

靈感 HAVEN OF HOPE NEWS

113
2024

復康之旅 重塑生命

JOURNEY TO RECOVERY AND
RESHAPE LIFE



ESG與靈寶

ESG AND HAVEN OF HOPE

香港的安老：人工智能和
機械人的新時代

HONG KONG'S ELDERLY CARE:
A NEW ERA WITH AI AND ROBOTICS



基督教
靈寶
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HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

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Haven of Hope Christian Service

異象禱詞 Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。

God, together we serve and grow, witness the Gospel and experience Your love. May you be satisfied. Amen.

使命 Mission

透過關懷全人的事工，我們致力與人分享福音及建立基督教社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Through a ministry of holistic care, we strive to share Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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WORDS FROM CEO

行政總裁的話

親愛的靈感讀者：

十年前，我在騎單車訓練期間遇到意外，導致右大腿骨骨折，需要接受手術治理，及後積極進行物理治療，終於成功康復，可以繼續過正常生活，也能夠像昔日一樣勤做運動。這次意外使我深刻體會傷病對身體機能 and 日常生活造成的影響，同時讓我親身感受到復康服務的重要。

復康服務是靈實四大服務之一，機構早於1960年設立楠森復康院，為病情受控的肺結核病人提供復康療程，開展復康服務。機構一直緊貼社會的發展和需要，致力擴展這方面的服務。今天，靈實的復康服務對象包括身心障礙人士、傷病者，並涵蓋不同年齡，由零歲的嬰孩，以至長者和晚期病人。

2022/2023年度，我們透過日間活動中心暨宿舍、智障人士宿舍、嚴重殘疾人士護理院、地區支援中心、早期教育及訓練中心、靈實司務道寧養院、靈實胡平頤養院、靈實醫院、專業復康服務、職業復康服務、言語治療服務隊等，服務超過十四萬人次。

靈實復康服務以跨專業合作為主，透過不同專業的協作，與復康者和照顧者同行，為他們提供綜合性服務。我們重視提升復康者的生活質素，協助他們融入社會，讓他們成為社區的一份子。靈實也積極連結上的不同持份者，與不同社會界別合作，共同創造更大的社會價值。

另外，我們也靈活運用創新思維和想像，推動創新的服務模式。例如，日間活動中心暨宿舍處理智障學員的行為時，突破傳統界限，透過以人為本的照顧模式，強調對學員深入了解，透過綜合性的正向行為支持，改善學員溝通能力、情緒調節技巧、學習能力和社交技能，提高他們生活質素。地區支援中心也採用以生活為本介入治療模式，透過工作實習和不同活動，解開服務使用者的身心枷鎖，協助他們逐步重整生活。

從靈實復康服務之中，大家可以看見「尊重生命·改變生命」的精神，我們重視每一個生命，縱使有身、心、傷、病的障礙，也應該生活得獨立、自主和有尊嚴。

行政總裁
林正財醫生

Dear Haven of Hope Supporters,

Ten years ago, I had an accident during my cycling training. I suffered a fracture of my right thigh bone which required surgery followed by vigorous rounds of physiotherapy. I was able to make a successful recovery and continue to live a normal life and exercise as often as I used to. This accident has given me a deeper understanding of the impact of the injuries on my physical function and daily life. At the same time, it has made me realized the importance of rehabilitation.

Rehabilitation Service is one of the four core services provided by Haven of Hope. As early as 1960, the Nansen Rehabilitation Centre was established to provide rehabilitation and service for recovering tuberculosis patients. Our organization is constantly keeping abreast of the development and needs of the society and is committed to expanding our rehabilitation services. Today, Haven of Hope provides rehabilitation to people of all ages, from new born baby to the elderly, from the sick, the injured, the terminally ill to people with physical and mental disabilities.

In the year 2022/2023, we have served over 140,000 man times through the Day Activity Centre cum Hostel, the Hostel for Mentally Disabled, the Care and Attention Home for Severely Disabled, the District Support Centre, the Early Education and Training Centre, Haven of Hope Sister Annie Skau Holistic Care Centre, Woo Ping Care and Attention Home, Haven of Hope Hospital, the Self-financing Rehabilitation Services, the Vocational Rehabilitation Services, the District-based Speech Therapy team, etc.

Haven of Hope's Rehabilitation Service is based on inter-professional collaboration. Through the cooperation of different professionals, we work with rehabilitated persons and their caregivers to provide them with comprehensive, integrated services. We attach great importance to improving rehabilitated person's quality of life, help them integrate into the society and enable them to become part of the community. Haven of Hope also actively connects with different stakeholders and collaborate with different sectors of the society to jointly achieve greater social value.

In addition, we are also very prompt in using innovative thinking and imagination to promote new and groundbreaking service models.

For example, our Day Activity Centre cum Hostel breaks through traditional boundaries when dealing with the behaviour of mentally handicapped students. Adopting a People-oriented Care Model, we emphasize on the in-depth understanding of our residents, and through a comprehensive positive behaviour support system, we help improve their communication skills, emotion management skills, social skills and learning abilities, to improve their quality of life. At the District Support Centre, we have adopted a "Life Restructuring" intervention model, using work internships and different activities to unlock the physical and mental shackles of our service users and help them gradually rebuild their lives.

From Haven of Hope's Rehabilitation Service, everyone can see our spirit of "Respecting Life, Impacting Life". Every life is important to us and though we may be suffering from an injury or dealing with mental and physical illnesses, we firmly believe that everyone has the right to live independently, autonomously and with dignity.



