康家庭

The Hong Kong Jockey Club Community Project Grant: Casa Famiglia

智障人士是社會的一份子，應享有家庭生活的權利。

珠女的故事讓我們了解扶康家庭的服務特色：讓孤兒或父母因年老而無能力照顧的智障成人享有家庭生活及固定朋友。

Persons with intellectual disabilities are members of the community and are entitled to enjoy the right of family life.

Through Chu Nui's story, we realise the service uniqueness of Casa Famiglia. Orphans or adults with intellectual disabilities whose parents are too old to take care of them anymore, can still enjoy family life and have regular friends.



由三藩市自閉症人士組成的樂隊「圓夢先鋒」於2013年9月與超靈軒家庭成員共晉晚餐  
"Dream Achievers", a band made up of persons with autism from San Francisco, have dinner with family members of Radiance in September 2013





扶康家庭成員享受結伴外出的樂趣  
Members of Casa Famiglia enjoy having outings together

## 服務重點

扶康家庭屬扶康會的自負盈虧服務，獲得香港賽馬會慈善信託基金透過「香港賽馬會社區資助計劃」資助部份經費。自1997年至今，本會共成立了四所扶康家庭，分別是「邂逅軒」、「和諧軒」、「婉明軒」及「超瑩軒」，工作重點如下：

### 讓服務使用者享有家庭生活

為智障家庭成員提供「以人為本」的家庭照顧，滿足他們日常生活和身心發展的需要。

## Service Focus

The Society's Casa Famiglia is a self-financed service. The expenditure is now partially funded by the Community Project Grant of The Hong Kong Jockey Club Charities Trust. A total of 4 units of Casa Famiglia have been established by the Society since 1997. They are "Encounter", "Concordia", "Splendor" and "Radiance". Highlights of work last year are as follows:

### Service users enjoy family life

With "people-oriented" approach, family care is provided to Casa Famiglia members with intellectual disabilities for their daily life and their needs for physical and mental development.

### 擁有固定朋友

社區義工認同扶康家庭的精神及理念，以固定朋友的身份經常探訪智障家庭成員和協助扶康家庭的活動。本年度共有八十四位固定朋友和十個社區團體探訪扶康家庭。

### 參與恆常社區活動

透過參與恆常教會和社區活動，扶康家庭成員與社區人士建立起廣泛和融洽的關係。獲悟宿基金會有限公司贊助，扶康家庭成員於2013年9月到澳門進行交流活動，拓闊生活體驗。

### 扶康家庭成員人數

去年，共有三十位智障成人接受扶康家庭住宿照顧服務；截至2014年3月31日，扶康家庭有十一位全職家姆、五位替假家姆和九位社區人士以義工身份擔任兄長，一起照顧扶康家庭成員。

### To have regular friends

Community volunteers who agree with the spirit and vision of the Casa Famiglia would visit family members there as regular friends and provide help in the activities held by the Casa Famiglia. A total of 84 regular friends and 10 community organisations visited the Casa Famiglia last year.

### Regular participation in community activities

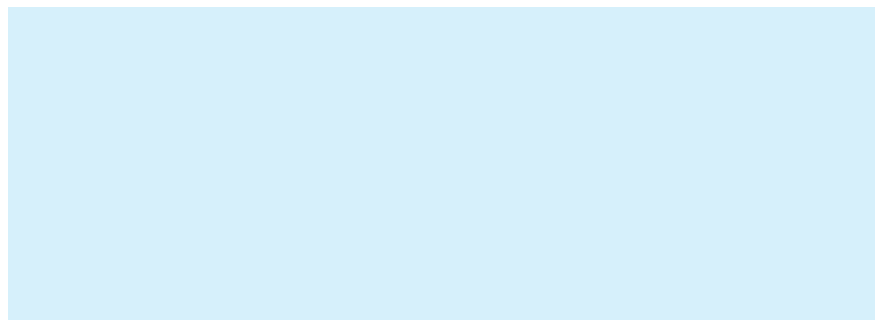
Members of Casa Famiglia and that of the community establish close relationship through regular church and community activities. Sponsored by the Providence Foundation Limited, the members of Casa Famiglia visited Macau for exchange activities in September 2013, widening their life experience.

