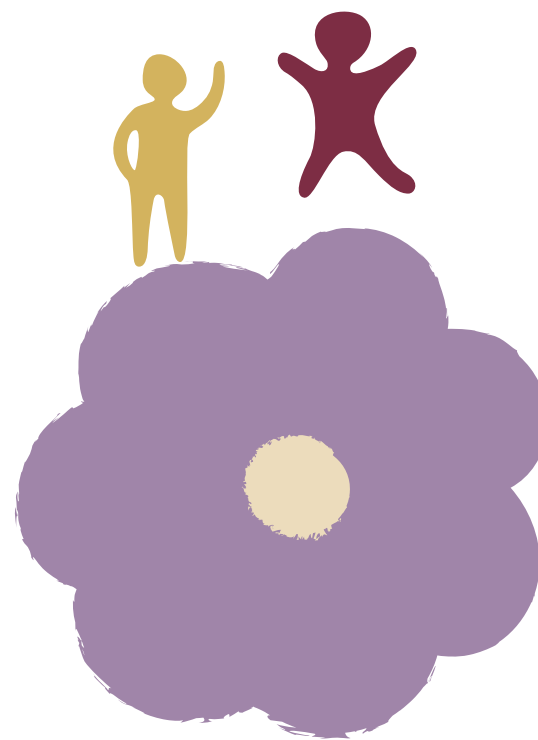
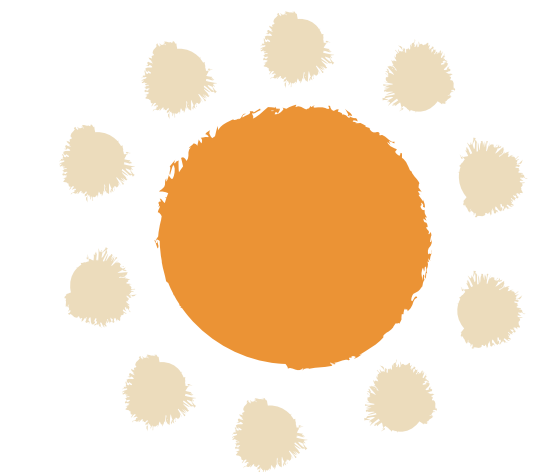




3

服務
Services



住宿服務 Residential Services

積極老年，社區共融
Active Ageing and Social Inclusion



硬地滾球培養專注力及身體協調能力
Cultivate mental focus and physical coordination through Boccia practice

本會為殘疾人士提供住宿服務超過四十二年，現約有接近六成的服務使用者已年滿四十，以智障人士而言，他們正步入老年。積極協助服務使用者作好準備，以應對老齡化帶來的挑戰，成為了住宿服務的重點。本會由跨專業成員組成的關注智障人士老化工作小組，持續檢視服務使用者的老化狀況和服務需要，並作出行動建議提升服務質素。本會護士團隊近年積極在院舍內推動骨質疏鬆症、護眼和護齒檢查，以及早預防、及早介入的方式應對。此外，住宿服務會議亦積極協調會內各院舍的服務，除了關注服務使用者的日常照顧和護理外，亦為他們規劃適切而賦意義的閒暇家舍生活。

We have provided residential services for persons with disabilities for over 42 years and currently around 60% of our service users are above 40 years old. For persons with intellectual disabilities, they are approaching the year of ageing. To actively prepare service users to face the challenges of ageing has become the focus of our residential services. The Working Concern Group on Persons with Intellectual Disabilities comprises different professionals who continuously review the conditions of the service users and formulate appropriate intervention strategies to respond to their service needs. In recent years, our nursing team emphasised osteoporosis, eye and dental care checkups in our hostels, as coping with the early prevention and early intervention measures. Our Residential Services Meeting coordinates the services of our different hostels, monitors daily operations and nursing care provided and plans meaningful leisure activities for service users.



動物醫生探訪
Visit of animal doctor



針對性的訓練，減慢老化 Tailormade Training Programme to Slow Down Ageing



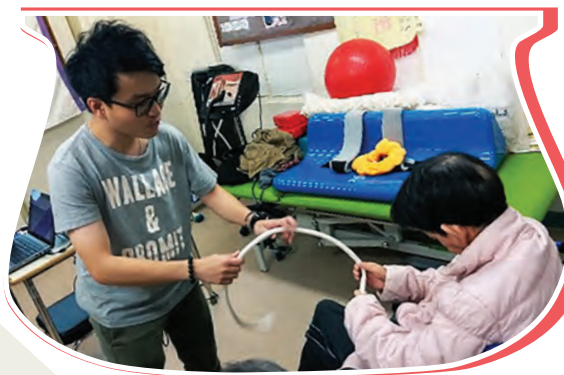
職業治療有助訓練學員手眼協調的能力
Provide eye-hand coordination training through Occupational Therapy



桌上認知訓練活動
Cognitive training through table task

本會的物理治療師、職業治療師和言語治療師，因應個別服務使用者的需要，為他們安排最適切的訓練和運動項目，以保持他們的身體機能，減慢老化帶來的衰退。院舍亦透過靈活運用不同媒體，包括桌上活動、魔術遊戲、手機軟件等持續為服務使用者提供多元化的感觀刺激，及思維和認知能力的訓練。

Our physiotherapists, occupational therapists and speech therapists continuously assess the needs of individual service users, and develop tailormade training and sport activities for them to maintain physical strength and slow down their ageing process. Staff at our hostels utilise various media flexibly, such as table tasks, magic games and smartphone apps to provide sensory stimulation and cognitive training for the service users.



魔術遊戲能刺激手眼協調能力和思維
Training of cognition and eye-hand coordination through magic play

透過多元化活動展現服務使用者的才能
Unleash Potential through Multifaceted Activities

藝術活動
Art Activities



以音樂活動發展學員的潛能
Unleash of users' potential through musical activities

學員參與視覺藝術活動
Users participate in visual art activities



學員的藝術創作展覽
Exhibition of user's art creations



音樂治療小組
Music therapeutic group

智障人士縱使在智力和體能上受到限制，他們同樣擁有各自的潛能和天賦。我們透過音樂、視覺藝術和園藝等不同活動，發掘及發展服務使用者的潛能，並藉著社區活動向公眾人士展示他們的才能，和分享創作的成果。

While persons with intellectual disabilities may be limited in intelligence and mobility, like everyone else, they have potential and talents. This potential can be unleashed by music, visual art and horticultural activities. Art can also become the way of social inclusion as the talents of persons with disabilities are shared with the public.

園藝活動
Horticultural Activities



以園藝活動作為社區共融的媒介
Horticultural activities being the media of community inclusion



學員快樂參與園藝活動
Users participate in horticultural activities happily

走出院舍，參與社區
Community Participation

學員回饋社會，參與賣旗活動
User participated in flag selling activity



密那小朋友在院舍內一同參與活動，推動傷健共融

Social Inclusion Programme with participation of children in hostel activity



院舍除為服務使用者提供照顧外，亦經常安排他們參與社區。各院舍均積極舉辦不同類型的外出活動，讓服務使用者能夠享用社區的設施和欣賞大自然的美景，甚至參與社區服務，成為義工助己助人。同時，院舍透過與不同團體協作，舉辦各式各樣的共融活動，實踐傷健一家和長幼共融。

While some of our service users reside in hostels, they also have the opportunity to participate in the community. They can enjoy public facilities and the natural environment and contribute to community service through various outings and activities organised by the hostels. Social inclusion is seen in various activities jointly organised by the hostels, schools, voluntary associations and different collaborating parties.

日間訓練服務 Day Training Services

本會的成人訓練中心為中度至嚴重智障人士提供日間訓練服務，包括正常化的生活體驗，和在真實環境中學習，以拓闊智障人士的生活領域；並透過多元化的學習模式，如個別訓練、小組活動、實況學習、藝術媒介和多媒體等，讓智障人士在工作、社交、家居、自我照顧、休閒和社區生活等各方面都得到發展，改善生活質素和融入社會。

The Adult Training Centres of the Society provide day training services for persons with severe to moderate intellectual disabilities through normalised life experience and learning in real environment, and to use diversified learning models, such as individual training, group activities, live teaching, art media and multimedia, etc. to help the development of persons with intellectual disabilities in different aspects of work, social, home, personal self-care, leisure and community life, in order to improve their quality of life and promote social inclusion.

修訂「智障人士訓練手冊」

Revision of the 'Training Handbook for Persons with Intellectual Disabilities'

本會編制的「智障人士訓練手冊」，可讓各單位服務團隊掌握「個別康復及發展計劃」及「生活經驗互動訓練」的理念和實施程序。我們去年修訂了訓練手冊，除在程序上有更仔細的論述外，並加插了流程圖和更新了表格，促進服務團隊更有效使用訓練手冊，以配合服務上的需要。

The Society edited the 'Training Manual for Persons with Intellectual Disabilities' which has enabled the service teams of various service units to master the concepts and implementation of the 'Individual Rehabilitation and Development Plan' and 'Life Experience Interactive Training'. Last year, we revised the Training Handbook. This version not only focuses on more detailed description of the procedures, but also adding flow charts and updating forms to facilitate the effective use of the Training Handbook by the service teams so as to cope with the service needs.

