



我們的服務 | Our Services

復康 | Rehabilitation

真人真事同分享
Life Story Sharing

減重成功，
健康在我手！

Health is in My Hands!

淑儀



2012年，淑儀欲改善高血壓、膽固醇和糖尿前期的問題，她參加了體重管理課程。當時淑儀體重六十五點四公斤，她開始減飯量，每天做自強操、步行和太極各三十分鐘。雖然如此，她的體重在2014年尾卻增至六十八點三公斤。

及後淑儀再報讀減重課程，今次她從食物入手，放棄摯愛的乾炒牛河和雪糕，牛腩、牛雜河改為魚蛋麵，雞尾包、菠蘿包就變麥包、麥皮，奶茶轉為檸檬水。雖然淑儀依舊與好姊妹上茶樓，但她不吃山竹牛肉，選吃牛肉腸和粥；住家餸菜亦是清淡為主，咸蝦蒸腩肉不再，炒菜變灼菜。2015年5月，淑儀終於成功將體重減至六十一點四公斤。

總結成功減重的方法，淑儀認為是她把課程的內容在日常生活中實踐，「揀飲擇食」加上運動，減重和不用服糖尿藥的願望終可夢想成真。

To tackle the health conditions of hypertension, hyperlipidemia and marginal diabetes, Suk Yee joined a weight management program in 2012 and her weight was then 65.4 kg. She cut portion of rice intake and exercised for 1.5 hours per day. Despite her efforts, her weight still increased to 68.3 kg at the end of 2014.

Later, Suk Yee enrolled for the weight management course again. With the guidance and support of CRN programme instructor, she made conscious efforts in choosing the right food. For instance, she gave up her beloved "Fried Beef Pho" and ice-cream. She took fish ball noodle instead of sirloin or offal pho, replaced pineapple buns with whole wheat bread or cereal, and drank lemon water now rather than milk tea before. Meanwhile, Suk Yee still went to Chinese restaurants with her best friends. She chose beef rice rolls and congee but not high fat dim sum. At home, she prepared simple and healthy food. She was successful in reducing her weight to 61.4 kg in May 2015. Her dreams for weight management and better blood sugar level control had come true.



社區復康網絡 Community Rehabilitation Network

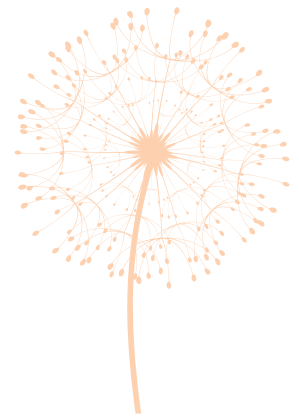


社區復康網絡為有長期健康問題的人士提供指導和鼓勵，協助他們掌握相關的知識、技巧及在社交心理層面作出正面的調適，重獲身心健康。

Community Rehabilitation Network (CRN) provides guidance and support to persons with chronic health conditions, helps them acquire the appropriate knowledge and skills, and psychologically adapt to their condition.



社區復康網絡
Community Rehabilitation Network



服務重點 | Service Focus

病人自強計劃

Patient Empowerment Programme (PEP)

2014年本會成功投得醫院管理局於港島西、新界西、新界東及九龍西區的病人自強計劃服務，為糖尿病及高血壓患者提供慢性病自我管理訓練。病人在完成計劃後，社區復康網絡各中心亦為參與者提供各類運動培訓、健康飲食及社交心理工作坊，鼓勵他們參與互助小組，建立持續的健康生活。

In 2014, CRN successfully bid to continue the PEP of the Hospital Authority in Hong Kong West, New Territories East, New Territories West and Kowloon West Clusters, providing self-management training and support to persons with Diabetes Mellitus and Hypertension. After completion of the programmes, the patients were encouraged to join CRN's exercises and diet workshops, psychosocial programmes and patients' mutual support groups for sustaining healthy living.



病人自強計劃服務使用者學習自我檢測血糖，提升自我管理糖尿病的信心。
Diabetes patients in PEP learn to measure blood glucose, enhancing the confidence in self-management of health.



服務使用者完成病人自強計劃後，繼續參加「優質健行計劃」，持續運動，改善健康。
Service users joining the Quality Walk Programme after completion of PEP for better health through exercises.

