

# D.S.news

香港唐氏綜合症協會

## 焦點話題 Spotlights:

### 我的理想生活

*Quality of my life*



## 活動追蹤 Events:

「March2One · 邁向共融愛心券」齊心響應以推動共融  
Charity Ticket Campaign 2016

第1屆唐氏綜合運動會 · 港澳特殊奧運會游泳比賽 成績輝煌  
The 1st Trisome Games 2016  
Hong Kong and Macau Special Olympics Swimming Competition

勤健計劃「友你同行兩載情 - 聚餐暨嘉許禮」  
IP Project “Mentors and mentees gathering and award  
presentation ceremony”

愉景灣康樂會第13屆慈善網球賽  
DBRC The 13th Charity Tennis Cup 2016

感受澳門文化交流之旅  
“Feel the Culture of Macau” Exchange Tour

唐氏舞蹈團台灣交流  
DS Dance Group Taiwan Exchange Tour

## 坐言起行 Call for Action:

- 「月行一善」行動  
Our Action to “Donate Monthly”
- 陽光路上及在職培訓計劃  
Sunny Way & On the Job Training Programme for people with Disabilities

## 生活專題 Features:

- 獨立 · 我也可以  
Independent Living · I Can



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香港唐氏綜合症協會於一九八七年十月正式註冊為非牟利慈善團體，致力為唐氏綜合症人士、殘疾人士及其家人提供綜合家庭支援及職業復康服務，使服務使用者在個人成長與生活各方面，得以全面發展；以及滿足他們就業及職業培訓方面的需要。

Registered as a non-profit-making organization in October 1987, the Hong Kong Down Syndrome Association is committed to serving individuals with Down Syndrome, people with disabilities and their family members with integrated family support and vocational rehabilitation services. Our objective is to enable the service users to develop their personal growth fully and in every aspect of life, as well as to meet their employment and vocational training needs.

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## 你的生活過得好嗎？

較早前，私營殘疾人士院舍康橋之家前院長涉嫌與智障女院友非法性交案撤控一事，引起社會關注，更激發各界不滿，令不少智障及殘疾人士的家長對院舍都存有質疑，甚至耍手擰頭。然而，當這群家長再沒有能力去照顧兒女時，院舍卻可能是他們的最終選擇。無論是選擇入住院舍或留在社區生活，智障及殘疾人士又如何過著一個尊嚴、有質素、有自主獨立的理想生活？

唐氏綜合症的人士身上的一條額外的染色體，為他們帶來外貌上和智力上的特徵，更往通常被認定是被照顧的一群。然而，他們只要及早接受適當的訓練及支援，唐氏綜合症的人士也可以過著愉快和獨立的生活。

今期D.S. News受訪的兩位唐氏大男孩，一位有入住院舍，另一位則在社區生活。兩種不同的生活模式，又是否他們的自主理想生活？

你的生活理想又是怎麼樣？

## How is your life?

In the past few months, the criminal case of the former superintendent of the Bridge of Rehabilitation Company allegedly having unlawful sexual intercourse with a resident with intellectual disabilities raised much social concern and anger from many parties. Many parents of people with intellectual disabilities and other disabilities have expressed doubts about hostels while some has even refused to consider them. However, when parents are no longer able to take care of their son or daughter, hostels may be their final choice. Whatever the decision is, whether it's staying in a hostel or living in a community, how can people with disabilities enjoy and live a quality life with self-respect?

The extra chromosome is the cause of the distinct physical appearance and intellectual status of people with Down syndrome. They are always regarded as people who need to be taken care of. However, if appropriate training and support could be provided at an early stage, people with Down syndrome can learn to live independently and enjoy a happy life.

In this issue of D.S News, we interviewed two young adults - one who is living in a hostel while the other lives in a community. How are these two different types of life style?

What is your definition for quality of life?

# 我的理想生活

*Quality of my life*

## 院舍裡有朋友，也可以是訓練獨立的地方

俊豪今年35歲，現時為庇護工場會員及正入住中度智障人士院舍。俊豪媽（盧太）表示在俊豪16歲的時候已為俊豪申請輪候院舍，在俊豪大約23歲時輪候到現時的院舍宿位。盧太表示當時輪候院舍算是唯一的出路，她表示當時很多家長的想法是「留個宿位好過留錢比佢（子女）」，對於俊豪的能力，盧太認為照顧自己仍有一定的進步空間，認為早一點給予俊豪宿舍經驗和訓練，以便他適應。



盧俊豪 Lo Chun Ho



## Hostel - A place with Friends and to Teach me Independent Living Skills

Chun Ho is 35 years old and he lives at a shelter workshop cum hostel for moderately mentally handicapped people. Chun Ho's mother, Mrs. Lo, recalls that she submitted applications for hostels for Chun Ho when he was 16 years old, and he finally got a vacancy when he was 23. She thought that hostel was the only way for Chun Ho's future.

"Most parents at that time thought that it is better to offer people with disabilities a hostel's vacancy than money," Mrs. Lo says. However, she has realized that there are still a lot of room for Chun Hoto train up his independent living skills. She noted that her family members may not be able to take care of Chun Ho when they get old so they prefer to let Chun Ho experience life at a hostel earlier and adapt more easily.

俊豪真正輪候到院舍的時候，盧太及家人對俊豪的擔心及不捨之情亦隨之湧現。盧太最記得的是丈夫及俊豪弟弟表示不希望俊豪入住宿舍。弟弟更答應將來會照顧俊豪。但盧太及家人均明白可能宿舍才是對俊豪將來最好的選擇。筆者問到俊豪對入住宿舍的想法如何，盧太對俊豪解釋宿舍的概念就像宿營一樣，是一個教導俊豪獨立生活及與其他朋友相處的地方，俊豪依然需要回家居住，因此俊豪並沒有將所有東西都搬入宿舍，在自己的家仍有屬於自己的地方。除了令俊豪更易接受外，亦沒有被拋棄的感覺。現時俊豪仍維持在宿舍住四晚，另外三晚則回家與家人共住。

Mrs. Lo remembers when Chun Ho first received the offer from the hostel, She and her family members started to worry and were reluctant to be apart from Chun Ho. The most unforgettable moment was when his father and younger brother expressed their unwillingness towards Chun Ho staying at the hostel. His younger brother even promised that he will take care of Chun Ho for the rest of his life. However, Mrs. Lo and his family understood that the hostel may be the best choice for Chun Ho for the long run.