應用密集互動和圖卡交換溝通系統

Application of Intensive Interaction and Picture Exchange Communication System

提升嚴重智障和自閉症服務使用者的獨立生活能力和融入社會，改善他們的溝通和社交技巧是十分重要的。本會在十一個日間訓練服務單位一直積極推動「密集互動」和「圖卡交換溝通系統」的訓練手法，近年更收集了數據來進行成效研究，整合累積經驗，為嚴重智障和自閉症服務使用者建立更有效的溝通訓練方法。

To help persons with severe intellectual disabilities and autism spectrum disorders to achieve independence and social inclusion, it is important to improve their communication and social skills. All along, 11 day training centres of the Society are actively applying the training methods of 'Intensive Interaction' and 'Picture Exchange Communication System (PECS)' and even collecting data in recent years for conducting effectiveness studies in order to consolidate the experience gained to formulate a more effective communication training method for service users with severe intellectual disabilities and autism spectrum disorders.

回應服務使用者老齡化的需要

Responding to the Needs of Ageing Service Users

現時成人訓練中心超過四十歲以上的服務使用者近百分之六十。社署在 2015 年推出「展能中心延展照顧計劃」，特意為符合條件的高齡智障人士（五十歲以上）在生活流程、訓練、環境、設施等作出重新設計，本會目前有近一百八十名服務使用者參與此計劃。成人訓練中心一直積極發展不同的訓練模式，以配合高齡服務使用者的需要，如推行配合身體肌能狀況的運動，以減慢身體機能退化；舉辦多元化趣味活動和閒暇活動，包括園藝治療、沖泡花茶、香薰、藝術等，以培養服務使用者的興趣，讓他們生活更充實。此外，為提升對高齡智障人士服務模式和工作手法的認識，本會於去年舉辦職員培訓，前往日本關東地區進行參訪，認識當地的實務經驗，和對老化的智障人士所抱持的正面態度，為員工在這課題上有更好的裝備。

At present, around 60% of service users at adult training centres are aged over 40 years old. The Social Welfare Department has launched the 'Extended Care Programme' since 2015, in which daily schedule, training, environment and facilities are re-designed to cope with the eligible aged persons with intellectual disabilities (50 years old or above). The Society currently has nearly 180 service users participating in this Programme. The Centre has been developing different training models to meet the needs of the elderly service users, such as appropriate physical exercises to slow down the deterioration of their bodily functions. Organising a variety of fun and leisure activities, including horticulture therapy, brew scented tea, aromatherapy and art, etc. to foster the interest of service users and let them live a more fulfilling life. In addition, with the hope of enhancing staff's understanding of the service models and work methods for the aged persons with intellectual disabilities, the Society arranged staff training and visit to the Kanto region of Japan last year to learn about related local practical experience and positive attitudes towards aged persons with intellectual disabilities, better equipped the staff to deal with the challenges from the ageing of service users.

應用「國際健康功能與身心障礙分類系統」

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

自去年始，本會積極探討應用「國際健康功能與身心障礙分類系統 (ICF)」的可行性，目前已在各成人訓練中心嘗試應用，評估及分析服務使用者在健康、身體功能、活動參與、及環境因素等情況的相互關係，服務對象的需要作全方位的了解、制定跨專業的個別計劃及成效評估。

Since last year, the Society has actively explored the feasibility of applying the 'International Classification of Functioning, Disabilities and Health (ICF)', which has been applied in adult training centres currently for evaluation and analysis of the relationship among health, physical function, activity participation and environmental factors of the service users, so as to enable a comprehensive understanding of the needs of our service group and formulate interdisciplinary individual plan and effectiveness assessment.

樂華成人訓練中心
Lok Wah Adult Training Centre



我和義工一同參與信旗日活動，落力支持
Volunteer and I participated enthusiastically in the Flag Day



於國際廚師日，我們得到廚師的殷勤款待
We received attentive service from the chef on International Chef Day

我們花扶康會「最佳老友電能烹飪比賽」中，
獲得傷健合拍這鉅大獎，是實至名歸的好拍檔呢！
We won the 'The Most Cooperative Team' in FHS BBHK Electric Cooking Competition, we are really the Best Buddies!



跟真光苑的長者一起做手工，愉快又充實
It is so cheerful and fulfilling to do handicrafts with the elderly at True Light Villa together



我們與學生義工參與沙灘清潔活動，為保護環境出一分力
The student volunteers and we participated in a beach cleaning activity to contribute for environmental protection

秦石成人訓練中心
Chun Shek Adult Training Centre



尊賢會特別為中心服務使用者設計的「精叻操——熱敷按摩」，
有助放鬆心情，為一連串的活動作熱身準備
The tailor-made hot pad massage by Jade Club Mind Body Exercise for our service users helped them to relax and warm up for the coming activities



我們愉快暢遊樂富廣場，增加與社區的接觸與互動
We were delighted to visit the Lok Fu Place and increase our interactions and contacts with the community



「精叻操——拋繩圈」既可訓練
手眼協調，又充滿樂趣！
This game arranged by Jade Club
can train eye-hand coordination
and full of fun too!



在掌聲鼓勵下擲中了目標，看！我的眼界真不錯啊！
I hit the target with encouragement of applause,
look! I really made it!



我與兩位香港展能藝術會的導師一起自製木偶，上演了一場有趣的「木偶劇」

2 tutors from 'Arts with the Disabled Association Hong Kong' and I enjoyed an interesting puppet show with hand-made puppets of our own



學習太極既有趣味，又可強身健體，演出時還很有滿足感呢！

Learning Tai Chi is fun and good for health, and we feel great satisfaction in performance too!



義工跟我們在順利邨公園與街坊結伴演奏樂器，悠揚悅耳，快樂融和
Volunteers played pleasant music in Shun Lee Park with us and the neighbours there happily

澤安競技大激鬥 Chak On Games Competition



一起熱身散散步
Warm up and take a walk together



全情投入，樂活老齡
Play hard and enjoy happy ageing

與你手牽手，快步向前走
We run forward hand in hand



從集體遊戲增進彼此交流與互動
Enhance mutual communication and interaction through group games



積極參與，樂趣無窮
Active participation with great fun

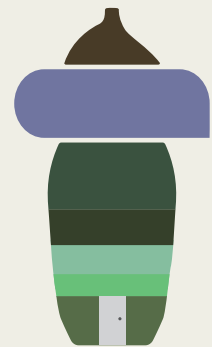
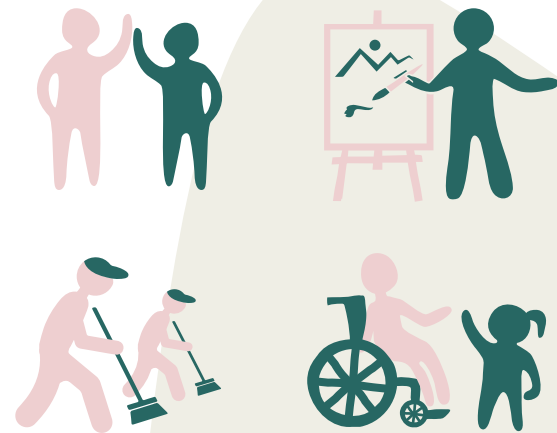
職業康復及發展服務 Vocational Rehabilitation and Development Services

本會的職業康復及發展服務涵蓋多個範疇，包括工場訓練、輔助就業、在職培訓計劃、職業康復延展服務和就業後支援服務等。工場透過特別設計的訓練環境，為不同能力的服務使用者配對合適的培訓項目，發展和提升他們的職業技能和社交技巧，以增加他們在公開就業中獲得受聘的機會，達致自力更生及向上流動的目標，更重要的，讓他們在工作崗位上發揮所長，為社會作出貢獻。在2018/19年度，有超過七百五十名服務使用者接受本會的職業康復服務。

The Society offers diversified vocational rehabilitation and development services including workshops, supported employment, on-the-job training, work extension programmes and post-employment support services etc. The training environment is specially designed to accommodate the limitations arising from their disabilities. Persons with disabilities are given the opportunities to develop their potential, give full play for their strengths and skills in the open market and widen their career choice to achieve upward mobility in vocational rehabilitation. In 2018/19, over 750 persons with disabilities have received our vocational rehabilitation and development services.

毅誠工場及石圍角工場於本年度分別獲社會福利署資助三十個及十個「職業康復延展計劃」名額，對象為年老及身體機能退化而無法繼續進行日常工作訓練的服務使用者。計劃內容包括維持工作的基本能力、發展社交、藝術技能，和配合服務使用者健康及身體需要的照顧服務等。

Ngai Shing Workshop and Shek Wai Kok Workshop are offered quotas of 30 and 10 for the 'Work Extension Programme' respectively with the new subvention from Social Welfare Department this year. The Programme aims to meet the needs of service users who could no longer manage normal work training activities or have become deteriorating in work abilities. The programme includes items for work abilities sustainment, social and recreational skills development, and also caring services for meeting the health and physical needs of service users.



現時，「輔助就業」及「殘疾人士在職培訓計劃」共為超過一百位殘疾人士提供在職訓練及支援，以增加他們持續工作的信心及自我效能感，他們從事清潔及餐飲業的佔大多數，分別為 29.7% 及 27.7%，其他行業包括銷售、文職、保安、園藝、單張或報紙派發、印刷、倉務、滅蟲及洗衣等，則分別佔 1% 至 5%，公開就業率達 83.2%。

Our Society has been providing various work training and support to strengthen the confidence and self-efficacy of service users. 'Supported Employment' and 'On the Job Training Programme for People with Disabilities' are now providing services and support to more than 100 persons with disabilities and most of them are working in cleaning and catering sectors, about 29.7% and 27.7% respectively, while others are in sales, clerical, security service, gardening, leaflet and newspaper distribution, printing, warehouse management, pest control, laundry, etc., ranging from 1% to 5%. The open employment rate has reached 83.2%.

