



EMV 專題

社康職業治療

本

會自一九九二年已開始提供社康職業治療服務。服務旨在提供社區復康服務，協助殘疾人士在他們所處的環境中獨立生活，令他們可重新投入社會，享有更高的生活質素。

社康職業治療的服務對象包括肢體傷殘、感官障礙、精神病及多種殘疾人士。由於人口老化，以及政府鼓勵體弱長者儘量留在社區中生活，本服務現時的對象以長者居多。

由於肢體缺陷或體能衰退，殘疾人士及長者在日常生活中，往往會遇到困難，使他們難於應付一般的自理活動例如穿衣、進食、如廁及梳洗等。而年青患者在工作上亦可能遇到適應困難，例如未能操作普通電腦鍵盤等。本會社康職業治療師會探訪患者的居所或工作環境，了解及評估患者於適應環境上的問題，然後提供合適的訓練、輔助儀器、以及改裝環境設施的建議。

本會提供的社康職業治療服務範圍包括下列各方面：

一、活動能力訓練

透過示範及講解，教導服務使用者合適的復康運動，訂立家居訓練計劃，提高他們的活動能力。

二、自理訓練

透過講解及訓練，提高服務使用者的自我照顧能力，如進食及穿衣技巧訓練。

三、環境改善設施

在評估起居及工作環境後，根據服務使用者的需要，建議並設計環境改善措施，以助服務使用者適應並發揮潛能。

四、設計及推薦輔助儀器

按服務使用者的需要去揀選合適的輔助工具或儀器，例如便椅及沖涼椅等。

五、照顧者訓練及輔導

協助照顧者學習各種照顧常識及技巧，如扶抱技巧、腰背護理、家居氧氣治療、自我鬆弛法等。

六、轉介服務

當服務使用者有其他的復康需要，職業治療師會按情況轉介服務使用者往其他合適的服務，例如言語治療等。

近來有各種新的社區服務如改善家居及社區照顧服務出現，同時有不少機構亦計劃加強服務內容，增加醫療及輔助醫療服務。為配合這些服務需求，本會亦開始提供一系列的社康職業治療服務給這些社區服務的機構。除以上提及的各點外，本會提供的服務更會著重發展有相關疾病的患者治療小組，以及工作人員的訓練工作坊，以改善服務的質素和效率。

本會歡迎個別人士或機構申請此項服務，如有任何查詢或轉介，請致電 2776 8569 與本會職業治療師聯絡。

週年聚餐

二〇〇〇至〇一年度的週年聚餐已於十一月九日晚上假啟德富豪酒店舉行。當晚各會員、義工及職員魚貫到達，大家濟濟一堂，共享了一頓豐富的晚餐。當日亦頒發了長期義工服務獎及積極服務獎，得獎名單如下：

長期義工服務獎：馬桂玲小姐

王寶蓮小姐

袁幼欣小姐

胡翠珍小姐

鄭淑娟小姐

積極服務獎：馮兆堅先生

在此再一次多謝他們對本會服務的支持及參與。

新同事

本會熱烈歡迎以下各新同事：

張家樂 庇護工場經理

陳少茵 助理輔助就業主任

唐翠鳳 活動助理

梁玉嫻 活動助理

謹祝各位工作愉快！



燒烤歡聚紅梅谷

為增加了服務使用者之間的友誼，促進身心健康，輔助就業服務的同事聯同七位服務使用者，於十二月十六日（星期日）到沙田紅梅谷郊野公園燒烤。

當日秋高氣爽，為爭取有利位置，我們勞煩了June、Janet及剛離職的Benny大清早先到場地佔據有利位置。Jackie及Homan則負責購買食物，稍後聯同各參加者乘坐巴士到達。

多得June、Janet及Benny先到及準備一切，我們到達時已有火燙的焗蕃薯醫肚，燒烤爐亦已火光紅紅，各人亦急不及待將食物繫上燒烤叉上。

最受歡迎的食物是龍蝦丸，不消一會便被「搶掠一空」。綿花糖亦是各人心頭好，Jackie表示燒綿花糖是她的強項，她毫不吝嗇為大家展示絕技，各人試食後均認為無懈可擊。

燒烤後，大家繞著燒烤爐玩「拍七」遊戲，各人最初表現拘謹，但熟習後異常積極，笑聲震耳。望夫石近在咫尺，我們決定往山上去，行至引水道附近，從山腰遠眺望望夫石。最後我們於山腳解散，各人均盡興而返。



