

「擊樂展能」
社區教育推廣計劃
~結業禮暨交流會~
3.5.2009@禮頓山社區會堂



綜合復康服務

Integrated Rehabilitation Services

CFSC



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服務綜述



綜合復康服務是由四大服務類別組成，包括精神健康服務、綜合職業復康服務、智障人士服務及殘疾人士支援服務。邁進本年度，社區精神健康連網服務獲增加\$128,000，以增加社區精神健康的推廣工作及支援有需要的精神病康復者。於十月份起，「陽光路上」培訓計劃亦獲得新增資源，服務名額由16個增加至31個，可為15至25歲的青少年殘疾人士增加就業及職業輔導服務。

在本年度內，部門的活動取向有三個大方向。因應社區的需要，青少年的精神健康推廣工作依然是我們主要發展的服務之一。在服務質素提升方面，有三個服務單位不約而同以煮食為工作介入手法，提升服務使用者的自主能力，雖然服務對象迥異，但各具特色，值得在這裡介紹。在社區教育方面，我們致力推動「殘疾人士權利公約」及「精神健康月」，以宣揚平等共融訊息。

Service Overview



The integrated rehabilitation services is composed of four types of services, mental health services, integrated vocational rehabilitation service, services for mentally handicapped persons and support service for people with disabilities. In this year, the Community Mental Health Link service received additional subvention of about \$128,000 to enhance the mental health promotion work and provide support services for the ex-mentally ill persons. Starting from October 2009, "Sunnyway"- On the job Training Programmes for young people with disabilities also secured additional resources to increase the service capacity from 16 to 31. We could provide more vocational and support services for the people with disabilities in the age from 15 to 25.

During the year, our service continuum had organized activities in three directions. To meet the community needs, the promotion of youth mental health was still one of our prime concerns. For the quality enhancement, three respective units adopted cookery coincidentally as the intervention means to enhance the autonomy of the service users. Although their targets were different, each of the projects carried special features which deserved to be highlighted. In regard to the community education, we endeavored to promote the 'Convention of Rights of Persons with Disabilities' and "Mental Health Month" so as to advocate the notion of equal entitlement of all human rights and fundamental freedom.

特別活動



「夢想連線」青少年發展計劃

獲社會福利署黃大仙及西貢區福利辦事署地區青少年發展資助計劃資助，我們繼續以「能耐為本」為工作手法推行這項計劃，這計劃的特別之處在探索、啟發和培養青少年康復者的特長和優點，同時運用有關資源去解決他們本身的問題，擱開缺點和不足，並實現自己的理想。活動主要分三個階段：一) 舉辦多項發展興趣及潛能小組，如：魔術班、美術班、結他班、足球班等等；二) 舉辦一連串的義工探訪活動，探訪了長者、青少年、露宿者、戒毒少年人士；三) 舉辦體驗活動，如歷奇及野戰活動。

整個計劃共有36位青少年康復者參加，他們尋獲了自己的能耐，並接觸了不同背景的群體，真正與社區連繫起來。很欣喜能見到他們重建自信心及建立了一個互相鼓勵的網絡。

Special Events



“Connecting with Hope” Youth Development Project

With the support from the District Support Scheme for Children and Youth Development of Wong Tai Sin and Sai Kung District Social Welfare Office, we continued to adopt the ‘strength-based’ perspective to implement the project. Its objectives were to enable the youth with mental problems to identify their strengths and talents through self-exploration and inspirational activities. At the same time, they were encouraged to mobilize their own resources to solve problems while putting aside their weaknesses and insufficiency. The project was divided into three stages: 1) organized various groups on interest and talent development such as magic class, art class, guitar-playing class and football class; 2) implemented a series of volunteer visits to the elderly, the youth, the homeless and the youth receiving drug rehabilitation; 3) hosted experiential activities, for instance, adventure activities and war games.

Altogether, 36 young people with mental problems joined the project. They found their strengths through the contacts with different groups of people with different backgrounds. The connection with community was built up. It was grateful that their self-confidence and mutual encouragement network were re-constructed.



▲ 煮食班。
Cooking Class.



▲ 足球班。
Football Class.



▲ 小組討論。
Group sharing.



▲ 歷奇活動。
Adventure activities.



▲ 音樂班。
Music class.



▲ 體驗活動。
Experimental activities.



▲ 野戰活動。
War games.



