



Services

SERVICES

服務

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住宿服務 Residential Services

本會竭力為殘疾人士提供家居式的住宿環境，讓他們於學習後或工餘時間，可以在一個舒適及充滿愛與關懷的「家」中享受閒暇生活。

The Society strives to provide persons with disabilities with accommodation that simulates a home environment, so that they can go back to a leisurely, comfortable and loving 'home' after their classes or work.



服務使用者和員工悉心設計及打理花園、植物牆和魚池，美化家舍之餘，還一起分享栽種的成果！
Service users and staff meticulously design and look after the flower gardens, plant walls and fish pond so as to beautify the hostel. They enjoy the planting so much!



新春佳節，服務使用者與義工結伴到年宵花市，樂也融融！
During the Spring Festival, service users and volunteers went to the Lunar New Year Fairs together. They had a great time!



員工統籌和帶領服務使用者與家人一起到澳門遊玩，溫馨愉快
Staff coordinating and leading service users to visit Macau with their families. It was a warm and pleasant trip

隨著服務使用者年齡增長，本會除繼續悉心照顧和提供適切的服務外，亦因應服務使用者不同的年紀、興趣和身體狀況，為他們提供多元化和多樣性的活動，讓他們發揮所長，達致全人發展。同時，本著專業和謹慎的服務，本會共有二十一所住宿服務單位符合《殘疾人士院舍條例》，而獲發殘疾人士院舍牌照。

As service users grow older, apart from taking good care of them and providing them with the appropriate services, the Society also provides pluralistic and diversified activities appropriate to their age, interests and health conditions so that they can exhibit their talents and achieve well-rounded development. Currently, the Society runs a total of 21 hostels that comply with the 'Residential Care Homes (Persons with Disabilities) Ordinance (RCHDs)' and have been granted the RCHDs licence, which is one indicator of its professional and rigorous approach to serving its users.

具質素家庭生活 Quality Family Life

又大一歲啦！宿舍為服務使用者舉辦個人生日會，笑聲停不了！
One year older now! The hostel held a birthday party that filled with laughter for service users!



服務使用者扮演大頭佛，為大家送上賀歲祝福，喜氣洋洋！
Service users played Big Head Buddha as they greeted everybody in the Lunar New Year!

本會於住宿服務倡議和推行「具質素家庭生活服務模式」，為服務使用者提供安全、舒適的宿舍生活環境，讓他們享有更多個人支援服務，及成員之間的互相幫助和關懷。具質素家庭生活著重五大方面的元素，包括：正向互動、培育成長、情感福祉、身體和物質福祉，及個人支援。為推展有關服務模式，本會成立工作小組，並制定工作範本予服務單位參考，也為員工提供培訓以增加這方面的知識。

The Society's residential services proposed and implemented the 'Quality Family Life Service Model' to provide service users with a safe and comfortable residential environment. Under this initiative, service users receive substantial individual support, and there is also mutual help and care among the members. The concept of Quality Family Life emphasises five key elements, namely positive interactions, nurturing personal growth, emotional wellness, physical and material well-being, and individual support. To implement this service model, the Society set up a task force and produced a work template for service units to refer to. We also offered training to our staff to deepen their knowledge in this area.

共譜樂齡，一起成長 **To Grow and Enjoy Active Ageing Together**

現時住宿服務有超過六成的服務使用者已年滿四十，面對老齡化，宿舍積極為服務使用者作好步入老年的準備，一方面提升員工的知識和技能，使他們能夠為高齡服務使用者提供適切的服務；另一方面，為服務使用者設計及推行合適的身體機能運動項目，緩減身體機能老化的情況；還有，為服務使用者提供口腔衛生項目。去年，本會率先推行外購營養師服務，為有需要的服務使用者提供個人諮詢，及改善宿舍餐單和膳食管理等。在關顧身心健康方面，本會為服務使用者規劃不同的社交活動，積極樂齡，一起健康成長。

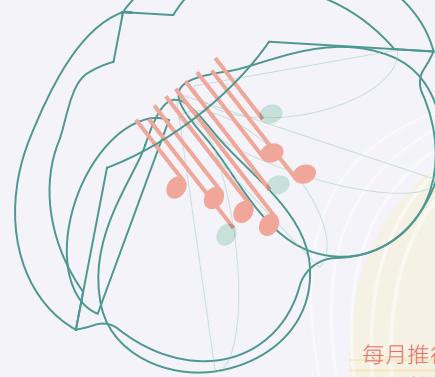
At present, over 60% of our service users are over 40. Faced with the ageing issue, our hostels actively help service users prepare for the challenge. On the one hand, we are enhancing the knowledge and skills of the staff so as to offer relevant services to older service users, on the other hand, we are also designing and launching sports projects that match the service users' physical conditions to slow down the deterioration of their physical functions. In addition, we provide them with an oral hygiene service. In the past year, the Society took the lead in implementing an outsourced service through which nutritionists provide individual consultation for service users who need it, and help to improve the hostels' menu and catering management. As for physical and mental health, we plan a variety of social activities for our aged service users so that they stay active and happy and grow healthily together.



向左伸、向右伸，毛巾健體操，做得好風騷！
Stretch to the left and stretch to the right - towel gymnastics, well done!



服務使用者參與社區活動，展現他們活力的一面，更在「全港康樂棋大賽2019」中大顯身手，榮獲殿軍！
A service user participated in community activities and showcased his talent in the 'Hong Kong Chinese Billiard Competition 2019'. He was the 3rd runner-up!



每月推行美食日，增加舍友品嚐不同美食的機會和生活體驗
The Gourmet Day is held every month to expose service users to different cuisines and life experiences



因本港爆發新型冠狀病毒病，住宿服務單位面對前所未有的挑戰，除確實執行感染控制措施外，員工還需重組宿舍的生活流程、安排活動，以視像和社交媒體等方法讓服務使用者與家人「見面」，減少疫情所帶來的負面影響。

The outbreak of the COVID-19 in Hong Kong has brought unprecedented challenges to our residential service units. To mitigate the negative impact, apart from implementing infection control measures, we reorganise the daily schedules and activities of hostels and leverage social media and video-chat tools to allow service users to communicate with their family members.



疫情下減少外出，員工細心為服務使用者修剪頭髮
Service users stayed in the hostel during the pandemic and the staff were careful to their haircut needs



宿舍推行「視像會面計劃」，支援及關注舍友個人的情感福祉，並連繫他們與家人的關係
This hostel implemented the 'video meeting plan' to address service users' concerns and support them in communication with their families

日間訓練服務

Day Training Services

本會的成人訓練中心為輕、中度至嚴重智障的人士提供日間訓練服務，包括正常化的生活體驗，和在真實環境中學習，藉以擴闊智障人士的生活領域。過去一年，本會檢視日間訓練服務的內​​容，並確立了符合現時大部份學員需要的服務模式。

The Society's adult training centre provides day training services for persons with mild, moderate, and severe intellectual disabilities. The services aim at helping them to break through the confines of their lives with a wide range of activities that enrich their experiences and learning in an authentic environment. In the past year, the Society reviewed the content of the day training services and created a service model that meet most of the service users' needs.



音樂小組促進服務使用者與別人交流及溝通、培養耐性、改善專注力

Music groups encourage service users to exchange views, communicate with each other, develop patience and improve concentration



綜合藝術及創意激發工作坊，提升服務使用者對藝術創作的興趣

Comprehensive arts and creativity workshops stir service users' interest in artistic creation



服務使用者開心進行小組訓練，保持肌能協調，減少跌倒風險

Service users had a fun time participating in the group training that helps them maintain muscle coordination and reduce the risk of falling

主要範疇包括獨立生活能力、社會共融、和樂活老齡，而每一項範疇亦會細分數個指導原則。工作員根據服務模式，設計多元化的學習活動，如個別訓練、小組活動、實況學習、藝術媒體等，讓智障人士在自理照顧、健康、休閒和社交生活等各方面都得到發展，在中長期方面可以協助提升他們的生活質素和融入社會。

The model includes components like independent living, social inclusion, and active ageing, and each component comprises several guiding principles. Based on the service model, our staff develop a variety of learning activities such as individual training, group activities, live learning and art expressions, so that the service users can develop themselves in all aspects of self-care, health, leisure and social life. In the medium- and long-term, these programmes can help raise their quality of life and support their integration into society.

應用密集互動和圖卡交換溝通系統

Application of Intensive Interaction and Picture Exchange Communication System



為服務使用者提供密集互動訓練，帶給他優質的陪伴和互動時間，讓他更多以眼神接觸回應職員

Provide intensive interaction training for the service user, bring him quality company and interactive time, and let him respond to staff with more eye contact

職員與一位沒有說話能力的服務使用者進行圖卡互換溝通訓練，服務使用者以圖卡交換他愛吃的薯片

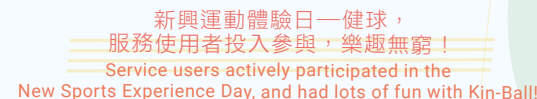
The staff engaged a service user without speech in PECS training. The service user exchanged his favourite potato chips with a picture card



要讓嚴重智障和自閉症服務使用者能夠獨立生活和融入社會，改善他們的溝通和社交技巧是十分重要的。本會在十一所日間訓練服務中心一直積極推動「密集互動」和「圖卡交換溝通系統」的訓練。過去一年，我們進行了一項成效研究，發現七位參與密集互動訓練的服務使用者，其中六位能夠成功顯示預期的行為，如增加回應次數、眼光接觸等，而十六位參與了圖卡交換訓練的學員，則有十三位能夠達成目標。當中部分學員不單止在溝通行為有所進步，其情緒亦有明顯的改善，而挑戰行為也顯著減少。本會將會持續推行這兩項訓練，令更多嚴重智障和自閉症服務使用者得以改善他們的溝通和社交技巧。

To help persons with severe intellectual disabilities and autism spectrum disorders to achieve independence and social inclusion, it is important to improve their communication and social skills. The Society has been actively promoting the use of 'Intensive Interaction' (II) and 'Picture Exchange Communication System' (PECS) at our 11 day training service centres. In the past year, we conducted an effectiveness study and found that of the seven service users who had participated in II training, six of them were able to display successfully the expected behaviour, which included being more responsive, establishing more eye contact, and so on. Another 16 service users participated in the PECS training and 13 of them could achieve their goals. Some trainees improved not only communication behaviour, but also emotions. At the same time, their challenging behaviours also decreased significantly. The Society will continue implementing these two types of training to enable more service users with severe intellectual disabilities and autism spectrum disorders to improve their communication and social skills.

