



走出無言的空間

“ 協康會於新界東、西兩區分別推行「自閉症兒童及早支援計劃」，提供言語治療及諮詢服務，收費只是私營服務的一成多，惠及300多名正苦候政府資助服務的自閉症兒童及其家人，被喻為家庭急救班。

恩 恩一歲半時仍未懂說話，以為他長一點情況就會有所改善，但隨著日子的過去，伍太太越來越發現他的表達能力遜於同齡小孩，心有所需卻有口難言，常以撞頭、哭鬧等方式來表達自己；眼睛清澈明亮，卻甚少與人有眼神接觸；偶有話語，但卻不切合情景，天氣晴朗時會幽幽的道：「下雨

了」；與家人不是答非所問，便是無法延續對話。

等了兩年，恩恩才獲評估為患有自閉症，伍太太形容得悉一刻心情非常複雜：「一方面心中的謎團解開了，知道兒子常鬧情緒是受自閉症所影響，是能力不足，而非任性妄為；另一方面又感到自責和徬徨無助，對未來感到絕望，只想第一時間把他藏起來，與世隔絕。」

協康會總幹事曾蘭斯強調：「自閉症兒童有社交障礙、溝通障礙及重複、刻板式的行為，雖然無法根治，但已有具實證的訓練方法，有效地幫助患者提升各方面的能力，減少不恰當行為的出現。而六歲前是治療的最佳時期，因為在這時期，兒童的腦部發展得最快，吸收能力亦是最好的。」



◀ 「語您同行——自閉症兒童及早支援計劃」啟動禮於2010年12月19日舉行



▲ 計劃包括家長工作坊及個別諮詢服務

公營需時 私營昂貴 協康施援

令人惋惜的是，仍在輪候政府學前特殊服務的兒童高達四千多人（截至2010年10月計），他們最少要等一年半至兩年才有機會得到訓練，當中屬於自閉症兒童的人數雖然沒有官方數字，但以協康會作為主要的服務提供者為例，轄下20多所特殊幼兒中心和早期教育及訓練中心所提供的2000個名額中，自閉症兒童人數便佔了三成。

在輪候政府服務期間，部分家長會為孩子安排私人專業治療，每節收費介乎港幣600至1000多元，倘若孩子每星期需要一節專業訓練，即使盡量減省日常生活的基本開支，費用仍然遠非低收入家庭所能負擔。

有見不少孩子白白錯過黃金訓練時間，協康會主動尋求自閉症兒童基金協會及其他善心人士贊助，於2010年10月在新界東區推出「『語』您同行——自閉症兒童及早支援計劃」，協助正在輪候政府資助服務的自閉症兒童。言語治療師會按兒童的學習能力及需要分組進行訓練，全期8堂，並提供家長講座及個別諮詢服務，讓家長認識兒童語言發展的階段，及教導他們如何提供適當的語言刺激，幫助改善自閉症子女的社交溝通技巧。收費只是私營服務的一成多，有經濟困難的家庭更可申請資助。

及早介入 經常練習 效果顯著

協康會高級言語治療師賴秀瓊指出：「自閉症兒童的語言問題若能及早發現和治療，將能更有效地改善其語言及溝通能力，長遠有助其學習、社交表現和情緒的控制。反之，若他們的語言能力原地踏步，甚至每下愈況，在沒有適當的語言來表達自己的需要時，他們可能會發展出一些不恰當的社交行為，如拍打別人、自殘等，情況更為不妙。」

言語治療師會因應自閉症兒童的語言能力，透過有趣及針對性的活動來提升其語言理解、語言表達和社交溝通能力，並教導家長掌握語言刺激的技巧。

賴氏解釋：「語言理解能力的提升，在於重複的語言輸入、清晰的指示、強調重要的字眼及給予兒童足夠的時間作回應；而表達能力的提高，則在於提供適當的語言示範，製造溝通的機會，增強兒童說話的動機，鼓勵他們多用語言來表達需要；至於社交溝通技巧的培訓，在於提供小組的環境，讓兒童學習與他人互動，學懂邀請、拒絕、讚賞、與朋輩一起進行活動等的技巧。」

賴氏並鼓勵家長在參與課堂時要了解活動背後的語言訓練目標，在日常生活中多加配合，如孩子要求食物時，可鼓勵他用句子來表達，若孩子未能自行說出句子，家長可給予適當的提示，並給予他們足夠的時間來思考和回應。

剛與恩恩完成課程的伍太，形容是項計劃立竿見影，強如「急救班」，讓她學懂如何在日常生活中製造溝通環境——不論做任何事，如吃飯、乘電梯、走路等，都會把所見所聞作教材，並運用手勢、聲音、觸覺等不同的提示方式，給恩恩時間思考及回應。「只個多月時間，恩恩已學懂與別人輪流分享，懂得觀言察色，在我疲乏的時候幫我按摩肩膀，甚至在銀行也能安靜地排隊，他真的明白我教導他的道理。這一切一切，讓我體會到我兒是有法得救的」她微笑道。

童言希望 計劃延展 全賴有您

在分享會上，不少家長均表示感激，並認為是項計劃為其家庭帶來珍貴而深遠的改變，不但挽救了個人瀕臨崩潰的情緒，也修補了夫婦、婆媳的關係，增進了婆孫之間的感情，連與會的贊助人也對受惠兒童的進展深表滿意。

本會亦得到李嘉誠基金會Love Ideas Love HK集思公益計劃贊助，於本年3月在新界西開辦「童言希望自閉症幼兒支援計劃」。曾蘭斯表示：「兩項計劃共提供300多個名額，盼望未來能得到更多熱心機構及善長支持，將有關計劃延展至全港各區，令更多正輪候政府服務的自閉症兒童家庭受惠。」

