香港復康會
The Hong Kong Society for Rehabilitation

2013 - 2014
服務簡報 Service Highlight

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實現抱負・迎接挑戰
Realizing our Vision Meeting the Challenges

創新
鞏固競爭力

Innovation
enhancing our competitiveness

匯聚點滴靈感，孕育創新意念

Gathering inspirations and nurturing innovations

開發「蹤跡易系統」
Development of "e-Track System"

復康巴士獲政府資訊科技總監辦公室贊助，開發「蹤跡易系統」，利用雲端科技即時追蹤車輛資料，藉以提升乘客安全和運輸服務管理質素，可為業界提供參考。

With the funding support from the Office of the Government Chief Information Officer (OGCIO), Rehabus commenced to develop the "e-Track System", a cloud-based real-time vehicle tracking system, for enhancing passenger safety and management of accessible transport service, which could be a valuable reference in the field.

推行「種豐」復康計劃 - 非長者中風人士黃金復康服務
Launch of "Grow Richer Life: Golden Rehabilitation Service for Non-elderly Persons with Stroke" Project

近年香港中風患者有年輕化的趨勢，但專為非長者中風患者提供的復康服務極為不足。鄭德炎日間復康護理中心於2013年7月獲香港公益金贊助，開展為期兩年的創新服務「種豐」復康計劃，透過日間密集復康鍛鍊、家居復康及照顧技巧及家訪跟進等，提升患者的活動和自我照顧能力，減輕中風對他們日常生活的影響。

Stroke among non-elderly persons became prevalent in recent years, but rehabilitation services for them were insufficient. With the sponsorship from The Community Chest of Hong Kong, Cheng Tak Yim Day Rehabilitation and Care Centre (CTY) launched the innovative project named "Grow Richer Life: Golden Rehabilitation Service for Non-elderly Persons with Stroke" in July 2013. Through intensive day rehabilitation activities, care-giver education, home-based follow-up activities, etc, the project aims at strengthening the self-help ability of service users, minimizing negative impacts on their daily life.

開展「康程式」計劃 - 建立數碼自主健康學習及管理平台
Launch of "e2Care" Project - Building a Reliable Health e-Learning and Management Platform

社區復康網絡於2013年11月獲香港賽馬會慈善信託基金資助開展「康程式」計劃。計劃包括三個項目：資訊及通訊科技系統及基礎建設、設立「康程式」學習及支援中心和三年服務營運經費。「康程式」計劃於2014年1月開展，預計於2015年第一季度正式投入服務。本會期望「康程式」成為可信賴的數碼自主健康學習和管理平台，以「培育可持續達致健康的能力」為本，為服務使用者帶來專業的自我管理支援。為「康程式」的持續發展，「康程式」將與社區復康網絡服務進一步整合。

The Community Rehabilitation Network (CRN) launched the "e2Care" project in November 2013 with the funding support of the Hong Kong Jockey Club Charities Trust. The project consists of three elements: development of an ICT system and infrastructure: establishment of an "e2Care" Learning and Support Centre; and recurrent funding support for 3 years. It was kicked off in January 2014 and the service would be launched in the first quarter of 2015. We believe that "e2Care" will be established as a reliable health e-learning and management platform that brings users professional self-management support for their sustaining health enablement. In the long run, "e2Care" will be integrated into the CRN.

1

「種豐復康計劃」服務使用者進行復康運動訓練。

A service user of "Grow Richer Life: Golden Rehabilitation Service" undergoing rehabilitation exercise training.

2

「康程式」啓動禮。

The Kick-off Ceremony of the "e2care" Project.

進行「環保節能和優化工程」
Implementation of Energy Saving and Environmental Enhancement Projects

頤康院支持和響應環保，年內完成了兩項重要工程項目。2013年9月院內廚房更換了安全高效的電磁爐煮食廚具，節能省源。2013年12月完成太陽能熱泵改造工程，為院內更換熱水供應系統，有關工程是在本會『社會企業貸款計劃』下完成。

感謝萊蒙國際集團有限公司全額贊助更換頤康院主樓所有窗戶，總修繕面積約3,000平方米，金額市值約人民幣450萬元，有關工程於2013年12月底竣成，為院友帶來一個安全、舒適和煥然一新的院舍。

The Hong Kong Jockey Club Shenzhen Society for Rehabilitation Yee Hong Heights (YHH) completed two major green projects during the year. Energy-saving electro-magnetic cooking appliances were installed and used in the kitchen since September 2013. A solar heat pump system was installed for supply of hot water in December 2013. These installations were funded by the Social Enterprise Loan Scheme of the Society.

YHH was grateful to the generous contribution of the Top Spring International Holdings Ltd to sponsor the replacement of all windows of YHH main building. The project replaced an approximate window area of 3,000m2, estimated to cost RMB 4.5 million. The renovation has brought a safe, comfortable and brand new home for the elderly since its completion in December 2013.

運用資訊科技提升工作質素
Enhancement of Information and Communication Technology to Improve Quality of Work

本會繼續運用資訊科技提升工作質素和效能。年內其中一個項目是建立一個知識資本管理資料庫，供部門分享和保存具參考價值的資料。透過共同建立資料庫，有效鼓勵同事相互合作和提升協同效應，豐富本會的知識資產。本會亦運用多個雲端軟件，加強項目管理、資料分享和會議安排等，有效促進內部的溝通和協作。此外，引入「固定資產管理系統」，加強財務的管理。

The Society continued to employ information and communication technologies to enhance work quality, efficiency and effectiveness. During the year, one of the initiatives was the implementation of an intellectual capital management portal which allowed the sharing and archiving of valuable information and experiences among service units. Through the building of a data-base, the application effectively encouraged staff collaboration, attained synergy in work, built a useful knowledge pool and enriched the intellectual assets of the Society. Also during the year, various cloud applications were developed to further enhance internal communication and collaboration in project management, information sharing and meeting arrangement. The "Fixed Assets Management" module was also launched to help strengthen the Society's financial management.

1

頤康院在天台增設太陽能熱泵，改善院內的熱水供應。

A new solar heating system installed on the roof of YHH to improve hot water supply.

2

頤康院更換院舍窗戶，外貌煥然一新。

A refreshing facelift with new windows at YHH.

3

剛建成的知識資本管理資料庫供員工分享工作和參考資料。

The new ICM portal facilitates sharing of work and reference information among staff.

培訓
強化人力資產

Staff Enrichment
strengthening our human assets

發揮潛能，力爭上游，
成就未來事業

Developing staff potentials
for future succession

提供員工培訓，與時並進，不斷提升
Provision of Staff Development Training to Improve their Knowledge and Skills

本會鼓勵員工持續進修和培訓，提升相關知識和工作技能。年內，本會除了舉辦了一系列的內部培訓，並資助員工參與由其他機構舉辦的課程，合共超過350個培訓日。

本會因應不同的工作需要，資助員工參與或舉辦多元化的培訓。有關管理人員的培訓項目包括承傳計劃、策略計劃、項目管理等。有關前線同工的培訓包括復康治療技巧、護理技巧、駕駛技巧、安全與乘客服務等。有關文職同事方面的培訓有資訊科技系統和軟件應用培訓、接待及顧客服務等，其他培訓還有職業安全和健康、急救等。透過各類的培訓，不但有效提升員工的工作技能，也促進員工在工作上的合作，迎接工作的挑戰。

The Society encourages its staff to receive training for enhancing knowledge and working skills. During the year, a series of internal staff training programmes were conducted. Staff were also subsidized to attend outside training courses. A total of over 350 training days were offered.

A variety of training and development programmes was organized for staff to suit their different needs. Training programmes for managerial staff included succession planning, strategic planning, project management training, etc. Training courses for frontline staff included rehabilitation therapy skill, nursing skill, driving skill and safety, passenger service, etc. Training programmes for clerical staff included ICT system and application skills, reception and customer services, etc. Other trainings included occupational safety and health, first aid, etc. Through these training programmes, the Society not only effectively enhanced the skills of staff, but also strengthened staff communication and collaboration, to cope with future work challenges.

1

員工參與部門互訪活動。

Staff taking part in inter-departmental visits.

2

員工進行動機式晤談法培訓。

Staff in training on motivational interviewing.