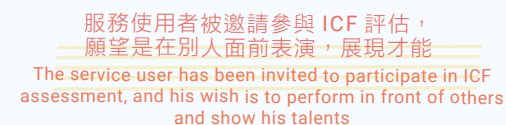
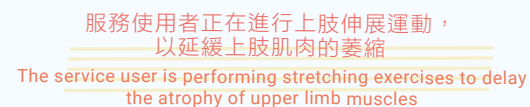
服務 SERVICES



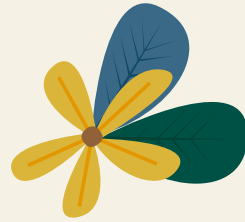
The Social Welfare Department launched the 'Extended Care Programme' in 2015 to re-design daily schedules, training, environments and facilities to cater for eligible elderly persons with intellectual disabilities (50 years old and above). The Society currently has nearly 180 service users participating in this Programme. In response to the continuous increase in the number of seniors with intellectual disabilities, we have incorporated active ageing as a component in the service model of our adult training centre. Elements in this component include health management, physical activity, injury prevention, social connectedness and healthy eating. Based on this service model and the needs of senior service users, staff arrange sporting activities that match their muscular strength, and organise a variety of fun activities, including horticultural therapy, brewing of flower tea, aromatherapy, art work and so on. These programmes aim at slowing down the degeneration of their body functions and helping them to cultivate varied interests to enrich their recreational life, so as to effectively safeguard their quality of life.

服務 SERVICES

Last year, the Society piloted the application of the 'International Classification of Functioning, Disabilities and Health' (ICF) at all hostels and adult training centres. Each adult training centre selected one to two service users to use the ICF framework, and assessed and analysed the interactive influence on their health, physical functions, activity participation, and environmental factors, to formulate individual care plans and evaluate outcomes across disciplines. Although most of the ICF case studies have not been completed, our staff noted during the mid-term review and case review meetings that the implementation of the ICF would allow colleagues from various professional to have a more comprehensive understanding of the users' needs, and the intervention plans would appropriately address their needs. Furthermore, more focus is given to the intentions of the users. The Society has decided to fully implement the ICF at Kai Yuet Adult Training Centre and Kai Hong Home, the two new service units in Kwun Tong, to gather more practical experience and help all units implement the ICF progressively.



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



本會的職業康復及發展服務多元化，服務包括庇護工場、綜合職業康復服務中心、輔助就業、在職培訓計劃、就業後支援延展服務、職業康復延展計劃，為不同能力的殘疾人士提供職業康復培訓及就業機會，協助他們公開就業，積極融入社會。在 2019/20 年度，有接近五百八十名殘疾人士接受本會的職業康復及發展服務。

The Society operates diversified vocational rehabilitation and development services to persons with disabilities, including the Sheltered Workshops, Integrated Vocational Rehabilitation Services Centre, Supported Employment, On-the-Job Training, Post-Employment Support Service and Work Extension Programme (WEP). Through the provision of these services, persons with disabilities are able to receive vocational rehabilitation training and support, which serve to enhance employment opportunities and social inclusion. In 2019/20, nearly 580 persons with disabilities received vocational rehabilitation and development services provided by the Society.



工場安排「職業康復延展計劃」的工友於工餘時間做運動，保持身體健康，「你睇下我幾 Fit！」
Service users doing exercises to keep fit after finishing work tasks during the WEP, "Hey! See how fit I am!"



「職業康復延展計劃」讓因年老或工作能力衰退而無法繼續日常工作訓練的庇護工場學員提升生活質素及過有意義的生活
The WEP aims to improve the quality of life of existing trainees at Sheltered Workshops who can no longer perform normal work tasks due to old age or deterioration in work ability

樂齡共融工場 — 石圍角工場現代化工程 Age-Friendly and Inclusive Workshop - Modernisation Project of Shek Wai Kok Workshop

為回應服務需要，特別是服務使用者老齡化對服務需求的轉變，石圍角工場獲「香港賽馬會慈善信託基金」贊助一千一百二十九萬港元，進行「樂齡共融工場 — 石圍角工場現代化工程」，該工程已於 2019 年 6 月竣工，與此同時，石圍角工場正式命名為「扶康會賽馬會石圍角工場」。此計劃目的是讓服務使用者能夠在一個嶄新及配合其需要的環境下接受多元化的工作訓練，同時亦能提升公眾人士對庇護工場的正面印象。



全新的大門口，拉近了工場與社區的距離
The brand-new entrance has brought the workshop closer to the community literally

In response to changing service needs, especially the needs arising from the ageing of service users, the Shek Wai Kok Workshop received a grant of HK\$11.29 million from the Hong Kong Jockey Club Charities Trust to launch a modernisation project aiming to revamp itself as an 'Age-friendly and Inclusive Workshop'. The modernisation project was completed in June 2019. The Workshop was renamed 'Fu Hong Society Jockey Club Shek Wai Kok Workshop' (JCSWKW). The JCSWKW projects a positive image of Sheltered Workshops through its provision of diverse vocational training that meets the needs of service users.



服務使用者正把親手種植的菜苗放進現代化水耕種植機內培育
This service user is placing vegetable shoots in the indoor hydroponics training room for cultivation

「就業支援服務」服務重組及發展 Revamp and Development of the 'Employment Support Services'

隨著時代變遷，加上服務使用者及家屬對就業支援服務的期望和需要均有所改變，本年度會方重新協調和分配資源，將輔助就業服務、在職培訓計劃及殘疾人士就業後支援延展服務先導計劃合併為「就業支援服務」，為服務使用者提供更貼心及一站式的就業支援，以增加殘疾人士的就業機會及促進社區參與，從而達致社會共融。

重組後的就業支援服務約有一百二十位服務使用者，在 2020 年初，雖然受到新型冠狀病毒疫情影響，但經各方努力後，本會「就業支援服務」的服務使用者公開就業率仍達七成半。展望未來，本會將繼續積極拓展僱主網絡，鼓勵僱主聘用殘疾人士，提升他們的公開就業機會。

In view of the changing needs of service users and the employment market, the Society conducted a service review this year to revamp employment-related services. By re-allocating resources, the Supported Employment Programme, On-the-Job Training Programme and Post-Employment Support Services were combined into the 'Employment Support Services' to better match the needs of service users via the newly revamped one-stop employment support service. The revamp promotes social inclusion by increasing employment opportunities and community participations for persons with disabilities.

There are around 120 service users benefited from the revamped 'Employment Support Services'. The Society was encouraged to see that the rate of open employment reached 75% despite the impact of the COVID-19 pandemic in early 2020. The Society will work continuously on widening its network of employers in order to enhance the employment opportunities of persons with disabilities.

食品工場計劃：「康姨食物工房」及「康姨廚房」 Food Factory Projects: 'Madam Hong's Food Factory' and 'Madam Hong's Kitchen'

「民以食為天」，為配合市場需要及本會的職業康復發展路線，葵興職業發展中心及賽馬會石圍角工場於本年度分別成立了「康姨食物工房」及「康姨廚房」以提供更多元化的職業康復訓練予服務使用者。

葵興職業發展中心於 2017 年獲伊利沙伯弱智人士基金撥款九十七萬六千三百港元贊助成立「康姨食物工房」，發展健康天然的乾果製作生產線，工房裝修工程已於 2019 年 7 月完工，並成功取得由食物環境衛生署發出的「食物製造廠」牌照。



不同款式的乾果，
任你選擇
A various selection
of dried fruits



乾果製作
我也做得到
I can make dried
fruits as well

隨著服務使用者年紀漸長，優質而健康的飲食至為重要，故賽馬會石圍角工場在現代化工程時按照符合「食物製造廠」牌照的規格要求裝修電能訓練廚房，並已取得「食物製造廠」暫准牌照。食物製造廠命名為「康姨廚房」，一方面製作美味又健康之餐膳，同時又能提供配合本會社企業務發展的餐飲訓練，讓服務使用者接受配合市場需求的進階訓練，並為他們公開就業作好準備。

「康姨廚房」，為服務使用者提供配合市場要求的進階訓練項目，為外出公開市場就業作好準備
Madam Hong's Kitchen provides advanced training programmes for service users to meet market requirements and prepare them for open employment



兩間工場日後將會發展自家品牌的產品以擴闊工種，為服務使用者提供更多工作訓練的項目。

In order to align with the catering development direction of the Society's Vocational Rehabilitation Services and to diversify the training opportunities available to persons with disabilities, two Food Factories, namely 'Madam Hong's Food Factory' and 'Madam Hong's Kitchen', were set up at the Kwai Hing Vocational Development Centre and Jockey Club Shek Wai Kok Workshop respectively this year.

