

綜合復康服務

Integrated Rehabilitation Services



注入服務新元素

Input of New Service Elements



綜合復康服務一向將以人為本作為服務的基礎，重視服務使用者的長處、潛能及個人資源。為配合他們人生階段的需要，我們致力提供適切的服務，促進個人的持續發展和成長。

With our firm belief in a client-centred approach, Integrated Rehabilitation Services emphasize the strengths, potential and personal resources of service users. To meet the needs of different life stages, we endeavour to provide suitable services enabling individuals to enjoy continuous personal growth and development.

■ 注入服務新元素

為了更有效地回應服務使用者的需要，以及提供以人為本的服務，在本年中，我們將「能耐為本」的概念與介入模式融合於個案管理流程中。

各服務單位依據個別進度，於個案系統及服務推行的模式上開始應用有關工作手法，以發掘服務使用者的潛能為重點，認同他們擁有復原的能力。於評估服務需要的過程中，著重與服務使用者及照顧者共同檢視現有的資源、期望服務提供的優先次序、個人目標取向等，從而訂立個人發展計劃，並透過持續的檢討，與當事人及照顧者作出所需跟進。

經過工作上的實踐，服務使用者、照顧者及各同事均對於服務理念更為認同，有助我們推行更具質素之服務。

■ Input of New Service Elements

In order to satisfy effectively the needs of service users through client-centred services, we integrated the 'strength-based' concept and intervention model into our case management process.

With reference to its own situation, each of the service units has started to implement the abovementioned model which is focused on uncovering the potential of service users and recognizing their possession of recovering capabilities. During the intake process, we look into the existing resources of both the service users and their carers, understand their expectations concerning service priorities, ascertain their life goals, etc. The personal development plans would then be formulated and reviewed regularly.

The service concept has been highly recognized by staff, service users and their carers. Also, it has driven our service quality to reach another milestone.





舍友齊齊練習唱歌，為表演作好準備
The residents practised singing together for the performance

新春團拜
Lunar New year activities

同心 · 同行 · 共同成長

安怡及安愉宿舍的長遠目標，旨為擴闊舍友的生活視野，發掘他們的自信及潛能，並安排他們參加不同類型的義工服務。

於宿舍服務方面，舍友可擔任房長，經常參與商討宿舍服務，提出更適切舍友需要的服務建議。此外，房長亦協助成立互助小組，協助新舍友了解社區設施，加強彼此支援，達致獨立生活的目標。

社區參與方面，宿舍得到「東區及灣仔區復康服務協調委員會」的資助，舉行了一項名為「社區展關懷」探訪行動，將舍友的愛心及關懷帶給區內的長者及小朋友。探訪過程中，透過表演魔術、集體遊戲，分享及手工藝製作，盡顯各舍友的熱誠、才能及創意，將歡樂帶給服務使用者，彼此打成一片，氣氛融洽和諧。我們舍友表現除獲得一致的讚賞外，亦增加社區人士與精神病康復者的接觸機會，加強他們是社區一份子的意識。



舍友參加義工活動的籌備工作
The residents took part in the preparation work of volunteer activities

Same Heart · Same Path · Growth Together

The long-term goals of On Yee and On Yue Hostel are to expand residents' life exposure, strengthen their self-confidence, uncover their potentials and engage their involvements in different volunteer activities.

Regarding the hostel service, residents could play the role of room leaders to join the discussion on hostel affairs and make suggestions for service improvement. In addition, they could help establish mutual help groups with the mission to assist newcomers to understand community facilities, strengthen the support for each other, and facilitate the fulfilment of independent living.

Regarding the community participation, we were grateful to receive funding support from the Eastern and Wanchai District Coordinating Committee on Rehabilitation Service to organize a volunteer service programme titled 'Show Heart to the Community'. It involved volunteer visits to the elders and the children living in the local community. During these visits, our volunteer team carried out performances including magic shows, group games, sharing and handicraft making. Our hostel residents were able to demonstrate their talents and creativity and bring joy to the service targets. Their outstanding performance was highly applauded. Moreover, this programme also offered more opportunities for local people to understand the ex-mentally ill. It helped our residents develop a stronger sense of community membership.



「舞動歡騰」的隊員在春茗活動中獻技
 "Cheering Dancing" team had the performance in New Year activity.