Dr Lam Ching-choi
Chief Executive Officer

復康之旅 重塑生命

Journey to Recovery and Reshape Life

復康服務範圍廣泛，服務對象包括心智障礙人士、肢體殘障人士、體弱長者、以至出院病人和長期病患等。靈實透過專業醫護人員、物理治療師、職業治療師、言語治療師、臨床心理學家、中醫師、社工、院牧等，為各年齡層提供復康服務，從學前兒童到高齡長者。機構明白復康之旅未必一定是坦途，並以「尊重生命・改變生命」的精神，與復康者同行，協助他們盡展所能，並鼓勵他們融入社區，重塑自己的生命。

Haven of Hope has a wide range of rehabilitation services. Our clients include people with mental disabilities, people with physical limitations, frail elderly, as well as patients with chronic illnesses and those who were discharged. Through a team of healthcare professionals, physical therapists, occupational therapists, speech therapists, clinical psychologists, Chinese medicine practitioners, social workers, chaplains, etc. we provide rehabilitation services to people of all ages, from pre-school children to the elderly. The organization understands that the journey to recovery may not be an easy road so in the spirit of "Respecting Life, Impacting Life", we endeavor to walk with our patients and assist them to their best abilities and help them to integrate into the community and reshape their lives.



靈實復康服務協助每一位復康人士活得獨立、自主和有尊嚴。

Haven of Hope Rehabilitation Service helps every rehabilitated person to live independently, autonomously and with dignity.

突破傳統思維 SUCCEED照顧模式

靈實住宿復康服務現時有三間日間活動中心暨宿舍，以及一間智障人士宿舍，主要服務十五歲或以上的智障人士。智障人士要面對生活帶來的不同挑戰，如溝通困難、情緒困擾、學習困難、生理需求、環境因素和社交技能不足等，有時會因此出現行為問題，傳統會採用約束或獎罰的處理方式處理，儘管能夠在短期內收效，但效果往往不持久。

靈實突破傳統思維，於2016年以正向行為支持(Positive Behavior Support)理論為基礎，設計了以人為本的SUCCEED照顧模式，並應用在機構的院舍服務中，透過跨專業協作，為學員提供全面的支持和幫助，提升他們的生活質素。

S代表「日常流程」(Schedule)，我們特意在院舍的日常流程生活中，設計了一些適合學員進食、休息和接受訓練的流程，讓他們的生活能夠更有意義及快樂。U代表「我們」(Us)，即每一位同工，靈實透過各種培訓來幫助同工更深入地了解學員，以能對症下藥。

兩個C的重點在於訓練，分別是訓練學員的「溝通」(Communication)和「應對困難的方法」(Coping)，以克服他們的限制。靈實深信智障人士同樣具備學習和與群體共同生活的能力，當他們未能用豐富的詞彙表達自己時，我們教導他們使用圖像卡或肢體語言來表達。當學員感到憤怒時，同工會教導他們透過深呼吸或數數字的方式平靜情緒。

兩個E分別代表「享受」(Enjoyment)和「環境」(Environment)，靈實期盼使院舍成為學員的第二個「家」。我們會發掘他們的興趣和喜好，例如繪畫、手工製作、編織等，讓他們好好享受閒暇時間，釋放內心的挫折和不快，重拾快樂的感覺。D代表「自決權」(Decision making)，我們尊重學員的自主權，讓他們自行決定外出活動的目的地、用餐的選擇、生日禮物的選擇，以及完成訓練後獲得的獎勵等。



為了迎合其中一名學員的喜好，我們的院舍把他的床裝飾成「巴士」。
To cater for the interest of a resident of our hostel, his bed is decorated as a "bus".

Breakthrough of Convention with SUCCEED Care Model

Haven of Hope's Residential Rehabilitation Services currently has three Day Activity Centres cum Hostels and one hostel for persons with intellectual disabilities. These centres serve people mainly with intellectual disabilities aged 15 and above. People with intellectual disabilities often face many challenges in life, such as difficulties in communication, emotional distress, learning deficit, physiological needs, environmental factors, and lack of social skills, etc. These challenges often lead to behavioral problems and traditionally, restraints or rewards and punishment types of methods were used to deal with the problems. Although they can be effective in the short run but the effects will not last.

In 2016, Haven of Hope had a breakthrough and designed a People-Oriented Care Model also known as SUCCEED, based on the theory of Positive Behavior Support, and applied it to the organization's residential care services. Through inter-disciplinary collaborations, comprehensive support and assistance are provided to our residents to enhance their quality of life.

S stands for "**Schedule**". We have made a special effort to design a suitable process for our residents to eat, rest and receive training in their day-to-day routine so that their quality of life can be more meaningful and happier.

U stands for "**Us**", referring to every staff. Haven of Hope provides a variety of training courses to help staff gain a deeper understanding of each resident so that appropriate methods can be used.

The focus of the two **Cs** is on training, which is to educate residents in "**Communication**" and "**Coping**" to overcome their limitations. Haven of Hope firmly believes that people with intellectual disabilities can learn and live with the community. When they fail to express themselves with the right vocabulary, we will teach them to use graphic cards or body language to do so. When residents feel angry, our colleagues will teach them ways to calm down through methods such as taking deep breaths or counting numbers.

The two **Es** represent "**Enjoyment**" and "**Environment**" respectively, as we want our residents to make Haven of Hope their second home. We will explore their interests and hobbies, such as painting, handicrafts, knitting, etc. so that they can enjoy their free time, release their inner frustrations or unhappiness, and regain their sense of happiness.

