服務
SERVICES

住宿服務
Residential Services

本會為殘疾人士提供住宿服務已逾四十九年，現時營運二十五所資助院舍，包括一所低度照顧院舍、五所中度照顧院舍及十九所高度照顧院舍，為逾一千名不同程度的智障人士、肢體殘疾人士及復元人士提供家居化照顧服務。此外，本會亦成功獲批位於小西灣新落成的康健綜合大樓內之輕度智障人士輔助宿舍，預計將於2026年底投入服務。

Our Society has been providing residential services for persons with disabilities for over forty-nine years. We currently operate twenty-five subvented residential homes, including one with low care level, five with moderate care level, and nineteen with high care level, offering home like accommodation to serve more than 1,000 individuals with intellectual disabilities, physical disabilities, or in recovery. Our Society has been allocated a new Supported Hostel for persons with mild intellectual disabilities in the newly completed Siu Sai Wan Health Integrated Building, which is expected to commence service by the end of 2026.



服務使用者、家屬及同事一同慶祝清蘭之家成立30周年
Service users, family members, and staff celebrate the 30th anniversary of Ching Lan Home

優質家庭生活

本會多年來在住宿服務中推行「優質家庭生活模式」，以五大核心元素全面照顧服務使用者的身體、物質及情感需要，並支持其成長發展。宿舍亦提供多元化活動，豐富服務使用者的日常體驗。同時，我們積極引入樂齡科技以提升居住環境的安全性及健康照顧水平，讓服務使用者在一個安全、健康且富有情感支持的環境中生活，享有更完善及更有質感的生活體驗。

Quality Family Life

The Society has been implementing the 'Quality Family Living Model' in residential services for many years. The model's core elements address service users' physical, material, and emotional needs, while also supporting their growth. A variety of activities are offered to enrich service users' daily experiences. At the same time, gerontechnology is used to provide a safe living environment and health support, enabling service users to enjoy a more holistic life with safety, wellbeing, and emotional support.



家人陪同服務使用者行花市，感受新年氣氛
Family members joined the service users on a visit to the Lunar New Year fair, allowing them to experience the lively festive spirit together



服務使用者與職員舉行溫馨生日慶祝會，分享甜蜜喜悅，營造如家般的溫暖氛圍
Service users and staff share the joy of a birthday celebration in a warm, home-like environment

同學義工帶來的自製遊戲，服務使用者樂在其中
Student volunteers brought along handmade games, and the service users thoroughly enjoyed themselves





透過互動投射遊戲，提升服務使用者的視覺刺激與參與感
Multisensory interactive games enhance visual stimulation and increase engagement for service users

社區共融

住宿服務使用者最期待的，往往是走進社區參與各類活動的機會。各宿舍積極安排多元化的外出體驗，讓服務使用者有更多機會接觸社會、擴闊視野。除社區活動外，宿舍亦與不同機構合作，舉辦多元共融活動，不僅豐富服務使用者的生活經驗，亦讓他們結識新朋友、建立友誼，從而實踐傷健共融。

Social Inclusion

Residential service users are often most excited about opportunities to step into the community and take part in various activities. Each hostel actively organises a range of outings, giving service users more opportunities to engage with the community and broaden their horizons. In addition to community activities, the hostels also collaborate with various organisations to deliver a wide range of inclusion programmes. These not only enrich the lives of service users but also help them meet new friends, build meaningful connections, and foster genuine inclusion between people with and without disabilities.



職員陪同服務使用者一同參與香港賽馬會特殊馬拉松
Colleagues accompanied service users to participate in the Hong Kong Jockey Club Special Marathon 2026

潔康之家舉辦「同心飛翔運動會」，透過社工的統籌及治療師提供的肌能訓練，協助服務使用者衝破障礙，發揮運動潛能，並為服務單位推動「體育普及化」寫下重要里程碑
Kit Hong Home hosted the mini-sports day. With social workers overseeing the programme and therapists delivering physical training, the initiative empowered service users to overcome barriers and realize their athletic potential, representing a significant milestone in advancing 'Sport for All' within the service unit





享受郊遊樂，舒展身心
Enjoying a cheerful day out in nature to enhance physical and mental well-being



飲茶不但可以「一盅兩件」，也是聚會聊天的好機會
Going for dim sum isn't just about enjoying the food; it's also a great opportunity to get together and chat

除社區活動外，宿舍亦積極籌辦境外活動，例如毅信之家與長康之家攜手安排澳門交流之旅，服務使用者乘搭金巴跨越港珠澳大橋，行程亮點包括參觀澳門扶康會實翠中心，認識當地服務模式；並於社企葡角餐廳用膳，以實際行動支持殘疾人士就業。

In addition to community activities, the hostels also organise overseas trips. For example, Ngai Shun Home and Cheung Hong Home jointly arranged a visit to Macau, during which service users travelled across the Hong Kong–Zhuhai–Macau Bridge by shuttle bus. A highlight of the trip was a visit to the 'Fu Hong' de Macau Centro Pou Choi, followed by a meal at the social enterprise 'Corner of Portuguese Cuisine', supporting employment opportunities for persons with disabilities through their participation.

服務使用者與義工一同進行結他合奏
Service users and volunteers performing as a guitar ensemble



參觀香港抗戰及海防博物館
Service user visits the Hong Kong Museum of the War of Resistance and Coastal Defense



服務使用者參與澳門交流之旅
Service users participating in a visit to Macau



扶康家庭服務
Casa Famiglia Services

扶康家庭為本會轄下的自負盈虧服務，紮根社區，由家姆與智障人士組成，讓成員在共同生活中感受到家的溫暖。在服務過程中，扶康家庭得到眾多個人義工及團體義工的支持，透過陪伴家庭成員參與多元活動，營造關愛共融的氣氛。在扶康家庭內，成員彼此支持，建立無分彼此的共同生活模式。

Casa Famiglia (CF) is a self-financing service operated by the Society, rooted in the community and comprising house parents and persons with intellectual disabilities. It aims to create a warm and supportive environment where members live together, experiencing care and mutual support in daily life.



用心地為小狗打扮
Dressing up our furry friend with care

假日舍友們相聚一堂，一起投入自己喜歡的活動
Enjoying our favorite hobbies together on holidays





刺激的賽車遊戲令人全神貫注，二人專心投入比賽之中
Fully focused and immersed in an exciting racing game

在國際廚師日收到禮物，十分開心！
Delighted to receive gifts on International Chefs Day





在國際廚師日活動上，親自挑選自己喜愛的食物
Choosing favourite treats during the International Chefs Day celebration

一同參與聖誕彌撒
Attending the Christmas Mass together

扶康家庭的持續發展，有賴義工及各界團體的長期參與與支持。過去一年，義工服務人次超過三百人次，積極投入各項活動，陪伴家庭成員成長與學習，促進傷健共融，為服務注入活力與溫度。

The development and operation of CF are bolstered by the dedicated support of individual and corporate volunteers. Through their involvement, volunteers accompany family members in various activities, helping to create an inclusive and caring environment. Within the CF home, members live collectively in a spirit of mutual respect and equality, fostering a shared sense of community.



義工到訪，與舍友進行眼明手快遊戲比拼
Volunteers visit and play quick-reaction games with residents



與家兄及義工們共進聖誕大餐，慶祝聖誕佳節
Celebrating Christmas with a festive dinner alongside our family members and volunteers



一同在海灘上悠閒散步
Enjoying a peaceful stroll along the beach together



義工與舍友一起進行手工活動，大家認真聆聽講解並投入創作
Volunteers conduct craft activities with residents, who listen attentively to the guidance provided

於石澳海灘燒烤，各人用心準備美食
Grilling together at Shek O Beach, preparing a delicious feast with care and teamwork



扶康家庭每年也得到各界義工協助，我們也會定期進行義工培訓活動
Regular training sessions for our dedicated volunteers

日間訓練服務
Day Training Services

本會轄下的十四所日間成人訓練中心，為超過650名輕、中度至嚴重智障人士提供優質及全面的訓練及康復服務。過去一年，本會透過提供多樣化的生活體驗活動和小組訓練，提昇服務使用者身、心、靈的健康。為應對服務使用者老齡化及自閉症個案的上升，本會制定了多項策略行動應對，包括應用資訊科技產品、藝術、運動、義工交流等於日常訓練及活動，不僅有助減緩服務使用者機能退化，同時可發展其潛能及促進社會共融。

The Society's 14 adult training centres provide high-quality and comprehensive training and rehabilitation services to over 650 individuals with mild to severe intellectual disabilities. Over the last year, we have enhanced the physical, psychological, and spiritual well-being of our service users by providing a range of life experience activities and group training. In response to the ageing of service users and the rise in the number of people with autism, we have also developed strategies and action plans, including the use of information technology products, art, sports, and volunteer service interaction in daily training and activities. These initiatives not only help slow down functional decline, but also foster personal potential and social inclusion.



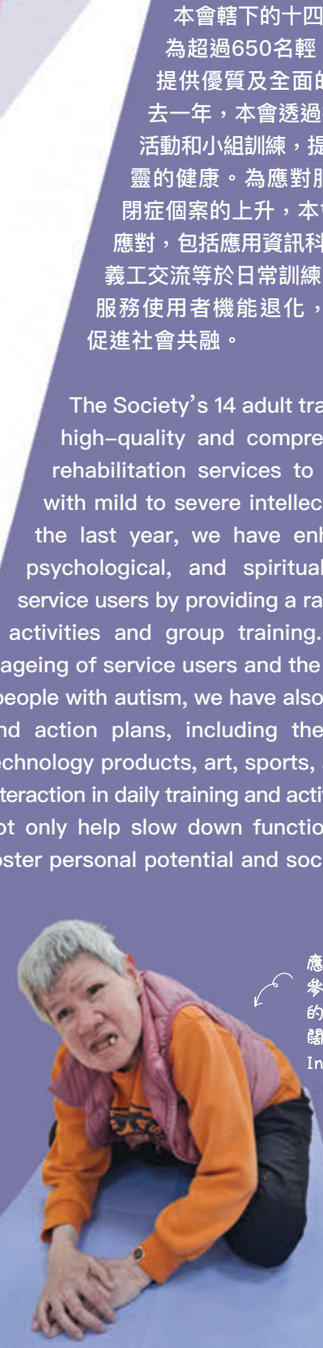
中心添置新科技設施，令做運動更富趣味
The centres had purchased new technological facilities, our service users have more fun in doing physical exercise

科技應用

透過社會福利署「樂齡及康復創科應用基金」的資助，單位添置了多項新科技產品，並引入嶄新的沉浸式體驗設施，這些設施不但能針對服務使用者的活動功能提供不同訓練和運動，以減緩身體機能退化，亦可運用多重感官刺激和互動遊戲，更好地滿足自閉症服務使用者的感官需要。

Technology Applications

With funding from the Social Welfare Department's 'Innovation and Technology Fund for Application in Elderly and Rehabilitation Care', our centres have acquired many new technology products, together with the new immersive experience facilities. Such new equipment and facilities not only provide diversified training programmes and exercise for the aged service users to slow the decline in physical function, but also use multisensory stimulation and interactive games to meet the sensory needs of autistic individuals.



應對老齡化，服務使用者透過參與不同遊戲、運動及富趣味的訓練，不但強化身體，亦擴闊其生活社交
In response to ageing, service users are participated in various games, sports and fun training activities





服務使用者最愛美食，參加烹飪小組可從認識食材到學習簡易烹調技巧
Service users love to enjoy delicious food. They joined cooking classes to learn about ingredients and simple cooking skills





由導師帶領服務使用者參與非洲鼓小組，跟著音樂節拍一同奏出多變的樂曲，大家都十分投入及開心
The service users participated in an African drum group, playing a variety of tunes together to the rhythm of the music. Everyone was very engaged and happy

潛能發展

本會成人訓練中心一直關注服務使用者的多元潛能發展，一方面推行多樣運動項目，包括舞蹈班、硬地滾球、跑步等，以提昇服務使用者的體能和發展運動的才能。另一方面，各中心舉辦不同類型的藝術小組及活動，透過參與繪畫、書法、手工藝創作等，不但提高智障人士的自信心，亦可發揮他們的藝術潛能。

Potential Development

Our centres have focused on the diverse potential of service users. On the one hand, we promoted various sports and training programmes, such as dance classes, bocce, and running, to improve their physical fitness and develop their athletic abilities. On the other hand, each centre organised various art groups and activities. Through participation in painting, calligraphy, and handicrafts, we not only enhanced the self-confidence of people with intellectual disabilities but also helped them unleash their artistic potential.

服務使用者在創作水墨畫的過程中，不但平靜其情緒，亦發揮他們的藝術才能
The Chinese ink printing is not only a great media for calming their emotions, but also unleashing their artistic talents



球類活動如硬地滾球、地壺球能提升服務使用者反應力和專注力，增添運動的趣味性
Sports such as bocce and curling can improve service users' ability on reaction and concentration as well as to have more fun of the sport





透過到超市購物，是最有效的的生活常識訓練，亦藉以連繫社區
Shopping at the supermarket is the most effective way to learn daily living skills and also connect with the community

社區參與

我們邀請不同團體的義工到訪中心，與服務使用者一同參與各類活動，例如手工藝製作、唱歌及玩遊戲等，透過互動和交流促進彼此接觸，藉此讓社區人士更了解及接納智障人士，推動社會共融。此外，中心職員舉辦多彩多姿的活動，例如外出暢遊主題樂園、往餐廳享用豐富美食和到商場或超市選購物品，讓服務使用者增強自主性，與社區保持接觸。部份活動更邀請家長一同參與，共同創造愉快的親子時光。

Community Engagement

Our centres actively connect with various volunteer groups, inviting them to visit and participate in activities alongside service users. These activities include handicraft making, singing, and interactive games, fostering meaningful contact and exchange. Through these interactions, community members gain a deeper – understanding of and acceptance toward persons with intellectual disabilities, thereby promoting social inclusion. In addition, our staff organised diverse activities, such as theme parks trips, dining at restaurants, and mall or supermarket shopping, to enhance autonomy and maintain community connection. Their parents are also invited to participate in activities to create happy moments between parent and child.



藉著舉辦開放日及參與地區活動，共建一個關愛共融社區
By organising open days and participating in community district events, we can build a caring and inclusive community





與義工一起到戶外野餐，享受陽光浴，亦促進社會共融
Picnicking outdoors with volunteers, enjoying the sun, and promoting social inclusion



服務使用者結伴暢遊迪士尼樂園，心情十分興奮
Service users were very excited to visit Hong Kong Disneyland together

護理及專職醫療服務
Nursing and Allied Health Services

本會設有臨床心理服務、物理治療服務、職業治療服務、言語治療服務及護理照顧服務，為服務使用者提供專業訓練、治療服務及護理照顧，協助他們身心得到平衡發展，和應對老齡化帶來的身體機能衰退及吞嚥困難等問題。

The Society is always concerned about service users' physical and mental development. Hence, the Society provides services ranging from Clinical Psychology and Physiotherapy to Occupational Therapy, Speech Therapy, and Health Care to train service users by applying professional knowledge for them to achieve balanced physical and mental development, and cope with ageing-related problems such as deterioration of physical faculties and swallowing difficulties.

