

### 「愛共行」家庭支援先導計劃

胡太的兒子晉晉今年四十歲，是一位中度智障人士。多年來，胡太擔任全職母親的角色，自晉晉入讀特殊學校，及後進了庇護工場，每天管接管送，照顧晉晉的日常起居生活，從來沒有一天鬆懈過。胡太自言照顧晉晉並未為她帶來壓力，這大概由於晉晉是一名乖巧的孩子，甚少吵鬧和發脾氣，亦有不錯的自理能力。然而，筆者從在胡太的眼眸裡，卻看到母愛的偉大和當中堅毅的力量。



#### 20 分鐘的路

在特殊學校畢業後，晉晉被安排到庇護工場工作。最初，晉晉還是能應付工作的。但到了後期，晉晉自幼患上的眼疾情況不斷惡化，開始無法應付工場的產量和導師的要求，為此情緒一落千丈，晚上變得無法入睡、極度興奮和不停說話。最終，晉晉被診斷為患上狂躁症，需要以藥物控制其情緒。為著晉晉的精神健康著想，胡太迫於無奈放棄了工場的服務，改為接受日間照顧服務，並在 2003 年認識了扶康會。

胡太斷言：「一轉咗哩度就開心晒！」晉晉在扶康會得到適切的照顧，認識了不少新朋友，更參與特能童軍活動，增強了自信心。同時，胡太繼續悉心照顧晉晉的日常生活，每天帶著他由家裡步行 20 分鐘到中心參與活動。這段 20 分鐘的路程，每日如是地來回走了不知多少遍，是母子共同渡過的美好回憶。

#### 40 年的路

不經不覺間，胡太和晉晉走過的這一段路，已經共行了四十年。現在，胡太已經年屆 70 了，伴隨著腳痛，高血壓和膽固醇等問題，使胡太不能再步行接送晉晉到中心。昔日往來中心的路程，已經由坐巴士代步。幸而，晉晉經過多年的訓練後，各方面的能力都有所提升，更懂得自行乘車回家，減輕了胡太的負擔。



#### 媽媽的心願

胡太坦言，自己和丈夫的年紀已不輕，心知終有一天還是要「放手」，那種擔憂實在難以言喻。晉晉和弟弟的關係也不錯，但由於弟弟工作忙碌，甚少時間與晉晉相處。胡太心裡明白，弟弟日後也要照顧自己的家庭，難以與晉晉一同居住。她現時最大的心願，是讓晉晉入住等候了近 15 年的院舍服務，待兩老在百年歸老後，晉晉的生活有所保障。胡太的心願：「期望晉晉和細佬兩個關係好啲，兩兄弟日後能互相照應。」

#### 愛共行家庭支援服務

相信不少智障人士的家長，都能體會胡太內心的感受，同樣為子女日後的生活而感到擔憂。然而，香港的殘疾人士服務中，經常忽略了家屬在情緒和家庭溝通上的需要。扶康會本著「以

求為導」的精神，於本年 10 月開展了「愛共行」家庭支援先導計劃，回應家屬的需要，填補服務的空隙。

本計劃由善長鄒鷹女士捐款支持，聘用專業社工，為殘疾人士家庭提供個案輔導，包括情緒支援、增強家庭成員的溝通、服務轉介，以及同路人互助小組等。

此外，為配合政府快將推出的「特殊需要公共信託計劃」，本計劃的社工亦會為有需要的家屬提供諮詢服務，協助家屬了解計劃的詳情，並為殘疾的子女訂定合適的服務計劃。



## 服務特色 服務亮點

SERVICE HIGHLIGHT  
SERVICE ACHIEVEMENT

### By Your Side — Family Support Pilot Project

Mrs. Wu took care of her son, Chun who has moderate intellectual disability, for 40 years. In the last 15 years, Chun received Day Care Service at Fu Hong Society. It was her idea that Chun attended our centre to acquire new skills and meet new friends. Chun's confidence and self-care ability was further strengthened through participating in Extension Scout Activities.

Every day, Mrs. Wu accompanied Chun to our service centre. The 20 minutes journey on foot was her sweetest memory of mother and son. Mrs. Wu is now 70 years old, and her own health condition means she can no longer walk such a long distance. Fortunately, Chun is trained by our centre to take a bus on his own, and this undoubtedly relieves her parental burden.

Mrs. Wu understands that she would eventually have to leave Chun someday. It is difficult for her to express her anxiety and frustration about this inevitability. Chun has been waiting for a hostel place for 15 years. Mrs. Wu hopes that he can be offered a placement soon. She also hopes that her other son, the younger brother of Chun, will continue to care for Chun after she is no longer around.

Most parents of children with intellectual disabilities have the same feelings as Mrs. Wu. However, there are insufficient social services for these families in Hong Kong. In response to these emerging societal needs, Fu Hong Society launched a pilot project "By Your Side - Family Support Services" in October 2018. Through case work and group activities, specially trained and experienced social workers provide much needed emotional support and intervention to enhance family cohesion, service referrals, and a mutual support programme to families of persons with intellectual disabilities.

This project also supports the "Special Needs Trust Scheme" to be launched by the Government. Under this Scheme, social workers will provide public education and consultant services to interested parents.

Our SPECIAL THANKS must go to Ms. Zou Ying for her generous donation in support of our BY YOUR SIDE-Family Support pilot project.

