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專題故事 — 豐盛樂齡 Feature Stories - Active Ageing

與一般人一樣，智障人士都會經歷老化過程，而且較早出現機能退化，包括生理、心理、社交和認知各方面的功能逐漸下降。雖然政府至今仍未有「老齡智障人士」的定義，但有研究指出，智障人士提早於四十歲便出現老化徵狀，由於肌肉萎縮、骨質疏鬆、肢體變形等造成行動和各種功能的障礙，影響生活素質。

樂活老齡是扶康會的策略性方向之一，本會積極為服務使用者作好準備，以應對整個老化過程的挑戰，服務模式包括五項主要的指導原則：健康管理；預防受傷；運動；社交連繫；健康飲食等，並透過本節的九個故事體現出來：

溫情滿載

Kevin和阿儀，踏入老年後得到「愛・共行」家庭支援先導計劃的協助，促進家庭成員之間的和睦相處。張志成退出工場服務後，通過本會輔助就業服務覓得一份公開就業的工作，減輕家庭負擔。

關愛共融

服務使用者搖身一變成為「服務提供者」。阿成往大澳探望獨居長者；胡秋龍教小朋友打中國鼓；王婉儀積極教授魔術，繼續發揮所長。

樂觀積極

梁灼華由老人院轉來扶康會，不再「飲酒作樂」也 No Problem。呂悅平通過各種多元化的運動、合適的膳食餐單，減緩身體機能的退化。

珍貴友誼

兩對「香港最佳老友」：周穎珊和秦嘉琪，黎錦全和黃宇彤，在生活中騰出一點慢，細味友情歲月的韻味。

老不可怕，步伐停滯才可怕。與其逃避，不如正向面對。耄耋不一定衰邁，能夠做到老而彌堅，不單是本會服務使用者的目標，也是每一個人的目標。



Like us, persons with intellectual disabilities experience ageing as well, albeit coming earlier from different aspects including gradual decline of physical, psychological, social and cognitive functions. Although the Government does not have a definition for 'aged persons with intellectual disabilities', studies reveal that early ageing at the age of 40 due to muscle atrophy, osteoporosis and limb deformation are obstacles that affect the quality of life.

Active ageing is one of the strategies of Fu Hong Society in preparing service users to cope with the challenges of the ageing process. The service model includes five main principles: health management, injury prevention, physical activity, social connectedness and healthy eating. These are reflected in the nine stories of this chapter:

Live in Love

Kevin and Yi, though getting old, the 'By Your Side - Family Support Pilot Services' enhanced the family relationship. After withdrawing from the workshop service, CHANG Chi-shing gained a new job in open employment through the Supported Employment Service, thus reducing the financial burden of his family.

Inclusive Care

Service users become 'service providers'. FONG Chi-shing visited the elderly who live alone in Tai O; WU Chau-lung taught children to play Chinese drums; WONG Yuen-gee actively taught magic. Persons with disabilities continue playing to their strengths that are quite equal to us.

Active Happiness

Transferred from the elderly home to Fu Hong Society, LEUNG Cheuk-wah drank no more but he affirmed "No Problem". LUI Yuet-ping is also experiencing ageing, but through various exercises and suitable menus, the body function decline has been slowed down.

Precious Friendship

Two pairs of 'BEST BUDDIES HONG KONG': Sandy and Annie, Ah Chuen and Minnie, making space for 'slowness' in life, enjoying the pace that is not so fast.

Ageing is not scary, stop moving forward is. Better face it than run away from it. Ageing does not necessarily mean weakness, one can be old but still be strong. This is not only the aim of service users in Fu Hong Society, but also the goal of everyone.

溫情滿載 Live in Love
執子之手
Holding Your Hand

倆口子一起去茗茶是他們一星期中最期待的事

The most anticipated activity of a week is going to restaurant together



服務使用者Kevin太太阿儀
Service user Kevin's wife Ah Yi
「愛·共行」家庭支援先導計劃
By Your Side - Family Support Pilot Services

執子之手，
與子偕老
Hold your hands,
till the end!

和Kevin的相識相知是份外的投緣，這可能由於我倆都是腦癱癱病患者吧！雖然自幼行動不便，卻無礙我們相愛和結合二十多年！這是多麼珍貴的夫妻情誼。回首在年青力壯的歲月裡，我們還能克服身體上的殘疾，投入社會工作，過著正常的生活。

我和Kevin的感情隨著時間的流逝越見深厚，但身體的老化和機能的衰退，卻敵不過歲月的消磨！我們的健康狀況每況愈下，Kevin的健康更在六年前急轉直下，並且患上情緒病，需要入住扶康會的護理院舍接受服務。

Our relationship began when Kevin and I first met and we hit it off immediately - perhaps it is because both of us suffer from cerebral palsy. While we had our disabilities since childhood, it was not an obstacle to our falling in love and we have been a couple for over 20 years. Looking back on our youth, we were able to overcome our disabilities, earn our living and have a normal social life.

Time has strengthened our affection for each other but the ageing and decline of body functions could not withstand the challenge of the years. Our respective health conditions worsened. Six years ago, Kevin experienced a drastic health deterioration and emotional disturbance. He was admitted to the Care and Attention Home of Fu Hong Society.