With the funding support of the Queen Elizabeth Foundation for the Mentally Handicapped at HK\$976,300, the Kwai Hing Vocational Development Centre set up the 'Madam Hong's Food Factory' to produce healthy, natural dried fruits without any additives, preservatives or sweeteners. The construction work was completed in July 2019 and it successfully received the 'Food Factory Licence' issued by the Food and Environmental Hygiene Department.

A good and healthy diet is one of the vital elements in enhancing the quality of life of senior service users, so setting up a professional training kitchen with a 'Food Factory Licence' is one of the key tasks under the modernisation project of JCSWKW. The kitchen, named 'Madam Hong's Kitchen', aims to provide quality and healthy meals to service users. Meanwhile, it also serves as a platform to provide real catering training to service users with the objective of enhancing their employment opportunities in the open market ultimately.

In the future, the two workshops will provide more training for service users through the development of the Society's own brands, in order to broaden the range of career choices available to our service users.

日本交流考察學習 Study Tour to Japan



我們一行十三人出發去
東京交流、考察及學習
Thirteen staff members went
on a study tour to Tokyo for
exchanging views and learning

隨著社會進步，傳統的職業康復訓練模式已不能完全配合殘疾人士的就業需要。因此，本會於 2019 年 11 月組織十三人的跨專業代表團，前往日本東京交流、考察及學習。在考察期間，代表團一共探訪了九個機構，當中包括政府部門、大學、非營利機構、特例子會社及大型企業。交流團與不同機構負責人進行深入交流，了解日本當地職業康復服務發展的情況和面對的困難，汲取經驗作為本會未來發展的參考。

In the light of social developments, the traditional training model of vocational rehabilitation services no longer meets the needs of service users. To address this, a multi-disciplinary delegation comprising 13 staff members went on a study tour to Tokyo in November 2019. This delegation visited nine organisations including government departments, a university, non-profit organisations, special subsidiary and large corporations. The delegates had in-depth exchanges and discussions with different operators in Tokyo to understand the current situation of vocational rehabilitation services and the difficulties faced in Japan. The experience gained from the study tour provides meaningful reference for the Society's future development.

公益財団法人日本障害者リハビリテーション協会の寺島彰教授
親臨介紹日本殘疾人福利制度
Professor Terashima of the Japanese Society for Rehabilitation of Persons with Disabilities introduced the social welfare system of persons with disabilities in Japan



社區精神健康服務 Community Mental Health Services

本會的社區精神健康服務包括三所中途宿舍（悅群之家／悅智之家／悅行之家）和精神健康綜合社區中心（康晴天地）。中途宿舍提供以「社區為本」的住宿支援服務，協助精神復元人士（下稱復元人士）重新融入社區。「康晴天地」服務港島中區及南區居民，除了提供一站式精神健康及社區支援服務外，更積極推行公眾教育，加強居民對精神健康的關注。

The Society provides community mental health services at three Halfway Houses (Yuet Kwan Home, Yuet Chi Home and Yuet Hang Home) and the Integrated Community Centre for Mental Wellness (Sunrise Centre). Halfway Houses provide 'Community-based' residential services to persons in recovery, facilitating their re-integration into the community. 'Sunrise Centre' serves the residents of Central and Southern Districts, and provides one-stop and district-based integrated community mental health support services. The Centre also plays an active role in community outreach to enhance public awareness of mental wellness.

中途宿舍 Halfway House

多元活動，發掘潛能

中途宿舍以協助復元人士重投社會為目標，因應個別服務使用者之需要和特質，與他們共同擬定合適之復元計劃，並透過個案輔導和小組工作等方式，協助他們實踐計劃的內容。宿舍亦透過多元化的活動，發掘復元人士的潛能，引發他們參與活動的動機、並在社交體驗中感受到關愛和互助。

Unleashing Potential Through Diversified Activities

Halfway houses aim to help persons in recovery integrate into the community. We work together with our service users in customising their recovery plans, and facilitate the implementation of those plans through individual counselling and group programmes. The Houses also organise diversified activities aimed at unleashing the potential of our service users, enhancing their motivation in social participation, and cultivating mutual care and support in social contexts.

舞獅的氣勢和節拍，充份展現復元人士生命中的激情和堅毅
The strong momentum and beat in Lion Dance clearly reflected the passion and resilience of persons in recovery



單車導賞遊結合運動與認識社區兩大優點，讚！
A cycling trip is a worthwhile pursuit, as it allows you to enjoy the sport and a community visit all at the same time! Super Like!



園藝治療小組不但陶冶性情，亦讓人學習欣賞生命
Horticultural groups cultivate one's temperament and appreciation for the finer things in life



苗圃 42 公里越野接力賽：體力、鬥志與合作性的挑戰
Sowers Action 42-KM Race: This was a challenge to our physical strength, willpower and teamwork

自主創造，展現優勢

透過優勢為本的視野，每一位復元人士皆有能力將自己的長處和優點展露於人前。宿舍因應服務使用者的優勢，協助他們尋找發揮自我的舞台，當中的個人畫展和才藝表演正好讓他們發展藝術方面的才華。此外，宿舍亦舉辦「創意活動，由你話事」活動，讓服務使用者自主籌劃活動，將個人才藝教授予其他服務使用者，達致自主創造，建立友誼的雙贏效果。

Self-organised Groups Demonstrating Strengths and Independence

We believe that every person in recovery has the capacity to showcase their strengths and talent. All three Houses continuously strive to provide the appropriate platforms for our service users to display their strengths, and the arts exhibition and talent show that we organise are two good examples of such platforms. The Houses also encourage service users to leverage their strengths and expertise by sharing with others in self-organised groups. These 'Self-Initiated Groups' not only cultivate independence, but also help to forge friendship and enhance mutual support among service users.



人生就像一個舞台，只在乎你是否勇於踏上台階，表現自己！
Life is like a stage – The only matters is whether you are brave enough to show the world who you are!



「創意活動，由『我』話事」——與朋輩分享我的才藝，更是賞心樂事！
It's my great pleasure to share my talent with friends in the 'Self-Initiated Group'



音樂表演需要好的拍檔，復元路上我們亦要朋輩支援
Just like it is essential to have a good partner in a music show, we need peer support in our recovery journey



服務使用者慧敏作品展：「我的創作不單只反映出的我藝術天分，亦讓我訴說我的復元故事！」
Service user Wai Man's Exhibition: "My creations not only reflect my artistic talent; they are also an expression of my recovery story"

貢獻社會，實踐共融

作為社會的一份子，復元人士同樣能夠貢獻社會，發揮所能。宿舍經常與地區團體協作舉辦義工服務，讓服務使用者透過義工參與，服務社區社群，並同時提升自我形象和效能感。能力較高的服務使用者，亦會透過社工的鼓勵和協助，在職場上尋找新的路向。

Actualise Social Inclusion through Participation

Persons in recovery can also contribute to our society, which they themselves are a part of. In collaboration with community partners, our service users actively participate in voluntary services that give back to society. Through these meaningful contributions, our service users have enhanced their self-image and self-efficacy. In cases where our service users meet job market requirements, our social workers also strongly encourage and support them in developing their career.



服務使用者義務探訪區內長者，送上慰問與關懷
Service users expressed their care and concern during a voluntary visit to the elderly in the community



我有能力自食其力，樂意為你服務！
I am proud to earn a livelihood by relying
on my own efforts. And it's my pleasure to
serve you!

連友 Club

自助小組「連友 Club」的會員透過自行籌辦各類活動，例如會員大會、中秋活動、生日會、義工探訪等，培育出更強的自主和組織能力，亦善用他們的優勢和長處，服務康晴天地的會員和區內長者。此外，康晴天地向房署提交使用隔鄰空置單位的申請獲得批准，七百平方尺的額外面積除了用作活動空間外，亦會加設一間小型貓房，作為「動物輔助治療服務」之用。連友 Club 的會員正積極組織「貓房籌備小組」，招募愛貓會員，一同為中心即將開展的新服務做準備。

The 'Link Club'

Members of our self-help group known as the 'Link Club' demonstrate their strengths and capabilities by organising activities, such as members' meetings, mid-autumn festival celebrations, birthday parties and voluntary services for serving the members of Sunrise Centre and elderly in the districts. This year, the Housing Department gave its approval for the Sunrise Centre to utilise adjacent vacant units for the extension of its premises. That creates another 700 square feet of space which will house an activity room as well as a small cat hub which will be used to develop 'Animal-Assisted Therapy' services. To aid this effort, the 'Link Club' has set up a 'Cat Hub Action Team', recruiting cat lovers to assist the Centre in preparing the cat hub.



「連友 Club」成員與長者中心合作，
預備自家靚湯探訪區內長者
Members of the 'Link Club' are preparing soup for a voluntary
visit to the elderly in the community



「貓房籌備小組」走訪不同
寵物用品店，為佈置貓房
取得靈感

The 'Cat Hub Action Team'
looked for new ideas by visiting
various pet shops

「康晴天地」精神健康綜合社區中心透過由社工、職業治療師、精神科護士、臨床心理學家和朋輩支援員組成的跨專業團隊，為復元人士，疑似受精神困擾人士、他們的家人／照顧者及居住於中區及南區的居民，提供以地區為本的一站式綜合精神健康服務。

Sunrise Centre is an Integrated Community Centre for Mental Wellness (ICCMW) that provides community-based mental health services to persons in recovery, persons with suspected mental disturbance, their family members as well as residents living in Central and Southern Districts. The Centre is staffed by our multi-disciplinary team composed of social workers, occupational therapists, psychiatric nurses, clinical psychologists and peer support workers.

