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BULK ECONOMY

靈感 HAVEN OF HOPE NEWS

97
MAY 2018

專題 THEME

樂齡科技助長者享受自主優質生活
Technology uplifts elderly's life

基督教靈實協會 Haven of Hope Christian Service

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基督教靈實協會 Haven Of Hope Christian Service

異象禱詞 | Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。

God, together we serve and grow, witness the Gospel and experience Your love. May you be satisfied. Amen.

使命 | Mission

透過關懷全人的事工，我們致力與人分享福音及建立基督化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Through a ministry of holistic care, we strive to share Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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行政總裁的話

WORDS FROM CEO

親愛的靈感讀者：

對於香港人，智能手機是生活不可或缺的一部分。小童、成年人，甚至長者都依賴智能手機作通訊、娛樂、瀏覽資訊或付款購物之用。但原來善用智能手機配合室內監測系統，照顧者就可以24小時遙距觀察長者在家情況，確保安全。

以上是樂齡科技的一例。去年施政報告提出成立十億港元基金推動樂齡科技，資助安老及康復服務單位試用及購置科技產品。基金將資助購買兩類產品，包括香港社會服務聯會制定的科技參考清單內的產品，以及由申請者自行物色研發公司研發符合需要的產品。幾年前，靈實已著手尋找合適的科技產品，使長者及照顧者可得到更貼心和安全的照顧，同時便利護理同工的工作。綜合過去65年的經驗，我們深信「愛心關懷」、「專業精神」及「積極進取」的態度，是使服務硬件發揮最大效能的關鍵。

香港人口迅速老齡化，未來的挑戰將會更大，但社會不斷向前走，上帝的恩典也必覆庇靈實。請繼續支持我們！

行政總裁
林正財醫生

Dear Haven of Hope Supporters,

I think it's undeniable that using smart phones have become an indispensable part in our daily lives. Every one of us, be it children, adults or the elderly, relies on our mobile devices for all sorts of things like: communication, entertainment, information searching, shopping and payment, plus many other uses. However, when smart phones are used in tandem with an indoor monitoring system; they allow carers to observe and monitor the well-being of seniors at home 24 hours a day to ensure their safety and security.

This is just one of the many what we call - gerontechnological applications. The Government announced in last year's policy address that it would earmark \$1 billion to establish a fund to subsidise elderly service units on a trial basis and to actively purchase gerontechnological products. The fund will accept applications for the procurement of two categories of products, including those covered by the reference list of 'Recognised Technology Application Products' drawn up by the Hong Kong Council of Social Service as well as other suitable devices developed by technology research and development companies identified by applicants. The Haven of Hope have been sourcing suitable technologies for years to assist the work of our care staff and offer the elderly improved and safer services. Our 65 years of experience has given us sufficient confidence in demonstrating loving care, professionalism and progressive attitude for maximising the efficiency of these innovative products.

The ageing population in Hong Kong is rapidly growing and we can expect our future to become even more challenging. Nevertheless, Hong Kong society will continue to move forward while blessings from God will continue to pour on the Haven of Hope. Please support us!

Dr Lam Ching-choi
Chief Executive Officer

THEME 主題



香港社會服務聯會長者創新及科技總經理陳文宜認為長者應多培養對科技的興趣，多接觸、多嘗試。
Grace Chan, general manager (Innovation and Technology for Ageing) of Hong Kong Council of Social Service, says that the elderly should deepen their interest in technology and try different kinds of gerontechnological products.

淺談樂齡科技

近年，我們經常於報章新聞聽到「樂齡科技」一詞，究竟甚麼是樂齡科技？樂齡科技又可以如何改善長者的生活？

「樂齡科技」英文是“Gerontechnology”，把老年學(gerontology)及科技(technology)兩個領域連繫起來。科技給人冷冰冰的感覺，樂齡科技的「樂」是希望利用科技，提升長者、家人及照顧者的生活質素，使他們活得快樂。

樂齡科技在德國、丹麥、日本等地發展已超過十年以上，發展漸趨成熟，涉獵領域十分廣闊，包括人工智能技術、人體工學、食品技術、輔助技術、物聯網技術等。香港社會服務聯會長者創新及科技總經理陳文宜認為無論體弱或健康的長者都可以利用科技，享受生活。

她舉例指，長者到健身室運動，可配戴電子手帶即時識別身份，根據以往運動記錄，自動安排合適的訓練模式，更可把數據整理傳送，方便醫護人員更能掌握長者身體狀況。她又舉例，很多長者需要配戴假牙，但假牙一旦損耗，要預約牙醫再做一副十分費時，三維立體打印技術就可以打印假牙，解決燃眉之急。

對於行動不便的長者，樂齡科技可以改善他們的生活。陳文宜解釋：「大部分長者剛出院時身體十分虛弱，舊式唐樓和一些私人樓宇頂層都沒有電梯，因此有些長者被迫搬離熟悉的社區；有些留在原址居住的長者則隱蔽在家。」一部樓梯機，再配合樓梯上落服務可以改變現狀，令長者可以真正居家安老。

一般人都以為樂齡科技產品很昂貴，但現階段價錢非窒礙長者使用科技最大的阻力。「很多時反而是他們買錯產品，令他們誤以為科技不適合他們」。因此，準確評估長者需要，並在社區推廣樂齡科技十分重要。香港社會服務聯會也會繼續擔當政府、社會服務界、初創及持份者的黏合劑，構造合適的平台，攜手推動樂齡科技發展。

要善用科技過自強不息的生活，陳文宜認為長者應多培養對科技的興趣，多接觸、多嘗試，反映用家意見，以助研發商可推陳出新，設計更切合長者需要的科技產品。

Something about Gerontechnology

'Gerontechnology' has already become a popular term in today's news media. However, what exactly is 'gerontechnology'? And how can it improve the living quality of the elderly?

