

# 軍 ARMY 信 SCENE

2022 第五期  
5<sup>th</sup> issue

愛 惜 每 個 孩 子



LOVING EACH AND EVERY CHILD

編者的話 Editor's Note	001
封面故事 - 愛惜每個孩子 Cover Story – Loving Each and Every Child	002
活動花絮 Activities	007
特稿 - 外傭異鄉中的「家」 — 救世軍英語隊 Special – A Second Home in a Far-off Land – TSA English Speaking Corps	010
特稿 - 同行·白首 — 救世軍海嵐長者中心 Special – In Sickness And In Health – TSA Hoi Lam Centre for Senior Citizens	014

## 救世軍知多啲 The Salvation Army Nowadays

### 救世軍於第 133 個國家 — 畿內亞正式展開工作

畿內亞成為救世軍工作的第 133 個國家和地區，隸屬利比里亞和塞拉利昂軍區。2018 年，該軍區表示願意探索在畿內亞開展事工的可能性。2019 年 1 月，伍道明及伍貝蘭上尉伉儷獲任命在當地開拓事工，及至 2021 年 11 月 15 日，救世軍在當地正式註冊，現時已成立了一個部隊（教會）以及五個分隊（教會植堂），繼續宣揚基督的福音。

### The Salvation Army commences work in 133<sup>rd</sup> country – Guinea

Guinea will be the 133<sup>rd</sup> country in which The Salvation Army is officially at work. The country will be part of the Liberia and Sierra Leone Command, who indicated its willingness to explore opening the doors of ministry in that area in 2018. By January 2019, Captains Benarde and Thomas Mbouabani were appointed to initiate the new ministry. Their work led to the official registration of the Army in Guinea on 15 November 2021. Today, one corps (Church) and five outposts (Church plant) are established there to preach the gospel of Jesus Christ.

《軍信》 Army Scene Newsletter  
2022 第五期 5<sup>th</sup> issue 2022

出版 Publisher  
救世軍  
The Salvation Army

編採 Editorial Team  
傳訊及籌募部  
Communications and  
Fundraising Department

設計及印刷 Design & Printing  
d creation

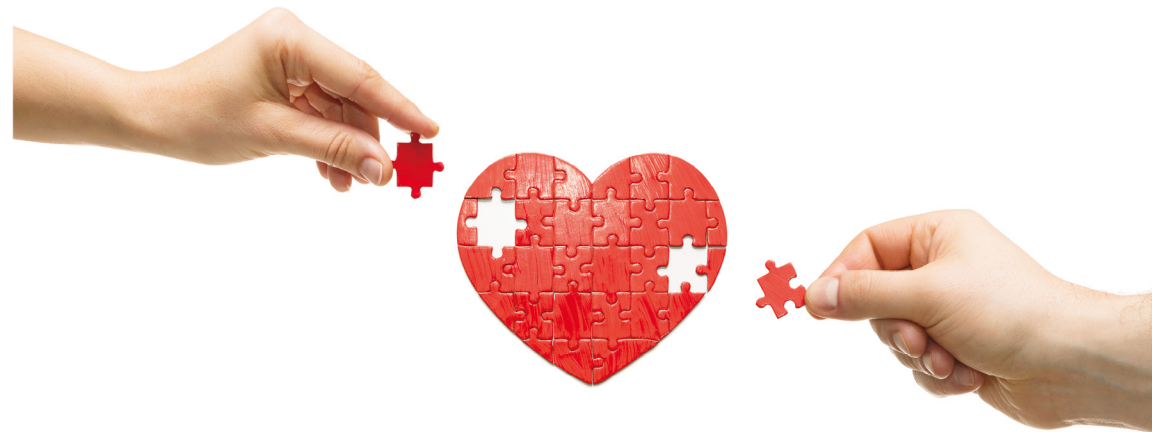
如欲免費訂閱《軍信》請聯絡：  
For free subscription, please contact:

救世軍港澳軍區傳訊及籌募部  
Communications and Fundraising Department  
The Salvation Army Hong Kong and Macau Command

香港九龍油麻地永星里 11 號  
11 Wing Sing Lane, Yaumatei, Kowloon, Hong Kong

電話 Tel: (852) 2332 4531  
電郵 Email: info@hkm.salvationarmy.org  
傳真 Fax: (852) 2332 4286  
網頁 Website: salvationarmy.org.hk

救世軍保留所有版權 非賣品  
All Rights Reserved. Not for Sale.



