香港復康會
The Hong Kong Society for Rehabilitation

2011-2012
服務簡報 Service Highlight

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關懷顧念
謙厚辭讓

Caring with love
Serving with respect

建構無障礙社區
Building a Barrier Free Community

關顧與日俱增的無障礙交通需要
Meeting with increasing need for accessible transport

• 復康巴士於 2011-12 年度，增加了 3 條新固定路線及 1 輛新車提供電召服務，同時，更換了 17 輛舊車。復康巴士的車隊擴充至 123 輛，接載人次約 733,000。

Rehabus added 3 new vehicles for Scheduled Route Service and 1 for Dial-a-Ride Service. 17 old vehicles were replaced. The fleet of Rehabus expanded to 123 vehicles and provided about 733,000 passenger trips.

• 易達轎車本年度服務達 43,818 客次。

Accessible Hire Car provided 43,818 units of service in the year.

• 易達旅運提供的長者接載及巴士租賃服務，共越 180,000 客次。

Easy-Access Transport Services Ltd (ETS) delivered over 180,000 units of service for the elderly transport and chartering service.

• 易達旅運十週年誌慶，於 9 月 5 日至 9 月 9 日期間，為會員安排了免費乘車週，提供了 3,100 免費接載客次。

3,100 free passenger trips for ETS members were served during the Free Ride Week organized from 5 to 9 September 2011 to celebrate the 10th Anniversary of ETS Service.

• 得到醫院管理局資助，易達旅運分兩批購置共 22 輛新車以替代退役車輛，首批 7 輛及餘下 15 輛分別於 2012 年 6 月底及 2013 年 1 月投入服務。

Having obtained the financial support from the Hospital Authority (HA) for the replacement of 22 ETS buses for HA ETS Service, the 1st batch of 7 buses and 2nd batch of 15 buses will be replaced by end of June 2012 and January 2013 respectively.

• 易達旅遊集中發展來港團及無障礙交通旅遊服務，提供了超過 19,000 客次，當中包括逾 1,800 海外客次。

Easy-Access Travel Ltd (EAT) focused on in-bound and barrier-free transport and tourism. EAT served over 19,000 user-trips, including over 1,800 overseas visitor-trips.

優化服務
Excel in quality services

• 復康巴士於 2012 年 1 月份進行的 ISO 9001:2008 追蹤審核中，成功通過認證。

Rehabus passed the assessment of ISO 9001:2008 held in January 2012 and successfully obtained the accreditation again.

• 復康巴士獲香港品牌發展局和香港中華廠商聯合會頒發「2007 年香港服務名牌」後，獲准延續「香港服務名牌」資格至 2013 年 1 月 31 日。

Rehabus was conferred the right to use Hong Kong Top Brand Mark till 31 January 2013 since it has been awarded the "2007 Hong Kong Top Service Brand" from the Hong Kong Brand Development Council and the Chinese Manufacturers' Association of Hong Kong.

訓練 • 管理 • 自助 • 達自強
Empowerment through training, self-management and self-help

「病人自強計劃」Patient Empowerment Programme (PEP)

• 我們在醫管局的 7 個聯網中，共投得 4 區的「病人自強計劃」，即新界東、九龍西、九龍東及港島西，每年為多達 8,000 位的普通科門診病人提供優質的自我管理教育及小組服務。為配合相關的服務需要，我們除在現有中心提供「病人自強計劃」的服務外，亦分別於藍田綜合中心及贊育醫院設立服務點。在本年度，4 個項目雖然經歷不同的問題和挑戰，但無論在服務產出量或成效上，均有優異的成績，廣受服務使用者及醫管局的讚賞。

Four PEPs were successfully tendered and launched, including New Territories East, Kowloon West, Kowloon East and Hong Kong West. We provided PEP services at centres of Community Rehabilitation Network (CRN) as well as service points at Lam Tin Complex and Tsan Yuk Hospital. All 4 programmes performed well in the year, both in service output and efficacy, and were much appreciated by service users and HA.

醫管局新界東「綜合精神健康計劃」Integrated Mental Health Programme (IMHP)

• 新年度的計劃已開展，繼續為於普通科門診部覆診而情緒受困擾人士提供精神健康輔導服務。協助他們改善和控制病情，預防病發。服務包括個案輔導、小組輔導及心理健康講座。基於新界北區的人口特性，除現有的綜合輔導模式外，我們亦透過與香港大學行為健康教研中心合作，引入「身心靈治療法」，將其融入現有的綜合輔導模式，促進服務的成效。當中，我們已開展一項實証研究，為 300 名用者分別以實驗組與對照組作比較，了解接受身心靈治療法後的分別。

The new term of the Integrated Mental Health Programme (IMHP) has started and continued to help patients in primary health care with common mental disorder (CMD) by providing psycho-educational services for relieving and monitoring symptoms and preventing relapse. Services included individual and group counseling and health talks. To cope with the demographics of New Territories North District, integration of body-mind-spirit intervention into the IMHP was explored in collaboration with the Centre on Behavioral Health of University of Hong Kong and evidence based studies on the effectiveness of the treatment had been carried out for 300 users by comparing the difference between the treatment group and control group.