The term 'gerontechnology' comes from the two words, 'gerontology' and 'technology'. While technology refers to something cool and trendy, gerontechnology conveys a warm feeling because its related products are invented to improve the quality of life of the elderly as well as their families and caregivers.

Developed for more than a decade in Germany, Denmark, Japan and other countries, gerontechnology has reached a mature stage and now covers a wide range of aspects such as artificial intelligence, ergonomics, food technology, assistive technology, Internet of things, and more. Grace Chan, general manager (Innovation and Technology for Ageing) of Hong Kong Council of Social Service, says that both healthy and frail elderly can make use of technology to better their lives.

Grace cites the example of elders wearing smart bracelets to visit the gym. These smart bracelets can identify who the user is and suggest appropriate training modes based on his previous exercise records. The data saved in the smart bracelets can then be sent to medical professionals so they can better understand the users' health status. In addition, she points out that today's advanced 3D printing technology can print a set of dentures for seniors very quickly and conveniently. This is a very good replacement for elders in case of emergency.

Gerontechnology is particularly useful for elderly with disability. "Since there are no elevators in many old buildings, many frail seniors are discouraged from going out, or are forced to move out of communities with which they are most familiar," says Chan. "Mobile stair climbers supported by suitable ancillary services can help seniors overcome mobility problems, increase flexibility and allow them to continue to stay in their own communities."

Many people may think the gerontechnological products must be very expensive. However, price is not really a key obstacle. Chan opines that some seniors might have chosen the wrong products and then conclude that technology is not suitable for them. For this reason, it is important to assess accurately the needs of the elderly in order to promote the wide use of gerontechnological products. The Hong Kong Council of Social Service has been building platforms to facilitate the collaboration among the government, the social service sector, startups and other stakeholders to promote gerontechnology to seniors.

She also suggests that the elderly should deepen their interest in technology by trying different kinds of advanced products and then provide their feedback and opinions. This would greatly inspire developers to make more innovative products that can better suit the needs of seniors.

THEME 主題



大型樂齡科技展覽吸引過萬人次出席。

The large-scale Gerontech and Innovation Expo cum Summit attracted more than ten thousand visitors.



簡單在床邊加上扶架，長者就能起床時借力，十分安全。

A simple bed-side rail allows the elderly to get off their beds safely.

樂齡科技助長者享自主人生

自動沖洗吸便機、落樓梯機、可調較角度輪椅、家用網絡系統，這些都是流行於日本、韓國及德國等地的樂齡科技產品。香港人口老化，而且近年愈來愈多長者留在社區居家安老，直接刺激對樂齡科技的需求。

在香港，每年都有機構舉行多場樂齡科技展覽，邀請安老業界同工、學者及公眾人士，尤其是照顧者，參觀最新的樂齡科技展品，了解安老服務的新趨勢。較大型的展覽包括由香港社會服務聯會舉辦的「樂齡科技博覽暨高峰會」、黃金時代基金會的「黃金時代展覽暨高峰會」，每場都吸引過萬人次出席。

不少展覽中首次亮相的創科產品不但能令體弱長者生活倍感舒適，更幫助護理人員安全地照顧長者。「輪椅床」是其中一例。體弱長者習慣在院舍長期臥床，很多時並非因為他們疲累或拒絕接觸人群，而是因為由睡床轉移至輪椅的過程雖短至五分鐘，卻令他們飽受很多不必要的痛楚，有時更因此令原本已虛弱的身體再次受傷。輪椅床的設計把輪椅及睡床二合為一，只需按動操作搖控器，輪椅就會緩緩地與睡床分離，無須人手轉移；身體狀況較佳的長者甚至可以自行操作，以便他們自主地安排生活，自由進出房間，隨時到花園坐坐，助他們重拾尊嚴和快樂。

此外，在社區生活的長者也可以依賴一些小巧的科技產品提升生活質素，例如一般人可能覺得在睡床邊加置小小的扶架沒有甚麼特別之處，但根據資料顯示，長者最容易發生意外往往是起床的一剎那，一不小心就容易倒地。簡單在床邊加上扶架，長者就能起床時借力，既安全，又不會影響家居美觀。近年流行的智能家居系統也可便利非與長者父母同住的都市人，他們可利用智能電話24小時監察長者情況，又可設定預報系統，當安裝在長者家中的感應器於指定時間內未被接觸，系統就會發出通知，避免意外發生。

樂齡科技愈趨普及，相信在未來的日子，無論是居於院舍，還是安在社區的長者都能樂享更自主的人生。

Gerontechnology lets elders enjoy life

Automatic toileting aid systems, mobile stair climbers, tilt-in-space and reclining wheelchairs, smart home systems and other gerontechnological products are widely used in Japan, Korea, Germany and many other places. Hong Kong is ageing rapidly and more and more elderly prefer to live in their homes and within their local communities. Thus, the demand for gerontechnology is on the rise.

Each year, many exhibitions are held in Hong Kong for elderly care workers, scholars and the public, in particular the carers, in order to showcase the latest gerontechnological products and industry trends. Among these events, the Gerontech and Innovation Expo cum Summit organised by the Hong Kong Council of Social Service, and the Golden Age Expo & Summit held by Golden Age Foundation, are the largest events, with each attracting more than ten thousand visitors.

