



## 日間訓練服務 Day Training Services

攝影活動

### 服務理念

我們深信：

- 「技能學習」和「拉闊生活經驗」對提升智障人士生活質素同樣重要；
- 只要能提供合適的「技能學習」機會和「生活經驗」，每個智障人士也有成長的空間；
- 從「生活」中學習和體驗，智障人士可以學得更快更好。
- 適當的「互動」學習環境有助建立智障人士的正向行為，促進融入社會。

### 服務成果及發展

#### 生活經驗互動訓練

日間訓練中心推行「生活經驗互動訓練」，強調有效的學習方式、多元化的活動內容、正向互動的教導和環境安排，讓服務使用者在愉快輕鬆的學習經驗中展現才能，體驗以人為本的康復及發展服務。本會並印備服務單張向服務使用者和業界推廣。

本會自2009年起引入「密集互動訓練」先導計劃，促進有學習障礙、不容易或不願意與人溝通和進行任何社交活動的智障服務使用者融入「生活經驗互動訓練」。研究結果實證「密集互動訓練」教學方法能有效協助嚴重智障和自閉症人士改善行為，並在2010年5月在香港舉辦的第六屆華人社區啟智服務會議中與業界分享成果。本會於2010年在祖堯成人訓練中心進行第二期先導計劃，研究結果再次令人鼓舞。本會將持續推展「密集互動訓練」到其他服務單位。

### 智障人士自我形象發展計劃

本會十分重視提升智障人士的自我形象，相信這樣可增強他們的自信心，從而融入社會。本會由2007年起推行「智障人士自我形象發展計劃」，各訓練中心為提升智障人士的自我形象，擬訂訓練策略和推行相關訓練活動，並將各訓練活動計劃及推行經驗彙集成資料冊，共享知識。本會為了營造提升智障人士自我形象的氣氛，於2011年1月14日舉辦「你有型，我有型」自我形象比賽。當日共有125位服務使用者、職員、義工以及家長共同組隊參與，以行天橋方式展示自己選擇的儀容服飾和形象，服務使用者說自己很「靚」，家長和職員表示服務使用者在活動中展示自信，期望未來舉辦更多同類型活動。



「你有型，我有型」自我形象比賽



### 多媒體輔助訓練

本會持續推行「多媒體輔助訓練」，作為訓練智障服務使用者的有效媒介，結合資訊科技和訓練服務發展。舉辦互訪交流及培訓工作坊，提升員工推行「多媒體輔助訓練」的所需知識和技巧，共有超過100位員工參加。與此同時，進一步優化和增加「多媒體輔助訓練」範本，供員工下載作訓練教材。現時內聯網資料庫共享平台已上載了約100個訓練範本，涵蓋各個生活質素範疇。

### 展能藝術

本會將展能藝術納入訓練活動範疇，融入日常訓練活動中，當中包括敲擊樂、視覺藝術、形體舞蹈及劇場等。本年度以「種藝尋樂」作為主題，帶動服務單位推行展能藝術和培訓活動，並在2011年1月15日至18日的樂融坊開幕典禮暨「種藝·尋樂」藝術展中，讓服務使用者展示學習成果。此外，本會亦繼續獲香港展能藝術會「



展藝小組活動

創藝自強」計劃安排藝術家到日間訓練中心提供課程訓練。來年，本會將延續「種藝尋樂」展能藝術活動主題，推動服務使用者在展能藝術方面的發展。我們相信展能藝術活動能促進殘疾人士感受生活、開拓感官、投入藝術、達至共融。

### Vision

We believe:

- "Skills learning" and "Broadening of life experience" are equally important in the promotion of the quality of life for persons with intellectual disabilities;
- Every person with intellectual disabilities will have room for growth and development given the proper "skills learning" opportunities and "life experience";
- Persons with intellectual disabilities can learn faster and better if learn and experience from "life";
- A suitable "interactive" learning environment can facilitate positive behaviour from persons with intellectual disabilities and enhance social inclusion.

### Service Achievements and Development Life Experience Interactive Training

Emphasised on effective learning models, diversified activities, a teaching approach and environment that encourage positive interaction, the "Life Experience Interactive Training" (LEIT) conducted by our Day Training Centres enables service users to develop their talents through the joyful experience of learning and a person-centred rehabilitation and development service. Leaflets of LEIT were made for promotion to service sector and users.

In order to encourage persons with intellectual disabilities who have learning difficulties, are unable or unwilling to communicate and involve in any kinds of social activities to integrate into the "Life Experience Interactive Training", the Society has launched the "Intensive Interactive Training" Pioneer Project since 2009. Research results show that such teaching approach can effectively help persons with severe intellectual disabilities and autism to improve their behaviour, the outcomes of which were also shared with the sector at The Sixth Special Education Service Meeting of the Chinese Community organised in Hong Kong in May 2010. The second stage of the Pioneer Project was launched at Cho Yiu Adult Training Centre in 2010 with again encouraging results. We will continue promoting the "Intensive Interactive Training" to other service units.

### Self-image Development Programme for Persons with Intellectual Disabilities

To promote the self-image of persons with intellectual disabilities has been a prime concern of our Society, believing it can enhance their self-confidence for social inclusion. Since 2007, we have launched the "Self-image Development Programme for Persons with Intellectual Disabilities". A series of training strategies were devised and related training activities implemented by our centres to enhance the self-image of persons with intellectual disabilities, the content and experience of which were being recorded for knowledge sharing. To fashion the atmosphere for the promotion of self-image, we had organised the "Smart-looking" Self-image Contest on 14 January 2011. A total of 125 service users, staff, volunteers and parents formed teams and took part in the event, expressing themselves through the outfits and images they had crafted for themselves during the catwalks. Service users prided themselves as "pretty", while parents and staff recognised the self-confidence that service users demonstrated. They also welcome such programme to be held more frequently in the future.

### Multimedia-assisted Training

Combining the development in information technology and training services, we have continued implementing





Gardening group activity

"Multimedia-assisted Training" (MAT) as an effective tool to train service users with intellectual disabilities. More than 100 staff had attended the visits, exchange and training workshops organised to promote their knowledge and skills in conducting MAT. Meanwhile, we have further improved and increased the number of MAT templates which can be downloaded by staff as training materials. Presently, about 100 training templates covering various quality of life areas have been uploaded to the MAT Modules Sharing Platform on our intranet.

### Arts for Persons with Disabilities

We have incorporated the arts for persons with disabilities into our scope of training and integrated them into daily

training activities, these include percussion, visual arts, physical dance and theatre. Using "Discovering fun in arts" as the theme of the year, a series of arts for persons with disabilities and training activities were organised by our service units. Participants of which were given the chance to demonstrate their learning outcomes at the Joyful Corner Opening Ceremony cum "Discovering fun in arts" Art Exhibition held from 15 to 18 January 2011. Moreover, under the "Creativity to Independence" Project of the Arts with the Disabled Association Hong Kong, artists were commissioned to conduct courses at our day training centres. In the coming year, we will continue to work on the theme of "Discovering fun in arts", encouraging service users to develop their arts talents. We believe participation in such activities can enable persons with disabilities to experience life, open up their senses, get involved in the arts and achieve inclusion.



Arts for persons with disabilities



"Smart-looking" Self-image Contest





## 住宿服務 Residential Services

垂釣活動

### 服務理念

本會各家舍員工均致力為服務使用者提供舒適、安全的優質環境及提升他們各方面的生活質素，同時亦讓他們身心健康、享受家舍生活。

### 服務重點

過去一年，本會轄下22間家舍的服務重點包括：為配合不同服務使用者的需要而提供合適的個人起居照顧、護理及治療服務。透過不同形式的活動深化服務使用者「一人一夢想」計劃，例如潔康之家推行「與你同行」，讓服務使用者「身、心、社、靈」各方面得到健康平衡的發展。其他家舍亦在不同層面讓服務使用者選擇參與特別活動，以擴闊他們的生活經驗。另一方面，各家舍亦積極關注服務使用者因老齡化而出現的問題。

### 服務成果

#### 家屬滿意程度調查

本年初進行的住宿服務家屬滿意程度調查，滿意程度高達99.6%。在此，感謝家屬對各家舍過去一年努力提供優質服務的肯定。

#### 多姿多采的多元化活動

各家舍透過多元化的戶外、戶內活動，如行山、曬太陽、草地滾球、特能童軍、社區共融活動、種植、垂釣、烹飪、品茗等，為家舍生活加添姿采，為服務使

用者提供難忘的生活經驗。另外，能力較佳的長康之家服務使用者，因積極為區內長者提供愛心派湯及護老服務，於本年1月獲社會福利署頒發「三星級證書」嘉許；柔莊之家服務使用者，為努力綠化家舍環境而種植的桑樹獲多次收成，讓服務使用者分享桑果。

### 關注服務使用者老齡化問題

除本會轄下老齡化工作小組繼續跟進此議題及向各服務單位提供意見外，個別區域及家舍亦按所屬服務使用者情況，推行合適措施以配合其需要，例如荃葵及深水埗區去年先後為家屬舉辦「薪火相傳之老齡化分享會」、「生命教育」及「常見疾病」講座等。護士亦為前線員工提供老齡化相關護理講座。在膳食烹調上，亦奉行「三低一高」及「多菜少肉」的健康原則，為服務使用者提供健康、均衡美味的膳食。



生命教育講座



## 推動「安健院舍」

各家舍去年繼續執行五常法管理家舍環境，友愛之家更於去年參與「香港安健院舍確認計劃」，並在2010年11月獲職業安全發展局頒發證書及確認為「傑出安健院舍」。家舍會繼續為員工提供安全和優良的工作環境，透過有效的風險管理和監控程序以減少員工的工傷機會，達致成為安健院舍的最終目的。

## 家舍實務工作彙編

家舍實務工作彙編工作組繼續修訂彙編，並於2010年9月出版第三版，內容除加入本年度各舍監的經驗分享和新的實務知識外，亦加入參觀會外、內家舍後的實地意見，為各家舍提供實用的參考資料。

## 來年展望

各家舍將繼續採取有效措施，為服務使用者及員工提供健康、舒適和安全的環境。我們並為優化服務使用者生活和膳食質素而努力，亦會推動第二代家屬成為照顧者，協助年長家長照顧其智障或殘疾家人。

最後，各家舍會持續檢視運作流程，增添設施及人手，加強員工培訓等，配合服務使用者老齡化及未來服務的需要。

## Vision

Our Homes and Hostels staff work towards offering a comfortable, safe and cozy living environment for the service users with continuous improvement and promotion of their quality of life, as well as enabling them to enjoy physical and psychological well-being.

