



匡智會
Hong Chi Association

匡扶智障
FOR people with intellectual disabilities

SPOTLIGHT
愛 心 之 光

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照顧者的天空

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Photo of cover story by DX2 Studio

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「兒子整天都在跳，拉完又扯我，很辛苦。照顧壓力真的很大。」周太說。

"It's hard to take care of my son when he keeps jumping up and down, and pulling me all day. The pressure is tremendous." Said Mrs Chow.

就在周太與我們談話時，她的兒子湊僑坐在旁邊的梳化看手機短片，但雙眼不時留意自己的安全區。若有任何人或物進入安全區，湊僑會即時不安地由梳化彈起來，用力跳上跳下或用腳踢開物件，直至安全區完全屬於他為止。

照顧者的困難

要照顧正值青春期末患有自閉症的中度智障兒子一點也不易。周太說兒子氣力大，當他不懂用言語或圖卡表達時，就會揮動拳頭拍打發洩，令自己的小腿留下深淺不同的新舊瘀痕，周太、學校老師及社工也曾經吃過他的拳頭，「我寧願兒子打我，都不想兒子對別人做出任何襲擊行為，我會很不開心。」周太說。曾經被兒子的無情力打落耳朵，整個人旋即滿天星斗，面對兒子的行為問題，周太也顯得束手無策，「不知如何讓他停止下來，我還在學習當中。」

翻開厚厚的相簿，裡面記錄著湊僑不同階段的成長片段，周太說湊僑不算太辛苦；但隨著兒子長大，挑戰行為越來越多，加上經常要到醫院覆診，即使乘搭升降機都可以是個難關。湊僑試過在醫院門口突然不肯覆診，又會在升降機內推撞別人，情況更越見頻繁。

「帶他覆診的壓力一次比一次大，曾經問醫生是否一定要帶兒子覆診，試過一些較為重要的覆診，我也寧願放棄。」兒子經常無時停，無論在醫院、學校及家裡也難以為湊僑量度血壓。「覺得兒子很可憐，即使身體不適也未必可以得到適當的治療。」

As Mrs Chow was talking to us, her son Kiu sat aside on a sofa watching videos on his mobile phone, but he kept his eyes on his safety zone. If someone or something encroached on his territory, he would jump up from the sofa anxiously and start kicking things very hard until his safety zone was clear again.

It's Hard to be a Caretaker

To take care of a strong 15 year old teenage boy with moderate intellectual disabilities and autism is never an easy task. Mrs Chow said her son would lose his temper and start waving his fists when he cannot express himself with words or picture cards. Not only does that leave old and fresh bruises on his legs, but his mother, school teacher and social worker have also received a few punches from him. "I wish my son would stop hurting other people. His aggressive behaviour really upsets me." Said Mrs Chow. She has once received a severe blow on her ear which made her to nearly faint. She feels helpless in dealing with Kiu's problem behaviours, "I don't know how to stop him but I'm trying to learn to do so every day."

Looking at the photo album filled with photos and memories of Kiu, Mrs Chow said parenting was not difficult in the early days. As her son grew older, his exacting behaviours have become more frequent and difficult to manage, especially when he needs to attend follow-up consultations in hospital. Getting him into the passenger lift can be a big challenge because he may suddenly resist going to see the doctor, and start pushing other passengers in the lift. "The pressure of bringing him to hospital grows each time. I have asked the doctor if he can skip these in-person visits. I'd rather skip consultations, even though some of them are quite important." Kiu can barely accept to have his blood pressure taken at the hospital, in school or at home as he keeps moving around all the time. "I feel sad for him because he may not be able to receive proper treatment when he doesn't feel well."