家屬分享講座
 Workshop for carer sharing

於本年度內，精神健康服務獲勞工及福利局的資助，舉辦了一連串的「舞動歡騰」活動，包括有舞蹈訓練班、表演活動、探訪等。目的是讓一群受情緒問題困擾的人士，透過舞蹈轉移壓力的煩擾，體驗正面積極的生活及建立人際支援網絡。他們由冷淡中走出來，建立了自己的興趣，認識了一班志趣相投的朋友，是很大的收獲及值得鼓舞！

一群要長期照顧精神病康復者的家屬及照顧者，背上了很多擔子，擔心康復者的病情、如何相處、前途、婚姻等問題，個人也顯得負面及疲乏。「家油站」家屬互助組的成立，是透過探訪復康服務、分享等，讓他們的身心有所成長及進步，與康復者的相處中，較能夠以放手的態度，讓康復者學習為自己努力及負責任，正面去面對他們的生活。再者，他們可以認識一群同行者，互訴心聲及期望，彼此鼓勵！

This year, our mental health units have organized a project titled 'Cheerful Dancing' under the sponsorship of the Labour and Welfare Bureau. It comprises a series of activities, including dancing class, variety show, visits, etc. Through engagement in dancing, the aim of which was to assist a group of persons with emotional distress to relieve their pressure, build a positive life and establish a social support network. Subsequently, they could recover from their withdrawal, identify their interests, and get to know a group of companions. It was a great encouragement to us.

Taking care of people suffering from chronic mental illness is very stressful for the carers who face a lot of worries, including the patients' progress, how to get along with them, how to plan their future, whether they can get married, etc. The establishment of a self-help group named "Raise Your Spirits" enabled members to improve their physical and psychological conditions. They were able to get along well with the concerned persons, realize how to let them learn and take up own responsibilities, and facilitate their progress towards leading a positive life. Furthermore, the group greatly facilitated members' mutual support and sharing in regard to their feelings and expectations.



家屬活動
 Family gathering



「我與夢飛行」的參加者在廣東省河源市進行探訪活動
The participants of "I have a dream" project enjoyed the visit to Heyuen at Guangdong Province

為河源市中洞小學的學生表演魔術
Magic show for the students at Heyuen primary school

■ 關注青少年精神健康

為回應存在精神健康問題的青少年的數目不斷增加，本會於2008年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舉辦「我與夢飛行」青少年精神健康計劃。

這項計劃以「能耐為本」的工作手法推行，特別之處在於探索、啟發和培養青少年康復者的正能量和優點。目的是發展及實踐他們的長處及興趣，引導他們尋獲自己的能耐，並採取主動的方法連繫社區及接觸社群。活動主要分三個階段：一）舉辦多項發展興趣及潛能的小組。二）舉辦一連串的義工探訪及國內探訪活動。三）舉行社區分享會及結業禮。在這短短的大半年間，很欣喜見到青少年參加者由冷淡及缺乏自信轉變為有信心及自我肯定，他們不再自怨自艾，突破成長的障礙，重建個人的志願，有信心投入學習及工作。另外，他們體驗施與受的意義，接受別人的意見，多了與同輩互相鼓勵，多了與家人溝通，願意關心不同群體的需要。而且，能讓社區人士對他們有重新的認同及肯定。



青少年參加者探訪河源老人院
The youth members visited an elderly home in Heyuen

■ Concerns for Youths' Mental Health

In response to the increase in the number of youths having mental health problems, we organized a project named "I have a Dream" Youth Mental Health Project, subsidized by the SWD Wong Tai Sin & Sai Kung District Office.

Basing on the strength-based intervention method, this project enabled youths who had recovered from mental illness to explore, discover and realize their strengths and merits. By actualizing their strengths and interests through the gradual guidance, they could establish ties with the community and social groups. The project was implemented in three stages: 1) setting up various interest groups; 2) arranging volunteer visits and a visit to the mainland; and 3) organizing community sharing and a graduation ceremony. During the half-year, we observed positive changes among the youth participants who became more self-confident and self-affirmed. They no longer directed anger and sorrow at themselves. They went through the developmental hurdles, re-formulated their personal plans, and obtained greater confidence in their studies and work. Moreover, having gone through the 'give and take' experiences, they were willing to accept other viewpoints, express mutual encouragement with their peers, initiate more communication with their families, and show concern for different deprived groups. In fact, the community had a refreshing perspective regarding them and affirmed the actuality of their changes.

