

靈感 HAVEN OF 82 HOPE MAY 2013 NEWS

專題 THEME

認知障礙症

問題迫切 影響情緒、家人

ALZHEIMER'S DISEASE:

A PRESSING ISSUE

都市人壓力爆燈

都市病隨之衍生

HIGH STRESS LEVELS

BOIL OVER INTO ILLNESSES

靈實60周年「藍絲帶日」
及周年晚宴

BLUE RIBBON DAY –
SPREADING THE MESSAGE

'RESPECTING LIFE. IMPACTING LIFE'

《老表，你好嘢！》聶小茜 - 陳明恩專訪

INTERVIEW WITH

CORINNA CHAMBERLAIN

用愛・創新・實踐
**COMMUNITY
HEALTH**



60th
周年
Anniversary



基督教
靈實
協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

行政總裁的話 From the CEO



親愛的靈實支持者：

基督教靈實協會（以下簡稱靈實）成立至今，一直創新求變，發展不同類型服務，以照顧不同人士的需要。我們由荒原上的肺病療養院發展為靈實醫院，期後又開拓其他服務，如：安老院舍、智障兒童學校以及診所等。時至今日，靈實每年服務超過30萬人次；單是四大服務中的一項 - 健康服務 - 每年便讓7萬5千多人得到合適的治理。

靈實伴隨香港這片土地成長、發展，並一直以「尊重生命・改變生命」的信念，開拓各項新服務，以提高市民的生活質素。好像最近開設的靈實銅鑼灣醫療中心，就是因著香港人口老化日趨嚴重，長者認知障礙症及記憶力的問題顯得越來越迫切，我們希望以專業、務實的團隊照顧他們的需要。另外，靈實又為被都市病纏擾的香港人，開辦體重管理治療，減低患上糖尿病、心臟病等嚴重疾病的風險。

司務道教士曾得到異象：「祂必看見自己勞苦的功效、便心滿意足」（賽53:11）我們一直持守「尊重生命・改變生命」的理念，專心服侍神所賜給我們的病人、其家人及其他有需要幫助的市民，希望神心滿意足。靈實的發展印證了神的應許、帶領和祝福。我們希望這份從神而來的愛和恩典，繼續傳送到社區，讓市民的生命得以改變，活得更美好。

Dear supporters,

Being a strong believer of "Respecting Life. Impacting Life", Haven of Hope Christian Service (the Haven of Hope) has never stopped offering love and care to the community. By staying on top of our service quality and being innovative to diversify into different services, we are able to extend our professionalism to help a wider audience of the needy. Started as a Tuberculosis Sanatorium on barren land, the Haven of Hope has now developed into an organization offering services including but not limited to hospital, boarding school for the severely mentally handicapped, medical clinic and residential care for the aged.

To cope with the growing needs of the society, the Haven of Hope will continue our effort in new service development. One example is our recently launched Causeway Bay Medical Centre which target at the busy, quality-seeking city dwellers who are in need of affordable and professional specialty care in Western and Chinese medicine. The new concept of "one stop specialty care" provides the community the convenience and professional care they need. We hope to see changes in people's quality of health as a result of our creativity.

We are determined to follow Sister Annie's footsteps and bear God's words in mind, "After the suffering of His soul, He will see the light of life and be satisfied" (Isaiah 53:11). Through continuous progress and innovation, we testify God's care and promise by making positive impact to the society.

行政總裁
Chief Executive Officer

林正財醫生
Dr Lam Ching-choi

靈感

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基督教靈實協會 Haven of Hope Christian Service

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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 the 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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關心社區 實踐愛心承諾

認知障礙症問題迫切 影響情緒、家人
都市人壓力爆燈 都市病隨之衍生



根據政府統計處資料，香港躍居全球最長壽城市¹。但隨著好消息而來的，卻是各項長者醫療服務不足的問題。加上香港人勤於為公奔馳，生活壓力大，容易患上各種都市病。靈實照顧市民在不同階段的需要，拓展各項醫療服務，為社區健康努力。

認知障礙症 問題迫切 影響情緒、家人

隨著香港的人口老化問題越來越嚴重，長者認知障礙症(即腦退化症)的問題顯得越來越迫切。有見及此，醫管局在荃灣及葵青區試行計劃，為長者提供精神健康診斷服務，在200宗個案裡發現超過六成成人有認知障礙，兩成有情緒問題²。另外，醫管局資料亦顯示，到公立醫院精神科求診的65歲以上長者近年不斷增加，由2009至2010年的3.6萬人，增至2011至2012年的4萬人，增幅達一成。

認知障礙與情緒問題互相影響

一個人漸漸老去，除了老花、手腳活動不靈外，人也變得善忘。忘了兒女的電話號碼、忘了為己煮好的湯熄火、忘了是否吃過午飯、忘了離家前鎖門、忘了剛說過的話、忘了、忘了……這些問題在不知不覺間逐步發生，長者也不知道如何解釋這些「忘了」，更遑論向摯親清楚說明情由、尋求解決和醫治方法。

隨時間流逝，這個「忘了」的問題不單不會溜走，情況甚至會變得越來越嚴重。因為「忘記」，長者漸漸不能完成家務並產生挫敗感；因為「忘記」，他們對日常的生活環境感到陌生；因為「忘記」，他們思想開始紊亂，並感到徬徨失措。有些長者會為此陷入情緒困擾，有些甚至會出現抑鬱的徵狀。

認知障礙並非必然 及早預防 病者與家人同得益

根據耆康會調查，五成港人誤以為認知障礙症是正常老化過程³。事實上，只有約百份之五的六十五歲以上長者患上認知障礙；到八十歲後，則約五分之一會患上此症。醫學界建議長者平時可以多做一些「腦部運動」，例如：下棋、格價計算、寫日記等，都有助延緩腦袋衰退。至於早期的認知障礙症如阿氏症，及早使用藥可以延緩病情。



¹ (Hong Kong Economic Journal, 2013)

² (Hong Kong Daily News, 2013)

³ (Hong Kong Daily News, 2013)



Issue of Community Health

Alzheimer's disease: a pressing issue High stress levels: boil over into illnesses

Hong Kong, while topping a list of the world's cities with the longest lived populations, still lacks sufficient healthcare services for elderly residents¹. The stressful lifestyle of the city also contributes to disorders associated with urban living. To address these concerns, the Haven of Hope has expanded our healthcare services to cater to these needs of the Hong Kong community.

Alzheimer's disease: a pressing issue

Addressing Alzheimer's disease among Hong Kong's elderly is becoming a priority, as the population ages. In view of this, the Hospital Authority piloted programs in Tsuen Wan and Kwai Chung to offer mental health diagnostic services for the elderly. Out of the 200 cases, more than 60 percent were found to have Alzheimer's disease, and 20 percent had mood disorders². Data from the Hospital Authority also reveals increasing numbers of elderly persons aged 65 or above seeking services from psychiatric units at public hospitals. The number has jumped 10 percent from 36,000 in 2009/10 to 40,000 in 2011/12.