## Service Highlights

In the past one year, the services provided by our 22 Homes and Hostels focused on rendering personal daily care, nursing and therapeutic service to meet individual needs of service users. Efforts were also made to help service users realise their "One Person One Dream" Programme through different means, such as "Walking with you" launched by Kit Hong Home which enabled service users to attain healthy and balanced development physically, psychologically, socially and spiritually. Some Homes and Hostels encouraged service users' participation in a range of special programmes so as to broaden their life experience. Moreover, we are also concerned about the problems caused by the ageing of our service users and the needed relevant follow-up measures.

## Service Achievements

### Survey on Care-givers' Satisfaction

The Survey on Care-givers' Satisfaction conducted earlier this year revealed a high satisfaction rate of 99.6%. We are grateful for care-givers' recognition of our effort in the past year to provide quality service for the service users.

## Multifarious and Diverse Programmes

Through a great variety of outdoor and indoor activities such as hiking, sun-bathing, lawn bowling, extension scouts, social inclusion programmes, planting, fishing, cooking and drinking Chinese tea, our Homes and Hostels tried to add more flavour to the home life of service users and offer memorable life experience. Moreover, as a recognition to the more capable service users of Cheung Hong Home who helped in distributing soup and rendering care for the elders in the community, a "3-Star Certificate" was issued to them by the Social Welfare Department in January this year. On the other



行山活動



Night tour



front, the effort of the service users of Yau Chong Home in greening the home environment was rewarded with the rich harvest from the mulberry trees they planted.

### Concern about Service Users' Ageing Problem

Apart from the Working Group on Ageing formed by our Society to follow-up on the ageing issue and offer recommendations for service units, some of the regions/ Homes and Hostels have also devised measures to meet the needs of their service users. For instance, Tsuen Kwai and Shamshuipo region had organised "Sharing session on ageing", "Life education" and talks on "Common diseases" for family members in the past year, while our frontline staff had attended talks on nursing care conducted by nurses. In catering, following the healthy principles of "3 Lows, 1 High" and "more vegetables and less meat" in cooking, we aimed to provide healthy, balanced and tasty meals for our service users.

### Promotion of Safe and Healthy Homes

The practice of 5-S Management has been continuing at our Homes and Hostels throughout the year. Father Tapella Home took part in the "Hong Kong Safe and Healthy Residential Care Home Accreditation Scheme" and was awarded a certificate and accredited "Safe and Healthy Residential Care Home with Outstanding Performance" by the Occupational Safety and Health Council in November 2010. Our Homes and Hostels will continue their effort in providing a safe and quality work environment, reducing work accidents through effective risk management and control procedures as well as attaining the ultimate goal of a safe and healthy home.

### Practice Wisdom Working Manual for Hostel

With continual efforts in editing and revision, the "Practice Wisdom Working Manual for Hostel" Working Group was able to publish the third edition of the Manual in September 2010. Apart from the additional content on wardens' experience sharing and updated practical information, also included are valuable views from visits to homes and hostels within and outside the Society which offer practical reference materials to our Homes and Hostels.

### The Way Forward

Effective measures will be adopted to provide a healthy, comfortable and safe environment for both our service users and staff. We will also strive for improvement in home life and food quality, and facilitate the younger generation within the family to become carers, helping their aged family members to care for other members with intellectual/physical disabilities.

Last but not least, our Homes and Hostels will conduct regular reviews on operation procedures, install more facilities, increase manpower and strengthen staff training in order to meet the challenge of our ageing service users and future service needs.



International school students visited our hostel



Lawn bowling activity





# 香港賽馬會社區資助計劃 — 扶康家庭

## The Hong Kong Jockey Club Community Project Grant: Casa Famiglia

聖誕慶祝活動

### 服務理念 — 為智障人士建立屬於自己的家

我們深信智障人士應與其他社區人士一樣，擁有平等、自由選擇的機會，包括享有家庭生活的權利。

### 服務成果及發展

扶康會於1997年建立了第一所位於何文田的扶康家庭「邂逅軒」，及後亦建立了位於沙田的「和諧軒」、觀塘的「婉明軒」和「超瑩軒」。發展至今，本會共建立了四所扶康家庭，為30位智障成人建立了「屬於自己的家」。

### 植根社區、融入社會

扶康家庭建立於社區當中的住宅單位，智障成員於日間外出工作或往康復單位接受培訓，傍晚返回家中。家母和家兄作為家長，與成年智障人士組成家庭，除了提供所需照顧外，亦為家庭成員安排閒暇、社交和培育活動，促進他們全人發展。透過植根社區和讓智障成員與社區恆常接觸，扶康家庭的精神能慢慢地影響社區人士，加強對智障人士的了解，改變他們的看法，接受智障人士為社區的一份子。



遊覽迪士尼樂園

### 擴闊智障成員生活經驗

智障家庭成員定時參與家庭活動和由不同社區團體舉辦的活動，包括節日慶祝活動、參觀牛牛樂園、寶生蜂園及香港花展，舉行扶康家庭義工嘉許禮等，讓家庭各成員共同分享生活經驗和連繫家庭情誼。另外，本年度扶康家庭為成員安排了兩次境外遊。14位家庭成員在「廣州交流之旅」中出席了於廣州舉行的亞洲殘疾人運動會開幕禮，體會運動員堅毅不屈的精神，智障成員回港後均表示殘疾人士亦有「叻」的一面，旅程中安排了家母與廣州「慧靈小家庭」的成員進行交流活動。



廣州交流之旅

### 扶康家庭服務成效研究

為新建立的扶康家庭超瑩軒進行服務成效研究，並在2010年5月在香港舉辦的第六屆華人社區啟智服務會議中分享研究結果。結果顯示，智障成員關係融洽，互相支持；智障成員亦得到家母和家兄的個人化照顧和培育；研究中發現家母、家兄與智障成員間建立了互惠互助的關係，家母和家兄本身得到成長，亦更委身於工作。



## Funding Sources

扶康家庭屬扶康會非政府資助項目。邂逅軒、和諧軒和婉明軒多年來得到香港賽馬會慈善信託基金透過香港賽馬會社區資助計劃支持部份經費；2011-2014年度香港賽馬會社區資助計劃的經費資助亦同時包括新成立的超瑩軒，反映扶康家庭的服務理念和成效得到認同。隨著最低工資法例實施，扶康家庭的營運費用亦顯著增加，需要社會人士不斷的捐助和支持。

## Vision – To Help Persons with Intellectual Disabilities Build a Family of Their Own

We believe persons with intellectual disabilities, just like any other member of the community, should enjoy equality and freedom of choice, including the right of having family life.

## Service Achievements and Development

Fu Hong Society first set up the "Encounter-Casa Famiglia" in Ho Man Tin in 1997. This was followed by the establishment of "Concordia" in Shatin, "Splendor" and "Radiance" in Kwun Tong. To date, there are altogether four Casa Famiglia in Hong Kong, providing "a family of their own" to 30 adults with intellectual disabilities.

## Rooted in the Community, Integrated into Society



Volunteers visit Concordia-Casa Famiglia

Casa Famiglia are located in residential flats within the community. Members with intellectual disabilities go out to work or receive training in rehabilitation centres during the day and then return home. As elders, housemothers and elder brother together with adults with intellectual disabilities form a family. Apart from daily care, leisure, social and educational activities are also provided for whole-person development of family members. Through rooting in the community and encouraging daily contacts of persons with intellectual disabilities and the community, the vision of Casa Famiglia will gradually change the general public's perception of persons with intellectual disabilities through better understanding and acceptance.

## Broaden the Life Experience of Members with Intellectual Disabilities

Members of intellectual disabilities participated in family activities and programmes held by different community organisations on a regular basis. These included festival celebrations, visits to the Cow Garden, Po Sang Yuen Bee

Farm and Hong Kong Flower Show, and launching Casa Famiglia Volunteer Recognition Award Ceremony. These activities enable members to share life experiences and cultivate family relationship. In the past year, Casa Famiglia had organised two outbound exchange trips for family members. In the "Guangzhou Exchange Tour", 14 family members attended the Opening Ceremony of the Asian Para Games in Guangzhou. Realising the perseverance of the athletes at the Games, family members reflected after the event that persons with disabilities also had potentials. In the tour, the housemothers were arranged to have exchange activities with members of "Hailing Small Home".