### Number of Casa Famiglia members

Last year, a total of 30 adults with intellectual disabilities received residential care services of Casa Famiglia. As at 31 March 2014, Casa Famiglia have 11 full-time housemothers, 5 part-time housemothers and 9 community volunteers as their elder brothers, jointly taking care of the Casa Famiglia members.



1. 香港慧靈於2013年5月探訪和諧軒  
Hong Kong Huling visits Concordia in May 2013
2. 社區團體於中秋佳節抽空探訪扶康家庭成員，體現共融、關愛精神  
Community organisation visits family members of Casa Famiglia at Mid-Autumn Festival to show their affection and put social inclusion in practice



2



1. 本會創辦人之一及神師方叔華神父（左）頒發義工證書予扶康家庭的義工  
Fr BONZI Giosuè G., one of the founders and the Spiritual Adviser of the Society, presents certificates to Casa Famiglia's volunteers
2. 扶康家庭參加了由教區傳教人士牧民中心於2013年6月舉辦的「樂融融慕道班畢業禮」  
FHS Casa Famiglia at the graduation ceremony of the "Jolly Catechism Class" organised by the Diocesan Pastoral Centre for the Disabled in June 2013



2



## 我會一點一點地進步

### I Shall Improve Slowly But Gradually

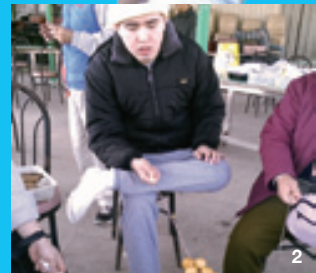
蔡守仁  
CHOI Shau Yan

我現在學識用圖卡表達飲水的需要！

I know how to use visual card now when I am thirsty!

守仁 守仁

服務使用者 扶康會山景成人訓練中心  
Service User FHS Shan King Adult Training Centre



1. 守仁接受手工藝訓練  
Shau Yan receives training for arts and craft skills
2. 守仁漸適應中心的生活，並與同伴融洽相處，一起享受燒烤的樂趣  
Shau Yan is gradually getting used to the life in the Centre and enjoys BBQ with his companions

我是阿仁，自小在新界圍村生活。我沒有語言能力，又不懂與人接觸，常獨個兒活動。我經常把身體搖晃，又會不停將周圍的物件擺放至令我認為滿意的位置。由於種種特別的行為，令很多人不願意去接觸我。幸好，我有父母及姐姐照顧我。縱使我常做出一些令他們尷尬的行為，他們仍對我非常體諒，會循循善誘教導我，甚至作出不同的調節迎合我的需要。他們對我的愛，我又怎會不知道？

初進入扶康會山景成人訓練中心時，大家都很擔心我能否適應。導師仔細地向我介紹中心的環境及流程，讓我的心安定下來。為了使我更輕鬆地適應中心的生活，職員們事前都為我好準備。例如，我一向是用私家餐具進食，否則我會很不習慣，所以中心亦為我作出特別安排，讓我使用私人餐具。不過，當導師觀察了一天後，覺得我的適應力不錯，便鼓勵我嘗試用中心碗筷進食。在第一個星期，我便成功了，從此我對食具不再過份執著。

在學習上，中心安排我在一個專為自閉症人士提供訓練的小組，在那兒我不再感到孤單。每天，我都能夠清楚知道需要進行什麼活動。

I am Ah Yan and have lived in walled-village in the New Territories since I was small. I lack language ability and social skills and am usually on my own. I waver my body a lot and also move things around to spots where I am satisfied with. People do not want to approach me because of my peculiar behaviour. Fortunately, my parents and sister care for me. Even though I embarrass them often, they still bear with me and teach me with patience. They even make different adjustment to meet my needs. How could I not know they love me?

When I first joined the Society's Shan King Adult Training Centre, everybody worried whether I could adapt. The instructor gave me very detailed introduction about the Centre, and how things go so it would be easier for me to settle down. They would also make preparation for me to help with my adjustment to the new life in the Centre easier. For example, I always use my own eating kit or I would have a difficult time. The staff in the Centre therefore made special arrangement for me so I could use my own eating kit. Having observed me for a day, the instructor found that I did have the ability to adapt and encouraged me to use those supplied by the Centre. I have made it in the first week and become less obsessed with eating utensils.

