



EMV 專題

## 社康職業治療服務

本會於一九九二年開始提供社康職業治療服務，為長者、病患及殘疾人士提供多元化的復康服務，協助他們獨立生活，融入社會，令他們享有更高的生活質素。

近年香港人口不斷老化，有不少社會服務機構已計劃加強現有的長者社區照顧服務，特別是增加醫療及輔助醫療服務。為配合社會的需求，本會期望與各機構組成合作夥伴，為長者提供全面的社區照顧服務。

本服務的對象以安老服務機構為主，如家務助理隊、長者日間護理中心及安老院舍等。承蒙各機構支持本會服務，已有機構轄下之改善家居及社區服務及長者日間護理中心使用這個服務，同時亦接獲不少機構的查詢。

本會為合作機構提供一系列的綜合社康職業治療服務，服務範圍包括下列各方面：

### 1. 個案評估及訓練

◇ 活動能力評估及訓練，例如：體姿、感知肌能控制、手部功能及下肢功能活動能力等。

◇ 日常自理能力評估及訓練，例如：梳洗、進食、穿衣、如廁、沐浴、由輪椅轉移到床上、步行、使用輪椅及上落樓梯等。

◇ 家居技能評估及訓練，例如：準備食物、家居清潔及洗衣等。

### 2. 設計及推薦輔助器材

◇ 設計、製造、推薦或代購復康設備和用具、各類輔助器材及設施，例如：助行器、輪椅及日常生活輔助用品等，並可協助向社署及有關基金提出申請資助。

### 3. 家居改裝

◇ 設計及建議改動家居環境，增強個案之獨立生活能力，例如：安裝浴室扶手、拆除門阻等，並可協助向房署及有關機構申請資助。

### 3. 社康教育

◇ 為個案及其家屬提供健康講座及工作坊，例如：家居安全、老人運動、腰部護理等。

### 5. 家屬及職員培訓

◇ 為家屬及職員提供訓練，例如：扶抱技巧、家居氧氣治療、自我鬆弛法、常見疾病及護理、職業安全及健康等。

### 6. 轉介服務

◇ 提供個案轉介服務，例如：轉介至醫院專科接受診斷及治療、言語治療、老人精神科等。

### 7. 其他服務

◇ 可安排物理治療服務，例如：痛楚處理、復康運動等。

此服務由資深的註冊職業治療師負責，定期為機構轄下中心提供上述一系列的服務，機構可因應其需要去決定每項服務的比重及時數。這項服務可為機構提供一個更靈活及具成本效益的選擇，省卻機構在招聘及人事管理方面的工作。服務收費會按所提供的服務時數及服務內容而定，詳情需面議。

本會歡迎有此服務需要的機構查詢及申請，如有需要，請致電 27768569 與本會職業治療師聯絡。



## 輔助就業服務

### 親屬小組

**本**服務於本年七月至八月期間，首次舉辦親屬小組，對象是精神病康復者的家屬。小組的目的是增強家屬對精神病的特徵和藥物的副作用的認識、改進與康復者的溝通、與其他家屬分享照顧康復者的心得，以達致互相支持和鼓勵。而為了使小組的內容更充實，本會更邀請精神科護士關衛國先生講授與康復者的相處技巧。在此謹向關衛國先生致謝。

在四節的課程中，共有六個家庭參加。家屬都很留心聆聽講者的講解，並在討論中積極參與，表現得很投入。而在小組完結後，家屬都表示對精神病有更深認識，更有信心與康復者相處，並能夠與其他家屬分享心得。本會希望日後有機會能再次舉辦有關的活動。



