



EMV 專題

## 關懷獨居老人服務計劃

### 隨

著香港老人人口的急劇增長及老化社區的出現，獨居老人的健康情況備受社會人士關注。本會於一九九〇年為針對這個需要開展了一項「關懷獨居老人服務計劃」，目的是為獨居或缺乏照顧的老人提供預防性的醫療服務，透過本會的專業社工及護士義工作家居探訪，關注他們的健康情況，及早發現任何健康問題，在情況惡化之前，協助他們接受適當的診治。同時，亦會就他們的家居環境提供建議及作出改善，務使他們能夠在一個安全的居住環境中生活。

本計劃初期主要是與家務助理隊合作，由其轉介適合的個案。服務對象主要是一些因體弱或乏人照顧而長期獨留在家的長者。隨著「長者社區網絡計劃」的推行，本會亦協助探訪網絡計劃內的長者，而服務形式亦因應需要而作出轉變。現時之服務形式主要是將護士義工以二人作為一組，每一組義工會被分配探訪兩位獨居長者，義工會自行聯絡獨居長者，以安排探訪時間，令服務更具彈性。

在探訪的過程中，護士義工會為長者作簡單的身體檢查，包括量血壓及驗小便等，並向長者灌輸一些有關老人疾病、飲食健康、個人衛生及藥物服用的常識及提供專業意見。他們亦會為長者介紹適合的社區資源，令

他們在有需要時能獲得所需協助而不致孤立無援。義工日常可以電話聯絡長者，以關注他們的需要及了解他們的健康情況。此外，本會亦關注到老人之家居安全問題，在有需要時，本會職業治療師會協助有需要之長者改裝或加建家居設備（如加設扶手或斜台），以建立一個安全的居住環境。新的服務計劃亦配合「長者社區網絡計劃」的理念，希望由義工朋友提供非常規照顧及支援網絡，讓獨居長者在有需要時獲得援手，能在社區內獨立自主地生活。

在安排探訪前，本會亦為參予探訪計劃的義工提供一系列的訓練課程，課程內容包括與長者溝通技巧、老人家居安全及認識老人社區資源等，讓義工在探訪過程中，更能關注長者的實際需要。本會亦定期與義工舉行分享會，以了解義工的探訪情況，並分享困難及感受。在有需要時，義工可隨時轉介個案予本會社工及職業治療師作跟進。

此計劃已推行了多年，亦深獲家務助理隊及服務對象的支持及讚賞，但礙於資源上的限制，目前只能以小規模形式進行。本會期望未來能獲得財政上的支持，使服務計劃能夠擴展，令更多獨居長者能獲得這類家居式的健康及社區照顧。





■ 委員、職員與義工在週年聚餐中聚首一堂，齊齊享用豐富的晚宴。



## 週年大會及 週年聚餐

本年度之週年大會於九八年十一月六日晚  
上六時半在溫莎公爵社會服務大廈舉  
行，而週年聚餐則緊接著週年大會，於香港  
醫學會舉行，當日並有抽獎環節，各參加者  
均盡興而返。

本會在此衷心祝賀他們獲獎，亦多謝他  
們多年來在義工服務中所付出的努力，期望  
他們未來會繼續參予本會的義務工作，運用  
專業知識，為傷殘人士及長者服務。



■ 本會顧問方心淑博士頒發長期義工服務獎予得獎義工張頌堅先生

### 「傑出義工獎」

- 張美德小姐  
(探訪獨居老人服務計劃)  
袁幼欣小姐  
(醫療義工服務)  
陳福強先生  
(電腦輔助儀器製作服務)

### 「長期義工服務獎」

- 張頌堅先生  
(電腦輔助儀器製作服務)  
洪進德先生  
(電腦輔助儀器製作服務)  
梁才先生  
(輔助儀器製作服務)  
金鶴年先生  
(電腦輔助儀器製作服務)

本會「傑出義工選舉」的評審過程已於九  
月尾完結，而頒獎儀式亦於本會週年會  
員大會中舉行，今年共有七位義工獲獎，其  
中三人獲頒「傑出義工獎」，另外四人獲頒  
「長期義工服務獎」，他們分別為：

