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基督教靈實協會 Haven of Hope Christian Service

香港新界將軍澳靈實路七號 7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong ■ 網址 Website : www.hohcs.org.hk

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# 靈感 HAVEN OF HOPE NEWS

MAY 2017

## 專題 THEME

年青人的出路  
The way out for young people



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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教化社群。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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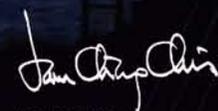
## WORDS FROM CEO 行政總裁的話

### 親愛的靈感讀者：

踏入5月，一眾中學文憑考試考生又即將面臨人生交叉點。他們心情複雜，一方面剛剛完成公開試，感到很輕鬆；另一方面將要面對升學的抉擇，難免有點徬徨。基督教靈實協會於2007年成立靈實專業進修學院，提供各項護理課程，助有興趣人士，尤其是年青人投身護理行業。十年間，學院推出超過十多項課程，單是保健員課程也開辦逾十三班，反應十分熱烈。過往有不少年青人更成功晉身護士界別，踏上專業之路。

見證無數年青人找到人生方向，我深感欣慰，這份欣喜之情驅使我更渴望扶助一群嚴重智障而剛又離開特殊學校的年青人。靈實恩光成長中心（將軍澳）2006年成立，一直為嚴重智障的靈實恩光學校畢業生提供銜接服務，使他們在等候資助成人服務期間仍然可以接受訓練。成長中心以自負盈虧方式營運，經費有賴服務收費及捐款資助。中心為畢業生提供持續性學習及發展，紓緩家人的照顧壓力，多年來成就很多智障年青人的教育夢。

常言道：年青人是社會的未來。靈實衷心希望利用專業優質的服務，幫助香港的年青人發展潛能，攜手創建美好和充滿盼望的將來。

  
行政總裁

林正財醫生

### Dear Haven of Hope Supporters,

In the coming May, all HKDSE candidates will be at crossroads. Their feelings are somehow complex. They might feel relieved as the examination would have come to an end. However, they might also face uncertainty when deciding among different choices of further education and career. Anxiety is inevitable. In 2007, the Haven of Hope Professional Training Institute was established. It provides a diverse spectrum of care-related courses catering for young people who are interested in joining the health care industry. In the past decade, the Institute has launched more than 10 different courses and over 13 classes of health worker certificate course. These courses were very well received. A number of young people have gone on to enroll in nursing programmes, enabling them to further develop their own profession.

I am very pleased when witnessing how numerous youngsters are able to find their directions in life. The joy of it has driven me to help those severely mentally disabled youths who have just left special schools. Haven of Hope Sunnyside Enabling Centre (Tseung Kwan O) was established in 2006. The centre provides training services to the graduates of Haven of Hope Sunnyside School who are awaiting subsidized adult services. The centre operates in a self-financing mode. It relies on service charges and donation from patrons. It has offered lifelong learning and development for graduates and this service has alleviated the pressure of their family members as well. For years, we have helped many mentally disabled youths to pursue their dreams of further education.

Young people are the future of our society. HOHCS sincerely hopes to help Hong Kong young people to develop their potential. Together we build a promising and hopeful future hand in hand.

Dr Lam Ching-choi, BBS, JP  
Chief Executive Officer



陳明瑜 (左)、王桂萍 (中) 和邱貝珊認為計劃特別適合一些有志成為護士但學歷不夠的年青人。

Chan Ming-yu (left), Wong Kwai-ping (middle) and Yau Pui-shan think that the scheme is good for those who target to be a nurse and academically may not be qualified at the moment.

## 年青人的出路

全球政治經濟不明朗，年青人普遍覺得沒有出路。基督教靈實協會如何幫助他們？一起細聽靈實專業進修學院學生和靈實恩光成長中心學員的故事吧！

## 踏上護理青雲路

懷著一股加入護理行業的熱誠，王桂萍參加了靈實「青年護理服務啓航計劃」。起初，她的家人擔心她難以勝任一些厭惡性護理工作，包括協助長者或智障人士如廁。然而，比較起其他服務性行業如飲食業，健康照顧行業的前景相對明朗。她解釋：「父母覺得做侍應工時長，沒有甚麼前景可言。」

王桂萍現在參與計劃第二年，在靈實坑口護理院照顧嚴重殘障及嚴重智障人士。她指出，嶺南大學長者及殘疾人士護理課程及靈實的在職培訓大大幫助她掌握實用的前線照顧技巧，她漸漸喜歡與殘疾人士相處。「以前我不認識殘疾人士，甚至有少許歧視他們。現在，照顧那些可愛的智障人士成為我每天工作的動力。」她分享，有一位服務使用者一覺得悶熱就會變得煩躁，她會準備凍毛巾為他飯後抹身。看見他悠然自得的樣子，她就感到滿足。

陳明瑜和邱貝珊也是計劃的參加者，一年的訓練令她們較以前機警及有耐性。陳明瑜指：「當院友出現挑戰性行為時，我學會迅速行動，保護自己，避免被院友拉扯頭髮，確保大家的安全。」

除實務訓練外，計劃參加者早前更到台灣參與護理交流團，參觀當地長者院舍及精神病復康者宿舍。「與香港很不同，院舍十分寬敞，院友有自由選擇吃甚麼、做甚麼。長者院舍甚至有幾間餐廳。」陳明瑜嘆道。因為土地問題，台灣的模式難以在香港應用，但她們都同意交流的經歷有助擴闊視野，將來為服務使用者設計活動時也可作參照，使他們能與社區結連。

問及她們會否向中學畢業生推介青年護理服務啓航計劃？三位也異口同聲說會。「計劃特別適合一些有志成為護士但學歷不夠的年青人，他們會找到方向。」陳明瑜補充。

## Way out for the young people

**With the current unstable political and socio-economic environment, the younger generation feels stuck and uncertain about their future. How can HOHCS help them out? Let us hear the stories of the students of our Professional Training Institute and service user of Sunnyside Enabling Centre.**

## A springboard to the nursing profession

With enthusiastic interest in joining the health care industry, Wong Kwai-ping participated in the "Navigation Scheme for Young Persons in Care Services". At first, her family was afraid that Ping might not be able to endure those personal care duties, including helping the elderly or the mentally disabled to go to toilet. However, comparing with the catering industry, it seems that the future of a career in the health care sector is more certain. "My parents think that a waitress works long hours and doesn't have a future at all." Ping explained.