充能
建立社會資本

Empowerment
building our social capitals

自強不息，挺拔不屈，
發揮力量貢獻社會

Building up resilience
and tenacity,
and contributing to the society

推行「八達通復康交通資助計劃」
Launch of "Octopus Rehabilitation Transportation Subsidy Scheme" (ORTSS)

易達轎車獲八達通卡有限公司資助，開展為期三年的「八達通復康交通資助計劃」，總資助金額為港幣500萬元，資助領取綜合社會保障援助之輪椅使用者，使用易達轎車服務，解決他們日常之出行需要，例如往返醫院覆診和參與社交活動，藉此鼓勵輪椅使用者融入社區，建立一個關愛共融的社會。計劃期內預計可為合資格的輪椅人士提供21,600程舒適便捷的無障礙交通服務。

With the generous sponsorship of HK$5 million from Octopus Cards Limited, Accessible Hire Car Service (AHC) launched the 3-year Octopus Rehabilitation Transportation Service Scheme (ORTSS) to subsidize wheelchair users receiving Comprehensive Social Security Assistance to use AHC service for meeting their transport needs, such as attending medical appointments or participating in social activities. The ORTSS will facilitate service users to better integrate into the community, thereby contributing to building an inclusive and caring society. The ORTSS is targeted to provide 21,600 comfortable and convenient passenger trips for the eligible users during the 3-year project period.

擔任運動盛事指定交通服務供應商
Appointment as the Official Transport Operator for Sports Event

易達旅運有限公司獲香港殘疾人士奧委會暨傷殘人士體育協會委任為2013年12月舉行的「IWAS輪椅劍擊格蘭披治賽2013 - 香港站」的指定交通服務營辦商。殘疾人士透過無障礙交通，能享受平等機會參與體育活動。

Easy-Access Transport Services Ltd (ETS) was appointed by The Hong Kong Paralympic Committee & Sports Association for the Physically Disabled as the official transport operator for the "IWAS Wheelchair Fencing Grand Prix 2013 – Hong Kong" , held in December 2013. The provision of accessible transport enabled persons with disabilities to enjoy equal opportunities in participating in sports activities.

1
八達通卡有限公司資助殘疾人士享用易達轎車服務。
Octopus Card Limited sponsored wheelchair users to use AHC services.

2
易達旅運有限公司為運動盛事參賽運動員提供無障礙交通服務。
ETS provided accessible transport services for athletes with disabilities in major sports events.

再獲委任推行「病人自強計劃」
Continuing Delivery of Patient Empowerment Programmes (PEP)

由醫院管理局委託推行的「病人自強計劃」，年內完成首階段的服務。透過實證研究，增強病人的參與動機及強化健康行為。在服務流程、內容及善用朋輩義工等方面精益求精，進一步提升病人在健康管理的信心及能力。服務持續得到病人及局方的高度認同和讚許。2014年4月社區復康網絡團隊繼續獲醫管局委託，為港島西、九龍西、新界東和新界西四個醫院聯網提供第二階段的服務，與醫管局攜手把「病人自強計劃」推上新台階。

The 1st phase of PEP commissioned by the Hospital Authority (HA) was completed during the year. Through evidence-based research, the service team developed new initiatives to enhance patients' motivation to change and sustain their healthy behaviors. Continuous improvement was made in the areas of service workflow, content and peer support to further enhance patients' confidence and ability in managing their health conditions. The programmes delivered by Community Rehabilitation Network (CRN) were highly appreciated by the patients and the HA. CRN had been successfully re-appointed by the HA on 1 April 2014 to operate the 2nd phase of PEP for hospital clusters of Hong Kong West, Kowloon West, New Territories East and New Territories West. We would work hand in hand with HA to bring PEP to a new height.

建立「照顧者互助俱樂部」和「SMARTCare關懷網」
Establishment of "Carers' Mutual Support Club" and "SMARTCare Network"

社區復康網絡的「齊“喜”動照顧者支援計劃」進入第三年的發展，計劃是由勞工及福利局社區投資共享基金贊助，目的是透過醫護界、居民組織、宗教團體及學校的合作，建立互助平台，持續支援長期病患照顧者，讓他們獲得正面轉化，將照顧患者的工作變為樂事。於2013年12月，成立了「照顧者互助俱樂部」和「SMARTCare關懷網」，已有200多位照顧者加入「俱樂部」和接近20個社區組織加入「關懷網」。展望未來，我們會繼續推動照顧者關心自己、促進彼此間的互助，並動員更多持份者關懷和支持照顧者。

CRN proceeded to the 3rd year development of the "SMARTCare" Project. The project was funded by Community Investment and Inclusion Fund of the Labour & Welfare Bureau. With the joint effort of medical and health sectors, local residents' associations, religious groups and schools, a mutual-help platform was established to support the carers of persons with chronic illnesses to effectively and happily perform their care-giving role and attain personal transformation in the process. In December 2013, the "Carers' Mutual Support Club" and "SMARTCare Network" were successfully formed. Over 200 carers joined the "Club" and nearly 20 community groups joined the "Network" . In the future, CRN would continue to encourage self-care and mutual support, and also mobilize caring and support from the stakeholders for the carers.

3

4

5

3

「病人自強計劃」義工在嘉許日一起參觀有機農場並自製竹筷子，樂趣無窮。

Volunteers of PEP visited an organic farm and enjoyed the DIY bamboo chopsticks activity on Volunteer Appreciation Day.

4

社區復康網絡邀請醫院管理局總裁梁柏賢醫生參觀九龍西病人自強計劃服務。

CRN invited Dr Leung Pak-yin, Chief Executive of HA, to visit the services of the PEP (Kowloon West Cluster).

5

「齊”喜”動長期患者照顧者支援計劃」之照顧者互助俱樂部暨關懷網成立慶典。

The Inauguration Ceremony of the "Carers' Mutual Support Club" and "SMARTCare Network".

1

舉辦慢性疾病自我管理課程組長訓練
Organization of Leaders' Training on Chronic Disease Self-Management Programme (CDSMP)

年內，自我管理培訓及發展中心主辦了慢病自我管理課程導師暨組長培訓工作坊，參加者來自本港和內地的社會服務機構。中心也為多間機構舉辦不同的工作坊和培訓，包括於本港和澳門舉行史丹福2012年版慢性疾病自我管理課程更新工作坊；應醫院管理局專職醫療深造學院邀請，為醫院管理局專職醫療職系同工舉行自我管理和Flinders Program™ #1培訓工作坊；為循道衛理楊震社會服務處的工作員和義工提供慢病自我管理課程組長訓練等。

During the year, Self-Management Training and Development Centre (SMTDC) conducted a Master Trainers cum Leaders Training Workshop for participants from social service organizations in Hong Kong and Mainland China. SMTDC had also been invited to deliver different kinds of workshops and trainings, including workshops on Chronic Disease Self-Management Programme (CDSMP) 2012 (updated version) in Hong Kong and Macau; workshops on CDSMP and Flinders Program™ #1 for the Institute of Advanced Allied Health Studies (IAAHS) of HA; and CDSMP Leaders' Training Workshops for Yang Memorial Methodist Social Services.

擴展國內復康培訓
Enhancement of Rehabilitation Training in Mainland China

自我管理培訓及發展中心再次應中國疾病預防控制中心慢性非傳染性疾病預防控制中心的邀請，於2013年5月和6月分別在廣西和深圳進行兩次的組長培訓班。參加者來自全國三十一個省份的慢病服務中心；主辦的疾控中心希望藉此次培訓加強參加者在慢病管理方面的知識，並能在國內全面展開慢病的防治工作，這顯示中國對控制慢病的政策制定和服務的關注，並再次肯定自我管理為病人教育長遠發展的方向。

SMTDC had been invited by The National Centre for Chronic and Non-communicable Disease Control and Prevention (NCNCD) to deliver two leaders' training workshops at Guangxi and Shenzhen in May and June 2013 respectively. Participants came from the service centres of 31 provinces in Mainland China. The training workshops aimed at equipping participants with knowledge and skill to deliver services for persons with chronic illnesses on disease prevention and rehabilitation. The training had demonstrated the awareness of the Mainland Government on policy making and services on chronic care, recognizing the adoption of self-management approach for patient health education in future.

#1 Flinders Program™培訓和工作坊是慢病自我管理方式和培訓，在澳洲Flinders University註冊，本會的培訓人員是香港唯一擁有認可的培訓導師資格。
Flinders Program™ training and workshops are chronic disease self-management model and training licensed by the Flinders University, Australia. Our trainers are the only certified trainers in Hong Kong.
http://www.flinders.edu.au/medicine/sites/fhbhru/self-management.cfm

1
導師和組長參與自我管理培訓及發展中心舉行的慢病自我管理課程培訓工作培。
Master Trainers cum Leaders attending a Chronic Disease Self-Management Training Workshop organized by SMTDC.

