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社區教育、
研究及倡導

Community Education, Research and Advocacy



扶康會「香港最佳老友」運動・賽馬會社會共融計劃 FHS 'BEST BUDDIES HONG KONG' Movement · Jockey Club Social Inclusion Project

「最佳老友」是一項非牟利的國際性運動，於1989年由美國甘迺迪家族成員Mr. Anthony Kennedy Shriver發起並成立，旨在通過智障人士和非智障人士一對一的友誼，產生互動，促進了解和共融。在他積極推廣下，目前在世界匯聚了逾一千五百間初中、高中和大學的最佳老友分社，遍及全球六大洲。

扶康會是唯一獲Best Buddies International認可並授權在香港推動「最佳老友」運動的機構，透過舉辦多元化活動，為這些老友提供演出、學習與分享等機會，加深社會對智障人士的了解，提升智障人士的社交信心及生活質素，促進社會共融。

Best Buddies is a non-profit making international movement, founded in 1989 by Mr. Anthony Kennedy Shriver of the well known Kennedy clan of the United States. The movement promotes 'one-to-one' friendship in the community between persons with and without intellectual disabilities. Through the interaction of friendship, it is anticipated that understanding and inclusion is enhanced. At present, there are over 1,500 chapters in secondary schools and universities across the world, covering six continents.

Fu Hong Society is recognised the only authorised organisation in Hong Kong to launch the 'BEST BUDDIES HONG KONG' (BBHK) Movement. Through organising diversified activities, it provides buddies with opportunities to perform, to learn and to share. The programme also increases their community participation and enhances social inclusion.

分社活動 Chapter Activities



我們的自拍美不美？
Our selfie is beautiful, isn't it?

嶺南大學與友愛之家分社暢遊南豐紗廠
Buddies from the Chapter of Lingnan University
and Father Tapella Home visited The Mills



拔萃女書院與天保民學校分社歷史博物館遊蹤
Buddies from the Chapter of Diocesan Girls' School and Mary
Rose School visited the Hong Kong Museum of History

睇咗，看漫畫！
Let's read comic books!



你看看，我摘到一顆大草莓呢！
Look, I got a big strawberry!

東華學院與長沙灣成人訓練中心分社
樂遊草莓園
Two buddies from the Chapter of Tung Wah
College and Cheung Sha Wan Adult Training
Centre visited strawberry farm



香港賽馬會義工隊與
毅誠工場分社大澳探訪之旅
A journey to Tai O by the Chapter
of the Hong Kong Jockey Club
Volunteer Team and Ngai Shing
Workshop

我們一同體驗大澳
傳統文化，學習曬鹹蛋！

*Hey, let's make dried salted-
egg to experience the traditional
culture of Tai O!*



手牽手，同步走，攜手過終點！
Hand-in-hand, we passed the finish line together!



香港教育大學特殊學習需要與
融合教育中心及才俊學校分社參與「佛你跑」馬拉松
Buddies from the Chapter of Centre for Special Educational
Needs and Inclusive Education of The Education University
of Hong Kong and Choi Jun School joined the 'Buddha You
Run' Marathon

新分社成立 The Establishment of a New Chapter



東華學院 — 職業治療學系與東華三院群芳啟智學校分社於2018年7月20日正式成立
The Department of Occupational Therapy of Tung Wah College and TWGHs Kwan Fong Kai Chi School officially established a new chapter on 20 July 2018



老友代表交換禮物，
見證友誼的開始
*Buddies exchanged gifts to
commemorate the beginning of
their friendship*

香港教育大學 — 特殊教育與輔導學系，與
香港耀能協會賽馬會田綺玲學校分社於2018年
9月21日正式成立
The Department of Special Education and
Counselling of The Education University of
Hong Kong and SAHK Jockey Club Elaine Field
School officially established a new chapter on
21 September 2018

交流活動 Exchange Activities

2018「國際最佳老友」領袖會議 Best Buddies International Leadership Conference 2018

老友大使及學生代表有幸與「最佳老友」運動發起人
Mr. Anthony Kennedy Shriver 拍照留念及交流心得
Student representatives and ambassador from Hong
Kong had the greatest pleasure to take pictures with Best
Buddies International Founder, Mr. Anthony Kennedy
Shriver and to exchange views with him



兩位分社領袖Ruby、Natalie及老友大使
思思遠赴美國，代表「香港最佳老友」
運動參與2018的領袖會議
Two chapter leaders, Ruby and Natalie, and BBHK
Ambassador Candy, represented BBHK at the
Leadership Conference 2018