Alzheimer's and mood disorders

With aging, a person's vision and motor abilities may deteriorate, along with memory. They may forget their children's phone number, or forget to turn off the stove, or to lock the door. They may forget if they had eaten lunch, or what they had just said. Elderly persons may be

at a loss as to how to explain these episodes that happen imperceptibly over time, let alone detail their condition to loved ones and seek help and medical treatment.

With further aging, this "forgetfulness" may become exacerbated, hindering an elderly person from finishing chores and getting more and more frustrated. It may result in unfamiliarity with one's living environment. Some may feel helpless as they find their thinking increasingly muddled. All this puts the elderly person at risk of developing mood disorders and even symptoms of depression.

Prevention is a key

Around half of the people surveyed by the Hong Kong Society for the Aged made the mistake of confusing Alzheimer's disease with natural deterioration from normal aging³. In fact, only 5 percent of persons aged 65 or above have the condition. For those aged 80 or above, Alzheimer's disease affects one fifth of the demographic. Medical practitioners have suggested that brain deterioration can be delayed by "brain exercises" — e.g. playing chess, calculating prices, and keeping a journal — if detected in the early stages, medication may slow progression of the disease.

¹ (Hong Kong Economic Journal, 2013)

² (Hong Kong Daily News, 2013)

³ (Hong Kong Daily News, 2013)

長者記憶護理中心提供貼心服務

靈實關心認知障礙症人士和記憶衰退的長者，因此年初在開設靈實銅鑼灣醫療中心—靈實誌實老人科診所及記憶護理中心，以針對患有記憶問題的長者。護理中心有老人專科醫生、職業治療師、中醫師和其他專科醫生等，為長者提供一站式服務。有別於一般院舍，長者記憶護理中心關心到腦退化症病人害怕社交，因此提供人數在十人以下小班訓練和單對單個人訓練，讓長者在更自在的環境下進行記憶訓練。對於行動不便的長者，中心的专业醫療人員可以按需要，為長者和家人提供上門認知訓練和護理，並教導家人和家傭如何照顧家中患有腦退化症的長者，提高患者的生活質素。



免費認知障礙症測試 — 使用者心得

黃太的女兒因為看見母親有記憶力衰退的徵狀，擔心她患了認知障礙症，於是勸喻黃太到靈實長者記憶護理中心進行腦退化評估。黃太說：「負責測試的李麗珍姑娘問了我一些問題，又叫我畫圖、摺紙、計數等，經過一些評估後就告訴我測試結果仍然理想。雖然結果理想，李麗珍姑娘還是很親切地教我如何預防認知障礙症，例如：改用明火煮食、使用計時器、多飲茶讓自己放鬆、要穿防滑綁帶鞋、購物格價等。後來，我告訴李姑娘說我睡得不好，李姑娘便教我按摩穴位、做睡前深呼吸運動以改善睡眠質素。她很有愛心和耐性，而且建議很實用！我每天都跟李姑娘的吩咐做，另我在生活上有很大的改善！我對靈實的服務充滿信心！」

免費腦退化評估資料：

由即日起至2013年6月30日，「靈實誌實老人科診所及記憶護理中心」免費為50歲以上人士提供認知障礙初步評估乙次（名額每日20名），請即致電2632 5598登記。

靈實銅鑼灣醫療中心— 靈實誌實老人科診所及記憶護理中心

地址：香港銅鑼灣禮頓道119號公理堂17樓

電話：2632 5598

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都市人壓力爆燈 都市病隨之衍生

香港人生活緊張，工時長、住屋問題、物價上漲、空氣污染等問題，都是香港人主要的壓力來源。樹仁大學經濟與民生研究計劃本年二月進行了一項港人生活困苦度的調查，共訪問了一千五百人。結果發現，近五成受訪者認為現時港人生活頗痛苦，一成六人更認為非常痛苦⁴。

不正當壓力處理 影響健康

面對多方面的壓力，不同人有不同的處理方法。有些人以運動來減壓，有些找朋友幫助，有些人以購物來發洩，但有更多人以美食減壓。香港這個美食天堂，中西美

點相遇、日俄佳餚薈萃，能與良朋摯愛大吃一頓，實在是人生樂事！但不節制的飲食會帶來很多後遺症：高血脂、高血壓、糖尿病等，都是常常聽見的後果。可是，你有沒有想過睡眠質素下降、體力和專注力不足等都是飲食過量所至的？

綜合醫療中心最新體重管理治療

靈實銅鑼灣醫療中心最近推出中西合璧的體重管理治療，先配合營養師度身訂造的餐單，再以中醫處方為他們調理身體，令整個體重管理過程事半功倍。

從中醫角度，如出現氣虛、陽虛、痰濕、氣鬱等因素便可導致體重超標及伴隨全身各種不適。靈實香港浸會

⁴ (Oriental Daily News, 2013)

Special treatment by Memory Care Centre

The Haven of Hope Chi Po Geriatric Clinic & Memory Care Centre, a member of the Causeway Bay Medical Centre, was opened early this year to better address the need of the elderly suffering from Alzheimer's disease and other forms of dementia. Staffed with geriatricians, occupational therapists, Chinese medical practitioners and other specialist physicians, the Centre provides one-stop service for the elderly. Mindful that dementia patients may find socializing uncomfortable, the Memory Care Centre limits small group training sessions to ten participants, in addition to conducting one-on-one training. This capacity supports the elderly to undergo memory training in relaxed settings, distinguishing the Centre from our residential homes. Medical professionals from the Centre are also available to provide at-home training and care for elderly persons with low mobility, as well as to educate family members and domestic helpers on how to care for the patient; in doing so, the patient's quality of life is elevated.

Testimonials

When Mrs. Wong began to show signs of memory deterioration, her daughter became worried it might be Alzheimer's disease, and encouraged Mrs. Wong to take a diagnostic assessment at the Memory Care Centre.

"Nurse Consultant Ms Lee Lai-chan administered the assessment. "She asked me some questions and had me do tasks like drawing, origami and math. I was told, after the assessment, that my condition was satisfactory," Mrs. Wong recalled. "Even as my results were satisfactory, Nurse Consultant Ms Lee Lai-chan gave me kindly advice on how to prevent and cope with dementia, like cooking with an electric stove instead, and setting a timer, drinking tea to relax, wearing slip-resistant shoes, and adding up my shopping expenses. When I said I wasn't sleeping well, she taught me about pressure points and how I can improve my sleep quality by deep-breathing exercises before I go to bed. She was extremely caring and patient. Her advice is very practical! I have been following it every day and the quality of my life has greatly improved! I have great faith in the services offered by the Haven of Hope."