◆各親屬均向關衛國先生(戴眼鏡者)討教與精神病康復者家人相處之道。

### 職業安全及健康講座

**本**服務誠邀本會的職業治療師於七月十六日(星期二)任主講嘉賓，為各參與汽車清潔訓練的學員及有關職員講解清潔汽車時需要注意事項。期望這次講座能提高各人對工作安全的意識，從而減少意外的發生。

講座內容包括：

#### 1. 工作健康及安全的重要性：

- \* 促進職業健康及預防職業病
- \* 提高工作效率及質素
- \* 防止及減低意外發生的機會

#### 2. 工作環境的危險因素及預防方法：

- \* 炎夏露天工作須知
- \* 停車場工作須知
- \* 清潔劑的使用
- \* 各工序的正確姿勢

是次共有七位

學員及六位同工參加，參加者均踴躍提問，而鄭先生亦一一詳盡地回答。期望日後再為學員安排與工作有關之講座，讓他們可提升技術之餘，亦能注意職業安全。



◆職業治療師正為學員講解職業安全的重要性。

### 應用資訊科技訓練弱智人士工作坊

**香**港社會服務聯會於本年四月至八月期間，籌辦了四個名為「如何應用資訊科技訓練弱智人士工作坊」在職專業訓練課程，本會職員及義工應邀參與作培訓工作，主要介紹本會製作之「net復康訓練互動網站、各類復康軟件及電腦輔助器材應用，此外更教導如何運用PowerPoint, Word 及 Excel

以設計及製作一些簡單的訓練軟件。



◆本會同事正與參加者分享應用資訊科技作訓練弱智人士之工作經驗。

### 電動輪椅一站通

**本**會將於十月下旬開始提供一站式的電動輪椅服務計劃，包括上門檢查及保養、維修、短期租賃及代購等服務，如欲查詢服務細節或有興趣參加成為會員之人士，可瀏覽本會網頁或致電 2776 8569 與職業治療師鄭先生聯絡。



## 家居照顧服務

在

六月和八月份，我們在聖公會老人社區中心舉辦了兩次生日會，其中，八月十七日的生日會是為農曆五、六、七月出生的服務使用者賀壽。當日，社會福利署黃大仙及西貢區策劃及統籌主任李佩珍姑娘在本會總幹事陸艷玲姑娘的陪同下，在百忙中撥冗蒞臨與三十位壽星公公和婆婆共渡快樂的生辰。參加者譚始芬婆婆更代表本會致送紀念品予李姑娘，紀念品是由婆婆親手用肥皂和絲線編織的小花籃。生日會上，除了有聖公會營養師譚姑娘主講的營養講座外，亦有僑友社十位嘉賓表演精彩的歌舞，參加者與表演嘉賓一起載歌載舞，熱鬧非常。最後，更有三位長者主動作清唱表演，為整個生日會掀起高潮。

◆ 社會福利署代表李佩珍姑娘(前排右者)及總幹事陸艷玲姑娘(前排左者)與長者主持切餅儀式。



夏

日炎炎，有什麼好去處？到雀鳥滿園，又有茶具鑑賞的香港公園就最好不過。七月十一日，我們組織了香港公園半日遊活動，三十多位體魄強健的長者興高采烈、精神奕奕地參加了是次活動。當日天氣雖然比較炎熱，但無損大家觀賞雀鳥和茶具的興致。在參觀之餘，大家都不忘揀選佳景拍照，留下美好回憶。

## 參觀香港公園



◆ 參加的長者與表演的嘉賓全程投入，載歌載舞。

◆ 猛烈的陽光仍無阻長者的歡樂氣氛。

退

化性關節炎運動小組」於五月九日、十六日、二十三日及三十日舉行。共有六位年長患者參加。在整個小組活動環節中，職業治療師為長者詳細檢查膝關節退化情況，進行治療性復康運動、教導長者保護關節的守則及方法、家居減輕痛楚療法和介紹一些合適的日常輔助用具及輔助步行用具。各長者都積極參予訓練，希望改善其膝關節退化情況和減輕痛楚。除了獲得上述的知識外，在參與小組活動中，長者們都十分投入，互相分享病患中的感受和經歷，從而彼此激勵。

## 退化性關節炎運動小組

## 護老者壓力小組茶聚

在

七月六日(星期六)下午，本會在聖公會黃大仙社區中心舉辦了首個護老者壓力處理分享小組，參加者均為需照顧年老配偶的長者。當日共有九位長者出席。在小組過程中，各長者分享了擔當護老者的角色及壓力，工作人員亦分享舒緩壓力的方法及技巧。最後，工作人員亦指導長者作一些簡單的鬆弛練習。期望各護老者能透過小組活動，關注個人健康及顧及身心需要，以便能繼續擔當護老者的角色。



