服務多元化

疫情反覆，有太多事情不由自己控制，令人情緒苦無出路。康樂在Coke最需要支援的時候，替他構建一個屬於自己的平行空間，讓他享受一刻寧靜，獲得喘息的機會，調校生活節奏，重新掌握生命脈搏。除了帶領和舉辦藝術和義工活動之外，康樂還提供排練表演、現代舞、工藝藝術及多才小組等多元化選擇，以切合服務使用者的不同需要。

「我覺得疫情好似想整死一個人呢！但康樂能夠畀到我新希望，逐漸畀人接觸，有著循序漸進活動。」Coke形容疫情曾把他推向更壞的情況，他慶幸昔日康樂「救我一命」，否則後果真不敢想像。他期望社會可以投放更多資源，為他們的「同路人」提供更多接受服務的機會。

Diverse Support and Services

The volatility of the pandemic meant there were many variables beyond one’s control and this could leave people with pent-up feelings without an outlet. Sunset Centre created a parallel universe for Coke in his hour of need, giving him peace and a breather. There, he was able to recollect his pace and regain the pulse of life. Other than Cat-watching, visual arts and volunteer activities, Sunset Centre also offers diverse options suited to the different needs of service users, including band performances, modern dance, arts and crafts and networking groups.

“I felt the pandemic was killing people in more ways than one. But ‘Sunrise’ gave me new hope. I was gradually able to interact with people and resume some regular activities,” Coke describes how the pandemic pushed him into a worse situation and how glad he was that Sunset Centre “saved his life” and prevented some very unfortunate events that could have unfolded otherwise. He hopes society would allocate more resources so that people who face the same predicament as he did would have more ways of being supported.
住宿服務
Residential Services

過去一年，雖然面對變種病毒的疫情和各種挑戰，但住宿服務團隊依然展現出非凡的動力與靈活性，秉承著四十五年來的拼搏精神，員工上下一心，砥礪前行。

Despite the various challenges over the past year, our residential services continued to demonstrate resilience and flexibility amid the pandemic. We upheld Fu Hong Society’s spirit of 45 years and overcame all obstacles as one team.

新常態、新服務
New Normal, New Services

嚴謹的防疫措施、有限的社交距離以及靈活的應變方案，這些都成為住宿服務當以常的新常態，為了保持服務使用者的生活質素，服務單位藉著創意、發揮創意，讓以往服務使用者喜愛的外出活動在家舍內舉行，以擬擬視象形式呈現。

Stringent precautions, social distancing measures and adaptable contingency plans became the new normal of the residential services. The pandemic did not shift our focus on providing high-quality service. To maintain our service users’ quality of life, we conducted our favourite outdoor activities indoors in the most authentic way possible through simulation.

服務使用者不止是受惠者，也是付出者。無論是義務 annonce，還是義工宿舍、義工外外的義務，只要服務使用者願意，他們都可以為促進家庭增添色彩、獻上愛心，多年來，我們持續推動「真愛家庭生活」，其中所提倡的「家」、「培育成長」及「情感福祉」等，都透過使用者的參與——體現。這也是住宿服務的初心：共建這個「家」。

Service users are not only receivers, but also givers. Service users may serve as volunteers to contribute in events such as the ‘Flag Day’ and indoor activities such as home decoration. For the past few years, we have been advocating ‘Quality Family Life’, a strategy that emphasizes concepts such as ‘Family Interaction’, ‘Parenting’ and ‘Emotional Well-Being’. These concepts come to life through the service users’ participation as we build our ‘Home’ together.
Quality family life cannot be achieved without the participation of the community and staff. Relationships take time to build, and require consolidation and sustainability. Our 25 residential units are located all over Hong Kong and we always cherish the moments we have together during gatherings. In fact, our strong team spirit forms the foundation of our services and drives us forward. On the other hand, volunteers from the community who have known our service users for years still send them birthday wishes and gifts through mail and online means. This family-like bonding persisted even though the pandemic changed the way people interacted.

After the Lunar New Year, the fifth wave of the COVID-19 pandemic impacted our residential services greatly. With infected cases climbing in Hong Kong at the time, our residential service units were not spared either. In the beginning, service users could be transferred to community isolation facilities such as AsiaWorld-Expo. However, when the government policy of "On-Site Quarantine/Isolation" kicked off, our service units had to embark on a long and tough journey to deal with all contingencies. Even when the pandemic was raging, it was business as usual for our service teams. Each district drew up contingency plans, ready to support one another in terms of resources and manpower. Meanwhile, under the coordination of the Head Office, the shortfall in manpower and anti-epidemic resources was resolved.

During the "On-Site Quarantine/Isolation" period, the staff at our residential service units collaborated effectively and shared caring duties as a united team. Some of our staff stayed at the service units to be fully dedicated to the anti-epidemic duties. External backup teams also worked day and night to provide various support. Even during the toughest times, our staff still prepared dessert, snacks and herbal tea for the service users, which made them feel loved and cared for. The pandemic will be over eventually. Our care, companionship and love will remain.
維繫友誼 促進共融
Maintaining Friendship and Promoting Social Inclusion

在暫停戶外活動和義工探訪期間，學生義工定期與受訪者通電話，互相分享想法。維繫一對一的珍貴友誼。同時，學生義工亦會與中心服務使用者透過網上形式一同參與活動。當中有義工擔任導師，舉行網上藝術小組。此外，雖然中心服務使用者不能到社區親身出席義工服務，中心仍透過電話服務使用者的手工作品予社區有需要的人士收養者等，發揮障礙人士的潛能和宣揚社會共享。

During the suspension of outdoor activities and volunteer visits, we leveraged technology to keep in touch with volunteers through video. For example, we maintained regular video contact with students volunteering participating in the “BEST BUDDIES HONG KONG” Movement to express mutual concern and cultivate precious one-to-one friendships. Student volunteers also participated in online activities together with service users. There were also volunteers who served as instructors in art training groups. Our centres are not only unleashing the potential of our service users, but also promoting social inclusion by presenting the service users’ handicrafts to the needy in the community, such as the elderly.

