

與照顧者同行 為孩子展開人生新篇章

Facing the Unknown: Support Caregivers through Thick and Thin



愛心之光

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Facing the Unknown: Support Caregivers through Thick and Thin

智障人士的人生充滿挑戰,匡智會多年來一直秉承 [匡扶智障]的信念,讓智障人士活得豐盛幸福,也為 照顧者排憂解難。政府於2024年推出支援特殊學校離 校生及其照顧者服務,在全港21間地區支援中心設立 離校生支援專隊,本會轄下匡智地區支援中心(觀塘 西)及匡智地區支援中心(新界北區)同年4月1日開展 專隊服務,匡智離校生支援專隊主動聯繫特殊學校畢 業生及其照顧者,協助他們銜接社區支援服務,讓學 生順利從學校過渡至社區生活。

由校園過渡至社區

何健平去年從匡智獅子會晨崗學校畢業,媽媽梁惠慈 (Rachel) 當初對兒子畢業後的生活非常擔心,「不知 道未來路向,怕他一整天留在家中,如同被困,他的 脾氣會差一點。」健平患有輕度智障、自閉症和癲癇 症,自小身體較弱,容易患病及抽筋,嚴重時更會失 去知覺。即使如此,Rachel仍然希望健平能有穩定的 工作,過上規律健康的生活。

匡智離校生支援專隊在學生離校前半年已接觸同學, 並向學校社工了解其狀況。Rachel因而認識了匡智地 區支援中心(觀塘西)的社工倪佩儀(Toby)和職業治療 師吳彥俊(阿俊)。健平在學時已接受評估,獲安排畢 業後到工場工作,但Rachel擔心兒子被動害羞的性格 難以適應新環境及認識新朋友。

幸好,Toby及阿俊定期探訪健平,評估他對新環境轉 變的適應情況,並透過社區生活技能訓練及個人成長 活動,紓緩健平面對轉變的心理壓力和適應問題,減 輕Rachel的擔憂,「即使兒子已獲安排工作,但仍希望 有專隊跟進,(離校生)支援隊真的能幫到我。|

The lives of people with intellectual disabilities are filled with challenges. Over the years, Hong Chi Association has been providing lifelong support to improve the livelihood and well-being of people with intellectual disabilities and caregivers. In 2024, the government launched services to support special school leavers and their caregivers, establishing designated teams at 21 district support centres across Hong Kong. On April 1, our two district support centres began offering designated team support for school leavers and their caregivers proactively, ensuring a smooth transition from school to community life.

Transitioning from School to Community

Ho Kin-ping graduated from Hong Chi Lions Morninghill School last year. His mother, Rachel Leung Wai Chi, expressed her worries after Kin Ping's graduation. "I didn't know what the future holds. I was afraid that he would get into temper if he stayed at home all day, which put a lot of pressure on me." Kin-ping has mild intellectual disability, autism and epilepsy, making him prone to illness and seizures, sometimes losing consciousness. Despite these challenges, Rachel hoped he could find stable work and lead a structured, healthy life.

The Hong Chi designated team would get in touch with students 6 months before graduation, and work closely with school social workers to understand their situations and prepare for post-graduation transitions. Earlier, Toby Ngai, a social worker at the Hong Chi District Support Centre (Kwun Tong West), and occupational therapist, Ng Yin Chun have met Kin Ping for his post-graduation transition. Kin Ping was later arranged to work at the workshop. However, due to Kin Ping's introverted personality, Rachel feared he might not adapt to the new environment or make new friends, which would adversely affect his emotional well-being.

Toby and Chun regularly visited Kin Ping to assist him with adapting to the new environment. They also provided community living skills training and personal growth activities to ease his psychological pressure and adjustment issues. Having such a strong support system, Rachel was relieved: "I'm so glad to have the designated team backing me up and looking after my son."