◆ 參加者正學習簡單的鬆弛練習。

◆ 長者積極參與復康運動







特稿

## 展毅中心

本會第一所庇護工場——「展毅中心」已投入服務逾半年。今期我們的特稿特別邀請了中心的訓練助理分享一下這半年多的工作感受。

### 工場感想

吳世芬

三月份我懷著戰戰兢兢的心情，去迎接這份新的工作——「訓練助理」，這份工作給我一種既新鮮又具挑戰性的感覺。中心的工作對象是各類殘疾人士，而其目的是發掘他們的工作潛能，從而提升他們的自信及社交能力，協助他們重投社會。

展毅中心投入服務不經不覺已半年了，中心最初由零開始，甚麼也沒有，至今生財器具都預備得七、八成，而且各組都已投入生產服務。

在教導學員乾濕洗衣技術的過程中，我看見他們逐漸的進步，感到十分欣慰。他們能夠克服身體的殘障去工作，將他們的潛能發揮出來。我們的角色是協助學員，讓他們從工作中找出自己的價值並肯定自我，從而讓他們有信心去過一個有意義的人生。在此工作的數月間，自己也學習了不少：例如學會了怎樣去教導不同性格的學員，怎樣與他們相處和溝通，與他們一起經歷工作上的困難與喜悅等。

在工作的過程中是很需要投入愛心及忍耐的，每當看見學員能夠獨立完成工作，那份喜悅之情真是非筆墨所能形容。是的，生命的道路崎嶇，殘障人士要面對的挑戰亦特別多，但我深信憑著愛心及堅毅的精神，學員必能將障礙越過，逐漸投入社會工作。我們必定會本著「非以役人，乃役於人」的精神，去努力工作。正如聖經說：「信、望、愛、其中最大的就是愛。」願我們共同努力。

## 展毅中心活動花絮

中心自本年三月一日啟用以來，提供了不少的訓練及活動讓中心的學員參加。

### 訓練課程

#### 基本清潔訓練課程

四月八日至十二日期間，六名學員參加了由屯門技能訓練中心舉辦的『基本清潔訓練課程』，透過這項職業培訓，學員能掌握基本的清潔技巧，例如怎樣使用擦地機、汽車清潔及美容等訓練。

#### 資訊科技訓練課程

兩名中心學員分別於七月及八月期間參加由香港理工大學所舉辦的『資訊科技訓練課程』，學習如何使用互聯網。

### 中心活動

學員除了參與一些由外間團體所舉辦的訓練課程外，本中心亦有提供不同類型的活動給予學員參加，讓他們在工餘期間亦可輕鬆一下：

#### 開心fun棋

本中心於本年七月十五日至十九日間，邀請了青山醫院病人資源中心的義工為本中心的學員策劃了一項名為「開心fun棋」之遊戲，透過遊戲，讓學員可放鬆一下自己的心情及情緒，增進彼此之間的溝通及交流。

#### 康樂用品借用服務

由本年六月底開始，學員可於午膳期間借用中心內的不同康樂用品，如各種棋類及智力遊戲等。

## 大旅行

第一次的大旅行於七月二十四日舉行，那天共有四十多名學員參加，行程包括有參觀荔枝角公園及香港歷史博物館，並於油麻地大華酒店吃自助午餐，席間更有抽獎遊戲。各學員均表示十分滿意當日的活動，各人均能盡興而返。