On learning, I was placed with a group providing specific training for persons with autism and I don't feel lonely anymore. Every day, I know what kind of activity would take place. The instructor knows that there are reasons of my peculiar behaviour. She tries to understand me and

## 自閉症及發展障礙人士服務

### Services for Persons with Autism and Developmental Disabilities

阿仁的個案反映本會十分關注自閉症服務使用者的需要，特別是新收納的服務使用者。本會跨專業團隊透過適切的介入計劃及策略，協助自閉症服務使用者適應新環境，增強他們在不同範疇的能力，如溝通、社交及興趣等方面，讓他們積極發展其潛能。



Ah Yan's case shows that the Society puts much emphasis on the needs of service users with autism, especially new users. The design of plans and strategies by a multi-disciplinary team helps service users with autism adapt to the new environment more easily and enhance their capabilities in various aspects such as communication, social life and interests.

1. 自閉症服務使用者對室內划艇活動甚感興趣  
Service users with autism find indoor rowing interesting
2. 自閉症服務使用者與職員結伴參與「奔向共融——香港賽馬會特殊馬拉松2014」  
Service users with autism and staff participate in the "iRun - Hong Kong Jockey Club Special Marathon 2014"
3. 服務使用者學習運用 PECS 表達個人需要  
Service user learns how to use PECS to express his needs

導師明白我各種「怪異」的行為，其實都是有原因，所以她嘗試利用不同的方法去了解我、鼓勵我。現在，我已習慣用圖卡(PECS)來表達飲水的需要。此外，由於我經常擺動身體，職員明白我有感覺統合障礙，於是安排職業治療師為我進行評估，設計治療項目，包括擦身體、在座椅上轉動等活動來滿足我的需要。現在，我搖晃身體、大力踏地的行為已減少了。

我會繼續努力學習，聽從導師的說話。希望大家能明白自閉症人士的特質，願意與我們溝通。感謝你們的愛及包容，令我一點一點地進步！

encourage me by different means. Now, I have got used to using visual card (PECS) to show that I need water. Also, staff here understand that the reason I keep my body moving all the time is because of my sensory integration difficulties. Occupational therapist was arranged to make assessment for me. Treatment was designed for me including rubbing body and turning on a chair so as to satisfy my need. Now, my peculiar behaviour such as frequent body movement and stumping on the ground has become less and less frequent.

I will keep trying hard and listen to my instructors. I hope people would understand the behaviour of persons with autism and would be willing to communicate with us. Thank you for your love and tolerance so I can improve slowly but gradually.

守仁感謝爸媽多年來對他的體諒及包容  
Shau Yan thanks his parents for their understanding and tolerance for so many years



## 服務重點

隨著自閉症人士不斷增加，他們的需要更趨明顯。自閉症服務工作小組及牽蝶中心致力向他們提供多元、優質服務，進一步提升他們的生活質素。去年度工作重點如下：

### 強化服務使用者的溝通能力

積極推動使用圖片交換溝通系統(PECS)來強化自閉症服務使用者的溝通能力及積極性，特別是對於一些不能說話的自閉症服務使用者，期望他們能與其他人互相溝通。

### 積極推廣體能活動

除了安排自閉症服務使用者參與特殊馬拉松賽事，亦安排他們嘗試室內划艇活動及其他合適的體能活動。

### 增強職員培訓

鼓勵職員參與由本地或海外專家學者提供之專題講座，務求進一步提升職員處理或訓練自閉症服務使用者之能力；設立網上平台，定期上載最新的自閉症資訊及個案分享，讓相關員工參考成功案例，將合適介入手法應用於日常工作中。

### 牽蝶中心提供臨床服務及培訓服務

牽蝶中心屬本會自負盈虧的服務，臨床服務範圍主要為自閉症人士及發展障礙人士提供感覺統合治療；培訓服務為本會職員提供自編課程，亦會邀請海外學者為本會員工及業界同工提供專門技巧或知識講座及工作坊。

## Service Focus

With the increase in the number of persons with autism, their needs become more apparent. Through the multi-faceted and quality services provided by Autism Services Working Group and Hin Dip Centre (HDC), persons with autism may improve the quality of their life. Highlights of work last year are as follows:

### Strengthening communication skills of service users

Actively promote the use of PECS to strengthen communication skills as well as motivation of service users with autism. Those who are unable to speak would hopefully be able to communicate.