每逢進入一個新環境生活和學習，我們都會感受到差異。這些差異或會讓人感到孤單、無助，但只要有人從旁協助，這些不安將能成為個人成長的契機，今期專題故事可見一斑。

每逢開學，救世軍韋理夫人紀念學校便會推行一系列的措施，全方位幫助小一至小六學生適應學校生活，多方面建立他們的品德、社交、自信心及抗逆力。其中，初入讀的初小學生會有高年級的大哥哥、大姐姐陪伴，協助他們解決各種疑難；「成長的天空」計劃則照顧高小學生的成長需要，協助他們掌握生活技能，灌輸正確的價值觀，培養積極樂觀的態度，以及增強師生、家校、朋輩的正面連繫，從而提升學生的抗逆力，讓他們學習正面解決問題的方法，克服成長的挑戰，建立對學校的歸屬感。

另一邊廂，作為港澳軍區唯一以英語作為主要語言的部隊（教會），救世軍英語隊成員大多是來自菲律賓的女傭。其中分享經歷的 3 位成員初到香港時，均經歷過憂慮及不安，當時與前僱主亦曾有過不愉快的經歷。但在英語隊的陪伴下，成員心靈上得力，得而與僱主們建立良好關係，令他們適應香港的生活，並成為他們的另一個「家」。

Whenever we begin studying or living in a new environment, the change in our circumstances may evoke a sense of loneliness or helplessness. But with some help, the negative emotions we feel could become an opportunity for growth, as shown in the feature stories in the current issue.

In the beginning of every school year, The Salvation Army Ann Wyllie Memorial School will implement a series of measures to help primary students adapt to school life as well as to build their characters, social skills, confidence, and endurance. For example, the younger newcomers will have the companionship of senior level students, guiding them through all kinds of difficulties. There is also the Understanding Adolescent programme that caters for the developmental needs of upper primary students. It equips them with life skills, promotes positive values and attitudes, and strengthens the student-student, student-teacher, home-school connections. It aims to enhance students' resilience, teach them positive ways to solve problems, help them overcome the challenges they face as they grow, and build up their sense of belonging to the school.

On the other hand, as the only Corps (church) in the Hong Kong and Macau command that uses English as their primary language, most of TSA English Speaking Corps' members are domestic helpers from the Philippines. In this issue, we have invited three of their members to share their experience. When they first arrived in Hong Kong, they had many worries and anxieties and also some unpleasant experience with their previous employers. But with the support of the English Speaking Corps members, they were strengthened and had built good relationships with their new employers. Now, they have settled down. And here is their second "home".



# LOVING EACH AND EVERY CHILD

## 愛惜每個孩子



學校推行「大哥哥大姐姐」計劃，高年級的「關愛大使」會在小息時間協助年幼同學。  
Implementing the "Big Brother and Big Sister" scheme where senior primary students, "Caring Ambassadors", help younger students during recesses.

小息的鐘聲響起，原本肅靜的小學校園又變得熱鬧起來。這邊廂學生在聊天、吃小食與休息之餘，那邊廂一班高年級的同学走進低年級的課室，看顧着年幼的師弟师妹，幫助他們不同的需要。這就是救世軍韋理夫人紀念學校訓輔組安排眾多的活動之一，這些活動除了營造及傳承關愛文化外，也希望同學們透過互助，能培養自信及良好的品格。

這項由高年級學生提供幫助的「大哥哥大姐姐」計劃是學期初訓輔組的活動，學校的訓輔主任朱副校長說，「大哥哥」、「大姐姐」會在小息時到一、二年級課室協助年幼同學，遇到一些較年幼同學，手部肌肉能力較弱，「大哥哥」、「大姐姐」就可以協助他們進食。

As the recess bell rang, the school campus was suddenly bustling with excitement. While students chatted around and took a break, some students from senior levels went into the classrooms of their younger fellows, talking to them and caring for their needs. This is one of the many activities arranged by the Discipline and Counselling Team of The Salvation Army Ann Wyllie Memorial School. The activities aim at cultivating a loving and caring culture in the school and building students' confidence and good characters through mutual support.

In this "Big Brother and Big Sister" scheme, senior level students will provide assistance for their younger fellows in the beginning of the semester. The School's Discipline and Counselling Team's leader, Vice Principal Mr. Chu adds that they would go to the respective classrooms of the younger students to offer help. If they are too young that their hand muscles are weak, they could get some help from senior students during mealtimes.





馬啓能校長指，此計劃能發揮同學間互相服務精神，也建立關愛校園的氛圍。  
School Head Mr. Ma Kai Lung points out that the scheme promotes the spirit of mutual help and a loving atmosphere in the campus.