網上病人教育 - 「康程式」計劃

e2Care Project - Developing the web based e-learning platform



「康程式」計劃是由香港賽馬會慈善信託基金撥款發展的一個網上病人教育平台，計劃為期三年，主要內容包括：糖尿病、高血壓、體重管理等課程的網上學習管理系統，並備有網上程式及手機程式；旨在促進病人自我管理個人健康資訊。同時，位於威爾斯親王醫院新成立的香港復康會賽馬會學習及支援中心，亦為市民提供創新的數碼健康與疾病管理平台。

e2Care Project was a 3-year project funded by the Hong Kong Jockey Club Charities Trust. The major components included: Learning Management System (LMS) for patients with Diabetes Mellitus, Hypertension, or Weight Problem; Patient Management System (PMS) for management of health data and information. In addition, the HKSR Jockey Club Learning and Support Centre would be set up in Prince of Wales Hospital to provide an innovative e-learning platform for health and disease management.



康程式計劃舉行高血壓管理混合教學班，結合課室和網上教學。
The blended class on hypertension of the e2care Project, integrating classroom and online training.



服務使用者參與試驗網上課程。
Service users of e2care project participating in the pilot on-line course.

社區復康網絡服務二十周年

CRN 20th Anniversary

為慶祝本會成立五十五周年及社區復康網絡成立二十周年，於2015年1月舉辦了「賦權及參與 - 全人復康研討會」暨「社區復康網絡二十周年研討會」，成功吸引了超過三百八十位病人自助組織代表、病人、家屬、復康專業人員及市民大眾參加。透過專家、學者、用者的分享，共同探討包括身心靈全人復康、資訊科技應用、自助互助和倡議等議題。同時，我們亦出版了「自助組織手冊 - 理念與實踐彙編」及「起落人生・喜樂旅程」患者故事集。

The "Symposium on Holistic Rehabilitation - Patient Empowerment and Participation" was held in January 2015 to celebrate the Society's 55th and CRN's 20th Anniversaries respectively. There were over 380 participants including representatives from patients' self-help groups, patients and their carers, professionals and the general public. Themes of the Symposium included holistic rehabilitation, application of information and communication technology, self-help and mutual-help, as well as advocacy. A manual titled "Concepts and Practice: Manual on Organizing and Developing Self-help Organization" and an anthology of patient stories were published.



在「賦權及參與-全人復康研討會」的開幕禮，嘉賓大合照

Group photos at the Kick-Off Ceremony of the "Symposium on Holistic Rehabilitation – Patient Empowerment and Participation".

SMARTCare齊起動計劃

SMARTCare Project for Supporting Carers of Persons with Chronic Illnesses

SMARTCare齊起動計劃由勞工及福利局社區投資共享基金撥款資助，目的是組織地區團體、醫護人員及企業義工等，為長期病患者照顧者提供身心社交的關顧。計劃成功匯聚跨界別的力量，創立以照顧者為主的「醫、福、社」協作模式，以及推動醫護界關注照顧者的需要。年內，計劃喜獲第1屆「社會資本卓越計劃獎」以及獲得基金再度撥款繼續推行服務至2017年11月。

The Project was funded by the Community Investment and Inclusion Fund (CIIF) of the Labour and Welfare Bureau, aimed at mobilizing medical professionals, corporates and persons from the community to provide psycho-social support for the carers of persons with chronic illnesses. It was successful in building up a collaborative model among medical institutes, social welfare organizations, and community parties on caring the needs of the carers. During the year, the Project had received from CIIF the "Outstanding Social Capital Project Award" and was granted funding for sustaining the services till November 2017.



「SMARTCare・有您友里」的水墨畫興趣小組，讓照顧者舒緩壓力，交流照顧病患者經驗，豐富社交生活。

"SMARTCare Project" organized Chinese painting class for carers for releasing their pressure, sharing and enjoying a social life.