Ping is now a second year student of the programme. She is working in Haven of Hope Care and Attention Home for Severely Disabled Persons. Through studying a two-year health care diploma course in Lingnan University as well as having on-the-job training in HOHCS, Ping acquired practical skills in taking care of the service users with severe mental or physical impairment. She also enjoyed interacting with them. "Before, I knew little about the people with disabilities and I would even look down on them. Now, taking care of those amiable service users has become a driving force for me to work." Ping said. She also shared with us that one service user would get emotional when he felt hot. So, she would prepare a cold towel for him every time when he finished eating. Merely seeing him feeling comfortable, Ping feels contented.

Chan Ming-yu and Yau Pui-shan are also participants of the programme. They have become more observant and patient after a year of training. "When I saw users

having challenging behaviour, I learnt how to act quick to protect myself and not let them hold my hair. This is very crucial to ensure the safety of the both of us." Yu explained.

Apart from the practical training, the participants went for a short exchange in Taiwan. They visited the local elderly homes and hostels for the mentally ill persons. "They are vastly different from those in Hong Kong. The homes are spacious. Residents enjoy freedom as they can choose where to eat and what activities to join. There are even several restaurants in the elderly home!" Yu exclaimed. Although it might be a bit difficult to apply those operation concepts in Hong Kong, they agreed that such exchange experience has widened their horizons and help them better plan activities that can enable service users to reconnect with the community.

Ask if they would recommend this programme to secondary school graduates? All said yes. "This scheme is good for those who target to be a nurse and academically may not be qualified at the moment. It offers a direction to them." Yu said.

## 靈實「青年護理服務啓航計劃」 Haven of Hope "Navigation Scheme for Young Persons in Care Services"

對象：18至25歲青年

內容：行業導引課程、受聘為前線護理人員、兼讀文憑課程、培訓後成為為保健員

查詢：2543 3750 / [www.hohcspti.org](http://www.hohcspti.org)

Target : Young people aged 18 – 25

Content : Orientation programme, employed as health service worker, part-time diploma course, become health worker after training

Enquiry : 2543 3750 / [www.hohcspti.org](http://www.hohcspti.org)

## 持續學習 不斷成長

今年25歲的梁文彥，1歲時因腦炎令智力有障礙，更因而患上腦癱症，需要父母貼身照顧。原本就讀中度智障兒童學校的他，13歲那年被評定為嚴重智障，獲安排入讀靈實恩光學校，在老師、社工及治療師悉心教導和照料下，自理能力得到提升，減輕了父母照顧的壓力。

自文彥被診斷為智力障礙人士，梁媽媽便全職照顧文彥。入讀恩光後，文彥的自理能力提升不少。最令梁媽媽感安慰的，是文彥學會用筷子。

「學校的職業治療師留意到文彥有這種能力，故特別加以培訓，更教導我們在家中訓練兒子。」梁媽媽強調，智障人士比普通人更需要「終身學習」，皆因在缺乏訓練的情況下，他們的自理能力會倒退。從恩光學校畢業後，文彥一直輪候成人服務，一等就等了十一年，至今仍未獲派成人院舍，幸而在漫長的輪候期間他能於恩光成長中心繼續學習。

現在，文彥星期一至五會在成長中心接受自理能力訓練，亦會學習術科、接受音樂及物理治療，有時又可以參與戶外活動，與社區接觸；但由於成長中心是自負盈虧，訓練和活動依賴有心人資助。梁媽媽坦言：「成長中心只有16個名額，如果不能繼續接受服務，我會很徬徨，一直都由我們自己照顧文彥，我本身都有眼疾，關節又退化，到時文彥爸爸要提早退休，二人合力照顧他，靠積蓄維生。」

梁媽媽的心願是讓文彥繼續留在成長中心，長遠入住一所有質素的院舍，在日間展能中心接受體能及技能訓練，終身學習，像普通人一樣過著多姿多彩的生活。

梁媽媽強調，智障人士比普通人更需要「終身學習」。

Mrs Leung stressed that the mentally disabled have greater needs for "life-long learning", compared with ordinary people.

## A journey of continuous learning and progressive growth

Leung Man-yin is now 25 years old. He suffered from encephalitis when he was one. He was later diagnosed with epilepsy which impaired his intellectual ability. Intensive care by his parents is essential to him since then. At the beginning, Man-yin was studying in a school for children with moderate intellectual disabilities. When he reached the age of 13, he was further assessed as severely intellectually disabled. He was then admitted to Haven of Hope Sunnyside School. With the loving guidance and care of teachers, social workers and therapists, his self-care ability has improved and this much alleviated his parents' care burden.

Since Man-yin was diagnosed as mentally disabled, his mother has become his full-time carer. Upon his admission to Sunnyside School, Man-yin's self-care ability has improved significantly. Mrs Leung is so impressed and excited to see Man-yin being able to use chopsticks. "The school occupational therapist discovered he had such ability and decided to provide him with additional training. They even taught us how to train him at home." she stressed. Comparing with ordinary people, the mentally disabled have greater needs for "life-long learning". It is because their self-care abilities will decline if they lack training. After graduating from Sunnyside School, Man-yin has been waiting for a place in adult service for 11 years. During this period, it is fortunate that he can stay in Sunnyside Enabling Centre.

Man-yin is now receiving self-care ability training in Enabling Centre every Monday to Friday. Besides, he will attend normal lessons and music as well as physiotherapy treatment. He also has the opportunity to participate in outdoor activities which allow him to get in touch with society. However, as the Enabling Centre is self-financing, it requires the support from patrons. "The Enabling Centre has only 16 vacancies. I will be very distraught if Man-yin can no longer have such service. We are the caretaker of Man-yin all along. I have eye problem and my joints are starting to degenerate. Man-yin's father who is now the sole breadwinner may need to retire early and assist me to take care of Man-yin. In that case, we will need to live on our meager savings." Mrs Leung said.

