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專題故事

Feature Stories



疫下康晴，互相鼓勵
Mutual encouragement at Sunrise
Centre during the pandemic.



幸得健「康」亦見「晴」

：服務使用者心聲

‘Light’ of Sunrise ：Thoughts of Service Users

「愛蓮，無見一排，你面色好咗好多喎，成個人開心晒喎！」Coke對愛蓮說。

「係呀！我都恭喜你呀！聽講你可以去番之前間學校度返工喎！」愛蓮回應Coke道。

在熙來攘往的街道上，Coke與愛蓮碰巧相遇。隨著寒暄問候，他們也細說往事。

“Monica, I haven’t seen you in a while! You’re looking so much healthier and happier now!” Coke said.

Monica replied, “Yes, and congrats! I hear you can now go back to work at the school!”

The two had run into each other on a busy street, and in the midst of the hustle and bustle, they caught up on each other’s news.

「嗰陣時幾徬徨呀，瑪麗醫院叫我去搵卓越之友¹做職業治療，點知因為疫情，佢哋暫時提供唔到服務，幾驚呀，我一心諗住可以復工咁嘛……」

Coke憶起往事，仍然顯得有點焦急，繼續說：「好彩個案經理歐陽Sir叫我去康晴天地²睇吓，雖然佢哋大部分活動都係因為疫情而停咗，但佢哋仍然為我設計咗個觀貓活動，等我可以每星期兩、三日咁落吓去，等我慢慢有返啲生活規律。」

「之後我仲參加咗佢哋好多活動，咁啲筆畫畫呀，認知行為治療面談、參與壁畫創作、音樂欣賞、和諧粉彩班、高級動物畫、卡林巴琴班，就連佢哋嘅會議都用會員身份參與埋……」

說起在康晴天地的經歷，焦急的聲線已變得輕快，Coke喋喋不休的笑著說：「呢啲活動唔單止幫咗我精神好番啲，更加令我更深入咁了解自己，等我知知道，生活其實可以有好多可能性。」

“You know, I felt so lost and helpless back then! I was referred by the Queen Mary Hospital to Phoenix Clubhouse¹ for occupational therapy. Who was to know that they would suspend the service because of the pandemic? I was so worried! After all, I was really looking forward to going back to work.”

Coke appeared somewhat anxious while recalling what had happened, before saying “it was fortunate that Mr Au-yeung, the case manager, told me to check out Sunrise Centre². Although most of their activities were suspended, they still designed a cat-watching activity for me so that I could head there two to three days a week. That was how I began to resume my lifestyle gradually.”

“I joined so many other activities too: drawing classes, cognitive behaviour therapy sessions, mural art jamming, music appreciation, colouring classes, advanced animal art, kalimba classes.... I even attended their meetings as a member!”

As Coke continued to recount his experiences at Sunrise Centre, all signs of anxiety disappeared, and the agitation in his voice faded. With a broad smile, Coke continued to talk about Sunrise Centre, “Those activities not only helped me feel more alert and refreshed, but also helped me to understand myself better. I realised then that life was full of possibilities!”

¹ 卓越之友為一間提供社區成人精神復康服務的機構。
Phoenix Clubhouse is an organisation providing community mental rehabilitation services for adults.

² 康晴天地為扶康會轄下的精神健康綜合社區中心。
Sunrise Centre is an Integrated Community Centre for Mental Wellness of Fu Hong Society.

隨著康晴天地的服務介入，Coke不但擁有康復，還得到體會；不但抱有希望，還懂得感恩。

「我返番去教學崗位已經八個月喇，各方面都好好，真係好感恩，好感恩嘅康復過程入面遇到好多貴人，主診醫生魏汝恩醫生啦；康晴天地個案社工李瑞龍先生啦；洪詠慈校長都好重要，好感激佢哋一路支持同鼓勵我，令我可以順利返番學校做嘢；仲有我最愛嘅太太同個女，佢哋簡直係我生活嘅能量之源。」Coke懷著感恩的心說道。

It seemed that Sunrise Centre not only restored Coke's health with its interventions, but also taught him something about life. Above all, he became hopeful – and grateful.