臨床心理服務
Clinical Psychological Services

臨床心理學家運用心理評估及正向行為策略，協助服務使用者管理情緒與行為困擾，並推動社區精神健康教育。

Clinical psychologists use psychological assessment and positive behavioural strategies to help service users manage emotional problems and behavioural concerns. They also promote community mental health education.

正向行為支持

臨床心理學家推廣正向行為支持，培訓職員應對行為問題，推廣智障及自閉症訓練手冊，以實證策略引導服務使用者發展潛能。

Positive Behaviour Support

Clinical psychologists promote positive behaviour support, train staff to manage behavioural issues, disseminate training manuals for individuals with intellectual disabilities and autism, and use evidence-based strategies to guide service users in developing their potential.





「國際功能、殘疾和健康分類」系統 (ICF) 應用

臨床心理學家運用ICF框架與跨專業團隊協作，訂立介入目標及追蹤成效，促進服務使用者整體福祉；並於《潛能解碼：ICF於復康服務的實踐》交流會中分享ICF結合科技的臨床經驗，優化功能評估與個案管理。

Application of International Classification of Functioning, Disability and Health (ICF)

Clinical psychologists use the ICF framework to collaborate with multidisciplinary teams, set intervention goals, track outcomes, and promote client well-being. They also share clinical experiences of integrating ICF with technology at the professional exchange forum to optimise functional assessment and case management.



員工培訓

臨床心理學家提供理論與體驗培訓，內容涵蓋自閉症、創傷知情及表達藝術治療，協助同工了解自閉症人士的需要、處理相關行為問題，並將創意藝術融入個案工作及小組介入之中。

Staff Training

Clinical psychologists provide theoretical and experiential training covering autism, trauma-informed care, and expressive arts, helping colleagues understand the needs of individuals with autism, manage behavioural issues, and integrate creative arts into case and group work.





推廣情緒健康

大埔火災發生後，臨床心理學家聯同社工為康晴天地及南區多間非政府機構的服務使用者舉辦心理急救工作坊。並於12月5日「心理健康月」開放日中，主持「一花一世界」正念賞花工作坊，將祝福帶入社區。



臨床心理學家為復元人士舉辦情人節工作坊，引導參加者培養自我反思與慈悲態度；另設表達藝術小組，讓成員探索復元經歷與壓力來源，並以雕塑藝術傳遞關懷。



照顧者身心靈健康

臨床心理學家為照顧者提供身心靈講座、「照顧者的生命樹」工作坊及一對一輔導，提供情緒支援，並透過創作促進身心健康。



Promoting Emotional Well-being

Following the Tai Po fire incident, clinical psychologists and social workers held psychological first aid workshops for users of Sunrise Centre and other NGOs in the Southern District. On 5 December 2025 during the 'Mental Health Month' open day, they hosted 'The World in a Flower,' a mindful flower appreciation workshop that brought blessings to the community.

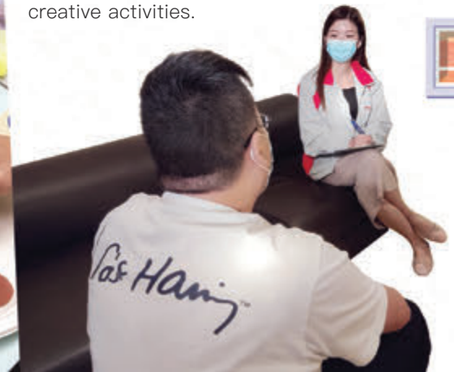


Clinical psychologists held a Valentine's Day workshop for people in recovery, guiding self-reflection and compassion. They also organised an expressive arts group to explore recovery experiences and sources of stress, using a collective artwork as a responsive medium to convey care.



Caregiver Holistic Well-being

Clinical psychologists provide caregivers with holistic wellness talks, 'Tree of Life Expressive Arts' workshops, and one-on-one counseling, offering emotional support and promoting physical and mental well-being through creative activities.



物理治療服務
Physiotherapy Service

本年度物理治療服務以「突破障礙、發揮潛能」為核心，透過善用科技產品、舉辦多元活動及推動社會共融，致力協助服務使用者衝破身體藩籬、發揮潛能及建立自信。

個人化計劃與科技賦能

團隊秉持「以人為本」的精神，為每位服務使用者度身訂造專屬的個人化康復計劃。同時，透過引進多項科技產品（如互動投射系統、智能站立訓練儀、智能樓梯機等），將單一化的訓練項目轉化為具趣味性的互動訓練，以提升整體治療效果。



服務使用者在色彩繽紛的「互動木琴投影」上進行步行訓練。這種視覺聽覺引導式的康復活動，不僅能幫助服務使用者掌握動態平衡，更營造了愉快的社交氛圍

Service users were practicing their gait on a colourful 'interactive xylophone projection' that provided visual-auditory cues to aid service users to master their dynamic balance, and also created a cheerful atmosphere for social interaction

This year, Physiotherapy Service centers around the core theme of 'Breaking Barriers, Unleashing Potential'. By leveraging technology, organising diverse activities, and promoting social inclusion, we are dedicated to helping our service users overcome physical limitations, fulfill their potential, and build self-confidence.

Personalised Plans and Technological Empowerment

Our team upholds a 'person-centered' philosophy, tailoring exclusive, personalised rehabilitation plans for every service user. Furthermore, by introducing a variety of technological products — such as interactive projection systems, smart standing trainers and smart stair climbers — we have transformed monotonous routines into engaging, interactive training sessions to enhance overall treatment efficacy.

這位服務使用者正在使用 DST8000 進行上落樓梯訓練。這款創新設備專為接受復康訓練的人士設計，用以練習上落樓梯的技巧。其特色在於配備四個階梯，階梯間距可從 0 至 16.5 厘米進行高度調節

This service user is using the DST8000 for stair-climbing exercise. This innovative device is designed for the gradual practice of stair-climbing skills for people undergoing physical rehabilitation. It features four steps with adjustable height from 0 to 16.5cm between steps





服務使用者正使用被動活動機械設備進行下肢關節被動運動

The service user is using the passive mobilisation device (The rebless™) to perform passive mobilisation exercise of lower limbs



這位服務使用者於去年入住宿舍時，完全無法站立。透過多個月來的物理治療介入後，如今他已能在步行儀器的輔助下，沿走廊步行一段長距離

Last year, when this service user moved in, he could not stand at all. After months of physical therapy, he can now walk a considerable distance down the hallway with an assisted walker

多元活動與潛能激發

團隊透過多元化的活動，協助服務使用者挑戰自我、激發潛能。從硬地滾球、共融馬拉松，到藝術共融活動及戶外運動會，服務使用者在汗水與笑聲中展現出驚人的毅力與才華，證明了殘疾並非限制潛能的藉口。



服務使用者正邁向 I-Run 比賽的終點線，沐浴在溫暖的陽光中，享受成功的喜悅。在賽前，她每天都進行各種肌力強化運動，藉此增強下肢肌力並改善肢體協調

The service user is approaching the finish line of the I-Run event while basking in the warmth of the sunlight and enjoying a feeling of success. She performed various strengthening exercises daily to strengthen lower-limb muscles and improve limb coordination prior to the event



Diverse Activities and Unleashing Potential

Through a wide range of activities, our team assists service users in challenging themselves and unleashing their potential. From Boccia and iRun to inclusive art programmes and outdoor sports day, our service users have demonstrated incredible perseverance and talent amidst sweat and laughter. They have proven that a disability is no barrier to one's potential.



服務使用者正積極練習硬地滾球，為比賽作好準備。他們對參賽感到非常雀躍，並致力於提升自己的投擲技巧

Service users are practicing on Boccia to prepare for the Boccia competition. They are all very excited for the competition and willing to improve their skills on throwing

透過藝術的介入，活動旨在為服務使用者提供有趣且獨特的訓練體驗。同時，活動也強調合作精神，鼓勵家屬的積極參與，以發掘服務使用者的藝術興趣和潛能，促進其全面發展

Through the integration of art, the activity aims to provide service users with an engaging and unique training experience. At the same time, it emphasises the spirit of cooperation and encourages active involvement from family members to explore the artistic interests and potential of the service users, promoting their overall development



服務使用者根據個人強項參與不同的競技項目，包括輪椅接力賽、拔河大賽、障礙賽以及時間挑戰賽。這些活動不僅讓服務使用者展現個人的特長，還強調團隊合作的重要性，鼓勵大家共同努力完成各項挑戰

Service users participate in various competitive events based on their individual strengths, including wheelchair relay races, tug-of-war, obstacle courses, and time challenges. These activities not only allow service users to showcase their personal talents but also emphasise the importance of teamwork, encouraging everyone to work together to overcome various challenges

跨界協作與社會共融

團隊積極推動與外間機構、學校及社區團體的協作，透過慶典活動與社區互動遊戲，邀請街坊與學生走進殘疾人士的世界，打破社會隔閡，建立真誠的連結。

展望未來，我們將繼續以專業知識為基石，結合科技與社會力量，協助服務使用者在關愛共融的社會大舞台上，活出精彩且具尊嚴的人生。

Cross-Sector Collaboration and Social Inclusion

Our team actively fosters collaborations with external organisations, schools, and community groups. Through celebratory events and interactive community games, we invite local neighborhoods and students to step into the world of people with disabilities, breaking down social barriers and forging genuine connections.

Looking ahead, we will continue to build on our professional expertise by integrating technology and community collaboration. By combining technology with community support, we aim to empower our service users to live vibrant, dignified lives on the grand stage of a caring and inclusive society.



社區人士在中心的慶典活動上，參與由物理治療師設計的踏步平衡遊戲

The local communities participated in stepping and balance games designed by physiotherapists during the center's celebration event



物理治療助理陪同服務使用者前往香港歷史博物館進行參觀活動

The physiotherapy assistant accompanied our service users on an outdoor excursion to the Hong Kong Museum of History



香港都會大學的學生利用地面標線作視覺提示，協助柏金遜症服務使用者進行步態訓練

Students from the Hong Kong Metropolitan University using floor markings as visual cues to assist Parkinson's disease service user in gait training

職業治療服務
Occupational Therapy Services

多元化復康評估訓練系統

職業治療師運用內置多功能的復康軟件，並結合Kinect運動感應器操作，能有效進行關節活動幅度及體姿評估。同時系統具備多元化的運動訓練功能，包括：上肢與下肢關節活動幅度及協調訓練、平衡力訓練、認知訓練、實景散步，甚至設有互動式「八段錦」。

Multi-Function Rehab System

Occupational therapists utilise integrated interactive software in conjunction with Kinect motion sensors to conduct assessments of joint range of motion and posture. The system also offers diverse training functions, including upper and lower limb coordination, balance training, cognitive exercises, simulated walking, and interactive 'Baduanjin' practice.

職業治療師透過訓練系統進行大關節幅度及協調訓練、核心肌群評估及訓練，甚至「八段錦」互動訓練

OT conducts assessment and training of active joint range, limbs coordination, core muscle and even practice of 'Baduanjin'



3D打印輔助器材

職業治療師運用3D繪圖及3D打印技術，為服務使用者製作輔助器材，包括各式特製食具手把、握杯手把、升高碗架、輪椅配件，甚至是服務單位日常運作所需的餐膳管理分類牌。近日職業治療師更嘗試透過3D打印製作吸震軟墊，期望未來能為服務使用者及職員提供更安全的護具。



職業治療師與助理透過軟件繪圖及AI生成3D草圖，再透過3D打印製作輔具

OT and OT assistant utilise the software to draft 3D prototype for producing assistive device through 3D printing

職業治療師與助理透過在3D 打印機儀表板調整打印層次的厚度及密度；又檢視3D打印輪椅煞掣手柄的尺寸，確保能套在輪椅煞掣

OT and OT assistant is modifying the printing layers and density in the dashboard of the 3D Printer. Also, they check the printing thickness of the outcome products so as to ensure it can be fitted to the wheelchair brake

3D Printing of Assistive Device

Occupational therapist apply 3D drawings and 3D printing technologies to produce a wide range of assistive equipment for service users. These include customised handles for feeding utensils, cup handles for bilateral use, bowl-elevating racks, wheelchair accessories, and even meal-categorisation tags. Recently, therapists have also begun experimenting with 3D printed shock-absorbing pads, which may benefit service users and staff in terms of safety.

透過人工智能 (AI) 製作社交故事

由於自閉症譜系服務使用者在社交溝通及行為表現上具特定需要，照顧者在溝通及情緒管理方面往往承受較大壓力。職業治療師會用視覺化教材，例如社交故事，為服務使用者傳遞正確社交行為的訊息，以改善他們社交認知。近日，職業治療師更透過人工智能軟件為學員度身製作社交故事。傳統上，製作個別化教材需時甚長；有了AI軟件的協助，過程更有效率，內容更個別化，並大大提升服務使用者對教材的理解程度。

Compilation of Social Story by Artificial Intelligence (AI)

The social communication deficits, restricted and repetitive patterns of behaviour of service users with Autism Spectrum Disorder (ASD) can create stress for caregivers when managing communication, emotional, and behavioral challenges. Occupational therapists employ visual teaching strategies such as social stories, to convey appropriate social behaviours and enhance social cognition. Recently, therapists have further utilised artificial intelligence (AI) software to tailor individualised social stories for learners. Compared with traditional methods, AI support makes the process more efficient, produces highly personalised content, and significantly improves service users' comprehension of the materials.



職業治療師善用AI製作一個關於乘搭交通工具應有的社會適應行為之社交故事

OT adopts AI software to produce social story about social adaptive behaviour in transportation

手部關節活動幅度及抓握力互動訓練儀

職業治療師透過有實體配件的互動訓練儀及其附設的應用程式，進行手部評估及訓練，包括抓握力的量度、前臂帶動的反掌幅度、手腕伸展及屈曲關節活動幅度、以及手掌抓握的力度。

Joint Range and Grip Power of Hand Interactive Training Device

Occupational therapists adopted this tangible and interactive device and its App to assess and train grip power, forearm supination and pronation, wrist flexion and extension, and hand grip power.