「SMART Care · 齊“喜”動」長期病患者照顧者支援計劃
The SMARTCare Movement – Building Social Capitals for Supporting Carers of People with Chronic Illness

• 有關計劃獲勞工及福利局「社區投資共享基金」贊助，由 2011 年 10 月起投入服務，在未來 3 年，與東區尤德夫人那打素醫院合作，在港島東區推行長期病患者照顧者支援計劃。計劃目標是透過強化離院時對照顧者的支援，以確立更緊密的醫社合作伙伴模式，並同時透過動員地區義工團體，提升照顧者的角色，為社區建立長遠的資本。我們在 2012 年 2 月 20 日於康山中心舉行了簡單而別具意義的啟動禮，成功邀請了熱心的地區人士及團體出席，提升了區內對長期病患照顧者的關注。

With the funding support of the Community Investment & Inclusion Fund of the Labour and Welfare Bureau, the 3-year project had been launched in October 2011 in collaboration with the Pamela Youde Nethersole Eastern Hospital to provide support programmes for carers of people with chronic illness in Hong Kong East district. The project aimed at establishing a new service model to support the carers of people with chronic illness through an enhanced discharged planning protocol, and to build social capitals for supporting carers of people with chronic illness through mobilization of volunteers of local communities. We had successfully held a small launching ceremony on 20 February 2012 at our Kornhill Centre to raise the public awareness on carers' needs.

中風服務敍事治療
Narrative Therapy for Stroke Patients

• 社區復康網絡獲邀參予由香港城市大學應用社會科學學系及新健社合作，為中風復康者而舉辦的「敍事治療計劃」，該計劃於2011年6月至2012年3月進行，分別在港島東、新界西及新界東進行了6個治療小組。

CRN was invited to participate in a narrative therapy project, which was jointly organized by the Department of Applied Social Studies of the City University of Hong Kong and Hong Kong Stroke Association for the period from June 2011 to March 2012. A total of 6 narrative therapy groups had been undertaken in Hong Kong East, New Territories West and New Territories East Cluster respectively.

實証研究工作坊
Promotion of Evidence Based Practice (EBP)

• 本會獲香港社會服務聯會邀請合辦社福機構看「循證為本」工作坊，目的是透過分享社區復康網絡過去多年進行實証研究的策略，倡議社福界以實証研究的理念推動服務發展及整合，工作坊已於 2011 年 11 月成功舉行。

A workshop on "Evidence-based Practice in the Organizational and Sectoral Contexts of NGOs" was organized in November 2011, in collaboration with the Hong Kong Council of Social Service. Through sharing of the CRN's EBP journey in the past 10 years, the workshop aimed at arousing the interest in EBP in the social service organizations in Hong Kong.

「照顧者平台」服務計劃 “Mutual Support Platform for Families and Caregivers of People with Chronic Illness”

• 由「攜手扶弱基金」資助的 3 年先導項目已於 2011 年底完結。並成功獲得傅德蔭基金撥款，延續「照顧者平台」計劃兩年至 2013 年底。

The Fu Tak Iam Foundation had kindly supported the continuation of the project on “Mutual Support Platform for Families and Caregivers of People with Chronic Illness”, up to the end of 2013. The project was previously supported by the Partnership Fund for the Disadvantaged of Social Welfare Department up to the end of 2011.

出版《我們的蛻變歷程》長期病患者及家屬心理社交支援服務報告 Publication of the Report on psychosocial support for people with chronic illness and their families

• 《我們的蛻變歷程》已於 2011 年 10 月底出版，報告書總結了社區復康網絡在過去 10 多年，提供心理社交支援服務的豐富經驗，向醫護界及社會服務界推廣本會相關服務、發展方向及建立專業形象。

The Report on psychosocial support for people with chronic illness and their families was published in October 2011. It summarized the rich experiences of CRN for more than 10 years and was widely distributed to the medical and healthcare sector and the social welfare sector for promoting the services and for future development.

