

「啟亮坊」協助自閉症人士 “Enlighten Square” 啓發潛能、燃亮人生

helps persons with Autism Spectrum Disorder to unleash potentials and light up their lives

自閉症譜系障礙是一種與生俱來的發展障礙，他們在社交溝通以至認知、情緒、行為方面都有不同程度的困難和發展差異，往往為照顧者造成沉重的壓力。根據政府統計處資料，香港於2014年有10,200人確診為自閉症譜系障礙人士。從教育局數據中指出，於主流學校就讀的確診自閉症譜系障礙學生，每年有20%增長。以此推算，在2020年確診的自閉症譜系障礙人士，應不少於20,000人。而現時社會福利署資助的殘疾成人日間訓練服務輪候時間長達五年半以上，這反映出自閉症譜系障礙人士輪候日間服務需求殷切。

有見及此，本會天水圍地區支援中心 - 「啟亮坊」為區內正在輪候展能中心的自閉症譜系障礙兼中度至嚴重智障人士提供過渡性服務，讓他們於輪候服務期間，能獲得持續訓練及所需支援，以舒緩照顧者的壓力。「啟亮坊」以「結構化訓練模式」為藍本，制訂個別化的學習計劃，並透過結構化環境及有系統的教學法，提升他們的學習能力。

「啟亮坊」從三個層面支援服務使用者及其照顧者，為有不同程度需要的服務使用者設計合適的訓練及提供適切支援。

第一層：以社工作為「課程主任」，透過評估及輔導掌握服務使用者的需要及照顧者的壓力，從而及早識別和介入處理。社工與導師設計服務使用者每日訓練流程，並在跨專業合作下，與物理治療師、職業治療師及臨床心理學家共同制定合適的個別及小組訓練計劃；

第二層：以經驗豐富的一級康復導師為「班主任」，主要協調「啟亮坊」事務和服務使用者的個別及小組訓練內容，並支援有困難的服務使用者。同時需要協調及培訓前線導師訓練技巧，務求以一致手法提供訓練；



將房間各部份的空間作出清晰的分佈和安排(右圖為工作間、左圖休閒角)，明確地向服務使用者指出應當在哪些地方學習、遊戲、休息等，使服務使用者的行為變得更有規律。



Space is designated to a specific purpose in each room to better orientate service users on space for learn, play and rest, and become more disciplined. (right : working place; left : resting place)

以「結構化訓練模式」為藍本，分別為服務使用者制訂個別化的學習計劃，並透過結構化環境及有系統的教學法，提升服務使用者的能力。
Based on the blueprint of TEACCH model, design individualized learning plan for service users to help strengthen their social ability.

學習 Rainbow Desk Bell，輕鬆開啟音樂旅程，同時刺激四肢靈活協調
Rainbow desk bell helps service users begin the journey of music learning while providing stimulation to their upper and lower limbs.

第三層：以前線導師作為「分科導師」，強調以集中及有系統的訓練模式，加強支援服務使用者，讓服務使用者掌握及適應展能中心的運作模式，為日後銜接日間訓練服務盡早作出準備。

天水圍地區支援中心積極加強訓練和支援，每星期均設有不同主題日(包括：社區生活技能、社交溝通、感官訓練、音樂、場地運動體驗等)，讓服務使用者參與中心不同的小組活動，感受群體生活，學習情緒管理，提升溝通和社交技巧，從而減輕照顧者的壓力。

為服務使用者設計學習及作息時間表，讓他們明確知道每天活動安排或預知轉變。

Service users grasp their own daily activities and changes through pre-designed training and resting timetable.



就服務使用者的能力(如專注力、小手肌訓練等)，為他們建立一個屬於自己的工作系統或訓練流程，培養服務使用者有一個「順序工作」的習慣。同時透過每日訓練流程，讓服務使用者掌握及適應展能中心的運作模式。在固定而有規律的環境下，服務使用者可以更專注學習和工作，同時培養他們獨立工作的能力。

Based on the abilities of the service users (such as attention span and fine motor training), develop individualized working system and training time table for them to facilitate them to develop habits of “working-in-sequence”. Daily training routines help service users adjust to the life of DAC; facilitate them to focus on learning and working; and become more independent.



Autism Spectrum Disorder (ASD) is a developmental disorder a person born with. Persons with ASD usually encounter varying degree of difficulties and developmental differences in social communication, cognition, emotions and behaviors, which create heavy burden on carers. According to the figures released by the Census and Statistics Department, there were 10,200 people diagnosed with ASD in 2014. Findings from the Education Bureau also pointed out that students with ASD attending mainstream schools recorded of 20% growth every year. Following this projection, it is estimated that the number of confirmed cases with ASD will be no less than 20,000 people in 2020. At present, the waiting time for Social Welfare Department subvented Day Activity Centre (DAC) for adults with disabilities reaches 5.5 years or above. It reflects that there is pressing demand on DAC service for persons with ASD.

To fill the service gap, our Tin Shui Wai District Support Centre - Enlighten Square, provides transitional service for persons with mild to severe intellectual disability cum ASD waitlisted for DAC service. The Enlighten Square provides training to persons with ASD and alleviates the caring burden of carers. Enlighten Square adopts “Treatment and Education of Autistic and related Communication Handicapped Children” (TEACCH) which is a “structural training model” and develops individualized training program for each service user, that strengthens their learning ability through systemic teaching in a structured environment.



開心遊車河，輕鬆遊社區。
Service users are enjoying a road trip in the community.

配合服務使用者的身體情況，設計合適的運動，讓他們仍能體會運動的樂趣

Service users are having fun in playing sports that are specifically designed to meet their physical conditions.



At Enlighten Square, service users & carers are provided with individualized training and support at three levels.

The first level, social workers, as the Chief Program Officer, through assessment and counseling, identify the learning needs of service users and the stress level of carers, and followed by early intervention targets. Social Workers work with rehabilitation workers to come up with service users' daily training schedule, while under the joint contributions of inter-disciplinary professionals, such as physiotherapists, occupational therapists and clinical psychologists, to develop individual and group training plans.

At the second level, experienced rehabilitation worker I, as the Class Teacher, coordinates the individual and group training contents of the Square, as well as supports service users in needs. In the meantime, they are expected to coordinate and provide training for the front-line rehabilitation workers in order to ensure the way of service delivery is consistent.

At the third level, front-line rehabilitation worker, as the Subject Teacher, through systemic bridging trainings, to facilitate service users in adapting the daily routine of DAC.

Tin Shui Wai District Support Centre organizes different themes of activities weekly (including community living skills, social communication, sensory training, music, on-site sports experiential day... etc) to strengthen the training and support for persons with ASD. Service users participate in group activities will be able to experience social life, which will enhance their emotion management ability and improve their communication and social skills, eventually reduce the stress of carers.

與導師到社區「慢」遊散散步，鬆鬆手腳，體驗區內健身器材。

Service users are strolling with instructors in the community and trying out the gymnastic equipment.

