

伊甸樹下的  
|

家



給長者理想的家

IDEAL HOME FOR THE ELDERLY



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「家」是一個會意字，是由房子（宀）和下面一頭豬（豕）所組成。古人看來，有豬的家，才算是安康富足。然而，隨着時代轉變，對於現今的人來說，一個「家」字又代表着什麼？一個「有瓦遮頭」的居所？一個與親友共同生活，彼此關愛的地方？還是一個可以讓人忠實地做自己的地方？不同文化、家庭和成長背景，塑造出千百種關於「家」的想像。

今期封面故事的主角，住在救世軍錦田長者之家的蕭結婆婆（阿結），正好與我們分享了她的「尋家」經歷，還有她在新家開展「二次人生」的點滴。訪問的過程中，儘管因疫情而須佩戴口罩，但阿結那發自內心的快樂和笑聲，還是感染在場的每一個人。在「伊甸抉擇」The Eden Alternative®「去院舍化」的服務模式下，阿結視救世軍錦田長者之家為她的第二個家。她的快樂不只是源自其樂天的性格，更是來自其家人的關愛、院友和同員工間所建立的緊密關係、自主有愛的院舍生活，還有她所珍愛的「伊甸花園」。

The Chinese character for home '家' is an associative character. The top part simulates the roof of a house (宀), while the bottom part signifies a pig (豕). To our ancestors, a home with pigs means prosperity. However, as time goes by, what does 'home' mean in the modern society? A roof over your head? A place where you live with your family, where you love and care for each other? Or a place where you can just honestly be yourself? People with different cultures, families, and backgrounds will have different definitions and imaginations for 'home'.

The protagonist of our cover story is Grandma Kit who is living in Kam Tin Residence for Senior Citizens. She shared with us her journey in searching for a home and how she lives her 'second life' in the new home. During our interview with her, though we had to wear masks due to the pandemic, Grandma Kit's genuine laughter and joy were still contagious to everyone in the room. The Kam Tin Residence for Senior Citizens operates under The Eden Alternative® that its service module is de-institutionalised, Grandma Kit considers the Residence as her second home. Her joy stems not only from her joyous nature but also from the love and care of her family, the close bonding she built with her fellow residents and the staff, the independent and loving living style in the Residence, and also the Eden Garden that she loves and treasures.



# 伊甸樹下的一「家」

## EDEN HOME

阿結興奮地領着眾人來到天台花園，展示親手栽種的茄子和青檸檬。已有96歲高齡的阿結仍清楚記得當初入住救世軍錦田長者之家的情景。

Filled with excitement, Grandma Kit led us to the rooftop garden, showing us the eggplants and lime she planted herself. Though she is already 96 years old, Grandma Kit remembers vividly the time when she first arrived at The Salvation Army Kam Tin Residence for Senior Citizens.

疫情期間，救世軍錦田長者之家正好開展「伊甸抉擇」The Eden Alternative® 的「去院舍化」服務模式，增加長者自主權，由長者「話事」，更鼓勵他們多接觸動植物。阿結就趁着隔離期間，透過手機自學成材，學會各種種植技巧，與院友和員工合力打造了這隅獨一無二的「伊甸花園」。

During the pandemic, the Kam Tin Residence for Senior Citizens began to adopt the de-institutionalisation module of The Eden Alternative®, in which they allow their elderly residents to take charge of their daily routines so they can be more autonomous. They also encourage residents to be in contact with animals and plants. Grandma Kit made the best of the quarantine period to teach herself gardening with resources on her mobile phone. She learned many gardening skills and built this one-of-a-kind Eden Garden with her fellow residents and the staff.

根據統計處的數據推算，2022年本港65歲或以上的人口達152萬，佔整體人口約20%，正式成為「超高齡社會」，並推算於2037年長者人口將會突破3成，即每1.7名勞動人口需要照顧1名長者。

According to the Census and Statistics Department, the population of Hong Kong aged 65 or above reached 1.52 million in 2022, accounting for about 20% of the total population, so Hong Kong has officially become a 'super-aged society'. It is estimated that senior citizens will account for over 30% of the population in 2037, meaning that on average 1.7 working people will have to take care of 1 senior citizen.