年內，國際及中國部在國內推行的培訓項目包括「為農村殘疾兒童服務—施教者項目」、「遊戲與康復」和「醫院康復能力建設培訓項目」。培訓點在河北南皮、湖南吉首、安徽金寨、寧夏銀川、山西呂樑、陝西西安、貴州貴陽、青海西寧和江西贛州。培訓方法除了面授課程和臨床指導外，也要求學員進行個案跟蹤和分析，並安排優秀學員赴其他單位進行講課、考察和評估，提升教學和分析能力。培訓對象由以往集中在醫療康復人員擴展至社區復康協調員，把康復理念和技巧從機構層面延伸至社區。

2008年汶川地震後，國際及中國部積極參與災後復康工作。為配合本土化和可持續發展的方針，「四川揚康殘疾人康復技術培訓指導中心」在本會的大力推動和支持下，於2013年5月正式註冊為民辦非企業單位。服務對象由地震傷患者擴展至當地殘疾人士和慢性病患者，並在省內各地開展相關工作，服務包括構建社會網路、公眾教育、互助小組、專業康復治療和社工服務等。

During the year, the training projects delivered by the International & China Division (INT-CN) included "Training of Trainers - for Children with Disability in Rural Areas" ; "Play and Rehabilitation" and "Strengthening Hospital-based Rehabilitation in Three Less-Resource Provinces" . These were held at Nanpi in Hebei Province, Jishou in Hunan Province, Jinzhai in Anhui Province, Yinchuan in Ningxia Region, Lvliang in Shanxi Province, Xian in Shanxi Province, Guiyang in Guizhou Province, Xining in Qinghai Province and Ganzhou in Jiangxi Province. Apart from face-to-face programmes and clinical supervision, trainees were required to conduct case follow ups and analysis. Selected outstanding trainees had been arranged to conduct teaching, observation and case assessment in other work units, in order to enhance their teaching and analytical skills. In addition to medical and rehabilitation personnel, training targets were extended to community rehabilitation coordinators so that rehabilitation knowledge and skills could be extended from organizations to the communities.

INT-CN proactively participated in the post disaster rehabilitation services after the Wenchuan earthquake of 2008. With the tremendous support from the Society, the "Sichuan Yang Kang Rehabilitation Training Centre" (SYKRTC) was formally registered as a Civilian-run Non-Profit Unit in May 2013 to provide localized and sustainable services. The service targets extended from earthquake victims to persons with disabilities and chronic illnesses in the local communities. The services, which included network building, public education, mutual help groups, professional rehabilitation and social work services, etc. were also extended to different areas in the province.

2

自我管理培訓及發展中心應中國疾病預防控制中心慢性非傳染性疾病預防控制中心邀請，舉行組長培訓班。

Leaders Training Workshop organized in Mainland China by SMTDC, at the invitation of the National Centre for Chronic and Non-Communicable Disease Control and Prevention.

3

職業治療師教導國內的學員如何進行復康訓練。

Occupational therapist conducted training for rehabilitation personnel in Mainland China.

4

國內護理人員學習餵食技巧。

Baby feeding skills training for the child care workers in Mainland China.

年內，國際及中國部也透過出版教材傳授復康技巧，包括由香港滙豐銀行慈善基金贊助的「一起快樂地遊戲—殘疾兒童康復與遊戲項目搜集本」、由香港紅十字會贊助的「早期活動—走向康復」、「作業治療出院計劃必備工具箱」和「互助小組組織手冊暨四川北川雙愛小組成長之路」、以及由周大福慈善基金贊助的「腦癱康復成長發展與移動功能」。

During the year, INT-CN published a series of educational materials on rehabilitation skills, including "Let's Play Together – Rehabilitation Games for Children with Disabilities" sponsored by the Hongkong Bank Foundation; "Early Mobility" ,"Occupational Therapy Discharge Tool Kit" and "Organization Manual for Mutual Help Groups" funded by the Hong Kong Red Cross; and the "Development and Mobility for Cerebral Palsy" sponsored by the Chow Tai Fook Charity Foundation.

動員各界人士參與義務工作坊
Mobilization of Volunteers from All Walks of Life

義工是本會重要的人力資產，也是社會寶貴的資本。年內，義務專業人士的參與高達950人次。除了一直支持義務工作的醫護人員外，社區復康網絡亦引進了傳媒及法律界人員的參與，並動員了不同團體，包括瑞銀集團、屈臣氏集團、香港鐵路有限公司、嶺南大學服務研習處、理工大學設計學院、香港知專設計學院、以及多個地區居民組織和教會團體等，合力推行多元化的服務。服務使用者參與的義工服務包括接待和郵遞工作、關懷慰問病人和家屬服務、醫院宣傳及小組內朋輩經驗分享等。我們深信，施與受是共存的，在每次助人的歷程中，義工們也在學習及成長中。

Volunteers are the Society's important manpower resources and valuable social capitals. During the year, professional volunteers were engaged in voluntary services 950 times. Apart from medical professionals who were our unfailing supporters, CRN engaged experts from mass media and legal sectors in our voluntary services. CRN also mobilized different corporations and organizations including UBS, A.S. Watsons Group, MTR Corporation Limited (MTR), Office of Service-Learning of Lingnan University, School of Design of Hong Kong Polytechnic University, Hong Kong Design Institute, and various district residents and church organizations etc. to partner with us in offering various services. Our service users also volunteered to provide support in reception and mailing services for CRN centres, caring and support for patients and their families, service promotion at hospitals, and peer support and sharing at group activities. It is our firm belief that volunteers could learn and grow from serving, and they could also gain from the act of giving.

1
治療師在四川彭州指導殘疾人士。
A therapist teaching rehabilitation skill to persons with disabilities in Penzhou, Sichuan.

2
國際及中國部出版多類型的教材以傳授復康技巧。
Various books on rehabilitation knowledge and skills published by INT-CN to transfer know-how.

3
在「思、動、獻」健康同樂日，長期病人義工向社區人士推廣健康訊息。
Chronic disease volunteers promoting health awareness exercises at the "Think - Act - Contribute" Fun Day.

組成「職業復康及再培訓中心畢業同學義工隊」

Formation of Vocational Rehabilitation & Retraining Centre Alumni Volunteer Teams

除了成立畢業同學會以倡導殘疾人士就業外，職業復康及再培訓中心將畢業同學組成多個義工隊，讓他們可運用所學的知識及技能，為社區提供義工服務，當中包括攝影義工隊、排版義工隊、接待義工隊及課室義工隊。我們亦鼓勵電話銷售課程畢業同學加入社區復康網絡各中心之電話關懷義工服務。

Apart from the set up of an Alumni Association for advocacy of employment for persons with disabilities, the Vocational Rehabilitation & Retraining Centre (VRRC) also formed a number of volunteer teams among the graduates from the Centre and encouraged them to practise their learned skills through participation in different voluntary activities in the community. The volunteer teams delivered voluntary services on photography, typesetting, reception and classroom coordination. VRRC also encouraged the graduates of the tele-sales class to provide caring and support service by phone contacts for CRN.

開拓社企、創造就業機會

Development of Social Enterprises to Create Employment Opportunities

獲民政事務總署的「伙伴倡自強」社區協作計劃的資助，本會首創於油塘大型商場 - 大本型開設新社企「營康薈」，於2013年8月正式開業。業務旨在為該區居民提供有機和健康食品和產品，同時為長期病患者和低收入人士開拓就業機會。業務廣受市民歡迎，並成功推廣「營得起、營得更美！」的健康生活概念。

Live Smart, a new social enterprise of the Society funded by the "Enhancing Self-Reliance through District Partnership Programme" of the Home Affairs Department, was opened in August 2013 in a large scale shopping mall - Domain in Yau Tong. The business is dedicated to providing organic and health food and products to the local community and, at the same time, increasing employment opportunities for persons with chronic illnesses or low income. The business was welcomed by the public and successfully promoted the healthy living concept of "Live Smart, Live Sharp!".

位於東區尤德夫人那打素醫院的鮮果禮品店和位於本會藍田綜合中心的華康復康用品直銷中心，業績上揚，將會繼續為殘疾人士提供就業機會，並增加業務培訓內容，以持續提升服務質素，迎合顧客不同需要。

面對高昂的營運成本、同業的激烈競爭、社會經濟不穩等因素，華康禮品店於2014年3月31日結業。於過去5年的營運，禮品店成功為120多名殘疾人士提供培訓和就業機會。衷心感謝各界人士的鼎力支持。華康會繼續透過營運其他社企業務，達成促進殘疾人士就業的宗旨。

Both the Wah Hong Fruit and Gift Shop at Pamela Youde Nethersole Eastern Hospital and the Wah Hong Rehab Products Direct Sales Centre at HKSR Lam Tin Complex achieved strong growth in sales during the year. The businesses continued to provide employment opportunities for persons with disabilities and, through enlarging the scope of training, the service quality was improved continuously, meeting the customers' different needs.

