



EMV 專題

社 區 復 康 計 劃

行政長官在二零零五至二零零六年度的施政報告中宣佈會增強對殘疾人士及其家人提供的社區支援服務，包括為精神、肢體或腦部受損的離院病人提供社區復康服務。有鑑於社區對此項服務有一定的需求，本會於二零零六年五月起與新界西醫院聯網包括屯門醫院及博愛醫院合作，為離院病人提供短期復康訓練，提升他們的功能，減低病發的機會，使他們能獨立生活，融入社會。

現時的社區復康計劃共提供以下三個訓練單元計劃，為不同機能受損人士提供復康訓練：

(一) 中風病者社區復康計劃

協助中風病者改善因中風而受損的活動能力，學習健康的生活模式，減低病發的機會。其主要目標為：

1. 增強參加者在肌能及功能方面的復原
2. 監察潛在性的問題及後遺症
3. 訂立健康的生活模式，減低再中風的機會



(二) 腦部受損病者社區復康計劃

協助腦部受損病者透過學習一些輔助技巧，令他們儘量回復到受傷前的能力水平，使他們能獨立地生活及融入社區。其主要目標為：

1. 增強參加者的社區活動能力
2. 重新建立參加者的工作及溝通技巧

(三) 改善長期腦神經受創者上肢活動能力社區復康計劃

透過訂立家居訓練課程及學習NDT原則，提升參加者的上肢活動能力，防止因腦神經問題而引致肌肉及骨骼方面的後遺症。其主要目標為：

1. 教授各種上肢活動方法
2. 訂定家居訓練課程以預防後遺症，並建立及學習適當的活動模式

每個訓練計劃共八節，每星期一或兩節，計劃內容包括評估、教授適當的技巧、實習、照顧者訓練及認識社區資源等，治療師亦會關注康復者的心理需要，鼓勵在日常生活中應用所學習的技巧。每個訓練計劃收費為港幣四百八十元，地點為本會位於屯門的展毅中心。

計劃除接受屯門醫院／博愛醫院職業治療部轉介外，亦接受有需要的機構轉介或個人申請。有興趣了解詳情或欲轉介參加者，可致電 31571515 與林先生查詢。

「社區復康計劃」參加者心聲

今期我們邀請了曾參加本會社區復康計劃的兩位參加者，分享一下他們完成此計劃的感受，讓大家對此復康計劃有多一點認識。

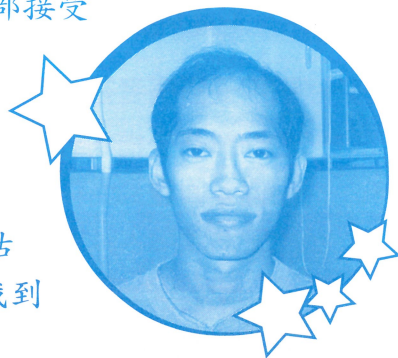
郭 乾

郭伯伯中風後，接受了屯門醫院的日間治療。他的情況確有進展，奈何醫院服務有期限，郭伯伯決定參予本會的「社區復康計劃」。在參予計劃初期，郭伯伯的關節活動能力仍然較低，平衡及行動能力也屬一般。這些限制大大打擊他的自信心，他寧可倚賴院舍職員協助照顧起居生活，也不敢嘗試進行一些簡單的日常生活活動，例如更換衣物和步行。然而，透過治療師的評估及觀察，甚至郭伯伯本人也知道，他是有能力參與這些日常生活活動的。在治療期間，除了耐力和平衡力的訓練，治療師更常與郭伯伯傾談，關心他的心理需要。在接受了四星期的治療後，郭伯伯開始參與各式日常生活活動。筆者問他，為何有此轉變。郭伯伯表示，我們給他的治療，使他重拾信心。是的，整個面談過程中，郭伯伯多次強調的是治療使他重拾「信心」。現在，郭伯伯已可以自行進食，更衣和作短程步行了。



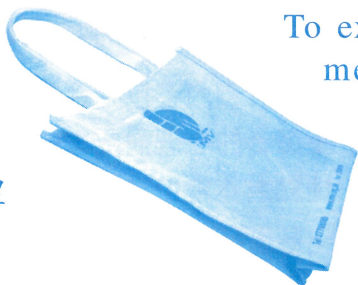
孫嘉煒

孫先生以前曾因工傷跌倒，並接受腦部手術，及後在屯門醫院日間治療部接受復康治療。經過長時間的治療，孫先生的情況確有進展，唯平衡力及耐力方面的進展未如理想，加上父親快臨退休年齡，故他希望可找到工作，減輕家中的負擔。在治療初期，孫先生的平衡力及耐力仍然較低。在八節的復康治療中，孫先生的情況漸漸進步。除了復康治療外，治療師還因他的需要，教導他一些實用的技巧並加以適當訓練。在治療師評估他的工作能力後，孫先生被轉介到本會的輔助就業服務。現在他已經找到一份合適的工作，對於現在工作及生活，他都表示非常滿意及充實。



附送環保袋

為了感謝曾慷慨捐款予本會的人士及答謝各會員、義工，本會隨今期季刊附送本會特別設計的環保袋，小小禮物，聊表謝意。



Souvenir for donors, members and volunteers

To express our gratitude to all donors, members and volunteers for their continuous support to our Association, a specially designed shopping bag is attached. Hope you like this souvenir!