▶ Nick與學童在全港廚師精英大匯演上留影



◀ Nick創作首本漫畫冊為協康籌款

愛·改變世界

日本漫畫常以警惡懲奸、拯救世界為主題，自少受日本卡通薰陶的鍾卓倫（阿Nick）所創作的首本漫畫冊也不例外，只是細看之下，人如其書，卻發現更深入、更耐人尋味的一面。

這次訪談，源於案頭一本名為《愛·改變世界》的漫畫冊及夾附的捐款支票。作者阿Nick花了個多月的時間，構思劇本、繪畫漫畫、付梓、出售給親友，並將收益捐贈給協康會。

阿Nick最初構思創作一位小伙子成為大英雄拯救世界的故事，隨着作者本人經歷了一些轉變，筆下的主角也不再是單純地去逞英雄，而是對他人多了一份耐心和關心。「傷害人等於傷害自己，傷害人是沒有出路的，唯一的出路是去愛人，而愛是要付出的」他說。

愛不只是掛在唇邊，早於5年前，阿Nick已付諸行動。他常到協康會中心當義工，幫助學童進行拼圖、執筆寫字劃線等大小肌肉的訓練。當中一幕至今仍歷歷在目：「見到一名兒童的肌肉已萎縮得很嚴重，正在接受物理治療，面上表情苦樂交錯，一方面因拉筋痛楚而面容扭曲，另一方面卻對治療感到有趣好玩，令人又愛又憐。」

大小肌肉訓練之外，阿Nick也幫忙學童進食。「部分自閉症孩子因為鬧情緒，部分肢體弱能兒童因為身體機能較差，所以得小心餵食，只能一小口一小

口地餵，令我深切體會到父母長期照顧有特殊需要子女的辛酸。」

阿Nick也曾任籌募大使，走遍全港各區向公眾人士介紹協康會。曾遇過一位女途人在聽過簡介後滿臉疑惑，阿Nick隨即邀請她一同前往附近的協康會中心，當她親眼目睹有特殊需要的小朋友得到悉心治療後，深受感動，二話不說便馬上登記成為每月捐款者。

阿Nick表示，有特殊需要的孩子較少機會融入社會，家長很少帶其上街是其中主因，但普羅大眾也鮮有主動向這些弱勢社群表達關愛。他慨嘆：「作為香港人，我們又可有關心近在咫尺有需要的小孩呢？他們有些甫出生便比人少了一份能力，有智商不足的，也有肢體障礙的，他們都很需要適切的訓練和治療，惟政府資助卻遠遠落後於需求。」這是他選擇捐款給協康會的其中一個原因。

幫助有特殊需要的孩子有很多方式，如當義工、捐款、協助親友認識、關心和接納他們等。阿Nick寄語：「不用當救世的大英雄，只是日常生活中微不足道善行，幼吾幼以及人之幼，也能在自己、在他人的生命中留下深刻的痕跡。」為什麼？因為「愛·改變世界」。

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▶ 兒童接受深層軟組織治療



大腦痙攣

大腦痙攣（又名大腦麻痺、腦癱），是一種影響兒童的發展障礙，由出生早期腦部受損引致，影響腦神經的功能及發展，使患兒在多項身體功能及發展上有不同程度的缺陷，包括四肢的動作功能、口肌控制、眼球控制、感覺功能及一般學習的能力如專注力、記憶力、言語發展等。造成早年腦部缺損的原因很多，大部分由於出生過程延誤引致嬰兒缺氧，亦有因感染引起的腦炎、先天腦積水、腦瘤等。

大腦痙攣帶來的最大問題莫過於兒童的行動障礙，這障礙分為痙攣型、低張力型、隨動型及共濟失調型，其中以痙攣型最為普遍，視乎腦缺損的部位，痙攣影響患童全身、下身、半身或單一邊上肢，造成患童部分的肌肉不自控地過分收緊，而痙攣影響的身體部位多年後次生「軟組織緊縮」的問題，肢體長遠有機會變形。

物理治療師在治療大腦痙攣的過程中，往往花不少力氣對抗兒童軟組織緊縮的問題，而常用的技巧包括被動式肢體活動（俗稱拉筋）、運用器材為兒童定位等，其中以前者最為常用，治療師亦會教導家長在家中繼續訓練，但不少兒童因感到痛楚而大哭及抗拒接受治療，家長見此亦感到痛心及無助。

引入深層軟組織治療 效用媲美傳統療法

由08年開始，協康會經Diamond Design Ltd 阮莉莉女士的捐助下，開始引入深層軟組織治療（Endermotherapy）。深層軟組織治療是透過LPG Cellu M6 Keymodule-I治療儀器的負壓吸力、機動滾輪及震動功能，於皮膚上產生深層的牽、拉、扭、捏及滾的按摩動作，來伸展身體的軟組織（包括皮膚、筋膜及肌肉）及推動淋巴系統的循環。協康會高級物理治療師阮麗麗表示：「與傳統被動式肢體活動相比，深層軟組織治療對軟組織緊縮問題同樣有效，效用更持久，由於使用的力度較均勻，本會物理治療師臨床觀察到，運用此儀器為有肌肉

緊縮的兒童作伸展時，兒童表現較鬆弛及舒適，增進了治療的成效。」

摒除門戶之見 以實證為本

該儀器原先是用作燙傷患者的除疤治療，並非專門用作物理治療的，然而，摒除畫地自限、故步自封的觀念，懷着大膽假設、小心求證的態度，協康會物理治療團隊於2010年7月與香港理工大學康復治療科學系聯手，為54名患有大腦痙攣、自閉症及發展遲緩的學童進行療程比較，以確定這儀器是否有助舒緩深層軟組織，為臨床應用提供實證基礎。研究證實深層軟組織治療的效用媲美傳統治療手法，結果已在2010年10月的第六屆泛太平洋康復研討會內發表。在The Beauty Group的贊助下，協康會轄下三間位於東涌、水邊圍及大窩口的中心現已分別添置儀器，為有需要的兒童進行治療。



