



4

服務

Services



住宿服務 Residential Services

過去一年，雖然面對嚴峻的疫情和各種挑戰，但住宿服務團隊依然展現出非凡的韌力與靈活度。秉承著四十五年來的扶康精神，員工上下一心，砥礪同行。

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.



節日快樂 - 員工和服務使用者其樂融融
Happy Holidays - Staff and service users enjoying a party together

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習以為常的新常態。為了保持服務使用者的生活質素，服務單位攬盡腦汁，發揮創意，將以往服務使用者喜愛的外出活動在家舍內舉行，以模擬場景形式呈現。

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 their favourite outdoor activities indoors in the most authentic way possible through simulation.

競爭激烈 - 宿舍內的小型運動會
Fierce competition! - Mini sports games held indoors



與此同時，員工亦積極開拓新服務。疫情期間，兩個新單位：啟悅成人訓練中心及啟康之家順利投入服務，並與啟能綜合康復服務大樓其他單位一起，於2021年11月19日舉行開幕儀式。開幕禮由勞工及福利局局長羅致光博士主持，禮成後嘉賓團參觀大樓各單位。

At the same time, we continued to develop new service projects. Kai Yuet Adult Training Centre and Kai Hong Home commenced their services in the midst of the pandemic. In conjunction with other service units at Kai Nang Integrated Rehabilitation Services Complex, a grand opening was held on 19 November 2021. Dr. LAW Chi Kwong, Secretary for Labour and Welfare, officiated at the opening. The guests visited our service units after the ceremony.



開幕禮後嘉賓團參觀大樓各服務單位
Guests visiting our service units in the building after the opening ceremony

勞工及福利局局長羅致光博士主持開幕禮
Dr. LAW Chi Kwong, Secretary for Labour and Welfare, officiated at the opening ceremony

共建這個「家」

We Build Our 'Home' Together

服務使用者不止是受助者，也是付出者。無論是賣旗籌款，還是美化宿舍，裏裏外外各項事務，只要服務使用者願意，他們都可以親手為這個家增添色彩、獻上愛心。多年來，本會持續推動「具質素家庭生活」。其中所倡導的「成員互動」、「培育成長」及「情感福祉」等，都透過使用者的參與一一體現。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 emphasises 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.



服務使用者、社區義工及員工齊齊參與賣旗籌款
Service users, community volunteers and staff coming together for the Flag Day fundraiser

服務

67

SERVICES

服務使用者為宿舍增添快樂的色彩
Service users painting their home happily



相識多年的社區義工，以視像方式為服務使用者送上生日祝福
A volunteer from the community, who has known our service user for years, sends him birthday wishes in an online call

優質的家庭生活，也離不開社區人士及員工們的參與。關係的建立不是一朝一夕，更需要鞏固和維繫。二十五個住宿服務單位雖分佈全港各處，卻令員工們更珍惜相聚打氣的機會。堅實的團隊精神，是服務的基礎與動力。另一方面，與服務使用者相識多年的社區義工，也不忘利用郵遞、視像等方式，為服務使用者送上生日禮物和深深的祝福。這份如同家人般的情誼，或許因為疫情而受阻隔，卻不會因此而被凋淡、被遺忘。

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.



來自不同宿舍服務單位的員工，於戶外參與退修及團隊建立活動
Staff from different residential service units at an outdoor retreat and team-building activities

疫中有情

Love amid Pandemic



農曆新年後，第五波新冠疫情為住宿服務帶來巨大的衝擊。由於全港大環境的影響，住宿服務各單位的服務使用者先後染疫。疫情初期，家舍的服務使用者仍可前往亞博館等社區隔離設施。然而，隨著政府推出「原址檢疫/隔離」政策後，各單位開始了艱辛又漫長的旅程。疫情雖然肆虐，但我們的團隊卻不曾退縮。住宿服務按分區制定緊急應變機制，彼此提供人手和物資等支援。同時，在總會的統籌協調下，一度匱乏的照顧人手與防疫物資，也一一迎刃而解。

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.



「原址檢疫/隔離」艱辛又漫長，但我們的團隊卻不曾退縮
'On-Site Quarantine/Isolation' was a tough and long journey but our service teams remained steadfast

首間染疫的宿舍（樂華成人訓練中心）舍友撤離往亞博館社區隔離設施。由於該宿舍的員工陸續染疫，或成為密切接觸者而需要檢疫，其他宿舍員工義不容辭，護送舍友前往亞博館及協助照顧工作

At Lok Wah Adult Training Centre, which was the first hostel to report an infection, service users were evacuated to the AsiaWorld-Expo Community Isolation Facility. As the staff of the Centre fell ill one after the other, or were identified to be close contacts of the infected and were sent for quarantine, our remaining staff dutifully escorted service users to the AsiaWorld-Expo and assisted in caring work



員工製作精美甜品，為舍友在苦中送上一點甜
Staff prepared nice dessert for the service users, which made them feel loved and cared for



原址檢疫期間，住宿服務各級員工齊心協力、不分彼此，共同分擔照顧舍友的工作。不少員工留在宿舍內休息，全身心投入抗疫工作。外圍支援的員工也不分晝夜，提供各樣後勤支援。即使艱難，員工仍不忘製作甜品、糖水及涼茶等，為舍友們送上溫暖與甜蜜。疫情終會過去，留下的是我們彼此關顧、結伴同行的情誼。

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.

服務

68

SERVICES

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年首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、藝術媒體等，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，協助提升他們身心靈健康和融入社會。

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 of daily living, health, leisure and social life. Our aim was to help them maintain physical, psychological and spiritual well-being, to integrate into society.



發揮創意，大夥兒在室內一起玩足球
We can play football indoors with a bit of creativity



義工指導智障人士為社區長者製作手工藝品，不但向有需要的人士傳達關愛，亦是社會共融的展現
Volunteers teaching persons with intellectual disabilities to make handicrafts for the elderly in the community, not only caring for those in need, but also demonstrating social integration

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，中心應用科技以視像器材與義工保持連繫。包括與「香港最佳老友」運動的學生義工定期視像聯絡，互相表達關心，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起參與活動，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，中心仍透過贈送服務使用者的手工藝作品予社區有需要的人士如長者等，發揮智障人士的潛能和宣揚社會共融。

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 student volunteers 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.



大專生以視像形式參與藝術共融活動，增加他們對智障人士的認識和接納
Tertiary students enhancing their understanding and acceptance of persons with intellectual disabilities through online art activities



透過種植和養魚活動培養服務使用者的耐性及專注力，也是很好的生命教育
Horticultural and fish farming activities cultivate patience and concentration skills, and also teach service users about life



應對不同需要 提升身心靈健康

Enhancing Mind and Body Wellness

高齡智障人士數目持續增加，本會成人訓練中心應用「樂活老齡」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，如舉行機能訓練班、舞蹈班、烹飪組、園藝活動等，以減緩他們身體機能退化。此外，員工發揮創意推行不同形式的小組和室內活動，在服務單位舉辦模擬「酒樓」、夏日嘉年華等別出心裁的活動，服務使用者可出席不同的宴會，享用美食，環遊其他國家，參加節慶活動等，體驗生活的樂趣。服務使用者的心靈發展亦很重要，透過舉辦生死教育小組，如製作生命故事集和模擬悼念等，讓智障人士了解生命，豐富其心靈。



與服務使用者一同製作軟餐月餅，即使有吞嚥困難也可以吃得開心又安全
Making easy-to-chew mooncakes with service users so that even those who suffer from dysphagia can enjoy them safely during the Mid-Autumn Festival



煮食活動除可增強服務使用者的生活技能外，亦可藉此擴闊他們的興趣
Cooking activities hone daily living skills and help to cultivate a new interest

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 organised 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 the 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.