D stands for "**Decision making**". We respect our residents' autonomy and allow them to make decisions like outing destinations, dining options, choice of birthday gifts and types of rewards after completing their training.

介入性復康模式 重整生活

靈實的地區支援中心則為復康者及其家庭提供個案管理，包括個案評估、釐訂個案計劃、提供輔導工作、個人或小組訓練和支援服務等，從而強化他們的家居和社區生活技能，並提升他們與社區的連繫，讓他們可以持續在社區生活。我們也透過不同計劃，以介入性的復康模式，協助他們發掘自己的潛能和可能性，改善他們的生活質素。

「治療性工作實習」是其中一個復康模式，透過實際工作環境，改變復康者的心態，讓他們視自己為「員工」，而不是接受治療的病人。職業治療師及社工共同採用「協同效應」方法，為每位「員工」訂立個人適應計劃及目標，透過安排他們擔任不同工作崗位，提供治療性訓練、工作復康治療及獨立生活技能訓練。其中一名學員在中學讀書時有嚴重自閉症徵狀、自尊心很低，他先在地區支援中心的「嗎哪廚房」當侍應，建立信心和增加社交機會，畢業前再在「嗎哪廚房」做廚師，學習簡單烹飪技巧，提升自理能力。他現時已有正式工作，在靈實胡平頤養院的廚房做兼職員工，我們仍繼續跟進和給予他支援。



同工利用螢光畫板協助學員表達自己的想法和感受。
Our staff use electroluminescent panel helping members to express their own thoughts and feelings.

「舒筋樂活新里程」（此計劃獲公益金資助）則為肢體殘障人士而設，地區支援中心團隊家訪嚴重殘障人士時，發現他們把自己困在家中，過著灰暗無望的生活，導致身、心、社、靈不斷走下坡。靈實引入職業治療的生活重整課程，為他們解開三大復康枷鎖：糾正身體復原必須依賴治療師這個觀念，使他們相信可

Restructure Lives with Interventional Rehabilitation Methods

Haven of Hope's District Support Centre provides case management for rehabilitated persons and their families, including case assessment, formulation of care plans, counseling, individual or group training and support services, etc. These services aim to strengthen their living skills at home and the community, enhance their connections to the community so that they can continue to live in the community. We also use interventional rehabilitation methods through different programmes to help explore their potential and possibilities and improve their quality of life.

One of the rehabilitation methods is "Therapeutic Work Placements", which aims to change the mindset of rehabilitated persons through actual work environment and allowing them to regard themselves as "employees" rather than patients receiving treatment. Our occupational therapist and social workers worked together to adopt a "synergy approach" to develop individual adaptation plans and goals for each "employee" by placing them in different job roles while providing therapeutic training, work rehabilitation and independent living skills training. One of the members has severe symptoms of autism and low self-esteem when he was studying in secondary school. To build confidence and increase his social opportunities, he first worked as a waiter at "Mama Kitchen" in the District Support Centre. Before graduation, he received training as a chef at "Mama Kitchen" and was learning simple cooking skills and ways to improve his self-care ability. He now has a regular job and is working part-time in the kitchen of Haven of Hope Woo Ping Care and Attention Home. We continue to follow-up on him and provide him with support and assistance.

"The ReLive Project" funded by the Community Chest, is designed for people with physical disabilities. When the District Support Centre team visited people with severe disabilities at home, they found that most of them were trapped in their homes, living a bleak and hopeless life. This would often result in the continuous decline of their body, mind, spirit, and social life. Therefore, Haven of Hope introduced the Life Restructuring Course as part of occupational therapy to unlock the 3 major shackles of rehabilitation for people with physical disabilities: Correct the notion that physical recovery is dependent on the therapist and instill in patients that they can navigate their own recovery journey; Change the way they think of themselves as patients and help them regain their various roles and responsibilities in life; Help them get rid of the dilemma of limiting their lives to medical treatment and illness. Inspire them to formulate big dreams and set multiple small goals on how to gradually move towards their dreams.



專業復康服務為院友、剛出院人士、需要短期復康服務人士提供個人治療方案。

Self-Financing Rehabilitation Service provides tailor-made treatment plan for residents, as well as discharged patients and people in need of short-term rehabilitation service.

以主導自己的復康旅程；改變他們視自己為病人的想法，幫助他們重拾生活中各種角色和責任；幫助他們擺脫把生活局限於醫療和疾病的困境，啟發他們擬定大夢想，並設定多個小目標，透過逐步向夢想進發。

其中一名四肢殘障的學員，曾經躺在床上二十年，每天只是做復康運動和睡覺，依賴別人照顧。這計劃激發他的夢想，希望過著不一樣生活。自從參加這計劃後，他做事更獨立、表達能力有改善，照顧自己能力也有提升，他更開設了Youtube頻道，透過短片，向其他肢體殘障人士介紹如何利用無障礙設施，設計往不同地方旅遊。

專業復康服務 量身訂做治療方案

在專業復康方面，我們的物理治療師和職業治療師在靈實胡平頤養院、靈實坑口護養院等院宿，根據院友、剛出院人士、需要短期復康服務人士的不同需提供服務。至於「中西醫全方位復康治療」，則以糅合中西醫學精髓的復康治療法和靈性關懷，配合患者的不同情況量身訂做彈性的治療方案，提供身心靈內外全方位支援，幫助患者在復康路上事半功倍。治療服務包括針灸推拿、物理治療、職業治療、另類療法，需要時亦可轉介患者進行心理輔導和意識訓練。我們深信沒有一個不能康復的人，只要願意堅持，每位復康者都能夠一天比一天進步。

One of the physically handicapped members was lying in bed for almost 20 years. He was relying on others to take care of him and all he did everyday was rehabilitation exercises and sleep. This plan has inspired him to dream of living a different life, and since joining the programme, he has become more independent, his ability to express himself has improved as well as his ability to look after himself. He even started his own YouTube Channel, making short video clips to show other people with physical disabilities on how to make use of barrier-free facilities and recommend travel destinations that he has designed.