優質健行運動訓練計劃 QualiWalk Training Programme

• 為鼓勵長期病患者建立運動習慣和促進他們實踐健康生活模式，社區復康網絡與屈臣氏集團屬下田徑會於 2011 年 6 月至 2012 年 1 月期間合辦了一個全港性的「優質健行運動訓練計劃」。計劃邀請田徑教練提供指導，幫助患者掌握鍛鍊肌肉和提升平衡力的運動技巧，並鼓勵他們成立自習小組持續運動。

In collaboration with Watsons Athletic Club, CRN organized a territory-wide “QualiWalk Training Programme” from June 2011 to January 2012 to encourage people with chronic illness to build an exercise habit and to promote a healthy lifestyle. Athletic coaches were invited to provide instructions for people with chronic illness for muscle training and balance exercise skills. The coaches also prompted them to organize groups to practice continuously.

抱抱健康計劃
Health Scheme

• 與屯門區議會社會服務委員會轄下醫療及復康服務工作小組合辦的「抱抱健康計劃」已順利於 2011 年 8 至 9 月期間進行，活動包括講座、運動工作坊、健康檢查及印製健康增值錦囊。此計劃目的為增加屯門區內高血壓及糖尿病患者正確的長期病知識，並鼓勵患者建立良好的運動習慣，實踐健康生活。

A health scheme had been organized in collaboration with the Working Group on Medical and Rehabilitation Services under the Tuen Mun District Council for the period from August to September 2011. Activities held included talks, workshops, health check and publication of pamphlets. The purpose of the programme was to enhance the understanding of high blood pressure and diabetes and encourage the patients to build up exercising habits.

自我管理培訓及發展中心
Self-Management Training and Development Centre

• 培訓中心繼續為醫院管理局專業護理及輔助醫療學院舉辦多個慢性疾病自我管理工作坊，讓參與者掌握自我管理概念及主要執行技巧。在 2011 年 9 月 23 及 24 日，我們應澳門心臟學會的邀請，在澳門舉行了為期兩天的慢性疾病自我管理工作坊，當中有 20 位參加者 (包括醫生、護士、物理治療師、職業治療師、臨床心理學家、營養師及社工) 。參與者非常投入整個培訓過程及對是次工作坊有高度的評價。我們聯繫了澳門衞生部門，希望能進一步為澳門的慢性疾病治理發展，提供專業的顧問及培訓服務。我們於 2011 年年底與本會國際及中國事工部門合作，在四川都江堰舉辦慢性疾病自我管理課程組長訓練工作坊，配合機構在國內事工的發展。

除了恆常的自我管理培訓項目、各項內部的專職同事入職導向及在職培訓，中心亦首次舉行糖尿病自我管理課程手冊工作坊，吸引了公、私營醫療機構和來自澳門的護士參加。

Workshops on self-management of chronic disease were organized for staff of HA. We were also invited by the Macau Association of Cardiology to conduct a two-day workshop on self-management of chronic disease in Macau from 23-24 September 2011. There were 20 participants including physicians, nurses, physiotherapists, occupational therapists, clinical psychologists, dietitians and social workers. All had positive comments on the workshop. In addition, we had liaised with the Health Department of Macau to render support for the development of chronic disease self-management in Macau. At the same time, we worked closely with our International and China Programme to organize a workshop in Sichuan.

In addition to the routine self-management training, staff orientation and on-the-job development programmes, the Centre had also organized the 1st Workshop on the application of Diabetes Self Management Manual. The workshop attracted participants from public and private health service organizations and nurses from Macau.

倡議共融
Promoting Social Inclusion

無障礙城市定向 2012
Barrier Free City Orientation 2012

• 於 2012 年 1 月 15 日舉行的無障礙城市定向比賽，合共有 85 隊參加，分為學生、企業、西九龍獅子會及公開隊伍於 8 區進行活動，下午於中環遮打道行人專用區進行參加者分享會、頒獎禮及閉幕禮 (後因天氣關係延期至 2012 年 3 月 4 日舉行)。大會邀得平等機會委員會林煥光主席、立法會張國柱議員、西九龍獅子會代表連同本會執行委員會主席擔任主禮嘉賓。是次活動獲平等機會委員會、西九龍獅子會及 IBM 贊助。

The event was held on 15 January 2012 at Chater Road, Central and there were 85 teams in total, including student teams, corporate teams, Lions Club teams and open teams. Mr LAM Woon-kwong, Chairman of the Equal Opportunities Commission, The Hon CHEUNG Kwok-che, the representative of Lions Club of West Kowloon and Mr Benny CHEUNG, Chairman of the Society, were invited to officiate at the event. The event was sponsored by the Equal Opportunities Commission, IBM and Lions Club of West Kowloon.