## 二次人生 Second Life

阿結的童年，就是牽着媽媽的手四處奔波。當年戰爭即將爆發，媽媽拖着還是孩提的她，從番禺逃到香港。兩母女寄人籬下來到青山道的布廠工作，媽媽在老闆家裏打工做「妹仔」，她則在布廠裏做雜工。年幼的阿結就是這樣伴在媽媽的身旁，看着她為全家的幸福打拼。

縱然經歷過貧窮與戰亂，她仍保持樂觀性格，確信幸福非必然，而是要自己把握。如今兒孫都長大成人，再無牽掛的她，不想為家人添負擔，就在社工的協助下開始物色安老院。

「我們找過幾間院舍都不合心意，直至來到錦田，覺得環境清幽之餘，更可接觸大自然，就瞞着家人申請入住。」原本家人還擔心她無法適應，直至知道她跟院友、員工打成一片，就放心下來。

阿結的晚年，視錦田長者之家為她的家，並在此開展了她的二次人生。

Grandma Kit spent most of her childhood living out of a suitcase with her mother. When she was a child, as the war was about to break out, her mother escaped Panyu to go to Hong Kong with her. Her mother worked as a domestic helper for a businessman, while Grandma Kit worked at the businessman's fabric factory as an assistant. She observed closely as her mother worked hard for the happiness and well-being of the family.

Though she experienced poverty and war, Grandma Kit is still optimistic and believes that one should not take happiness for granted and we have to strive for happiness ourselves. Now that her children and grandchildren have grown up, she is now carefree and does not want to burden her family. So with the help of social workers, she began to look for an elderly home.

'We looked at a few nursing homes, but they were not satisfactory. Then we found the Kam Tin Residence for Senior Citizens. It is secluded and close to nature. So I applied for it without telling the family,' said Grandma Kit. At first, the family was worried that she couldn't adapt to the new environment. But she got along very well with her fellow residents and the staff, so the family felt at ease.

In this late stage of her life, the Kam Tin Residence for Senior Citizens is Grandma Kit's second home, where she takes on her second life.



## 伊甸花園 Eden Garden

「有些盆栽不開花，我就上網查，自己安排一天吃橙，一天吃香蕉，然後拿果皮當肥料。」阿結打開手機分享研究成果。天台花園的花草區、烏龜池等，都是長者和員工協作創造的。

對阿結而言，這裏不是單純的院舍，而是她珍愛的家。她經常笑說，如果可以的話，她恨不得幫忙打掃、煮飯，因為她是這個家的一份子。「做人每天都要珍惜，而我更珍惜就是院舍，還有跟這裏每個人的關係。」

‘When some plants don’t bloom, I will do some research online. I will make the arrangement to alternate between eating oranges and bananas and then use the skins of the fruits as fertilisers.’ Grandma Kit turned on her mobile to show us her research. The plants in the garden, the turtle pond, and other parts of the rooftop garden are the cooperative efforts of the senior residents and the staff.

To Grandma Kit, this is more than a nursing home, but a real home that she treasures. She often jokes that she wishes to help with the cleaning and cooking if possible, because she is part of the family. ‘We should treasure each and every day. What I treasure most is this Residence and my relationships with everyone here.’