我知道Kevin一方面希望可以回家陪伴我這個近乎失聰的太太，但另一方面卻又因為要使用輪椅，害怕回家後會成為我的負擔，我感受到他內心的矛盾，但亦難掩長期沒有丈夫陪伴在旁的的不安全感，二人各自的困苦觸動了情緒的爆發，大大小小的磨擦令融洽的生活添上陰影。



阿儀表示能夠與丈夫外出，
心中的快樂蓋過身體的痛楚

Yi said that the happiness
for going out with her husband can
overshadow the pain in her body

後來得悉扶康會提供「愛·共行」家庭支援先導計劃，我便主動尋求協助。社工不但與我們分享夫妻溝通和相處技巧，還與院舍社工共同商議及評估，協助提升我在家中照顧Kevin的技巧和能力，讓他可以每星期回家度假三天。除此之外，社工又協助我申請寬頻上網，好讓我獨自在家時有多點娛樂，減少寂寞感，並陪同我到醫院覆診，尋求職業及物理治療師的協助，真可說是無微不至。我如今可以繼續在社區生活和照顧Kevin，即使跟他外出時，雖然用力推著輪椅，但那份安心和喜悅的感覺，卻遠遠蓋過了身體的痛楚。

我想，從壯年步入老年，是人生必經的階段吧！對於殘疾人士而言，這條路會比一般人更難走。社工的協助或許不能讓道路變得平坦，但能使我倆克服身體殘障，相互照顧，以愛共行，也許就是我等殘疾人士家庭的心願。



Kevin表示，家庭支援服務給他們很大的幫助

Kevin
said that family
support services has
helped them a lot

I know that Kevin wants to live at home with me, his almost deaf wife, but on the other hand, he fears that he would become a burden to me as he is now wheelchair bound. I could really feel his dilemma and at the same time, I could not hide my own fears of being alone at home without my man. Our worries and frustration triggered big and small emotional outbursts and emotional conflicts which cast a shadow on our previously harmonious life.

Later on, I learnt about the 'By Your Side-Family Support Pilot Services' offered by Fu Hong Society. I took the initiative to ask for help. A social worker not only helped us enrich our marital relationship, communication and getting along with each other, but also discussed and evaluated with a hostel social worker how to enhance my skills and capacities to take care of Kevin, so that he could enjoy three-days at home weekly. Besides that, a social worker also helped me apply for Broadband Internet access, so that entertainment at home might reduce my sense of loneliness when Kevin was not around. She also accompanied me to hospital for medical consultations and treatments by the Occupational Therapist and Physiotherapist. Now, I can continue to live in the community and take care of Kevin. Even though I need to laboriously push his wheelchair when we go out together, my peace of mind and joy greatly overcomes the physical pain.

每次相聚都得來不易，
他們都好好珍惜
They cherish each
time they meet



Entering the twilight years is a fact of life. For a person with disability, it poses more difficulties than for an ordinary person. The social worker might not be able to smooth the path completely but this kind of 'Family Support', which enhances family inclusion and self-care abilities, is indeed the wish of many families with disabilities.

溫情滿載 Live in Love
手足情深
Deep Brotherhood

服務使用者張志成哥哥
Service user CHANG Chi-shing's brother
關愛家庭超瑩軒
Family Care Home - Radiance Family



晚飯後和家兄談天
說地，不亦樂乎
In full flow after
dinner with Elder brother



主動幫忙做家務，
為別人付出更多

Take initiative in helping
the housework for others

「我覺得自己仍有能力。」這是志成常常掛在嘴邊的一句話。

自從志成在八年前搬到扶康會關愛家庭生活後，他改變了許多。超瑩軒成為了志成的第二個家庭，當他學懂如何獨立生活後，人也變得成熟穩重，我實在十分感謝超瑩軒對我弟弟的教導和付出。他們說志成是超瑩軒的模範生，不僅性格平易近人，更主動協助做家務和幫助其他成員，他認為既然自己有能力，便應該付出更多。志成喜愛參加各式各樣的活動，學習新事物使他感到快樂，超瑩軒亦提供了各種機會讓他學習知識和發展興趣，例如參加跳舞小組和手工藝小組等，只要有空閒，志成便會參與，而且樂在其中。猶記得他當日無奈地搬離家人時的那份失意徬徨，如今在超瑩軒生活得既充實又愉快，令我感到萬般欣慰。



全程投入舞蹈小組，
積極學習

Actively
learning in the
dancing group,
it's fun

不經不覺，志成已到達工場所規定的「退休」年齡一五十五歲，但他卻認為自己仍有工作能力，因此，向超瑩軒的家兄、家姆及自己的家人表達面對退休的失落和擔憂，覺得自己一旦退休後沒有工作，生活會變得無所事事；另一方面，他明白各兄弟姊妹在生活上各自有困難，不想依賴我們，若日後無法工作賺錢，只會增加家人的負擔，於是我向超瑩軒表達了志成期望繼續工作的意願。關愛家庭社工在志成退出工場後，為他聯絡扶康會輔助就業服務，在輔助就業服務團隊的支援下，志成成功找到了一份公開就業的工作，愉快地開展新的工作旅程。

其實年老並不可怕，可怕的是人們往往會因為年紀大了而停下腳步。志成選擇繼續前進，我希望他在扶康會、社會和家人的支持下，能夠繼續發揮自己的能力，亦希望他能保持健康的身體，快樂地邁向更豐盛的人生。

"I feel that I still have the ability!" Chi-shing often insists.

Since Chi-shing moved to Family Care Home eight years ago, he has changed a lot. Radiance Family became his second home. In addition to acquiring independent living skills, he is more mature and stable. I am grateful to Radiance Family for their contribution to my brother's well being. They told me that Chi-shing is a model member; not only does he have a friendly personality, but he also actively assists in household chores and helps other family members. He believes he should contribute more because he is able to do so. Participating in various activities and learning new things makes him happy and that is exactly what Radiance Family provides. He can develop his interests, such as participating in dance groups, arts and craft teams. Chi-shing joins these classes whenever he is free and he enjoys it immensely. I still remember the frustration he felt that day when he felt he had no choice but to leave his own family to stay in the Radiance Family. Now I am glad that he is living joyfully there.

