



## 從工作找回價值 - 周叔康重新出發

「看到我所照顧的學員開心，我同樣會覺得開心。」年過五十的周叔康滿足地笑著說。工作對於普通人可能只為糊口，但對於精神康復者的叔康而言，卻是令他重新尋回自己價值的一個轉捩點。由擔任照顧助理，繼而晉升至二級照顧員，在這條復康路上，怡諾成人訓練中心舍監官姑娘亦擔任著一個舉足輕重的角色。

### 一切由「摺被」開始

不經不覺，叔康在扶康會工作已經踏入第九個年頭。回想起初次與康叔見面，官姑娘指當時雖然知道康叔已經有一段時間沒有工作，但仍然樂於給他一個機會，「最初的時候，他的職位是照顧助理，我們是以時薪來聘用他，希望先給他一個適應期，看看他能否適應。」雖然別人給予機會，但亦要自己好好把握，叔康指雖然初時的確有不習慣，但明白工作可令自己重新肯定自己的價值，「當時已經有五年多沒有工作，當然會不習慣，但都要嘗試，虛心學習，希望可以適應新工作。」

照顧助理主要的職責是維持院舍清潔，看似是「手板眼見功夫」，但亦非想像般容易，「『摺被』比較需要一些技巧，需要攤開再對摺，要有耐性。」最終叔康用了一個多月的時間成為一個稱職的照顧助理。



### 關愛工作間與服務使用者建立信任

眼見叔康的工作表現理想，剛巧有二級照顧員的職位空缺，中心便鼓勵叔康可以嘗試申請。叔康與服務使用者接觸後，有著意想不到的收獲，「這個工作主要是負責照顧學員，初時並不知道自己是否適合照顧學員，但久而久之，慢慢地與他們建立了感情，看見他們開心，我自然就會開心。」

俗語有指「人心隔肚皮」，作為精神康復者在職場每每遇到不快的經驗，都可能影響他們的病情，但叔康指服務使用者卻令他感到受重視，「學員的感覺很直接，你對他們好，他們會知道，現在他們一見到我就會大叫我的名字，又和我說早安，與他們相處只要多一點耐性，他們自然會接受你。」

一份工作對於精神康復者而言，是精神的寄託；一個友善的工作環境則令精神康復者重拾對工作的信心。叔康指扶康會對他的復康路非常重要，「很感激會方可以安排工作給我，無論在精神上或身體上都有正面的影響，現在每次覆診相隔的時間也較以往久。」



## Rediscovering Personal Values through Work – A Brand New Start for CHOW Shuk-hong

"I am happy when I see the service users whom I take care of being happy," said the over-50-year-old CHOW Shuk-hong with a satisfying smile. To normal people, work might simply be a mean to make a living. However, to Shuk-hong, who is a person with psychiatric disabilities, work marks a turning point for him to rediscover his personal values. Shuk Hong started as a Care Assistant and was promoted to Care Worker II. Along Shuk-hong's journey to recovery, Ms. KOON, Warden of Yi Lok Adult Training Centre, played an important role.

### It All Began with "Bed-making"

Time flies and it is already Shuk-hong's 9<sup>th</sup> year working at Fu Hong Society. When recalling the first time meeting Shuk-hong, Ms. KOON said that she was willing to give Shuk-hong a chance even though she knew that he had been unemployed for quite some time. "He was a Care Assistant at first and we paid him on an hourly basis. We wanted to give him an adaptation period and see if he could manage." Although a chance was offered to Shuk-hong, he still needed to seize the chance himself. He said that he did not use to work again but understood that working could make him reaffirm his own values. "I had been unemployed for over 5 years at that time and naturally I did not use to work again. However I had to try and be a humble learner. I hoped that I could adapt to my new work."

The major job duty of a Care Assistant is to maintain the tidiness and hygiene of the hostel. Special skills may not be required to perform the job but it is actually not as easy as people might think. "Relatively speaking, making beds requires more techniques. You need to spread the bed sheet open and then fold it into half. You need patience to do this." After around a month and so, Shuk-hong eventually became a competent Care Assistant.



### A Workplace with Care and Concern – Build Trust with Service Users

In view of the satisfactory work performance of Shuk-hong, the Centre encouraged him to try to apply for the position of Care Worker II when a vacancy happened to arise. Shuk-hong thought that his experience of spending time with the service users had been unexpectedly rewarding. "This job is mainly about taking care of the service users. I was not sure whether this job would suit me or not, but gradually I developed a bond with them. Whenever I see them happy, I am happy."

It is always difficult to understand what others think. For persons with psychiatric disabilities, any unhappy experience at work might further affect their illnesses. However, Shuk-hong can feel that he is being valued by the service users. "The users are simple-minded. They know if you are nice to them. Whenever they see me now, they shout out my name and say 'Good Morning' to me. They will accept you as long as you show patience when talking to them."

To persons with psychiatric disabilities, a job is where they find sustenance in. A friendly working environment can help them rebuild confidence at work. Shuk-hong expressed that Fu Hong Society had played a crucial role in his recovery process. "I am grateful to the Society for offering me this job. It has a positive effect on me, both mentally and physically. Now I do not need to go to the medical consultations as frequently as before."