Free Cognitive and Memory Assessments:

From now until 30 June 2013, Haven of Hope Chi Po Geriatric Clinic & Memory Care Centre provides one-time preliminary Cognitive and Memory Assessment for free. Elderly who aged of 50 or above are eligible (20 persons per day). Please call 2632 5598 for appointment.

Haven of Hope Medical Care Centre- Haven of Hope Chi Po Geriatric Clinic & Memory Care Centre

Address : 17/F., Congregation House,
119 Leighton Road, Causeway Bay, Hong Kong
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High stress levels: boil over into illnesses

Multiple stressors exert strong burden on people's health in Hong Kong. Hectic lives, lengthy work hours, housing problems, skyrocketing prices, and air pollution are only some of these negative stimuli. In a survey of 1,500 Hong Kong residents by Shue Yan University as part of their Economic and Well-being Project, nearly 55 percent of the respondents indicated the lives of Hong Kong residents as "somewhat difficult", with 16 percent indicating "extremely difficult"⁴.

Poor stress management is cause for concern

Different people respond differently as they are under stress. Some take up sports, others seek the company of friends, and still others use shopping as an outlet. Many more turn to good food as a way to relieve stress. Indeed, little can beat the pleasure of a good meal with one's good friends, especially in Hong Kong, the foodie's paradise. But unhealthy eating can lead to harmful consequences: high cholesterol, high blood pressure and diabetes. In addition to the above better-known consequences, has it occurred to you that poorer sleep quality, lowered levels

⁴ (Oriental Daily News, 2013)



大學中醫專科診所的中醫師會先了解服務使用者致胖的原因，再透過中藥、針灸等進行合適的治療，並且調整體質和臟腑氣血功能，對老人、屢減不效或減磅後體重反彈者尤為有效。此外，再配合營養師協助改善飲食習慣、做適量的運動，便能滿足不同證型肥胖人士的要求，有效治療肥胖症。

體重管理治療 - 使用者心得

葉佩華和葉伯恒兩夫婦分婦參加靈實了體重管理療程，葉先生經物理治療師和營養師雙重指導下進步神速，又養成了做運動的習慣；葉小姐本來進度較慢，但經醫護人員悉心鼓勵下，體重由130磅減至120磅。「我以前很怕做運動，但靈實的職員不斷的鼓勵我，現在，我不單把運動看成生活的一部份，還參加了渣打馬拉松10公里賽事呢！」葉小姐說。

除了做運動，控制飲食亦非常重要，葉先生說：「營養師張佩斯小姐教我記錄每餐吃過的東西，令我發現每天在快餐店食的豐富早餐完全超標！」為此，葉先生改變了不少飲食習慣，他現在已很少再喝高卡路里的凍奶茶，而轉飲凍檸茶(少甜)。又會帶備一些生果，補充營養又飽肚。「營養師教我什麼可以吃，什麼不可以吃，又為我設計了一份十分有彈性的餐單，有時多吃一點也沒有問題，令我發現原來控制飲食也並不是什麼都不能吃。」葉小姐補充。

他們在靈實的中醫師、物理治療師和營養師的指示下健康地減磅，對靈實的服務非常滿意。

靈實銅鑼灣醫療中心

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電郵：cwbmc@hohcs.org.hk

代謝綜合症評估\$198優惠 (原價：\$250)

「代謝綜合症」檢測服務 包括：

- 度高、磅重、量腰圍
- 量血壓與脈搏
- 身體質量指數(BMI)
- 驗空腹血糖
- 全血脂測試：(a) 全膽固醇
- (b) 高及低密度膽固醇
- (c) 三酸甘油脂

由專業護士分析檢測內容



of energy and concentration may also be linked to over-eating?

Integrated Medical Centre offers weight management advice

The Haven of Hope opened the Causeway Bay Medical Centre that integrates the strengths of Chinese and Western medicine as well as the benefits of naturopathy to provide solutions for stress-related maladies and other urban sicknesses. Among the various urban sicknesses, weight problems resulting from an unbalanced diet is the biggest threat. To combat this, the Medical Centre recently introduced a weight management treatment: patients are able to benefit from a personalized diet prescribed by dietitian as well as Chinese remedies that would help regulate body functions. Combining Chinese and Western medicine, this treatment greatly enhances the effectiveness of weight control.

One of the key tenets of traditional Chinese medicine is to address *qi* and *yang* deficiency, unbalanced retention of fluids and *qi* stagnation, all of which could result in a person's overweight, with accompanying health issues. Chinese medicine practitioners at the Haven of Hope Hong Kong Baptist University Chinese Medicine Specialty Clinic of the Causeway Bay Medical Centre will first examine the underlying reasons to a service user's weight problems, and then administer appropriate treatment such as Chinese herbal medicine and acupuncture to boost overall physique and bodily functions. This treatment is especially effective for the elderly, and for those with chronic weight issues and those who struggle with relapse into weight gain. In addition, a service user will consult with a dietitian to improve eating habits and determine a

suitable exercise regimen. With the professional advice from dietitian and Chinese medical practitioner, variety of overweight issues could be addressed.

Testimonials

Husband and wife Panda and Angela Yip underwent weight management treatment to utilize the support offered by the Haven of Hope. Mr. Yip made quick progress under the guidance of a physiotherapist and a dietitian and developed a habit of exercising. Progress started off more slowly for Mrs. Yip, but with time and encouragement, she lost 10 pounds and her weight went down to 120 pounds. "Exercising was never my thing," Angela said, "but I received a lot of encouragement from the staff. Now, not only has it become part of my life, I even ran in the Standard Chartered 10K race!"

In addition to regular and proper exercise aside, a well-controlled diet is equally critical. "Ms. Beatrice Cheung, my dietitian, taught me to keep a record of what I've eaten for each meal. I discovered I was having too many calories from my fast-food breakfasts!" Following this discovery, Mr. Yip made changes to his diet. Now he rarely drinks high-calorie iced milk tea, and opts for low-sugar iced lemon tea instead. He also brings a few fruits with him during the day for a nutritious and filling snack. "My dietitian showed me what to eat and what not to. She designed a flexible diet for me – it's fine if I ate a little bit more once in a while. I realized a controlled diet is not equal to starving," Angela added.

Both Panda and Angela were able to achieve healthy weight reduction, thanks to the guidance of Chinese medicine practitioners, physiotherapists and dietitians. Both husband and wife found their experience with the Haven of Hope highly positive.

