

# ARMY信SCENE

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真 誠 陪 伴 啟 迪 天 賦



HEARTFELT SUPPORT FOR THE AUTISTIC COMMUNITY

#### 目錄 Contents

編者的話 Editor's Note	001
封面故事 - 真誠陪伴 啟迪天賦 Cover Story - Heartfelt support for the autistic community	002
他們的點滴 Their Sharing	007
活動花絮 Activities	008
專欄 - 親子間的「Serve and Return」 激發孩子發展根基 Column - 'Serve and Return' Parenting Technique Stimulates Children's Development	010
特稿 - 給寂寞的無依者依靠與陪伴 Special - Accompanying and supporting elderly singletons	012

### 救世軍知多啲 The Salvation Army Nowadays

#### 我們的社會服務

我們社會服務為三個範疇的對象提供支援,分別為青年、家庭及社區;長者;復康人士及特殊需要人士,以及透過屬下社企提供服務,中心及單位數目超過80間。作為基督教組織,救世軍致力為有需要的人提供多元化和優質社會服務,照顧服務使用者身、心、靈的需要。近年,天希中心、駿洋幼兒中心相繼啟用,令我們的社會服務覆蓋從幼兒至年長的有需要人士和家庭,走得更遠。

#### **Our Social Services**

The Salvation Army Social Services provide support to 3 groups of beneficiaries, namely Youth, Family and Community, Elderly, and Rehabiliated Persons and People with Special Needs. We also provide services through our Social Enterprises, and are operating over 80 centres and units. As a Christian organisation, The Salvation Army is dedicated to providing diverse and quality social services to people in need, taking care of the physical, mental and spiritual needs of our service users. In recent years, our PATH Centre and Chun Yeung Child Care Centre have commenced services, further expanding our services to cover more people and families in need with young children and elderly.

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由魚蛋拍攝提供 Photo by Fishball

近期,香港疫情急轉直下,這一波 較以往四波嚴重,影響更廣泛,除 見到確診數字以幾何級別上升和不 少兒童及長者死亡個案外,我們亦 透過大氣電波目睹不少令人心酸的 畫面,加上資訊每天都在變,種種 環境加起來或讓人透不過氣,緊張 不安。

當您收到這本刊物時,未知疫情是已有改善、漸見曙光;還是大家仍被疫情纏擾,無論如何,希望你能細讀這期的兩個人物小故事,暫時抽離疫情相關的資訊,令自己放鬆一下,感受人間的一點美好。

These few weeks Hong Kong is facing a worsening fifth wave of covid-19 infections. This time the situation is much more severe and has affected the society more than the previous waves. Not only do we see exponential increase of cases and increasing death cases of children and elderly, we also see many heartbreaking scenes on the media, and every day we are bombarded with information and rapidly changing news. All these can be suffocating and disturbing.

This issue brings you 2 stories that are not related to the pandemic: An autistic person, Fishball (alias), who did not know how to get along with other people, decided to take a step forward and engage in a workplace after receiving emotional and social support from The Salvation Army PATH Centre. An elderly woman began living alone after her husband passed away and her sons migrated, and was drowned by the sense of loneliness and bereavement in the empty home. Thankfully, with the company of social workers from The Salvation Army Yaumatei Multi-service Centre for Senior Citizens, she starts building her social life and facing her emotions.

By the time you receive this publication, we do not know whether the epidemic situation will have eased, or we will still be struggling amid the pandemic. In any case, we hope you will take time to read these two stories, take a break from pandemic-related news and appreciate the goodness around us.

# HEARTFELT SUPPORT FOR THE AUTISTIC COMMUNITY

# 真誠陪伴啟进天賦





「當時會想為什麼會有如此多社交問題,別人沒有的問題我卻有,我是否是個不正常的人?」四十出頭的「魚蛋」 (化名)今日可以談笑風生,但沒想到約四年前的他卻是完全不一樣,「當時做評估後發現原來自己是有自閉症。」

魚蛋憶述,當時自己沒辦法很準確拿捏到別人說話的意思, 「別人會覺得我說話『一舊舊』,對方說話給我聽,我又聽 不懂,我說話給對方聽,他又聽不懂」,魚蛋又說,對自閉 症患者如他而言,理解別人語氣更是死穴,「我根本沒有辦 法分辨別人說話背後的真正意思。」

'In those days, I often asked myself "why I have so many social communication issues that others don't seem to have? Am I abnormal?"' In his 40s, Fishball (alias) talked with us causally with a smile on his face. It seems incredible that 4 years ago he was completely different. 'I was diagnosed with autism after the assessment'.