The Wah Hong Gift Shop had to be closed on 31 March 2014, due to high operating costs, keen competition and general unstable economic situation. Nevertheless, the business had successfully provided training and job opportunities to over 120 persons with disabilities over the last 5 years. The Society would like to express its heartfelt gratitude for the staunch support given to the Gift Shop. Wah Hong would continue to realize the objective of promoting supported employment of persons with disabilities through the operation of other social enterprises.

4

職業復康及再培訓中心的義工正在進行接待員實習。

A VRRC volunteer undergoing Reception work practice.

5

位於油塘大本型商場的新社企「營康薈」，專門售賣健康食品和產品，並提倡支援就業。

Live Smart health products store at Domain, Yau Tong, the Society's new social enterprise aimed at selling health food and products and promoting supported employment.

全人照顧
豐盛人生

Holistic Caring
enriching life

提供多元化服務，關顧全人需要

Providing diversified services,
taking care of every need

指導、治癒、 健康
Coaching - Healing – Wellbeing

適健中心一向以全人照顧理念提供多元化服務，包括復康治療、適健運動和心理輔導。我們相信服務使用者才是自己健康狀況的專家。因此，適健中心於年內以「健康教練」的概念，以指導、治癒和健康為主題，新增多項健康運動項目，更能針對服務使用者的健康需要而提供服務。

The Centre on Health & Wellness (CHW) adopted a holistic care approach to deliver its services on rehabilitation, healthy exercises and psychological counseling. Service users would be the best persons to know about their own health conditions. Therefore CHW adopted the concept of "Health Coaching" and introduced new health exercises on themes of "Coaching", "Healing" and "Wellbeing", which effectively addressed the health needs of service users.

推行「長者社區照顧服務券試驗計劃」
Launch of "The Pilot Scheme on Community Care Service Voucher for the Elderly"

鄭德炎日間復康護理中心成功獲社會福利署委任為第一階段「長者社區照顧服務券試驗計劃」的認可服務提供者之一。按「安老服務統一評估機制」被評估為身體機能中度缺損並正在輪候「資助長期護理服務」的長者，在輪候服務期間可得到適切的社區照顧，享用日間護理和家居護理服務。

Cheng Tak Yim Day Rehabilitation & Care Centre (CTY) had successfully been appointed by the Social Welfare Department as one of the recognized service providers of the first phase of "Pilot Scheme on Community Care Service Voucher for the Elderly" . Elderly persons who had been assessed with moderate impairment under the "Standardized Care Need Assessment Mechanism for Elderly Services" and were queuing for subsidized community care and/or residential care services would be eligible to receive the community day care and home care services from the Centre.

1

適健中心以「健體教練」的概念指導服務使用者進行健體運動。

CHW adopted "Health Coaching" approach to teach fitness exercise.

2

適健中心於開放日向公眾提供健體資訊。

Promoting health and fitness awareness to the visiting public on the Open Day of CHW.

3

「長者社區照顧服務券試驗計劃」的服務使用者參與烹飪小組活動，提升起居自我照顧能力。

Service users of the "Pilot Scheme on Community Care Service Voucher for the Elderly" engaging in cooking activities aiming at enhancing their self-care ability in daily living.

4

參與「長者社區照顧服務券試驗計劃」的服務使用者進行復康體能訓練。

A service user of the "Pilot Scheme on Community Care Service Voucher for the Elderly" undergoing physical rehabilitation training.

1

2

增設服務使用者就業前心理支援服務

Provision of Pre-employment Psychological Support Training for Service Users

職業復康及再培訓中心關注服務使用者的心理質素和情緒管理的能力。年內，中心開展並舉行了兩次情緒管理小組課程，運用行為認知治療理論和正向心理學，為服務使用者進行求職前輔導和準備，迎接未來工作的挑戰。

To improve the mental and emotional readiness of service users in the job market, Vocational Rehabilitation and Retraining Centre (VRRC) launched two psycho-social programmes, using theories on cognitive behavioral therapy and positive psychology, to help prepare and equip service users with the skill on pursuing jobs and to enhance their capability to face future work challenges.

舉行「生命論壇及生命重塑營」

Organization of "Life Forum" and "Life Reconstruction Camp"

社區復康網絡分別於2013年10月和11月舉辦了兩場生命論壇，首場名為「走出死而有憾的陰霾」，邀請了潘宗光教授、周燕雯博士和司徒永富博士，從不同的角度探討面對和處理遺憾的態度和方法。而第二場由中原集團創辦人施永青先生和本會總裁伍杏修先生進行名為「生命投資有價」的對談，此外，舉辦了兩次名為「回到心靈的家」沙維雅生命重塑營，讓長期病患者透過家庭雕塑和認識個人冰山等活動，重新探索自我、發掘內在資源、認識原生家庭對個人的影響、學習重新擁抱生命，回到心靈安靜與和諧的家。

Community Rehabilitation Network (CRN) organized two sessions of "Life Forum" in October and November 2013. In the first session, Prof. Poon Chung-kwong, Dr. Chow Yin-man Amy, and Dr. Szeto Wing-fu Ricky shared their attitude and strategies in coping with regrets in life. In the second session, Mr. Shih Wing-ching, the Chairman of Centaline Group, had a dialogue with Mr. Ng Hang-sau, our Chief Executive Officer, on their perception of meaningful investment in life. In addition, two camps on "Life Reconstruction" using the Satir model were organized. Through experiential activities, participants were facilitated to discover their inner resources, to explore the impact of their family of origin on their coping and person growth, as well as to search for inner peace and harmony.

1

職業復康及再培訓中心舉行搵工星期五活動，讓學員認識不同類型的工作環境和工作要求。

VRRC organized visiting tours for trainees on Fridays to understand different work environment and job requirements.

2

社區復康網絡舉行「生命論壇」，司徒永富博士、潘宗光教授和周燕雯博士分享積極人生的生活態度。

Dr Ricky Szeto, Prof C K Poon and Dr Amy Chow shared on positive attitude in the "Life Forum" organized by CRN.

3

4

推廣認知障礙症生活模式，革新長者護理文化

Promotion of Dementia Lifestyle and Care Programmes and Change of the Culture of Care (CCC) on Elderly Services

曾肇添護老院突破一般院舍生活沉悶、刻板、規律化的服務模式，鼓勵院友和家屬按院友的健康需要和意願，共同參與設計個人化的起居和照顧計劃。

成立了護理文化革新小組，由護士、社工、職業治療師和前線照顧員參與。透過工作交流，深入了解長者，尤其患有認知障礙症長者的生活模式和特性。自兩年前開設了「頤樂日間優化服務」，每週為院友和利國偉日間復康護理中心的服務使用者提供三天半的生活模式練習，以不同小組活動，包括懷舊音樂治療、養生健體氣功、活腦訓練、多元化生活模式等。服務有效地減輕院友在住院時感到生活孤單、無助或沉悶，有助舒緩院友的孤單和對群體生活的困擾，減輕院友因記憶力或身體機能衰退而產生的恐懼。這計劃不但有助增加院友的自我照顧能力，也提升照顧員在照顧院友工作上的能力。

Differing from the routine and boring service model of traditional elderly homes, Tsang Shiu Tim Home for the Elderly (TST) had a breakthrough that encouraged residents and their family members to participate in the design of living and care plans to suit the individual resident's health condition and preferences. A working group named "Change of the Culture of Care" (CCC) consisting of nurses, social workers, occupational therapists and frontline staff was formed. Through sharing and exchanges, staff's understanding of the needs of the residents, especially the way of living and characteristics of those residents with dementia, was increased. TST launched the "Eden Day Enhancement Care Service" two years ago, delivered three and a half days per week for the TST residents and Lee Quo Wei Day Rehabilitation & Care Centre (LQW) service users. The service included group activities on classical musical therapy, healthy qigong exercise, mental training and diversified living style, etc. The service effectively eliminated residents' feeling of loneliness, helplessness, their resistance to group activities and fear caused by memory or physical deterioration, and reduced the boredom in the living in elderly home. The change not only helped improve the residents' self-care capability, but more importantly, it also enhanced the skill of frontline staff on serving the residents.

3&4

曾肇添護老院為院友提供悉心全面的起居生活照顧和復康護理服務。

TST provided holistic services for residents to take care of their needs in daily living and rehabilitation.

