



香港復康會
The Hong Kong Society
for Rehabilitation



60th Anniversary Symposium
and Workshops
60周年研討會暨工作坊

New Perspectives on Holistic Rehabilitation and Social Inclusion towards 2030

邁向2030：推動全人復康與社會共融新思維

e-Programme Book

📅 28-29 March 2019
(Thursday - Friday)

📍 Auditorium, 1/F, Duke of Windsor Social Service Building,
15 Hennessy Road, Wanchai, Hong Kong

Collaborating Partners



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WORKSHOPS COMMITTEES

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ACKNOWLEDGEMENT

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TABLE
OF
CONTENT

Welcome
Messages

Dr. David FANG	03
Prof. Chetwyn CHAN and Prof. Albert LEE	04

Programme-
at-a-Glance

Symposium Rundown	07
-------------------	----

Workshops and
Special Session
Outline

Dr. David FANG	03
Prof. Chetwyn CHAN and Prof. Albert LEE	04
Programme- at-a-Glance	05
Symposium Rundown	07
Workshops and Special Session Outline	09

Speakers’
Biography and Abstract

Symposium	
Keynote I Mr. Darryl BARRETT	11
Keynote II Dr. LAW Chi Kwong	12
Keynote III Dr. Tony KO Pat Sing	12
Plenary Session I Dr. E. K. YEOH Prof. Cecilia CHAN Prof. David SHUM	13
Keynote IV Prof. Malcolm BATTERSBY Mr. Peter POON Prof. Chetwyn CHAN	15
Plenary Session II Prof. Becky P. Y. LOO Dr. Paul Aarne KOLJONEN Mr. LAI Chi Wai Ms. Rabi YIM Chor Pik	17
Workshop A Dr. Helen Y. L. CHAN Ms. Judy S. H. LEE Ms. LAW Man Chi	19
Workshop B Prof. Steven NGAI Sek Yum Dr. Jacky CHEUNG Chau Kiu Mr. PUN Yau Wai Mr. LAU Kim Hung Mr. Danny YAN Chun Kit	21
Workshop C Prof. Malcolm BATTERSBY	23
Special Session Dialogue on Rehabilitation Mr. Darryl BARRETT	24

WELCOME MESSAGE

On behalf of The Hong Kong Society for Rehabilitation, I would like to extend my warmest welcome to you all for joining our 60th Anniversary Symposium and Workshops.

The HKSR has already served persons with disabilities and health challenges for six decades. Back in 1959, Sir Harry Fang, the Father of Rehabilitation, established HKSR with a view to caring for persons with disabilities and driving the development of rehabilitation in Hong Kong. Succeeding his dedication to the cause of rehabilitation for all, we have been striding alongside persons with disabilities and chronic illnesses to champion equal opportunities, social inclusion and full participation.

In 1986, HKSR was designated as a World Health Organisation Collaborating Center for Rehabilitation responsible for training China's rehabilitation personnel with modern rehabilitation knowledge and skills. Since then, we have successfully trained over 20,000 professionals and allied personnel and infused them with new service concepts and models, hence significantly improving the lives of persons with disabilities in China.

Over the last 60 years, we have been innovating our service models to meet the needs of our service users so that they can live life to the fullest. Since 1978, we have been providing Rehabus services to people with mobility difficulties. Rehabus has become a pioneer in accessible transportation, carrying persons with disabilities and chronic conditions to their workplaces, schools and hospitals every day. Last year, we integrated the services of Easy-Access Bus, Accessible Hire Car and Easy-Access Travel. More persons with disabilities can now enjoy outdoor activities, attend medical consultations, join family gatherings and experience the fun of distant excursions.

In 1994, we pioneered the initiative of Community

Rehabilitation Network (CRN) aiming at promoting self-management, self-help and mutual help in the community for persons with disabilities and chronic illnesses as well as their families. Our SMARTCare Movement Project has now connects over 100 healthcare professionals and volunteers, weaving a network of caregivers. We collaborated with the Hong Kong Jockey Club to implement “Life Rainbow” End-of-Life Community Care Project which provides palliative care for non-cancer end-stage patients to live with dignity in their twilight years. We have medical-social collaborations with various clusters of the Hospital Authority, e.g. Patient Empowerment Programme and the caregiver support, to enhance self-management of persons with long-term conditions and promote their rehabilitation. As the population with chronic illness is escalating, community-based rehabilitation and support become even more important.

Despite our fruitful development, we still need to work hard. Regarding our elderly services, the occupancy rate of Yee Hong Height (YHH) in Shenzhen is now saturated. We are planning to enhance and expand YHH with an aim to make good use of the competitive advantages of land and human resources in the Mainland and provide more choice for the elderly in Hong Kong to enrich their life in their later years. We have also received a generous donation of HK\$140 million from the Hong Kong Jockey Club Charities Trust for a pioneer project entitled “Personalized Holistic Integrative Rehabilitative Care” which will be launched at our MacLehose Medical Rehabilitation Center starting from 2020. The project includes a short stay home for intensive rehabilitation, a day rehabilitation center, a home-based and carer support center, and a cognitive impairment and dementia care unit for the needy. It is expected that the frailty of users can be reversed or delayed.

The United Nations has put forward its Sustainable Development Goals in 2015. The aim is expected to create a sustainable future for all by 2030, and many countries around the world have responded positively. Among them, China has proposed the Healthy China 2030 Planning Outline which is a national strategy of high priority.

This year, World Health Organization (WHO) will launch the Western Pacific Regional Framework on Rehabilitation to propel new development in rehabilitation in the Asia-Pacific region. In response, we sincerely hope this meeting will provide us with a strong platform for work together for “Holistic Rehabilitation and Social Inclusion towards 2030”.

We look forward to working with you.

Thank you for your participation.



Dr. David Fang

President
The Hong Kong Society for Rehabilitation

WELCOME MESSAGE

We cordially welcome you all to join The Hong Kong Society for Rehabilitation (HKSR) 60th Anniversary Symposium and Workshops.

In 2015, the United Nations (UN) adopted Sustainable Development Goals (SDG) aiming at building a more sustainable future for all by 2030. Among the 17 Goals, good health and well being are covered in SDG 3. It serves as a beacon to guide the development of Hong Kong's healthcare and social services.