## 傑出義工選舉



## 蒲台島 觀浪海鮮團

春  
天為郊遊的好季節，有見及此，我們為  
本會的會員及義工安排了一次「蒲台島  
觀浪海鮮團」的活動，詳情如下：

日期：一九九九年三月十四日(日)

時間：上午八時半至下午五時

集合時間及地點：待定

費用：會員及義工：\$170.00 / 非會員及義工

：\$190.00 (包括交通費及海鮮午餐)

內容：乘專船直航蒲台島，遍遊佛手崖、南  
角咀、淘金崖、棺材石、鬼屋等名  
勝，於蒲台島酒家享用海鮮午餐。

是次活動亦歡迎義工們攜同親友參加。  
如若參予是次活動，可致電 2776 8569 與區  
姑娘聯絡。

## 招募會員

本會「展能通訊」電子網絡系統為一內聯  
網，主要為殘疾人士提供各項資訊及電子  
郵件通訊服務，現有超過二百個會員，其中包  
括復康機構會員及個別殘疾人士及健全人士。  
參加者可以個人或機構名義參加，凡有興趣了  
解或參予本網絡系統，可致電 2788 4472 與  
網絡負責人黃先生聯絡。





## 特稿

本期，我們邀請了三位油麻地賽馬會分科診所精神科的醫務社工，分享她們對本會「輔助就業服務」之意見及感受。

# 1 專業精神 ENN

我與ENN的接觸，從當醫務社工第一天起已經開始了，到現在已有幾個轉介個案接受ENN的服務。偶爾從康復者的口中，得悉他們都非常滿意ENN提供的服務，他們覺得ENN的同工充滿熱誠，而且全心全意為他們找出就業目標，為他們物識合適的工作，使他們能認識自己，重新肯定自己的價值。

個人覺得，一個精神病康復者最需要的是重獲自信，事實上，ENN的同工確能通過輔導，使他們感受到關懷，對前途產生盼望，並且從實踐中培養自信。另一方面，ENN的轉介手續較簡單，省卻了不少在行政上的時間，更能直接及有效地協助康復者。

在此祝ENN百尺竿頭，更進一步。

# 2 輔助就業？

## 一個電話就攞掂



作為一位精神科醫務社工，面對繁重的個案工作，我們最希望的是獲得快捷優質的支援服務，使我們的工作更得心應手。隨著香港近年的經濟衰退和失業率的不斷上升，對於我們的服務對象——一群在就業市場討價還價能力偏低的精神病康復者，就業服務的需求更見迫切。

與工程及醫療義務工作協會(ENN)合作了一年多，感到他們提供服務的誠意和效率，經驗是十分愉快的。他們的服務形式及性質，似是介乎勞工署的展能就業科及一些包含多些訓練元素的輔助就業之間。一個電話、一個轉介、一個面談可以是三兩天便完成，對於一位心急的醫務社工、一位焦急找工作的康復者而言，實在是那麼快捷、親切、易用。

不知不覺，ENN已成為了我和同事們工作的好伙伴，願ENN繼續努力，為社會上弱勢的一群提供優質的另類輔助就業。

# 3 輔助就業 從內到外的服務

近月來香港的經濟每況愈下，失業率高企，要在社會上找一份合適的工作真的很困難。對於精神病康復者來說找工作更是在這數月來加入了失業的行列。在這種經濟情況之下，作為醫務社工有時候也真的束手無策。幸好，工程及醫療義務工作協會的輔助就業服務為希望重投社會工作的精神病康復者提供了一條快捷方便的出路。經過兩年的合作，我真的很欣賞他們的服務。在合作的過程中，我了解到他們的服務除了確切的為精神病康復者找尋工作外，其工作人員認真和樂於助人的態度，更顧及康復者的心理需要，這也是我最欣賞的。總而言之，與ENN合作的經驗是愉快的，希望他們繼續努力為精神病康復者提供更完善的服務。

## 義工招募

本會「展能通訊」電子網絡系統欲招募義工協助設計網頁，凡略懂網頁設計及有興趣參予義務工作，可致電 2788 4472 與黃先生聯絡。





新產品速遞

## 簡易掃描板

今期季刊為大家介紹由本會義工設計的一個新輔助儀器，這儀器暫名為「簡易掃描板」。這儀器的構思來自一所特殊學校，他們的主要服務對象為一些嚴重弱智的學生。溝通板會以白色膠板作原料，製成一個長約十二吋、闊六吋的盒子，盒子可作傾斜，而傾斜度更可調校至二十至七十度，作用是配合不同使用者的觀看角度，從而達至最佳的訓練效果。