■ 預防吸毒 — 從健康生活開始

「思樂TEEN」青少年精神健康計劃獲公益金撥款資助一百六十九萬多元、推行為期三年的計劃，服務對象主要是九至十五歲的兒童及青少年、家長及老師們。計劃的構思是來自現今青少年吸毒嚴重的問題；由於首次吸毒的年齡漸趨年輕化，要幫助他們遠離毒品，預防工作刻不容緩。對於未曾或初期接觸毒品的青少年來說，增強抗逆力及預防教育是重要的工作之一。

本計劃旨在透過一系列的活動，包括朋輩輔導計劃、社區教育活動、聯校比賽、講座及工作坊，讓學童、家長及老師們充分認識有關兒童精神健康和吸毒的知識，增強學童於社區內的支援，並提昇其個人的抗逆能力，從而建立健康的生活模式，抵抗毒品的誘惑。

■ Prevention of Drug Abuse - Starting from a Healthy Life

Funded by the Community Chest for more than \$1.69M, the "Zero Toxin - Youth Mental Health Project" was a three-year time limited project targeting children and adolescents aged from 9 to 15, their families and school teachers. With rising concern about the severity of drug problems among youngsters, it aimed to organize concerted efforts on helping them to keep away from drugs. Intervention at early drug-taking stage was very important. Preventive education as well as the building up of their resilience against drug temptations was an urgent necessity.

A variety of programmes, such as: peer guidance, community education, inter-school competition, talks and workshops were carried out to equip youths, parents and teachers with adequate knowledge on drug abuse and mental health. By increasing personal strengths and community support, it were hoped that children and adolescents would establish a healthy lifestyle and avoid drugs.



為中學生講解預防毒品的講座
Drugs-free Talk for secondary students



家長教育活動
Education workshop for parents

■ 發展多元化專業服務

於2008年10月11日，日間社區康復中心舉行了開幕禮，當日邀請到社會福利署署長余志穩太平紳士及本會主席親臨主禮，同時社區各個團體到場參觀，場面熱鬧。

成立至今，日間社區康復中心積極發展多元化專業服務，與區內各個醫療系統建立緊密聯繫，並參與研究治療成效。中心更與各互助組織合辦了解社區資源的計劃，為離院病人提供適切的支援服務，讓他們重投社區生活。

■ Development of Multi-professional Services

The Opening Ceremony of our Community Rehabilitation Day Centre (CRDC) was held on October 11, 2008. We had the honour to invite Mr. Stephen Fisher, JP, Director of Social Welfare and our Chairman as our officiating guests. It was also gratifying to have the presence of numerous parties and groups.

Ever since its establishment, CRDC has endeavoured to extend professional services to the community, liaised closely with various medical parties and participated in their studies on treatment effectiveness. Besides, we initiated collaboration with different support groups to introduce community resources to our users. This fulfilled our goal to help patients discharged from hospitals resume normal living in the community.



為家長及教師提供精神健康講座
Mental Health Talk for teachers and parents



日間社區康復中心開幕典禮
The opening ceremony of Community Rehabilitation Day Centre

■ 加強職員培訓 · 累積實務智慧

在這兩年內，我們邀請了香港理工大學應用及社會科學系葉錦成教授進行一系列的職員培訓計劃，透過工作坊加強專業同事對「能耐為本」之理論及工作手法之認識，輔以個案研習小組的定期個案分享，令同事更能掌握日常應用之方法。與此同時，同事間藉著討論及研習，增加互相學習的機會，從而累積寶貴的實務智慧，為專業發展奠下穩固的基石。

此外，我們亦在2008年5月9日邀請了美國芝加哥殘疾婦女康復中心總監 Judith Panko - Reis 女士為同事講解其創立婦女康復中心的經驗。演講者本人為腦部受創患者，對殘疾人士的服務需要有更深的體會並作出回應。



葉錦成教授為職員進行培訓
Staff training conducted by Dr. YIP Kam-shing, Associate Professor

■ Staff Development and Collection of Practical Wisdom

For the past two years, Dr YIP Kam-shing, Associate Professor, Department of Applied Social Sciences of the Hong Kong Polytechnic University, has been invited to run a series of workshops and clinical groups for us. Hence, we had a thorough understanding of Strengths Perspective and acquired valuable experiences through practical application. At the same time, the learning atmosphere among the staff has been cultivated and a solid foundation for professional development was laid.

We also invited Ms. Judith Panko-Reis, the Director of Rehabilitation Institute of Chicago's Woman with Disabilities Centre to share her experiences in developing the services of her centre. Being a head injured person herself, Ms. Panko-Reis was able to identify the needs related to disabilities, and to develop services accordingly.