日間訓練服務
Day Training Services

本會的成人訓練中心致力為輕度、中度及
嚴重的智障人士提供日間訓練服務。在過去
一年，本會仍受到2019冠狀病毒病的影
響，尤其2022年夏季的第五波疫情更為
嚴峻，日間活動中心亦須暫停服務。雖然
受到疫情的影響，我們運用不同的策略和
方法，協助服務使用者繼續獲得適切的服
務，並透過多元化的訓練模式，如個別訓
練、小組活動、體驗學習、藝術創作等，
讓智障人士在日常自理照顧、休閒和社交
生活等各方面都得到發展，協助提升他們
身心健康和融入社會。

The Society’s adult training centres have striven to provide day training services for persons with mild, moderate, and severe intellectual disabilities. Last year, as services were still impacted by COVID-19, especially the fifth wave of the epidemic in the first quarter of 2022, the day activity centres had to be temporarily closed. In response to the epidemic, we adjusted our strategies to ensure continuity in our services. Our staff developed a variety of learning modes, such as individual training, group activities, experiential learning, artistic media and so on. This was to enable our service users to develop holistically in aspects such as daily living, health, leisure and social life. Our aim was to help them maintain physical, psychological and spiritual well-being, to integrate into society.
高齡智障人士数目持续增加，今次成年訓練中心應用「樂活長者」模式，包括「健康管理」、「運動」、「預防受傷」、「社交聯繫」與「健康飲食」五個元素。運動方面，如舉辦籃球訓練班、舞蹈班、烹飪班、團體活動等，以鼓勵他們身體機能進化。此外，員工發揮創意推行不同形式的組室和室內活動，在服務單位舉辦營火、夏日嘉年華等不同心裁的活動，服務使用者可出席不同的活動，享用美食，環遊世界各地，參加遊戲活動等，體驗生活樂趣。服務使用者的身心健康十分重要，故舉辦生命教育小組，如製作生命故事書和模擬殮殮等，讓智障人士了解生命，豐富其心靈。

應用「國際功能、殘疾和健康分類」系統

去年，本會全面制定時間表以循序漸進方式，在所有宿舍及成人訓練中心應用「國際功能、殘疾和健康分類」系統（簡稱ICF），從「以人為本」和「優勢能力」的理念出發，評估及分析服務使用者在健康、身體功能及活動參與及環境因素的情況，制定了個別計劃及介入方法。在中期檢討會議中，總監表示推行ICF令職員理解和服務使用者的需要更全面的了解，介入方案更重點地針對他們的需要，而他們的意見亦得到更大的重視，使ICF的應用對員工和服務使用者均帶來正面的影響，推動本會實踐ICF工作的信心。

在音樂治療課下，服務使用者亦能盡展所長
在音樂治療課下，服務使用者的心靈在音樂療法中常能發揮

In response to rising numbers of seniors with intellectual disabilities, we implemented the ‘Active Ageing’ service model. The five elements of this model include ‘Health Management’, ‘Physical Exercise’, ‘Injury Prevention’, ‘Social Contact’ and ‘Healthy Eating’. We promoted sports and organized diverse training activities such as dance classes, cooking groups, horticultural therapy to slow down the deterioration of our service users’ health. In addition, our staff used their creativity to conduct different indoor activities. While physically at our centres, our service users were able to participate in events such as ‘banquets’ to enjoy delicious food, ‘travel’ to other countries and participate in festivals to experience the joy of life. The spiritual development of service users is also very important. By setting up ‘Life and Death’ education groups, and through the production of life story collections and mock mourning, persons with intellectual disabilities learn more about what life and death mean.

Last year, the Society drew up a timetable for the application of the ‘International Classification of Functioning, Disabilities and Health’ framework at all hostels and adult training centres progressively. Our centres apply the ICF framework for evaluation and analysis of the links among health, physical functions, participation in activities and environmental factors, so as to achieve a comprehensive understanding of the needs of our service groups, and formulate interdisciplinary individual plans and effectiveness assessment. In the mid-term review meeting, the staff stated that the implementation of the ICF would allow various professional colleagues to have a more comprehensive understanding of the needs of service users, and the intervention plans would more appropriately address and prioritize their needs. The Society is confident about the steady application of the ICF framework at all service units.
發展自家品牌，開拓新的訓練
Developing Proprietary Products to Broaden Training Opportunities

在新常態下，我們更加積極發展三間工場的自家品牌，以減少因加工訂單不穩定所帶來的影響。我們職業發展中心於2020年中秋節推出「鳳梨酥」禮盒後，又再推出三款健康氣氛茶，銷售反應良好。各部門的訂單，大大鼓勵了服務使用者的士氣，我們更有信心開發更多產品，為服務使用者開拓社會準備。

Under the new normal, the Society’s vocational rehabilitation services developed and expanded their own brands progressively through three workshops to reduce the impact of decreased orders from customers. Following the launch of the “Phoenix Herbal Tea” gift box during the Mid-Autumn Festival in 2020, Kwai Hing Vocational Development Centre marketed three more types of healthy herbal tea. We were heartened to see that the new products drew more orders from various government departments and companies, greatly boosting the morale of our service users. It is a major boost to the work of social inclusion.

為慶祝中秋佳節，假誠信工場糠糍餅作坊首次推出「唐姨鳳梨酥月餅」，選用自家製的鹹蛋黃、精心炮製的筍絲及由本地直送的黑皮蛋，再次將該糠糍餅作坊烘培工藝所製出的產品推廣翻新，讓人一口嚐到濃香的鹹蛋黃、脆香的鹼性鹹蛋鴨的絕妙組合，口感獨特鮮美，令人愛不釋手，回味無窮。

To celebrate the Mid-Autumn Festival, Madam Hong’s Bakery launched the ‘Madam Hong’s Pineapple Custard Mooncake’ for the first time, using home-made salted egg yolk, delicately flavoured custard filling and pineapples that were procured directly from the place of origin, and combining with Madam Hong’s unique baking method to produce the golden casing of crumbly pastry. It is said that the mooncake leaves an unforgettable rich, flavourful and natural taste perfectly balancing sweet and sour nuances.