環遊世界來到日本，穿上傳統和服拍照留念
In the 'travel round the world' programme, service users wear traditional kimono when visiting Japan



製作生命故事集和模擬獻花悼念，回顧人生，是生死教育的一環
Making a collection of life stories and organising mock mourning as part of 'Life and Death' education

應用「國際功能、殘疾和健康分類」系統

Applying 'International Classification of Functioning, Disabilities and Health' (ICF) Framework

去年，本會全面制定時間表以循序漸進方式，在所有宿舍與成人訓練中心應用「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」的理念了解需要，評估及分析服務使用者在健康、身體功能、活動參與及環境因素的情況，制定跨專業的個別計劃及介入方法。在中期檢討會議中，員工表示推行ICF令各專業人員對服務使用者的需要有更全面的了解，介入方案更適切地針對他們的需要，而他們的意願亦得到更大的重視。可見ICF的應用對員工和服務使用者均帶來正面的影響，推進本會實踐ICF工作的信心。

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 prioritise their needs. The Society is confident about the steady application of the ICF framework at all service units.



服務使用者的作品入選「企鵝皮拉爾與希望的天空」區文詩詩集作插畫，並獲邀出席展覽
Service users' art pieces are selected to be illustrations in 'Penguin Pilar and the Sky of Hope - A Collection of Poems by Michelle Ling Allcock', and they are invited to attend the exhibition

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

建立一個關愛共融的社會是扶康會的使命，本會的職業康復服務便透過開辦庇護工場、綜合職業康復發展中心、輔助就業服務、在職培訓計劃及工作延展計劃，為殘疾人士提供不同種類的職業康復訓練、就業培訓及工作支援等服務，藉此向社會各界展示他們的工作潛能，增加社會大眾對他們接納程度，從而建立一個共融社會。

The mission of the Society is to build a caring and inclusive society. To that end, the Society offers diversified vocational and development services to person with disabilities through Sheltered Workshops, Integrated Vocational Rehabilitation Centres, Supported Employment Services, On-the-Job Training and Work Extension Programme, and other channels to enhance social inclusion as well as demonstrate their potential and employability to the public.

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性所帶來的影響。葵興職業發展中心繼2020年中秋節推出「鳳凰花果」禮盒後，又再加推三款健康花果茶，新品推出後，收到來自不同政府部門及公司的訂單，大大鼓舞了服務使用者的士氣，令我們更有信心開發更多產品，為服務使用者容入社會做好準備！

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，毅誠工場康姨餅房首次推出「康姨鳳梨奶黃月餅」，選用自家醃製的鹹蛋黃、精心調配的奶黃及由產地直送的鳳梨餡，再揉合康姨餅房獨特烘焙工藝所製成的金黃酥鬆餅皮，讓人每一口都嚐到濃濃的鹹蛋香、滿滿的奶黃香與甜絲絲的天然果香，口感清新獨特，令人齒頰留香、回味無窮。

三間工場推出節日花果茶、月餅及聖誕新年禮盒，服務使用者參與生產訓練，工作滿足感和收入大大提升
Our three Workshops developed Festival gift boxes, including herbal tea, mooncakes and specialties for Christmas and New Year. There was an increase in service users' job satisfaction and work allowance

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 them 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，賽馬會石圍角工場自現代化工程後增設持牌食物製造廠——康姨廚房，康姨廚房除提供廚務訓練給服務使用者銜接公開就業市場外，更為服務使用者提供有營午膳，滿足他們的健康以至味道的需求。於疫情期間，康姨廚房更全力支持本會各服務單位，為服務使用者提供午膳餐盒及清潤飲品，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，以擴闊工種，減少完全依賴外間客戶提供貨源，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.

In the future, the three workshops will provide more training opportunities for service users and develop even more proprietary products of their own to expand and stabilise vocational training for persons with disabilities.

多元化訓練提升服務使用者的職業技能

Diversified Training Helps Trainees Improve

賽馬會石圍角工場服務使用者於現代化工程後可以接受更多元化的訓練，包括廚務訓練、學習水耕種植、客戶接待服務、升級再造訓練、小食包裝訓練、學習資訊科技及電腦軟件應用等。他們更可以參與不同種類的興趣小組，如一星期五天由物理治療師及職業治療師設計的訓練及運動等。再者，工場在引入多元化訓練後，約三十名服務使用者已經參與進階職業訓練，當中更有五名服務使用者可賺取每小時十二港元工資，較以往多一倍的訓練津貼，朝公開就業邁進一步。

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.

賽馬會石圍角工場的服務使用者正準備學員的午膳，工場平均每天最少製作八十個飯盒
Service users of Jockey Club Shek Wai Kok Workshop is preparing lunch for the workmates. The Workshop can produce at least eighty lunch boxes per day on average

就業支援服務

Employment Support Services



本會的就業支援服務，藉著提供適切支援予殘疾人士，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疫情影響，但公開就業率仍接近七成，成績理想。本服務協助服務使用者尋找合適工作，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，除了賺取收入外，更能增加信心及實現自我。

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 sets 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



工程前 Before the revamp

葵興庇護工場由社會福利署（社署）於1983年成立，並於1993年移交給本會營運，其後於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趨勢，以及新型冠狀病毒疫情帶來的挑戰，葵興職業發展中心有需要在室內設計、防疫設施、科技、訓練項目訓等方面進行優化，本會已於2022年7月成功向香港賽馬會慈善信託基金申請撥款約一千四百萬港元開展中心的現代化工程，並預計於2023年7月完成。

Kwai Hing Sheltered Workshop was set up by the Social Welfare Department in 1983 and handed over to Fu Hong 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\$1.4 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.



工程後（設計圖樣）
After the revamp (Design layout)

葵興職業發展中心於現代化工程後將煥然一新
The new look of Kwai Hing Vocational Development
centre after the revamp

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服務使用者因缺乏社區支援服務，或家屬因工作或其他家務/事務無法看顧，容易導致意外。為填補服務縫隙，本會建議在庇護工場開設「延展照顧先導計劃」，為本會兩間分別位於荃灣及葵興的「賽馬會石圍角工場」及「葵興職業發展中心」接受服務而又居於社區的殘疾人士，提供延展至晚間及星期六的照顧服務，及於這些時段舉辦活動並提供膳食，藉此增加對他們的支援。另外，透過家屬工作坊，為照顧者提供輔導、訓練及支援，加強裝備照顧者，減低照顧者的壓力，提升他們生活質素。本會已成功獲得SF Family Foundation Limited約五百三十萬港元的資助，以開展這個為期三年的先導計劃，支援在社區生活的殘疾人士及其照顧者。該計劃已於2022年7月開始提供服務。

工場為服務使用者提供膳食，給予支援
Service users enjoy their meal provided by the Workshop



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 Shek Wai Kok Workshop' and 'Kwai Hing Vocational Development Centre' which are located in Tsuen 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\$5.3 million from SF 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.

服務使用者參與延展
照顧先導計劃的小組
活動，樂在其中
It's fun to join the group
activities of the Extended
Care Pilot Project



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」的住宿服務，協助精神復元人士（下稱復元人士）融入社區。「康晴天地」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，更積極推行公眾教育以加強居民對精神健康的關注。此外，本會因應服務需要制定了《社區精神健康服務—危機處理手冊》及建立險失事故呈報，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 Yuet Kwan Home, Yuet Chi Home and Yuet 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.

應對危機事件演習 Crisis and Incident Drills



急救演習，同樣認真！
Taking first aid drills very seriously!