真人圖書館

朋輩支援員利用自身的復元經歷，協助復元人士克服復元路上的障礙。本年度推行的「真人圖書館」計劃，讓復元人士擔任「真人圖書」，透過平等對話，以提升活動參加者對復元人士的認識及接納。

Human Library

Our peer support workers share their own recovery experiences, and encourage and support others who are facing difficulties in the road to recovery. The stories of persons in recovery are shared in our 'Human Library Programme', the 'human library' being a reference to the real-life stories of those who have been through the journey themselves. Through equal dialogue, participants gain a deeper understanding of persons in recovery and the challenges they face.



朋輩工作員參與香港浸會大學舉辦的
「真人圖書館」活動
The 'Human Library' in the Hong Kong Baptist
University prepared by peer support workers



高手在民間！不少會員都有
不同的技藝與他人分享
There are many 'Masters' in our
neighbourhood! They are members who
are willing to share their strengths and
talent with other service users

「康晴小幫手」

為加強對復元人士子女的支援，中心招募十八歲以下的小家屬成為「康晴小幫手」，藉著小義工的角色，增加他們與中心的聯繫，並透過義工訓練、親子活動及治療小組，增加他們對精神健康的認知，協助復元人士和子女締造更多正面相處的經驗。

The 'Little Sunrise Helper'

To strengthen our support to the children of persons in recovery, young family members under 18 are recruited as 'Little Sunrise Helpers'. Our social workers engaged these youngsters in volunteer training, parent-child programmes and therapeutic groups, aiming to enhance their awareness of mental wellness, and cultivate positive relationships between them and their parents in recovery.

我們能夠克服各樣的
挑戰，迎接更美好的
未來
We can overcome different
challenges and look forward
to a bright future!



亦師亦友計劃

計劃鼓勵會員發揮個人的專長，成為中心的義務導師，將個人優勢與其他會員分享，促進會員間共同學習並擴展社交網絡。過去一年，中心先後由十八位「民間高手」擔任義務導師，在七十八節的小組內，與四百六十五人次的會員分享書法、手語、鑽石畫、六通拳等技藝，共同享受分享及學習的樂趣。

The Neighbourhood Master Programme

Our members are encouraged to play the role of voluntary tutors who share their strengths and talent with other members. Last year, 18 'Neighbourhood Masters' shared their expertise in areas such as calligraphy, sign language, diamond painting and Luk Tung Kuen over 78 activity sessions. A total of 465 participants shared the joy of such mutual learning and sharing.



SUN 計劃

透過連續數週的行山及歷奇活動，社工陪同年青的復元人士一同經歷體能、智力和意志力的挑戰，在過程中學習到朋輩支援的可貴，一同慶祝克服困難的喜悅，為自己美好的人生喝彩。

Project 'SUN'

Young persons in recovery participated in a series of hiking and adventure activities challenging their physical strength, talent and willpower. Together we forged precious friendship and offered mutual support. And together, we conquered challenges along the way, celebrated our victories, and encouraged one another to remember the joy of life!

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

本會的殘疾人士社區支援服務一直貫徹「地區為本」的方針，致力提供「以人為本」的訓練和照顧服務，鼓勵殘疾人士全面融入社會，增強對他們及其照顧者的支援，創造和諧共融的社區。
With the 'community-based' approach as the guiding principle, the Society is committed to providing 'people-oriented' training and care services, encouraging persons with disabilities to fully participate in the community and strengthening the support to them and their caregivers, in order to create a harmonious and socially inclusive community.

天水圍地區支援中心 Tin Shui Wai District Support Centre

作為全港第一間殘疾人士地區支援中心，「扶康會天水圍地區支援中心」(中心)以地區為本的策略，為社區內的殘疾人士提供「一站式」支援服務，為他們設計多元化的活動、展藝班組、社區生活技能訓練小組、照顧服務及跨專業的治療服務，務求令社區內的殘疾人士及其家屬得到適切的支援，從而強化個人自我照顧能力及信心，並紓緩家屬的照顧壓力、提升其生活質素，促進社會共融。

本年度中心的主題為「展藝綻放，共享社區」。因此，本中心提供多項社區融合活動予殘疾人士參加，當中包括「台灣硬地滾球比賽2019」、「第十屆互唱共融齊OK才藝大賽」、「義工『元』途齊突破」等，讓殘疾人士能夠透過積極參與活動，展現個人才能，投入社會，服務社群，並拉近人與人之間的關係，從而達至社會共融及宣揚共享社區的教育訊息。

義工「元」途齊突破 Volunteer Challenge in 2019/20



我看來真有點名家風範呢！
I look like a famous painter!



感謝社會福利署元朗區福利辦事處與中心義工來到我們的宿舍，繪畫「壁畫圍牆」
Our gratitude to the Yuen Long District Social Welfare Office, Social Welfare Department and volunteers who came to our dormitory and painted the 'Mural Wall'

As the first District Support Centre for persons with disabilities in Hong Kong, the 'Fu Hong Society - Tin Shui Wai District Support Centre' (TSWDSC) adopts a community-based strategy. Aiming to ensure that persons with disabilities and their families have access to proper support, as well as seeking to strengthen users' self-care ability and confidence, and alleviate the pressure their family members face, the TSWDSC offers a 'one-stop' support service to persons with disabilities in the district, implementing diversified activities such as talent development groups, community living skills training, personal care services, and cross-disciplinary professional services. These diverse forms of support help to raise the level of quality of life and enhance social inclusion.

In the past year, the theme of the TSWDSC was 'Let Talent Shine, Shared Community'. In line with that, the TSWDSC offered a wide range of socially inclusive activities for persons with disabilities, including the '2019 Chinese Taipei BOCCIA Invitational Games', 'The 10th Social Inclusion Singing and Talent Contest', and the 'Volunteer Challenge in 2019/20'. Through active participation in these activities, persons with disabilities showcased their capabilities, served the community, and enhanced interpersonal relationships. Through all of that, the idea of social inclusion and shared community was highlighted.

台灣硬地滾球比賽 2019 2019 Chinese Taipei BOCCIA Invitational Games

中心的硬地滾球隊衝出香港，出戰台灣，並勇奪六個獎項，為香港爭光！
BOCCIA Team of the TSWDSC took part in the Invitational Games in Taiwan. We are so proud of the Team as they achieved excellent results by winning 6 trophies!



扶康會代表與台灣高手一較高下
A delegate of Fu Hong Society focusing on the game with a participant from Taiwan

裁判謹慎地量度
兩隊比賽者的
球距來分出勝負
A judge carefully measuring
the distance between two
balls so as to decide who
will be the winner



香港、台灣、日本參賽者
比賽前，先來個大合照！
A group photo of
participants from the teams
of Hong Kong, Taiwan,
and Japan, before the
competition began!



第十屆互唱共融齊OK才藝大賽 The 10th Social Inclusion Singing and Talent Contest



出賽前義務化妝師為
參賽者來個大變身
Before the competition
began, the volunteers
were helping the artists
with the make-up - all the
participants look so smart!



今屆參賽者實在太強勁了，本中心的 Rainbow 樂隊雖敗猶榮
The competition was intense. The Rainbow Band of the Centre was glad to be able to participate in the event



今屆比賽得以成功，有賴台前幕後工作人員的努力，我們 2021 年再見！
Thanks to the concerted efforts of all our colleagues, the competition ended on a high note. It was a happy and highly inclusive event. See you all in 2021!

專職醫療服務 Allied Health Services

為配合服務發展，本會於 2020 年 1 月進行服務架構重整，將物理治療、職業治療、臨床心理和言語治療服務整合為專職醫療服務，期望透過跨專業協作，為服務使用者提供更適切、有效的服務。

To support service development, the Society revamped its service structure in January 2020, integrating physiotherapy, occupational therapy, clinical psychology and speech therapy services into Allied Health Services. It is expected that such trans-disciplinary collaboration will result in service users being given more targeted and effective service.

同時，本會在過去一年積極推行「國際功能、殘疾和健康分類」(ICF) 試行計劃，以配合「以人為本」的服務理念。ICF 是世界衛生組織用於評估健康和殘障的框架和標準量化評核工具。由於 ICF 屬較新的理論與工作框架，培訓部為專業員工安排了工作坊，促進專業員工 (包括專職醫療員工) 以 ICF 框架協作，評估和制定切合服務使用者需要的個人康復及發展計劃。

以下是各專業服務因應樂活老齡的年度策略方向的服務報告：

物理治療服務 Physiotherapy Services

本會物理治療師透過跨專業的評估及協作，為服務使用者制定及推行全面的復康計劃，改善他們的身體機能，從而提高他們的生活質素。去年物理治療服務共計為二千名服務使用者提供超過二萬六千五百節治療。

Meanwhile, the Society also actively implemented the 'International Classification of Functioning, Disabilities and Health' (ICF) pilot programme in the past year, in line with its 'people-oriented' service philosophy. The ICF is a framework and standard quantitative assessment tool used by the World Health Organization to assess health and disability. As it is a relatively new theory and framework, the Training Department organised workshops to promote collaboration among professional staff (including Allied Health workers) in using the ICF framework to assess and formulate individual rehabilitation and development plans that meet the needs of service users.

The following are the service reports of various professional services in response to the annual strategic direction of active ageing and social inclusion:

The Society's physiotherapists help strengthen service users' physical functions and improve their quality of life by implementing holistic rehabilitation plans and effective therapeutic interventions using a trans-disciplinary approach. In the past year, more than 26,500 treatment sessions were provided to 2,000 service users.