為進一步加強殘疾人士就業的支援，本會獲董事局支持，職業康復及發展服務團隊於 2017 年率先開辦了「殘疾人士就業後支援延展服務」先導計劃，在評估成效方面，94% 參與計劃的會員能維持公開就業一年或以上，他們的信心及就業能力方面亦有所提升。隨後，政府於 2018 年 12 月起增撥資源以改善「輔助就業」及「殘疾人士在職培訓計劃」，個案跟進年期由六個月延長至十二個月。

To further strengthen the employment support service for persons with disabilities, with the support of Council, our Vocational Rehabilitation and Development Team launched a pioneer project 'Post-employment Support Extension Services' in 2017, which enabled 94% of the members who participated in the project to sustain open employment for 1 year or more and their confidence and employability had been enhanced. Later, the Government increased resources to further improve services in 'Supported Employment' and 'On the Job Training Programme for People with Disabilities' starting from December 2018, in which the post placement follow-up services have been extended from 6 months to 12 months.





提供多元化訓練，提升服務使用者的工作能力

We offer a variety kind of training to our service users to enhance their working abilities.

智能貨倉管理系統和物流訓練 Smart Warehouse Management and Logistic Training



訓練增加了我們對科技產品的認識，與時並進



Training has increased our understanding of technology products and let us keep pace with the times

食品包裝 Food Packaging

我學會操作機器進行食品包裝，工作技能得到提升

I learnt to operate the machine for food packaging and improved my work skills



皮革製作 Leather Crafting



運用導師教授的知識，專心製造皮革鎖匙扣，實用又有趣

Making leather key ring with the knowledge taught by the instructor, practical and interesting

升級再造 Upcycling

我們聚精會神把循環再用物料加工製成精美層架，能為環保出一分力真快樂

We are so involving in making beautiful display shelves with recycling materials, it's happy for contributing to environmental protection



洗衣訓練 Laundry Training



衣物整理要細心，洗衣工序要留神，齊來學習做個盡責的僱員

Be careful in handling the clothes and pay attention to the laundry process, learn to be a responsible employee together

曲奇製作 Cookies Production



由曲奇製作訓練到追求優越品質，講究技巧之餘，專注、認真不可少

Concentrate and work hard for pursuing superior quality of cookies with the techniques we learnt

在社區推銷曲奇，推廣共融 We sold cookies to promote inclusion in the community



與義工協力擺設展銷攤位，向大眾推介美味鬆脆的曲奇，促進互動與交流

Cooperate with volunteers through exhibition booths, introduce delicious and crispy cookies to the public to promote mutual interaction and communication

「以餅會友」，齊建共融 Build up social inclusion through Madam Hong's Cookies



與社區人士一起製作曲奇，加深彼此的認識和了解

Made cookies together with community members to deepen our understanding of each other

多做運動有益身心

Regular exercises for physical fitness



運動有助延緩老齡化，我們也來參與長跑活動，保持身體健康

Exercise can slow down the ageing process, we joined the distance run to keep us healthy

職業康復及發展服務聯合運動日

Vocational Rehabilitation and Development Services Joint Sports Day



齊齊運動精神好，熱鬧又開心

Let's do exercise together, it's lively and happy!

葵興職業發展中心服務使用者於「展才設計 2018」中獲優異獎和最佳舞台演繹獎

Service Users of Kwai Hing Vocational Development Centre, received the 'Merit Award' and the 'Best Stage Performance Gold Award' at 'Youreable Fashion Design 2018'



職業康復及發展服務聯合春茗

Vocational Rehabilitation and Development Services Spring Luncheon



作品獲得欣賞和嘉許，才能得以展現，成果得到肯定，大家都感到十分鼓舞

The works are appreciated and our talents are showed. The awards affirm our effort and everyone is so delighted!

超過六百位服務使用者及家屬，以及三十位合作伙伴一起參與，充分體現接納、尊重與融和

Over 600 service users with family members and 30 partners attended our Vocational Rehabilitation Spring Luncheon this year, fully expressed acceptance, respect and harmony

盡我責任，服務社群

We take our responsibilities to serve the community



探訪獨居長者，傳遞愛與關懷

We visited the aged singleton with love and care



探訪老人院與長者同樂，我們的演出還得到熱烈的掌聲呢！

Visiting the elderly home to have fun with the aged members, they gave us a warm applause for our performance too!

積極參與活動，擴闊視野

Participate different activities to extend our horizons



參觀香港航空及了解航空設施

Visit to Hong Kong Airline and touring around the airport facilities



參觀立法會綜合大樓

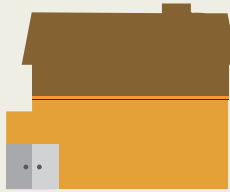
Visit to Legislative Council Complex



員工與服務使用者合作協助扶康社區日活動，宣揚傷健共融精神

Staff and service users promote social inclusion through cooperation in the Fu Hong Community Day

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和一間精神健康綜合社區中心「康晴天地」。中途宿舍提供以「社區為本」的住宿支援服務，協助精神康復者重新融入社區。「康晴天地」服務港島中區及南區居民，除了提供一站式精神健康及社區支援服務外，更積極推行公眾教育，加強居民對精神健康的關注。

The Society provides community mental health services through three Halfway Houses and one Integrated Community Centre for Mental Wellness – Sunrise Centre. Halfway Houses provide community-based hostel support services to persons with psychiatric disabilities, helping them reintegrate into the community. Sunrise Centre, which serves residents of Central and Southern Districts, provides one-stop and district-based integrated community mental health support services. In addition, the Centre takes an active role in community outreach to enhance public awareness of mental health issues.

中途宿舍 Halfway Houses

從改善社區生活能力到重回社區

中途宿舍旨在為精神康復者提供以復元為導向的康復服務，因應康復者的個別情況及需要評估，每年為康復者設定個別復元計劃，以個案及小組方式進行，務求達致計劃目標。過去一年，中途宿舍以「提升服務使用者的能力以促進社會共融」為服務策略目標，介入策略包括：(i) 為精神康復者提供促進社區生活能力的個別復元計劃，和 (ii) 提升工作人員對復元概念的掌握，並應用於促進服務使用者社區共融。

From improving community living skills to living in a community

Halfway houses provide rehabilitation services for persons with psychiatric disabilities, always with helping recovery in mind. Annual recovery plans are drawn up for each service user after assessing the case and needs. For best results, these plans are implemented at individual level and also at group level. In the past year, with the idea of 'improving the ability of service units to promote social inclusion' as our strategic service objective, intervention strategies included: (i) tailor-made individual recovery plans for enhancement of community living skills for each service user with psychiatric disability and (ii) reinforcing staff the concept of recovery and the implementation of social inclusion of service users.



「精神健康月2018」
把精神健康訊息帶進社區

We conveyed messages of mental health through activities of 'Mental Health Month 2018'

提供多元化活動以建立個人優勢

中途宿舍透過舉辦多元化活動，建立服務使用者個人優勢，為將來重返社區生活作好準備。綜合運動小組培養參加者對運動的興趣及持續運動的習慣，中途宿舍籌辦了遠足、健步、球類、游泳訓練班等活動，同時推動他們積極參與社區比賽，如香港仔龍舟競渡2018、「苗圃挑戰12小時」慈善越野馬拉松2018、新創建勇跑地貌王2018及風箏同樂日等活動，從中提升參加者的自信心及能力感。中途宿舍同時為服務使用者成立互助社，通過恆常聚會，增加舍友彼此之間的友誼及社交支持網絡；與此同時，透過與不同社區團體合作，參與義工活動，讓社區人士認識和接受精神康復者，達致社區共融。

「苗圃12公里挑戰賽」，
參賽健兒對取得佳績感到鼓舞

In 'Sowers Action Challenging 12 Hours', the athletes were delighted with the success



在《互助社 TEEN 使行動》中，服務使用者與學生一起
炮製美食，促進互動與交流

In 'Health in Mind' Programme, service users worked with students in making tasty food, promoting interaction and communication



歷奇訓練日的活動新奇富挑戰性，
別有一番體會

The activities in Adventure Day Camp were novel and challenging, and brought me very special experience



團結就是力量，享受參賽過程中的互勵互勉，合作無間

United we stand, enjoyed the mutual encouragement and perfect teamwork during the competition

我們踴躍參與端午龍舟競渡，全力以赴，氣氛熱烈

We enthusiastically participated in the dragon boat race, committed fully in lively atmosphere

Strengthen connections with the community through diversified activities

Halfway houses, through a variety of activities, strengthen the connection between service users and the community so that they experience full and meaningful social integration. To encourage service users in sports and physical exercise and to help them develop good habits, halfway houses organised hikes, walks, ball games, swimming events and other physical activities. To improve their physical and mental health, service users were also encouraged to take an active part in community competitions such as the Aberdeen Dragon Boat Race 2018, the Sowers Action 12 Hours Challenge 2018, the NWS Geo Hero Run 2018 and the Kite Fun Day. Halfway houses also set up mutual support clubs for service users and through regular meetings, friendship and social support networks were established amongst roommates. At the same time, through collaboration with different community entities and participation in volunteer activities, the community can more easily understand and accept persons with psychiatric disabilities, thereby achieving community integration.