另一方面，賽馬會葵涌工場自現代化工程後增設烘焙食物製造廠 — 「唐姨廚房」，將廚房製作時提供服務訓練給服務使用者亦開放公眾購買市場外，更為服務使用者提供有機粟米，滿足他們對健康以至時尚的追求。於試運行期間，「唐姨」廚房更全力配合本會各服務單位，為服務使用者提供.popup餐盒及清潔飲品，為抗疫出一分力！

本會工場服務日後將會發展更多自家品牌的產品，以擴闊工場，減少安全依賴外間客戶資源，為服務使用者提供更多工作訓練的項目。

After a revamp, the licensed food factory of Jockey Club Shek Wai Kok Workshop, Madam Hong Kitchen, started providing catering training and healthy lunchboxes to service users to meet their vocational rehabilitation as well as health needs. Madam Hong Kitchen also provided meal support to service units of Fu Hong Society in fighting against the epidemic.

在未來的三年里，這些工作坊將會提供更多的訓練機會，服務使用者和發展更多新的產品，以供社會使用，為服務使用者提供更多訓練的項目。

Diversified Training Helps Trainees Improve

賽馬會及葵涌工場的服務使用者會在進行現代化後自現代化工程後可以接受更多元化的訓練，包括職前訓練、學習水耕種植，客戶接待服務、升級再製訓練、小食包裝訓練、學習資訊科技及日常軟件應用等等。他們可以參加不同種類的興趣小組，如一星期四天四時預設訓練及職業治療師設計的訓練及運動等，“唐姨”工場在引入多元化訓練後，約三十名服務使用者已加入職業訓練，當中更有五名服務使用者可賺取每個小時十三港元工資，較以往多一倍的訓練津貼，銷售拆舊進退進一步。

Since the revamp of Jockey Club Shek Wai Kok Workshop, its service users have received more diversified training in areas such as kitchen training, hydroponics, customer service, upcycling, snack packaging, IT and software applications. They participate in various interest groups such as those that offer training and exercises designed by physiotherapists and occupational therapists, held five days a week. Since implementing such diversified training, around 30 service users have participated in the advanced vocational training, and five of them are earning HK$12 per hour, which is twice as much as their previous wages, bringing them closer to the open employment market.
就業支援服務
Employment Support Services

本會的就業支援服務，藉著提供就業支援予残疾人士，加強他們的就業能力，促進社會共融。本年度共為超過一百五十位服務使用者提供就業支援。雖然持續受到新型冠狀病毒病疫情影响，但公開就業率仍接近七成，成效理想。本服務協助服務使用者尋求合適工作，包括工作種類、性質、所需技能、職責、環境等等，讓他們發揮才能，除了赚取收入外，更能增加信心及實際效益。

Our Employment Support Services under the Vocational Rehabilitation Services have been providing service users with appropriate services to strengthen their work abilities and enhance their open employment opportunities. This year, more than 150 service users benefited from the Employment Support Services and the open employment rate reached 70% despite the impact of the COVID-19 pandemic. These support services help to match service users to suitable jobs, taking into consideration the job type, job nature, skills required, duties and environment so that apart from earning an income, the service users can also use their skills and talent to boost their confidence and actualise themselves.

葵興職業發展中心現代化工程
Kwai Hing Vocational and Development Centre Revamp

葵興職業發展中心由社會福利署（社會）於1983年成立，並於1993年移交本會管理，後於2014年將服務整合為綜合職業康復服務，並命名為「葵興職業發展中心」。為了回應高齡服務使用者的需求及應對職業康復服務的發展態勢，以及新型冠狀病毒病疫情帶來的挑戰，葵興職業發展中心有需要在室內設計、防疫設施、科技、訓練項目等方面進行優化。本會於2022年7月完成了將葵興職業發展中心現代化工程，並預計於2023年7月開放。

Kwai Hing Sheltered Workshop was set up by the Social Welfare Department in 1983 and handed over to Fu Hung Society in 1993. It was transformed into an Integrated Vocational Rehabilitation Centre and renamed ‘Kwai Hing Vocational Development Centre’ in 2014. In consideration of the needs of ageing service users, the obvious changes in the development trend of vocational rehabilitation services and the challenges triggered by COVID-19, it is necessary for Kwai Hing Vocational Development Centre to carry out a revamp to modernise itself in terms of interior design, anti-epidemic facilities, technology and new training initiatives. The Society successfully applied for a grant of around HK$14 million from the Hong Kong Jockey Club Charities Trust in July 2022 to carry out the revamp which is expected to be completed in July 2023.

庇護工場延展照顧先導計劃
Sheltered Workshop Extended Care Pilot Project

居於社區的庇護工場使用者因缺乏社區支援服務、家屬因工作或其他家務事務無法看顧，容易導致效應。為填補服務缺位，本會建議在庇護工場開設「延展照顧先導計劃」，為本會開闢新一帶的社會服務「賽馬會社區親愛工場」及「葵興職業發展中心」接收服務而又適應社區的残疾人士，提供發展至週末及星期六的照顧服務，及於這些時段舉辦活動和提供貨食，順利接駁他們的支援。另外，透過家屬工作坊，為照顧者提供輔導、訓練及支援，以減低照護者壓力，提升他們生活質素。

本會已成功獲得賽馬會Family Foundation Limited的五百三十萬港元的資助，以開闢這個为期三年的先導計劃，支援在社區生活的残疾人士及其照顧者。該計劃由2022年7月開始提供服務。