◀ 治療前肌肉緊縮

▶ 治療後肌肉緊縮度減輕



▶ 幼兒感知動作發展遊戲小組全面
關顧幼兒的成長



慎選遊戲小組 孩子愉快成長

遊戲小組 (playgroup) 近年如雨後春筍，令不少家長趨之若鶩。是否參加愈多遊戲小組，便愈有利孩子成長呢？協康會資深職業治療師翁桂香指出：「同時參加多個小組、興趣班，孩子難有時間去消化和鞏固所學，一旦慣於被動地接受訊息，效果只會適得其反。」既然如此，慎選合適的遊戲小組，重點投入參與，才是精明之道。

0-2 歲是感知動作發展階段，幼兒主要透過感知動作來體驗、認識事物。這階段的遊戲小組應着重給予幼兒足夠的感知刺激，促進其腦神經的突觸延展、腦部發育及整體發展。

給予足夠的感知刺激

協康會開設的幼兒感知動作發展遊戲小組，由資深職業治療師設計和帶領，透過刺激視覺、聽覺、觸覺、前庭覺（即搖晃的感覺）及本體覺（即肌肉、關節的感覺），提升孩子整體的發展；也通過與同儕的互動，促進其社交技巧發展。同時，治療師讓幼兒自行進食、洗手、除鞋襪等，學習自理；並教導幼兒安坐、聽從指令、舉手表達需要、玩玩具的技巧等，提高他們上幼稚園的適應力。這些小組均以親子遊戲形式進行，有助促進親子關係，讓家長掌握處理孩子行為問題的方法。

隨成長階段調適內容

孩子不斷成長，遊戲小組的內容亦應有所調適，以促進其能力發展到應有的階段，幼兒感知動作發展遊戲小組便具備這個特點。舉例而言，在玩玩具技巧方面，半歲至1歲的幼兒會在成人協助下玩一些操作簡單的玩具；而1-2歲的孩子開始學習聽指令，自行選取玩具後專注地玩；對2-3歲的



盪鞦韆能給
予幼兒前庭
覺刺激

孩子，導師會營造課堂的環境，讓孩子學習規則，並在玩完玩具後收拾妥當等。職業治療師亦不時提示家長，其育兒技巧應與孩子的成長階段並進，如在孩子1歲前，餵吃蘋果蓉；到1歲後，便應給他較軟的食物自行咀嚼，以助其口肌功能發展；到兩歲後，更可讓他自行進食一般食物。

辨識孩子發展障礙

孩子發展遲緩，遊戲小組導師如能及早辨識，可有助及早治癒。在小組內，職業治療師會向家長講解個別歲數應有的能力，並就兒童的表現給予家長建議。翁桂香表示：「5年來辨識了不少自閉症、言語障礙、發展遲緩的個案，並轉介他們到政府接受評估；曾有家長經指導進行家居訓練，其孩子最初有發展遲緩，後日益進步，最終趕及同儕的進度。」



鼓勵孩子多探
索、多嘗試

鼓勵多探索、多嘗試

遊戲小組歷時短短數十分鐘，若家長能在生活中應用所學，自然事半功倍。翁桂香認為，家長應鼓勵孩子多探索周遭環境，如到公園盪鞦韆等，給予孩子適當的前庭覺和本體覺刺激。若有家傭，家長亦要特別留意孩子的自理能力發展。孩子一般到一至兩歲會充滿好奇心，很想自行吃東西、穿衣服等，若為免麻煩而不讓他們嘗試，到4、5歲後，他們便會習慣依賴成人，失去自理的動機。

剛與兒子修畢幼兒感知動作發展遊戲小組的林先生分享：「坊間有些小組收生達30多人，導師具幼兒教育經驗，但未必有專業治療知識，亦無暇兼顧個別幼兒的進度。」對於協康會的遊戲小組，他卻有另一番體會：「每組最多收8對親子，設施新穎，治療師會親自指導每個幼兒，向家長細心講解背後的原理和需留意的細節。我和兒子都玩得很開心和投入，意猶未盡呢！」

有關幼兒感知動作發展遊戲小組的資料，請瀏覽協康會青蔥計劃網頁<http://slp.heephong.org>。

贊助及籌款動向



▲ 宏利慈善基金
捐設歷奇天地



▲ 和記電訊香港
捐助本會學童



◀ 恒生銀行
贊助本會節
慶活動

第20屆全港廚師精英大匯演6月舉行

今年踏入第20屆的「全港廚師精英大匯演」定於2011年6月2日（星期四）晚上六時至九時假香港君悅酒店舉行，全城數十間高級酒店、餐廳和酒商將滙聚一堂，預備佳餚美酒任君品嚐，餐券收益將捐助本會家長資源中心服務。預訂餐券詳情，請留意本會網頁。

賣旗活動圓滿結束 感謝各界支持

協康會2010/11年度賣旗日已於12月4日在港島區順利舉行，得到3,000多名義工鼎力襄助，連同金旗善款，為本會家長資源中心籌得逾港幣90萬元，感謝各位的支持。