When asked about her feelings about life at the hostel, Mrs. Lo explained to Chun Ho that living at the hostel was just like camping. It is a place to teach him independent living skills and social communication skills. Mrs. Lo thinks that it is important to make Chun Ho feel that he still belongs to his home, so she just moved a couple of things to the hostel and kept some of Chun Ho's personal things at home. This made it easier for Chun Ho to adapt to staying at the hostel and he did not feel abandoned. Chun Ho is now living at the hostel 4 nights a week and stay at home the rest of the week.



入住宿舍十多年，俊豪表示感到開心，很多人一齊玩樂。而盧太也感到俊豪之獨立生活的技巧亦有提升，例如與家人一同乘坐巴士時，俊豪會找座位坐下，但當自己一人乘車時，他會選擇站立，原因是怕自己會睡覺而忘記下車。

現時俊豪所住的宿舍房間連同俊豪在內有8名舍友同住。盧太表示如在資源允許下，當然越少人同房更好，可以令私人空間更多。但盧太明白是資源問題，因此對院舍亦沒甚麼意見。當然大前題是在照顧方法及需要保護舍友的安全為重要，但也明白院舍要照顧的舍友亦相當多，因此亦沒有太多要求了。

談及現時宿舍的情況，盧太亦認同應該有更多不同種類的院舍提供予不同需要的殘疾人士，例如透過專業同工作支援決策的獨立院舍、甚至雙老院舍等，使殘疾人士即使要住院舍，也能發揮他們的潛質，而非單方面被照顧。

Chun Ho is satisfied and happy with his 10 years of hostel life. He thinks that it is good for him to play with his friends. Mrs. Lo agrees that Chun Ho's independent living skills have improved. For example, he will take a seat if he takes the bus with his family, but he will not when he takes a bus alone as he is worried he may fall asleep and forget to get off.

Currently, Chun Ho lives in a room with 7 other people at the hostel. Mrs. Lo believes that fewer people living in one room would be better if resources allowed for it but she understands this is the problem of limited resources and hence she is satisfied with the hostel and appreciates their contribution and hard work.

Regarding the recent situation of hostels for people with intelligent disabilities, Mrs. Lo thinks that Hong Kong should provide various types of hostels for different needs. For example, a hostel for self-determination with support from professional workers and a hostel for aged parents and their children. She thinks that even though people with disabilities live in hostels, we can still let them shine and not just to be cared for.



# 我的理想生活

*Quality of my life*



## 我也懂得照顧自己

智障人士往往給予別人依賴，須被照顧的感覺，縱使因智力上的限制而未能「贏在起跑線上」，但智障人士亦有學習及獨立的能力，只是需要比別人花上更多的時間及心機。

子健與爸爸及哥哥同住，日常照顧多由爸爸負責。但爸爸因工作關係，需經常往返內地，只有假日才能回港照顧子健。而子健哥哥亦需要兼顧工作及讀書，故子健大部分時間需要自己處理起居飲食。

吳子健  
Ng Tze Kin

## I can take care of myself

People with intellectual disabilities are always thought of people who needs to be cared for. While their disabilities might limit some of their abilities, they are still capable of learning to be independent. What they need is time and patience.

Tze Kin lives at home with his father and brother. However, his father always needs to travel to mainland China for work. He can only come back to Hong Kong and take care of Tze Kin during holidays. Tze Kin's brother is also often busy with his job and schoolwork so therefore Tze Kin needs to arrange his daily life most of the time.



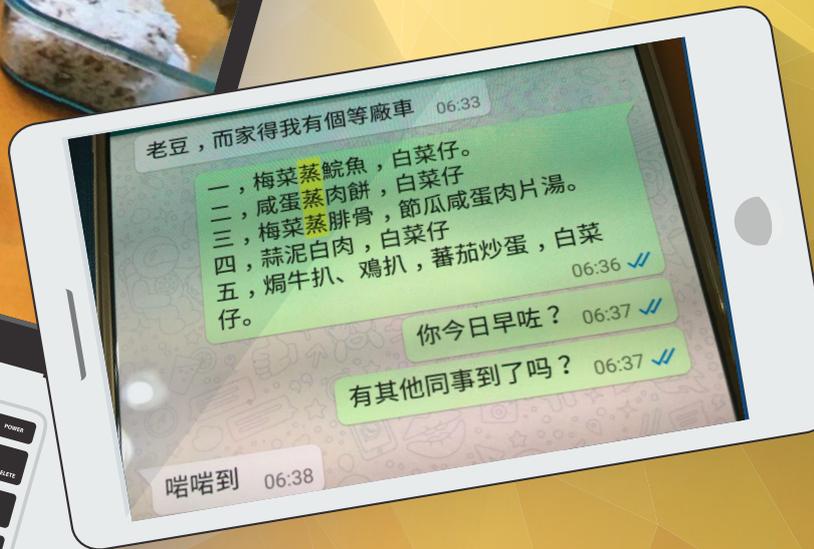


子健現時於便利店擔任倉務員，每天工作八小時多，下班後子健都會回家自己準備晚餐及翌日的午餐。因子健數理方面較弱，試過用一百元買了一份早餐而不獲找續，故爸爸每次回港都會準備該星期的食物材料，透過訊息告知子健每天的餐單。除了準備材料外，其餘步驟都由子健自己著手，而子健最拿手的菜式是蒸魚、焗雞翼或雞扒、炒蛋及炒青菜。

子健一直由媽媽悉心照料，八年前媽媽因病辭世，重擔落於爸爸身上，但爸爸需要經常離港工作，不得不訓練子健獨立生活。

Tze Kin currently works as a warehouse assistant for more than 8 hours each day. He knows how to prepare his own lunches and dinners. However, he is not good at calculations and had previously spent HK\$100 for a breakfast. Therefore, his father will prepare ingredients for a week and inform Tze Kin of what to cook through Whatsapp messages. Tze Kin knows how to cook steamed fish, baked chicken wings, fried eggs and vegetables.