In the blink of an eye, Chi-shing reached 'retirement age' of 55 years old as prescribed by the workshop where he worked. But Chi-shing believes in his ability to work! Thus, he approached Fu Hong Society and the Elder Brother and Housemother of Radiance Family to help him express his worries. He felt that once he was jobless, life in retirement will become idle and meaningless. He also understood our difficulties in earning a living and did not want to increase our financial burden. So I expressed to Radiance Family that Chi-shing is willing to continue working. The social worker from Family Care Homes contacted the Supported Employment of Fu Hong Society and applied for employment support services. Chi-shing now has found a job in open employment and is delighted to embark on a new work journey for himself.

Ageing is not scary, but to stop moving forward because of old age is terrifying. Chi-shing chose not to stop but to continue to move on. I hope that with the support of Fu Hong Society, the community and his own family, he will continue to bring his skills into full play, maintain a healthy body and always happily move forward towards an even better and richer life.

與舍友一起參與最喜愛
的休閒活動——層層疊

Participating in my
favourite game - jenga
with family members



關愛共融 Inclusive Care 鼓聲伴隨快樂共融路 Integrating Happily with the Booming Drums

更出色的表現，成為我生活的追求，一天天的進步令我倍感自信，生活更充實

To perform better becomes my pursuit in life. Making daily progress builds my confidence and helps me live my life to the fullest



我們穿上簇新的服飾準備在「國際廚師日」表演，心情興奮！

We put on our brand-new attire, ready to perform on the 'International Chef Day.' How excited we are!

胡秋龍 WU Chau-lung
友愛之家服務使用者
Service User of
Father Tapella Home



My name is WU Chau-lung. I receive daytime training regularly at Cheung Sha Wan Adult Training Centre and return to hostel in the evening. When I grew older, my tutor arranged some functional training programmes for me, such as sitting Tai Chi, chair dance, and stepping exercises to keep my limbs flexible and maintain my balance in order to prevent falls. The dull but substantial days have gone since the Lunar New Year holidays of 2018, when a group of volunteers visited our Home and performed on the Chinese drums.

我是友愛之家的舍友胡秋龍，日間在長沙灣成人訓練中心接受訓練，晚上返回家舍。由於年紀漸長，導師為我安排了坐式太極、椅子舞、方塊踏步等機能訓練項目，讓我保持四肢靈活，及改善平衡力以防跌倒。平淡但充實的日子在2018年的農曆年假起了變化，家舍來了一群義工表演中國鼓，他們風姿威武，功架十足，鼓聲響亮，實在令人看得著迷，就這樣，我認識了吳老師和他領導的「耆鼓相噏」，想不到後來還成為了他們的一份子呢！

記得那是2018年6月，我如常在長沙灣成人訓練中心開班會時，導師帶來了喜訊，中心獲深水埗區議會撥款贊助協辦「才藝閃亮你我他」活動，邀得「耆鼓相噏」的吳老師等義工來教導我們打中國鼓，學員不但可以發揮潛能，更有機會在12月的才藝表演中一展身手，讓社區人士認識我們的才藝能力，及提升對我們的接納程度，促進社區共融。

「嘩！好開心呀！實在太好了！」雖然我是個中度智障的中年人，但對學習新知識仍是充滿熱誠，便立即舉手報名參加了，之後每逢星期二，我吃過午餐後，便急不及待地走到門口，耐心地等待吳老師和義工們到中心教導我們打鼓。



導師耐心地給我們講解和示範打鼓技巧，他每次的鼓勵都推動我更努力學習，做到最好

Patiently, the teacher explains and demonstrates to us the drumming skills. His every word of encouragement drives me to pay more effort to learn and do my best

吳老師給我們示範打鼓的節奏和一些比較簡單的技巧，然而，我未能如其他年青的學員般應付自如，雙手總是跟不上吳老師的指示，而且感到相當疲累，原來打鼓真不容易啊！每次當我不知所措的時候，吳老師總是笑笑口的對我說：「秋龍，你做得很好呢！」在吳老師不斷的鼓勵下，我聚精會神地重複練習，希望盡力做到最好！

演出的時刻終於來臨了，2018年12月14日是個難忘的日子，「才藝閃亮你我他」——才藝閃亮SHOW假長沙灣元洲邨舉行。在吳老師的帶領下，我和其他學員充滿信心地舉起鼓棍，純熟地演奏出悅耳的中國鼓樂，我們聽到在場的街坊熱烈地拍掌和讚好，那份快樂和滿足真是難以形容。我還藉著這個機會，教小朋友打中國鼓，他們都讚我了不起啊！我期望在往後的日子裡，可以學習到更多不同的技能，到社區不同的地方為大家表演，分享喜悅。

They looked so smart and skillful playing the Chinese drums and I was fascinated with the loud booming sounds. When I met Mr. Ng, the instructor and his band that day, I could not imagine that I would later join them as a band member.

I remember it was in June 2018, while I was attending a class meeting at Cheung Sha Wan Adult Training Centre, when the tutor brought the good news. The Centre had received sponsorship from Sham Shui Po District Council to collaborate in the activities for the 'Shining Talents in Sham Shui Po' project. Mr. Ng and his team of volunteers came to teach us how to play Chinese drum. With their training, we unleashed our drumming potential and also had the opportunity to perform in a talent show that December. The community could recognise our abilities and increase their acceptance of us, consequently establishing a more inclusive society.

"Oh, I am so happy! It's great!" Although a middle-aged person with intellectual disabilities, I am still passionate to learn new things and I signed up immediately for the class. Every Tuesday thereafter, I hurried to wait for Mr. Ng and his team of volunteer drummers to come teach us Chinese drum. I would wait patiently at the door after lunch.

Mr. Ng showed us the rhythm of drumming and some simple techniques. However, unlike other younger students, my hands always failed to follow the instructions of Mr. Ng and I felt tired. It was really not easy to play the drums! Every time when I could not catch up, Mr. Ng kept smiling and always said, "Chau-lung, you are doing well!". With his constant encouragement, I concentrated on practicing repeatedly and hoped to do my best, my very best, at the performance!