Persons with disabilities living in the community may lack supportive services. Since caregivers may not be able to take care of them due to housework or other commitments, there is a likelihood of accidents occurring due to lack of care. To fill the service gap, the Society proposes to set up a 'Sheltered Workshop Extended Care Pilot Project' at sheltered workshops. The purpose of the scheme is to extend care services to evenings and Saturdays for persons with disabilities living in the community from ‘Jockey Club Shui Wai Kok Workshop’ and ‘Kwai Hing Vocational Development Centre’ which are located in Tuen Wan and Kwai Hing respectively. We will conduct activities and provide meals during these periods to expand our support for service users. In addition, we will provide guidance, training and support for caregivers through various workshops, with the hope of enhancing their competence, reducing caregiver stress and improving their quality of life. The Society has successfully secured funding of nearly HK$53 million from BF Family Foundation Limited to launch this pilot for three years, in order to support the persons with disabilities and their caregivers living in the community. The service commenced in July 2022.
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（康樂天地）。中途宿舍提供以「社區為本」的住宿服務，協助精神復元人士（圖像後方人士）融入社會。『康樂天地』服務港島中區及部分南區居民，除提供一站式精神健康及社區支援服務外，更積極推行公開教育以加強居民對精神健康的認識。此外，本會因應服務需要制定了《社區精神健康服務－危險處理手冊》及建立簡易事故登記，透過定期進行危機事件演習，提升員工對處理事故時的應變能力和信心。

The Society provides community mental health services at three halfway houses, namely Yuek Kwan Home, Yueh Chi Home and Yueh Hang Home, and at the Integrated Community Centre for Mental Wellness known as Sunrise Centre. The halfway houses provide community-based residential services to persons in psychiatric recovery; facilitating their re-integration into the community. Sunrise Centre serves the residents in the Central District and some parts of the Southern District, providing one-stop and district-based integrated community mental health support services. Sunrise Centre also plays an active role in community outreach to enhance public awareness of mental wellness. In addition, the Society developed “Community Mental Health Services – Crisis Handling Manual” and Near-Miss Report System based on the service needs. The service units conduct crisis drills regularly to enhance the staff’s capability and confidence in handling crises and incidents.

中途宿舍
中途宿舍

疫境同行

過去一年，新型冠狀病毒病疫情仍然肆虐本港，並對居民生活產生深遠影響。本會的中途宿舍服務亦透過各種活動，を行い為服務使用者提供支持和關懷。

面對疫境，社會各界亦積極展開各種活動，為社會注入正能量。本會透過舉辦自救和互助活動，讓服務使用者在疫情下仍能保持正面態度，增強自信心。

Overcoming Challenges Together

In the past year, the novel coronavirus pandemic continued to impact Hong Kong, affecting the lives of the residents. Our halfway houses have continued to provide various activities and services to support the community, promoting emotional resilience and positive coping strategies.

In response to the repeated outbreaks of the epidemic, the halfway houses have continued to provide emotional and mental support to the community, ensuring their mental well-being, and reducing loneliness, depression and anxiety during the epidemic.

The halfway houses promoted interaction between service users, and facilitated their participation in enjoyable and satisfying online and face-to-face activities such as horticultural programmes, “Fai Chun” calligraphy, painting, handcrafting, cooking and other activities.
共融計劃
為提升復元人士使用資訊科技產品的信心和能力，以應對常見的障礙，中途宿舍舉辦了八節「復元人士共融研習」活動，透過應用平板電腦及大專生進行網上活動，讓復元人士加強與人際及享受娛樂，增加生活樂趣。與此同時，大專生透過與復元人士真情對話，了解他們在復元路上的心路歷程，並認識精神健康的重要。

Inclusion Programmes
The halfway houses held eight sessions of "Persons in Recovery and ICT" activities to enhance the confidence and abilities of persons in recovery in using information technology products under the new normal. By using tablets to participate in online activities with students, persons in recovery can strengthen their connection with others and enjoy entertainment which brings joy to them. At the same time, through dialogue with persons in recovery, students understand their journey on the road of recovery and realise the importance of mental health.

復元人士自助組織交流
為配合宿舍充權之發展，我們邀請了基督教愛協團契（由復元人士組成的自助組織）到宿舍推廣以家鄉角度作參與、計劃及推行服務的經驗，及後宿舍繼續擴展服務，讓rest宿舍的發展方向更為明確。他們表示活動也提升了過宿舍的歸屬感，亦感受到與職員更平等的關係。

Exchanges with Self-Help Group
Christian Ol-Hip Fellowship, a self-help organisation run by persons in recovery, was invited to promote the concept and experience of user participation. Participating users were encouraged to express their opinions concerning the development of the halfway house. Through the activity, a strengthened sense of belonging along with a more equal and collaborative relationship with the service providers became evident.
《繪出正向復元路》計劃

康晞天地及嘉諾撒聖心書院合辦名為《繪出正向復元路》計劃，以真人圓奧藝術形式，讓中學生有機會接觸復元人士。透過他們的故事，了解復元人士的心路歷程，其後參與的中學生製作繪本，以展現復元人士的故事，與他人分享，藉以推展精神健康的訊息。

‘Drawing a Positive Road to Recovery’ Project

Sunrise Centre co–implemented with Sacred Heart Canossian College a project entitled ‘Drawing a Positive Road to Recovery’. In the form of a Human Library, secondary school students have the opportunity to get in touch with persons in recovery. Through listening to their personal stories, students understand the journey of persons in recovery. The students would create picture books to showcase the stories of persons in recovery and share with others so as to promote mental health messages.

荃灣工作的Picture book workshop

"The finished picture book entitled 'Drawing a Positive Road to Recovery': the end result of the Picture Book Workshop was exhibited at the end of the seminar session. This was a cross–curricular project among Sunrise Centre, Sacred Heart Canossian College, and the Eastern District Council."

Sunrise Centre ervice

Sunrise Centre is an Integrated Community Centre for Mental Wellness that provides community–based mental health services to persons in recovery, persons with suspected mental disturbance and their family members, as well as residents living in the Central and Southern Districts. The professional team comprises social workers, occupational therapists, psychiatric nurses, clinical psychologists and peer support workers.

