



綜合復康服務
INTEGRATED
REHABILITATION
SERVICES



服務綜述

綜合復康服務的主要服務對象包括了精神康復者、智障人士及其他殘疾人士。對我們的服務使用者來說，「康復」並不是一件容易的事，有些人需要接受長期治療，包括藥物治療、訓練及輔導等，憑著不斷的學習與堅持，他們努力地向目標進發。作為助人專業，我們因應服務需要而開拓多元化服務的同時，亦不斷增進專業知識。在本年度，我們延續去年的方向，繼續鞏固及擴展各個社區支援服務、青少年心理健康服務及職業復康服務。同時，我們作出兩個新嘗試，首次出版一本個案匯編及舉辦了兩岸三地的復康服務研討會，以不同的交流方式，提升專業水平及服務質素。

服務發展

「悦安心」服務擴展

「悦安心」先導計劃已經順利開展了一年，服務使用者對於服務質素及水平的評價是肯定的，因而服務轉介數量亦持續增加，成果令人滿意。鑑於服務需求之殷切，本計劃於2011年10月起，服務範圍亦擴展至黃大仙，令更多有需要的服務使用者受惠。

社會福利署署長聶德權先生 JP 非常關注服務之推行情況，曾於2011年7月21日到訪本計劃之其中一個受助家庭，藉此機會與服務使用者及其照顧者交談，親自了解其接受到戶服務的狀況及視察日常訓練的進行情況，同時亦與照顧者及同事交換意見，並對於我們所提供的服務予以鼓勵。

此外，我們於「2012 國際作業治療研討會」曾發表有關於本計劃應用「能耐為本」理念於職業治療的實務經驗，與業界交流，令我們在服務發展上亦有所獲益。

SERVICE OVERVIEW

The main service targets of Integrated Rehabilitation Services are comprised of ex-mentally ill persons, people with mentally handicapped and people with other disabilities. "Recovery" is not easy to our service users. Some of them are in need of long-term treatment, including medications, training, and counselling, etc. With continuous learning and persistence, they tried every effort to attain the goals. As the helping professionals, we proceeded to develop variety of services to meet the service needs, together with the advancement of professional knowledge. In this year, we sustained last year's direction, various community support services, adolescent mental health service and vocational rehabilitation service were being consolidated and expanded continuously. At the same time, we had two initiatives which were publishing a case book and organising a regional conference on rehabilitation services. These kinds of learning activities had facilitated the professional enhancement and service quality.

SERVICE DEVELOPMENT

Service Expansion of "Everjoy" Project

The pioneer project "Everjoy" Home Care Service for Persons with Severe Disabilities has been commenced for a year. The service users acknowledged the service quality and standards, in this regards, the numbers of referral were progressively increasing. The outcome was encouraging. As the service demand was high in the community, the service boundary has been extended to Wong Tai Sin District since October 2011 to benefit more users-in-need.

Mr. Patrick Nip Tak-kuen, JP, Director of Social Welfare paid a home visit to one of our users on 21st July, 2011 in order to understand the service operation. Moreover, he also chatted with the service user and her carer so as to better understand how they received home-based service and to observe how daily training was delivered. At the same time, Mr. Nip shared his opinions with the carer and our colleagues, and showed encouragement to the service.

Besides, our staff shared the practical experience in the integration of strengths perspective and occupational therapy for providing home-based care service in the "2012 International Occupational Therapy Conference". It brought numerous insights and generated much reflection for our service development.



到戶進行小肌肉練習。
Providing fine motor exercise at user's home.



小學生參與社會服務。
Primary students joined the volunteer programme at home care service.



義工與照顧者聯歡。
Gathering programme with volunteers and carers in restaurant.

職業復康新鮮事

本年度，職業復康服務有兩個新開始：(1) Home Café (觀塘店) 完成裝修，以全新姿態重開營業；(2) 開設「加家店」，展銷由殘疾學員製作的皮革產品。

Home Café (觀塘店) 配上清新簡潔的妝容，並調整了餐單、工作流程及人手分配，提高食物和服務質素，讓客人享受餐廳的閒適自在，悠然用餐。在新開業的首 8 個月，Home Café (觀塘店) 已提供了超過 42,000 份餐飲，期望您成為餐廳下一個顧客，給我們服務您的機會。

與 Home Café (觀塘店) 一樓之隔的「加家店」位於機構總部大樓地下，於 2011 年 11 月正式開業，提供超過 100 款皮革用品供客人選購。我們投入打造「&Care」成為一個「關顧社群」的品牌，鼓勵商界採購產品以實踐「商社共關懷」的精神，顧客支持「&Care」就是給予殘疾人士工作的機會。

New Face of Vocational Rehabilitation Service

There were two new beginnings in vocational rehabilitation service: (i) the renovation of Home Café (Kwun Tong Shop) was completed, (ii) a new shop named “&Care Products Corner” was opened for the sale of leather products made by people with disabilities.