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聆聽她們的分享  
Listen to their story



## 共創理想之家 Building a Dream Home Together

2019年，救世軍派員赴澳洲考察，汲取「伊甸抉擇」The Eden Alternative® 的服務模式和經驗，並透過員工培訓、環境優化，於2020年開始在救世軍錦田長者之家實踐「伊甸抉擇」的原則。

隨着體能、反應速度和認知功能下降，長者的日常生活往往需要旁人協助。由於失去生活的自主權，長者常感焦慮和缺乏自信。而「伊甸抉擇」旨在由長者主導，與院舍合作創設理想居住環境，讓他們選擇喜歡的生活方式，並透過建立天台花園，接觸植物和小動物；有時更會與毗鄰的救世軍錦田幼兒學校合辦活動，與小朋友互動遊玩，從而消除內心的孤獨、無助和寂寞感。

救世軍錦田長者之家院長陳燕玲女士分享，自從開展了「伊甸抉擇」後，她見證長者與員工多了歡樂和聯繫。不久之前，阿結正好經歷喪親之痛，但在員工的陪伴與傾訴下，她已慢慢走出陰霾。「我與阿結接觸比家人還多，她就像我的好搭檔。從院舍事宜，到個人感受和生活趣事，我們都無所不談。」

她認為「伊甸抉擇」是一個持續、永無休止的旅程。雖然他們還處於培育、發芽的階段，但她希望未來可繼續與院友們，一邊學習、一邊前進，持續優化院舍的服務和環境，為長者創造伊甸之家。

In 2019, The Salvation Army sent some staff to Australia to study the service module and experience of The Eden Alternative®. Through staff training and environmental improvement, the Kam Tin Residence for Senior Citizens began to adopt the principles of the Alternative in 2020.

As we grow old, our physical fitness, reaction speed, and cognitive functions would gradually decline, the elderly often need others to help with their daily lives. As a result, they might lose their sense of autonomy and would feel anxious and lack self-confidence. On the other hand, The Eden Alternative® is meant to be led by the elderly, that they would cooperate with the nursing home staff to design an ideal living environment so they can choose their preferred lifestyle. Through building the rooftop garden, the elderly can be in contact with plants and animals. They sometimes co-organise events with the neighbouring The Salvation Army Kam Tin Nursery School so the senior residents can interact and play with children, which helps eliminate their sense of loneliness and helplessness.



Ms. YinLing Chan, the superintendent of the Kam Tin Residence for Senior Citizens, shared that since they began to adopt The Eden Alternative® module, she noticed that the residents and the staff at the Residence become more joyful, enjoying their bonding. Not long ago, Grandma Kit suffered the pain of bereavement. The staff spent a lot of time accompanying and talking with her, and as a result, she gradually came out of this dark period of her life. 'I have been spending more time with Grandma Kit than my family. She is like my good partner. We talk about everything, from the affairs in the Residence to personal feelings and interesting daily events.'

She believes The Eden Alternative® is a sustainable and non-stop journey. Though they are still at a budding stage, she hopes to continue to learn and move forward with their senior residents, improving the Residence's services and environment and creating an ideal Eden home for the elderly.





## 「家」是讓人表達真我的地方。

我和姐姐在救世軍三聖邨劉伍英學校讀書，除了原生家庭外，救世軍可算是孕育我們的重要地方。這裏讓我們可以放鬆下來，表達最真實的自己，不必擔心被評判，並塑造今日我們的性格和價值觀，幫助我們學習如何與他人相處和解決問題。

### ‘Home’ is where you can express your true self.

My sister and I studied at The Salvation Army Sam Shing Chuen Lau Ng Ying School. The Army is the essential place that nurtured us, besides our family. We can relax here and express our true selves without worrying about being judged. This place shaped our characters and values and helped us learn how to connect and solve problems with others.

救世軍中原慈善基金皇后山學校  
Centaline Charity Fund Queen's Hill School  
陸副校長 Ms. Luk (Deputy Head)

## 「家」是強大的心靈後盾。

我在救世軍卜維廉中學工作逾20年，這裏就像是我的第二個家。家，不僅是一個物理空間，還是情感上的聯繫和歸屬感。讓我們可以隨時放下心防，敢於在跌跌碰碰中不斷成長、進步！

### ‘Home’ is the foundation of a strong heart.

I have worked in The Salvation Army William Booth Secondary School for over 20 years. It is like my second home. ‘Home’ is more than a physical location, but a place where you feel connected to emotionally, where you belong. It is a place to help you let your guard down and dare to grow despite all the obstacles and challenges!