This Symposium and Workshops, with a theme on “New Perspectives on Holistic Rehabilitation and Social Inclusion towards 2030” aims to create an interactive platform to discuss how Hong Kong's healthcare and social services should be more holistic and how our society should be more inclusive for persons with disabilities and chronic conditions by the end of SDG in 2030.

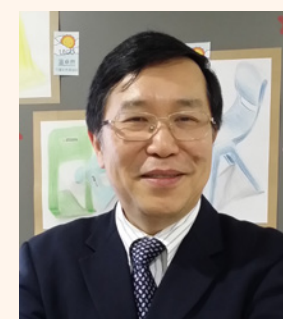
We are very pleased to have invited Mr. Darryl Barrett, representative from the World Health Organisation Western Pacific Region Office, to introduce the upcoming WHO framework on rehabilitation. It is also our honour to have Prof. Malcolm Battersby from Flinders University, Australia who will share his evidence-based views on person-centred care and self-management support. Other prominent speakers will present their illuminating and thought-provoking insights in a wide range of rehabilitation-and-health related issues like: the Rehabilitation Program Plan Review, medical-social collaboration, application of ICF, geographical mobility of persons with disabilities, low-intensity coaching, advance care planning, and the development of self-help organisations etc.

Last but not least, we would like to take this opportunity to thank all of the collaborating partners and supporting organisations of this Symposium and Workshops. We are also deeply indebted to all of our speakers for their uncompensated effort devoted to the preparation of their insightful speeches, which deserves our veneration.



Prof. Chetwyn Chan and
Prof. Albert Lee

Co-chairpersons
Organising Committee of the HKSR 60th
Anniversary Symposium and Workshops



PROGRAMME-
AT-A-GLANCE

28 Mar 2019 (Thursday)		29 Mar 2019 (Friday)			
8:30- 9:00	Registration (Room 101 and 103)	9:30- 12:30	Workshop A Community Model on Supporting Persons with Chronic Illness at the End Stage and Advance Care Planning Dr. Helen CHAN, Ms. Judy LEE and Ms. LAW Man Chi (Auditorium)	9:30- 13:30	Special Session: Dialogue on Rehabilitation Leading Paradigm Shift in Rehabilitation in Hong Kong Mr. Darryl BARRETT in collaboration with HKCSS and The Hong Kong Joint Council for People with Disabilities (Room 202) *For invited guests only Moderators: Dr. Joseph KWOK and Prof. Leonard LI
9:00- 9:40	Welcoming Speeches the Hon. Matthew CHEUNG, Ms. ZHANG Haidi and Dr. David FANG (Auditorium / Room 202*)				
9:40- 10:20	Keynote I: New Perspectives on Holistic Rehabilitation from WHO Framework (Sir Harry FANG Memorial Lecture) Mr. Darryl BARRETT Moderator: Ms. Christine FANG (Auditorium / Room 202*)				
10:20-10:35	Keynote II: Rehabilitation in Social Services in Hong Kong Dr. LAW Chi Kwong (Auditorium / Room 202*)				
10:35-10:50	Keynote III: Integrative Rehabilitation – From Medical and Social Collaboration Perspectives Dr. KO Pat Sing (Auditorium / Room 202*)				
Break					
11:05-12:30	Plenary Session I: Key Challenges and Solutions to Holistic Health and Rehabilitation Care in Hong Kong Prof. EK YEOH, Prof. Cecilia CHAN and Prof. David SHUM Moderators: Prof. Chetwyn CHAN and Prof. Albert LEE (Auditorium / Room 202*)				
Lunch		Lunch			
14:00-15:40	Keynote IV: Person-Centred Care beyond Self Management (MB LEE Memorial Lecture) Prof. Malcolm BATTERSBY, Prof. Chetwyn CHAN and Mr. Peter POON Moderators: Dr. Eddie CHOW and Ms. Heidi HUI (Auditorium / Room 202*)	14:00- 17:00	Workshop B HKJC Capacity Building Project for Self-Help Organisations: Innovation and Impact of New Development in Self-Help Movement Prof. Steven NGAI, Dr. Jacky CHEUNG, Mr. PUN Yau Wai, Mr. LAU Kim Hung and Mr. Danny YAN (Auditorium)	14:00- 17:30	Workshop C The Application of Low Intensity Coaching in Health Care and Social Service Prof. Malcolm BATTERSBY (Room 101 and 103)
Break					
16:00-17:20	Plenary Session II: Innovation, Participation and Inclusion of Persons with Disabilities Prof. Becky LOO, Dr. Paul Aarne KOLJONEN, Mr. LAI Chi Wai and Ms. Rabi YIM Moderators: Mr. Benny CHEUNG, Dr. Edith MOK and Dr. Simon NG (Auditorium / Room 202*)				
17:20-17:30	Closing Remarks: “HKSAR towards 61st Year – Strive for Transformation and Impact” Prof. Cecilia CHAN (Auditorium / Room 202*)				