The epidemic has brought restrictions and challenges to the service operations of Sunrise Centre. The Centre adopted different interventions such as social media or communication apps to keep in touch with service users while continuously assessing their needs, and providing assistance and support accordingly.

全面的精神健康服務

康晞天地以多元化的介入方法，為不同年齡層的服務對象提供適切的精神健康服務，包括為小學、初級中學及中學的情緒發展需要而設的小組及個人活動，為青少年而設的‘青・Mind 精神健康服務’，以動物輔助介入服務的‘貓療計劃’以及為長者而設的興趣班和精神健康講座等。

Comprehensive Mental Health Services

Sunrise Centre provides mental health services for service users of different age groups with a diversified intervention approach. For instance, groups and parent–child activities for the children in the families, “Youth Mind” mental health services for the youth, ‘Cat Project’ animal–assisted intervention for all members, and interest classes and mental health talks for the seniors.
賽馬會樂齡同行計劃

為回應長者社群的需求，康樂天地自2022年1月起參與由香港賽馬會慈善信託基金贊助及資助的「賽馬會樂齡同行計劃」，遍布於兩年的服務。結合長者地區服務及社區精神健康服務，建立初步介入模式，並根據風險程度、需求的嚴重程度等，為有抑鬱風險或抑鬱狀態的長者提供標準化的預防和康復的介入服務，從而提升長者的心理健康。

計劃亦為專業及非專業人士進行培訓，於社區建立推展及助理健康的人力資源及社會資本，提升社區照顧能力。期望長者透過學習精神健康知識的實際，提升自身應對情緒困擾的能力及技巧之餘，亦能協助社區中其他受抑鬱困擾的長者，達致互助自助。

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

Since January 2022, Sunrise Centre has participated in JC JoyAge, Jockey Club Holistic Support Project for Elderly Mental Wellness, a project initiated and funded by the Hong Kong Jockey Club Charities Trust, which aims to tackle depression among seniors. The Centre provides a two-year service. Through cross-sectoral collaboration, JC JoyAge provides a community-based support network for the senior citizens to enhance their resilience in facing the challenges of ageing. The service bridged the District Elderly Community Centre and Integrated Community Centre for Mental Wellness to establish a collaborative and integrated service model to render standardised prevention measures and timely intervention services for depressed elderly according to their level of risks and severity of symptoms.

The project also provides training for both professional and non-professional staff to build the community capacity of elderly mental support. It is hoped that the elderly’s resilience and skills in dealing with their own emotional challenges will be enhanced, and that the depressed seniors in the community will be supported.
殘疾人士社區支援服務
Community Support Services for Persons with Disabilities

天水圍地區支援中心一直以「地區為本」提供專業的「一站武」多元化服務，藉此促進社區內居住的殘疾人士及其家庭融入社區，過著自己選擇的生活，並建立傷健共融的社區。

Tsing Shui Wai District Support Centre (TSWDCS) adopts a community-based strategy and strives to be a platform that offers ‘one-stop’ services to persons with disabilities. The multifarious services it offers are a result of trans-disciplinary collaboration.

縱使疫情反覆，本中心對滿足殘疾人士社區需要的使命及熱心，本中心服務一向未有停止。個別化及到戶式的支持更社區帶領支援服務。在疫情防控期間，本會透過社會福利署（社會）指示未能如常開放中心提供日間服務，中心了解到部分照顧者更因員資請假而需要全天候在家照顧，家庭收入因而大減，以致在維持基本日常生活，如預備每日三餐、洗晒日常用品及防疫物資等的開支上亦出現困難。故此，本中心主動與香港社會服務聯會、香港紅十字會、惜食堂、食得好好等友好機構合作，收集捐贈物資，並親自將相關物資送到有需要的家庭之中，以解燃眉之急。

另一方面，防疫資訊瞬息萬變，殘疾人士及其照顧者往往難以掌握，少數族裔殘疾人士及其照顧者對中文資訊難以理解，於接觸及理解資訊更感困難。有見及此，中心自2020年12月起獲社會署資助，增聘了「少數族裔社區大使」（下稱大使），透過設立網站主動接觸少數族裔殘疾人士及其家庭。另外，大使亦會夥拍社區組織上門家訪及電話聯絡，囑使少數族裔人士家庭，同時講解及解釋相關殘疾人士支援服務及防疫資訊，讓少數族裔殘疾人士及其家庭得到及時的支援。

Meanwhile, information on epidemic prevention was iterating rapidly. It was difficult for persons with disabilities and their caregivers to catch up and understand the latest prevention guidance. The situation was exacerbated by cultural and language differences. To address this, with a subvention from the Social Welfare Department, TSWDCS recruited "Ethnic Minority District Ambassadors" to actively reach out to persons with disabilities and their families who were ethnic minorities by setting up street stations. In addition, these ambassadors also joined social workers in making regular home visits and phone calls to show concern for the families of ethnic minorities. They also took the chance to explain the relevant service information and the latest epidemic prevention guidance so that those in need could seek appropriate support.

Furthermore, the Ethnic Minority District Ambassadors helped to organise a cross-cultural parent group at TSWDCS. This not only allowed caregivers to understand the culture of minorities with disabilities, but also more crucially, helped to integrate the minorities with disabilities and their families into the community, building a cross-cultural mutual support network.
護理及專職醫療服務
Nursing and Allied Health Services

臨床心理服務
Clinical Psychological Services

本會設有臨床心理服務，提供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。透過以實証為本的正向行為支持策略，教導服務使用者學懂如何有效地處理自己的情緒。

Through psychological assessment and psychotherapy, clinical psychologists help people in need to prevent and deal with various emotional, cognitive and behavioral disturbances. This develops their potential and encourages them to participate actively in the community. Clinical psychologists help service users to effectively manage their emotions through evidence-based positive behaviour support strategies.

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Helping users with Autism Spectrum Disorders to adapt to changes

Persons with autism spectrum disorders do not easily adapt to new environments and changes. By assisting service users to familiarize themselves with surroundings, users are better equipped to adapt to situations and changes in the daily activities.