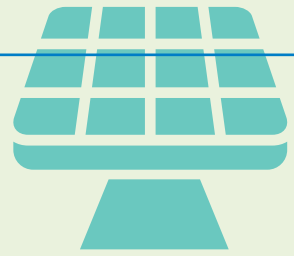
Self-Financing Rehabilitation Service with Tailor-made Treatment Plan

In terms of professional rehabilitation, our physiotherapists and occupational therapists provide services to Haven of Hope Woo Ping Care and Attention Home and Haven of Hope Hang Hau Care and Attention Home for the Severely Disabled. These services are provided according to the needs of the residents, as well as discharged patients and people in need of short-term rehabilitation services.

As for the "Chinese-Western Medicine based Rehabilitation", it is a holistic treatment combining the essence of Chinese medicine and Western alternative rehabilitation therapy and spiritual care. It is also a tailor-made, flexible treatment plan that will suit the different conditions of the patient and provide all-round support for the body, mind, and soul, helping the patient to achieve recovery results more effectively. The treatment plan include acupuncture, massage, physiotherapy, occupational therapy, alternative therapies, etc. Patients can also be referred for psychological counseling or self-awareness training when necessary. If the patient is willing to persevere, their rehabilitation will improve day by day as we firmly believe that anyone can succeed on the road to recovery.



我們的會員走入社區，教導公眾人士製作和諧粉彩畫。
Our members go to the community and teach members of the public to paint Pastel Nagomi Art.



ESG與靈實

ESG and Haven of Hope

近年來，社會大眾對永續發展的要求跟期待，使環境保護、社會責任及公司治理(簡稱ESG)成為評估一間企業或機構表現的指標，以上市公司為例，它們需要設立及披露有關排放量、廢物、能源及用水的績效目標，加大社會投資，並提交相關報告。靈實作為不斷積極與時並進的綜合社會服務機構，不僅以推動ESG作為發展策略目標，更為不同企業提供各種合作機會，以便共同履行更多社會責任。

In recent years, the public's demand and expectations for sustainable development have made environmental protection, social responsibility, and corporate governance (ESG in short) indicators for evaluating the performance of a company or organization. Take listed companies as an example, they need to set and disclose performance targets for emissions, waste, energy, and water usage. They also need to increase social investments and submit relevant reports.

As an integrated social service organization that is constantly and actively keeping pace with the times, Haven of Hope has made ESG its strategic developmental goal and has provided various collaborative opportunities for different companies to jointly fulfill more social responsibilities.

推動及落實環保策略

大家談到ESG時，相信會先想起環境保護。香港政府已經定下長遠策略，2050年要達至碳中和的目標，而靈實行政總裁林正財醫生獲委任為碳中和及可持續發展委員會主席。靈實積極配合政府，致力推動節能、減廢、綠色能源等環保措施，將設施內的機電設備替換成更具能源效益的變頻式冷氣機及發光二極管(LED)燈，亦在院舍安裝了感應燈、太陽能發電板、廚餘處理機及窗戶絕緣貼。

新改建完成的的壕涌福利設施大樓不僅安裝了上述設備，還打算在花園種植有機蔬菜，以減少長途運輸所產生的碳排放。由靈實管理和營運的將軍澳風物汛則從社會教育方面著手，推廣綠色生活，透過單車導賞團和以可持續再生為主題的工作坊，將全球暖化等環保議題灌輸給大眾市民。最近，靈實開始把機構用車替換成了電動車，靈實臺已經增設電動車充電設備。

靈實未來將會推動更多低碳項目，如推動綠色建築、廚餘回收和無紙辦公室，同時也會探討優化熱水系統、設置智能回收箱和智能建築管理系統等措施，務求盡可能減少營運時對環境帶來的影響。

提供平等就業機會 經營社會企業

社會服務是靈實的本業，機構以關懷、專業及進取的精神，為香港市民提供服務，特別是社會上的弱勢社群。靈實以身作則提供平等機會，聘請不少樂齡族同工，也按能力聘用智障人士、精神病康復者及各類別的殘障人士，這同時是機構復康服務中的重要一環。

身心障礙人士往往給人能力不足的錯誤印象，他們需要的不是同情的目光，而是一個證明自身價值的機會。靈實創毅中心為心智障礙人士提供基本工作技能、工作態度等培訓，並透過實習和體驗，讓他們逐漸地把知識應用到職場生活，甚至在社區找到合適的工作。

靈實以職業復康的方法，協助身心障礙人士，包括經營餐廳、便利店、將軍澳風物汛，提供廚藝、樓面、零售、倉務、接待等不同工作，讓他們按個人能力和興趣，選擇合適自己的作崗位。機構更創立「O_10」社企品牌，透過不同的平台，包括網上直播，銷售學員生產的手作產品，其中一名肢體殘障學員，雖然體力有限，但口才了得，他嘗試轉型參與網上直銷後，大家都樂見他整個人出現重大的轉變。

連結不同界別 共創更大社會價值

此外，靈實也積極連結不同持份者，攜手履行社會責任。機構透過舉辦各種慈善和籌款活動，包括賣旗、耆樂餅義賣、千歲宴、慈善音樂會、兒童粵劇、慈善跑、慈善高爾夫球賽等，與商界、學界、保險業界、演藝文化界、義工團體等不同社會界別合作，共同創造更大的社會價值。

在機構管治方面，靈實有超過二千名同工，以2022/2023年度為例，服務總人次接近一百萬，因此機構十分重視資源的運用，非常謹慎地使用公帑和捐款，務求一分一毫都用得其所，以擴大效益，讓更多人受惠。



靈實為不同企業提供合作機會，共同履行更多社會責任。
Haven of Hope has provided collaborative opportunities for different companies to jointly fulfill more social responsibilities.