小組活動、社區活動、與其他健康
服務機構 / 團體聯合舉辦活動總次數
Total No. of Group Activities, Community Programmes,
Networking Activities with
Other Health Care Providers/Groups

2,595



服務總人次*
Total No. of Attendances*

54,004

* 包括與醫院、政府部門、非政府機構、病人自助小組之聯繫
Networking with Hospitals, Government Departments, NGOs, Self-help Groups



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復康 | Rehabilitation

我也做得到 *I Can Do It*



真人真事同分享
Life Story Sharing

Joanne出生時頭部與四肢發展異常，小時候已長得跟別人不一樣，走路時也很易失去平衡，醫生曾告訴她不能走路和跑步，也很難找工作，估計她的生命可能將會好短暫。

Joanne找工作甚為困難，僱主很多時抗拒她的外表，故此Joanne心情一度跌至谷底。2012年她參加了職業復康及再培訓中心的排版班、簿記班、輔助就業服務等，過程中得到導師、職員及同學的鼓勵，使她勇敢面對就業上的問題，不再感到孤單。

在中心協助下，她找到兼職，也曾同時應付三份工作。她也加入了中心的義工隊，希望與學員分享自己的經歷：「只要有決心，凡事也可能」。



Joanne was born with deformation in her head, hands and feet. Her appearance looks different. She cannot walk well and easily falls. Her doctor once told her that she could neither walk nor run. She did not need to bother finding a job as her life could be short.

It was difficult for Joanne to find a job as most of the employers felt uncomfortable with her look. Joanne was once very depressed. She joined the courses on Desk-top Publishing and Book-keeping of Vocational Rehabilitation & Retraining Centre (VRRC) as well as the Supported Employment Services in 2012. Through the services of VRRC, she gained the encouragement from staff and other service users. She no longer felt lonely and was empowered to overcome the difficulties of seeking a job.

With the assistance of VRRC, Joanne had got a part-time job finally. She had taken up three jobs at the same time. She also joined the volunteer team of VRRC. She would like to share with other trainees that "Everything is possible with determination".

職業復康及再培訓中心 • 輔助就業服務 Vocational Rehabilitation & Retraining Centre • Supported Employment Services



從Joanne的個案可見，職業復康及再培訓中心服務不僅為殘疾人士和長期病患者提供職業培訓及輔導，亦著重重建他們的信心，加強助人自助的精神。

The case of Joanne demonstrated that VRRC not only aims at providing vocational training and counseling services for persons with disabilities and chronic illnesses but also enhances their self-efficacy and mutual aid spirit.

服務重點 | Service Focus

再培訓服務

Retraining Services

獲僱員再培訓局和勞工及福利局的撥款，年內職業復康及再培訓中心共為四百二十多位學員提供了四十一個培訓課程，提升他們的就業技能。中心創造一套方法教授中文打字輸入法，透過遊戲和記憶練習，有效提高學員的學習成績。

With the funding support from the Employees Retraining Board and Labour and Welfare Bureau, VVRC delivered 41 training courses for over 420 persons with disabilities or chronic illnesses during the year to enhance their working skills. VVRC adopted innovative ways for teaching Chinese word processing, such as using games and memory exercises, to effectively enhance the skills of trainees and arouse their interest in learning.

組織義工小組

Formation of Volunteer Teams

組織學員成立義工小組，為本會的服務單位提供義工服務，增加工作經驗。已成立的小組包括牽手勵進會、攝影義工小組及出版義工小組。

VVRC coordinated the graduates to form volunteer teams and provide voluntary services for HKSR units. The volunteer teams formed included the Alumni Association, the Photography Club, and the Publication Team.



職業復康及再培訓中心的導師以「記憶魔法」遊戲，增加學員學習倉頡輸入法的興趣。
VVRC Instructor using "Memory Magic" game to teach Changjie Chinese Processing skill, arousing the interest in learning.



職業復康及再培訓中心的義工小組成員協助訓練其他義工，並為中心的服務使用者設計活動和提供支援服務。
VVRC volunteer teams providing training, designing activities and supporting service users of VVRC.

輔助就業服務

Supported Employment Services

年內，共有二十八位參與輔助就業計劃和陽光路上計劃的服務使用者成功就業，成功就業率比計劃的原有指標高出達百分之五十。

28 service users of the Supported Employment Services and Sunnyway Project had successfully got a job. The successful employment rate was 50% more than the agreed targeted employment rate required by the Social Welfare Department.