SYMPOSIUM
RUNDOWN

28 March 2019

Time	Content	Time	Content
09:00-09:40	Welcoming Speech Officiating at the Opening Ceremony	14:00-15:40	Keynote IV: Person-Centred Care beyond Self Management (MB LEE Memorial Lecture)
	The Hon. Matthew CHEUNG Kin Chung, GBM, GBS, JP The Chief Secretary for Administration, Hong Kong Special Administrative Region	14:00-15:10	Person Centric and Self-Management Support: Evidence and Trends Prof. Malcolm BATTERSBY Professor of Psychiatry of Flinders University/ Clinical Director, Southern Adelaide Mental Health Services
	Ms. ZHANG Haidi Chairperson, China Disabled Persons' Federation/ President, Rehabilitation International		Collaborative Care in the Community through Empowerment and Engagement Mr. Peter POON Deputy Chief Executive Officer, The Hong Kong Society for Rehabilitation
	Dr. David FANG, SBS, JP President, The Hong Kong Society for Rehabilitation		Application of ICF in Rehabilitation Services in Hong Kong Prof. Chetwyn CHAN Chair Professor of Rehabilitation Sciences, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University
09:40-10:20	Keynote I: New Perspectives on Holistic Rehabilitation from WHO Framework (Sir Harry FANG Memorial Lecture)		
09:40-10:05	Transforming Rehabilitation and Health – Regional Rehabilitation Framework in the Western Pacific Region Mr. Darryl BARRETT Technical Lead, Disabilities, Rehabilitation and Blindness Prevention, Division of NCD and Health through the Life-Course, Regional Office for the Western Pacific, World Health Organisation	15:10-15:40	Panel Discussion Moderators: Dr. Eddie CHOW Consultant, Department of Medicine and Geriatrics, Tuen Mun Hospital Ms. Heidi HUI Member, Executive Committee, The Hong Kong Society for Rehabilitation
10:05-10:20	Question and Answer / Moderator: Ms. Christine FANG, BBS, JP Member, Executive Committee, The Hong Kong Society for Rehabilitation	15:40-16:00	Break
10:20-10:35	Keynote II: Rehabilitation in Social Services in Hong Kong	16:00-17:20	Plenary Session II: Innovation, Participation and Inclusion of Persons with Disabilities
	Rehabilitation Services and Rehabilitation Program Plan in Hong Kong Dr. LAW Chi Kwong, GBS, JP Secretary for Labour and Welfare	16:00-17:00	Mobility of Persons with Disabilities: The Relevance of Technologies and Neighbourhood Environment Prof. Becky P. Y. LOO Professor and Head, Department of Geography and Director, Institute of Transport Studies, The University of Hong Kong
10:35-10:50	Keynote III: Integrative Rehabilitation – From Medical and Social Collaboration Perspectives		Spinal Cord Injury Rehabilitation in Hong Kong – A Collaborative Model for a Brighter Future Dr. Paul Aarne KOLJONEN Associate Consultant and Honorary Clinical Assistant Professor, Division of Spine Surgery, Department of Orthopaedics and Traumatology, Queen Mary Hospital, The University of Hong Kong
	Medical and Social Collaboration for Rehabilitation for Persons with Chronic Illness in Hong Kong Dr. Tony KO Pat Sing Director (Cluster Services), Hospital Authority		Sharing of Champions with Disabilities Mr. LAI Chi Wai Co-founder, Ignite Community Services Ms. Rabi YIM Chor Pik Chairperson, Direction Association for the Handicapped
10:50-11:05	Break		
11:05-12:30	Plenary Session I: Key Challenges and Solutions to Holistic Health and Rehabilitation Care in Hong Kong		
11:05-11:40	Highlights by Plenary Speakers		
	1. Prof. EK YEOH, GBS, OBE, JP Director, The Jockey Club School of Public Health and Primary Care and Head, Division of Health System, Policy and Management, The Chinese University of Hong Kong	17:00-17:20	Panel Discussion Moderators: Mr. Benny CHEUNG, BBS, MBE, QGM Vice-President, The Hong Kong Society for Rehabilitation Dr. Edith MOK, MH Vice-Chairperson, The Hong Kong Society for Rehabilitation Dr. Simon NG Assistant Professor and Senior Programme Director, HKU School of Professional and Continuing Education
	2. Prof. Cecilia CHAN, JP Si Yuan Professorship in Health and Social Work, Department Social Work and Social Administration, The University of Hong Kong/ Chairperson, The Hong Kong Society for Rehabilitation		
	3. Prof. David SHUM Chair Professor of Neuropsychology and Dean, Faculty of Health and Social Sciences, The Hong Kong Polytechnic University		
11:40-12:30	Panel Discussion The above guests and Mr. Darryl BARRETT, World Health Organisation Moderators: Prof. Chetwyn CHAN Chair Professor of Rehabilitation Sciences, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University Prof. Albert LEE Professor (Clinical) in Public Health and Primary Care and Director, Centre for Health Education and Health Promotion,The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong	17:20-17:30	Closing Remarks “HKSR towards 61st Year – Strive for Transformation and Impact” Prof. Cecilia CHAN, JP Chairperson, The Hong Kong Society for Rehabilitation
12:30-14:00	Lunch		

WORKSHOPS
AND
SPECIAL SESSION
OUTLINE

29 March 2019

<div>Workshop A – Community Model on Supporting Persons with Chronic Illness at the End Stage and Advance Care Planning (A project supported by The Hong Kong Jockey Club Charities Trust)</div>	<div>Workshop C The Application of Low Intensity Coaching in Health Care and Social Service</div>
<div><div>Time and venue: 09:30-12:30, Auditorium, Duke of Windsor Social Service Building</div><div>Speakers: 1. Dr. Helen Y. L. CHAN Associate Professor, The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong 2. Ms. Judy S. H. LEE Advance Practice Nurse, The Hong Kong Society for Rehabilitation 3. Ms. LAW Man Chi Project Manager, JCECC "Life Rainbow" End-of-Life Care Project, The Hong Kong Society for Rehabilitation Target participants: Professionals in the health care and social service sectors Language: Cantonese supplemented with English</div></div>	<div><div>Time and Venue: 14:00-17:30, Room 101 and 103, Duke of Windsor Social Service Building</div><div>Speaker: Prof. Malcolm BATTERSBY Professor of Psychiatry of Flinders University/ Clinical Director, Southern Adelaide Mental Health Services Target participants: Professionals in the health care and social service sectors Language: English</div></div>
<div>Workshop B – HKJC Capacity Building Project for Self-Help Organisations: Innovation and Impact of New Development in Self-Help Movement (A project supported by The Hong Kong Jockey Club Charities Trust)</div>	<div>Special Session: Dialogue on Rehabilitation Leading Paradigm Shift in Rehabilitation in Hong Kong (For invited guests only) This session is cooperate with The Hong Kong Council of Social Service and The Hong Kong Joint Council for People with Disabilities</div>
<div><div>Time and venue: 14:00-17:00, Auditorium, Duke of Windsor Social Service Building</div><div>Speakers: 1. Prof. Steven NGAI Sek Yum Chairperson, Department of Social Work, The Chinese University of Hong Kong 2. Dr. Jacky CHEUNG Chau Kiu Associate Professor, Department of Social and Behavioural Sciences, City University of Hong Kong 3. Mr. PUN Yau Wai Senior Manager (Rehabilitation), The Hong Kong Society for Rehabilitation 4. Mr. LAU Kim Hung Chairperson, The Hong Kong Stoke Association 5. Mr. Danny YAN Chun Kit President, The Hong Kong Neuro-Muscular Disease Association Target participants: Representatives of self-help organisations, professionals in the health care and social service sectors Language: Cantonese supplemented with English</div></div>	<div><div>Time and venue: 09:30-13:00, Room 202, Duke of Windsor Social Service Building</div><div>Speaker: Mr. Darryl BARRETT Technical Lead, Disabilities, Rehabilitation and Blindness Prevention, Division of NCD and Health through the Life-Course, Regional Office for the Western Pacific, World Health Organisation Target participants: Professionals in the healthcare and social service sectors, and policy makers Language: English Moderators: Dr. Joseph KWOK and Prof. Leonard LI Discussant include representative of: Universities, Rehabilitation Advisory Committee, Food and Health Bureau, Department of Health, Our Hong Kong Foundation, Self-Health Organisations</div></div>