Haven of Hope Causeway Bay Medical Centre

Address : 17/F., Congregation House,
119 Leighton Road, Causeway Bay, Hong Kong
Telephone : 2632 5598
Fax : 2632 5738
Email : cwbmc@hohcs.org.hk

Metabolic Syndrome Assessment at \$198 (original price: \$250)

Body height and weight measurement

- Body Fat
- Blood Pressure
- Blood Lipid Profile: (a) Total cholesterol
(b) High & Low density Lipoprotein cholesterol
(c) Triglyceride
- Waist Circumference
- Fasting Blood Glucose

Professional analysis and consultation



一同參與 8月17日賣旗活動 推動基層醫療

支持8.17
賣旗活動
Support 17 Aug
Flag Day

醫療服務資源緊絀，令社會基層市民醫療負擔日增，為支援靈實繼續服務市民，為他們提供社區醫療、復康及家庭等多元化服務，我們將於8月17日（星期六）舉行賣旗籌款日，為非政府資助的基層健康服務籌募經費，一同共建和諧健康的社區。靈實基層健康服務提供適切的全力服務予有需要的家庭、兒童及失業人士等。過去，該服務曾服侍逾297,170人次，包括為市民提供就業培訓、輔導服務、親子教育等。

是次目標籌款額為港幣100萬元，同時鼓勵市民善用餘暇，服務社會。我們預計需要招募超過5,000名賣旗義工參與賣旗活動。現邀各界組織義工隊參與是次籌款活動，熱心人士可透過（1）成為義工（2）捐款（3）認購金旗等方式支持。**參與賣旗既可幫助社會上有需要的人，亦可透過賣旗活動增進親子關係及加強企業文化。為表揚參與賣旗的義工，靈實於活動後將頒發「義工嘉許獎狀」乙張予參加者，以示謝意及鼓勵。**有興趣參與人士請填寫以下回條，並於7月1日或之前郵寄或傳真至傳訊及籌募部（傳真：2702 8173），我們將有專人與閣下聯絡。如有任何垂詢，請致電2703 3223與梁淑筠小姐聯絡。



我們樂意支持2013靈實賣旗籌款日

機構名稱 (如適用)：_____

聯絡人：_____

電話：_____ 電郵：_____

地址：_____

成為賣旗日義工

☐ 本人/本機構將參與賣旗日，
對義工人數_____人，希望被派往賣旗地區_____。

認購金旗

☐ 本人/本機構樂意認購金旗_____枚
(每枚金旗港幣50元)。

捐款贊助

☐ 本人樂意捐款港幣_____支持是次籌款活動。

捐款方法：☐ 郵寄劃線支票（支票抬頭為「基督教靈實協會」）

☐ 直接存款予靈實（匯豐銀行戶口：018-030023-010，請把入數紙正本寄回本會）

☐ 信用卡 持咭人姓名：_____

信用卡號碼：_____

信用卡有效日期：____/____(月/年) 持咭人簽署：_____

內部旗袋傳遞

☐ 本機構樂意進行內部傳遞旗袋收集善款，請給予_____個旗袋_____枚旗貼紙。

備註：1. 請於2013年7月1日或之前透過郵寄、傳真或電郵交回此回條。
2. 賣旗義工於賣旗日當天必須已經年滿14歲，未滿14歲者，必須由家長或成年人陪同。
3. 基督教靈實協會將為所有合資格參與賣旗義工購買保險。

4. 凡捐款港幣一百元以上，將獲發捐款收據供申請扣稅。
5. 旗袋派發安排將稍後通知。如有任何查詢，歡迎致電2703 3223與梁小姐聯絡。
6. 以上資料只用作2013基督教靈實協會全港賣旗籌款活動之用。

Show your support for Community Health Service – participate in our 17 August Flag Day

As a result of the tightening of healthcare resources, the community is increasingly shouldering a heavier burden when it comes to healthcare costs. In order to enable our continued service to the public, through providing community healthcare, rehabilitation and family services, HOHCS is holding a Flag Day on 17 August (Saturday). The event will raise funds for health services that are unsubsidized by the government, and will be a joint effort in building healthy and harmonious communities. Community Health Service at HOHCS provides whole-person services for needy families, children, and unemployed. In the past, we have serviced over 297,170 users, providing them with job training, counseling, parenting education in addition to healthcare.

Besides fundraising towards our goal of \$1,000,000, we hope to encourage the public to serve their communities in their free time. Over 5,000 volunteers is

needed to participate in this event. We are now inviting volunteer teams across all sectors of society to join us in this fundraising effort. You can show your support by becoming a volunteer, donating, or making a "Gold Flag" pledge.

Participating in Flag Day not only benefit the needy but also strengthen the family bond and establish positive image and moral of your organisation. Each volunteer will receive a certificate from HOHCS after the event as a token of appreciation for their participation. Interested parties may complete the form below and return it by mail or fax to Communications and Resource Development Department by 1 July (Fax: 2702 8173), and our staff will be in contact with you. For enquiries, please contact Ms Lilian Leung at 2703 3223.



Show your support for the 2013 Haven of Hope Christian Services Flag Day

Name of organization (if applicable): _____

Contact person: _____

Telephone: _____ E-mail: _____

Address: _____

Be a volunteer

☐ I/My organization (a team of _____ volunteers) would like to be Flag Day volunteers on 17 August, preferred location _____.

Make a "Gold Flag" pledge

☐ I/My organization would like to pledge a purchase of _____ Gold Flags. (Each Gold Flag costs \$50.)

Donation

☐ I would like to donate \$ _____ to Haven of Hope Christian Service.

Donation Methods: ☐ Mailing Crossed cheque (Payable to "Haven of Hope Christian Service")

☐ Direct bank in (HSBC Account no: 018-030023-010, please kindly send back the original receipt to our office after payment)

☐ Credit card Payment Name of credit card holder: _____

Credit card no: _____

Credit card expire date: ____/____Month/Year

Credit card holder signature: _____

Internal flag bag circulation

☐ My organization would like to participate through an internal flag bag circulation. Please supply us with _____ flag bags and _____ stickers.

- Remarks: 1. Please kindly return the reply slip on/ before 1 July via fax, email or mail.
2. Flag Day volunteers must be above 14 years old; if the volunteers are below 14 years old, they must be accompanied with parents or adults.
3. Haven of Hope Christian Service will purchase insurance for qualified participate volunteers.
4. Donation for HK\$100 or over, donation receipt will be provided for tax deduction.
5. Donation bags allocation will be noticed later. Any enquiries, please feel free to contact Ms Lilian Leung at 2703 3223.
6. The above personal information collected is for the use of Flag Day 2013 only.