展開人生新篇章

畢業後的健平十分喜歡新生活,工作讓他有穩定的生活節奏,他也樂於參與唱歌等工場活動。媽媽Rachel認為工場規律的作息讓健平情緒更穩定,接下來希望他能提升自理能力,例如自行從工場安全回家。

雖然工場離家只是10分鐘的路程,但健平過馬路的安全意識不足,令Rachel感到擔心。職業治療師阿俊為此制定訓練計劃,幫助健平培養安全過馬路的習慣,並以遊戲形式訓練眼球控制及頭眼協調活動,鼓勵健平在家持續練習。就算健平偶爾在訓練期間感到煩躁,阿俊亦會耐心鼓勵健平:「媽媽很希望你能快點學會自行回家呢。」在家人和專隊的配合下,健平已能逐漸掌握獨自回家的技巧。

緩減照顧者壓力

除了支援離校畢業生外,支援照顧者亦是匡智離校生支援專隊的重要任務之一。專隊會及早讓照顧者認識孩子畢業後的出路、社區支援服務、日間服務的內容及宿舍輪候機制等資訊,減輕家長的慶慮。畢業於匡智松嶺學校的戚羽倩本身屬中度智障,匡智地區支援中心(新界北區)專隊同事帶羽倩媽媽參觀最新開放的院舍,讓她了解女兒未來的宿舍環境,減輕對女兒將來生活的憂慮。有見羽倩的父母年事已高,媽媽更因病多次入院,高級經理李彩英便協助他們申請平安鐘,讓媽媽身體不適時可即時求助。

羽倩畢業後獲安排到匡智運頭塘展能中心接受日間照顧及生活技能訓練,專隊陪同羽倩和媽媽一起到展能中心適應,並介紹中心的交通安排、訓練和膳食詳情。導師馬潔薇協助羽倩熟悉中心環境,陪伴她參與訓練,並於午間休閒時與其他學員互動,幫助她結交新朋友。馬姑娘亦向同事分享羽倩的喜好、個性和照顧需要,讓大家更快了解羽倩。馬姑娘更為羽倩製作喜愛的相簿,讓她在休閒時翻看,記下快樂時光及增添安全感。羽倩媽媽讚揚專隊服務貼心,讓她對女兒畢業後的生活倍感放心。

畢業不僅代表校園生活的完結,更意味著新的機會及 嘗試,智障人士亦渴望可以有更大的自主和探索空間。匡智離校生支援專隊將繼續提供協助,讓他們順 利展開新的篇章,並與照顧者同行,一起探索智障人 士的成長路。

A New Chapter Begins

Kin Ping now enjoys his new life routine ever since he started working. He also finds happiness in joining workshop's activities such as singing. His mother, Rachel, believes that a regular schedule helps stabilise Kin Ping's emotions. Her next goal is for Kin-ping to improve self-care skills, such as walking home safely from the workshop.

Though the workshop is just a 10-minute walk from home, Kin-ping's limited road safety awareness worried Rachel. Occupational therapist Chun designed a training plan to build safe road-crossing habits, incorporating game-based eye control and head-eye coordination exercises for Kin-ping to practise at home. When Kin-ping grew frustrated, Chun encouraged him, saying, "Your mom really wants you to learn to get home safely!" With family and team support, Kin-ping is gradually mastering independent travel.



Stress Relief for Caregivers

Apart from supporting school leavers, caregiver support is another key function of the Hong Chi school leavers' designated team. The team provides early help services to caregivers to shed light on their children's post-graduation paths, as well as introducing them to the community support services, day activity services, and the hostel waiting list mechanism. One of the beneficiaries, Chik Yu Sin, a graduate of Hong Chi Pinehill School with moderate intellectual disabilities, and her mother, Kuk Sau Lan, met the designated team from the Hong Chi District Support Centre N.T. (North District). They visited the newly opened hostels to get familiar with Yu Sin's future living arrangements. The team also took care of Sau Lan, who has been hospitalized multiple times due to sickness. Senior Manager Jessica Lee assisted Sau Lan in applying for Care-On-Call Service, allowing her to seek help immediately if she feels unwell.

Yu Sin received daycare and life skills' trainings at Hong Chi Wan Tau Tong Centre after graduation. To help her and Sau Lan adapt to the centre's environment, the designated team brought them to the centre and introduced them to the transportation, training, and meals arrangements. To further help Yu Sin get along with members of the centre, instructor Ma Kit Mei joined Yu Sin in her trainings. In addition, she encouraged Yu Sin to engage in the centre's activities to make new friends. Ms. Ma also shared with her colleagues about Yu Sin's capabilities, preferences, personality, and special needs to make sure she received proper care. She even created a photo album for Yu Sin to make her feel happy and secure. Sau Lan praised the team for their thoughtful service, reassuring her about her daughter's future after graduation.