Many innovative products on display at these exhibitions help ensure comfort and safety for frail seniors and their carers. The two-in-one robotic bed / wheelchair is the latest highlighted gerontech products. Sometimes, we may think that elders living in elderly home always stay in bed because they are frail or like staying alone. However, the truth is that many are bed-bound to avoid process of manual transfer which makes them easily get hurt. For this reason, the design of robotic bed / wheelchairs allows carers to separate the bed and the wheelchair slowly by pressing a remote device. The bed-bound can be easily seated and moved to areas outside the bedroom to enjoy some social life or the nature despite extreme frailty. Healthier seniors can control the robotic bed by themselves to help them move around and regain self-respect and happiness.

The elderly who live in communities can also rely on a host of assistive technology to improve their living quality. For instance, a bed-side rail prevents them from falling down when getting off their beds. This simple and safe installation does not affect the home design at all. Moreover, people who do not live with their old parents can make use of the smart home system to monitor the home situation at all times via their mobile

phones. In addition, when the home system sensors are not touched within a pre-set period of time, it will alert users in order to prevent accidents.

With increasing popularity of gerontechnology, the elders who reside in elderly homes or communities can both enjoy quality living.



輪椅床的設計把輪椅及睡床二合為一，只需按動操作搖控器，輪椅就會緩緩地與睡床分離，無須人手轉移。
The design of a two-in-one robotic bed / wheelchair allows carers to transfer the elderly between beds and wheelchairs slowly and automatically with the use of a remote device.



電動輪椅 助長者獨立自主

大家有沒有發現在香港的院舍和社區，使用電動輪椅的服務使用者一向都較少呢？如果有一天，大家因為活動能力下降而需要使用輪椅，你又希望利用傳統輪椅出入，還是使用電動輪椅代步呢？

上一代人習慣自食其力，不喜歡麻煩其他人，當他們年長，開始體弱，他們都寧願留在家中。電動輪椅就成為他們的好幫手，助他們在社區獨立自主地生活。承蒙九龍西區扶輪社的支持，捐出60部電動輪椅，造就「扶輪·扶輪 - 靈實電動輪椅推廣計劃」。計劃於2018年2月正式開始接受登記，參加者只需每年支付\$100象徵式收費，就可租用電動輪椅代步，名額50個。以往，有長者擔心不懂操作輪椅，容易發生意外。因此，提供租借服務的同時，我們會與不同的社區服務單位合作，指導參加者相關的輪椅使用及保養資訊，紓緩新手使用時的焦慮，使他們使用電動輪椅時更得心應手。

計劃啟動禮已於2月7日假尖沙咀街坊福利會順利舉行，當天超過一百位長者到場支持。他們除了參與講座，了解更多有關電動輪椅的好處及使用守則外，更親身試車，體驗電動輪椅之便。其中一名婆婆更表示希望可以盡快租用輪椅：「未試坐前，以為很難控制，原來不是，用一波，慢慢駕駛，就不用怕撞倒。」

誠然，電動輪椅在歐美早已普及，也並非甚麼創新樂齡科技，但靈實希望藉計劃打開政策的缺口，鼓勵更多長者使用電動輪椅，小小的改變能提升長者的活動能力，與社區重新結連，重過獨立自主的生活，重拾一己的尊嚴，實踐靈實「尊重生命·改變生命」的精神。

如對計劃有任何查詢，可致電2703 8609，聯絡陳先生。



計劃啟動禮已於2月7日假尖沙咀街坊福利會順利舉行，當天超過一百位長者到場支持。
The kick-off ceremony was held on 7 February at the Tsim Sha Tsui District Kaifong Welfare Association with more than 100 elderly in attendance.

Power Wheelchair helps seniors live independently

As you may observe, the use of power wheelchairs is not that common in many elderly homes and communities in Hong Kong. Imagine one day if you need a wheelchair, would you prefer a conventional one or a power wheelchair?

Our older generations are used to living on their own and are reluctant to seek help. As they grow older and become frail, they tend to stay at home. A powered unit would be useful to help them in moving around their communities independently. Thanks to the generous support of the Rotary Club of Kowloon West which donated 60 power wheelchairs, we are able to launch the "Rotary Rotary - Haven of Hope e. Wheelchair Rental Scheme". Enrollment has started since February. Participants only need to pay \$100 each year as nominal rental. There are 50 quotas in total. Some elderly may worry that it may be difficult to operate or control these powered units, causing accidents. To address their concerns, we will collaborate with various service units in community to provide all the necessary operating instructions and maintenance information to put their minds at ease, and help them run the wheelchairs easily and smoothly.

The kick-off ceremony for the Programme was held on 7 February at the Tsim Sha Tsui District Kaifong Welfare Association. More than 100 seniors joined the event. They attended a briefing session to learn more about the advantages of using power wheelchairs as well as their care and maintenance. Moreover, they all got the chance to try operate a power wheelchair by themselves. "I thought it might not be easy to control but in fact, if we move slowly, it is rather safe," said one of the seniors who intended to rent one as soon as possible.

Already quite popular in the West, power wheelchair is not an innovation in gerontechnology. Nevertheless, we hope to encourage more seniors to use power wheelchairs as we believe that even a small change can help them increase their mobility and allow them to reconnect with their communities. In this way, they can live more independently and enjoy greater self-respect. All these help realise the spirit of "Respecting Life. Impacting Life".

For enquiries, please contact Mr. Chan at 2703 8609.