樂活老齡

物理治療師一直為服務使用者設計不同種類的運動項目，以延緩他們老化過程。去年，本會為服務使用者引入了方塊踏步運動。方塊踏步運動起源於日本，通過在不同形式的方塊上進行踏步訓練，改善年長人士的下肢肌力和動態平衡力。令人鼓舞的是，九成半的服務使用者在完成方塊踏步訓練後提升了自身的平衡能力，從而減少跌倒風險。

社會共融

硬地滾球適合所有年齡人士及擁有不同能力的人士一同參與，是一項很富趣味性的社交活動。去年，本會在一群義工的協助下舉辦了一系列硬地滾球訓練課程，積極地向服務使用者推廣這項運動。參加者掌握了滾球的技術後，通過比賽得分而獲得滿足感，從運動中建立自信和增加自我價值的肯定。



服務使用者透過學習硬地滾球的技巧和計分方法，提升個人及團隊的得分實力，增強自信心
Service users are learning Boccia scoring rules and skills from the coach. They can build up self-confidence by improving their skills continuously



服務使用者透過不斷練習，可培養自身專注力和穩定性，亦有助手眼協調
Service users can increase their attention span, improve core stability and eye-hand coordination by playing Boccia

Active Ageing

To slow down the ageing process, the physiotherapists have designed various exercise programmes for service users. In the past year, a new exercise protocol known as 'The Square Steps' (SSE) was introduced to the service users. SSE originated in Japan, is designed to improve lower limb strength and dynamic balance of the elderly by having them walk on different forms of squares. It is encouraging that 95% of the service users have improved their balancing ability, reducing their risks of falling after participating in the programme.



導師悉心教導不同程度的服務使用者進行方塊踏步訓練，改善他們下肢的肌力和動態平衡力
The instructor teaches the service users how to do the Square Steps exercise which improves their lower limb strength and dynamic balance

Social Inclusion

Boccia is a sport with a huge social element. People of all ages and abilities can have fun playing it. Last year, our physiotherapists promoted Boccia to our service users through a series of training sessions held with a group of volunteers. Once the participants manage to master the technique, they feel a sense of satisfaction when they score in the game. Through this sport, our service users gradually build up their self-confidence and feel more confident about their self-worth.



服務使用者透過隊員間的互相合作和協調策略，提升社交技巧，發揮團隊精神
Service users communicate and cooperate with team members, enhancing their social skills and developing team spirit in the process

職業治療服務 Occupational Therapy Services

職業治療是使用治療性活動增加各類接受治療人士在自理、工作及休閒活動上的獨立能力，促進發展及預防殘疾。去年職業治療服務共計為七百一十四名服務使用者提供超過四萬四千節治療。

Occupational therapy is the design and use of therapeutic activities to enhance users' independence in their self-care, work and recreation. Essentially, occupational therapy stimulates development and prevents disability. In the past year, more than 44,000 treatment sessions were provided to 714 service users.

「樂齡科技」的應用及成效

智障人士的活動水平一般較低，提早「老齡化」在智障人士中頗為常見。近年市場上推出了各種器材及設備，減輕照顧者的體力負擔和促進訓練效果。職業治療師積極參與相關展覽，親身體驗和選擇合適的「樂齡科技」。

為了加強訓練成效和提升興趣，職業治療師評估服務使用者在肌能、生活技能、社交溝通、認知和感知的訓練需要，再靈活運用創新科技產品去設計治療活動。透過視覺和聽覺反饋，令治療活動更具互動性，藉此增加服務使用者的參與程度；當中包括平板電腦的流動應用程式、復康訓練軟件和電子器材等。

上肢互動訓練器 — 職業治療師利用互動訓練器，為年長的服務使用者進行上肢活動幅度、專注力及手眼協調的訓練，藉著聲音及閃燈帶動氣氛，令服務使用者投入參與

Upper Limbs Interactive Training Kit (ROXs) — The occupational therapist utilises the interactive training kit to improve the range of motion, concentration and eye-hand coordination of senior service users. The audio and visual stimulations motivate them to participate actively in the training

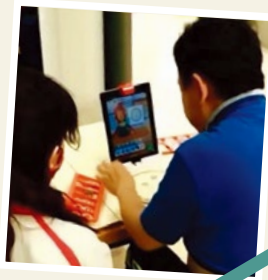
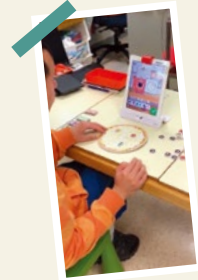
Application and Impact of 'Gerontechnology'

The majority of persons with intellectual disability are generally inactive, and we know that a sedentary lifestyle is a common cause for the early onset of ageing. In recent years, technological innovations have been used to relieve physical stress on caregivers and to enhance training effectiveness. Our occupational therapists have also actively participated in the relevant exhibitions to experience and select appropriate gerontechnology tools.

To ascertain the training effectiveness and the interest of service users, after assessing their training needs in motor functions, daily living skills, social communication, cognition and perception, occupational therapists leverage innovative products to customise interventions that achieve better outcomes. IT applications are also used to increase service users' participation by providing the options of visual and auditory feedback. Other resources used include apps on tablets and online platforms, the balance board, upper limb electronic training aid, Exercise Robot, i-Cat, OSMO game, and so on.



運動機械人 — 居於社區的中風人士在扶行帶及員工的輔助下，嘗試跟從新穎有趣的機械人一起做運動，表現積極
Exercise Robot - A post-stroke service user living in the community tries to imitate the robot's actions with the aid of a walk belt and a member of our staff



桌上實體虛擬應用程式互動遊戲 — 職業治療師利用器材進行認知、感知、前三指操作及兩手協調訓練，虛擬及實景互動交錯，生動有趣

Reflective Artificial Intelligence Game — The occupational therapist makes use of this device in cognitive, perceptual, fine motor and bimanual upper limbs training. The interplay between the actions in the real world and in the virtual world was lively and engaging



電子貓 — 透過與電子貓的互動，為認知和社交溝通能力較弱的服務使用者提供情感交流，營造互愛氣氛，加上觸覺和聽覺上的刺激，能夠舒緩情緒
Companion iPet — By interacting with the i-Pet, service users with social cognition dysfunction experience feelings of intimacy in a caring atmosphere. The tactile and auditory stimulations also help to regulate their emotions



Encouragement from 'Smiling Faces'

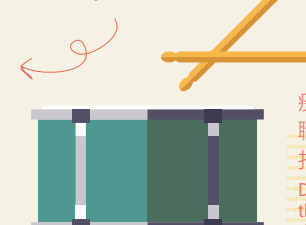
Occupational therapists apply innovative products at Day Training Centres to improve the physical, cognitive and social communication performances of our service users while enabling them to have a pleasant and meaningful experience. It is most satisfying and encouraging to see their happy smiles and active participation!

「學員面帶笑容」的鼓舞

職業治療師在日間訓練中心運用創新科技產品，改善服務使用者的肌能、認知及社交溝通能力，獲得愉快和有意義的體驗，驅使服務使用者主動和積極參與。



樂齡的服務使用者對職業治療師以平板電腦及應用程式進行訓練感到有趣，笑容燦爛
The occupational therapist conducts iPad training sessions with elderly service users. The colourful and splendid audiovisual effects can really cheer them up!



疫情期間，服務使用者未能前往日間訓練中心，職業治療師利用平板電腦在宿舍進行訓練，打破了空間、地域和器材的局限
During the pandemic period, service users could not visit the Day Training Centres. The occupational therapist utilised the iPad Apps for training and successfully overcame the restrictions of space, distance and equipment



職業治療師細心地指導樂齡服務使用者控制應用程式內的圓珠在迷宮裡滾動，訓練雙手協調

The occupational therapist is guiding an elderly service user to do bilateral upper limb training by using the labyrinth-marbles App on the iPad



職業治療師利用應用程式為中風樂齡人士進行認知及小肌肉訓練
The occupational therapist is carrying out cognitive and fine motor training for a service user with left hemiplegia



「循序漸進」的參與

只要從易到難慢慢嘗試，嚴重殘疾人士護理院舍的舍友亦可以一步一步地掌握和參與復康科技訓練。就如簡單的互動遊戲，舍友用手指接觸圖案後圖案隨即消失，分別顯著，增加舍友參與訓練的興趣和動力。



‘Step by Step’ in Participation

Service users at the Care and Attention Home, which serves persons with severe disabilities, start from the simple before progressing to the difficult. They too can participate and catch up gradually in their training with the aid of technology. For instance, even a simple game where service users touch the screen with a finger and see the moving picture disappear can make a big difference, as well as sustaining their interest and motivation.

應用科技產品在護理院舍的服務使用者身上時，尤其要循序漸進，讓他們從一步一步的掌握過程中得到滿足感

Application of technology for service users in the Care and Attention Home has to be done at a slower pace and less demanding level. The important thing is to let them feel a sense of satisfaction in the process and make progress gradually

「多功能產品」的使用

殘疾人士地區支援中心，除了應用運動機械人、電子貓、OSMO 桌上虛擬遊戲外，近來更引入了電子遊戲互動版，及上肢互動訓練器，進行手腳左右協調訓練，以較強的手腳，帶動較弱的手腳。想不到樂齡服務使用者玩電子遊戲時亦十分投入、充滿歡笑！

Application of ‘Multi-Functional Products’

Apart from the Exercise Robot, interactive i-Cat and OSMO AR game, the District Support Centre for persons with disabilities recently also incorporated the BoBo-Board and upper limb electronic training aid in their services. The therapist conducts bilateral limb coordination training for service users with physical disabilities. It is amazing to see and hear the passion and laughter of our elderly service users when they are playing the electronic games!