Mindfulness Exercises

We need to take care of our physical and mental health during the pandemic to handle challenges and difficulties that lay ahead. Mindfulness exercises can help us focus on the here and now, and accept our negative life experiences.
過去一年，物理治療服務在2019冠狀病毒病疫情期間，啟動了新的工作模式。

In the past year, COVID-19 pandemic remained volatile. Meanwhile, we seem to have progressively adjusted to this new normal.

在政府的防疫措施和政策下，服務使用者均有不少外出活動的機會，下肢肌力及動態平衡力因而下降，2021/22年度的服務使用者意外統計數字當中，以跌倒意外的比率最高。有見及此，物理治療團隊製作了一套「防跌運動十式」短片，讓服務使用者於疫情下於室內進行訓練，以強化其下肢肌力及動態平衡力。對一些屬高風險顧問的服務使用者，團隊會特別為他們度身訂做一套「防跌訓練」。在2021/22年度共有超過十位服務使用者透過參與此計劃成功減低自身的跌倒風險，計劃的成功比率接近八成。

To maintain physical activity level of service users during the pandemic, we continued to use social media and electronic platforms to share exercise-related and health information with service users and their caregivers. Encouraging service users to develop regular exercise habits helps to maintain their physical functions. At the same time, we will continue to explore and introduce the use of more diversified physiotherapy equipment such as fall prevention exercise belts and smart fitness mirrors. This will help to address the needs of ageing.

Owing to the Government's epidemic prevention measures and policies, service users had fewer opportunities to go out. Perhaps as a result of reduced activity, their lower limb muscles and dynamic balance began to weaken and decline. According to user injury statistics, falling was the most common cause of injury in 2021/22. In view of this, the physiotherapy service team made a video titled '10 Styles of Fall Prevention Exercise' for service users to practise during the epidemic, so as to strengthen their lower limb muscles and dynamic standing balance. For service users at high risk of falling, we tailored a ‘Fall Prevention Programme’ for each of them. In 2021/22, more than 40 service users participated in the programme and successfully reduced their risk of falling. The success rate of this programme is about 80%.
令人意想不到的是，第五波新冠疫情在農曆新年過後突然爆發，部分服務使用者及員工被迫接受檢疫，他們復康後不約而同地出現了「久咳」、「張嘴不適」的現象，影響了他們的呼吸功能。物理治療師們製作了一系列「強壯清氣」運動短片供他們觀看學習，協助改善他們的肺部功能。

The fifth wave of pandemic came as a surprise, striking Hong Kong badly after the Lunar New Year. Some of our service users and staff were unfortunately infected. During their recovery, most appeared to have persistent cough and sputum retention. To address that, our physiotherapists made video that demonstrated breathing exercises to help those recovering from COVID-19 clear their lungs and improve lung functions.

職業治療服務

Occupational Therapy Services

職業治療與「身心靈健康」

作為專業醫療的成員，致力以「職能業務、殘疾及健康服務」(ICF) 的框架提升服務使用者的「身體功能及結構」、「活動及參與」、「環境及個人因素」，努力使到提升服務使用者的「身心靈健康」。

Occupational Therapy Services Advocating 'Mind–Body Wellness'

Mind–body wellness can be achieved through transdisciplinary case management that applies the concept of the 'International Classification of Functioning, Disability and Health' (ICF) framework. The six ICF domains are 'Body Functions', 'Body Structure', 'Activity', 'Participation', 'Environmental Factors' and 'Personal Factors'.

'身體功能及結構'方面的服務

「職能業務」的介入，職業治療師評估及訓練認知、包括：專注力、空間概念、判別能力、數學運算、記憶力、推理、分析及解難能力等。

Body Functions' and 'Body Structure' in Occupational Therapy

Interventions to do with 'Mental Functions' require an occupational therapist to provide cognitive evaluation and training in relation to attention, spatial relationships, discrimination, calculation, memory, reasoning, and analytical and problem-solving abilities.

回顧過去一年，職業治療團隊勇闖不平地完成各種挑戰，我們依然無畏無懼，來去如風克服各種困難，團隊去年成功為一千三百五十七位服務使用者，提供超過二萬八千節的職業治療服務。

It was quite a journey. Our team braved the storm to overcome various difficulties. Our physiotherapy services successfully provided more than 28,000 physiotherapy sessions to 1,357 service users last year.
「感官功能」的介入：職業治療師評估服務使用者的感官需要，制定「感官餐單」，提供各種感官活動，以改善服務使用者的動作計劃能力及自我調節功能等。

For interventions to do with ‘Sensory Functions’, when assessment finds sensory dysfunction, the occupational therapist formulates a “sensory diet” on the basis of the service users’ needs and ability. It aims to improve motor planning, sensory processing and sensory modulation functions.

「活動及參與」方面的工作
「學業與應用知識」的介入：職業治療師評估及訓練服務使用者閱讀書寫的能力，以及專注、理解及執行功能。

‘Activity’ and ‘Participation’ in Occupational Therapy
For interventions to do with ‘Learning and Applying Knowledge’, the occupational therapist provides training on reading, writing and listening as well as attention, comprehension and execution functions after assessing service users.

「社區、社交及公民生活」的介入：評估及訓練服務使用者在社區生活的能。

For interventions to do with ‘Community, Social and Civic Life’, the occupational therapist assesses and enhances community living skills.