SPEAKERS’ BIOGRAPHY and ABSTRACT

Symposium – Keynote I :

New Perspectives on Holistic Rehabilitation from
WHO Framework
(Sir Harry FANG Memorial Lecture)

“Transforming Rehabilitation and Health –
Regional Rehabilitation Framework in the Western
Pacific Region”

Mr. Darryl BARRETT

Technical Lead, Disabilities,
Rehabilitation and Blindness Prevention,
Division of NCD and Health through the
Life-Course, Regional Office for the
Western Pacific,
World Health Organisation

Mr. Darryl BARRETT is currently the Technical Lead for Disabilities and Rehabilitation and for Blindness Prevention, at the Regional Office of the World Health Organization for the Western Pacific. He manages a program that supports governments to improve access to health care for persons with disabilities and strengthen the health system to deliver rehabilitation. As an occupational therapist and lawyer with over 20 years’ experience in the public and private sectors, he draws on health and legal experience to address barriers that prevent people accessing the health care they need. With a particular passion for human rights, law and justice, health and governance, Darryl has a wide range of experience in conflict, post-conflict, low- and well-resourced country contexts in Australia, Europe, the Middle East, Asia and the Pacific.

Abstract

Ageing populations and rising non-communicable disease rates have increased the demand for rehabilitation services in the Western Pacific Region. By 2050, one in four people will be 60 years of age or older. From 2006 to 2016, the prevalence of strokes increased by more than 50% and diabetes by more than 13%. The demand for rehabilitation services will only grow as more people, living longer and managing chronic illnesses, seek to maintain their quality of life, participate in their communities and care for themselves.

Health systems are often focused on prevention and curative treatment services, with little regard for rehabilitation. In many countries in the Region, inadequate rehabilitation services limit people’s ability to recover following treatment, making it difficult to resume school or work, or simply to look after themselves. The lack of services often causes financial hardship by shifting the burden of rehabilitation to families and individuals.

However, these issues can be addressed if rehabilitation services are included in the continuum of care and strengthened as part of universal health coverage. This approach can help millions of people recover from injury or illness, manage long-term disease or disability, and age with health and dignity. The Western Pacific Regional Framework on Rehabilitation, which was endorsed by governments from the Region at the 2018 Regional Committee Meeting for the Western Pacific, is supporting countries to strengthen their health system so that rehabilitation is more available and a higher quality.



Symposium – Keynote II :

Rehabilitation in Social Services in Hong Kong

Dr. LAW Chi Kwong, GBS, JP

Secretary for Labour and Welfare



Symposium – Keynote III:

Integrative Rehabilitation – From Medical
and Social Collaboration Perspectives

Dr. Tony KO Pat Sing

Director (Cluster Services), Hospital
Authority



“Rehabilitation Services and Rehabilitation Program Plan in Hong Kong”

Dr. LAW Chi Kwong was appointed as the Secretary for Labour and Welfare on 1 July 2017. Between 1981 and 2017, Dr. Law taught in the Department of Social Work (later renamed Department of Social Work and Social Administration) of the University of Hong Kong. He was the Head of the Department from 1993 to 1997 and was associate professor before he joined the Government. Dr. Law was a Member of the Legislative Council from 1995 to 1997 and from 1998 to 2004. He also held a number of public offices, including Chairman of the Community Care Fund Task Force, member of the Commission on Poverty, member of the Commission on Strategic Development and member of the Statistics Advisory Board.

“Medical and Social Collaboration for Rehabilitation for Persons with Chronic Illness in Hong Kong”

Dr. KO Pat Sing is a physician by background and a specialist in geriatric medicine. Dr. Ko moved from clinical medicine to health services management in 2008 and served as the Chief Manager (Strategy, Service Planning and Knowledge Management) and later the Chief Manager (Patient Safety and Risk Management) of the Hospital Authority Head Office until the appointment to Hospital Chief Executive of Pok Oi Hospital in 2012 and Hospital Chief Executive of Tuen Mun Hospital and Cluster Chief Executive of New Territories West Cluster in 2014 and appointment to his current position in 2018.

Abstract

The demographic profile of Hong Kong’s population has been aging at a rapid pace. Along with population ageing is a rising occurrence of chronic illnesses which will give rise to increasing service demand. Being an integral part in the healthcare system, rehabilitation services play a crucial role in helping patients to regain their independence and return to the community, while relieving the pressure on acute hospital care and lowering the overall healthcare cost.

In Hong Kong, the Government has been providing strong support to cross-sector and multi-disciplinary collaboration in healthcare services. This enables the Hospital Authority (HA) to take care of many patients suffering from disability due to injury or illness and to formulate proactive plans for medical and social collaboration in rehabilitation services in response to the formidable challenges. In particular, HA has been strengthening partnerships with non-governmental organisations and patient groups through structured platforms to better mobilise and coordinate community resources for post-discharge rehabilitation, social support and long-term maintenance care.

Symposium – Plenary Session I :

Key Challenges and Solutions to Holistic
Health and Rehabilitation Care in Hong Kong

Prof. E. K. YEOH
GBS, OBE, JP

Director, The Jockey Club School of Public
Health and Primary Care and Head, Division
of Health System, Policy and Management,
The Chinese University of Hong Kong



Prof. YEOH is Professor of Public Health, Director at the JC School of Public Health and Primary Care of The Chinese University of Hong Kong (CUHK) and also Head of Division of Health System, Policy and Management at the JC School of Public Health and Primary Care. His research is in health systems, services and policy. A current research interest is applying a system framework in enhancing an integrated health and social care delivery model for the elderly population. He is a member of the Research Council of Our Hong Kong Foundation also a member of the International Advisory Board of the National University of Singapore Initiative to improve health in Asia.

