

在職殘疾人士及其家人支援計劃

本會獲得社會福利署的資助，由二零零九年一月一日開始推出一個為期三年的「在職殘疾人士及其家人支援計劃」，每年服務名額共45個。服務旨在為在職的智障人士、肢體傷殘人士及其家人提供全面、持續及多元化的在職支援，包括輔導、支援小組及治療小組服務，藉著協助殘疾人士解決就業上的問題，以維持及提昇他們的工作動機，令他們能繼續本身的工作，自力更生，融入社區。另一方面，亦協助殘疾人士的家人，了解他們在工作上面對的困難，鼓勵家人以正面的態度，接納及支持家人去面對工作，也藉此增強家庭關係。

由於受先天或後天因素影響，部份殘疾人士在身體機能或智力方面受到不同程度的損傷，令他們在工作上遇到不少困難，承受很大壓力。以個案阿玲(化名)為例，今年23歲，為輕度智障人士，受僱於一所快餐店，需穿整齊制服上班。入職初期，阿玲經常嚷著要辭職，家人對此完全摸不著頭腦，因為快餐店經理表示阿玲工作表現不錯，本身還打算增加阿玲上班的時數。後來工作人員介入事件，經過幾次面談後，了解阿玲原來因為不懂穿皮帶，但又不肯告訴同事，害怕被同事取笑，因而不想繼續工作。工作人員在了解過後，除教導阿玲如何穿皮帶外，更鼓勵她遇有工作問題可向工作人員提出，阿玲對此表示同意，並告訴工作人員懂得如何穿皮帶後，壓力大減，人也輕鬆得多，亦能更投入工作。

SUPPORT SERVICE FOR ON-THE-JOB DISABLED PERSONS WITH THEIR FAMILIES

With the funding support from the Social Welfare Department, a three-year project namely, the "Support Service for On-the-Job Disabled Persons with their Families" has commenced operation since January 1, 2009. The service aims to provide comprehensive and continuous on-the-job support for mentally handicapped and physically handicapped persons and their families. The service capacity is 45. Through the provision of counseling, support group and therapeutic group services, the work motivation of disabled service users can be sustained and enhanced. The service can also help them to solve the problems encountered in employment. Families are also assisted to build up support and acceptance for their disabled relatives. The ultimate goal of the service is to enhance the independence of the service users and facilitate their integration into the community.

Due to innate or acquired effect, different disabled persons have varying level of physical and mental impairment which caused them to encounter immense difficulties and pressure in work. Take Ah Ling as an example, she is a twenty-three years old mentally handicapped person. Working in a fast food shop, she was required to wear uniform. During the initial stage of her employment, she kept yearning to quit the job. Her family could not work out the reasons behind as Ah Ling's performance was considered to be good. Finally, through the intervention of Ah Ling's placement officer, it was



從以上例子可見，部份殘疾人士可能因為不懂表達自己，以及不懂處理問題，因而選擇去逃避，這亦往往令他們容易放棄工作。其實，一些我們看來簡單不過的事情，對於殘疾人士來說，足以令他們承受很大壓力，並可能因此選擇放棄工作。所以，適切的支援服務，往往能協助他們渡過這些「難關」，令他們能繼續工作。

現時計劃內所提供的服務包括有：

1. 輔導服務

透過個別輔導，為服務使用者評估個人需要，如擇業分析、提昇人際關係技巧、紓緩工作壓力、疏導情緒等。另外，亦會與家人面談，幫助殘疾人士及家人共同解決因工作引起的問題，從而減輕家人的壓力，令他們關係更和諧。以阿玲為例，由於出現問題後，不懂如何處理，只想辭職不幹。媽媽不知原因，經常為此與阿玲發生爭執。工作員因而約見阿玲，經過幾次面談後，得悉阿玲不想工作的原因，因此一方面教導她穿皮帶的技巧，另一方面則鼓勵她嘗試表達自己的感受，以及提昇她與人溝通的技巧。同一時間，工作員亦有相約阿玲媽媽進行面談，除了改善她與女兒相處的技巧，以幫助她們建立良好的關係外，亦為阿玲媽媽提供紓緩情緒的方法，以疏導她作為照顧者的壓力。