「環境因素」方面的工作
「產品與科技」的介入：職業治療師評估後，會按服務使用者的需要安排環境改善及輔助器材。

‘Environmental Factors’ in Occupational Therapy
For interventions to do with ‘Product and Technology’, the occupational therapist arranges for assistive devices and environmental modification for service users after assessing their needs.
Promoting Soft Meals for Adult Service

More than half of our service users at the Society suffer from varying degrees of chewing or swallowing difficulty, making it difficult for them to eat solid foods. Our team of speech therapists took the initiative to form a “Soft Meals Development Working Group.” This group consists of the Society’s Deputy Chief Executive Officer (Service Operation), Nursing Officers, representatives from units of Residential Services, representatives from Vocational Rehabilitation Services and speech therapists. The key objectives of the working group are as follows:

- Integrate, organise and distribute information collected from the Hong Kong Council of Social Service and other organisations
- Provide technical and logistical support
- Promote knowledge exchange and sharing

除了上述工作，去年10月，與喫茶服務的協委會夥伴一同譜寫新報告，鼓勵服務單位兌換軟餐，提升顧客用餐品質。

Apart from the above, our speech therapists worked with other professionals in September 2021 to promote soft meals at Mid-Autumn Festival events. We wrote and tested out recipes to transform traditional mooncakes donated to us into soft meal mooncakes. After watching our practical demonstration and learning about our technical tips, a group of hearty social workers and rehabilitation workers at Ngai Shun Home prepared “cartoon soft mooncakes” for their service users. Our speech therapy team shared information and provided technical support on purchasing, reheating and serving commercially available festive soft meal products with service units that still working on the manpower and skills to make their own soft meals.
Currently, the industry lacks the manpower and skills to develop soft meals. To seek additional resources from the Government to provide soft meals to persons with disabilities who are service users at residential care homes, the Society attended the Welfare Agenda and Priorities Setting Exercise organised by the Hong Kong Council of Social Service in May 2021. The Government listened to the demands and will be subsidising the development of soft meals at residential care homes in the coming year. In the long run, the government needs to devote more resources to speech therapy services to overcome the challenges in the area of modified meals designed to meet the needs of persons with intellectual disabilities who face swallowing difficulties due to ageing.

### 2021/22年度成人言語治療服務統計

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<th>Services Provided</th>
<th>No. of speech therapists</th>
<th>No. of service units</th>
<th>No. of service users</th>
<th>No. of annual reviews conducted</th>
<th>No. of assessment / treatment / consultation provided</th>
<th>No. of training / educational programme provided</th>
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<td>20</td>
<td>388</td>
<td>186</td>
<td>1,466.5</td>
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The Speech Therapy Services also focused on the research and development of soft meals. The team supported Jockey Club Shek Wai Kok Workshop in their soft meal food factory project and visited a Mid-Autumn Festival party hosted by Cheung Hong Home to provide on-site support such as texture testing and providing serving suggestions. Service users on different levels of modified diet enjoyed and appreciated the appealing and delicious soft meal poached chicken, and looked forward to having more of such tasting opportunities.
護理照顧服務
Health Care Services

同心防疫抗疫
2021/22是充滿挑戰的一年：2019冠狀病毒病疫情肆虐，抗疫及隔離為護理工作帶來前所未有的壓力，包括監測生命體徵和疾病的護理流程，迅速反應以配合最新的疫情狀況，需確保防疫物資的供應，這些都為護理團隊帶來不少工作挑戰。盡管本年度護理團隊在有限的空間和設施，以及疫情傳播數字飆升的不確定因素中，堅守崗位，加強防疫抗疫，沉著應戰，盡最大努力照顧服務使用者，為住戶服務順利運轉爭分奪秒。抗疫過程，護理工作的重心立即轉移至康復照顧上，以助服務使用者早日恢復身心健康。

Fighting COVID-19 Together
2021/22 was a year full of challenges. As the COVID-19 epidemic raged, the health care service team faced unprecedented challenges in combating disease and dealing with quarantine requirements. This included the inspection of service users’ vital signs, keeping the health care workflow agile in view of the volatile epidemic and ensuring the supply of anti-epidemic materials. Working within constraints of spaces and facilities, and the uncertainties posed by the epidemic, the health care service team dedicated itself to disease prevention and taking care of the service users. It also assumed a gatekeeping role to ensure smooth operations at the residential service units. Another key priority of the team was to aid service users in recovering physically and psychologically from the epidemic as soon as possible.

超聲波骨質密度測量，減低受損風險
受疫情影響，服務使用者大幅減少戶外活動及日常運動的機會，以致身體活動能力降低。加上年齡化，護理員需留意服務使用者因肌肉及骨質日漸流失，逐漸減低活動能力及平衡能力。由骨質疏鬆而引起的問題現正不容緩，為能及早找出有風險個案，四個及避免不必要的放射性檢查，護理團隊曾為住戶購買的超聲波骨質密度儀，為服務使用者定期以安全的方式測量骨質密度，並為有骨質疏鬆風險的個案安排進一步的檢查、轉介及跟進。至今威方所有住戶服務單位已為大部分服務使用者進行過至少一次篩檢，並作出相應措施，成為疫情期間護理的重要工作。

Bone Density Screening Using Ultrasound to Reduce Injury Risk
Owing to the epidemic, outdoor activity and daily exercise was significantly reduced. This weakened the mobility of service users. Compounded by ageing, our nursing staff noticed that service users were gradually losing their flexibility and balance due to muscle and bone loss. The problems caused by osteoporosis should not be taken lightly, and to identify high-risk cases as early as possible while avoiding unnecessary radiological examinations, the Society purchased an ultrasound bone densitometry to screen service users within the units. The nursing team regularly conducts bone density screening in a safer manner. It also arranges for further examinations, referrals and follow-up for cases with risks of osteoporosis. So far, most service users at the Society’s residential service units have been screened at least once. They have also received the necessary follow-up. One could say bone density screening was an integral health care concern during the epidemic.

