

Love being HOME 愛回「家」



俗語說：「相見好同住難」，那麼本會「柔莊之家」的舍友非親非故，他們又如何生活在一起呢？

「柔莊之家」（柔莊）位處屯門一棟兩層高的樓宇，是全港唯一設於獨立屋的輕度智障人士宿舍。柔莊有 20 位舍友居住，相處當中少不免有磨擦、誤會、甚至爭吵。然而他們磨擦過後學懂彼此接納，爭吵過會互相道歉，又再和平共處，就像尋常家庭的兄弟姐妹般。其實，大部份時間，舍友都是互相關心、彼此支持，對這個「家」充滿歸屬感。

柔莊的四周環境以園藝植物作裝飾，前後花園都栽種了各種花卉、香草及季節性果樹，亦有自家製魚池、龜池等多項設施。舍友可在家舍範圍內活動，遇見四時果品，又可即摘即食。而室內設備更有「卡拉 OK」點唱機，60 吋大電視、桌面遊戲、健體單車等等，讓舍友就如在家中生活一樣，各適其適，自由選擇喜愛的活動。另外，家舍一向鼓勵舍友表達意見，例如舍友可選擇如何布置房間、挑選掛牆鐘款式，個人床頭擺設等，大大增加舍友的歸屬感。

柔莊的舍友各有不同潛能，例如手工藝、音樂、舞蹈、繪畫和園藝，並透過不同的小組活動及訓練計劃加強他們的能力。其中在園藝方面，柔莊舍友更獲街坊及媒體稱讚，大大增強他們的自信，舍友更不時和街坊交流種植心得，對栽種或照顧植物建立了自己的一套。在疫情前，他們更曾經到服務長者的機構進行園藝工作坊，擔任「小老師」，並即場示範，一眾老人家更大讚舍友專業。

以上只是柔莊舍友愉快生活的點滴，疫情過後，歡迎大家日後預約參觀探訪，一同感受柔莊之「家」的和諧共融氣氛。

As the Chinese proverb goes, "It is a challenge for friends to live with", then how do the residents of Yau Chong Home live with one another, who are not real family members?

"Yau Chong Home" (Yau Chong) is located at a two-storey building in Tuen Mun. It is the only detached house in Hong Kong for persons with mild intellectual disability. There are 20 residents living in Yau Chong,

conflicts, misunderstandings, fights are inevitable when living together. They've learned to apologize, accept each other and live peacefully together, like brothers and sisters in a real family. In fact, they care about each other and support each other most of the time, for they have a sense of belonging toward this family.

Yau Chong is adorned with greeneries in the surroundings. There are various types of flowers, herbs, seasonal vegetables and fruit trees planted at the front yard and back yard. There are also artificial fish pond and turtle pond in the garden outdoor. Residents are able to hand-pick the seasonal fruits when they are chilling out there. The Home is also well equipped with karaoke system, 60-inch TV, board games, gymnastic bikes etc. Residents can enjoy living a life like home and do any kinds of activities they prefer or activities that fit their needs. Besides, residents are encouraged to express their opinion. For example, they are provided with freedom of choice in decorating their rooms and picking their favorite bedroom accessories. It helps promoting their sense of belonging.

Residents at Yau Chong are also gifted in different areas, such as craftsmanship, music, dance, painting and gardening, where their abilities are strengthened through our small group activities and training programs. Among which their gardening skills are highly appraised by community dwellers and media, that helps boost up their self-confidence. They also share their knowledge in gardening with neighbors from time to time and develop their own specific skill sets. Before the pandemic, residents have visited an organization serving the elderly, and hosted a gardening workshop as "young instructor", the seniors felt appreciative of their expertise.

The above are just some interesting tidbits about the life of Yau Chong Home. We welcome you to schedule an appointment and visit us after the pandemic, and experience the peaceful vibe of this family for yourself.