## Evaluative Study on Casa Famiglia



Guangzhou Exchange Tour

A research study was conducted on the newly established Radiance-Casa Famiglia. The findings were shared at The Sixth Special Education Service Meeting of the Chinese Community organised in Hong Kong in May 2010. Study results showed that harmony in relationship and mutual support were identified among members with intellectual disabilities; they had also received individualised support and nurturing from housemothers and elder brothers; and a mutual beneficial relationship had been built among the three parties. The housemothers and elder brothers, in attaining personal growth, also demonstrated greater commitment in their work.

## Funding Sources

Being a non-government subvented project of Fu Hong Society, the three Casa Famiglia (Encounter, Concordia and Splendor) have been receiving partial funding support from The Hong Kong Jockey Club Charities Trust under The Hong Kong Jockey Club Community Project Grant. The same Project Grant also supports the newly established Radiance-Casa Famiglia from 2011 to 2014, reflecting the recognition of the vision and contribution of Casa Famiglia. With the implementation of the Minimum Wage Ordinance, the operation cost of Casa Famiglia has increased considerably and hence continuous support and funding from the general public is critical to the development of Casa Famiglia.





# 社區支援服務 Community Support Services

屯元之友義工嘉許活動

## 服務理念

開拓、連結、發展服務及地區資源，擴闊殘疾人士生活的體驗及網絡。

## 服務重點

- 透過一站式服務平台，為地區上的殘疾人士提供適切的諮詢及支援服務，解決生活上遇到的障礙。
- 藉著個人、小組和社區的工作介入手法，提供生活訓練及支援，以提升殘疾人士及其家庭的社區生活技能。
- 鼓勵殘疾人士貢獻自己，培養及建立他們對社區的歸屬感，建立和諧社區。

- 為照顧者設計及提供訓練項目，增強他們照顧殘疾家庭成員的知識和技巧，增強家庭的團結與和諧。
- 推動義工訓練課程、社區教育活動和傷健共融項目，鼓勵社區人士參與，減少他們對殘疾人士的誤解，促進傷健共融。

## 服務成果及發展

- 地區支援中心年度會員超過300人，全年舉辦超過230項小組及活動，參與人次接近18,000。



屯元之友義工活動

- 屯元之友 — 屯門及元朗區社區義工小組，登記會員超過260人，活躍會員達100多人，本年度為區內單位提供的直接服務時數接近5,000小時。



與天澤邨合作「繽紛圓圃同建造」活動



- ◆ 愛心屯隊 — 屯門及元朗區殘疾人士義工小組，組員人數超過140人，本年度已為35間機構提供義工服務，全年服務時數達931小時。



愛心屯隊定期探訪老人中心

- ◆ 社區支援服務的服務對象分散於社區當中，他們的特質在每個社區中也有所不同，為加強分析及探討服務區域內殘疾人士資料，加快回應服務使用者的需要，服務單位將著手建立社區服務使用者資料庫。
- ◆ 建立地區團體網絡、學校網絡，鞏固天水圍及元朗區的服務網絡，建立長遠服務關係。

## Vision

To explore, assemble and develop service and community resources, broaden the life experience and networks of persons with disabilities.

## Service Highlights

- To provide consultation and support services to persons with disabilities in the community, helping them solve their problems in daily life through a one-stop service platform.
- To provide life training and support through individual, group and community work intervention, so as to enhance community life skills of persons with disabilities and their families.
- To encourage contribution from persons with disabilities, cultivate their sense of belonging and build a harmonious community.



Tin Chak Estate Garden Building  
Activity Awards Presentation Ceremony

- To design and provide training for carers, enhance their knowledge and skills in taking care of family members with disabilities, and to improve family solidarity and harmony.
- To organise volunteer training courses, community education programmes and social inclusion activities, encourage public participation to reduce their misunderstanding of persons with disabilities and promote integration.

## Service Achievements and Development

- Over 300 members joining the District Support Centre and over 230 groups and activities organised in the past year with near 18,000 attendance.



Visit to sky100

- Friends of Tuen Mun and Yuen Long – over 260 registered volunteers in Tuen Mun and Yuen Long district with more than 100 active members, providing near 5,000 hours of direct service to units within the districts.
- Joint of Love – Tuen Mun and Yuen Long volunteers with disabilities group with over 140 members, serving 35 agencies and providing 931 hours of service in the past year.
- The service targets of our community support services are dispersed within the community, each with their own specific characteristics in different social contexts. In order to strengthen the findings and analysis of information about persons with disabilities within the service district and offer timely response to their needs, our service units plan to construct a database on community service users.
- Establish district organisation networks and school networks, strengthen the service networks in Tin Shui Wai and Yuen Long, and forge long-term service relationship.





影視紅星鄧萃雯小姐參與中途宿舍的聖誕慶祝活動

### 服務理念

推出多元化訓練與活動，以建立自信；藉着不斷鼓勵與支持，以灌注希望；透過持續支援，陪伴同行康復路。承去年以「齊參與、展熱誠」為主題，持續為精神康復者（下稱康復者）提供適切的服務。

### 齊參與

要協助康復者自力更生、融入社區，需要各種條件的配合，其中不可或缺的是康復者本身的參與，因為我們確信每位康復者的復元道路都是獨特的，而個人的體驗和經歷都是重要資產，有助康復者面對生活的困難和挑戰。康復者透過參與和自決過程，藉著正面和成功經驗，不單可以認識自我、建立信心，並且學習承擔責任；假若只是消極被動地接受服務，只會強化其病者角色，日漸變得倚賴和被動，失去動力和希望。所以，他們本身的參與十分重要，更何況服務使用者的參與是持續推動服務改善的鑰匙。

### 展熱誠

有見康復者基於疾患的影響，加上旁人的白眼，容易變得消極和退縮，故此我們希望應用正向心理學，鼓勵他們嘗試關心身邊的人和事，細味生活的情趣，學習表達欣賞和謝意，藉此糾正負面思想，並協助他們尋找生活意義和希望，以消滅無助和無望的感覺。

### 中途宿舍

#### 服務成果及發展

##### 全人化和多樣化活動

藉著主打項目包括：「綜合運動小組」、「1樂園」、「互助社」、「心靈加油站」等，為康復者提供多方面機會，鼓勵他們探索和發展個人興趣及潛能，深信這些活動對康復者的身、心、社、靈各方面都有所裨益。



戶外活動

#### 「快樂方程式」

以「尋找快樂的鑰匙」為主題的「第二屆香港精神病康復者會議」，於2010年4月10至11日在香港理工大學舉行，扶康會作為協辦機構之一，負責其中一個分組活動——「快樂方程式」和一項話劇表演，由力行劇社編寫劇本及導演。話劇表演對於職員和服務使用者都是嶄新的





於「第二屆香港精神病康復者會議」負責話劇表演

嘗試，但經過多個月的排練，當日表演效果出人意表的精采。另外，悅行之家服務使用者吳淑貞女士更在大會海報設計比賽中脫穎而出，取得冠軍呢！

未來，我們繼續以促進服務使用者參與為目標，協助他們擴闊生活層面，過更充實和有意義的生活。

## 精神健康綜合社區中心

### 服務成果及發展

#### 快樂健康 展現天晴

重整社區精神康復服務後，「康晴天地」於2010年10月正式投入服務，為居住於部份港島中區及南區的社區人士、懷疑有精神健康問題的人士、精神康復者及其家屬提供一站式的社區精神健康服務。截至2011年3月，服務超過200人，因應他們的需要，提供個案跟進、外展探訪、輔導、治療小組、興趣小組、社交康樂活動、訓練、偶到服務及諮詢服務等。



「康晴天地」地區活動

### 推動服務使用者參與

服務使用者在我們致力推動參與下，積極投入制定個人康復計劃、更多參與區域小組委員會議事、自行籌辦活動等；當中「連友Club」更是體現服務使用者自決和參與決策的小組，如「康晴天地」服務的會員守則便是由「連友Club」組員經過討論而制定的。

## 連繫社區

「康晴天地」於2010年12月19日及2011年1月29日，分別在華富邨及石排灣邨，成功舉辦地區大型活動，還邀請了多個地區團體合作，包括香港小童群益會賽馬會海怡青少年綜合服務中心、漁光網絡互助社、南區武術會等，藉此加強與地區團體的連繫，亦成功向居民推廣精神健康、鄰里關愛的訊息。兩項活動共有超過350位社區人士參與。

在新的年度，「康晴天地」仍要面對許多挑戰，除要為搬遷至華富邨永久會址作好準備之外，服務亦會積極發展家屬會、義工網絡、持續推廣精神健康等；同時開展了「服務使用者參與實務研究計劃」，期望在推動服務使用者參與方面繼續向前邁進。

## Vision

To offer diverse training and activities for building up self-confidence; infill hope through continuous encouragement; and render company on the road to rehabilitation with extended support. Building on last year's theme "Participation and Enthusiasm", to continue providing suitable services for persons with psychiatric disabilities.

## Participation

To help persons with psychiatric disabilities earn their own living and integrate into the community, among all the required conditions, their participation is by far the most essential element; for we believe the road to rehabilitation is unique to each person, and personal experience being an important asset helps him or her to overcome difficulties and challenges in daily life. Through participation and self-determination, not only can persons with psychiatric disabilities achieve self-understanding and build self-confidence, they are also capable of taking up responsibility through positive and successful experience. Suppose they only receive service in a passive way, it would only reinforce their sick role, dependence and passivity, causing them lose their motivation and hope. That is why participation is crucial, not to mention that participation by service users is the key to initiate continuous improvement.