「思樂TEEN」青少年精神健康計劃

「思樂TEEN」青少年精神健康計劃是由公益金資助，主要為兒童及青少年推廣精神健康及預防濫藥。於過往一年，本計劃與中華基督教會基慈小學成為合作伙伴，透過每星期兩天的到校探訪，成功以輕鬆的對談及活動為主的手法接觸及認識到有需要的學童，並為他們提供不同深度的介入服務，如：「樂TEEN伴我啟航I&II」(乘風航)、「樂TEEN伴我成長營」及「師友計劃」，配合他們成長需要的小組及支援老師處理學生有關精神健康的情況。

“Zero Toxin - Youth Mental Health Project”

‘Zero Toxin - Youth Mental Health Project’ was funded by The Community Chest with the aims to promote children and youth mental health as well as prevention of drug abuse. In the past year, we had built up the partnership with C.C.C. Kei Tsz Primary School that we paid visit twice a week. Through casual chatting and activity-based intervention in natural setting, we were able to establish ties with students with special needs. Various programs and activities were organized for them to facilitate their growth and development, which included Adventure Ship Training, Residential Training Camp, Mentorship Scheme, Treatment Group and Teacher Supportive Scheme.



▲ 「樂TEEN伴我啟航」。
“Adventure Ship Training”.



▲ 「樂TEEN伴我成長營」。
“Residential Training Camp”.



▲ 「戀愛方程式小組」。
“Love Formula Group”.



「我們的生命旅程」計劃

智障人士融入社會生活是殊不容易的事情。誠信兒童之家及誠望輔助宿舍以廚務訓練入手，舉辦了為期一年的「我們的生命旅程」計劃，主要是提升舍友的獨立生活技能，並藉著接觸社會上其他的弱勢社群，充實舍友的生活體驗，從了解別人的經歷，鼓勵舍友反思自己的生活計劃及尋找自己的目標。

整個計劃由2009年4月至2010年3月、分為三個階段進行，當中包括廚務培訓計劃、生命教育活動及社區關懷探訪。舍友、家屬及基督教關懷無家者協會的成員對是次活動均感到雀躍。



▲ 「我們的生命旅程」- 社區關懷探訪。
“Light up our Life Journey” - Community care visit.

“Light up our Life Journey”

The integration of people with mentally handicapped into the community was not easy. Shing Shun Small Group Home and Shing Mong Supported Hostel carried out a year-round project titled “Light up our Life Journey” which adopted cookery training as a means to enhance the community living skills of our users. Through the real contacts with the disadvantage groups in the community, our users gained an understanding of other people’s life experiences which enabled them to reflect their own life plans and search for their life goals.

The whole project lasted from April 2009 to March 2010 and was divided into three phases, cooking skills training, life education and community care visit. Our users, their parents and the members of Christian Concern for The Homeless Association found it enjoyable throughout the process.



▲ 「我們的生命旅程」- 廚務培訓計劃。
“Light up our Life Journey” - Cooking skills training.

「我有我『煮』意 — 午膳烹飪小組」

於2009年10月至2010年3月期間，迪智展能中心暨宿舍獲「蘋果日報慈善基金」撥款，推行名為「我有我『煮』意—午膳烹飪小組」。此小組是應用「能耐為本」之手法，為學員提供一個完整而全面的烹飪訓練，展現學員生活技能之能力。活動過程中，導師盡量淡化其角色，只是從旁引導，由學員經歷自行商議菜式、制定預算、列寫清單、市場購買及合力泡製飯菜的流程。學員透過外出購買食材及小組烹飪實習，學習自行準備及製作午膳，藉以提升他們與人合作和溝通方面的能力。是次活動得到多位義工及家長協助，除促進共融接納外，亦令義工對於學員有更深的了解和認識。



▲ 「我有我『煮』意 — 午膳烹飪小組」- 成員到市場購買食材。
“Cooking in My Own Style” - Purchasing cooking ingredients by group members.

“Cooking in My Own Style”

From October 2009 to March 2010, Dick Chi Day Training Centre cum Hostel launched a programme named “Cooking in My Own Style” with the sponsorship of Apple Daily Charitable Foundation. Based on the “Strength-based Perspective”, the programme enabled users to explore and realize their strengths and merits through cookery. The worker acted as a facilitator rather than a leader to implement the group. Our users were encouraged to plan the menu, budget and cook in their own style with full repertoire. Our users had gone through the learning process from purchasing cooking ingredients in the market, participating in group lessons and cooking their own lunch which enhanced their cooperation and communication skills with people. Besides, volunteers and family members provided support and assistance to the community training and cooking exercises. Their feedback was positive as the volunteer work had enhanced their understanding of our users’ abilities.