“It's been eight months since I went back to teaching. Things are going well and I'm just so grateful for everything. I'm grateful for all the wonderful people I met in the course of my recovery. My doctor in charge Dr. Ngai Yu Yan Regina, the social worker at Sunrise Centre handling my case Mr. Thomas Lee and the principal Ms. Anna Hung are people I'm really grateful for their constant support and encouragement. They played a critical role in my journey back to school. Of course, I'm blessed to have my beloved wife and daughter too – they have kept me going,” said Coke with palpable gratitude.

「我都好感恩呀。你知我幾鍾意四圍去㗎啦，疫情嗰陣成日困喺屋企，嗰種感覺好難受。」愛蓮接著由Coke而來的感恩之意說：「好彩哩個時候，康晴天地搞咗個活動，鼓勵我哋打電話問候吓朋友同其他會員，等我一來可以有把聲聽吓；二來，一對一咁傾吓，大家都可以深入啲關心吓。」

Sharing the sense of gratitude, Monica said, “I'm grateful too.... You know I loved going out. During the pandemic, it felt horrible being cooped up at home. Thankfully, Sunrise Centre organised the activity that encouraged us to call up our friends and other service users. That gave me a chance to hear their voices and find out how everyone was doing!”

「加上康晴天地嘅活動開始電腦化，活動會議同音樂小組都可以用手機睇。㗎.....仲有網上春茗，一邊食盆菜，一邊睇住職員玩遊戲，我都睇得幾開心㗎，咁都俾佢哋諗到，真係服咗佢哋。」愛蓮也不禁勾起快樂的回憶，愉快地說道。

「唔怪知得你面色好咗咁多，成個人健康晒啦！」Coke回應道。

「你咪一樣，返番工，雨過天青。」愛蓮接著說。

「何止天青呀，直頭係放晴啦！」Coke打趣地道。

此刻，他們在笑談中打了一頓，彼此明眸對望，心裡也不禁地唸著：「幸好我們遇到康晴！」

動筆畫畫，放鬆心情
Relaxing through drawing.

Recalling all those wonderful memories, Monica went on happily, “Besides, with Sunrise Centre going digital, we can take part in events and music sessions via our mobile phones. The Spring Dinner was moved online too! We ate poon choi while watching the staff playing games. I really enjoyed myself! Hats off to them for coming up with such a format!”

Coke replied, “No wonder you seem so healthy and spirited now!”

“You too! Now you are back at work. You made it to the end of the tunnel!”

Coke jested, “Yes, and I see light all around me now!”

In the midst of the laughter and conversation, they knew they were both thinking the same thing: “Thank goodness we went to Sunrise Centre!”



潔康之家職員收到柔莊之家送贈的花卉擺設
Kit Hong Home staff receiving flowers from Yau Chong Home



忐忑不安，魂牽夢縈

：照顧者在疫情下的感受和期盼

Hopes and Anxieties of Caregivers amid the Pandemic

「唔係呀嘛？六合彩又唔見中，點解係呀妹間院舍先會有職員確診㗎？」

“What do you mean a staff at the Home got infected? Surely the odds of winning a Mark Six prize are greater!”

「以呀妹同其他舍友嘅健康狀況，點去到隔離營呀？隔離營邊有人可以照顧到呀妹呀？嗰度會有呀妹需要嘅器材咩？」

“Given their state of health, how would my sister and her fellow service users cope at the quarantine centre? Will someone be looking after my sister there? Is the centre equipped with the devices my sister needs?”

「啲職員會唔會驚得滯而唔返工㗎？唉，咁佢哋都有屋企人嘅，為咗屋企人而唔返工都無可厚非嘅；但係，佢哋走咗，呀妹同其他舍友點算呀？」

“Will the other staff be too scared to return to work? I mean, they all have their own families to think about, so I can understand if they don't turn up for work. But what's going to happen to my sister and the other service users then?”

