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EDITOR'S NOTE 編者的話

People-Oriented Life Planning and Resources

「以人為本」 生活規劃及配套



「關懷尊重」是本會的核心價值之一，扶康人一直堅持以尊重及關懷的態度來接待服務使用者及各持份者，並致力推行「以人為本」的服務。本會早於 2017 年開始研究世界衛生組織的《國際功能、殘疾與健康分類系統》(ICF)，並陸續應用於不同類型服務使用者的個案管理上，在跨專業的協作下，更名為服務使用者制定「以人為本、以求為導」的個別康復計劃。今期內容會分享 ICF 先導計劃在本會試行的個案經驗，以及由本會言語治療師分享跨專業協作的重要性。

此外，感謝香港賽馬會慈善信託基金捐助本會於「樂在照顧」計劃下成立「扶康會 家庭支援服務」，幫助特殊學校離校畢業生 / 智障人士家庭適應過渡至成人服務，以及「賽馬會樂齡同行計劃」，提升康晴天地服務區域的長者精神健康，還有其他商界伙伴捐贈保健物資為本會員工打氣。有關社會各界的支持請留意今期通訊內文。此外，本會展能藝術家希望「以畫會友」，推出網上【自主·藝術】展能藝術畫展，齊齊畫出共融。今期「扶康·良品」會為大家介紹服務使用者製作的升級再造木工藝品，內容精彩，不容錯過！

With "Care and Respect" as one of our core values, staff members have always provide services for our service users and stakeholders with such a manner, while remaining dedicated to people-oriented services. From as early as 2017, the Society began to study the World Health Organization's "International Classification of Functioning, Disability and Health" (ICF), which has gradually been applied to the case management of different types of service. With cross disciplinary collaboration, people-oriented individual rehabilitation plans are developed with our service users and their needs in mind. In this

issue, we will be sharing a case study of the implementation of the ICF pilot programme, while the Society's speech therapist will share the importance of cross disciplinary collaboration.

Additionally, we would like to express our gratitude to The Hong Kong Jockey Club Charities Trust for supporting the Society to develop "Fu Hong Society Family Support Service" under the "Jockey Club C·Care Programme". The support service provides assistance to special schools leavers / families with members with intellectual disabilities in their transition into adulthood. Meanwhile, the "JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness" aims to improve the mental well-being of the elderly within the service area of the Sunrise Centre. We have also received unwavering support from various corporate partners, who have donated wellness supplies to support our staff. For more information about the support that we have received from the community, please read on. With the launch of the online "i Create" art exhibition, artists with disabilities from the Society would like to make friends through their artwork and create social inclusion through art. In this issue's "Fu Hong · Ichiban", we will introduce upcycling woodcrafts made by our service users. This exciting issue is not to be missed!

The ICF in theory
理論篇

What is the ICF?

ICF是甚麼？

社會工作之路並不易走，我們常常要在有限的資源下為服務使用者謀求最大的福祉。扶康會不忘初心，多年來一直致力尋找合適的方法提升服務質素。經多年探索，我們終於遇到一個評估框架，可以促進跨專業交流和了解服務使用者的全方位需要，為服務使用者提供度身訂做的服務。採用此評估工具後，我們樂見服務使用者因滿足感大增而笑容滿臉。

本會從 2017 年開始研究世界衛生組織的《國際功能、殘疾與健康分類系統》（以下簡稱“ICF”），並自 2019 年起，陸續應用於不同類型服務的個案管理上，使服務使用者的年度計劃能更加以人為本、以求為導，符合本會的使命及核心價值。

ICF 理論主張殘疾造成的不便不只是身體殘障的結果，亦是人與環境互動的結果所致。ICF 以「全人方式」去理解殘疾，並提倡我們注意「生物 - 心理 - 社會」(Bio-psycho-social) 之間的互動關係。我們需要評估右圖六個組成部份的功能狀況，從而得出每位服務使用者的能力及需要。

ICF 的概念下，即使智障人士的認知能力有限，一旦他們能夠得到適切的協助或支援（如：人手、環境），他們仍然能夠展現其獨特的能力，甚至貢獻社會。

其實，ICF 與《殘疾人權利公約》的關係密不可分。《殘疾人權利公約》倡議我們應重視殘疾人士作為主體的理念。殘疾人士的意見 / 意願是很重要的，我們在決策時應予以考慮。因此，在評估服務使用者需要及制訂年度計劃時，我們會將其「喜好、強項及意願」一併考慮，並在可行的情況下優先納入介入計劃之內，以消除服務使用者在生物、心理、社會上遇到的障礙，同時滿足其喜好、強項及意願。

在執行 ICF 的過程中，有些殘疾人士的確難以有效地表達自己的意願，我們會盡力透過同理心或照顧者（前線員工或家屬）的觀察以獲取相關資訊。根據過去的經驗，當服務使用者

可以參與自己的介入計劃決策時，他們介入的動機及投入度會大大提升，達到介入的預期成效的機會也自然更高。

在管理個案時，我們透過 ICF 框架所制訂的共同文件 (Common Documents)，從各專業及不同職級的員工收集服務使用者的喜好、強項及意願，以及其生物方面（身體狀況、身體功能及結構）、社會方面（活動、參與、環境因素）和心理方面（個人因素）的需要，作全人評估，為服務使用者度身訂做適切的年度計劃（包括：工作目標、介入方案、及了解介入成效）。由此可見，ICF 有助跨專業協作、促進員工之間的溝通，並使本會能妥善地集中運用資源，構建更以人為本的工作計劃。

ICF 是一個全方位的評估框架，彰顯了一個以人為本、協同效應的價值觀，讓我們有效貫切「以求為導」的精神，為服務使用者制訂各種配合其需要的規劃。後頁的兩個 ICF 個案分享及一位參與 ICF 員工的分享，幫助我們了解 ICF 如何為服務使用者帶來使人鼓舞的轉變。



為員工舉辦《國際功能、殘疾與健康分類系統》先導計劃簡介會。

Organized briefing sessions of "International Classifications of Functioning, Disability and Health" pilot programme for staff.