提供陶冶性情活動以培養正向情緒

中途宿舍同時著重為服務使用者提供接觸藝術、宗教、園藝等各種陶冶性情的機會。除舉辦繪畫、手工藝、音樂等活動外，亦透過園藝活動如盆景創作、農作物及花卉種植等，藉著接觸和感受大自然以培養康復者的正向情緒。

Foster positive emotions through mind cultivating activities

Service users were given opportunities to access the arts, religion, gardening and other therapeutic pastimes. Apart from painting, crafts and music, they were encouraged to participate in horticulture activities such as bonsai cultivation, growing crops and flowers so that the smell, touch and feel of Mother Nature may help positive emotion grow.



康晴天地 Sunrise Centre

「康晴天地」為一所精神健康綜合社區中心，由社工、職業治療師、精神科護士及臨床心理學家組成的專業團隊，透過一站式綜合服務模式，為有需要的精神康復者、懷疑有精神健康問題的人士、他們的家人/照顧者及居住中區及南區居民，提供及早預防以至危機管理的一站式、「地區為本」和便捷的社區精神健康支援服務。本年度康晴天地共有九百四十四名康復者和一百八十三名家屬/照顧者受惠。

Sunrise Centre is an Integrated Community Centre for Mental Wellness (ICCMW) comprising a professional team of social workers, occupational therapist, psychiatric nurse and clinical psychologist. It provides one-stop integrated district-based mental health services, ranging from early prevention to risk management for persons with psychiatric disabilities or suspected mental health problems, their families and caregivers, and for residents living in Central and Southern Districts. A total of 944 persons with psychiatric disabilities and 183 family members/caregivers have benefited from the services.



「我的故事·你的意義」閃亮計劃，精神康復者隨音樂伴奏分享復元故事，向公眾人士傳遞積極正面訊息

In 'Telling My Story' Programme, the persons with psychiatric disabilities shared their stories of recovery with music accompaniment and delivered positive messages to the public

改善情緒 — 提升能力

因應有過半會員曾患抑鬱症等情緒病的康復者，本年度康晴天地以「改善情緒，提升能力」為服務策略目標，介入策略包括讓服務使用者學習處理負面情緒，與此同時，提供更多機會建立和發揮他們的優勢，從中體驗更多正向情緒。

Improve emotion - enhance capacity

In view of the fact that over 50% of members suffered from mood disorder such as depression, in 2018/19 Sunrise Centre chose as its service strategic objective 'Improve emotion, enhance capacity'. The intervention strategies included: supporting members to learn to deal with their negative emotions, and at the same time, to provide members with more opportunities to develop and give full play to their strengths and to experience more positive emotions.

朋輩支援 — 分享自身的復元經驗

2018年3月，社署資助朋輩支援員由二人增加至二點五人，透過朋輩支援員分享自身的復元經驗，為服務對象提供支援，同時向社區人士宣揚精神健康訊息，消除歧視。九十五名受訪會員均表示滿意朋輩支援服務，其中九十三人同意促進了他們對精神健康的知識和對復元的認識。

Peer Support – Sharing own recovery experience

In March 2018, the number of peer support workers subvented by the Social Welfare Department increased from 2 to 2.5 staff. Through sharing their experiences and thoughts about their own recovery, the peer support workers encouraged members in their rehabilitation journey. Peer support workers also promoted mental health messages to the community to eliminate discrimination. A survey of 95 respondents showed that all were satisfied with their peer support services and of these, 93 agreed their knowledge of mental health and recovery had increased.



朋輩復元經歷與智慧分享，為同路人打打氣，齊齊努力向前邁進

Persons with psychiatric disabilities shared the experience and wisdom of recovery with peers, cheering them to try their best and move forward together

提供臨床心理服務

配合服務發展需要，康晴天地獲社署提供額外資源，增聘三分之一位臨床心理學家提供治療小組/活動，和為員工提供個案諮詢/培訓，另增聘一名社會工作員，將支援服務擴展至會員的十八歲以下子女。

Provision of clinical psychologist services

In line with development needs, the Social Welfare Department provided additional resources to Sunrise Centre to recruit the services of one third of a clinical psychologist, to provide treatment groups/activities and case counselling/training for staff. In addition, one additional social worker was subvented to extend support services to the children of members below 18 years of age.



透過畫作讓服務使用者小家屬抒發感受，緩和情緒

The young family members of service users express their feelings and ease their emotions through painting

推動互助平台 — 讓會員發揮所長

在推動會員積極走進社區，自助小組「連友Club」繼續成為康晴天地會員恆常聚會的互助平台，並透過提升組員參與，讓他們發揮所長。「連友Club」與康晴天地攜手合作，成功向房署爭取租用兩個相連單位以紓緩地方不足情況，之後繼續積極關注華富邨重建事宜，並透過參加區內多間機構建立的「關注華富重建」群組，繼續向區議會和有關的政府部門表達意見。



於華富邨舉辦精神健康講座，居民深感興趣，細心聆聽

Residents attended the Mental Health Seminar held in Wah Fu Estate, they were deeply interested and listened carefully

「老友三缺一」透過非結構性小組形式，配對三至五位有相同興趣和背景的會員，自主參與自發、會員為本的社交活動。於2018年11月邀請了香港理工大學進行研究，了解非正式及非結構介入對促進會員感受到社交支持和建立關係的效用。

另一方面，康晴天地又透過舉辦社區教育活動，提高社區人士對精神健康的認識及關注，加深社區人士對精神康復者的了解，以達致齊建共融社區的願望。



服務使用者於共融活動「綠色市集」演出精彩，盡顯自信與才華

The brilliant performance of service users in 'Walk·In' Inclusive Green Bazaar fully demonstrated their confidence and talents

Active self-help platform – for members to play to their strengths

To prepare members for active community participation, the self-help group and 'Link Club', continued to hold regular gatherings for members of Sunrise Centre to let them develop strengths. 'Link Club' and Sunrise Centre together managed to rent two adjacent units from the Housing Authority to ease space constraints. The Club continues to draw attention to issues related to the redevelopment of Wah Fu Estate and to communicate our views to District Councils and relevant government bodies, along with the 'Wah Fu Redevelopment Concern Group', which was set up by several organisations in the district.

In November 2018, the Hong Kong Polytechnic University was invited to conduct an evaluation with Sunrise Centre on the effectiveness of its 'Best Buddies Three plus One' programme which looked at informal and non-structured interventions. The staff initiated the formation of informal groups of about 3 to 5 members grouped by similar interests and background, to enhance their perception of social support and to enrich their social relationship with other members.

On the other hand, Sunrise Centre also organised community education programmes to increase public awareness and concern for mental health issues and to deepen public understanding of people recovering from mental illness, with the hope of building an inclusive community.



在中西區健康節擺設攤位，喚起該區居民對精神健康的關注

Exhibition booth in Health Festival of Central and Western Districts arouse the attention of residents in the area to mental health

第四屆「行出健康」遠足比賽 The 4th 'Hike for Health' Competition



社區精神健康服務機構、社區人士和義工熱心參與，攜手推動傷健共融

Community mental health service organisations, community members and volunteers joined hands to promote disability inclusion

結伴同行，行出健康

Let's walk for health together



本會的社區精神健康服務一向致力推廣以運動提升身心健康，實證研究亦顯示運動有助精神康復者復元。在運動項目當中，「遠足」最受本會的康復者喜愛。本會於2019年3月30日舉辦第四屆「行出健康」遠足比賽，以「結伴同行，行出健康」為主題，活動得到懲教署體育會慈善基金撥款資助部份費用。今屆活動有超過五百人參與，參加者來自全港的社區精神健康服務機構、團體、社區人士和義工團體，充分體現共融的精神及大眾對精神健康的日益關注。

Our community mental health services are committed to promoting physical and mental health through exercises. Empirical studies show that physical exercise is beneficial to the recovery of mental illness. Among the many sports, 'hiking' is most popular with people in recovery. Following the theme 'Companions Walk for Health' and with the support from the Correctional Services Department Sports Association Charity Fund, the 4th Hike for Health Competition was held on 30 March 2019. There were more than 500 participants from community mental health service organisations and groups, volunteer groups and individuals in Hong Kong. This reflects the spirit of inclusion and the public's growing awareness and concern for mental health.

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 Tin Shui Wai District Support Centre

本中心為全港首間的殘疾人士地區支援中心，提供多樣化活動、訓練小組、照顧服務及跨專業服務予天水圍區內的殘疾人士及家屬。配合今年主題——《展藝綻放，共享社區》，服務使用者藉著十多項社區活動，包括：《屯門及元朗區硬地滾球錦標賽》、《「老友鬼鬼」共融故事演繹比賽》、《「玩·樂·味·緣」共享社區計劃——元朗開心友情懷》、《「圓滿人生夢飛翔——夢想成真」計劃》等，發揮個人潛能，各展所長，並於公開表演中分享成果，為社區增添歡樂氣氛。他們充滿自信的演出，讓家人、照顧者及中心員工感到無比鼓舞，並獲得社區人士的認同及讚賞，傷健攜手創建美好的共融社區。

Being the first ever in Hong Kong, our District Support Centre for Persons with Disabilities offered a range of activities, training groups, care services and multi-disciplinary professional services to people with disabilities and their caregivers. Under the theme 'Arts and Inclusion', the Centre organised a series of activities to enable service users to unleash their potential and shows their talent to the public. These included 'Tuen Mun and Yuen Long Boccia Competition', 'BBHK Social Inclusion Story-telling Competition', 'Friendship in Yuen Long' and 'Let Dreams Come True - The Fullness of Life' Project. In addition to the jolly atmosphere created in the community, their families, caregivers and our staff were impressed with the competence and confidence shown by the service users. These activities provided a unique platform to demonstrate the abilities of service users and promote social inclusion.