6月23日慈善明星足球賽 LUA All Star Charity Football Match to be held on 23 June



由保協慈善基金主辦「保協慈善明星足球賽」將於6月23日（星期日）舉行，靈實是這次活動的唯一受惠機構，籌得之善款將撥作靈實寧養院「心靈關顧服務」之用，讓我們的专业團隊，包括社工、心理輔導員及院牧等，為寧養院的病人及家屬提供完全免費的心理、社交、靈性關顧及哀傷輔導，減輕他們在患病期間的精神壓力，使他們能坦然開懷地走過人生最後一段路。

是次籌款目標為港幣50萬元，由香港保險從業員協會派出隊伍參賽，每隊參賽費用為港幣5萬元。初賽於將軍澳運動場及跑馬地香港足球會舉行，決賽於同日在香港足球會舉行，勝出隊伍更能與明星足球隊切磋球技。比賽當日將義賣紀念品，如欲了解更多詳情，可至電2703 3250基督教靈實協會或2570 2256保協慈善基金查詢。

Haven of Hope Christian Services has been designated as the sole beneficiary of the LUA All Star Charity Football Match, organized by the LUA Foundation, which will be held on 23 June (Sunday). Funds raised at the event will support our professional team of social workers, psychologists and chaplains at Haven of Hope Holistic Care Centre in providing psycho-social-spiritual care, free of charge, to patients and their families. Through caring for our patients' psychological, social and spiritual needs, as well as providing bereavement counseling, we lighten the stresses patients endure in face of sickness and do our best so that they can live out their final days in peace.

Members of the Life Underwriters Association of Hong Kong will form teams to compete. Team entry fees is \$50,000 and the fundraise target to be \$500,000. Preliminaries will be held at the Tseung Kwan O Sports Ground and the Hong Kong Football Club in Happy Valley. Finals will be on the same day at Hong Kong Football Club. The winning team will have the chance to hone their skills with the All-star football team. Fundraising souvenirs will also be sold on the day. For details, contact HOHCS at 2703 3250 or the LUA Foundation at 2570 2256.





支持藍絲帶日 做個靈實人

基督教靈實協會（靈實）於1953年成立至今已60年。經過多年的努力，靈實已經發展成為一個獲大眾認同，提供優質醫療、長者、復康、家庭服務及福音工作的綜合社會服務機構。我們一直持守「尊重生命・改變生命 Respecting Life. Impacting Life」的宗旨服務大眾，而今年為了更廣泛宣揚此信息，特把3月8日訂為「藍絲帶日」，邀請每位「尊重生命，並希望藉此令他人生命有所改變」的人士於當日戴上藍色絲帶，一起傳遞此正面的訊息，為社會帶來正能量。

萬名市民齊戴藍絲帶

活動得到超過一萬名市民支持，帶來極大迴響。多位著名藝人，如陳奕迅、黃秋生、陳國邦、羅敏莊等義務支持。另外，多間學校亦發動全校師生支持，而全港擁有多間分店的VanGO便利店更於3月8日當天派發藍絲帶予顧客，積極推動「尊重生命」信息。

為把「尊重生命・改變生命」的訊息進一步帶進社區，我們的義工於當日早上在地鐵站外派發了超過6千條藍色絲帶，又展示地鐵燈箱廣告，希望為社會帶來正能量。我們亦於當日經濟日報刊登周年特刊，其中訪問了鄧萃雯、山度士、鮮魚行學校校長梁紀昌、靈實義工和同工等，向市民傳送一個個「愛的故事」。

不同行業及機構同心支持「藍絲帶日」。

Various sectors across society and organizations join in support.



Blue Ribbon Day - Spreading the message 'Respecting Life. Impacting Life'

It has been 60 years since the founding of Haven of Hope Christian Service (HOHCS) in 1953. As a result of years of hard work, HOHCS has developed into a widely recognized provider of integrated community services, including quality healthcare, elderly, rehabilitation, and family services, and evangelistic ministries. Throughout the years, we have held firmly to our service philosophy of 'Respecting Life. Impacting Life'. In an effort to further this message, we designated 8 March this year as 'Blue Ribbon Day'. Everyone who believes in 'respect for life and its power to transform lives' was invited to wear a blue ribbon that day, and in doing so, to help spread this positive and encouraging message within their communities.

A city mobilized

The Blue Ribbon Day was received by more than 10 thousand HongKongers. Celebrities including Eason

Chan, Anthony Wong, Chan Kwok Pong, and Mimi Lo pitched in. Many schools rallied participation among staff and students. VanGO, which has store locations all over Hong Kong, handed out blue ribbons to customers in support of the campaign.

Besides the media campaign, our volunteers had passed out blue ribbons at MTR stations to further deliver the message to the public. More than six thousand blue ribbons were handed out. We also published an anniversary supplement in the Hong Kong Economic Times. The supplement, featuring interviews with Sheren Tang; Leslie Santos; K C Leung, Headmaster of Fresh Fish Traders' School; and volunteers and staff at HOHCS, fully demonstrated the value of 'Respecting Life. Impacting Life'.

鯉魚門循道衛理幼稚園學生戴上藍絲帶到長者中探訪，體現「尊重生命」。

Students of Lei Yue Mun Methodist Kindergarten wear blue ribbons while visiting the elderly.

靈實積極把「尊重生命・改變生命」的訊息帶進社區。
HOHCS actively promotes the message of 'Respecting Life. Impacting Life' within the community.



IVE 同學以行動支持藍絲帶日。
Support from IVE students.



鮮魚行學校學生一起戴上藍絲帶。
Students at the Fresh Fish Traders' School help each other tie the blue ribbon.





「靈實人」 60周年晚宴

當天晚上同時舉行靈實60周年晚宴，超過1千名靈實人參加，為歷年最多。席間，大會預備近300份豐富的抽獎禮物，並頒發77個長期服務獎。部門運作經理（老人及復康科）鄒玉卿姑娘與靈實醫院行政總監徐德義醫生當天分享獲得長期服務獎的感受，行政總裁林正財醫生及寧養院院長梁智達醫生則分享於靈實工作的點滴，並他們所遇見尊重生命、改變生命的動人故事。



一眾嘉賓同工積極參與枱獎遊戲，合力砌出靈實60周年標誌！

Guests and staff participate enthusiastically in the table game to piece together the HOHCS 60th anniversary logo.



同工能開開心心享受晚宴，是一班工作人員最大的回報！

Working Committee: Committee members are delighted to see their colleagues enjoying themselves at the dinner gala.

Haven of Hope Christian Service 60th Anniversary Gala Dinner

On the evening of 8 March, over 1,000 members of the HOHCS family attended the 60th Anniversary Dinner setting a new attendance record. Seventy-seven long service awards were presented at the dinner, and more than 300 exciting raffle prizes were given out to lucky draw winners. Ms Ada Chow, Department Operations Manager of the Geriatric and Rehabilitation Unit, and Dr. Chui Tak-yi, Chief Executive of Haven of Hope Hospital, shared their thoughts on receiving the long service award. Dr. Lam Ching-choi, Chief Executive of HOHCS, and Dr. Antony Leung, Medical Superintendent of Haven of Hope Holistic Care Centre also shared snippets of work at HOHCS, including touching encounters of seeing the dignity of life upheld and lives transformed.