2. 支援小組

由於部份殘疾人士缺乏社交網絡，透過定期舉行殘疾人士支援小組，協助背景相同的殘疾人士及其他同路人，互相分享及支持，擴闊社交圈子，並提昇他們面對工作困難的能力。除了殘疾人士支援小組外，我們亦會舉行家屬支援小組，透過家屬之間互相分享及支持，提昇家屬對殘疾人士的接納及改善他們的相處方法。

discovered that Ah Ling was afraid that her co-workers would tease her, as she did not know how to wear her uniform properly. Having known this concern, the placement officer assisted Ah Ling to learn to wear her uniform properly and she was encouraged to seek help when she encountered problems in her work. Ah Ling accepted this advice and her burden was greatly relieved. She also regained enthusiasm in her work.

The above case demonstrated that some disabled persons, due to their inability to express themselves and handle their problems, choose to shy away and give up their jobs. For disabled persons, some simple problems that can be handled by normal persons easily can become a huge burden to them and trigger them to quit their jobs. The availability of appropriate support service can help them to overcome these crises and retain their employment.

The services provided by this Project include :

1. Counseling service

The choice of career, enhancement of interpersonal relationship skills, relief of work pressure etc. will be provided through individual counseling. In addition, family members are also interviewed to assist the service users to solve their work related problems, which can in turn minimize the burden of family members and enhance family harmony. Take the case of Ah Ling, she chose to give up her job when she was unable to handle the problems. Her response led to frequent conflict with her mother who did not understand the reasons behind. After several interviews with Ah Ling, her





3. 治療小組

除此之外，亦會透過不同主題的治療小組，內容包括專題講座及工作坊，深入地幫助服務使用者，如增強個人了解、提昇他們面對及處理衝突的方法、財政及時間管理等，讓他們更有信心及能力去處理工作上遇到的問題及挑戰。

不經不覺，服務已經推行了五個多月。現時我們陸續招收新會員，為他們進行服務評估及提供輔導服務。小組方面，我們於三月份開始舉辦了一個名為「肢」足常樂的肢體傷殘支援小組，除了有同路人分享過往成功的就業經驗外，亦就著不同的工作專題進行講解，包括職場人士就業資訊、殘疾人士的勞工法例、提昇職場人際關係等。服務使用者表示參加支援小組，能擴闊他們的生活圈子，亦能掌握更多有關殘疾人士就業的資訊。由於小組以互動形式進行，他們能有較多機會表達自己的感受，令他們感覺輕鬆，亦很享受小組的時間。

現時服務尚有名額，歡迎業界轉介合適的服務使用者，如需查詢服務詳情或作轉介，歡迎致電2788 3618與吳姑娘或2788 4248與何姑娘聯絡。

problems were solved and she was also encouraged to articulate her feelings and to improve her interpersonal relationship skills. At the same time, Ah Ling's mother was also assisted to acquire skills to improve the relationship with her daughter. Her mother was also given the opportunity to relief her burden as a carer.

2. Support Group

As some service users lack social support network, the organization of regular support groups can provide opportunities to share their feelings and experience as well as to widen their social circle. Furthermore, family support groups are also organized with the view to develop mutual support and enhance their acceptance of their disabled family members.

3. Therapeutic Group

Therapeutic groups aim to enhance service users' self understanding, upgrade their skills in handling conflicts and improve their techniques in time and money management. These groups are conducted in form of talks and workshops. With the availability of skills and knowledge, service users will be more confident to face and handle the challenges encountered in work.

The service has commenced operation for over five months. Service users are recruited, assessments are conducted and appropriate services are rendered. In March 09, a support group for physically handicapped persons has started which provides a venue for emotional sharing. The content of the group includes labour ordinances, interpersonal relationship skills and employment information etc. The group is conducted on interactive basis, hence the participants are given opportunities to express their feelings under a relax atmosphere.

The service has not reached full capacity and referrals are welcome. For enquiry, please contact Ms. Ng at 27883618 or Ms. Ho at 27884248.