訪問片段 (第一節)
Video Interview
(Part 1)



訪問片段 (第二節)
Video Interview
(Part 2)



訪問片段 (第三節)
Video Interview
(Part 3)



訪問片段 (第四節)
Video Interview
(Part 4)

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找個避風港

回到家裡，日常瑣碎事也能掀動兒子的情緒，湊僑曾經將風扇擲向窗框，又試過大力拉出抽屜再「嘍」一聲關上，傢俱留下不少被破壞的痕跡。長期積累的疲憊及緊張令周太太猶如驚弓之鳥，有時更擔心有自身危險。遇上這種情況，周太太先會溫柔地安撫兒子情緒，但也有想出走逃避的時候。「有次兒子大力拍打飯枱令螺絲鬆脫，我彎下身拾起螺絲，那一刻只想躲到枱底，不想走出來面對這個世界，心情難過得哭個不停。」回憶起當時的片段，周太太感觸得眼眶泛紅。即使自己想出走走抖氣，卻又不可獨留兒子在家中，便唯有躲進浴室讓心情慢慢平復。



為情緒找出口

「長期自怨自艾都沒有用。」周太太說現在學習用不同方法應對兒子的情緒，每當無法處理兒子情緒行為的時候，便主動致電給兒子的班主任譚老師傾訴。「幾句安慰說話給我很大的力量，否則晚上都未必睡得著。有些家長覺得可以獨力處理有特殊學習需要的孩子照顧上遇到的困難，結果連自己也情緒爆煲。所以家長千萬不要收起自己，有需要就要找支援，給自己空間休息一下，作為照顧者真的面對很大壓力。」

此時，看著手機的湊僑開始顯得有點煩躁，周太太隨即拿起按摩刷為兒子擦小腿，「知道啦，知道啦。」，讓他的情緒再次平復下來。

一起成長

對照顧孩子有特殊學習需要的家長而言，學校扮演著重要的支援角色。疫情停課期間，湊僑的班主任譚老師除與周太太保持聯絡，又建議將湊僑喜愛的教材帶回家使用，而學校亦為有需要的學生提供日間暫託照顧的服務。要令抗拒戴口罩的湊僑接受及學會戴口罩，譚老師笑說這是與周太太互相配合的小成果，「我們用『溫柔地堅持』的方法，每當湊僑不願戴上口罩時，我們會先暫且放下，好等他回復平靜時再為他戴上。最後湊僑花了兩天學會自己戴口罩，今天的小成功都是靠每天逐步建立起來。」



對我們的孩子而言，每個小進步都來得不易，背後包含著照顧者滿滿的愛及忍耐，每天一點一滴努力積累而來。

A Place to Hide

Every trivial thing can trigger Kiu's intense emotions at home. Pieces of furniture were damaged by his fierce reactions such as throwing an electric fan at the window and slamming drawers. Facing long-term stress and anxiety, sometimes Mrs Chow feels that it may be dangerous to stay home alone with her son. Once Kiu's temper flares, she comforts him tenderly but she also wants to run away from him occasionally. "I remember one time he punched the table so hard that a screw was loosened and dropped on the floor. I tried to fix the loose screw under the table. At that moment, I didn't want to come out and go to my son and I started to burst into tears." Said Mrs Chow with tears in her eyes. No matter how much she wants to go out and get some fresh air, she cannot leave her son alone at home. Then, she usually locks herself up in the bathroom to calm down just for a few minutes.

Finding Ways for Release

"Wallowing in self-pity doesn't work over time." Mrs Chow keeps learning how to manage her son's emotions better. When she feels irritated by his disturbing behaviours, she calls Kiu's class teacher Miss Tam for advice and assistance. "A few words of comfort can give me great strength to go through the difficult times. Some parents may feel stressed out when they need to tackle everyday difficulties in looking after children with special learning needs by themselves. It is all right for parents to seek support and make some time to have a break. Being caregivers can be really exhausting and overwhelming."

As we talked, Kiu started getting restless when he was looking at his mobile phone. Mrs Chow took and used a massage brush immediately to calm him down by brushing his legs and saying, "I know, I know."

Taking Small Steps Forward

The school plays an important role to support parents in taking care of children with special learning needs. During this pandemic and class suspension period, Miss Tam telephones Mrs Chow regularly and suggests bringing Kiu's favourite learning tools home. Meanwhile, the school also provides immediate day care support to students in need. By working together, they teach Kiu to overcome something he finds irritating - wearing a medical mask. This is a little success for them. "We gently insist for him to cooperate in wearing a mask. If he doesn't cooperate, we wait until he calms down before restarting the experiment. Finally, he spent 2 days on learning how to wear a mask by himself. We take small steps every day to accomplish the task together."