#### 協助新生適應新環境

馬啓能校長指出，因為低年級學生由幼稚園升上小學，在學習和生活上都有很多需要適應的地方，若在這過渡期有人支援協助，對他們會有很大幫助。而高年級的「大哥哥」、「大姐姐」以過來人的身份照顧有需要的低年級的學生，除了能讓他們發揮服務的精神，也可以營造關愛校園的氛圍。

馬校長續說，曾參與這服務計劃的部份學生，能把這種服務精神延伸到社區，為更多人提供服務，並撒下了服務精神的種子，對他們日後升中或未來的生活或服務他人上，都十分有幫助。

#### 「每個學生都受重視」

活動的「大哥哥大姐姐」都是學校的「關愛大使」，朱副校長說，希望同學透過服務別人建立個人正向的價值觀。「關愛大使」不一定找成績優異的學生，可透過社工，找到一些自信心較弱或是有社交困難的同學，透過這個計劃可以關顧及接觸更多同學，令他建立自己的自信。

#### Helping Newcomers to Adapt to the New Environment

School Head Mr. Ma Kai Lung explained that the transition of younger students from kindergarten to primary school takes quite a lot of adaptation. If someone could offer assistance in this transitional period, it would mean a lot to them. As senior level students have relevant experience, their help is very valuable. These relationships would also promote the spirit of mutual support and care at school.

Mr. Ma believes that senior level students who were part of this programme can extend the serving spirit to help others in the community. These experiences are crucial in preparing them for their future lives.

#### "No Students Left Behind"

All the "Big Brothers and Big Sisters" from the scheme are the school's "Caring Ambassadors". Vice Principal Mr. Chu explained that they expect students to be able to build positive values through serving others. These "Caring Ambassadors" do not have to be the best students. With the help of social workers, they invited students who are less confident or with some social difficulties to join the programme, encouraging them to care for other schoolmates, which help build their self-confidence.

「每個學生都是受到重視的，我們不會忽略任何一個學生。」朱副校長說，學校不會因為學生的成績或品行優異而重視他們，「我們非常珍惜每一個學生，每個人都有均等的機會。」

#### 用心傳承校園關愛文化

訓輔組還有安排多元化活動，例如邀請每個生日的學生拍攝即影即有相片，朱副校長說，訓輔組的老師們都很投入崗位，希望透過舉辦多元化訓輔活動及活動後檢討，感受到老師和同學的關愛，令同學們更投入校園生活。

經教職員的努力，關愛氛圍一直於學校洋溢，朱副校長指有同學在初小時，曾被照顧過，深深體會到計劃的意義，後來更主動成為關愛大使照顧師弟師妹，令這優良文化傳承下去。馬校長說，學校的關愛文化早前得到外評認同，未來會不斷優化，結合其他訓輔活動，令學校的關愛文化及共融校園做得更為理想。



救世軍學校其中一個特色為「堂校合一」，駐校牧林中尉（左）說，會透過親身接觸同學以了解他們的需要。  
"Corps and Schools Partnership" is one of the characteristics of TSA schools. The school chaplain Lieutenant Michael Lam (left) says that they try to understand students' needs through personal contact.



訓輔主任朱副校長（右）說，透過學校的關愛活動，令同學們投入校園生活，並且感受到老師的關愛。

Mr. Chu (right), Vice Principal and Head of the Discipline and Counselling Team, believes that the school's caring events could help students enjoy campus life more proactively and feel cared for by teachers.

"Every student is equally important. We would not leave anyone behind," said Mr. Chu. "The school does not pay special attention to any specific student based on their exceptional scores or characters. We treasure each and every student. Every one is given an equal opportunity."

#### Dedicated to Cultivate a Caring Culture

The school's Discipline and Counselling Team also arranged other events, such as taking polaroid photos for students on their birthdays. Mr. Chu shared that all the teachers in the unit are passionate about their work. They hope that through organising diverse events and evaluating afterwards, they can help students enjoy their school life proactively and feel cared for by their teachers as well as their peers.

As a result of the teachers' hard work, the caring culture flourished in the campus. Vice Principal Mr. Chu shared that some students who were taken care of as newcomers volunteered to be part of the programme as Caring Ambassadors to help their younger fellows, passing on this great culture. School Head Mr. Ma said that they will continue to practice the school's acclaimed caring culture with other counselling activities, uplifting the school's loving atmosphere and inclusion practices.