屯門及元朗區硬地滾球錦標賽

Tuen Mun and Yuen Long Boccia Competition

本中心2013年起推行硬地滾球訓練班。去年，我們獲「余兆麟醫療基金」贊助，租用社區體育館舉行大型的訓練班，並聘請多位專業導師教授技巧和知識。我們希望藉硬地滾球運動，讓殘疾人士展現運動才能和精神，融入社區。

The Centre has organised Boccia training classes since 2013. Last year, sponsored by the 'S.K. Yee Medical Foundation', we held large-scale training classes with experienced Boccia coaches in a government-run, indoor sports stadium. We hope, through playing the sport of Boccia, service users can display their talent and sporting spirit and integrate into the community.



看看我的本領吧！

Let me show you my talent!



看看硬地滾球的運動健兒聚精會神的樣子，場上比併高下難分

The athletes concentrated, it's hard to tell who are leading the game



細心的觀察，專注地投球，發揮平日練習的水準

With precise observation, we show our hard work



燦爛的笑容展現我們對硬地滾球的熱愛

We really love Boccia! They smile cheerfully



全神貫注地投球、全力以赴做到最好！

Hold your breath and try your best!



「老友鬼鬼」共融故事演繹比賽

BBHK Social Inclusion Story-telling Competition

「天生我才必有用」，每一位服務使用者均有自己的強項，用心觀察、用心嘗試、用心栽培，他們定能在舞台上佔一席位。

Every service user has his own strengths; with encouragement and coaching, they can shine brightly.

義工的陪伴、支持和鼓勵，是我的動力，謝謝你跟我練習，讓我成長

Thank you for your companion and support to help me become a better me



有趣靈巧的動作，引來觀眾的歡呼拍掌
My performance received much applause



一個個動人的故事，編織每個共融和諧的夢兒
Each story shows how much we want our dreams to come true

「玩·樂·味·綠」共享社區計劃 — 元朗開心友情懷

Friendship in Yuen Long



中心服務使用者與區內復康單位合作，一起錄製推廣元朗區特色的歌曲

We collaborate with other rehabilitation units of the district to promote songs with Yuen Long's characteristics



一眾服務使用者用歌聲表達對社區的熱愛，促進彼此認識、包容和接納

Service users express their love to the community with songs, promote mutual understanding and acceptance

「圓滿人生夢飛翔 — 夢想成真」計劃

'Let Dreams Come True - The Fullness of Life' Project

中心服務使用者成功入選「圓滿人生夢飛翔 — 夢想成真」計劃，獲贊助購置衣車，進一步鍛鍊車衣工藝。

Our service user is sponsored a sewing machine by 'Let Dreams Come True - The Fullness of Life' Project to further polish her skills in sewing.



得到夢寐以求的新衣車，滿心歡喜！
Get the new sewing machine that I dream of, full of joy!



讓我來試試這部衣車的手感，我可以製作更多精美的衣飾了
I can make more stuffs on my own with the sewing machine now

啟亮坊

Enlighten Square

中心為區內正輪候展能中心的中度至嚴重智障人士提供過渡性服務 — 啟亮坊，內容包括訓練及外出活動，啟發他們不同範疇的潛能及減輕照顧者的壓力。

The Centre provides transitional services - Enlighten Square, for persons with moderate to severe intellectual disabilities to develop their potential and relieve the stress of their caregivers.



第一次踏足寶蓮寺，廣闊寧靜的環境令人身心舒暢

Our first time to visit Big Buddha, it is very impressive



展現招牌姿勢和笑容，流露難得的興奮心情
His unique smile is what we treasure

共融活動 / 社區宣傳

Inclusion Activities / Community Promotion

透過在社區擺設攤位，與街坊玩遊戲，

製作環保手工等，增進相互認識，促進社區共融

Booths and games to promote mutual understanding and social inclusion in the community



機構輔助醫療服務 Agency-based Paramedical Services

本會設有臨床心理服務、物理治療服務、職業治療服務及言語治療服務，運用各種專業的知識訓練服務使用者，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. Hence, the Society provides the services of clinical psychology, physiotherapy, occupational therapy and speech therapy to train the service users by applying professional knowledge for them to achieve balanced physical and mental development and cope with the problems of physical decline and aggravate swallow due to ageing.

臨床心理服務 Clinical Psychological Services

臨床心理學家透過心理評估及心理治療，協助有需要人士預防及處理各種情緒、思想及行為上的困擾，幫助他們面對生活壓力、人際及家庭等問題，以促進他們發展潛能及積極投入社區生活。臨床心理學家亦會透過專業培訓、講座及工作坊等推廣心理健康以及共融精神。

Clinical psychologists help people deal with life stressors, interpersonal relationships and family issues so that these people can develop their potential and actively participate in community life. They use psychological assessment and psychotherapy to diagnose, prevent and deal with various emotional and behavioural problems. Clinical psychologists also promote mental health awareness and social inclusion through professional training sessions, talks and workshops.

失智症評估諮詢服務 Consultation for Dementia Screening

服務單位為高危的年老服務使用者進行初步的失智症評估，心理學家提供諮詢服務，期望能更準確了解服務使用者的情況，及早提供介入工作。

Initial dementia screening will be provided to our ageing service users in consultation with clinical psychologists. This is to ensure that our ageing service users receive appropriate and timely treatment.

心理治療 Psychological Treatment

服務使用者會因年老而出現不同程度的情緒困擾，臨床心理學家會以心理學理論為基礎的治療方法，減低他們的困擾，穩定服務使用者的情緒，讓他們學習放鬆和溝通技巧，及改善社交。

The problems associated with ageing can cause varying degrees of emotional distress. Clinical Psychologists provide evidence-based treatment to deal with the concerns of our ageing service users and teach them how to relax, communicate and enhance their social skills.



臨床心理學家為有需要人士提供專業服務
Clinical psychologist provides professional services for persons in need



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



職員培訓及諮詢服務 Staff Training and Consultation Service



治療小組及輔導服務 Treatment Group and Counseling Service



康晴天地於2018年11月開始，加入臨床心理服務，為精神康復者提供個案評估及輔導和具治療性的小組活動，此外，臨床心理學家亦會為職員進行培訓和提供諮詢服務。

Sunrise Centre began clinical psychological services for its members in November 2018. These include individual and group sessions for services users, consultation services and training for Centre staff.

「智障人士高齡化」的職員培訓 Staff Training on Ageing of Persons with Intellectual Disabilities



臨床心理學家定期舉辦行為處理培訓課程，讓職員掌握處理服務使用者因年老而出現的轉變，及應對挑戰性行為的技巧。

Clinical Psychologists offered regular staff training sessions so that our staff would know and understand more about the changes and challenges of ageing service users.

協助自閉症譜系障礙人士達致社會共融 Facilitating Social Inclusion of Persons with Autism Spectrum Disorders



情緒管理小組 Emotional Management Group



臨床心理學家舉辦情緒管理小組，讓學員學懂如何有效地管理自己的情緒。

Clinical psychologists conduct Emotional Management Groups to let our service users learn how to manage their emotions effectively.



透過參加治療小組，服務使用者學習如何處理負面情緒。The service users have learnt how to handle their emotions through the treatment group.

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



在社區生活的智障人士和我們一樣，都會面對年老帶來的身體和心理上的轉變，臨床心理學家透過個別輔導協助他們適應老化的轉變。

Persons with intellectual disabilities living in the community also face physical and psychological changes due to ageing like ordinary people. Clinical psychologists help them adjust to the ageing process through individual counselling.

物理治療服務 Physiotherapy Services

面對服務使用者高齡化，本會早於2013年開始，按照服務使用者的個別肌能和認知能力，設計相應的治療方案，及推行「互動運動餐單」的訓練模式，以延緩服務使用者老化。「互動運動餐單」提供各樣合適的運動項目予不同殘障程度的服務使用者練習，藉以增加服務使用者運動的機會，從而改善他們對身體的控制、柔軟度和平衡力等，同時，亦希望透過不同類型的運動項目，促進服務使用者與社區人士的接觸和交往，讓他們融入社群，提升生活質素。

In response to the ageing of our service users, the Society has formulated individual treatment programmes to improve their muscle strength and cognitive ability and also promoted the use of an 'Interactive Exercise Menu' to slow down the ageing process since 2013. The 'Interactive Exercise Menu' provides a list of suitable exercises to service users with varying degrees of disabilities to help their exercising and thereby improving their body control, flexibility and balance. At the same time, these various exercises promote contact and communication between service users and the community, thus making better integration and quality of life.



我表演八段錦功架十足，勤加練習不但有助鍛鍊平衡力，還可保持手脚靈活，有益身心

I performed Chinese Health Qigong proficiently, it not only helps training my balance, but also keeps me flexible physically, really good for health

透過日常生活流程的安排，及宿舍活動設計，治療方案加入了「運動餐單」技巧的訓練，透過不同的運動項目的設計，利用集體運動組合的形式，從而提高舍友參與特定運動課堂的機會或能力，重點為預防骨質疏鬆症，腦退化症和防止摔倒等，而在舉行義工活動中，亦加入了運動元素，讓大家一同享有參與運動的機會。



齊齊學習生式經絡瑜伽操，提升身體機能，延緩老化，有趣又健康

Let's practice the seated Meridian Yoga together with fun to enhance our body function and slow down ageing



與小朋友一起示範的手指操動作，能預防腦退化症，改善四肢協調和平衡力，老少咸宜
The Healthy Finger Manipulation which is demonstrated together with children can prevent dementia, improve the coordination of limbs and balance, suitable for all ages

The treatment programme of 'Exercise Menu' skills are included in daily schedules and dormitory activities planning. Different tailor-made exercises in forms of collective and interactive groups increase the opportunities or the abilities of service users for participating in specific exercise classes, which focus on preventing osteoporosis, dementia and falls mainly. Meanwhile, 'Exercise Menu' elements are also included in our volunteer activities so that all participants can enjoy exercising together.