In the past, Tze Kin's mother took care of him but she passed away 8 years ago. However, since his father always needed to travel for work, he needed to train Tze Kin to take care of himself.





「我去過好多地方，試過自己跟學校由深圳行去廣州籌款；今年去桂林以家長義工身份去」子健曾踏足不少地方，主要是參加學校的交流團。縱使畢業已幾年，但仍獲邀以家長義工身分參與，照顧年輕的後輩。

「我仲有一日能力，佢都會留係我身邊」爸爸表示會有擔心子健的時候，但作為家庭支柱亦沒有辦法經常陪伴子健。因此，子健從小便學習獨立生活，而爸爸亦得放手讓兒子發掘及嘗試，因為爸爸很清楚沒有人能夠代替自己的子女面對他們的人生，而自己能做到的，是陪伴他們走生命的一小段路。

“I have been to many places before. I walked to Guangzhou from Shenzhen to do charity work with my schoolmates. This year, I went to Guilin as a volunteer parent as I can take care of myself and also assist in taking care of others,” Tze Kin says. He has joined many school exchange tours before and he still gets invited to join activities even after graduating many years ago.

Tze Kin's father worries about him sometimes but he can't accompany his son all the time as he is the breadwinner of the family. Therefore, Tze Kin had to learn how to be independent when he was young. Also, his father let him try to learn. “He will stay with me when I am here,” Tze Kin's father says. “No one can face his life for him but what I can do is walk through life with Tze Kin.”

# 義工♥聲

## Volunteer Sharing



許敬璋 Colin

五年前，我從香港「義工運動」認識到香港唐氏綜合症協會；當時在外國讀書，打算於放假期間參加活動；那時候，我對唐氏綜合症的認識只是一知半解，對唐氏綜合症人士更是一無所知。對於那時的我來說，唐氏綜合症只是一些事不關己的偏遠事。

自從在香港唐氏綜合症協會當義工後，這種想法不再。每一次放假，我都會回到白普理家長資源中心去參加活動：手語歌、擺攤位、雜耍班。也許因為中間時間過得長久，每一次回來都要重新自我介紹一次，重新被唐氏朋友歡迎一次，證明出他們的熱誠是真心的，胸襟更是無比廣闊。

所謂「讀萬卷書，不如行萬里路」，同唐氏朋友近距離接觸，與他們共享所有喜樂、憂愁，對我的影響更勝文章裏千言萬語。對我印象尤深，是看到唐氏朋友人生雖然較一般人崎嶇難行，但他們依然會開心地、努力地、積極地去面對；這種啟發對我應付自己的人生起伏有莫大的幫助。人擁有友誼、活得快樂已可算幸福了；經過協會的活動，唐氏朋友也可以取得這兩種人生樂趣；因此，我覺得協會對他們、對社會的貢獻是重大的。

除了當活動義工以外，我亦榮幸可幫到協會做一些文書、翻譯上的工作。角度不同了，但仍可見到協會幫助唐氏朋友的蹤跡。組織一般的活動已經可以算為一種挑戰了，更何況要組織醫療探訪、為不同年紀的興趣班、以及與多個政府/非政府組織協調 - 同時又要徵詢家長意見！協會以它有限的時間和資源來完成這些目標，已經是可觀的成就；我亦希望我的少少貢獻對協會有幫助。

回頭看看五年前的決定，可說是義無反顧，更希望可以同協會、同唐氏朋友之後繼續合作！

Five years ago, I found HKDSA through the Hong Kong Volunteer Movement. At that time I was studying overseas and was simply trying to find something to do during the holidays - I had little knowledge of Down Syndrome or what life was like for those people who had it. To me, it was a distant issue in a distant place.

That all changed when I joined HKDSA as a volunteer. Every holiday I would try and make it to HKDSA in order to participate in its activities - hand-signal songs,



community fairs, and juggling classes. While it was not easy having to re-introduce myself at the start of every holiday, I saw how my Down Syndrome friends greeted me with the same enthusiasm every time, proving that their enthusiasm for making new friends came out of a genuine spirit of generosity.

Seeing people with Down Syndrome up close, experiencing their joy, sadness and frustration... that had an impact on me far more than any words on a page could possibly create. I was especially impressed by how, despite the numerous obstacles that have been placed in their way, Down Syndrome people continue to be cheerful, hardworking and optimistic - it puts the ups and downs of my own life in much clearer context. Friendship and happiness are really the two key ingredients of a life well-lived, and by giving Down Syndrome people the opportunity to achieve both through its many activities, I believe HKDSA has done a great service for them and to the community at large.

I have also had the honor of helping HKDSA do some translation work behind-the-scenes. There, I have also been able to appreciate how much the organization does for Down Syndrome people. Organizing activities for volunteers and participants is hard enough - and they also have to organize medical visits, arrange classes and programs for Down Syndrome people of all ages, and also coordinate with various governmental and non-governmental entities, all the while adjusting to feedback from parents and carers! Given all these responsibilities, it is truly amazing that HKDSA has managed to find the resources and time for all of them, and I am glad to have played a small part in this.

Looking back at my decision five years ago, I don't regret it one bit, and I hope that I can continue to volunteer for HKDSA many more years to come!