提升電腦化個案管理系統以連接藍芽生命表徵檢測設備
護理工作近年日趨繁重，需進行定期檢測監察的個案亦日益增加，當方應用雲端技術的發展，引入電腦化系統、提升電腦化個案管理系統，並連接藍芽生命表徵檢測設備，系統有助減省文書處理時間，護理員可有更多時間以加強護理照顧。系統現正於測試階段，期望於2022年中正式使用。

Enhancement of Case Management System and Integration of Bluetooth Vital Signs Monitoring Devices
Health care conditions of service users have become more and more complicated in recent years and this has placed greater demands on health care services. For example, the number of cases requiring regular and frequent health monitoring is increasing. Leveraging Geotechnology, the Society has started to enhance the Case Management System and integrate it with Bluetooth vital signs monitoring devices. This can reduce paper work and free up more time for direct nursing care. The system is currently being tested and is expected to be launched by mid-2022.
關愛家庭服務
Home Care Services

The Family Care Home Services are self-financing services of Fu Hung Society. The first Family Care Home, named Encounter Family, was established in Ho Man Tin in 1997. Splendor Family and Radiance Family were established subsequently. The three Family Care Homes have the capacity to serve up to 27 persons with intellectual disabilities, providing those who lack family care or have elderly parents with the opportunity to enjoy residential and care services.

The Family Care Homes provide quality family life for our service users, known as “Family Members”, to meet their physical, psychological, and spiritual needs. In the past year, to promote oral hygiene, we joined the Healthy Teeth Collaboration. Our nursing care team also arranged health talks conducted by the nutritionist for our Family Members and Housemothers. Appropriate menus were designed based on the physical conditions of our service users. In addition, through the Family Members’ meetings and Family Care Happy Gathering Group (Craft-Making), the cohesion and mutual communication among members were enhanced. Regular visits by volunteers also helped our service users improve social skills and enhanced social inclusion. Active participation in church activities and moral education provided by Elder Brothers, as well as two additional runs as spiritual mentors from March this year onwards also contributed to the spiritual development of our Family Members. Under the coaching of the Elder Brothers and care of Housemothers, the Family Members felt family warmth even though they were not related by blood. They learnt how to love themselves as well as others and spread positive messages. This in turn allows people to learn more about them and build positive relationships with them.

關愛家庭是機構的自負盈虧服務，由1997年於何文田成立第一所關愛家庭華德軒開始，至後來相繼成立順德軒及順仁軒共三間家舍，提供三十七個服務名額，為缺乏家人照顧或因父母年老的智障人士提供住宿照顧服務。

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

過去一年，服務中心為特殊需要兒童提供多項專業訓練和支持，包括個別訓練、密集式小組訓練、感官統合治療、物理治療及語言治療等。

Both centres served more than a hundred service users in the past year, providing appropriate treatment and training for children with special needs, including individual training, intensive group training, sensory integration therapy, physiotherapy and speech therapy among others.

"Fu Hong Society Hin Dip Centre” and “Fu Hong Society Hin Dip Hon Yee Centre” were established in 2009 and 2015 respectively. Both are specialised centres for persons with autism spectrum disorders and developmental disabilities, dedicated to helping children with special needs to develop diverse potential and actively advocating social inclusion. The Society firmly believes that everyone has unique potential. When the innate talent is used correctly, we are able to break through obstacles, develop potential, grow up healthily and happily, and burst into a beautiful life like a butterfly.

The centres actively developed and enhanced training in different fields to improve the quality of their services, so as to unleash the potential of children and enable them to become pillars of the society. To meet the learning needs, and keep up with the pace of physical and mental development, community awareness and participation are prioritised. The inclusion of community integration elements in the curriculum effectively enhances children's learning abilities for life. By experiencing real-life situations, children can enhance their understanding and deepen their interest in the community, as well as access opportunities to interact with others. This enhances their social motivations and abilities, and helps to achieve social integration.
In order to enrich the life experiences of children with special needs, the centres regularly organised different inclusive activities such as festive events, snack sampling, shopping at supermarkets and so on. This also allowed the children to interact with people in different communities, and promoted public understanding and increased acceptance of children with special needs. Fu Hong Society Hin Dip Hon Yee Centre received HK$200,000 from Aberdeen Marina Club in support of the centre’s training for children in need through the thematic teaching approach last year. The participating children chose baking as the theme and were assigned different roles according to their different training needs. For example, children with training needs in speech were responsible for being the receptionists and children with training needs in muscle coordination were responsible for preparing food. After nearly a year of training, the centre held a party, and invited parents and community members to receive children’s treats and try the snacks prepared by the children. More recently, the team at Fu Hong Society Hin Dip Hon Yee Centre has produced a speech therapy co-reading training kit for parents and therapists based on their training experience with sponsorship of HK$80,000 and HK$200,000 from two donors respectively. The training kit combines picture book elements and evidence-based teaching strategy to strengthen children’s reading and communication skills, as well as promote parent-child relationships.

The most precious thing about this is that this journey has received support from all walks of life, giving the centres tremendous hope and confidence in the future. Let us work together for children with special needs. In the days to come, both centres will continue to prioritise the interests of service users and sustainable service development. Meanwhile, training for children and support for parents will continue, so as to actualise the service concepts of “early identification” and “professional intervention.”
家庭支援服務
Family Support Services

「家」在中國傳統文化裏佔有重要地位，
一家人團團壹身，每一位家庭成員都繫連
着整個家庭的神聖。在疫情反覆肆虐期
間，殘障人士家庭承受著額外的壓力，
外是疫情引發的衛生風險危機、物資不
足、精神壓力及不時的震驚；內是對家
人健康的擔憂及照顧壓力，尤其是殘障人
士較為特別，需要居於專舍或與家人同住
社區，難免令家人憂心。本會實踐「照顧者
為本」的照顧理念，除了關心視障殘障人
士外，亦重視其照顧者及家庭在情緒上、
個人及家庭發展上的支援。

The notion of a ‘family’ plays an
important role in Chinese traditions.
Whatever happens to one member of
the family could greatly impact everyone
else. During the COVID-19 epidemic,
the families of persons with disabilities
faced both external and internal
pressures. The external pressure was
due to hygiene-related risks, the lack
of anti-epidemic resources, financial
woes, anxiety and uncertainties.
The internal pressure was due to worrying
about the health of family members with
disabilities who were either living in
a hostel or in the community. Caregiver
stress was also a source of stress.

To address these challenges, we promoted
the ‘family-based’ care concept because
we were concerned about the
psychological and developmental needs
of persons with disabilities, as well as
every member of their families.