靈實董事與高級管理同工齊心祝願靈實60周年快樂！

The Board of Directors and senior management toast to the organization's 60th anniversary.



與服務支援辦事處4位長期服務同工合影，大家知道他們分別服務了多少年嗎？

Four employees from the Service Support Office receive long service award. Can you guess their years of service?

陳明恩

堅持做回自己

活出更豐盛人生

現在經常在螢光幕前出現的陳明恩，從2004年投身表演行業，她的演藝事業並不是一帆風順。2006年於香港演藝學院畢業後，她一直沒有好際遇，但卻沒有放棄，終於憑著「表哥你好嘢」一劇贏得觀眾的賞識和名氣。

做回自己 不要灰心

回想起工作上的逆境，她說：「縱然有不好的際遇，但只要不放棄，尊重自己，做回自己，一定會活得快樂。」

陳明恩對「做回自己」有一份莫名的執著。這大概是因為她從小就不是一個平凡的香港人：其父為紐西蘭人、其母為澳洲人，當年父母因為傳道而移民香港。作為一個土生土長的香港人，卻配上一張「鬼妹」臉。陳明恩曾因此感到很困惑：到底我要做一個香港人，還是要做個外國人呢？最後，她決定做回自己。她相信這樣才能活得快樂，正如她的新歌「異種」一樣，女主角還是選擇做回自己。

體驗司務道大愛 奉獻舞台經驗

陳明恩在未成名前，曾在朋友介紹下被邀參與靈實的籌款話劇表演，她更憑著一張「鬼妹」臉獲得扮演司務道教士的機會。話劇的綵排安排在靈實醫院活動室內進行，陳明恩在醫院的環境下揣摩司教士這個角色，想像司教士是如何奉獻自己、如何為他人而活。陳明恩說令她印象最深刻的一幕是描述司教士在照顧一名垂死病人，「她有著永不放棄的信念，盡全力讓那名病人有尊嚴、平安地離去，司教士那份意志和愛心令我非常感動！」憶起那次義演，陳明恩笑說：「我看見靈實同工天天無私地奉獻自己，照顧別人。我想，我也沒有什麼可以奉獻的，只有奉獻我的舞台經驗了！」

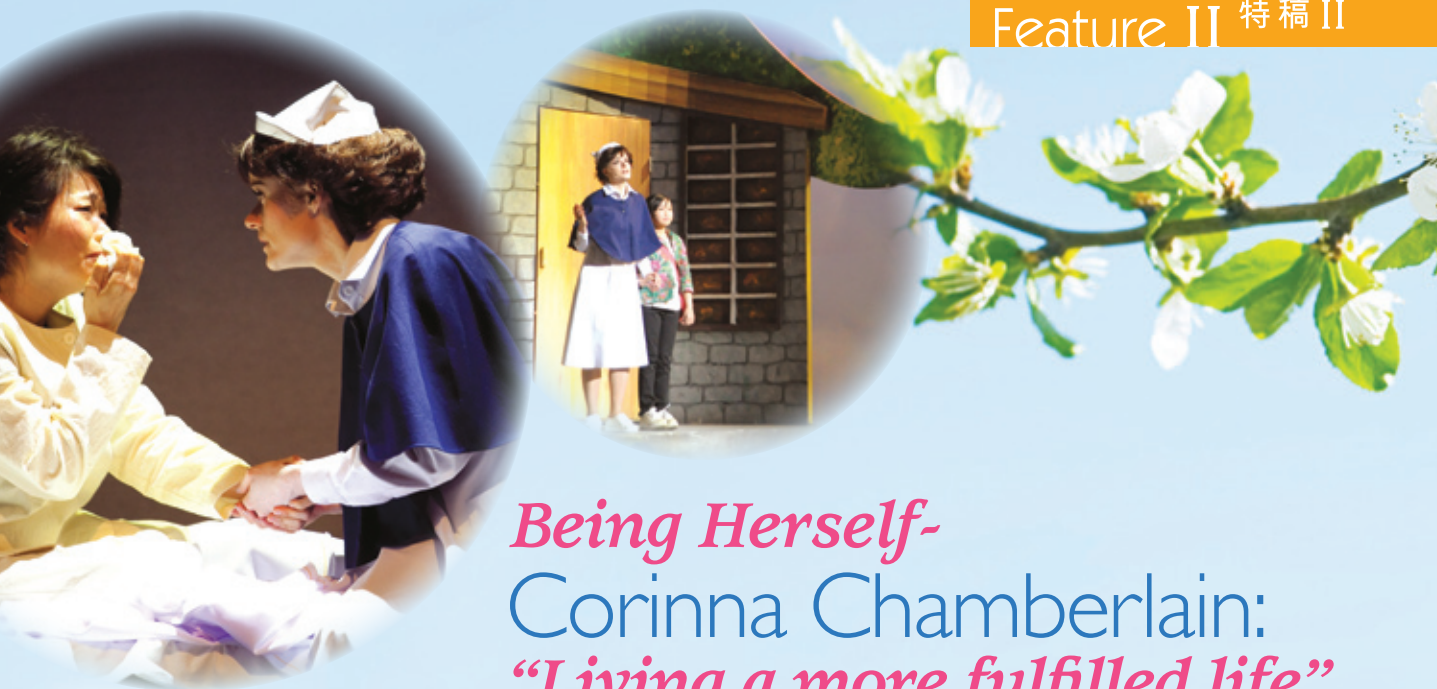
喜做義工 以音樂傳揚愛心

除了替靈實義演話劇外，陳明恩也很喜歡做義工，希望把愛心傳送到有需要的人身上。現在是抗毒大使的陳明恩，常常到學校宣傳，勸導青年人不要濫用毒品，要尊重自己的生命。

另外，陳明恩又選擇以音樂服事人，她說：「希望透過音樂帶出愛和正面的訊息，幫助和鼓勵別人！」對於患病和體弱人士，她鼓勵著說：「即使患病、殘障也不要放棄！灰心不會使事情變好，唯有積極面對才會有不一樣的結果。我相信，積極面對，就會有豐盛的人生！」

灰心不會使事情變好，唯有積極面對才會有不一樣的結果。

*Despair does not make things better-
what will make a difference is optimism.*



Being Herself- Corinna Chamberlain: “Living a more fulfilled life”

These days, Corinna Chamberlain is a familiar presence onscreen. But when she first began her career in acting in 2004, things were not always smooth sailing. She had little luck following her graduation in 2006 from The Hong Kong Academy for Performing Arts. Corinna did not give up, however, and pressing on with hard work and persistence, finally won acclaim and recognition with her role in the TV series, *Inbound Troubles*.