EASE袋在設計廊擺賣
The EASE bags were displayed at Design Gallery for sale



由服務使用者親手製造的精美聖經
Those elegant bibles were hand-made by service users

■ 創意無限

翠林工場結合本地設計師的無限創意，創造了一個完全屬於香港的品牌－「EASE」。透過香港設計師天馬行空的意念，「EASE」打破傳統庇護工場的框框，生產及設計出以舒適休閒為主題，集時尚與實用於一身的品牌手袋和精裝聖經。最獨特之處是每一個手袋、每一本聖經都是透過服務使用者的一雙手，再經過十多個工序，仔細地一針一線車縫而成。

「EASE」的手袋和聖經不但能增加服務使用者的工作成就感，培養出專業的工作技巧；亦能發掘他們不同的潛能，為他們創立了更多工作訓練的機會。令人鼓舞的是精裝聖經於書展推出後很快便售罄，而「EASE」手袋，除了在本埠門市有售賣外，亦於海外市場發售。

■ Limitless of Creativity

Partnering with a creative designer, Tsui Lam Sheltered Workshop has been successful in building up the brand "EASE" in Hong Kong. This partnership enabled us to break through the traditional perspective of sheltered workshops. The production of handbags and bibles has adopted fashionable design in addition to practical use. The special feature of these products was that they were handmade by our sheltered workers.

EASE has enabled our sheltered workers to develop professional work skills and create a sense of achievement. Besides, they could uncover service users' potential, which allowed them to expand their training opportunities. The most encouraging achievement was that all bibles had been sold out at the Book Exhibition. On the other hand, the handbags were sold both in the local and the overseas markets.



■ 服務統計 (截至2009年3月31日)

Service Statistics as at March 31, 2009

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 Center cum Hostel
名額	Capacity	50 (30M/20F)
平均入住率	Average enrollment rate	98%
個人發展計劃完成率	Rate of completion of Individual Development Plan	98%

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	100%
個人發展計劃完成率	Rate of completion of Individual Development Plan	100%

家居訓練及支援服務 (截至至31/12/2008)		Home-based Training and Support Service (until 31/12/2008)
名額	Capacity	80
平均每月服務人數	Average enrollment rate (per month)	106%
平均每星期訓練時數	Average training hours per week per person	17.5
全年曾接受服務人數	No. of persons Served in a year	102

弱能人士托管服務 (截至至31/12/2008)		Support Service for Families with Disabled Persons (until 31/12/2008)
登記服務人數	No. of enrolled members	265
接受服務總時數	No. of service hours	9189

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		8

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		61
成功公開就業及退出服務	No. of successfully discharged cases		12

「陽光路上」培訓計劃		Sunny-way-On the Job Training Programme for Young People with Disabilities	
名額	Capacity		16
曾接受服務人數	No. of served cases		17
成功公開就業及退出服務	No. of successfully discharged cases		5

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		44
平均每月服務人數	Average enrollment per month		52

精神健康服務

Mental Health Services

翠林中途宿舍		Tsui Lam Halfway House	
名額	Capacity		40 (M)
平均入住率	Average enrollment rate		96.50%
成功離舍率	Successfully discharge rate		17.50%

安怡 / 安愉宿舍		On Yee/On Yue Supported Hostel	
名額	Capacity		40 (15M/25F)
平均入住率	Average enrollment rate		98%
成功離舍率	Successfully discharge rate		25%

續顧服務	After Care Service	
接受服務的個案	No. of admitted cases	29
成功完成個案	No. of successfully completed cases	8
輔導服務	No. of counseling sessions	303

社區精神健康連網	Community Mental Health Link	
接受服務人數	No. of members	302
活動數目	No. of programmes	267
外展探訪	No. of outreaching visits	327
輔導服務	Hours of counseling sessions	276.5

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)	102.34
輔導服務	No. of counseling service	1694
活動數目	No. of programmes	187

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 programmes)	8927
日間護理名額	Capacity (Day Care)	10
日間護理平均出席率	Average enrollment Rate (Day care)	73%

欣悅坊地區支援中心 (觀塘東) 由01/01/2009 開始	Cheerful Place - District Support Centre (Kwun Tong East) Started on 01/01/2009	
訓練、照顧及支援服務平均時數	Average service hours for training, care and support	7218.5
社區教育活動平均節數	Average sessions / programs on community education	12
職業 / 物理治療節數	No. of occupational/physiotherapy services sessions	184