完成了危機事故演習，日後在應對上更具信心
More confident about coping with crises and incidents in the future after completing the drill

中途宿舍 Halfway Houses

疫境同行

過去一年，新冠病毒肺炎疫情仍然肆虐本港，加上面對第五波疫情，中途宿舍的院舍服務在面對疫情的日常下，透過在流程及實務上的配套，支持服務使用者過渡疫情下的挑戰，而員工亦能安全、正面和積極地工作。

面對疫情反覆，服務使用者與社區人士同樣逐步調適生活節奏的轉變和情緒壓力。宿舍在可行的情況下繼續提供不同形式的活動及服務，讓服務使用者保持與社會的接觸，增加他們的生活滿足感，帶來心理健康的正面影響，減少於疫情期間的孤獨感、抑鬱及焦慮情緒。

中途宿舍透過舍內的活動如網上及實體交流活動、園藝、寫揮春、畫畫、做手工、小食製作等，促進服務使用者之間的互動、陶冶性情、學習從人際互動中享受快樂和滿足。

收割自家栽種的粟米，
一起共享成果
Harvesting the corn planted by
ourselves and sharing together



從小食製作提高個人自信及對生活的掌控感
Improving self-confidence and sense of control
over life from snack making

服務使用者齊齊寫揮春，增添節日氣氛，為心靈打氣
Service users wrote 'Fai Chun' to celebrate the Spring Festival
together and send heartwarming festive greetings



齊參與體適能拉筋班，提升肌耐力和身體柔軟度
Participating in the physical fitness
and stretch class to improve muscular
endurance and body flexibility



服務使用者合力製作大型圓圈畫
佈置宿舍
Service users working together to
create a large Circle Painting to
beautify the hostel

Overcoming Challenges Together

In the past year, service users and staff of our halfway houses continued to face epidemic-related challenges. To overcome these challenges, the halfway houses adjusted the service users' routines and activities, as well as provided emotional support to them. At the same time, the staff had a conducive environment to work in safely and positively.

In the face of repeated outbreaks of the epidemic, just as members of the community need to gradually adjust their pace of life to cope with the changes in daily life and emotional stress, service users have to adjust too. The halfway houses have continued to provide diverse activities and services to facilitate service users' contact with the community, increasing their life satisfaction, improving their mental health, 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.

至於戶外活動方面，宿舍亦在安全和可行的情況下鼓勵服務使用者參與社區，包括節日慶祝、遠足比賽、參觀香港科學館及義工活動等。

Meanwhile, the halfway houses also encouraged service users to be involved in the community under safe and feasible conditions, including on occasions such as festive celebrations, hiking competitions, visits to the Hong Kong Science Museum and volunteer activities.



員工和服務使用者
一起玩轉科學館
Staff and service users
having a good time at
the Hong Kong Science
Museum

2021苗圃行動四十二公里接力賽 - 舍友、
義工及員工展現堅毅意志，突破自我
Sower Action 42-km Team Challenge 2021 -
the service users, volunteers and staff showed
perseverance and breakthroughs



由服務使用者擔任
「創意活動：由你話事」
導師，帶領做手工
The service user took
the role of instructor to
teach others to make
handicrafts in the
'I Create Activity'



眾志成城參與義工活動，出一分力
Enthusiastic in joining the volunteer activities
and making a contribution

這一年各中途宿舍亦配合服務需要，進行小型裝修，將家舍的飯堂及小廚房優化成現代化家居，提升生活質素。

This year, the halfway houses also carried out small-scale renovations in line with service needs. The renovated dining room and kitchen have enhanced the service users' quality of life.

家舍小裝修提升服務使用者的生活質素
Small-scale decorations at the hostel to improve
the service users' quality of life



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，以應對新常態下的需要，中途宿舍舉辦了八節「復元人士又關我事」活動，透過學用平板電腦與大專生進行網上活動，讓復元人士加強與人連繫及享受娛樂，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 ME' 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.



疫情下，透過網上平台
與大學生及復元人士
交流，促進共融
During the epidemic,
communication between
college students and
persons in recovery
continued through
online platforms to
promote inclusion

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）到宿舍推廣以用家角度作參與、計劃及推行服務的經驗。及後宿舍繼續讓服務使用者就宿舍的發展方向表達意見，他們表示活動除提升了對宿舍的歸屬感外，亦感受到與職員更平等的關係。

Exchanges with Self-Help Group

Christian Oi 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.



悅群 x 愛協團契自助
組織交流，充權及倡議
Uet Kwan exchanges with
a self-help organisation,
Christian Oi Hip Fellowship
for empowerment
and advocacy

剪片師育成班

因應服務使用者的興趣及需要而舉辦了手機攝影及影片製作小組，讓他們嘗試從日常生活中取材，利用手機簡單拍攝及攝錄生活點滴後製作成獨一無二的影片，從而表達內心的感受及想法，除了加強彼此的交流外，也提升了運用資訊科技產品的能力和信心。

Smartphone Photography and Video Group

Service users are encouraged to take pictures and record daily moments by simply using their smartphones. They learn how to make unique videos to express their inner feelings. This group increased their mutual emotional support and confidence through the use of devices.



繪本製作中
Picture book in progress

《繪出正向復元路》計劃

康晴天地與嘉諾撒聖心書院合辦名為《繪出正向復元路》計劃，以真人圖書館形式，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，藉以推廣精神健康的訊息。

‘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, student understand the journey of persons in recovery. The students would then create picture books to showcase the stories of persons in recovery and share with others so as to promote mental health messages.



繪本製成品《繪出正向復元路》，讚！
The finished picture book entitled 'Drawing a Positive Road to Recovery': We like it!



繪本工作坊
Picture book workshop

全方位的精神健康服務

康晴天地以多元化的介入手法，為不同年齡層的服務對象提供適切的精神健康服務，包括為小家屬的情緒發展需要而設的小組和親子活動，為青年人而設的「青。Mind 精神健康服務」，以動物輔助介入服務的「貓廬計劃」以及為長者會員而舉辦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.

康晴天地

Sunrise Centre

「康晴天地」是一所精神健康綜合社區中心，由社工、職業治療師、精神科護士、臨床心理學家及朋輩支援員組成跨專業團隊，為復元人士、疑受精神困擾人士、他們的家人/照顧者及居住於中區及南區的居民，提供地區為本的一站式綜合精神健康服務。

疫情對於服務提供造成限制及挑戰，康晴天地打破固有介入方法，利用不同媒體，與會員及服務使用者保持聯繫，持續了解他們的需要，提供協助與支援。

‘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.

疫情下無阻連繫

中心推出「康晴天地疫情綜合指南」，為會員搜集及整合有關疫情資訊，利用網上平台，定期分享一些正面訊息，發放正能量，為會員打打氣，抒解情緒。中心亦為會員到戶送上捐贈的防疫及生活物資，包括口罩、快速測試劑等，並特別為確診會員按他們的需要提供即時協助。

Staying Connected During Pandemic

The Centre has prepared a ‘Comprehensive Guide to the Epidemic’ to deliver useful information to its service users. Through online platforms, it shared positive messages regularly to cheer them up and provide them with emotional support. The Centre also delivered anti-epidemic care packs to the service users, including face masks, rapid test kits and supplies. Moreover, the Centre provided immediate assistance to service users who were infected.

特意製作疫情綜合指南，
為送防疫及生活物資
到戶的會員打打氣！
A specially made comprehensive
epidemic guide to cheer up those
who deliver anti-epidemic and
resources door-to-door



疫情漸趨緩和期間，康晴天地恢復各類小組活動，關顧會員的身心靈，給予正能量
During the easing of the epidemic, Sunrise Centre resumed various group activities, and cared for the 'body and mind' of service users with positivity



「青Mind精神健康服務」為區內中學生及青少年提供全面精神健康服務，並與學校合作舉辦減壓工作坊
 'Youth Mind' mental health services provide comprehensive mental health services for middle school students and youth in the district, and organise stress relief workshops in collaboration with schools



親子拳擊：另類新嘗試、新體驗
 Parent-child boxing: Gaining new experiences!