結合身、心、靈元素的大笑瑜珈操讓我們放鬆心情，緩減壓力，提升快樂的感覺

Laughing Yoga that combines of mental, physical and spiritual elements let us feel relax, less stress and happier



經常運動的服務使用者不但能擴闊生活體驗、豐富閒暇生活，還能滿足心、身、靈的需要，融入社區及建立積極正面的形象。

Service users who exercise regularly not only broaden their life experience and enrich their leisure time, but also can fulfill their mental, physical and spiritual needs. Establishing an active and positive self image facilitates their integration into the community.

職業治療服務 Occupational Therapy Services

為應對及減慢服務使用者老齡化對健康及肌能的影響，職業治療師揀選及使用合適的復康工具，如進食用具、特別座椅及輪椅等，讓服務使用者的起居飲食方面更舒適便利，從而提升整體的生活質素，達致樂活老齡。

To manage and slow down the problems of ageing, occupational therapists recommend and provide appropriate rehabilitative aids to our service users; such as feeding utensils, special seats and wheelchairs to ease the difficulties of daily living. It is hoped that enhancement of their quality of life will help them achieve healthy ageing.

職業治療其中一項重要工作是令使用輪椅的高齡智障服務使用者進行正確的「坐姿擺位」，確保維持良好姿勢、預防身體變形、維持日常功能及活動參與、提升他們使用輪椅的耐力，以能持續與社區人士接觸，達致社會融合及社區參與。

One of the important tasks of occupational therapy is to enable ageing service users to sit correctly. The proper 'sitting position' ensures good posture, prevents physical deformity, maintains regular daily body functions and enables participation in all kinds of activities. Increased endurance of wheelchair use by the service users provides them more opportunities for social inclusion and participation with the community.

經專業評估後，職業治療師透過以下的介入流程，協助服務使用者正確使用合適的輪椅：

With professional assessment, occupational therapists help service users properly use the wheelchair by the following interventions:

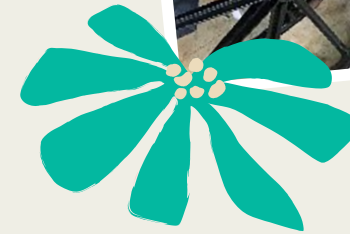
- 1 輪椅及坐姿評估：確認使用的輪椅能否配合服務使用者的坐姿需要
Wheelchair assessment: to ensure whether the service user's positioning needs are met with the current wheelchair
- 2 制定改善方案：輪椅是否需要更換、選擇合適的輪椅（手動輪椅、後傾輪椅、躺背輪椅等）及擺位系統（座墊、背靠、頭靠、側支托、骨盆定位帶等）
Formulation of improvement plan: to ensure whether wheelchair replacement is needed and to prescribe the appropriate wheelchair (e.g. manual, tilt-in-space, reclining, etc.) and positioning system (e.g. contoured seat, backrest, headrest, lateral support, pelvic strap, etc.)
- 3 索取報價 Request for quotation
- 4 撰寫建議信（若需要申請政府資助）
Writing of letter of recommendation for application of government subsidy (if required)
- 5 檢查新輪椅及裝置擺位系統
Checking and fitting the new wheelchair and positioning system
- 6 進一步評估：確定坐姿擺位問題獲得解決、服務使用者的輪椅坐姿良好，並指導職員、服務使用者及其家人正確使用新輪椅和擺位系統
Reassessment: to check that the service user's sitting problems have been resolved with the correct posture and to conduct training for staff, the service user and the family caregivers

得到專業的評估、指導、跟進及使用合適的輪椅後，服務使用者的輪椅坐姿得到大大改善，身體及精神狀況有所提升，參與社會活動的次數亦較以往增加，促進他們更積極地走進社區，融入社群。

With professional assessment, guidance and follow-up plus the suitable wheelchair, the sitting postures of our service users have greatly improved. This enhances their physical and mental health and facilitates their greater participation in social activities. They become more active and more able and willing to integrate into society.



治療師進行輪椅評估，以決定適合學員的輪椅尺寸
Occupational therapist assesses the appropriate size wheelchair for service users



治療師建議使用輪椅輔助輪，可幫助家長和照顧員輕鬆省力地推輪椅

The wheelchair power-pack helps family members and caregivers push a wheelchair more easily with less effort



坐得好，精神自然好，玩得更開心！
Sit better, feel better and have more fun!



輪椅輔助輪
Wheelchair powerpack

言語治療服務 Speech Therapy Services

本會自2016年開展言語治療服務至今，言語治療師人數已增至四名，服務目的為改善服務使用者的溝通和吞嚥能力，從而提升他們的生活質素。應對服務需要，言語治療師會定期到服務單位為智障服務使用者提供個人或小組的評估及治療，同時舉行教育講座、分享會、照顧者培訓及提供諮詢服務等，服務亦伸延至幼兒及與外間機構進行研究合作。根據服務檢討的結果顯示，在接受言語治療的服務使用者中，達九成以上能夠維持或改善吞嚥能力，亦有九成以上的餐膳類別能夠維持或得以提升。

推行口肌操抗退化

不少服務使用者礙於咀嚼意識或吞嚥能力不足，難以進食一般固體食物。有見及此，言語治療服務於去年製作了一套「口肌操」，旨在維持和提升服務使用者運用口肌的能力。

口肌操共有十二款動作（見右表），適用於所有服務使用者。一般情況下，服務使用者可自行完成每款動作。因應服務使用者認知、理解能力或配合程度各有不同，導師可利用不同道具，如食物、醬汁、哨子、泡泡水等，引導服務使用者進行練習，完成目標動作。

Since the launch in 2016, the number of speech therapists employed by the Society has increased from one to four. The purpose of speech therapy is to improve communication and the swallowing abilities of service user; thereby enhancing their quality of life. In response to service needs, our speech therapists regularly visit the service units and provide individual or group assessments and treatments for service users. At the same time, they arrange educational seminars, sharing sessions, training for caregivers and counselling services. Also, speech therapy services are extended to young children and to research cooperation with external institutions. According to the results of our service review, more than 90% of service users who received speech therapy maintain or improve their swallowing abilities, while more than 90% of their present diets can be maintained or upgraded.

Promoting ‘Oro-motor Exercises’

Some of our service users lack the awareness to chew and the oro-motor skills to manipulate and swallow solid foods safely. Last year, our Speech Therapy Services developed a set of oro-motor exercises for service users with the aim to maintain and improve their oro-motor function.

The oro-motor skills workout includes 12 short exercises (see right table), which are applicable to all service users. In general, service users should be able to complete each exercise on their own. Depending on their cognitive level and their ability to comprehend and follow instructions, their instructors may consider using other tools to facilitate or cue a target motor movement.

言語治療師製作的「口肌操」共有12款動作 Set of Twelve Oro-Motor Exercises devised by our Speech Therapists

- | | |
|-----------------------------------|--|
| 1. 岳高頭 Neck extension | 7. 合唇或發「唔」音 Lip press |
| 2. 耷低頭 Neck flexion | 8. 伸出舌頭 Downward tongue stretch |
| 3. 張口或發「呀」音 Jaw opening | 9. 將舌尖伸向左右腮
Lateral movements of the tongue |
| 4. 露齒笑或發「衣」音 Clenching teeth | 10. 用舌尖舔上唇 Tongue elevation |
| 5. 嘟起嘴或發「鳴」音 Lip purse/ kissing | 11. 把舌頭向後縮或發「加」音 Tongue retraction |
| 6. 發「衣鳴」音 Alternate lip movements | 12. 鼓起泡腮或作勢漱口 Cheek puff |

改良特別餐製作方法

本會十分重視服務使用者的膳食安排，特別餐膳如「碎餐」、「免治餐」和「糊餐」在本會服務單位很常見。有別於一般飯餐，特別餐膳需要額外人手或機器預備，才能將食物打碎成免治或糊狀，這對於一些體弱、吞嚥能力較差的服務使用者來說，可減低進食質地欠幼滑的食物而出現濁咳的機會，為此本會特意挑選了數款性能理想的器材，當中包括便攜的手動攪拌機，及適合攪拌蔬菜的電動攪拌機，以便外出進食或於服務單位內使用。

Improving Modified Diets

Modified diets like 'chopped meals', 'minced meals' and 'pureed meals' are common at the service units of our Society. Unlike regular diets, their preparation requires trained manpower and special equipment like high-speed food processors. For frail service users with poor swallowing abilities, foods that have lumps or are less smooth might cause coughing or choking. We observed that the food processors being used by service units varied significantly in quality and some pureed meals were served full of lumps and fibrous strings. We therefore searched for better equipment, which included handy mini -choppers and high-speed food processors for service units.