### Promoting physical activities actively

Apart from participating in the Special Marathon, attempts have also been made for service users with autism to try indoor rowing and other suitable sports activities.

### Strengthening staff training

Staff is encouraged to participate in seminars organised by local or overseas professionals to strengthen their ability for management or training of service users with autism. On-line platform is set up for regular sharing of latest information and cases on autism. Relevant staff may make reference or make use of the successful cases for their daily work.

### Providing clinical services and training services at HDC

HDC is the Society's self-financed service. Its clinical services mainly include sensory integration therapy for persons with autism and developmental disabilities. HDC not only tailor-makes training courses for staff members of the Society, but also invites overseas professionals to give talks and workshops on specific skills or knowledge for training of the Society's staff members as well as those in the same field.

## 你願意成為我的老友記嗎？

### Do You Want to Be My Buddy?

黃佩華  
WONG Pui Wah

我喜歡和老友記一同活動，  
也愛和媽媽一起打乒乓球！  
I like spending time with my friends.  
I also like playing table tennis  
with my mum.

黃佩華

服務使用者 Service User  
扶康會葵興職業發展中心  
FHS Kwai Hing Vocational Development Centre

黃媽媽當然是佩華心中最重要的「老友」  
Mother is definitely the best buddy of Pui Wah



1. 佩華(右)與老友記  
Pui Wah (right) and buddy
2. 佩華與老友記的活動十分多元化  
Pui Wah and her buddy enjoy various activities

我是黃佩華，今年48歲，是輕度智障人士。我是葵興職業發展中心(葵興中心)的服務使用者，又是最早參與「香港最佳老友」運動(BBHK)的老友之一。我在2004年開始參加BBHK，透過這運動，我很高興先後認識到來自不同大學及中學的老友。過去十年，我和老友記一起參加各式各樣的活動，如做月餅、到不同地方交流、參加舞會、扮模特兒行catwalk、參與無火烹飪比賽等等；在2011年，我更有機會到廣州與國內社會福利機構的工作人員及智障人士分享參加BBHK的經驗和樂趣。

由2011年開始，葵興中心與香港教育學院社會工作高級文憑課程成立了「香港最佳老友」分社。在分社內，我和學生陳家琦配對成為老友，我們的相處是平等的，彼此互相

My name is WONG Pui Wah. I am 48 years old and am a person with mild intellectual disability. I am a service user of Kwai Hing Vocational Development Centre and one of the earliest buddies of the "Best Buddies Hong Kong" Movement (BBHK). I joined BBHK in 2004. Through the Movement, I get to know buddies from different universities and secondary schools. During the past 10 years, I joined various activities with buddies such as making moon cakes, exchange visits to different places, dancing parties, catwalk, electric cooking competition, etc. In 2011, I had a chance to go to Guangzhou and shared my BBHK experience and fun with social welfare organisations and persons with intellectual disabilities from the Mainland.

In 2011, the Kwai Hing Centre together with the Higher Diploma in Social Work of the Hong Kong Institute of Education set up a BBHK chapter where I pair up with a student named CHAN Ka Kei as buddies. We are on equal ground and care for each other. Ka Kei may be better at school and computing but dancing is my strength. I teach





1. 佩華(右)與老友記扮模特兒行 Catwalk  
Pui Wah (right) and buddy perform on the runway
2. 即使做月餅、包糰、製曲奇等，也難不到佩華(前排右一)  
Whether making moon cakes, rice dumplings or cookies are no problem for Pui Wah (first right, front row)

關心，沒有高低之分。雖然家琦在讀書或計數方面比我優勝，但跳舞是我的強項，我還教家琦跳現時流行的「騎馬舞」，然後一起在最佳老友周年大會上表演。我們又經常一同參加活動，在保齡球場、卡拉 OK、日式燒烤店、機場、海防博物館等地方，都留下了我們快樂的足跡。我很開心能認識家琦這位好朋友，期待每一次活動都能與她結伴參與。

「香港最佳老友」運動擴闊了我的社交圈子及生活領域，讓我能結識不同層面的朋友，而我的社交圈子不再局限於工場，真的很高興扶康會能持續推動 BBHK，我會介紹更多朋友參加 BBHK，歡迎你一起參與，成為我的老友記！

her the most popular dance “horse riding dance” and we performed at the Annual Gala of BBHK. We often go to various activities together. Bowling alley, karaoke, Japanese BBQ restaurants, airport and the Hong Kong Museum of Coastal Defence are places where we have lots of fun. I am so happy to know Ka Kei and look forward to going to every activity with her.