無障礙交通及旅遊研討會 2012
Inclusive Transport and Accessible Travel Conference 2012 (ITAT2012)

• 「無障礙交通及旅遊研討會 2012」於 2012 年 1 月 18 日成功舉辦，主題為「香港倡議平等權利和無障礙環境」，研討會吸引了本地及海外參加者共 180 人。

ITAT2012 was successfully held on 18 January 2012. The theme was "Hong Kong Initiatives towards Equal Rights and Accessible Environment for All" and attracted 180 participants from local and overseas.

「香港無障礙旅遊指南數碼地圖版」
Website of Visitors' Guide to Accessible Facilities in Hong Kong with GIS application

• 「香港無障礙旅遊指南數碼地圖版」成功於 2012 年 1 月 18 日推出，新聞發佈會於 3 月 6 日舉行。除文字外，旅客可通過瀏覽網站上由殘疾義工協助拍攝的照片及短片，了解本地旅遊景點的無障礙設施。

Map version of "Visitors' Guide to Accessible Facilities in Hong Kong" was successfully launched on 18 January 2012 and a press conference was held on 6 March 2012. Apart from text format, through the application of Global Information System (GIS) in the new version, readers could have an impressively detailed knowledge of accessible facilities in major scenic spots through looking at photos and videos taken by our volunteers with disabilities.

http://gis.accessguide.hk

街坊小子
The Kids on the Block (KOB)

• 香港復康會繼續與香港弱能兒童護助會合辦街坊小子。過去一年，街坊小子為本港 140 間學校及機構進行了 190 項演出及後續活動，觀眾達 15,000 人，反應極佳。鑑於義工為街坊小子的骨幹，2011-2012 年度招募了 30 位新義工並提供綜合訓練。訓練內容包括舞台表演及其他相關議題如健康、慢性病、身體弱能等，讓義工更加了解殘疾人士的需要，達致推廣共融社會的目的。得到平等機會委員會及香港賽馬會慈善信託基金的慷慨資助，未來 3 年街坊小子將繼續進行中、英劇目表演。同時街坊小子亦得到 Ladies Circle 贊助，添置新木偶作表演用途。

The Society has continued its partnership with the Society for the Relief of Disabled Children to operate KOB. Over the year, KOB has conducted over 190 performances and follow-up activities in 140 local schools and organizations and has served more than 15,000 audience with excellent feedback received. Understanding that volunteers are the backbone of the programme, KOB has recruited 30 new volunteers in 2011-2012. Our comprehensive training package has included the stage performance and other related topics on health, chronic illness and physical disabilities for better understanding on the needs of the people with disabilities and facilitating the promotion of social inclusion through the KOB performances. In terms of the funding, we are pleased to receive the generous support from the Equal Opportunity Commission and the Hong Kong Jockey Club Charity Trust to support our Chinese and English performances in the next three years. Furthermore, KOB also received a donation from Ladies Circle for purchasing puppets.

推動復康工作 讓內地有需要人士受惠
Reaching to those in need for rehabilitation in China

積極推動社區為本復康發展
Facilitate growth of Community-based Rehabilitation services

• 「世界殘疾報告」暨「社區康復指南」中國發佈會於 2011 年 12 月 6 日在北京人民大會堂舉行，發佈會由中國殘疾人聯合會、世界衛生組織及世界銀行聯合主辦，並獲得國家衛生部及財政部的認可，香港復康會為支持團體。香港復康會並參與「社區康復指南」的中文版編輯工作。

The Chinese WHO "CBR Guidelines" and the "World Report on Disability" was launched on 6 December 2011. The launch was co-organized by China Disabled Persons Federation, WHO, World Bank, endorsed by Ministries of Health and Finance, with HKSR as supporting organization. HKSR also coordinated and participated in the Chinese translation of the "CBR Guidelines".

• 為期三年由香港特區政府《支援四川地震災區重建工作信託基金》資助的項目「四川地震災區社區康復資源中心」於 2012 年 1 月完滿結束。經過 3 年，項目印證轉介制度及社區康復在協助傷員重投社會的實用及重要性，亦展示了為確保社區康復的持續發展，培育本土機構承擔社區復康工作是必然的。本會未來仍繼續在四川深化社區康復的工作。

The 3-year project "Community-based Rehabilitation Resource Centre for Earthquake Zones in Sichuan" was partnered with Sichuan University Huaxi Hospital, and funded by the Hong Kong SAR Trust Fund in Support of Reconstruction in Sichuan Earthquake Stricken Areas. The project was completed on 31 January 2012. Over the past 3 years, the project had demonstrated the significance and usefulness of a referral system and community rehabilitation platform to help the earthquake victims get their lives together. In order to sustain the CBR services, we believed mobilizing local resources and empowering people with disabilities and their families are timely strategies.