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Heritage Post
promotes green
living through
social education.



靈實在院舍安裝太陽能發電板。
Solar panels have been installed in our
residential care homes.

Strategies to Implement and Promote Environmental Protection

When we talk about ESG, the first thing that comes to mind is environmental protection. The Hong Kong Government has laid out a long-term strategy to achieve the goal of carbon neutrality by 2050 and Dr Lam Ching-choi, CEO of Haven of Hope, has been appointed as the Chairman of the Council for Carbon Neutrality and Sustainable Development. Haven of Hope is actively cooperating with the government and is committed to implementing environmental measures such as energy conservation, waste reduction, renewable energy, etc. Electrical and mechanical equipment in our facilities have been replaced with energy-efficient inverter air-conditioners and light-emitting diode (LED) lights. Sensor lights, solar panels, food waste processors and window insulations have also been installed in our residential care homes.

Not only does the newly renovated Ho Chung Welfare Facilities Block is fitted with the above-mentioned equipment, there are also plans to grow organic vegetables in the garden to reduce carbon emissions from long-distance transportation. The Tseung Kwan O Heritage Post, which is managed and operated by Haven of Hope, promotes green living from the aspect of social education. Guided cycling tours and sustainability themed workshops have been conducted to educate and spread awareness on environmental issues such as global warming to the public. Most recently, Haven of Hope has begun replacing company vehicle with electric vehicle and added an electric vehicle charging facility in Haven of Hope Terrace.

In the future, Haven of Hope will be promoting more low-carbon emission projects such as green buildings, food waste recycling and paperless working space. At the same time, we will also be exploring measures to reduce the impact of our operations on the environment through measures such as optimization of the hot-water system, installing smart recycling bins and employing smart building management systems.

Provide Equal Employment Opportunities & Operate Social Enterprise

The core business of Haven of Hope is social service. Our organization provides services to the people of Hong Kong, especially the disadvantaged in the community with a caring, professional, and progressive spirit. We also lead by example in providing equal job opportunities by employing senior workers as well as people with intellectual disabilities, people who have recovered from mental illness



靈實臺已經增設電動車充電設施。
Electric vehicle charging facility has been added in Haven of Hope Terrace.

and people of different types of disabilities. This is an important part of our rehabilitation services.

People with disabilities often give the false impression that they are incompetent. What they really need is not sympathy but an opportunity to prove their worth. Haven of Hope Integrated Vocational Rehabilitation

Services Centre provides various training like basic job skills and work attitudes to people with mental disabilities. Through internships and personal experiences, they can gradually apply what they have learned to the workplace and even find suitable jobs in the community.

Haven of Hope uses vocational rehabilitation methods to assist people with physical and mental disabilities, including how to operate and manage restaurants, convenience stores and Tseung Kwan O Heritage Post. Different jobs such as cooking, serving, retail, warehousing, reception, etc. were created so that members can choose a job based on their personal interests and abilities. The organization also created the "Q_10" social enterprise brand to sell handmade products from members using different platforms, including sales via live online streaming. Take for instance one of our members, even though he has physical disabilities, he is very eloquent. After taking part in the live online sales, there is a major change to his personality and everyone is very happy to see him gaining confidence.

Connecting with Different Sectors to Create Greater Social Value

In addition, Haven of Hope is also actively connecting and collaborating with different stakeholders in fulfilling our social responsibilities. We organize a variety of charities and fundraising activities, including flag day, Qile cake charity sale, charity banquet for seniors, charity concert, Junior Cantonese opera, charity run, charity golf tournament, etc. to engage with different sectors of the society, such as business, academia, insurance companies, performance arts and cultural institutions, volunteer groups and others to create greater social good.

In terms of corporate governance, Haven of Hope has more than 2,000 employees. In the year 2022/2023, our servicing man times are close to one million. Therefore, the organization attaches great importance to the usage of resources. Public funds and donations are used very prudently to ensure that every penny is spent wisely and appropriately to maximize the results and benefit more people.