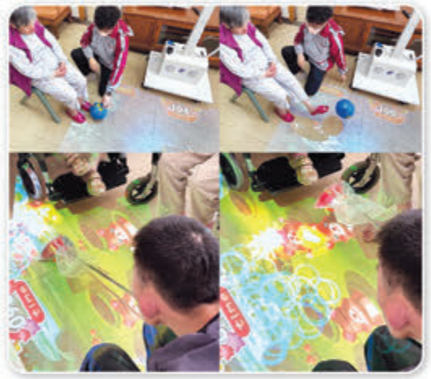
職業治療師正在指導服務使用者操作互動實體電子訓練儀，與應用程式內的遊戲互動，以鍛鍊手部的活動幅度及抓握的力量

OT coaches service user to manipulate the motion detecting digital training tools to interplay with the interactive game. These are aimed at promoting the agility of hand and strengthening grip power



職業治療師善用互動投射系統及簡單道具（皮球及長柄夾）進行下肢及上肢訓練

OT utilises the Interactive Projection VR Floor game as well as basic props (ball and long-handle tool) to conduct training for lower and upper limbs



多元實體配件上肢訓練系統

此系統附有一系列實體上肢訓練的配件，包括鍛鍊兩手協調的軟盤、單手抓握控制桿、鍛鍊前三子操作的扭動掣等，配合內置互動遊戲，鍛鍊上肢功能。

Diversify Tangible Tools of Upper Limb Training System

This training system includes a range of tangible accessories, such as an air pump for strengthening the grasp, steering wheels for bilateral upper-limb coordination training, a twisting switch and door handle, and a touchscreen for tripod grip and hand function training.



職業治療師透過動作感應器，指導服務使用者控制沉浸式活動虛擬訓練系統遊戲內的虛擬角色，鍛鍊手眼協調及上肢活動幅度

OT coaches service users to undergo eye hand coordination and upper limbs joint range training through the interplay of the VR game of this Immersive Interactive VR system and the motion of service users detected by the hand strap

互動投射地板遊戲系統

此系統的投射介面兼容多個操作點，適用於小組模式使用，內置多種上下肢均可操作的互動遊戲，附設的視聽覺回饋，聲效有趣，動畫繽紛，大大提升學員參與度及小組的氣氛。

Interactive Projection VR Floor Game

The projection area of this interactive VR system supports multiple touch points, which are favourable for group applications. Built-in interactive games are suitable for both upper- and lower-limb training. The engaging audiovisual feedback literally facilitates service users' participation and boosts the group's atmosphere.



職業治療師透過多元實體配件上肢訓練系統，鍛鍊兩手協調、手眼協調、前三指協調、前臂及手腕協調

OT arranges training of bilateral hand coordination, eye hand coordination, hand function, forearm (supination and pronation) and wrist coordination by using the Diversify Tangible Tools of Upper Limb Training System

沉浸式康復訓練

職業治療師透過兼容多個操作點的沉浸式互動虛擬訓練系統，及其運動偵測手帶，以小組模式執行各種訓練，包括：肌能、認知、社會生活技能、懷緬治療、情緒調適、行為治療、生死教育及生涯規劃等。

Immersive Interactive Virtual Reality Rehab System

Occupational therapists utilise this multi-touchpoint Immersive Interactive VR Rehab System and the motion-detecting hand-strap to conduct a group training programme. The group programme includes joint range and coordination training, cognitive exercises, instrumental activities of daily living (IADLs), reminiscence therapy, emotional relaxation, behaviour management, end-of-life education, and lifestyle redesign, etc.

感覺統合

訓練目標

1. 改善感覺處理及整合能力：提升神經系統對感覺輸入的組織、統合和解釋能力，讓大腦能更有效地處理多重感覺刺激，避免過度敏感、尋求或接收遲緩等問題。

2. 促進適應性反應：幫助個體對環境刺激作出更有組織、更有效率的行為反應，例如從被動反應轉為主動、靈活的應對。

3. 提升自我調節：改善情緒調節、警醒度、注意力維持及衝動控制，減少因感覺問題引發的焦慮、暴躁或分心。

4. 改善運動及動作相關功能：
   - 增強姿勢控制和平衡
   - 提升動作計劃和雙側協調
   - 改善粗大動作、精細動作及手眼協調

5. 提升日常生活技能及強化生活角色擔當：
   - 自理技能
   - 學習表現
   - 閒暇生活及社交互動
   - 減少行為問題，提升整體生活質素

Sensory Integration Treatment

Objectives

1. Improve Sensory Processing and Integration Abilities: Enhance the nervous system's ability to organise, integrate, and interpret sensory input, enabling the brain to process multiple sensory stimuli more effectively and reducing problems such as sensory defensiveness, sensory seeking, or under-responsiveness.

2. Promote Adaptive Responses: Assist the individual in producing more organised and efficient behavioural responses to environmental stimuli, for example, shifting from passive reactions to active and flexible coping strategies.

3. Enhance Self-Regulation: Improve emotional regulation, arousal level, sustained attention, and impulse control, thereby reducing anxiety, irritability, or distractibility caused by sensory processing difficulties.

4. Improve Motor and Movement-Related Functions:
   - Strengthen postural control and balance
   - Enhance praxis (motor planning) and bilateral coordination
   - Improve gross motor skills, fine motor skills, and eye-hand coordination

5. Enhance life skills and increase participation in life role:
   - Self-care skills
   - Learning performance
   - Leisure and social interaction
   - Reduction of behavioral issues and improvement in overall quality of life





職業治療師藉着感統治療，提升服務使用者核心肌群力量及大關節穩定性，以改善服務使用者姿勢控制

OT formulates SI programme to train up the core muscle and proximal joint stability so as to promote their postural control.

職業治療師透過彈床、有限度碰撞及盪鞦韆活動，滿足服務使用者前庭覺及本體覺的需求。活動期間亦透過重量氈及按壓，提供深層觸覺以幫助冷靜情緒

OT arranges SI activities of trampoline, gentle bumping and swinging for service users who seeks for vestibular and proprioception

言語治療服務
Speech Therapy Services

樂動口肌操 你我都做到

有效維持及延緩服務使用者的吞嚥功能，一向是本會言語治療師團隊的核心工作目標與專業方向。為了讓服務使用者在日常生活中能持續地訓練口部肌肉，本會的言語治療師們特意設計了一套口肌操，引導服務使用者活動嘴唇、下顎、舌頭及相關口部組織與肌肉，藉此維持肌肉的協調性、靈活度及力量。

訓練結束後，治療師更會安排簡單而富互動性的口肌遊戲，讓服務使用者在輕鬆愉快的氛圍中完成進食前的準備工作，從而培養正向的用餐心情，提升整體進食意願與生活品質。



「大家試下將個咀有幾大開幾大啦！」
'Let's try opening our mouths as wide as we can!'



「等我嚟幫手示範啦，姑娘！」學員們非常投入參加活動，活動室笑聲不盡
'Let me help with the demonstrations, Miss!' Our service users actively participated in the activities, filling the room with joy and laughter

Fun Oral Motor Exercises: Simple for You and Me

Effectively maintaining service users' swallowing function has always been a core objective and professional direction for the Society's speech therapy team. To enable service users to train their oral muscles in daily life, our therapists have designed a set of oral motor exercises. These exercises guide service users in engaging the lips, jaw, tongue, and related oral structures and muscles, thereby maintaining muscular coordination, flexibility, and strength.

Following the training session, the therapists further arrange simple, interactive oral-motor games, allowing service users to complete their pre-meal preparation in a relaxed, pleasant atmosphere. This helps cultivate a positive mealtime mindset, thereby improving overall willingness to eat and enhancing quality of life.



口肌小組由熱身運動至課後小遊戲也深獲學員喜愛
From warm-up exercises to post-session mini-games, the oral motor group activities were enthusiastically received by the service users

加強照顧者培訓，照亮吞嚥照護之路

除此以外，機構的言語治療師團隊在本年度進一步加強對職員及照顧者的培訓，重點圍繞吞嚥困難的識別與應對。我們期望透過簡潔而真誠的分享會與培訓，為照顧者提供清晰指引，幫助他們更深刻理解吞嚥困難的本質與挑戰。

除了講解餵食的小技巧與注意事項，言語治療師亦會向家長介紹本會現時的餐膳安排，讓他們更清楚了解服務使用者在宿舍中的日常飲食生活。不僅如此，治療師更會在分享會中親身指導照顧者如何使用凝固粉，並提供實作練習的機會，裝備他們在漫長照顧路上的每一步。

秉承著以「求」為導，以「愛」同行的服務精神，本會每一位言語治療師願在這條燧途上，默默陪伴及致力協助每一位照顧者走過幽暗的長夜。





言語治療師指導同事有關使用凝固粉的注意事項，並一同練習
The speech therapist guided colleagues on the precautions for using thickening powder and practiced together with them

Empowering Caregivers: Illuminating the Path of Dysphagia Care

In the current year, our Society's speech therapist team has further enhanced training for staff and caregivers, with a primary focus on the identification and management of dysphagia. Through concise yet sincere sharing sessions and training activities, we aim to illuminate the path for caregivers, helping them gain a deeper understanding of the nature and challenges associated with swallowing difficulties.

In addition to explaining practical feeding techniques and precautions, the speech therapists also introduce the Society's current meal arrangements to parents, enabling them to acquire a clearer understanding of the daily dietary life of service users in our residential facilities. Furthermore, during the sharing sessions, the therapists provide hands-on guidance on the appropriate use of thickeners and opportunities for practical application, thereby equipping caregivers at every stage of their long-term caregiving journey.

Upholding the service spirit of 'Your Need is the Lead, Walk together with Love', every speech therapist in the Society is committed to accompanying and diligently supporting each caregiver through the darkest nights on this caregiving journey.





言語治療師向同事解釋口部結構及吞嚥困難的相關資訊
The speech therapist provided colleagues with explanations about oral structures and the challenges of swallowing

與時並進的吞嚥照護服務

除了確保吞嚥安全，本會言語治療師亦同樣重視服務使用者的生活質素。在飲品調適上，傳統凝固粉在調配飲品時較常出現結塊情況，對照顧者及使用者的操作技巧亦有一定要求。有見及此，本會近期於部分中心嘗試引入液體增稠劑。

液體增稠劑技術在海外已發展成熟並廣泛應用。此類產品其主要特點為即沖即飲，只需按壓泵頭並簡單攪拌，即可達至理想稠度，有效改善傳統粉末易結塊的問題。若調配後稠度不合適，亦可隨時加水或增補劑量作靈活微調。我們期望透過探索更多創新技術與產品，讓服務能與時並進，隨科技發展不斷進步，從而提升服務使用者的生活質素及減低照顧者的負擔。



言語治療師為液體增稠劑作實際測試，稠度十分理想
Speech therapists conducted practical tests on the liquid thickener, and the consistency was ideal

Advancing with the Times: Evolving Swallowing Care Services

In addition to ensuring swallowing safety, our speech therapy team also places great emphasis on the quality of life of our service users. In the area of liquid modification, traditional thickening powders often clump during preparation, placing demands on the operational skills of both caregivers and users. In light of this, our team has recently begun trialing the use of liquid thickeners in selected centres.

Liquid thickeners are already mature and widely used overseas. The most notable feature of this product is its 'instant mix and drink' property — simply pressing the pump head and stirring briefly achieves the desired consistency, effectively resolving the clumping issues commonly associated with traditional powders. If the thickness is unsuitable after preparation, it can be adjusted by adding water or additional doses as needed. We aspire to continuously advance our services in step with the times and technological developments by exploring innovative techniques and products, thereby enhancing the quality of life of service users and reducing the burden on caregivers.



液體增稠劑只需按壓泵頭並簡單攪拌，即可達至理想稠度
A liquid thickener can easily achieve the desired consistency by pressing the pump head and stirring briefly

2025/26年度成人言語治療服務統計
Annual Statistics of Speech Therapy Services for Adult (2025/26)

583	服務使用者人數 No. of service users
154	年度覆檢人數 No. of annual reviews conducted
1907.5	評估 / 治療 / 諮詢節數 No. of assessment / treatment / consultation provided
31	員工培訓 / 講座次數 No. of training / educational programme provided

護理照顧服務
Health Care Services

自主健康管理，由監測血壓開始

我們深信健康的體魄是發揮潛能的基石。在綜合職業康復中心內，護理團隊積極推動「自我健康監測」計劃，透過設置自動血壓機及清晰的指標圖表，教導服務使用者認識血壓正常值與健康風險。護士除了在旁提供必要協助，更鼓勵他們養成定期量度及記錄的習慣。這份自主參與不僅讓服務使用者掌握自己的身體狀況，更能提升其自我照顧意識，透過及早識別異常，讓他們在活力充沛的狀態下，勇敢突破身體局限。



服務使用者自行量度血壓
Service users performing self-monitoring of blood pressure

Empowering Health Self-Management: Starting with Blood Pressure Monitoring

We firmly believe that a healthy body is the foundation for unlocking one's full potential. At our Integrated Vocational Rehabilitation Centre (IVRC), the nursing team actively promotes the 'Self-Health Monitoring' programme. By installing automated blood pressure monitors and displaying clear indicator charts, we educate service users on normal blood pressure ranges and potential health risks.

In addition to providing necessary on-site assistance, our nurses encourage service users to cultivate the habit of regular measurement and recording. This active participation not only allows service users to stay informed about their physical well-being but also enhances their self-care awareness. By identifying abnormalities at an early stage, we ensure they maintain an active and healthy lifestyle, empowering them to break through limitations and courageously showcase their true potential.



護士教導服務使用者認識血壓正常值與健康風險
Nurses educate service users on recognising normal blood pressure ranges and associated health risks



血壓記錄咭
Blood Pressure Record Card



服務使用者量度血壓後，養成自行記錄的習慣
After measuring their blood pressure, service users develop the habit of recording the results independently



提供便捷的血壓監測站與記錄咭，以促進自我健康管理習慣
Providing accessible blood pressure monitoring stations and record cards to promote self-health management habits



服務使用者正進行眼底影像拍攝
A service user undergoing fundus imaging

智慧醫療輔助，精準守護健康

為了實踐「及早檢測、早期介入」的目標，本會引入先進的眼底檢查系統，配合人工智能（AI）技術，為服務使用者進行全面健康篩查。透過分析眼底影像，我們能評估包括動脈硬化、糖代謝異常、心腦血管及認知障礙症等多達八項潛在風險。這項創新科技打破了傳統檢查的地域與時間局限，讓護理團隊能針對高風險個案迅速作出轉介及跟進。

職員透過講座形式，向家屬講解 AI 眼底檢查系統的應用
Staff conducting a talk for family members to explain the health screening process utilising the AI-integrated fundus imaging system



AI-Assisted Healthcare: Precision in Safeguarding Wellness

To achieve the goals of 'early detection and early intervention', our Society has introduced an advanced fundus imaging system integrated with Artificial Intelligence (AI) technology to conduct comprehensive health screenings for our service users. By analysing retinal images, we can assess up to 8 potential health risks, including atherosclerosis, glucose metabolism disorders, cardiovascular and cerebrovascular diseases, and dementia.

This innovative technology breaks through the geographical and time constraints of traditional examinations, enabling our nursing team to facilitate timely referral and follow-up care for high-risk cases.