▲ 「我有我『煮』意 — 午膳烹飪小組」- 自行製作午膳。
“Cooking in My Own Style” - Cooking their own lunch.



▲「我有我『煮』意—午膳烹飪小組」。
“Cooking in My Own Style” - Cooking team.

「快樂廚子」

綜合職業復康服務獲得「快樂人生社區健康推廣計劃」的贊助，於2009年7月至9月期間推行「快樂廚子」計劃，培訓殘疾青少年餐飲製作的技巧。38位青年在受訓後成功炮製了350份以快樂七式為主題的下午茶餐，透過本單位營辦的餐廳—Home Café，免費贈予低收入家庭人士，為受金融海嘯影響的街坊打氣。參加的學員在學習和助人的過程中感到無比快樂，在此分享我們的快樂餐單，讓大家一起品嚐快樂的甜味。

“Happy Chef”

With the kind sponsorship from “Happy Living Community Campaign”, a project named “Happy Chef” was implemented by Integrated Vocational Rehabilitation Services from July to September in 2009. This project aimed at providing catering skills training for teenagers with disabilities. Finally 38 participants were trained. The teenagers were able to produce 350 meals with the theme of happy living. Since there was a financial tsunami at that time, members coming from low-income family could enjoy the meals for free at our restaurant - Home Café. We were impressed that this free meal became a sweet gift and encouragement to people who were affected by the economic downturn. Moreover, our teenagers were extremely happy in the process of learning and helping. To share and spread our joy, we introduced the happy menu in order to let everyone taste the sweet of happiness.



▲「快樂廚子」。
“Happy Chef”.

以下是快樂七式下午茶餐

The followings are the 7 kinds of Happy Living Tea Set

敬業樂業 (吉列蝦沙律)

Enjoy Working (Row shrimp salad)

感謝與讚美 (雞翼餃子拼煎釀雙寶)

Thanks and Praise (Wings fight fried stuffed dumplings Double Po)

天倫情話 (朱古力芝士蛋糕)

Intimate Communication (Chocolate cheese cake)

健康樂悠悠 (柑肉火腿絲菜沙律)

Healthy and Wellness (Citrus Salad Ham meat)

為善最樂 (蜜樂雞沙律)

Happy Charity (Chicken Nuggets salad)

嘉言善意 (雙耳牛肉炒烏冬)

Magic Words with Appreciations (Beef Fried binaural)

常懷寬厚 (士多啤梨厚吐司)

Forgive and Forget (Strawberry thick toast)

推動社區教育



「殘疾人士權利公約 — 全方位教育巡禮」

欣悅坊地區支援中心於2009年5月獲得勞工及福利局撥款資助，推行「殘疾人士權利公約 — 全方位教育巡禮」，向公眾推廣公約精神，宣揚平等共融訊息。為了讓社區人士和不同能力的殘疾人士都能夠參與其中，我們特意設計了不同的活動供選擇和參與，當中包括：復康團體交流、學校宣傳、攤位遊戲、才藝表演、巡迴展覽和嘉許禮等，參加者超過1000人，檢討結果顯示接近八成參加者加深了對殘疾人士的了解和接納，成果令人鼓舞。



▲ 「殘疾人士權利公約 — 全方位教育巡禮」 — 巡迴展覽。
“Convention of Right of Persons with Disabilities” - Road Show.

「2009年精神健康月」

精神健康月是響應「世界精神健康日」的公眾教育活動，由勞工及福利局與20個政府部門和非政府機構合辦，向市民宣傳精神健康的重要性，以及提高市民對精神病患者的認識和接納。

今年的主題是「鄰里關懷展關愛，康復路上少障礙」，是鼓勵不同階層人士與康復者溝通接觸，以減少社會對他們的負面標籤及誤解，倡導社會融和。本會與其他團體在東九龍區合作舉辦了多個探訪長者活動、中學生講座及年宵攤位等，期望我們的社會，如參加者所寫的心願一樣，能達致「互相接納共融」。

Advocacy and Community Education



“Convention of Rights of Persons with Disabilities — Education Activities Series”

With the funding support from the Labour and Welfare Bureau, our Cheerful Place District Support Centre launched a community programme named “Convention of Rights of Persons with Disabilities-Education Activities Series”. It aimed at promoting, protecting and ensuring the full and equal entitlement of all human rights and fundamental freedom by all people with disabilities. To facilitate closer co-operation between public and people with disabilities and ensure they will gain better access to the programme, we organized a variety of activities that included sharing among rehabilitation organizations, promotions at schools, game booths, talent performances, mobile exhibitions and recognition ceremony. Over 1000 participants are involved and nearly 80% participants agreed that the programme could enhance their awareness and acceptance towards the disabled. The outcome was encouraging.