The moment of the talent show finally arrived. It was an unforgettable 14 December 2018 when 'Shinning Talents in Sham Shui Po' took place at Un Chau Estate, Cheung Sha Wan. Under Mr. Ng's leadership, the other students and I confidently raised our drums sticks and played the Chinese drums with the skills we had learnt. The people around us expressed their appreciation and applauded warmly. My happiness and satisfaction were hard to describe. I also seized the chance to teach the children there how to play Chinese drums. They all praised me a lot! I look forward to learning more drumming skills and to perform in more places in future and to share joy with the community at large.



難忘在元洲邨的演出贏得那些熱烈的掌聲，街坊讚賞我們的才藝之餘，我們為社區共融也出了一分力呢！

The thunderous applause our performance received at Un Chau Estate is unforgettable. Besides praising our artistic talents, residents there appreciated our contribution to the community integration too!

關愛共融 Inclusive Care
魔術姐姐的正能量
The Positive Energy
of 'Magic Sister'



王婉儀 WONG Yuen-ye
天水圍地區支援中心服務使用者
Service User of Tin Shui Wai
District Support Centre

爭取機會，在課堂上
多作嘗試，努力練習

Grab every chance to try
and practise magic in class



WONG Yuen-ye is a member of our Tin Shui Wai District Support Centre. Although she is over 60 years old, everyone calls her 'Sister'. She lives alone and walks around the community with a cane every day. Despite the inconvenience, she is still full of energy and very attentive, continuing to learn and participate in the 'Little Ambassadors' Volunteer Team' and affecting everyone in the community with her friendly infectious smile.

Ten Years of Hard Work off Stage

The theme of the Centre this year is 'Arts and Inclusion'. Service users from each group will focus on one or two performing arts to enhance their contact with the community. From various alternatives, Yuen-ye chose stage magic. She would bring all her magic accessories with her each time and sit nearest to the instructor during training sessions so that she can learn better from him. Yuen-ye also grasps the opportunities to practise during the class and on other occasions outside class, performing in front of many people and learning to interact with the audience.

王婉儀是扶康會天水圍地區支援中心的會員，年過六十的她，人人暱稱她為「姐姐」，每日都撐著拐杖獨個兒在社區生活著，縱使行動不便的她，仍是充滿活力和用心的持續學習，甚至參與「小奧士家族義工隊」¹，以富有親和力的笑容，感染社區人士。

台下十年功

今年中心的主題是「展藝綻放，共享社區」，每位中心小組的服務使用者，都會專注學習一至兩項表演藝術，以增強他們與社區人士的接觸點。婉儀在眾多項目中，揀選了學習舞台魔術。每一節的魔術班，婉儀都會帶備所有的魔術道具回來，並爭取坐在最近導師的位置，以便可以得到導師最貼身的指導。在課堂內、外的時間，婉儀也會把握練習機會，在多人面前表演，學習與觀眾互動。

台上一分鐘

婉儀很喜歡認識新朋友，她在今年加入了「小奧士家族義工隊」，希望透過探訪及交流活動，把歡樂的氣氛帶到社區，與社區裡不同社群分享喜悅。患有小兒麻痺症的婉儀，左手活動能力較遜，但也無礙她表演魔術的熱誠，憑著熟練的雙手，和善用道具製造聲東擊西的效果，每次都能成功轉移觀眾的視線。例如在一次到訪區內小學與學生義工交流時，婉儀精彩的演出，便令學生們都不禁放下正在進食的午餐，專注地細看著她的魔術表演，還踴躍發問當中的技巧。婉儀感到義工服務很有意義，並引以為榮，充滿自信。



踏入校園，向小學生表演
魔術，活到老，教到老

A magic show for
primary school
students. Live and
Teach - Never too
old to try!

學生主動請教魔術技巧，
婉儀親身教授，彼此樂在其中

The students were so
curious about the magic,
and Yuen-ye taught them
individually - both are
immersed in great joy!



用心教，用心學，學生們
都放下餐具，全神貫注地
細看婉儀的示範

Devoted teaching,
attentive learning.
Students stopped
eating to concentrate
fully on Yuen-ye's
magic show

帶著魔術走進社區

除了表演魔術外，婉儀還擁抱著偉大的夢想，她希望帶動其他服務使用者及社區人士一同參與這個傳播歡樂的任務。因此，她現時積極充當小老師，教導對魔術有興趣的社區人士，例如：小學生、青少年和長者等，為日後建立「社區魔術隊」做好準備，讓笑聲充滿每個角落。

One Minute of Performance on Stage

Yuen-ye likes to make new friends. She joined the 'Little Ambassadors' Volunteer Team' this year and hopes to bring joy to the community through visits and exchanges and share happiness with different sectors of society. Yuen-ye had poliomyelitis: her left hand is weaker and has less mobility, but this does not lessen her enthusiasm for performing magic. She is fond of skillfully distracting the audience's attention with props in order to create the successful magic effect. For example, during a gathering with student volunteers at a primary school in the district, her brilliant performance so attracted the students that they stopped eating their lunch to intently watch her magic show and eagerly ask questions. Yuen-ye is proud of contributing to the volunteer service in a meaningful way which boosts her self confidence.

Bring Magic to the Community

In addition to performing magic, Yuen-ye also has a great dream. She hopes to encourage other service users and community members to participate in this joyful activity. Therefore, she is now teaching community members who are interested in learning magic, such as primary school students, youngsters and the elderly, to prepare them for the future establishment of a 'Community Magic Team' and let laughter fill every corner.