宏利慈善基金捐設「歷奇天地」

宏利慈善基金慷慨捐贈港幣約40萬元，贊助順利中心成立「歷奇天地」，並於年初正式啟用。本會亦成功申請攜手扶弱基金等額資助，為王石崇傑紀念中心增設「歷奇天地」，令九龍東區更多兒童得到適切的物理治療。此外，宏利亦贊助順利中心美化外牆，並於1月15日派出義工隊與學童攜手完成壁畫，令中心外觀煥然一新。

natures purest 迷你聖誕樹義賣籌款

「有機天然彩棉」嬰兒用品專門店natures purest第三年為協康會舉行義賣，在剛過去的聖誕節特別於荷蘭新鮮進口迷你聖誕樹在三間門市慈善義賣，在不扣除成本下，將銷售所得港幣8萬元全數撥捐本會，幫助有特殊需要的兒童及其家庭。

佳節送暖

聖誕佳節前夕，不少商界伙伴為本會學童送上關懷。和記電訊香港除慷慨捐出港幣5萬元支持本會服務發展外，更於2010年12月17日組織義工隊伍帶備小禮物，探訪王石崇傑紀念中心，與中心學童歡度聖誕。

恒生銀行贊助本會港島區三間中心於12月20日合辦大型慶祝聖誕活動，當日500名兒童及其家人先往數碼港觀賞卡通動畫，之後到香港仔珍寶海鮮舫享用午餐，銀行派出多位義工協助。是次活動讓有特殊需要兒童得以豐富社區生活體驗，並與家人預先慶祝了一個難忘的聖誕節。

理工大學設計學院合作項目

理工大學設計學院學生在導師帶領下，與協康會合作完成多個設計項目，包括創作電子賀卡、服務簡介動畫、協康匯訊電子版、自閉症宣傳教育短片以及DIR®地板時間簡介短片，協助外界加深了解發展障礙兒童的需要及本會服務。歡迎到www.facebook.com/heephong瀏覽這些創意作品。☺

▶ 理工大學為本會
製作宣傳教育短片



◀ natures purest
舉行義賣籌款



◀ 酒店義工裝扮成傳說人物，與學童預祝中秋節

▲ 首創平治聖誕禮物慈善抽獎

行善也求至善 —— 港島香格里拉大酒店

港島香格里拉大酒店自成為協康會的企業夥伴以來，不斷推陳出新、以不同方式為有特殊需要兒童送暖，充分體現其關懷為本、力求創新的企業文化。

繼 2009年拍賣珍藏名釀為協康會籌得40萬港元後，港島香格里拉大酒店於2010年12月與梅賽德斯——奔馳香港有限公司合辦平治聖誕禮物藍慈善抽獎。副總裁及總經理葛寧（Darren Gearing）表示：「希望籌款總額更勝去年，為有特殊需要兒童提供更好的訓練設備。」酒店的員工亦為善不甘後人，積極向客人、朋友銷售獎券，眾志成城再創佳績，善款總額達60萬港元。

慶祝節日 寓教於樂

酒店人力資源部亦為本會弱能兒童細心策劃節日慶祝活動，在剛過去的中秋節，他們款待灣仔及環翠兩間中心的學童，二十多位來自不同部門的員工下班後到處物色古代裝束，打扮成嫦娥、后羿、玉兔、猴子等，演活「嫦娥奔月」的古代傳說。他們為學童設計多個精彩的遊戲，包括射月、傳球、過山洞、接燈籠等，又精心炮製了美食，照顧學童用餐，最後還向每名學童贈送月餅。

酒店的員工還親自到訪協康會中心探訪學童，且不忘寓教於樂，自製食物金字塔道具，幫助學童認識不同食物的營養；並收集酒店客房內的膠樽、鋁罐和紙巾盒，向學童灌輸環保分類的意識；之後將用品循環再用，與學童一起創作小手工。整個探訪過程佈滿員工慎密的心思。

與童同樂 關懷青年

於每年一度的聖誕節亮燈儀式，酒店亦邀請本會學童上台表演，共度佳節之餘亦加強社會人士對他們的接納和認識。港島香格里拉大酒店亦深明有發展障礙的青年需要職場體驗及融入社會的機會，主動聘請本會兩名自閉症青年參與月餅包裝的工序，事前更向部門主管及同事講解自閉症青年的特性及與他們共事的技巧，協助他們適應工作環境。

此外，港島香格里拉大酒店亦積極響應本會賣旗及全港廚師精英大匯演等各項活動，並長期舉行玩具熊慈善義賣，為協康會籌款。憑藉他們酒店全人精益求精、待人以誠的熱忱，定能令協康會更多有特殊需要兒童及其家人受惠，進一步推動和諧共融的社會。



▲ 邀請本會學童在聖誕節亮燈儀式上表演

鳴謝下列善長 * 慷慨捐助本會 (排名不分先後)

- 自閉症兒童基金協會
- 匯俊達人培訓學會突破27及29團隊
- 迪生貿易(亞洲)有限公司
- Ms Esther Wong
- Fung Yuet Ngor Charitable Foundation
- 香港哥爾夫球會慈善基金有限公司
- 和記電訊香港
- 李嘉誠基金會 Love Ideas Love HK 集思公益計劃
- Mr Lin Kwok Keung
- 宏利慈善基金
- 三井住友海上火災保險(香港)有限公司
- 鍾卓倫先生
- 楊國樑先生

* 於2010年10月至2011年2月捐款10,000港元或以上



▲ 3-8月的「專業進修及家長教育課程」正接受報名

▶ 5愛心項目全獲贊助，全面提升學童能力



◀ 認識幼兒學習障礙系列家長講座門券於3月19日開始免費派發



最新一期「專業進修及家長教育課程」 接受報名

3至8月的「專業進修及家長教育課程」推出多個全新設計的課程，包括為自閉症兒童家長而設的「提升運動智能Step By Step」講座、「提升兒童執行功能」工作坊和「自閉症兒童“傳”方位解

