Feature Stories - Walk Together with Love

The pandemic not only disrupted life as we knew it but also brought challenges to our rehabilitation services. Upholding the service spirit of ‘Your Need is the Lead, Walk Together with Love’, we have continuously provided our service users with the appropriate services while advocating policies such as social inclusion, mind-body wellness and quality family life. Our goal is to allow persons with disabilities to integrate into society, achieve their potential, build friendships and enjoy an ideal quality of life. We are always guided by our vision, mission and core values, with the well-being of our service users being our top priority.

Life is full of vicissitudes and anyone could be vulnerable to them, be it the loss of a family member, or any other curveball that inevitably causes one to feel helpless and anxious. Let us take heart that there is a way out even in the most dire situations. Let us trust that we can find peace no matter how hopeless things may seem. The following stories show that as long as we stay rooted in love as we serve, we can help others to overcome hurdles and usher in a better tomorrow!
**Love in the Glimmer of a Spoon**

**Light and Colours**

A stainless steel spoon may seem cold and nothing out of the ordinary to most people but it means something special to one service user at Fu Hong Society’s Leung King Adult Training Centre. To Sai Kit, the steel spoon symbolises love and the light of hope.

When Sai Kit was young, a severe bout of fever left him with intellectual disability. Driven by his determined and persevering personality, he went on to be as independent as he could be, he went to school, and he also attended a Sheltered Workshop. Unfortunately, when his beloved mother passed away 20 years ago, he became despondent and began to shut himself off. Soon, Sai Kit was referred to Leung King Adult Training Centre. At the beginning of his stay at the centre, he could only manage minimal interaction with the staff. To release his frustration, he scratched till his skin tore, punched himself and yelled. This went on for quite some time until a spoon brought him back and shone a ray of light into his life.

Sai Kit, who has moderate intellectual disability and autism spectrum disorder, has a special fondness for light or things that shine. Perhaps it is the light and shadows, glimmer and reflections, and fluidity in motion that captivate him. He would pick up a spoon and place it between him at eye level and a light bulb, waving it at different speeds and to different rhythms to achieve different effects with the light.
Not only was the spoon an artistic connection between Sai Kit and the lights, but it also became a channel of communication between him and the staff. Every time he got worked up, the staff would encourage him to use a spoon to calm himself down by bouncing light off it. Over time, Sai Kit has had fewer meltdowns, and he has gradually become more willing to share what he feels and build a good relationship with the staff.

**Art and Beyond**
The humble spoon has a remarkable significance. Apart from bringing peace to Sai Kit through the kaleidoscopic lights that bounce off it, the spoon also gets his creative juices flowing. Under the guidance of his art instructor, Sai Kit completed a "spoon drawing" in his own unique style.

A pair of birds

細看世傑的釘子畫，構圖簡單，色彩鮮明，加上靈活運用釘子的特性，令畫作充滿創意與童趣，維妙維肖。世傑的創作意念多源自年幼時的喜好以及生活中的點滴。每一種色彩，都流露世傑的心意心意；每一筆線條，也展現世傑的自由自在。

正所謂「細雨心生，畫由意發」。世傑的畫作背後，是他對美好生命的追求與盼望，對同行伙伴的回憶與讚美，這份有內而在顯著外的感染力，透過他真誠的創作激起了種種愛的流動，深深到觀者的心理，種下了共識的種子。

一柄平凡無奇的釘子，讓殘疾人士的藝術潛能淋漓盡致地展現到公眾面前，它不但給予世傑愛的時光，也讓世傑帶給我們愛的「光芒」。

The simplicity of the composition, well-defined colours and imaginative use of the spoon imbued his work with a sense of creativity and child-like quality. Sai Kit’s artwork often draws inspiration from his childhood interests and from different facets of life. Every colour used is a reflection of his thoughts, and every line drawn reflects the peace and freedom he feels.