◆ 從這裡可遠眺望望夫石！



◆ 輔助就業服務同事Jackie, Janet, Benny及Homan（後排站立由左至右）與參加者齊齊享受燒烤的樂趣。





EMV動態

職業健康講座

本會職業治療師鄭先生為循道衛理觀塘社會服務處「基層在職人士服務部」舉辦了五次的職業健康講座。內容主要是講解腰背痛的成因、手部勞損的病徵及護理方法。每次講座都有超過十五位院舍服務員出席，他們都很關注自己的健康情況，發問了很多有關手部及腰背護理的問題，而鄭先生亦即場示範了提取重物的正確姿勢和適當的扶抱技巧。透過是次講座，能喚起他們更關注個人的職業健康，以避免出現勞損的情況。若貴機構需要舉辦職業健康講座，歡迎與本會職業治療師鄭先生聯絡。



◆ 鄭先生為循道衛理觀塘社會服務處作職業健康講座

輪椅評估

本會職業治療師為有需要的人士提供輪椅選用及訓練服務，按著個別人士的身體弱能情況和生活環境，建議合適的輪椅型號及配件，還有其他的跟進服務包括調校和改裝輪椅、改善家居環境及教授使用輪椅的正確方法。如欲使用這服務，歡迎聯絡本會職業治療師鄭先生。



◆ 職業治療師為服務使用者介紹、揀選及調較電動輪椅。

關懷獨居老人服務計劃

上年度的「關懷獨居老人服務計劃」已於上年十月尾完結，分享及檢討會亦已於十一月十四日舉行。當日有超過十位義工出席分享會，彼此分享探訪的困難及喜樂，以及在服務過程中的得著，並檢討了是次服務的成效。而部份義工亦表示會繼續探訪長者。本會將於本年四月再次舉辦是項服務計劃。若你有興趣參與，歡迎致電與本會查詢有關詳情。

i-net

本會自去年六月開展復康訓練互動網站後，現已有超過二百多間機構及個人參與成為會員。為了對會員及使用者的需求有更深入的了解，本會職業治療師及網頁設計師於去年十月三十一日到訪保良局羅氏信託學校，以了解他們使用網站的情況。這所學校的電腦設備齊全，提供了一個良好的環境，讓使用者能方便地使用本網站的教材。當日亦有一位學員即場使用本會網站內的訓練軟件，令我們更清楚學員在使用這些軟件時的實際情況。是次探訪不但加深我們對學員需要的了解，而且獲得一些很寶貴的意見，對我們繼續發展復康網站有莫大的幫助，日後我們仍會安排探訪機構會員，以便能製作一些更適合使用者需要的軟件。



送蛇迎馬，
在此恭祝大家：
新年快樂，心想事成！

本會仝人敬上

家居照顧服務

◆海濱公園長廊風景優美，令長者留下深刻的印象。



「秋季一日遊」活動於去年十月十四日舉行。當日秋高氣爽，一百多位服務使用者一大清早分別於其區內出發，乘坐預先安排的巴士前往大埔海濱公園參觀，長者在同工和義工的陪同下，興致勃勃地登上回歸塔，遠眺對岸風景；昆蟲館內擺放了各類昆蟲標本，令大家眼界大開。中午，我們抵達粉嶺雲泉仙館，以美味齋菜果腹。館內滿載庭園氣息，令人仿如置身仙境。下午，我們抵達沙田文化博物館參觀，展覽館裡文物和藝術品匯萃，令大家對香港的歷史、文化及藝術加深了認識和提高了興趣。行程緊密的一日遊，各長者均樂而忘返。



◆長者亦可登上回歸塔來拍照



◆壽星公正等待切蛋糕



◆所有參與的同事在營地合照



◆各同事在睡前仍不忘遊戲一番

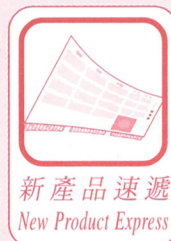


生日派對

三十多位農曆八、九及十月出生的長者於十一月二十四日在黃大仙老人社區中心共賀生辰。是次生日會除了有合唱生日歌、切生日蛋糕、集體遊戲及歡樂茶聚等環節外，本會還邀請了梁潔芳小姐等三位粵曲界的知名人士作表演嘉賓，為長者獻唱，其中包括家傳戶曉的「帝女花」等名曲，首首悠揚動聽，令長者聽出耳油，更有些長者隨隨地跟著和唱起來，氣氛十分熱鬧。