Mrs Leung hopes that her son can continue to stay in Enabling Centre and get admitted to a quality hostel in the long run. Furthermore, it would be great if he can receive physical and skills training in a Day Activity Centre. Everyone should have the chance of life-long learning. Mrs Leung sincerely wants Man-yin to live a colourful life just as everyone else.



文彥現正在靈實恩光成長中心持續學習。

Man-yin is currently have training in Haven of Hope Sunnyside Enabling Centre.





新宿舍透過全人服務概念，加上環保及綠化元素，讓家屬可以安心把學員交托。

With the green environment and holistic care service, carers can be assured that their family members are safely and appropriately taken care of.

## 新建嚴重智障人士日間中心暨宿舍： 建新院 重燃生之盼

目前，嚴重智障人士對照顧服務需求甚殷。特殊學校學生畢業後，便要輪候政府的成人宿位，惟因人數眾多，現時服務估計大約須等約8至14年。在輪候期間，他們只有三個途徑接受照顧：一是政府的日間支援，但因需求甚大故輪候需時；其次若家庭經濟許可，則留在家中接受照顧。又或是入住私營院舍，然而，私營院舍的設施配套未必足夠，故只能提供三餐一宿的基本服務。

### 計劃預計增120個服務名額

若嚴重智障人士長時間得不到適當的照顧，其學習和自理能力亦會因而退步。「靈實築動生命全方位關顧計劃」正針對這問題，興建嚴重智障人士日間中心暨宿舍，增設120個（待定）宿位及日間中心名額。新院舍位於靈實恩光學校側，環境寬敞清幽，為學員提供一個安全、舒適及具空間感的居住環境，方便外出進行戶外活動，有助提升學員生活質素。

智障人士比一般人早開始出現老化徵狀，如高血壓、骨質疏鬆、牙齒脫落等，新院將會針對院友老齡化，加強相應的護理照顧，並增設醫療設施，如構思加設的牙科診所，強化其自理能力，全方位關顧智障人士身、心、社、靈各方面的需要。針對「雙老問題」——即年老家屬照顧開始老化的智障學員；新院期望設「親子房」，讓照顧者週末在院舍留宿，鞏固親子關係；社工團隊也會加強為學員及家屬提供輔導服務。

基督教靈實協會復康服務主管曾思愛期望，所增設的120個（待定）資助及自負盈虧宿位能縮短輪候時間，並透過全人服務概念，加上環保及綠化元素，讓家屬可以安心把學員交托。

## New Standalone Day Activity Centre cum Hostel for Severely Mentally Handicapped Persons re-ignites the hope of many

At present, severely mentally disabled users' demand for care services is intense. When students leave school, they have to wait for government subvented hostel services. Nevertheless, owing to the excessive demand, it takes around 8 to 14 years for them to get the needed service. There are three means to take care of them while they are enduring the long queue. First, the day care service provided by the government; yet, such demand is enormous. Second, they can stay at home if their family can support them financially. Third, they can live in the private homes; however, because of the lack of facilities, these homes may only be able to provide basic meals and accommodation.

### Project expects to provide 120 service quota

The learning and self-care abilities of the severely mentally disabled will deteriorate rapidly should they not be well taken care of. To solve this problem, the New Standalone Day Activity Centre cum Hostel for Severely Mentally Handicapped Persons will provide 120 hostel and day activity centre service quota (number to be confirmed). The building is situated next to Haven of Hope Sunnyside School. The new set-up provides a safe, comfortable and spacious environment for service users. It is also more convenient for them to go out for outdoor activities. All these help to improve users' quality of living.

In general, the mentally disabled experience symptoms of ageing much earlier. These symptoms include hypertension, osteoporosis, fall out of teeth, etc. In this new project, ageing care for service users will be strengthened. Medical facilities, like dental clinic are proposed to be established to enhance their self-care ability and offer holistic care. In response to the "double-old" problem, i.e. elderly carers supporting users who are ageing, a "family room" is proposed to be set up, so that carers can stay over during the weekend. The social work team will also offer counseling service should need arises.

Carmen Tsang, Head of Haven of Hope Rehabilitation Services hopes that the 120 new subvented and self-financed service quota (number to be confirmed) can shorten the queue. With the green environment and holistic care service, carers can be assured that their family members are safely and appropriately taken care of.

## 創我天地 “My Way” 自閉青年成長適應計劃

「自閉症譜系障礙」(Autism Spectrum Disorder) 這辭彙對大多數人並不陌生，根據美國的數據，現在每68個人就有一名自閉症譜系障礙患者。我們在香港社會、主流學校或智障人士服務單位亦愈來愈留意到自閉症譜系人士的影蹤。他們一般善於結構化或系統化的事情，不少有優異的記憶力。

然而，自閉症譜系人士一般在社交溝通，如：社交思考、心智解讀能力，及處理感覺訊息方面跟沒有自閉症譜系的人有差異，影響他們在實際情況中靈活應用已知知識。在應付轉變及挑戰時，他們亦往往需要較多時間調適。例如，一名自閉症譜系人士讀到有關「穿著制服不可在街上流連」的校規，他便很堅持放學後一定要立即回家換衣服，並拒絕放學隨即跟家人在社區共進晚餐才回家。加上，社交溝通及處理感覺訊息的差異與障礙往往未能由自閉症譜系人士的外表發現，可想而知，自閉症譜系人士在日常生活，如：社交、工作及上學都面對一定的困難，且容易被誤解。這些主流社會的不認識及誤解很多時影響高功能自閉症譜系人士的升學或就業機會。即使有些自閉症譜系人士獲派成人復康服務，也可能因為適應問題或服務配對不合適而要中途退出。

靈實地區支援中心於2016年10月開始推出「創我天地 “My Way” 自閉青年成長適應計劃」，計劃目的是幫助15歲至30歲的自閉青年中學畢業後的過度及適應，讓他們能創出自己天地，可在社區獨立工作/升學、生活及享受社交生活。計劃每年服務八十個個案。經理任姑娘指出：「一般計劃都有一套訓練套，但My Way是希望成為自閉青年的同行者，為他們撥開人生路上的阻礙，行走暢順一點。」



一般計劃都有一套訓練套，但My Way這計劃更希望成為自閉青年的同行者。

Most projects have a training package. But in this programme, we aim more at walking hand in hand with the youth with ASD.