香港的安老：人工智能和機械人的新時代

Hong Kong's Elderly Care: A New Era with AI and Robotics

香港創科發展協會主席
達數字科技有限公司執行總裁
陳迪源

By Leonard Chan,
CEO of tag.digital Limited
Chairman of Hong Kong Innovative Technology Development Association

導言

香港正面臨前所未有的口結構轉變，人口急劇老化，對社會和經濟的基礎設施構成巨大的挑戰。根據香港政府統計處出版的《香港人口推算2020-2069》，預計65歲及以上長者的人口比例，將從2022年的20.8%增至2039年的31%。此外，根據推算，預計到2050年，香港將成為全球長者人口比例最高的地區，65歲或以上的人口比例屆時將超過40%。這個巨大轉變不只是未來的問題，也是目前的現實環境。在2022年，長者佔了勞動人口比例的27.2%，短短十年間，已有顯著增幅。人口結構的演變對勞動市場以及醫護和安老的需求帶來了深遠影響。由於香港要面對這些挑戰，人工智能和機器人科技與安老結合，成為了創新的指標。這結合既為安老重新下定義，也保障了長者的尊嚴。本文深入探討正塑造香港未來安老的科技發展，說明創新和科技如何在這個關鍵轉型期支援長者 and 他們的照顧者。香港正處於人口結構轉變的十字路口，已進入超高齡社會階段，但透過前瞻方法，即積極採用科技，我們便能夠以適應力和創新應對這些挑戰。

安老的創新科技

香港處於應對人口老化挑戰的最前方，科技創新成為重塑安老的關鍵策略。近年，世界見證了人工智能和機器人科技應用的激增；這些科技同時也革新我們支援長者社區的方式。這些科技結合的範圍非常廣泛：從預測和預防健康危機的智能健康監測設備，以至提供陪伴和協助日常工作的助手機器人。這些創新科技旨在提高護理效率和效果，同時保障長者的尊嚴，確保他們以自主和受尊重的方式過充實的生活。積極採用這些科技是關鍵的一步，既可以應對我們的人口挑戰，也可以在其中茁壯成長。

人工智能和機器人科技：改變香港的安老

人工智能和機器人科技的進步，對香港的安老方向帶來顯著改變，突顯出創新科技的應用適切地回應人口老化的獨特需要。人工智能驅動的健康分析平台處於科技最尖端，利用大數據提供健康趨勢的洞見，並預測潛在醫療問題，促成預防性護理措施。機器人也在安老中發揮著關鍵作用，在改善活動能力和提升力量的物理治療時段，機器人以安全和受控的方式提供協助。此外，人工智能驅動的虛擬助手在家庭和護理設施中愈來愈普及，通過互動交談和活動，提供認知上的刺激，也幫助管理日常生活流程，甚至提供情感支援。

寵物機械人的開發是一個突出的例子，它們提供了陪伴，同時避免動物所帶來的責任和後勤上的挑戰。這些機械人採用人工智能，對觸摸和聲音作出反應，提供互動和存在感，大大提升個別長者的幸福感，特別是有認知障礙等情況的長者。另一個創新科技則應用到智能家居之中，人工智能運用演算法，使生活環境更安全和舒適，自動調節照明、溫度，甚至能偵察到不尋常的模式，在有機會導致長者跌倒或其他緊急情況下，能及時通知照顧者。

這些例子突顯了人工智能和機器人科技與香港安老的動態結合，這不僅是未來的概念，而且是現在正採用、可行、具影響力的解決方案。通過利用這些科技，香港既回應了人口老化帶來的挑戰，也開創了一種在效率和同理心中取得平衡的護理模式。這些科技既為安老重新下定義，同時也為護理人員和醫療基礎設施帶來了重大變革。

對護理人員和醫療系統的影響

人工智能和機器人科技與安老的結合，不僅對長者帶來直接利益，也對照顧者和整個醫療系統產生了重大影響。對於專業和家庭的照顧者來說，這些科技提升了護理的質素，同時減輕了長期照顧長者所帶來的身體和情感負擔。智能監測系統和人工智能驅動的診斷，提供了即時數據和洞見，促成更個人化和預防性的護理策略。同時，助手機器人可

以接手重複或體能要求高的工作，使照顧者可以專注於更觸及個人層面的護理。然而，這些科技轉變也帶來了挑戰，包括需要提供培訓，將新科技融合於現有的護理服務，以及在香港這個多樣化的社會經濟格局中，讓所有人都有公平機會接觸得到。要建立一個既有先進科技，又有同情心和包容性的醫療系統，以確保每一位長者都得到他們需要的支援，以及老得有尊嚴，解決這些挑戰至關重要。在我們反思這些影響時，最重要的是，也考慮這些科技轉變會造成更廣泛社會影響。

人口老化和科技對社會的影響

在嘗試將人工智能和機器人科技與安老結合方面，香港的做法反映出對科技有更深入的理解，明白到科技可以帶來轉變，但不能取代人與人之間連繫的基本需求。在充分利用科技發展的同時，保留人與人之間的溫暖和真誠互動，並取得平衡，是至關重要的。這種平衡確保了，將智能解決方案與安老結合，不僅提升了效率和安全性，也照顧到長者的情緒和心理健康。

照顧者的角色因科技進步而變得更加關鍵，因為雖然他們利用這些工具提供更個人化的護理，但為長者提供慰藉和歸屬感，正是他們真誠的陪伴和理解。這種雙管齊下的方式強調培訓計劃的重要性，這些計劃不僅使照顧者具備熟練的技術，而且強調在他們與長者的互動當中，同情心和同理心的重要性。

道德的考量，包括私隱、取得同意、保持公平等，仍然是科技與安老結合中最重要的一環。這樣可以確保科技進步是為了提供支援，而不是取代護理服務中的人類元素。挑戰在於創建一個安老生態系統，以至能夠協調科技創新與人類對連繫和尊重的需求。

展望未來，香港的目標是倡導一種安老模式，展示科技和人類護理如何可以和諧共存，保障長者的尊嚴。這個對未來的願景強調，無論科技如何進步，護理的核心始終是以人為本。

展望香港安老的未來

香港正處於革命性改變安老的前列，面對朝著超高齡化社會轉變的人口結構。未來充滿著巨大的潛力，包括以人工智能主導的預測性醫療護理科技、用於個人化照顧的先進機器人，以及改善認知和社交的虛擬實境科技。然而，真正的挑戰在於讓所有人都可以接觸到這些科技，並且負擔得起和可以適應。