聖誕宿營

聖誕節期間，本服務隊假大嶼山石壁東灣舉辦了聖誕郊野營。十二月二十五日下午，前線同工及文職同事共二十多人，遠離喧鬧的都市，來到清幽的郊野，享受大自然的山水和鳥語花香。在這兩天裡，我們籌備了各種集體遊戲，以加深各成員的了解；我們也有登山和漫步海灘，期間還進行了攝影比賽；燒烤活動是整個郊野營的高潮，大家不但分享美味的食物，還交換了聖誕禮物及心意卡，讓郊野營充滿溫暖氣氛。



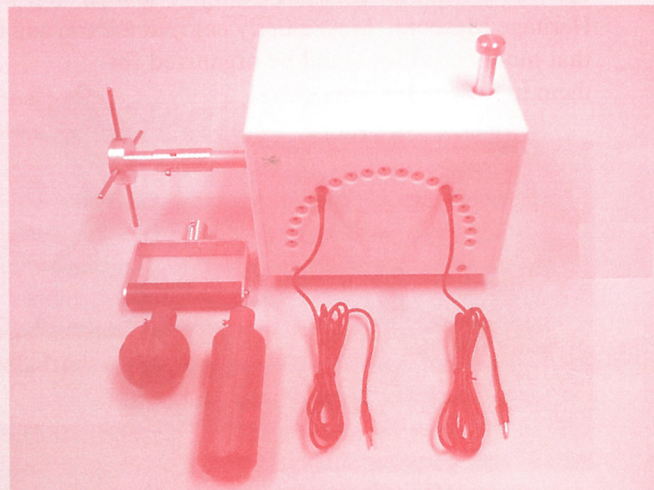
手部活動能力訓練輸入儀器

這儀器是用來訓練手腕及前臂的活動能力，包括手腕屈曲、伸展、及前臂的內外旋、活動幅度及其肌力。此儀器與以往的略有不同，它可以透過鍵盤功能設定器接駁電腦，並作為一個輸入裝置。

這儀器有幾個特點：首先，它有四款不同的手柄，以配合不同訓練，我們亦能根據使用者的需要另行製造所需的款式。除此之外，此儀器亦具備了兩種裝置，用作調校訓練的難度，分別可以調校其阻力及發出訊號的所需活動幅度。因此治療師或導師們能因應不同需要，來調較阻力及所需的活動幅度。此外亦可按著進度而增加或減低難度，來達致訓練目的。

Flexion Extension Pronation and Supination Switch

The word 'FEPS' means flexion and extension of wrist; and pronation and supination of forearm. This device is used to train clients' wrist and forearm range of motion. One special feature of this switch is that it can be connected to a computer, via our Programmable Keypad, and acts as a special computer input device. As shown in the photo, there are four different handles which are interchangeable so as to meet clients' specific needs and treatment goals. Tailor made handles are also available. A resistance adjustable knob is attached on the top of the FEPS. It can be adjusted and grading can be made, in terms of muscle strength, in accordance to the clients' ability during treatment. In addition to strength, grading on range of motion is also available. Numerous forms of output can be chosen so that signals can be produced for different range of motion. You can select suitable form of output to suit the treatment needs.

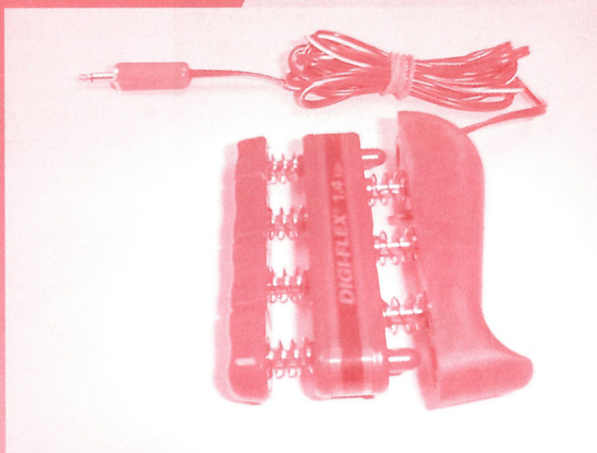


抓握訓練輸入儀器

此儀器主要是用作訓練抓握能力及其肌力。除了能接駁一般聲音、燈光及音樂回饋外，此儀器亦可透過鍵盤功能設定器接駁電腦，成為一輸入裝置。

整套儀器共有五個，分別有一點五磅、三磅、五磅、七磅及九磅的五種不同力度，可供使用者選擇。治療師及導師們可因應使用者的需要而選擇合適的磅數，亦可選購一套五個，以用來調校訓練的難度，達至更理想的訓練效果。