EMV動態

輔助就業服務

汽車清潔及美容隊

由輔助就業服務之服務使用者所組成的汽車清潔及美容隊伍一直致力為屯門醫院、屯門公務員宿舍、兆康苑及鄰近地區之車主提供優質的汽車清潔及美容服務。由本年六月起，服務擴展至另一個新屋苑——屯門的茵翠豪庭，除了讓更多車主獲得本會的服務外，更可以為服務使用者提供更多的訓練、實習及就業機會。在此謹多謝茵翠豪庭管理公司的協助，令服務得以順利開展，直至十月底，已有十個車主惠顧服務，對於各車主對本服務的支持，本會深表謝意。

參觀「昂坪360」

服務單位於二零零六年六月十六日（星期五），應「昂坪360」、香港復康聯會及香港社會服務聯會的邀請，試乘昂坪纜車；由於是次活動的名額有限，故服務單位以抽籤形式分發門票。而有份參加是次活動的服務使用者，均經歷了一次難忘的旅程。



展毅中心 — 綜合職業復康服務

美食博覽服務諮詢

中心由八月十七日至二十一日，一連五日於灣仔會議展覽中心設置服務諮詢櫃位，供社區人士查詢服務。透過展板、派發服務單張及中心通訊、以及影片播放，將中心最新的服務資訊帶給社區人士。由於正值美食博覽期間，瀏覽及查詢人數眾多。透過參予這類宣傳活動，除令更多社會人士認識本中心之服務外，亦能提升社會人士對弱能人士工作能力的認識及了解。

工作訓練—物流展才能

中心為了提供多元化的工作訓練機會，由本年八月七日開始，與位於沙田火炭的一家物流公司合作，為服務使用者提供物流及包裝的訓練崗位。這些訓練崗位可讓他們學習面對不同的工作環境，藉此改善適應能力，相信對他們日後的公開就業，有很大的幫助。

「2006 無障礙網頁」研討會

本會參加了由香港社會服務聯會-資訊科技資源中心於十月廿七日假生產力促進局舉辦之「2006 無障礙網頁」研討會，研討會的目的是推介有關無障礙網頁的主要概念和技巧。本會被邀請設立一個攤位，介紹及示範本會的各類電腦輔助器材及復康訓練軟件，當日參觀者對本會所示範之器材很感興趣，除即時試用各類器材及軟件外，並發問了很多有關應用上的問題。本會期望日後也多參予此類活動，令更多社會人士認識供弱能人士使用的各類輔助器材。



1



1. 特大按鈕鍵盤

特大按鈕鍵盤的按鈕比一般市面鍵盤的按鈕大，有助手部功能協調不佳或視力不佳的人士使用。按鈕上的字樣及符號，都比一般常見的鍵盤大，適合視力較差的人士操作，亦能訓練使用者手指動作的靈活性、手眼協調能力和上肢的肌力及耐力。鍵盤的連接方法簡便，只要將鍵盤的插頭連接到電腦上相應的插口，即可使用，無須安裝任何軟體。

1. Enlarge Keyboard

The size of the keys in the enlarged keyboard is larger than the keyboards available in the commercial market. This keyboard is useful for those users who have poor eye or hand coordination. The symbols painted on the keys are large enough for use by those who have poor vision. The keyboard can also train finger dexterity function, eye-hand coordination as well as muscle power and tolerance level of the upper limbs. The keyboard can be connected to the computer by plugging the adaptor into the compatible socket of the computer. No specific software is required for operation.

2

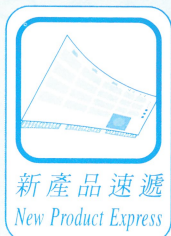


2. Chopsticks Training Package

“Chopsticks Training Package” is a training package that consists of three components namely, three pairs of chopsticks with different strength requirements, a USB socket box and a training software CD. The user can train his/her daily chopstick manipulation skills through operating the chopsticks given. The application of the training software can make the training more interesting and stimulating. The level of training can be adjusted to fit individual needs. The chopstick adaptor of the chopsticks can be connected to the USB connection box and subsequently connected to the computer. The training software can be operated through playing the CD directly or installing the training program into the computer hard disk.