“Be yourself, and never despair”

“Even if circumstances are against you, don’t give up. Love and value yourself, be yourself, and you will find happiness in life,” said Corinna, recalling the career hurdles she faced. Corinna is insistent on “being herself”. Probably this has to do with the fact that she is not an ordinary Hongkonger: Her father hails from New Zealand and her mother Australia. They had come to Hong Kong as missionaries. Corinna is born and raised in Hong Kong; yet in appearance, she is a foreigner. She, too, had wrestled with the conflict: Am I a Hongkonger, or a foreigner? In the end she resolved to be herself. She believes this is key to being happy in life. This theme is woven into the lyrics of *Different Species*, Corinna’s newly released single: The female protagonist, too, chooses to stay true to herself.

Encountering the loving Sister Annie through theatre

Prior to her success, Corinna, through the introduction of a friend, was invited to perform in a fundraising play for the HOHCS. With her foreign features, she was cast

in the role of Sister Annie. Rehearsals proceeded in an activity room of Haven of Hope Hospital. There, in hospital surroundings, Corinna delved into the character of Sister Annie, picturing the way the missionary poured out her life in service of others. The scene where Sister Annie was caring for a dying patient made the deepest impression on Corinna. “She had an unyielding faith. She did her utmost to give dignity and peace to the patient in his last moments. I was extremely moved by Sister Annie’s determination and loving heart.” Thinking back to the show, Corinna said, with a twinkle in her eye, “I saw how the staff was caring for their patients unconditionally on a daily basis, and I thought to myself, there’s little I can contribute except for my stage experience!”

A passion for volunteering through music

Her charity performance for HOHCS aside, Corinna is an avid volunteer. She is passionate about sharing love with the needy. As an anti-drug ambassador she presents frequently at schools, urging youths to value their lives and stay away from drugs.

Corinna is also using her music in voluntary works. “I hope my music can bring encouragement through uplifting lyrics and their message of love.” For those going through sickness, she has this word of encouragement, “Don’t give up because of sickness or disability. Despair does not make things better – what will make a difference is optimism. I believe we will find our lives greatly fulfilling if we face life optimistically.”



「落手落腳齊創作」結業禮暨分享會完滿結束！(靈實坑口護理院)

The graduation ceremony and sharing session of "Get your hands dirty with the arts" is successfully held. (Haven of Hope Hang Hau Care & Attention Home for Severely Disabled)

「落手落腳齊創作」小組的合作畫：【成長樹】(靈實坑口護理院)
"The Tree of Growth" – one group created this joint artwork at "Get your hands dirty with the arts" (Haven of Hope Hang Hau Care & Attention Home for Severely Disabled)



精神健康推廣活動：精神健康大使設計了好玩的攤位遊戲。(靈實白普理寶林社區健康發展中心)

Mental Health Campaign: These fun game stalls are designed by our mental health ambassadors. (Haven of Hope Bradbury Po Lam Community Health Development Centre)

精神健康推廣活動：義工幫社區人士進行健康身體檢查。(靈實白普理寶林社區健康發展中心)

Mental Health Campaign: Volunteers administer health check-ups to members of the community. (Haven of Hope Bradbury Po Lam Community Health Development Centre)



暢遊迪士尼樂園：義工陪同學生及家長觀賞立體電影、體驗不一樣的感官刺激。(靈實恩光學校)

Trip to Disneyland: Volunteers, students, and their parents have their senses thrilled watching a 3-D movie. (Haven of Hope Sunnyside School)

敬師孝親家校同樂日：「咦？甚麼事咁開心呀？」「可以跟全校同學仔和家長及老師一起在酒店吃自助餐，當然開心啦！」(靈實恩光學校)

Teachers and Parents Fun Day: Students, parents and teachers enjoy a delicious buffet lunch at a hotel. (Haven of Hope Sunnyside School)





靈實坑口護理院與將軍澳及西貢地區支援中心一同合作的藝術交流活動，大家一起跳跳舞！（靈實坑口護理院及靈實將軍澳及西貢地區支援中心）

Participants dance in unison to the music in an art exchange jointly organized by Hang Hau Care & Attention Home for Severely Disabled and Tseung Kwan O and Sai Kung District Support Centre. (Hang Hau Care & Attention Home for Severely Disabled; Tsuen Kwan O and Sai Kung District Support Centre)

Moments of Love & Care 觸動時刻

樂頤居長者在太年初一時齊集飯堂，互相拜年，樂也融融。（樂頤居）

Elderly residents fill the cafeteria of Jolly Place with joy and gaiety on the first day of the Chinese New Year. (Jolly Place)



精神健康推廣活動：義工向小朋友講解遊戲的玩法。（靈實白普理寶林社區健康發展中心）

Mental Health Campaign: Young participants listen attentively as volunteers explain the game's instructions. (Haven of Hope Bradbury Po Lam Community Health Development Centre)

「齊來寫揮春」活動：同學們寫出蛇年新願望。（靈實尚德社區健康發展中心）

"Write Your Own Spring Scroll": Students write out their hopes and wishes for the Year of the Snake. (Haven of Hope Sheung Tak Community Health Development Centre)



復活節社區興趣班體驗館活動：軍澳循道衛理小學學生及靈實恩光成長中心學員透過遊戲及美術交流，增進了解，彼此樂在其中！（靈實恩光成長中心）

"Easter Experience" Community Activity: Students of Tseung Kwan O Methodist Primary School and Haven of Hope Sunnyside Enabling Centre have a fun time getting to know each other through games and art exchange. (Haven of Hope Sunnyside Enabling Centre)



齊齊整番件西多士，發揮「老有所為」精神。（靈實胡平頤養院）

Elderly participants show off their culinary skills by making French toast. (Haven of Hope Woo Ping Care & Attention Home)

以心助人 在工作中照亮別人

朱鳳賢

靈實翠林老人日間活動中心 — 個人起居照顧員

隨著香港經濟轉型，很多製衣廠都遷往內地發展。我雖然從事製衣業40多年，但也最終失業。我本想找一份自己熟識的工作，但卻並不容易。心想或許是時候退下來了，但又知道自己是個停不下來的人，於是便決心找一份能服務社會、有意義的工作。及後，政府推出再培訓計劃，我便報讀了「離院病人起居照顧員」課程。完成課程後，導師把我們的資料給予靈實作求職用途。雖然我已將屆退休之齡，但靈實仍給予我工作機會。2011年8月，我正式加入靈實，並被安排在靈實翠林老人日間活動中心服侍，成為中心的照顧助理。

記得第一天上班，我懷著緊張的心情去接受這個全新的工作崗位。幸好，靈實的同工十分友善，他們既耐心地向我解釋工作程序，又給予我關顧及指導，令我很快便適應新的工作。靈實的同工工作十分嚴謹，在她們的指導下，我學會了很多護理的知識和技巧，並明白留意長者情緒變動的重要性。