RESPECTING LIFE BLOG

尊重生命 BLOG

靈實恩光學校 Haven of Hope Sunnyside School



木球會聖誕派對：畫上彩繪後，你還認得我是誰嗎？
Christmas party at Cricket Club: Can you recognize me with my face painting?



周六賣旗：多謝你認同我的努力，為我買支旗！
Flag-selling on Saturday: Thank you for recognising my effort by buying a flag sticker!

靈實司務道寧養院 Haven of Hope Sister Annie Skau Holistic Care Centre



今年寧養院為院友及家屬安排的團年飯，是熱呼呼的盆菜，在嚴寒天氣下，吃起來特別溫暖。
This year, we specially arranged pun choi as family reunion feast for residents and their families. They felt so warm in this freezing cold weather.



院友自製了賀年咭祝福各位老友記、同工及義工：「大吉大利，新年快樂」，好窩心呢！
Our elderly resident had hand-made a New Year's greeting card to elderly, staff and volunteer. Wishing them "Good Luck and Happy New Year!"

靈實創毅中心 Haven of Hope Integrated Vocational Rehabilitation Service Centre



創毅中心每年為服務使用者舉行新春旅行活動，今年參觀了機場航空探知館、合味道杯麵製作坊及香港文化博物館。
Each year, our Integrated Vocational Rehabilitation Service Centre organises New Year excursion for our service users. This year, they visited the Aviation Discovery Centre at Hong Kong Airport, "My Cup Noodles Factory" and Hong Kong Heritage Museum.



福音事工部 Evangelistic Work Department



院友聚會於每月第四週六舉行，由不同教會義工主領聚會，祝福院友。
The patients' gathering is held on the fourth Saturday each month. It was hosted by volunteers from various churches to bless the patients of Haven of Hope Hospital.



受苦節聖餐崇拜，於靈實醫院一樓教堂舉行，由梁懷德牧師分享信息，共有27位同事出席紀念耶穌的受苦。
The Good Friday Communion Worship was held in the Chapel of Haven of Hope Hospital. Rev. Philip Leung shared the message with 27 colleagues who jointly commemorated what Jesus had done for us.

YOU CAN CHANGE THE WORLD

您的支持帶來改變



學員於中心學習香薰按摩技巧，幫助認知障礙患者紓緩緊張情緒。
At the centre, carers learnt the techniques of aromatherapy to help relieve the tension of the elderly with dementia.

靈實全護通照顧者支援及培訓中心

人口老化的洪流洶湧而至，預計2026年65歲以上長者有182萬名，2036年更達至237萬名，滿足長者需要成為主流課題，周全的安老政策和配套固然重要，照顧者的身心健康亦極需關注。

不少照顧者要24小時看顧家中長者，導致身心疲累，亦會因失去私人時間和空間而感到耗盡心力，當中或因經濟困難而懊惱，亦有因為長者身體或精神情況轉差感到內疚；此等沉重壓力不易卸下，卻不知如何尋求協助，有苦自己知，更嚴重是當壓力爆煲，照顧者甚至會傷害自己或長者，後果堪虞。

紓緩照顧者的壓力，應對症下藥，助他們了解壓力來源，放開胸懷及裝備自己，迎難而上。基督教靈實協會「靈實全護通」關注照顧者的身心狀態和需要，將於靈實長者記憶護理中心(港島西)設立照顧者支援及培訓中心，並開辦一系列課程，由現職及富經驗的社工、護士、物理及職業治療師講解長者的生理和心理變化，並讓照顧者接受相關的照顧技巧訓練，同時剖析照顧者面對的壓力和減壓之法，亦向照顧者介紹或轉介各類長者服務和產品，或提供專業評估和指導，使照顧者有足夠知識、配套和支持下照顧身邊摯愛。中心將定期舉辦照顧者活動，讓他們舒展身心及結交同路人，互相支持，一起樂觀面對困難。

如對上述服務有任何查詢，歡迎致電2663 3001。

Haven of Hope TotalCare Carer's Support and Training Centre

Hong Kong is rapidly ageing. It is estimated that the elderly population will increase to 1.82 million in 2026 and further balloon to 2.37 million in 2036. How to properly care for our elderly has become a hot topic. No doubt, a comprehensive elderly care policy, with appropriate measures is vitally important; yet, we should not neglect the psycho-social health of the elderly carers.

As you may know, looking after a frail elderly is a 24/7 job. With no time to take care of their personal business, let alone finding a job to financially support the family, the carers may gradually burn out. To make matters worse, they are stressed by a sense of guilt when the physical or mental health of the elderly exacerbates. They are drained out, thinking that there is no way out. Sometimes, we heard from the news that some carers are stressed to the extent that they hurt themselves and/or the elderly. This is indeed very saddening.

To ease the carers' pressure, we need to help them understand the source of stress, so that they can get inspired and equipped with the skills to face the challenges. HOHCS is establishing a carers' support and training centre in Haven of Hope Day Memory Care Centre for Elderly (HK West). The new centre will offer courses to train the carers. Experienced social workers, nurses, physiotherapists and occupational therapists will lecture on the physical and psychological changes of elderly, skills of quality care, potential sources of stresses that carers may encounter, as well as ways to alleviate pressure. If necessary, we may introduce elderly service and elderly products to carers as well as offering professional assessment and consultation. Moreover, on a regular basis, the centre will organize activities for the carers. Through sharing happiness and sorrow, they can mutually support each other and stay positive.

Please call us at 2663 3001 for service enquiries.