Fishball recalled that he had not been able to interpret accurately what the others were trying to say. 'They felt my speech disorganised. I didn't get what they said, and they didn't get what I said.' As an autistic person, interpreting tones and implications is a big problem. 'It was impossible for me to understand things that are implied but not stated.'



自閉症帶來的障礙令魚蛋一度害怕與人接觸, 影響他魚蛋的工作以至情緒。 Being autistic greatly affected Fishball's job and emotions.

#### 跌入自閉症的深淵

自閉症帶來的障礙影響了魚蛋的工作、以至情緒。他當時的工作需要接聽顧客的電話,但魚蛋根本聽不懂顧客的意思,「會不明白為什麼幫他解決問題後還要被罵。」魚蛋說失去工作除了令生活水平下降,同時也會失去社交機會,「很多年前曾探望一個長年無工作的朋友,從他的家居是看不到他有個人自理能力,誰料多年後自己也是這狀況。」

輾轉間魚蛋在 2020 年尾主動成為 救世軍天希中心會員,負責魚蛋個 案的社工 Yvonne 憶述當時的魚蛋 很灰心、很絕望,很多時想法的魚蛋 向比較負面,也因為過往社交的情 況,令他很難跟人融入群體,從而 影響到情緒。Yvonne 說中心團隊 接觸會員後,會為其構思活動方向 與目標,如為魚蛋提供社交情緒上 的支援,及為他找機會展才能。

#### The dark and confused days

Being autistic greatly affected Fishball's job and emotions. At that time his job required him to handle customer phone calls, but he was at a loss understanding what customers wanted to say. 'I simply didn't get why I was complained after I helped customers to solve their issues.' Later he lost his job - his living standard dropped and social interactions decreased. 'Years ago, I visited a friend who was jobless for a long time. From the condition of his home, it seemed that he has lost the ability to take care of himself. I didn't expect that one day I would find myself in the same plight.'

Fishball contacted The Salvation Army PATH Centre by himself in the end of 2020 and became a member. Yvonne, Fishball's social worker, recalled that Fishball was in despair and felt hopeless. His thoughts were negative due to the social communication failures in the past and he had difficulties getting into the social circles which affected his emotions a lot. After knowing about Fishball's situation, the team from the Centre came up with activity plans and goals for him, e.g., providing emotional support and seeking chances for him to express his talents.



後來魚蛋加入了天希中心,中心職員真摯的陪伴令他慢慢走出低谷。 After joining PATH Centre, Fishball walks out of the slump gradually with the company of the centre staffs.



通過中心安排的工作支援計劃,魚蛋曾以他的強 項攝影主持課程。

Through the occupational support programme arranged by the centre, Fishball has hosted photography events with his forte.





魚蛋在他的攝影作品中展現了才華。 Fishball shows talent in his photography.

#### 光與影間尋回自我

Macy 說工作除了加強了魚蛋跟別 人的溝通能力,也有助重建他的 生活,同時讓他的能力得到肯定, 對他的情緒起了支援作用。

#### Rediscovering true self in photography

Photography has been a great passion of Fishball. 'I can express my thoughts and potentials through images'. His talents show in his works. Macy, the occupational therapist that who supported Fishball, felt that Fishball had the motivation to return to workplace after meeting him. She then arranged him to try working in various simulated workplaces in order to train his work capability. Fishball's performance was excellent – he took up the post of volunteer photographer for Centre's events, and he has hosted photography events and 4 photo classes when he was a trainee in The Salvation Army Citizens Talent Advancement Project Kwun Tong Centre.

Macy said being in a working mode allowed Fishball to enhance communication ability, and helped him to rebuild his life. The recognition of his talents from others also improved his emotional health.