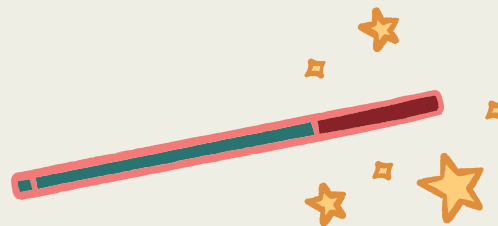
註1：「小奧士家族義工」是由一群充滿愛心的殘疾人士組成，他們透過中心的小組聚會，不斷練習及綵排魔術、音樂、跳舞等各類表演，希望把歡樂的氣氛帶到社區，與社區中不同的社群分享喜悅。

Note 1: 'Little Ambassadors' Volunteer Team' comprises a group of caring persons with disabilities. Through gatherings in the Centre, they practice and rehearse magic, music, dancing and other types of performances, hoping to spread the atmosphere of joy to the community and share happiness together.



婉儀擔當小老師，教
導其他服務使用者，相
信「社區魔術隊」的夢
想不久就會成真呢！

With Yuen-
ye serving as
our instructor
to teach other
service users, the
dream of having a
'Community Magic
Team' must surely
soon come true!



關愛共融 Inclusive Care 豐盛的人生下半場 A Fruitful Second Half of Life

🏠 方志成 FONG Chi-shing
毅誠工場服務使用者
Service User of Nagi Shing Workshop



與「最佳老友」一同到訪
大澳，樂也融融
Enjoyed a pleasant trip
to Tai O with buddy from
'BEST BUDDIES HONG KONG'



探訪大澳的獨居老人，實踐迷暖顯關懷
Expressed our love and care through
visiting the elderly living alone in Tai O

大家好，我叫阿成，我是一名年近四十歲的中度智障人士，患有唐氏綜合症的我比一般人更早出現身體衰退。經社工解釋，我明白到這種現象名為「早發性老化」，他亦安排了物理治療師及職業治療師評估我的身體狀況。

Hello everyone, my name is Ah Shing. As a person with moderate intellectual disabilities and Down syndrome, unlike ordinary people, my physical function starts deteriorating since I am in my early 40 years old. I understood from social worker that this is called 'early ageing'. Physiotherapists and occupational therapist were arranged to assess my physical condition.

治療師發現我的上肢及右腳大腿肌肉輕微退化，以致手部肌能出現衰退和影響了我的平衡力。然而，正當我擔心自己的身體機能會每況愈下之際，社工向我講解了「樂活老齡」的概念。我明白到老化其實是一個生命歷程，只要及早多做運動和多參與社區活動，保持一個積極的「人生下半場」，身體持續衰退並非是必然的。

在社工的協調下，我參加了不少促進「樂活老齡」的活動。除了接受恆常的工作技能訓練以保持向上流動的潛力外，我亦參加了工場和宿舍安排的音樂及藝術小組，促進多元發展，延緩退化。此外，我更參加了不少共融活動以促進健康生活。去年我與社工和其他服務使用者一同前往大澳探望當區的獨居長者，我頓時由服務使用者的身份搖身一變成為了「服務提供者」！當日，我與一眾老友記聊天和唱歌，並帶領他們參與我設計的小遊戲，最後更送出我親手製作的「康姨餅房」曲奇，場面溫馨難忘。

除了從心理和社交層面入手外，治療師亦按照我的身體機能和需要，設計了一系列肌能訓練及有益身心的運動。治療師會定期與我進行上肢肌能訓練，以防止肩膀筋腱萎縮，維持上肢肌能及活動的範圍。他們亦會協助我進行踏單車機和行樓梯訓練，加強我大腿四頭肌的力量，從而改善平衡力。宿舍社工更會定期陪同我到天台曬太陽，增加維他命D和促進鈣質的吸收，強化骨骼。



進行踏單車機及行樓梯
訓練，強化大腿四頭肌
力量以改善平衡力

Strengthening muscles to
improve balance by
using cycling machine and
practicing stair training



通過不同專業人士的幫助，我的身體機能出現顯著的提升，身邊不少朋友從我的臉上都看到充滿自信的笑容。我相信只要堅持「樂活老齡」的生活，我定會擁有更健康和積極的「人生下半場」！



The therapist found that my upper limbs and right thigh muscles were slightly degraded, resulting in a decline in muscles of the hands and affecting my balance. While I was worrying that my body function would get worse, the social worker explained to me the concept of 'active ageing', making me understand that ageing is a fact of life, and continuously exercising, actively participating in community activities, keeping a positive 'second half of life', body worsening is not necessarily a must.

Under the coordination of social workers, I participated in many activities to promote 'active ageing'. In addition to the constant job skills training to maintain my potential upward mobility, I also join music and art groups organised by the workshop and hostel, as diversified development delays degradation. I also engaged myself in many social inclusion activities promoting healthy living. Last year I joined social workers and other service users to visit the elderly living alone in Tai O, from being a service user I was transformed into a 'service provider'! On that day, I chatted and sang with these elderly friends and led them participating in games I designed, then I gave out the 'Madam Hong' cookies that I made by myself. This is an unforgettable and warm moment.



攜手製作美味白豆粥，
滋味有愛
We made the
porridge together,
yummy and healthy

In addition to psychological and social aspects, therapists address my functional needs by tailor-making a series of muscle training and physical exercise for me. They will regularly exercise my upper limbs, perform muscle training to prevent atrophy of rotator cuff and maximising the range of my movement. Cycling machine and stair training are used to strengthen my thigh quadriceps, thus improving my balancing. Social worker in hostel will accompany me to the rooftop for sun bathing on a regular basis, as absorbing vitamin D and calcium can strengthen bones.

With the help of different professionals, my physical function has improved significantly. Friends witness a confident smile in me. I believe that adhering to 'active ageing', I will have a healthier and more active 'second half of life'!

樂觀積極 Active Happiness
人生58 —
'No Problem'
Life at 58 Years Old,
No Problem!

