

康復服務 Rehabilitation Service

目標 Objectives

康復服務為弱能人士及其家屬提供全面而有效的康復訓練計劃、住宿照顧和社區支援服務。我們的服務旨在發展他們的潛能和能力，使他們能夠獨立成長，並且更有信心地參與社區生活。

Rehabilitation Service provide comprehensive and effective rehabilitation training programmes, residential care and community support services to people with disabilities and their families. Our services aim to develop their potentials and capabilities, and to enhance their personal growth of independence and confidence to participate community life.

全年摘要 Highlights of the Year

與愛同行

Walking Together with Love

員工分享：

文紅：我曾經經歷過一段焦慮不安的漫長歲月。當我感到情緒困擾時，精神科醫生給予我很大的支持，鼓勵我學習接納自己，並嘗試與焦慮和驚恐同行。家人和社工的愛與關懷，亦幫助我走出惶恐，令我慢慢重拾自信，重新建立一個健康的生活方式。

直至現在，我在明愛全樂軒擔任朋輩支援工作員將近八年了。透過以藝術元素為主題的朋輩支援活動，復元人士得以在創作過程中學習表達自己的情緒，並享受當下平靜和專注的感覺。我還記得有一位曾經患有抑鬱症的服務使用者在家隱居多年，然而，在持續的鼓勵和陪伴下，她終於有信心步出家門前往中心參與朋輩活動。我們即使在生活遇到許多困難，這裡總會有人與我們一起同行。

朋輩支援服務是為了助人自助，復元人士之間擁有相同的經歷和感受，讓他們可以在復元路上互相扶持。作為朋輩支援工作員，我亦到訪各院校及地區不同團體分享個人的復元經歷，以喚起大眾對自己和周邊人士精神健康的關心。



朋輩支援小組「拼出你特色」的參加者，透過運用不同顏色和材料的廢紙，重新書寫出自己生命故事。

Participants of the peer support group "Put Out Your Character" rewriting their own life stories by using waste paper of different colors and materials



向社區人士分享復元故事，鼓勵大眾正面面對精神及情緒困擾，重建有意義的生活。
Sharing recovery story with the community to encourage the public to face mental and emotional distress in a positive way and rebuild a meaningful life

Colleague Sharing:

Fanny: I had experienced a long period of feeling anxious. When I felt emotional distress, my psychiatrist offered me great support by encouraging me to learn to accept myself and try to live with anxiety and panic. The love and care from my family and social workers also helped me overcome the fear, gradually regain my confidence and re-establish a healthy lifestyle.

Up to now, I have been working as a peer support worker at Wellness Link – Tsuen Wan for almost eight years. Through peer support activities with art elements as the main theme, people in recovery learn to express their emotions during the creative process and enjoy the feeling of calmness and concentration. I recalled that one of our service users once suffered from depression and hid at home for many years. However, she was eventually confident enough to come out and participate in peer support activities at our centre after receiving continuous encouragement and companionship. Notwithstanding that we may encounter many difficulties in life, someone will always walk together with us.

Peer support service is about strengthening people's capacity to help themselves. People in recovery with similar experiences and feelings can support each other on the road to recovery. As a peer support worker, I visited various institutions and different groups in the vicinity to share my experience of recovery to raise public awareness towards their own mental health and those around them.

一位成功的藝坊「老闆」：一切從失落開始

A successful member of "I want to be a Boss" began from her loss

個案分享：

「老闆」Mini時常展現出燦爛笑容（「老闆」是指在明愛藝坊培育下成功建立個人品牌的智障人士）。這實在很難想像到她在短短數年前，曾在公開就業市場上屢屢碰壁，甚至遭遇解僱的情況。

經歷了三年高高低低，在明愛藝坊職員和會友的支持下，Mini終於找到抒發情緒的方法。每當她感到情緒較差的時候，她會嘗試畫畫以疏理自己不安的情緒。久而久之，她學會管理自己的情緒，並培養出對藝術的熱情。