Graduation not only marks the end of school life but also opens the door to new opportunities and breakthroughs. People with intellectual disabilities aspire to greater autonomy and exploration. The designated team for Hong Chi special school leavers will continue supporting them and their caregivers, paving the way for a fulfilling journey ahead.

匡智●手作開幕禮

Opening Ceremony of "HC • Handcraft"





「匡智 ● 手作」於2025年2月22日在港鐵南昌站舉行開幕禮。社會福利署助理署長 (康復及醫務社會服務)吳偉龍先生及香港鐵路有限公司總經理一商務劉偉明先生蒞 臨主禮並發表致辭,特別嘉賓李幸倪小姐(Gin Lee)亦到場支持,並與匡智學員互 動。

「匡智 ● 手作」為匡智會屬下的社會企業商舖,透過手工創作培養學員的多元才能,幫助智障人士融入社會。新店位於港鐵南昌站NAC14號舖,店內特設「匡智羊」展示專櫃,每隻羊均由匡智學員親手製作,是獨一無二的陶藝作品。

"HC • HANDCRAFT" held its opening ceremony on February 22, 2025, at MTR Nam Cheong Station. Mr. Ng Wai-lung, Assistant Director of Social Welfare (Rehabilitation and Medical Social Services), and Mr. Lau Wai-ming, General Manager – Commercial of the MTR Corporation, officiated and delivered speeches. Special guest Miss Gin Lee was also invited to attend and interacted with Hong Chi trainee.

"HC • HANDCRAFT" is a social enterprise shop under the Hong Chi Association that nurtures the diverse talents of trainees through handmade creations, enhancing their life skills and helping them integrate into society. The new store is located at shop NAC14 in MTR Nam Cheong Station, featuring a special display of "Hong Chi Sheep", each handcrafted by Hong Chi trainees, making every piece a unique ceramic artwork.

匡智 60 周年長跑接力賽創世界紀錄

Hong Chi 60th Anniversary Relay Run Sets World Record





為慶祝匡智會成立60周年,本會於今年3月15日舉辦「匡智60周年長跑接力賽」,活動橫跨全港,共有388位參加者以接力跑或步行方式完成總長481.76公里,創下世界紀錄協會「最多智障人士參與的接力跑」世界紀錄。

是次接力賽途經港九新界共105個屬下單位,包括宿舍、工場、服務單位及特殊學校,最後在松嶺村站由匡智會主席邱騰華先生接過火炬,帶領一眾委員、學生、學員及活動參加者一同衝過終點。匡智會衷心感謝所有參與者、學生、學員及家長的積極參與,並期待未來繼續與社會各界攜手推動多元共融。

To celebrate its 60th anniversary, the Hong Chi Association held the "Hong Chi 60th Anniversary Relay Run" this March. A total of 388 participants ran or walked in a relay across Hong Kong, covering a distance of 481.76 kilometers, setting a new World Record Association title for the "Most Participants with Intellectual Disabilities in a Long Run Relay".

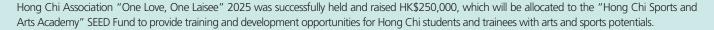
The relay passed through Hong Chi's 105 units, including hostels, workshops, service units, and special schools across Hong Kong, Kowloon, and the New Territories. In the final Pinehill Village Station, Mr. Edward Yau, Chairman of the Hong Chi Association, received the baton and led committee members, students, and participants across the finish line as a gesture of unity and inclusion. The Association extends its heartfelt thanks to all participants, students, trainees, and parents, and looks forward to continuing its journey toward a more inclusive society.

眾志成城捐利是

One Love, One Laisee

2025匡智會「一人一利是」已完滿舉行,合共籌得港幣25萬的善款!善款將用於「匡智體藝學院」種子基 金,旨在為有藝術及體育才華的匡智學童提供訓練以及發展機會。

是次活動得到多個界別的支持,包括主流學校保良局香港道教聯合會圓玄小學、聖瑪加利男女英文中 小學,以及五育中學。萬豪國際多間酒店以及Allianz Global Investors亦踴躍支持,為活動籌募善款!