Every achievement does not come easy for our children. With unconditional parental love, care and fortitude, our children can take small steps forward every day.

每月捐款計劃 Monthly Donation Programme

成為匡智會
每月捐款者
Become a Hong Chi
Monthly Donor



「以孩子的需要為先」是我們逾半世紀以來一直秉持的信念，致力為智障人士在人生不同階段提供適時適切的教育及訓練服務，協助他們盡展所長，融入社會。你的定期捐款能為我們的服務發展帶來穩定支持，為智障人士及家人帶來更多切合其需要而創新的非津助項目和支援。與此同時，我們鼓勵大家與身邊至親分享我們的理念，加入成為匡智會每月捐款者，讓智障人士活得更豐盛。

首次登記並連續3個月捐款(每次最低捐款額為港幣\$100)，即可獲贈以匡智學生畫作設計的限量版精美環保帆布袋乙個，數量有限，送完即止。請立即登記成為匡智每月捐款者。

"Children come first" is the service motto that we have been upholding for over half a century to serve and cater for the needs of people with intellectual disabilities throughout different stages in life, assisting them to lead a meaningful life. Your regular donation provides stable resources for our long-term development planning, as well as enhancing the quality of our non-subsidized services. We sincerely invite you, your families and friends to sign up as our monthly donors and share your blessing with the ones in need.

By becoming our new monthly donor and making donation for 3 consecutive months (minimum HKD\$100 per donation), you will receive a limited edition canvas tote bag designed with painting drawn by Hong Chi students, while stocks last. So act now and sign up online.



捐款箱計劃 Donation Box Placement Programme

感謝各界友好企業支持，我們現於以下地點設置捐款箱，大家外出享受購物時，也請捐款支持匡智會，協助我們匡扶智障的工作。其他企業友好如有興趣參與匡智會的捐款箱計劃，請電郵 cfr@hongchi.org.hk 與我們聯絡。

Sincere thanks to the caring corporates for joining our Donation Box Placement Programme. Our donation boxes are now placed at the following locations to raise funds in support of the Association's work. For new corporate friends interested in participating, please contact us anytime at cfr@hongchi.org.hk.



匡智會捐款箱設置時段及地點 Hong Chi Association Donation Box Placement Periods & Locations

由即日起 Starting from now	Belgium Diamond House
	慶鈺堂中醫診所 Ching Yu Tong
	海鑽天賦海灣會所 Clubhouse, The Graces Providence Bay
	峻嶺戶外體育用品 Blue Mountain Sports
	藏·休足 Rest Foot Company
程班長台灣美食 Cheng Banzhang Taiwan Delicacy	

新增電子 捐款途徑 New Digital Donation Platforms

由現在起可透過PayMe、AlipayHK及轉數快隨時隨地捐款支持我們匡扶智障的工作。只需以手機掃描以下二維碼，便可立即進入匡智會所屬的捐款頁面，簡單快捷。

Donate anytime, anywhere through PayMe, AlipayHK and Faster Payment System (FPS) in supporting our work for people with intellectual disabilities. Simply scan the below QR codes and you can make a donation at the Hong Chi page in-app.



PayMe



支付寶香港
AlipayHK



轉數快
FPS

新一年，請與照顧者繼續同行

Show Your Support for Caretakers in the New Year

如果說2020年是不容易的一年，那對智障孩子的父母而言，這一年就更不容易。

2020 has been a tough year, and so much tougher to the parents of people with intellectual disabilities.

從年初疫情開始，學校停課，社會服務暫停，為了照顧長期留家的智障子女，部份家人要放棄工作。在有限空間朝夕共對，來自照顧家人、生活、家庭經濟的壓力，再加上無間斷的防疫抗疫準備，種種都牽扯著照顧者的情緒。

Ever since the spread of Covid-19, schools and social services have been partially suspended over different periods of time. Many parents quitted their job to take care of their intellectually challenged children staying home. Long hours of caretaking work, and the mounting pressure of everyday life, family finance and the endless anti-epidemic preparation have all created much emotional burden for the caretakers.