再培訓課程主題

Subjects of Retraining Courses

- | | | |
|--|---|---|
| ● 接待員及實用文職工作
Receptionist and Clerical Work | ● 數碼攝影及影視製作
Digital Photography and Video Production | ● 文書處理單元
Word Processing |
| ● 網頁設計及製作
Homepage Design and Production | ● 店務及客戶服務
Shop Assistant and Customer Services | ● 演示軟件應用單元
Presentation Software Application |
| ● 電話銷售及顧客服務
Tele-marketing and Customer Service | ● 產品推廣助理
Product Promotion Assistant Training | ● 試算表處理
Spreadsheet Processing |
| ● 電腦桌面排版
Desktop Publishing | ● 禮品製作及包裝
Gifts Making and Packaging | |

職業復康及再培訓中心 • 輔助就業服務
Vocational Rehabilitation & Retraining Centre •
Supported Employment Services

推廣和倡議殘疾人士就業

Promotion and Advocacy of Employment for Persons with Disabilities

與L'oreal香港有限公司合辦多次的「共融工作間」工作坊，讓其員工認識殘疾人士的需要，學習如何與殘疾人士一起工作。

邀請了學員參與本會與香港理工大學合辦的「殘疾人士及長期病患者就業狀況調查」，於訪問中學員分享了就業所遇的困難，並表達訴求，盼社會各界增加殘疾人士就業的機會。

In collaboration with L'oreal Hong Kong Limited, training workshops on "Inclusive Workplace" were conducted for L'oreal staff, with the aims of letting staff understand more the needs of persons with disabilities and learn how to work with them.

Trainees had been invited to participate in the study on "The Employment Situation of the Persons with Disabilities and Chronic Illnesses" co-organized by HKSR and Hong Kong Polytechnic University for promotion of equal employment opportunities for persons with disabilities. The trainees shared the difficulties encountered at work and requested that all sectors of society could offer more job opportunities for persons with disabilities.

就業服務
Employment Services

輔助就業服務
Supported Employment Services

服務名額
 Total Service Capacity

70

對比
VS

實際服務人數
 Actual Total No. of Service Users

113

陽光路上計劃
Sunnyway Project

服務名額
 Total Service Capacity

15

對比
VS

實際服務人數
 Actual Total No. of Service Users

33

個案輔導及跟進、小組服務總人次
Total Attendances of Counseling & Follow up, Group Services

2,036

職業培訓服務
Vocational Training Services



再培訓課程總數
 (由僱員再培訓局撥款資助)
Total No. of Retraining Courses
 (funded by Employees Retraining Board)

26



成人教育課程總數
 (由勞工及福利局撥款資助)
Total No. of Adult Education Courses
 (funded by Labour & Welfare Bureau)

15



學員總人數
Total No. of Trainees

424



服務總人次
Total No. of Attendances

8,230



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找到原動力

Motivation from There

真人真事同分享
Life Story Sharing

林來好女士多年前曾經做過兩次腰部和換膝關節手術，醫生建議她要多做運動才可改善痛症，林女士自此選擇了適健中心的水療服務，堅持練習，至今已有數年，進展良好，透過水中運動，令關節和腰骨的疼痛減輕，平衡力得到改善，關節退化的速度也減慢了。現在她可以不依靠輪椅也能夠自行走一小段路，甚至可為家人煮一頓飯。

林女士很感謝適健中心員工一直以來很友善地悉心指導，還有病友間的互相幫助與鼓勵以及丈夫的陪伴和支持，這些都成為她的原動力。

Ms. Lam Loi-ho underwent spinal surgery and knee replacement years ago. The doctor advised her to exercise regularly for pain control. Since then, she had been going to the Center on Health and Wellness (CHW) for hydrotherapy services. She found that her joint and spinal pain was effectively relieved and balance of body was much improved by exercising in water. She can now walk with a stick for a short while, rather than moving on a wheelchair. She even managed to cook a delicious meal for her family. Ms. Lam was grateful for the sincerity of CHW staff who taught her with great patience, the mutual support and encouragement among patients, and the companion of her husband - all that became the sources of her power.