### 以聖經牧養加以關心

本校為救世軍一員學校，其中一個特色為「堂校合一」，駐校校牧林中尉及蔡中尉會在早會、課外活動及特別課時，透過屬靈分享及聖經教導等，培養學生屬靈生命成長，又會透過不同途徑關心他們。林中尉希望以受眾身心出發，「不接觸他們不會知他們的需要，特別是在疫情下互動，早上回來一個歡迎、一個微笑，都可以帶給他們一份鼓勵，並了解他們的需要。」

蔡中尉指，學生在學校學習上有壓力，他們的家人在現時疫情生活也有壓力，因此除了定期的物資派發，也希望照顧他們的心靈，「會以聖經牧養加以關心。」她認為小學是學生成長中性格塑造很重要的階段，希望以愛去包圍學生。

### Faith-based Pastoral Care

"Corps and Schools Partnership" is one of the characteristics of TSA schools. Lieutenant Michael Lam and Lieutenant Forrest Tsoi, Chaplains of the school, make use of morning assemblies, ECA, and special classes to nurture students' spiritual growth and care for them in a wide range of activities. Lieutenant Lam believes that it is important to put himself in the shoes of his audience. He explained that you will never know their needs unless you connect with them. This is even more so in terms of interacting during the pandemic, where a simple welcome or a smile in the morning could be an encouragement to students and an opportunity to understand their needs.

Lieutenant Tsoi points out that students not only feel stressed because of their studies, their parents are also under pressure during the pandemic. This is why they are dedicated to care for students spiritually with Bible verses besides the school's regular distribution of daily necessity. She believes that primary school period is essential in shaping students' characters, so it is important to embrace them with love.



另一校牧蔡中尉（右）指，除了定期派發物資，也會顧及同學以至其家人的心靈需要。

The other chaplain, Lieutenant Forrest Tsoi (right), shares that they hope to care for the spiritual needs of their students and their family on top of the school's regular daily necessity distribution.

## 「心好圓月」中秋行動 2022 圓滿結束 Summary of Mid-Autumn Festival Appeal 2022

「心好圓月」中秋行動 2022 在各企業及公眾人士的支持下，合共收集到超過 2 萬個月餅及籌得港幣 56 萬善款，向社區約 2 萬名有需要人士派發食物及月餅。感恩有您的支持，讓我們走在最前線，繼續為社區帶來愛和歡笑。

With generous support from corporates and the public, the Mid-Autumn Festival Appeal raised over 20,000 mooncakes and HK\$560,000. The Army distributed food and mooncakes to around 20,000 people in need in the community. Thank you for your support and donation, so the Army can serve people in need and continue to bring LOVE and JOY to the community.





## 救世軍「定向無定向 2022」 體驗歷奇及新興運動

### The Salvation Army Orienteering 2022 Complemented by Adventure Experience and Newly Emerged Sports

「定向無定向 2022」於 11 月 12 日在馬灣圓滿舉行。是次活動更首次加入歷奇及新興運動體驗，令一眾參加者度過了一個愉快及難忘的週末。

參加者首先進行兩小時定向旅程，憑着無字地圖，尋找遍佈馬灣的控制點。完成挑戰後，參加者更於救世軍馬灣青年營挑戰多種刺激的歷奇設施；最後，他們亦體驗了多種新興運動，如地板冰壺、芬蘭木柱、護身道及圓網球。

是次活動共籌得接近港幣 \$600,000，除了家庭及青年朋友組隊支持外，商界夥伴亦積極以各種形式參與，包括企業員工及其家人組成機構隊、贊助本軍的服務使用者組隊參加活動、現金及禮品贊助、招募企業員工擔任義工等。

"The Salvation Army Orienteering 2022" concluded successfully in Ma Wan on 12 November 2022. For the first time, the event was complemented by Adventure Experience and a Newly Emerged Sports carnival, and our participants enjoyed an eventful and unforgettable weekend.

Participants started off with a 2-hour orienteering activity. They had to search for checkpoints around Ma Wan with a wordless map. After completing the orienteering, they then participated in the many exciting adventure experience at TSA Ma Wan Youth Camp. They also visited the Newly Emerged Sports carnival to try out Floor Curling, Mölkky, Roundnet, and Sports Chanbara.

The event raised nearly HK\$600,000. We are grateful for the support from the participants of family teams and open teams. Our corporate partners also gave us their full support through various means, including the participation of their staff members and families, sponsoring our service users to join the event, cash and in-kind sponsorship, and recruiting staff members to support us as volunteers.



了解更多企業支持資訊  
Learn more about our Corporate Partnership:



# 慈善義賣 Charity Sale

支持本軍繼續走在前線，服侍社群  
Support us to serve the people in need

慈善價  
Charity Price **\$350**

(原價: \$390 #價格已包含專屬的刻字服務)  
(Original Price: \$390 #the price is including with the  
Personalized Engraving Services provided)