在這裡，我學懂了如何尊重及照顧長者。每次見到長者有表現不安和異常的情況，我都會用心照顧他們。只

要見到長者們開心，就是我學習的動力。患有認知障礙症的長者一般沒有太多耐性和安全感，我會試著用同理心去幫助他們。有一次，一位婆婆發現身旁的長者相繼離開，心裡開始覺得徬徨，擔心被別人遺棄，於是我便將她安排到安靜的地方，與她傾談、開解她，最終婆婆很開心地回家。雖然只是一件微不足道的事，但能夠幫助別人，實在令我覺得很有滿足感。

長者和照顧員的關係，其實是十分奇妙的。長者會感受到照顧員對他們的關心和尊重，彼此建立關係，成為好朋友，並時常互相慰問及關懷。同工們時常說：「長者就像一面鏡子，能反映你做得對不對。」

我很感恩，在靈實工作短短20個月內，我從工作中得到很大的滿足感。最後，我很想告訴大家：我已經升職了！我現在晉升為「個人起居照顧員」了！在未來的日子，我會努力做得更好，繼續服務社會，希望讓更多人的生命得到正面的改變！

Brightening up lives in the workplace

CHU FUNG YIN,

Personal Care Assistant, Haven of Hope Tsui Lam Day Care Centre for the Elderly

As Hong Kong's economy went through restructuring, many garment factories relocated to mainland China. Although I had worked in the industry for over 40 years, it did not save me from losing my job. I initially wanted to find a job I was familiar with, but it was not easy. Retirement crossed my mind, but I knew I was the type of person who could not stop working, so I decided to find a job that would serve the community and that was meaningful. Soon after, the government launched the Employee Retraining Programme. I signed up for a course to become a care assistant for discharged patients. After I completed the program, my instructor passed along our information to Haven of Hope Christian Service for recruitment purposes. I was nearing retirement age, but HOHCS still gave me the opportunity to work. In August 2011, I officially joined HOHCS and was assigned to Haven of Hope Tsui Lam Day Care Centre for the Elderly as a Care Assistant.

On my first day of work, I started my new position with great nervousness. Fortunately, I quickly found the HOHCS staff to be very friendly. They were patient as they explained work procedures to me; they cared for me and gave me the guidance I needed. I was able to adapt quickly to my new job. The staff were conscientious about their work as well. Under their guidance I gained a wealth of new knowledge and skills on how to provide care. I also learned the importance of being sensitive to the moods of the elderly I served.

At the centre, I learned to respect and care for the elderly. I cared for them attentively especially when I saw one of them appearing to be in discomfort, or when I noticed something different from their usual behavior. To see them happy was my motivation to learn. Those who are diagnosed with Alzheimer's tend to be impatient and insecure; I learned to approach them with empathy. One time, an elderly woman started panicking when she saw other elderly folk around her passed away. She was afraid of being left behind. I took her aside to someplace quiet and engaged her in conversation; she was happy by the time she had to go home. It was a trivial incident, but I found great satisfaction in being able to help.

There is something special in the relationship between the elderly and their Care Assistants. As the elderly feel cared for and respected by their carers, friendships develop. We become good friends and find mutual support. My colleagues have often said, "The elderly are like a mirror reflecting whether we have done things right."



I am thankful for the great satisfaction I have experienced in my twenty months of working at HOHCS. Lastly, I have exciting news to share: I was recently promoted! I now work as a Personal Care Assistant. In coming days I will strive to do better as I continue to serve. My hope is that many more lives will experience positive change.

抑鬱症， 都是一樣的嗎？

梁偉洵先生
臨床心理學家

Depression, is it the same for everyone?

LEUNG Wai Shun, Phil,
Clinical Psychologist

近年在媒體及公眾教育的幫助下，社會大眾對於心理健康的意識及知識都在不斷提升。最廣為人熟悉的有抑鬱症，不少人都對其症狀及行為表現有一定的認識，使患者能及早被發現。但是，評估及斷症並不只是檢查病徵。其中一個考慮因素是服務對象的年齡及智力水平，因此針對兒童和青少年，以及智障人士的抑鬱症評估亦會有所調節。

根據精神疾病診斷與統計手冊(第四版)(APA, 2000)，一般成年人的抑鬱症核心症狀是情緒低落和/或對喜歡的事物失去興趣。但對於兒童及青少年，暴躁及憤怒情緒也可以是抑鬱症的表現。除此之外，突然的體重轉變(反映食慾問題)，亦是另一個抑鬱症的明顯表徵。然而，青少年在發育階段，體重大幅增加亦屬正常，因此評估時需要觀察與預期不符合的體重轉變。

為智障人士診斷抑鬱症可說是更加困難。由於智障人士的智力程度及適應技巧，例如溝通能力，可以有很大的差異，他們的抑鬱症表徵亦可以有很大的不同(Fletcher et al., 2007)。與兒童相似，在受到抑鬱症影響的智障人士可以出現暴躁的情緒，甚至突然出現挑戰性行為。如果智障程度屬於嚴重或極嚴重，他們沒有足夠的自省能力，故此較少出現內疚，或覺得自己一文不值的負面想法。另外，他們表達自殺念頭的方式亦會不同，可能會投訴身體不適，表示害怕患上重病，或是提及死亡或已逝世的親友等。

病徵是斷症的根本，考慮患者更全面的背景因素能使斷症更為有效。

The awareness and knowledge of psychological health among general public has been increasing in recent years, thanks to the media coverage and mass public education program. One of the most widely known psychological disorders is depression, and many people are aware of the symptoms of depression which make early detection more possible. However, diagnosis is more than filling in a symptom checklist. One important factor is the developmental stage and the cognitive abilities of the clients. Adjustment will be necessary for assessing depression among children and adolescents, and also people with intellectual disabilities.

According to the Diagnostic and Statistical Manual of Mental Disorders, 4th Ed Text Revision (APA, 2000), the core symptoms of depression among adults are low mood and/or losing interest in previously enjoyed activities. However, for children or adolescents, irritable mood can also be a sign of depression. Moreover, significant weight change, which implies a fluctuation in appetite, is another typical observable symptom of depression. However, given the normal growth during puberty stage, attention should be paid when the weight change does not follow an expected progress.

The diagnosis of depression among people with intellectual disabilities can be even more complicated. Given their widely varied cognitive levels and adaptive abilities such as communication skills, their presentation of depression can be varied as well (Fletcher et al., 2007). Similar to children, irritable mood can be observed and they may display more challenging behaviors. If the level of intellectual disability reaches severe or profound, they may not have the cognitive capacity to experience the feeling of guilty or worthlessness. In addition, Suicide intent can be manifested as physical complaints or fear of illness, or even talking about death or people who have passed away.

Diagnosis bases on symptoms, while a better diagnosis can be achieved with a thorough assessment in relevant contextual factors.

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