HKDSA

# March 2016 邁向共融愛心券 Charity Ticket Campaign

# 籌款活動 2016



正式收據 (Official Receipt)

茲收到 \_\_\_\_\_ 港幣拾圓正，該款付作捐助予香港唐氏綜合症協會  
Received with thanks for the donation of HK\$10 to The Hong Kong Down Syndrome Association.  
This receipt can be used for tax exemption.  
承蒙愛心支持，謹此致謝  
此收據可作報稅之用

No. 00000000000000000000

香港唐氏綜合症協會亦一直致力推動社會共融，使唐氏綜合症的朋友及其他殘疾人士、其家人及大眾能在彼此尊重下，建立伙伴關係。因此，舉行「March 2016 · 邁向共融愛心券」籌款活動，以世界唐氏綜合症日—3月21日為題及名命，盼望藉著銷售愛心券，以籌募服務經費，善款將用作發展及提供自負盈虧服務，致力改善唐氏綜合症人士及其他殘疾人士及其家人的生活質素。

期盼大家齊心響應是次籌款活動，籌募更多的經費助本協會的發展。

The Hong Kong Down Syndrome Association works continuously to promote the concept of social inclusion, helping the public and people with Down Syndrome and other disabilities and their family members forge a partnership in a respectful environment. Thus, the 'March2One' Charity Ticket Campaign 2016 was organized, which honors the theme of World Down Syndrome Day on 21 March. The campaign aims to raise donation funds through selling charity tickets to support self-financed services for improving the quality of life of people with Down Syndrome and other disabilities as well as their families.

We need all your participation and support to raise more money for our development!

一般在每個細胞中有四十六條染色體，而唐氏綜合症人士的細胞則通常有四十七條。大部份的唐氏綜合症人士的二十一對染色體加多了一條染色體，這一條額外的染色體，為他們帶來外貌上和智力上的特徵。因此，聯合國大會宣布由2012年起，3月21日為世界唐氏綜合症日，以提高公眾意識並倡導唐氏綜合症人士的權利。

There are usually 46 chromosomes in each person. However, a person with Down Syndrome has 47. This extra chromosome is the cause of the distinct physical appearance and intellect of people with the condition. In 2012, The United Nations General Assembly declared 21 March as World Down Syndrome Day to raise public awareness and advocate for the rights, inclusion and well-being of people with Down Syndrome.

捐款亦可直接存入銀行，本會「東亞銀行」戶口：  
015-157-10-403888-3，並將入數紙連同回條寄回：香港唐氏綜合症協會 沙田瀝源邨聚瑞樓地下103-106室

有關活動詳情及欲認購愛心券，可致電3427 8748與本會籌款及公共關係主任謝嘉慧女士聯絡。

Donations could be made through direct transfer to The Bank of East Asia, account number 015-157-10-403888-3. Please enclose the original copy of the bank-in slip and mail it to The Hong Kong Down Syndrome Association, Rm 103-106, G/F, Wing Shui House, Lek Yuen Estate, Shatin.

For more details on how to purchase charity tickets, please contact our Fundraising and Public Relations Officer, Ms. Karen Tse at 3427 8748.

日期：由2016年11月14日至2017年1月14日  
金額：每張港幣10元正  
籌款目標：港幣20萬元

On Sale: 14 November 2016 to 14 January 2017  
Amount: HK\$10 each  
Targeted Total Donation Raised: HK\$200,000

# 唐氏綜合運動會 港澳特殊奧運會游泳比賽

1st Trisome Games 2016 Hong Kong &  
Macau Special Olympics Swimming Competition

成績  
輝煌

協會有幸今年再次獲得Ladies Recreation Club的熱心支持，舉辦游泳馬拉松籌款活動，以協助協會的游泳項目發展，其中籌得的部份款項用作資助協會代表隊參加在2016年7月15至22日在意大利佛羅倫斯所舉辦的第1屆唐氏綜合運動會，並參與其中的游泳比賽項目-第8屆唐氏綜合症世界游泳錦標賽。

Thanks again to the Ladies Recreation Club (LRC), we were invited to join the LRC Swimathon this year in which funds will be used to support the development of swimming projects by HKDSA. With sponsorship from LRC, our DS Swimming Representative Team joined the 1st Trisome Games 2016 and participated in competitions like the 8th Down Syndrome World Swimming Championships from 15th to 22nd July 2016 in Florence, Italy.

## 是次香港唐氏綜合症協會代表隊名單:

甄霈汶 陳海釗 彭加毅 邵浩龍 張永潤 劉奕崙 李國佑

## Our DS Swimming Representative Team:

Yan Pui Man, Chan Hoi Chiu, Pang Ka Ngai, Shiu Ho Lung, Cheung Wing Yun, Lau Yik Lun, Lee Kwok Yau Caleb





來自世界不同機構的唐氏綜合症人士，大家從比賽中互相認識、欣賞及交流游泳技術，得到難得的世界性比賽經驗，擴闊社交圈子及視野。雖然在比賽中面對各國的強勁對手，但每位隊員都能夠發揮出應有的水準，最終共獲得8金3銀5銅的美好成績，為協會及香港增光不少。

All of the athletes were people with Down syndrome from around the world. They met each other through the competitions and share experiences with one another which help to broaden the athletes' social circles and horizon. Although our DS Representative Team faced against many competitors, each of them still performed their best. The team achieved excellent results at the event, winning 8 Gold, 3 Silver and 5 Bronze medals at the Games.



協會的唐氏游泳隊一直都積極參與外間不同的比賽，以累積經驗，追求進步。會員更能透過訓練及比賽，發揮潛能，同時能增加自信及養成的健康生活方式。一行11人的泳隊隊員參加較早前於2016年6月25日的澳門特殊奧運會游泳比賽，各健兒均全力以赴，獲得3金12銀13銅的佳績。

另外，23名泳隊隊員亦參與於2016年7月5日及13日的香港特殊奧運會游泳比賽，唐氏泳隊的實力一向不容置疑，是次更邀請其中2名義工參加融合比賽，以行動推廣共融，結果勇奪了10金、18銀及16銅的輝煌成績。

Our DS Swimming Team is active to take part in various competitions in order to gain different experiences and enhance their swimming skills. Besides, it also helps members to unleash their potential as well as provide them with a healthy lifestyle through various training and swimming activities. On 25 June 2016, we were invited to join The Macau Special Olympics Swimming Competition. A team of 11 swimmers joined the event and achieved 3 Gold, 12 Silver and 13 Bronze medals.