適健中心

Centre on Health & Wellness



適健中心設有水療池，為有慢性健康問題和追求健康人士提供服務，可進行定期練習。中心透過「健康教練」模式推廣健康教育，除了水療服務，中心並提供物理治療、體重管理、適健運動、催眠治療及心理輔導、護士診所、專業培訓和顧問服務。

CHW is well-equipped with pool facilities to provide hydrotherapy services for persons with chronic illnesses and health-conscious individuals to have their regular practice. CHW promotes health and wellness education through the health coach model. Apart from hydrotherapy services, CHW also provides services in physiotherapy, weight management, physical exercise, hypnotherapy, counseling, nurse clinic, professional training and consultancy.



適健中心
Centre on Health & Wellness



服務重點 | Service Focus

專業水療培訓的發展

Professional Training on Hydrotherapy

適健中心多年來已為香港理工大學康復治療學系、香港大學專業進修學院及中國香港體適能總會提供水療專業培訓。是年更與亞洲運動及體適能專業學院合作，發展在職物理治療師的臨床水療專業培訓證書課程，參加者來自醫院管理局、私家醫院及非政府機構。本訓練並得到物理治療持續專業進修學分資格認可。

CHW has been providing hydrotherapy professional training for Department of Rehabilitation Science of Hong Kong Polytechnic University; HKU School of Professional and Continuing Education and Physical Fitness Association of Hong Kong, China for many years. During the year, CHW collaborated with Asian Academy for Sports and Fitness Professionals to organize a professional hydrotherapy certificate course for physiotherapists in Hong Kong. Participants included delegates from the Hospital Authority, private hospitals and non-governmental organizations. The certificate course had also been accredited by Continuing Professional Development Scheme on Physiotherapy.



服務使用者在物理治療師的指導下，進行水療復康練習。

CHW Physiotherapist coaching service users in hydrotherapy.

公眾健康教育

Public Health Education

年內，適健中心在蘋果日報的「健康與醫療」專欄分別完成了二十四期有關睡眠和十二期以「慢性病大作戰」為主題的報導，加強公眾對相關知識的瞭解。2015-16年將推出一輯以保健運動為主題的短片，於每周的動新聞播放。

During the year, CHW published 24 features on "healthy sleep" and 12 features on "Coping with Chronic Illness" in the Health and Medical column of Apple Daily for public education and promotion of health knowledge. A new series of short videos on physical exercises would be produced for e-news of Apple Daily, for broadcast in 2015-16.