康晴天地義工會參與香港仔坊會舉辦的「友里同行」活動，積極走進社區，發揮關愛精神
 Volunteer members of Sunrise Centre participating in a neighbourhood activity organised by Aberdeen Kai-fong Welfare Association actively and showing the spirit of caring



康晴亦師亦友活動：會員擔任烹飪導師，網上直播分享入廚樂，疫情下亦無阻與會員連繫
 Service users at Sunrise Centre serve as cooking instructors and share the joy of cooking through online live broadcasts, staying well-connected even during the epidemic



康晴天地為精神復元人士的家屬及照顧者提供服務，由臨床心理學家舉辦工作坊，照顧他們的情緒需要及提供支援
 Sunrise Centre provides services for the family members and caregivers of persons in psychiatric recovery. Workshops are organised by clinical psychologists to take care of their emotional needs and provide support



賽馬會樂齡同行計劃

為回應長者抑鬱的情況，康晴天地自2022年1月起參與由香港賽馬會慈善信託基金策劃及捐助的「賽馬會樂齡同行計劃」，開展為期兩年的服務，結合長者地區服務及社區精神健康服務，建立逐步介入模式，並根據風險程度、徵狀的嚴重程度等，為有抑鬱風險或抑鬱徵狀的長者提供標準化的預防和適切的介入服務，從而提升長者的心理健康。

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

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.

康晴天地開展為期二十一小時的「樂齡友里」義工訓練計劃，共有二十二位義工參加，旨在讓義工們認識長者精神健康問題和辨識精神危機的徵兆
 Sunrise Centre launched the 'Ambassadors Training of JC JoyAge Project' which aims to enhance participants' mental health knowledge and enable them to assess mental health risks of the elderly. A total of 22 participants attended the 21-hour volunteer training programme



會員畫作為大家打打氣！
 Service users' drawing to cheer up others!



小家屬網上茶聚活動：留家抗疫亦可一起玩遊戲、談天說地，開心歡聚！
 Online tea party activity for young family members: Even when staying at home during the epidemic, they could play games and chat happily together!



朋輩支援服務：真人圖書館一直受社區人士歡迎，與復元人士親身接觸，透過他們的復元故事，讓社區人士認識及了解精神病，消除誤解
 Peer support service: The Human Library has always been welcomed by the community. It provides personal contact with persons in recovery and through their recovery stories, the community can learn more about and understand mental illness while eliminating misunderstandings



貓廬@康晴天地 - 動物輔助介入服務：透過貓貓的陪伴為會員帶來正面的轉變，紓緩情緒
 Cat Hub@Sunrise Centre: Animal-assisted intervention service bringing positive changes to service users and giving them emotional release through the company of cats



會員與團圓
 Yuen Yuen accompanying a member



貓貓小B (右) 和團圓 (左)
 Lovely cats: Junior B (right) and Yuen Yuen (left)

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」提供跨專業的「一站式」多元化服務，藉此促進社區中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。

Tin Shui Wai District Support Centre (TSWDSC) 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.



透過街站派發防疫物資，向社區宣傳中心服務
Promoting TSWDSC's services to the community through a booth distributing anti-epidemic service bags

收到由員工到戶派發的社會福利署防疫物資包，會員（右）笑顏逐開
The member on the right smiling happily upon receiving the anti-epidemic resource packs of the Social Welfare Department delivered by our staff going from door to door

縱使疫情反覆，本著對滿足殘疾人士社區需要的使命及關懷，本中心服務一直未有停步，個別化及到戶式的支援更為社區帶來溫暖和支持。在疫情嚴峻期間，本會按社會福利署（社署）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會員染疫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、添置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、食德好等友好機構合作，收集捐贈物資，並親身將相關物資送到有需要的家庭之中，以解燃眉之急。

Despite the continued pandemic, TSWDSC never wavered in executing the Society's mission by providing appropriate care for persons with disabilities and their families living in the community. TSWDSC had to temporarily stop regular centre-based services due to the guidance of the Social Welfare Department. Some caregivers have had to provide 24 hours of care at home daily due to their children getting infected with COVID. This greatly reduced their household income and caused great difficulty to their daily life in terms of meal preparation, and the purchase of daily necessities and anti-epidemic materials. To address their urgent needs, TSWDSC actively partnered local organisations such as the Hong Kong Council of Social Service, Hong Kong Red Cross, Food Angel and Food Grace to collect donated materials and deliver them to the families in need.



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，於接收及理解資訊更感困難。有見及此，中心自2020年12月起獲社署資助，增聘了「少數族裔社區大使」（下稱大使），透過設立街站主動接觸少數族裔殘疾人士及其家庭。另外，大使亦會夥拍社工定期上門家訪及電話聯絡，關懷少數族裔人士家庭，同時傳譯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適切的支援。

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, TSWDSC 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.



少數族裔大使協助幫忙上門向少數族裔家庭派發防疫物資，及講解社區服務資訊
Ethnic Minority District Ambassador assisted in distributing anti-epidemic materials to ethnic minority families and explaining community service information



更進一步，大使亦於中心內開展跨文化家長小組，除了讓本地殘疾人士照顧者從感受少數族裔文化而增添知識外，更重要是讓少數族裔殘疾人士及其家庭融入社區，從而建立照顧者跨文化互相支援網絡。

Furthermore, the Ethnic Minority District Ambassadors helped to organise a cross-cultural parent group at TSWDSC. 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.

少數族裔大使於中心開展跨文化家長小組，共建關愛共融社區
Ethnic Minority District Ambassador held cross-cultural parent group at the Centre to build a caring and inclusive community



印度手繪
Henna art

此外，中心更積極支持民政事務總署及香港社會服務聯會推行的疫苗接種計劃，由外展醫生及護士為區內三十名不便外出的會員提供到戶的疫苗接種服務。同時，中心亦派出會員熟悉的導師，為害怕「打針」的會員提供注射前的心理準備，並在過程中陪伴及加以鼓勵，從而為社區內殘疾人士提供更全面的防疫保障。

TSWDSC also supported the Home Affairs Department and the Hong Kong Council of Social Service in implementing a vaccination programme. Outreach doctors and nurses provided door-to-door vaccination services for 30 service users in the district who were unable to go out. At the same time, TSWDSC also sent rehabilitation workers who were familiar to service users along, so that they could help to reassure those who were afraid of injections. The rehabilitation workers accompanied and encouraged the service users during the jab. This measure helped to ensure more comprehensive protection for persons with disabilities in the community against the pandemic.



會員在員工陪伴及鼓勵下，順利完成疫苗接種
With the company and encouragement of staff, members completed their vaccination successfully

我們深信，面對疫情下殘疾人士的迫切需要，殘疾人士支援服務從不應有任何理由「下雨收傘」；反之，秉承本會「關懷尊重」及「熱誠主動」的核心價值，中心將繼續積極推展社區支援服務，期盼日後有更多機會，連繫地區各界，共建一個關愛殘疾人士和其照顧者的社區。

An umbrella should not be closed during a rain. We deeply believe that in the face of the urgent needs of persons with disabilities during the pandemic, support services must remain open. Upholding core values such as 'Care and Respect' and 'Pro-Activeness', TSWDSC will continue to actively promote community support services. We look forward to seizing more opportunities in the future to connect with the public, and build a caring community with persons with disabilities and their caregivers.

護理及專職醫療服務 Nursing and Allied Health Services

本會設有臨床心理服務、物理治療服務、職業治療服務、言語治療服務及護理照顧服務，為服務使用者提供專業訓練、治療服務及護理照顧，協助他們身心得到平衡發展，和應對老化帶來的身體機能衰退及吞嚥困難等問題。

The Society is always concerned about the physical and mental development of service users. That is why it provides services ranging from Clinical Psychology and Physiotherapy to Occupational Therapy, Speech Therapy and Health Care to train our service users. Professional expertise can help them achieve balanced physical and mental development, and cope with ageing-related problems such as the deterioration of physical faculties and swallowing difficulties.