In addition, a team of 23 swimmers were invited to join The Hong Kong Special Olympics Swimming Competition on 5th July and 13th July 2016. This year, we took action to promote social inclusion. Two of our volunteers were invited to join the inclusion swimming game and we achieved excellent results, winning 10 Gold, 18 Silver and 16 Bronze medals. We are very proud of their outstanding performances.



# 勤健計劃

## IP Project



### 「友你同行兩載情 - 聚餐暨嘉許禮」

### “Mentors and mentees gathering and award presentation ceremony”



為慶祝「勤健計劃」展開2週年，協會於2016年9月18日假柴灣悠閑閣餐廳舉行「友你同行兩載情 - 聚餐暨嘉許禮」，報名熱烈，當日出席師友逾100人，更邀請了「勤健計劃」督導委員會成員吳偉堂先生及香港唐氏綜合症協會專業顧問楊黃錦賓博士出席是次慶祝活動。

In order to celebrate the second anniversary of “Industrious Adulthood and Positive Ageing for People with Down Syndrome and Intellectual Disability Project” (IP Project), we organized the “Mentors and Mentees Gathering and Award Presentation Ceremony” on 18 September 2016 at the Fantastic Café in Chai Wan. Over 100 mentors and mentees joined the gathering and we were very glad to have our “IP Project” steering group members Mr. Sammy Ng and our Association’s Professional Advisor Dr. Donna Wong to join the event.

「勤健計劃」於兩年來，舉辦了多項多元化活動以配合不同年紀及不同興趣的會員的需要。藉著活動更能啟發智障人士的潛能，讓他們積極面對老齡化。故此，為慶祝2週年，當日邀請了計劃內4個班組為活動助慶，包括音樂健體操、樂齡健體運動班、創意舞蹈班、快樂椅子舞。各班組皆使出渾身解數，台上表演者投入表演，台下觀眾亦跟著做動作，一同起舞，氣氛熱烈，各人情緒高漲。

The “IP Project” aims to inspire the potential of people with intellectual disabilities and help them transition into the ageing process in a positive way through organizing various activities. At the event, we invited members of four interest classes to give fantastic performances which included: “music gymnastic”, “Lok Ling exercise group”, “creative dance group” and “happy chair dance”. All of the performers showed their talents and the audiences happily followed the movements of the performers. The interactions made the party fun and joyful.



「勤健計劃」另一特色為師友配對，於2014至2016年間，配對班組師友或個別師友共130對，當日大部份的師友均有出席活動，其中一些班組師友更與會員一同表演，場面溫馨。師友配對亦引證了義工並不局限於協助會員的角色，在「勤健計劃」中，不但突顯了義工可成為智障人士的同行者，更可成為知心朋友。

嘉許禮當日亦頒發不同的獎項，鼓勵一直積極參與活動的會員，亦藉此機會感謝各班組的導師及義工，對計劃的支持及付出。「勤健計劃」的成功，一直有賴各方的支持，這2年來，不但看見會員的健康有所進步，更見證了不少寶貴的友誼誕生。



The other feature of the “IP Project” is the mentorship program. From 2014 to 2016, a total of 130 pairs of mentors and mentees were matched, including groups and individuals. Most of them attended our ceremony and some mentors also performed with our members on stage. The mentorship program proved that a volunteer is not just a helper to our members but they can also be a friend.

Active participants, mentors and instructors of the “IP Project” were awarded at the ceremony to recognize and encourage their contributions. The success of the “IP Project” depends on the contribution and support from all of you. It is also valuable to witness the health improvement and friendships between mentors and mentees.

# 第13屆

# 愉景灣康樂會慈善網球賽

DBRC The 13th Charity Tennis Cup 2016



由愉景灣康樂會主辦的慈善網球賽已進入第13屆，今年仍能夠繼續參與並成為其中的受惠機構，實在難得及感恩。是次慈善網球賽已於9月24日成功舉行，不單得到各網球隊伍的奮力拼搏支持，更有不少贊助商，義工朋友及各善長熱心的慷慨，努力籌款令本年善款超過港幣\$640,000萬元，與另一受惠機構監護者平均接受該善款。活動當日，本協會的Island Dance 成員亦同樣落力，在網球場上躍動，手舞足蹈，為活動更添活力，在場朋友亦贈以陣陣的獎聲及歡呼聲，讚嘆每位唐氏綜合症朋友的才能，感謝他們在網球場上帶來一個精彩的表演，生色不少。

A signature event of Discovery Bay Recreation Club, the 13th edition of the Charity Tennis Cup was held successfully on 24 September 2016. The Hong Kong Down Syndrome Association was pleased to continue to be a part of it as one of the chosen beneficiaries. We are very thankful for all the tennis teams who competed and played hard in the tournament. We would also like to thank the amazing effort of each sponsor, every volunteer and the generosity of each donor. More than HK\$640,000 was raised this year and we shared the total fund raised with another beneficiary, Watchdog. Special thanks to our Island Dance Team, whose fantastic performance created an energetic atmosphere as everyone greatly enjoyed their show and showered them with loud applause.

# 感受澳門文化 交流之旅

## “Experiencing the Culture of Macau” Exchange Tour



“我們遊覽大三巴區、海事博物館及媽閣廟等地。”

10月12日早上，卓業中心一行20人(包括16位學員及4位職員)浩浩蕩蕩地乘搭噴射飛航到達澳門，開展為期兩日一夜的澳門交流之旅，負責接待我們的是澳門基督教青年會的職員。過程中我們遊覽大三巴區、澳門博物館、海事博物館及媽閣廟等地，並有機會品嚐葡國菜及地道澳門小餐館。

20 people (16 trainees and 4 staff members) from the Tiptop Training Centre took a TurboJET ferry to Macau for a two-day tour on October 12. Staff from the Macau YMCA took care of us and brought us to visit the Ruins of St. Paul’s District, Macao Museum, Maritime Museum and A-Ma Temple. We had the opportunity to taste Portuguese dishes and eat at authentic small Macao restaurants.