Social work is not an easy profession. We often have to strive for the greatest well-being for our service users while working with limited resources. Fu Hong Society has never lost sight of its mission. Over the years, we have worked hard on finding suitable methods to improve our service quality. After years of exploration, we have finally found an evaluation framework that takes care of the comprehensive needs of our service users through cross disciplinary communication, while providing tailor-made service. Since adopting this evaluation tool, we are delighted to see that our service users have been beaming with satisfaction brought by this change.

Since 2017, the Society began to study the World Health Organization's "International Classification of Functioning, Disability and Health" (ICF). From 2019 onwards, our findings were gradually applied to the case management of different types of service users, their yearly plans became more people-oriented and needs-based, which aligns with the Society's mission and core values.

Under the concept of ICF, inconvenience caused by disability is not just a result of physical impairment, but rather the result of human interaction with the environment. The ICF takes a "holistic" approach to understanding disability, drawing our attention to "bio-psycho-social" interactions. We need to evaluate the capabilities and needs of each service user based on the functional status of the six factors.



The ICF infers that while persons with intellectual disabilities have limited cognitive abilities, with appropriate assistance or support (e.g. : manpower, environment), they can still demonstrate their unique capabilities and even contribute to society.

In fact, the ICF and the "Convention on the Rights of Persons with Disabilities" both go hand-in-hand. According to the "Convention on the Rights of Persons with Disabilities", we should give weight to the concept of treating persons with disabilities as a subject. The opinions/will of persons with disabilities are important. They should be taken into account when making decisions. Hence, when assessing the needs of service users and formulating yearly plans, we consider their "likes, strengths and wishes", and prioritise them into our plans whenever feasible. This eliminates the bio, psycho, social barriers that service users face in society, while satisfying their likes, strengths, and wishes.

In the process of implementing the ICF, some persons with disabilities do have difficulties in expressing their wishes, but we still try our best to acquire relevant information through empathy or observation of caregivers (frontline staff or family members). Based on past experience, when service users were able to participate in making decisions about their own intervention plans, their motivation and attention in the intervention were remarkably improved, which naturally leads to better chances in achieving the expected results of intervention.

When managing cases, our staff from different professions and levels collect the likes, strengths and wishes of service users, as well as their biological (health condition, body function and structure), social (activity, participation and environment factors) and psychological (personal factors) needs through the Common Documents developed by the ICF framework. We conduct holistic assessments that allow tailored yearly plans for service users (including: work goals, intervention plans and understanding the effectiveness of intervention). From the above, it is clear that the ICF facilitates cross disciplinary collaboration, encourages communication among staff, and enables organisations to efficiently pool resources and build more people-oriented plans.

The ICF is a comprehensive evaluation framework that promotes people-oriented and synergistic values. It allows us to effectively carry out a "needs-based" service, so that we can formulate various plans that meet the needs of our service users. The following pages will share how the ICF has brought inspiring change in service users through two ICF case studies, together with a sharing from our staff practising ICF framework!

Chun Shek Adult Training Centre

ICF Application Sharing

秦石成人訓練中心 使用 ICF 經驗分享

Practicing

實踐篇

以人為本，需要先行

2019 年秦石成人訓練中心參與《國際功能、殘疾與健康分類系統》(以下簡稱“ICF”)先導計劃，開始在個案管理上試行 ICF。其中一個個案，服務使用者阿康當時因病住院，出院後，身體上的轉變導致阿康在身心方面均需要重新適應。入院前阿康可以咀嚼及吞嚥，但出院後他只能靠鼻胃喉喝流質飲料，阿康因不習慣而出現扯脫鼻胃喉的行為，當時為了他的安全，員工須使用約束帶限制其手部活動，無疑影響了他的生活質素。

社工與導師留意到阿康的轉變，細心評估他的需要，重新檢視和訂立介入目標，包括 1) 改善吞嚥能力及 2) 減少約束雙手，採用 ICF 作為個案的服務框架，以阿康的需要為本，不同專業同工共同協作，開展秦石成人訓練中心第一個 ICF 個案。

重視服務使用者意願及重燃希望

阿康一向很喜歡吃東西及喝果汁，但出院後，他不能用口吃喝，只能依賴護士定期「吊奶」(即營養奶)。中心員工為顧及阿康的個人感受，特意於午飯時段安排他於辦公室聽音樂，避免他默默望著他人吃喝而感到難受。此外，中心員工會陪他到超市購物，根據阿康的意願，購買他喜歡的飲料。護士會在他面前將他揀選的飲料倒入吊瓶內，讓阿康體會到他所選購的飲料是可以帶回中心享用。在訓練時段，在員工看顧下為他除下約束手套，讓他能使用助行架並進行小手肌訓練，又鼓勵他要積極面對康復，不要扯掉鼻胃喉。漸漸地，阿康已可以大大減少使用約束手套。另一方面，員工與本會的言語治療師合作，提供口肌訓練和讓他循序漸進地嘗試用口喝少量果汁，重燃他可以用口飲用的希望。