儀器偵測瞳孔位置中，成功追蹤後護士立刻拍攝
The device is detecting the pupil position; the nurse will capture the image once tracking is successful

護士為服務使用者進行視網膜影像拍攝
A nursing staff member conducting a retinal imaging scan for a service user



跨專業協作，開拓清晰視野

清晰的視力是探索世界、發揮潛能的重要門戶。本會積極與香港理工大學展開跨界合作，為服務使用者提供專業的視覺篩查服務，有助及早發現不同的眼疾如青光眼、白內障和黃斑病等。透過跨專業協作，團隊不僅協助評估其視力健康，並向參加者提供護眼知識，針對篩查結果提供個人化的改善建議。

Interdisciplinary Collaboration: Opening Windows to a Clearer Vision

Clear vision is a vital gateway to exploring the world and unlocking one's potential. Our Society has actively established an interdisciplinary collaboration with The Hong Kong Polytechnic University to provide professional vision screening services for our service users. This initiative facilitates early detection of eye diseases such as glaucoma, cataracts, and macular degeneration.

Through interdisciplinary collaboration, the team not only assists in assessing eye health but also shares essential eye care knowledge with participants. Personalised recommendations are provided based on individual screening results to facilitate improvement.

參加者進行視力檢查
Participants undergoing vision screenings





當日參與情況踴躍，本會善用復康中心禮堂的廣闊空間，劃分出多個獨立篩查區，讓參加者在流暢的動線下完成各項視力評估
The event met with an enthusiastic response. By effectively utilizing the spacious auditorium of our Rehabilitation Centre, we established multiple independent screening zones with a smooth workflow, allowing participants to complete various vision assessments in an organised and efficient manner

職業康復服務
Vocational Rehabilitation Services

配合社會福利署「優化職業康復服務」恆常化，本會提升庇護工場的人手與營運模式，將庇護工場轉型為綜合職業康復服務中心，並同步導入新服務模式。透過全面評估，制訂以人為本的個人職業康復計劃，設計進階訓練，逐步協助殘疾人士邁向公開就業。

本會職業康復服務包括三間綜合職業康復服務中心及殘疾人士輔助就業培訓服務，提供一站式工作技能訓練及就業機會，連繫社區及融入社會。

In response to the Social Welfare Department's regularisation of the 'Pilot Project on Enhancing Vocational Rehabilitation Services', the Society has strengthened both the manpower and operational models of its sheltered workshops, transforming them into Integrated Vocational Rehabilitation Service Centers while introducing new service approaches. Through comprehensive assessments, person-centered Individual Vocational Rehabilitation Plans are formulated, with progressive training pathways designed to support persons with disabilities in moving towards open employment.

The Society's Vocational Rehabilitation Services comprise three Integrated Vocational Rehabilitation Service Centers and Supported Employment Training Services for persons with disabilities. These services provide a one-stop platform for job skills training and employment opportunities, while fostering community connections and promoting social inclusion.

賽馬會石圍角工場

工場積極發展餐飲服務訓練，並應用現代化咖啡機與沖調設備，系統性提升服務使用者在餐飲領域的知識、操作技巧與服務能力。工場並與多家餐飲單位合作，包括康姨小廚、康姨咖啡室、一念素食和臻。茶等，安排服務使用者在真實營運環境中學習和實踐，讓培訓更貼近實務需要，亦增強服務使用者職場信心與服務態度。此外，工場亦提供陶瓷技巧及手製咖啡杯訓練，鼓勵創作發揮個人潛能，並把沖調製作、產品呈現及手作技藝作橫向整合，產生協同效應。同時間，工場培訓服務使用者參與展銷會及市場推廣活動，讓服務使用者提升溝通表達及客戶應對能力，並促進社區交流，擴大正向社會影響。



服務使用者參與餐飲禮儀與服務學堂
Service users participating in catering etiquette and service training

服務使用者參與咖啡新手養成課程
Service users attending introductory coffee training





服務使用者參與陶瓷創作展銷
Service users participating in ceramic product exhibitions

Jockey Club Shek Wai Kok Workshop

The Workshop has been actively developing food and beverage service training, incorporating modern coffee machines and brewing equipment to systematically enhance service users' knowledge, operational skills, and service competencies in the catering field. It has established collaborations with various catering partners, including Madam Hong Restaurant, Madam Hong Café, Bijas Vegetarian Restaurant, and FANTASTIC TEA, providing opportunities for service users to learn and practice in authentic business settings. This approach ensures that training remains closely aligned with real workplace requirements, while strengthening service users' confidence and professional attitude.

In addition, the Workshop offers ceramic skills training and the production of handmade coffee cups, encouraging creativity and enabling individuals to realise their potential. By integrating beverage preparation, product presentation, and craftsmanship, the Workshop creates synergy across different skill areas. Meanwhile, service users are supported to participate in exhibitions and promotional events, enhancing their communication and customer engagement skills. These activities also promote interaction with the wider community, contributing to greater social inclusion and a broader positive social impact.



服務使用者正進行陶瓷匠人培訓
Service users undergoing ceramic craftsmanship training

毅誠工場

工場持續推進烘焙業務發展，烘焙訓練已累積經超過15年經驗，並透過服務使用者用心製作的曲奇建立品質口碑，逐步獲得市場認可。現時客戶涵蓋香港會議展覽中心、會德豐有限公司及現代美容等機構，反映工場產品及培訓成果穩定，亦提升外界對服務成效的肯定。除掌握烘焙技術外，工場亦推動烘焙訓練的社區化發展，安排服務使用者成為烘焙導師，將烘焙技巧轉化為教學內容，與社區人士互動交流，促進共融文化並擴大正向影響。同時，工場安排服務使用者參與不同的展銷會，讓他們在真實營運場景中提升溝通和銷售能力，並增進市民對殘疾人士及職業康復服務的認識，強化工場社會教育功能。

展銷活動讓服務使用者走進社區與各界人士交流，並增進市民對殘疾人士的認識
Sales exhibitions enable service users to connect with the public and increase awareness of persons with disabilities





服務使用者用心製作康嫂曲奇，為品牌建立品質和口碑
Service users carefully preparing Madam Hong's Bakery cookies to establish brand quality and reputation



透過共融曲奇班，讓服務使用者與社區人士互動交流，促進共融文化
Through inclusive cookie workshops, service users engage with the community to promote an inclusive culture

賽馬會葵興職業發展中心

中心完成香港賽馬會資助的現代化工程計劃後，積極向社會各界持份者推廣職業康復的重要性。中心亦緊扣現代化主題，持續優化訓練環境與設備配置，先後引入3D打印機、鐳射切割機及多項配合認知訓練的資訊科技器材，支援認知訓練與實務學習，協助服務使用者掌握更貼近市場的工作知識與操作技巧。



Ngai Shing Workshop

The Workshop has been continuously advancing its bakery business development, building on over 15 years of experience in baking training. Through the dedicated efforts of service users in producing cookies, the Workshop has successfully established a strong reputation for quality and gradually gained market recognition. Its current clientele includes organisations such as the Hong Kong Convention and Exhibition Centre, Wheelock and Company Limited, and Modern Beauty, reflecting the consistency of its product quality and training outcomes, as well as the growing recognition of its service effectiveness.

In addition to mastering baking techniques, the Workshop promotes community-based development of its training programs by enabling service users to serve as baking instructors. They transform their skills into teaching content and interact with community members, fostering an inclusive culture and expanding positive social impact. At the same time, service users are arranged to participate in various sales exhibitions and promotional events, where they can enhance their communication and sales skills in authentic operating environments. These opportunities also help raise the public awareness of persons with disabilities and vocational rehabilitation services, thereby strengthening the Workshop's role in social education.

Jockey Club Kwai Hing Vocational Development Centre

Following the completion of the modernisation project funded by The Hong Kong Jockey Club, the Centre has actively promoted the importance of vocational rehabilitation to a wide range of stakeholders. In line with its modernisation theme, the Centre continues to enhance its training environment and equipment, introducing advanced facilities such as 3D printers, laser-cutting machines, and various information technology devices to support cognitive training. These resources facilitate both cognitive development and practical learning, enabling service users to acquire job-related knowledge and technical skills better aligned with current market demands.

配合不同職業路徑，中心開設餐飲、3D打印、倉務物流、皮革製作等多元進階訓練，因應服務使用者能力與需要訂定清晰的技能進階目標，透過模擬真實環境和工作流程、階段式訓練和實習，有效提升服務使用者的工作表現與應用能力。

To support diverse career pathways, the Centre offers a range of advanced training programs, including catering services, 3D printing, warehouse logistics, and leather craftsmanship. Clear skill progression targets are developed based on the abilities and needs of individual service users. Through simulated real-life work environments, structured training stages, and internship opportunities, the Centre effectively enhances service users' work performance and practical application skills.



服務使用者打磨3D打印的防菌手柄
Service users polishing 3D printed antimicrobial handles



服務使用者以3D打印技術製作防菌手柄
Service users producing antimicrobial handles using 3D printing technology



服務使用者使用科技產品進行運動
Service users engaging in exercise using technology-based products



殘疾人士輔助就業培訓

殘疾人士輔助就業培訓作為連繫服務使用者和外界企業的重要平台，除協助服務使用者更快掌握崗位所需技能外，亦提供全方位的在職支援與跟進，提升穩定就業表現，從而加強公開就業的持續性。本年度共與四十八間公私營機構建立合作，為一百零九位服務使用者開拓就業機會，並藉合作搭建服務使用者通往職業目標的實際橋樑。展望未來，將持續深化企業協作及優化支援流程，促進更多服務使用者與社區互動，逐步實現全面融入。

Supported Employment Training for Persons with Disabilities

Supported Employment Training for persons with disabilities serves as an important bridge connecting service users with external employers. In addition to helping service users acquire job-specific skills more efficiently, the programme provides comprehensive on-the-job support and follow-up services to enhance job stability and performance, thereby strengthening the sustainability of open employment.

During the year, partnerships were established with 48 organizations across the public and private sectors, creating employment opportunities for 109 service users. Through these collaborations, the programme effectively builds practical pathways for service users to achieve their career aspirations. Looking ahead, the service will continue to deepen collaboration with corporate partners and optimise its support processes, promoting greater interaction between service users and the community, and progressively achieving full social integration.

服務使用者於商場當清潔工
Service user working as a cleaner in a shopping mall



服務使用者在公共圖書館擔任圖書館助理員，正進行圖書分類及上架
Service user working as a library assistant in a public library, performing book classification and shelving





服務使用者參觀香港歷史博物館國家安全展覽
Service users visiting the National Security Exhibition at the Hong Kong Museum of History



服務使用者在商場任職清潔工，正仔細地打掃
Service user working as a cleaner in a shopping mall, carefully carrying out cleaning duties

社會企業
Social Enterprises

「康融服務有限公司」(康融) 由扶康會於2003年成立，今年已邁入第二十三個年頭。本企業透過商業營運模式，在餐飲業務，以及清潔、消毒及滅蟲服務等範疇中，為不同能力及技能的殘疾人士創造大量就業機會。同時，康融引入多項創新技術，為殘疾人士提供多元化的工作選擇。企業旨在於市場建立營商機會的同時，促進殘疾人士就業，發揮他們的工作潛能。

過去一年，康融付出的貢獻得到各界的認同，並榮獲多個獎項，包括由勞工處頒發的「就業展才能計劃」銘謝狀，以及由香港特別行政區政府勞工及福利局頒發的「愛心僱主獎章」第一級獎。



榮獲香港特別行政區政府勞工及福利局頒發「愛心僱主獎章」
Recipient of the 'Caring Employer Award' presented by the Labour and Welfare Bureau of the HKSAR Government

Hong Yung Services Limited (HYSL) was established by Fu Hong Society in 2003, and which now marks its 23rd anniversary. Operating under a social enterprise model, the company has created numerous employment opportunities for people with diverse abilities and skills through its catering business and cleaning, disinfection, and pest control services. By introducing a wide range of new technologies, it provides diverse job opportunities for persons with disabilities, aiming not only to create business opportunities in the market but also to offer meaningful work prospects that allow them to showcase and develop their potential.

Over the past year, HYSL's contributions have been widely recognised, earning multiple honors. The recognitions include a Certificate of Appreciation from the Labour Department under the 'Employment Support Talent Scheme', as well as the First-Class 'Caring Employer Award' presented by the Labour and Welfare Bureau of the HKSAR Government.

康姨小廚

「康姨小廚」一直致力為扶康會服務使用者提供就業培訓，並為殘疾人士創造就業機會；與社會各界攜手以愛同行，共同推動共融社會。

Madam Hong Restaurant

Madam Hong Restaurant is committed to providing employment training for Fu Hong Society service users and creating job opportunities for persons with disabilities. We Walk Together with Love to build an inclusive and collaborative society.

餐飲業務為殘疾人士創造就業機會
Catering business creates employment opportunities for persons with disabilities





康姨小廚與澳門扶康會合作及進行菜式交流
Madam Hong Restaurant collaborates with the Macau Fu Hong Society on culinary exchange

近年來， 透過與澳門扶康會合作及菜式交流，康融持續推動殘疾人士的高價值協作。是次感謝狀的獲頒，為往後更深層次的交流奠定基礎。

In recent years, through collaboration and culinary exchange with the Macau Fu Hong Society, we continue to strengthen high-value collaboration for persons with disabilities. The presentation of this certificate of Appreciation lays a solid foundation for deeper exchanges in the future.



康姨咖啡室

「康姨咖啡室」作為本地社會企業，除獲香港特別行政區政府民政事務總署「友建樹」計劃認可，並於店舖展示「Tree嘜標誌」外，亦成功續約，可繼續在原址營運，為殘疾人士創造就業機會。此舉不僅讓消費者認識我們的服務不止於餐飲，更讓每一次消費都成為對社企的肯定與鼓勵，承載深遠的社會意義，亦是推動社會共融與可持續發展的重要一步。

我們的服務不止於餐飲，亦致力推動社會共融
Our services extend beyond catering, with a strong commitment to advancing social inclusion



康姨Care

康姨Care專業團隊過去不斷擴充業務及採用新技術，為屋苑、教堂、學校等不同社區單位提供清潔、消毒、滅蟲及驅鼠服務。在服務過程中，積極推動殘疾人士走入社區，與不同群體建立聯繫，促進社會共融與關懷。



康姨Care專業團隊提供清潔、消毒、滅蟲及驅鼠服務
The professional team at Madam Hong Care provides cleaning, disinfection, pest control, and rodent prevention services

Madam Hong Café

Madam Hong Café, as a local social enterprise, has been officially recognised by the Hong Kong SAR Government's Home Affairs Department under the 'Enhancing Self-Reliance Through District Partnership Programme' and proudly displays the 'Tree Mark' logo at its shopfront. With the successful renewal of the operation contract, the Café is able to continue operating at the same location, creating employment opportunities for people with disabilities. Beyond food and beverage services, every customer purchase represents an affirmation and encouragement of social enterprise – each act of consumption carries social meaning and marks an important step toward inclusion and sustainable development.