#### 伴你再望晨曦

魚蛋現獲外間機構聘用,重投職場,更計劃將自己的攝影作品製成產品。Yvonne認為魚蛋最大的轉變除了是人生方向更清晰外,也對生活積極了,從之前心灰的求助到現在積極的幫忙與貢獻,要成功協助自閉症朋友,她認為要知道如何與他們溝通會令他們舒服,「與他們溝通未必需要很多技巧,而是要認識跟他們溝通的模式。」

她也覺得成功的元素很在乎魚蛋自己,「若 他不找我們、不接受這些機會,都不會有 如此順利與精彩的經歷。」

魚蛋坦言曾參與過其他機構的活動,卻難 以找到歸屬感,但認為天希中心的職員真 的了解到自閉者患者的需要,給予的陪伴 都見到他們的用心和真誠,令他也希望在 中心回饋更多。魚蛋感謝天希中心職員的 協助,「他們照顧得我很好,起碼我有事 時他們都在。」



聆聽他的分享 The video of his story

#### See the light of hope together

Fishball has now returned to workplace as he was employed by an external organisation. He is also working on his plan to turn his photo works into merchandise. Yvonne thinks that the bigger change of Fishball is that he now has a clear vision and positive outlook on his life. To help friends with autism transit from despairing help-seekers to active helpers, Yvonne believes the key is to find a communication approach that they can feel comfortable. 'It does not necessarily need a lot of techniques. What's important is to find their way of communication.'

She attributed the achievement of Fishball to himself. 'This nice journey and great transition is possible because he came to us at the first place and took the opportunities that we offered.'

In fact, Fishball had joined programmes of other organisations, but he was unable to find a sense of belonging there. He can feel that the staff of PATH Centre really get to know about the needs of autistic persons and they give support with heart and sincerity, and this makes him want to contribute back to the Centre. 'They have taken good care of me; they were there for me every time when I needed them,' Fishball is grateful for the help he received from the staff.

#### 救世軍天希中心簡介

救世軍天希中心為社會福利署資助的自閉人士支援中心,主要為自閉症譜系障礙人士及其家屬提供支援服務,以及為受資助康復服務及社會福利服務單位提供自閉人士專業支援及諮詢服務。中心命名為「天希」,意即啟迪天賦,建立正向有希望的人生,英文名為 'PATH',即 Pathway of Talent and Hope。

中心本著「以人為本」的服務理 念,相信每一位自閉人士都擁有無 限潛能,並且尊重他們在人生中作 出選擇的權利,並能實踐平等參與 的生活。

#### **The Salvation Army PATH Centre**

The Salvation Army PATH Centre is a supporting centre for people with autism subvented by the Social Welfare Department. The Centre mainly provides services to persons with autism spectrum disorder and their families, and provides autism-related professional support and consulting services to subvented rehabilitation and social welfare service units. The Centre is named 'Pathway of Talent and Hope' in Chinese, with the meaning of fostering natural talents and a life with hope. The name PATH is an acronym for "Pathway of Talent and Hope".

The Centre serves with a people-oriented approach. We believe each person with autism has his/her unlimited potentials. We respect their rights of making choices for their lives and together we work towards a community environment



巧球實現了願望,成功舉辦畫展。 Madam Ho's dream came true as she has her art exhibition held.



畫展以巧球最喜歡的粵劇為題。 The art exhibition was themed around Cantonese opera, Madam Ho's favourite topic.



## <mark>巧球的最佳</mark>時刻 BEST MOMENT OF HAU-KAU'S LIFE

80 歲的巧球是救世軍安老院舍的院友,年輕時曾向法國畫家學畫,不過生活迫人,直至晚年她才有機會再畫畫。

巧球在抱病下仍積極作畫,去年在院舍及「救世軍香港安老院舍完善人生關顧計劃」幫助下舉辦畫展,實現了她的願望及最佳時刻。

80-year-old Madam Ho is an elderly resident of The Salvation Army residence for senior citizens. She had learnt drawing from a French artist when she was young, but had to quit as she had to work and make a living. Not until later years of her life that she was able to pick up drawing again.

Despite her ill health, Madam Ho was eager to draw. Last year, with the help from the Residence and 'The Salvation Army Palliative Care in Residential Care Homes for the Elderly', she held her art exhibition. It was the best moment of Madam Ho's life and a dream came true for her.