2020年7月27日的中午，得悉潔康之家其中一名職員確診新型冠狀病毒病後，我的腦海不禁浮現以上的種種問題；但我知道，他們在那個時候應該忙得不可開交，因而故意地把這些問題埋在心裡，好讓他們騰出更多時間處理事務。然而，那一刻的我，心裡忐忑不安，對妹妹的情況更是魂牽夢縈。

Those were the thoughts and questions that immediately came to my mind when a staff at Kit Hong Home was diagnosed with COVID-19 around noon on 27 July 2020. I knew that everyone at the Home was sure to be up to their necks in handling the situation, and they needed time to deal with the situation, so I kept those questions to myself. But the truth is I was beside myself and all I could think about was what was going to happen to my sister.

翌日傍晚，職員來電通知我，妹妹一切安好，並告知家舍職員會分成兩隊，一隊會在這十多日的隔離期裡，全天候留守在家舍照顧舍友的起居飲食；另一隊會在家舍之外提供支援，如：協助送院、覆診和緊急時的人手更替等等。另外，那位職員告知我，服務總監為此事故成立了「屯元一打抗疫支援小組」，成員共十二位，包括：護士主任、臨床心理學家、傳訊部經理和屯元區的服務單位經理等，以統籌整個屯元區內的單位，為潔康之家在這隔離期間作出支援。

A staff member called me the next evening to assure me that my sister was doing fine. I was also told that the staff would be divided into two teams. One of the teams would be looking after the service users at the Home to ensure their meals and daily needs well taken care of throughout the entire quarantine period lasting more than 10 days. The other team would be sourcing external support to help send service users to hospital for check-ups and follow-up consultations, and any assistance so required. They would also be ready to stand in to offer help in case of emergency. The staff that called me also told me that the Service Director had set up a team called the 'Tuen Yuen Squad of a Dozen Dwarfs' to fight the epidemic. The 12 squad members included a Nursing Officer, Clinical Psychologist, Communications Manager and Service Managers at Tuen Yuen service units. Their role was to get all the units in the Tuen Yuen district organised, and support Kit Hong Home during the quarantine period.



中心同事協助購買職員留宿用品
Staff of the centre helping to purchase necessities for colleagues staying put at the Home

聽著那位職員的聲線，以及那個有趣的支援小組名字，當刻的忐忑心情，已被他們那股從容不迫的態度變得平伏。「你們十多名職員如何睡覺？家舍應該沒有職員的床位吧！」我也關心職員的情況，故此作出這個提問。「我給你一個視像來電吧！」那職員回應我說。

手機螢幕出現了一個、一個排列有序的帳篷，像似看到郊外露營的景象。其中一位職員，拿著枕頭興奮地向我介紹帳篷內的軟墊和被褥，說這都是全新的，是即日由支援小組安排送來給留守家舍的職員使用，讓他們可以在保存私隱的情況下得到優質睡眠。看見職員的笑容，雖是隔著手機螢幕，但我也體會到支援小組的那份窩心支援。

「有這麼又實用又美觀的寢頭被鋪，應該唔會瞓唔著掛！」我打趣地說道。「當然唔怕啊！支援小組仲為我哋設立咗一條支援熱線，我哋瞓唔著嘅話，就會打電話俾臨床心理學家傾吓偈，哈哈……」看見他們神態自若，家舍秩序井然，那天晚上，我安然入睡。能在接獲家舍職員確診消息後的第二天便能安然入睡，這個我也始料不及。



潔康之家舍友收到花卉擺設十分開心
Kit Hong Home service users elated at the gifts

職員在活動室休息
Staff resting in the activity room

Listening to the voice of the staff that called, hearing the intriguing name of the 12-member team, and seeing how composed and organised they were in handling the incident, I began to calm down. But I was concerned about the staff too: “How will the staff sleep? There are over ten of you and I don’t think there are extra beds at the Home?” I asked. The staff replied, “I’ll video call you.”

On my mobile phone, I saw a tidy row of tents that resembled a holiday campsite. Holding a pillow, one of the staff members excitedly showed off the brand-new mattresses and blankets inside the tents to me. According to the staff, those were delivered under the arrangement of the 12-dwarf squad so that the staff staying put at the Home could maintain some privacy and have a good night’s sleep. Seeing the smile on the staff’s face, I could really feel the appreciation for these thoughtful measures.