## Enthusiasm

Owing to their illness and others' discrimination, persons with psychiatric disabilities will easily become pessimistic and withdrawn. By employing positive psychology, we hope to encourage them to care for the people and things around, taste the spices of life, and learn to show appreciation and gratitude, with the goal to correct their negative thinking and help them discover the meaning and hopes in life, and to eliminate the feeling of helplessness and hopelessness.



## Halfway House

### Service Achievements and Development Holistic and Diverse Programmes

Through major programmes including: "Integrative Sports Group", The Music Group "Unison", "Mutual Support Group" and "Soul Station", we provide different opportunities for persons with psychiatric disabilities to explore and develop their personal interests and potentials. Moreover, we also believe these activities are beneficial to the physical, psychological, social and spiritual aspects of our service users.



Integrative Sports Group activity

### "Happy Formula"

Based on the theme of "Searching the Key for Happiness", the "2nd Hong Kong Conference for Persons with Mental Illness" was held on 10-11 April 2010 at The Hong Kong Polytechnic University. As one of the co-organisers, Fu Hong Society was responsible for one of the group activities – "Happy Formula" and a drama written and directed by the Bestreben Drama Association. Drama performance was a brand new experience for both our staff and service users, nevertheless, after many months of practice, our performance at the event was surprisingly exhilarating. Added to our delight was the success of Ms. Ada Ng, service user from Yuet Hang Home who had also won the champion of the Poster Design Competition!

Looking ahead, we will continue our goal to enhance service users' participation, helping them broaden their scope of life and lead a more fruitful and meaningful life.

## Integrated Community Centre for Mental Wellness

### Service Achievements and Development Sunrise Centre, Hopes always there

Sunrise Centre has been put into service since October 2010 after the revamping of our Community Psychiatric Services, providing one-stop community mental health service for residents, persons suspected of and with

psychiatric disabilities, and their families living in part of Hong Kong Island Central and Southern Districts. There are more than 200 service recipients up to March 2011. Our services include casework, outreach visits, counselling, therapeutic groups, interest groups, social and recreational activities, training, drop-in service and consultation service.

### Encourage Service Users to Participate

Through our effort to encourage participation, service users are willing to actively involve in the design of personal rehabilitation plan, participate more in regional sub-committee and organise their own activities. The "Link Club" is the context where we see service users exercise their self-determination and decision-making power; a good example is the Sunrise Centre membership terms and conditions which is a result of members' deliberation.

### Connecting with the Community

Two mass programmes were successfully organised by Sunrise Centre on 19 December 2010 and 29 January 2011 at Wah Fu Estate and Shek Pai Wan Estate respectively. To strengthen its connection with local organisations, a number of them including The Boys' & Girls' Clubs Association of Hong Kong Jockey Club South Horizons Children & Youth Integrated Services Centre, Yue Kwong Mutual Help Network, and Southern Martial Art Union were invited to be the co-organisers. The programmes, with a total of over 350 participants, also succeeded to promote mental health among the residents and convey the message of neighbourhood care and concern.

In the coming year, numerous challenges are in stock for Sunrise Centre. Apart from making preparation for the move to the permanent venue at Wah Fu Estate, we will also focus our efforts to organise and develop the family club and volunteer network as well as promoting mental health. Moreover, the "Research Project on the Users' Participation" is also launched with the aim to further consolidate our achievements in this respect.



Sunrise Centre mass programme





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

設誠工場物流及倉務系統支票頒贈典禮

## 服務理念

讓殘疾人士持續發展、展現才能、擴闊選擇

為此，我們為殘疾人士提供一站式的工作習慣、職業和社交技能訓練；並為有潛質和願意公開就業的殘疾人士提供職前培訓、就業選配、在職督導及持續支援。

## 服務成果及發展

### 工場服務

本會三間工場為殘疾人士提供職業技能訓練，包括裝配和包裝、印刷、汽車美容、曲奇製造、清潔、短片拍攝及多媒體製作、零售、洗衣、空氣消毒及滅蟲等。透過員工的努力和有效的業務策略，工場服務使用者總訓練津貼收入達到\$2,775,100。

我們十分重視工場服務和產品的質素。設誠工場於2009年得到UPS慈善基金和攜手扶弱基金贊助設立「康姨餅房」；由於曲奇的生產質素得到顧客廣泛認同，本年度餅房的營業額是上年度的三倍半。另外，石圍角工場在被譽為「殘疾人士技能奧運會」的「第八屆香港展能節」中獲得汽車美容比賽項目冠軍，充份顯示工場汽車美容服務的專業水平。



石圍角工場在「第八屆香港展能節」中獲得汽車美容比賽項目冠軍

工場服務亦同時着重持續改善業務的運作效率。現階段已在兩間工場引入電子業務管理系統，減低人手處理的行政及計算程序，並把省下的人力資源更有效地直接投放在服務使用者上。另外，葵興職業發展中心獲環境保護署頒發最高級別的「室內空氣質素檢定證書《卓越級》」，成為全港首間獲此殊榮的非政府機構，加強了工場承接要求「清潔工作間」的工種的競爭力。與此同時，本年度再次得到UPS慈善基金資助在設誠工場建設「智慧貨架系統」，增加貨倉的容量和效率，促進工場配合職業技能訓練的需要，以承接更多元化的工種。



葵興職業發展中心獲頒發最高級別的「室內空氣質素檢定證書《卓越級》」

## 輔助就業服務及殘疾人士在職培訓計劃

為殘疾人士提供多元化職業技能培訓，包括清潔、包裝、派發宣傳品、速遞、文職、銷售、餐飲、洗衣、滅蟲等，並積極推廣服務及建立良好僱主網絡。

過去一年，輔助就業服務和殘疾人士在職培訓計劃共協助了33名殘疾人士成功公開就業後無需持續支援，佔整體服務人數約30%，同時有五間公司新加入了我們的僱主網絡。



我們密切關注最低工資法例實施後對殘疾人士就業的影響。我們的殘疾服務使用者受惠於經濟增長，現時沒有出現就業困難，並享受最低工資帶來薪金和生活質素的改善。與此同時，我們亦顧及殘疾人士的身心健康，定期為他們安排閒暇活動，並與區內團體建立支援網絡，促進他們融入社會。

## 社會企業

由扶康會成立的康融服務有限公司（康融）經營清潔、空氣消毒、滅蟲、店務零售及小食店等業務，為使用工場和輔助就業服務的殘疾人士提供多元化訓練、實習和就業機會。

康融現時有61名僱員，當中包括44名殘疾人士，委派於不同項目工作，包括香港大學學生宿舍和香港房屋委員會天水圍長者住屋的清潔服務、樂融坊的便利店。本年，康融積極參與各項社區基層活動，與工商界建立網絡，提升企業形象，並於城市青年商會舉辦的「稻香創意創業大賞2010」獲選為得獎企業之一；與此同時，獲頒2010年國際復康日「十八區關愛僱主」、醫院管理局病人再培訓及就業課程「傑出僱主獎」及社會福利署深水埗區福利辦事處「愛『深』商戶」獎項。這些獎項對康融是一個莫大的鼓勵，代表康融作出的努力獲得市場的認同。

最低工資法例實施令經營成本上漲，包括聘請殘疾人士的工資支出上升，令經營環境更加困難。然而，康融作為一間實踐社會責任的社會企業，將不斷尋求改進，並開展新的業務如網上商店、集體訂購、熟食售賣及餐飲到會等，務求為殘疾人士創造更多培訓及就業機會。

## Vision

To encourage continuous development and exhibition of talents among persons with disabilities, and broaden their choices

To achieve this, we provide one-stop training in work habit, vocational and social skills for persons with disabilities. Moreover, pre-employment training, job matching, on-the-job supervision, coaching and continuous support are also rendered for those with potentials and who opt for open employment.

## Service Achievements and Development Workshop Service

Vocational skills training including assembling and packaging, printing, car beauty service, cookies making, cleaning, video shooting and multimedia production,

retail service, laundry, air sterilization and pest control, is rendered by the three workshops of our Society for persons with disabilities. Through staff's concerted effort and effective business strategies, our workshop service users have earned a total training allowance of \$2,775,100.

Workshop service and product quality are our prime concern. With sponsorship from The UPS Foundation and Partnership Fund for the Disadvantaged, the Madam Hong's Bakery was opened by our Ngai Shing Workshop in 2009. As the quality of our cookies received wide acclaim from customers that the sale volume of this year is 3.5 times of last year. Moreover, to exemplify the professional standards of our workshop service, Shek Wai Kok Workshop won the champion in car beauty service at "The 8th Hong Kong Abilitympics" – an event regarded as the "Skills Olympics of persons with disabilities".

Continuous improvement in operation efficiency is another concern of our Workshop Service. We have currently installed the Electronic Business Management System (e-BMS)



Kwai Hing Vocational Development Centre was granted "Indoor Air Quality Certificate (Excellent Class)"

in two of our Workshops, the new system helps reduce manual labour in administrative and calculation work and divert the manpower to provide direct service for users. Moreover, Kwai Hing Vocational Development Centre was granted "Indoor Air Quality Certificate (Excellent Class)" by the Environmental Protection Department. Being the first non-governmental organisation receiving this award, it enhances the competitiveness of our workshops for job orders that require a "clean workplace". Meanwhile, sponsorship was again granted by The UPS Foundation to set up the Smart Warehouse System at Ngai Shing Workshop. It helps increase its storage capacity and efficiency, and facilitate vocational skills training at the workshop by able to accept job orders of a more diverse nature.