▲ 「殘疾人士權利公約 — 全方位教育巡禮」 — 學校宣傳。
“Convention of Right of Persons with Disabilities” - Promotion at schools.

“Mental Health Month 2009”

“Mental Health Month” was a public education programme to echo with the notion of “World Mental Health Day”. The programme was co-organized by the Labour and Welfare Bureau, 20 government departments and non-governmental organizations. The objectives were to promote the importance of mental health to the general public and to enhance the awareness and acceptance of people with mental health problems.

The theme of this year was “More Neighbourhood Care, Less Obstacles in Recovery” with the aim to reduce labeling effects and misunderstanding of the public towards the ex-mentally ill persons through strengthening communication among each other. The idea of community inclusion was advocated. Together with our partners, we carried out a number of visits to the elders, talks at secondary schools and Lunar New Year fair stall. Echoing with one of the participant’s aspiration, we hoped that our community could achieve “inclusion and mutual acceptance”.



▲ 「2009年精神健康月」— 年宵攤位。
“Mental Health Month 2009” - Lunar New Year Fair Stall.



▲ 「2009年精神健康月」— 探望長者。
“Mental Health Month 2009” - Visiting elders.



▲ 「2009年精神健康月」— 社區推廣。
“Mental Health Month 2009” - Community Promotion.

合作關係



「愛心顯關懷」探訪獨居長者服務

安怡、安愉宿舍得到「東區及灣仔區復康服務協調委員會」的資助，與東華三院方樹泉長者地區中心協作，舉行了一項名為「愛心顯關懷」探訪獨居長者服務，將愛心、關懷及歡樂帶給他們。在計劃中，在精神病康復中的舍友與東華三院的義工一起探訪獨居長者，並進行「抑鬱量表」問卷調查及量血壓，過程中舍友給予長者精神支持及鼓勵，而舍友表現亦得到長者高度的讚賞。

藉著與長者分享，舍友從中得到豐富的人生經驗，見到長者可以獨立生活，增強他們對日後離舍獨立生活的信心。本舍同時加強培養舍友的正能量，引導他們尋獲自己的能耐。藉此經驗鼓勵舍友繼續參與貢獻社區的活動，加強對社區的歸屬感和融入社區生活的信心。



▲ 「愛心顯關懷」。
“Show Heart to the Elderly”。

開展多元化服務模式，加強融入社區訓練

過去一年，日間社區康復中心除了由中心提供各式訓練外，更與不同團體合辦講座及活動，進一步強化服務使用者的能力，並提升自信。這些合作包括：

1. 與香港復康會合辦「身心力行」課程，加強腦損患者對病患的管理；
2. 與其他機構包括香港耀能協會，基督教靈實協會及鄰舍輔導會日間社區康復中心合辦健康講座，題目包括健康飲食，家居安全、保健貼士等；
3. 與「靈實日間社區康復中心」合辦了一項由華人永遠墳場管理委員會贊助的「逆境自強顯社群」計劃，鼓勵服務使用者成為義工，探訪在日間中心及住在院舍的長者。這項計劃，除可擴闊自己的社交圈子及眼界外，亦可透過服務他人而融入社區。

Partnership Projects



“Show Heart to the Elderly”

On Yee and On Yue Supported Hostel received funding support from the Eastern and Wanchai District Coordinating Committee of Rehabilitation Service to implement a joint programme with T.W.G.Hs Fong Shu Chuen District Elderly Community Centre. The programme named ‘Show Heart to the Elderly’ was to share love, joy and warm support to the singleton elders in the community. In the programme, our residents and a group of volunteers from T.W.G.Hs co-organized home visits and conducted questionnaires of “depression scale” and blood pressure tests for the elders. During the process, the residents gave encouragement and support to the elders who, in return, appreciated much about our residents’ contribution.

Through the sharing with the elders, our residents gained invaluable experiences. In witnessing that the elders could assume independent living, they gained much self-confidence towards future living on their own. At the same time, our Hostel cultivated residents’ positive energy and directed them to search for their own strengths. Through the real life experiences accumulated by the residents, we encouraged them to continue participating in community activities. The sense of belonging and the confidence to return to the community could be enhanced.