In addition to Hong Chi schools and service units, mainstream schools such as Po Leung Kuk Hong Kong Taoist Association Yuen Yuen Primary School, St. Margaret's Co-educational English Secondary and Primary School and Ng Yuk Secondary School, together with Marriott International and Allianz Global Investors, have joined this campaign to show their support for people with intellectual disabilities.

「溝通易 3.0」應用程式榮獲 Keswick Foundation Recognition Award

Keswick Foundation Recognition Award - Communication App 3.0



自2020年得到凱瑟克基金的慷慨贊助,本會不僅於2022年開發了「溝通易3.0」應用程 式,更在過去三年間為業界舉辦超過60場培訓及分享會。計劃已於去年完成,並獲凱 瑟克基金特別選為「2024年度Keswick Foundation Recognition Award」,以表揚本會團 隊的努力成果。

With the generous sponsorship from the Keswick Foundation since 2020, we developed our "Communication App 3.0" in 2022, and conducted over 60 training and sharing sessions for our counterparts in the past three years. The project was successfully completed last year, and the Keswick Foundation selected this Project for their "2024 Keswick Foundation" Recognition Award" to show appreciation for the hard work and great efforts of our team.

「5號 PP 塑膠回收計劃」

第六年:攜手邁向綠色新里程

"Type 5 PP Plastic Recycling Campaign"

Year Six: Stepping Towards a Greener Milestone Together

本會與雀巢香港合作的「5號PP塑膠回收計劃」於2025年踏入第六年!自2020年啟動以來,計劃累計回收超過8,600公斤5號PP塑膠,相當於逾 262,000個食物包裝盒,回收網絡亦已擴展至80個高效回收點,並於2021年榮獲「聯合國可持續發展目標香港成就獎」銅獎,成績備受認可。

邁維第六年,我們會新增公共回收點,並與減碳獎賞平台Carbon Wallet合作,透過獎勵增加市民參與意欲,同時舉辦學校講座及手作站,推廣 環保理念。回收塑膠將升級再造成環保衣架、儲物箱等日用品,賦予回收物新生,所得款項將全數投入計劃。

The "Type 5 PP Plastic Recycling Campaign," a partnership between Nestlé Hong Kong, enters its sixth year in 2025 with outstanding success! Since its inception in 2020, the initiative has collected over 8,600kg of Type 5 PP plastic - equivalent to more than 262,000 food containers. Over the past five years, we've grown to 80 efficient recycling points earning the 2021 "UN Sustainable Development Goals Hong Kong Achievement Award" Bronze.

In its sixth year, the program strengthens community roots with new public collection points and a collaboration with Carbon Wallet, boosting participation through rewards while promoting eco-awareness via school talks and workshops. Recycled plastics are upcycled into eco-friendly items like hangers and storage boxes, transforming recycled materials into new resources, with all proceeds reinvested into education efforts.



「Neighbour·活」展覽: 智障藝術家綻放社區色彩

"Neighbour • 活 " Exhibition:

Unleashing the Vibrant Vision of Artists with Intellectual Disabilities

匡智會很榮幸再度參與巴塞爾藝術展香港展會,於2025年3月28日至30日在香港會議展覽中 心呈獻「Neighbour ● 活」展覽,讓智障藝術家在國際舞台大放異彩。作品以創意探索社區連 結,從園藝的寧靜到友誼的歡樂,透過鮮艷色彩與多元媒介,訴説愛與歸屬的故事,展現他 們的獨特視野與才華。

本會亦舉辦「Neighbour • 活」分享會,匡智藝術家介紹協作陶藝「走走」,分享從日常汲取靈 感的創作旅程,又即場以平板電腦為觀眾繪製頭像。感謝各界與我們一同見證智障藝術家的 無限可能,共同培育更包容的藝術世界!

Hong Chi Association participated Art Basel Hong Kong for the second year, presenting the "Neighbour • 活" exhibition from March 28 to 30, 2025, at the Hong Kong Convention and Exhibition Centre. This year Hong Chi artists' creative works explored community bonds – from the serenity of gardening to the joy of friendship - expressed through vibrant colors and diverse media, weaving tales of love and belonging.