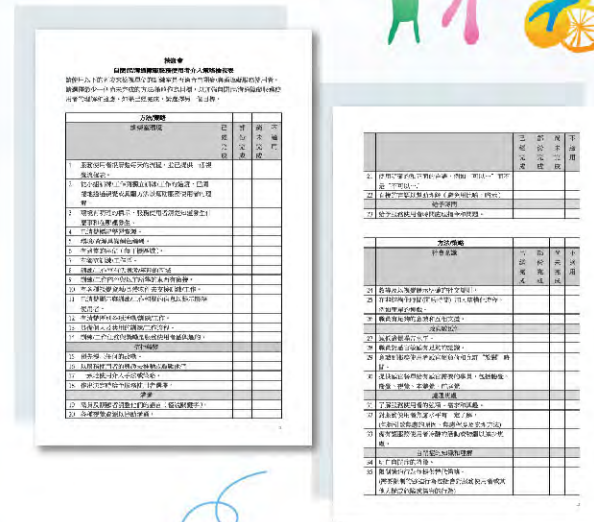


實証為本的介入方法：結構化教學法 - 環境策略
We employ evidence-based intervention strategies comprising 'Treatment and Education of Autistic and related Communications Handicapped Children' (TEACCH), and environmental strategies

臨床心理服務 Clinical Psychological Services

本會的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，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.



透過「自閉症溝通障礙服務使用者介入策略檢視表」，協助服務單位營造自閉症服務使用者工作及訓練空間
We use an 'Autism Spectrum Disorders Friendly Environmental Checklist' to assist service units in creating work and training environments suitable for users with autism spectrum disorders

幫助自閉症人士適應轉變

自閉症人士不容易適應新環境及轉變。透過協助單位營造「自閉症人士友善環境」的工作及訓練空間，以及透過實証為本的介入策略，令他們易於適應流程及投入中心活動。

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 units in creating 'autism-friendly environments' for work and training, as well as employing evidence-based intervention strategies, service users with autism spectrum disorders would find it easier to adapt to routines and participate in the centre's activities.

順序工作流程分類，令自閉症服務使用者易於理解
A sequential workflow classification facilitates the understanding of service users with autism spectrum disorders

結構化教學法及利用視覺策略時間表，令自閉症服務使用者有效地掌握及跟從當天的流程

The TEACCH visual schedule allows service users with autism spectrum disorders to follow their timetable effectively



在自閉症人士的訓練中加入科技的應用，提升訓練質素
We apply technology to Autism Spectrum Disorder-related training to enhance training quality and effectiveness



↑
完成後可用星星換取獎勵
Redeem the stars for awards after completing tasks

在結構化教學中加入正向行為處理策略，運用獎勵法鼓勵服務使用者的正面行為
Psychologists apply Positive Behaviour Support strategies to TEACCH training and encourage good behaviour

靜觀練習

在疫情下，我們更加需要照顧自己的身心靈健康，讓自己更有力量去面對疫情所帶來的困難和挑戰。靜觀練習可以幫助我們去覺察此時此刻的身體感覺，想法和情緒，學會與負面的內在感受共處，從而可更有效地處理事情。

Mindfulness Exercises

We had to take good 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 inner experiences.



為精神復元人士舉辦了以靜觀為主題的情緒和壓力處理小組，讓參加者可透過練習，察覺和接納自己的情緒和想法
Mindfulness group sessions were held for persons in psychiatric recovery for better stress and emotional management



為智障服務使用者進行「靜觀我智叻」小組，讓智障人士透過靜觀練習更有效地處理情緒
Mindfulness group sessions were held for service users with intellectual disabilities to help them manage their emotions and reduce concerning behaviour

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，服務使用者均少了外出活動的機會，下肢肌力及動態平衡力因而開始下降。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在室內進行訓練，以強化他們的下肢肌力及動態平衡力；對一些屬高跌倒風險的服務使用者，團隊會特地為他們度身訂做一套「防跌計劃」，在2021/22年度共有超過四十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。



製作及發佈防跌運動教材，並鼓勵服務單位善用教材，以保持服務使用者的下肢肌力及動態平衡力，從而減低他們的跌倒風險
Prepared and published fall prevention exercise materials and encouraged service units to utilise them. Fall prevention exercise can maintain service users' lower limb muscles and dynamic balance, reducing their risk of falling

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%.

製作坐式及站式太極短片，並向服務單位推廣太極的益處
Prepared Tai Chi video clips for sitting and standing positions to share the benefits of Tai Chi with service units

另外，為保持服務使用者在疫情期間也有一定的運動量，團隊運用社交媒體及電子平台，為服務使用者及其照顧者發放運動與健康的資訊，藉此鼓勵他們養成恆常運動好習慣，以保持身體機能。同時，團隊亦探索及引入更多元化的物理治療儀器，如防跌運動帶及智能健身鏡等，以積極回應服務使用者老齡化的身體功能需要。

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.



舉行網上運動專題講座 - 家長及員工如何鼓勵服務使用者在疫情期間做運動
Online exercise seminars to educate parents and staff on how they could encourage service users to do exercises during the pandemic



在疫情期間運用科技協助保持服務使用者的心肺功能
utilising IT products to maintain cardiopulmonary functions of service users during the pandemic

安排家長出席實體/網上並行的培訓講座，內容包括預防腰背勞損的方法及鼓勵他們練習穴位健體操，以助紓緩困擾多年的痛症
Health seminars, both online and in-person, for parents to alleviate their chronic pain symptoms

製作強肺清痰運動短片，協助冠狀病毒病康復者（包括：服務使用者、家屬及員工）強肺清痰
Prepared breathing exercise video clips for service users, caregivers and staff who recovered from COVID-19 to enhance their lung functions



令人意想不到的是，第五波新冠疫情在農曆新年過後突襲香港，部分服務使用者及員工受到感染，他們康復後不約而同地出現了「久咳」，積痰不退的狀況。團隊遂製作了一套「強肺清痰」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 process, 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 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」

作為專職醫療的成員，致力以「國際功能、殘疾和健康分類」（下稱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」，努力做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」方面的工作

「心智功能」的介入：職業治療師評估及訓練認知，包括：專注力、空間概念、辨別能力、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.



職業治療師利用平板電腦上的應用程式，為樂齡服務使用者進行記憶力和注意力的鍛煉
The occupational therapist conducting cognitive training on memory and attention through a game of poker on a therapy mobile application for the elderly

「神經肌肉骨骼與動作功能」的介入：職業治療師評估及訓練關節活動幅度、協調及手部功能。

For interventions to do with 'Neuromusculoskeletal and Movement-Related Functions', the occupational therapist provides assessments and training on joint range, coordination and hand functions.

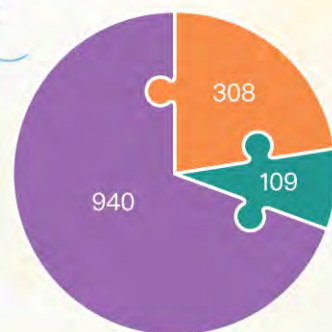
職業治療師透過下載式教材，以視覺策略指導服務使用者進行「手指操」、「泥膠操」等訓練
The occupational therapist downloading the 'finger dance' and 'putty dance' for a service user to train hand functions



活動二：一手固定一手操作協調 - 泥膠波齊齊



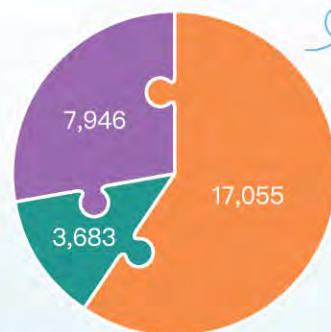
接受物理治療服務的服務使用者人數分佈圖 (2021/22年度) Total numbers of service users served in 2021/22



C & A Homes
護理家舍

ID with SPH
嚴重肢體傷殘兼智障人士宿舍

接受物理治療服務（包括評估、治療及諮詢）次數分佈圖 (2021/22年度) Total numbers of assessments, treatments and consultations provided in 2021/22



ATC + DSC + VR
成人訓練中心 + 地區支援中心 + 職業康復服務

回想過去一年，物理治療團隊縱然面對許多挑戰，我們依然無畏無懼，乘風破浪克服種種困難，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物理治療服務。

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.