難」講座；同時亦新增了「特殊需要兒童之針灸治療」專題講座及「詞彙學習有妙法」家長工作坊，歡迎報名參加，詳見本會網頁。

環翠中心新翼落成 提供額外學額

柴灣的環翠中心快將完成擴建工程，改善擠迫的教學環境及添置訓練設施，為84名有特殊需要兒童提供學額，並為輪候中的兒童提供支援服務；由於有關設施將於周末及長假期對外開放，通過中心舉辦的各項社區適應活動，預期可惠及區內約200名兒童。

「The SCERTS® Model 工作坊」5月舉行

SCERTS® Model是嶄新的訓練模式，因應自閉症兒童在社交溝通、情緒調節和學習支援上的需要，提供有系統的評估方法，並列出詳細的訓練目標。協康會將於5月23-24日舉行「The SCERTS® Model 工作坊」，詳情及報名方法請瀏覽本會網頁。

認識幼兒學習障礙講座費用全免

協康會與香港中央圖書館於4月合辦三場家長講座，由本會教育心理學家、職業治療師及特殊教育老師分別主講「提升幼兒語文學習能力」、「親子伴讀：協助讀障學童的妙方」和「幼兒書寫能力的發展與預備」。中央圖書館於3月19日起免費派發門券，查詢請電2921 0385。

ADHD 學童——「全方位支援」家長講座

為了支援專注力不足過動症（ADHD）學童，本會將於六月舉辦「ADHD學童——全方位支援」家長講座，費用全免。每位參加者均可獲贈由優質教育基金贊助、本會編製的《ADHD學童全方位校本支援家長手冊》乙份，詳情請留意本會網頁。

山東培訓班舉辦成功

為幫助山東濟南及鄰近地區自閉症服務的發展，本會應山東殘聯的邀請，於去年12月18-20日派出多位資深特殊教育老師為當地教師提供一連三天的培訓課程，講解自閉症兒童的評估及結構化教學之應用，參與的70多位老師均表示獲益甚豐。

五愛心項目全獲贊助 全方位提升學童能力

本會向李嘉誠基金會Love Ideas Love HK集思公益計劃遞交5個愛心項目，獲全體員工及各方友好熱心投票，終在千多個項目中脫穎而出，全部當選，獲贊助總額近65萬港元。所有項目將於2011-12年間開展，提升有特殊需要的學童在社適、藝術、創意、社交和言語方面的能力和表現，總共惠及1500名學童及其家人。感謝各位的支持！



Coming out of the Speechless World

“ *Heep Hong Society launched the Support Programme for Children with Autism in the East and West New Territories respectively. Through the provision of speech therapies, parent workshops and consultation services, over 300 autistic children waiting for government-funded training and their families will benefit from the programme, which charges 90% less than that of the private sector.* ”

Since 18-month old, Yan's verbal communication ability has not come close to his peers. He resorted to hitting his head and making a scene to get his needs across. His sparkling eyes seldom made contact with others. He might say a few words but the words rarely match the context.

Two years elapsed before Yan was given an assessment. When Yan was diagnosed with autism, Mrs Ng's world was turned upside down. She said, "The puzzle was solved when I realised that his communication and behavioural problems were developed from autism; but my heart sank as I learned that autism is not curable. My instant thought was to keep him hidden."

Mrs Nancy Tsang, Director of Heep Hong Society, remarked, "Children with autism are characterised by social and



▲ The Speech Support Programme for Children with Autism in the East New Territories was officially launched on 19 December 2010



◀ Parent workshops and individual consultation are provided

communication problems and repetitive behaviours. Though not curable, there are proven treatment approaches to enhance their abilities, and reduce improper behaviours. Years before six, when their brain wiring develops at the fastest pace, represent the best time for intervention."

Heep Hong Offers Timely Help

Regrettably, as at October 2010, over 4,000 children with special needs were in the queue for pre-school training services subsidised by the Government. The majority of them have to wait their turns for 1.5 to 2 years and might have missed the best time for intervention. How many children in the waiting list are with autism? No official figures have been disclosed, but taking Heep Hong Society, the sector leader, as an example, out of 2,000 students being trained at its 26 special child care centres and early education and training centres, children with autism accounts for 30%.

While waiting for government-funded services, some parents would seek private therapies, which cost HK\$600 to HK\$1,000 or more per session. Such expensive fees are far beyond the means of most low-income families.

Sponsored by the Autism Children Foundation and other donors, Heep Hong launched the Speech Support Programme for Children with Autism in the East New Territories in October 2010. Under the programme, eight group sessions of speech therapy are given to children with autism on the waiting list. Workshops and individual consultation services are also provided to enable parents to train their children's social communication skills outside classes. The programme is charged at around one tenth of the private market rate, and further sponsorship is available for families with financial difficulties.

Early Intervention & Daily Practice Essential

Why is speech therapy employed as the first step of intervention in this programme? Ms Yvonne Lai, Senior Speech Therapist of Heep Hong, stated, "Speech ability is inextricably linked with cognitive, social, emotional and behavioural management skills. If early speech intervention sets in, children's performance in those areas would also be enhanced. In the long run, it helps reduce their needs for rehabilitation services and special education, and enable them to live an independent life. On the contrary,

if the speech problems were untreated, their verbal communication ability would remain where it is, and even deteriorates to the extent that self-mutilation is applied to express their dissatisfaction."

Speech therapy starts with the existing stage of speech development of the children. Through intriguing activities, the therapist enhances their comprehension, expression and social-communication skills, and equips parents with skills to stimulate the speech development of their children. "Comprehension ability is enhanced through clear instruction and emphasis of key words; expression ability is upgraded via demonstrations and strengthened motivation; social-communications skills are improved through invitation, appreciation and answering requests in group activities. Parents are encouraged to practise what has been learnt in classes, and keep describing the surroundings to children, and patiently wait for children's responses," Yvonne explained.