Madam Hong Care

The Madam Hong Care professional team has continuously expanded its services and adopted new technologies to provide cleaning, disinfection, pest control, and rodent prevention for housing estates, churches, schools, and various community facilities. Throughout the service process, the team actively encourages persons with disabilities to engage with the wider community, fostering connections with diverse community groups and promoting inclusion and care in society.



殘疾人士社區支援服務
Community Support Services for Persons with Disabilities

天水圍地區支援中心（下稱中心）以「地區為本」的策略，為居於區內的殘疾人士及其家庭提供一站式多元化服務，並透過不同方式讓服務使用者得以展現潛能，從而與社區建立深厚連繫，促進社會共融。

Tin Shui Wai District Support Centre (hereafter 'the Centre') adopts a district-based approach to providing one-stop, diversified support services for persons with disabilities and their families living in the community. Through various initiatives, the Centre empowers individuals to showcase their potential and build meaningful connections with the community, thereby fostering social inclusion.



各隊伍在練習室專注地進行練習，為即將到來的比賽做好準備
Teams are practicing hard for the big match

釋放潛能 傷健共行

為推動傷健共融及讓不同能力的人士體驗運動樂趣，中心與「香港最佳老友」運動攜手於香港基督教服務處培愛學校成功舉辦「硬地滾球邀請賽2025」。是次比賽吸引屯門及元朗地區伙伴組隊參賽，各健兒在比賽中展現了堅毅的精神，透過團隊合作積極爭取獎項，過程不僅是一次體育競技，更是一個促進傷健交流、展現殘疾人士潛能的寶貴平台。



中心硬地滾球代表傑仔，整裝待發，全力以赴迎接即將到來的比賽
Kit-chai is all set to give his best performance

Empowering Potential, Walking Together

To champion social integration and allow individuals of all abilities to experience the joy of sports, the Centre collaborated with the 'Best Buddies Hong Kong' movement to host the 'Boccia Invitational Tournament 2025' at the Hong Kong Christian Service Pui Oi School. The event attracted teams from district partners in Tuen Mun and Yuen Long. The athletes demonstrated remarkable perseverance and teamwork as they competed for honours. Beyond the competition, the event served as a valuable platform for bridging the gap between those with and without disabilities, highlighting the immense potential of all participants.

感恩一眾扶康之友擔任義工，
協助比賽順利進行
A big thanks to our volunteers
for making the day possible



傑仔在比賽的關鍵時刻，發揮出色
Kit-chai delivers a brilliant
shot at a crucial moment



各隊表現旗鼓相當，中心代表隊正在分析場上形勢，商討比賽策略
Huddling up to discuss tactics during a close game



經驗傳情 連繫支援

中心持續深化社區支援服務。繼於2024年4月展開「特殊學校離校生支援專隊」，為畢業生及照顧者提供過渡支援外，中心於2025年10月獲得社會福利署增撥資源，推行「朋輩支援服務」。朋輩支援員以過來人身份，為殘疾人士及其照顧者提供感同身受的支援，包括家訪、陪診及諮詢服務，成為殘疾人士及其家庭融入社區的重要橋樑。

Shared Experience, Connected Support

The Centre continues to deepen its community support services. Following the launch of the 'Support Team for Special School Leavers' in April 2024, which provides transitional assistance to graduates and their caregivers, the Centre received additional resources from the Social Welfare Department in October 2025 to introduce 'Peer Support Services'. Peer Supporters, drawing on their own lived experiences, provide empathetic support to persons with disabilities and their caregivers. Through home visits, medical appointment escorts, and consultations, they act as a vital bridge for families integrating into the community.

中心受邀到香港基督教服務處培愛學校舉辦家長日攤位，介紹中心及專隊服務
Introducing our services at the Pui Oi School Parents' Day





朋輩支援員正陪同一位剛完成眼科手術的服務使用者重新適應社區，協助他逐步恢復日常生活與社交活動
Helping a service user regain confidence and adapt to daily life after surgery

朋輩支援員在家長日中向家長們介紹朋輩服務
Our Peer Supporters are sharing their experiences with parents



展望未來 才藝綻放

未來，中心將繼續致力推動社區共融，為殘疾人士搭建展現潛能的機會。來年度中心的主題為「展藝綻放『聲』夥同行」，中心將舉辦「第 12 屆互唱共融齊 OK 才藝大賽」。我們期待這場盛會能再次成為殘疾人士發光發熱的平台，讓點點星火匯聚成耀眼光芒，照亮共融社會的前路！

朋輩支援員陪同服務使用者於新生農場體驗農務工作
Enjoying a day of hands-on farming at New Life Farm



Future Outlook: Let Talent Shine

Looking ahead, the Centre remains committed to driving community inclusion and providing stages for members to shine. Under the upcoming theme, 'Brilliance in Arts, Walking in Harmony', the Centre will host the '12th Inclusive Karaoke & Talent Competition'. We look forward to this grand event once again becoming a platform where the unique talents of persons with disabilities converge, creating a bright path toward a truly inclusive society.

中心的「天・亮樂隊」正為明年的「第 12 屆互唱共融齊 OK 才藝大賽」密鑼緊鼓準備中
The 'Sky-Light Band' is practicing hard for the upcoming Talent Competition



自閉症及發展障礙支援服務
Autism Spectrum Disorders and Developmental Disabilities Support Services

本會深信每位孩子均具獨特天賦，只需合適的土壤與陽光，便能綻放光彩。

「牽蝶中心」及「牽蝶康兒中心」致力為二至六歲有特殊需要的幼兒提供早期介入服務，助他們跨越成長挑戰，邁向更獨立的人生。

專業導航，點亮成長旅程

本年度，中心服務約一百名幼兒。中心環境經細心規劃，以清晰有序的空間配合專屬訓練計劃，有助提升幼兒的專注力與學習動機。我們重視體驗式學習，透過成果分享會建立幼兒的自信與滿足感，並透過多元社區活動促進其融入社群，與社會共融。同時，教師與治療師緊密聯繫家長，將訓練延伸至日常生活，確保學習得以持續進步。

世界自閉症關注日：專業團隊在社區設立街站，向公眾傳遞自閉症資訊
World Autism Awareness Day： A professional team set up street stations in the community to convey autism information to the public



Every child is born with unique gifts, ready to blossom with the right soil and sunshine

Our Society believe every child possesses unique potential and can thrive with the right environment and support. At ‘Hin Dip Centre’ and the ‘Hin Dip Hong Yee Centre’, we are dedicated to providing early intervention services for children aged 2 to 6 with special needs, helping them overcome challenges and move toward greater independence.

Professional Guidance to Light Up the Journey

This year, we served about 100 children. Our Centre is carefully designed with clear, orderly spaces and individualised training plans to enhance focus and motivation. We emphasise experiential learning: sharing sessions build confidence and a sense of achievement, while diverse community activities foster social inclusion. Teachers and therapists work closely with parents to extend training into daily life, ensuring continuous progress.

《不只是龜兔賽跑》繪本工作坊：專業團隊在西九龍中心進行舞台表演，向公眾介紹言語治療教材套
‘More than just the Tortoise and Rabbit Race’ Picture Book Workshop ： a professional team performed a stage performance at the Dragon Centre to introduce the speech therapy training kit



生日會：與Birthday Happiness Asia 合作辦生日會，讓幼兒享受歡樂氣氛
Birthday Party： Collaborate with Birthday Happiness Asia to organise a birthday party for young children to enjoy a joyful atmosphere



動物同樂體驗日：幼兒投入故事導讀活動，並參與故事中的互動環節
Animal Fun Experience Day： Children engage in story-guided reading activities and participate in interactive parts of the story



足球班：幼兒進行足球訓練，提升大肌肉發展
Soccer class： Children conduct soccer training to improve gross motor development



攜手同行，建構無縫支援

團隊採用跨專業協作模式，提供全方位支援，從早期介入、家庭實踐到社區參與，建立具連貫性的支援網絡。我們深信，在適切的引導下，每一位孩子都能如蝴蝶破繭而出，振翅高飛。

Walking Together, Building Seamless Support

Our multidisciplinary team provides comprehensive services — covering cognition, emotion, sensory integration, social skills, etc. — from early intervention to home practice and community participation, weaving a connected support network. We believe that with proper guidance, every child can break through their cocoon like a butterfly and soar high with love and support.

密集班：幼兒模擬下雨情境，進行感官探索
Intensive class ： Children simulate rain scenarios and engage in sensory exploration



國際廚師日：家長和幼兒一同進行共餐體驗，促進親子互動
International Chefs Day： Parents and children can have a shared dining experience to promote parent-child interaction





密集班：幼兒和家長共同參與大肌肉遊戲，提升親子關係
Intensive class： Children and parents participate in gross motor games to enhance parent–child relationship



密集班：幼兒們在箱子內尋找復活蛋，提升觀察力
Intensive class： Children look for Easter eggs in box to improve their observation skills



密集班：老師向幼兒介紹甲蟲，培養同理心和好奇心
Intensive class：Teachers introduce beetles to children and cultivate empathy and curiosity

專業嘉許，砥礪前行

本年度，中心團隊榮獲「香港智障服務人員嘉許計劃2025」新秀獎及嘉許獎。此項殊榮不僅肯定了團隊突破局限、追求卓越的能力，更激勵我們繼續以專業與愛心，陪伴孩子及其家庭迎接更廣闊的未來。

Professional Recognition, Moving Forward

This year, our team was awarded the Professional Commendation Award and the Professional Rookie Award from 'The Award Scheme for Workers Serving Persons with Intellectual Disabilities 2025'. This honour not only affirms our efforts to break down barriers and showcase potential but also inspires us to continue providing professional support and compassion to children and their families, embracing a broader future.

「香港智障服務人員嘉許計劃 2025」獲得獎項
Received awards under 'The Award Scheme for Workers Serving Persons with Intellectual Disabilities 2025'



社區精神健康服務
Community Mental Health Services

本會的社區精神健康服務包括三所中途宿舍–悅群之家、悅智之家、悅行之家，以及精神健康綜合社區中心「康晴天地」。中途宿舍提供以「社區為本」的住宿服務，透過多元化的介入方式，關顧復元人士的身心需要，並促進他們的社會參與，以實踐復元理念。

「康晴天地」為港島中區及部份南區居民提供一站式、以地區為本的綜合精神健康及社區支援服務，並積極推行公眾教育活動，加強居民對精神健康的認識與關注。

The Society provides Community Mental Health Services through three Halfway Houses – Yuet Kwan Home, Yuet Chi Home and Yuet Hang Home – and the Integrated Community Centre for Mental Wellness, Sunrise Centre.

The Halfway Houses provide community–based residential services for persons in recovery, facilitating their reintegration into the community. Halfway houses have addressed the physical and emotional needs of people in recovery through a variety of activities and have encouraged social participation.

Sunrise Centre serves the residents of the Central and parts of the Southern Districts on Hong Kong Island, offering one–stop, district–based integrated community mental health support services. The Centre also actively promotes public education initiatives to enhance community awareness and understanding of mental wellness.

粵港澳朋輩間交流有助深化區域間的服務協作
Peer exchanges among Guangdong, Hong Kong, and Macau deepen cross–regional service collaboration

社區連結 – 共塑友善社區

我們致力搭建社區橋樑，在互助共融的生態系統中，讓復元人士與社區自然連結。

Community Connection: Shaping an Inclusive Society Together

We are dedicated to building bridges within the community, fostering a mutually supportive ecosystem where individuals in recovery can connect naturally with society.

粵港澳朋輩服務交流

社區精神健康服務朋輩支援團隊於 2025 年 11月獲邀出席由澳門扶康會主辦之「攜手前行：朋輩支援服務的創新與願景研討會」。兩位朋輩支援員分享其復元故事及工作實踐中的得著與反思。此次研討會匯聚了粵港澳三地的朋輩支援同工，深化了區域間的康復服務協作。

Greater Bay Area Peer Service Exchange

In November 2025, our Community Mental Health Service Peer Support Team was invited to attend the 'Walking Together: Innovation and Vision of Peer Support Services' seminar, organised by the Fu Hong Society of Macau. Two of our Peer Supporters shared their personal recovery journeys, along with insights and reflections from their professional practice. This seminar brought together peer support professionals from Guangdong, Hong Kong, and Macau, deepening regional collaboration in rehabilitation services.



與時並進 – 大灣區探索之旅

悅行之家籌辦深圳一天遊，帶領舍友及其家屬實地感受粵港澳大灣區的急速發展。此次行程以推動數字共融與接軌為核心，讓舍友親自體驗電子支付、智能餐飲系統及交通模式，這不僅拓展了他們的視野，更透過實踐增強其獨立生活的自信，促進復元人士能與社會發展同步，避免在數字時代被邊緣化。

GBA Exploration: Embracing the Digital Era

Yuet Hang Home organised a one-day trip to Shenzhen, inviting residents and their families to experience the rapid development of the Greater Bay Area firsthand. The core objective of the trip was to promote digital inclusion and integration. Residents gained hands-on experience with electronic payments, smart catering systems, and modern transportation. This journey not only broadened their horizons but also boosted their confidence in independent living, ensuring that individuals in recovery stay synchronised with social progress and remain active participants in the digital age.



舍友親身了解祖國近年急速發展下，大型商場林立的情況
Residents witnessed Mainland China's rapid development through its expanding malls



真人圖書館走進HKU 播下種子
'Human Library' at HKU sowing seeds of an inclusive community

朋輩同行 – 真人圖書館的共融旅程

朋輩支援服務去年透過十六場「真人圖書館」活動，走進中學、大專院校及企業，讓朋輩支援員與逾四百名公眾人士面對面，真摯分享復元故事。透過這些心靈對話，超越了社會的無形界限，在社區中播下理解與接納的種子。

Peer Support: An Inclusive Journey through the Human Library

Through 16 'Human Library' sessions last year, our Peer Support Services engaged over 400 individuals across schools and workplaces. By sharing personal recovery journeys, our Peer Supporters fostered deep connections that broke down social stigma. These meaningful exchanges continue to cultivate a more inclusive and empathetic community.

自主策劃 – Soul Good 市集

康晴天地於 7 月 11 至 12 日圓滿舉行市集活動，是次活動選址華富大廳及康晴天地，成功連結逾二百七十名會員、家屬及社區居民。活動貫徹優勢導向 (Strength-based) 模式，由構思、物資籌備至現場推行，均由會員主導籌劃，職員則扮演同行與支援角色。會員在自主參與中與社區人士正面互動，共同編織出充滿溫度的雙向支援網絡。

Empowerment in Action: The Soul Good Market

The 'Soul Good Market', held on 11–12 July, successfully connected more than 270 members and neighbors at Wah Fu. This initiative put the strength-based approach into practice: members took the lead in every stage of planning and implementation, while staff served as supportive partners. By showcasing their agency and interacting directly with the community, members helped build a vibrant, two-way network of mutual care and understanding.