本年度，Mini成為明愛藝坊第一位獲得明愛天糧賞識的藝術家，採用其設計的「兔兔畫」來印製月餅盒，並透過收取畫作的版權費賺取了她的「第一桶金」。這次機會不但肯定了Mini的藝術作品，亦增強了她的自信心。她往後更努力去參加不同公開比賽，一步步開展屬於她的藝術之路。



Mini接過支票時展露出陽光笑容
Mini receiving her big cheque with a sunny smile

Case Sharing:

Boss Mini always put a bright smile on her face ("boss" refers to the person with intellectual disabilities, who has successfully established his / her own brand under the cultivation of Caritas Artland). It is difficult to imagine that she had been encountered numerous hardships and even dismissal in the open market just a few years ago.

After three years of ups and downs, Mini finally found a way to express her emotions with the support of the colleagues and other members of our Centre. Whenever she felt bad, she would start drawing to relieve her uneasiness. Gradually, she had learned to manage her emotions and had developed a passion for art.

This year, Mini became the first artist of Caritas Artland recognizing by Caritas LaVie to adopt her bunny painting to produce the mooncake boxes. She gained her "first pot of gold" by receiving the copyright fee for the painting. The opportunity not only brought recognition to Mini's art works but also boosted her self-confidence. She worked even harder and participated in different open competitions, developing her artistic path step by step.



2023年明愛天糧採用「兔兔畫」設計的月餅盒
The design of bunny painting as mooncake boxes of Caritas LaVie in 2023

賽馬會喜躍悅動計劃

Jockey Club Keen and Active Kids Project

獲「香港賽馬會慈善信託基金」資助，「賽馬會喜躍悅動計劃」得以於2021至2023年期間推行。這是一項以校本支援模式的計劃，為注意力不足/過度活躍症學生提供訓練，並支援家長和老師。

有鑑於第二階段計劃成果顯著，有效提升學生的執行技能和自我調節能力，因此這項計劃將會延展三年。第三期計劃已於2023年8月1日展開，為420名就讀於主流學校的注意力不足/過度活躍症學生提供84個小組訓練。

Funded by the "Hong Kong Jockey Club Charities Trust", the "Jockey Club Keen and Active Kids Project" was launched between 2021 and 2023. It was a school-based project to provide training for students with Attention-Deficit/Hyperactivity Disorder ("ADHD") and transactional support activities for parents and teachers. With the fruitful achievements on enhancing students' executive skills and abilities of self-regulation in Phase II, the project has been extended for three more years. Phase III of the project has been started on 1 August 2023, providing 84 school-based support programmes for 420 students with ADHD in ordinary schools.



專注力不足/過度活躍症學生訓練小組
Training groups for students with ADHD



分享會
Sharing seminar

「創意藝術無限分」展覽 “Infinite Creativity in Art” Exhibition

早在2021年，明愛康復服務獲社會福利署殘疾人士「藝術發展基金」的資助，以跨服務單位的形式進行了為期兩年的藝術發展計劃「藝恆者」。至2024年，參與計劃的服務使用者獲邀參加由勞工及福利局和社會福利署合辦的「創意藝術無限分」展覽。展覽由2024年1月12日至2024年3月16日在一新美術館舉行，並免費開放予市民觀賞。

是次展覽目的為向市民展示殘疾人士的藝術才華，他們亦會於當中接受訪問分享其創作旅程。透過欣賞藝術作品，大眾可以深入了解殘疾人士的心路歷程，以及他們如何克服過程中的各種挑戰。

As early as 2021, Rehabilitation Service received funding from the “Arts Development Fund for Persons with Disabilities” under Social Welfare Department to organize a two-year Art Development Programme called “Live Art” across numerous service units. In 2024, the service users of the programme were invited to participate in the “Infinite Creativity in Art” exhibition, which was jointly organized by the Labour and Welfare Bureau and Social Welfare Department. The exhibition was open to the public for free from 12 January 2024 to 16 March 2024 at the Sun Museum.