2. 筷子訓練遊戲套件

「筷子訓練遊戲套件」是一套包含硬件和軟件的復康儀器，套件共分為三個部份，包括：三對不同力度操作的筷子、一個 USB 插座及一張裝有遊戲程式的光碟。透過使用遊戲軟件去操作筷子，以模擬日常生活中運用筷子夾食物的情況。遊戲軟件不但能增加訓練的趣味性，同時更可配合電腦程式上的設定，制訂不同難度的訓練要求，以配合不同能力使用者的訓練需要。每對筷子都裝上了筷子匣，筷子匣用以連接 USB 插座；USB 插座上的延長線用於接駁到電腦的 USB 埠。把「筷子訓練遊戲」光碟直接插入電腦的光碟盤，遊戲的程式便會自動執行。此外，亦可把程式拷貝到電腦硬碟上，然後直接從電腦硬碟上啟動遊戲。



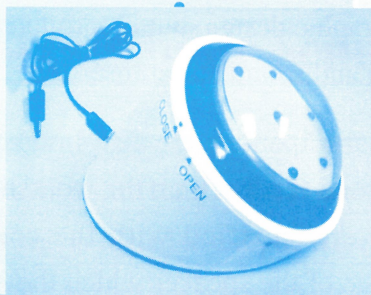
新產品速遞
New Product Express

3. 幻彩水柱

幻彩水柱主要是按照多元感官刺激的理论提供视觉刺激给予有认知能力障碍的长者及智障人士，透過给予适当的感官刺激来协助有需要的人士提高

对身边环境的反应及改善情绪。幻彩水柱由 10 吋半方形木底座承载，高 15 吋，水柱能产生水泡及有渐变色效果。水柱后面及底部装有反映胶片镜面提高水柱的视觉刺激。水柱亦有连接拍掣之插孔，以方便运用各种拍掣，达到互动训练的效果。

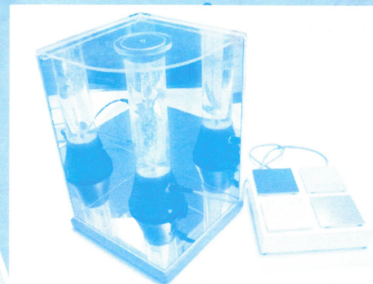
4



4. Flash Switch

Six flash bulbs, which are in green, yellow and red and protected by a transparent covering, are installed on the switch. The bulbs will flash randomly when the user activates the switch. The switch can provide additional visual feedback to the user. With an internal power supply for the flash bulbs, the battery can be replaced by following the instructions given. The design of the switch has taken into account the human ergonomic requirement and the size of the switch is large enough for the user to operate for a longer period of time. The anti-slippery design on the bottom can help to fix the position of the switch during operation.

3



3. Aquatic Bubble Tube with Interactive Switches

The principle of multi sensory stimulation is taken account in the design of the colorful bubble tube. The device can provide visual stimulation for those who have severe cognitive impairment. Through multi sensory stimulation training, the sensitivity towards the environment as well as the temper of the disabled persons can be improved. The bubble tube is installed on a 10"x 10" wooden square base. The total height of the tube is about 15". The bubble tube can produce air bubble with gradual changes in colors. Two mirrors are installed around the back of the tube, which can enhance the stimulating effects of the tube. The bubble tube can also be connected with various hand switches so as to control the color change functions.

4. 閃燈拍掣

閃燈拍掣上共有六粒分別為紅,黃及綠色的閃燈，安裝於拍掣的按板上，並有透明外殼保護。當使用者手按動拍掣時，閃燈便會閃動用以加強對使用者的視覺回饋。閃燈拍掣內有獨立電源為閃燈提供電力，只要按拍掣上的指示打開拍掣內部即可更換電池。閃燈拍掣以配合人體手部角度設計，而其按掣部份的直徑為3吋，有利使用者長時間使用。閃燈拍掣底部更加有防滑墊設計以防止使用時拍掣移位。

如有興趣訂購上述儀器或有任何查詢，歡迎致電 2776 8569 與本會職業治療師聯絡。
For enquiry, please feel free to contact our occupational therapist at 2776 8569.