參與Soul Good市集的華富居民及社區人士給予精神復元人士許多正面的鼓勵和欣賞
Soul Good Market participants from Wah Fu Estate warmly encouraged people in mental recovery

男生圍 – 從「圍內」聚會到走入社群

本年度男生圍以構建男士支援網絡為目標，透過定期聚會及多元化活動凝聚男會員。參加者表示，活動能夠讓他們放鬆身心，並提供了一個情感支持的空間。男生圍於 11 月更進一步延伸活動至社會服務，安排成員前往「惜食堂」大角咀飯堂擔任義工，協助向長者派飯。在積極參與服務的過程中，成員不僅能發揮個人能力，亦獲得一個難忘的生活體驗。

Men's Circle: From 'Inner Circle' Gatherings to Community Outreach

This year, the 'Men's Circle' focused on building a robust support network for men, bringing male members together through regular gatherings and diverse activities. Participants shared that these sessions provided a vital space for relaxation and emotional support. In November, the group expanded its community service; members volunteered at the Food Angel kitchen in Tai Kok Tsui, assisting with meal distribution to the elderly. Through this active participation, members not only demonstrated their capabilities but also gained a profoundly memorable life experience.

男生圍協助「惜食堂」派飯予長者，是一個難忘的生活體驗
Men's Circle assisted Food Angel in distributing meals to the elderly – a meaningful experience



服務使用者與中學生攜手合作，
為共融牆畫添上色彩
Service users and secondary students collaborated to add colour to the inclusion mural



共融牆畫 —
色彩連結你我

悅群之家連繫拔萃女書院學生，
並連結扶康會康復中心其他服務單位的
服務使用者及職員攜手創作，於扶康會康復中
心完成了一幅充滿意義的牆畫。這不僅是一幅作品，
更是一段美好旅程，讓大家用色彩連結彼此，讓共
融閃耀每個角落。

Colors of Inclusion:
A Mural That Connects Us All

Yuet Kwan House brought together students from Diocesan Girls' School and the wider Fu Hong Society community to co-create a stunning mural at our Rehabilitation Centre. This initiative was a celebration of togetherness, turning a plain wall into a testament to shared creativity. By connecting through art, participants from all walks of life embarked on a beautiful journey, ensuring that the message of social inclusion is visible to all who enter.

新一年開始到粉嶺流水響郊遊，感受陽光溫暖，消除晦氣
Starting the new year with a hike at Lau Shui Heung, soaking up the sunshine, and regaining vital energy



躍動共融 — 成就無限可能
Inclusion in Motion: Achieving Infinite Potential

新春行大運 – 走進山林，為心靈充電

趁著萬物復甦的好時節，「新春行大運」郊遊活動引領參加者走進粉嶺流水響的翠綠山林。以大自然的力量洗滌心靈。此次郊遊旨在為成員提供一個「心理除舊」的契機，紓解過去一年的積壓，寓意消除晦氣、重拾元氣。漫步於湖光山色之間，參加者不僅鍛鍊了體魄，更在感受萬物新生的生命力中，激發出對新一年的正向期盼。這種自然療癒的體驗，協助參加者在輕鬆的氛圍下建立健康的生活步調，為全年的復元旅程注入飽滿的能量與暖意。

Step into Spring: Natural Healing and New Beginnings

To welcome the season of renewal, our 'Lunar New Year Nature Walk' led participants into the lush greenery of Lau Shui Heung, Fanling, harnessing the healing power of nature to cleanse the mind. This excursion served as an opportunity for 'psychological spring cleaning', allowing members to release accumulated stress from the past year and regain their vital energy. As they wandered through the serene lakeside and mountain scenery, participants not only improved their physical well-being but also drew inspiration from the vitality of the natural world. This therapeutic experience helped participants establish a healthy lifestyle pace, injecting warmth and renewed energy into their recovery journey for the year ahead.

齊步上怡廈 — 共同關注精神健康

怡和集團慈善組織「MINDSET Hong Kong 思健」邀請本會社區精神健康服務於2025年10月12日，參與年度慈善挑戰「齊步上怡廈」。本會兩支由職員與服務使用者組成的隊伍，在這次攀梯挑戰中，不僅加強了團隊間的凝聚力，更以實際行動向公眾推廣精神健康訊息。

WALK UP JARDINE HOUSE:
Raising Mental Health Awareness Together

Our Community Mental Health Services proudly joined the 'WALK UP JARDINE HOUSE' charity event on 12 October 2025, at the invitation of 'MINDSET Hong Kong'. By forming two collaborative teams of staff and members, we turned the physical challenge of the climb into a symbol of solidarity. Through this active participation, our teams helped break down social barriers and advocated for mental wellness within the broader Hong Kong community.



參與「齊步上怡廈」攀梯挑戰
Participated in the 'Walk Up Jardine House' challenge

小木柱大力量 – 芬蘭木柱下的自我超越

悅群之家於 2024 年引入「芬蘭木柱」(Mölkky)，此項運動從趣味體驗迅速發展為發掘潛能的舞台。本會透過進階訓練，組織服務使用者跨出院舍，參與社區公開賽，在競技場上突破自我，建立自信。除了舉辦跨單位錦標賽推廣互助文化，我們更進一步開辦指導員課程，並成功見證八位成員成功取得指導員資格，從「參與者」轉化為「推動者」的角色。展望未來，這群新晉指導員將協助把這項運動推展至更多社區層面，將健康與正能量帶給更多人，透過運動連繫社區。



單位聯合芬蘭木柱比賽，友誼第一
Joint Finnish Skittles Competition — Friendship First

The Power of Mölkky:
Transcending Limits and Leading the Way

In 2024, Yuet Kwan House introduced Mölkky, a sport that has rapidly evolved from a fun recreational activity into a platform for uncovering potential. Through advanced training, we empowered our residents to step beyond the centre and participate in community open tournaments, where they challenged their limits and built self-confidence. Beyond hosting cross-unit championships to foster a culture of mutual support, we launched an instructor certification course. We are proud to announce that 8 members successfully qualified as certified instructors, completing their transformation from 'participants' to 'advocates'. Looking ahead, these new instructors will help bring this sport to the wider community, connecting people through movement and spreading positive energy.

多元運動 — 凝聚不同節奏中連繫你我

我們深信運動是開啟身心復元的強效媒介。本年度，我們持續深化龍舟、泰拳、匹克球、瑜伽及遠足等項目，為服務使用者打造全方位的動能平台。

從強調團隊協作的龍舟競渡、熱血釋壓的泰拳訓練、靈活多變的匹克球，到追求內在平衡的瑜伽與大自然遠足，多元化的節奏讓每位參與者都能找到適合自己的復元步調。這些活動不僅顯著提升了成員的身體素質，更讓他們在挑戰自我中找到自信，將汗水轉化為社交連結，讓復元之路充滿陽光與活力。

經過10次水上訓練後，出戰香港最傳統的香港仔龍舟競渡比賽
After 10 training sessions, participants competed in the Aberdeen Dragon Boat Race



Inclusive Movement: Connecting Lives Through Diverse Rhythms

Sports are more than just physical activity; they are an essential gateway to mental and physical rejuvenation. Throughout the year, we have deepened our commitment to programmes such as dragon boating, Muay Thai, pickleball, yoga, and hiking, offering a comprehensive platform for movement and growth. Whether through the synchronised strokes of a dragon boat, the stress-releasing energy of Muay Thai, the agility of pickleball, or the serene focus of yoga and hiking, we offer a variety of rhythms to match the unique recovery journey of each service user. These experiences do more than strengthen the body — they help participants rediscover their confidence and turn shared sweat into lasting social bonds. Together, we are making the journey of recovery a vibrant and empowering experience.

Chill 好身心 — 生活能量再發現
Recharging Your Inner Energy

精神健康月2025

本年度活動主題為「活．好D」，鼓勵市民從生活習慣出發，提升身心靈健康，當中五大核心元素包括壓力管理、社交連繫、優質睡眠、恆常運動及健康飲食。康晴天地於12月5日舉辦「區區心導遊-中心開放日」，活動內容回應這五大元素，透過不同形式的體驗活動、講座及真人圖書館等，還有服務介紹及中心參觀，讓社區人士增加對地區資源及康晴天地的認識。

從實餸日常出發，與市民分享「食好啲，心情自然好」
Starting from everyday grocery shopping, promoting that eating well boosts mood



Mental Health Month 2025

Under the theme ‘Healthy Life Healthy Mind’, we inspired community members to boost their mental and physical health through lifestyle transformation. The campaign highlighted five essential pillars: stress reduction, social bonds, restorative sleep, physical activity, and balanced nutrition. On 5 December, Sunrise Centre held an Open Day, inviting the public to explore these themes through interactive experiences and heartfelt ‘Human Library’ dialogues. This event served as a vital bridge, connecting residents with community mental health resources and showcasing the diverse services offered at Harmony Place.

C家飯堂 – 照顧者身心健康新領域

C家飯堂為康晴天地的家屬支援項目，特意為家屬或照顧者提供一個喘息空間，推廣自我關顧，讓他們在繁重的照顧事務中，能夠抽一點時間照顧自己的內心感受。透過「我的秘密花園」盆景藝術擺設工作坊，引導家屬在創作過程中，與內心感受重新連結，設計出一片專屬的心靈靜土，藉此推廣自我關愛(self care) 的重要理念。



C家飯堂活動「我的秘密花園」— 學習盆景擺設，讓參加者設計屬於自己內心的一片靜土，關愛自己
Care-wise Activity ‘My Secret Garden’ — Creating inner calm through miniature landscaping

Care-wise: A New Horizon for Caregiver Well-being

The ‘Care-wise’ is a dedicated family support initiative by Sunrise Centre designed to provide a much-needed ‘respite space’ for caregivers. The programme promotes the vital concept of self-care, allowing those managing heavy caregiving responsibilities to take a moment to reconnect with their inner feelings. Through the ‘My Secret Garden’ Bonsai Art Workshop, caregivers were guided through a creative process to design their own ‘spiritual sanctuary’. This initiative emphasises that caring for one’s own mental well-being is essential to sustaining the journey of caring for others.

Project Chill – 青年人連繫、探索、成長

本年度「青Mind」青少年精神健康服務全力推行 「Project Chill」 系列計劃，旨在透過多元化的體驗，為青年人構建一個展現自我、建立社群連結的開放平台。其中重點項目「舟結鄰」讓青年人參與獨木舟活動，過程中不僅需要克服個人心理關口、完成自我挑戰，更需在多變的自然環境中發揮集體解難的應變能力。透過彼此協作，青年人體會到團隊協作與團結同行的強大力量。

此外，服務亦與區內中學協作，開展十六場入校推廣活動，學生回饋正面，參與者在情緒覺察及情緒表達能力方面均有提升，為校園構築了更具支持性的環境，促進青少年在生活中找回自己內在能量。

Project Chill: Connection, Exploration, and Growth for Youth

This year, our ‘Young Mind’ mental health services fully implemented the ‘Project Chill’ series, which provides an open platform for young people to express themselves and build community through diverse experiences. A standout initiative, ‘Kayaking for Connection’, challenged participants to overcome personal psychological barriers while developing collective problem-solving skills in a changing natural environment. Through this collaboration, they experienced the profound strength of teamwork and solidarity. Additionally, in partnership with local secondary schools, we conducted 16 on-campus outreach sessions. Feedback was overwhelmingly positive, with students showing significant improvement in emotional awareness and self-expression, fostering a more supportive campus environment and helping youth rediscover their inner resilience.

「舟結鄰」獨木舟活動讓青少年探索自我及體驗團結同行力量
‘Kayaking for Connection’ empowers youth to explore themselves and the strength of unity



我的故事我的歌

音樂是跨越語言的橋樑，社區精神健康服務本年度推出「我的故事我的歌」聯合比賽，把舞台交給每一位擁有故事的同路人。參加者透過挑選與個人生命歷程有共鳴的歌曲，以歌曲抒發個人故事，在大眾面前唱出心聲。當音樂響起，在舞台燈光下，參賽者彼此打氣，台下的熱烈掌聲交織成最溫暖的回應。這場輕鬆而歡樂的音樂派對，不僅是一場故事的分享，也讓大家重新連結生活的熱情。



音樂響起、掌聲回應，故事被聽見，熱情再次連結生活
Music, applause, stories heard — passion reconnecting with life

My Story, My Song: A Musical Journey of Connection

Music is a bridge that transcends language. This year, our Community Mental Health Services launched the 'My Story, My Song' joint competition, offering a stage to those walking the path of recovery. Participants selected songs that resonated with their personal life journeys, using music as a medium to express their stories and share their voices with the public. Under the stage lights, as the music played, contestants cheered one another on, while the audience's enthusiastic applause created a warm and supportive atmosphere. This joyful musical celebration was more than just a competition; it was a platform for sharing life stories and rediscovering a passion for living.



在翻土、播種與灌溉之間，感受植物無聲卻深刻的療癒力
Through tilling, sowing, and watering, the silent yet profound healing power of plants was felt

綠意滋養 – 種下希望，看見成長

康復中心的天台花園不只是種植空間，更是一個心靈加油站。我們透過園藝活動，發揮植物無聲卻強大的療癒力量；在翻土、播種與灌溉的日常中，大家照顧的不只是盆栽，更是在整理自己的心情，為身心帶來平靜。最令人愉悅的，是看著親手種下的種子一天天茁壯成長，這份可見的成長為復元人士帶來滿滿的成就感與希望。在與植物的互動中，我們學會了耐心等待，也更有自信地將植物那份堅韌的生命力，轉化為復元路上的正能量。

Greenery and Growth: Cultivating Resilience in the Garden

The rooftop garden of our Rehabilitation Centre is more than just a space for cultivation; it is a sanctuary for the soul. Through our horticultural activities, we harness the silent yet powerful healing energy of plants. In the daily rhythm of tilling soil, sowing seeds, and watering, our members are doing more than tending to plants—they are nurturing their own well-being and finding inner peace. The greatest joy comes from watching seeds transform into thriving plants, a visible sign of progress that provides service users with a profound sense of achievement and hope. Through this interaction with nature, we learn the art of patience and draw strength from life's resilience, channeling that vital energy into the journey of recovery.