The exhibition aimed to showcase the artistic talents of individuals with disabilities to the public. They were also interviewed to share their stories on arts creation. By admiring the artworks, the public could gain insight into their stories and understand their ways of overcoming various challenges.

新服務 / 新計劃 New Services / New Projects

「網絡同盟」數碼素養小組 Network Alliance

在疫情過後，網絡成癮及網絡欺凌的個案急增，這不但影響青少年的身心發展，更影響其家庭關係。獲精神健康諮詢委員會贊助，這項為期兩年的「網絡同盟」數碼素養小組於2023年4月正式展開，為主流中學及特殊學校提供小組訓練，藉以提升自閉症譜系青少年的數碼素養能力，以及減少電子產品為他們帶來的負面影響，讓超過200多名自閉症譜系青少年及其家庭受惠。



與來自不同機構的藝術家相聚
Meeting artists from different associations



在展覽中欣賞藝術作品
Enjoying the art pieces in the Infinite Creativity in Art exhibition



「創意藝術無限分」展覽開幕禮
The opening ceremony of Infinite Creativity in Art exhibition

The cases of internet addiction and cyberbullying has increased sharply after the pandemic. Not only was the physical and mental development of young people affected but also the family relationships. Sponsored by the Advisory Committee on Mental Health, a two-year programme called “Network Alliance” was officially launched in April 2023 to provide group trainings in mainstream schools and special schools. The purpose of the programme was to enhance digital literacy skills of adolescents with Autism Spectrum Disorder and mitigate the negative impacts of using electronic devices. More than 200 adolescents with Autism Spectrum Disorder and their families benefited from it.



學生學習如何善用電子產品來解決日常問題
Students learning how to effectively use electronic devices to address daily challenges.

「我要做老闆」：新職涯選擇 “I want to be a Boss: New Career Choice”

自2023年4月開始，明愛藝坊獲萊德集團(中國)有限公司資助，推行一項為期18個月的『「我要做老闆」：新職涯選擇』計劃，讓一群有興趣以藝術作為工作的殘疾人士，有機會參與各種藝術活動。計劃至2024年3月已服務超過60名殘疾人士。

Starting from April 2023, Caritas Artland received the sponsorship from the Ryder Industries Limited to launch a 18-month project called “I want to be a Boss: New Career Choice”. It provides opportunity for persons with intellectual disabilities (PWIDs) who have interest to pursue career in arts to engage in various art activities. Up to March 2024, the project has already served over 60 PWIDs.



參加者參觀藝術中心活動
Visiting Art Centre

賽馬會樂齡同行計劃 Jockey Club Mental Health Support Programme in Primary Care

由「賽馬會慈善信託基金」贊助，為期三年的「賽馬會樂齡同行計劃」於2024年1月正式投入展開。這項計劃旨在為長者建立以社區為本的支援網絡，藉以提升他們面對晚晴生活的抗逆力。同時透過跨界別合作的協同效應，結合精神健康服務和長者服務，並通過探訪、預防和及早介入等活動，減低長者患上抑鬱症的風險。此外，在社區招募長者擔任「樂齡之友」，在接受相關培訓後，於社區發揮鄰里守望相助的精神。

Funded by the “HKJC Charities Trust”, the “Jockey Club Mental Health Support Programme” in Primary Care commenced its three-year project in January 2024. It aimed to build a community-based support network for the elderly to enhance their resilience in facing the challenges of aging life. By integrating



參加者跟專業畫師學習繪畫藝術
Participating in elite painting course

mental health service and elderly service through the synergy of cross-sectoral collaboration, outreach engagements, prevention and early intervention programmes were conducted to lower the risk for the elderly from suffering depression. Besides, a “Peer Supporters” initiative was embedded in the Project to recruit the trained elderly in the community, with an aim of promoting the spirit of mutual help in the neighborhood.