這需要政府、立法者、業界組織、技術開發人員、照顧者和更廣泛社區的共同努力，打造一個安老生態系統，不僅要高科技，而且能孕育出靈活和包容的文化。這種改變的本質是維護長者的尊嚴、自主權和快樂。它需要社會致力建立道德和具同情心兼具的解決方案，讓老年成為受尊敬的人生階段。通過我們的共同努力，我們可以將現在的挑戰轉化為創新的照顧模式，確保社區中的每位長者都得到應得的尊重和尊嚴。



Introduction

Hong Kong is confronting an unprecedented demographic shift, marked by a rapidly aging population and the challenges it poses to social and economic infrastructure. According to the "Hong Kong Population Projection 2020-2069" published by the Census and Statistics Department, it is estimated that the elderly population aged 65 and above will increase from 20.8% in 2022 to 31% in 2039. Furthermore, by 2050, Hong Kong is projected to become the region with the highest aging population in the world, with over 40% of the population aged 65 or above. This seismic shift is not just a future concern but a present reality, with the elderly already accounting for 27.2% of the labour force in 2022, highlighting a significant increase from just a decade ago. The implications of this demographic evolution are profound, stretching from the labour market to healthcare needs and elder care services. As Hong Kong grapples with these challenges, the integration of AI and robotic technologies in elderly care emerges as a beacon of innovation, promising to redefine care delivery and ensure the dignity of our aging population. This article delves into the technological advancements shaping the future of elderly care in Hong Kong, illustrating how innovation and technology can support both the elderly and their caregivers in this critical period of transition. Hong Kong stands at a demographic crossroads, entering a "super-aging society," but with a forward-looking approach that embraces technology, we can navigate these challenges with resilience and innovation.

Technological Innovations in Elderly Care

As Hong Kong stands at the forefront of confronting the challenges posed by an aging population, technological innovation becomes a pivotal strategy in reimagining elderly care. In recent years, the world has witnessed a surge in the adoption of Artificial Intelligence (AI) and robotics; These technologies, at the same time, promise to revolutionize the way we support our elderly community. From smart health monitoring devices that can predict and prevent health crises before they occur, to robotic assistants that provide companionship and aid with daily tasks, the scope of technological integration is vast. These innovations not only aim to enhance the efficiency and effectiveness of care but also strive to uphold the dignity of the elderly, ensuring they lead fulfilling lives with a sense of autonomy and respect. The embrace of such technology signifies a crucial step that not only manages our demographic challenges but thrives amidst them.

AI and Robotics: Transforming Elderly Care in Hong Kong

Hong Kong's approach to elderly care is being significantly transformed by advancements in AI and robotics, highlighting innovative applications tailored to meet the unique needs of the aging population. AI-powered health analytics platforms are at the forefront, using big data to provide insights into health trends and predict potential medical issues, enabling preventative care measures. Robotics, too, has found a critical place in elderly care, with robots assisting in physical therapy sessions to improve mobility and strength in a safe, controlled manner. Additionally, AI-driven virtual assistants are becoming commonplace in homes and care facilities, offering cognitive stimulation through interactive conversations and activities, aiding in the management of daily routines, and even providing emotional support.

One standout example is the development of robotic pets designed to offer companionship without the responsibilities and logistical challenges of live animals. These robots utilize AI to respond to touch and voice, providing a sense of interaction and presence that can greatly enhance the well-being of elderly individuals,

especially those with conditions like dementia. Another innovative application is in smart homes, where AI algorithms optimize living environments for safety and comfort, automatically adjusting lighting, temperature, and even alerting caregivers in case of unusual patterns that may indicate a fall or other emergencies.

These examples highlight the dynamic integration of AI and robotics into the fabric of elderly care in Hong Kong, not just as futuristic concepts but as practical, impactful solutions being implemented today. By leveraging these technologies, Hong Kong is not only addressing the challenges of an aging population but also pioneering a model of care that balances efficiency with empathy. While these technologies are redefining care for the elderly, they also herald significant changes for caregivers and the healthcare infrastructure.

Impact on Caregivers and the Healthcare System

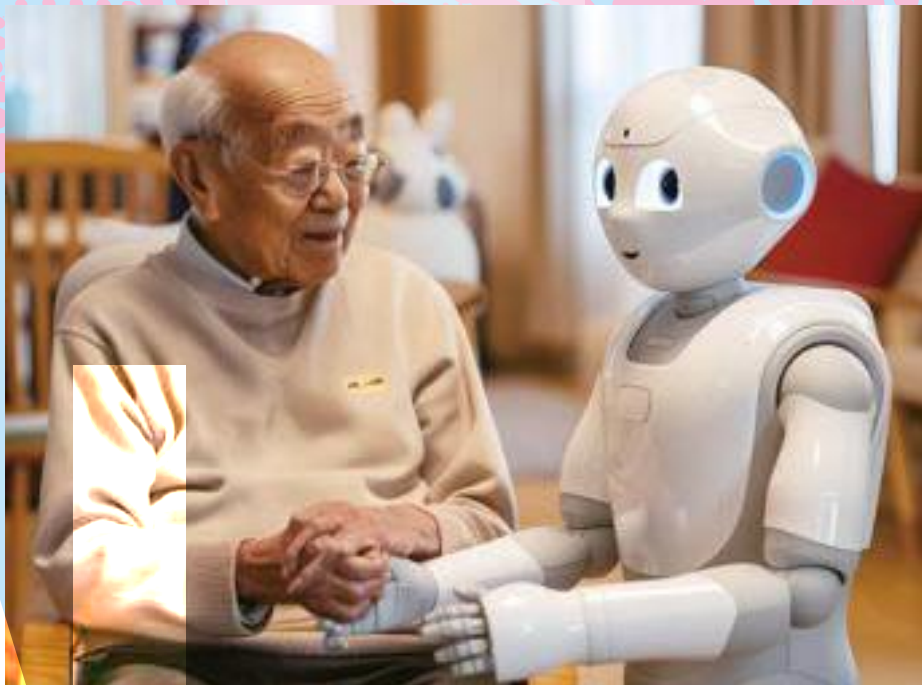
The integration of AI and robotics into elderly care extends beyond direct benefits to the elderly, significantly impacting caregivers and the healthcare system at large. For caregivers, both professional and familial, these