由微不足道的目標開展

在改善吞嚥能力方面，介入策略由小目標開始，先讓阿康以 50 毫升飲料加凝固粉飲用。過程中，需要跨專業協作，護士、言語治療師、職業治療師及社工均持開放態度，以同一目標訂立訓練方法。言語治療師作評估和諮詢，提供試行用口進食的方法及改善吞嚥能力的方案，並由中心護士執行，包括讓他進食前發「依」音，以訓練喉嚨上提。大家為增強阿康的口肌訓練分工合作，職業治療師使用電激咽喉肌肉治療，社工與導師提供唱歌和合唇訓練(使用飲管)，並安排合適的專責導師作餵食訓練。大家按部就班地推展介入計劃，加上阿康的配合，喜見阿康的吞嚥能力逐漸改善，由當初只希望他用口飲用，到可以用口進食糊餐，最後於 2019 年 12 月不再需要使用鼻胃喉。

整個過程，員工雖面對人手壓力的挑戰，但仍堅持為服務使用者設想多一點，做多一點，耐心地為阿康安排訓練，鼓勵他，而他也努力配合，才能達到成果！這個成功的個案讓員工領會到 ICF 的優點，著重服務使用者意願，為他發聲和表達需要。而且 ICF 提供一個更全面的評估框架，更精準和到位，有助訂立有效的目標。

現在，阿康能成功改善吞嚥能力和解除雙手的約束，生活質素提升了，心情也開朗很多。

People-oriented, needs first

In 2019, the Chun Shek Adult Training Centre participated in the “International Classifications of Functioning, Disability and Health” (ICF) pilot programme, beginning a trial implementation of ICF in case management. One of the cases, our service user Hong was hospitalised due to illness. After leaving the hospital, he had to readjust both physically and mentally due to the changes in his body. Before hospitalisation, Hong could eat by mouth. After his discharge, he could only drink through a gastrostomy tube. Because he was not used to this, Hong began to pull at his gastrostomy tube. For his safety, staff had to use restraints to limit his hand movements. Undoubtedly, this affected his quality of life.

Social workers and instructors noticed Hong's changes, they carefully assessed his needs, re-examined and set intervention goals. That included 1) improving swallowing ability and 2) reducing hand restraint. They decided to adopt the ICF as the service framework. With Hong's needs as foundation, while focusing on cooperation with staff from different professions, the first ICF case was carried out in the Chun Shek Adult Training Centre.

Respecting the wishes of service users and rekindling hope

Hong had always liked to eat and drink juice. After his discharge from the hospital, he could not eat or drink with his mouth. He could only rely on nurses for regular “milk drips” (i.e. nutritional milk). Considering Hong's feelings, the center's staff specially arranged for him to listen to music in the office during lunch, so that he wouldn't feel uncomfortable when he had to silently watch others eat and drink. Other than that, the center's staff took him shopping in the supermarket, purchasing beverages that he liked according to his preferences. The nurse would then pour the beverage that he has selected into the dripping container while he was present, so that Hong could see that the beverages that he had chosen can be brought back to the center and enjoyed. During training, his restraints were removed under staff supervision, so that he could use a walking frame to perform small hand muscle training. This encouraged him to deal with his recovery positively and not tear off his gastrostomy tube. Little by little, the need for Hong to use the restraining gloves reduced. Meanwhile, our staff worked with the Society's speech therapist to provide oral muscle training and gradual practises to drink small amounts of fruit juice by mouth, which rekindled his hope in drinking through the mouth.



Starting from small goals

In terms of improving swallowing ability, our intervention plan started with a small target, Hong was first allowed to drink 50ml of beverage that added thickener. Cross disciplinary collaboration was needed in the process. Nurses, speech therapists, occupational therapists and social workers all adopted an open attitude and developed training methods with the same goal in mind. After evaluation and consultation, the speech therapist suggested a trial of oral feeding and a plan to improve swallowing ability, which included encouraging him make the “EE” sound before eating to train his throat to lift up, which carried out by the center's nurses. To step up Hong's oral muscle training, we made good use of division of labor. Occupational therapists began electro-pharyngeal muscle therapy, social workers and instructors provided singing and lip-closing training (using a straw), while dedicated instructors were arranged to conduct feeding training. Everyone took part in carrying out the intervention plan. With Hong's cooperation, the center's staff were delighted to see the gradual improvement of Hong's swallowing ability. From the initial expectation to drink through the mouth only, in the end Hong could even consume paste meals through his mouth. Finally, in December 2019, the gastrostomy tube was no longer needed.

Though our staff faced challenges of manpower in the process, they insisted on taking the extra step for the service user. They patiently arranged training for Hong while offering him encouragement. With Hong's hard work and cooperation, results were finally achieved! This successful case allowed staff to appreciate the benefits of ICF, which focuses on the preferences of the service user, and their chance to speak and express their needs. The ICF also provides a more comprehensive evaluation framework, which is more accurate and complete, allowing us to set effective goals.