一眾樂齡之友在社區內擺設街站派發揮春
“Peer supporters” setting up street counter to distribute Fai Chuns



「樂齡之友」在舞台上進行話劇表演
“Peer Supporters” performing drama on the stage in the community

新著作 New Publications

執行功能 Get Set

Goal Executive Function Training Get Set Goal



學前階段是兒童發展的黃金期。有見及此，我們設計了執行功能教材套，包括有八項執行功能和行為調整的訓練教材，以提升兒童的執行技巧，例如學習閱讀和寫作、記憶運算步驟、參與和持續與其他兒童進行遊戲等，為日後升讀小學作更好準備。

Pre-school year is the prime time of development for children. In view of this, we have designed Executive Function Training Get Set Goal package box which includes training materials covering eight executive functioning skills and behavioral modification. Children’s executive functioning skills, such as learning to read and write, remembering arithmetic steps, entering into and sustaining play with other children, etc., could be thereby enhanced so that they could be more prepared for their study in primary school.

幼兒社交課堂觀察量表

Classroom Observation Scale for Autism in Preschool (COSA-P)

香港大學心理學系研究團隊和明愛康復服務合作，推廣《幼兒社交課堂觀察量表》的採用。透過製作電子版資源套，加強學前教育工作者對《幼兒社交課堂觀察量表》的認識和使用，提升他們對自閉症譜系障礙幼兒的識別能力，以及早提供適切的支援。

The Research Team of the Department of Psychology of the University of Hong Kong and Caritas Rehabilitation Service collaborated to promote the adoption of COSA-P. By publishing an electronic resource kit, we aimed to strengthen the understanding and utilization of COSA-P among pre-school educators and enhance their abilities to identify children with Autism Spectrum Disorder so as to provide timely support.



獲取獎項 Award Achieved

《藝無疆：新晉展能藝術家視覺藝術比賽2024》專業評審推介獎

Cross All Borders: Hong Kong Competition of Showcasing New Visual Artists with Disabilities 2024 – Adjudicators’ Recommendation Award

在香港展能藝術會舉辦的《藝無疆：新晉展能藝術家視覺藝術比賽2024》中，五幅由明愛樂薈牽四位會員繪畫的作品成功入圍。這些作品充分展現出他們的藝術天份，並得到評審的肯定，其中兩幅作品更獲得「評審推介獎」的殊榮。這引證了藝術是一個打破所有疆界的媒介，讓服務使用者能夠向大眾展現他們的獨特才華。

In the “Cross All Borders: Hong Kong Competition of Showcasing New Visual Artists with Disabilities 2024” organized by the Arts with the Disabled Association Hong Kong, 5 pieces of paintings by 4 members of Caritas Joyous Link were shortlisted. The art works fully demonstrated their artistic talents which were affirmed by the recognition of the adjudicators, with two pieces of paintings even won the Adjudicators’ Recommendation Award. It proves that art is a powerful medium that cross all borders, enabling the service users to show their unique talents to the public.



在比賽中獲獎的樂薈牽會員及其作品《藍調》和《葉子》
The award-winning members with their art works “Blues” and “Leaves”

2024年香港花卉展覽植物展品比賽

The Plant Exhibit Competition of the Hong Kong Flower Show 2024

康樂及文化事務署於2024年3月舉辦了2024年香港花卉展覽，並以「雀躍全城」作為本年度的主題，其中明愛樂謙展能中心的服務使用者積極參與了「植物展品」比賽，並獲取多個獎項，包括在蕨類植物類別(芒)中獲得季軍，並於家樂花和菊類花卉類別中獲得優異獎。這些成就充分展現了殘疾人士對花藝創作的興趣和天賦。

The Hong Kong Flower Show 2024, which was organized by the Leisure and Cultural Services Department in March 2024, used “Floral Joy Around Town” as the theme of this year. Service users of Caritas Lok Him Day Activity Centre enthusiastically participated in the plant exhibit competition and received numerous awards including the third prize in the class of Fern and commendation awards in the classes of Kalanchoe and any chrysanthemum plant. These achievements fully showcased the talents and passions of people with disabilities in floral design.