栽培復康工作人員，建設本土能力
Cultivating rehabilitation workers, building of local capacity

• 運用「培訓施教者」的策略，為省級醫療衛生機構的醫生、康復護士、治療師提供一系列的培訓班、臨床實習、考察探訪及模擬情景網上學習；亦透過跟進探訪支援施教者在當地進行二級培訓，擴大培訓果效。
We employed the "train-the-trainer" approach, to train provincial rehabilitation doctors, nurses and therapists, and teachers of rehabilitation therapy via training courses, practical attachment, study visits and scenario-based e-learning. We also provided mentorship for trainers in giving second-level training to local personnel. There is an enormous demand for skilled rehabilitation staff now, and our training courses, whether with social welfare, disabilities or health organizations, are over-subscribed.

宣揚復康與遊戲、推動關愛與共融
Promoting Play and Rehabilitation, enhancing Integration and Care

• 透過培訓班、運動會、遊戲日、家長座談會及小冊子等，積極宣揚殘疾孩子可以擁有「快樂遊戲的權利」。
We strongly promoted "Right to Enjoy Play" by children with disabilities via training courses, sports days, play days, parents seminars as well as publications. We emphasized local capacity building and fostering of play advocates.

引入慢性疾病自我管理模式
Introduce self-management programme for people with chronic diseases

• 為引入「慢性疾病自我管理模式」，我們首先於2011 年 12 月由社區復康網絡同事在都江堰舉行領袖培訓，參加人員分別來自蘭州、石家庄、昆明、海口及都江堰。培訓後，學員需要於 2012 年夏季前在所在地區組織兩個相關的課程。有關之結果將影響我們日後在內地慢性疾病自我管理模式的發展方向。
We explored the use of "Chronic Disease Self-Management Programme" (CDSMP) in 5 sites: Lanzhou, Shijiazhuang, Kunming, Haikou and Dujiangyan. A leaders' training was conducted by experts of our CRN in Dujiangyan in December 2011. After training, each of the sites would have to organize and conduct 2 courses before the summer of 2012. The results will be instrumental in our development of relevant self-management approaches in the future.

鼓勵分享復康經驗
Encouraging rehabilitation experience sharing

• 出版多套教材，分享復康技術及經驗，包括：「聆聽使用者心聲：康復輔助器材及服務之應用」、「社區康復指南 (中文版) 」、「看社區故事學康復」、「先天性馬蹄內翻足治療：潘塞緹方法的應用培訓手冊 (再版) 」、「慢性疾病自我管理教育系列：脊髓損傷」及「口腔肌能評估及訓練活動」

We continued to publish various teaching kits for sharing skills and experience. Recent publications included "Voices of Users", "CBR Guidelines (Chinese)", "Learning Rehabilitation through Community Stories", "Application of Ponseti Method for Club Foot (2nd edition)", Chronic Disease Self-management on Spinal Injury", and "Oral Assessment and Training Activities".

• 與新界東醫院聯網專職醫療服務舉行

「第 4 屆中港薈萃 – 專職醫療及護理人員的延展角色」研討會，共有 200 多位參加者。是次研討會主要探討跨專業的角色延展。研討會翌日亦舉行了三個有關「特別坐椅」、「靜觀心理治療」及「物理治療與脊髓」的工作坊。

In co-operation with HA New Territories East Cluster Allied Health Services a "Symposium on Closer Exchange and Partnership in the Advancement of Allied Health and Nursing Extended Roles" was held, attracting 200 participants. The focus was on "extended roles", which would require interdisciplinary collaboration. 3 workshops on "seating", "mindfulness-based psychotherapy" and "advanced physiotherapy role in the spinal clinic", were held on the following day.

clinic", were held on the following day.

關顧長者的安老需要
Caring for the aged

認同服務，用者急增
Residents surged in recognition of service

• 在持續照顧委員會的指導和員工的努力下，香港賽馬會深圳復康會頤康院 (頤康院) 和曾肇添護老院，去年入住人數屢創新高，分別錄得有27% 和103% 增長。
With the guidance of the Committee on Long Term Care and staff effort, both Hong Kong Jockey Club Shenzhen Society for Rehabilitation Yee Hong Heights (YHH) and Tsang Shiu Tim Home for the Elderly (TST) achieved a new all-time record of residents, having a growth of 27% and 103% respectively.

• 走訪香港醫院的社工部、日間醫院、中風復康病房、長者中心，積極推廣頤康院，令香港長者善用頤康院設施。
Visits had been paid to the medical social service unit in various hospitals, day hospitals, stroke rehab units and elderly centres to promote YHH services and usage.