「職業治療於認知訓練上的創新程序研討會」

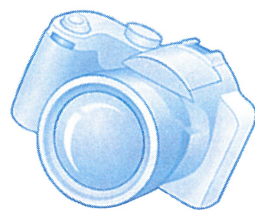
本會職業治療師獲「香港醫管局職業治療師統籌委員會」邀請，於2009年4月23日出席於醫院管理局大樓舉行的「職業治療於認知訓練上的創新程序」研討會。是次研討會的目的是集結不同機構的認知復康經驗和新進概念，透過互相分享及交流，能更有效地幫助腦受損人士。當日約有80名現職醫管局職業治療師出席，除了有本會的治療師作分享外，還有學院的教授和醫院管理局的資深治療師作主講。當日本會共派出兩位職業治療師出席，其中一位分享本會電腦復康訓練資源站 (C-Rehab) 及復康軟件百科 (Resopedia) 在認知訓練上的應用；另一位則分享如何應用硬件於認知康復服務上。是次講座能促進業界的交流，同時令本會在認知康復服務上得到認同，對本會來說，確是一次難能可貴的經驗。

SEMINAR ON "OCCUPATIONAL THERAPY UPDATED PROGRAM ON COGNITIVE REHABILITATION"

Occupational therapists of our Association were invited to be the guest speakers in the Seminar on "Occupational Therapy Updated Program on Cognitive Rehabilitation" organized by the Project Group on Acquired Brain Injury, Coordinating Committee in Occupational Therapist and Institute of Advanced Allied Health Studies of the Hospital Authority on April 23, 2009. The seminar aimed to exchange experience and innovative practice on cognitive rehabilitation. Our occupational therapists shared their experience in the application of computer hardware and software in cognitive rehabilitation. Academics and senior therapists of the Hospital Authority were also invited as speakers. It was a valuable experience for all participants.

探訪小欖醫院

電腦復康訓練資源站的兩位同工於零八年十一月廿五日到訪小欖醫院。小欖醫院是一所專為嚴重弱智人士提供照顧及訓練的醫院，同時亦服務嚴重肢體傷殘人士。當日小欖的同事為我們介紹如何應用網站內的軟件去作訓練，並與我們分享軟件製作的意見。透過是次探訪，能加深同工對網站使用者能力的認識，亦了解到網站內的軟件需要提升及改善的地方，本會會繼續努力，提升軟件製作的質素，令軟件設計更能切合使用者的需要。



VISIT TO SIU LAM HOSPITAL

Two staff members of our Computer Rehabilitation Resource Station visited Siu Lam Hospital on November 25, 2008. The hospital specialized on the provision of care and treatment for severe grade mentally handicapped and physically handicapped persons. During the visit, staff of the hospital demonstrated the application of the Station's resources in their training of their patients. Constructive ideas on software fabrication were also shared. Through this visit, staff of the Station gained better understanding of the ability of the service users and ideas to upgrade and improve the Station were also solicited. The Station will continue to fabricate quality software to meet the needs of the service users.



「香港傷健協會」參觀本會

在二零零八年十二月三日，香港傷健協會的兩位同事，帶領五位包括家長及照顧者會員，到本會作友善探訪，了解本會各項服務，特別是有關輔助儀器的製作及職業治療服務。他們對本會的服務都表示很大興趣，並詢問了很多有關問題，特別是環繞如何照顧及協助殘疾子女過獨立生活。期望是次參觀能增進他們對本會服務的認識，亦多利用本會的服務及各類器材，以減輕照顧壓力。



傷健協會參觀本會

「澳門明愛黑沙環明暉護養院」參觀本會

在二零零九年四月十四日，澳門明愛黑沙環明暉護養院的七位同事，到本會作友善探訪，了解本會各項服務，特別是有關輔助儀器的製作服務及職業治療服務。他們對本會的服務都表示很大興趣，並詢問了很多有關問題，最後並參觀了輔助儀器製作工場。期望是次參觀能增進他們對本會服務的認識，亦希望他們能將本會的服務推介至澳門，令更多澳門的社會服務機構能使用本會的儀器製作服務，以更有效地幫助殘疾人士過獨立生活。



VISIT PAID BY STAFF OF CARITAS (MACAU)

Seven staff members of the Caritas (Macau) visited our Association on April 14, 2009. The visitors were particularly interested in our aids production service and our occupational therapy service. They also toured around our aids production workshop. Through this visit, they could gain greater understanding of our services and hopefully introduce the services to other social welfare agencies in Macau such that disabled persons in Macau can also benefit from our services.