\*數量有限 先到先得  
Available on a first-come, first-served  
basis, while stocks last



#### ● 功能(14項用途) Features (14 functions):

- 針、鑽孔錐及縫紉孔 Reamer, punch and sewing awl
- 小刀 Blade, small
- 鑰匙圈 Key ring
- 拔軟木塞器 Corkscrew
- 開罐器 Can opener
- 3 毫米螺絲批 Screwdriver 3mm
- 剪刀 Scissors
- 牙籤 Toothpick
- 開瓶器 Bottle opener
- 6 毫米螺絲批 Screwdriver 6mm
- 電線剝皮鉗 Wire stripper
- 多用途鉤 Multipurpose hook
- 大刀 Blade, large
- 小鉗 Tweezers

#### ● 尺寸 Dimensions:

- 高度 Height: 18mm
- 長度 Length: 91mm
- 闊度 Width: 26mm
- 重量 Weight: 82g

● 型號  
Model:  
Climber

☎ 2783 2323

🌐 [salvationarmy.org.hk](http://salvationarmy.org.hk)

✉ [ds@hkm.salvationarmy.org](mailto:ds@hkm.salvationarmy.org)

特別鳴謝  
Special Thanks To



VICTORINOX



# A SECOND HOME IN A FAR-OFF LAND – TSA ENGLISH SPEAKING CORPS

## 外傭異鄉中的「家」—— 救世軍英語隊

據政府本年（2022 年）統計，現時香港有超過 33 萬外籍家庭傭工，Mathy、Melba 及 Eden 便是其中一分子。來港多年，三人不約而同地曾遭遇不愉快的經歷。Eden 和 Melba 與第一任僱主工作的經歷十分糟糕，而 Mathy 則接連受到中介公司和朋友的剝削、欺騙，令她感到非常哀傷和憂慮。幸而她們認識了救世軍英語隊，讓她們在異鄉中有同鄉、以至信仰的支持。

救世軍英語隊是港澳軍區內唯一以英語作為主要語言的部隊（教會），部隊軍官都是由救世軍國際總部從菲律賓地域委派的，當中的軍兵（教友）大多是從菲律賓來港工作的女傭，因此對 Mathy、Melba 及 Eden 而言，英語隊是她們在故鄉以外的另一個「家」，令三人心靈上得力，找到人生方向。

According to the government's statistics in 2022, there are currently over 330,000 foreign domestic helpers in Hong Kong, of which Mathy, Melba, and Eden fall into this category. They have spent many years in Hong Kong and some of their experiences have been unpleasant. Eden and Melba did not have good relationships with their first employers, while Mathy was deceived and exploited by her friends and the work agency, leaving her feeling depressed and worried. Thankfully, they have encountered The Salvation Army English Speaking Corps that they have found a familiar community in a strange land and gained support in faith.

TSA English Speaking Corps is the only Corps (church) in the Hong Kong and Macau command that uses English as their primary language. Their officers are appointed by TSA International Headquarters from the Philippines Territory and most Soldiers (church members) are female domestic helpers who came from the Philippines. For Mathy, Melba, and Eden, the English Speaking Corps is their second home and has given them much spiritual strength and directions in life.

Eden, Mathy 及 Melba 於救世軍英語隊的陪伴下，與僱主建立良好關係，找到第二個家。  
With the companionship of TSA English Speaking Corps, Eden, Mathy, and Melba have built great relationships with their employers and found their second home.





Mathy 當時是受一位基督徒朋友邀請參與英語隊的主日崇拜，「聽到當時部隊軍官杜勵德少校的證道後，神進入我的心掌管我的生命。」其後她更成為了軍兵，自此人生得到平安與喜樂，也學會要寬恕曾經傷害她的人。Melba 則稱更認識了自己的信仰，讓自己在信仰上和知識上有長進，使她變得更加堅強，亦非常感恩她遠在菲律賓的家人都因為自己而認識了神。至於 Eden，她坦言人生得到啟發和力量，「縱使和僱主相處中不免有爭執和誤會，但最終總會和好，彼此原諒，這也正是我們維持長久關係的秘訣。」

堅毅走過以往不快的日子，在部隊眾人互相支持下，她們現在的生活已上軌道。三人都找到了好僱主，各自為不同的家庭服務了超過二十年，Mathy 更曾邀請僱主一家參與部隊聚會，她現在認為自己在香港工作得到的不單單是金錢，更是有着自信和安心。

Mathy first attended the Sunday service of the English Speaking Corps because of an invitation from her Christian friend. "The then Corps Officer Major Peralta preached the word of God to me and I allowed Jesus Christ to come into my heart and take control of my life", she shared. She then became a Solider, found peace and joy, and also learned to forgive those who hurt her. On the other hand, Melba gained a deeper understanding of the religion. As Melba grew in grace and in knowledge of the Lord, she gained strength and was very grateful that her family in the Philippines also came to know God because of her testimony. As for Eden, she admitted that she was inspired and strengthened. "There were sometimes arguments and misunderstandings in the relationship with my employers. But eventually we could reconcile and forgive each other. This is the secret to maintaining a long-lasting relationship", she explained.