“學員更笑言希望可以有機會成為澳門人進入服務！”

在參觀康盈中心時，學員又分組參與當中的訓練及活動，包括集體遊戲、手眼協調、大小肌肉訓練、認知訓練、平衡力及身體機能訓練等。職員們親切的態度令我們留下深刻印象，學員在他們的鼓勵下均順利完成不同項目。由於服務設施及配套非常好，學員更笑言希望可以有機會成為澳門人進入服務！過程中最令我們印象難忘的是參觀澳門扶康會兩個復康服務單位，一個是與卓業中心一樣屬於綜合職業復康服務中心的「澳門扶康會寶翠中心」；另一個是日間訓練單位「澳門扶康會康盈中心」。學員們在參觀寶翠中心時，經常會表示「哩個我地識做呀！」、「哩個我地做過呀！」等，感覺十分親切。最特別的是當中有一位智障及自閉症朋友，由於他繪畫出色，中心將他的設計及畫作製作為產品，包括環保袋、毛巾等，真正包辦設計生產及銷售，體驗殘疾人士自強自助精神。



However, the visits to two rehabilitation services units of the Fuhong Society of Macau impressed us the most. One was the Pou Choi Centre, an integrated vocational rehabilitation service center, while the other was a day training center, Hong Yeng Centre. We constantly heard encouragements from the trainees saying, “I know how to do it!” and “I have done it before!”. The students often said that it made them feel good when they visit the Pou Choi Centre. One of the most special people is an intellectually-disabled and autistic friend who has had his outstanding designs and artwork featured on products, including bags, towels, etc. He designs, produces and sells them so people can experience the independent spirit of the disabled.

During the visit to the Hong Yeng Centre, our trainees were divided into groups to participate in different trainings and activities, including group games, hand-eye coordination, muscle training, cognitive training, balance and bodily functions training. We were very impressed by the kindness of the staff who helped our trainees complete their tasks with their positive encouragements. We were very impressed with their service facilities, and our trainees even said they want to move to Macau and use the services!



# 唐氏舞蹈團台北交流之旅

DS Dance Group Taiwan Exchange Tour



唐氏舞蹈團一行33人於2016年10月27日至30日往台北與不同舞蹈團體交流，特別鳴謝新北市立新北特殊教育學校舞動社、雲門劇場、財團法人中華民國唐氏症基金會於百忙中為我們預備生動有趣的節目，讓團員經歷難忘的旅程，擴闊眼界，促進成長。最後，多謝家長及舞蹈導師Terry Sir同行，提供貼身的照顧，讓團員得益。



33 members of the DS Dance Group joined an exchange tour to Taiwan from 27 to 30 October 2016 and shared experiences with other dance groups there. Special thanks to New Taipei Municipal New Taipei Special School, Cloud Gate Dance Theater of Taiwan and Down Syndrome Foundation R.O.C for arranging various fun activities for us which broaden the dancers' horizons and help create a memorable trip for everyone. Also, thank you to the parents and Terry the instructor for taking care of us and allowing us all to enjoy the trip.



本會於2017年1月14日舉行三十周年啟動禮暨會員周年聚餐，假科學園科技ClubOne 會所1號舉行，與一眾執行委員會成員、友好伙伴及會員歡度難忘時刻。

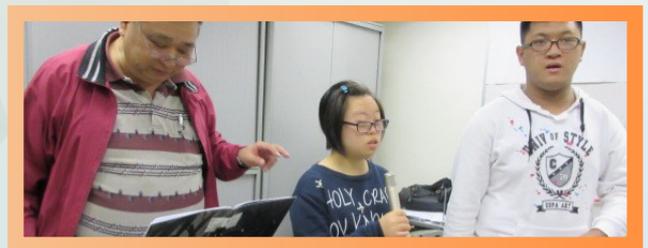
The Hong Kong Down Syndrome Association held the 30th Anniversary Kick-off Ceremony cum Gala Luncheon on Saturday, 14th January 2016 at ClubOne on the Park at the Hong Kong Science and Technology Park, and shared memorable moments together with members of the Executive Committee, supporting partners and members as well.

- 本會今年再次得到會員高樂欣捐贈了一批月曆作義賣，月曆內的圖畫全是她個人作品。月曆售價為\$50，所有收益將作為本會服務經費，協助更多唐氏綜合症人士或其他殘疾及其家人的生活質素，推動社會共融。如有任何查詢，請致電3427 8748與謝小姐聯絡。

This year, our HKDSA member, Lok Yan, donated calendars which are designed with her paintings for the charity sale again. Each calendar costs HK\$50 and all proceeds enable us to improve the quality of life of persons with Down syndrome or other disabilities, as well as their families. For enquiries, please contact Ms Tse at 3427 8748.

社會福利署沙田區康復服務協調委員會「關愛繫沙田·共融大匯演2017」將於2017年1月14日舉行。今年，卓業中心聯同友好義工伙伴U6 Band合作，與中心學員一同夾Band，他們現正密鑼緊鼓地加緊練習，務求在舞台上帶給觀眾驚喜，在此先預祝他們演出成功。

Members from the Tiptop Training Centre and volunteers of U6 Bands will participate together in the Sha Tin District Integration Show 2017, organized by Sha Tin District Coordinating Committee on Rehabilitation Services on 14th January 2017 (Saturday). All participants are preparing and working hard at practice to give a big surprise to the audience. Have a good show!