救世軍卜維廉中學  
William Booth Secondary School  
藍副校長 Mr. Nam (Deputy Head)



## 要在香港「居家安老」，首要家人之間的良好溝通。

有些服務使用者會因為「家事」而發生爭執，有人為手持的物業而衝突，有人因日常照顧上產生意見分歧。在香港生活空間有限，理想的家，更需要的是溝通，消除彼此在應對生活和關係上所產生的矛盾。



## 我希望老的時候，可以健康地跟家人和貓貓一起生活。

平日的工作，讓我接觸到許多日常照顧需要支援的長者。目睹他們因病患和衰老，令自己和家人要面對沉重的生活壓力，令我不禁想到自己的父母也日漸年邁，內心充滿各種不安。同時亦讓我意識到，一個健康、舒適，充滿陪伴的晚年，不只是對長者，甚至對其家人都十分重要。

### When I grow old, I hope I can live healthily with my family and cats.

Because of my job, I met many elderlies who need to be cared for in their daily routines. Seeing how their illnesses and ageing process posed serious stress on themselves and their families, I cannot help but think of my parents who are also growing old. It makes me feel uneasy. But I also realised that to be healthy, comfortable, and have an ample company of family and friends is important not just for the elderly and also to their family.

救世軍大埔長者綜合服務中心  
*Tai Po Multi-service Centre for Senior Citizens*  
隊長 *Kathy (Team Leader)*



## 理想的家，就是「自主有愛」。

疫情三年，長者無法外出，親人亦不能到院舍探訪，長者容易因此產生負面情緒，面對重重限制與困局，我們選擇與其等待，不如和長者一起建立和諧有愛的生活環境，主動聆聽長者的需要，讓他們自主選擇自己所喜歡的生活。

### An ideal home is one with love and autonomy.

During the three years of the pandemic, many senior citizens could not go outside, and their families could not visit them at the Elderly Home, so they might become pessimistic. In the face of these difficulties and challenges, instead of waiting, we chose to build a harmonious and loving living environment with our senior residents. We proactively listen to their needs and allow them to choose for themselves their preferred lifestyle.

救世軍錦田長者之家  
*Kam Tin Residence for Senior Citizens*  
陳院長 *Ms. Chan (Superintendent)*

## To achieve 'ageing in place' in Hong Kong, the first and foremost criterion is having good communication between family members.

Some service users would have conflicts with their family members due to family affairs, such as ownership of the property or daily care responsibilities. The living space in Hong Kong is quite limited. To build an ideal home, it is crucial to have good communications to eliminate conflicts in living arrangements and family relationships.

香港安老院舍完善人生關顧計劃  
*Palliative Care in Residential Care Homes for the Elderly*  
高級主任 *Shirley (Service Supervisor)*



## 推行創新和有效介入服務 關懷疫下有需要家庭

### Develop Innovative and Effective Intervention Services Caring for Families in Need during the Pandemic

與大學院校及非牟利機構共同推行為期三年的「賽馬會抗逆有『家』計劃」（下稱計劃），主要提供網上學習課程和以社區為本的專業介入服務，多方位協助家庭適應不斷變遷的社會環境，建立正向觀念，積極應對疫情所帶來的壓力。在救世軍竹園青少年中心、救世軍隆亨青少年中心，以及各方的積極推行下，計劃至今已有近900個家庭受惠，當中308個為高危個案。

網上學習課程主要針對育有兒童和青少年的家庭所設計，參與的家長可透過12小時網上學習課程，瞭解家庭抗逆力的概念，並從而將家庭抗逆策略應用於日常生活當中；社區為本的家庭介入服務，則旨在透過小組和戶外活動，包括家庭歷奇訓練、家庭藝術體驗、家庭照相館及家庭靜觀歷程等創新活動，以提升家庭成員之間的正面溝通及互相支援的能力，讓他們能更樂觀地面對逆境。

除此之外，為進一步回應香港家庭的多元需要，本軍還向有需要的家庭提供額外支援服務，如：

家庭精神健康講座、親子創作歷程及親子戶外義工日等。



A 3-year collaboration effort of a university and NGOs, the Jockey Club Promoting Family Resilience Project provides online educational programmes and community-based professional intervention programmes to help families adapt to the ever-changing social environment in a holistic manner, build positive family beliefs, and cope with pandemic-induced stress positively. As the project is actively implemented by The Salvation Army's Chuk Yuen Children and Youth Centre, Lung Hang Children and Youth Centre, and other parties, nearly 900 families have benefited from the project, of which 308 are high-risk cases.