增設椅子舞運動
Introduction of Chair Dance Exercises

利國偉日間復康護理中心增設「椅子舞」#2小組活動，讓坐在椅子上的長者跟隨懷舊和輕快的音樂節奏手足舞動，從而增加身體的運動。這種舞動既安全又有互動性，適合大部份不良於行的長者，減輕他們長期坐在輪椅上帶來的不適，近年在院舍廣泛推廣。

LQW introduced the Chair Dance Exercise Programme#2 to motivate residents to dance on their chairs by following the rhythm of classic and light music, thereby exercising their bodies. Chair Dance was a safe and interactive exercise that could relieve the discomfort of the elderly persons, many of whom were confined to their wheelchairs with mobility difficulties. This exercise had been widely promoted in elderly homes in recent years.

組成正能量中風小組
Formation of Positive Stroke Group

利國偉日間復康護理中心由職業治療師協助下，組成了「正能量中風小組」，為中風患者籌劃融入社區的活動，增強他們應付日常生活的信心和突破身體的限制。透過互相探訪，重新掌握使用公共交通工具和設施，讓他們融入社區和建立自信心。此外，透過小組活動，鼓勵言語障礙患者多溝通和參與活動。成立同路人小組，讓組員發揮自助互助精神，互相鼓勵，克服身心障礙。

With the assistance of the occupational therapist, LQW formed a "Positive Stroke Group" and organized various community activities for the service users in order to strengthen their confidence and surmount their physical barriers in daily living. Through mutual visits using public transport and facilities, they could adapt to normal social life and enhance self-confidence. Service users with speech impairments were encouraged to actively participate in group activities for more communication. Peer groups were formed to foster self-help and mutual help among service users, enhancing their capability on overcoming their physical and psychological barriers.

#2 椅子舞是由本港社會企業「尊賢會」先導推動。
Promotion of Chair Dance on the local elderly services was pioneered by "Jade Club", a social enterprise in Hong Kong.

1
曾肇添護老院院友進行完椅子舞後大合照。
A happy group photograph taken after the Chair Dance Exercise Programme for TST residents.

2
利國偉日間復康護理中心安排正能量中風小組組員乘搭小輪，增強信心，克服行動障礙。
Members of the "Positive Stroke Group" experiencing travelling on a ferry to gain confidence in overcoming mobility difficulties.

社區關懷
Caring from the Community

曾肇添護老院年內舉行了共超過230次興趣、康樂和節日慶祝的活動及小組，並邀請小朋友和學生作為義工，讓院友仿如與兒孫共樂的感覺。此外，亦定期安排狗醫生探訪，讓喜愛狗隻的院友與狗玩樂而舒解緊張情緒。同時成立了家人義工隊，協助籌辦各項活動，增進院友與家人的和諧感情。

TST organized over 230 recreational and festive and group activities during the year and invited children and students to join as volunteers, giving residents the feeling as if they were getting together with their children and grandchildren. TST also arranged visits by Doctor Dogs volunteer group regularly for dog-loving residents to have a relaxing time with the dogs. TST also formed a family member volunteer team and team members had been involving in activity organization to maintain a harmony relationship among residents and their families.

頤康院成為香港政府買位計劃之院舍
Purchase of Residential Care Places from Yee Hong Heights by the HKSAR Government

行政長官在2014年《施政報告》公佈政府會向頤康院購買安老院舍宿位，讓正在中央輪候冊上輪候入住資助安老宿位的長者可自願選擇入住頤康院，預計首年可接受30至50位申請者入住。透過買位計劃入住的長者，不需支付住院費、以及醫療及復康服務和院車接載回香港北區醫院或診所覆診的交通費用。

In the 2014 Policy Address, the Chief Executive announced that the Government would purchase residential care places from Yee Hong Heights (YHH) in a pilot scheme to enhance long-term care services for the elderly. Elderly persons on the Central Waiting List for subsidized residential care places could choose to live in YHH and 30 to 50 elders would be expected to be admitted in the first year. All fees for accommodation, medical and rehabilitation services, and transportation for follow-up consultations in North District Hospital or clinics would be covered.

3

4

5

6

7

3

學生到訪曾肇添護老院，並向院友報佳音。

Christmas caroling for TST residents by students visiting the Home.

4

曾肇添護老院院友外出觀賞聖誕燈飾。

TST residents taken on an outing to watch Christmas lighting decorations.

5-7

香港政府向頤康院購買安老院宿位，為長者提供舒適跨境養老的好選擇。

The HKSAR Government would purchase residential care places from Yee Hong Heights, offering a good choice for a comfortable cross-border living for the elderly.

關懷國內貧困殘疾孩子
Caring for Children with Disabilities in Poverty in Mainland China

國際及中國部關注國內農村貧困殘疾孩子的復康需要，為他們提供輔助器材及生活用具。年內提供了約30宗資助，包括輪椅、坐姿矯正椅、助行架、便椅、站立架、腳托、溝通板、口肌和語言訓練物資等。

The International & China Division (INT-CN) cared for the rehabilitation needs of children with disabilities living in less resourced villages in Mainland China. Assistive devices and daily tools were provided for 30 children with disabilities in the year, including wheelchairs, special seats, walking aids, commodes, standing frames, feet support, communication boards and oral training tools, etc.

為雅安地震傷員提供復康服務
Rehabilitation Services for Victims of Ya'an Earthquake

2013年4月20日四川雅安地震後，國際及中國部迅速加入災後復康工作，採用協作介入模式，與其他救災機構建立緊密聯繫，進行雙向轉介機制，利用各機構的專長，讓受助群眾得到最適切的服務。主要的服務包括為複雜受傷個案提供醫療和復康治療的專業意見、後續手術轉介和支援、為地震受傷兒童提供復康治療和社工介入服務。

INT-CN responded promptly after the 420 Ya'an earthquake in 2013 and adopted the collaborating intervention strategy of establishing an inter-referral mechanism with other organizations for utilizing the specialty of different organizations to best serve the victims. The core services included medial and rehabilitation advices for victims with complicated injuries; referral of second surgeries and follow-ups; and rehabilitation and social work services for injured children.

1

治療師在國內的康復中心指導家長和工作人員。

Therapists would teach parents and workers of rehabilitation centres in Mainland China about caring for children with disabilities.

2

治療師家訪國內的殘疾兒童，並指導家長進行訓練。

Therapists would pay home visits to children with disabilities in Mainland China and teach parents how to help their children.

3

義肢及矯形師為國內的殘疾孩子度身設計、製造和訓練如何使用義肢及矯形器具。

Prosthetists and orthotists would design, fit and train the use of prosthesis /orthosis for children in Mainland China.

暢達
建設無障城市

Accessibility
building a barrier-free city

舖設平坦大道，投入共融社會

Paving the access for
an inclusive society

1

無障礙網站獲獎
Awards for Our Accessible Websites

本會的「香港無障礙旅遊指南」網站www.accessguide.hk和「慢性病自學平台」網站www.cde.hk在政府資訊科技總監辦公室與平等機會委員會合辦的「無障礙網頁嘉許計劃」中分別獲得金獎和銀獎，「香港無障礙旅遊指南」更獲得網上投票「最喜愛網站」第二名，為本港居民和旅客提供許多實用的本地無障礙交通、旅遊和設施的資訊。慢性病自學平台推動慢性病患者透過網上學習，提升自我管理健康的能力。

Our websites of "Access Guide" www.accessguide.hk and "Learning Management System (LMS)" www.cde.hk won the Gold Award and Silver Award respectively in the "Web Accessibility Recognition Scheme" co-organized by the Office of the Government Chief Information Officer (OGCIO) and the Equal Opportunities Commission (EOC). The "Access Guide" website was also the 1st runner-up of the on-line voting for the "Most Favourite Websites". "Access Guide" provided a lot of information on accessible transport, travel and facilities while "LMS" promoted self management of health for persons with chronic health problems via e-learning.