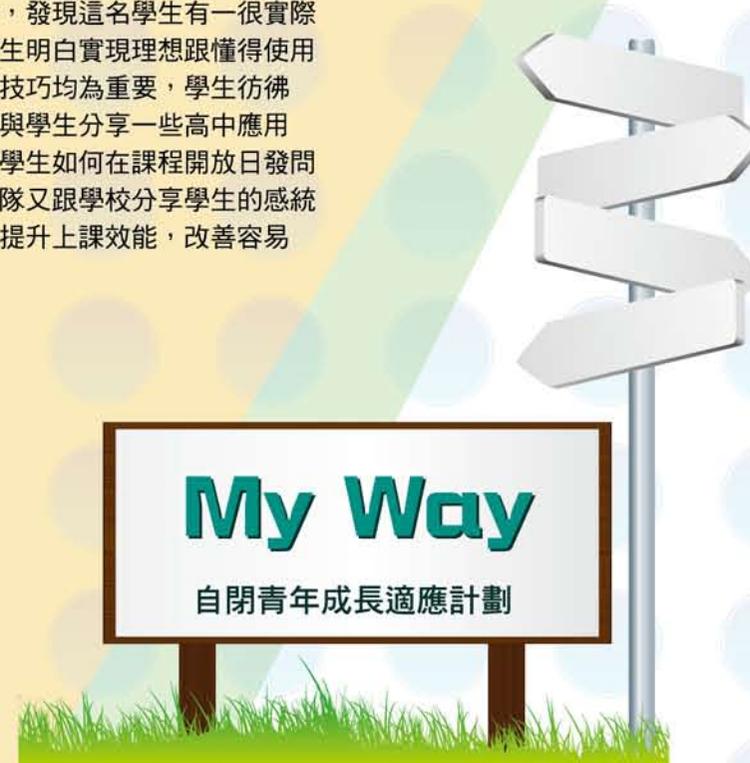
計劃服務特色是以家庭及個人為本，跨專業的一對一介入服務。我們的跨專業團隊包括社工、職業治療師、臨床心理學家、言語治療師等。社工及職業治療師會一同面見每一位參加者或家庭，並基於評估結果、參加者或家庭的期望及需要商討並一同製訂個人適應計劃，提供共24小時社工及職業治療師一對一介入及訓練。除了一對一的個人適應介入，My Way亦會按需要提供社交小組、照顧者諮詢、服務涵接的介入、臨床心理學家諮詢、言語治療服務、職前培訓、模擬實習、成人教育及職訓學府的參觀、職場參觀或實習等。My Way的重點是加入小組及實習的元素，透過社工及職業治療師的介入讓參加者在實際環境中應用所學的技巧及調適，拉近知識及轉化成技巧的距離。

服務開展至今半年，看著40多名青少年的生命漸漸改變，當中很多故事很振奮人心。職業治療師鄒姑娘及譚姑娘又分享到：「其中一個個案初中時名列前茅，但升上高中後，由於術科要求更深層次的理解及抽象思維，學生的成績一落千丈，自此自我形象低落，沉迷網路世界，加上不少人標籤學生為『態度惡劣』，堅決輟學就職。」學生的母親遂向中心求助，在團隊介入過程中，發現這名學生有一很實際的理想，於是同工引導學生明白實現理想跟懂得使用專業電腦軟件及相關設計技巧均為重要，學生彷彿尋找到人生方向；團隊更與學生分享一些高中應用課程的資料，引導並陪同學生如何在課程開放日發問問題，獲取更多資訊。團隊又跟學校分享學生的感統需要及上課安排的建議，提升上課效能，改善容易

疲勞的狀況。在過程中，學生漸漸明白到自己在出路探索上的角色，開始學習從家長、學校、及未來路向的要求及角度思考出路的安排，上學的動機亦提升不少。

計劃推行以來都面對不少挑戰：「服務展開至今，團隊有感了解參加者的能力、專長、喜好、核心障礙及出路的合適選配乃讓自閉症譜系人士發揮所長及成功融入社區的關鍵。此選配實需參加者、社工、職業治療師、未來僱主/辦學者四方緊密合作方能成功，缺一不可。現階段，計劃很需要一些良心企業提供實習機會，其實自閉譜系人士能勝任一些清潔、房務、助理、資料輸入的工作。專業團隊會像朋友般幫助他們分析工作遇到的處境，拆解難題，令他們慢慢適應工作生活。」任姑娘補充。「我們深信每一位自閉症譜系人士均有寶貴而美麗的生命，他們對於社會的貢獻有無限的可能性。」

靈實相信增加公眾對自閉症譜系的認識，以及為自閉症譜系人士提供朋輩式的扶持是可以改變他們的生命。如對計劃有任何查詢，請致電2702 6002。





## "My Way" Programme

"Autism Spectrum Disorder" (ASD) is not an unfamiliar term to many people. According to American statistics, one out of every 68 persons is being diagnosed as ASD. In Hong Kong, we are increasingly aware of people with ASD in the public, mainstream schools and service settings for people with intellectual disabilities. Many of them are good at structural or systematic things. Some have good memory.

Unlike the public, however, majority of people with ASD struggle with social communication, e.g. social thinking, taking perspective, and processing sensory information. This difference makes it challenging for people with ASD to apply and generate learnt knowledge into practice, as well as accommodating to different real life situations with flexibility. For instance, a student with ASD read on his school regulation that "Do not wander on the streets when you're in uniform", he then insists to go home immediately after school to change clothes and refused family gatherings right after school. In addition, the difference in social communication and sensory processing of people with ASD is not observable from their appearance. You could imagine how many challenges and others' misunderstanding that people with ASD encounter in daily life, e.g. socializing, being at work or at school. The lack of understanding and misunderstanding from the public has limited opportunities of further studies / open employment for people with high-function ASD. Although a number of people with ASD are eligible for adult rehabilitation services, many of them struggle with transition and ended up early-termination of services.