Having completed the programme, Mrs Ng considered it as "a first-aid class", whereby she had learnt to communicate with Yan through gestures, intonation, multi-sensory means in all daily situations. "In just two months, Yan has learnt to share with others and observe the facial expressions of others. He even gave me a shoulder massage when I was tired. Twice in the bank, he lined up quietly. Clearly, he understands what I have told him. The progress my son has made gives me hope," Mrs Ng smiled.

Count on You for Extension of Support Programme

The Programme has transformed many families, lowering the anxiety level of parents, and repairing the broken relationship between spouses, children and their grandparents. The sponsor was also satisfied with the progress children had made.

In March 2011, sponsored by the Love Ideas Love HK programme of the Li Ka Shing Foundation, Heep Hong will launch a similar programme in the West New Territories. Together with the one in the East New Territories, a total of 300 children with autism and their families will benefit. "We hope to get support from more donors so as to sustain and extend the programme to all districts in Hong Kong and provide immediate support to more children in line for services," Nancy kept her fingers crossed. 🙏



► Nick and Heep Hong children at Great Chefs



◀ Nick created his debut comic book to raise funds for Heep Hong

Love • Changes the World

Japanese comics always centre on penalising the evildoers and rescuing the world. The first comic book created by Mr Nick Chung is apparently under the same influence. Yet, by taking a closer look, you will find something deeper and different.

At the outset, Nick intended to tell a heroic story. As life goes on, his heroic figure is no longer obsessed with heroism, but driven by humanism. "Hurting others entails hurting oneself. The only way out is love, and in action," Nick said.

As early as 5 years ago, Nick had begun to live out his belief. He rendered voluntary services at centres, assisting children in playing puzzles, drawing and other gross motor training. He remarked, "I can never forget the facial expression of a child with cerebral palsy undergoing treatment. At one moment, he looked amused when he's being helped to move and at another moment, he was in agony because passive stretching caused severe pain."

Nick also helped with feeding children at centres. "Some autistic children easily lost their temper. Some physically handicapped children were short of strength and could only be spoon fed slowly. This made me realise the difficulties parents confronted with in caring for their children with special needs year after year."

In another capacity, Nick had served as a fundraising ambassador going around Hong Kong to introduce Heep

Hong to the public. Once there was a lady who looked full of doubts after listening to his introduction. Nick, immediately, invited her to visit a Heep Hong centre nearby. Witnessing the needs of and training received by children, the lady was moved to become a supporter of the monthly donation programme.

Some families seldom bring their special needs children out due to various concerns. Nick called on the public to take the initiative to care for them. He said, "Compared with their normal peers, some children are born handicapped, either mentally or physically, and are in dire need of timely training and support. Unfortunately, the funding from the Government is far from sufficient." That's one of the reasons he made personal donations to Heep Hong.

Help could be offered in many ways, including volunteering, donation and community education. Nick said, "No need to be a hero. Doing good in every small ways could leave big marks on the earth." Why? Because "Love • Changes the World" as the book title spells out. 🌍

Charity listed on
WiseGiving
惠施 • 慈善機構

Cerebral Palsy

Cerebral palsy is a developmental disability caused by damage to the sensorimotor control areas of developing brain in early years of life, resulting in abnormal motor movement including oral and visual motor control, disturbances of sensory systems and other learning capabilities, such as concentration, memory and speech development. The brain damage may be attributed to the hypoxia of the brain during labor, infection caused by encephalitis, inborn hydrocephalus and tumors.

The major problem caused by cerebral palsy is abnormal movement ability, which is divided into four classifications, namely the spastic, hypotonic, ataxic and athetoid cerebral palsy. The most common type is spastic cerebral palsy, which can impair all four limbs, lower extremities, one side of body or one single limb, depending on the region of brain damage. Children with spastic cerebral palsy are characterised by hypertonic muscles in some part of the muscle groups while others have weak muscular control. This abnormal control pattern will lead to soft tissue tightness (STT) and deformities in the long term.

Physiotherapists who work with children with cerebral palsy always struggle against STT. The treatment techniques used to handle STT include positioning and joint mobilisation and passive stretching, which is most frequently used, also at home by parents. Unfortunately, passive stretching is not welcomed by children as severe pain is caused during the treatment. Parents are also left with helplessness in view of this.

Effect of Endermotherapy Comparable to Conventional Treatment

Sponsored by Ms Yuen of Diamond Design Ltd., a corporate partner, Heep Hong Society started to use endermotherapy to decrease STT since 2008. Endermotherapy is a soft tissue mobilisation treatment by the application of LPG Cellu M6 Keymodule I machine. Through treatment heads of different sizes, the machine gives a combination of powerful vacuum suction, skin rolling and vibration on fascia. Ms Lily Yuen, Senior Physiotherapist of Heep Hong, said, "The effect of endermotherapy is comparable to and more long-lasting than conventional manual passive stretching. In



addition, based on clinical observation, children felt much less pain during the treatment than manual stretching."

The machine was designed originally for scar treatment of burn patients in France, and not specified for physiotherapy. To find out the effect of endermotherapy on passive range of motion in children with cerebral palsy and other developmental disabilities, the Physiotherapist Team of Heep Hong Society conducted a research study with the Rehabilitation Science Department of the Hong Kong Polytechnic University from January to July 2010. The research results, showing that the immediate effect of endermotherapy and manual stretching is comparable, were presented at the 7th Pan-Pacific Conference on Rehabilitation on 24 October 2010. Sponsored by the Beauty Group, three LPG machines are in use at Tung Chung Centre, Shui Pin Wai Centre and Tai Wo Hau Centre for children with cerebral palsy and other special needs. 📄



◀ Soft tissue is tight before endermotherapy

► Soft tissue tightness is improved after endermotherapy



► Sensorimotor playgroup facilitates holistic development of children



To Play to Go Far

In recent years, there has been a surging demand for playgroups. Is attending more playgroups necessarily good for kids? Ms Karan Weng, Occupational Therapist of Heep Hong, said, "Attending many playgroups and interest classes at the same time will leave children with no time to digest and consolidate what they have learnt. They will end up receiving information in a passive manner." As such, the key to success lies in picking the right one and focusing on it.