### 「齊+」@三聖過渡性房屋項目正式動工

# Commencement of 'To $\cdot$ Gather' @ Sam Shing Transitional Housing Project



「齊+」@三聖過渡性房屋項目於3月正式動工,項目會提供123個單位,服務約400位基層人士, 紓緩他們迫切的住屋需要。除了為弱勢群體提供一個適切的居住環境,項目更會指導居民關於家庭生 活教育、職業規劃及關愛社區建設的知識,致力提 供多層次、多維度的支援。校舍內部份設施及空間 也將保留用作公共空間,期望藉此讓「齊+」的居 民與三聖邨邨民可以互動、共融、共建和諧社區、 凝聚成為一個大家庭,以達到惠澤社區的使命。 The construction of The Salvation Army 'To · Gather' @ Sam Shing Transitional Housing Project commenced in March 2022. The Project will provide 123 units, serving around 400 needy to relieve their pressing housing needs. Besides providing suitable accommodation, the Project will give residents guidance about family relationship, career planning and community care. Some of the facilities and open areas of the school campus will be reserved as public space to facilitate interaction among the residents of 'To · Gather' project and Sam Shing Estate, as it is the objective of the Project to benefit all residents by building a harmonious and cohesive community.

更多資料 For more details

# 澳門睿禧長者綜合服務中心 服務認知障礙症人士 Rui Xi Integrated Service Centre for Senior Citizens in Macau

睿禧長者綜合服務中心於 2021 年投入運作,成為澳門首間專為認知障礙症人士提供服務的院舍,首名使用者於 2021 年 12 月正式入住。中心以蒙特梭利及伊甸抉擇模式的服務理念運作,透過園藝小組及懷舊環境佈置,增加長者的認知及生活技能,同時減低他們的孤獨感,讓他們在熟悉的環境內生活並提升安全感。



Rui Xi Integrated Service Centre for Senior Citizens in Macau commenced operation in 2021 and accepted its first group of residents in December 2021. The Centre is the first Macau residence specialised for serving elderly with dementia. The Centre adopted the service concepts of Montessori and The Eden Alternative® approach. It also has plants and greenery as well as nostalgic décor to improve cognitive functions and life abilities of dementia elders. The familiar atmosphere also helps them to reduce loneliness and give them a sense of security.

### 駿洋幼兒中心投入服務 服務特殊幼兒及其家庭

# Chun Yeung Child Care Centre Supporting Special Needs Children and Their Families

駿洋幼兒中心的早期教育及訓練中心於2022年1月6日正式投入服務,為初生至6歲有特殊需要的幼兒及其家庭,提供幼兒發展及進展性評估、個別/小組治療訓練及外展服務等。特殊幼兒中心則於2022年4開始服務。我們期望能夠與家庭同行,並推動他們的參與,為幼兒日後的成長及學習奠定良好基礎。

Chun Yeung Child Care Centre comprises Early Education and Training Centre (EETC) and Special Child Care Centre (SCCC). The EETC commenced service on 6 January and the SCCC is expected to launch service in April 2022. EETC aims at serving children aged 6 or below with special needs and their families. We will walk with these families and encourage their participation to help lay a solid foundation for the development and learning of the young children.



## 支援烏克蘭及毗鄰國家 Provide Support to Ukraine and neighbouring countries



隨著烏克蘭戰事持續,救世軍已在烏克蘭境內和毗鄰國家如摩爾多瓦、波蘭、斯洛伐克、捷克、俄羅斯及羅馬尼亞,展開支援工作。實質支援包括為難民預備食物、水、衛生用品、毛毯、緊急用品、提供臨時住宿及情緒支援等。其他歐洲國家的救世軍也計劃回應將會抵埗的難民的需要。隨着局勢發展,本軍亦會持續支持長遠需要。

Upon the development of the crisis in Ukraine, The Salvation Army has been providing support to the refugees in Ukraine and neighbouring countries, including Moldva, Poland, Slovakia, Czech

Republic, Russia and Romania. Practical support includes food, water, hygiene items, blankets, relief items, accommodation and emotional support. The Army in other European countries are also planning to respond to the needs of refugees arriving there. We are not only responding to immediate need but will continue to support over the longer term, adapting to the needs that arise as the situation develops.