生命中的真善美

為長者提供上門家居照顧服務，往往會接觸到不同家庭，獨老、兩老共住、與家人同住的長者等；他們的家居環境亦很不同，有富裕的、有貧窮的，但無論他們背景如何，靈實同工都會盡心盡力，為長者提供專業貼心的服務。

最近，靈實長者日間暨復康中心（港島東）有一位行動不便的長者，家境並不富裕，但子女卻十分孝順，為了方便母親照顧因患病而肢體變形的父親，他們以「土炮」方法，在家自製吊架。健康服務員第一次上門服務，看見吊架，心裡十分欣賞家人的心思和智慧。縱然資源有限，環境狹窄，他們也出盡辦法，解決問題。因為有愛，問題就可以解決。

另外有一位長者，其太太是主要照顧者，但她是聾啞人士，行動又快，往往因為未溝通清楚就移動長者，令他容易跌倒。有一次上門進行護理時，太太又因為太心急，差點把長者弄至跌倒，長者大發脾氣，健康服務員就立即向長者表示太太只是因為心急想協助他，以致行動太快，而責備她只會令她受驚，加上她聽不到，就更容易產生誤會，繼續造成意外。於是，健康服務員就教他用手輕輕拍拍太太，做個心形手勢，兩老也笑過不停。

前線健康服務員每次上門服務，都會遇到不同的人與事，雖然時間不多，但能和長者及其家人一起經歷每個生活小故事，令人十分感恩。從每個長者身上，我們看到生命的真善美。雖然我們可以做到的很少，但每次看到他們笑顏逐開，我們便心滿意足！

The truth, the virtue and the beauty in our lives

Backgrounds of the elderly using our home care service are diverse. Some are singletons, some live with their partners and some live with their children; some are better-off and some are impoverished. HOHCS is committed to providing professional care services to the elderly regardless of their background or socio-economic status.

At Haven of Hope Day Care cum Rehabilitation Centre for the Elderly (Hong Kong East), there is one senior who is looked after by his family. To enable them to move the elderly around from one place to another, his children handmade a hammock for him at home. Our health service worker was amazed by their wisdom and tender love. Despite the limitation of resources and the little space they have at home, they endeavour to deliver the best care to the elderly. They did so solely because of love. With love, any problem can be solved.

There is another elderly who used to be taken care of by his wife. Nevertheless, his wife is deaf and speech-impaired. Sometimes, due to poor communication, the elderly got hurt when his wife moved him too hastily. This happened again at one time when our health service worker was providing care for the elderly at his home. The elderly became so irritated that he lost his temper. Our health service worker explained to him that his wife did not do it by intention and only wanted to help him. Moreover, if he got angry with her, and she could not hear clearly, it would only result in more misunderstanding and accidents. Our staff taught him to hold his temper, gently touch his wife and make a heart shape with his fingers. It made both of them laugh.

Our frontline care workers meet with many different service users when they provide home care services. Though the time we spent with the user is short, we could still discover the truth, the virtue and the beauty of each and every elderly we met. We are contented when we see the cheerful smile of the elderly.

TELL US YOUR STORY

一行一故事



靈實復康服務臨床心理學家梁偉洵指出繁重的工作有時令他感到壓力，但也為他帶來滿足感，尤其當他覺得受助人想通了。

Phil Leung, clinical psychologist of Haven of Hope Rehabilitation Services, says that the heavy workload brings him stress but also job satisfaction, especially when he is able to inspire service users in need.

一行一故事

寧靜舒適的房間裡，傾聽對方心事，為他們排憂解困，使他們有一天可以蛻變成龍。這是否你心目中的臨床心理學家呢？靈感將為你揭開臨床心理學家神秘的面紗。

很多人會稱呼臨床心理學家為「心理醫生」，靈實復康服務臨床心理學家梁偉洵解釋其實並沒有心理醫生這個專業。在香港，要成為一名臨床心理學家必須至少持有認可的臨床心理學碩士學位。碩士課程除教授心理病理學、心理治療、倫理、心理測試方法、研究方法等範疇之外，亦規定受訓者需進行220天實習，為成人、兒童及殘疾人士提供心理治療服務。畢業後，一般會在醫院、社會福利署、非政府機構、警署、懲教署等機構工作，亦有部分選擇私人執業。

臨床心理學家的工作最主要分兩個範疇，包括進行專業心理及性格評估，以及心理輔導治療。我們常聽到的認知行為治療法，就是臨床心理學家其中一種常用的治療工具。但社工及精神科醫生都會為服務使用者進行輔導，三者有何分別呢？梁偉洵指出，社工偏重為服務使用者尋找合適的社區資源，解決生活難題；臨床心理學家以了解病人的思想及行為出發，針對為情緒病及精神病患者提供專業治療。至於精神科醫生，他們主要會以藥物協助病人紓緩病情，與臨床心理學家治療的方向和切入點有不同，三者互相補足。

梁偉洵現在有一半時間於靈實將軍澳及西貢地區支援中心為輕度智障人士、肢體殘障人士及家長提供單對單心理治療服務；另一半時間於靈實四間嚴重智障人士日間中心暨宿舍為同事提供個案諮詢服務。繁重的工作有時令他感到壓力，但也為他帶來滿足感，尤其當他看到受助人好像「打開了」，想通了一點。此外，他認為復康界別的臨床心理學家不多，針對殘障人士的心理研究不多。「全港有大約500多個註冊臨床心理學家，從事復康界別的只有少數，所以我都很高興可以從服務中增加對殘障人士的認識。同時，我在工作中亦會進行針對智障人士的研究，推行以實證為本的服務，過去亦曾在海外會議中發表研究結果，都是一種成就感。」

香港人生活壓力大，梁偉洵認為我們可以由基本做起，就是「吃好睡好，多做運動」，不要只顧低頭玩手机，抬抬頭，欣賞藍天白雲，與身邊的人多一點溝通，留意周邊美好的人與事，珍惜自己擁有的東西，精神也健康一點。

Tell us your story

Many people may not know exactly what clinical psychologists do. Some may think that they just help people solve emotional problems. With this in mind, Haven of Hope News unveils the truth about clinical psychologists.