Now, Hong has successfully improved his swallowing ability and the hand restraints are released. His quality of life has improved and he became much happier.



山景成人訓練中心 使用 ICF 經驗分享

分 享 篇

S h a r i n g

Shan King Adult Training Centre ICF Application Sharing



ICF 對員工的影響

本會自 2019 年開始試行《國際功能、殘疾與健康分類系統》先導計劃（以下簡稱“ICF”），並舉辦多場簡介會，深入淺出講解 ICF 的價值觀及理念，推動員工應用 ICF 框架在個案管理的工作。ICF 雖然是一種評估工具，但背後的理念卻扭轉部份員工對服務使用者的固有工作模式及態度。

傳統的復康服務，專業人員普遍從所屬專業角度分析及評估服務使用者的需要，往往未能顧及服務使用者的全面需要。故此，智障人士往往面對「冇 say」的無奈，由於他們理解及表達能力受到限制，即使他們具備簡單的溝通能力，也難以與專業的分析作比較。ICF 的價值觀就是讓服務使用者由「冇 say」變為「重視他們的需要」為出發點，作出了「以人為本·『心』耕細作」的轉變。

ICF 對服務使用者的影響

山景成人訓練中心的阿德，是一個平易近人、樂於助人、善於與人相處的服務使用者。這類服務使用者往往被人忽略，因為沒有什麼需關注行為，也沒有什麼可以關注的事項。然而，中心透過應用 ICF 框架，就發掘了其需要，並滿足其願望，達成他的理想。

阿德以往的願望十分簡單，只是想討人開心，做一個「乖乖」的服務使用者，從來沒有想像自己可以有什麼願望需要達成。當中心員工與他深入傾談後，了解到原來阿德十分喜歡跳舞，因為跳舞可以表現自己，在台上亦可以與其他人分享自己的喜樂。但是談何容易？阿德的眼睛看不清楚，步行姿勢亦不理想，如何達成這個願望呢？

中心員工透過應用 ICF 框架協助他完成願望，特別為他安排不同的治療運動、個別化的舞蹈編排，及提供合適的表演機會，阿德終於能夠在疫情爆發前踏上舞台。姑且勿論節拍是否精準，舞步是否輕快，只要見到他滿足的笑容，已經知道這個轉變有多值得。



未來的憧憬

ICF 在本港的康復服務仍然是起步階段，於本會推行也只是短短數年的時間，許多資料及落實推行的細節仍有望不斷更新。迎來一個轉變不容易，但「機會從來不需要等待他人給予，機會是留給有信念的人」，扶康會每位員工都深信只要抱有信念，透過不停嘗試，摸著石頭過河，終於有一天能讓更多服務使用者達成願望，提升他們的福祉。

ICF's impact on staff

Since the Society began its trial of the “International Classifications of Functioning, Disability and Health” (ICF) pilot programme in 2019, a number of briefing sessions were held to explain the values and concepts of ICF in simple terms and in detail, so as to encourage staff to apply the ICF framework in their work when formulating case plans. Even though the ICF is an assessment tool, its underlying concept transforms some of our staff's long-established approach to work and their attitudes about service users.



Traditional rehabilitation services and professionals tend to analyse and evaluate a service user's needs from the perspective of their own profession. This often overlooks the overall needs of service users. Therefore, persons with intellectual disabilities often have “no say” in these decisions due to their limitations in understanding and expressing themselves. Even with basic communication skills, their opinions can be dwarfed by professional analysis. It is within the ICF's values to empower service users from having “no say” to restarting with “paying attention to their needs”. That was when changes on “people-orientation · cultivation from the heart” began.

The ICF's impact on service users

Tak, a service user from Shan King Adult Training Centre, is an approachable, helpful and friendly member of the centre. Service users like him are often overlooked, as they do not appear to have specific behaviours or issues that demand attention. However, the center has discovered his needs, fulfilled his wishes and realised his dreams through application of the ICF framework.

Tak's wishes used to be simple. He just wanted others



to be happy and be a “good” service user. He had never imagined himself to have any wishes that need to be fulfilled. After the staff had an in-depth chat with him, they discovered that Tak is very fond of dancing, because

he can express himself when he dances and share his joy with others on stage. But knowing is

one thing, putting it into practice is another. Tak's eyesight is challenged, and his walking posture is less than ideal. How can this wish be achieved?

By putting the ICF to use, the staff helped him to achieve his dream. After arranging different therapeutic exercises, individualised choreography and a suitable opportunity to perform, Tak was finally able to set foot on stage before the outbreak. Regardless of the rhythm of the dance, or the lightness of his footsteps, the transformation is worthwhile once you see his smile of satisfaction.

Looking ahead

The ICF is still beginning to gain traction in the rehabilitation services of Hong Kong. It has only been a few years since its implementation at the Society, so many details of its application are going to be continuously updated. It is not easy to cope with changes, but we should not wait for others to give us an opportunity, rather, opportunities are reserved for those with faith. As long as our staff remain hopeful, through continuous attempts and trial-and-error, more service users will achieve their wishes one day, and their well-being will be improved.