To promote a leisure and comfortable catering experience to our customers, the new look of Home Café (Kwun Tong Shop) was intended to be pure and fresh. The menu, workflow and manpower of café were re-set in order to enhance the food and service quality. In the first 8 months after renovation, number of meals provided by Home Café (Kwun Tong Shop) was over 42,000. We hope that you will be our next customer and let us have a chance to serve you.

“&Care Products Corner” was located at ground floor of the headquarters building. It was formally opened in November 2011. Over 100 products were displayed for the customers. The Corner is devoted in building “&Care” a brand with meaning of “Caring People”. Commercial enterprises were encouraged to keep up the spirit of “Caring Community” through purchasing the products. More support to “&Care”, more job opportunities were provided to people with disabilities.



位於機構總部大樓地下的「加家店」於 2011 年 11 月正式開業，展銷由綜合職業復康服務學員製作的產品。

Being a showroom of products made by service users of Integrated Vocational Rehabilitation Service, “&Care Products Corner” was opened in November 2011 and located at G/F of CFSC Headquarters Building.



Home Café (觀塘店) 裝修後，在 2011 年 7 月底重新開業，希望客人喜歡 café 的新妝和新菜式。
After renovation, Home Café (Kwun Tong Shop) was re-opened in July 2011, hope you like her new look and new menu.



「加家店」的皮革產品緊貼潮流，歡迎購買，以行動支持殘疾人士的工作。
Supporting the work of people with disabilities through consumption, let's purchase our fashionable leather products from “&Care Products Corner”!

新服務

從「能耐為本」出發：兩岸三地復康服務研討會

為促使業界的交流及分享工作的心得，復康部於 2011 年 10 月 15 日舉辦了「從『能耐為本』出發：兩岸三地復康服務研討會」，藉以加強彼此在復康工作方面的溝通與交流，擴闊大家的視野，同時，也為能耐為本在復康服務的應用樹立了里程碑。研討會邀請了兩岸三地不同的學者，包括：台灣學者宋麗玉教授、內地學者童敏教授及本港學者葉錦成教授等，發表了復康服務相關的研究及實踐經驗，本部同工也分享了在工作中運用「能耐為本」的成效及寶貴的經驗。研討會成功吸引了接近 200 名參加者，包括內地及本港的同業同工、服務使用者及其家屬。這確實是一次寶貴的經驗，有助促進不同地方的服務交流。

NEW PROJECTS

Regional Conference on “Rehabilitation services in Mainland, Taiwan and Hong Kong: From Strengths Perspective”

Integrated Rehabilitation Services has successfully launched the regional conference on “Rehabilitation services in Mainland, Taiwan and Hong Kong: From Strengths Perspective” in October 2011. Featuring Mainland, Taiwan and Hong Kong's finest clinical practitioners, academics, and mental health experts, including Professor Song Li-yu of Taiwan, Professor Tong Min of Mainland and Professor Yip Kam-shing of Hong Kong. The conference motivated and inspired professionals by sharing information and experience on current research and findings in mental health, and development and applicability of strengths perspective in mental health service setting. The conference successfully engaged about 200 professionals, carers and the ex-mentally ill persons from different districts. It was a valuable experience for various professionals and carers in the field of mental health by sharing their knowledge and experiences. It indeed further promotes the mental health services in various districts.



「從『能耐為本』出發：兩岸三地復康服務研討會」加強業界在復康工作方面的溝通與交流，擴闊視野。
The regional conference on “Rehabilitation services in Mainland, Taiwan and Hong Kong: From Strengths Perspective” helped inspire professionals to share their information and experience.