「復康軟件百科」

「復康軟件百科」前身為「復康軟件圖書館」(Rehabilitation Software Library)，是本會其中一項電腦復康服務，集合各地與復康有關的電腦公用軟件的資料庫。現時提升為網上免費的資訊平台，使復康工作者能更快獲得適用復康工作的資訊。服務除了搜集及網上發放有關復康軟件的資料外，亦有製作及銷售復康訓練軟件。網站特色包括：

提供軟件資訊

網站提供連結至軟件發行商，閣下可選擇相關軟件下載試用。

清晰分類

按照軟件的授權方式、用途、用者類別進行分類，以方便使用者選取適合軟件，配合訓練之用。

雙語內容撮要

由於大部份軟件以英語為主，除了原著的英文撮要外，另有中文譯本，方便使用者了解軟件的內容，以更有效地應用軟件。

「復康軟件百科」已於四月中正式啟用，有興趣的人士可登入網站 <http://resopedia.emv.org.hk>，即可瀏覽有關資訊。

RESOPEDIA

"Resopedia", previously known as "Rehabilitation Software Library", is one of the computer rehabilitation services provided by our Association. The web is a resource library, which consists of rehabilitation software collected worldwide. The web is now upgraded to a free of charge networking information platform that can facilitate rehabilitation workers to obtain their needed information efficiently. The characteristics of this web include:

Provision of software information

The web site hyperlinks with software distributors and users can download their selected software for trial.

Clear classification

The software in the web are classified according to their functions, user types and authorization means. It facilitates service users to select appropriate software easier to meet their training needs.

Bilingual content summary

Since the majority of the software collected are in English version, the content summary is now translated into Chinese to facilitate users to have better understanding for the use of the software.

"Resopedia" has commenced operation since the mid of April. Interested parties can log in the web <http://resopedia.emv.org.hk> to surf the information.



展能基金

本會為協助經濟有困難之殘疾人士購置所需的輔助儀器，遂成立了一項名為「展能基金」的服務，以免息貸款形式幫助有需要之殘疾人士，以適應學習上、工作上、復康上及生活上之需要。此服務已成立了超過十年，並有多位殘疾人士成功地申請到所需的經濟援助。為配合輔助器材的價格提升，最高貸款額已於零八年四月起增至港幣陸萬元正，最長還款期為四年。現時主要資助項目包括電腦設備、電動輪椅、輪椅、視障儀器、助聽器、改裝汽車、醫療輔助器材、手術器材、復康器材等。凡有需要申請之殘疾人士可致電本會索取表格，亦可於本會網站下載表格 (<http://www.emv.org.hk>)，填妥後連同所需證明文件寄回即可。若有何查詢，請電 27768569 與本會聯絡。



Independent Living Fund

The Fund aims to provide interest free loan to disabled persons who have financial difficulties to purchase the needed assistive devices for use in their training, employment, and daily living. Having operated for over 10 years, the Fund has granted financial assistance to many disabled persons. To meet the rising cost of the assistive devices, the upper limit of the loan is raised to \$60,000 since April 2008 and the maximum repayment period is 4 years. The majority of the devices applied for included computer and accessories, electric wheelchair, manual wheelchair, hearing aid, aids for the visually impaired and rehabilitation aids etc. Interested parties can contact us at 27768569 for enquiry and to obtain the application forms which can also be downloaded from our web site (<http://www.emv.org.hk>).

平衡訓練板

這是一個專為訓練平衡能力的器材，平衡能力欠佳的人士時有跌倒的問題，會容易有受傷或骨折的危險。保持平衡力的元素包括關節及肌肉感覺、耳朵的平衡器官及眼球感官等，而平衡訓練板能有效訓練這些功能。平衡訓練板有專門應用的遊戲訓練軟體，需要另外配合手提電腦一同使用，圍繞平衡板的扶手能確保使用者的安全。

BALANCE BOARD

This device is designed for dynamic balance training for persons with risk of frequent fall. The elements in performing human balance including proprioception, semi-circular canal of inner ear as well as the position of eyeball, have been incorporated in the training provided by the balance board. Specific training software has been designed for its application and a laptop computer is required for the software operation. The handrails around the board can ensure safety in using the board.