內置陀螺儀及加速感應器的 BoBo-Board 電子互動遊戲，有助樂齡服務使用者的上下肢左右協調訓練，亦可在中風人士的復康訓練上，作為較強上下肢帶動較弱上下肢的訓練

The motion detect functions of the BoBo-board interfaces in the Apps and game in the special tablets provide the elderly and post-stroke service users with a means of bilateral upper and lower limbs coordination training

臨床心理服務 Clinical Psychological Services

臨床心理學家透過心理評估及心理治療，協助有需要人士預防及處理各種情緒、思想及行為上的困擾，以促進他們發展潛能及積極投入社區生活。臨床心理學家全年共提供了一千二百二十九節諮詢，評估以及治療服務予一百一十五位服務使用者。

Clinical psychologists leverage psychological assessments and psychotherapy to prevent and deal with various emotional and behavioural problems so that the persons being supported can develop their potential and actively participate in community life. Clinical psychologists provided 1,229 sessions of consultation, assessment and treatment to 115 service users in the past year.

正向行為支持

臨床心理學家以正向行為支持策略，教導服務使用者學懂如何有效地處理自己的情緒。

Positive Behaviour Support

Through positive behaviour support interventions, service users learn skills to manage their emotions more effectively.

情緒管理小組 Emotional Management Group

臨床心理學家舉辦情緒管理小組，讓服務使用者學懂如何有效地管理自己的情緒

Clinical psychologists conduct treatment group to facilitate the learning of service users' emotional management skills



個別訓練 Individual Training

提供個別訓練以加強學員控制情緒的能力

Individual training to strengthen their emotional management skills



行為改善計劃 Behavioural Management Plan

制定行為改善計劃，讓服務使用者懂得恰當地表達自己的需要

Behavioural management plans for service users to facilitate their learning of appropriate ways to express their needs



精神健康服務

康晴天地為精神復元人士提供個案評估、輔導和具治療性的小組活動，其中「接受與承諾」治療是實證為基礎的心理治療，從接納、正念、承諾與行為改變策略的層面，增加個人的心理彈性，用另一角度去看人生中的高低起伏，過有意義的人生。

Mental Health Services

Sunrise Centre provides case assessment, counselling and therapeutic group activities for persons in recovery. 'Acceptance and Commitment Therapy' (ACT) is an evidence-based therapy approach that uses a variety of acceptance, mindfulness, commitment and behaviour change strategies to increase a person's psychological resilience, enabling one to lead a meaningful life aligned with one's personal values.

精神健康綜合社區中心 — 康晴天地 Integrated Community Centre for Mental Wellness - Sunrise Centre

進行具治療性的輔導小組活動
Counselling and therapeutic group activities



康晴天地員工培訓 Staff Training at Sunrise Centre

為任職精神復康服務的專業同工進行培訓，
讓員工可用另一角度去看服務使用者的困擾
Provide training for professional staff working in mental
rehabilitation services, so that staff can understand the
service users from another perspective

評估服務

為自閉症及發展障礙學前兒童及成人提供評估服務，為他們制定合適的訓練，促進他們融入社會。

Conduction of Assessments

We conduct assessments of pre-school children and adults with autism and developmental disabilities, and develop appropriate training programmes for them to integrate into society.

自閉症人士服務 Services for Persons with Autism Spectrum Disorders

為自閉症及發展障礙學前兒童提供評估服務，
為他們制定合適的訓練
Provide assessment services for pre-school children
with autism and developmental disabilities, and
develop appropriate training for them



老齡化正向心理小組及輔導服務

透過運用正向心理學，協助年長服務使用者培養正面思維和情緒，從而改善社交及心理健康，同時透過個別輔導，協助服務使用者適應老齡化的轉變。

Positive Psychology Group for Ageing Service Users

Clinical psychologists apply the Positive Psychology framework to help service users develop positive thinking and positive emotions, which in turn improve sociability and psychological health. Meanwhile, clinical psychologists also help service users adjust to the ageing process through individual counselling.

老齡化正向心理學小組 Positive Psychology Group for Ageing

協助服務使用者培養正面思維和情緒，
從而改善社交及心理健康
Helping the service users to develop positive
thinking and positive emotions



老齡化輔導服務 Counselling Service for Ageing Service Users

透過個別輔導協助服務使用者
適應老齡化的轉變
Clinical psychologist helps the clients
in the adjustment of ageing process
through counselling



服務 SERVICES



A young man with short dark hair, wearing a dark shirt with a colorful pattern, is seated at a table in a restaurant. He is holding a piece of food, possibly a shrimp, near his mouth. On the table in front of him is a plate of food, including what looks like shrimp and rice. There are also several bowls and cups on the table, some containing liquids. The background shows other diners and restaurant furniture, including chairs and tables. The lighting is warm and indoor.

A man with grey hair, wearing a blue jacket over a green and black striped shirt, is seated at a table. He is holding a small piece of food on a stick and eating it. A small bowl of food is on the table in front of him. The background is a plain wall with a yellow upper section and a light green lower section.

I once choked on food residue left in my mouth. But after doing the oro-motor exercises tailor-made for me by my speech therapist very diligently, I can move my tongue sideways now!

關愛家庭服務 Family Care Home Services

本會深信智障人士是社會的一份子，應享有平等和自由選擇的機會，包括享有家庭生活的權利。本會現時有三所家舍，分別為邂逅軒、超瑩軒及婉明軒。「關愛家庭」設於社區的住宅單位，由家姆、兄長和智障家庭成員組成小家庭，家庭成員於日間外出工作或往復康單位接受訓練服務，傍晚返回家舍；服務模式包括兩大元素 – 「家庭生活」和「融入社會」，致力為服務使用者締造溫暖的家。

The Society firmly believes that persons with intellectual disabilities, as a part of society, are entitled to the rights of equality and freedom of choice, including the right to having a decent family life. Currently, the Society runs three Family Care Homes, namely 'Encounter Family', 'Radiance Family' and 'Splendor Family'. Family Care Homes are set up in residential buildings in the community, and they comprise small 'families' consisting of 'Housemothers', 'Elder brothers' and, of course, the 'Family members' with intellectual disabilities. During the day, the Family members either go to work or receive training at rehabilitation units, and in the evening, they return to the Homes. This mode of service includes two main elements – 'Family Life' and 'Social Inclusion', which strive to bring family warmth to the service users.



家舍大旅行，服務使用者在義工陪伴下，渡過了愉快又充實的一天！
Service users had a pleasant and fulfilling day in the company of volunteers at the Family Picnic!

家庭成員老齡化的挑戰 Challenges Arising from the Ageing of Family Members

過去一年，關愛家庭為二十七名缺乏家人照顧或父母年邁的智障成人提供小型家舍服務。現時，家舍一半的家庭成員超過五十歲，家庭成員的老齡化對照顧帶來了挑戰。配合他們的生活需要，家舍在邂逅軒和婉明軒加裝康復設施，亦安排家庭成員參與由音樂治療師推行的音樂治療小組，建立正面的情緒和抒發感受。此外，關愛家庭受惠於社會福利署資助的到訪醫生服務計劃，為家庭成員提供免費到診服務，同時就感染控制及促進高齡家庭成員的健康方面，向家姆提供相關培訓。



同樂日，大家一起關注身心健康，笑容燦爛！
The Fun Day also taught us more about the importance of physical and mental health.

In the past year, 27 adults with intellectual disabilities benefited from the intimate home services provided by the Family Care Homes. The 27 of them either had parents who were advanced in age or did not have family members who could take care of them. At present, half of the Family members living in the Family Care Homes are over 50 years old, and that poses a challenge to the work of the care homes. To meet their daily needs, the care homes installed rehabilitation facilities at Encounter Family and Splendor Family. They also held group sessions conducted by music therapists to help the Family members cultivate positivity and share their feelings. Thanks to the funding of the Social Welfare Department, the Family Care Homes were able to organise an on-site medical service such that the Family members could benefit from home visits by a doctor free-of-charge. This also provided a good opportunity to train Housemothers in the prevention and management of infections, as well as teach them what to take note of in maintaining the health of ageing Family members.



齊齊放開懷抱，舒展筋骨，樂在其中！
Let us relax and enjoy doing the exercise together!

建立共融社區生活 Fostering Inclusion in the Community

透過在社區建立關愛家庭，家庭成員如一般市民享用社區設施。與此同時，關愛家庭去年進行了多個大型活動，包括：同樂日、年度家庭旅行和關懷長者活動，增加社區人士對智障人士的認識和接納。在本會神師方叔華神父的帶領和教友的支持下，家庭成員在靈性培育上獲得持續的關顧，每星期參與彌撒及教會活動。家舍亦安排義工定期探訪，與家庭成員成為固定朋友，建立長遠友誼，亦協助家庭成員探望已離舍的成員，延續關愛家庭不離不棄、彼此關愛的精神！

With the Family Care Homes integrated in the community, Family members are able to use communal facilities just like other citizens. To increase the community's understanding and acceptance of persons with intellectual disabilities, the Family Care Homes organised several large-scale events last year, including a funfair, the annual Family Picnic and care-for-the-elderly activities. Under the leadership of the Society's Spiritual Adviser Fr. Giosué BONZI and with the support of church members, our Family members receive continuous attention in spiritual cultivation, and are able to attend mass and participate in church activities every week. In addition, the Homes organise regular visits by volunteers who develops enduring friendship with our Family members. We also ensure that current Family members are able to visit Members who have left our Homes so that they can continue caring for one another as Family.



服務使用者與義工參與冬日送暖活動，表達對長者的關懷。
Service users and volunteers participated in a visit and expressed their care for the elderly.