這溝通板的板面會放置兩張約五吋乘五吋的圖片或文字，這些圖片或文字會印在一些透明的膠片或一些高透光度的物料上。這掃描溝通板，就如它的名字一樣，在左右兩邊的圖片下，會有發光的裝置，當這裝置啟動時，左右兩圖會輪流閃爍，形成一個掃描的效果，而這個掃描的速度是可以調較的。在掃描的過程中，導師會要求學員選擇他所指定的圖片，學員需要在燈光熄滅前，觸動輸入裝置，選擇適當的圖片，當選擇正確時，會有聲音發出，表示已經做對了。由於不同弱能程度的學員，需使用不同的輸入裝置，所以，我們也設計了不同類型的輸入裝置，例如觸碰開關、握力開關、輕拍開關等，以配合實際需要。而溝通板亦會有一個可配合不同輸入裝置的插座，以增強其靈活性。

在聲音效果方面，可採用不同的方法。

其中較為常用的是使用蜂鳴器(Buzzer)，當使用者的選擇是正確後，會發出「必」一聲作顯示。而較複雜方法是使用一些微型的錄音裝置，先將圖片的內容錄音，當使用者作出正確選擇後，錄音裝置便會說出該圖片是甚麼東西，這個裝置可使受訓學員對圖片內的東西有較深刻的印象，趣味性亦較大。市面上有些片語留言器可做到這個要求，但成本會較高，而且音質參差，可能要測試數種才能達到滿意效果。幸運地本會的電腦輔助儀器製作義工小組已找到適合的微型錄音零件，成本亦較便宜。另一種可供考慮的設計就是當學員選擇正確的答案就發出音樂聲或鼓勵說話，選擇錯了就會發出較刺耳的「必必」聲響，這樣亦可提高學員的學習動機及認知能力。

最後，在輸入方法上，可選擇較為簡單的輕觸式設計，當指定圖片的燈亮起時，學員可直接拍向該圖片，若選擇正確就會發出「必」一聲或經由錄音裝置說出圖片內容，這個設計可大大增強學員的學習動機。

上述所介紹的儀器可向本會訂製，如需要了解詳情，可致電 2776 8569 與本會職員聯絡。

## 「社區職業治療」服務

本會之社區職業治療服務，旨在協助康復者及長者改善肢體、精神及心理功能，提高他們在日常生活、家居、工作及社交方面之獨立能力，使他們能融入社區生活，服務範圍包括：

- 一、家居生活技能評估及訓練
- 二、社區生活技能評估及訓練
- 三、改善家居環境
- 四、設計及推薦輔助器材
- 五、免費借用訓練及輔助器材（新服務）
- 六、提供及轉介合適社區資源和服務
- 七、提供健康教育

歡迎各機構轉介個案至本會職業治療師作個別跟進。如有任何查詢，可致電 2776 8569 與本會職業治療師聯絡。

## 鳴謝啟事

在 此數月間，香港大學圖書館捐贈了一批486電腦予我們，經檢查及維修後，部份電腦已送予有需要的傷殘人士作中英文電腦練習之用，在此多謝他們慷慨的捐贈。





New Product Express

# Scanning Board

In this issue, a new product named the "Scanning Board" which is designed by our volunteers will be introduced. The idea for designing such a device originates from a special school for severe grade mentally handicapped students. The board, sized 12" x 6", is fabricated by white plastic sheet. It can be tilted from twenty to seventy degrees so as to suit the needs of different users.

Two photos or pictures sized 5" x 5" will be stuck on top of some transparent plastic sheet or similar materials. These sheets will then be placed on the surface of the board. Luminous device is installed under the pictures. When this function is activated, it will sparkle from left to right alternatively to produce a scanning effect. The speed of the scanning can be altered. During the scanning process, the instructor can ask the trainee to select an assigned photo. The trainee is required to activate the input device to select the appropriate picture before the flashing light extinguishes. If the correct picture is chosen, it will be indicated by some sound. Due to the varying disabilities of the trainees, different input devices such as touch switch, palmar grip switch and pad switch are also designed to suit their needs. To further enhance the flexibility in using the board, the plug of the board is designed to fit in different input devices.