• 設立 9 日 8 夜試住計劃，吸引香港長者親身了解頤康院。
Launched a short stay (9 days and 8 nights) trial programme to encourage the elders in Hong Kong to experience living in YHH.

強化社區義工參與，加強院友與社區接觸
Mobilize participation of volunteers and strengthen social contact of residents

• 中電義工隊、深圳供電局義工隊、周大福集團等公司及義工團體的支持，定期到頤康院探訪，為院友提供義工服務。
Regular visits and services were organized and provided by the corporate volunteer teams of CLP Holdings Limited, Shenzhen Power Supply Bureau and Chow Tai Fook Group and some other volunteer organizations for the residents of YHH.

提升服務質素
Commitment to enhancing service quality

• 曾肇添護老院已成功通過香港老年學會的安老院舍認證評核，而頤康院現正進行認證的準備工作。
TST had passed the accreditation process of the Hong Kong Association of Gerontology and YHH was in preparation for the accreditation.

• 擴大專業顧問團隊及吸納更多在持續照顧服務的專家加入本會持續照顧委員會，為本會服務提供意見，提升服務質素。
More professionals were invited to join our Long Term Care Committee or our team of professional advisors to give their professional advice to our services.

改善院舍環境及設施
Improve the environment and facilities

• 在中華電力有限公司及深圳供電局的協助下，完成頤康院的節能評估，並逐步執行有關建議，達至環保節能。

With the assistance of the CLP Holdings Limited and Shenzhen Power Supply Bureau, a consultancy report on energy saving for YHH was completed and the recommendations would be implemented by stages.

• 曾肇添慈善基金有限公司及香港賽馬會慈善信託基金各送出 1 部 15 座位無障礙小巴給曾肇添護老院及利國偉日間復康護理中心，有助服務進一步發展。

Tsang Shiu Tim Charitable Foundation Ltd and the Hong Kong Jockey Club Charities Trust had generously donated a 15 seater accessible minibus to TST and LQW respectively.

• 為頤康院及曾肇添護老院制訂了 3 年維修及設施更新計劃，進一步改善院舍環境。

A 3-year maintenance and facility renewal plan was devised for YHH and TST to improve the environment.

推廣適健服務
Promoting health and wellness

擴展屯門適健中心
New Premise for Centre on Health & Wellness (Tuen Mun)

• 隨著服務發展，屯門適健中心於 4 月初搬遷至面積超過 1,200 平方呎的新單位，新中心除設有完善的物理治療室、多功能室及輔導室外；更備有舒適及個人化的運動健體閣，讓適健及物理治療小組服務能惠及更多有需要人士。另外，隨著中心面積擴展，門診物理治療的服務人次於搬遷後穩步上升，比上年度上升約 20%。個人專業健體計劃，個別體重管理計劃及小組健體運動也逐步發展。

To cope with the service expansion, Centre on Health & Wellness (Tuen Mun) was relocated to a larger premise at Parklane Square. The new centre was equipped with physiotherapy room, multi-function room, counseling room, and fitness corner to serve the public in Tuen Mun, The number of physiotherapy service frequency had been climbing steadily, with a 20% increase as compared to last year. Other developments included personal fitness programme, personal weight management programme and group fitness programme.

一站式優質睡眠服務
Sleep Hygiene Service

• 香港公益金資助的「優質睡眠計劃」於 6 月完結。雖然資助完結，但適健中心團隊透過兩年累積的寶貴經驗，發展以適健中心為品牌的一套“一站式優質睡眠服務”，為失眠人士提供睡眠評估、優質睡眠、運動及飲食工作坊、治療小組及個別輔導，以非藥物治療方法全面協助市民。此外，團隊亦製作了“優質睡眠活動計劃紀念刊物”，並派發予醫療及社福單位，進一步推廣優質睡眠及深化適健中心提供睡眠服務的形象。

The 2-year Sleep Hygiene Project was completed successfully in June 2011 with the funding support from the Community Chest. The service would be integrated in CRN and CHW services. CHW would provide services of sleep assessment, sleep hygiene programme, exercise and diet workshop, therapeutic groups and individual counseling services. In addition, we had produced some publications and distributed to healthcare sector and NGOs to promote sleep hygiene and related services of CHW.