Prof. Yeoh was Secretary for Health, Welfare and Food of the HKSAR Government between 1999 and 2004. From 1990 to 1999, he was the head and first Chief Executive of the Hong Kong Hospital Authority. As a clinician, he pioneered public health programmes in the prevention of Hepatitis B and HIV/AIDS. He was awarded JP, OBE and GBS.

Prof. David SHUM

Chair Professor of Neuropsychology and
Dean, Faculty of Health and Social Sciences,
The Hong Kong Polytechnic University



Prof. SHUM is a neuropsychologist with over 30 years of experience, specializing in the research of brain injury, cognitive impairment and rehabilitation, as well as providing neuropsychological services to patients with various types of brain injury. Prof. Shum received his BA Hons (first class) in Massey University, New Zealand and obtained his PhD from University of Queensland, Australia specializing in neuropsychology. He has worked in the Australian higher education field for many years. He was appointed as the Dean (Research) of the Health Group at Griffith University (Australia) for six years. He is currently the Dean of the Health and Social Sciences and the Chair Professor of Neuropsychology, the Department of Rehabilitation Sciences, The Hong Kong Polytechnic University.

Abstract

A holistic approach to rehabilitation that emphasizes the whole person is important for promoting recovery and wellness. This presentation aims to identify some key challenges and propose some possible solutions for holistic health and rehabilitation care in Hong Kong. According to the Hong Kong Government, the current healthcare system is confronting multiple challenges. One of the key challenges for the development of holistic health and rehabilitation care is the aging population. In Hong Kong, chronic diseases associated with long life expectancy, air quality, crowded living condition, and long working hours place a huge burden on health and rehabilitation services. Other key challenges such as healthcare workforce shortage and planning, costs of medical and rehabilitation services, will also be discussed in the presentation. Some possible solutions to these challenges will be discussed e.g., client-centred/ individualized approach to rehabilitation, development and adoption of health technology, interdisciplinary collaboration, psycho-education and prevention.

Prof. Cecilia CHAN,
JP

Si Yuan Professorship in Health and Social
Work, Department Social Work and Social
Administration, The University of Hong Kong/
Chairperson, The Hong Kong Society for
Rehabilitation



Prof. Cecilia CHAN is Si Yuan Chair Professor in Health and Social Work, in the Department of Social Work and Social Administration at The University of Hong Kong. To promote social inclusion, she serves as a member of the Equal Opportunities Commission and Women’s Commission, and the Chairperson of the Executive Committee of The Hong Kong Society for Rehabilitation.

Committed to the empowerment of persons with disabilities, she is an executive committee member or advisor to a number of patient groups and mutual help organizations including the Alliance for Patients Organisations, Hong Kong Cancer Fund, Regeneration Society, Hong Kong Parkinson’s Disease Foundation and The Hong Kong Epilepsy Association, etc. She is dedicated to developing models of community rehabilitation services for persons with chronic illnesses and disabilities, and developing strength-based models of health promotion.

Abstract

Rehabilitation, a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment, is a key for health in the 21st century. Ageing with disabilities and chronic conditions are one of the key challenges in the health and rehabilitation care in Hong Kong. This presentation aims to highlight the major services and projects initiated by the Hong Kong Society for Rehabilitation in Hong Kong and Mainland China to tackle these challenges, including community-based rehabilitation, online-to-offline education for persons with chronic conditions, psychosocial supports for persons with chronic conditions and their caregivers, end-of-life care, day and rehabilitation care, accessible transport and travel. The service model and its impact of these initiatives as well as the way forward will be discussed.

Symposium – Keynote IV :

Person-Centred Care beyond Self Management
(MB LEE Memorial Lecture)

Prof. Malcolm BATTERSBY

Professor of Psychiatry of Flinders University/
Clinical Director, Southern Adelaide Mental
Health Services



“Person Centric and Self-Management Support:
Evidence and Trends”

Prof. Malcolm BATTERSBY established the Flinders Human Behaviour and Health Research Unit and cognitive behavioural post graduate courses at Flinders University. He also established the Centre for Anxiety and Related Disorder Unit and the Statewide Gambling Therapy Services. He is Director of the Flinders Centre for Gambling Research. Prof. Battersby trained with Professor Isaac Marks at the Institute of Psychiatry, London in behavioural treatment of anxiety disorders and severe neurotic conditions. His team has led the training and supervision of low intensity coaches for the Beyondblue NewAccess program. He was awarded a Harkness Research Fellowship in the study of chronic condition self-management in the United States during 2003-2004 and has led the development of the Flinders Program of chronic condition management.

Abstract

This presentation will provide an overview and demonstrate the overlap of the concepts of person-centred care and self-management support. Underpinning collaborative approaches of person-centred care and self-management support are principles of health behaviour change. Examples and evidence will be provided showing how these three concepts can be integrated into practice so that patients or consumers are informed and supported to make the changes that they prioritise to improve their physical, social and psychological outcomes.

“Collaborative Care in the Community through
Empowerment and Engagement”

Mr. Peter POON is currently the Deputy Chief Executive Officer of The Hong Kong Society for Rehabilitation, Adjunct Associate Professor of the Hong Kong Polytechnic University Rehabilitation Sciences Department, Honorary Advisor of the Hong Kong Arthritis and Rheumatism Foundation and Honorary Consultant of the Macau Rehabilitation Society. Peter has been working in Australia and in Hong Kong in community health and community-based rehabilitation services for people with disabilities and chronic health conditions. He was the pioneer in the development of the Chinese version Chronic Disease Self-management Program developed by the Stanford University and the first Certified T-trainers in the Asia-Pacific region. He has been actively involved in various developmental projects including the e2Care Project which is supported by the Hong Kong Jockey Club Charities that aimed to transform the conventional model of chronic disease self-management education by integrating the on-line and off-line service delivery.