For the sound output, different types of effect can be chosen. One commonly used effect is buzzer. When the correct picture is chosen, a "buzz" sound will be produced. There are also other more complicated alternatives such as micro recording system which can be used as sound output. The description of the picture can be recorded first. When the correct picture is selected by the trainee, the recording device will repeat the pre-recorded description. This arrangement can further strengthen the trainee's understanding of the picture and is more interesting. There are some commercially available devices which can serve this function. However, the cost is higher and the quality of the sound effect also varies. Trial and testing are needed to identify an

acceptable model. Fortunately, our volunteers have located a low cost and appropriate micro-recording component for use. Moreover, other alternate sound output which includes music or verbal encouragement can also be used as positive reinforcement while the disturbing "buzz" sound can be used as negative reinforcement. This can enhance the trainee's motivation to learn.

Regarding the input method, one alternative is that the trainee can touch the picture or photo directly when the flashing light for that picture is on. A "buzz" sound or some pre-recorded messages will be produced if the correct choice is made. This touch design can enhance the motivation of the trainees.

The above device is available for order. For additional information, please feel free to contact our staff at 2776 8569.



■ Sparkling from left to right alternatively to produce a scanning effect.

## Acknowledgment

During this period, the Main Library of the University of Hong Kong had donated some sets of computer to us. After minor repair, the computers were sent to disabled persons who need them for practice at home. Your generosity is highly appreciated.





## New Volunteers

In the past months, two new volunteers joined our volunteer team. They were Ms. Leung Lai Jean and Ms. Har Lai Hing. They have joined our 'Care for the Elderly Living Alone Service' and visited the elderly in Shek Kip Mei district.

Here, we welcome them and hope that they would introduce our service to their friends, thus enabling more people to know and join us.

\* \* \* \* \*

### Electronic Communication for the Disabled

## Recruitment of New Members

Our E-Mail system is an 'Intranet' network which is similar to Internet and operate under windows environment. It provides various kind of information and electronic mailing service to disabled persons. Presently, there are over 200 members including rehabilitation agencies and individual disabled persons as well as able-bodied. The participants can join on agency or individual basis. If you or your agency are interested to join our system, please contact Mr. William Wong at 2788 4472.

\* \* \* \* \*

## Community Occupational Therapy

Our Community Occupational Therapy (COT) Service aims to assist disabled persons and elderly to improve their physical, mental and psychological functioning. The service can enhance their independent living abilities in daily living, home/work environment and social life so that they can continue living in the community. The service provided include the following aspects:

1. assessment & training on activities of daily living;
2. assessment & training on community living skills;
3. home/workplace adaptation;
4. design & recommendation of rehabilitation aids;
5. rehabilitation aids on loan service;
6. referral for community resources;
7. provision of health education.

Referrals for service are welcome. For more information, please contact our occupational therapist at 2776 8569.

The Volunteer Station is mainly set up for our volunteers and to report events which are related to them. The Station welcome our volunteers to share their volunteer experience. You can send in your script to us in English or Chinese. Expected length is around 800 words. You can choose to use pseudonym. Please send in your contribution with real name, day-time contact telephone number and correspondence address to 'The Editor, EMV Bulletin'. As a token of appreciation, a souvenir will be presented to the contributor.

## 季刊與你 EMV Bulletin for You

請填妥回條寄回石硤尾村四十四座平台 207-212 室，工程及醫療義務工作協會收。

Please fill in the form and mail to EMV, 207-212, Podium Floor, Block 44, Shek Kip Mei Estate, Kowloon.

☐ 本人希望加入貴會成為義工

☐ I want to join your Association as a volunteer.

☐ 本人願意捐助 \$ \_\_\_\_\_ 支持貴會工作  
(支票抬頭為「EMV」)

☐ I wish to donate \$ \_\_\_\_\_ for supporting your Association  
(the bearer of the cheque is 'EMV')

姓 名 Name : \_\_\_\_\_

性 別 Sex : \_\_\_\_\_

職 業 Occupation : \_\_\_\_\_

電 話 Tel no. : \_\_\_\_\_

地 址 Address : \_\_\_\_\_

\_\_\_\_\_

本會為政府認可的慈善機構，所有捐款可獲發免稅收據。

EMV is a registered charitable organization. All donation to us is tax deductible.