According to Piaget's theory, children aged up to 2 acquire knowledge of the world through sensory perceptions and motor activities. Playgroups for this age group should centre on giving sensory stimulation in a bid to build up the synapses, whereby a neuron can pass messages to another neuron, and facilitate holistic development.

The sensorimotor playgroups, designed by experienced occupational therapists of Heep Hong, serve these purposes. Through sensory activities consisting of visual, auditory, touch, proprioceptive (joint sensation) and vestibular (body balance) stimulations at the appropriate developmental levels, these playgroups can facilitate the holistic development of kids and enhance their social skills through interaction with other kids. On top of that, kids also learn the basic self-help skills such as self-feeding, washing hands and simple dressing. To prepare these kids for kindergarten, therapists will also facilitate them to pay attention, follow simple commands, raise their hands to express their needs and develop appropriate play skills in a group situation. Parents are invited to take part in the playgroup to strengthen the parent-child relationship and learn ways to tackle children's behavioural problems.

Progressing along Developmental Stages

One special feature of these sensori-motor playgroups is that the content is adjusted according to the developmental stages of children. Take playing with toys as an example, kids aged 6 months to 1 year are given simple toys to play in the company of adults; while those aged 1 to 2 are encouraged to follow commands, choose the toys that they like and play attentively; and those aged 2 to 3 learn to observe rules in a classroom setting and tidy up the toys after play. Parents are also reminded to adjust their parenting styles as their children develop. For example, kids fed



▲ Encouraging exploration

on blended foods in the first few months should be given soft solid foods to learn how to chew after 1 year old to facilitate their oral motor development. Starting from the age of 2, they can learn to self-feed with ordinary food.

Help Identify Signs of Delay

Given early identification, children with developmental problems have a good chance of recovery. In the playgroups, occupational therapists educate parents on the skills that children develop at each developmental milestone, and to watch for signs of developmental delays. Karan said, "Over the last 5 years, we identified a number of cases of autism, attention deficit and hyperactivity disorder, speech delay and global developmental delay, and referred them to the Government for assessment. Some borderline cases showed signs of improvement and even caught up with their peers after practising home training activities suggested in the playgroups."



▲ Playing on swings could give rich vestibular and proprioceptive stimulation

Encouraging Exploration & Trying

It is important for parents to practise what has been learnt in the playgroup. Karan encouraged parents to bring their children out for exploration with all their sensory means. A simple activity like playing on the swings could give rich vestibular and proprioceptive stimulation to children. Besides, parents should pay attention not to hinder the self-care development of their kids, in particular if a domestic helper is hired. In general, children are full of curiosity when they reach 1 to 2 years old and eager to try eating, dressing and tidying by themselves. If adults deprive them of the opportunities for the fear of troubles, children will get used to be dependent and lose their drive to take care of themselves when they get older to 4 to 5 years old.

Mr Lam, who has recently attended the sensorimotor playgroups with his son, said, "Some playgroups admit as many as 30 children and parents. The instructors may not have therapeutic skills or sufficient time to attend to individual needs. The playgroups offered by Heep Hong take no more than 6 to 8 pairs of children and parents. They have professional and advanced training facilities. The occupational therapist pays attention to individual children and explains in detail the rationale behind each game and activity. My son and I take much delight in attending the playgroup!"

For information of sensorimotor playgroups, please visit the website of the Supportive Learning Project of Heep Hong at <http://slp.heephong.org>.

Sponsorship & Fundraising Events



▲ Manulife unveiled Adventure Land at Shun Lee Centre



▲ Hutchison Telecom Hong Kong visited Mary Wong Centre



◀ Hang Seng Bank sponsored the Christmas social adaptation programme

The 20th Great Chefs to be Held in June

The 20th Great Chefs will be held on 2 June 2011 (Thursday) from 6:00 to 9:00 pm at Grand Hyatt Hong Kong. Extravagant food and beverage will be served by over 35 top hotels, restaurants and beverage sponsors with proceeds going to Heep Hong's Parent Resources Centres. Ticket information will be available at www.heephong.org.

3,000 Volunteers Helped at Flag Day 2010/11

More than 3,000 volunteers participated in Heep Hong's Flag Day on the Hong Kong Island on 4 December 2010. The event successfully raised more than HK\$900,000 for our Parent Resource Centres. Thanks for your support!

Manulife Unveiled Adventure Land at Shun Lee Centre

Thanks to a HK\$400,000 sponsorship from the Manulife Charitable Foundation, an Adventure Land was established at Shun Lee Centre and commenced service in January. A matching grant was also successfully sought from the Partnership Fund for the Disadvantaged to set up another "Adventure Land" at Mary Wong Centre. Besides, Manulife also sponsored and helped with the mural painting at Shun Lee Centre.

natures purest Charity Sale

The specialty store of organic baby products, natures purest, launched a charity sale for Heep Hong for the third consecutive years. The company sold mini-Christmas trees imported from Holland at its three stores and donated all proceeds, totalling HK\$80,000, to Heep Hong in support of children with special needs.

Festive Celebrations

Hutchison Telecom Hong Kong made a donation of HK\$50,000 to Heep Hong and visited Mary Wong Centre with Christmas gifts for children on 17 December 2010.