「初中學生精神健康與求助行為概況」研究發佈暨研討會

為提升社會大眾對青少年精神健康的關注，青少年精神健康推廣及治療中心於 2011 年 8 月 27 日舉辦了「初中學生精神健康與求助行為概況」研究發佈會暨研討會，以探索及了解青少年精神健康概況及其求助行為模式。是次研討會特別邀請了苗延琮精神科醫生及葉兆港老師就相關課題作深入講解及剖析，同時，本中心社工同事也分享了寶貴的工作經驗。是次研究發佈暨研討會成功取得傳媒廣泛報導，參與者也逾百人，引起業界不少的迴響。



Press Conference cum Seminar on “Mental Health of Junior Secondary School Students and their Help-seeking Behaviour”

To arouse the public awareness and concerns on the mental health of adolescents, Centre for Adolescent Mental Health Promotion and Prevention successfully launched the press conference cum seminar on “Mental Health of Junior Secondary School Students and their Help-seeking Behaviour”. It served the purpose of exploring and understanding the mental health issues among adolescents and their help-seeking behaviour and pattern. It brought together experts from multidiscipline in the field of adolescent mental health, including Dr. May Miao, psychiatrist, and Mr. Yip Siu-kong, teacher, and also our social workers to share their knowledge and experience related to adolescent mental health issues. Over hundreds of participants joined the seminar and positive feedbacks were received from the media.

「初中學生精神健康與求助行為概況」研究發佈會暨研討會。
The press conference cum seminar on “Mental Health of Junior Secondary School Student and their Help-seeking Behaviour”.

出版書籍：《心弦觸動－與殘疾人士同行歷程的理解與反思》

我們提供服務予殘疾人士時，以往較多注重功能的改善及技能訓練等，其實，能夠協助他們確認自己的能力、發掘身邊的資源、建立互助網絡及訂立人生方向，對其復元一樣起著重要的作用。

本書共輯錄了 10 個真實個案，都是同工學習「能耐為本」後，重新調整個案的介入手法，在服務中實踐的經驗。

Book Publication: “Touch Your Heart - Understanding and Reflections on the Helping Process with People with Disabilities”

In the past, when providing services for people with disabilities, the focus was more on functional improvement and skill training, etc. In fact, their recovery could be more achievable by helping them to recognise their abilities, uncovering their own resources, building up mutual-help networks and identifying life directions.

The book is comprised of 10 real cases which were the collection of our staff's practical experiences after learning the Strengths Perspective and reconstructing the case interventions.





特別活動

推廣社區支援服務

「欣悅日社區共融嘉年華」由本會 3 個復康單位：日間社區康復中心、悅安心—嚴重殘疾人士家居照顧服務及欣悅坊地區支援中心（觀塘東）合辦。當日（2011 年 12 月 10 日）由本會助理總幹事（營運）王惠梅女士主禮，並獲社會福利署觀塘區嘉賓及約 200 名公眾人士參與。當日節目內容豐富，包括：共融表演、服務介紹、健康講座、攤位遊戲及健康檢查等；令各參與人士渡過了有意義的一天。



欣悅坊地區支援中心於 2012 年 1 月獲得社會福利署觀塘福利辦事處撥款資助，於區內推行一項為期一年之「共融觀東網」計劃，服務重點在於建立多元社區支援網絡，發展區內不同層面的義工，藉以關懷於社區生活的殘疾人士，以及強化照顧者之抗逆能力及紓緩照顧壓力。於計劃推行之首 3 個月，我們分別舉行了社區共融教育、義工交流等，並設立復康器材借用站，供區內有需要之社區殘疾人士借用輔助及復康器材。相關計劃之整體目標是提供 480 人次服務予殘疾人士、培訓 80 名義工為殘疾人士及其照顧者提供社區支援。



中學生與會員進行音樂互動。
Students and members joined the music performance in a community education workshop.



「融愛樂社區」教育巡禮之小組分享。
Community Integration Programme for junior form students in secondary schools.



為照顧者舉行的「歡欣喜悅慶龍年」春茗活動。
Dragon Year Spring Banquet for carers.

SPECIAL EVENTS

Promoting Community Support Service

“Community Gala to Promote Community Integration for People with Disabilities” was jointly organised by the 3 units of our rehabilitation services, Community Rehabilitation Day Centre, Everjoy - Home Care Service for Persons with Severe Disabilities and Cheerful Place District Support Centre (Kwun Tong East) to promote community integration for people with disabilities. It was held at our Community Rehabilitation Day Centre on 10th December, 2011 and officiated by Ms. Nancy Wong Wai-mui, Assistant Chief Executive (Operation) of the Agency. Around 200 participants including the officials of Kwun Tong District Social Welfare Office showed up. The event provided the public with a good opportunity to learn more about the potentials of people with disabilities. It comprised numerous programmes such as talent show, service promotion, educational talk, games booths and health check, etc. All participants considered this event as very meaningful to them.

服務使用者在活動中公開分享他們的感受。
Service users' open sharing of their feelings in the Community Gala.