「步行在商場」先導計劃
Walking in the Mall

• 香港復康會和新鴻基地產旗下的大埔超級城攜手合辦「步行在商場 生活在一起」，把全港首項的健步運動帶入商場。活動目的是鼓勵市民藉著商場完善的設備，在一個舒適和不受天氣影響的環境下，開心快樂地進行步行運動，從而改善健康。整項試驗計劃為期3個月，於1至3月期間，大埔超級城在平日早上開放予參加者，於指定路線進行健步行。當中參加者有許多為新界東「病人自強計劃」的患者，主要為糖尿病及高血壓人士，實踐社區持續復康。

In collaboration with Tai Po Mega Mall of Sun Hung Kei Real Estate Agency Ltd, a pilot project aiming at promoting happy and healthy walking inside the Mall during morning time in weekdays was conducted to encourage and arouse public awareness on health maintenance through routine walking exercises. The pilot project lasted for 3 months for the period from January to March 2012. Many of the participants were patients of our PEP Project having diabetes and high blood pressure.

「認知復康服務」計劃
Cognitive Rehabilitation and Education Programme (CRE)

• 由香港公益金資助的「認知復康服務」計劃踏入第3年，主要為社區人士提供認知評估及公眾教育，讓懷疑有輕度認知缺損、早期認知障礙症的人士，能及早求醫；並提供相關的認知訓練。參加者除接受訓練課程外，中心更開設了多個恆常練習小組，讓他們透過練習和交流，保持狀態，減慢退化。

The Cognitive Rehabilitation and Education Programme (CRE) for clients with Mild Cognitive Impairment (MCI) and Dementia was a 3-year project launched since July 2009 with the funding support from the Community Chest. The service aimed at providing early detection; raising public awareness on Dementia and related intervention and providing cognitive training courses for the clients. Clients who had completed CRE training courses could join practicing group to maintain their cognitive functions.

中醫診療服務
Traditional Chinese Medicine Consultation Service

• 復康部於年中在藍田綜田中心設立了中醫診所，對象為普羅大眾，尤其長期病患者，服務內容包括診療、針灸、拔罐、推拿等。中醫定位跟復康部理念一致，為長期病患者服務，提升自我管理能力，除門診外，也舉辦不同主題的工作坊、食療班等，以食療養生作為自我管理行動的其中一步。

A Traditional Chinese Medicine Clinic had been set up in Lam Tin Complex to serve the general public, especially patients with chronic illness. Services included consultation, acupuncture, cupping therapy, tuina, etc. In additional, workshops, diet classes, etc had been organized to enhance self-management.

社企 • 就業 • 建自信
Self-reliance through social enterprise and supported employment

• 華康便利店位於伊利沙伯醫院及九龍醫院的復康店成功獲醫院管理局續約至 2012 年年底，而位於東區醫院的便利店則延長至 2014 年。華康努力經營各個店舖，以秉承促進殘疾人士就業的宗旨。

Wah Hong Convenience Store Ltd had successfully extended service contracts with HA for continued operation of the Rehab Shops at Queen Elizabeth Hospital and Kowloon Hospital until the end of 2012 and the operation of Convenience Store at Pamela Youde Nethersole Eastern Hospital until late 2014. Wah Hong continued to realize the objective of promoting supported employment of people with disabilities through operation of the shops.

• 華康禮品店的業務進展理想，尤以節日銷售如中秋、聖誕及農曆新年成績令人滿意，十分感謝顧客們的支持。同時，透過服務單張、電郵宣傳，網站更新、與供應商合作、提高產品及服務的質素，加強與企業及個別顧客網絡的連繫。華康將繼續開拓新產品線。

The business of Wah Hong Gift Shop was in a good progress, in particular, the sales performance during seasonal festivals included mid-autumn festival, Christmas and Lunar New Year had been encouraging. Wah Hong and the Society would like to express a heartfelt gratitude to all the customers who had given continued and staunch support on the business. Networks with corporations and individual customers were strengthened through the enhanced promotion strategies, included leaflet and email promotion, revamping of website, partnership with suppliers, enhanced quality of products and services, etc. New lines of products will continue to be developed.

• 得到民政事務總署“伙伴倡自強”社區協作計劃的撥款，華康復康用品直銷中心於 2012 年年中成立，並推出網上直銷中心。新中心不但為殘疾人士增加就業機會，同時擴闊培訓的範圍。

With the funding support from the “Enhancing Self-Reliance through District Partnership Programme” of Home Affairs Department, a new branch of Wah Hong, Wah Hong Rehab Product Direct Sales Centre, would be set up at Lam Tin Complex in mid of 2012, followed by launching of an on-line rehab shop, dsc.wahhong.hk. The new initiatives would not only provide additional employment opportunities for people with disabilities but also extend the scope of training for the people through the operation of the new businesses.

http://dsc.wahhong.hk

• 鑒於設計及印刷業務競爭劇烈，精文社結束了印刷及設計的業務，惟保留了口碑載道的郵遞服務，繼續由殘疾或長期病患學員提供高效及優質的服務。

In view of the intensive business competition in the field of graphic design and printing, Elite Business Services Ltd (Elite) strategically closed the printing and design business. The direct mailing services were continued, which were reputable from many corporations and organizations for the high efficiency and quality services delivered by the trainees of Elite who were people with physical disabilities or chronic illness.