The project's online educational programmes are designed for families with children and teenagers. Through the 12-hour programmes, parents can learn about the concept of family resilience and then apply the resilience strategies in their daily lives. The community-based intervention programmes aims to make use of innovative outdoor group activities such as family adventure training, family art experience, family album, mindful journeys in families and more, to improve positive communication between family members and their ability to support each other, so they can be more positive in the face of difficulties.

Furthermore, in order to cater to the different needs of Hong Kong families, the Army also provides extra support services for families in need, such as family mental health seminars, family creative experience, family outdoor volunteer day, and more.





## 「SEN共融同樂日」義工活動 向SEN兒童和家庭送關愛

### Volunteer Service of the ‘SEN-Inclusive Fun Day’ Caring for SEN Children and their Families

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救世軍深信每位殘疾或特殊需要人士都擁有天賦潛能，每個家庭都蘊含着寶貴的資源和能量。因此，救世軍「結伴行」家長資源中心（中心）致力以「家庭為本」、「伙伴同行」的理念，為殘疾或特殊需要人士及家庭提供360度全方位專業支援服務，包括為服務使用者在社區中覓得同行伙伴，提供適切的支援和資訊，讓家庭成員間能攜手面對生活上的挑戰。中心同時亦會透過建立互助網絡及推廣社區教育，讓社會大眾了解殘疾或特殊需要人士及其家庭的需要和處境，從而營造互相尊重及關愛的社會。

早前，中心與 Crown Worldwide (HK) Limited（嘉栢環球有限公司）的義工隊，合辦「SEN共融同樂日」活動。義工們透過活動與有特殊教育需要(SEN)的小朋友作近距離接觸，並通過各類型工作坊及小遊戲，同時讓家長及小朋友一同耍樂，享受一個愉快歡愉的下午。

義工隊從各家長及小朋友的笑臉中獲得無比滿足，更明白每個孩子都有不一樣的特質，祈望能共同建構一個和諧共融的社會，彼此關愛。

At The Salvation Army, we believe that people with disabilities or special needs have their own talents and potential and each family has precious resources and energy. Therefore, The Salvation Army ‘Share-care’ Parents Resource Centre (Centre) is dedicated to providing all-rounded professional services for people with disabilities and special needs and their families with the family-oriented philosophy of companionship, including helping service users find companions in the community and providing appropriate support and information, so family members can work together to face the challenges in life. We also build a mutual-help network and raise community awareness to help the public learn more about the needs and circumstances of people with disabilities or special needs and their families in order to build a mutually respectful and caring society.

Earlier this year, the Centre cooperated with the volunteering team of Crown Worldwide (HK) Limited to host the ‘SEN-Inclusive Fun Day’. Volunteers interacted with children with Special Educational Needs (SEN) during the activities. Parents and children enjoyed different workshops and games, sharing a fun afternoon together.

The sight of the smiley faces of the parents and the children has made the volunteering team feeling satisfied. They felt deeply that every child has different qualities and hope that together we can build a harmonious and inclusive society in which we care for each other.



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# 心好月圓

中秋行動  
2023  
Mid-Autumn Festival Appeal



月餅捐贈  
Mooncake Donation



PAYME

誠邀你一同攜手在今年中秋節**分享愛心**  
為社區有需要人士帶來祝福和歡笑  
We sincerely invite you to donate, **share your LOVE**,  
and bring BLESSINGS and JOY to those in need  
this Mid-Autumn Festival