Having endured unpleasant days in the past, they are now living a much better life with the support of Corps members. They have all found great employers and have each worked for them for over 20 years. Mathy had even invited her employers to join Corps events. She now believes that she receives more than an income in Hong Kong, but also self-confidence and peace in Christ.



Mathy (中) 於現在的家庭服務了超過二十年，更曾邀請僱主一家參與宗教活動。

Mathy (middle) has served in her current home for over 20 years. She has even invited her employer to take part in



Melba (右) 現在的僱主家庭視她為家人，家中兩老更親自教導她書寫和閱讀簡單的中文。

Melba's current employer treats her as part of the family. The two elders of the family even teach her to read and write basic Chinese.

Melba 現在的僱主視她為家人，讓她報讀廣東話班，家中兩老更親自教導她書寫和閱讀簡單的中文。每次旅遊回來，他們總會帶手信給她，甚至愛屋及烏，而每當 Melba 回菲律賓探望家人，僱主都會給她額外零用錢買小禮物送給 Melba 家人。

Eden 則與現任僱主建立了信任。她說即使現在僱主一家受各項防疫措施影響一直未能回港，對方不僅讓她留守家中，更把他們的財物、郵件、銀行戶口都交由她處理。「兩年來，他們仍為我供應日常所需、支薪，能夠有這樣的僱主，我感到很快樂和蒙福。」

回望過去，三位英語隊軍兵初到港時人生路不熟，都曾經歷了不安和懷疑，失去方向。幸而，救世軍英語隊成為了她們的燈塔，藉着神的帶領安撫她們的心靈，令她們於香港找到方向，而每當她們回到英語隊時，她們坦言像是回到另一個「家」，讓她們喘息，獲得平安與支持。

Melba's current employer sees her as part of the family and encourages her to enroll in Cantonese class. The two elders of the family also teach her to read and write basic Chinese. Whenever they go on a holiday trip, they will always bring souvenirs back for Melba. Their love for Melba even extends to her family by giving her extra pocket money so she can buy gifts for her family when she visits them back in the Philippines.

Eden has built a trusting relationship with her current employer. Due to anti-epidemic measures, her employer could not come back to Hong Kong for now. But the family have entrusted Eden with their home, belongings, mails, and bank accounts. "They have left me alone in house for 2 years now, still they provide for my daily needs and my monthly salary. I am vey happy and blessed to have an employer like them," she shared.

Looking back when they first arrived in Hong Kong, everything was new and unfamiliar. They had anxieties and doubts and felt lost. Fortunately, TSA English Speaking Corps has become their beacon of light, soothing them with the guidance of God and leading their ways in Hong Kong. It is also their home away from home and a breathing space where they can find peace and support.



Eden (右一) 則與僱主建立了信任，令 Eden 感到快樂和蒙福。

Eden (first right) enjoys a trusting relationship with her employers. She feels happy and blessed.



# IN SICKNESS AND IN HEALTH THE SALVATION ARMY HOI LAM CENTRE FOR SENIOR CITIZENS

## 同行・白首 救世軍海嵐 長者中心



「以前體健時，與太太把臂同遊，四處遊玩，一起攝影的生活，很寫意的；但2002年左右，生活開始起了變化……」陳婆婆診斷患帕金森症，認知能力亦逐漸下降，影響其自理能力，需要更高程度護理，令陳婆婆丈夫李先生感到十分無助。陳婆婆及丈夫育有3位女兒，但女兒分別居於外地及患有長期病患，未能抽身照料到兩老，照顧太太的責任便落在丈夫身上。

李先生自己本身也有長期病患，需定期覆診，又要照顧太太，身心也感到壓力及疲倦，膝痛頻繁，睡眠質素也不理想，影響其健康！「回想起2年前，太太身體一度轉弱，患有壓瘡，須密集地進行傷口護理，以及配合其他方面之護理需要。當時感到很無助，既不熟悉社區服務資源，而多番護理壓瘡傷口也沒有大進展，又不懂得如何平衡太太身心需要，護老壓力很大！」李先生感歎地道出。

當時，長者中心及區內其他服務單位，大家都群策群力，為案主在不同康復時期，制訂不同階段的照顧方案及添置家居復康用品，以配合案主病況需要，包括長者鄰舍中心之個案管理、日間護理中心之日間照顧及復康護理、護理安老院之過渡式照顧、綜合家居隊之陪診護送、社康外展護士之傷口護理，大大減輕了李先生的護老壓力，而且可以揀選適合之照顧方法。

"When I was healthier, I used to travel around and take photos with my wife. Our life used to be breezy, but it began to change around 2002..." Mr. Lee shared. Auntie Chan was diagnosed with Parkinson's disease. Her cognitive functions were declining, affecting her self-care abilities. She required intensive care which made Mr. Lee, her husband, feel very helpless. Though the couple has three daughters, they either live overseas or suffer from chronic illness themselves so they couldn't help caring for Auntie Chan. The responsibility of taking care of Auntie Chan thus fell on Mr. Lee's shoulders.