# 親子間的「Serve and Return」 激發孩子發展根基

'Serve and Return'



想起兒時學打乒乓球,不是拿著球拍拍 空氣,就是被乒乓球打在身。幸得爸媽 給我無比耐性,繼續陪我練習,很快我便 學會打乒乓球。從此,我們一家四口就 這樣暢快地你一球、我一球,樂此不疲!

兒童發展專家稱上述親子間的互動為「Serve and Return」,哈佛大學兒童發展中心認為這種愉快又持續的親子互動有助孩子大腦發展,對學習和身心發展有重要的刺激作用。

嬰幼兒的大腦結構仍在建立,是可塑性最高的時期。當嬰幼兒受到外界的刺激時,大腦的神經網絡亦同時不停在增殖及修剪。在「Serve and Return」這個持續又愉快的親子互動下,嬰幼兒的大腦網絡便能健康地編織起來,成為未來複雜的大腦發展基礎。

When I started learning table-tennis when I was small, very often I missed the ball when I tried to hit it, or I got hit by the ball. Thankfully, my parents kept practising with me with great patience, and soon I mastered the basics. My family and I have been playing table tennis and enjoying it all the time since then.

Early childhood development experts call this kind of interactions between parents and their children 'Serve and Return'. Center on the Developing Child at Harvard University finds joyful and continued interactions enhance brain development of children. They also stimulate children's learning and physical and psychological development.

Early childhood is a critical stage of a child's development when his brain develops rapidly. When stimulated by the outside world, a young child's neural network keeps growing and shaping. Joyful and continued interactions between parents and their children encourage a healthy development of the brain, building a strong foundation for the future learning and development.

# 你和孩子之間的「Serve and Return」5 步法

「Serve」是指孩子向父母提供的訊息,「Return」是指父母給孩子的回應。

我們就用學打球這個日常生活作例子吧!

#### 步法 1:分享孩子的關注點

孩子對打球感興趣,父母回應孩子想學打球的需求,不論是與孩子討論學球安排, 甚至是付諸行動,都是分享孩子關注點的 回應。

#### 步法 2:輪流與等待,保持來回時刻

父母親身與孩子打球,即使孩子學習初期 失誤纍纍,只要父母陪伴、示範、等待孩 子再嘗試,便可保持輪流來回的親子時刻。

#### 步法 3: 說出孩子的經驗和心情、當下的所 見所聞

說出孩子的經驗和心情,例如:「哎呀! 真係唔抵!」、「你打到個波呀!好嘢!」 說出孩子當下所見所聞,例如:「你發球 成功!」、「個乒乓波成功過吃網!」

#### 步法 4:給予孩子支持及鼓勵

讓孩子感受得到父母的支持和鼓勵,「同喜同悲」對孩子是同等重要。當孩子面對困難或沮喪時,俯身向他說句:「唔緊要,我哋陪你再試過!」當孩子快樂、感到自豪時,父母真誠的讚許:「你真係做得好!」又或和孩子擊掌(Give Me Five),也是讓孩子鼓舞振奮的身體語言喔!

### 步法 5:按孩子的步伐完結和再開始分享孩子當下的關注點

當孩子專注地望著被他拍凹了的乒乓球時, 腦袋又萌生起無數問號。這個時候是學習 完結和再開始的一刻了,身為父母的你, 會願意分享孩子當下所重視的東西嗎?

# 5 Steps for 'Serve and Return' between you and your children

A 'Serve' refers to the message a child gives his parents; a 'Return' refers to parents' response to their child.

Let us take playing table tennis as an example.

#### Step 1: Share the focus

When a child shows his interest in table tennis, his parents respond to his need of learning table tennis. From discussion on the arrangement of taking lessons to putting it into action, all these are responses of sharing the child's focus.

#### Step 2: Take turns, keep the reaction back and forth

Parents play table tennis with their child. At the beginning, the child may keep making mistakes, but with your company, demonstration and patience that allows the child to keep trying, you and your child can keep reacting back and forth.

#### Step 3: Name it

Name your child's experience and feelings. For example, 'Oh, what a pity!' 'You hit the ball. Hurray!' Name what your child sees and hears at the moment. For example, 'You served the ball!' 'You got the ball over the net!'