In October 2016, Haven of Hope District Support Centre launched the "My Way" Programme. It aims to help ASD youths and young adults aged between 15 and 30 years old to smoothly transit from school to work and live independently in their preferred way. The programme serves 80 cases each year. Christine Yam is the project in-charge. She said, "Most projects have a training package. However, in My Way, we aim at walking hand

in hand with the youth & young adults with ASD" My Way offers a family- and client-centred, trans-disciplinary one-on-one interventions and service. Our trans-disciplinary team consists of social workers (SW), occupational therapists (OT), clinical psychologists (CP), speech therapists (ST) etc. Following a joint interview and assessment session from SW and OT, together with the participant/family, an individual transition plan would be discussed and formulated according to the assessment results, participant/family's expectations and needs. A total of 24 hours individual intervention / training sessions would then be provided by SW and OT. On top of individual interventions and according to individual needs, My Way would also offer social groups, care-givers consultations, service-matching facilitations, CP consultations, ST services, prevocational training, simulated placements, adult education and vocational training institutes visits, workplaces visits and placement etc. It is significant for My Way to add in the groups and placement elements. With the facilitation from SW & OT, participants may apply learnt knowledge and accommodations methods into real life situations, thus facilitates generalization of knowledge and skills.

"It has been almost 6 months since My Way being launched. Seeing over 40 young lives gradually transforming is really encouraging." Pinky Chau & Janette Tam, the OTs, shared, "One of our young participants was a top student at school. Yet, when the student enters F.4, the student flunked academically as many chosen subjects require abstract thinking and comprehension. The student's self-image plunged and became obsessed with the internet. In addition of being labeled by many people as "simply poor attitude", the student decided to drop out from school and entered working life." The student's mother sought help. Later, the team found that the student has a concrete future goal. The My Way team thus guided the student to realize that competent knowledge and skills of mastering professional software and design techniques are essential. The student felt new light is being shedded on

the future direction. The team then shared information about applied learning courses, facilitated and accompanied the student to ask questions on courses information day. The team also shared with the student's current school on the girl's sensory processing needs regarding her ease of tiredness. Accommodations on classroom / teaching have been suggested for facilitating learning. Through the process, the student started to understand her role in future paths exploration, started to learn to consider the perspective and expectation of parents, school and future prospect. The student has also increased motivation to attend school.

Our staff also face a number of challenges in implementing the programme. "Since the launching of My Way, the team realize that, in order to help people with ASD to function to their optimal potentials and integrate into the community, the keys to success are thorough understanding of the participant's ability, strength, preferences, core difficulties, and appropriate matching of options. The matching process requires close collaborations among participants, SW, OT, future employers/education administrators. All these parties are essential to make the matching successful. At this stage, we really need corporations to offer internship opportunities to our service users. Many ASD youths and young adults are capable of work tasks like cleansing, room service, assistance and data entry. Our professional team will assist them to analyze different job scenarios and help them with problem solving. I am sure our service users can adjust to their work life gradually." Christine added. "We strongly believe there's a precious and beautiful soul in each of the people with ASD, their potential to contribute to the society is limitless."

HOHCS believes that the lives of ASD youths and young adults can be changed if the public have a better understanding on ASD and render support to them. Should you have any query about the programme, please feel free to call 2702 6002.

# IMPACTING LIFE STORY 改變生命的故事

## 真摯的小孩

貿易行業在香港曾經盛極一時，但至今已逐漸式微。因此，在貿易公司任職多年的陳麗明，五年前毅然轉行，在家人支持下，報讀靈實舉辦的保健員訓練課程，其後加入靈實坑口護理院工作，照顧院內的殘障人士及嚴重智障人士起居生活，也協助護士派藥、護理傷口等。

在投身護理行業之前，她雖然會在社區接觸到殘疾人士，但未曾與他們長時間相處，直至每天照顧他們的起居生活後，她才發現這群「小孩子」十分真摯，甚至比一般人更易相處：「他們很樂意接受別人的關心，也能感受到你待他好。」

偶爾，這群小孩子也有頑皮、鬧情緒的時候，甚至會拒絕服藥；面對這樣的情況，陳麗明說：「一定要有耐性，不要勉強他們在下一刻達到你要求，只要對他和其他人無害，待情緒平復後，再讓他們服藥也不遲。」

從與院友相處中，陳麗明開始檢討自己日常待人接物的態度：「既然我對非親非故的人也能如此寬容和有耐性，為何對自己的家人、朋友不能呢？」

五年間，面對過多位院友離世，陳麗明深深體會到人生無常，要珍惜眼前人，有想說的和想做的就該馬上去做，才會無悔此生。



陳麗明每天照顧他們的起居生活後，她才發現這群「小孩子」十分真摯。

Since Stella has begun to take care of disabled service users every day, she discovered that this group of "kids" is very genuine.

## Candid Children

Trading business was once a flourishing business in Hong Kong but it has been declining in recent years. As a result, Stella Chan who had been serving long in a trading firm decided to change her job five years ago. With the support of her family, Stella enrolled in the health worker course held by HOHCS. She later started working in Haven of Hope Hang Hau Care and Attention Home for Severely Disabled. As a health service worker, she is responsible for taking care of the daily living of the physically disabled and mentally impaired service users. Besides, she assists the nurse on distribution of medicine and wound dressing etc..

Before committing herself to the health care industry, she had the experience of getting in touch with disabled; yet she never had the chance to spend long hours with them. Since she has begun to take care of disabled service users every day, she discovered that this group of "kids" is very genuine. It is easier to get along with than ordinary people. "They are very willing to be cared by others and can truly feel your kindness" She added.

Once awhile, these "kids" will be naughty and grumpy. Sometimes, they may even refuse to take medication. "We should be patient and shouldn't force them to comply with your request. As long as they are not

harming themselves or others, just wait till they calm down and let them take the medication when they are ready." Stella said.