His drawings are also inspired by positive hopes and expectations of life, as well as his reactions to and appreciation for his peers. These heartfelt artworks send ripples of love to those who view them and sow the seeds of inclusion.

The showcase of the untold potential of persons with disabilities would have been incomplete if not for the humble spoon. It not only gives Sai Kit playtime he loves but also enables him to share this love with us, thanks to the glimmer of a spoon.
Living to a Ripe Old Age with Love and Joy

In the words of many persons with disabilities, the one who need to be cared for and their lives are often thought to be restrictive and uninteresting. However, Lai Fong’s life is anything but. The zest she receives from the care at Fung Lee Home, has made her life far from ordinary.

Lai Fong was born in 1906, during a time when life was uncertain. She witnessed the hardship of war and the dawn of a new era. She moved to Hong Kong during her younger years, and later settled in Kowloon, where she lived her life.

Despite her advanced age, Lai Fong remains spirited and active. She is known for her strong will and determination. She never sits idle; instead, she busies herself with various activities, such as gardening, cooking, and playing chess.

Her days are filled with a sense of purpose. She helps other residents by doing simple chores such as folding towels and washing dishes. She even volunteers to help other residents wear their clothes and collect food. In short, she is like an unofficial housekeeper at the care home.

Lai Fong’s spirit is a testament to the resilience of the human spirit. Despite her age, she continues to inspire and motivate those around her. Her story is a reminder that life is not defined by one’s age, but by one’s spirit.
隨著年紀增長，柳芳的意識於五年前開始退化，出現生活機能及時序混亂等的情況。有見及此，張蘭之家的跨專業團隊為她進行評估，並採用本會針對智障人士老齡化而制定的「樂活老齡」服務模式，從運動、飲食、社交等多方實著入，協助柳芳適應老齡化的過程。

每日的康復運動由物理治療師及職業治療師輪流安排，從針對上下肢及頭部。亦注重訓練手眼協調，在員工的陪同下，柳芳總是樂意配合完成訓練。慢慢地，柳芳不但適應了坐輪椅、穿著尿片、吹泡特別餐等，而且還能保持出門時所穿著的基礎衣著。柳芳喜歡午後小睡，之後精神奕奕地去散步河。即使只剩四顆牙齒，她也每日認真地刷牙清潔。柳芳從不接受對身體和心理的誇獎，常常聽到她說：「好醜」、「好醜」。在柳芳身上，感受到疲憊、成熟和盼望，這份優雅，令大家既敬佩又羨慕，也成為員工最大的動力。

As she advanced in age, Lau Fong began to lose some of her abilities about five years ago, leading to her having to mix up the schedule and sequence of daily routine. After a review by a transdisciplinary team at Ching Lan Home, it was decided that the "Active Aging" service model would help Lau Fong adapt to the ageing process. The Society adopts this model for elderly persons with disabilities, and it consists of a holistic approach encompassing exercise, diet and socialising.

Lau Fong’s daily rehabilitation training is scheduled in turn by a physiotherapist and an occupational therapist, and it targets the needs of the upper and lower limbs, as well as eye-hand coordination. With encouragement from the staff, Lau Fong is always happy to participate in the training. Gradually, Lau Fong became accustomed to sitting in a wheelchair, wearing diapers and having her diet changed, all while maintaining a positive outlook on life. In fact, Lau Fong continues to enjoy her lifestyle: She loves recharging by taking afternoon naps before going out for a ride. Every day, she cleans her teeth, the only one she has remaining, diligently. She is always generous with her compliments for the people and things around her, including frequent praises such as "So pretty!" and "So yummy!". It is evident that Lau Fong is a broad-minded person who looks forward to each day with hope and maturity. The elegant way she deals with each passing day has earned the respect and envy of everyone around her, and become a form of motivation to the staff.