“I don’t suppose you’ll have trouble falling asleep with these fantastic pillows, blankets and mattresses?” I teased. The staff replied, “Of course not! The Dozen Dwarfs also set up a hotline for us. If we couldn’t sleep, we could always call the clinical psychologist for a chat. Ha! Ha!” I know I certainly slept well that night, after seeing that the Home was well-organised, and the staff calm and collected. Just one day earlier, I would never have thought that I could sleep well so soon after the confirmation of the COVID case.



日子一天一天的過去，不知是否因為每天也收到家舍的來電、視頻或短片，時間就如白駒過隙，很快地潔康之家已從拾正軌。記憶中最深刻，是妹妹看著那些鮮花盆栽的笑容。想不到支援小組除了在職員的起居上作出支援外，還顧及舍友的心靈需要，在這段隔離時間，安排了柔莊之家的舍友製作鮮花盆栽，為潔康之家的舍友和職員打氣。就是這種團結一致的士氣，讓身為照顧者的我，也能在這疫情的艱辛日子裡，以平安的心情渡過。

在數個月後，得悉扶康會因這次潔康之家的防疫措施，榮獲由南華早報所舉辦的「HR Appreciation Awards」的「COVID-19 特別獎」（非政府組織）類別中奪得大獎殊榮。當中競逐的還有不少大型的非政府機構，而扶康會能夠脫穎而出，說明了扶康會的資源雖然不是最多，但服務質素可以是最好。能夠成為扶康會轄下家舍的其中一名照顧者，我也引以為榮。

此刻，我的心裡雖已沒有之前的忐忑不安，但對妹妹仍是魂牽夢縈。期盼疫情早日過去，能讓我如以往般到家舍探訪，真實地與妹妹享受片刻的天倫之樂。

柔莊之家舍友及職員預備花卉擺設
Yau Chong Home service users and staff preparing floral gifts

Perhaps it was the daily calls and videos from the Home that made the wait quite bearable; it was almost like no time had passed when Kit Hong Home resumed its regular operations. I was surprised to learn that the Dozen Dwarfs, on top of meeting the staff’s daily needs, had arranged for service users at Yau Chong Home to pot plants and flowers as gifts to encourage Kit Hong service users and staff during the quarantine period. I remember vividly how my sister was all smiles when she saw those floral gifts. I feel it was this teamwork that gave caregivers like me the assurance to ride out the pandemic with peace of mind.

A few months later, Fu Hong Society received a COVID-19 Special Award (NGO) at the HR Appreciation Awards organised by the South China Morning Post for the anti-pandemic measures rolled out at Kit Hong Home. The fact that Fu Hong Society won the award despite the keen competition made up of several large non-government organisations shows that despite its smaller pool of resources, the Society is able to deliver the best service. I am honoured to be a caregiver at one of the hostels run by the Society.

At this point, I no longer feel any anxiety. But thoughts of my sister still occupy my mind. I wish for the pandemic to end soon so that I can visit her at the Home again. I miss that sense of reunion, even if it was a short visit.



職員整裝待發，預備把物資，如：手提電話、數據卡、兒童圖書、親子玩具、糧油食品等，送到居於社區的殘疾人士家庭
 Staff preparing to send provisions such as mobile phones, data cards, children's books, toys, grains, cooking oil and food to the homes of persons with disabilities in the community



原來過得很快樂

：職員感言

Sentiments of Staff

：How Fortunate I Am!

疫情來到，誠然我沒有太大的感覺，有時還會感謝這疫情帶給我在工作上的輕鬆，至少我多了時間，讓我的文件工作可以慢慢地處理。

一天，得悉天水圍地區支援中心只是用了四天時間，便獲得香港賽馬會慈善信託基金批出撥款近五十萬港元，推行「PITCH-IN・共抗疫期」計劃支援有需要的區內殘疾人士及其家庭，計劃內容包括派發防疫物資、糧油食品、運動器材、數據卡和智能電話等，並把這些物資直送到戶。

In all honesty, the pandemic has not had a great impact on me. I am sometimes even thankful that my workload is lighter because of the pandemic; at least, it gives me more time to sort out my documents!