Hang Seng Bank sponsored the Christmas Social Adaptation Programme of Hong Kong region with a donation and a team of volunteers. Some 500 children and their family members watched a movie at CyberPort and enjoyed lunch at Jumbo Floating Restaurant in celebration of Christmas.

Cooperation with School of Design, PolyU

Students from the School of Design, Hong Kong Polytechnic University, helped Heep Hong design an e-communication package, e-greeting cards and several videos. The design works are available for viewing on www.facebook.com/heephong.

▶ PolyU students produced videos for Heep Hong



◀ natures purest held a charity sale for children with special needs





▲ Staff volunteers celebrated the Mid-Autumn Festival with Heep Hong children



▲ The "A" Hamper Fundraising Raffle



▲ Heep Hong children performed carol singing

From Good to Perfection – Island Shangri-La, Hong Kong

Island Shangri-La, Hong Kong entered into partnership with Heep Hong in November 2009. Since then, through a wide spectrum of charitable causes for the benefit of children with special needs, the Hotel has honored its corporate culture as being caring and innovative.

On the heels of a HK\$400,000 donation raised from an auction of an exclusive collection case of wines in 2009, Island Shangri-La pioneered an "A" Hamper Fundraising Raffle in partnership with Mercedes-Benz Hong Kong in 2010. Mr Darren Gearing, Vice President & General Manager of the Hotel, expressed, "We hope to surpass last year's donation so that better training facilities can be purchased for the benefit of children with special needs and their families." Staff members of the Hotel also took the initiative to promote ticket sales to clients and friends. Exceeding all expectations, a total of HK\$600,000 was raised.

Educational & Entertaining Activities

In celebration of the Mid-Autumn Festival, Island Shangri-La relived the legend of "the Lady in the Moon" for Heep Hong children. Some 20 staff volunteers sourced costumes and props after work hours, and dressed themselves in legendary figures at the Mid-Autumn Festival party. They also prepared exciting games, such as shooting arrows, going through tunnels and carrying lanterns in relays. Children were received with delicious dishes and presented with a box of moon cakes to bring home to their families.

As enlightening as it could be, the staff volunteers also devised educational games to play with children with special needs during their centre visit. They imparted nutritional knowledge to the kids with the aid of a hand-made food guide pyramid; and collected used cans, plastic bottles and

tissue boxes ahead of time to help the children separate waste for reuse and recycling. After that, they made handicrafts out of the materials with the children.

Chances to Shine for Children & Teenagers

At the Hotel's annual Christmas tree lighting ceremony, Heep Hong children were invited to perform festive songs for guests from the business and social community. To promote social acceptance and understanding of people with special needs, the Hotel also provided job opportunities for two autistic teenagers to take part in moon-cake packaging. Briefings were given to management across divisions to familiarise them with the characteristics of those teenagers and the ways to work with them.

The Hotel also took part in Heep Hong's Flag Day, the Great Chefs and other charitable causes. Leveraging their innovative and caring culture, the Hotel is poised to make further contribution towards building a more inclusive society and help more children with special needs. 🇮🇵

Special thanks go to the following donors*

- Autism Children Foundation
- Breakthrough Classes 27 & 29
- Dickson Trading (Asia) Company Limited
- Ms Esther Wong
- Fung Yuet Ngor Charitable Foundation
- The Hong Kong Golf Club Charitable Foundation Ltd.
- Hutchison Telecom Hong Kong
- Li Ka Shing Foundation – Love Ideas, Love HK
- Mr Lin Kwok Keung
- Manulife Charitable Foundation
- MSIG Insurance (Hong Kong) Limited
- Mr Nick Chung
- 楊國樑先生

* which made donations of HK\$10,000 or above to Heep Hong between October 2010 and February 2011.



▲ The latest Professional Training and Parent Education Programme is open for enrollment

▶ Free talks on developmental problems



◀ Heep Hong projects voted tops



Professional Training and Parent Education Programme Open for Enrollment

The latest "Professional Training and Parent Education Programme (March - August)" is open for enrollment. A number of professional courses on physical and sensory integration training, and support for children with dyslexia, ADHD, and parent workshops on support for autistic children, eye-hand co-ordination, and vocabulary learning will be held. Further details are available at www.heephong.org.

Parent Seminar on Support for Children with ADHD

A parent seminar on support for children with attention deficit and hyperactivity disorder (ADHD) will be held in June. Admission is free. All participants will be given complimentary copies of a parent's handbook on the subject sponsored by the Quality Education Fund.

Wan Tsui Centre Expanded

Wan Tsui Centre will complete its expansion soon to serve 84 children and provide support services to 100 children on the waiting list. The facilities will also be open to public on weekends for social adaptation activities and benefit another 200 children in the district.

2-Day Workshop on the SCERTS® Model

The SCERTS® Model is a new, innovative approach that offers a framework of specific goals and procedures for assessment and educational programming for children with autism. A two day workshop on the SCERTS® Model will be held by Heep Hong Society in May. Details are available at Heep Hong website.

Free Talks on Developmental Problems

A series of parent workshops on language learning will be jointly organised with the Hong Kong Central Library in April. The talks will be conducted by Heep Hong's educational psychologist, occupational therapist and special child-care teacher. Free tickets will be available from 19 March. Enquiries: 2921 0385

Heep Hong Projects Voted Tops

Thanks to the support of partners, donors, volunteers and parents, Heep Hong succeeded in obtaining a total grant of nearly HK\$650,000 from the Love Ideas Love HK programme to implement five new projects to provide 1,500 children and parents with a broad spectrum of training and support services in year 2011-2012. 🎉

Training Course in Shandong Held Successfully

A number of experienced teachers of Heep Hong Society were invited by Shandong Disabled Persons' Federation to conduct a three day training course on assessment and TEACCH for 70 teachers during 18-20 December 2010.

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