電動輪椅模擬駕駛訓練套件

此訓練套件包括由真實的電動輪椅控制器改裝而成的操作杆及三維空間模擬真實環境的電動輪椅駕駛訓練軟體。通過電腦連接專門控制器，使用者可以透過控制器於電腦模擬環境下體驗駕駛電動輪椅。治療師及使用者可以將訓練過程記錄並分析訓練者的表現及問題，為使用者提供一個有效但又無須受外在不明環境因素及危險所影響的學習環境。

POWER WHEELCHAIR TRAINING PACKAGE

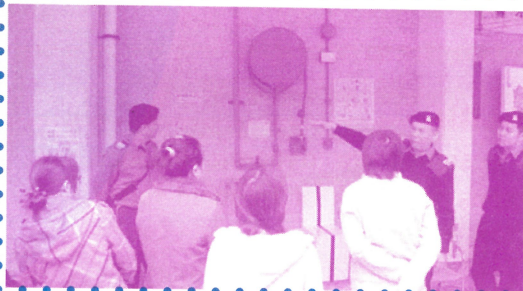
This training package includes a real power wheelchair control panel as well as a 3D power wheelchair driving software. Through connection between the control panel and the computer, user can practice driving power wheelchair in a virtual reality through controlling a real joystick panel. Therapists as well as the users themselves can record down the driving process. The record can be used to evaluate the performance as well as the driving problems and behavior of the users in order to provide more effective training or correction without suffering any uncertain environmental factors or danger.



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.

火警演習

服務單位於2009年3月9日進行了本年度的火警演習，當日邀請了石硤尾消防局的消防員到來，協助同事進行火警演習及講解消防知識，如逃生時需注意的事項、消防喉、滅火筒的使用方法等。當日所有職員均齊集進行演習，負責同事在事前亦有向大家作簡單演習，故於模擬走火警的過程中，大家均能順利迅速疏散，負責同事於火警演習後亦將有關的資料記錄在案。在此謹代表服務單位多謝石硤尾消防局同事的熱心解說。



殘疾人士職前單元證書課程

本會於二零零九年三月二至十一日與僱員再培訓局合辦專為殘疾人士舉辦的職前單元證書課程。今次課程加入了更豐富的素材——「個人素養技巧」，內容包括：自我管理、思維及情緒管理、工作及服務文化、溝通技巧、團隊精神、求職面試技巧、就業相關條例簡介和職業安全健康等。整個課程分為八節，旨在為殘疾人士在公開就業前作充足的準備。是次共有六位學員完成課程，他們均認為新課程的內容既有趣又實用，亦能增強他們就業的信心。



「職業安全與健康」講座

為提升服務使用者有關工作安全的意識，服務單位於二零零九年三月二十八日舉辦了「職業安全與健康」講座，邀請了本會職業治療師黎一志先生作講者，向參加者講解有關職業安全須知，如何避免勞損肌肉筋骨等知識、亦協助矯正學員不正確的工作姿勢，當日共有十位服務使用者參加。講者亦即場教導及示範「職安操」，既能有效減輕工作勞損，亦能提昇工作效率。各參加者均表現投入，除了與講者一起做「椅子操」外，亦詢問了不少在工作上遇到的職安健問題。各參加者均覺得透過是次講座獲益良多，特別是提高了他們對日常工作安全的注意。



秋季旅行



本會於2008年11月27日舉行了秋季旅行，參加人數為27人，旅行地點為樟木頭老人度假中心。

在到達後，首先在活動室與長者玩遊戲，所有遊戲都是義工與長者合作進行，大家都玩得非常投入，氣氛熱鬧。遊戲後在飯堂午膳，午膳份量充足，非常美味，長者們都十分滿意。飯後義工及同工帶領長者在中心內散步欣賞風景，有些長者則坐在椅上聊天，享受悠閒的樂趣。整體來說，整個活動進行順利，長者義工都感到滿意。

「生命回顧、和諧關係」

在零八年八月至十一月，服務隊的八位長者及護老者參加了「黃大仙護老同行協作」小組舉辦的「生命回顧、和諧關係」服務計劃，此計劃獲「快樂人生社區健康推廣計劃2008」贊助，透過為長者及護老者製作生命故事刊物，以快樂四式的元素去協助他們回顧生命中的喜樂與意義，透過活動，亦引發義工們去思考人生的意義，培養感恩的心，珍惜身邊的一切。活動內容主要是透過義工的探訪，為被訪長者及護老者撰寫生命故事刊物。最後，義工們共製作了四本精美的生命回憶錄，送贈予長者及護老者。