跨專業協作 互補不足 最安心

Overcoming shortcomings through cross disciplinary collaboration

本會近年面對服務使用者高齡及老化問題，他們身體機能急速退化，不論心理及生理都需要更專業的照顧，因此本會提倡跨專業協作，並依照服務使用者的意願，為他們提供專業的服務。本會言語治療師崔龍逸 (Ronald) 指自己會定期與不同專業同工，如社工、護士、職業治療師、物理治療師及臨床心理學家就不同服務使用者的情況交換意見，希望為服務使用者提供更多選項。

多角度審視 服務使用者為先

跨專業會議往往可以令服務使用者得到更完備的服務，Ronald 指自己在評估服務情況後，也需要社工協助執行，「早前有一個 50 幾歲嘅服務使用者，因為患新冠肺炎（新型冠狀病毒病）之後，進食能力大不如前，需要更改進食習慣，包括少食多餐及改食比較滑身嘅食物等等。因為餵食習慣嘅改變，前線員工會有壓力，所以就要靠社工同前線員工解釋，咁先可以執行得好啲。」

加強溝通 相互諒解

除了照顧服務使用者的需要外，Ronald 指兼顧服務使用者家屬的感受同樣重要，「因為喺疫情期間，家屬無得探病，但咁啱個服務使用者就患咗新冠肺炎（新型冠狀病毒病），令佢嘅吞嚥能力大幅下降，家屬唔知佢嘅突發身體狀況，就會覺得我哋為咗方便自己，所以唔餵食，喺咁嘅情況，就好需要社工同家屬解釋，令佢哋理解我哋嘅決定。」

需要與需求的抉擇

尊重服務使用者的意願是本會的核心價值，我們希望在需要和他們的需求兩者中作出平衡，Ronald 在處理個案時，往往會面對這個情況，「例如好多服務使用者都鍾意食花生，但係花生就屬於高危食物，因為有機會塞住氣管，所以好多中心就會有唔准食花生呢個規定。但我哋就會去諗點樣平衡呢，如果煲湯嘅花生，無咁大粒，又無咁硬，又係咪可以俾吞嚥能力比較好嘅服務使用者食呢，當然事前我哋都會搵唔同嘅專業同事做評估先。」談到最後，Ronald 指服務使用者的福祉永遠是他們最先決的考慮因素。

Service user's aging with health issues is a challenge that the Society faced in recent years. With rapidly deteriorating bodily functions, our service users require psychological and physical care that needs to be more professional. Therefore, the Society is an advocate of cross disciplinary collaboration, so that we can provide professional services that are tailored to our service users' wishes. Ronald, the Society's speech

therapist pointed out the necessity of regular communication with other professionals, such as social workers, nurses, occupational therapists, physical therapists and clinical psychologists when it comes to exchanging opinion on the individual situations of service users, so as to provide service users with more options.

Multi-perspective assessments that place the service user first

Cross disciplinary meetings can often lead to better services for service users. Ronald mentioned that after his own evaluation of the service situation, he also needs the assistance of social workers in its execution. "A while ago, a service user in his 50s experienced a decline in his ability to eat after suffering from COVID-19. There was a need for a change in eating habits, such as consuming smaller meals in higher frequency, and switching to more chewable food. Such a change in eating habits required more effort from our frontline staff. So, we have to rely on social workers to clarify the situation to ensure a better execution."

Strengthened communication with mutual understanding

In addition to taking care of the needs of service users, Ronald brought up the importance in considering the feelings of the family members of the service users. "Family members were not allowed to make visits to service users during the pandemic. That particular service user suffered from COVID-19, which affected his ability to swallow, because family members were not aware of his sudden condition, they

felt that the service user was not fed for the sake of our own convenience. In a situation such as this, there is a need for our social worker to explain the situation to family members, so that they can understand our decision."

Choosing between needs and wants

It is the Society's core value to respect the wishes of our service users. We hope to strike a balance between their needs and their wants. This is a situation that Ronald often faces. "For example, many service users like eating peanuts. But peanuts are a high-risk food because they can block the trachea, which is why many service units prohibit peanuts. Meanwhile, we try to maintain a balance when it comes to such a need. If the peanuts cooked in soup are not as big, or as hard, perhaps they can be served to service users with better swallowing ability. Of course, we would also consult colleagues from other professions beforehand." As a final remark, Ronald concluded that the welfare of service users will always be the primary factor to consider.



Online “i Create” art exhibition 網上【自主·藝術】 展能藝術畫展

藝術既可讓殘疾人士表達心意，展現潛能，亦能成為推動社會共融媒介。本會的「共融藝術計劃」持續為服務使用者提供參與藝術活動的機會，釋放他們的藝術潛能，同時鼓勵社區人士與服務使用者共同參與藝術活動，藉此推動社會共融。

由本年4月開始，扶康會推出網上【自主·藝術】展能藝術畫展，每月的最後一星期於本會官方網上社交平台發佈一幅由本會展能藝術家創作的畫作，畫展為期一年。大家欣賞他們作品的同時，亦能了解他們的創作概念，實行「以畫會友」，畫出共融。

此外，扶康會定期在 Facebook 及 Instagram 專頁分享資訊及最新動向，歡迎大家掃描下方二維碼，讀好本會的 Facebook 及 Instagram 專頁，接收本會的最新消息及分享共融訊息。

Art not only allow persons with disabilities to express their feelings, it is also a good medium for them to unleash their potential and promote social inclusion. The Society's "Inclusive Art Project" provides service users with the opportunities to participate in art activities to unleash their artistic potential. Social inclusion can be enhanced through the participation of the community and service users in the well-designed Inclusive Art Activities as well.