Now, during the pandemic, the Tin Shui Wai District Support Centre managed to obtain a grant of almost HK\$500,000 from The Hong Kong Jockey Club Charities Trust in a matter of four days for the rollout of the 'PITCH-IN・Anti-epidemic Together' Project. This project aimed to support persons with disabilities and their families in the community by distributing COVID-related supplies, food, grains, cooking oil, equipment for exercises, data cards and smartphones to service users by delivering those resources to their homes directly.

「不是嘛？直送到戶？」我心中不禁嘀咕。上司還說，我們可以隔著鐵閘，與會員和家屬作簡短的慰問，從而看看有沒有家庭需要特別的支援。那一刻，我心裡泛起提問：「在隔著鐵閘慰問的時候，我是否應像人氣歌手姜濤般，一路唱著《蒙著嘴說愛你》呢？」當然，這個提問到此刻，仍然埋在我的心底吧。

我不是怕受感染，但不知為什麼，就是有著點點的不願意。

“What? Deliver all that to each user's home?” I was not so sure about that.

My supervisor even encouraged us to have a short chat with the users and their families to find out how they were coping – without entering their homes. The idea was to find out if they needed more help. At that point, I really was not sure how that would work. I thought to myself, “Well, so with the metal gate between me and them, am I supposed to sing Keung To's 'Saying I Love You Through My Mask?'” Even now, I am not sure that question has been answered.

Look, I was not worried about being infected. But for some unknown reason, I did feel somewhat reluctant.

「開工不足、活動暫停，世上很多事情彷彿在停頓，但肚子和情緒卻不斷的運作和起伏……」一位會員的媽媽抱怨地說：「我不敢帶兒子去街，怕他手多，不是四處亂摸，就是觸摸口罩。自己到市場買菜，也要忽忽的來回。心情已經不好受，還要張羅抗疫物資，簡單的如使用一個口罩，也要躊躇半天。」

“There's not enough work! Events have been cancelled. So many things have come to a standstill. But we need to eat! And we are frustrated with many things,” a mother of one of our service users said. She complained, “I daren't take my child outside because I'm scared that he'll touch his mask after touching other things. I have to rush to and from the market. All this is frustrating enough and I still have to prepare the supplies to guard against COVID. Even deciding when to use my mask is a tough call!”

「以往，我只知道賽馬會等於賽馬和六合彩，有時亦會從一些大樓外牆看到她的名字；想不到今天，賽馬會關心的除了彩池和機構，還有我們生活在社區中的小市民。謝謝你給我一家帶來這些物資，辛苦你了。」那位媽媽臨別前說道。

The service user's mother continued, “In the past, I knew the Jockey Club was something like horse-racing or Mark Six, and sometimes I saw its name on the façade of buildings. I never thought that the Jockey Club, apart from focusing on placing results and institutions, was also concerned about us, the grassroots of the community. Thank you for delivering these supplies to us. Thank you so much!”



誰是照顧者？誰照顧誰？
Who's the caregiver?
Who's taking care of whom?

After saying my goodbye to this mother, I made my way to the next household.

At my next stop, I saw two elderly persons at the door. One was close to 60 and intellectually disabled. The other was the mother, about 90 years old. I could not decide who the caregiver was here — who was taking care of whom?

Before visiting the service users, I was a little annoyed at the weight of the items to be delivered. But when I saw the appreciative look in the eyes of the service users and their family members, I began to understand that I was actually very, very fortunate. I was fortunate because the pandemic had not had a big impact on me, and I was healthy. I was fortunate because I felt my workload was in fact lighter and because I still had my job! I was fortunate because I had the energy to carry the resources to our service users — and even had some excess energy to complain about the task!