The BBHK movement has broadened my social circle and experience. I get to know friends from various backgrounds. My social circle is no longer limited to the workshop. I am so happy that the Society would continue to promote BBHK and I shall ask my friends to join. Your participation is welcome and let us become buddies!

## 「香港最佳老友」運動 “Best Buddies Hong Kong” Movement

從佩華的個案，可見本會「香港最佳老友」運動致力推動智障人士與社區人士建立一對一的友誼，豐富智障人士與非智障人士的生活，促進社會對智障人士的認識及接納。

From the case of Pui Wah, it shows the BBHK movement is dedicated to promoting one-to-one friendships between members of the community and persons with intellectual disabilities, enriching the life of persons with and without intellectual disabilities, while enabling better understanding of persons with intellectual disabilities by the community.

1. 本會代表團與「國際最佳老友」創辦人 Mr SHRIVER Anthony Kennedy 合照  
The Society's representatives with the founder of Best Buddies International Mr SHRIVER Anthony Kennedy
2. 本會派出由社工及大專分社老友組成的代表團出席於美國舉行的「國際最佳老友第二十四屆周年領袖會議」  
Social worker and buddies of BBHK university chapter representing the Society attend the 24<sup>th</sup> Annual Best Buddies Leadership Conference in the US



1. 「2013 年度香港最佳老友全港分社周年聯會暨傑出分社選舉頒獎典禮」於 2013 年 7 月舉行，場面熱鬧  
Happy moment at the 2013 BBHK Annual Gala cum Outstanding Chapter Award Ceremony held in July 2013
2. 「國際最佳老友」亞洲區及太平洋區總裁蘇夢月女士(左三)於 2013 年 9 月到訪扶康會  
Ms TRONE Sue (third left) Area Director (Asia & Oceania) of Best Buddies International visits the Society in September 2013
3. 蘇夢月女士(左四)更抽空訪問「康頤餅家」，一嚐服務使用者親手製作的曲奇  
Ms TRONE Sue (forth left) visits “Madam Hong’s Bakery” and tastes the cookies produced by service users

「最佳老友」是一項非牟利的國際性友誼運動，1989 年由美國甘迺迪家族成員 Mr SHRIVER Anthony Kennedy 發起並成立，目的是讓智障人士與社區人士建立一對一的友誼，加強社區人士對智障人士的認識，促進社會共融。現時，共有五十多個國家和地區推廣此項極具意義的運動，並有一千七百所初中、高中和大學參加，累計參加人數約有七十萬人。

2004 年，國際最佳老友 (Best Buddies International) 總部邀請並授權本會於香港成立「香港最佳老友」運動 (Best Buddies Hong Kong，簡稱「BBHK」)，是香港唯一獲認可推動此項運動的機構。直至 2014 年 8 月，本會「香港最佳老友」運動共設立十八個老友分社，當中包括大專院校分社、中學分社、企業分社及社區老友分社。2012 年 10 月，香港賽馬會慈善信託基金認同 BBHK 的理念，並撥款贊助本運動三年（2012 年 10 月至 2015 年 9 月）的行政及活動開支，以大力推動「最佳老友」的共融精神。

## 服務重點

2014 年是「香港最佳老友」運動成立十周年的大日子，本會期望透過舉辦各慶祝活動，進一步向社會各界人士推廣此運動的共融精神，令他們關注及接納智障人士。去年度工作重點如下：

“Best Buddies” is a non-profit making international friendship movement. Founded in 1989 by Mr SHRIVER Anthony Kennedy, a member of the American Kennedy family, the Movement promotes one-to-one friendships between persons with intellectual disabilities and citizens. Through the Movement, the community would have better understanding of persons with intellectual disabilities and promote social inclusion. Today, over 50 countries and places have promoted this meaningful movement. About 1,700 secondary schools and universities have joined with a total of about 700,000 participants since its inception.