## Supported Employment and On the Job Training Programme for Persons with Disabilities

To offer diverse vocational skills training including cleaning, packaging, distributing promotional materials, courier service, clerical work, sales work, catering, laundry and pest control to persons with disabilities, and to actively promote our service as well as building an effective employer network.



In the past year, our Supported Employment and On the Job Training Programme had assisted 33 persons with disabilities for successful open employment without the need for follow-up support. This amounts to 30% of our total number of service users and five companies have newly joined our employer network.

There is also a great concern about the impact of the Minimum Wage Ordinance on the employment of persons with disabilities. Benefiting from economic growth, our service users with disabilities have not experienced difficulty in employment at the moment, rather, they are able to enjoy higher salary and improved quality of life brought about by the minimum wage. Apart from that, we also care for the physical and mental health of persons with disabilities, regular leisure activities are organised and a supportive network has been set up with local organisations to facilitate their normal life and integration into the community.



Leisure activity of service users

### Social Enterprise

Established by Fu Hong Society, Hong Yung Services Limited (Hong Yung) runs business and service contracts on cleaning, air sterilization, pest control, retail store and snack bar through which diverse training, practice and employment opportunities are offered for service users of our Workshops and Supported Employment.

Hong Yung presently hires 61 employees including 44 persons with disabilities taking up different jobs, including cleaning service at the student halls of The University

of Hong Kong and Tin Shui Wai Housing for Senior Citizens of the Hong Kong Housing Authority, as well as the convenience store in the Joyful Corner. This year, Hong Yung has been actively participated in community activities and building network with the business sector to promote its corporate image. Moreover, a series of awards, including the "Innovative Entrepreneur of the Year" in the "Tao Heung Innovative Entrepreneur Award 2010", 2010 International Day of Disabled Persons "18 Districts Caring Employers", Hospital Authority Patient Retraining and Vocational Resettlement Service Programme "Outstanding Employer Award", and the Social Welfare Department Sham Shui Po District Social Welfare Office "Caring Company at Sham Shui Po", were granted to Hong Yung. All these awards serve as a great encouragement, representing the market's recognition of Hong Yung's efforts.



2010 International Day of Disabled Persons "18 Districts Caring Employers"

The introduction of the Minimum Wage Ordinance leads to an increase in operation cost and greater challenge to the business environment that induces higher expenditure in hiring persons with disabilities. Nevertheless, as a responsible social enterprise, Hong Yung will strive for continuous improvement and explore new business opportunities, such as online store, group orders, sale of cooked food and outside catering, in order to offer more training and employment opportunities for persons with disabilities.



"Innovative Entrepreneur of the Year" in the "Tao Heung Innovative Entrepreneur Award 2010"





# 自閉症及發展障礙人士服務 (牽蝶中心) Services for Persons with Autism and Developmental Disabilities (Hin Dip Centre)

## 感覺統合證書課程

致力發展專業服務、提升評估及治療質素、擴闊服務涵蓋層面

### 教育培訓

本會於去年舉辦感覺統合證書課程，參加者包括社工、教師、治療師、家長及臨床心理學家等。參加者表示，課程讓他們更了解服務對象在感覺方面的需要。我們亦將為會內前線員工提供「復康人員基礎證書課程（自閉症）」，讓他們能更有系統地掌握有關自閉症的知識及訓練策略。

### 臨床服務

我們引入多項治療策略，提升治療訓練的質素，其中包括：1. 統合聽覺治療(integrated Listening system, iLS) — 在聽覺治療中加入顫骨震動器，提升感覺統合治療的效果；2. Irlen 光敏感治療，讓服務使用者透過在顏色膠片下閱讀及環境的調適，使閱讀時因光敏感導致的閱讀問題得以減輕。

小組治療方面，我們開辦了「遊樂DIY (Dive Into play) — 社交思考小組」，透過教導、討論及遊戲，讓參加者檢視自己是否有建立理解別人想法的能力，從而改善與人相處的技巧。我們亦開辦了「醒腦有辦法 — 感統認知小組」，讓他們認識不同情境對自己警醒度的影響，並達至適當警覺水平，亦透過不同的感統策略改善情緒及專注力。

另外，本會繼去年的兒童發展支援計劃，今年再為不同的幼兒中心及幼稚園，提供學童學習支援及家長教育服務。我們更榮幸獲得永旺（香港）百貨有限公司的捐助，以延續到校的早期訓練，並舉辦「和『孩』同步 — 成長支援計劃」，讓有家庭經濟困難的發展障礙或學習困難兒童得到適切訓練。



社交放題 — 學前兒童社交溝通發展講座

### 公眾認識

本會為提高公眾對牽蝶中心的認識，印製了有關小肌、書寫、社交及遊戲技巧發展的單張，並加設了Facebook專頁，讓更多不同界別人士認識我們的服務。



*Committed to develop professional service, enhance quality of assessment and treatment, and broaden scope of service*

### Education Training

Attended by social workers, teachers, therapists, parents and clinical psychologists, the Sensory Integration Certificate Course organised last year had enhanced participants' understanding of service users' sensory needs. A "Foundation Certificate Course for Rehabilitation Workers (Autism)" will be conducted for our frontline staff to enable them to acquire the knowledge and training strategies of autism in a more systematic way.



Sensory Integration Certificate Course

### Clinical Service

We have also introduced a number of treatment strategies to enhance the quality of training. These included: 1) integrated Listening system, iLs – using a bone conductor during listening treatment to enhance the effect of sensory integration therapy; 2) Iden – to reduce the difficulty in reading caused by light sensitivity through reading under colour overlays and an adjusted environment.

In group therapy, we have conducted the "Dive Into play – social thinking group". Through teaching, discussion and games, participants were able to review the ability to understand others' thinking, in order to improve their social skills. We have also organised the "Alert programme", helping participants to be at optimum arousal level to the effect of different situations on oneself and to improve emotions and concentration through application of sensory strategies.

Following last year's Children Development Support Initiative, we continued to provide supportive learning to students and parents education service at child care centres and kindergartens this year. Moreover, we are grateful to AEON Stores (Hong Kong) Co., Limited sponsoring us to continue offering in-school early training and organising the "Support Programme on Children Development", enabling children with developmental disabilities or learning difficulties from deprived families to receive proper training.

### Public Awareness

To enhance the general public's understanding of Hin Dip Centre, we have designed a series of pamphlets on fine motor development, writing, social and games skill, and opened a Facebook page that enables different sectors of the community to know more about our services.



Occupational Therapy Assessment in Kindergarten



Social and communication training through pretend play





# 「香港最佳老友」運動

## “Best Buddies Hong Kong” Movement

Best Buddies International 週年領袖會議

### 背景

「最佳老友」運動是美國甘迺迪家族成員之一安東尼·甘迺迪·施萊佛於1989年創立的國際性友誼運動，旨在讓智障人士與學生／社區人士透過接觸，建立一對一的友誼，提升智障人士的生活質素，以及提供平等參與社會的機會，促進社會共融。目前，全球已有49個國家及地區於1,300間初中、高中和大學成立「最佳老友」分社，每年受惠人數多達25萬人。本會於2004年獲邀開展「香港最佳老友」運動，成為本港唯一一間推動此項運動的機構。現時，香港是全亞洲區最多學校分社的地區。

### 服務重點

「香港最佳老友」運動踏入第七年，我們得到利銘澤黃瑋璧慈善基金、中華電力有限公司、深水埗區議會、荃灣區議會及眾多商業團體的大力支持，使我們得以成功舉辦多項共融活動，包括第七屆「香港最佳老友」運動電能烹飪比賽、深水埗及荃灣區最佳老友計劃、於美國舉行的Best Buddies International週年領袖會議及職員會議、以及與中學協作的「智友您心」計劃。



第七屆「香港最佳老友」運動電能烹飪比賽

### 服務成效

「香港最佳老友」運動為中學生、大學生和智障人士提供多樣化的生命體驗活動，讓他們共同參與，建立一對一的友誼。同時讓學生可以親身參與和體驗社會共融活動，加深對智障人士及康復服務的認識。



分社戶外活動

「香港最佳老友」運動的現況如下：

分社： 共有14個分社，包括7個大專分社、4個中學分社及3個社區分社

參加者： 共有460人，包括200位學生老友、196位智障老友、52位社區老友及12位分社顧問及其他機構社工

### 服務發展方向

來年，我們會繼續聯絡各大專院校和中學開展分社，並鼓勵學生及社區人士參與製作最佳老友「生命故事」，目的是以文字、相片及其他方式記錄義工與智障人士一對一的友誼經歷，藉此推廣和分享「香港最佳老友」運動。另外，美國總部亦委托本會前往廣州推廣最佳老友一對一的友誼運動精神，與當地康復服務機構、大學及青年義工團體分享經驗，並提供最佳老友義工培訓。



## 「香港最佳老友」運動顧問

本會感謝各界熱心支持「香港最佳老友」運動，提供意見及擔任本運動顧問，成員包括：

- ◆ 康復專員蕭偉強先生
- ◆ 教育局首席助理秘書長(課程發展)張國華博士
- ◆ 香港大學學生事務長周偉立博士
- ◆ 香港浸會大學協理副校長(傳道)張浩堅教授, MH, JP
- ◆ 扶康會服務監察委員會主席郭鍵勤博士, JP
- ◆ 香港中文大學社會工作學系研究生學部主任魏麗濱教授
- ◆ 香港教育學院特殊學習需要與融合教育中心總監冼耀鋒博士
- ◆ 香港樹仁大學社會工作系高級講師曾樹明先生
- ◆ 香港紅十字會總監(青年及義工事務)黃兆光先生



分社活動

## Background

Established in 1989 by Mr. Anthony Kennedy Shriver, a member of the Kennedy Family in the United States, the Best Buddies is an international friendship movement that aims to cultivate one-to-one friendship between persons with intellectual disabilities and students / general public through direct contact. The purposes are to enhance the quality of life of persons with intellectual disabilities, provide them with equal opportunities to participate in community affairs and promote social inclusion. Currently, there are 1,300 high schools and colleges among 49 countries and regions worldwide that have set up Best Buddies school chapters benefiting 250,000 persons annually. We, Fu Hong Society, are the only organisation authorised to launch "Best Buddies Hong Kong" Movement starting from 2004. The movement in Hong Kong is by far attracting the greatest number of school chapters set up in Asia.