十分期待外出用餐，
份外滋味！
*I look forward to
dining out so much!*



把食物切碎就最適合我了
*Chopped food is just the
right option for me*



糊餐夠幼滑，易食好味，又營養豐富
*The smooth puree is much easier
to swallow, tasty and nutritious*



舍友幫忙準備碎餐
*A service user helps to
prepare chopped meals*

這個芝士漢堡餐實相真美，
令人垂涎三呎...
*The cheese burger set
looks so mouth-watering..*



本會重視及早識別服務使用者吞嚥困難的重要性，期望透過日常口肌訓練，以及把《國際健康功能與身心障礙分類系統》納入個案管理系統中，達致持續改善服務質素，讓每位服務使用者都得到最適切的照顧。

The Society values the importance of early detection of dysphagia among our service users. Through daily oro-motor training, and the application of the 'International Classification of Functioning, Disability, and Health' (ICF) to our case management system, we hope to continuously enhance our service quality, and let every service user receive the most appropriate care possible.

關愛家庭服務 Family Care Home Services

本會成立關愛家庭，讓孤兒或父母年老而無能力照顧的智障成人享有家庭生活，並透過增加社區人士與智障人士的日常接觸，提高他們對智障人士的認識及接納，協助智障家庭成員融入社會。現有的三所家舍：邂逅軒、婉明軒及超瑩軒，合共為二十七位智障家庭成員提供服務，透過關愛家庭兩大服務元素——「家庭生活」和「融入社會」，讓他們感受到家庭的溫暖。

The Society establishes the Family Care Home Services to bring the joy of family life to adults with intellectual disabilities who are orphans or whose aged parents cannot take care of them, and by increasing daily contact with community members, to enhance public awareness and acceptance of them and assist the family members to integrate into society. There are three family care homes (Encounter Family, Splendor Family and Radiance Family) which provide services for 27 family members and let them feel the warmth of a family through two main service elements of Family Care Home Services - 'Family Life' and 'Social Inclusion':

「家庭生活」的服務元素包括： The service elements of 'Family Life' include:



為智障家庭成員提供二十四小時身、心、社、靈的全人照顧。

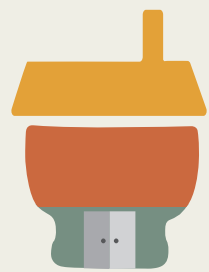
Provide 24-hour holistic care for family members with intellectual disabilities to fulfill their physical, psychological, social and spiritual needs.

由於家庭成員人數少，生活流程具彈性和靈活性，可滿足成員的個別需要。

Due to the small number of family members, the daily schedule will be flexible and specific to meet the individual needs of members.

建基於成員間互相尊重，關係平等。透過有計劃的活動，促進成員間的相互了解和友誼。

Based on mutual respect and equal relationship among members, to promote mutual understanding and friendship among them through planned activities.



為應對智障成員的老齡化，到診醫生為有需要的成員處方預防骨質疏鬆藥物，以減慢骨質疏鬆的情況。與此同時，家舍安排了有牙患的成員，接受義務牙醫服務，家舍亦製訂餐單，促進成員均衡飲食，防止「三高」(高血脂、高血壓、高血糖)。在成員相處方面，家舍安排一些能力較高的成員照顧能力較弱的成員，推動成員彼此正向互動關係。另一方面，婉明軒於去年8月至11月進行消防及屋宇改善工程，讓成員享有更安全及舒適的家居生活環境。

In order to cope with the ageing of members with intellectual disabilities, the visiting doctor will prescribe osteoporosis drugs for individual members in need to slow down their osteoporosis. In addition, the Family arranges those members who are suffering from dental diseases to receive free treatment of volunteer dentists so as to get their teeth properly cared for. Moreover, the Family will also formulate balanced diet menus for the members to prevent 'three highs' (hyperlipidemia, high blood pressure, high blood sugar). In terms of membership, the Family arranges members with higher abilities to take care of the weaker members to promote positive interactions among members. Furthermore, Splendor Family has undergone renovations for fire safety and building improvement from August to November last year with the aim of providing a safer and more comfortable home environment for members.



婉明軒經過裝修後，睡房煥然一新，讓成員享有更舒適的生活環境

A new look in the bedroom after renovation of Splendor, providing family members a more comfortable living environment



裝修後的婉明軒飯堂光綫更充足，還配套了新的傢俱，愜意的休閒空間有助學員投入活動

The dining room is brighter and equipped with new furniture now, the pleasant leisure space helps us concentrate on the activities

協助家庭成員「融入社會」的服務元素包括： The service elements that assist family members' 'Social Integration' include:

家舍位處民居，以社區為本。

The Family is located in residential areas and is community-based.

建立睦鄰關係，發展義工網絡。

Establish good neighbourly relationships and develop volunteer networks.

協助成員積極參與社區活動。

Assist members to actively participate in community activities.



榮休主教陳日君樞機出席扶康社區日，與關愛家庭成員交談甚歡

Bishop Emeritus Cardinal Joseph Zen Ze-kun, SDB attended the Fu Hong Community Day and had a good conversation with the family member

過去一年，家庭成員在職員和義工的幫助下，如社區人士般享受及參與各類休閒活動，包括購物、旅行、舞蹈和手工製作等。擁有較高自我照顧和行動能力的成員，可以自行外出享受各種社交生活。而大多數家庭成員為天主教徒，在家姆和義工的陪同下，他們出席週日彌撒和天主教教區牧民中心安排的「樂融融慕道班」，與其他教友分享生活經驗。與此同時，義工在服務的過程中獲得成就感，亦讓智障家庭成員在社區生活中獲得尊重和接納，促進社會共融。

For the past year, family members with intellectual disabilities have been able to participate in various activities like ordinary citizens with the help of staff and volunteers. Family members join in a variety of leisure activities, including shopping, travel, dancing and handcrafting. Members with higher self-caring and mobility capacities can enjoy social life outside by themselves. Besides, since most of the family members are Catholics, accompanied by Housemother and volunteers, they will attend the Sunday Mass and 'Lok Yung Yung Catechism Class' arranged by the Catholic Diocesan Herds Centre, to share their life experiences with other church members. Meanwhile, the volunteers gain a sense of accomplishment from providing service and let family members with intellectual disabilities enjoy greater respect and acceptance in the community and promote social integration.

周年共融活動「共融同行齊成長」中，成員、家屬、義工和職員，歡聚一堂！
Family members, their families, volunteers and staff gathered happily in the annual inclusive event 'Walk Grow Together'



蔚藍天空下的烏溪沙之旅，成員及家屬踴躍參與，盡興而返

Family members and their families enthusiastically participated in the trip to Wu Kai Sha with fun and happiness



藉周年共融活動，對熱心服務的義工表示嘉許及感謝

We express our appreciation and gratitude to the volunteers who committed so much in providing services



農曆新年前，成員、義工及職員探訪觀塘翠屏邨的長者，與社區人士交流，傳達關心，促進共融

Family members, volunteers and staff visited the elderly in Tswi Ping Estate before the Lunar New Year with care and promoted communication and inclusion



飽覽濕地生態景致，風光明媚，心境豁然開朗
Feeling refreshed with the beautiful ecological scenery at the wetlands, what a wonderful day!



舞蹈小組讓我們舒展筋骨，保持靈活，身心愉快！
Joining the dance team keeps us flexible physically and feeling so amused!



自閉症及發展障礙人士服務 Services for Persons with Autism Spectrum Disorders and Developmental Disabilities

對於自閉症及發展障礙人士者來說，大部份職業治療師都會使用感覺統合方法進行治療，簡單來說，感覺統合就是大腦會把我們每日不停接收來自環境及身體的各種感覺訊息，經過整理、組織及解讀後，指示我們作出適當的反應，但當感覺在統合過程中出現問題，我們會對感官的刺激作出過敏或過細的反應，便可能出現一些異常的情況。而大部份自閉症譜系障礙人士，對感官刺激都有較多異常的反應，即出現感官失調，因此，若我們能給予患者適當的感覺刺激，經過一段時間的治療後，大腦內的神經網絡會得到整合，他們的大腦感統功能便可以恢復有效地運作。感覺統合治療均有應用於本會的成人訓練中心及特殊需要兒童中心，大部份自閉症服務使用者對感覺統合治療都有正面反應，他們在治療過程中表現合作和感到快樂。

For persons with autism spectrum disorders and developmental disabilities, occupational therapists would usually adopt sensory integration therapy in dealing with their sensory problems. Simply speaking, sensory integration refers to when we take in sensory information from inner and external environment, our brain will organise, integrate and interpret the sensory information and then elicit an adaptive response to the environment. However, when we have problems with sensory integration, we might either over-react or under-react to sensory stimulations and some sort of eccentric behaviours might be resulted. Many of the persons with autism spectrum disorders have this kind of eccentric behaviours and suffering from sensory dysfunction. Thus, if we could provide optimal and appropriate sensory stimulations for the persons with sensory dysfunction for a period of time, there will be changes at the neurobiological process at the brain, then the persons could be functional in processing sensory information gradually. The sensory integration therapy is adopted in our adult training centres and special needs children's centres. Most autistic service users have positive response to the therapy and they are cooperative and happy during the process.

除此以外，本會的「牽蝶康兒中心」和「牽蝶中心」亦為自閉症譜系障礙或發展障礙小朋友提供小組訓練，增加他們與別人相處的機會，提升溝通和社交能力。

Apart from the sensory integration therapy, 'Hin Dip Hong Yee Centre' and 'Hin Dip Centre' also provide group training for children with autism spectrum disorders and developmental disabilities to increase opportunities for them to interact with others, thus improving their social skills.