家人相伴到訪澳門巴黎人
娛樂場，溫馨愉快，
愛在心內暖

Visiting the Parisian
in Macau, accompanied
by family with love,
warmth and happiness

梁灼華 LEUNG Cheuk-wah
天耀之家服務使用者
Service User of Tin Yiu Home



起初在老人院的日子，還有朋友可買點外帶東西吃，如常的飲飲酒、買買馬，或到天台看看街景，仍然自在，但後來因為痙攣和早年酒精的後遺症引致經常跌倒，加上老人院人手比例問題，家屬極力游說我入住正規的政府津貼單位，經多番討論，終說不過家人，有點「不甘心、不情願」地離開了生活得非常「自在」的老人院。

在入住扶康會護理院舍之初，由於環境不適應，首一星期便接二連三意外跌倒，院舍被我弄得氣氛緊張，趕緊與我和家人協商，如安排私隱度較高的兩人房間，調整環境的安全設施，如扶手、隨身召喚鈴，又加強我的防跌運動練習等。院舍容許我保持一些習慣，如聽私人收音機、早上喝一杯咖啡、外買加鏈、專責職員跟進……這些貼心的安排讓我感到誠意和尊重，'No Problem' 便成為我回應的口頭禪。



於屯元之友遠館比賽上
展身手，色香味俱全
Participating in
cooking competitions,
very appetising!

融入院舍生活，
開心參與舍友會議
Blended into the
living in the hostel
and enthusiastically
attending a meeting



入住兩年後的今天，明白在院舍的生活也許未能完全滿足個人意願，但既來之、則安之，偶爾也會與職員聊天緬懷「飲酒作樂的日子」，我還笑說這是「違禁品」。雖然沒馬可賭，但逢週三看看賽馬的電視節目，成了我與職員的共同話題。我明白到樂意溝通，才能活得更自在，'No Problem' 已是我養生之道吧……

在閒聊中我曾表達過希望外遊一次，院舍竟為我安排申請華人永遠墳場基金「圓滿人生夢飛翔 — 夢想成真計劃」讓我於2019年5月前往澳門「遠遊」，雖未能入賭場一嘗耍樂的滋味，但能重遊久未踏足的澳門，當然是 'No Problem' 啊！



春光明媚，鳥語花香，
精神煥發的一天
With spring in all
its brightness and
charm, bird song
and blossom, this is
a day of high spirits

In the beginning, life in an elderly home was still free, I had friends bringing me food from restaurants, accompanying with spirit and horse betting, enjoying street views from the rooftop. But my spasms and frequent falling as the consequence of too much alcohol in youth, plus inadequate staffing in the elderly home caused my family to persuade me to move to a standard Government subsidised unit. After many discussions, I ended up leaving the carefree elderly home 'unwillingly and reluctantly'.

When I was first admitted to the Care and Attention Home (C & A Home) in Fu Hong Society, due to unfamiliarity, I fell accidentally two to three times in the first week. The C & A Home was very concerned and quickly communicated with my family to take necessary measures such as moving me to a double room with a comparatively high degree of privacy, adjusting facilities for safety such as handrails, call bells, and strengthening my anti-fall exercises. The C & A Home allowed me to keep some of my habits, such as listening to private radio, drinking a cup of coffee in the morning, buying food from outside and dedicated staff to follow up my case... These intimate arrangements made me feel respected. 'No Problem' became my response mantra.

Today, two years after admission, I understand life here may not fully satisfy my personal wishes, but one should take things as they come. Occasionally I will chat with the staff here about the 'good old days', joking about the 'contrabands'. Although there is no horse betting here, watching horse racing on TV on Wednesday becomes the common language between me and the staff. I understand that being willing to communicate is the key to feeling at home. 'No Problem' is my way of healthy living.



我的旅遊夢想成真了，
出發囉！
My dream of
travelling came true!
Let's go!

I once expressed my wish to travel. The C & A Home responded by applying on my behalf to the Chinese Permanent Cemeteries Fund's 'Let Dreams Come True - The Fullness of Life' Project, thus allowing me to take a trip to Macau. Although I did not go to the casino, re-visiting this piece of land is definitely 'No Problem' for me.

時間飛逝，年輕的我總喜歡在村內遊玩，與村內兄弟飲飲啤酒、賭賭馬、去旅行，好不自在。轉眼數十年，父母老去，我的身體亦日漸衰退，在家跌倒、失禁頻生，家屬為方便照顧，開始安排我入住老人院，從此我的生活便改變了……

Time flies. When I was young I used to play in the village, drink beer, bet on horses with my brothers and go on trips. Those were carefree days. In a blink of an eye, my parents are getting old, and so am I. When falling and incontinence become frequent, my family arranged for me to stay in an elderly home. Since then, my life has changed.

樂觀積極 Active Happiness
盡心攜手緩老化
Devotedly Join Hands to
Slow Down Ageing

🌸 呂悅平 LUI Yuet-ping
關愛家庭邂逅軒服務使用者
Service User of Family Care Home – Encounter Family

愛拍照的悅平不會
放過擺姿勢的機會

Grasping every
chance to posture



模仿功夫剪影
紙板，真有趣！
Imitating a Kung Fu
silhouette, it's fun!



悅平是扶康會關愛家庭邂逅軒最受歡迎的成員，他很喜歡在人前表現自己，例如他會在新朋友面前表演他的功夫技藝，乖巧可愛的他很討人歡心。唐氏綜合症患者一般在四十歲以後，身體各方面機能就會逐漸退化，悅平也不例外，今年已經踏入四十四歲的他，身體機能已呈現退化情況，而且他患有痛風症，令他的活動能力大不如前，加上體重超標，情況令人擔憂。

為了鼓勵喜愛參加活動的悅平能夠適當活動身體，保持健康的體機能，關愛家庭給他安排了多元化的活動，讓他一邊多做運動，一邊藉著參加不同的活動，持續與社區人士互動，擴闊社交圈子，以滿足他喜愛與人接觸的性格。這些有益身心的活動包括週末與關愛家庭成員一起外出參加教會的共融活動、週日教會彌撒，以及參加家舍安排的旅行，親親大自然及和不同家舍的成員聚會。