The Society has launched the online "i Create" art exhibition. Starting from April this year, an artwork created by our artist with disabilities would be posted on our official social platform every last week of each month for a term of one year. While enjoying the artworks, you can learn about their creative concepts and befriend with our artist with disabilities through their artwork.

Additionally, the Society regularly shares information and the latest trends on our Facebook and Instagram pages. You are welcome to scan the QR code below and like our Facebook and Instagram pages to receive the latest update of the Society and share the message of social inclusion.



四十五周年誌慶活動 45th Anniversary Celebrating Event

為慶祝扶康會四十五周年誌慶，精彩活動一浪接一浪！

In celebration of Fu Hong Society's 45th Anniversary, the Society is organizing a series of celebrating event!

開拍四十五周年誌慶微電影

故事是以本會服務使用者真人真事改編，希望透過殘疾人士堅毅意志及奮鬥的故事，向公眾宣揚社會共融。預計於 2022 年第四季播放。

Filming of the 45th Anniversary Celebration Microfilm

The story is adapted from the real-life story of our service user. We hope to promote social inclusion to the public through the story of the perseverance and struggle of the person with disability, and it is expected to be broadcasted in the 4th quarter of 2022.



《治療在我手》

本會將出版一書三冊名為《治療在我手》系列的工具書連光碟，讓殘疾人士可以隨時和家人、朋友一起跟著治療師一邊玩一邊輕鬆學習在家治療的方法。敬請留意扶康會網頁及 Facebook 專頁稍後公布的出版資訊。

“Treatment in My Hand”

The Society will be coming up with a publication entitled “Treatment in My Hand” (three volumes set) with CD-ROM, to enable persons with disabilities to learn and practise the recommended treatment exercises with their families and friends anywhere and anytime. Please stay tuned to the Society's website and Facebook Page for announcement of the publication's further details.

扶康會四十五周年誌慶閉幕禮暨藝與夢飛行 2022《快樂藝術家》

活動將於 2022 年 11 月 18 至 20 日在 Vessel (觀塘海濱花園旁) 舉行，屆時會有本會展能藝術家作品展、共融體驗工作坊及舞台表演，向社會人士展現殘疾人士的潛能。

45th Anniversary Closing Ceremony cum "Flying Dreams, Flying Colours 2022 : Happy Artists" Art Exhibition

The event will be held on 18-20 November 2022 at Vessel (Sited by the Kwun Tong Promenade), there will be art exhibition of artworks created by our artists with disabilities, inclusive workshops and stage performance to showcase the potential of persons with disabilities.

為扶康會員工 打打氣 Cheer up for Fu Hong Society's staff members

雖然本會的殘疾人士院舍在第五波疫情下面臨嚴峻挑戰，但仍無阻員工對院友的關顧。本會感激員工在對抗疫情期間的付出，發起打氣行動，並喜獲余仁生捐贈 CO 免疫湯；以及位元堂捐贈防疫茶，又為本會員工主講線上健康講座，加強員工對健康資訊的了解！

Although the Society's hostel for persons with disabilities have faced severe challenges under the fifth wave of pandemic, there is no hindrance to

the provision of care by our staff for our residents. The Society has launched a cheering activity to show our appreciation for our staff. Also, we would like to take this opportunity relay our heartfelt thanks to Eu Yan Sang for donating anti-epidemic soup; and Wai Yuen Tong for donating the herbal tea and arranging an online seminar for our staff for enhancing their knowledge on health.





Jockey Club C · Care Programme - Fu Hong Society Family Support Service 賽馬會「樂在照顧」計劃 - 扶康會 家庭支援服務

協助智障畢業生的 家庭適應轉變、規劃健康家庭

Facilitating family of special school leaver with intellectual disability to adapt the changes and plan ahead for a healthy family life

翹菱的故事

畢業離校對學生來說是一大轉變，對特殊學校畢業生和他的家人來說，或會遇上更大困難：生活模式轉變、照顧者要長時間照顧以至面對不少壓力…等。患有嚴重智障的翹菱，她的父母（劉生劉太）過往尚有閒餘時間嘆「一盅兩件」，自翹菱從特殊學校畢業後需花更多時間分工照顧女兒。在機緣巧合下，他們參加了賽馬會「樂在照顧」計劃 - 扶康會 家庭支援服務，劉太直言計劃幫助很大，翹菱參加運動班後，專注力和耐力有所提高。計劃也有小組支援照顧者的情緒，劉太期望疫情過後，女兒可愉快地參加實體活動。

等待服務的「真空期」

22歲的翹菱一年前剛從特殊學校畢業，目前正輪候社會福利署資助服務的展能中心及宿舍，可謂處於等候服務的「真空期」。翹菱在轉介下參加賽馬會「樂在照顧」計劃 - 扶康會 家庭支援服務，此計劃支援特殊學校智障畢業生及其家庭，包括提供個案輔導、小組活動及職業治療等。