服務使用者參與花藝創作
Service users participating in floral design



在蕨類植物類別中的獲獎作品
The winning plant in the class of fern

疾風勁草照顧者嘉許計劃

Recognition Scheme for Carers of Persons with Disabilities

由社會福利署舉辦之「疾風勁草照顧者嘉許計劃」，於2023年11月18日舉行了嘉許禮。本年度，來自明愛樂幼早期教育及訓練中心及明愛家長資源中心的五位家長獲得嘉許。照顧有特殊需要的孩子實在充滿挑戰，當中更有不少辛酸。這項計劃不但肯定他們的貢獻，亦在他們陪著孩子同行的路上給予支持和共鳴。

The Commendation Ceremony of the “Recognition Scheme for Carers of Persons with Disabilities” organized by the Social Welfare Department was held on 18 November 2023. This year, five parents from Caritas Lok Yau Early Education and Training Centre and Caritas Parent Resource Centre received recognitions for their efforts under the Scheme. Taking care of SEN children is often challenging with many difficulties. The Scheme not only acknowledged their dedication but also offered support and resonance to their journey of walking with their children.



患有發展遲緩的朗朗在媽媽悉心照顧下，並在接受中心訓練後取得明顯的進步
Lang Lang, who is diagnosed with developmental delay, makes significant progress with the care of mother and trainings provided by the centre



朗朗的媽媽在計劃中獲得嘉許
Lang Lang's mother receiving recognition under the Scheme

員工發展及培訓 Staff Development and Training

「字趣樂園」職員培訓

“Word for Fun” – Early Literacy Programme (ELP) Staff Training

由教育心理學家、言語治療師和職業治療師組成的核心小組，為明愛樂成長學前到校康復服務的六支團隊就兒童的識字發展進行培訓，旨在裝備同事有關語素意識和字形結構的知識。此外，同場亦介紹一套由核心小組設計的訓練教材－「字趣樂園」和相關的訓練技巧，以有效地支援兒童在閱讀和寫作上的能力。

The Literacy Core Group, which consisted of educational psychologists, speech therapists, and occupational therapists, provided training on literacy development of children for all six teams of Caritas On-Site Pre-School Rehabilitation Services (“OPRS”). The training workshop aimed to equip our colleagues with morphological awareness and orthographical knowledge. Besides, a set of “Word for Fun” training materials designed by the Literacy Core Group, together with the necessary training skills were also introduced, in order to support the reading and writing skills of the children effectively.



「字趣樂園」員工培訓
“Word for Fun” – Early Literacy Programme (ELP) Staff Training

「第一層支援服務試驗計劃」經驗分享會

“Tier 1 Support Services in Kindergartens / Kindergarten-cum-Child Care Centres” (Tier 1 Pilot Project) Experience Sharing

於2023/2024學年，「第一層支援服務試驗計劃」與到校學前康復服務整合，並正式成為常規服務。由見及此，我們在2023年8月8日舉行了一場經驗分享會，當天由參與先導計劃的教育心理學家和特殊幼兒工作員，與同事分享計劃內容、寶貴的見解和經驗，以及有效支援學校的策略。

In 2023 / 2024 school year, “Tier 1 Pilot Project” has been integrated with OPRS and become a regular service. In view of this, an experience sharing day, which was facilitated by educational psychologists and special child care workers who were involved in the pilot programme, was held on 8 August 2023. During the day, they shared the programme content, valuable insights and experiences, and effective strategies to support schools with our colleagues.



「第一層支援服務試驗計劃」經驗分享會
“Tier 1 Support Service” Experience Sharing