在過去一年，我們努力透過不同方式支援照顧者、學生和學員的需要。疫情初期，我們為身體較弱或不便外出的有需要家庭補給短缺的抗疫物資及生活必需品，順道送上關顧；為減少感染機會，家人不宜到院舍探訪，同工為學員拍攝生活照，每個月製作通訊與家人分享；護士和專業職系同事又製作短片，分享個人衛生、在家訓練及日常運動等資訊，讓學生和學員即使留在家中仍可繼續與家人一同學習。導師教導家長使用視訊軟件，令家長們可在網上繼續開組見面，讓照顧者能繼續同行守望，紓減壓力。即使服務因疫情暫緩，學生和學員在有需要時仍可回到學校和服務單位暫託，給予照顧者喘息空間。



Over the past year, we have been providing support in various ways to the caretakers, students and trainees in need. In the early days of pandemic, we visited those physically weak or not able to go out often to deliver anti-epidemic packs and daily necessities; when visits were not recommended at hostels, our colleagues made monthly booklets to share trainees' photos with their families; professional staff like nurses and therapists made videos sharing tips of maintaining personal hygiene, stay-home training and exercises with trainees and their families. Parents also learnt how to stay connected with other parents through the use of communication apps, as well as to show mutual support and relieve stress. At the times when social services and schools were suspended, respite care was provided to our students and trainees in need to give caretakers the much needed breathing space.

新一年將至，我們懇請大家繼續支持我們服務智障人士的工作，在困難中與智障人士和照顧者同行。祝大家新年一切安好。

As the New Year draws near, we genuinely seek your kindhearted support for us to continue the work to serve, and to stand by the intellectually challenged and the caretakers through these challenging times. Wishing you happiness and peace in the New Year.

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 form in CAPITAL letters.

本人 / 機構願意捐款HK\$ _____，以支持匡智會的工作。(捐款港幣\$100或以上將獲發收據以作扣減稅項之用)

I / We would like to donate HK\$ _____ in support of Hong Chi Association. (Official receipt will be issued for donation of HK\$100 or above for tax deduction purpose)

捐款方法 Donation Method

網上捐款 By Online Donation

請登入「匡智會」網頁 (www.hongchi.org.hk)，揀選「一般捐款」
Please visit Hong Chi's website (www.hongchi.org.hk), and select "General Donation"

劃線支票 By Crossed Cheque

支票號碼 Cheque No.:
(祈付:「匡智會」Payable to "Hong Chi Association")

信用卡捐款 By Credit Card

AMEX Mastercard Visa

持卡人姓名 Name of Cardholder: _____

信用卡號碼 Card No.:

有效日期至 Expiry Date: 持卡人簽署 Cardholder's Signature: _____

現金捐款 By Cash Deposit

- 匯豐銀行戶口 HSBC account: **002-318053-004**
- 中國銀行戶口 BOC account: **012-595-10202107**
- 東亞銀行戶口 BEA account: **015-514-68-02914-3**

* 請於自動櫃員機轉帳通知書上清楚寫上姓名
Please write your name on the ATM Customer Advice Form

繳費靈 By PPS

(付款編號 Payment Reference No.: _____)

- 繳費靈編號 Merchant Code: 9145
- 捐款人編號: 請參看郵遞標籤
Donor's Reference No.: Please refer to our mailing label

電子捐款 Digital Donation

PayMe 轉數快 FPS

* 請在備註中寫上捐款者姓名及聯絡電話，並把完成過數的手機截圖電郵或WhatsApp予本會作紀錄。
Please write down donor's name and mobile phone number in remarks, and send the confirmation screenshot to us by email or WhatsApp for issuing donation receipt.