師友同行 – 以優勢啟動互助力量

康晴天地「亦師亦友計劃」以「優勢為本」，致力發掘服務使用者的潛能與才華，推動會員轉化角色，擔任義工導師，為其他會員舉辦及主持興趣小組，分享個人技能與志趣。在過程中，義工導師們自尊感與成就感有所提升。同時，多元化的興趣小組成功匯聚了志同道合的會員，在共同學習的氛圍下增進成員間的歸屬感與連繫。

Peer Mentorship : Activating Mutual Support Through Strengths

Sunrise Centre's Mentor-Protégé Programme' adopts a strength-based approach, dedicated to uncovering the hidden potential and talents of our service users. The initiative encourages members to transition into new roles as volunteer instructors, leading interest groups, and sharing their personal skills and passions with their peers. Through this process, our volunteer instructors experience a significant boost in self-esteem and a sense of achievement. Simultaneously, these diverse interest groups bring together like-minded members, fostering a deep sense of belonging and community connection through a shared learning environment.



「亦師亦友」計劃為康晴天地的服務使用者提供平台，分享技能與興趣，發揮自身強項
The 'Mentor-Protégé Programme' enables Sunrise Centre service users share skills and showcase their strengths

連結 同行 共學 – 發展協同效應

社區精神健康服務集合了悅群、悅智、悅行、康晴天地、毅信之家及長康之家的同事，一同經歷一場一個充滿活力與溫度的職員退修日。透過精心設計的團隊遊戲，大家在歡笑中打破隔閡，並展現出合作無間的精神。同時，透過「真人圖書館」環節，讓同事們近距離聆聽朋輩支援員的復元故事，深刻體會到朋輩支援服務的重要性與力量。這份交流不僅增進了同事間的共鳴，也讓大家對未來的團隊合作更添信心與期待。



在活力與笑聲中，共度一個有溫度的社區精神健康服務員工退修日
Filled with energy and laughter, staff came together for a heartfelt Retreat Day for the community mental health services

Building Synergy: A Journey of Shared Vision and Connection

Our Community Mental Health Services brought together colleagues from Yuet Kwan, Yuet Chi, Yuet Hang, Sunrise Centre, Ngai Shun Home, and Cheung Hong Home for a vibrant and heartfelt Staff Development Day. Through a series of specially designed team-building games, staff members broke down barriers and demonstrated seamless collaboration all amid laughter and shared goals. A pivotal 'Human Library' segment allowed colleagues to listen closely to the recovery journeys of our Peer Supporters, fostering a deep appreciation for the vital role and impact of peer services. This exchange not only strengthened empathy among the team but also built renewed confidence and excitement for our future cross-unit collaborations.

賽馬會樂齡同行計劃

康晴天地自2022年1月起，參與由香港賽馬會慈善信託基金策劃及捐助的「賽馬會樂齡同行計劃」，以回應長者抑鬱情況的需要。服務結合長者地區服務及社區精神健康服務，以逐步介入模式，按風險評估及症狀嚴重程度，為具抑鬱傾向的長者提供從預防到介入的系統化支援，從而促進長者心理健康發展。

計劃於 2024 年邁入第三階段，服務對象擴展至四十五歲或以上的族群，並透過跨領域的合作夥伴關係，逐步建構社區互助網絡。截至2026年3月，我們已成功培訓二十九名「樂齡友里證書課程」畢業學員，裝備他們日後成為朋輩支援大使。

特別令人鼓舞的是，本年度共有五位畢業學員正式完成嚴謹的課程與實習，晉升為中心的朋輩支援大使。這群新晉成員不僅掌握了專業的情緒支援技巧，更發揮「同路人」的獨特優勢，將自身的生命故事轉化為燃亮他人的力量。從接受支援者轉變為積極的付出者，這份身份的轉變不僅見證了他們的個人復元之旅，更象徵著社區互助力量的延續。

展望未來，這份溫暖將持續走進社區每個角落，守護大眾的心靈健康。無論是在大型活動「心靈伴旅」中的全力協助、在不同社區中心的講座分享，或是定期在街頭為街坊進行情緒篩查，都能看見朋輩支援大使穿梭其中的身影。



畢業了！三位會員完成課堂及實習，成為朋輩支援大使，以同路人身份為其他服務使用者提供支援服務
Graduation! Three members completed training and internship to become Peer Support Ambassadors to support fellow service users

JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness

Since January 2022, Sunrise Centre has participated in the JC JoyAge planned and funded by The Hong Kong Jockey Club Charities Trust to address depression among the elderly. The service integrates local elderly services with community mental health services, adopting a stepped-care intervention model. Based on risk assessment and symptom severity, it provides systematic services ranging from prevention to intervention for seniors with depressive tendencies, thereby promoting mental health development.

As the project entered its third phase in 2024, we expanded our reach to individuals aged 45 and above, gradually building a community mutual-aid network through cross-sector partnerships. As of March 2026, we have successfully trained 29 graduates through the 'Joyful Ageing Peer Certificate Course,' equipping them to become Peer Support Ambassadors.

We are especially encouraged that 5 graduates completed their rigorous coursework and internships this year and officially became the centre's Peer Support Ambassadors. These new members have not only mastered professional emotional support skills but also utilise their unique perspective as 'fellow' to transform their life stories into a source of strength for others. This transition from service recipient to active contributor is a powerful testament to their personal recovery and symbolises the sustainable growth of mutual aid within our community.

Looking ahead, this warmth will continue to reach every corner of the community. Whether assisting in our flagship event, 'Soul Companion Journey', speaking at various community centres, or conducting regular emotional screenings for neighbors on the streets, our ambassadors are dedicated to safeguarding the public's mental well-being.



朋輩支援大使會定期前往社區不同地方，為街坊進行情緒篩查服務
Peer Support Ambassadors regularly visit different community locations to provide emotional screening services

扶康藝薈
Fu Hong Art Hub

扶康藝薈 (Fu Hong Art Hub) 是一個專為殘疾人士而設的藝術平台，透過舉辦工作坊、展覽及社區活動，培育具潛質的殘疾人士成為藝術家，並提升他們的技能、知識及正面價值觀，讓社區人士欣賞他們的創作與才華。平台藉由藝術釋放潛能、連結社區，推動真正的社會共融。

Fu Hong Art Hub is an art platform designed specifically for people with disabilities. Through workshops, exhibitions, and community activities, it nurtures talented individuals to become artists, enhancing their skills, knowledge, and positive values, while allowing the community to appreciate their creations. By unleashing potential through art and connecting communities, it promotes genuine social inclusion.



Malcolm的表演技驚四座
Malcolm's performance amazed everyone

「Lights in the Long Night 長夜燧途」慈善鋼琴獨奏會暨 Fu Hong Art Hub 成立典禮於2025年9月12日圓滿舉行，標誌著Fu Hong Art Hub的正式成立。當晚由鋼琴家莫梓源 (Malcolm @Fu Hong Art Hub) 傾情演出，同時亦展出三位Fu Hong Art Hub成員 – 福慶、世傑及NoBody的畫作。福慶與世傑更親臨現場支持，而另一成員Gary則以色士風演奏，展現非凡的才華與潛能。

The 'Lights in the Long Night' Charity Piano Recital and Fu Hong Art Hub Launch Ceremony was successfully held on 12 September 2025, marking the official establishment of Fu Hong Art Hub. That evening, pianist Malcolm Mok @Fu Hong Art Hub gave a heartfelt performance, accompanied by an exhibition of artworks by three Fu Hong Art Hub members — Fuk Hing, Sai Kit, and NoBody. Fuk Hing and Sai Kit attended in person to show their support, while another member, Gary, showcased his extraordinary talent and potential through a saxophone performance.

Gary對於自己的表演感到滿意
Gary delivered a confident performance



去年，扶康會繼續與Beyond Coffee & Bar 合作，舉辦《四季絮語》福慶個人作品展。展覽不僅展現了福慶的創作才華，更傳遞了希望、愛與共融的理念。每一幅作品皆以四季變化為靈感，映照生命中不同階段的情感與體會。

Last year, Fu Hong Society continued its collaboration with Beyond Coffee & Bar to present 'Whispers of the Four Seasons', a solo exhibition of Fuk Hing's works. The exhibition not only highlighted Fuk Hing's artistic talent but also conveyed messages of hope, love, and inclusion. Each piece was inspired by the changing seasons, reflecting emotions and experiences from different stages of life.

福慶的家屬亦有到場支持
Fuk Hing's family showed their support at the exhibition



眾人對福慶的畫展表示支持
Fuk Hing's art exhibition was met with strong support



此外，Fu Hong Art Hub 成員NoBody與佩儀的作品成功入圍由勞工及福利局及香港展能藝術會主辦的2026「多元共融藝術巡禮」《我眼中的香港》藝術展覽。作品於2026年3月20日至29日在西九文化區戲曲中心展出，進一步彰顯藝術家們的潛能與社會價值。

In addition, Fu Hong Art Hub members NoBody and Tammy had their works successfully shortlisted for the 2026 'The Diversity and Inclusion Arts Festival — Hong Kong Through My Eyes', organised by the Labour and Welfare Bureau and Arts with the Disabled Association Hong Kong. Their works were displayed at the Xiqu Centre in West Kowloon from 20 to 29 March 2026, further demonstrating their potential and social value.



NoBody作品：我的香港
Artwork by NoBody：My Home



佩儀作品：美景遠眺在瀑布
Artwork by Tammy：Beautiful waterfall in my eyes

其他服務
Other Services

扶康會「香港最佳老友」運動
FHS 'Best Buddies Hong Kong' Movement

播下友誼的種子，共建共融社會
Planting the Seeds of Friendship, Growing an Inclusive Society

服務背景與理念

「最佳老友」運動由 Anthony Kennedy Shriver 先生於 1989 年創立「國際最佳老友」，致力促進智障人士與非智障人士建立一對一、平等而真誠的友誼。這項以友誼為本的共融運動，現已拓展至全球四十六個國家及地區。

2004 年，扶康會成為香港唯一獲正式認可推行「最佳老友」運動的機構，正式成立「香港最佳老友」(Best Buddies Hong Kong, BBHK)，透過友誼建立及社區參與，提升智障人士的生活質素，並推動社會實踐共融。

Service Background and Mission

The Best Buddies movement was founded in 1989 by Mr. Anthony Kennedy Shriver to promote one-to-one, equal, and genuine friendships between individuals with and without intellectual disabilities. The friendship-based movement has since expanded to 46 countries and regions worldwide.

In 2004, Fu Hong Society became the only officially recognized organisation to implement the movement in Hong Kong, establishing 'Best Buddies Hong Kong' (BBHK) to enhance the quality of life of persons with intellectual disabilities and promote social inclusion through friendship and community engagement.

主要服務及活動回顧

本年度，「香港最佳老友」運動透過多元化的互動平台，持續深化傷健之間的真誠情誼。全港分社周年聚會凝聚各區老友共誌友誼成果，而年度活動的硬地滾球邀請賽讓不同能力的人士在賽場上展現堅毅精神與協作潛能。同時，隨著新學校分社的成立，友誼種子播撒至年輕一代。各分社舉辦各類探訪、文化同遊及藝術創作活動，不僅擴闊了老友們的社交生活圈子，更讓每一次互動轉化為推動社會共融的實質力量，共創包容的支持網絡。

- **全港分社周年聚會 – 凝聚友誼．彼此肯定**

「香港最佳老友」2025–26 年度全港分社周年聚會，匯聚來自不同地區的老友、義工及職員。活動透過共晉午餐、舞台表演、嘉許環節及團體遊戲等，讓老友分享參與 BBHK 的經歷，並加強跨分社之間的交流。

Major Services and Activities

This year, the 'Best Buddies Hong Kong' movement has continued to deepen the sincere bonds between people with and without intellectual disabilities through a diverse range of interactive platforms. The Annual Gala held across various local chapters brought 'buddies' from all districts together to celebrate the fruits of their friendships. Highlights of the year included the Boccia Invitational Tournament, which provided a stage for individuals of all abilities to showcase their perseverance and collaborative potential.

- **Annual Gala**

The 2025–2026 Annual Gala brought together buddies, volunteers, and staff from different districts across Hong Kong. Through shared meals, stage performances, and group activities, participants exchanged experiences and strengthened cross-branch connections.



- **硬地滾球邀請賽**



由香港最佳老友運動與天水圍地區支援中心合辦的硬地滾球邀請賽，成功連結不同服務單位及社區老友，組成混合隊伍，共同參與比賽。

- **學校分社成立**

本年度成功成立一個全新學校分社，由伊斯蘭脫維善紀念中學夥拍興華成人訓練中心，透過校本平台促進學生與智力障礙人士在平等關係中建立共融友誼。

- **各分社活動 Activities of Chapters**

上李屋成人訓練中心（Sheung Li Uk Adult Training Centre）× 香港樹仁大學社工系（Department of Social Work, Hong Kong Shue Yan University）



老友一同參觀花展，於輕鬆交流中建立友誼
Buddies visited a flower show together, building friendships through relaxed interaction

- **The Boccia Invitational**

The Boccia Invitational, co-organised by Best Buddies Hong Kong and the Tin Shui Wai District Support Centre, successfully brought buddies from different service units and the community together, forming mixed teams to compete.



- **New School Chapter**

A new School Chapter was established during the year through the partnership between Islamic Kasim Tuet Memorial College and Hing Wah Adult Training Centre, fostering inclusive friendships between students and persons with intellectual disabilities based on equality and mutual respect.



長沙灣成人訓練中心（Cheung Sha Wan Adult Training Centre）× 東華學院（Tung Wah College）× 社區老友（Community Buddies）



老友透過生日會分享喜悅，深化彼此連繫
Buddies came together for a birthday celebration, strengthening mutual connections

柔莊之家（Yau Chong Home）× 香港浸會大學持續教育學院護理教育部（Division of Nursing Education, School of Continuing Education, Hong Kong Baptist University）× 社區老友（Community Buddies）



老友透過音樂演奏交流情感，體驗藝術共融
Buddies connected through music performances, experiencing inclusion through the arts

秦石成人訓練中心（Chun Shek Adult Training Centre）、禾輋成人訓練中心（Wo Che Adult Training Centre）× 李寶椿聯合世界書院（Li Po Chun United World College of Hong Kong）



老友一同進行社區遊覽，培養合作與交流
Buddies explored the community together, fostering communication and teamwork

順利成人訓練中心（Shun Lee Adult Training Centre）× 寶覺中學（Po Kok Secondary School）

老友透過創作活動攜手合作，建立友誼。
Buddies collaborated in a creative workshop, building friendship through shared creation



樂華成人訓練中心（Lok Wah Adult Training Centre）× 捷和實業有限公司（Chiaphua Industries Limited）

老友一同參與端午節活動，感受節日溫情
Buddies joined a Dragon Boat Festival activity, sharing festive moments



澤安成人訓練中心（Chak On Adult Training Centre）× 香港樹仁大學社工系（Department of Social Work, Hong Kong Shue Yan University）

老友透過交流探訪，加深彼此了解
Buddies engaged in an exchange visit to foster mutual understanding



山景成人訓練中心（Shan King Adult Training Centre）× 社區老友（Community Buddies）



老友參與靜心文化之旅，連結自我與社區
Buddies joined a mindfulness and cultural journey, reconnecting with self and community

毅信之家（Ngai Shun Home）× 香港都會大學（Hong Kong Metropolitan University）



老友一同出遊，擴闊生活體驗
Buddies enjoyed an outing together, enriching their life experiences

毅誠工場（Ngai Shing Workshop）× 香港賽馬會義工隊（CARE@HKJC Volunteer Team）

老友一同進行填色活動，透過創作與互動促進交流，共享專注而愉快的時光
Buddies participated in a colouring activity together, fostering interaction and connection through creative expression



服務成效與未來方向

整體而言，「香港最佳老友」運動透過友誼平台，有效釋放智力障礙人士潛能、擴闊其社交網絡，並深化社會對共融的理解。隨著服務整合至機構資助，可進一步鞏固穩定性與協同效益。未來，計劃將持續以友誼為核心，深化跨分社及地區協作，把共融融入日常生活，建立更具連繫與包容的社會。

Service Impact and Way Forward

Overall, BBHK has demonstrated a positive impact by unlocking potential, expanding friendships and promoting understanding of social inclusion. With the programme integrated into the Society's funding and district-based service structure, a stable foundation has been strengthened. Moving forward, BBHK will continue to advance a friendship-based, community-centred approach to foster a more connected and inclusive society.