除此之外，邂逅軒家姆亦密切注意悅平的健康狀況，護士為悅平設計合適的膳食餐單，讓他除了享受美味膳食、吸收均衡營養之餘，可以避免進食一些引發他痛症的食物。同時，家姆及支援護士也經常留意他的身體狀況，如體重、血糖和血壓等，如果發現有異常情況，會立即處理，盡力緩減他身體機能的退化速度。

我們希望悅平能夠繼續享有一個開心又豐盛的生活。



悅平每週都會參與天
主教彌撒聚會
Yuet-ping attends
weekly mass



LUI Yuet-ping is the most popular member of Encounter Family, one of the Family Care Homes of Fu Hong Society. Lovable and adorable, he likes to perform before an audience, for example, demonstrating his kungfu skills. Persons with Down Syndrome will experience earlier than normal decline of body functions especially after 40 years of age. Yuet-ping is no exception. This year, he is 44 years old. His body functions have deteriorated and he suffers from gout, while his overweight greatly hinders his mobility making the situation worrying.

In order to encourage Yuet-ping - who loves participating in activities - to exercise properly and maintain healthy body functions, the Family arranged diversified activities for him, allowing him to practise more while interacting with the community, thus broadening his social life to fulfil his love of contact with people. These beneficial activities include: participating in his church's social inclusion activities at weekends and attending mass on Sundays and enjoying picnics with members from other Family Care Homes, just to mention a few.

In addition, the Housemother of Encounter Family pays close attention to Yuet-ping's health status, the nurse designed suitable menus for him, so that delicious and nutritious food will not trigger gout pains. Together, the nurse and his Housemother constantly monitor his physical condition such as weight, blood sugar and blood pressure, addressing immediately any abnormal situation and striving to reduce the degradation rate of his body functions.

We hope that Yuet-ping will continue to enjoy a happy and fruitful life.



於共融活動中親
手製作手工
Making arts and
crafts during social
inclusion activities

珍貴友誼 Precious Friendship
不褪色的友情歲月
Non-fading Friendship

🌸 周穎珊及秦嘉琪
CHOW Wing-shan, Sandy & CHUN Ka-ki, Annie
扶康會「香港最佳老友」運動 —
葵興職業發展中心及香港教育大學分社配對老友
Paired Buddies of FHS 'BEST BUDDIES HONG KONG' Movement -
Kwai Hing Vocational Development Centre and
The Education University of Hong Kong Chapter

澳門交流團，難忘我們
的第一次境外交流活動！

Macau Exchange Tour —
our first exchange activity
outside Hong Kong is
unforgettable!



步行籌款，好玩又健康

Walkathon - good
health and good fun!

「我哋永遠都係好朋友！」這是我們認識以來，穎珊常常跟我說的一句話。回憶起來，我唸大學期間就開始參加「香港最佳老友」運動。當時，中心社工王姑娘介紹穎珊給我認識，第一次見面，就覺得她很可愛、性格活潑又有禮貌，令害羞又慢熱的我都放鬆起來，漸漸配對成為「老友」。

"We will be good friends forever!" This is what Sandy often said to me. When I was studying in university, I joined the 'BEST BUDDIES HONG KONG' Movement (BBHK). The Social Worker of the Centre at that time, Ms. Wong, introduced Sandy to me. I found her cute, lively and polite. As a shy and slow-to-warm-up person, I felt relaxed pairing up with her as Best Buddies.

成為老友以來，我們常常一起參加「最佳老友」活動，四處遊玩，美好的回憶遍佈港、九、新界及澳門，而最難忘的一定是兩日一夜的澳門交流團了！我們終於有機會結伴外遊，還在酒店房間促膝詳談呢！

接納和平等，完全
在我們身上展現出來

Acceptance and
equality, we live these
values completely



有一次，我收到王姑娘的通知，知道穎珊要做手術，我很擔心，不知道穎珊會不會很怕痛呢？幸好她手術後依舊好動，還跟我說不用擔心，她真的很懂得安慰別人。不過，自從那次手術後，從前精靈活潑的穎珊好像變得有點不一樣，我發現她以往濃密的黑頭髮裡，有些白髮悄悄地長了出來；以前我們可以順暢的談天說地，但由於她的聽力變得衰弱了，現在我要常常停頓下來，把說話大聲地重複幾遍，才可以讓她清楚明白；從前爽快的她，也變得像老人家般嘮嘮叨叨，我便知道她已開始慢慢步入年老的階段了。

其實衰老並不可怕，我也曾經陪伴及照顧家中的長者，而中心的職員也曾教導我照顧老齡智障人士的技巧，例如：扶持的方法和說話要放慢及大聲點等等。而我也特別留意她的飲食，她喜歡的那些美味但邪惡的食物，便要盡量少吃一點了。同時，我也會特意和她多點走路，例如：陪她多走樓梯前往活動的地點等，讓她保持健康。其實我又何嘗不是一天天地老去？只要我倆能夠彼此陪伴對方成長，這已是一件最快樂的事，正如穎珊所說：「我哋永遠都係好朋友！」

見證穎珊奪冠一刻，
和她分享喜悅，好叻啊！

Witness the moment
Sandy got the
championship and
share her joy —
Good job, Sandy!



Since becoming Best Buddies, we often participated in BBHK activities together around Hong Kong Island, Kowloon, the New Territories and even Macau and we have many lovely memories. Among the most unforgettable must be the Macau Exchange trip for two days one night. We finally had an opportunity to travel abroad and enjoyed a long heart-to-heart talk in the hotel room.

Once, I received a call from Ms. Wong and I was very worried. I knew that Sandy was to undergo a surgery and I wondered if Sandy was scared or in pain. Fortunately, she was still active after the operation and told me not to worry. She really knows how to comfort others! Unfortunately, I noticed that after the operation, Sandy seemed a little different - not so lively and smart as before. I found white hair growing among her thick black hair. We used to chat smoothly but now, because she has become hard of hearing, I have to speak loudly, repeat phrases and pause often, in order to make her understand me. Before, she was bright but now she is like a nagging old woman. I knew that she was gradually ageing.