Phil Leung, clinical psychologist of Haven of Hope Rehabilitation Services, explains that there is no such profession as 'psychological doctor' as commonly misunderstood by many people. To practise as a clinical psychologist, one has to have at least a master's degree in clinical psychology in which students would learn the theories of psychopathology, psychotherapies, psychological testing, ethics, and research methods. They also need to complete placement work for adults, children and people with disabilities for 220 days. Most clinical psychologists work at hospital, Social Welfare Department, non-governmental organisations, police station, correctional services unit, or other institutions to offer psychological treatment services. Some develop their careers in private practice.

The scope of work of a clinical psychologist can be divided into two main areas, including: 1) professional psychological and personality assessment, as well as 2) psychological counseling and treatment. Cognitive behavioral therapy is one of the most common treatment tools. Leung says that social workers, clinical psychologists, and psychiatrists all provide counseling. Social workers focus on sourcing appropriate social and community resources for service users to solve their problems in daily lives, while clinical psychologists focus on understanding people's mind and behaviors and offering professional treatment for patients with emotional or mental issues. On the other hand, psychiatrists are qualified medical doctors who focus more on medication management to treat patients. Therefore, the three professionals work closely and collaboratively with each other to help clients in different aspects.

Phil Leung now spends half of his working time providing one-on-one clinical psychology services for persons with mild to moderate intellectual and physical disabilities and their parents at Haven of Hope Tseung Kwan O and Sai Kung District Support Centre. He also allocates the rest of his time on case consultation with workers at the four hostels for severely intellectually disabled persons in the Haven of Hope.

The heavy workload brings him stress but also job satisfaction, especially when he is able to inspire clients in need. Leung thinks that there are insufficient clinical psychologists in Hong Kong's rehabilitation sector and the psychological studies targeting people with disabilities are inadequate. "In Hong Kong, there are more than 500 clinical psychologists, however only a minority work in the rehabilitation sector," he adds. "I'm happy that I've come to understand more about people with disabilities through the services I provide. At my work, I have also conducted surveys for my service users in order to design evidence based practices, and the results had been presented at conferences held overseas. All these give me strong sense of satisfaction."

To relieve the pressure in our daily life, Leung suggests that we should start from the basics by eating properly and getting sufficient sleep and exercise. Instead of spending time on using our smart phones, we should look up and enjoy the beautiful blue sky, or take some time to talk to our close friends and family; we need to appreciate all the good things in life and the people around us, and treasure what we have.



梁偉洵2016年在韓國首爾參與國際海外會議，發表研究成果。今年7月亦將會到愛爾蘭都柏林出席另一會議。

Phil attended an overseas conference in Seoul, Korea, in 2016 to present his research findings. He will also have presentations in another conference in coming July, held in Dublin, Ireland.

WHAT'S NEW 最新消息



2016靈實醫院「夢想·展翅」音樂會盛況
Haven of Hope Hospital "Dream Big Fly High" Concert 2016

2018靈實醫院慈善音樂會

靈實醫院由2016年起開展擴建計劃，包括重置 116張療養病床，成立日間內科復康中心及綜合照顧者支援中心，此外亦會在新醫院大樓增加160張延續護理病床。此擴建計劃並非由政府全數資助，靈實醫院亦須進行籌募，誠邀您贊助或購票參與慈善音樂會，共襄善舉。音樂會資料如下：

日期 2018年6月17日 (星期日, 父親節)
時間 7:30pm
地點 香港演藝學院 (香港灣仔告士打道一號)
合作單位 香港愛樂團

如有任何查詢，請致電2703 3236 與陳先生聯絡，或致電2703 3290與陳小姐了解詳情。

Haven of Hope Hospital Charity Concert 2018

Since 2016, Haven of Hope Hospital (HHH) has started an extension project which comprises the re-provisioning of 116 infirmary beds in HHH and the associated facilities for the Day Medical and Rehabilitation Centre and Integrated Carers' Support Centre. An additional 160 extended care beds will also be provided in the new hospital block. This project is not fully subsidized by the government and we need to fundraise for the project. In this view, we are seeking your sponsorship for our Haven of Hope Hospital Charity Concert 2018 to raise funds for this meaningful cause. Details of the concert are as follows:

Date 17 June 2018 (Sunday, Father's Day)
Time 7:30pm
Venue The Hong Kong Academy for Performing Arts (HKAPA) (1 Gloucester Road, Wanchai)
Co-presenter SAR Philharmonic Orchestra

Should you have any questions, please do not hesitate to contact Mr Ivan Chan at 2703 3236 or Ms Tina Chan at 2703 3290.