疫情總有一天會過去，本團隊各成員會繼續堅守崗位，與大家一同砥礪前行！

The pandemic shall pass. We will continue to hold fast to our position and forge ahead for the sake of our service users!



職業治療師透過體感互動智能系統內的虛擬運動，鍛鍊關節活動幅度及協調
The occupational therapist uses an intelligent motion-detecting training system to improve the joint range and coordination abilities of service users via virtual sport games

職業治療師透過應用程式內的互動遊戲，鍛鍊抓握力
The occupational therapist helping service users strengthen their handgrip via interactive games in a mobile training application



職業治療師亦利用視聽教材，進行專注、理解及執行功能的訓練
The occupational therapist incorporating audio visual training materials in the training of attention, comprehension and execution functions



「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.

職業治療師透過互動投影機及簡單互動遊戲，提供多感官刺激，改善護理院舍服務使用者的情緒及生活質素
The occupational therapist leverages multi-sensory stimulation to help service users at care and Attention Homes by using interactive projectors and in-built motor games to improve their quality of life



職業治療師藉各種感官策略及感覺統合活動，平衡服務使用者的腦神經傳遞物，提升動作計劃能力及自我調節功能
The occupational therapist works on sensory strategy and sensory integration according to service users' needs, with the aim of improving their motor planning and self-regulating functions

「活動及參與」方面的工作

「學習與應用知識」的介入：職業治療師評估及訓練服務使用者聽說讀寫的能力，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.



職業治療師透過平板電腦內的應用程式，讓發展障礙服務使用者透過互動的視覺策略，學習數學概念及運算
The occupational therapist uses a training application which features interactive visual strategy in Mathematics training for service users with learning difficulties

職業治療師透過指導伸展運動，務求讓精神復元人士學會在有需要時執行放鬆治療
The occupational therapist empowering persons in psychiatric recovery to apply relaxation techniques whenever necessary by teaching them how to do stretching exercises

「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力。

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裝及輔助器材。

'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.



職業治療師安排可調校高低的超低床、離床警報器及軟地墊，防止服務使用者跌倒受傷
To prevent falls and injury, the occupational therapist prepared extra-low height-adjustable beds, anti-wandering devices and bedside mattresses for service users

職業治療師指導居住在社區的服務使用者，在社區使用電動輪椅的技巧及注意事項
The occupational therapist providing training to service users living in the community to teach them how to use an electric wheelchair safely



成人服務 — 推動軟餐發展

本會的住宿服務單位中逾半服務使用者患不同程度的咀嚼或吞嚥困難，因而需要進食特別餐。餐膳的味道、外觀和質素會影響服務使用者進食的情況，甚至影響其營養吸收。過去一年，言語治療服務繼續在會內推廣特色軟餐，並積極透過專業交流和諮詢，將「照護食」的資訊帶到各服務單位。

有見軟餐的服務需求不斷上升，員工亦希望改善餐膳的質素，言語治療師團隊推動設立「軟餐發展工作小組」，成員包括副總幹事（服務營運）、護士主任、住宿服務單位代表、職業康復服務代表及言語治療師，主要工作目標如下：

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 texture modified diets is particularly relevant to their needs. The taste, appearance and quality of such food have a direct bearing on how they consume the food and their nutritional intake. Last year, our colleagues at the Speech Therapy Services continued to promote soft meals, also known as 'care foods', at the Society. Through professional exchanges and consultations, information on care foods available in the market was disseminated to various service units.

Noticing the increased demand for care foods and the staff's desire to raise the quality of modified diets, 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 Officer, representatives from units of Residential Services, representatives from Vocational Rehabilitation Services and speech therapists. The key objectives of the working group are as follows:

引入及推廣軟餐

Introduce and Promote Soft Meals

- 整合、篩選、發放從香港社會服務聯會（社聯）及其他組織搜羅的資訊
- Integrate, organise and distribute information collected from the Hong Kong Council of Social Service and other organisations
- 提供技術和物流支援
- Provide technical and logistical support
- 促進經驗交流及分享
- Promote knowledge exchange and sharing

推廣「國際吞嚥障礙飲食標準」框架

Promote the 'International Dysphagia Diet Standardisation Initiative' (IDDSI) Framework

- 編訂餐膳質素檢查表
- Compile a meal quality checklist for periodic inspections
- 製作試餐工具套裝：提示卡、針筒和多用途餐叉
- Distribute a meal-testing kit with cue cards, a 10 ml syringe and a multipurpose fork
- 提供照顧者培訓：介紹框架下關於食物質地、流質杰度的測試
- Provide practical training for caregivers so that they know how to gauge the texture and fluid consistency as illustrated in the IDDSI framework



除此之外，去年9月，言語治療師聯同各服務單位的專業員工藉著中秋佳節推動軟餐。言語治療師率先編寫了軟餐月餅食譜，並與毅信之家社工及導師協作，利用外間善心機構送出的蓮蓉月餅製作了卡通軟餐月餅供舍友品嚐。同時，言語治療師團隊為未能騰出人手製作軟餐的單位提供產品資訊及個案諮詢，鼓勵服務單位購入軟餐月餅及其他節慶軟餐食品，並提供翻熱方法等技術支援，讓服務使用者同度佳節。

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.

自家製軟餐月餅食譜
 Original soft meal mooncake recipe

收餐小菜 (飯後與菜羹分開食用)

工具:

- a) 草勺 兩口
- b) 砂鍋大小適宜，小碗兩口適宜

材料	份量及烹調	器具
鮮魷	500 克	4x 吋
水豆腐	750 克	50 克
黃蠔油	10 克	2 茶匙 (約 1 大匙 x 1.5 茶匙)

做法:

- 1) 切魷片厚，市上多買新鮮的，需新鮮無臭味
- 2) 將水豆腐切片，焗半熟即將魷片放入煮至熟透即可
- 3) 加入蠔油
- 4) 煮時約需 5 分鐘，若水豆腐太硬則需焗至半熟以下為佳，多焗些
- 5) 將水豆腐、黃蠔油與魷片攪勻，煮至 3 分鐘即可
- 6) 切好蠔油，將蠔油攪勻，放到砂鍋內與魷魚煮
- 7) 加入蠔油，攪勻即可

附註:

- 1) 2x 吋，3x 吋或 4x 吋至 5x 吋 350 克以上均能煮熟
- 2) 加入水 700 克左右比份量 1 倍
- 3) 魷魚每斤約 3 分鐘，海帶每條約
- 4) 魷魚 1 條中，海帶每條與水同煮 10 分鐘，煮至 3 分鐘即可煮熟
- 5) 加入水 700 克左右比份量 1 倍，加入 1 茶匙蠔油
- 6) 加入水 700 克左右比份量 1 倍，加入 1 茶匙蠔油
- 7) 加入水 700 克左右比份量 1 倍，加入 1 茶匙蠔油
- 8) 加入水 700 克左右比份量 1 倍，加入 1 茶匙蠔油
- 9) 加入水 700 克左右比份量 1 倍，加入 1 茶匙蠔油
- 10) 加入水 700 克左右比份量 1 倍，加入 1 茶匙蠔油



卡通軟餐月餅
Home-made cartoon
soft mooncakes



中秋軟餐白切雞
Mid-Autumn soft meal
poached chicken



含軟餐白切雞
的免治餐
Minced diet with
soft meal
poached chicken



含軟餐白切雞的切碎餐
chopped diet with soft meal
poached chicken

研發及製作軟餐是言語治療師團隊的發展工作重點之一。團隊一直支援賽馬會石圍角工場，並於中秋前夕到訪長康之家，與服務使用者一同試食節慶軟餐，及提供技術支援。言語治療師除協助監測食品質素，亦觀察舍友實際用餐情況，結果令人鼓舞。不論平日進食剪餐、碎餐或免治餐的舍友均對軟餐白切雞的賣相和味道讚不絕口，紛紛表示希望可有更多機會享用軟餐美食。

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.