From her time spending with the service users, Stella would reflect on her way of treating others. "If I can be so patient and tolerant with those who are not related to me by blood, why can't I treat my family and friends in the same way?"

During these five years, some service users passed away. Stella realized things in life are very much unpredictable. It is crucial to treasure those around you. Express yourself and act right away. This is the only way to avoid any regrets.



# TELL US YOUR STORY 一行一故事

## 智障學童的物理治療師

靈實恩光學校物理治療部主管鍾啟賢，自小就明白智障人士的需要：「弟弟是智障人士，所以一直都想讀物理治療或健康照顧相關科目，幫助他們。」服務智障人士與一般醫院病人不同，他們未必能主動做運動，難以表達自己，治療師要花更多時間引起他們的興趣。

除了花心思設計訓練計劃，他也積極尋找合適的器材輔助治療：「一知道哪件器材有用，就會想辦法申請基金資助。」但申請的過程不容易，因為一般器材未必適合智障人士，經過改裝的，動輒要十多萬，有時要寫幾份申請書才能湊夠資助購置。

照顧智障學生盡心盡力，不多不少是受到弟弟影響。「在校多年，看到有兄弟姊妹照顧的學生，與沒有的很不同。」畢竟父母終有一天會衰弱甚至離開，惟一可以繼續照顧他們的就只有其兄弟姊妹。他笑言，比起家長，他更樂見學生的兄弟姊妹陪同參與治療。

在恩光學校工作多年，經歷過不少生死離別，但面對學生突然逝世，他仍然難以釋懷：「記得有一個學生，暑假期間我們特別為他設計新學年的訓練計劃，又安排水療，開學前突然收到他離世的消息，很難過。」

學年快將完結，鍾啟賢又要忙碌預備收生、家訪評估，他希望繼續為學生設計治療及保健運動，幫助他們健康快樂成長。

鍾啟賢希望繼續為學生設計治療及保健運動，幫助他們健康快樂成長。

Kenny hopes to keep designing physiotherapy for his students and giving them acupressure so as to help them grow healthily and joyfully.

## Physiotherapist of the mentally disabled children

Kenny Chung, Head of Haven of Hope Sunnyside School Physiotherapy Department, well understands the needs of the mentally impaired since young. "My brother is mentally impaired. Therefore, I had always wanted to study physiotherapy or healthcare-related disciplines in order to help them." Serving the mentally disabled is very different from serving patients in hospital. Many of the mentally impaired have low incentive for rehabilitation. As it is hard for them to express their feelings, therapists need to spend extra time to motivate them.

Apart from making extra efforts in designing the training plan, he searches proactively for suitable equipment which can enhance the effectiveness of treatment. "Once knowing which equipment is useful, I will figure out a way to apply for funding." However, the application process is not easy because ordinary equipment may not be suitable for mentally impaired people. Modified equipment can sometimes incur extra cost of around a hundred thousand dollars. Sometimes, several funding proposals are written in order to add up sufficient subsidies.

Taking care of the mentally impaired students wholeheartedly is somehow attributed to the influence of his younger brother. "Serving in the school for years, I witness the gigantic difference between students who have siblings to help take care of and those who have none." Students' parents will become weak some day.

The only carers left behind are their siblings. He said he is even happier to see that students' siblings can accompany and get involved in the treatment.

Working in Sunnyside School for years, he has witnessed many students passed away. However, he still finds it hard to let go. "I remember a student whom we had tailor-made a new school year training plan for during the summer holiday. We even arranged hydrotherapy for him. Nonetheless, just days before the semester began; we suddenly received the news of his death. I was very sad."

The semester is soon coming to an end. Kenny will soon be busy with student recruitment, home visitations and assessments. He hopes to keep designing physiotherapy for his students and giving them acupressure so as to help them grow healthily and joyfully.



恩光學校學生所用的輔助儀器大部份都經物理治療師改裝。  
The equipment used by Sunnyside School students are mostly modified by physiotherapists.

# WHAT'S NEW 最新消息

## 外展探訪傳道

現今社會各界都致力為社區上的獨居、長期病患長者提供支援，例如：家居照顧、上門復康治療等服務。然而，面對身體機能 and 自理能力的衰退，加上缺乏家人的照顧，不少長者會感到孤單無助，甚至出現情緒問題。

身體的病痛可靠藥物醫治，心靈的傷痛則需要關愛和福音。有見及此，基督教靈實協會福音事工部在2015年10月，開展了「外展探訪傳道」的工作，透過靈實改善家居及社區照顧服務、靈實長者地區服務及長者離院綜合支援計劃轉介長者，讓傳道及義工進行定期家訪，聆聽社區長者的心聲，關懷他們的心靈需要，並向他們傳福音，以信仰改變他們的生命。

外展探訪傳道余佩儀牧師指，獨居長者平時很少機會和人交談，因此當有義工來聆聽他們的故事，和他們一起唱詩歌，他們便會感到安慰。

現時轉介的長者名單約有120名長者，而參與的義工只有40名。聖經鼓勵我們：「我們行善不要覺得厭煩；如果不鬆懈，到了適當時候，就有收成」（加6:9）。誠邀您和您的教會加入探訪義工的團隊，接受外展探訪傳道訓練及實習，成為這些長者的同行者，如有查詢，歡迎致電2703 8744。



## Outreach Preaching

Different sectors of the community are devoted in rendering support to singleton elders and elders with chronic diseases. Services include home care service and home rehabilitation therapy, etc.. However, in face of physical deterioration, decline in self-care ability, as well as a lack of care from family; many elders feel lonely and helpless. Some of them may even have emotional problems.

Physical illnesses can be cured by medication, but what the wounded souls need are loving care and Gospel. As a result, Haven of Hope Evangelistic Work Department launched the "Outreach Preaching Service" since October 2015 via Haven of Hope Enhanced Home & Community Care Service, Haven of Hope District Elderly Community Service and Integrated Discharge Support Program for Elderly Patients referring elders to our pastor and volunteers for home visits. During the home visits, we listen to the elders of the community and care for their spiritual needs. Besides, we share the Gospel with the elders, hoping to transform their lives by faith.