活動投入 玩得開心

「扶康會 家庭支援服務不錯，活動安排好，之前疫情好轉，翹菱參加了聖誕派對，她可以融入活動。」原來這是翹菱首次參加外界舉辦的派對，因為翹菱不太習慣面對陌生人，以往在學校都是接觸熟悉的師生，即使劉太朋友到訪家中她亦不太習慣，是次派對全是陌生面孔，他們甚至有心理準備，要隨時駕車帶女兒離開。「翹菱在過程中很開心，即使面對不熟悉的人都玩得很開心，我對她的表現感到很意外和欣慰。」過後他們與翹菱回顧派對照片，她會點頭回應，憶起當時的開心片段。

運動數數延伸至戴口罩

疫情影響下，所有人離家外出都要佩戴口罩，但對翹菱來說戴口罩很困難，劉太指翹菱只可忍受十秒，便會把口罩扯下來。自從加入扶康會 家庭支援服務後，她參加一周兩次的線上運動班，與導師一起做運動，由一數到三十，一起轉轉頭、轉轉身，劉太形容翹菱變得有耐力，也更有專注力。夫婦二人就用由一數到三十的訓練，延伸至乘坐電梯——在電梯內與翹菱數數，延長她佩戴口罩的時間。

照顧者也有照顧疲勞及壓力，劉太指計劃不時安排活動小組予照顧者，讓他們減壓舒緩情緒。她期望之後舉辦更多實體活動，讓她和女兒一同愉快地參加。

扶康會 家庭支援服務簡介

家庭是每個人成長的重要一環，良好的家庭關係和互動對智障人士的成長十分重要。智障人士從特殊學校畢業後，需要面對服務空窗期及銜接問題，可謂困難重重，智障人士及其照顧者的精神壓力亦因而倍增。為了回應服務需要，填補縫隙，扶康會主動向香港賽馬會提交計劃書，申辦家庭支援服務；承蒙香港賽馬會慈善信託基金慷慨捐助港幣一千四百多萬元，本會於去年得以開展為期三年的「賽馬會「樂在照顧」計劃 - 扶康會 家庭支援服務」，以「家庭為本」的介入模式，並透過三層支援框架，為九龍及新界區 37 所特殊學校的智障畢業生及其家庭提供多元化的服務。

Story of Ling Ling

For students, leaving school bring about major changes. It can create even greater challenges for special school leavers and their families due to change in lifestyle, which may lead to more strain on carers because of longer hours of care...

etc. Ling Ling suffered from severe intellectual disability. Her parents (Mr. and Mrs. LAU) used to have the leisure to enjoy dim sum, but after Ling Ling graduated from special school, they needed to spend more time and bear full loading to take care of their daughter. By chance, they joined the "Jockey Club C · Care Programme - Fu Hong Society Family Support Service". Mrs. LAU expressed that the programme was extremely helpful, Ling Ling's concentration and patience improved after joining the exercise class. The programme also provides support to relief the carers' emotional needs. Apart from online activities, Mrs. LAU is hoping that her daughter will be able to join physical activities after the pandemic.

Service gap

22-year-old Ling Ling graduated from a special school just a year ago. She is now on the waiting list for Social Welfare Department subvented service - Day Activity Centre and Hostel, which makes her falling into a "service gap".

Through referral, Ling Ling joined the "Jockey Club C · Care Programme - Fu Hong Society Family Support Service", which supports special school leavers with intellectual disability and their families by providing case counseling, group activities and occupational therapy.

Engaging and enjoyable activities

"The 'Fu Hong Society Family Support Service' is great, its activities are well-organised. Ling Ling joined their Christmas party while the pandemic eased last year. She was able to take part and be immersed during the activity." It was Ling Ling's first time to join a party organised by a third party other than school. Since she mostly interacted with teachers and students that she was familiar with, she was not used to coming into contact with strangers. She would be uncomfortable even when Mrs. LAU's friends came around to visit. Because the party would be filled with unfamiliar faces, her parents were prepared to take their daughter home any time. "Ling Ling enjoyed very much at the party. She had a great time even with people she was unfamiliar with. I was surprised and pleased by how she behaved." Later on when they looked back on photos of the party with Ling Ling, she would nod her head with smile and recall the happy moments that she experienced.



開心聖誕
Celebrating Christmas together

Learn counting during exercise class to keeping the mask on

Because of the pandemic, citizens are required to wear mask by law everytime leaving their homes. This might seem like a new normal, but it is a difficult feat for Ling Ling. According to Mrs. LAU, Ling Ling could only keep the mask on for 10 seconds before tearing it off. Since joining the "Fu Hong Society Family Support Service", she took part in an online exercise class twice a week, from which she learnt to count from 1 to 30 when turning her head and turning around together with her instructor. Mrs. LAU noticed that Ling Ling has become more patient and focused. They even applied this 1 to 30 counting exercise in the elevator — by counting with Ling Ling in the elevator to extend Ling Ling's mask wearing time. Meanwhile, carers also have to deal with their own fatigue and stress. Mrs. LAU mentioned that from time to time, the Programme offered activity groups for carers to allow them to decompress and vent. She hopes that there will be more physical activities that allow both her and her daughter to join in the future.