◆ 參加的學員及職員於荔枝角公園合攝



◆ 各學員正享用豐富的自助餐

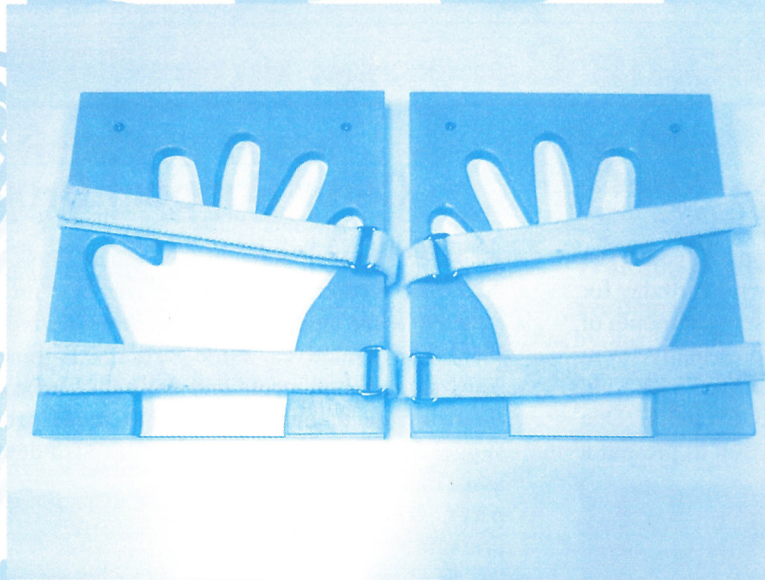




新產品速遞  
New Product Express

## 手指展開器

此木製手指展開器是用來伸展及分開手指，以防止手指收縮及關節變形。中風康復者、大腦痙攣患者及其他因骨科問題導致手肌肉張力增加痙攣或手指收縮者均可使用此儀器來控制及改善情況。

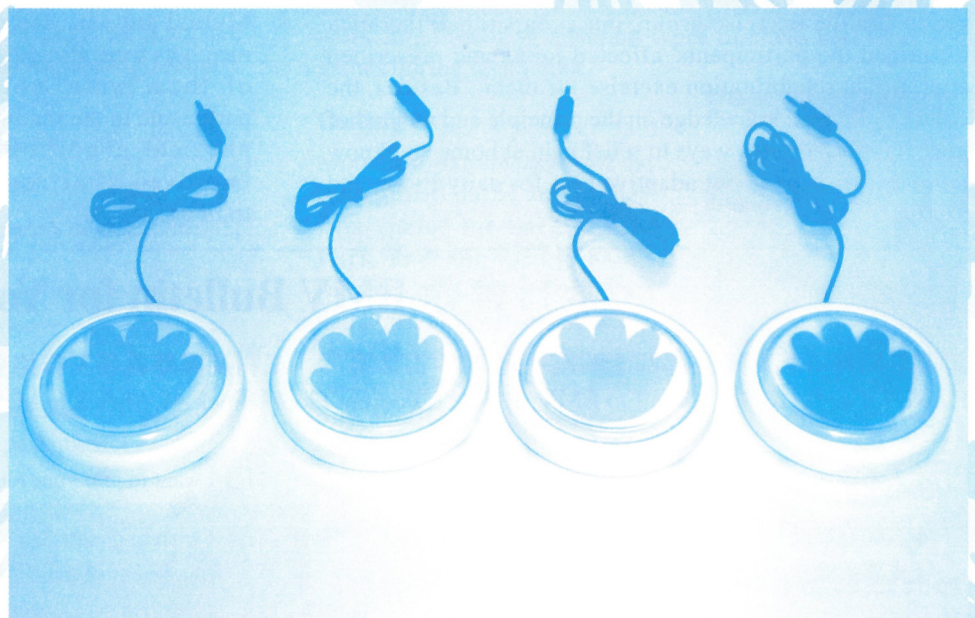


## Fingers Spreader

The wood made board with palm shape hollow is used to extend and separate fingers to prevent further contracture and deformity so as to maintain joint range of motion. The aid is suitable for clients with increased muscle tone or fingers contracture due to orthopedic problems, such as stroke and cerebral palsy.

## Hand Switch

It is an input device activated by pressing. This switch is especially designed for mentally handicapped persons. A colorful hand pattern is printed on the surface of the switch in order to motivate the user to press it for activating computer single-switch-game and adapted toys. It can also be used for training of hand function for those with poor hand control.