Abstract

The Hong Kong Society for Rehabilitation Community Rehabilitation Network (CRN) was established in 1994 as a pilot project and now receiving regular government subvention. During the past 25 years, CRN has been actively promoting patient’s empowerment and engagement via multifaceted methods and channels. CRN services include health education, self-management support services, volunteering, peer-led exercise programs, patient empowerment programs, patient self-help groups development and advisory services. In contrast to the service recipient role, service users of CRN were trained as “self-managers” to take care of oneself and as partners to help others to manage the impacts of chronic diseases. Furthermore, they take an active role in mutual-help through participating in the self-help groups and the society. A quarter of a century has passed, how are we doing now in patient empowerment and engagement? What are the results? Has CRN made any impacts and what’s next? Let’s take this chance to share, reflect and excel through Allen’s (service user) story. Lately, CRN has ventured into the blended mode (online plus offline) of self-management service as well as piloting “Health Coaching” to cater for the changing service needs and striving for person-centered care. The journey of “empowerment” and “engagement” will continue through renewal of CRN services and stronger users’ participation. Hopefully it can offer a solution to the very challenging healthcare environment and ageing population in Hong Kong.

Prof. Chetwyn CHAN

Chair Professor of Rehabilitation Sciences,
Department of Rehabilitation Sciences,
The Hong Kong Polytechnic University



“Application of ICF in Rehabilitation Services in
Hong Kong”

Prof. Chetwyn CHAN is Chair Professor of Rehabilitation Sciences, Director of the University Research Facility in Behavioral and Systems Neuroscience, and Associate Vice President (Learning and Teaching) at The Hong Kong Polytechnic University. Prof. Chan obtained his B.Sc. in Occupational Therapy in 1992 and his PhD in Educational Psychology in 1996 from University of Alberta, Canada. He has been an elected Fellow of the American Psychological Association since 2008 and Fellow of the Hong Kong Psychological Society since 2007. In 2008, in recognition of his contributions to psychology and rehabilitation sciences, Prof. Chan received the Global Leadership in Rehabilitation Science Award from Virginia Commonwealth University in the United States. In 2011, he received the Alumni Honour Award from the University of Alberta in recognition of his influence on research and education development in rehabilitation in Asia. Prof. Chan’s research interests are in augmenting functional capabilities of individuals with special needs, application of The International Classification of Functioning, Disability and Health (ICF) in rehabilitation, and rehabilitation of post-stroke patients.

Abstract

In this paper, the development of ICF-based assessment and service in three non-government agencies in Hong Kong will be described. The first is a post-stroke rehabilitation program, which emphasizes the merit of using the ICF core set as the backbone for assessment and program planning. The pivotal role of an ICF manager, who coordinates and integrates the delivery of services for enhancing post-stroke patients’ activity and participation will be highlighted. The second is design of an assessment system for addressing the abilities and needs of individuals with spinal cord injuries made reference to the ICF-based facets. The third is application of ICF Assessment and FUNDES for addressing the service needs of residents with intellectual disability. Challenges experienced by the different teams and their way forward will be discussed.

Mr. Peter POON

Deputy Chief Executive Officer, The Hong
Kong Society for Rehabilitation



Symposium – Plenary Session II :

Innovation, Participation and Inclusion of
Persons with Disabilities

Prof. Becky P. Y. LOO

Professor and Head, Department of
Geography and
Director, Institute of Transport Studies, The
University of Hong Kong



“Mobility of Persons with Disabilities:
The Relevance of Technologies and Neighbourhood Environment”

Prof. Becky P. Y. LOO is the Professor and Head of Geography at the University of Hong Kong. She is the Director of the Institute of Transport Studies at the University of Hong Kong. Her core research interests are transportation and e-technologies. As an active researcher, Prof. Loo already has over 300 research publications (including nine books and 114 research journal articles). With a commitment to serve and a vision to spearhead leading-edge academic research, she is the Founding co-Editor-in-Chief of Travel Behaviour and Society, an Associate Editor of the Journal of Transport Geography and an Associate Editor of Transportmetrica A: Transport Science. In addition to her services to geographical education and the transport profession, her current public services include serving on the Harbourfront Commission, the Lantau Development Advisory Committee, the Road Safety Council, the Transport Advisory Committee, and the Committee on Accessible Transport and Travel of the Hong Kong Society for Rehabilitation.

Abstract

Shall I go out or shall I not? This is the question. For some trips that we make (e.g. going to school and work), there is often no choice. In transportation, we call them mandatory trips. The counterpart is called discretionary trips. Nowadays, the world is changing rapidly, with intelligent e-devices, interactive and multi-media e-platforms, and simultaneous, ubiquitous and seamless e-infrastructure transforming the political, economic and social spheres of life. In an e-society, some of the mandatory trips are replaced by e-means. So, is travelling still sustainable and desirable? Does it contribute to our well-being? Why? Why not? If moving around is part of our daily life, how can we ensure that individuals with different needs have equal rights to travel easily and get access to places that are relevant to them? This presentation will examine various aspects of the mobility issues from the perspective of people with disabilities. In particular, improving the walkability in the neighbourhood environment of these vulnerable groups is a top priority in efforts to promote rehabilitation and create community bonding. It highlights the importance of adopting a people-centred approach in addressing accessibility and mobility challenges faced by people with disabilities.

“Spinal Cord Injury Rehabilitation in Hong Kong –
Collaborative Model for a Brighter Future”

Dr. Paul A. KOLJONEN received his undergraduate degree in Biology from Johns Hopkins University and subsequently completed his medical studies at the University of Hong Kong. He joined the Department of Orthopaedics and Traumatology in 2009 and became a fellow of the Royal College of Surgeons of Edinburgh and the Hong Kong College of Orthopaedic Surgeons in 2015. He currently serves as Chief Resident and Honorary Clinical Assistant Professor in Queen Mary Hospital, Duchess of Kent Children's Hospital and Macle hose Medical Rehabilitation Centre, specializing in spine surgery and spinal rehabilitation.

Abstract

In the modern era, the study of spinal cord injury represents a rapidly advancing field that involves a wide spectrum of knowledge, spanning the basic sciences, to precisely executed clinical management pathways, sophisticated assistive technologies for rehabilitation. Suffice to say, a cure for spinal cord injury is still beyond the horizons. Within any modern society, the collaborative care for spinal cord injury patients represents the ultimate test of the integrity and inclusiveness of the health care system and society at large. With a clear understanding of the resources available to us, knowledge of the patients' actual needs, and appreciation of the concerns of various stakeholders, Hong Kong is well poised to becoming a leader for excellence in this arena.