## Service Highlights

Entering its seventh year, the "Best Buddies Hong Kong" Movement is grateful to the Drs. Richard Charles and Esther Yewpick Lee Charitable



Best Buddies International Annual Leadership Conference

Foundation, CLP Power Hong Kong Ltd., Sham Shui Po District Council, Tsuen Wan District Council and numerous commercial organisations, for their generous support which has led to the success of a host of social inclusion programmes and activities. Some of the major programmes include the 7th "Best Buddies Hong Kong" Movement Electric Cooking Competition, Best Buddies Project in Sham Shui Po and Tsuen Wan Districts, Best Buddies International Annual Leadership Conference and Staff Leadership Conference held in the U.S., and "Intelligent Care Project" which is in cooperation with secondary schools.

## Achievements

The "Best Buddies Hong Kong" Movement provides diversified life experience activities for secondary school and university students, and persons with intellectual disabilities to build up one-to-one friendship through their joint participation. Moreover, students can personally experience social inclusion programmes and enhance their understanding of persons with intellectual disabilities and related rehabilitation services.

The current state of "Best Buddies Hong Kong" Movement is as follows:

- Chapter: 14 chapters are set up including 7 college chapters, 4 secondary school chapters and 3 citizen chapters
- Participant: 460 people join the Movement including 200 student peer buddies, 196 buddies (persons with intellectual disabilities), 52 citizen peer buddies, 12 chapter advisors and social workers of other NGOs



Chapter activity



### Looking Ahead

In the coming year, we will continue to liaise with tertiary institutions and secondary schools with a view to setting up more new chapters. Moreover, in order to promote "Best Buddies Hong Kong" Movement, we will encourage students and members of the community to use text, photos and other means to produce "life stories" of the Best Buddies, the aim of which is to record and share the valuable experience of the one-to-one friendship between volunteers and persons with intellectual disabilities. In addition, the headquarter in the States has delegated the Society to promote the spirit of Best Buddies one-to-one friendship in Guangzhou, share our experience with their rehabilitation service agencies, universities and youth volunteer groups, and provide Best Buddies volunteer training.

### "Best Buddies Hong Kong" Movement Advisors

We are grateful to the enthusiastic support from all sectors of the community to the "Best Buddies Hong Kong" Movement. We are thankful to the following advisors who have contributed valuable advice and guidance to the Movement. The Advisors include:

- Mr. Sui Wai Keung, Stephen,  
Commissioner for Rehabilitation
- Dr. Cheung Kwok Wah,  
Principal Assistant Secretary  
(Curriculum Development), Education Bureau
- Dr. Chau Wai Lap, Albert,  
Dean of Student Affairs,  
The University of Hong Kong
- Prof. Frank Fu, MH, JP,  
Associate Vice-President,  
Hong Kong Baptist University
- Dr. Kwok Kin Fun, Joseph, JP,  
Chairman,  
Services Monitoring Committee,  
Fu Hong Society
- Prof. Ngai Ngan Pun,  
Head of Graduate Division,  
Department of Social Work,  
The Chinese University of Hong Kong
- Dr. Sin Kuen Fung, Kenneth,  
Director, Centre for Special Needs & Studies  
in Inclusive Education,  
The Hong Kong Institute of Education
- Mr. Tsang Shu Ming,  
Senior Lecturer,  
Department of Social Work,  
Hong Kong Shue Yan University
- Mr. Luke Wong,  
Director (Youth & Volunteer),  
Hong Kong Red Cross



7th "Best Buddies Hong Kong" Movement Electric Cooking Competition



# 社會工作服務 Social Work Services

服務使用者負責的話劇表演

## 服務理念

以社工的價值、信念及專業守則為基礎，運用適時的介入手法和連接社區資源促進跨專業合作，讓服務使用者及其家庭的需要得到滿足，並能行使公民的一切權利。

## 服務成果及發展

### 「個案管理系統」

本會於過去一年全面使用內聯網「個案管理系統」，並擬定將社會工作個案年度評估（總結部份）開放予各專業同工；透過此系統獲得相關個案的健康、治療及福利計劃的資料，讓各專業同工在不同層面知悉服務使用者狀況，以能迅速回應服務使用者的需要。另外，將會擬定有關指引和進行員工諮詢，進一步落實個案資料共享。

### 「社工專業守則」

適逢社會工作者註冊局出版了「社工專業操守的再思——紀律研訊案例彙編」，並為修訂「註冊社會工作者工作守則」和「註冊社會工作者工作守則實務指引」進行諮詢，本會一直鼓勵社工積極參與討論，以提升服務質素及專業能力。來年，亦會緊貼關注社會工作者自願持續專業發展計劃。

### 「個案經理」

為加強社工擔任會內「個案經理」的角色，本會先後發出三份指引，並於2010年8月生效，分別是：(1)「社會工作個案」—分類管理及匯報指引，(2)「社會工作個案」—檔案管理指引及(3)「個案管理」—定義與職能指引。此外，本會於2011年初邀請了香港浸會大學黃昌榮教授及秦安琪博士舉辦敘事實踐初階課程，以提升社工處理個案的知識及技巧。是次課程內容充實並具

啟發性，參加的社工更自組小組研習；另擬於今年年底續辦中階課程。

## 關注社會福利服務發展及議題

過去一年，康復服務在福利議題上佔了重要位置，例如制定殘疾人士院舍條例、住宿康復服務名額不足、推出精神健康綜合社區中心等。我們除鼓勵社工積極表達意見外，更資助多達38位社工參與2010年6月10日至14日在香港舉行的「2010聯合世界大會社會工作及社會發展之願景與藍圖」會議。



「2010聯合世界大會社會工作及社會發展之願景與藍圖」會議

## 回應「服務使用者老化」

服務使用者老化是本會最迫切處理的課題之一，無論在服務使用者的個別訓練及其家庭需要、員工培訓等都要調適及規劃。本會於去年舉辦的「生死教育」講座得到社工的熱烈反應後，決定深化內容，並於今年六月邀得香港大學行為健康教研中心教學顧問主持「生死教育——善生及善別嚮導」兩天培訓課程。除此，亦於2011至2012年度業務計劃內，落實「回應服務使用者老化」為其中一項重要表現指標。



## Vision

Building on social work values, beliefs and principles, and employing appropriate intervention models and community resources to enhance inter-disciplinary collaboration, the needs of service users and their families are fulfilled and their rights as citizens are fully exercised.

## Service Achievements and Development

### Case Management System

In the past year, the "case management system" was put in full use via the intranet. It is planned that professional staff will have access to the annual assessment (conclusion section) of the social work cases, so as to enable sharing of information on service user's health, treatment and welfare plan, and to facilitate timely response to their needs. To further enhance this function, guidelines on case sharing will be drafted and consultation be carried out among the staff.

### Social Work Professional Code of Practice

As attempts to promote the quality of service and professional competency, we have been encouraging our social workers to actively participate in the discussion on the publication of the casebook "Rethinking on Professional Conduct of Social Workers - Casebook of Disciplinary Inquiries"; and the consultation on the revisions of the "Code of Practice for Registered Social Workers" and "Guidelines on Code of Practice for Registered Social Workers". In the coming year, we will also pay close attention to the progress of the Voluntary Continuing Professional Development Scheme for Registered Social Workers.

### Case Manager

To enhance the role of social worker as the "case manager", three sets of guidelines were put into effect in August 2010. They are: (1) Social Work Case – Guidelines on classification and report, (2) Social Work Case – Guidelines on file management, and (3) Case Management – Guidelines on definition and responsibilities. Moreover, to enhance social workers'

knowledge and skills in casework, we had invited Prof. Wong Cheong-wing, Victor and Dr. Tsun On-kee, Angela from the Hong Kong Baptist University to conduct an Introductory Training on Narrative Therapy in early 2011. Motivated by the rich and insightful content of the Course, participants were enthusiastic to form self-learning group. An intermediate course is planned to be held by the end of the year.

### Concern for Social Welfare Service Development and Issues

In the past year, rehabilitation service took up an important place in welfare discussions, such as the enactment of Residential Care Homes (Persons with Disabilities) Ordinance, insufficient provisions for residential rehabilitation service, and the implementation of the Integrated Community Centre for Mental Wellness, etc. Apart from encouraging social workers to express their opinion, our Society has also sponsored 38 social workers to participate in the "2010 Joint World Conference on Social Work and Social Development: The Agenda" held in Hong Kong from 10-14 June 2010.



