



Jockey Club C·Care Programme - Fu Hong Society Family Support Service 賽馬會「樂在照顧」計劃 - 扶康會 家庭支援服務

協助智障畢業生的家庭適應轉變、規劃健康家庭

Facilitating family of special school leaver with intellectual disability to adapt the changes and plan ahead for a healthy family life

翹菱的故事

畢業離校對學生來說是一大轉變，對特殊學校畢業生和他的家人來說，或會遇上更大困難：生活模式轉變、照顧者要長時間照顧以至面對不少壓力...等。患有嚴重智障的翹菱，她的父母（劉生劉太）過往尚有閒餘時間嘆「一盅兩件」，自翹菱從特殊學校畢業後需花更多時間分工照顧女兒。在機緣巧合下，他們參加了賽馬會「樂在照顧」計劃 - 扶康會 家庭支援服務，劉太直言計劃幫助很大，翹菱參加運動班後，專注力和耐力有所提高。計劃也有小組支援照顧者的情緒，劉太期望疫情過後，女兒可愉快地參加實體活動。

等待服務的「真空期」

22歲的翹菱一年前剛從特殊學校畢業，目前正輪候社會福利署資助服務的展能中心及宿舍，可謂處於等候服務的「真空期」。翹菱在轉介下參加賽馬會「樂在照顧」計劃 - 扶康會 家庭支援服務，此計劃支援特殊學校智障畢業生及其家庭，包括提供個案輔導、小組活動及職業治療等。

活動投入 玩得開心

「扶康會 家庭支援服務不錯，活動安排好，之前疫情好轉，翹菱參加了聖誕派對，她可以融入活動。」原來這是翹菱首次參加外界舉辦的派對，因為翹菱不太習慣面對陌生人，以往在學校都是接觸熟悉的師生，即使劉太朋友到訪家中她亦不太習慣，是次派對全是陌生面孔，他們甚至有心理準備，要隨時駕車帶女兒離開。「翹菱在過程中很開心，即使面對不熟悉的人都玩得很開心，我對她的表現感到很意外和欣慰。」過後他們與翹菱回顧派對照片，她會點頭回應，憶起當時的開心片段。

運動數數延伸至戴口罩

疫情影響下，所有人離家外出都要佩戴口罩，但對翹菱來說戴口罩很困難，劉太指翹菱只可忍受十秒，便會把口罩扯下來。自從加入扶康會 家庭支援服務後，她參加一周兩次的線上運動班，與導師一起做運動，由一數到三十，一起轉轉頭、轉轉身，劉太形容翹菱變得有耐力，也更有專注力。夫婦二人就用由一數到三十的訓練，延伸至乘坐電梯——在電梯內與翹菱數數，延長她佩戴口罩的時間。

照顧者也有照顧疲勞及壓力，劉太指計劃不時安排活動小組予照顧者，讓他們減壓舒緩情緒。她期望之後舉辦更多實體活動，讓她和女兒一同愉快地參加。

扶康會 家庭支援服務簡介

家庭是每個人成長的重要一環，良好的家庭關係和互動對智障人士的成長十分重要。智障人士從特殊學校畢業後，需要面對服務空窗期及銜接問題，可謂困難重重，智障人士及其照顧者的精神壓力亦因而倍增。為了回應服務需要，填補縫隙，扶康會主動向香港賽馬會提交計劃書，申辦家庭支援服務；承蒙香港賽馬會慈善信託基金慷慨捐助港幣一千四百多萬元，本會於去年得以開展為期三年的「賽馬會「樂在照顧」計劃 - 扶康會 家庭支援服務」，以「家庭為本」的介入模式，並透過三層支援框架，為九龍及新界區 37 所特殊學校的智障畢業生及其家庭提供多元化的服務。

Story of Ling Ling

For students, leaving school bring about major changes. It can create even greater challenges for special school leavers and their families due to change in lifestyle, which may lead to more strain on carers because of longer hours of care...

etc. Ling Ling suffered from severe intellectual disability. Her parents (Mr. and Mrs. LAU) used to have the leisure to enjoy dim sum, but after Ling Ling graduated from special school, they needed to spend more time and bear full loading to take care of their daughter. By chance, they joined the "Jockey Club C·Care Programme - Fu Hong Society Family Support Service". Mrs. LAU expressed that the programme was extremely helpful, Ling Ling's concentration and patience improved after joining the exercise class. The programme also provides support to relief the carers' emotional needs. Apart from online activities, Mrs. LAU is hoping that her daughter will be able to join physical activities after the pandemic.

Service gap

22-year-old Ling Ling graduated from a special school just a year ago. She is now on the waiting list for Social Welfare Department subvented service - Day Activity Centre and Hostel, which makes her falling into a "service gap".

Through referral, Ling Ling joined the "Jockey Club C·Care Programme - Fu Hong Society Family Support Service", which supports special school leavers with intellectual disability and their families by providing case counseling, group activities and occupational therapy.

Engaging and enjoyable activities

"The 'Fu Hong Society Family Support Service' is great, its activities are well-organised. Ling Ling joined their Christmas party while the pandemic eased last year. She was able to take part and be immersed during the activity." It was Ling Ling's first time to join a party organised by a third party other than school. Since she mostly interacted with teachers and students that she was familiar with, she was not used to coming into contact with strangers. She would be uncomfortable even when Mrs. LAU's friends came around to visit. Because the party would be filled with unfamiliar faces, her parents were prepared to take their daughter home any time. "Ling Ling enjoyed very much at the party. She had a great time even with people she was unfamiliar with. I was surprised and pleased by how she behaved." Later on when they looked back on photos of the party with Ling Ling, she would nod her head with smile and recall the happy moments that she experienced.



開心聖誕
Celebrating Christmas together

Learn counting during exercise class to keeping the mask on

Because of the pandemic, citizens are required to wear mask by law everytime leaving their homes. This might seem like a new normal, but it is a difficult feat for Ling Ling. According to Mrs. LAU, Ling Ling could only keep the mask on for 10 seconds before tearing it off. Since joining the "Fu Hong Society Family Support Service", she took part in an online exercise class twice a week, from which she learnt to count from 1 to 30 when turning her head and turning around together with her instructor. Mrs. LAU noticed that Ling Ling has become more patient and focused. They even applied this 1 to 30 counting exercise in the elevator — by counting with Ling Ling in the elevator to extend Ling Ling's mask wearing time. Meanwhile, carers also have to deal with their own fatigue and stress. Mrs. LAU mentioned that from time to time, the Programme offered activity groups for carers to allow them to decompress and vent. She hopes that there will be more physical activities that allow both her and her daughter to join in the future.

Introduction of the Fu Hong Society Family Support Service

The support from family is crucial to the growth and development of an individual. Positive family relationship and communication can facilitate the growth of persons with intellectual disability. After leaving special schools, persons with intellectual disabilities have to come across service gaps and difficulties when bridging between services. These challenges exacerbate the mental strain on those with intellectual disabilities and their family members. In order to meet the service needs and bridge between service gaps, Fu Hong Society took the initiative to submit a proposal to The Hong Kong Jockey Club to apply for operating a pilot family support service. Thanks for the generous donation of more than HK\$14 million by The Hong Kong Jockey Club Charities Trust, the Society was able to launch the three-year "Jockey Club C·Care Programme - Fu Hong Society Family Support Service" in 2021. With our "Family-centered" intervention model and a three-tier support framework, we are able to provide diversified services to support the special school leavers with intellectual disability and their family members from 37 special schools in Kowloon and the New Territories.



畢業後何去何從分享會
Sharing for special school leavers and their families