道別後，我隨即前往另一個家庭。

站在門前，是兩位長者，可算是兩老家庭吧。一位是年近六十歲的智障人士，另一位則是差不多九十歲的媽媽。我心裡汗顏，盤算著在這個家庭中，究竟誰是照顧者？誰來照顧誰？

在走訪會員家居前，我會為物資的重量懷有一絲絲的抱怨。但當我走訪不同的地方時，不同的會員和家人也會向我投以感激的眼神，這些眼神讓我知道自己原來非常幸福。幸福，在於我可以對疫情沒有太大的感覺，因為我有健康；幸福，在於我可以感到工作上有一點輕鬆，因為我尚有工作；幸福，在我於為那點重量有一絲絲的抱怨，因為我仍有氣力。

職員到戶講解一些物資的使用方法
Staff explaining how some of the items were to be used



會員與家屬接受本中心派發的物資
Service users and their family members receiving provisions

終於到了最後一戶。

隔著鐵閘，在門外的我，看到家裡有半碗已變硬的即食麵，有點像餐廳門外看到的食物模型一樣。

我問那位媽媽：「為何不棄掉那碗硬硬的即食麵？」

「是留待今晚吃的。」那位媽媽回應道。她更隨手拿著一包即食麵，跟我說：「你知不知道這樣一包的即食麵是很昂貴的啊！」

我隨瞄一看，那包即食麵袋上的最佳食用日期是2018年，即兩年前。

我隨即在那有點重量的物資袋裡，拿出食物和其他物資，逐一地、細心地講解使用方法，好讓她們能順渡疫情。

就在那時，屋內的楊千嬅透過歌聲告訴我：「原來過得很快樂，只我一人未發覺」。

And finally, I arrived at the last family.

Peering through the metal gate, I saw there was half a bowl of instant noodles that were already hardened like the display sets one would see outside a restaurant.

I asked the mother, “Why not throw that bowl of noodles away? They are already hard.”

Holding up a packet of instant noodles, she said, “That bowl of noodles is for dinner. Don’t you know that instant noodles are very expensive?”

I glanced at the packet she held in her hand and saw that the expiry date was in 2018. That was two years ago.

I immediately dipped my hand into my somewhat heavy sack, took out some foodstuffs and other provisions, and explained clearly and patiently how each item was to be used, hoping that they would help tide this family over the pandemic.

I could hear a song by Miriam Yeung playing in the background at this home, and these lyrics struck me — “I’ve been blessed, but only I didn’t know.”



使用膀胱容量掃描儀檢視尿量
Using a bladder scanner to
gauge one's urine quantity



蒲柳中的雍容

：職員隨筆

Staff's Anecdotes

：From Wobbly to Steady

「你估吓插尿喉痛唔痛吖？」我定睛呆望著一位舍友好奇地問。

“Do you think it's painful to have a urinary catheter inserted into one's body?” I stared at a service user and asked in earnest, genuinely curious.

「你試吓咪知囉，可能插慣咗咪唔覺痛囉。不過就算唔痛，行出行入都唔方便啦，你估成世吊住袋個好過癮咩！」一位同事答道。

A colleague replied, “Try it yourself to find out? Maybe you'll feel nothing once you get used to it. But even if it's not painful, it still impedes movement. You think it's fun to have a urine bag hanging from you?”

「咁可唔可以唔插㗎？」我又好奇地問。

“If that's the case, is it possible to do away with it?” I probed, still curious.

「唔插？咁咪要包尿片？個舍友又濕又醜住，到時俾人插個咪你囉……（下刪三百字）」那位同事非常詳細地回應。

巴甫洛夫說過：「感謝科學，它不僅使生活充滿快樂與歡欣，並且給生活以支柱和自尊心」。巴甫洛夫所說的歡欣和自尊心，自從澤安成人訓練中心引進膀胱容量掃描儀開始，已經在這裡出現。

「醫院泌尿科醫生都試過幫佢甩過條尿喉，但唔成功，整定阿婷都係要成世插尿喉㗎喇。」一位同事說。

“Do away with it? Then they'd need diapers. I don't think they'll be happy with your suggestion... they'll be wet and dirty, and you'll be blamed for it...” That colleague of mine answered in such great detail I cannot possibly repeat in entirety.