- 香港賽馬會特殊馬拉松2017活動將於2017年1月15日（星期日）舉行。當日將於添馬公園出發，比賽路段由中西區海濱長廊直至龍和道。協會會員及義工正積極練習及交流心得，藉此拉近彼此間的距離，進一步體現傷健共融的精神。

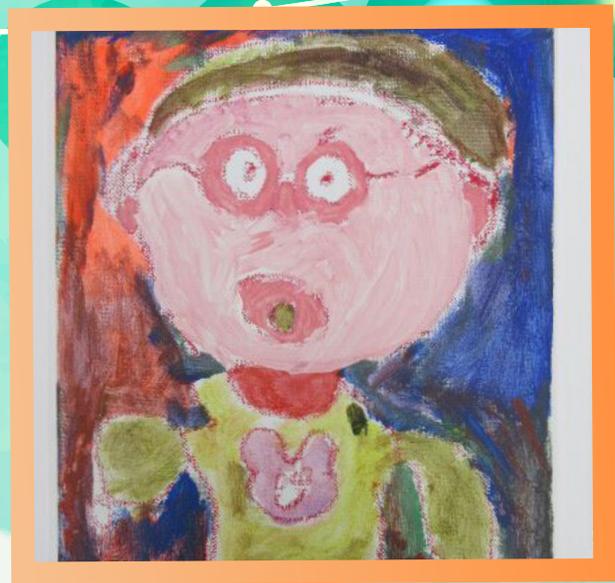
The Hong Kong Jockey Club Special Marathon 2017 will be held on 15th January 2017 (Sunday). The competition will start at Tamar Park, from the Central and Western Promenade to Lung Wo Road. Members and volunteers are now working hard to practice for the event. They are sharing experiences with one another to build a closer relationship and show the spirit of social inclusion.



# 「藝術表我」



*"express myself in art"*



一幅幅色彩瑰爛的自畫像均出自卓業中心的唐氏學員及其他殘疾學員之手，中心於7月至9月期間開辦「藝術表我心」創意藝術課程，透過不同的藝術創作如水墨畫、塑膠彩畫、陶泥、集體創作等，引發中心學員對藝術創作之興趣，鼓勵學員多表達個人感受，發揮心中所想。

An art and creative course called "Express Myself in Art" was organized at Tip Top Centre from July to September 2016. The activity aimed to encourage members to express themselves and show their thoughts via various creative means like Chinese brush painting, acrylic painting, clay and art jamming.

Here, every colourful self-portrait was drawn by a member with Down syndrome and other disabilities from the Tip Top Training Centre. Enjoy their amazing creativity.

# 獨立·我也可以

*Independent Living · I Can*

林一星教授  
香港大學  
社會工作及  
社會行政學系

Prof. LUM Yat Sang, Terry  
Head, Department of Social  
Work and Social Administration  
The University of Hong Kong



唐氏綜合症是最常見的基因遺傳智力障礙病，這類症患者只有有限的智力，不一定擁有獨立生活的技能，因此大多數患者需要日常生活支緩。而唐氏綜合症患者的壽命比以往長，在他們生命的某一點，很有可能要從父母家搬出，而需要為他們安排住宿服務。因此，住宿服務的需求正不斷上升。然而，香港對殘疾人士的服務卻仍未趕上這些發展。

Down syndrome is the most commonly known genetic cause of intellectual disability. Individuals with Down syndrome have limitations in intellectual functioning that affect their independent living skills. Most of them require support in their daily living. As people with Down syndrome are living longer than ever before, they are increasingly likely to move out from the parental home and require residential services at some point in their life. Demand for residential services is therefore on the rise. However, disability services in Hong Kong has not yet caught up with these progresses.

為唐氏綜合症的成人患者與其他智力殘障人士安排住宿是現時社會面臨的挑戰。無論能力如何，人們都希望盡可能獨立地在社區中生活，並參與他們選擇的活動。為唐氏綜合症患者安排生活，相關人士及其家庭必須考慮他們的偏好、獨立生活的技能、現有資源和住屋選擇。雖然獨立生活的概念在不同文化中有所不同，但通常是指自己、與家庭成員或與其他幾個人一起在社區生活。

Living arrangement for adults with Down syndrome and other intellectual disabilities is a challenge across societies. Regardless of abilities, people do have a desire to live as independently as possible in the community and to engage in activities of their choice. To decide on the living arrangements for people with Down syndrome, individuals and their families must consider their preference, their independent living skills, their available resources and housing options. Although the concept of independent living varies across cultures, it generally refers to community living by oneself, with family members, or in small group settings.



隨著對住宿服務的需求不斷增加，人們可能會認為智障人士在院舍生活的比例會越來越高，但這並不是事實。在許多發達的國家中，智障者生活在院舍中的人數正在減少。例如，在美國，生活在大型院舍和療養院的智障人士數目正穩步下降。主要是小型和多樣化的住宅（例如小組公寓，機構經營的公寓，與父母或親戚同住，入住寄養家庭又或住在以及智障人士擁有或租賃的房屋）數量快速增長所致。在1988年，美國只有29%智障人士在居住在少於6個人一起生活的環境中。但到了2011年，這個數字已經增加到75%。

As the demand for residential services rises, one might expect an increasing percentage of people with intellectual disabilities living in institutions. This is not the case. In many developed countries, the number of people with intellectual disabilities living in institutions is decreasing. For example, in the United States, the number of people with intellectual disabilities living in large institutions and nursing homes has steadily declined. This is accomplished by a rapid growth in the number of small and more diverse residential settings, such as group homes, agency owned or operated apartments, homes of parents or relatives, foster homes, and homes owned or leased by the individual with intellectual disability. In 1988, only 29% of people with intellectual disabilities in the United States were living in settings with fewer than 6 residents (Salmi, Scott, Webster, Larson, & Lakin, 2010). By 2011, this figure has increased to 75% (Larson, Salmi, Smith, Anderson, & Hewitt, 2013).