Introduction of the Fu Hong Society Family Support Service

The support from family is crucial to the growth and development of an individual. Positive family relationship and communication can facilitate the growth of persons with intellectual disability. After leaving special schools, persons with intellectual disabilities have to come across service gaps and difficulties when bridging between services. These challenges exacerbate the mental strain on those with intellectual disabilities and their family members. In order to meet the service needs and bridge between service gaps, Fu Hong Society took the initiative to submit a proposal to The Hong Kong Jockey Club to apply for operating a pilot family support service. Thanks for the generous donation of more than HK\$14 million by The Hong Kong Jockey Club Charities Trust, the Society was able to launch the three-year "Jockey Club C · Care Programme - Fu Hong Society Family Support Service" in 2021. With our "Family-centered" intervention model and a three-tier support framework, we are able to provide diversified services to support the special school leavers with intellectual disability and their family members from 37 special schools in Kowloon and the New Territories.



畢業後何去何從分享會
Sharing for special school leavers and their families



中心已在 2022 年 4 月份開展為期 21 個小時的「樂齡友里」義工訓練計劃，一共有 22 位義工參加，旨在讓義工們認識長者精神健康問題和辨識精神危機的徵兆。

Sunrise Centre launched the Ambassadors Training of JC JoyAge Project in April 2022, which aims to enhance participants' mental health knowledge and enable them to assess mental health risks of older adults. A total of 22 participants have attended the 21-hour volunteer training programme.



樂齡服務在社區

Older Adults Services in the Community

為回應長者抑鬱情況，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」，聯同合作院校香港大學及南區兩間長者中心，開展為期兩年的服務。

服務結合長者地區服務及社區精神健康服務，建立逐步介入模式，並根據風險程度、徵狀的嚴重程度等，為有抑鬱風險或抑鬱徵狀的長者提供標準化的預防和適切的介入服務，從而提升長者的心理健康。

計劃亦為專業及非專業人員進行培訓，於社區建立推廣長者心理健康的人力資源及社會資本，提升社區照顧能力。期望長者透過學習精神健康實務知識，提升自身應對情緒問題的能力和技巧，同時協助支援社區中受抑鬱困擾的長者，達至助人自助。

如對「賽馬會樂齡同行計劃」有任何查詢，請聯絡負責計劃經理梁少英姑娘，電話 2518 3880 或 瀏覽網頁 <https://jcjoyage.hk/> 了解更多。

Since January 2022, Sunrise Centre has participated in JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness (JC JoyAge), a project initiated and funded by The Hong Kong Jockey Club Charities Trust, which aims to tackle depression among older adults. The

Centre would provide a 2-year service, in collaboration with The University of Hong Kong and two District Elderly Community Centres ("DECC") in Southern.

Through cross-sectoral collaboration, JC JoyAge provides a community-based supporting network for the senior citizens to enhance their resiliency in facing the challenges of ageing. The service bridged the DECC and Integrated Community Centre for Mental Wellness ("ICCMW") to establish a collaborative and integrated service model to render standardised prevention and timely intervention services for those depressed elderly according to the level of risks and symptoms severity, etc.

The Project also provides training for both professional and non-professional staff to build the community capacity of elderly mental support. It is hoped to enhance the older adults' resilience and skills in dealing with their own emotional challenges, as well as to support the depressed elders in the community.

For enquiry, please contact project manager Miss Rachel Leung at 2518 3880 or visit website <https://jcjoyage.hk/> for more details.

策劃及捐助 Initiated and Funded by:



合作院校 Partner Institution:



Upcycling woodcraft 升級再造木工藝品

扶康會賽馬會石圍角工場的升級再造工藝組，主要以環保循環再生的概念，將回收的木材賦予新的生命，並升級再造成不同類型的木製品，為服務使用者提供多元化的學習機會及工作技能訓練。工場為參與升級再造製作的服務使用者提供合適的培訓，讓他們學習設計出擁有個人風格的作品，並在電腦上一步一步地繪製紙樣輸出到數位鐳射切割機，以及學習掌握控制技巧而裁出每個產品的配件，再把一件件的配件上色組裝成完成品。

此外，升級再造工藝組亦會回收乾淨的廢棄包裝用瓦通紙，重新製作成新的包裝紙盒。服務使用者從零開始，量度所需尺寸並利用機械裁出、用手壓線、摺盒、貼上貼紙及放入成品，「一手一腳」親手完成每件升級再造木製品。此外，升級再造工藝組會以工作坊的形式教育公眾環保減廢概念，過程亦增添社會共融意義。升級再造的目的，不僅讓廢棄木材再生，更可讓服務使用者在過程中感受到成功感，提升自我價值。



The upcycling craft team from the Fu Hong Society Jockey Club Shek Wai Kok Workshop breathed new lives into recycled wood mainly through the concepts of environmental protection and recycling. These materials were then upcycled into a variety of wooden products, which offered learning opportunities and a wide set of work skills for our service users. The workshop provided suitable training to service users that participated in upcycling production. They learnt to design works with their personal flair, drew patterns on the computer step-by-step before their output on a digital laser cutting machine. They learnt to master controlling skills to carve out accessories for each product, and then to colour the accessories and assemble them into a finished product.

Additionally, the upcycling craft team had also recycled clean corrugated paper packaging waste and re-manufactured them into new packaging cartons. Beginning from scratch, service users measured the required size and cut out the product with a machine, pressing seam lines by hand, folding boxes, pasting stickers and packing the product. They completed each upcycled wooden product by their own from start to finish. Apart from that, the upcycling craft team educated the public on the concept of environmental protection and waste reduction in the form of workshops, strengthening social inclusion in the process. Upcycling not only offers a second life to waste wood, it also gives service users a sense of success in the process and enhances their self-worth.



扶康通訊

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