The Introduction of Multiple Collaboration Model to Strengthen Capacity of the Service Users

During the last year, apart from providing various training for the service users, our Community Day Rehabilitation Centre collaborated with different organizations to further strengthen their capacity as well as enhancing their self-confidence. The collaboration included:

1. Collaboration with Hong Kong Society for Rehabilitation in organizing “Chronic Disease Self-management” programme for people with neurological conditions to enhance their abilities in managing their problems;
2. Carrying out a series of public educational talks such as healthy diet, home safety, health maintenance through acupressure, etc., which were jointly organized with other community rehabilitation day centres including Haven of Hope Christian Service, Neighbourhood Advice-Action Council and SAHK;
3. Co-organizing with Haven of Hope Community Rehabilitation Day Centre for launching a volunteer project with the sponsor from the Board of Management of the Chinese Permanent Cemeteries. Its objectives were to expand the social circle and horizon of the service users and enable them to achieve community integration by serving the elderly of various day care centres and nursing homes.

2009-2010 服務統計 (截至2010年3月31日)

Service Statistics (as at March 31, 2010)



智障人士服務 Service for People with Mentally Handicap

迪智展能中心暨宿舍		Dick Chi Day Activity Centre cum Hostel
名額	Capacity	50 30 男 Male/ 20 女 Female
平均入住率	Average enrollment rate	100%
個人發展計劃完成率	Rate of completion of Individual Development Plan	99.5%

欣悅坊地區支援中心 (觀塘東)		Cheerful Place – District Support Centre (Kwun Tong East)
訓練、照顧及支援服務 總時數	Total no. of service hours for training, care and support	79871
社區教育活動總節數	Total no. of sessions / programs on community education	213
職業 / 物理治療總節數	Total no. of occupational / physiotherapy services sessions	975

誠望輔助宿舍		Shing Mong Supported Hostel
名額	Capacity	20
平均入住率	Average enrollment rate	100%
個人發展計劃完成率	Rate of completion of Individual Development Plan	107.5%

誠信兒童之家		Shing Shun Small Group Home
名額	Capacity	8
平均入住率	Average enrollment rate	95.8%
個人發展計劃完成率	Rate of completion of Individual Development Plan	103.1%

職業復康服務 Vocational Rehabilitation Service

翠林綜合職業復康服務	Tsui Lam Integrated Vocational Rehabilitation Service	
名額	Capacity	218
平均每月服務人數	Average enrollment per month	222
成功公開就業及退出服務	No. of successfully discharged cases	9

輔助就業服務	Supported Employment Service	
名額	Capacity	60
平均每月服務人數	Average enrollment per month	65
成功公開就業及退出服務	No. of successfully discharged cases	16

「陽光路上」培訓計劃	Sunny-way On the Job Training Programme for Young People with Disabilities	
名額	Capacity	31
曾接受服務人數	No. of served cases	33
成功公開就業及退出服務	No. of successfully discharged cases	7

翠林綜合職業復康服務 工場巴士接載服務	Tsui Lam Integrated Vocational Rehabilitation Service Commercial-hired Transport Service for People with Disabilities	
名額	Capacity	56
平均每月服務人數	Average enrollment per month	56.5

精神健康服務 Mental Health Services

翠林中途宿舍	Tsui Lam Halfway House	
名額	Capacity	40 (男Male)
平均入住率	Average enrollment rate	97.3%
成功離舍率	Successfully discharge rate	37.5%

安怡宿舍	On Yee Hostel	
名額	Capacity	20
平均入住率	Average enrollment rate	100%
成功離舍率	Successfully discharge rate	5%

安愉宿舍	On Yue Hostel	
名額	Capacity	20
平均入住率	Average enrollment rate	98%
成功離舍率	Successfully discharge rate	20%

續顧服務	After Care Service	
接受服務的個案	No. of admitted cases	35
成功完成個案	No. of successfully completed cases	13
輔導服務	No. of counseling sessions	310

社區精神健康連網	Community Mental Health Link	
接受服務人數	No. of members	275
活動數目	No. of programmes	189
外展探訪	No. of outreaching visits	475
輔導服務	Hours of counseling sessions	248.5

社區精神健康照顧服務	Community Mental Health Care Services	
離院個案	No. of discharged cases (discharged from mental hospital)	121.67
輔導服務	No. of counseling service	1597
活動數目	No. of programmes	121

殘疾人士支援服務 Support Services for People with Disabilities

日間社區康復中心	Community Rehabilitation Day Centre	
日間復康節數	No. of attendance (Day Rehabilitation)	17013
日間護理名額	Capacity (Day Care)	10
日間護理平均出席率	Average enrollment rate (Day Care)	122%