## Annual General Business Meeting & Annual Dinner

The 14th Annual General Meeting was held on 6th November 1998 (Friday) at 6:30 pm at the Duke of Windsor Social Service Building. The Annual Dinner was held immediately after the AGM at the Hong Kong Medical Association. There was lucky draw during the dinner and all participants had a wonderful evening.



The progress of the Association was reported during the AGM.

由於篇幅有限，部份版位可能只以中文／英文出版，敬希見諒。

Due to the limited space, some columns can only be published in Chinese / English. We apologize for any inconvenience caused.

## Outstanding Volunteer Award

The adjudication of 'Outstanding Volunteer Award' was completed by the end of September and the presentation ceremony was held during our Annual General Business Meeting. Seven volunteers got the award this year. Among them, three received the 'Outstanding Volunteer Award' and the remaining received the 'Long Service Volunteer Award'. They are:

### Outstanding Volunteer Award

Miss CHEUNG Mei Tak  
(Medical Service)  
Miss YUEN Yau Yan  
(Medical Service)  
Mr. CHAN Fuk Keung  
(CASD)

### Long Service Volunteer Award

Mr. CHEUNG Chung Kin  
(CASD)  
Mr. HUNG Chun Tak  
(CASD)  
Mr. LEUNG Choy  
(TASD)  
Mr. KAM Hock Nin  
(CASD)

We congratulate them for getting the award and express our sincere gratitude for their devotion to voluntary service. We hope that they will continue their good work and use their expertise to serve the needy in the community.

## 'EMV Bulletin' Change of Personal Information

If you have to update your personal information, please fill in the below form and mail or fax to us. Thank you!

Bulletin No. : \_\_\_\_\_ (please refer to the mailing label, if any)

Name : \_\_\_\_\_

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PRINTED MATTER



EMV Focus

## Care for the Elderly Living Alone

With the rapid growth in the elderly population in Hong Kong, there is increasing concern over the health conditions of those living alone elderly. To address this issue, our Association has started to launch a "Care for the Elderly Living Alone Project" since 1990. The aim of this service is to provide preventive health care for those living alone elderly. Through visits paid by nurse volunteers and social worker, medical advice and consultation are rendered to them. Such that early detection of any health problems can be made and appropriate treatment can be referred before their condition further deteriorated. At the same time, advice on home adaptation/modification is also provided to improve the safety of their home environment.

During the initial stage of service, the elderly served were mainly referred by home help teams. The target elderly were those who are physically weak, home bounded and with little or no social support. With the commencement of operation of the "Social Networking for the Elderly Project", our service also serve those elderly who are referred by this project. The service delivery mode is also amended to meet the changing needs. The nurse volunteers are paired up and two elderly are assigned to each pair of volunteers. They are required to arrange regular visits to these elderly. With this arrangement, the volunteers can render their service in a more flexible way.

During the regular visits, the nurse volunteers will conduct simple medical check up which includes the monitoring of blood pressure and urine test etc.. Advice and consultation on geriatric illnesses, medication, personal hygiene and healthy living habits will also be provided. Relevant community resources will be

introduced to the elderly to ensure that they can obtain the appropriate assistance whenever needed. Volunteers are encouraged to contact the elderly through phone calls so that timely help can be rendered. In addition, concern is also paid to the safety of the elderly's home environment. Our occupational therapist can assist and advise on home adaptation or modification such as installation of handrail and ramp etc.. This new service mode is in line with the rationale of the "Social Networking for the Elderly Project" which aims to provide informal care and support to the living alone elderly so that they can continue to live in their familiar community independently.

Before the commencement of service, a series of training are organised for the participating volunteers. The content of the training includes communication skills, home safety knowledge and community resources. These training can facilitate the volunteers to render high quality service to the elderly. Regular sharing sessions are also arranged for these volunteers. These sessions can provide a venue for the volunteers to share their feelings or difficulties encountered during the delivery of service. Their feedback can help to improve the operation of the service. The volunteers can refer the elderly to the social worker and occupational therapist of our Association whenever needs arise.

This project has been in operation for some time and is welcomed by home help teams and the elderly. However, due to limited resources, the project can only be implemented on a small scale. Funding is sought to support this project so that it can be expanded to provide home based health care service for more elderly.