#### **Step 4: Support and Encourage**

Let your child feel your support and encouragement. It is important to share with them both joy and sorrow. When your child has difficulties or frustration, bend down and tell him 'It's okay. Let's try again together!' When your child is happy and takes pride in himself, parents can give him sincere words of appreciation, such as 'You did a great job!' or 'Give me five'. These are examples of body language that encourage your child!

#### **Step 5: Practise Endings and Beginnings**

When your child stares at a ping pong ball with a dent that he has made, he must have lots of questions in his mind. This is a time to practise endings and beginnings. As parents, are you willing to share thoughts with your child on what he wants to know most right now?

「Serve and Return」5 步法在日常運用中不一定順序而行,也不需要全部運用,應以孩子的步伐為本,按他們的能力、當下的求知欲及關注點而行,而且著重生活化。 孩子的探索求知欲是隨時隨地萌生,不論在家中或是上學途中、生活日常,都可遇上令他們感到好奇的人、事、物,「Serve and Return」出現的時候又到了。 In practice, the 5 steps for 'Serve and Return' do not necessarily happen in order, nor do you need to use them all. Take these steps according to your child's pace, ability, interest and focus at the moment. Be relevant. Children's curiosity can be aroused anytime, anywhere. Whether they are at home, on the way to school or in daily life, they may find people, things or events that interest them, and that is a time to practise 'Serve and Return'.

# ACCOMPANYING AND SUPPORTING ELDERLY SINGLETONS

# 給寂寞的無依者依靠與陪伴



根據統計處於 2016 年的中期人口統計報告,獨居長者數目在過去 10 年大幅上升逾 5 成,由 2006 年的 98,829 戶上升至 2016 年的 152,536 戶。各種原因令長者成為無依者,只能一個人獨自過活。七十二歲的曾婆婆於 2021 年先後經歷丈夫離世及兒子移民,現只餘下她一人於香港,幸經轉介得到救世軍油麻地長者社區服務中心的支援及陪伴,才讓她體會自己不是孤身一人。

#### 失去老伴 內疚孤寂

According to the results of the 2016 Population By-census of the Census and Statistics Department, the number of elderly living alone has increased over 50% in the past 10 years, from 98,829 in 2006 to 152,536 in 2016. Elderly can be left behind and live alone for many reasons. 72-year old Madam Tsang found herself all alone in Hong Kong after her husband passed away and her son moved abroad in 2021. Thankfully, she found support and company again in The Salvation Army Yaumatei Multi-service Centre for Senior Citizens.

#### Remorseful and lonely after losing partner

It has been over one year since her husband passed away. Looking back to the old days, Madam Tsang cherishes the memories, but there is also remorse. In 2019, out of the worry that she might not be able to take care both herself and her husband, she decided to send him to a nursing home despite his reluctance. Her husband passed away a year later due to heart disease, and Madam Tsang was unable to visit him frequently in his last days due to the pandemic. The decision of sending him to a nursing home and not being able to spend quality time with him at the very end have become Madam Tsang's big regrets.

Soon after the parting of her husband, her son left Hong Kong with his family. Though her son has suggested to bring Madam Tsang, she eventually decided to stay in Hong Kong. Trying to remain strong and positive, Madam Tsang filled her days with activities and gatherings, hoping that could lighten the grief of losing her spouse. However, she still felt heavy-hearted even with a packed schedule. She tried talk to friends but did not get positive feedbacks. As the reminiscence of the past was too depressing for her, she lost her appetite and started to have sleeping problems. Her emotion issues got worsen when the pandemic continued and limited her social activities. Finally, through the referral of Senior Citizen Home Safety Association, she started to accept support from The Salvation Army.