賽馬會安寧頌：融和篇
Jockey Club End-of-Life Community Care Project: Unison

本會於 2024 年 8 月起推行由香港賽馬會慈善信託基金策劃及捐助的晚期照顧服務「賽馬會安寧頌：融和篇」計劃，至今已服務超過一百宗個案。計劃旨在支援及協助本會轄下殘疾人士院舍，為有需要的智障人士 / 肢體殘障人士提供適切的晚期照顧，透過及早與他們準備預設照顧計劃，回應他們身心社靈方面的需要，提升其晚期生活質素。

能力提升：員工培訓

計劃團隊舉辦晚期照顧專業課程，培訓逾三百五十名專業同工，並到各院舍為超過四百名前線同工提供培訓，全面提升同工對紓緩及晚期照顧的技巧及能力。

「賽馬會安寧頌：融和篇」計劃於2025年6月聯同夥伴機構及大學團隊舉行啟動禮暨研討會
In June 2025, the JCECC: Unison Project launched with a kickoff ceremony and seminar with partner organisations and university teams





The project is initiated and funded by The Hong Kong Jockey Club Charities Trust. The project aims to support persons with disabilities with life-limiting or life-threatening conditions. Since the launch of the project in August 2024, we have served over 100 service users and their family members, providing suitable interventions and support. By participating in personalised advanced palliative care planning early, the quality of life of service users during the end-of-life stage has been improved.

Capacity Building: Staff Training

The project team conducted professional palliative and end-of-life care courses for staff with over 350 professionals attending. The project team also conducted on-site training sessions for the frontline staff on our residential units. Over 400 staff members participated, significantly enhancing their skills in palliative and end-of-life care.

參觀「賽馬會善寧之家」，促進員工加深了解及交流晚期照顧實務，拓展本會安寧服務
A visit to the 'Jockey Club Home for Hospice' deepened staff understanding and exchange in end-of-life care, supporting the Society's hospice service development



本會於2025年7月舉行講座，分享殘疾人士晚期照顧服務的實務經驗與挑戰
In July 2025, a seminar was held to share practical experience and challenges in end-of-life care for persons with disabilities

個案服務：預設照顧計劃及圓願

團隊與院舍及醫療人員合作，並與服務使用者及家屬共同制定個人化照顧計劃，減少進出醫院的奔波折騰，紓緩病患晚期痛楚，讓個案按其意願過自己最合適的晚期生活。過去一年，計劃亦協助多位個案回家，與家人共聚天倫、拍攝家庭照，圓滿心願，減少遺憾。

Case Services: Advance Care Plan and Wish Fulfillment

The project team collaborated with the residential units' staff and the programme's medical team to formulate personalised advanced care plans for each case after discussions with the service users and their families. The process was crucial to reducing the hassle and inconvenience of hospital visits and alleviating the suffering of patients in their later stages of life. And. The project allowed them to choose the lifestyle that best suited them. In the last year, we have assisted many service users in returning home, reuniting with their families, arranging family photos, fulfilling the wishes of the cases and their families, and reducing regrets.



自己挑選合心的衣著，從拍攝展現「他 」最俊俏的英姿
A service user chose his favourite outfit, and showcased his most confident, dashing look



實現「他」渴望而久的心願，探望住老人院的母親
His long-held wish was fulfilled with a visit to his mother in a nursing home



愛美是女士的天性，一輯美麗的照片亦是「她」 的心願，從拍攝展現最動人的笑容
A collection of photos fulfilled her wish, capturing her most radiant smile

生死教育：平常心看生死

計劃團隊連繫社區不同資源， 至今舉辦超過一百五十節生死教育小組和參觀活動，包括生命探索團、參觀安寧之家、主題影片欣賞、認識遺體捐贈服務、實地了解殯葬事宜，以及走進紀念花園悟生死，用正向方式讓服務使用者接觸和了解生死議題，減輕對死亡的焦慮和恐懼。

Life and Death Education

The project team has connected with various community resources and has held more than 150 sessions of life-and-death education groups and activities, such as visiting hospice services and facilities and watching movies or short films on the theme of life journey. The participants also visited body donation organisations, funeral services and facilities to understand life and death. These activities serve the target audience in a positive way to contact and understand the scene of death to reducing their anxiety and fear of death.



追思會 —— 與院友一同悼念摯友離世，並向家屬表達關懷與支持
Memorial service — residents gathered to mourn a long-time friend and offer care and support to the family

公眾教育：義工培訓及關顧活動

隨著社會對生死議題日益關注，計劃團隊過去招募社區人士、中小學及大專院校合作，義工服務參與人數超過一百人。透過義工培訓、 關顧活動及講座，提升公眾對殘疾人士晚期照顧的認識，從而建立關愛共融的社區。



義工服務 —— 與多間學校合作，增加對殘疾人士院舍及晚期照顧服務的認識
Volunteer programme — partnering with schools to enhance understanding of residential care and end-of-life services for persons with disabilities

Public Education: Volunteer Training and Caring Activities

With increased public attention to life-and-death issues, the project has recruited community members and collaborated with primary and secondary schools, as well as tertiary institutions. The number of volunteers participating in this service exceeded 100 people. Through volunteer training, care activities, and seminars, the public is encouraged to understand the palliative and end-of-life care service needs of people with disabilities, thereby building a caring and inclusive community.

國際功能、殘疾和健康分類
International Classification of Functioning, Disability and Health

《潛能解碼: ICF於復康服務的實踐》– 小冊子及交流會
‘Decoding Potential: The Application of ICF in Rehabilitation Services’ – Booklet Production and Seminar

本會一直致力於將「國際功能、殘疾和健康分類系統」（ICF）的理論框架融入臨床實踐之中。近年來，更透過積極推廣ICF編碼的應用，促進本會與內地學術及實務單位以標準化術語開展協作。



《潛能解碼：ICF於復康服務的實踐》小冊子
‘Decoding Potential: The Application of ICF in Rehabilitation Services’ booklet

於2025年，本會編製並出版《潛能解碼：ICF於復康服務的實踐》小冊子，內容涵蓋本會推動ICF的發展歷程、個案分析實例、研究文獻、理論框架及交流活動等，分享我們為服務使用者提供以「實證為本」及「以人為本」康復服務之實踐經驗與成果。此不僅是本會推動ICF發展的重要里程碑，亦充分展現跨專業團隊之間的協同效應。

The Society has always been committed to integrating the theoretical framework of the International Classification of Functioning, Disability and Health (ICF) into clinical practice. In recent years, we have further promoted collaboration with academic and professional institutions across the country by actively facilitating the application of ICF coding, using standardised terminology.

In 2025, we produced a booklet titled ‘Decoding Potential: The Application of ICF in Rehabilitation Services’. The booklet highlights our journey in developing the ICF, featuring case studies, research literature, theoretical frameworks, and exchange activities. It shares our practical experiences and achievements in delivering rehabilitation services rooted in ‘evidence-based’ and ‘person-centered’ principles for service users. This publication not only marks a significant milestone in our efforts to promote ICF development but also exemplifies interdisciplinary collaboration.

此外，本會於2025年底在古洞成人訓練中心舉辦「潛能解碼：ICF於復康服務的實踐」交流會，與業界分享及探討ICF的發展與未來展望。當日，本會的職業治療師及物理治療師團隊分享了ICF結合科技的應用及實踐經驗，並邀請服務使用者進行個案分享。同時，亦有家屬代表分享對ICF應用的感受與期望。



In late 2025, we organised a seminar titled ‘Decoding Potential: The Application of ICF in Rehabilitation Services’ at the Kwu Tung Adult Training Centre to share and discuss the development and prospects of the ICF with the industry. On the day of the event, our team of occupational therapists and physiotherapists shared their practical experiences and applications of the ICF integrated with technology, and service users were invited to present case studies. Additionally, a caregiver representative shared their perspectives and expectations regarding the ICF's application.

本會舉辦交流會，與業界探討ICF的未來發展
The Society hosted a seminar on the future development of the ICF with industry stakeholders

國內交流計劃
Exchange Programme with Mainland China

扶康會與東莞市殘疾人聯合會開展姊妹機構交流計劃

扶康會與東莞市殘疾人聯合會之間建立友好合作關係，該會並且與思諾成人訓練中心及怡諾成人訓練中心結為姊妹機構。透過姊妹機構的合作平台，雙方將定期進行人員互訪、專業知識交流、服務模式分享及文化活動合辦，共同提升殘疾人士服務質素。



Fu Hong Society and Dongguan Disabled Persons’ Federation: Sister Organisation Exchange Programme

Fu Hong Society has established a friendly cooperative partnership with the Dongguan Disabled Persons’ Federation and the Federation officially formed ‘Sister Organisation’ ties with the Si Lok Adult Training Centre and Yi Lok Adult Training Centre. Through this collaborative platform, both parties conduct regular exchange visits, professional knowledge sharing, discussions of service models, and joint cultural activities. It aimed to enhance service quality for persons with disabilities collectively.



- **策略性會議與工作規劃**

本會定時與東莞市殘聯舉行策略性會議。

- **Strategic Meetings and Work Planning**

The Society holds regular strategic meetings with the Dongguan Disabled Persons’ Federation.

- **專業人員跟崗學習**

本會於2025年4月9日至11日派出四位專業同工，包括服務經理、社工、護士和舍監，前往東莞市殘疾人托養中心進行為期三天的跟崗學習。此次安排體現了多專業團隊的交流理念，確保從管理、服務、護理和生活照顧等多個層面進行全方位學習。

- **Professional Staff Job Shadowing and Learning**

From 9 to 11 April 2025, the Society dispatched 4 professional staff including a service manager, a social worker, a nurse, and a warden to the Dongguan Care Centre for Disabled Persons for a three-day job shadowing and learning. The multidisciplinary team can exchange philosophical concepts and comprehensive practical learning across administration, clinical nursing, social work, and daily living care.



- **專業培訓交流活動**

扶康會為東莞市三十三個鎮街的服務單位提供了專題培訓，以「服務輻射拓展與就業賦能實踐」進行深入交流與分享，探討殘疾人士服務擴展與就業支援的創新模式。

2025年12月2日，雙方舉行線上培訓交流會，由扶康會以「從院舍到就業：殘疾人士服務與實踐」為題，與東莞市殘聯同工分享寶貴經驗。



- **文體交流活動**

2025年8月21至22日，思諾及怡諾成人訓練中心共十八名服務使用者、家長及職員前往東莞，參與由東莞市殘疾人士聯合會主辦的聯合文體交流活動。此次交流活動旨在通過文化藝術與體育運動交流，促進莞港兩地殘疾人士的互動與友誼，增進彼此瞭解，同時展示殘疾人士的才藝與能力，推動社會共融。

- **Cultural and Sports Exchange Programme**

On 21–22 August 2025, 18 service users, parents, and staff from the Si Lok and Yi Lok Adult Training Centres traveled to Dongguan for a joint exchange event hosted by the Dongguan Disabled Persons' Federation. The event fostered interaction and friendship through culture and sports.





- **Professional Training and Sharing**

Fu Hong Society provided professional training for service units across 33 districts in Dongguan, focusing on 'Service Expansion and Employment Empowerment Practices'. It explores innovative models for service delivery and employment support.

On 2 December 2025, an online training session was held where Fu Hong Society shared valuable insights on the topic 'From Residential Care to Employment: Services and Practices for Persons with Disabilities'.



- **沉香文化體驗**

到訪沉香文化博物館，深入瞭解嶺南特色文化遺產，並參與「沉香牌」製作工作坊，體驗傳統手工藝創作過程，促進文化傳承與交流。

- **Argarwood Cultural Experience**

We visited the Agarwood Culture Museum to learn about Lingnan's heritage and participated in an 'Agarwood Tablet' workshop to experience traditional craftsmanship.

- **硬地滾球比賽**

在東莞市殘疾人體育訓練中心開展硬地滾球友誼賽，邀請兩地殘疾人士共同參與，既鍛煉身體又增進友誼，充分展現殘疾人士的體育精神與拼搏意志。

- **Boccia Match**

We attended the boccia match organised by the Dongguan Disabled Persons' Federation at the Dongguan Sports Training Centre for the Disabled. It builds strengths and enhances friendship between Hong Kong's and Dongguan's service users.







心連心國慶社福薈萃，說好社福故事

本會推行的《東莞合作計劃》成功入選「心連心·國慶社福薈萃」的「說好社福故事」比賽，成為「入選項目」之一，這項榮譽肯定了本會在粵港澳大灣區社會福利合作方面的貢獻與顯著成效。

Connecting Hearts for the Social Welfare Sector cum 'Tell a Good Social Welfare Story'

The 'Dongguan Cooperation Project' implemented by the Society was selected as a featured project in the 'Tell a Good Social Welfare Story' competition under the 'Connecting Hearts for the Social Welfare Sector' initiative. This honour recognises the Society's contributions and effectiveness in social welfare collaboration within the Guangdong–Hong Kong–Macao Greater Bay Area.

2026大灣區社福交流團

本會於2026年1月舉辦大灣區社會福利服務交流團，安排機構的專業同工前往中山和佛山多個社會福利機構進行參觀與交流。透過參訪當地的職業康復、宿舍及社區服務機構，深入了解大灣區康復服務的發展現況與面臨的挑戰，進一步促進區域間的專業協作。

2026 Greater Bay Area Social Welfare Exchange Tour

In January 2026, the Society organised a professional exchange tour to Zhongshan and Foshan. By visiting local vocational rehabilitation centers, residential homes, and community service agencies, the team gained a deeper understanding of the development and challenges of rehabilitation services in the GBA.