業界一直缺乏人手和技術發展軟餐，本會於去年5月出席了社聯主辦的福利議題及優次網上會議，向政府爭取增撥資源，為殘疾人士院舍的服務使用者提供軟餐。政府聆聽業界訴求，將於來年資助院舍的軟餐發展。長遠而言，政府需要投放更多資源於言語治療服務，以面對智障人士高齡及老化帶來的餐膳及吞嚥上的挑戰。

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
Annual Statistics of Speech Therapy Services for Adult (2021/22)

2	言語治療師人數 No. of speech therapists
20	服務單位數目 No. of service units covered
388	服務使用者人數 No. of service users
186	年度覆檢人數 No. of annual reviews conducted
1,468.5	評估 / 治療 / 諮詢節數 No. of assessment / treatment / consultation provided
19	員工培訓 / 講座次數 No. of training / educational programme provided



服務使用者品嚐
軟餐白切雞：
「真係同平時嘅白切雞
一模一樣啊！」
Service user tasting soft
meal poached chicken:
“This is exactly how a
poached chicken dish is
supposed to look like!”



「我想食多件
軟餐蘿蔔糕呀！」
"I want another piece
of that soft meal
turnip cake!"

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，包括監測生命表徵和彈性的護理流程，迅速回應以配合最新疫情狀況，並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。感恩本會的護理團隊在有限的空間和設備，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，盡最大努力照料服務使用者，為住宿服務暢順營運起着把關的角色。抗逆過後，護理工作的重心立即轉移至康復照顧上，以助服務使用者及早恢復身心健康。

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 space 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.

超聲波篩檢骨質密度，減低受傷風險

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；加上老齡化，護理員工留意到服務使用者因肌肉及骨質日漸流失，逐漸減低活動靈活度及平衡能力。由骨質疏鬆而引起的問題因此不容輕視，為能及早找出有風險個案，同時顧及避免不必要的放射性檢查，護理團隊善用會方購置的超聲波骨質度儀，為服務使用者定期以安全的方式篩查骨質密度，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。至今會方所有住宿服務單位已為大部分服務使用者進行過至少一次篩檢，並作出相應跟進，成為疫情期間護理的重要工作。

護理員工協助服務使用者，準備進行超聲波骨質密度篩檢
A nurse assisting service users in preparing for ultrasound screening of bone density



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 safe 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

護理工作近年漸趨繁重，需進行恆常檢測監察的個案亦日漸增加。會方應用樂齡科技的發展，引進電腦化系統，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，讓員工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 Gerontechnology, 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.

護理員工指導服務使用者了解及接受以藍芽生命表徵檢測設備進行檢測
Nursing staff explaining to a service user the use of Bluetooth vital signs detection equipment for the checking

護理員工試用連接藍芽的生命表徵檢測設備
Nursing staff tried out the vital signs detection device that was connected via Bluetooth



關愛家庭服務 Family Care Home Services

關愛家庭是扶康會的自負盈虧服務，由1997年於何文田成立第一所關愛家庭邂逅軒開始，至後來相繼成立婉明軒及超瑩軒共三間家舍，提供二十七個服務名額，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。

The Family Care Home Services are self-financing services of Fu Hong 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.



關愛家庭成員一起為家兄慶祝生日
Members at Family Care Home celebrating
an Elder Brother's birthday

關愛家庭為成員在身心靈方面提供具質素的家庭生活。過去一年，我們參加護齒同行計劃，以改善口腔衛生。另外，護理組安排營養師到家舍為成員及家姆舉行健康講座，並根據成員身體狀況，設計合適餐單。此外，透過成員會議及關愛樂聚小組（手工製作），以增加成員的凝聚力，促進彼此溝通。義工定期探訪亦有助改善成員的社交技巧及促進社區共融。成員積極參與教會活動及家兄的德育教導，以及由本年三月起增加的兩位修女作為靈性導師，讓他們在靈性的發展上得到提升。在家兄及家姆的教導和照顧下，成員即使沒有血緣關係，仍可感受到家庭的溫暖。過程中，成員學到如何愛自己和愛別人，並將這正面訊息傳揚出去，讓其他人都對他們有更深認識及進一步與他們建立正向關係。

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 nuns 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.



在疫情陰霾下，這兩句祝福正好是大家的心聲
'Staying healthy and happy'
was our heartfelt wish during
the COVID pandemic

在社交距離限制下，網上
小組活動已成為生活的日常
Owing to social distancing
restrictions, online group activities
became the daily norm



關愛家庭各成員在過去一年與普羅大眾一樣，受疫情所影響，減少與他人接觸的機會。但全憑愛與希望及家兄與家姆緊守崗位，加上科技的應用，成員仍可享受具質素的家庭生活，他們的臉上總是充滿燦爛的笑容。

Similar to the rest of the general population, our service users at Family Care Homes were affected by the COVID-19 pandemic in the past year. Their opportunities to engage with others were largely reduced. However, by love, hope and the perseverance of Elder Brothers and Housemothers, as well as the application of information technology, they continued to enjoy quality family life and always wore smiles on their faces.



即使小小的空間，一同繪畫以療癒心情，
也是互相支持的一種方法
Even when space was limited, sketching and drawing
as a group offered comfort, healing and mutual support

疫情下，感謝善心人士
慷慨捐贈快速測試劑以
保障身體健康
We are grateful to the kind
people who donated Rapid
Antigen Test Kits for the
protection of health during
the COVID pandemic



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

「扶康會牽蝶中心」及「扶康會牽蝶康兒中心」分別於2009年及2015年成立，為自閉症及發展障礙人士而設的專門服務中心，致力發展有特殊需要兒童的多元化潛能，積極倡導社會共融。本會深信每一個人都有獨特的潛能，若把這與生俱來的才能正確運用，定能衝破障礙，發展潛能，健康快樂成長，展現如蝴蝶般的美麗人生。

‘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.

過去一年，兩間中心累積服務使用者人數逾一百名，為特殊需要的兒童提供適切的治療與訓練，包括個別訓練、密集式小組訓練、感覺統合治療、物理治療及言語治療等。

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.



感知動感訓練：齊齊玩接豆袋，訓練社交及平衡力
Training social skills and sense of balance by catching bean bags together



感覺統合治療訓練：訓練前庭系統以促進身體靈活協調
Sensory Integration Therapy Training: Enhancing body flexibility and coordination through vestibular system training

密集班：讓孩子學習獨立生活所需的知識、技能和態度
Intensive class: Equipping the child with necessary knowledge, skills and attitudes for independent living



密集班：透過猜一猜浮沉遊戲進行認知訓練
Intensive class: conducting cognitive training through the Floating Game

中心於不同範疇積極研究及加強訓練，提升服務質素，務求發揮兒童的潛能，為未來社會作棟樑。為配合學習的需要及身心發展，社區認識和參與是其中一項重要的訓練，課程上加入社區共融元素，能有效增強兒童對生活的學習能力。透過實際生活情境，增進幼兒對社區的認識和興趣，以及與別人交往互動的機會，提升社交動機和能力，達致社會共融。

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.