CATALO呈獻 靈實恩光兒童平衡車慈善嘉年華

~ 集親子、環保、藝術、繽紛玩樂的好去處

靈實恩光成長中心於2018年7月15日 (星期日) 假中環海濱活動空間舉行親子共融嘉年華籌款活動。當日活動包括香港平衡車錦標賽及免費試玩體驗、園藝治療體驗、藝術活動、各項遊戲攤位及手工藝、貨品義賣，更有不同傷健團體表演。晚上六時至八時將由鄭敬基及一眾歌星舉行「愛恩光·經典金曲音樂祭」。誠意邀請各界人士出席嘉年華，更歡迎不同形式之贊助及捐款支持是日籌款活動，為嚴重智障畢業生的支援服務籌募營運經費。如有興趣及查詢，請致電2632 5598與張姑娘聯絡。

CATALO presents Haven of Hope Christian Service x Balance Bike Charity Carnival

**An event that combines family gathering,
environmental conservation, arts and fun!**

Haven of Hope Sunnyside Enabling Centre will host a fundraising family summer fest on 15 July 2018 (Sunday) at Central Harbourfront Event Space. The programme will include the Hong Kong Balance Bike Championship and free trial ride, horticultural therapy trial, plus a host of art activities, numerous game booths and handicrafts for charity sale. Participants can also enjoy show performances by individuals from various physically handicapped and able-bodied organisations. Besides, there will be a pop music show starred by Joe Cheng King Kei and other singers from 6pm to 8pm. We cordially invite you to join this carnival. We also seek for sponsorship and donations to support the operation costs of the services for the severely mentally handicapped. If you are interested or have any enquiries, please call Ms. Cheung at 2632 5598.



HEALTH TIPS 健康知多少

近視成因及控制

根據理工大學眼科視光學系的研究報告顯示：香港6至7歲的學童，有百分之三十患有近視，10歲患近視的學童則有百分之五十，16-17歲的學童，數字更激增至七成。

近視害處

近視的眼球過度延長，令脈絡膜及視網膜色素上皮變薄，又會出現血管性退化，較易演變成其他眼疾，包括黃斑點病變、視網膜脫落、青光眼及白內障等，度數越深，風險越大。

近視成因

近視加深主要分為遺傳及環境因素，研究指出父母都有近視的小朋友，比父母都沒有近視的小朋友，患近視的風險高四倍。而其中一位父母有近視的小朋友，患近視的風險亦高兩倍。而環境因素則與長時間近距離閱讀及使用電子產品有關，最新研究指出近距離的物件影像多投影在視網膜後，而視網膜似乎能分辨影像的位置，眼球因追逐視網膜後的影像而增長，做成近視加深。

良好視覺衛生

要避免近視加深，首要是保持良好視覺衛生，戶外活動能減少患上近視的機會，研究指出若戶外活動時間每星期最少有14小時，患上近視的機會為20%；若少於5小時，患上近視的機會則高達60%。閱讀或書寫時腰肢要挺直，與書本保持約30至40厘米，同時要有充足的光線，背景要有一定光度。遵從20/20/20眼睛護理法則，每工作20分鐘，便應遠望20尺之外的東西最少20秒，讓眼睛稍作休息。

控制近視的方法

1 角膜矯形術 (OK鏡)

一種非手術性矯正視力療程，透過配戴特製的高透氧硬性隱形眼鏡片將角膜弧度逐漸改變，藉以暫時減低近視和散光，因減低的近視主要針對角膜中心，周邊部分並沒有完全減低，由此做成近視離焦(Myopia Defocus)的效果，從而減慢近視加深。香港理工大學研究顯示，佩戴角膜矯形鏡片的兒童，近視加深速度比使用普通框架眼鏡的兒童慢一半，近期美國亦有同類研究得出相同的結果。

2 近視控制軟性隱形眼鏡

以角膜矯形術的近視離焦原理做成每日即棄型隱形眼鏡；隱形眼鏡採用周邊近視控制區 (Treatment Zone) 使光線聚焦在黃斑點的前方形成近視離焦效果以減慢近視加深。



3 兒童漸進近視控制眼鏡

採用漸進式鏡片設計，主要分為上中下三個光區，眼鏡上方看遠景，中間位置看中距離影像(如電腦)，下方則看近距離物件(如書本)。當小朋友使用鏡片下方看近距離事物時，鏡片可減低眼睛所需要的調節力，從而減慢近視加深。

4 藥物控制

阿托品是常用心臟科藥物，用於眼睛則可放鬆控制晶體厚度的睫狀肌，避免晶體過度聚焦，抑制鞏膜纖維組織生長，減慢眼球拉長，防止近視加深。不過阿托品眼藥水亦有些副作用，例如睫狀肌麻痺及瞳孔放大，令人看不到近的東西和怕光。所以眼科醫生會利用低劑量的阿托品減低副作用同時又可減慢近視加深；但是長期使用的副作用還是未知數。

以上的方法各有優劣，至於那一種適合你的小朋友，就要與你的視光師或眼科醫生商量了。

靈實余兆麟調景嶺診所
註冊視光師黃錦泉

Causes and Mitigation of Myopia

According to the research findings from the School of Optometry at Polytechnic University, 30% of Hong Kong students aged between 6 and 7 years old are diagnosed with myopia; 50% for students aged 10, and the percentage increases rapidly to 70% for those aged between 16 and 17.

The harmful effects of myopia

Myopia occurs when the eyeball is extended too much, leading to the upper layer of the choroid and retina chrome to grow thinner along with a degeneration of the blood vessels. This condition can lead to other eye diseases such as macular degeneration, retinal detachment, glaucoma and cataracts.