• 職業復康及再培訓中心繼續開辦多種課程，包括電腦、零售推廣、攝影及影視製作、語言及其他技巧訓練，提升學員工作技能，增加就業機會。運用朋輩支援及自助互助模式，強化學員的學習效能和社交網絡支援。並建立學員義工隊，讓學員在就業前也有機會發揮所長，學以致用。

Vocational Rehabilitation & Retraining Centre (VRRC) continued to provide various training courses on computer skills, retail and marketing, photography and video production, languages and other skills for trainees to enhance their ability at work and to increase employment opportunities. "Peer Support" and "Self - help" models were adopted to strengthen their learning effectiveness and social support network. Through launching of the "Vocational Ambassadors Programme" for alumni, the graduated trainees could sharpen their skills in pre-employment voluntary service.

籌募及資源拓展
Fund Raising and Resource Development

• 籌款及資源發展委員會於 2011 年 11 月成立，負責策劃、籌備及監控籌款及資源發展工作。

The Committee on Fund Raising and Resource Development was established in November 2011 to plan, organize and monitor fund raising and resource development measures.

• 本會一年一度的主要籌款活動「健康萬步數碼港 2011」順利於 2011 年 11 月舉行，共有 843 名參加者，並籌得獲破紀錄的港幣 83 萬元。

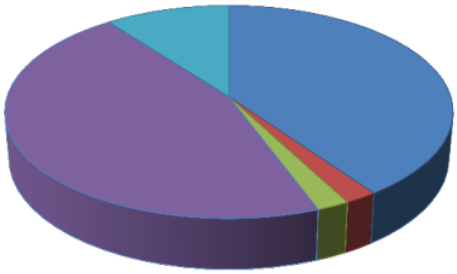
The Society's major annual fundraising event, CyberRun 2011, was successfully organized in November 2011. 843 runners and walkers participated in the event and $0.83 million was raised, a record since its initial launch in 2004.

• 2012 年 3 月舉辦之兩項籌款活動，包括拿索斯基金主辦的西崎崇子《春意情濃音樂會》及《桃姐》慈善電影特別場均座無虛席，共籌得超過港幣 100 萬元。

The "Love in Spring with Takako Nishizaki" charity concert, organized by the Naxos Foundation, and "A Simple Life" charity movie screening, were successfully held in March 2012. Both events had achieved stunning full house result and over $1 million donation was raised.

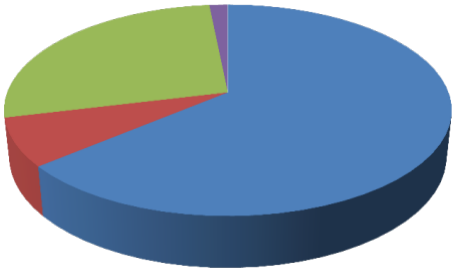
財務簡報
Financial Summary

綜合收入
Consolidated Income

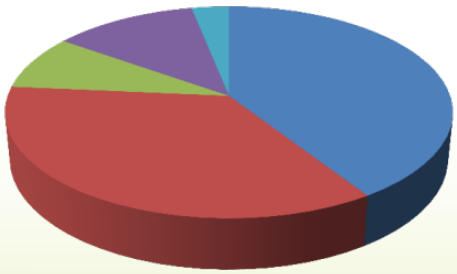


收入來源 Source of Income	港幣 HKD (以百萬計 in million)	%
政府撥款 Government grant & subvention	78	40
香港公益金撥款 Allocation from The Community Chest	4	2
香港賽馬會慈善信託基金撥款 Donation from The Hong Kong Jockey Club Charities Trust	4	2
銷售及其他收入 Sales and other income	88	46
其他捐款 Other donation	20	10
總計 Total	194	100

綜合支出
Consolidated Expenditure



支出性質 Type of Expense	港幣 HKD (以百萬計 in million)	%
薪津 Personal emolument	122	64
活動開支 Programme cost	14	7
其他營運開支 Other operating expense	52	27
折舊 Depreciation	3	2
總計 Total	191	100



服務類別 Type of Service	港幣 HKD (以百萬計 in million)	%
無障礙交通及旅遊 Accessible Transport & Travel	78	41
復康 Rehabilitation	68	36
社會企業 Social Enterprise	16	8
持續照顧 Long Term Care	23	12
總部 Headquarters	6	3
總計 Total	191	100