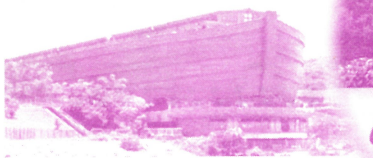


秋季生日會暨參觀馬灣公園「挪亞方舟」

綜合家居照顧服務

Integrated Home Care Service

以往生日會都在酒家舉行，但今次生日會是以旅行形式進行，參觀馬灣公園的「挪亞方舟」。在2009年3月23日，一行四十多人浩浩蕩蕩乘車前往馬灣，在車上唱生日歌及玩遊戲，大派生日禮物、紀念品及遊戲禮物。到達後，先參觀方舟公園，欣賞67對造型栩栩如生的動物雕塑。到達挪亞大會堂後，欣賞了挪亞方舟的短片簡介，長者們都十分專心聆聽。跟進亦參觀了方舟生命教育館，而部份行動不便的長者則選擇到餐廳休息。午膳安排在臨海餐廳「豐盛閣」，用膳後到挪亞方舟度假酒店參觀，整體來說，過程順暢，長者們都十分滿意。



新春團年飯



本會於2009年1月15日在樂富門酒家舉行了團年飯，參加人數為39人，當天節目豐富，包括有譚姑娘教搯金魚、曾伯伯寫暉春、大合唱、義工表演日本舞、唱歌、抽利是、抽禮物等，而當天的晚膳份量充足，味道很好，老友記們都吃得津津有味，大家都滿載而歸。



《金牛獻瑞賀新歲》春茗聚餐

展毅中心於2009年2月27日舉行了<金牛獻瑞賀新歲>春茗聚餐活動，參加人數有一百七十多人。當日活動內容十分豐富，包括運動會片段欣賞、遊戲、學員才藝表演、抽獎等環節；而跳舞表演及話劇表演更令現場氣氛升

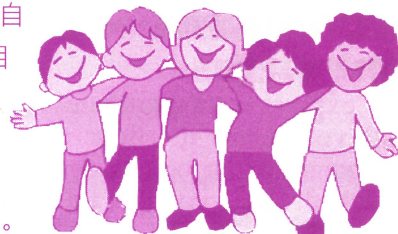
溫，在活動過程中，大家相當投入，當中出現很多有趣的情景，締造了很多歡樂。



「生命重整、認識復康」- 展毅中心退修營



展毅中心於2009年3月28-29日舉行了中心的職員退修營，共有14名職員一起到保良局賽馬會大棠渡假村參加是次活動。當日邀請了嘉賓作主題分享。而當中的活動內容亦十分豐富，包括難忘的集體遊戲、BBQ、年度計畫分享，亦有自由時間。在活動過程中，大家相當投入，當中出現很多有趣的情景，締造了很多歡樂。是次退修營不但能讓同事認識到復康概念，也能增進同事之間的關係。



同工心聲

本人為「展毅中心」新成員並擔任廚師一職。本人從未於復康機構工作，故對社會服務之工作認識不多，幸好在三月份有機會參觀機構轄下各服務單位，讓我了解機構內不同類型服務，確實獲益良多。另外，更有機會為是次參觀活動籌備款待糕點，我的心情既興奮又緊張，幸好中心同事多方面作出配合，為是次參觀活動劃上完滿句號。回想起以前曾任職於酒店及餐廳，相比起來，現時的工作來得更有意義。雖然對不同學員的工作能力、潛能及性格仍在摸索階段，但能與他們一起工作，卻能體驗到另一番樂趣及滿足，例如與學員分享煮食技巧及知識，實是給予我無比滿足及欣慰，而這種滿足感也不能在過往工作中找到。所以，本人會好好珍惜這份工作，希望把工作做得更好。

歐陽志軒 (廚師)
(上圖左六)





工程及醫療義務工作協會

Association for Engineering and Medical Volunteer Services

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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手提電話套，聊表謝意。

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