On March 28, the "Neighbour • 活" Exchange Circle session featured HCA artists who shared their collaborative ceramic works and the creative processes inspired by their daily lives. This interactive event also offered a unique opportunity for visitors to engage with the artists, some of whom performed live demonstrations, including sketching portraits of guests on electronic tablets to highlight their digital art skills. A big thanks to all who joined us in witnessing their boundless potential and embracing life's diverse hues, fostering a more inclusive art world together!





台中高美濕地馬拉松

Gaomei Wetland Marathon

來自6間匡智學校的46位師生於3月7日至10日前往台灣,參加「台中高美濕地馬拉松2025」10 公里賽事。部分學生更刷新個人最佳成績,表現令人欣喜,值得嘉許。

From March 7 to 10, 2025, 46 students and teachers from six Hong Chi schools traveled to Taiwan to participate in the 10km race of the Taichung Gaomei Wetland Marathon 2025. Some students even set new personal best records, a remarkable achievement worthy of celebration.



共享藝術共融時光

Sharing Moments of Artistic Inclusion

匡智會的學生與照顧者聯同精神健康資訊匯(MIPCRC)成員,在2025年1月底齊聚律政司司長 官邸,參與以「心願彈起」為主題的藝術活動。在表達藝術治療師的引導下,來自匡智張玉瓊 晨輝學校及匡智屯門晨輝學校的學生,與MIPCRC成員一同透過色彩繽紛的創作,抒發情感

活動榮幸邀得律政司司長林定國先生、匡智會主席邱騰華先生及MIPCRC創會主席陳連基女 士參與,共創難忘回憶。匡智會舊生兼展能藝術家周昭明亦到場示範繪畫技巧,分享對藝術 的熱情。



In late January 2025, students and caregivers from Hong Chi Association, alongside members of MIP Care Resources Connect (MIPCRC), gathered at the Secretary for Justice's residence for a meaningful art event themed "Popping with Hope." Led by expressive arts therapists, students from Hong Chi Winifred Mary Cheung Morninghope School and Hong Chi Morninghope School Tuen Mun, together with MIPCRC members, expressed their emotions and dreams through vibrant artworks.

The occasion was graced by Secretary for Justice Mr. Paul Lam Ting-kwok, Hong Chi Chairman Mr. Edward Yau, and MIPCRC Founding Chairman Ms. Sherlynn Chan, who joined in the unforgettable experience. Hong Chi alumnus and artist Mr. Chow Chiu Ming inspired all, showcasing painting techniques and his love for art.

點亮無限可能

Inspiring Infinite Possibilities

匡智會與智障孩子及其家庭同行步入六十載,堅 守「以孩子的需要為先」的信念,見證了孩子在愛 與支持中綻放光芒。

六十年代,社會上仍未有特殊學校,數位家長自 發創辦學習班,為有特殊需要的孩子開啟教育之 門。從一間學校到如今逾100個服務單位,包括 14間特殊學校、職業訓練、日間照顧、院舍服務 及社會企業,我們支援近萬名智障人士,協助他 們融入社會,活出不凡。近年,我們更成立[匡 智體藝學院」種子基金,期望培育孩子們的體藝 才華,豐富人生。

無論是在巴塞爾藝術展上展示作品、抑或馬拉松 賽道上建立自信,每一步都展現匡智孩子的潛 能。誠摯邀請您慷慨捐款,支持匡智會[匡扶智 障」的使命,為孩子與家庭送上祝福,點亮無限 可能。

For 60 years, Hong Chi Association has supported children with intellectual disabilities and their families, guided by our mission to put their needs first, witnessing them shine with love and support.



In the 1960s, when special education was scarce, a few parents started a learning class, opening doors for children with special needs. From one school, we've grown to over 100 units - 14 special schools, job training, day care, and social enterprises – serving nearly 10,000 individuals, helping them thrive in society. Recently, our Sports and Arts Academy Seed Fund was launched with the aim of nurturing talents through art and sports, enriching lives in the process.

From Art Basel exhibition to marathon tracks, our children reveal their potential. We warmly invite you to donate generously, supporting our mission to uplift those with intellectual disabilities, bringing hope to families and inspiring infinite possibilities.

回條 Reply Form 請在以下適當方格內填上▼號,並以正楷填寫。Please ▼ where appropriate and fill in the for 本人/我們願意捐款 HK\$	-將獲發收據以作扣減税項之用)
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