「關愛家庭」為本會的自負盈虧服務，多年來獲香港賽馬會慈善信託基金透過「香港賽馬會社區資助計劃」資助部份經費，服務受到欣賞和肯定。去年，本會成功申請賽馬會撥款四百二十多萬港元，繼續支持 2020 至 2023 年度的營運經費。

The Family Care Homes have received recognition and affirmation for their services. The Homes are self-financing and have been partially funded by the Hong Kong Jockey Club Charities Trust through the 'Hong Kong Jockey Club Community Project Grant' for many years. Last year, the Society successfully applied for a grant of more than HK\$4.2 million from the Jockey Club to fund operating expenses from 2020 to 2023.



家舍定期舉辦旅行和戶外活動，促進服務使用者融入社會。
The Family organises travel and outdoor activities regularly to promote the integration of service users into society.

自閉症及發展障礙人士服務

Services for Persons with Autism Spectrum Disorders and Developmental Disabilities

為配合需要，本會以自負盈虧模式營運「牽蝶中心」和「牽蝶康兒中心」，針對自閉症或發展障礙小朋友的溝通和社交能力需要而提供訓練，以增加他們與別人相處的機會，促進他們融入社會。
In line with the spirit of 'Meet the Need', Fu Hong Society operates the self-financing Hin Dip Centre and Hin Dip Hong Yee Centre to provide training for Persons with Autism Spectrum Disorders and Developmental Disabilities, with the purpose of enhancing their level of social inclusion.

三 牽蝶中心 三 Hip Dip Centre

為提高自閉症譜系障礙或發展障礙小朋友的注意力、和自發性和發展表達能力，牽蝶中心設立了音樂社交小組，提供了一個舒適有趣的環境，藉著音樂和遊戲場景學習如何與人交流和互動，小朋友在遊戲中，透過角色扮演來學習與人相處和分享，建立社交互動和情緒平衡的基礎。



讓我們一起奏出動聽樂韻
Let's play a song together

In order to improve the attention and communication skills of children with autism spectrum disorders, the Centre has set up a Music Social Group to provide a comfortable and fun environment for them to learn how to communicate with others through music and games. The children interact with their peers through role playing and build up the foundation for their emotional balance and social development.

三 牽蝶康兒中心 三 Hip Dip Hong Yee Centre

跟爸媽一起參與
「密集式訓練小組成果日」——我們都做得到！
Participating in the 'Intensive Training Fun Day' with parents: We Can Do It!



對於自閉症譜系障礙及發展遲緩幼兒來說，理解指令和依從課堂流程不是一件容易的事，有見及此，牽蝶康兒中心自成立以來一直推行「密集式訓練小組」，透過有系統的課程設計，讓幼兒在愉快過程中學習，並得以銜接到主流幼稚園或特殊幼兒中心。本年度的「密集式小組課程」以「關愛生命」作主題，先從自我照顧開始，繼而愛惜家人，和學懂與小朋友和諧共處；再進而愛護動物，讓小朋友學會感恩、接納和珍惜。

It is difficult for children with autism spectrum disorders and developmental disabilities to understand and follow instructions in the classroom. In view of this, since its inception, Hin Dip Hong Yee Centre has been providing children with joyful learning through the 'Intensive Training Group', which helps prepare them for a smooth transition to mainstream kindergartens or centres for children with special needs through a systematic curriculum design. This year, the main theme of the 'Intensive Training Group' is 'Care for Life'. It starts from self-reliance to empathy, to cherishing family members, and to getting along with other children and caring for animals.

感覺統合方法是其中一項對自閉症及發展障礙人士常用的治療。感覺統合是指大腦每天都從環境和身體接收特定的感覺訊息，例如觸覺、嗅覺等，經過整理、組織及解讀後，指示我們做出適當的反應。然而，當統合過程中出現問題時，我們便可能會對感覺訊息產生過敏或不適當的反應，並且可能會出現一些異常的情況。一般自閉症譜系障礙人士對感官刺激都有較多異常的反應，即出現感官失調。因此，若患者在接受適當的感覺刺激後，經過一段時間的治療，大腦內的神經網絡會得到整合，他們的大腦感統功能便可以恢復有效地運作。本會的成人訓練中心和特殊需要兒童中心都使用了感覺統合治療，並行之有效。在治療過程中，他們都表現合作和感到快樂。



我能把衣服扣好呢
——訓練小肌肉和自理能力
Receiving fine motor training and enhancing self-care ability by buttoning up

Sensory integration is a common form of therapy used for persons with autism spectrum disorders and developmental disabilities. When we take in sensory information from the inner or external environment, our brain organises, integrates and interprets the information before eliciting an adaptive response to the environment. However, when we have problems with sensory integration, we might either over-react or react inappropriately to sensory stimulations, resulting in certain eccentric behaviours. Many people with autism spectrum disorders display such behaviours and suffer from sensory dysfunction. If persons with sensory dysfunction could receive the appropriate sensory stimulations over a period of time, changes will occur in the brain's neurobiological process, and they could gradually become capable of processing sensory information. Sensory integration therapy is practised at our adult training centres and special needs children's centres. Most autistic service users have responded positively to the therapy, and we have observed that they enjoy the process and are cooperative.



空間感訓練——快來跟我一起爬隧道吧！
Spatial training – Come and climb the tunnel with me!



平衡力與大肌肉訓練
——看我像馬一樣奔跑啊！
Balance and gross motor training
— See me running like a horse!

此外，本會的「牽蝶中心」和「牽蝶康兒中心」亦針對自閉症譜系障礙或發展障礙小朋友的溝通和社交能力需要而提供小組訓練，在小組內的社會性遊戲分類，會按幼兒的能力和興趣，從單獨遊戲、平行遊戲、聯合遊戲至合作遊戲，引發幼兒的溝通意欲和群性學習，從而提升他們的溝通和社交技巧。

In addition, Hip Dip Centre and Hip Dip Hong Yee Centre also provide group training for children with autism spectrum disorders and developmental disabilities to address their communication and social needs. We have conducted our training in various formats, including solitary play, parallel play, associative play and cooperative play, based on the children's abilities and interests. Such training not only helps to stimulate communication and social development, but also enhances the children's communication and social skills.



透過社交小組與他人互動，學習溝通技巧
Learning communication skills by interacting with others
in a social training group



運用科技產品進行訓練，以提升訓練成效和趣味
Increasing training effectiveness in a fun way by utilising
technological products in communication exercises



啟亮坊 Enlighten Square

除了牽蝶康兒中心提供自閉症譜系障礙或發展障礙小朋友服務外，本會天水圍地區支援中心特別設立「啟亮坊」，是一項為特殊學校畢業並正輪候日間訓練中心之中度至嚴重自閉症人士提供的日間服務，期望他們於等候服務期間獲得持續訓練及所需支援，同時減輕家人的照顧壓力。因應自閉症人士的需要，「啟亮坊」以「結構化訓練模式」為藍本，由社工評估和設計學員的每日訓練流程，並在跨專業合作下，與物理治療師、職業治療師及臨床心理學家共同訂定個別及小組訓練計劃。範疇包括：生活技能、社交溝通、感官訓練、場地運動體驗、社區生活及戶外活動等。

Besides the services provided by Hip Dip Hong Yee Centre for children with autism spectrum disorders and developmental disabilities, the day service provided at the Society's Tin Shui Wai District Support Centre, known as the 'Enlighten Square', has been specially set up for school graduates with moderate to severe autism spectrum disorders who are awaiting acceptance into formal training services. The Enlighten Square aims to provide service users with continuous training and the necessary support, and alleviate the pressure on their caregivers at home. In responding to the needs of persons with autism spectrum disorders, the social workers at the Enlighten Square assess and plan the daily schedule for them based on the 'Treatment and Education of Autistic and Related Communication Handicapped Children' (TEEACH) approach, and collaborate with trans-disciplinary professionals including physiotherapists, occupational therapists and clinical psychologists to formulate individual and group training plans covering the areas of life skills, social communication, sensory training, field sports experience, community life and outdoor activities.



學習使用罐頭刀，以加強日常生活技能
Enhancing abilities for daily living by learning
how to use the can opener

社會企業
Social Enterprises

本會於 2003 年成立社會企業「康融服務有限公司」(康融)，旨在透過商業營運創造就業職位，促進殘疾人士公開就業，達致社會共融。康融業務廣泛，包括零售、餐飲、清潔、空氣消毒及滅蟲等，為殘疾人士提供多元化及真實的訓練平台、實習機會及就業職位。在 2019/20 年度，本會透過康融，為本會服務使用者提供了超過五百小時的培訓，同時聘用了超過五十名殘疾僱員，佔康融的總僱員人數約七成，充份實踐本會社會企業的使命。

The Society set up a social enterprise called Hong Yung Services Limited (HYSL) in 2003, aiming to enhance social inclusion by providing employment opportunities for persons with disabilities through the operation of a sustainable and socially inclusive business. HYSL covers a broad range of operations, such as retail, catering, cleaning, air sterilisation and pest control. It also offers diversified and authentic training, placement and employment opportunities to persons with disabilities. In 2019/20, HYSL provided over 500 hours of training to service users of the Society and employed over 50 persons with disabilities (approximately 70% of its total staff), actualising the mission of the Society.