健康貼士話你知 Health Tips for You



適健中心
The Centre on
Health & Wellness



www.hkwellness.org





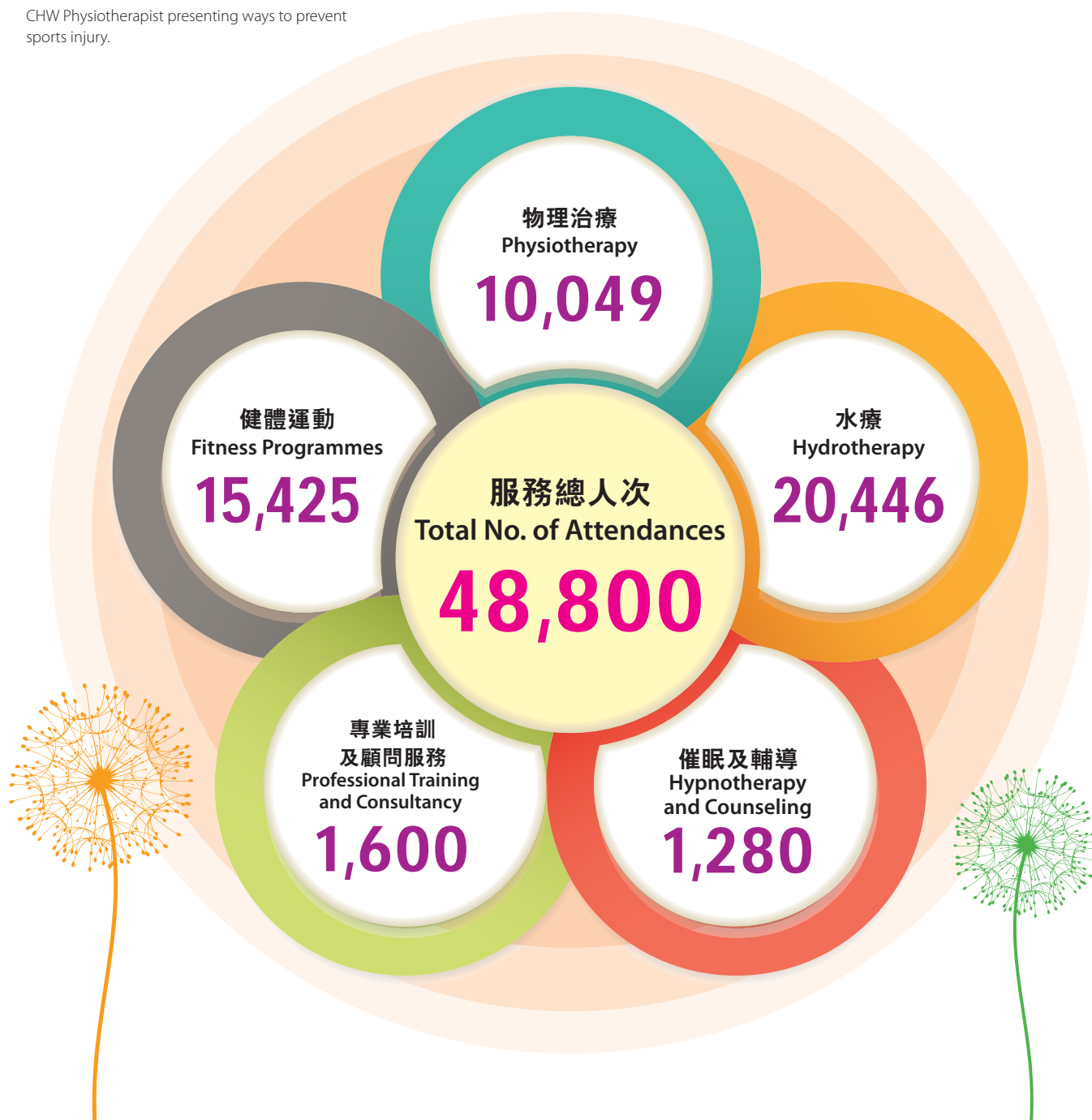
物理治療師向行山愛好者講解和示範預防運動創傷技巧，進行公眾教育。

CHW Physiotherapist presenting ways to prevent sports injury.



適健中心舉辦的優質睡眠講座。

Seminar on Quality Sleeping organized by CHW.





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復康 | Rehabilitation

真人真事同分享
Life Story Sharing

中風，「種」豐

“Grow Richer Life” after Stroke

志賢與不少香港人一樣，須奔波於中港兩地工作。2014年4月，志賢與太太及朋友晚膳時，出現精神錯亂、活動不受控制的情況，太太及朋友合力將他送到急症室。腦部掃描顯示志賢的右腦血管栓塞，當時他已失去了左側身體的控制能力，只能癱瘓床上，即使從床上起身坐到椅子上，也需要兩、三個人的扶助。

志賢參加了鄭德炎日間復康護理中心的「種豐」復康計劃，經過差不多四個多月的訓練後，手腳控制及平衡力已有明顯改善，現已可以使用拐杖自行外出乘車，最近更開始嘗試重返從前的工作崗位。雖然現在他的活動能力仍不可以完全回復昔日狀態，有些中風的後遺症亦會終生伴隨，但志賢已掌握與中風後遺症共同生活的技巧。

Same as some Hongkongers, Chi Yin had to travel between Mainland and Hong Kong frequently for work. In April 2014, he showed confused mental status and involuntary movement when dining with his wife and friends. He was sent to hospital immediately. CT scan revealed ischemic stroke in the right hemisphere of his brain. He lost active control of his left side body at that time. He needed help from others transferring from lying to sitting.

After attending the Grow Richer Life: Golden Rehabilitation Service for non-elderly persons with Stroke at Cheng Tak Yim Day Rehabilitation and Care Centre (CTY), he received active and intensive rehabilitation for about 4 months. He showed significant improvement on motor control and balance. He can now go outside and travel alone with a stick. In addition, he tries to return to his previous job. Although his physical functioning cannot resume fully to pre-stroke level, he has learnt how to live with the residual symptoms and the disabilities.