2

「無障礙城市定向2013」
City Barrier Free Orienteering 2013

第八屆「無障礙城市定向 - 香港」在2013年11月3日圓滿舉行。是屆活動主題為「挑戰障礙．共創關懷都市」。活動獲平等機會委員會、勞工及福利局、九龍金域扶輪社、屈臣氏集團和其他機構的慷慨資助。共有24個病人互助組織協辦，參與人數再度打破往年記錄，動員了超過300位殘疾人士和長期病患者，擔任隊員、中途站及大會工作人員，並有276位社區人士參與，合共組成92個隊伍。勞工及福利局常任秘書長譚贛蘭女士和立法會福利事務委員會主席陳婉嫻議員擔任主禮嘉賓，並親身參與體驗和分享環節，多位立法會議員也出席支持。從隊伍完成旅程後的分享，喜見活動確能令參加者親身體會殘疾人士和長期病患者在社區生活上的重重障礙，認同建設無障礙城市的重要性；參加者也表達對病患者珍惜生命、積極克服困難的人生態度、與病同行的生活智慧、推廣病人自助組織的力量等，感到十分敬佩。

The "8th City Barrier Free Orienteering - Hong Kong" was successfully held on 3 November 2013 with the theme of "Challenge the Barriers, Cultivate a Sense of Inclusiveness". The event was generously funded and supported by the EOC, Labour and Welfare Bureau, Rotary Club of Kowloon Golden Mile, A.S. Watson Group and various corporations. In collaboration with 24 patient self-help groups, we had a record breaking number of participants. Over 300 persons with disabilities and chronic illnesses were mobilized to join as participants or volunteers at check-point stations and there were 276 participants from the community, forming a total of 92 teams. Miss Tam Kam-lan Annie, Permanent Secretary for Labour and Welfare, and The Hon. Chan Yuen-han, Chairperson of Panel on Welfare Services of Legislative Council, officiated at the ceremony and participated in the orienteering trip and sharing session afterwards. Some legislative councillors also came to show their support. Taking part in the orienteering trip, participants well experienced the difficulties encountered by persons with disabilities and chronic illnesses in their daily livings, recognizing the importance of building an accessible city for all. Participants also expressed their appreciation to persons with disabilities for their positive attitude towards life, their strength and resilience in coping with the challenges brought about by their disabilities as well as their collective efforts in promoting mutual help.

1

「香港無障礙旅遊指南」網頁獲無障礙網頁嘉許計劃「金獎」和「網上投票最喜愛網站第二名」

"Access Guide" website was awarded the "Gold Award' and "The 1st runner up of the on-line voting for the Most Favourite Websites"

同月，國際及中國部亦在四川省都江堰舉辦了第三屆「無障礙城市定向2013 — 中國」。參加者共分為10組，由殘疾人士、慢病人士、社區人士和青少年組成，每小組完成一個主題和一個中途站的任務。在過程中讓殘疾人士走出家門，也讓大眾體驗無障礙的設施，冀盼社會大眾關注殘疾群體。

The 3rd City Barrier Free Orienteering – Mainland China was also held in Dujiangyang, Sichuan, in the same month. Participants were divided into 10 teams, each comprised of persons with disabilities and chronic illnesses, persons from the community as well as young persons, who were required to complete a themed work and some specific tasks at a check-point station. The event allowed persons with disabilities to step out from home and also let the public experience accessible facilities in the community so as to arouse social concerns on the needs of persons with disabilities.

倡議無障礙設施發展
Advocacy for Development of Accessible Facilities

研究及倡議中心參與香港復康聯會/香港社會服務聯會肢體傷殘人士服務網絡、運輸署殘疾人士使用公共交通工具工作小組等平台，關注無障礙設施發展，包括與其他殘疾人士視察啟德郵輪碼頭的無障礙設施並提出意見。

The Centre on Research and Advocacy (CRA) had participated in various platforms to raise concerns on the development of accessible environment. These included the Network on Services for Persons with Physical Handicap of The Hong Kong Joint Council for People with Disabilities/ Hong Kong Council of Social Service, and the Working Group on Access to Public Transport by Persons with Disabilities of the Transport Department. CRA also visited the accessible facilities at the Kai Tak Cruise Terminal with other persons with disabilities, and provided comments.

2

3

4

2

「無障礙城市定向2013」的參加者體驗無障礙之旅和殘疾人士的生活障礙，隊員積極發揮合作精神。

Participants in the "City Barrier Free Orienteering 2013" experienced accessible tours and physical difficulties of persons with disabilities in daily living. Team spirit was fostered during the activities.

3

國際及中國部在四川舉行無障礙城市定向活動。

INT-CN organized City Barrier Free Orienteering in Sichuan, China.

4

研究及倡議中心聯同殘疾人士一起參觀啟德郵輪碼頭的無障礙設施。

Persons with disabilities visiting the accessible facilities of the Kai Tak Cruise Terminal, organized by CRA.

協作
聯繫合作伙伴

Collaboration
forging community partnership

全賴有您，
讓我們生生不息，持續發展

Appreciating YOUR support
for our sustainable development

與港鐵合作，為輪椅使用者提供特別交通服務

Provision of Special Services for Passengers on Wheelchairs in Collaboration with MTR

易達轎車由2014年1月起獲港鐵委任，為輪椅乘客提供交通接駁服務，往返維修升降機中的港鐵站及其鄰近的港鐵站。年內旺角站維修期間，易達轎車將接載輪椅使用者由旺角站往返油麻地站、太子站、深水埗站、石硤尾站及佐敦站。

From January 2014, Accessible Hire Car Service (AHC) had been commissioned by MTR to provide transfer Accessible Hire Car Service for MTR passengers on wheelchairs to and from stations under lift renovation and nearby stations. During the year, AHC provided the service for passengers between Mong Kok Station and Prince Edward Station, Yau Ma Tei Station, Shum Shui Po Station, Shek Kip Mei Station and Jordan Station.

與香港病人組織聯盟有限公司緊密合作

Close Collaboration with the Hong Kong Alliance of Patients' Organizations Limited

本會與香港病人組織聯盟有限公司一直緊密合作，年內攜手與香港大學睿智計劃，舉行自助組織領袖培訓計劃研究及研討會，並合辦「人本醫療研討會」，獲超過100位自助組織會友出席。一年一度合辦的「自助組織團拜」，亦有超過270名持份者參與，包括多位政府官員、議員、基金會代表和來自47個病人自助組織的代表出席支持。期望透過不同的合作項目，持續攜手與病人自助組織促進政府和公眾關注和重視病人權益。

The Society had long been working closely with the Hong Kong Alliance of Patients' Organizations Limited. During the year, we jointly conducted a study on leadership development of patients' self-help groups and organized the Symposium on Patient-Centred Care with the EXCEL3 Project of the University of Hong Kong. More than 100 patients attended the symposium. Moreover, we continued to co-organize the annual Spring Reception for patients' self-help groups which was attended by more than 270 stakeholders, including Government officials, Legislative Councillors, representatives of funders and 47 patients' self-help groups. We would continue to raise attention and concerns of the Government and the public on patients' rights, in conjunction with the patients' self-help groups.

1

港鐵委托易達轎車為輪椅乘客提供交通接駁服務。

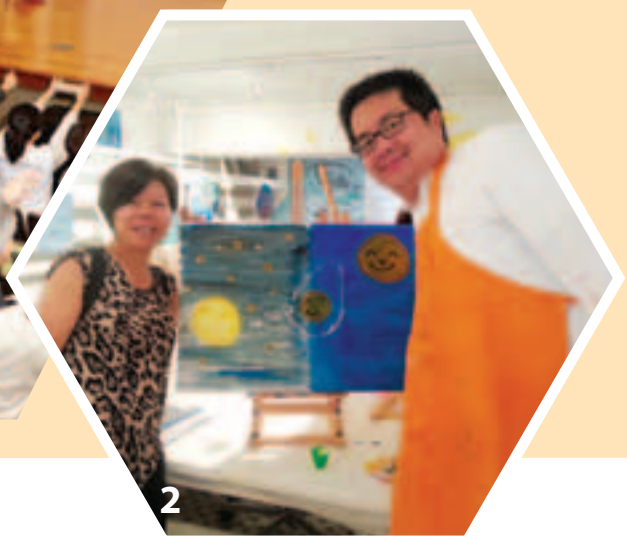
MTR commissioned AHC to provide transfer accessible transport services for passengers on wheelchairs.

2

2014春節病人自助組織團拜。

Spring Gathering 2014 of Patients' Self-help Groups.

1



2

與屈臣氏集團合力推廣健行運動
Promotion of Quality Walk Exercise in Collaboration with A.S. Watsons Group

年內，社區復康網絡繼續與屈臣氏集團和旗下的田徑會合作，為超過200位服務使用者提供了60節健行運動培訓，學員於培訓後組成了5個互助小組。屈臣氏集團義工隊的營養師和藥劑師也為組員舉行了多個教育講座。2014年3月舉辦了「優質健行運動計劃畢業禮暨組長嘉許禮」，鼓勵參加者持續進行運動。

Community Rehabilitation Network (CRN) continued to collaborate with A.S. Watsons Group and their athletic team, and delivered 60 training sessions on Quality Walk for over 200 service users. Five mutual help walking groups were formed afterwards. The pharmacists and dietitians of the A.S. Watsons Group volunteers team provided some health talks to the group members. A "Graduation Ceremony of the Quality Walk Exercise Scheme cum Recognition to Group Leaders Ceremony" was held in March 2014 to celebrate the achievement of members and encourage them to keep on doing walking exercises.