Mr. LAI Chi Wai

Co-founder,
Ignite Community Services



“Sharing of Champions with Disabilities”

LAI Chi Wai was ranked world's number 8 in rock climbing and an outstanding athlete in Hong Kong. He won numerous awards in the world and Asian championships, and was the first Chinese to win the “X-Game”. In 2011, Lai was rendered paraplegic by a traffic accident which brought his athlete life to an end.

Instead of wallowing in misery, he decided he would not allow adversity to stop him from pursuing his dream. He started to share his dramatic life story to motivate others. In 2014, he was awarded Hong Kong Top Ten Outstanding Young Persons. In 2016, with the help of 40 volunteer teammates, he successfully climbed to the top of the Lion Rock in his wheelchair purely using his upper body strength. With that challenge, he became the first Chinese to be nominated for the The Laureus “Best Sporting Moment Award”.

Abstract

Since a car accident happened 7 years ago, Lai's life launched a dramatic change. From a world's top rock climbing athlete to a wheelchair user, Lai had to start all over to gain back his mobility, independence and self-esteem. As a spinal cord injured (SCI) patient, similar to other patients alike, he had to face challenges physically, psychologically and financially. In our society, people with disabilities are often confined to a low-end job, or a job that does not meet their talent and passion due to complex reasons. It could be the wheel-chair unfriendly environment, non-inclusive work culture and damaged self-esteem. As an entrepreneur, Lai will talk about his own dramatic journey, traveling from the peak stage of his career, down to the lowest point in life and springing back up to a second peak of his life. Let's stayed tuned to hear from him first-hand what can be done to make a change – a perspective that he gained from the rocky road he personally went through in the past 7 years.

Ms. Rabi YIM Chor Pik

Chairperson,
Direction Association for the Handicapped



Ms. Rabi YIM was elected as The 19th Regeneration Society Top Ten Regeneration Warrior in 2016. Currently, she is a committee member of the Women's Commission and the co-convenor of its Working Group on Public Education. She is also a non-official member of the Advisory Committee on Partnership Fund for the Disadvantaged and a member of the Sub-Committee of Transport Complaints Unit, Transport Advisory Committee. Rabi is dedicated to evangelising employment of persons with disabilities, embracing social inclusion and promoting the United Nations Convention on the Rights of Persons with Disabilities. She has participated in the logo and graphic design of Talent-Wise Employment Charter and the story outlines of A Wall-less World Drama Series.

Workshop A –

Community Model on Supporting Persons with Chronic
Illness at the End Stage and Advance Care Planning
(A project supported by The Hong Kong Jockey Club
Charities Trust)

Advance care planning (ACP) has been advocated to be an integral part of clinical care for patients with chronic progressive diseases, but healthcare providers were often hesitant to broach these sensitive issues. This workshop aims to enhance community capacity to promote ACP in the community care services. This interactive workshop will include didactic learning, case study, role play and group discussion to improve participants’ confidence and skills in ACP and thus promote the integration into their current services. Derived from the experience of the workshop speakers in conducting trainings and research related to ACP in hospitals and community care settings, examples of communication strategies, tools and resources for introducing the topic and facilitating shared decision-making will be introduced. During the workshop, participants will be able to discuss strategies for engaging people and family members in advance care planning, practice communication strategies and skills in ACP, and identify the common socio-cultural and psychological issues in the process.

Ms. Judy S. H. LEE

Advance Practice Nurse,
The Hong Kong Society for Rehabilitation



Ms. Judy LEE is an Advanced Practice Nurse who works in The Hong Kong Society for Rehabilitation. Ms. Lee has got over 20 years of experience in clinical and community health management of non-communicable diseases such as Chronic Obstructive Pulmonary Disease, Heart Disease, Renal Disease and Neurological Disease. She has extensive experience in palliative care and hospice contexts as well and has been working on the Jockey Club End-of-Life Community Care Project.

Dr. Helen Y. L. CHAN

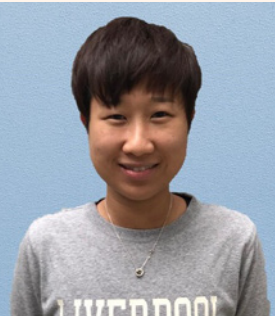
Associate Professor, The Nethersole School of
Nursing, Faculty of Medicine, The Chinese
University of Hong Kong



Dr Helen CHAN is the Associate Professor, The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong, and Associate Professor (by courtesy), CUHK Jockey Club Institute of Ageing. Her research interests focus on gerontology, end-of-life care as well as care ethics. She has conducted a number of research and knowledge transfer projects on promoting advance care planning among older adults and people with advanced progressive diseases and exploring the end-of-life care development in the local context. Currently, she serves as the Honorary Advisor for The Hong Kong Society for Rehabilitation. She is also an editorial board member of Asian Journal of Gerontology and Geriatrics and Journal of Nursing Ethics. She received Titular Fellowship (Hong Kong Jockey Club Fellowship) of The Association of Commonwealth Universities in 2017, Young Investigator Awards at the 5th Hong Kong Palliative Care Symposium in 2008 and at the 19th Hong Kong International Cancer Congress in 2012 in recognition of her outstanding research capabilities.

Ms. LAW Man Chi

Project Manager, JCECC “Life Rainbow”
End-of-Life Care Project,
The Hong Kong Society for Rehabilitation



Ms. LAW Man Chi is the Project Manager for the Jockey Club End-of-Life Community Care Project under The Hong Kong Society for Rehabilitation. Beforehand, she worked as a social worker in the Phase 1 of the same project from 2016-2019. She has accumulated experience and insights in palliative care for patients and carers struggling with end-stage chronic illnesses.

Workshop B –

HKJC Capacity Building Project for Self-Help Organisations:
Innovation and Impact of New Development in Self-Help
Movement
(A project supported by The Hong Kong Jockey Club
Charities Trust)

Self-help organizations (SHOs) operate with the goals of promoting mutual support among members, engaging the community with public education on health awareness and inclusive society, and encouraging service users’ participation in society. As such, they create positive social impacts on individuals and society. Nevertheless, SHOs also encounter different obstacles to achieving sustainable development, such as the lack of stable leadership, fading of mutual support culture, under-recognition of self-help value, and difficulties in resource development and networking. There is an urgent need to develop a culturally relevant SHO model and best practice guideline, which would serve as a useful reference for SHO leaders to facilitate the continued development of SHOs. The development relies on consolidating information obtained from a review of available literature on SHO models, an analysis of secondary data on local SHO profiles, and individual and group interviews with SHO leaders and professionals supporting SHOs.

