

# Services for People with Disabilities



## Service Orientation

Our Services for People With Disabilities continue to uphold the values and culture of C.A.R.E. (Community Service, Ageing, Residential Service and Engagement) and provide human-centred and holistic support and care services for people with disabilities, including physical, intellectual and other forms of disabilities, and their carers through interdisciplinary and district-based collaborations. We are committed to building a caring community and responding to the service needs, and we seek to cultivate a caring spirit that radiates throughout and beyond our residential care homes.



Learn more about  
our Services for  
People with Disabilities

## Service Highlights

### Renewed Service Model to Respond to Community Needs

In August 2023, CFSC launched a two-year Pilot Project on Integrated Community Rehabilitation Centre (ICRC) with support from the Social Welfare Department's Lotteries Fund. The aim of the project is to provide a continuum of a coherent, flexible blend of day care and home care services for people with disabilities who live at home and have intensive care needs, while also supporting their carers.

The ICRC adopts the International Classification of Functioning, Disability and Health (ICF) framework to establish a comprehensive framework comprised of rehabilitation objectives, interventions, assessments and evaluations. It is committed to engaging the service users in formulating personalised rehabilitation plans, while providing human-centred, one-stop community support services by working with interdisciplinary teams and embracing advanced rehabilitation equipment and technologies. From 1<sup>st</sup> August 2023 to 31<sup>st</sup> March 2024, the total number of service users is 4,494.

## Embracing Gerontechnology to Support the Needs of Elderly Residents

Dick Chi Day Activity Centre Cum Hostel has been serving people with severe intellectual disabilities for 26 years. Among the 50 residents, 36 have been using the service since its inception, while half of the residents are 50 years old or above, and 82% are over 40 years old. To support our elderly residents, especially for those are experiencing a loss of muscle strength, we work closely with professionals from different disciplines and take advantage of developments in gerontechnology to enhance our service offerings. In addition, our 36-month pilot project on one-stop services for ageing service users of the Hostel for Severely Mentally Handicapped Persons (HSMH) and the Hostel for Moderately Mentally Handicapped Persons (HMMH) is underway, with the goal of improving quality of life for elderly residents and allowing them to age in a familiar place.

Everjoy – Home Care Service for Persons with Severe Disabilities makes use of portable medical imaging equipment to provide 103 elderly service users and 70 carers with door-to-door screening services for medical conditions that have traditionally been expensive to treat, such as pulmonary, hepatic and renal diseases. The goal is to promote early detection and to enable the early management of chronic diseases at home.



Through daily enjoyable training sessions and activities, our staff helped the service users maintain their physical condition and slow down the decline of their physical abilities.



Gerontechnology techniques and related equipment were used to make everyday caregiving tasks easier at our hostels.



Residents received age-suitable muscle training to help regain their balance, improve their muscle strength and prevent falls.



Portable medical imaging equipment was used to provide service users and their carers with door-to-door screening services for diseases that are usually costly to treat, promoting the early detection and management of chronic diseases.



# Combining Physical Activity with Horticulture to Support the Physical and Mental Health of Carers

## Together We Connect@Carer Inclusion Project

In June 2023, Cheerful Place – District Support Centre for Persons with Disabilities (Kwun Tong East) launched the two-year “Together We Connect@Carer Inclusion Project” with support from the HKEX Foundation. The project offers horticultural therapy experiences to carers. By contemplating the relationship between plants and life, carers are invited to rethink their opinions on the value of life and embark on a mentally stimulating journey to build resilience, mental strength, and mutual support for one another. As of March 2024, more than 100 sessions were held, benefitting nearly 50 carers and reaching more than 700 members of the community.



People with disabilities and carers worked together to organise the “Together We Connect@Carer Inclusion Market”, a large-scale carer-inclusive market designed to raise public awareness about the needs of carers.



A variety of workshops were organised to help carers reclaim their “me time”, unleash their potential and build a network of mutual help.

## Nordic Walking Classes to Support Carers One Step at a Time

In 2023, a carer support group focused on Nordic walking was successfully piloted by Cheerful Place. Carers learned the history of Nordic walking and walking techniques, such as coordinated movement and full-body muscle movement, at the centre before putting these techniques into practice in an open outdoor space, thereby reaping the benefits of aerobic exercise. The campaign was well-received, with participants reporting improved physical strength and other benefits including having more energy to take care of their children and getting to know fellow carers.



Carers of people with disabilities stretched their legs and unwound outside by practicing Nordic walking techniques.

## “Know. Your True Self” – A Carer Emotional Support Programme

In April 2023, we introduced “Know. Your True Self”, a two-year carer emotional support scheme funded by the Health Bureau. The programme involves providing training workshops for carers, as well as a range of stress-relieving and therapeutic activities and a carer support group. It utilises TTI-DISC, an international professional assessment, as a behavioural analysis tool to help carers better understand themselves and cope with their emotions.



Carers looked within themselves with the help of picture cards and exchanged their discoveries to support one another.



⚡ The participating carers gave positive feedback during the mid-term sharing session of the programme.

### Participating in the “Special Scheme to Import Care Workers for Residential Care Homes” to Ease the Labour Shortage

As a hostel providing a high level of care for people with disabilities, Sheung Seen House applied to enter the “Special Scheme to Import Care Workers for Residential Care Homes” offered by the Social Welfare Department in 2023 to secure its frontline workforce. In December 2023, a total of seven care workers joined the care team under this scheme. In addition to pre-service training, they also participated in retreats and team-building activities, learning to improve the quality of their care alongside their local peers.



⚡ Care workers received pre-service training as part of the “Special Scheme to Import Care Workers for Residential Care Homes”.

## Outlook

Looking forward, a new supported hostel for people with disabilities named Sheung Kin House is set to open in LOHAS Park, Tseung Kwan O, in 2025. Fully funded by the Social Welfare Department, the hostel will provide 31 residential places. In the coming year, our interdisciplinary team will make better use of resources and will collaborate closely on the themes of Sport, Horticultural Therapy, Innovative Technology, Networking and Enlightening Health and Wellness. By working in alignment with these priorities, we aim to build an inclusive society in which people with disabilities can fulfil their potential and live healthy and happy lives.

## Service Statistics 2023-2024 (as of 31<sup>st</sup> March 2024)



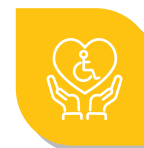
**1,432**

No. of cases of residential services for people with disabilities



**2,500**

No. of cases of people with disabilities integrated into the community



**1,340**

No. of carer members

**66,456**

Programme hours of potential development and life enrichment activities



**62,642**

Service hours of nursing care and health awareness programmes



**40,865**

Service hours of therapeutic sessions



**5,303**

Programme hours of self-help and mutual aid facilitation for family members