## 手掌圖案開關掣

這是一個輸入裝置（開關掣），只需用手掌拍按或手指輕按掣面便能控制開關。此開關掣特別為弱能人士而設計，掣上印有顏色的手掌圖案，亦可藉此以吸引使用者拍按此掣來操控單按式電腦遊戲及改裝玩具，主要是用作訓練因果關係的概念。手部活動能力困難者亦可透過此拍掣作手部功能訓練之用。

如對上述兩個裝置有興趣作進一步了解，歡迎致電 2776 8569 與職業治療師鄭先生聯絡。

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





EMV News

## Home Care Service

### Birthday Parties

Two birthday parties were held in June and August. The one held on 17 August was to celebrate the birthday for those who were born in the fifth, sixth and seventh month of the Lunar New Year. Miss Lee Pui Chun, representative from the Social Welfare Department (SWD), and Miss Lisa Luk, our Executive Director, were invited to join the party. One of the participants represented our association to present a souvenir to Miss Lee. Apart from the nutrition talk given by Ms. Tam, a dietitian, there were dancing and singing performances too. All participants enjoyed the event.



◆ Miss Lee received the souvenir which was hand made by one of the participants.

### Carer Support Group

Carers of elders have to face much stress in their daily life. A carer support group was held on 6 July which aimed to assist them to handle the stress derived from caring their elderly relatives. Nine participants joined the group. They shared their stress and daily problems encountered. Appropriate means to deal with these problems were suggested. Relaxation exercise was also demonstrated to assist them to relieve part of their pressure.



◆ Participants shared problems faced in caring their elderly relatives.

### Exercise Group for Osteoarthritis

An exercise group was held on 9, 16, 23 and 30 May at the Community Rehabilitation Networks at Wang Tau Hom. Six elders, suffering from osteoarthritis joined the group. In the exercise group, our occupational therapist examined the participants' affected joints and prescribed appropriate rehabilitation exercise for them. Besides, the elders could gain knowledge on the principle and method of knee joint protection; ways to relieve pain at home and know more information about adaptive aids for daily living and

assisted walking aids. During the group sessions, they gained skills and knowledge on osteoarthritis. Mutual support amongst group members were also developed. All of them were motivated to participate in the training and their physical condition had also improved after receiving the training.



◆ An elder was practising rehabilitation exercise.

## 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

## Supported Employment Service

### Relatives Group

The first Relatives Group was held during July and August. The goals of the group were to enhance the capability of relatives in looking after their ex-mentally ill family members and to establish mutual support through sharing and interaction.

The group consisted of five sessions. The topics were as follows:

1. Characteristics of mental illnesses
2. Side effect of the drug
3. Communication with the ex-mentally ill family members
4. Sharing among group members
5. Evaluation

A psychiatric nurse, Mr. Kwan Kwai Kwok, was invited as guest speaker to deliver a talk on 'Improving communication with ex-mentally ill family members'. Members from six families joined the group and they found the activity was very meaningful as they could share their ideas and feelings among themselves. They could also get more information which were beneficial to themselves as well as their family members.

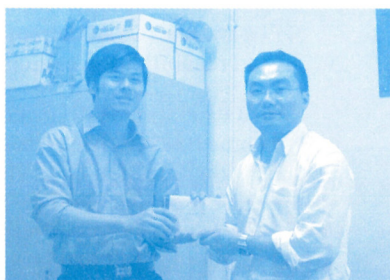
### Talk on Occupational Safety and Health

Our Occupational Therapist, Mr. Nelson Cheng, was invited as guest speaker to deliver a talk on Occupational Safety and Health on 16 July 2002. The aim of the talk was to arouse the awareness of the trainees on occupational safety when receiving training in Car Beauty Service. This can help to protect the trainees as well as to lower the possibility of occupational accidents.

The content of the talk were as follows:

1. The importance of occupational safety and health
  - \* Occupational safety and prevention of occupational illnesses
  - \* Method to improve efficiency and quality of work
  - \* Prevention of occupational accidents
2. Possible danger in work environment
  - \* Points to note when working in summer
  - \* Points to note when working in parking slot
  - \* Use of detergent
  - \* Appropriate means and posture for lifting heavy load

Seven trainees and six colleagues participated in the talk. Other talks, which job related, will be arranged for the trainees in the future.



◆ Our colleague presented a souvenir to the guest speaker.