Training course on Life and Death Education

### Response to the "Ageing of Service Users"

The ageing of service users is among one of the most pressing issues to be handled by our Society. Adjustment and revisions in service planning are required in aspects of individual training programme, their family needs and staff training. Based on the favourable response from social workers on the "Life and Death Education" Talk held last year, teaching consultant from the Centre on Behavioral Health, The University of Hong Kong was invited to conduct an in-depth two-day training course on "Life and Death Education – A Guide for Good Life and Good Death" in June this year. In addition, "Response to the ageing of service users" will be included as one of the key performance indicators in the 2011-2012 Business Plan.



Introductory Training on Narrative Therapy





# 臨床心理服務 Clinical Psychological Services

## 情緒處理訓練

提供各項臨床心理服務、制定相關政策及加強職員培訓

*To provide clinical psychological services, formulate related policy and enhance staff training*

## 服務成果及發展

### 臨床心理服務

臨床心理學家運用心理學理論與研究，提供心理評估、心理治療及臨床諮詢予服務使用者，幫助他們處理行為情緒問題，增加適應生活的能力及提升個人生活質素。

### 制定行為處理政策

本會挑戰性行為處理工作小組已完成草擬行為處理政策，為服務單位提供更清晰的指引，協助他們處理相關問題。

### 職員培訓課程

臨床心理學家為職員提供一系列培訓課程，包括行為處理課程及壓力管理課程。此外，亦按服務單位的需要提供特定的職員培訓講座。

### 提供心理服務予自閉症人士

臨床心理學家透過本會牽蝶中心，為有需要的人士進行自閉症診斷、智力評估、心理評估及心理治療等服務。

### 天水圍地區支援中心

臨床心理學家為天水圍地區的自閉症人士及具挑戰性行為的殘疾人士，提供評估及治療服務，處理行為情緒問題，並為照顧者提供家庭支援及培訓課程。



職員培訓

## Achievements and Development

### Clinical Psychological Services

Clinical psychologists provide psychological assessment, psychotherapy and clinical consultation to service users by making use of psychological theory and research, helping them to handle their behavioural and emotional problems, enhancing their adaptability in life and quality of life.

### Formulate Policy on Behaviour Management

The Working Group on Challenging Behaviour of our Society has formulated policy on behaviour management so as to provide lucid guidelines for service units to handle related problems.

### Staff Training Courses

A series of staff training courses were conducted by clinical psychologists, these included behaviour management course and stress management course. In addition, they also provide specialised training seminar for staff to meet the needs of service units.

### Provision of Psychological Services for Persons with Autism

Through Hin Dip Centre, clinical psychologists provide diagnostic assessment on Autism, intellectual assessment, psychological assessment and render treatment for people in need.

### Tin Shui Wai District Support Centre

Clinical psychologists provide assessment and treatment services to persons with autism as well as persons with disabilities and challenging behaviour in Tin Shui Wai district to cope with their behavioural and emotional problems. They also provide support and training courses to the carers.





# 健康護理服務 Health Care Services

到診醫生為服務使用者檢查

## 服務理念

尊重服務使用者的生命、尊嚴和權利。促進健康，預防疾病，協助康復及舒緩疾病痛楚。以實證為本，提供適切的全人護理。

## 服務成效及發展

### 智障人士老齡化

智障人士老齡化是本會未來服務的重要課題，因此健康服務護理團隊亦於去年展開了一系列適切的應變計劃及措施。

### 前線員工培訓

讓前線同事了解老齡化對服務使用者的影響，可促進及推動他們的支持及協助。護理團隊除了開始於服務單位內提供相關培訓外，亦與培訓部合作舉辦老齡化護理講座，內容包括介紹智障人士老齡化常見疾病、護理的技巧、監察服務使用者的身體變化，以及三低一高和抗氧化的飲食原則等。

## 醫社合作 監察健康

荃葵及深水埗區的服務單位與醫院管理局轄下的葵涌醫院合作，展開實驗性的監察計劃，由內科及精神科顧問醫生、職業治療師及精神科資深護士組成的流動會診外展隊，定期為服務使用者就肌能及智力作詳細評估，冀望及早發現腦退化症個案及安排減慢腦退化速度的治療，此計劃亦希望推展至其他服務單位。

此外，服務單位會每年按需要為服務使用者安排到診醫生進行癌症普查、視光師檢查視力及牙科專科醫生檢查牙齒；而每五年一度的身體檢查，除增加了甲狀腺素檢測外，亦安排自願性的腹部超聲波及骨質密度檢查，以達致「及早發覺、及早醫治」的目標。

## 提升護理專業團隊的護理知識

為提升對老齡化護理的服務質素，本會特意委託香港大學專業進修學院為護理團隊籌辦「智障人士老齡化護理基礎課程」，對於提升老齡化護理的專業知識，確實獲益良多。本會所有註冊護士已於第一階段修畢課程，第二階段的登記護士培訓亦隨之展開，相信日後護理團隊在面對老齡化的挑戰上更能事半功倍，讓服務使用者大有裨益。





Eye examination

### Vision

To respect the life, dignity and rights of service users. To promote health, prevent diseases, facilitate rehabilitation and alleviate suffering from illness. To provide holistic nursing care through evidence-based practice.

### Service Achievements and Development

#### Ageing of Persons with Intellectual Disabilities

As ageing of persons with intellectual disabilities is an important theme for future service development of the Society, our health care service team has implemented a series of contingency plans and measures since last year.

#### Training for Frontline Staff

To facilitate and mobilise support from frontline staff, it is essential for them to understand the impact of ageing on our service users. Therefore, apart from providing relevant training at service units, the nursing team also cooperates with Training Department to organise talks on caring of ageing persons with intellectual disabilities. The topics include common diseases, caring skill, observations on physical and mental changes as well as principle in taking "3 Lows 1 High" and antioxidant diet.

#### Monitoring Health via Collaboration with Public Healthcare Sector

Collaboration was also sought between our service units in Tsuen Wan, Kwai Chung and Sham Shui Po districts



Staff training

and Kwai Chung Hospital to launch a trial health monitoring programme. The outreach team, which comprises medical and psychiatric consultants, occupational therapist and senior psychiatric nurse, will provide thorough assessments on the physical and intellectual functioning of service users regularly so as to screen out early signs of dementia. By early detection, early intervention may be provided to slow down the course of deterioration. Building on this experience, the programme will be considered to extend to other service units as well.

Furthermore, our service units also arrange annual health screening for service users based on their needs. These include annual physical check-up with cancer screening by visiting medical practitioner (VMP), eye examination by optometrists, and oral examination by dentists/mobile dental bus. In order to achieve the goals of "early detection" and "prompt intervention", thorough body check will be arranged every 5 years for service users. Apart from blood for thyroid function test, bone densitometry and ultrasound abdomen may be done by service users on voluntary basis.

#### Enhancement of Professional Knowledge

To enhance the quality of health care service for the ageing service users, our Society has commissioned the HKU SPACE to organise a fundamental course on caring of ageing clients with intellectual disabilities for the nursing team. All our registered nurses who have completed the course at the first phrase found it very fruitful and beneficial to the profession. The second phrase of the course will soon commence to include the enrolled nurses. It is believed that our nursing team will be more efficacious in meeting the challenges posed by the ageing problem and contribute greater to the well being of our service users.





## 輔助醫療服務 Paramedical Services

跆拳道訓練班

### 互相分享、共同承擔，提升服務質素

治療師是團隊的一份子，與所有員工一起努力，產生協同效應，提升服務質素。

### 因應服務使用者年長的需要，調整治療模式及方法

治療師聯同其他專業隊伍為年長的服務使用者作出評估，提供相應的治療或訓練如保健運動，建議增添合適設備如評估骨質疏鬆的儀器，使服務使用者獲得適切照顧。

### 確立運動文化

#### 培養運動習慣

各服務單位採用物理治療師設計的運動模式，納入體能活動課程中，進一步增加服務使用者參與運動的機會。



坐式太極小組

並改善服務使用者的肌能情況，如上下肢及身軀控制、關節活動幅度、柔軟度、手眼協調及動態平衡力等。大部份參加者的手眼協調及平衡力都比以前進步。

### 持續推廣運動

運動推廣小組獲蘋果日報慈善基金撥款資助，已完成兩次跆拳道訓練班，讓各區不同服務單位的智障人士參加。參加者的反應極為正面，陪同服務使用者的照顧者及義工亦感雀躍。運動推廣小組會繼續推廣多元化的體育活動，為更多服務使用者帶來歡樂和參與運動的好處。

### 感覺體驗

職業治療師帶領導師在服務單位推行「感覺體驗」小組，讓一班自閉症及感覺功能失調的服務使用者，透過感覺刺激活動加強感覺經歷，獲得主動參與、社交接觸、手腳協調、跟從指示和參與樂趣等經驗。

### 強化安全措施

本會成立了安全管理工作小組，由總安全主任作召集人，治療師是其中的成員，以進一步加強意外預防措施。工作重點包括檢討及建議安全政策、措施、機制及指引；分析意外並作出預防建議；到訪服務單位，商討有關安全事宜等。



### **Mutual Sharing and Commitment to Enhance Quality of Service**

Serving as a member of the team, our therapists collaborate with all other staff to achieve synergy effects and promote the quality of service.