Causes of myopia

The prevalence of myopia is partly co-genital and partly caused by environmental factors. Research indicates that children whose parents are shortsighted will have a four-time higher chance of suffering myopia than those whose parents who are not. On the other hand, environmental factors point to constant reading from a close distance and the use of electronic devices. According to the latest research, object images in close distance often focus behind the retina, which may help identify the image location. The eyeball then enlarges to trace the images behind the retina, which exacerbates the degree of myopia.

Proper eye care

Outdoor activities can help prevent myopia, research indicates that the chance of becoming myopic is about 20% if we participate in outdoor activities at least 14 hours per week. When reading or writing, we should maintain a straight back posture and keep a distance of 30-40 cm between our eyes and the things we read with adequate background lighting. We should also follow the '20/20/20' eye care rule. This means we should rest our eyes by looking at distant objects at least 20 feet away for not less than 20 seconds after each 20 minutes of reading work.

Ways of controlling myopia

1. Orthokeratology (Ortho-K)

Orthokeratology (Ortho-K) is a non-surgical treatment that requires wearing specially designed hyper-gas permeable contact lenses to correct refractive errors by changing the

shape of the cornea in order to reduce myopia and astigmatism. The reshaping effect of the cornea allows light to enter the eyes to form a 'peripheral defocus', providing an effective way to slow down the myopic progression. Based on the PolyU research, the myopia progression among children who wear hyper-gas permeable contact lenses slows down 50% compared to others who wear spectacle lenses.

2. Myopia management soft contact lens

Taking advantage of the 'peripheral defocusing' effect of orthokeratology, daily disposable contact lenses can aid in alternating visual correction with the adoption of treatment zones to allow light to focus on the front part of macular area with the aim of reducing myopic progression.

3. Progressive lenses for children use to control myopia

With progressive lenses, children can look up to see clearly into the distance. They also can look ahead to view their computers a middle distance away and drop their gaze downward to read books close to their lenses. The progressive lenses minimise the adjustments made by the eyes, and this helps slow down the progression of myopia.

4. Medicinal control

Atropine, a commonly used cardio-medicine, can dilate the pupils, relax the eyes' focusing mechanism and help prevent myopia progression. However, atropine eye drops also have some drawbacks like prolonged pupil dilation, light sensitivity, and blurred near vision.

As a result, many ophthalmologists only prescribe low levels of atropine for children in order to minimise the negative effects while also reducing the myopia progression. However, the long-term effects of sustained atropine use are still unknown.

The above-mentioned approaches have their own advantages and disadvantages. You should consult your optometrists or ophthalmologists for professional advice.

Wong Kam Chuen, Kenny
Registered Optometrist
Haven of Hope SK Yee Tiu Keng Leng Clinic

MESSAGE TO DONORS 給捐贈者的話

2017/18財政年度完結，意味著一個年度的工作已去到尾聲。回顧過去一年，我們非常感恩，全賴支持者慷慨的捐款，靈實2017/18年度的服務人數達80萬人次。未來一年，我們需要大家繼續支持及代禱，使更多貧窮及有需要的人得到幫助。

The financial year of 2017/18 has come to an end. In the past year, we are immensely grateful that HOHCS had served more than 800,000 (in man times). In the coming year, we desperately need your continuous support and prayers to join us in shedding light on the lives of many more poor and needy.

關懷長者服務

受惠人次：104,581

受惠對象：體弱長者、綜援*長者、貧困長者、獨居長者、缺乏支援網絡之長者、認知障礙長者及貧窮護老者等

Care for the elders

No. of man time: 104,581

Beneficiary: Frail elders, elders receiving CSSA*, poor elders, solitary elders, elders with poor support network, elders with cognitive impairment, poor carers, etc.

健康服務

受惠人次：299,670

受惠對象：健康長者、社區市民、晚期病人

Health care services

No. of man time: 299,670

Beneficiary: Healthy elders, community dwellers, late-stage patients

慈惠醫療服務

受惠人次：25,550

受惠對象：綜援人士、低收入家庭、65歲或以上長者、於醫院管理局等候白內障摘除手術並缺乏家庭支援的長者、接受綜援或獲醫療豁免之晚期病人

Charity medical services

No. of man time: 25,550

Beneficiary: Individuals receiving CSSA, low-income family, elders aged over 65, elders who are queuing for cataract surgery at Hospital Authority and without family support, late-stage patients who are receiving CSSA or medical waiver

照顧殘疾人士及智障人士服務

受惠人次：168,614

受惠對象：殘疾人士、智障人士及其家人、綜援人士

Care for people with disabilities

No. of man time: 168,614

Beneficiary: People with physical disabilities, people with intellectual disabilities and their family, individuals receiving CSSA

福音關懷事工

服務人次：67,761

對象：院舍長者、智障人士、社區人士、靈實同工

Gospel care

No. of man time: 67,761

Beneficiary: Service users in elderly home, service users with intellectual disabilities, community dwellers, staff of HOHCS

促進社區家庭健康活動

受惠人次：137,578

受惠對象：社區家庭及兒童、低收入家庭

Activities for enhancing community health development

No. of man time: 137,578

Beneficiary: Families and children in community, low-income family

*綜援：綜合社會保障援助計劃

*CSSA: Comprehensive Social Security Assistance

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基督教靈實協會創立於一九五三年，是一所非牟利的社會服務機構，透過關懷全人的事工，致力與人分享福音及建立基督教社群，在基督的愛中，以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Haven of Hope Christian Service (HOHCS) is a non-profit social organisation founded in 1953. Through a ministry of holistic care, HOHCS strives to share the Gospel and develop a Christian community. In the love of Christ, HOHCS delivers services in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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