Ivan Pavlov once said, “Thanks to science, life is full of happiness and joy, we are supported and can live with dignity.” The Chak On Adult Training Centre witnessed the arrival of the joy and dignity Pavlov spoke of as it welcomed its first bladder scanner.

“The urologist at the hospital had explored other options but there was no other way — Ting's stuck with the urinary catheter all her life now,” another colleague related.

她口中的阿婷，是一名四十六歲新入宿的女舍友，因身體機能急劇退化，入住醫院治療後，出院時醫生指示舍友需要長期使用尿喉。

“Ting” is a 46-year-old service user new to the Centre. The doctor had told her to use a urinary catheter permanently upon her discharge from hospital, as her body functions were deteriorating rapidly.

五個月後的一天，由於舍友有滲尿情況，經到診醫生檢查後，診斷學員或許有排尿的能力。「不如試下用膀胱掃描儀，睇吓可唔可以幫到訓練佢自己去廁所吖！」我妙想天開地說。

Five months later, when a service user who suffered from urinary incontinence saw a doctor who said that bladder training might help, I naively suggested, “Why not try out the bladder scanner and see if it helps the service user relieve herself normally?”

就因著這個提議，到診醫生認為既然中心備有膀胱掃描儀，應可準確測知排尿餘量，遂建議為阿婷進行膀胱訓練。接著，護士運用膀胱掃描儀，為阿婷進行每星期三膀胱訓練，每天記錄出入量（包括磅尿片），早晚為她進行膀胱掃描確定膀胱尿量……

That idea actually had some merit. For learning that the Centre was equipped with a bladder scanner, the doctor suggested that it should be used to gauge the amount of residual urine present in a person. As a result, Ting began to undergo bladder training. The nurses used the bladder scanner to conduct a bladder training programme three times per week for her. They recorded her daily urine volume, weighed diapers, and measured the urine in her bladder with the use of the bladder scanner in the mornings and evenings.

「阿輝都成六十五歲啦，又用咗尿喉年幾，之前又住過醫院深切治療部，又用過呼吸機，又打過強心藥，醫院泌尿科中心都試過三次同佢甩咗條尿喉啦，算係咁㗎喇。」一位同事安慰我說。

“Fai is already 65 and has been using the urinary catheter for a few years now. He was even admitted to the intensive care unit, put on a ventilator and given cardiac agents. The urology department already tried to get him off the urinary catheter three times. What more can we do?” one colleague explained to me.

「不如試下用膀胱掃描儀，睇吓可唔可以幫到訓練佢自己去廁所㗎！」我再次妙想天開地說。

Again, I asked naively, “Why not try the bladder scanner out to see if he could be trained to go to the toilet himself?”

經護士與到診醫生商討後，醫生同意給阿輝處方膀胱訓練。接著……運用膀胱掃描儀……每星期三天膀胱訓練……每天記錄出入量……早晚為他確定膀胱尿量……

After the nurses consulted the doctor who came to look at our service users, the doctor agreed to conduct the bladder training programme three times per week for Fai. The nurses used the bladder scanner to record his urine levels and helped to gauge his urine quantity twice a day.

然而，這個妙想天開的提議，先後重覆了三次。

In fact, I have made this naïve suggestion not twice, but three times.

透過科技的應用、員工的堅持，澤安成人訓練中心最終令三位舍友，成功地自行排尿，無需在日常生活中再依靠尿喉陪伴。

By leveraging the application of technology and the determination of our staff, the Chak On Adult Training Centre has helped three service users get rid of the urinary catheter successfully and regain the ability to pee on their own.

昔日，因使用尿喉的限制，看見的，只有他們的蒲柳之姿，體弱衰落的姿態。今天，因科技的應用，眼前的，是他們的雍容雅步，舉止從容的神態。

In the past, the urinary catheter restricted their movements, and they looked frail and wobbly. Now, the use of technology has helped them to regain their steady gait and walk with ease.

準確測量尿量，
每天記錄出入量
Measuring urine quantity
accurately on a daily basis