Mr. Lee himself is also suffering from chronic illness. He has to visit the doctor regularly so the work of caring for his wife made him stressed and exhausted. His knees hurt constantly, and he couldn't sleep well. His health was also deteriorating! "Two years ago, my wife was not well and had pressure ulcers that had to be treated intensively, among other daily nursing care needs. I felt so helpless. I was not familiar with the resources of community services. Her pressure ulcers remained more or less the same even after a lot of treatments and I didn't know how to balance her physical and emotional needs. Taking care of her gave me so much pressure!" Mr. Lee shared.

At the time, our Centre for Senior Citizens and other community service units in the area came together to offer help. In order to meet the needs of different patients, helpers would provide rehab equipment for patients' households and come up with a wide range of nursing care plans for different stages of their recovery. These plans might include services of Neighbourhood Elderly Centres, day care and rehab services of Day Care Centres for the Elderly, transitional care services of Care and Attention Homes for the Elderly, escort services of Integrated Home Care units, and wound treatments by community nurses. All the assistance eased Mr. Lee's pressure in the caregiving process. He could choose the appropriate services to care for Auntie Chan.





即使陳婆婆診斷患帕金森症，李先生仍然悉心照顧。  
Even when Auntie Chan was diagnosed with Parkinson's disease, Mr. Lee still did his best to care for her attentively.

過程中，經過個案社工 Ada 一路上的陪伴及分析其照顧方案，讓李先生慢慢明白太太身體退化之進程。李先生最初未接受陳婆婆壓瘡反覆的病情及衍生之跌倒風險，堅持自己仍可繼續在家居照顧，其後見太太壓瘡情況有惡化跡象，自己也焦急起來，感到徬徨。

Ada 與醫護人員把握陳婆婆治療之黃金時間，反覆向丈夫分析處理壓瘡的迫切性，以及衍生各種併發症的可能。當時，他感到糾結及為難，因為當刻只有自己一人作決定，亦難以與家人一一講解太太的病情，自己亦不懂如何為太太揀選合適的照顧方案。

In the process, Ada, the social worker responsible for Auntie Chan's case, spent a lot of time accompanying the couple and analysed different nursing care plans for them, helping Mr. Lee to come to terms with how his wife's health is deteriorating. At first, Mr. Lee couldn't accept and cope with the slow and unpredictable recovery of Auntie Chan's pressure ulcers and how her risk of falling was thus increased. He insisted that he could care for Auntie Chan at home himself. Sometime later, when he saw that Auntie Chan's pressure ulcers were getting worse, he became anxious and desperate.

Ada and the other medical staff wasted no time and grasped Auntie Chan's Golden Hours of treatment to explain to Mr. Lee why pressure ulcers should be treated immediately and how they might cause other complications. At the time, Mr. Lee felt torn and distressed, because he had to make crucial decisions on his own and he did not know how to pick the appropriate nursing care services for his wife. He also had trouble explaining Auntie Chan's situation to his family one by one.



李先生本身也有長期病患，照顧太太一度身心疲倦。  
Mr. Lee also suffers from chronic illnesses, so caring for his wife was extra exhausting.

經跨專業團隊（Ada、醫護人員、物理治療師等）多次的傾談及分析，李先生開始明瞭太太的身體狀況，以及各種護理需要。李先生以前習慣事事親力親為，不假手於人，但對太太病情（壓瘡）之反覆，丈夫都感到愛莫能助。長者鄰舍中心除了陪伴李先生共同過渡外，亦一直與其家人（女兒）保持聯繫，讓家人明白兩老年事漸長之身體狀況，家人有需要一起及早籌劃兩老之照顧安排。

最後，李先生終於接受聘請家傭，並由女兒協助下聘請家傭，分擔護老壓力。家傭自去年抵達李先生家中後，大家相處融洽，家傭細心照料兩老之生活作息及需要，更大大減輕了李先生之護老壓力，讓李先生身體健康回穩，亦可平衡陳婆婆的照顧需要。

護老者角色適時轉化，有助減輕其護老壓力，護老者的健康狀況得到改善，亦可讓被照顧者得到適切的服務，維持生活質素，更可以讓兩老實踐到「居家安老」的計劃！丈夫對現時的生活狀況十分滿意，心存感恩，感謝不同的社會服務單位對他們的承托。

As the interdisciplinary team of Ada, medical staff, physiotherapists, and others came together, they took the time to talk to Mr. Lee and analysed the situation for him. Mr. Lee began to understand his wife's needs. He was used to tackling responsibilities hands-on, but he was indeed helpless when Auntie Chan required intensive care because of her pressure ulcers. Our Centre for Senior Citizens accompanied Mr. Lee in these difficult times and kept in contact with the couple's daughters. Their family had a better understanding of their two elders' circumstances now. They realised that they need to plan ahead the nursing care arrangements for the elderly couple.