With the funding support from the Kwun Tong District Social Welfare Office, Cheerful Place District Support Centre (Kwun Tong East) has launched a “Community Networking Project for People with Disabilities in Kwun Tong East” from January 2012 to December 2012. It aimed at supporting people with disabilities to build up multiple networks in the community, and developing volunteers coming from different levels to provide care, and releasing the caring burdens of the carers. In the first 3-month, we organised education programmes for community integration and volunteer training programmes. A Rehab-aids Lending Service was set up. According to the service objectives, 480 head counts of service for people with disabilities were provided and 80 volunteers were trained to provide community support network for them and their carers.

觀塘區議會贊助日間社區康復中心於2011年5月至2012年1月舉辦一系列的照顧者社區支援服務，活動內容包括健康教育講座、照顧者心靈加油站、照顧者互助支援行動、和諧家庭日營、社區資源介紹等。透過活動紓緩照顧者的負擔並加強他們照顧殘疾成員的能力。

With the funding support from the Kwun Tong District Council, Community Rehabilitation Day Centre had organised a series of programmes to strengthen the support for caregivers from May 2011 to January 2012. These included educational talks, support groups, day camp and community resource information sessions. All these programmes were welcomed by caregivers who found relief of pressure through group discussion and mutual support. Meanwhile, they became more confident in taking care of family members with disabilities.



照顧者參與日營活動。
The Day Camp for the caregivers.

精神康復者融入社區

每逢星期四的下午，就有一群康復者會員來學習唱粵曲，他們勤懇及專注，努力地學習，現在每一位成員也有自己的首本名曲。在過去一年裡，他們作過多次的表演，譬如：到老人中心及地區慶祝活動。成員在參與「和悅之聲」粵曲組當中，對傳統藝術培養了興趣，亦學會欣賞自己及別人，在與人分享歌聲的同時，令他們也獲益良多。

Community Integration Programme for the Ex-mentally Ill Persons

A group of the ex-mentally ill persons were joined together to learn and enjoy Cantonese Opera in every Thursdays. They learned the Cantonese Opera with diligent and attentive. Nowadays, every member had owned their favourite song. In the past year, the group had performed in different programme, such as in elderly centre and district celebration programmes. Through participating in the "Voice of Wellness" Cantonese Opera Group, members developed interest in traditional art and learned to appreciate themselves and others. In the moment of enjoying the show time, the group had learned a lot.



「和悅之聲」粵曲小組在社區活動中表演。
Performance at community activity by "Voice of Wellness" Cantonese Opera Group.





在過去兩年，一群會員不論天氣如何惡劣，都不怕艱辛地於西貢沙角尾附近的耕地參加「愉快耕種」活動。他們原本是為著家事、人際關係、生活壓力等，感到憂心及煩擾，但在大自然的環境下，他們鍛練了毅力與堅持，看到了親手種出來的粟米、節瓜和蘿蔔等，都滿載他們的喜樂。與此同時，有多個社區團體前來參與活動，如青少年服務單位、學校等，他們都表示收穫豐富。除了體驗耕種外，更感到與康復者合作的開心，在他們身上學了一課。

In the past two years, no matter how the weather was, a group of members joined the Happy Farming Project at Sha Kok Mei, Sai Kung industriously. They formerly felt uneasy and distressed by family matters, interpersonal relationships or life pressure. Under the natural atmosphere, they exercised perseverance and persistence during farming. When they saw the harvest, such as corn, hairy cucumber and radish, etc, they were full of enjoyment. At the same time, some community organisations, for instance, youth service units and schools joined the project. Apart from the rich farming experiences, they expressed the outcome was impressive that teamwork with the ex-mentally ill persons were delightful. They learned a lesson from them.



義工及會員參與「樂滿心田」活動。
Volunteers and members joined the "Happy Farming Project".

多采多姿的宿舍生活

Enjoyable Living in Hostels

迪智展能中心暨宿舍

Dick Chi Day Activity Centre cum Hostel



承蒙利駿行慈善基金贊助舉行「樂•團圓」自助午餐活動。
Lunch buffet programme for our service users and their family members, which was funded by LCH Charitable Foundation.

綜合復康服務 INTEGRATED REHABILITATION SERVICES



寵物醫生到訪宿舍。
Doctor's Pet visited the centre.

安怡 / 安愉宿舍 On Yee / On Yue Hostel



「無障礙布偶劇」接受香港電台第五台《有你同行》節目訪問。
"The Barrier-free Puppet Show" interviewed by Radio Television Hong Kong (Channel 5).



「園藝小組」讓舍友學習製作富個人風格的花朵盆栽。
Service users created their own style floral products successfully.