鄭德炎日間復康護理中心

Cheng Tak Yim Day Rehabilitation and Care Centre



中風年輕化愈趨普遍，復康過程漫長艱辛，他們所對面的壓力實在難以想像。透過鄭德炎日間復康護理中心的專業和密集復康訓練，增強患者的活動及自理能力，此計劃協助他們再「種」「豐」盛人生，從中風的陰霾走出來。

Stroke in young population becomes more prevalent. Young stroke survivors encounter traumatic stress, the rehabilitation process is long and tough. The Grow Richer Life: Golden Rehabilitation Service for non-elderly persons with Stroke of CTY aims to strengthen the service users' physical and functional capabilities through intensive rehabilitation programmes so that they can be empowered to regain richer and meaningful lives.

服務重點 | Service Focus

「種豐」復康計劃：非長者中風人士黃金復康服務

Grow Richer Life: Golden Rehabilitation Service for Non-elderly Persons with Stroke

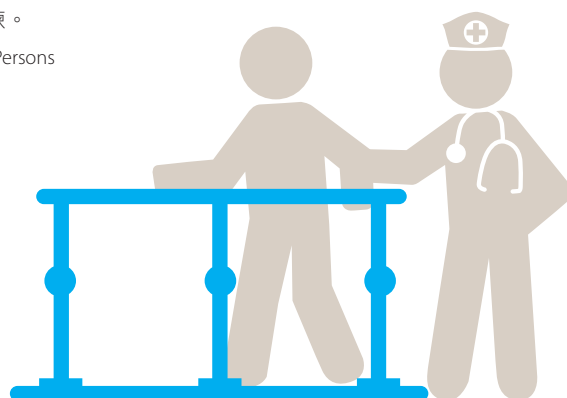
由香港公益金贊助的非長者中風人士的「種豐」復康計劃自2013年中推行，已為四十多名年輕中風患者提供個別復康訓練、照顧者訓練及支援、及家居環境評估及改善。按據服務後評估顯示，超逾八成服務使用者在完成計劃時，身體機能均有明顯的改善，有助重投生活。

With the sponsorship from The Community Chest, the Grow Richer Life project served young persons with stroke through intensive training, care-givers support and home modification. Over 40 service users had been served since its start in mid 2013 and more than 80% of them gained significant improvement on their physical ability and reintegrated well into the community.



「種豐」復康計劃：非長者中風人士黃金復康服務的使用者正進行復康訓練。

The service users of the "Grow Richer Life: Golden Rehabilitation Service for Non-elderly Persons with Stroke" are undergoing rehabilitation training.





鄭德炎日間復康護理中心
Cheng Tak Yim Day Rehabilitation and Care Centre



長者社區照顧服務券試驗計劃

The Pilot Scheme of Community Care Service Voucher for the Elderly (CCSV)

中心為「長者社區照顧服務券試驗計劃」認可服務提供者之一，為合資格的長者提供日間復康及照顧、家居照顧及支援等服務。透過健體及認知訓練，促進長者身心健康，減輕照顧者的壓力，推動社區安老生活模式。至今已服務近二十名長者，年內進行了三次服務推廣活動。

CTY is one of the recognized service providers under the pilot scheme of Community Care Service Voucher offering day rehabilitation and care as well as home care and support service for eligible older persons. The service enhances the wellbeing of service users, relieves the stress of their carers, and promotes ageing in place. Around 20 elderly had joined CCSV and 3 promotion programmes were conducted.



參與長者社區照顧服務券試驗計劃的服務使用者在進行手部和腦部訓練。
Service users of CCSV pilot scheme receiving training.

「種豐」復康計劃：
非長者中風人士黃金復康服務
Grow Richer Life:
Golden Rehabilitation Service for
Non-elderly Persons with Stroke

4,593

人次 Attendances

長者社區照顧
服務券服務
Community Care Service
Voucher for the Elderly

2,566

人次 Attendances

自負盈虧
恆常服務
Self-financed
Routine Service

19,337

人次 Attendances

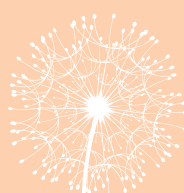
服務項目

Items of Services

- 基本護理及復康訓練
Basic Caring and Rehabilitation Trainings
- 個人復康訓練
Individual Rehabilitation Trainings
- 小組活動
Group Activities