不如我們交換電話，
日後再多多交流心得吧！

*Let's exchange telephone numbers
and share more ideas in future!*



參加會議之餘，當然
也要體驗美國的風土人情
*Apart from meetings,
our representatives
experienced American
culture and social life*



2018「國際最佳老友」全球職員會議 Best Buddies International Global Staff Forum 2018

2018「國際最佳老友」全球職員會議在香港舉行，十多個國家或地區的「最佳老友」代表探訪扶康會康復中心
Best Buddies International Global Staff Forum 2018 was held in Hong Kong. Representatives from more than 10 countries visited the Fu Hong Society Rehabilitation Centre



菲律賓代表與康姨曲奇其中一位幕後功臣自拍留念
The representative from the Philippines took a selfie with a buddy - staff from Madam Hong cookies



來自美國的代表鼎力支持康姨曲奇！
The representative from the United States supported Madam Hong cookies!



大型活動 Mass Programmes

全港分社周年大會暨老友大使畢業典禮2018 BBHK Annual Gala cum Ambassador Graduation Ceremony 2018

「香港最佳老友」運動顧問小組主席胡君仲先生頒發最積極參與獎（分社）予香港賽馬會義工隊及扶康會毅誠工場分社
Mr. Derek Wu, Chairman of BBHK Movement Advisory Panel, presented the most active participation award to the Chapter of Hong Kong Jockey Club Volunteer Team and Ngai Shing Workshop



社區老友志豪及柏堅拍住上擔任大會司儀，為他們的友誼留下珍貴回憶
Community buddies of Chi-ho and Pak-kin were emcees, together forming precious memories of friendship



本會服務使用者傑仔及音樂導師 Kelvin 演奏多首經典曲目
Service user Ah Kit and music instructor Kelvin performed a number of classic repertoires



齊齊高歌大合唱，氣氛熱烈！
The sing-along was overwhelmingly enthusiastic!



明健及思思畢業成為老友大使！
Ming-kin and Candy graduated and became BBHK Ambassadors!



在互動遊戲「鬥長氣」中，老友施展渾身解數
Buddy trying his best in a competition called 'Who is the most long-winded'



社會影響評估發佈會暨研討會
Social Impact Assessment Press Conference cum Seminar



發佈會暨研討會吸引超過二百名同業、家長、計劃參加者出席
The conference cum seminar attracted over 200 social service sector workers, parents and buddies



全情投入
Fully engaged



老友大使穎珊與國際最佳老友運動總監
Ms. Jennifer Allen 互相交流
Exchanging views between Ambassador Sandy and Director of Best Buddies International, Ms. Jennifer Allen



發佈會暨研討會有幸邀請自美國、菲律賓、蒙古、馬來西亞、印尼、埃及和泰國的「最佳老友」合作伙伴出席交流
'Best Buddies' partners from the United States, the Philippines, Mongolia, Malaysia, Indonesia, Egypt and Thailand attended the conference and seminar



配對老友嘉琪（左）及穎珊（右）分享她們的友誼點滴
Paired buddies Ka-ki (left) and Sandy (right) shared interesting stories of their friendship



「卡塔爾最佳老友」運動復康與共融總監Ms. Latifa ALKUWARI與喬色園主辦可道中學校長彭惠蘭女士分享她們推動「最佳老友」的經驗
Ms. Latifa ALKUWARI, Director of Rehabilitation and Inclusion for 'Best Buddies Qatar' and Ms. PANG Wai-lan, Principal of Ho Dao College (Sponsored by Sik Sik Yuen) shared their experiences in implementing the 'Best Buddies' Movement

第四屆「老友鬼鬼」共融故事演繹比賽
The 4th Social Inclusion Story-telling Competition

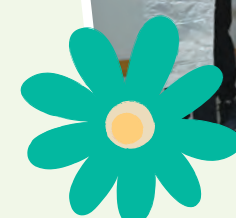
初賽精彩花絮
Highlights in the Heat



比賽成功吸引約一百五十位人士報名參賽
The competition attracted about 150 contestants



參賽者悉心打扮，三色辣椒相映青綠妙！
The contestants dressed in colourful and elaborate costumes. They really looked like three-colour peppers!