Rev Esther Yu, our outreach pastor pointed out that solitary elders rarely have the opportunities to interact with others. When there are volunteers coming over to listen to their stories and sing hymns with them, they will feel very much consoled.

At this moment, we have about 120 elders on our referral list. However, there are only 40 volunteers in the team to serve the elders. The Bible in Gal 6:9 says, 'Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up'. We cordially invite you and your church mates to join us. As our volunteer, you will get outreach preaching training and practice. Eventually, you will serve as the companion of the elders. Should you have any query, please feel free to call 2703 8744.

## 眾志成城為靈實

靈實盼望與社區結連，令公眾人士對靈實十年基建發展計劃——「築動生命全方位關顧計劃」有進一步的了解。為此，我們舉辦了一系列的社區繪畫活動。

去年12月10日，香港真光書院、真光女書院、香港真光中學及九龍真光中學近40名師生在著名水墨畫家徐子雄老師與其五名徒弟指導下，合力把以大自然為主題的畫作「盼望之灣」完成，盡顯藝術天份。

我們也分別在今年3月6及7日於基督教宣道會宣基小學及優才（楊殷有娣）書院高小部與校內學生進行繪畫工作坊。義務導師梁玉玲先教授基本的水墨畫技巧及介紹各種繪畫工具，再合力繪畫大畫作。



同學合力創作的畫作將製成橫額，懸掛在將軍澳社區。

The artworks completed together by the primary school students will be converted into community banners hanging in Tseung Kwan O.

宣基小學的顏老師驚嘆畫作的深層意義，「繪畫活動對學生意義深遠，他們大部分都住在將軍澳，應該知道社區的發展。如果他們看到合力創作的畫作製成橫額，懸掛在將軍澳社區，一定非常興奮。」

除社區繪畫活動外，我們更於2月20日至26日在交易廣場舉辦慈善畫展，展出19幅徐子雄老師的作品。作品現作慈善拍賣，如有興趣，請致電2703 3250聯絡孫先生。



徐子雄老師(中)的19幅作品於慈善畫展中展出，並作慈善拍賣。Nineteen paintings and calligraphy work by Mr Chui Tze-hung (middle) were displayed in "The Haven" Art Exhibition and available for open bidding.

## Join in unity for the Haven of Hope

To connect with the local community and let them understand more about the "Haven Project" – HOHCS's ten-year capital development project, a series of painting workshops were organized.

On 10 December 2016, forty students and teachers from Hong Kong True Light College, True Light Girls' College, True Light Middle School of Hong Kong and Kowloon True Light School joined hands to collectively draw a painting with the theme "Haven of Hope" under the guidance of renowned artist, Mr Chui Tze-hung and his pupils. They showed great enthusiasm and fully showcased their artistic talents.

Apart from that, we also organized workshops for primary school students of Sun Kei Primary School and G.T. (Ellen Yeung) College on 6 and 7 March respectively. During the workshop, our volunteer tutor, Josephine Leung introduced the students different kinds of ink-wash paint brush tools. The students then completed a big drawing together.

Ms Ngai of Sun Kei Primary School was amazed by the deeper meaning of the bigger painting, "The painting activity is meaningful to our students as most of them live in Tseung Kwan O. They should know more about what's happening in the community. Also, these drawings will be converted into community banners. For sure, they will be very excited when they see the painting banners hanging in their neighbourhood."

Painting activities is one means to engage the community. Art exhibition is another. A charity art exhibition was held in Exchange Square from 20 – 26 February. Nineteen paintings and calligraphy work by Mr Chui Tze-hung were displayed. These masterpieces were also available for open bidding. Should you have interest to know more, please contact us at 2703 3250 (Mr Suen).

## 談談針灸

針灸是中國傳統醫學的一個分支，內容可源於上古的中醫典籍，《黃帝內經》就有詳細記載十二經絡、穴位、刺法、灸法等。

醫學史家認為針灸萌發於新石器時代。當人們產生某些病痛或感到不適的時候，不自覺地用手按摩捶拍，以至用尖銳的石器按壓不適的部位，紓緩原有的症狀。隨著對體表刺激部位及其治療作用不斷觀察，開始有「穴位」的形成，當發現的穴位越來越多，進而就發現某些具有相同或類似主治作用的穴位往往聚集於某一條線上，形成「線」的概念。這樣反覆印證，由「點」到「線」，便形成了經絡的循行線路。穴位和經絡是針灸學的基礎。以科學角度考慮，有兩個問題有待釐清。

## 穴位和經絡存在的客觀依據

首先，在1955年，日本學者中谷義雄發現某腎病患者沿「足少陰腎經」循行路線的皮膚上，有一系列點的電阻比周圍低（導電性強），隨後在其他患者身上也發現了類似現象。及後，日本學者笹川將這些皮膚導電量較高的點命名為「良導點」，由「良導點」連成的線稱之為「良導絡」。根據這發現，中國學者使用多種測量體表抗阻的儀器，對人體經絡循行路線作系統性研究，發現這些皮膚導電量高的點，與中醫學穴位和經絡基本一致，這為針灸學提供了第一個科學依據。

## 針灸的治療作用

其次，中醫學認為在病理情況下，身體處於經絡壅滯，氣血不暢，臟腑失調，陰陽失衡。針灸治病就是通過針刺或艾灸穴位，以疏通經絡氣血，調節臟腑陰陽，達到治療之效。用現代醫學語言來說，針灸可對神經系統、內分泌系統、免疫系統、呼吸系統、心血管系統、消化系統、泌尿生殖系統等作調節。至於多數人認識的鎮痛效應，只是針灸其中的一項治療作用。

就治療中風後遺症為例，臨床觀察及實驗研究證明，通過對調節神經的電生理活動、調節神經遞質、調節神經營養因子、調節腦組織的代謝、改善神經組織的血液循環等等效應，針灸可促進受損的中樞神經系統、周圍神經系統功能的恢復，及可促使受損神經纖維和神經元胞體再生。

針灸不是偽科學，而是由上古傳承而來。科學精神就是要承認人類對世界事物一知半解。承認無知，才能腳踏實地，通過觀察和實驗，找出規律。

**李萬發**  
註冊中醫師  
靈實「中西醫全方位復康治療」計劃治療師

## Something about acupuncture

Acupuncture is regarded as a branch of Traditional Chinese Medicine (TCM). The first record of acupuncture was written in Western Han Dynasty. For medical context, it can be traced back to Huang Di Nei Jing (Yellow Emperor's Classic of Internal Medicine), the essential Chinese medicine classics, which enlisted the details of twelve meridians, acupuncture points, acupuncture, moxibustion and others.