為配合殘疾人士的不同能力和興趣，給予他們學習及發展工作能力的平台，康融致力提供多元化工種及就業機會，其中餐飲服務方面，有位於尖沙咀歷史博物館的《香城茶室》¹及位於高山劇場的《康姨小廚》。去年，這兩間餐廳不單提供了二十個殘疾人士的就業機會，及四百小時的職業培訓予殘疾人士，亦讓殘疾人士增加了與各界人士接觸的機會，改善了他們的溝通能力，讓他們在工作上獲得滿足感，提升自我形象，增強信心，促進他們積極生活，融入社群。

HYSL offers multifaceted work training and employment opportunities for the Society's service users in consideration of their different abilities and interests by operating different lines of business and providing them with a platform for their learning and development. In terms of catering services, we have two restaurants located at famous attractions of Hong Kong namely, City Café at the Hong Kong Museum of History and Madam Hong Restaurant at Ko Shan Theatre. These two businesses not only provided 20 employment opportunities and up to 400 training placements to persons with disabilities last year, but also increased their chances of interacting with people from all walks of life, improved their communication skills, allowed them to gain job satisfaction, enhanced their self-image, strengthened their self-confidence, and inspired them to live actively and integrate into the community.

過去一年，康融在促進社會共融上的重要活動
Public events participated by Hong Yung last year to promote social inclusion

Table with 3 columns: Activity (活動 Activities), Number of events (次數), and Beneficiaries (受惠人數). Rows include Media Interviews (4 times), Training Opportunities (64 persons), Outstanding Employee Awards (6 persons), and Charity Events (1 time).



康姨小廚
Madam Hong Restaurant

為服務使用者提供真實的訓練場地
Providing an authentic training environment for persons with disabilities



透過聘用殘疾人士，增加他們與各界人士接觸的機會及改善溝通能力
Increasing opportunities to reach out to others through the employment of persons with disabilities. It also helps to improve their communication skills

香城茶室
City Café
香城茶室是一個共融愉快的就業平台
City Café is a joyful and inclusive employment platform for persons with disabilities



香城茶室的傷健員工全情投入，一起快樂工作！
Disabled or not, all staff are working together happily!

香港大學
The University of Hong Kong
康融透過公開競投程序，連續十六年成功延續香港大學學生宿舍－李兆基堂、馬禮遜堂及孫志新堂的清潔服務合約（由2019年1月1日至2020年12月31日）
Through open bidding, Hong Yung was awarded a renewal of their cleaning services contract for Lee Shau Kee Hall, Morrison Hall and Suen Chi Sun Hall of the University of Hong Kong for 16 consecutive years (from 1 January 2019 to 31 December 2020)



班清潔隊傷健員工一同工作，相處融洽！
All staff in the Cleaning Team are working together happily!



大華銀行
United Overseas Bank

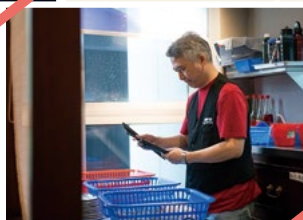
殘疾員工在大華銀行員工食堂提供殷勤服務
Staff with disability providing attentive service at the staff canteen of the United Overseas Bank Head Office

媒體報導 Media Coverage



殘疾員工接受「飲食男女·人間食堂」的訪問，分享於社企餐廳工作的愉快經歷

A staff with disability shared his experience of working in a happy and inclusive environment in an interview with 'May Food Keep Us Together'



殘疾員工接受 am730 專欄訪問，分享於社企餐廳工作的點滴與心聲

A staff with disability shared her happy working experience at the social enterprise restaurant in an interview with 'am730'

本港美食搜尋應用程式「香港開飯喇」以專題推介康姨小廚招牌美食和雅緻舒適環境，以及如何為殘疾人士製造就業機會。

A Hong Kong restaurant search app 'OpenRice Hong Kong' introduced the delicious Chinese cuisine and elegant environment of Madam Hong Restaurant, as well as how to create employment opportunities for persons with disabilities.



「假期日誌」採訪香城茶室，除推介餐廳的獨特設計及特色食物外，亦介紹了餐廳致力為殘疾人士提供就業機會，聘用了十多名殘疾僱員。

'PressLogic-Holiday' not only introduced the signature dishes and special design theme of City Café, but also highlighted its effort in creating employment opportunities for persons with disabilities. City Café currently employs more than 10 persons with disabilities.

獎項 Awards

康融於 2019/20 年度
獲頒的獎項
Awards received by
Hong Yung in 2019/20

- 香港社企優秀員工嘉許計 2019
Hong Kong Social Enterprise
Outstanding Employee Recognition
Scheme 2019
- 「第十屆香港傑出企業公民獎」—
社會企業及非政府機構組別嘉許標誌
'The 10th Hong Kong Outstanding
Corporate Citizenship Logo' – Social
Enterprise and NGO Category

主辦單位 Organisers

香港社會企業總會有限公司
The Hong Kong General
Chamber of Social Enterprises

生產力促進局
Hong Kong Productivity
Council

六位員工榮獲
「社企優秀員工」獎項
6 Staff received the 'Social Enterprise
Outstanding Employee' Awards



海外交流活動 Overseas Exchange Activities

康復國際亞太區會議 (2019 年 6 月 26 至 28 日)
Rehabilitation International Asia and Pacific
Regional Conference (26-28 June 2019)



康融員工出席於澳門舉行的
「康復國際亞太區會議」，研習康復服務的
發展及分享作為社會企業的營運經驗。

Hong Yung staff members attended the Conference in Macau to further understand the development of international rehabilitation services and share the operating experience of our social enterprises.

2019 發展性社會工作國際研討會
(2019 年 11 月 28 至 29 日)
International Conference on Developmental Social
Work 2019 (28-29 November 2019)



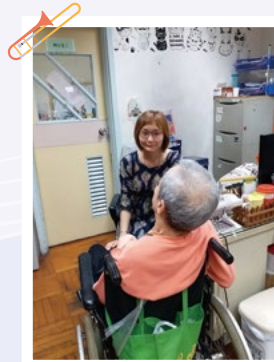
於國立臺灣大學舉行的
「2019 發展性社會工作國際研討會」的
「社會企業」專題研討中發表本會營運社會企業餐廳的
經驗，與會超過二百位來自多國及台灣的學者及參加者，
均對本會營運社企的經驗深感興趣。

The International Conference on Developmental Social Work 2019 was held at National Taiwan University. We shared our experience in operating restaurants as a social enterprise with over 200 scholars and participants from Taiwan and also from different countries. The audience showed great interest in our experience.

家庭支援服務 Family Support Services

本會自 2018 年起，承蒙熱心人士捐助開展家庭支援服務，以「家庭為本」的介入模式，為殘疾人士及其家屬提供多元化的服務，協助他們解決照顧和生活上的困難。

With the sponsorship of a warm-hearted donor, the Family Support Services were launched in 2018, aiming at supporting the family members of persons with disabilities to overcome the difficulties that arise in the course of their caring duties. The support includes diversified services and a 'Family-Centred' intervention model.



為殘疾人士及其家屬提供輔導和支援服務
Counselling and Supportive Services for persons with disabilities and their families



「愛·共行」家庭支援先導計劃 'By-your-side' Family Support Pilot Project



社工透過和諧粉彩小組，協助家屬抒發情感
Social worker helps family members deal with their emotions through the Pastel Nagomi Art Programme

本計劃提供個案和小組活動，為本會智障或肢體殘障服務使用者的家庭成員提供情緒支援及家庭輔導，提升家庭成員之間的協作，增強家庭功能及動力。計劃亦協助家庭成員提升照顧殘疾人士的知識和技巧、關注精神健康、紓緩照顧壓力、以及善用社區資源。

This project provides emotional support and intervention for the family members of our service users with intellectual or physical disabilities. By means of individual counselling and group activities, we enhance the family function and dynamics by helping the family members collaborate better with one another. The project also helps family members acquire care-related skills and knowledge, enhance awareness of their own mental well-being, and taps into resources in the community.



特殊需要人士生活規劃服務及特殊需要信託計劃機構照顧者服務 Life Planning Programme for Persons with Special Needs and Institutional Carer Services Supporting Special Needs Trust (SNT)



舉辦家屬日營，鼓勵家屬關注個人的精神健康
Educating family members on the importance of personal mental wellness at a day camp



向特殊需要人士家屬介紹「特殊需要信託計劃機構照顧者服務」
Introducing the 'Institutional Carer Services Supporting Special Needs Trust' (SNT) to family members of persons with special needs

為配合社會福利署於 2018 年推出「特殊需要信託計劃」，本會於 2019 年以自負盈虧的模式開展「特殊需要信託計劃機構照顧者服務」，接受家屬委託，執行特殊需要人士的照顧計劃，目前仍為本港唯一的服務提供者。

本會同時為特殊需要人士及其家屬提供生活規劃服務，為特殊需要人士度身訂造長遠生活計劃，讓他們過著有質素、有意義的生活，及減低家屬在長遠照顧特殊需要人士方面的擔憂。

In response to the Special Needs Trust (SNT) Programme launched by the Social Welfare Department in 2018, the Society started our self-financed Institutional Carer Services in 2019 to meet the service needs of families. The services help SNT settlors determine care plans for their family members with special needs and implement the care plans as agreed. Currently, Fu Hong Society is the sole service provider of institutional carer services under the SNT Programme.

The Society also provides the tailor-made Life Planning Programme for persons with special needs so that they can lead a quality and meaningful life. The service reduces the stress and worries of family members who are concerned about the long-term care of persons with special needs.

社區教育 Community Education

本會持續舉辦社區教育活動，走訪各特殊學校及殘疾人士/家屬自助組織，向特殊需要人士的家屬提供不同類型的知識和資訊，並宣揚及早為特殊需要人士作好生活規劃的理念。

We continuously support special schools and self-help organisations serving persons with disabilities and their families by providing updated information and knowledge. We also raise awareness of the importance of setting up a Life Planning Programme for persons with special needs.



與香港弱智人士家長聯會協作舉辦社區教育活動
A Public Education programme organised in collaboration with the Hong Kong Joint Council of Parents of the Mentally Handicapped