故事演繹加入音樂元素，生動有趣
Musical elements made the story more lively and interesting



決賽暨頒獎典禮精彩花絮
Highlights of the Final and Award Ceremony



服務使用者展示才能，又與老友合作演出
Service Users showing their talents, and cooperating with their buddies in the performance

決賽暨頒獎典禮於寶琳新都城中心三期舉行，向市民推廣共融訊息
The final ceremony and award ceremony was held at Phase III Metro City Plaza, to promote social inclusion to the public



共融組冠軍由香港耀能協會高福耀紀念學校學生奪得，他們為大家演繹《輪椅說明書》
First place in the 'inclusion category' went to students of SAHK Ko Fook Lu Memorial School, they performed a story entitled 'Wheelchair Manual'

「圓滿人生夢飛翔 — 夢想成真」教育計劃 'Let Dreams Come True - The Fullness of Life' Education Project

大家投入在「感動生命」工作坊
Fully engaged in 'Touched by Life' workshop



了解樂活老齡議題
Learning about Active Ageing

面對殘疾人士雙老問題日漸明顯，生離死別已無可避免出現在殘疾人士的生活裡，避而不談根本不能解決問題，反而積極面對可以更輕鬆處理。

2016 年本會透過「愛心聖誕大行動」基金委員會贊助推行為期兩年的「說死談生」教育計劃，開展一系列針對殘疾人士、照顧者及職員而設計的生死教育項目，期間共舉辦了四百八十五次活動，參加人次達二千八百六十六人。計劃結果顯示殘疾人士能透過參與生死教育活動，掌握死亡的概念和意義，百分之九十參加者，即使是嚴重智障人士，對死亡和及早準備後事的態度有了不同程度的改變。計劃內容及研究結果結集成《四季人生 — 說死談生教育計劃分享文集》出版，期望拋磚引玉，與各界一同推動殘疾人士的生死教育。

As persons with disabilities and their parents age, departing this life becomes inevitable. Avoiding the issue does not solve the problem; on the contrary, actively facing it makes things easier.

Since 2016, Fu Hong Society has implemented the 2-year 'Dialogue Between Life and Death' Education Project sponsored by 'Operation Santa Claus' Foundation. To date 485 different activities had been organised for persons with disabilities, their caregivers and staff, reaching a total of 2,866 participants. Research shows that persons with disabilities can comprehend the concept and meaning of death after participating in these activities. Most participants (90%), including those with severe disabilities, have a wide range of attitudes towards death and early funeral preparation. The programme and the research results have been compiled into a publication 'Four Seasons of Life - Sharing of the Life and Death Education Programme' as an attempt to join hands with the general public to promote life and death education for persons with disabilities.



學習伸展運動
Doing stretching exercise

在舞蹈中感受身體的變化
Dancing and feeling the body change



「為你而歌」舞臺劇彩排
Practicing for drama performance



示範減壓方法
Demonstrating ways to release stress



了解遺囑、預設醫療指示
Attentively listening to a seminar on making will and advance directives

本會獲得華人永遠墳場管理委員會贊助，於2018年8月推行「圓滿人生夢飛翔——夢想成真」計劃，是次內容重點在於協助老齡殘疾人士實現夢想，為晚年生活添上色彩。計劃包括：舉辦八場「老有所事」系列工作坊、為二十位服務使用者完成夢想的「夢想成真計劃」、為五百位服務使用者及其家屬拍證件相和全家福的「樂齡照相館」、「不一樣的圓夢人生」實錄紀錄片、體現殘疾人士展藝才能的「圓滿人生舞台劇」及計劃分享會等。

In August 2018, another round of life and death education project 'Let Dreams Come True - The Fullness of Life' was launched. This was sponsored by The Board of Management of The Chinese Permanent Cemeteries (BMCP). The new programme which focuses on realising the dreams of disabled elderly includes: Eight Active Ageing workshops, realising the dreams of 20 service users, shooting family photographs and photo identifications for 500 service users, creating a documentary, performing a drama to highlight their talents and conducting sharing events.

隨著殘疾人士步入老年，照顧者和職員在照顧方面有需要提升相關的知識和技巧，本會已申請華永會基金延續生死教育，期望進一步深化計劃，推廣高齡殘疾人士積極老年訊息，增加高齡殘疾人士及照顧者對膳食營養及運動的認識，推廣以正向心理保持自信和積極面對老年生活。

從瞭解生死的意義到協助殘疾人士實現人生夢想，再到提升殘疾人士積極老年化，本會希望通過生死教育幫助更多殘疾人士、照顧者及職員，從容面對殘疾人士雙老的挑戰。

With the increase in the number of aged persons with disabilities, their caregivers and staff must be equipped beforehand with knowledge and skills. A new round of BMCP funding was for deepening the programme, with the aim to promote active ageing for elderly persons with disabilities, enhancing service users and care providers' awareness of good nutrition and regular exercise and promoting positive psychology for the elderly to enjoy an active and confident old age life.