聯絡資料 Contact Information

姓名 Name: _____ (先生Mr / 女士Ms / 公司Company) 捐款人編號 Donor's Reference No.: _____

電郵 Email: _____ 日間聯絡電話 Daytime Tel: _____

地址 Address: _____

只想以電郵方式收取本會資訊 Please send me further communications by email
以上資料只會作為發出收據及必須的聯絡使用，資料絕對保密。如不欲繼續收取本會通訊，請聯絡我們。
The information provided above is for issuing receipt and making necessary contact only. It will be kept in the strictest confidence. Please contact us if you do not wish to receive further communications.

請將填妥之回條 Please send the completed form:

1. 連同劃線支票寄回香港灣仔軒尼詩道15號溫莎公爵社會服務大廈705室匡智會傳訊及經費籌募部；或
With crossed cheque to Communications and Fund Raising Office, Hong Chi Association, Room 705, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, Hong Kong; or
2. 連銀行自動櫃員機轉帳通知書(如適用)WhatsApp至9311 9651 / 電郵至cfr@hongchi.org.hk / 以郵寄方式交回本會籌募部
With ATM Customer Advice (if any) by WhatsApp to 9311 9651 / email to cfr@hongchi.org.hk / mail to our Communications and Fund Raising Office
3. 你亦可透過7-Eleven便利店捐款支持此活動。(只接受現金捐款，每次捐款額須為港幣\$100或以上)
You can also make donation via any of the 7-Eleven outlets to support the event. (Cash donation of HK\$100 or above is accepted)

捐款恕不退還 Donations are non-refundable

愛能助 II Love Can Help II



非常感謝李嘉誠基金會，對「愛能助II——醫療計劃」的200萬元慷慨捐贈。透過此捐贈，匡智紹邦晨輝學校為新宿舍添置了不同的醫療科技設備，包括：醫療床、電動拍痰背心及視障人士輔助設備等，以提升宿生的生活質素。同時，學校亦購買一些可應用腦神經科學研究的穿戴裝置，協助監察學生的健康及情緒狀況，以便掌握最適當的「介入及支援」時機。

A special thanks to Li Ka Shing Foundation for the donation of \$2 million to Hong Chi Shiu Pong Morninghope School through the "Love Can Help II" Medical Assistance Programme. The school will make use of the donation to acquire various medical equipment for boarders, such as hospital beds, airway clearance vest, assistive devices for visually impaired people, etc in order to enhance their quality of life. With the development of neuroscience, some wearable devices will be purchased for some students so that our staff can closely monitor their health and emotion conditions, thereby providing timely intervention and assistance.



「童心抗疫」 徵畫活動

"Keep HK Moving" Drawing Activity

獲港鐵公司邀請，我們的學生參與其「童心抗疫」徵畫活動，並提交了17幅畫作，藉著自己的創意，在疫情期間為大家打氣！畫作拼合成3幅大型海報，並張貼在不同的港鐵站內。

Invited by the MTR Corporation, our students participated in its "Keep HK Moving" Drawing Activity and submitted 17 drawings in order to cheer up the public to fight against the difficulties together. The drawings were collaged into 3 big posters and displayed in various MTR stations.

節日祝福 Festive Blessing

聖誕新年將至，是時候為家人好友送上溫暖祝福。匡智社企今年推出多款聖誕曲奇及禮盒，全由匡智社企學員在專業餅師指導下親手製作，數量有限，售完即止。此外，匡智社企稍後亦將推出全新口味的蝦醬曲奇、腐乳曲奇、薑醋曲奇及其他賀年產品，詳情請密切留意匡智社企「hc」的Facebook專頁。產品訂購及查詢：電話 2689 1308 / WhatsApp 9731 6787，或掃描二維碼下載訂購表格。



訂購表格
Order Form

Christmas and the New Year are around the corner, it is time to share the festive blessings with your families and friends. Hong Chi Social Enterprise (hc:) has prepared a series of Christmas cookies and gift sets this year, all is made by our social enterprise trainees under the guidance of professional pastry chef, please order now, while stocks last. Besides, various Chinese New Year products will soon be launched as well, please stay tuned to hc's Facebook book for details. Product order & inquiry: Tel 2689 1308 / WhatsApp 9731 6787, or scan the QR Code to download order form.