#### 接受支援 陪伴同行

救世軍社工多個月來與曾婆婆傾 談交流,多方面接觸了解她身心 社靈的需求,希望她可以感大 關心。疫情下每天資訊量廳大社 會主動聯絡曾婆婆,提供孤身 實及正確訊息,提供孤身 戰。因知道她多留於家中缺 動機會,社工向她分享伸展運動 片段,這樣婆婆在家 也可以活動 手腳,保持健康。

其後,社工教會曾婆婆利用視像電話與兒子和媳婦見面,排解思念。一個短聚、一個問候都令她更開懷一些。臨近過節時雖然疫情反彈,但中心都預備了有香米、香菇及湯包的禮物包給曾婆婆,紓緩因節慶而衍生的孤寂處,讓她感到溫暖。

曾婆婆明白到縱使她一個人生活,卻不孤單。「身旁有救世軍兩位社工的支持,多了傾訴對象,發現身邊仍有人去關心我、支持我。」她的心事再不用藏在心中,鬱鬱不歡。社工不間斷的關心也令她有滿滿的安全感,雙方之間充滿信任,讓她再次敞開心扉。

#### Take the helping hand

Social workers from the Army made communication with Madam Tsang over the course of months to learn about her physical, emotional and social needs through various ways, hoping she could feel the support and care. During the pandemic, the amount of news and information was overwhelming, and it could be difficult for elderly to catch up and understand. Social workers visited Madam Tsang and brought her the anti-epidemic supplies and correct information, so that she did not need to cope with the hard time all by herself. Knowing she was lack of exercises when staying home, social worker shared exercise videos with her and encouraged her to work out and stay healthy.

Later when the pandemic eased, social worker taught Madam Tsang how to make video calls so that she could talk to her son and daughter-in-law abroad, who she always misses. Her days can be brightened up with just a short call or a caring message. The pandemic situation worsened again near the Chinese New year, the Centre had prepared gift pack containing rice, dried mushrooms and soup base packets for Madam Tsang, bringing her warmth in the festival season.

Madam Tsang came to understand that she is not lonely even she lives alone. 'Now I have two social workers from the Army supporting me, who I can really talk to. It is good to know there are still people who care for me and support me.' She no longer has to bottle up her feelings. The constant care of social workers gives Madam Tsang a sense of security and she feels safe to open her heart as mutual trust has been developed between them.



疫情下,中心社工仍馬不停蹄,每月最少一次與長者聯絡;視乎狀況,更會安排上門探訪,快速回應他們的需要。 During pandemic, social workers work around the clock contacting elderly at least once a month. Depending on the necessity, homevisit will be arranged to respond to the needs of the elderly.





中心社工整理禮物包,內有防疫物資及食物,向獨居長者送上溫暖。 Social workers from the centre were packing gift packs with anti-pandemic materials and food, sending warmth and care to the elderly living alone.

#### 救世軍油麻地長者社區服務中心 長者支援服務隊

# The Salvation Army Yaumatei Multi-service Centre for Senior Citizens - Elderly support service

The team is currently serving elders in Yau Tsim Mong district, both living with spouse and living alone, among which some of them are 'elderly singletons' who live by themselves completely. Social workers are designated for each elder to provide comprehensive support for the physical, emotional and social aspects including daily life support, emotional care and referral services. Amid the pandemic, according to respective situations of our elderly members, the team maintains limited home visit services and provides assistance. Social workers make calls to elderly at least once each month to learn about their latest situations. More frequent connections will be given depending on their conditions. We also arrange volunteers to constanting about the elderly by making phone calls.





#### 「救世軍月捐計劃」The Salvation Army Monthly Donation Scheme



1			與救世軍攜手向有需 he Salvation Army to l		幫助。		
	] 現按月捐助 My	monthly donation i	s:				
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	] 我樂意一次過打	涓助 I would like to	contribute a one-off do	onation:			
	☐ HK\$1000	☐ HK\$800	☐ HK\$500	☐ HK\$			
請儘	量以英文填寫	Please write in BL	OCK letters		(TSAWEB/R0052)		
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備註		期間過數。收據將於每年四月 發正式收據以申請扣減稅項。	寄出,以便填寫報稅表。 Rem	arks: 1. Monthly donations will be Annual receipt will be sen	debited between 12 <sup>th</sup> to 14 <sup>th</sup> of each month. t out in April.		

2. Donations of HK\$100 or above are tax-deductible with official receipts.

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# 願你凡事興盛,身體健壯

(《聖經》約翰三書 1:2)

I wish above all things that thou mayest prosper and be in health

('Bible' 3 John 1:2)