如對上述兩個裝置有興趣作進一步了解，歡迎致電 27768569 與職業治療師鄭先生聯絡。



Palmar Grasp Switch

This switch is mainly used to train clients' hand function in palmar grasp and power grip strength. The switch can be connected to some feedback devices such as adapted doorbell, light feedback box and sound feedback box. Besides, it can also be connected to computer, through our Programmable Keypad, to act as an input device. Five different levels of resistance are available and they are 1.5, 3, 5, 7 and 9 lbs. You can select appropriate resistance in accordance to your clients' abilities.

For further information about these devices, please feel free to contact our occupational therapist, Mr. Cheng at 2776 8569.



EMV News

Home Care Service

Outing in Autumn

More than 100 elderly joined the outing held in October. Their first stop was the Tai Po Waterfront Park. They visited the Spiral Outlook Tower and the Insect House with great interest. During lunch, they had a vegetarian meal at the Wan Tsuen Sin Koon at Fanling. The final stop was the Heritage Museum. Most elderly enjoyed the trip and hoped that more activities could be organized for them in the coming future.



◆ The first time for the participants to the Waterfront Park.



Birthday Party

More than 30 service users who had their birthdays in the 8th, 9th and 10th month of the Lunar Year joined the birthday party which was held in November at the SKH Wong Tai Sin Multi-Service Centre for the Elderly. Apart from games and food, chinese opera stars including Ms. Leung Kit Fong were invited to perform in the party. All participants had an enjoyable time.



◆ Ms. Tang, our team leader, presented souvenir to Ms. Leung Kit Fong for performing in the party.

X'mas Camp

A two-day camp was organized for the staff of Home Care Service in Lantau Island during Christmas. More than 20 staff members and their relatives joined the function. A full range of activities like group games, hiking, barbecue and photographic contest were organized. All staff enjoyed the camp.



◆ Colleagues enjoyed barbecue together.



季刊與你 EMV Bulletin for You

請填妥回條寄回石硤尾邨四十四座平台 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.



EMV News

Annual Dinner

The annual dinner was held on 9 November, 2001. Members, volunteers and staff members arrived the Kai Tak Regal Hotel in the evening and enjoyed a delicious buffet dinner together. The 'Long Service Volunteer Award' and 'Outstanding Volunteer Award' were presented during the buffet dinner. The winners of the awards are as follows:

Long Service Volunteer Award

Ms. Ma Kwai Ling Ms. Wong Po Lin
Ms. Yuen Yau Yan Ms. Wu Chui Chun
Ms. Cheng Suk Kuen

Outstanding Volunteer Award

Mr. Fung Siu Kin, Brian

We congratulate them and thank them once again for their dedication and continuous support to our Association.



Since the i-net has been launched in June 2001, the number of members has increased constantly and at present there are over 200 agency and individual members. With a view to understand the need of the users, the i-net staff visited Po Leung Kuk Law's Foundation School on 31st October, 2001. The school had a full range of computing facilities which enabled the students to surf the internet and use our training software easily and conveniently. Our understanding of learning the needs of the students was enhanced and precious opinions from teachers were also obtained. The visit enables us to design more appropriate training software which suits the needs of the mentally retarded service users.



Happy Lunar New Year!

**Wish you all good fortune in
the year of Horse!**

由於篇幅有限，部份版位可能只可以中文出版，敬希見諒。

Due to the limited spacing, some columns may only be published in Chinese. We apologize for any inconvenience caused.

Care for the Elderly Living Alone 2001-2002

This round of service has completed in October 2001. The sharing and evaluation meeting was held on 14 November, 2001. Over ten volunteers attended the meeting during which they shared and exchanged the difficulties encountered and the effectiveness of the service was also evaluated. Most of them expressed that they would continue to render services so that more elderly persons could benefit from the project. The service will be organized again in April 2002. If you are interested in joining the service, please feel free to contact our staff at 2776 8569.