誠信兒童之家及誠望輔助宿舍 Shing Shun Small Group Home & Shing Mong Supported Hostel



舍友參與遊農莊活動，接觸大自然及動物。
Residents enjoyed so much in farm visiting activity.



舍友與義工一起製作芒果布丁。
Residents cooperated with volunteers to make mango pudding in hostel.

舍友在活動中首次接觸門球。
This was the first time for the residents playing gateball.



2011-2012 服務統計 (截至2012年3月31日)

SERVICE STATISTICS (AS AT 31ST MARCH, 2012)

智障人士服務

Services for Mentally Handicapped Persons

迪智展能中心暨宿舍

Dick Chi Day Activity Centre cum Hostel

名額	Capacity	50
平均入住率	Average enrolment rate	100%
個人發展計劃完成率	Rate of completion of Individual Development Plan	100%

誠望輔助宿舍

Shing Mong Supported Hostel

名額	Capacity	20
平均入住率	Average enrolment rate	99.6%
個人發展計劃完成率	Rate of completion of Individual Development Plan	110%

誠信兒童之家

Shing Shun Small Group Home

名額	Capacity	8
平均入住率	Average enrolment rate	97.9%
個人發展計劃完成率	Rate of completion of Individual Development Plan	100%

綜合職業復康服務

Integrated 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 enrolment per month	226
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 enrolment per month	62
成功公開就業及退出服務	No. of successfully discharged cases	15

「陽光路上」培訓計劃

Sunnyway - 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	50
成功公開就業及退出服務	No. of successfully discharged cases	8

綜合復康服務 INTEGRATED REHABILITATION SERVICES

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 enrolment per month	53

精神健康服務

Mental Health Services

翠林中途宿舍

Tsui Lam Half-way House

名額	Capacity	40(Male)
平均入住率	Average enrolment rate	94.79%
成功離舍率	Successfully discharge rate	15%

安怡宿舍

On Yee Hostel

名額	Capacity	20
平均入住率	Average enrolment rate	95%
成功離舍率	Successfully discharge rate	20%

安愉宿舍

On Yue Hostel

名額	Capacity	20
平均入住率	Average enrolment rate	105%
成功離舍率	Successfully discharge rate	5%

和悅軒 - 精神健康綜合社區中心

Wellness Zone - Integrated Community Centre for Mental Wellness

會員數目	No. of members	429
新會員數目	No. of new members	188
外展探訪	No. of outreaching visits	1,619
訓練服務	No. of OT assessment / training sessions	924
治療小組	No. of therapeutic groups	12
興趣班及互助小組	No. of interest classes / supportive groups	430
聯繫活動及社區教育活動	No. of linkage activities / programmes	80
聯繫活動及社區教育活動的參加者人數	No. of participants in linkage activities or programmes	3,464

青少年精神健康推廣及治療中心

Centre for Adolescent Mental Health Prevention and Intervention (Service has been commenced since June 2011)

個案數字	Case Number	37
小組節數	Group session	25
活動節數	Programme session	74



殘疾人士支援服務

欣悅坊地區支援中心 (觀塘東)

訓練、照顧及支援服務總時數	Total no. of service hours for training, care and support	72,860
社區教育活動總節數	Total no. of sessions / programmes on community education	26
職業 / 物理治療總節數	Total no. of occupational / physiotherapy services sessions	765
臨床心理服務總節數	Total no. of clinical psychology services sessions	186
日間護理名額	No. of capacity of day care service for persons with severe disabilities	5
日間護理每月平均使用率	Average monthly occupancy rate of day care service for persons with severe disabilities	43.67 %

Support Services for People with Disabilities

Cheerful Place District Support Centre (Kwun Tong East)

悅安心 - 嚴重殘疾人士家居照顧服務

接受服務個案	No. of admitted cases	176
個人照顧服務總時數	Total no. of service hours of personal care service	4,936
陪護服務總時數	Total no. of service hours of escort service	4,902.5
復康運動總時數	Total no. of service hours of maintenance exercise	9,635
基本護理服務總時數	Total no. of service hours of basic nursing care service	309
職業 / 物理治療總時數	Total no. of occupational / physiotherapy services hours	2,001.25
專業護理服務總節數	Total no. of nursing care service to be provided by nurse	1,102

Everjoy - Home Care Service for Persons with Severe Disabilities

日間社區康復中心

日間復康節數	No. of attendance (Day Rehabilitation)	23,700
日間護理名額	Capacity (Day Care)	10
日間護理平均出席率	Average enrolment rate (Day Care)	100%

Community Rehabilitation Day Centre