獲瑞銀集團贊助推廣藝術共融協作
Sponsorship from UBS for Promotion of Inclusion and Collaboration through Art

自2008年起，社區復康網絡引入藝術治療服務，協助長期病患者和照顧者透過藝術創作表達情感，釋放內心的鬱結，計劃一直得到瑞銀集團的贊助。年內更舉辦了一個名為「Art Jam」的活動，讓瑞銀集團的員工與活動的參加者共同參與集體繪畫活動，以「挑戰、突破、自我」為主題，齊心合力創作。活動除了推廣共融和協作，也讓參加者透過藝術創作舒緩壓力。

Since 2008, UBS had been sponsoring CRN to organize expressive art activities for persons with chronic illnesses as a means of rehabilitation therapy. During the year, a special event, "Art Jam", was organized for service users of the art therapy groups together with UBS staff to collectively create drawings on the theme of "Challenge, Breakthrough and Be Yourself". The event not only fortified inclusion and collaboration but also provided an opportunity for the participants to relieve their stress through art activities.

1

優質健行運動計劃畢業禮暨組長嘉許禮上進行集體運動。

Group exercise at the Graduation Ceremony of the Quality Walk Exercise Scheme cum Ceremony of Recognition to Group Leaders.

2

Art Jam - 藝術治療活動。

Art Jam – an art therapy activity.

3

頤康院長者照顧專業交流平台的成員。

The participants of the YHH elderly care work exchange platform.

與同業聯繫和交流
Connections and Exchanges with Counterparts

曾肇添護老院一直與港島區醫院的醫務社工部緊密聯繫，服務已獲得合作伙伴的信心和肯定。隨著區內不同院舍的擴展，令本區增加了入住的長者、探訪者以及員工，因此本院聯同區內四間安老院舍，成立一個關注聯盟，一起關注和討論改善環境衞生、交運配套和解決招聘人手困難等問題，為所有院友、家人和員工爭取更理想的起居和工作環境。

頤康院自2014年3月起舉行每季一次的「專業交流平台」聚會，促進護理長者專業人員、醫療衞生從業員等的交流，推廣健康教育和優質護理服務，提升服務質素。參與者包括來自香港和國內的醫生、護士、治療師、社會工作者和其他專業人士。

Tsang Shiu Tim Home for the Elderly (TST) had been working closely with the medical social services units of the hospitals on Hong Kong Island and its services were generally well recognized. The expansion of elderly homes in the same district brought a continuous increase of elderly residents, visitors and staff. As such, TST liaised with the other 4 elderly homes in the district to form an Elderly Care Alliance, with the purpose of working together for environmental and facilities enhancement in the area.

Starting from March 2014, The Hong Kong Jockey Club Shenzhen Society for Rehabilitation Yee Hong Heights (YHH) organized quarterly sharing meetings for health care professionals and workers in elderly care, as a platform to promote health education and quality service through the exchange and sharing of work experience and skill during the meetings. Participants included doctors, nurses, therapists and social workers both from Hong Kong and Mainland China.

動員各界合力匯聚資源
Resources Building through Mobilization

有賴來自服務使用者、學校、病人自助組織和其他企業的1,200位義工的熱心參與，本會成功於2013年6月22日舉行「賣旗日」，籌募善款以資助本會的復康服務。年內的籌款活動還包括與香港數碼港管理有限公司合辦的「健康萬步數碼港2013」和與鳴芝聲劇團(香港)有限公司合辦的「慈善粵劇籌款晚會」。透過義工的協助，為本港和內地的復康培訓和健康教育，以及持續照顧服務籌募經費。各項籌款活動合共籌得港幣1,300,000元。此外，透過本地的週刊和報章，本會不斷倡議、推廣，促進市民關注社會共融、有關殘疾的議題、以及健康資訊如健康睡眠等。

With the staunch support from 1,200 volunteers recruited from service users, schools, patient self-help groups and corporations, the Society successfully organized the Flag Day on 22 June 2013 to raise fund for our rehabilitation services. Other fundraising events such as "CyberRun for Rehab 2013" co-organized with Hong Kong Cyberport Management Company Limited and "Charity Canton Opera" co-organized with Ming Chee Sing Chinese Opera (HK) Limited were also successfully held during the year to raise funds for rehabilitation training and health education in Hong Kong and Mainland China, as well as long-term care services. These events had raised a total of HKD 1.3 million. We also provided regular column writings to local magazines and newspapers to advocate, cultivate and promote public awareness on social inclusiveness, current issues concerning persons with disabilities and health information such as sleep hygiene.

4

一班健跑者開開心心的在「健康萬步數碼港2013」起步。

Enthusiastic athletes at the start of the CyberRun for Rehab 2013.

5

慈善粵劇籌款晚會。

Charity Cantonese Opera.

倡議
規劃未來

Advocacy
preparing for future generations

衝破現有局限，建構更美好將來

Breaking through current constraints for a better future

醫療政策和服務
Healthcare Policies and Services

研究及倡議中心與各病人自強計劃團隊、本會的復康委員會和香港理工大學康復治療科學系合作，進行了本會的「病人自強計劃服務提升研究計劃」，訪問了300多名參加者，確立了本會在提升病人自我管理能力的成效，把自我管理的服務模式推廣至基層醫療，亦倡議醫管局未來延伸至其他病科及第二層醫療，讓更多病人受惠。

研究及倡議中心與香港病人組織聯盟有限公司、多個腦科的學會、醫護人員和立法會議員共同關注在2007年施政報告提出興建神經科學專科中心的進展，得到傳媒專輯報導，喚起社會的關注，香港政府已於2014年施政綱領中重提此事。

The Centre on Research and Advocacy (CRA) took the initiative to cooperate with project teams of Patient Empowerment Programme (PEP), Committee on Rehabilitation of the Society and the Department of Rehabilitation Sciences of The Hong Kong Polytechnic University to conduct '"A Study on The Quality Enhancement of PEP delivered by the Society". Over 300 participants joined the study, the effectiveness of our service was recognized in enhancing service users' ability of self-management. The Society promoted the incorporation of self-management service model in primary health care and advocated for the extension of PEP to other types of chronic illnesses and secondary health care for the benefit of patients.

CRA, together with the Hong Kong Alliance of Patients' Organizations Limited, professional bodies in neurology, healthcare workers and Legislative Councillors jointly expressed concern in the proposal to establish a medical centre in neuroscience that was put forward in the 2007 Policy Address. The subject prompted media reports and aroused public awareness, causing the Government to address the subject again in the 2014 Policy Address.

社會福利政策和服務
Social Welfare Policies and Services

研究及倡議繼續關注與殘疾人士和長期病患者相關的社會政策，不斷探討和透過不同渠道發佈有關貧窮問題、就業/失業狀況、精神健康、婦女與殘疾等議題。就著2014年的施政報告，中心於諮詢期內提交意見，亦進行意見調查，訪問服務使用者對改善民生措施的意見。就精神健康服務方面，中心與中文大學公共衛生學院及社區復康網絡推行長期病患者情緒健康計劃和研究，反映病人在精神健康的需要和他們在基層醫療的就醫動機和負擔能力等。

CRA continued to express concern through various channels about social policies relating to persons with disabilities and chronic illnesses, particularly on issues such as poverty, employment/unemployment, mental health, women and disabilities, etc. As to the related polices in the 2014 Policy Address, CRA conducted a survey to collect the opinions of service users and submitted a position paper during the consultation period. With regard to mental health services, CRA and CRN cooperated with the Jockey Club School of Public Health and Primary Care of the Chinese University of Hong Kong to implement a project and a research on mental health needs of persons with chronic illnesses, on their help-seeking motivation and the general affordability of such services in primary care.

1

「香港腦癇症患者對醫療服務質素的看法」研究調查的傳媒招待。

Media briefing of the " Study on the Opinions of Health Services among Persons with Epilepsy in Hong Kong".

2

「殘疾人士、長期病患者及家屬對2014年施政報告的意見調查」新聞發佈會。

Press Conference on "Survey of the Opinion on Policy Address 2014 among Persons with Disabilities and Chronic illnesses".

3

「長期病患者及家屬情緒健康及經濟狀況調查」新聞發佈會。

Press Conference on "Study on Mental Health and Financial Situation among Persons with Chronic Illness and their Carers".