早晨，幫手買支旗丫！
Good mornings
buy a flag!
Support us please!



Ageing is not terrible. I have experienced accompanying and caring for elderly at home and staff at the Centre taught me the necessary skills for taking care of ageing persons with intellectual disabilities, such as lifting techniques and talking slowly in a louder voice; also, how to pay special attention to diet, such as avoiding unhealthy foods even though it is her favourite and very tasty. Meanwhile, I accompany her walking more, such as climbing the stairs to the venue when joining activities to keep her healthy. Indeed, I am also getting old myself. I think it is already the happiest experience to be able to accompany each other into old age.

As Sandy says, "We will be good friends forever!"

珍貴友誼 Precious Friendship
「全」心陪伴你
Wholeheartedly with You

🔥 黎錦全及黃宇彤
LAI Kam-chuen & WONG Yu-tung, Minnie
扶康會「香港最佳老友」運動 —
長沙灣成人訓練中心及東華學院分社配對老友
Paired Buddies of FHS 'BEST BUDDIES HONG KONG' Movement -
Cheung Sha Wan Adult Training Centre and
Tung Wah College Chapter

親手製作的壽司特別美味！
Making Sushi
by ourselves, it's
scrumptious!



我們最愛一起外出參與社區活動
We love to participate in
community activities together

轉瞬間，認識阿全已經五年了，我們互相陪伴對方渡過了五個愉快的生日，他見證著我由一個悠閒的學生哥變成忙碌的打工族，而我就見證著這位智障的中年大叔是如何的「身老·心不老」。

Time flies. I have known Ah Chuen for five years and we have spent five happy birthdays together. He saw me transform from a leisurely student into a busy office worker and I saw how this middle-aged man with intellectual disabilities stays young even as he ages physically.

五年前，每當我和其他學生老友一起到中心探訪時，阿全總會拍著手、高高興興地衝到門前迎接我們。但自從一年前他意外跌倒後，本身是痙攣患者而四肢不太靈活的他，雙腳就變得更不靈活了。從前他可以隨意地站起來，現在則需要使用扶抱工具輔助，緩慢地由坐姿轉移到站立的姿勢；從前他能輕易地追上大夥的步伐，現在他只能蹣跚地走著，上落樓梯亦以升降機代步了；從前每當美食在前，他便會急不及待地立即起動果腹，但現在卻必須等待照顧者把食物剪成小塊後，才可開始進食，以免食物哽塞或誤入氣管。

年齡增長似乎是無可避免的，會帶來疾病和身體退化，與其逃避，不如正向面對。或許「慢」和「依賴」經常被聯繫到老年人身上，但難道我們在生活中就不能騰出一些「慢一點」的時間，向別人展現多一些關懷嗎？



投入「Walk·In」
綠色市集樂融融！
Join the 'Walk·In' Inclusive Green
Bazaar! Happy and fun!

與阿全平靜地聊天，相對忙碌的工作，我倒更享受這種慢下來的感覺。對阿全來說，慢下來可以讓他身心更加放鬆，不再因為要趕上別人的步伐，弄得全身肌肉繃緊，而我，陪著他一起慢活，可令我放下工作的壓力，享受友誼的箇中樂趣。

阿全的年紀比我大，他長一歲時，我也會長一歲，不同的是我的年齡增長會帶我步進盛年，而阿全卻因為「黃金時代」已經過去，從他逐漸退化的身體機能，我看到了他的疲憊，例如：以前的他在活動時很喜歡走來走去和其他老友打招呼，現在他不但力氣弱了，說話的聲量也細了很多，還常常要坐下來休息。感覺上，他長的每一歲都較我來得更沉重。然而，我們每次見面時的那股雀躍的心情，五年前和五年後的今天並沒有改變。事實證明，心態能改變行動，只要我們繼續保持以往那種輕鬆簡單的心境來相處，相信年齡的增長並無礙我倆友誼的成長啊！

Five years ago, whenever I visited the Centre with other student buddies, Ah Cheun would rush to the door and greet us by clapping his hands. However, being an arthritic patient, his limbs were not very flexible and his legs became even stiffer after he accidentally fell down a year ago. In the past, he could stand up freely, but now he needs to use specialised lifting equipment to move slowly from sitting to standing position. In the past, he could keep up easily with others, but now he plods along and needs to use the lift instead of stairs. At mealtimes, he used to be able to eat all kinds of scrumptious food immediately without hesitation but now the caregiver must cut his food into small pieces before he can eat it, in order to avoid indigestion or choking.

Ageing seems inevitable, causing disease and physical deterioration, but it is better to face it than to deny it. The words 'slow' and 'dependent' are often associated with the elderly, but can we free up some 'slow' time in our own lives to express caring for others?

Comparing my busy daily work and quiet conversation with Ah Chuen, I enjoy the 'slow' feeling of the latter. For Ah Chuen, slowing down makes him more relaxed. He no longer needs to nervously catch up or match the pace of others. When I accompany him, it allows me to put down work pressures and enjoy the fun of friendship.

Ah Chuen is older than me. When I grow a year older, he will be a year older too. But the difference is that: I am heading into my prime years while Ah Chuen's golden age has passed. I notice his exhaustion and his declining physical condition. For example, before he liked to walk around and say hello to other buddies during activities, but now he is weaker, his voice smaller and he prefers sitting down more frequently to rest. Although I feel that every year brings increased uneasiness to his life, our excitement whenever we meet has not changed for these five years. One's mind can affect one's actions. As long as I still want to keep to a simple and relaxed way of getting along with him, I believe that age does not hinder our friendship.



老友見面，不約而同
齊齊穿上藍色衫
We used to wear blue
whenever we meet