26,496

服務總人次
Total No. of Attendances





我們的服務 | Our Services

持續照顧 | Long Term Care

發揮正能量

Bring Positive Energy into Play

「正能量中風小組」其中一位成員陳國安先生於2013年中風，初期不良於行，曾暫住曾肇添護老院，期間直接接受利國偉日間復康護理中心的中風復康訓練，在短短數月，已能使用四腳叉步行，並回家中居住。在訓練期間，他一直堅持不懈，保持積極樂觀的心態，堅守一個信念：「我一定行得番！」他明白只有自己不放棄才能有康復的希望。

離院後，他繼續返回中心接受中風復康訓練，並加入了中心的互助小組-「正能量中風小組」，積極參與義工活動，如探訪院舍長者、分享經歷等，令他感到快樂和滿足。下一步他計劃教導院舍長者畫畫及重投中風前一直協辦的國內義學工作。正能量小組「助人自助」的精神，在陳國安先生身上充分發揮。

Mr. Chan had a stroke in 2013 which affected his mobility. He was admitted to Tsang Shiu Tim Home for the Elderly (TST) after stroke and joined the intensive rehabilitation programme of Lee Quo Wei Day Rehabilitation and Care Centre (LQW). His condition was much improved after few months of treatment. He could walk with quadripod stick and returned home. He had a very positive and optimistic attitude during the rehabilitation process. He had never given up and strongly believed that he can walk well again.

He continued his training in LQW after discharge. He also joined the Positive Energy Group of LQW, a mutual-help group of service users. He actively participated in volunteer services such as visiting TST residents and sharing with service users, etc. He derived a lot of satisfaction and pleasure from his volunteer activities. His next plan is to teach painting and contribute to the set up of free schools in China. The spirit of mutual-help and self-help was well demonstrated by Mr. Chan.

陳國安先生
Mr CHAN Kwok-on



真人真事同分享
Life Story Sharing



利國偉日間復康護理中心

Lee Quo Wei Day Rehabilitation and Care Centre



利國偉日間復康護理中心主要為中風、腦受損、認知障礙症、骨科病患者及體弱長者提供一站式護理及復康服務，結合中西復康醫學元素及全人關懷理念，融入中國傳統文化之養生概念，提升服務使用者的身心健康。

LQW provides services for patients suffering from stroke, brain injury, dementia or orthopedic problems. The services integrate the Chinese and Western rehabilitation treatments for holistic caring and adopt the concept of health cultivation for the wellbeing of service users.

服務重點 | Service Focus

年青中風患者充能計劃

Empowerment Programme for Young Persons with Stroke

年內，推行了年青中風患者充能計劃，一班年輕的中風患者組成互助小組，一起學習自我管理，逐步提升自我照顧能力和自信，重整生活模式，尋找人生意義，積極參與中心的義務工作，包括探訪老人院、幫助其他病患者，發揮自助互助精神。

A mutual support group was formed among the young persons with stroke for the launch of an empowerment programme. Group members joined together to learn self-management, gradually enhanced their independence and self-confidence. They rebuilt their living style and enjoyed meaningful lives through active participation in volunteer services including visiting elderly homes, supporting other persons with stroke at LQW, promotion of self-help and mutual help.



正能量中風小組成員於聖誕節探訪曾肇添護老院院友。

Members of the Positive Stroke Group visiting the residents of TST at Christmas.

復康培訓學院

Rehabilitation Training School

利國偉日間復康護理中心與香港大學、理工大學及東華學院合作，積極參與推行學生培訓計劃，為學生提供臨床訓練和實習，在跨專業團隊中學習，訓練內容包括言語治療、職業治療及復康訓練。

LQW collaborated with the University of Hong Kong, Hong Kong Polytechnic University and Tung Wah College to deliver student training programmes. The students received training and clinical practice through working with the professional teams of LQW. The programmes included training in speech therapy, occupational therapy and rehabilitation training.



職業治療實習學生帶領服務使用者參與活動。

Physiotherapy students on placement organizing activities for service users.



個人復康訓練次數
Total No. of Individual
Rehabilitation Trainings

9,745



小組活動次數
Total No. of Groups

1,246



服務總人次
Total No. of
Attendances

17,221