社區首個「5號PP塑膠回收試行計劃」

The First "Type 5 PP Plastics Recycling Campaign" in the Community



回收減廢已成許多人的生活習慣，然而不是每種塑膠也可以透過坊間的回收設施收集。有見及此，雀巢香港與匡智會聯手在元朗區推行社區首個「5號PP塑膠回收試行計劃」，首階段計劃自2020年8月中旬起開展，已於區內設立超過30個回收點，當中包括多個屋苑，方便居民回收以5號PP塑膠製成的各式乾淨容器，如近月常見的外賣餐盒及食物包裝等。另外，該計劃亦舉行不同公眾教育活動，歡迎大家參與，交流綠色生活資訊，鼓勵社區共融。

Recycling has become a part of life. Yet, not all sort of plastics can be collected at the public recycling facilities. Nestlé Hong Kong and Hong Chi Association have therefore jointly launched the community's first "Type 5 PP Plastics Recycling Campaign" in Yuen Long. More than 30 recycling points have been set up in the district, including a number of residences, to collect the recyclable polypropylene plastic since the launch of the project's phase 1 in mid-August 2020. More public education activities have also been organized by the Campaign, general public are welcomed to join and share the green living tips, as well as to foster social inclusion.



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樂行善 · 獻愛心

Donate with Joy



感激e青基金和心蓮心發起「樂行善 · 獻愛心」慈善行動，向受疫情影響而有經濟困難的學生及其家庭提供4,000元的「應急錢」，涉及金額逾136萬元，共338位學生受惠。

Our whole-hearted appreciation goes to EmbraceLife Foundation and Women Helping Women Hong Kong for inviting us as a charity partner of its "Donate with Joy" Campaign. In the Campaign, an emergency cash of \$4,000 was provided to Hong Chi students and their families who were financially affected by the pandemic. A total donation of over \$1.36 million was distributed to 338 Hong Chi students.

智閃亮生涯規劃

Shining Road Life Planning Scheme

承蒙青年發展委員會慷慨撥款逾560萬元，本會於2019年9月起推行為期3年的「智閃亮生涯規劃」，為5所匡智學校及道慈佛社楊日霖紀念學校就讀中四至中六學生提供工作體驗，安排即將離校的學生到本會社會企業項目、綜合職業復康服務中心、匡智松嶺綜合職業訓練中心，以及有意聘請智障人士的愛心公司或機構接受適切的工作訓練，協助他們尋找工作路向，為將來投身社會工作做好準備。計劃查詢：劉小姐 (adult_pclp@hongchi.org.hk)。

With funding support of over \$5.6 million from The Youth Development Commission, the 3-year "Shining Road Life Planning Scheme" has been launched since September 2019. The Scheme provides job training for Form 4 to Form 6 students from 5 Hong Chi schools and Buddhist To Chi Fat She Yeung Yat Lam Memorial School. Given the opportunity to receive job training at our social enterprise projects, Integrated Vocational Rehabilitation Service Center, Hong Chi Pinehill Integrated Vocational Training Centre, companies and organizations interested in hiring people with intellectual disabilities, undergraduate students can explore their own interest and better equip themselves for open employment. Project enquiry: Ms Lau (adult_pclp@hongchi.org.hk).

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Thank you!
多謝支持!

匡扶智障 For People with Intellectual Disabilities

匡智會——前香港弱智人士服務協進會——本著「匡扶智障」的精神，竭誠為智障人士和他們的家庭提供服務。本會轄下共有99個服務單位，當中包括14所特殊學校，主要為不同年齡和程度的智障人士提供全面服務。我們盼望得到你的鼓勵和支持，請與我們聯絡。

Hong Chi Association - formerly The Hong Kong Association for the Mentally Handicapped - is dedicated to serving people with intellectual disabilities and their families. We operate 99 service units, including 14 special schools, to provide comprehensive services primarily to people of all ages and all grades of intellectual disabilities. **Offers of help and support are always welcome. Please contact us.**

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