小朋友幫忙準備食物，訓練手眼協調，增加生活經驗
Children helping in food preparation, an activity which trains eye-hand coordination and enriches life experience



越過難關後一起拼拼圖，訓練溝通與解難
Learning communication and problem-solving skills by solving a puzzle together after overcoming difficulties



互相配合玩遊戲 - 我們成功了!
Playing games together: We did it!



個別幼兒指導：學習排隊上巴士，模擬社區生活
Individual training: Learning to queue to get on the bus in a community setting



到哪位玩？以輪流作轉進行社交訓練
Whose turn is it now? Children taking turns in a game for social training



隨著家長對相關服務的需求日漸提升，服務項目需創新多元，中心為配合特殊兒童的特別需要性提供教學，同時為了能夠有效地發揮家庭功能，中心亦強化了與家長的合作，提供不同的家居訓練，定期的家庭支援亦減少家庭和社會的照顧壓力，這些的實務回饋正是我們工作的動力所在。

With the increasing demand from parents for related services, the service scope needs to be innovative and diversified. The two centres provide customised training to meet the special needs of these children. Home training and regular family support help to reduce the pressure faced by families and social care. These practical reinforcements aided our work greatly.



說故事令學習充滿趣味
Story-telling makes learning full of fun

為了增加特殊需要兒童的生活經驗，中心定期舉辦不同類型的共融活動，如節慶活動、小食嘗試、往超級市場購物等，讓兒童與不同社區人士互動，同時促進社區人士對特殊需要兒童的了解和接納。去年，扶康會牽蝶中心獲深灣遊艇俱樂部贊助二十萬港元，支持中心以主題式教學方式為有需要兒童提供訓練。是次參與的兒童選擇了用麵包店作為主題，因應彼此的不同訓練需要而獲編排擔任不同崗位，例如有言語訓練需要的兒童負責接待的角色及有協調訓練需要的兒童則負責製作食物等。經過近一年的訓練後，中心舉辦了成果展示日，並邀請家長和社區人士出席，讓他們接受兒童的款待和嘗試兒童製作的麵包小食。另外，最近扶康會牽蝶康兒中心的專業團隊，在分別獲得兩名善長八萬港元和兩萬港元的支持下，製作可供家長和治療師按其訓練經驗而使用的言語治療共讀教材套，此教材套揉合了繪本元素和實證為本教學策略，務求加強孩子的閱讀和說話能力，並藉此促進親子關係。

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\$20,000 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.

可貴的是這段路程得到社會各界的支持，讓中心對未來充滿憧憬和信心，讓我們一起去為特殊需要的兒童努力。未來的日子，中心仍然以服務使用者的利益及中心的可持續發展為大前提，繼續提供兒童訓練和家長支援服務，藉此實踐「及早發現」和「專業介入」的服務理念。

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'.



樂在其中成長計劃：我終於找到想買的東西！
Fun to Learn: Finally found what I wanted to buy!



樂在其中成長計劃：到超級市場購物，愉快共融
Fun to Learn: Going shopping at the supermarket and enjoying the happiness of inclusion



家庭支援服務 Family Support Services

「家」在中國傳統文化裏佔着重要地位，牽一髮而動全身，每一位家庭成員都牽動着整個家庭的神經。在疫情反覆肆虐期間，殘疾人士家庭受着裡裡外外的壓力，外是疫症引發的衛生風險危機、物資不足、經濟困難及對未來的憂慮；裏是對家人健康的擔憂及照顧壓力，尤其殘疾人士較為體弱，遑論居於院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」的照顧概念，除了悉心關懷殘疾人士外，亦重視對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 gravely 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.

照顧者學習軟餐製作技巧，促進家屬對服務使用者飲食需要的了解
Caregivers learning soft meal preparation skills to promote family members' understanding of the dietary needs of service users



疫情下助照顧者網上傳情

家屬探訪和回家度假對居住於院舍的服務使用者和照顧者來說是寶貴的團聚機會，但在疫情影響下，由於公共衛生及社交距離的考慮，難以提供親身見面的機會。為了解家人之思念，院舍定期安排網上「探訪」，讓家屬和服務使用者透過網絡傳情，亦安排院舍員工悉心講解其在院舍的生活狀況，減輕照顧者的憂慮。

Assisting Caregivers to Express Love

Hostel visits and home leave are precious opportunities for service users and their caregivers to get together as a family. Owing to the epidemic, face-to-face gatherings were suspended in view of control measures and social restrictions. To meet the service users' need to see their caregivers, the hostels arranged online conferencing for them. To reassure the caregivers, our staff also updated them on the living and health conditions of the service users.

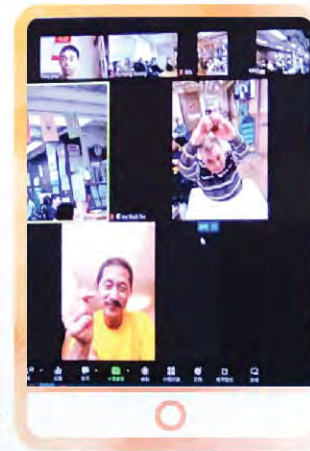
疫情期間家屬雖然難以探訪服務使用者，但宿舍積極善用視像科技，打破地域限制
Although it is difficult for family members to visit service users during the epidemic, the hostels actively use video technology to break geographical barriers



緊貼疫情， 為照顧者提供適時資訊及支援

疫情反覆、資訊不斷更新難免令照顧者無所適從，本會在關注殘疾人士的身心靈健康之外，亦從不忽略照顧者的需要，如透過網上發佈形式定期為家屬舉辦營養及餐膳講座、中醫及西醫講解新冠病毒病的護理及疫苗資訊等，並結合線上線下模式為照顧者安排各類型減壓小組活動，以及強化家屬的照顧技巧，幫助照顧者更有效應對因疫情留在家中的殘疾家庭成員的行為及情緒需要。此外，我們亦為照顧者提供防疫用品及尋找外間基金向有需要的家庭提供資助，共渡時艱。部分居於社區的服務使用者及其家庭因不便出外而錯過注射疫苗的機會，故此本會積極參與由香港社會服務聯會籌辦的「疫苗易」家居接種計劃，協助有需要的殘疾人士家庭獲得適當的保護。本會亦獲得賽馬會「新冠肺炎緊急援助基金」的資助，為受影響的殘疾人士家庭提供情緒及日常生活支援，助他們渡過困境。

宿舍定期透過視像科技舉辦家屬和服務使用者的聯誼活動
The hostel regularly organises gatherings and activities for service users and their family members through video conferencing



縱然疫情限制了服務使用者的外出機會，但宿舍員工不忘使用各類軟件和攝錄科技，為舍友生活作記錄
Staff use various software and video recording technology to record the daily lives of service users when outdoor activities are restricted during the epidemic



積極參與「疫苗易」家居接種計劃，助居於社區的殘疾人士及其家人盡早接種疫苗
Actively participating in the 'Door-to-Door Vaccination Service' to help persons with disabilities and their families living in the community get vaccinated as soon as possible

Provision of Updated Information and Support to Caregivers during Epidemic

The uncertainties surrounding the epidemic and fast-evolving information were points of confusion for caregivers. The Society was concerned about the needs of persons with disabilities, as well as those of the caregivers. We arrange regular online nutrition workshops as well as seminars on COVID-19 vaccination and care held by doctors. Stress relief and caregiving skills training groups in online and offline modes helped alleviate the caregivers' stress and enabled them to deal with the emotional and behavioural needs of their family members with disabilities at home. In addition, we also sought financial subsidies from funding bodies and collected anti-epidemic resources for families in need. To facilitate the service users' vaccination in the community, we participated in the 'Door-to-Door Vaccination Service' organised by the Hong Kong Council of Social Service. Moreover, with the sponsorship of the Jockey Club 'COVID-19 Emergency Fund', the Society provided support for the emotional and daily needs of families with disabled members.