The historians on TCM study believed that acupuncture began in the Neolithic Age. When the ancient people were sick, they would unconsciously use hand to massage or pat a certain part of the body; or use a sharp stone to add pressure on a particular spot. They found that by applying stimuli to the affected parts, it helped alleviate certain illness or relieve pain in other parts of the body. Gradually more and more "acu-points" were discovered through repeated clinical observations. In parallel, they also recognized that the acu-points associated with the same or similar illness were located more or less along a common line; thus forming the concept of "line". With repeated examinations, the meridian system was developed, resonating with the concepts of "point" and "line". Acu-points and meridians are the basics in acupuncture study. From the scientific point of view, two more points require further elaboration.

## The objective existence of acu-points and meridians

First, in 1955, Dr Yoshio Nakatani, a Japanese scholar, measured electrical resistance of the skin of a patient with kidney disease. He found a line which was similar to the kidney meridian of acupuncture and it had a series of points at which increased electrical conductance was measured on the surface of the skin. Same findings were also discovered among some other patients with similar illnesses. Another Japanese scholar, Sasakawa, named the point of good electrical conductivity as "Ryodoten"; by connecting the Ryodotens, "Ryodoraku" or a good electrical pathway could be formed. This finding was adapted by the Chinese

scholars who used scientific instruments to measure the surface electrical resistance of the body; and conducted a systematic study about the meridian system. It is noted that there is a high correlation between high electrical conductance and the acu-points as well as the meridians in TCM. This provides the first scientific proof in acupuncture study.

## The therapeutic use of acupuncture

Second, TCM regards that the pathological states as "qi deficiency", poor blood circulation, malfunctioning of organs and imbalance of yin yang are all attributed to blocked meridians. Thin acupuncture needles or moxibustion are applied to the acu-points of the body to improve qi and blood movements in the meridian system; to replenish the malfunctioning organs; and to regulate yin yang. In modern medical terminology, acupuncture helps restore our body systems, including the nervous system, endocrine system, immune system, respiratory system, cardiovascular system, digestive system, genitourinary system and others. Analgesic effect is only considered to be one of the commonly known therapeutic effects of acupuncture.

Taking post-stroke rehabilitation as an example, it is proven through clinical observation and experimental studies that acupuncture can be used to treat the stroke patients by regulating the electrophysiological activity of the nerves, neurotransmitters, neurotrophic factors and brain metabolism. It can improve the blood circulation in the nervous system and others. It can also restore the damaged central nervous systems and the peripheral nervous systems, apart from helping the regeneration of the damaged nerve fibers and the neuronal cells.

Acupuncture is not a pseudoscience, but a heritage from the ancient history. The spirit of science teaches us to admit our ignorance of things around. Only by knowing our ignorance, we can explore the law of Earth through observation and experiment.

**Li Man Fat**  
Registered Chinese Medicine Practitioner  
Therapist of Haven of Hope Christian Service Integrated Rehabilitation Programme

# MESSAGE TO DONOR 給捐贈者的話

秉承「尊重生命·改變生命」的精神，靈實一直為市民大眾提供適切的長者服務、復康服務、健康服務及福音關懷事工，藉此闡釋「愛與關懷」的真諦。2015/16年度，靈實服務超過82萬人次。我們期望「築動生命全方位關顧計劃」——十年基建發展計劃正式完成後，靈實可以更全面及廣泛地照顧貧窮及有需要的人。同心，我們齊建美好的城市；同根，我們一起孕育愛與關懷的文化。

請參考以下有關靈實2015/16年度的服務數字。如果您希望與我們並肩服侍更多貧窮及有需要的人，誠邀您填寫靈感背頁的捐款表格。

Upholding the spirit of "Respecting Life • Impacting Life", HOHCS has served more than 820,000 people (in man times) in 2015/16. We spelt out the true meaning of "serving with love and care" by offering timely and tailor-made elderly services, rehabilitation services, health care services and spiritual care. It is hoped that by the time we accomplished the Haven Project, our ten-year capital development project, we can serve more poor and needy. Together, we build a better community. Together, we nourish a culture of love and care.

Please refer to the service statistics summary of HOHCS in the table below. If you are willing to join us in serving more people in need, kindly consider filling in the donation form at the back of the newsletter.

## 關懷長者服務

受惠人次：113,005

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: 113,005

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：299,303

受惠對象：健康長者、社區市民、晚期病人

## Health care services

No. of man time: 299,303

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

## 慈善醫療服務

受惠人次：39,972

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: 39,972

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：176,903

受惠對象：殘疾人士、智障人士及其家人、綜援人士、低收入家庭

## Care for people with disabilities

No. of man time: 176,903

Beneficiary: people with physical disabilities, people with intellectual disabilities and their family, individuals receiving CSSA, low-income family

## 福音關懷事工

服務人次：63,086

對象：院舍長者、智障人士、社區人士、靈實同工

## Gospel care

No. of man time: 63,086

Target: 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：128,341

受惠對象：社區家庭、兒童、綜援人士、低收入家庭

## Activities for enhancing community health development

No. of man time: 128,341

Beneficiary: families, individuals receiving CSSA, low-income family children in community

\* 綜援：綜合社會保障援助計劃

\* CSSA: Comprehensive Social Security Assistance



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We (Haven of Hope Christian Service) intend to use your name, telephone number, email and address for our communication in future, including our fundraising events and donation appeal, but we cannot use your personal data without your consent.

請於方格加上☑及簽署，以便本會跟進。

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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化社群，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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