Finally, with the help of his daughters, Mr. Lee decided to hire a domestic helper to share the burden of caregiving. Since the helper joined their family, they have been getting along quite well. She cares for the two elder's daily needs attentively, which is a great relief for Mr. Lee. He is now healthier and can care for Auntie Chan's emotional needs as well.

Some timely changes in the role of caregivers could be a great relief for them. As the caregivers' health improve, the people they care for could also receive better care and enjoy better living quality, truly fulfilling the goal of "Ageing in Place". Mr. Lee is very satisfied with his current circumstances and is especially grateful for how different social service units reached out and provided assistance for him and his wife.



救世軍海嵐長者中心個案社工 Ada (右) 一路上的陪伴，減輕了李先生之護老壓力。  
Ada (right), the social worker of TSA Hoi Lam Centre for senior citizens responsible for Mr. Lee's case, accompanied the elderly couple for many years and helped ease Mr. Lee's stress of caregiving.



E	POSTAGE PAID HONG KONG CHINA 中國香港 郵資已付	Permit No. 特許編號 2953
---	--	----------------------------

請於虛線範圍內張貼地址標籤



救世軍傳訊及籌募部 Communications and Fundraising Department, The Salvation Army  
地址：香港九龍油麻地永星里十一號 Address: 11 Wing Sing Lane, Yaumatei, Kowloon, Hong Kong  
電話 Tel: (852) 2332 4531 傳真 Fax: (852) 2332 4286 電郵 E-mail: info@hkm.salvationarmy.org

## 捐款支持救世軍幫助有需要的人

Donate to Support The Salvation Army and Help the Needy



多謝您  
THANK YOU

☒ 我樂意支持救世軍攜手向有需要的社群提供適切的幫助。

I would like to be a donor of The Salvation Army to help people with the most need.

☐ 我樂意一次過捐助 I would like to contribute a one-off donation:

☐ HK\$1,000 ☐ HK\$800 ☐ HK\$500 ☐ HK\$ \_\_\_\_\_

☐ 現按月捐助 My monthly donation is:

☐ HK\$500 ☐ HK\$200 ☐ HK\$100 ☐ HK\$ \_\_\_\_\_

請儘量以英文填寫 Please write in BLOCK letters

姓名 Name: \_\_\_\_\_ (先生 Mr. / 女士 Ms.) 地址 Address: \_\_\_\_\_  
姓氏 Surname 名字 Given Name

電話 Tel: \_\_\_\_\_ 電郵 Email: \_\_\_\_\_ 捐款者編號 Donor No.: \_\_\_\_\_

☐ 劃線支票 (抬頭請寫「救世軍」，並連同本表格寄回。)

By Cheque (Please make cheque payable to "The Salvation Army" and send us with this completed form.)

支票號碼 Cheque No.: \_\_\_\_\_ 銀行名稱 Bank Name: \_\_\_\_\_

☐ 信用卡 (請傳真至 (852)2783 0363。有關捐款將定期過數，直至閣下另行通知。)

By Credit Card (Please fax to (852)2783 0363. Regular donations will be charged automatically to your card until further notice.)

☐ VISA ☐ MasterCard

持卡人姓名 Cardholder's Name: \_\_\_\_\_

信用卡號碼 Card No.: \_\_\_\_\_

有效期至 Expiry Date: \_\_\_\_\_ 月 Month \_\_\_\_\_ 年 Year

持卡人簽署 Cardholder's Signature:

X

☐ 每月銀行自動轉賬 (只適用於定期捐款，自動轉賬 (直接) 付款授權書隨後寄上)

By Direct Debit (Only applicable to monthly donations. Direct Debit Authorisation Form will be sent to you soon.)

備註：1. 月捐定於每月12-14日期間過數。收據將於每年四月寄出，以便填寫報稅表。

2. 閣下的個人資料只供本會寄發收據和與你通訊的用途。如有查詢，請致電(852)2783 2323。

Remarks: 1. Monthly donations will be debited between 12th to 14th of each month. Annual receipt will be sent out in April.

2. Your personal data will be used only for receipting and other communications with you. For enquiries, please call (852)2783 2323.