From understanding the meaning of death to supporting persons with disabilities to realise their dreams, and to promoting active ageing, the Society is committed to benefitting more persons with disabilities, their caregivers and staff to live longer, safer and happier lives.

共融及樂齡成效研究

Research Studies on Inclusion and Active Ageing

在致力推動社會共融與樂活老齡的同時，成效檢視尤其重要。過去本會進行了五項社會共融成效研究，三項樂活老齡成效研究，調查結果正面，有助持續提升服務使用者的生活質素。

Research Studies are crucial to gauge the effectiveness of our services. The Society has conducted five studies on social inclusion and three on active ageing. The positive results from the surveys encourage us to continue to improve the quality of life of our service users.

機構策略：社會共融

Agency Strategy: Social Inclusion

研究
Research

成效
Outcome

扶康會「香港最佳老友」運動・賽馬會社會共融計劃：社會影響評估

Social Impact Assessment for FHS 'BEST BUDDIES HONG KONG' Movement • Jockey Club Social Inclusion Project



印證持久的一對一友誼能有效地促使智障老友在情緒、社交、學習及成長上有正面的改變。

The 'one-to-one' paired and long-term friendship between buddies with and without intellectual disabilities showed positive impact through the emotional bonding, social interaction, learning and growth of the buddies with intellectual disabilities.

研究
Research

成效
Outcome

日間訓練提升計劃 中期檢討

Interim Evaluation for Enhancement in Day Training Centre / Day Training Centre cum Hostel Services



「密集互動訓練」和「圖片交換溝通系統」皆能提升服務使用者的溝通意欲及加強與人溝通的能力，達致社會共融。

Both 'Intensive Interaction' and 'Picture Exchange Communication System' could increase the willingness and ability of our service users to communicate, which in the long run could achieve better social inclusion.

「關愛家庭」 義工服務成效評估

Family Care Home Volunteer Service Evaluation



持續安排義工定期到關愛家庭與家庭成員互動交流、維繫關係及更多使用社區設施，長遠來說能促進社會共融。

The Family Care Home arranged volunteers to interact with the family members regularly for maintaining interpersonal relationships and increasing the usage of community facilities, which could promote social inclusion in the long run.

「伴跑計劃」—— 從伴跑到社會共融成效探討

'Run Together' – Outcome Evaluation on Social Inclusion



一對一伴跑計劃初步顯示有助提升體適能及促進社會共融。

Preliminary results showed that the 'one-to-one' paired running programme could enhance the physical fitness and social inclusion of our service users.

智障服務使用者的語言及溝通能力抽樣調查

A Sample Study on Language and Communication Abilities of service users with Intellectual Disabilities



被抽查的大部份服務使用者適宜參與一般溝通訓練，以改善語言能力。

Most of our users tested were suitable for regular speech therapy intervention to improve their communication ability.

機構策略：樂活老齡 Agency Strategy: Active Ageing

研究
Research

成效
Outcome

言語治療服務：口肌及吞嚥訓練對有吞嚥困難服務者的成效
Speech Therapy Service Evaluation on dysphagia in Persons with Intellectual Disabilities



言語治療服務有效維持及改善服務使用者的吞嚥能力，亦有跡象顯示直接介入可延緩退化。
Speech Therapy Service was effective in maintaining or improving service users' swallowing ability. At the same time, there were signs that direct intervention could delay degeneration.

「說死談生教育計劃」工作成效評估
'The Dialogue between Life and Death' Education Project Evaluation



服務使用者對死亡概念的理解顯著提升；家屬認同智障人士能夠明白死亡概念；本會員工更有信心在單位內推行計劃。
Service users significantly increased their knowledge of five dimensions concerning the phenomenon of death. At the same time, their caregivers agreed that persons with intellectual disabilities could understand the concept of death. FHS staff also increased their confidence in implementing Life and Death Education to our service users.

「日本方塊踏步運動」先導計劃工作成效
'Japan Square Step Exercise' Pilot Study



初步顯示有助服務使用者提升平衡力。
Preliminary results showed that the Japan Square Step Exercise could enhance the body balance of service users.



請掃描QR圖碼以取得研究報告內容，或瀏覽本會網頁<研究與發佈>一欄。
Please scan the QR code for a detailed summary of the report or visit our website under <Research and Publications>.

服務使用者及家屬充權 Empowerment of Service Users and their Families

本會一直與服務使用者和家屬同行，推動他們參與社會及對政府的政策和服務規劃積極發表意見以爭取殘疾人士的權益。

The Society walks hand in hand with service providers and their families, encourage and motivate them to participate in the community, to express opinions on government policies and services and to strive for their rights and interests.