長遠復康服務
Long-term Rehabilitation Services

研究及倡議中心推動探討「國際功能、殘疾和健康分類」(ICF)在本港的應用，並能與國際接軌。中心出席北京和台灣的ICF國際研討會及培訓，吸收國際經驗及進行本土研究。此外，中心完成了世界衞生組織的《殘疾評定量表》第二版的信效度研究，為日後在本港應用提供經驗。

為推動殘疾上游化和主流化的發展，研究及倡議中心聯合其他關注團體，分別就《消除對婦女一切形式歧視公約》和《經濟、社會及文化權利國際公約》之民間團體聯合報告中倡導殘疾議題，從國際社會推動關注。此外，中心出席立法會的公聽會，反映意見，讓政策執行者能更掌握業界和服務使用者的需要，包括認知障礙症的服務需要、護老者津貼和照顧者津貼等。

研究及倡議中心與業界同工分享中心成立的經驗和挑戰。年內，曾應邀出席社會服務聯會的「循證為本研討會」進行分享，參與推動研究為本之實踐社群。中心也接待不同機構訪客，交流研究和倡議經驗，互相學習和鼓勵。

CRA promoted the application of "International Classification of Functioning, Disability and Health (ICF)" in Hong Kong in order to keep abreast of the international standard. CRA participated in the seminars and training on ICF in Beijing and Taiwan to learn from the international experience and local studies. In addition, CRA completed the validation of "WHO Disability Assessment Schedule 2.0" for future application in local services.

In order to promote upstreaming and mainstreaming development of disability, CRA joined with other concern groups to submit shadow reports of both the "United Nations Convention on the Elimination of All Forms of Discrimination against Women" and "International Covenant on Economic, Social and Cultural Rights" and promoted changes on an international level. In addition, CRA attended a number of public hearings of the Legislative Council to intensify the understanding of policy implementers on the needs of the rehabilitation field and the service users, including the demand for dementia services, and allowances for carers' for the elderly and for persons with disabilities and chronic illnesses.

CRA was honored to share the experience of its establishment and challenges with other organizations. During the year, CRA had been invited to share in the "Conference on Practice and Research for Social Service Excellence" conducted by the Hong Kong Council of Social Service and joined the Working Group on Community of Practice (CoP). CRA also exchanged experience on research and advocacy with other visiting organizations to reinforce mutual learning and encouragement.

#3 歡迎前往以下網址了解更多本會的研究及倡議資料：
Welcome to visit the following website for more research and advocacy information:
https://sites.google.com/a/rehabsociety.org.hk/cra/home/cra_news

1

研究及倡議中心代表出席於北京舉行的國際功能、殘疾與健康分類培訓班。

CRA representatives participated in the training workshop on International Classification of Functioning, Disability and Health (ICF) held at Beijing, China

2

研究及倡議中心代表與業界同工於「優質社會服務實踐與研究會議暨卓越實踐在社福分享會」上交流。

Experience exchange with peer colleagues at the "Conference on Practice and Research for Social Service Excellence cum Best Practice Award Sharing 2013".

向兒童推廣共融社會
Promotion of Social Inclusion to the Children

本會繼續與香港弱能兒童護助會攜手，透過《街坊小子》的木偶劇，向兒童推廣共融社會。年內於多間學校和機構表演「專注力失調及過渡活躍症」劇目，並向學生、家長、老師和社工等推廣對殘疾人士和長期病患者需要的認識。《街坊小子》於2013年9月參加了由義務工作發展局、香港青年協會和香港上海滙豐銀行合辦的義工博覽，招募義工加入團隊。《街坊小子》屢獲傳媒、雜誌和多間機構報導和宣傳其義務工作，不但表揚了義工們的貢獻，也肯定了《街坊小子》向年青一代推廣共融的成效。

The Society continued to collaborate with The Society for the Relief of Disabled Children to promote social inclusion to children through puppet performances of The Kids on the Block (KOB). During the year, KOB focused promotion of the script on "Attention Deficit and Hyperactivity Disorder" and also performed in many schools and organizations for students and their parents, teachers and social workers to increase their understanding on the needs of persons with disabilities and chronic illnesses. KOB participated in the Volunteer Expo co-organized by the Agency for Volunteer Service, The Hong Kong Federation of Youth Groups and The Hongkong and Shanghai Banking Corporation Limited in September 2013. The volunteer services of KOB were well publicized by the mass media, magazines and organizations, recognizing not only the contribution of the volunteers, but also the effectiveness of KOB in promoting social inclusion to the young generation.

推廣國內的社區復康
Promotion of Community-based Rehabilitation in Mainland China

為推動社區復康，國際及中國部於2013年7在成都舉行「四川社區康復服務網絡建設」會議，又於2014年2月在成都市第二人民醫院舉行「一站式康復—從醫院到社區服務模式」研討會，兩個會議的參與者共超過350人，分別來自四川地區的醫療單位、中國殘疾人聯合會和非政府機構等。

國際及中國部於2013年10月出席菲律賓的世界衞生組織西太平洋及亞洲地區全球殘疾行動計劃顧問會議並發表有關輔助科技的文章，把內地經驗與其他國家交流和分享。

The International & China Division (INT-CN) organized "The Establishment of Community Rehabilitation Service Network in Sichuan Seminar" and "One-Stop Rehabilitation: from Hospital to Community Services Seminar" in July 2013 and February 2014 respectively to promote community-based rehabilitation. The two seminars were well attended by over 350 participants coming from public health units from Sichuan, the China Disabled Persons' Federation and other non-government organizations.

INT-CN attended the World Health Organization Western Pacific Region and South East Asia Region Consultation Meeting on the Global Disability Action Plan held in Philippines in October 2013, and presented a paper on "Assistive Technology", sharing the experience on using assistive technology in Mainland China with other international counterparts.

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3

街坊小子木偶劇場接受香港青年協會的「青年空間」雜誌訪問。

KOB was interviewed by the "youthspot_magazine" of the Hong Kong Federation of Youth Groups.

4

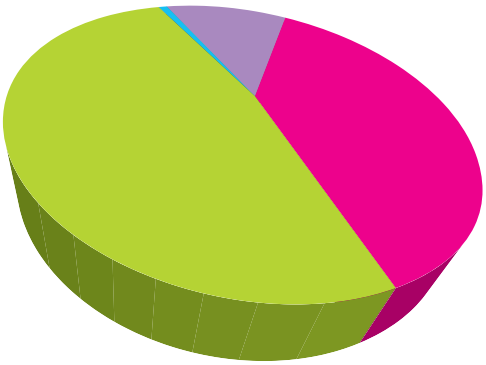
於菲律賓舉行的「世界衞生組織西太平洋及亞洲地區全球殘疾行動計劃顧問會議」。

Participating in the "World Health Organization Western Pacific Region and South East Asia Region Consultation Meeting on the Global Disability Action Plan" held in the Philippines.

財務簡報 Financial Summary

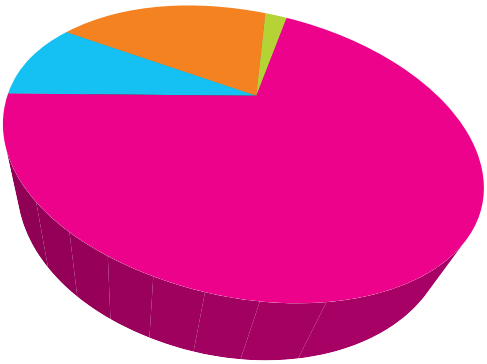
(截至as at 31.3.2014)

綜合收入
Consolidated Income

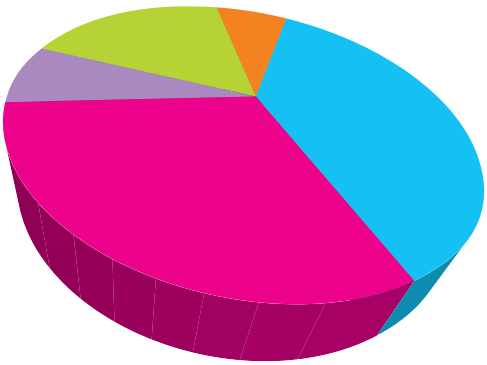


收入來源 Source of Income	港幣 HKD (以百萬計 in million)	%
政府撥款 Government grant & subvention	85	40
香港公益金撥款 Allocation from The Community Chest	3	1
銷售及其他收入 Sales and other income	99	47
其他捐款 Other donation	25	12
總計 Total	212	100

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	142	68
活動開支 Programme cost	19	9
其他營運開支 Other operating expense	44	21
折舊 Depreciation	4	2
總計 Total	209	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	82	39
復康 Rehabilitation	58	28
社會企業 Social Enterprise	14	7
持續照顧 Long Term Care	39	19
總部 Headquarters	16	7
總計 Total	209	100