在香港，智障人士和唐氏患者的住房選擇非常有限。大多數人最終生活在大型院舍/可供住宿的護理設施或自己的家庭，在這些之間的選擇很少。香港特別行政區政府為智障人士提供幾類型的宿舍：截至2016年10月，政府為中度智障人士提供3,329張宿舍床位，為重度精神障礙者提供3,716張宿舍床位。幾乎所有這些宿舍床都在較大型的機構中，平均每個宿舍有56-60院友。政府還為智障人士提供417個支助式旅館床位。這些數字遠遠不能滿足需要而等候床位名單也很長。在過去數十年，我們並沒有看到香港為智障人士提供的小型家庭式住宿服務或更多樣化的住屋選擇增加。雖然可用宿舍床位的數量已經慢慢增加，但我們仍然在使用幾十年前開發的服務模式，以滿足目前對智障人士不斷變化的住宿需求。

In Hong Kong, housing options for people with intellectual disabilities and Down syndrome are unfortunately very limited. Most people ended up either living in large hostels/residential care facilities or with their families. There are very few options in between. The Hong Kong SAR Government offers several types of hostels for people with intellectual disabilities: as of October 2016, the Government provided funding for 3,329 hostel beds for people with moderate-level intellectual disabilities and 3,716 hostel beds for people with severe mentally disabilities. Almost all of these hostel beds are in larger institutions with an average of 56-60 residents per hostel. The Government also offers 417 supported hostel beds for people with intellectual disabilities. These numbers are far from meeting the needs and the waiting lists are long. Over the last decades, we did not see an increase in small, home-like residential care settings or more diverse housing options for people with intellectual disabilities in Hong Kong. While the number of beds available has slowly increased, we are still using the services model developed decades ago to meet the changing residential care needs of our current population of people with intellectual disabilities.



如果政府擴展家務支持服務，幫助智障人士在社區中獨立生活，情況可能不至如此。不幸的是，在這段期間，我們沒看到社區支持服務有顯著擴張。直到最近，政府才開始為照顧嚴重殘障人士的家庭提供家庭支援服務。對於輕度至中度智障人士，讓他們在自己家中及社區獨立生活的家庭支援服務更絕無僅有。

The situation could have been better if the Government has expanded the home support services to help people with intellectual disabilities to live independently in the community. Unfortunately, we did not see a significant expansion in community support services during this period. Only until very recently did the Government start to provide home support services for families taking care of severely impaired individuals. There is virtually no home support services to help people with mild-to-moderate intellectual disabilities to live independently in their homes and communities.



對於患有唐氏綜合症的成人，要能在社區生活，需要周密的規劃和長期支援。即使大多數患有唐氏綜合症的個人在家中活到成年，他們和他們的家庭也要主動地考慮將來的計劃，因為他們的護理需求隨年齡而變化。需要定期評估他們不斷變化的需求，以致能作出到適當的安排。唐氏綜合症患者的父母正在衰老，他們的照顧能力隨著年齡的增長而降低。很多時候，其他家庭成員，如兄弟姐妹，將需要介入，分擔照顧責任。因此，重要的要開始談關於兄弟姐妹或親戚在未來護理計劃中的作用，並製定計劃，以避免潛在的風險，如由於照顧者患病或死亡所造成的狀況。通過周詳的規劃，患有唐氏綜合症人士，可以大部分（如果不是全部）住在家中。



For adults with Down syndrome, community living requires a lot of careful planning and long-term support. Even though most individuals with Down syndrome live at home into adulthood, it is important that they and their families think proactively about future plans as their care needs change with age. They need to regularly assess whether their changing needs are being adequately met in the current living arrangement and adjust their plan accordingly. Parents are themselves ageing and their capacity to perform hands-on primary caregiver role diminishes as they age. Very often, other family members, such as siblings, will need to step in to share the caregiving responsibilities. It is therefore important to initiate a dialogue about the roles of siblings or extended family members in future care planning and to develop a plan to avoid potential crisis situations, such as those created by illnesses or death of a caregiver. With careful proactive planning, individuals with Down syndrome can stay in their home for most, if not all, of their life.



研究不斷指出，智障人士在社區環境中生活是有好處的。它使他們有機會參與社區或其他有意義的活動。讓他們在限制最少的環境中有更好的生活。從社會的角度來看，它減少了尋找地方建立這些大型院舍的需要和附近居民作出的反對。香港迫切需要為智障人士提供更多元化的房屋選擇，並提供充足的家居服務，支持他們的獨立社區生活。

Studies have consistently shown the advantage of living in community settings for people with intellectual disabilities. It gives them the opportunity to participate in the community and to engage in activities that are meaningful to them. It also gives them a better quality of life in a least-restrictive environment. From a societal perspective, it reduces the needs of finding places to establish those large institutions and the potential resistance from nearby residents. There is an urgent need for Hong Kong to offer more diverse housing options for people with intellectual disabilities and to provide ample home services to support their independent community living.

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<b>服務內容 Service Content:</b>	<b>1. 就業培訓及在職工作指導 Job-related Training and Counselling</b> 因應參加者的能力及需要提供與工作相關的輔導及培訓 The program will provide job-related training and counselling services to corresponding participants. <b>2. 見習 Job Attachment</b> 最多可安排3個月見習，見習期內表現符合要求者可獲發每月\$2000津貼 During the job attachment period, which is not more than 3 months, the participants who can fulfill the required attendance will have the job attachment allowance of \$2000 per month. 參加者與提供見習的機構並無僱傭關係 There is no employer - employee relationship between the participants and the Association. <b>3. 在職試用 (Job Trial)</b> 僱主可透過在職試用了解參加者工作能力，試用期間僱主可獲最多6個月的補助金支薪，金額為參加者薪金的一半，每月上限\$4000 Employers are encouraged to employ disabled people through the trial program in order to understand their work ability. During the trial period, employers will receive grants for 50% of the participant's monthly pay or up to HKD\$4,000. 參加者於試用期內已屬僱員身份，受法例保障 During the trial period, participants are under employed status and protected under the Employment Ordinance. <b>4. 就業後跟進服務 Post-placement service</b> 於參加者找到工作後提供不少於6個月的就業跟進 In order to assist job trial participants successfully settle into employment, no less than 6 months of post-placement service is provided.	
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