屯元服務使用者權益關注組 Tuen Yuen Service Users' Rights Concern Group

屯門及元朗區透過「屯元服務使用者權益關注組」，(下稱權益關注組)，鼓勵他們關心社區事務。本年度權益關注組委員經過熱烈討論後，訂立了「居住環境安全及配套设施」的議題，關注殘疾人士福利事宜，未來會繼續收集相關意見，並向政府表達訴求。

'Tuen Yuen Service Users' Rights Concern Group' was formed in Tuen Mun and Yuen Long by the families of our service users, to forward to the relevant authorities their concerns about community affairs. This year, after hearty discussion, members agreed that 'Residential Environmental Safety and Supporting Facilities' was their focus concerning the welfare of the disabled. The Concern Group will continue to collect opinions and express relevant concerns to the Government.



「屯元服務使用者權益關注組」在會議上收集相關意見
'Tuen Yuen Service Users' Rights Concern Group' working on 'Residential Environmental Safety and Supporting Facilities'

「2019香港康復計劃方案」檢討工作小組意見書 '2019 Hong Kong Rehabilitation Programme Plan'

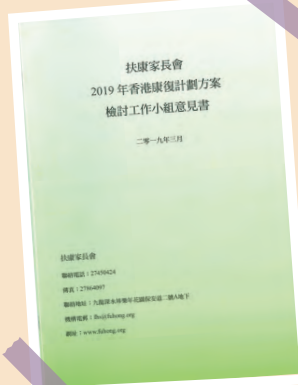
政府在2017年委託康復諮詢委員會籌劃「香港康復計劃方案」(下稱方案)並通過公共諮詢活動收集意見。「扶康家長會」一向關注殘疾人士的福祉，就方案進行了多場分組討論，將各項與殘疾人士相關的範疇整合，合力撰寫「2019香港康復計劃方案」檢討工作小組意見書，讓政府及相關部門認真聆聽家長的意見，釐定全面及切合殘疾人士需要的政策及規劃。

The Government of the HKSAR commissioned the Rehabilitation Advisory Committee in 2017 to plan the 'Hong Kong Rehabilitation Programme Plan' (HKRPP). Fu Hong Parents' Association is always concerned about the well-being of persons with disabilities. Parents conducted a number of group discussions on HKRPP and actively participated in the review. Items related to persons with disabilities were identified and the 2019 HKRPP Review Working Group Submissions was co-authored with the hope that the Government will listen carefully to the views of parents and formulate policies and plans which are comprehensive and in line with the needs of persons with disabilities.



其中一個單元：「社區支援服務」，家長積極參與討論，提出不同的檢討建議

Parents deeply engaged in the discussing of 'Community Supported Services'. Various suggestions were made



扶康家長會「2019香港康復計劃方案」檢討工作小組意見書發佈會
Press media on the 2019 HKRPP Review Working Group Submissions

「亞太區家長組織協作備忘」簽署儀式 'Asia-Pacific Parent Organisation Collaboration Memorandum' Signing Ceremony

澳門扶康會於2019年6月26至28日在澳門威尼斯人舉行「康復國際亞太區會議」，大會特別邀請本會籌備「亞太區家長組織協作備忘」簽署儀式。本會一向支持家長參與國際性會議，是次邀請了家屬吳錫汶女士及林禮勝先生擔任簽署儀式的司儀，參與的亞太區家長組織包括中國、台灣、日本、南韓、馬來西亞、香港及澳門，共同承諾為照顧者及殘疾人士的福祉而努力。

Fuhong Society of Macau organised the 'Rehabilitation International Asia & Pacific Regional Conference' in The Venetian Macao from 26 to 28 June 2019. Fu Hong Society was invited to host the signing ceremony of 'Asia-Pacific Parent Organisation Collaboration Memorandum'. The Society always encourages and supports parents to participate in international conferences. Two parents Ms. NG Shik-man and Mr. LAM Lai-shing were invited to be the emcees of the ceremony. Representatives from seven Asia-Pacific regions including China, Taiwan, Japan, South Korea, Malaysia, Hong Kong and Macau attended and the Memorandum serves as a collective commitment to strive for the interests of people with disabilities and their caregivers.



吳錫汶女士及林禮勝先生於6月27日舉行的「亞太區家長組織協作備忘」簽署儀式擔任司儀
Ms. NG Shik-man and Mr. LAM Lai-shing as emcees at the 'Asia-Pacific Parent Organisation Collaboration Memorandum' signing ceremony

林禮勝先生代表
扶康家長會參與簽署儀式

Mr. LAM Lai-shing representing Fu Hong Parents' Association at the signing ceremony