感覺統合治療訓練服
務使用者的平衡力和反應

Service users received
sensory integration therapy
for improving their sense of
balance and response



牽蝶中心 Hin Dip Centre

音樂社交小組

音樂社交小組營造輕鬆愉快的氣氛，讓學員藉著音樂及遊戲情境，培養專注力和自發性，進而發展表達能力，學習與人溝通互動。小組亦有社交遊戲，從角色模仿中學習相處與分享，建立學員社交發展及情緒平衡的基礎。

Music Social Group

Through music and games, Music Social Group creates a joyful and relaxing atmosphere that helps foster members' attentiveness and self-motivation so that they can develop their communication and interpersonal skills. This group organises social games and by role-playing, members learn to get along with their peers and share with one another, thus building up the basis for their emotional balance and social development.



導師和我們一起隨著節奏唱
唱歌、拍拍手，輕鬆愉快

We enjoy the happy moment with
the instructors, sing and clap hands
along with the rhythm together



職員與媽媽、寶兒投入活動，學習聆聽與表達

Staffs, mothers and children engaged in
activities to learn listening and express

牽蝶康兒中心 Hin Dip Hong Yee Centre

針對自閉症譜系障礙及發展遲緩幼兒，於理解指令和依從課堂流程方面有困難，導致社交能力較同齡幼兒為弱，故此，牽蝶康兒中心自成立以來，一直推行「密集式訓練小組」，透過有系統的課程設計，讓幼兒在愉快過程中學習，並得以銜接到主流幼稚園或特殊幼兒中心。

本年度，「密集式小組課程」以「關愛生命」作主題，先從自我照顧做起，繼而推己及人，好好愛惜家人，與小朋友和諧共處，再進而愛護動物，讓小朋友學會感恩、接納和珍惜。

It is difficult for children with autism spectrum disorders and developmental disabilities to understand instructions and follow the class schedule, hence they have weaker social skills than children in the same age group. In view of this, Hin Dip Hong Yee Centre has been promoting a service 'Intensive Training Group' since its inauguration. Through a systematic curriculum design, the group helps children learn with joy and prepares them for a smooth transition to mainstream kindergartens or centres for children with special needs.

This year, the main theme of 'Intensive Training Group' is 'Care for Life'. It starts from self-reliance to empathy, to cherish family members, to get along with other children and to care for animals.



與家人在中心一起慶祝聖誕，溫馨歡度佳節
Celebrate the Christmas with family in the Centre, delightful and full with love



耐心教導與鼓勵，令我勇於嘗試
With teaching and encouragement, I dare to try and make my orange juice



讓幼兒自行吃餚，提升自理能力
Let children eat on their own and improve their self-care abilities

小龜細嫩可愛，我們要好好照顧牠啊！
The little turtle is so vulnerable and cute, we have to take good care of it!



新年又到了，大夥兒一起分享美味團年飯
New Year comes again, we share the delicious 'Reunion Meal', yummy!

跟朋友玩耍真開心，學習與人相處
It's fun to play with friends, we learn to get along with others



親子互動遊戲，寓學習於娛樂
Learning through parent-child interactive games



此外，因應家長在照顧及管教嬰幼兒出現困難，中心於本年度推出新服務項目：「百菓園親子遊戲班」，為十五至二十一個月嬰幼兒及其家長提供不同的親子遊戲，加親子互動，建立良好親子關係。在課堂內，亦會加入嬰兒按摩的元素，透過在課堂學習嬰兒按摩的手法，有助舒緩寶寶的緊張情緒，幫助消化，促進生長發育等。

In addition, as parents find it difficult to look after and teach their babies, this year our centre initiated a new service, 'Pagoda Parent-child Play Group', which caters for the needs of babies between 15 to 21 months and their parents. Different parent-child games provide opportunities for parents to interact with their babies and build up a good parent-child relationship. There is also a baby-massage component in class. Parents pick up massage skills to relieve their babies' stress and massage helps digestion and enhances physical growth and development too.

社會企業 Social Enterprises

透過社會企業達致社會共融一直是本會職業康復及發展服務的重要方向之一。我們致力促進殘疾人士公開就業，和鼓勵他們參與各類型的公開活動，與社區人士互動，在社區內獨立生活及自力更生。在2018/19年度，本會透過康融服務有限公司(康融)，為服務使用者提供超過五百小時的培訓，同時聘用了近五十名殘疾僱員，佔康融的總僱員人數百份之六十以上，充份體現傷健共融。

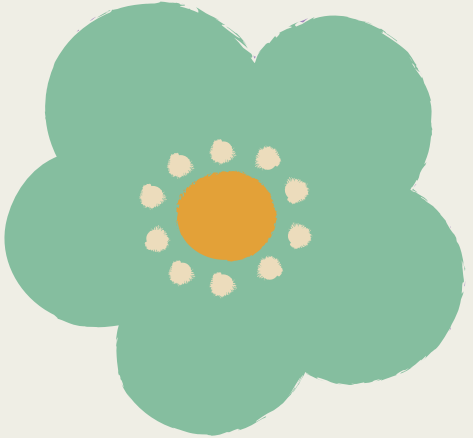
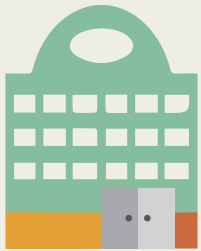
為配合殘疾人士的不同能力和興趣，給予他們學習及發展工作能力的平台，康融致力提供多元化工種及就業機會，其中餐飲服務方面有位於尖沙咀歷史博物館的《香城茶室》，位於香港海防博物館的《康姨咖啡室》及位於高山劇場的《康姨小廚》，為服務使用者提供真實的訓練場地，除了增加與各界人士接觸的機會外，亦有助改善他們的溝通能力，讓他們在工作上獲得滿足感，提升自我形象，增強自信，促進他們積極生活，融入社群。

From Social Enterprise to Social Inclusion is the mission of Vocational Rehabilitation and Development Services of the Society. The Society actively promotes the employment of persons with disabilities in the open job market and encourages them to participate in public events. This is to help them integrate into the community and become self-reliant. In 2018/19, the Society provided over 500 hours of training to service users through Hong Yung Services Limited (Hong Yung) and Hong Yung employed around 50 persons with disabilities (comprising more than 60% of its staff) which reflects a high level of disability inclusion.

Our social enterprises offer multifaceted work and employment opportunities for our service users in consideration of their different abilities and interests by running various businesses and providing them with a platform for learning and development. Our catering services include City Café at the Hong Kong Museum of History, Madam Hong Café at the Hong Kong Museum of Coastal Defence and Madam Hong Restaurant at Ko Shan Theatre, are providing a real training environment for persons with disabilities. These platforms increase opportunities for reaching out to others from all walks of life. It helps them improve their communication skills and boost their confidence through work satisfaction and encourages them to lead active lives in the community.

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

活動 Activities	次數 / 受惠人數 Number of events / beneficiaries
接受傳媒訪問 Media Interviews	6次 times
提供培訓 / 實習機會 Training Opportunities	61人 persons
榮獲優秀員工獎項 Outstanding Employee Awards	4人 persons
參與慈善活動 Charity Events	2次 times



香城茶室 City Café

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



傷健員工全情投入，
一齊快樂工作！
Whether disabled or not, all staff work together happily!



為殘疾人士提供真實的訓練場地
Provides real training environment for persons with disabilities

康姨小廚 Madam Hong Restaurant



透過聘用殘疾人士，
增加他們與大眾接觸的機會
Increases the opportunities for reaching out to others through employment of persons with disabilities

大華銀行 United Overseas Bank



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

香港大學
The University of Hong Kong

康融透過公開競投程序，成功延續香港大學學生宿舍 — 李兆基堂、馬禮遜堂及孫志新堂的清潔服務合約（由2019年1月1日至2020年12月31日）。

Through open bidding, Hong Yung was awarded a renewal of their cleaning services contract for Lee Shau Kee, Morrison and Suen Chi Sun Halls of The University of Hong Kong (from 1 January 2019 to 31 December 2020).



清潔隊傷健員工一同出席
周年晚會，場面溫馨熱鬧！

*All Cleaning Team staff
enjoyed their Annual Party
and had a wonderful evening!*



媒體報導
Media Coverage



殘疾員工與本會職員於電台「開心日報」節目中，分享社企推動殘疾人士就業的苦與樂。

A staff with disability from Madam Hong Restaurant and a staff member of the Society both shared their experiences of encouraging employment of persons with disabilities through the operation of social enterprises on the radio programme 'Happy Daily'.



香城茶室得到日本旅遊書推介，讓更多遊客認識社企餐廳及支持社企。
The introduction of City Café in a Japanese Hong Kong Travel Guide helps attract more tourists to the restaurant and their support to social enterprises.

殘疾員工與本會職員接受電視頻道「飲食男女·人間食堂」的訪問，分享於社企餐廳工作的愉快經歷。

A staff with disability from City Café and a staff member of the Society shared their work experiences of a happy and inclusive employment platform through an interview in the TV series 'May Food Keep Us Together'.



殘疾員工與本會職員接受著名傳媒人方健儀訪問，其報導於「U Magazine」內刊登，詳談康姨小廚推動殘疾人士就業及介紹店內美味佳餚。

A staff with disability and a staff member of the Society shared their experiences in encouraging employment of persons with disabilities and introduced the delicious Chinese cuisine of Madam Hong Restaurant in 'U Magazine'.