Computer Rehabilitation Resource Station
DIY Training Workshop

本會於二零零六年十月廿四日舉辦了兩個「多媒體教材製作與應用」工作坊，有超過六十多位參加者出席，其中大部份為弱智人士服務機構的同工，包括：職業治療師、言語治療師、特殊幼兒護理員、教學助理及導師等。當日工作坊內容豐富，包括圖像設計、按鈕製作、動畫製作及聲音處理等，目的是讓復康工作者在半天內學習及運用 Flash 電腦軟件，以便能自助製作個別化的簡單電腦訓練教材。在工作坊完結時，參加者亦分享了他們對是次工作坊的意見，有超過八成的參加者表示工作坊的內容適合，講員講解清晰詳盡，亦能引發他們對自助製作電腦訓練教材的興趣。而最欣喜的是所有的參加者均表示有興趣再參加同類型的工作坊。他們寶貴的意見實有助推動本服務繼續策劃一些切合復康工作者需要的工作坊。

Two workshops on the “Production and Application of Multi-media Training Program” were held on 24th October 2006. Sixty-five participants, the majority of them were working with person with special needs including occupational therapists, speech therapists, special child care workers, teaching assistants and program workers etc. attended the workshop. The workshops aimed to equip the participants with some practical skills and techniques in using Macromedia Flash Program to fabricate simple tailor-made programs for their service users. The content of the workshop included graphic design, button production, animation production and sound effect insertion.

Besides, participants were also invited to give their comments and feedback on the workshop. Over 80% of them were satisfied with the content and the performance of the speaker which they considered to be very stimulating and could motivate them in designing tailor made programs for their service users. Moreover, all of them expressed interest to join similar workshops in the future. Their invaluable comments were useful for the planning of similar workshops for members in the coming future.



會員大會暨週年聚餐

二零零五至二零零六年度的會員大會將於十一月廿四日(星期五)晚上六時半假香港理工大學W203室舉行，而週年聚餐則會緊接著會員大會於香港理工大學職員餐廳舉行，聚餐為自助餐形式，每位費用為一百二十元。各會員及義工如欲出席當日活動，請致電 2776 8569 向曾小姐留位。

(3) Community Rehabilitation Program for Chronic Neurological Patients to Improve Upper Limb Function

This program aims to :

- strengthen the participants' upper level functional level and prevent possible musculoskeletal complications through the development of home program;
- re-educate movement patterns of the upper limb and hand use
- reinforce adherence to the home program and incorporate learned skills into daily living activities

Each training module consists of 8 sessions and the fee is \$480 per program. The training programs are held at The Endeavor of our Association in Tuen Mun. The program content includes assessment, skill training, practice, carer education and learning of community resources. The therapist will also attend to the psychological needs of the participants and encourage them to integrate the learned skills in their daily life activities.

The program accepts referrals from occupational therapy department of Tuen Mun Hospital and Pok Oi Hospital. Agency and self-referrals are also welcome. For further information and enquiries, please call Mr. Lam at 3157 1515.

Web Accessibility Seminar 2006

Our Association participated in the 'Web Accessibility Seminar 2006', which was held at the Hong Kong Productivity Council on 27 October 2006. The seminar aimed to enlighten the participants the key concepts and techniques in making websites accessible to all including people with disabilities. Our Association was invited to set up a demonstration booth to display our rehabilitation products and training software. The participants expressed great interest in our products and were enthusiastic to try different kinds of devices. Participation in these types of events can enhance the general public understanding of our work and it was a precious experience for us.



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.



工程及醫療義務工作協會

Association for Engineering and Medical Volunteer Services

九龍石硤尾邨四十四座平台二零七至二一二室

No. 207-212, Podium Floor, Block 44, Shek Kip Mei Estate, Kowloon. Tel: 2776 8569 Fax: 2788 1194

Web-site: www.emv.org.hk E-mail: info@emv.org.hk

PRINTED MATTER



EMV Focus

Community Rehabilitation Project

The Chief Executive's Policy Address 2005-2006 had announced that the Government would strengthen the community support services to people with disabilities and their families. Community rehabilitation day centers will be set up for discharged patients with mental, neurological and physical impairments. In view of the demand for community rehabilitation services, our Association, in collaboration with the Tuen Mun Hospital and Pok Oi Hospital has started to provide short term centre-based ambulatory occupational therapy service to discharged patients. The program aims to enhance the functional capacity of the discharge patients and minimized the chance of relapse. The ultimate goal is to facilitate independent living and integration into the community.

Currently, three different training modules are available for discharged patients with varying functional impairment.

(1) Community Rehabilitation Program for Stroke Patients

This program aims to :

- improve and strengthen the participants' motor function and functional level;
- monitor any potential problems;
- facilitate the participants to build up healthy life style so as to minimize the chance of relapse.



(2) Community Rehabilitation Program for Brain Injury Patients This program aims to :

- assist the participants to resume his pre-morbid functional ability as far as possible through the acquisition of compensation strategies;
- enhance the participants' community mobility;
- train up the participants' work and communication skills;
- facilitate integration into the community.