## News from the Endeavor

A number of training courses and activities were arranged for the trainees in the workshop since its commencement of operation in March this year:

### Training in General Cleaning

Six trainees participated in the 'Cleaning Course' organized by the Tuen Mun Skills Centre of the Vocational Training Council. The content of the course included training in car washing and office cleaning, and the use of various types of commonly used cleaning tools and equipment.

### Training on Information Technology

Two trainees joined the training course on Information Technology organized by the Hong Kong Polytechnic University in July and August. The course aimed to assist the trainees to surf on internet.

Apart from the training courses offered by other organizations, the workshop has also arranged some activities for the trainees as well:

### The 'FUN' Game

Volunteers from the Patient Resources Centre of Castle Peak Hospital were invited to arrange a 'FUN' game for our trainees in July. The activity aimed to relieve the tensions of the trainees as well as to enhance their mutual support and communication.

### Lending Service of Leisure Ware

The lending service commenced operation in June. Trainees were allowed to lend recreational equipment available in the workshop including different types of chess and other IQ games during lunch hour.

### Outing

More than 40 trainees joined the outing held on 24 July. They first visited the Lai Chi Kok Park and the Hong Kong Museum of History. Then, they had lunch buffet in the Majestic Hotel in Yau Ma Tei. There was lucky draw during the lunch buffet and all participants enjoyed a delightful day.



◆ The staff was helping the participant to finish the walk on a gravel path.

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.





## PRINTED MATTER



EMV Focus

# Community Occupational Therapy

EMV starts to provide Community Occupational Therapy (COT) since 1992. The service aims to provide community-based rehabilitation programs to maximize the independence of elderly, chronically ill and disabled persons in their daily living and to assist them to re-integrate into the community with enhanced quality of life.

In recent years, the elderly population in Hong Kong is growing steadily. Many social service organizations are planning to enhance their existing community service for the elderly with special concern on the provision of medical and paramedical services. In response to the growing demand for COT service, our Association is looking forward to form strategic alliance with agencies serving the elderly in providing comprehensive community occupational therapy service for their service users.

COT can serve agencies operating home help service, day care center for the elderly and care and attention home etc.

Due to the increasing demand, two social service agencies operating Enhanced Home and Community Care Services and Day Care Centre for the elderly have already purchased our contracted occupational therapy packages. Many enquiries were received and a number of discussions and negotiation are now undergoing.

The scope of COT service includes the followings:

### 1. Individual Assessment and Rehabilitation Training

- ◇ Assessment and training of physical functions include body posture, motor control of hand, upper limbs and lower limbs, perceptual and cognitive function etc.
- ◇ Assessment and training of Activities of Daily Living include grooming, dressing, toileting bathing, transfer from wheelchair to bed, mobility, wheelchair using and stair etc.
- ◇ Assessment and training of domestic management skill include food preparation, cleaning and laundry etc.

### 2. Recommendations on Adaptive Aids and Equipment

- ◇ Therapist will recommend adaptive aids and equipment needed by service users such as aids for daily living, assisted walking and wheelchair etc. Therapist will help the needy elders to apply for funding from the Social Welfare Department to cover the expenses of the rehabilitation aids.

### 3. Home Modification

- ◇ Therapist will make recommendation and arrangement for home modification such as handrails installation, door width widening, door kerb removal and application for rehousing etc.

### 4. Community Education

- ◇ To organize health education talks for elderly and carers on home safety, rehabilitation exercise for the elderly and back care etc.

### 5. Training for Carer and Staff

- ◇ To provide workshop for carers and staff on topics of transfer skills, home oxygen therapy, relaxation, common geriatric illnesses and occupational health and safety etc.

### 6. Referral to other Professional Service

- ◇ Referral can be made for appropriate follow-up service such as referrals to specialist clinic at hospitals, speech therapy, psychogeriatric service etc.

### 7. Other Service

- ◇ To arrange physiotherapy service for pain management and rehabilitation exercise whenever needs arise.

Our Association will arrange experienced therapists to render home based or centre based services. Agencies can be flexible in the selection of service combination in accordance with their needs and arrangement. This can facilitate the development of a more cost-effective service and reduce the cost in recruiting staff and human resource management.

For application and enquiries, please contact our occupational therapist at 2776 8569.