### **Adjustment in Treatment Modality for the Ageing Service Users**

Joining hands with other professional teams, our therapists conduct assessment and offer related treatment or training such as health exercise to aged service users. They would also recommend the installation of appropriate facilities, such as equipment for assessing osteoporosis, to provide the best possible care for service users.

### **Cultivation of Sports Culture**

#### **Forming the Habit of Doing Exercise**

Our service units have adopted and incorporated the sports model designed by physiotherapist into their physical exercise regime, enhancing service users' participation in sports, improving their motor functions such as limbs and body control, range of joint motions, hand-eye coordination as well as dynamic body balance. Most participants are able to attain improvement in the last two items.

#### **Continued Promotion of Sports**

With sponsorship from the Apple Daily Charitable Foundation, our Sports Promotion Working Group had conducted two Taekwondo training classes for persons with intellectual disabilities from service units in various districts. Not only did the participants respond positively, the carers and volunteers accompanied the service users had also shown great enthusiasm. Our Sports Promotion Working Group will continue launching a great variety of sports activities, to bring more fun and benefits of participation in sports and exercises to our service users.



Equipment for treating osteoporosis

### **Sensory Experience**

Led by our occupational therapist, the instructors at the service units, conducted the Sensory Experience Group which helped service users with autism and with sensory dysfunctions strengthen their sensory experience through sensory stimulation activities. These enabled them to acquire experiences in active participation, social contacts, hand-foot coordination, following instructions and enjoy the fun of participation.



Taekwondo training class

### **Strengthen Safety Measures**

To further strengthen preventive measures, our Society has formed a Safety Management Working Group with the Chief Safety Officer as convenor and the therapists as part of the members. The Group focuses on evaluating and recommending safety policy, measures, mechanism and guidelines; analysing accidents and providing preventive suggestions; and paying visits to service units discussing about safety issues.





## 交流計劃 Exchange Programme

參與交流研討會

**扶** 康會於1993年成立「交流計劃委員會」，主席方叔華神父和委員熱心推動服務交流，期望通過本會與外地康復團體的交流活動，分享服務心得和成果，啟發更多的服務機會和項目，藉此提升彼此的殘疾人士服務的質素。

### 推展交流活動，提升服務水平

自1993年開始，本會與北京、廣州、南京、深圳及澳門等地政府或民辦康復機構展開不同的交流項目，包括服務考察、開辦培訓課程、安排服務實習機會和聯合活動等。



參觀南京自閉症及智障兒童服務機構

- 1993至2005年，為廣州市殘疾人聯合會、民政局社會福利中心及廣州慧靈機構提供多次「復康服務員工培訓課程」；
- 1996年，總結交流活動的知識和經驗，出版「港穗睿智篇」，蒐集成一本適合國內康復工作同工參考的訓練素材，免費贈送予相關機構和單位；
- 1996和1998年，為北京市殘疾人聯合會舉辦「康復工作骨幹人員培訓證書課程」；
- 2002至2008與北京市殘疾人聯合會、青島市殘疾人聯合會合辦「奧運使者選舉頒獎典禮」；
- 2009至2011為南京方舟啟智中心開辦員工和家長的培訓工作坊。

本會近年獲邀參與的大型交流活動包括：

- 上海2007年世界夏季特殊奧運會
- 北京2008年殘疾人士奧運會
- 廣州2010年亞洲殘疾人運動會

### 配合國內社會服務的發展，檢視未來交流服務的方向

近年，國內民辦非政府機構的成立日漸增加，政府對殘疾人士服務的需求亦日益重視。國家康復服務政策



以「人人享有康復服務」為全國指標，加上頒佈「更緊密經貿關係的安排」和提出「購買服務」的概念，相信國內的殘疾人士服務在未來會有長促的發展。

本會過去的交流項目多以短線和小規模為主；近年由於國內康復服務的發展，對香港康復機構的顧問支援的需求也隨之增加。故此，「交流計劃委員會」已著手在2011年對國內康復服務進行進一步探討，定立交流計劃未來發展的方向和目標，貫徹扶康會的服務理念。



參觀清遠藝靈智障人士社區服務中心

The Exchange Programme Committee was established by the Society in 1993. Chaired by Fr. Giosuè Borzi, the committee members have been most enthusiastic in launching exchange activities, hoping to share experiences and outcomes of service projects, inspire more service opportunities and initiatives through exchanges between local and foreign rehabilitation organisations, so as to enhance the quality of service for persons with disabilities.

### Promote Exchange Programme, Enhance Quality of Service

A great variety of exchange programmes have been organised among governmental and non-governmental rehabilitation organisations in Beijing, Guangzhou, Nanjing, Shenzhen and Macau since 1993. These included service visits, training courses, arrangement of fieldwork placements and a series of joint programmes.

- Between 1993 and 2005, a number of training courses were conducted for staff of the Guangzhou Disabled Persons' Federation, Civil Affairs Bureau Social Welfare Centre and Guangzhou Huiling;
- In 1996, the Society published the "Wisdom from Experiences in Hong Kong-Guangzhou", served as reference materials for mainland rehabilitation workers. It was freely given out to related agencies and service units;
- In 1996 and 1998, a certificate course was organised for the key personnel of the Beijing Disabled Persons' Federation;

- Coorganised the "Olympics Ambassadors Election Award Presentation Ceremony" with the Beijing Disabled Persons' Federation and Qingdao Disabled Persons' Federation from 2002 to 2008;
- Conducted training workshops for staff and parents of the Ark-Nanjing Special Education Centre between 2009 and 2011.

Large exchange programmes that our Society were invited to participate in recent years:

- Shanghai 2007 Special Olympics World Summer Games
- Beijing 2008 Paralympic Games
- Guangzhou 2010 Asian Para Games

### Align with social service development in mainland China, review the future direction of exchange programme

In recent years, the number of non-governmental organisations has increased and the government has been paying greater attention to the needs of persons with disabilities. With "Rehabilitation Service For All" as the target of national rehabilitation policy, and the promulgation of "Closer Economic Partnership Arrangement" as well as the introduction of the concept "Purchase of Service", it is believed that rehabilitation service in the mainland will have considerable development in the near future.

In the past, the Society had launched exchange programmes mainly in short term and small scale. Recently, as a result of the rapid development of rehabilitation service in the mainland, there is growing in demand for support with consultancy services from Hong Kong. The Exchange Programme Committee has furthered its exploration on mainland rehabilitation service in 2011, hoping to delineate the future direction and goals of our exchange programmes, and to fulfill the vision of the Society.



Exchange activity in Nanjing





## 扶康家長會 Fu Hong Parents' Association

第六屆幹事會成立

### 第六屆幹事會的成立

2010年，扶康家長會已告滿十週歲了，第六屆幹事會也在11月10日由在場百多位家長會員，以一人一票方式順利選出 15 位新一屆的幹事委員。經內部會議互選及顧問提名程序選出的第六屆顧問、主席和副主席，於今後兩年履行家長會的工作和目標，與機構協力攜手，實踐扶康會的使命。

### 第六屆幹事會顧問、主席、副主席名單

顧問	盧鴻業先生	余美玲女士
主席	林禮勝先生	
副主席	池燕瑾女士	陳麗英女士



爭取興建資助院舍行動

### 家長座談會和意見書

扶康家長會一直關注智障人士老齡化的問題，以及社區支援服務的發展。2010年初，扶康家長會舉辦了兩次家長座談會，以表達家長的心聲和意見，並邀請學者及業界專家就有關課題作出分析和建議，之後併合家長心聲而蒐集成意見書。此意見書已於2011年4月刊印，除呈交至有關政府部門和官員，亦分別派送至相關康復機構及其家長組織。



交流活動

### 未來的期望

經歷十載的發展，第六屆幹事會寄望新幹事委員薪火相傳，延續扶康家長故有的先驅精神。未來工作目標在內會加強聯繫服務單位各家長，培養更多關心殘疾人士的家長代表；在外會關注殘疾人士福利，鼓勵家長參與爭取殘疾人士權益的活動。



### Establishment of the 6th Executive Committee

2010 was the 10th anniversary of Fu Hong Parents' Association, and the 6th Executive Committee comprising 15 committee members was elected by over 100 parent members on 10 November. Through voting at internal meeting and advisor nomination, the newly elected advisors, chairman and vice-chairmen of the new Executive Committee pledge to realise the goals of the Parents' Association in the coming two years, as well as joining hands with the Society to fulfill the mission of the Society.



The 11th Annual General Meeting cum 10th Anniversary activity

### Advisor, Chairman and Vice-Chairman of the 6th Executive Committee

Advisor            Mr. Lo Hung Yip    Ms. Yu Mei Ling  
Chairman        Mr. Lam Lai Shing  
Vice-Chairman   Ms. Chi Yin Kan   Ms. Chan Lai Ying

### Parents Forum and Submission

The ageing of persons with intellectual disabilities and the development of community support services have been the concerns of Fu Hong Parents' Association. To express parents' concerns and opinion, two parents forums were conducted in early 2010 in which scholars and experts were invited to offer analysis and recommendations on specific themes. Together with the voices from parents, submission was written and published in April 2011. Apart from sending the submission to the government departments and officials, copies were also distributed to rehabilitation agencies and their parents groups.

### Looking Ahead

After ten years of development, it is the hope of the 6th Executive Committee that the new committee members will pass the torch and continue the pioneering spirit of Fu Hong parents – internally, to enhance communication among parents of different service units and train more parent representatives who care for persons with disabilities; externally, to show concern about the welfare of persons with disabilities and encourage parents' participation in fighting for their rights.



Exchange activities