Prof. Steven NGAI Sek Yum

Chairperson, Department of Social Work,
The Chinese University of Hong Kong



Prof. Steven NGAI Sek Yum is Chairperson and Professor of the Department of Social Work at The Chinese University of Hong Kong (CUHK), and an appointed member of a number of professional bodies and governmental advisory committees. His current research interests are in the areas of social exclusion and youth citizenship, mutual aid and youth empowerment, and service-learning and leadership development. Since 2000, he has conducted 32 research projects. Among them, four are funded by the Research Grants Council of the Hong Kong SAR Government, and another 25 commissioned by government bureaus/NGOs in Hong Kong or Macau. Given his ongoing efforts and remarkable performance in teaching and research, he received CUHK Research Excellence Award in 2011 and CUHK University Education Award in 2014.

Dr. Jacky CHEUNG Chau Kiu

Associate Professor, Department of Social and
Behavioural Sciences,
City University of Hong Kong



Dr. Jacky CHEUNG Chau-kiu, Ph.D., is an associate professor at the City University of Hong Kong, China. He has recently published research results concerning civility, social inclusion, resilience, character education, moral development, peer influence, and class mobility. His current research addresses issues of protest, thriving, early child development, organizational culture, and drug and vocational rehabilitation. Over the years, he has endeavored to scrutinize and advance knowledge concerning socio-moral development, social capital, and life quality. He actively engages in applied research on various social services for youth, elders, people with disabilities, education, policing, correctional services, and other community concerns.

Mr. LAU Kim Hung

Chairperson,
The Hong Kong Stoke Association



Mr. PUN Yau Wai

Senior Manager (Rehabilitation),
The Hong Kong Society for Rehabilitation



Mr. PUN Yau Wai is the Senior Manager (Rehabilitation) in The Hong Kong Society for Rehabilitation and the former manager of Community Rehabilitation Network Patient Mutual Support Centre (PMSC). He has been participating in supporting self-help group development since 2000, working in partnership with self-help groups to help them face challenges and opportunities in the past 19 years. He advocates that self-help groups should be recognized as an irreplaceable actor in different areas of the society.

Mr. Danny YAN Chun Kit

President,
The Hong Kong Neuro-Muscular
Disease Association



Workshop C –

The Application of Low Intensity Coaching in Health Care and Social Service

The development of improving Access to Psychological Treatment (IAPT) in the United Kingdom has revolutionized the provision of primary and secondary mental health services. In Australia, Beyondblue has promoted this model in the NewAccess program in partnership with Flinders University. An interdisciplinary team of academics, clinicians and researchers led by Prof. Battersby at Flinders University have been involved in the scoping, training, supervision, and delivery of NewAccess and other innovative stepped-care programs for people with high prevalence psychological conditions. Outcomes of the highly successful NewAccess initiative have produced recovery rates of 67.5% in over 3000 clients.

Flinders has also collaborated with Remedy Healthcare to support the training, supervision and implementation of the Mindstep program, which also consistently demonstrates recovery rates above 60% for people with moderate and severe mental health conditions, who have been discharged from private hospitals after treatment for anxiety and depression.

The potential to enhance stepped-care programs in Hong Kong is an exciting opportunity for Flinders to collaborate with leading organisations and universities to increase access to evidence based low intensity interventions.

Prof. Malcolm BATTERSBY

Professor of Psychiatry of Flinders University/
Clinical Director, Southern Adelaide Mental
Health Services



Prof. Malcolm BATTERSBY established the Flinders Human Behaviour and Health Research Unit and cognitive behavioural post graduate courses at Flinders University. He also established the Centre for Anxiety and Related Disorder Unit and the Statewide Gambling Therapy Services. He is Director of the Flinders Centre for Gambling Research. Prof. Battersby trained with Professor Isaac Marks at the Institute of Psychiatry, London in behavioural treatment of anxiety disorders and severe neurotic conditions. His team has led the training and supervision of low intensity coaches for the Beyondblue NewAccess program. He was awarded a Harkness Research Fellowship in the study of chronic condition self-management in the United States during 2003-2004 and has led the development of the Flinders Program of chronic condition management.

Special Session

Dialogue on Rehabilitation
Leading Paradigm Shift in Rehabilitation in
Hong Kong
(For invited guests only)

Ageing populations and rising non-communicable disease rates have increased the demand for rehabilitation services in the Western Pacific Region. As a health strategy for the entire population, rehabilitation has benefits to both individuals and their families, that extend beyond health to other sectors such as education and labour. With evidence that rehabilitation reduces hospital length of stays, decreases readmissions and prevents complications, the savings related to rehabilitation may be realised in the long-term, even if not in the short-term.

However, despite growing demand for rehabilitation, the workforce available to support healthy functioning is very limited globally, in both well-resourced and less-resourced environments. If health systems do not strengthen their capacity to deliver rehabilitation, countries will face increasing challenges to meet the health demands related to ageing populations and the rise in non-communicable diseases. WHO is supporting the strengthening of rehabilitation services, including the health workforce, through its new Western Pacific Regional Framework on Rehabilitation, and will discuss specific issues related to the implementation of this Framework to support countries in the Region.

Mr. Darryl BARRETT

Technical Lead, Disabilities,
Rehabilitation and Blindness Prevention,
Division of NCD and Health through the
Life-Course, Regional Office for the
Western Pacific, World Health Organisation



Mr. Darryl BARRETT is currently the Technical Lead for Disabilities and Rehabilitation and for Blindness Prevention, at the Regional Office of the World Health Organization for the Western Pacific. He manages a program that supports governments to improve access to health care for persons with disabilities and strengthen the health system to deliver rehabilitation. As an occupational therapist and lawyer with over 20 years' experience in the public and private sectors, he draws on health and legal experience to address barriers that prevent people accessing the health care they need. With a particular passion for human rights, law and justice, health and governance, Darryl has a wide range of experience in conflict, post-conflict, low- and well-resourced country contexts in Australia, Europe, the Middle East, Asia and the Pacific.