Health Talk

Five health talks were organized for the Kwun Tong Methodist Social Service by Mr. Cheng, our occupational therapist. The theme of the talks was on occupational safety which included 'Causes of backache' and 'Symptoms and treatment of hand muscle deterioration' etc. Over 100 staff members from private nursing homes attended these talks.



◆ Demonstration on the method to lift heavy load.

The participants were concerned about their occupational health and related questions were raised enthusiastically. Demonstration on right method for lifting heavy load and appropriate holding were provided. The talk could arouse their concern towards occupational health and minimize occupational injuries. If you or your agency is interested in organizing such health talks, please feel free to contact Mr. Cheng, our occupational therapist, at 2776 8569.

New Colleagues

We would like to extend our welcome to the following new colleagues:

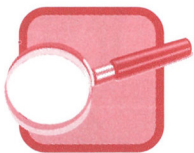
Cheung Ka Lok, Charles	Workshop Manager
Chan Siu Yan, Christine	Assistant Placement Officer
Tong Chui Fung, Connie	Programme Assistant
Leung Yuk Sim	Programme Assistant

We hope all of them enjoy their work in the new position.





PRINTED MATTER



EMV Focus

Community Occupational Therapy

EMV has started to provide Community Occupational Therapy (COT) since 1992. The service aims to provide community-based rehabilitation programs to maximize the independence of disabled persons in their daily living so that they can re-integrate in the community with enhanced quality of life.

COT serves those with physical disabilities, sensory deficits, mental illness, mental handicap and multiple handicaps. With the increase in elderly population and the government's policy to assist frail elderly to continue living in the community, the majority of the clients served are elderly.

Due to their impairment or deterioration of functions, disabled persons or elderly often encountered difficulties in their daily living. They may not be able to manage self-care activities such as dressing, feeding, toileting and grooming. Young disabled persons may encounter difficulties at work such as having difficulties to operate ordinary computer keyboard. Occupational therapist from our Association will visit clients' home or workplace to assess their ability and the problems encountered in the living environment. Therapist will then recommend or provide appropriate training, aids and environmental modifications.

The scope of COT service include the followings:

1. Individual or Group Rehabilitation Programs

Client's physical, mental and psychosocial functions are fundamental to all areas of activities of daily living (ADL). Therapist designs appropriate home exercise programs to help client maintain or improve these functions. On top of individual home programs, group therapeutic programs for clients with similar problems such as stroke or dementia can be organized too. Group programs have the additional benefits of boosting morale and mutual support.

2. Training on Activities of Daily Living (ADL)

Some clients may need training in self-care and home-making techniques such as one-handed dressing skills, shopping and cooking in wheelchair. Therapist can also help clients to learn adaptive techniques.

3. Environmental Modifications

To enhance safety and independence in ADL, therapist makes recommendations and arrangement on home/workplace modifications such as installation of toilet rails and change of level of electric switches.

4. Recommendations on Aids and Equipment

Therapist will recommend aids and equipment needed by clients. Bathboards, commodes, and home exercise equipment are common examples. Computer keyboard adaptations are often helpful to enhance work ability of disabled persons.

5. Training and Counseling for Caregivers

Many clients need help from caregivers such as family members or home-helpers in their ADL and rehabilitation programs. Therapist therefore trains caregivers in their caring knowledge and techniques. Training includes individual training or group training in form of workshops. Common topics of training are lifting techniques, back care, relaxation, home oxygen therapy and home rehabilitation programs for various diseases. Counseling on adjustment and advice on behavioral management are often provided when necessary.

6. Referral to other Professional Support

Client may require services beyond the scope of COT, appropriate referrals will then be made.

Recently, many new community care projects such as the Enhanced Home and Community Care Services for the Elderly are being operated by various NGOs. In response to the need for COT service by these operators, EMV has started to provide contracted occupational therapy package to agencies. Furthermore, to enhance service quality and efficiency, greater emphasis is put on the development of group programs for clients with similar problems and their caregivers, as well as to provide in-service training programs for staff. Our occupational therapist can also assist in the setting up of a mini occupational therapy corner when necessary.

The service welcomes applications or referrals from individuals or agencies. For enquiries, please contact our occupational therapist at 2776 8569.