In 2004, Best Buddies International invited and authorised the Society to establish “Best Buddies Hong Kong” Movement (BBHK). The Society becomes the only authorised organisation to promote the Movement in Hong Kong. Up to August 2014, a total of 18 BBHK chapters have been set up by the Society including universities, secondary schools, corporations and communities. The Hong Kong Jockey Club Charities Trust, in recognition of the mission of BBHK for further promotion of social inclusion, has subsidised the recurrent expenditure of the Movement for three years from October 2012 to September 2015.

## Service Focus

2014 is the 10<sup>th</sup> anniversary, an important moment, of BBHK movement. The Society aims at further promoting the spirit of social inclusion through celebration activities for the acceptance of persons with intellectual disabilities. Highlights of work last year are as follows:



## 拓展分社

分社數目由十四個增至十八個，並成立了第二個企業分社，成績令人鼓舞。

## 向中、台、澳地區人士推廣 BBHK 精神

本會獲澳門扶康會邀請於2013年11月在「構建完整社區照顧體系——實踐與展望」研討會暨展能藝術作品展中主講《社區連繫與共融——「香港最佳老友」運動》，向中、台、澳的社福界同工、學生、家長及殘疾人士推廣 BBHK 運動之精神及分享推動友誼運動之心得和成果。

## 設立面書專頁

專頁內有 BBHK 的最新動向，期望提升社會人士對本運動之關注。

## 第十屆「香港最佳老友」運動電能烹飪比賽

比賽於2014年3月29日假鑽石山荷里活廣場舉行，吸引三百多位傷健人士組隊參賽；決賽榮獲八位知名立法會議員及協辦單位中華電力有限公司企業發展總裁莊偉茵女士支持，參與「名人匯演」，與智障人士攜手烹調美味菜式。賽事由多位星級名廚擔任評判，包括周中師傅、香港廚師協會會長麥錦駒先生、委員楊國基先生及梅納安先生。

## Establishing chapters

The number of chapter is increased from 14 to 18, including the establishment of the second corporation chapter. It has been a fruitful year.

## Promoting the spirit of BBHK among people in Mainland China, Taiwan and Macau

The Society was invited by Fuhong Society of Macau to give a presentation on "Social Connection and Inclusion – BBHK Movement" at the "Symposium: Building Comprehensive Community Care – Achievement and Visioning into the Future" cum Arts for the Disabled Exhibition in November 2013. It is an occasion to promote the spirit of BBHK movement and to share the benefits of the friendship movement with social workers in the rehabilitation field, students, family members and persons with disabilities from Mainland China, Taiwan and Macau.

## Setting up Facebook Page

The latest activities of BBHK are shown on the Facebook page for easy access and attention of members of the community.

## The 10<sup>th</sup> BBHK Movement Electric Cooking Competition

The Competition was held at Hollywood Plaza in Diamond Hill on 29 March 2014. Persons with disabilities and members of the community paired up for the event with over 300 participants. We have the honour to have eight members of the Legislative Council and Ms CHONG Wai Yan, Quince, Chief Corporate Development Officer of CLP Power (co-sponsor of the event), teamed up with persons with intellectual disabilities to prepare tasty dishes at the final – the "Celebrity Show". Judges of the competition included Master Chefs such as Mr CHOW Chung, Mr MAK Kam Kui, President of Hong Kong Chefs Association, Committee Members Mr YEUNG, Stephen and Mr MULLER Andreas.



1. BBHK 於 2013 年 5 月舉辦澳門交流團，向家鄉社福機構同工、家長及殘疾人士推廣 BBHK 之精神  
Macau Exchange Tour organized by BBHK in May 2013 promotes the spirit of BBHK with colleagues of local social welfare groups, family members and persons with disabilities in Macau.



2. 「香港最佳老友」運動電能烹飪比賽中，BBHK 成員擔任其中一位星級評判  
Master Chef CHOW Chung is one of the celebrity judges at the 10<sup>th</sup> BBHK Movement Electric Cooking Competition.

3. 立法會議員麥國基與 BBHK 成員在電能烹飪比賽中共同製作菜式  
Legislative Council member Hui LAO Yee Hong, Emily, JP prepares a dish together with service user at the Electric Cooking Competition.