柳芳有一位十分投機她的弟弟，在過去的日子裡，弟弟每隔一個星期便會帶著親手炮製的糕點來探望柳芳，後來由於感情緣故只能斷斷續續地見面。然而，隨著社會進步，又獲獲柳芳的欣賞。八十八歲大壽，張蘭之家特意安排了一個簡單而隆重的生日會，請柳芳和家人共聚天倫，愉快慶生。此情此景，洋溢著幸福的笑靨，也充滿恩典與祝福。令在場每個人都深受感動。

除了熱愛戶外的陸毅。張蘭之家的員工與柳芳也情同家人。在柳芳身邊，有過陪伴許多年的老師、治療師、每日照料她起居飲食的護理員等。一所張熟悉的人，都會和柳芳一起成長而變得開朗。柳芳也是家中的貴賓，她每天開開心心地生活，便是每位員工付出與團結的最好見證。在彼彼陪伴的路途上，儘管有高低起伏、環境順逆，但當中這份如同家人般的關係彌足珍貴。

Lau Fong has a younger brother who loves her very much. He used to bring her dessert that he made himself every other week. The visits became intermittent due to the pandemic. As normalcy returned and in view of Lau Fong’s 88th birthday, Ching Lan Home specially organised a birthday celebration that was simple but grand, allowing Lau Fong and her family to be reunited on the joyous occasion. The event was a picture of bliss and blessings, and it was a touching moment for anyone who was there.

Apart from her biological family, Lau Fong can also call the staff at Ching Lan Home her family. They include social workers and therapists who have been by her side for more than ten years. There are also others who take care of her daily needs and diet. There are so many familiar faces which remain clear in Lau Fong’s memory even as she starts to forget things. She is a gem of the care home, as the happiness she exhibits every day attests to the care and effort put in by the staff. This mutual family-like companionship is precious in the face of all the ups and downs of life.
Walking the Road to Recovery Together

Life is meant to be beautiful. However, we sometimes neglect the scenery on this journey amidst the daily grind. Would anyone care to listen to the cries from those in need, or bring light and warmth to the lonely souls? The stories of Shing and Kam Mun show that the community mental health services can help the mentally disturbed recover, as well as make breakthroughs and achieve their potential in the process.
Lion dance and dragon boating are festive activities that most people are familiar with but it is quite another story to actually be a participant. Shing, for one, was quick to find that lion dancing and dragon boating were more than just a show. Trying these activities out for the first time, Shing found them most novel and interesting. Being a perfectionist, he often expected a lot of himself and was prone to tiring up, so the social workers thoughtfully arranged for Shing to participate in the two activities which required more physical strength and allowed him to blow off some steam. At the same time, it gave him more opportunities to interact with others and learn to function in a team. With more of such interactions over time, Shing began to come out of his shell. He learnt to initiate conversations and share his views. Of course, his stamina and mental strength also increased.

As their conditions improved, Shing and Kam Mun left the halfway house and returned to their regular lives. Even if it is early to say they have fully recovered, they have certainly learnt to cope with their conditions. Amid the ups and downs of life, Shing and Kam Mun have emerged from the valleys of despair to become better versions of themselves. The happy times they had at the halfway house and the sincere encouragement they received from their friends there will give them strength to persist in their road to recovery. They will appreciate and cherish all the precious memories of their life, and continue to lead fulfilling lives.
我
想
家
園

新的生活、新的體驗

扶康會的啟忠成人訓練中心到阿偉來說是一個全新的生活體驗，來到這裡之
前，阿偉住在一間非政府资助的私營宿舍，正所謂遠鄉不知遠處窮，那時，飯
餐的質量差強人意，先到先得，而白飯則無限，於是白飯便成了他每餐的主要食
物。久而久之，阿偉的體重指數開始變得不穩定，甚至需要接受診治。這時的阿偉
不習慣——「木牆」，往往把他搞得無所適從，連翻身都成了一件難事。他說：
「這兩天我覺得我好像有什麼東西在頂著我，我有時候會覺很痛，我覺得我的
手臂好像被什麼東西頂著。」

New Life, New Experiences

Kai Yue Adult Training Centre under Fu Hong Society was a whole new life experience for Wai.
Before arriving at the centre, Wai lived in a non-subsidized private hostel where meals were
served on a first-come-first-served basis. Rice, on the other hand, was available for
multiple helpings. Over time, the rice-dominant diet caused Wai’s blood sugar levels to
fluctuate, so much so that he needed medication for his condition. At the same
time, he had to put up with wooden slats that often bit through and scared his
skin. Every time Wai’s sister went to visit him and saw his arms
filled with bites marks, she felt angry yet helpless.

擁有一樣一樣的光頭，

我的夢想成真了！

I have a shave head like Madam’s!
My dream came true!

幸好這個不如意的日子總算過去，到了啟忠成人訓練中心的專責社工阿偉認識到阿偉的
起居習慣。阿偉在用餐時時可依就拿些他喜歡的飯類，阿偉也十分關心阿偉的飲食
和健康問題，為他安排了護士
和營養師，為他調整飲食輿餐，也培養了他結合治療計為他進行評估以設計合適的運動。
由於阿偉不善動靜，便使用零重力
及電動機提升運動的趣味，鼓勵他訓練電動機，同時配合機械實體投射出阿偉熟悉
的地方，如椅子山，黃大仙等一把把玩具。

Thankfully, those days are gone. At Kai Yue Adult Training Centre, a dedicated social worker named Hong
is in charge of Wai’s condition and lifestyle. Wai is free to take his time to enjoy the
meal specially prepared for him. Hong is especially attentive to Wai’s skin and diabetic conditions.
He arranged for the care of nursing staff and a nutritionist, and for Wai’s meals to be adjusted.
He also requested for the physiotherapist to prescribe suitable exercises for Wai. As Wai is
not sporty by nature, Hong used gerontechnology to make exercise more interesting for
Wai. He encouraged Wai to use the exercise bike, concurrently employing the use of
virtual reality to project scenes that were familiar to Wai, including Lion Rock and
Wong Tai Sin. Wai found himself starting to pedal as such familiar footage was
played to him. After a few months into the training, Wai’s skin condition improved
visibly and his blood sugar levels stabilised. When Wai’s sister came to
visit him, she was elated at Wai’s progress and extremely thankful to
Hong. Here, Wai receives care and concern as he would at home, feeling
the warmth and love as he would in a family.

度身設計、療育有法

由於中心已全面推行「個別化服務」系統，以識別服務使用者的
需要和按個別需要診及發展計劃，因此，了解阿偉的興趣和有知能力的
作業，配以不同資深的教員
及訓練師，為阿偉設計個別化的
訓練計劃。阿偉的興趣和能力
包括：書類、閱讀和繪畫。

Customised and Methodological Approach

Kai Yue Adult Training Centre has fully implemented the “International Classification of Functioning, Disability and Health” framework to identify service users’ needs, and craft rehabilitation and development plans for them. It was important to understand Wai’s interests to determine the
right interventions for the best results. For example, Hong got to know that
Wai liked Karl Maka, the actor in “Aces Go Places”, and that he wanted
to have a shave head like the actor. Wai was also very interested in artistic
creation and storytelling, so Hong encouraged him to try out different
activities and hobbies. He also praised Wai for taking the initiative to
speak with the staff and fellow residents, and for expressing himself
clearly. With Hong’s encouragement, Wai was motivated to participate in
more activities.
Wai had never thought that even though he was not "artistically talented", he could also participate in artistic creation so comfortably and derive so much joy from it. Using artificial intelligence-powered software, Hong first asked Wai to select the styles of artists such as Miro, Picasso, Vincent van Gogh and Picasso before getting him to choose the subject of his artwork. Wai thought for a bit before deciding to include things he liked such as the bald head, Chinese food and hamburgers. He signed on his work as a finishing touch to his very own creation. Wai loves his own work and hangs it by his bedside. Participation in diverse activities has allowed Wai to enjoy a higher quality of life.