Societal Implications of Aging and Technology

In the pursuit of incorporating AI and robotics into elderly care, Hong Kong's approach reflects a deeper understanding that technology, while transformative, cannot eclipse the fundamental need for human connection. The balance between leveraging technological advancements and preserving the warmth and authenticity of human interaction is paramount. This equilibrium ensures that the integration of smart solutions into elderly care not only enhances efficiency and safety but also supports the emotional and psychological well-being of the elderly.

The role of caregivers, enriched by technology, becomes even more critical as they use these tools to provide personalized care, yet it is their genuine companionship and understanding that offer comfort and a sense of belonging to the elderly. This dual approach underscores the importance of training programs that not only equip caregivers with technological proficiency but also emphasize the value of compassion and empathy in their interactions.

Ethical considerations, including privacy, consent, and



technologies offer tools to enhance care quality while reducing the physical and emotional burden often associated with long-term eldercare. Smart monitoring systems and AI-driven diagnostics provide real-time data and insights, allowing for more personalized and pre-emptive care strategies. Meanwhile, robotic aides can take over repetitive or physically demanding tasks, freeing up caregivers to focus on the more personal aspects of care. However, this technological shift also presents challenges, including the need for training, the integration of technology into existing care practices, and ensuring equitable access across Hong Kong's diverse socioeconomic landscape. Addressing these challenges is crucial for creating a healthcare ecosystem that is not only technologically advanced but also compassionate and inclusive, ensuring that every elderly individual receives the support they need to age with dignity. As we reflect on these impacts, it is essential to consider the broader societal implications that such a technological shift entails.

equitable access to technology, remain at the forefront of this integration, ensuring that technological advancements serve to support, not supplant, the human elements of care. The challenge lies in creating an eldercare ecosystem that harmonizes technological innovation with the intrinsic human need for connection and respect.

Looking ahead, the goal for Hong Kong is to champion an elderly care model that exemplifies how technology and human care can coexist in harmony, affirming the dignity of aging. This vision for the future emphasizes that the heart of caregiving, regardless of technological progress, remains undeniably human.

醫藥合作：小病小痛找註冊藥劑師

Medical Collaboration: Consult Registered Pharmacists for Minor Ailments

有病便要睇醫生似乎是常識，但原來這種想法可能已經墮入誤區。要醫治一些小病小痛，例如傷風感冒、腸胃不適、輕微痛症，其實有其他更便捷和相宜的選擇——由藥劑師提供的藥物諮詢服務。公眾普遍對藥劑師的工作有誤解，以為他們只是按醫生處方的藥物「執藥」，但藥劑師是醫療體系中的一個專業，在一些國家，醫生負責診斷病症和處方，藥劑師則根據醫生在處方寫明的指示配發藥物。

註冊藥劑師徐美麟Bruce說：「香港醫療體系現時缺乏人手，加上面對人口老化，醫生和藥劑師可以分工合作幫助市民。香港醫生人手不足，而且醫生很忙，患重病的病人確實是要由醫生醫治，但藥劑師在法例的容許下是可以提供專業的藥物諮詢服務，幫助小病小痛的市民。」

It seems to be common sense to visit a doctor when you are sick, but it turns out that this concept may have fallen into a misunderstanding. For minor ailments such as colds, flu, stomach problems and minor aches and pains, there is actually a more convenient and suitable alternative - drug counselling services provided by pharmacists. There is a common misperception among the public that pharmacists only 'dispense' medicines as prescribed by doctors. However, pharmacist is a profession in the healthcare system, and in some countries, doctor is responsible for diagnosing and prescribing medicines, while pharmacist dispenses medicines in accordance with the doctor's instructions as stated in the prescription.

Bruce Tsui, a registered pharmacist, said, 'With the current shortage of manpower in Hong Kong's healthcare system and a growing ageing population, there is a need for doctors and pharmacists to work together to help the public. There is a shortage of doctors in Hong Kong and they are very busy. Patients suffering from serious illnesses have the need to receive treatment from doctors, but pharmacists can provide professional drug counselling services to help people suffering from minor ailments and pains as permitted by the law'.

年幼多病 立志幫助病人

年幼時多病的Bruce，覺得醫藥知識可以幫助別人，故立志修讀配藥課程。他畢業後從事配藥員工作多年，為了進一步幫助病人，於是辭職再進修藥劑學位課程，取得學位後，再完成實習，以及通過藥劑業及毒藥管理局考試，他於2016年成為註冊藥劑師。

「這經歷做豐富了我自己的人生，也可以讓我有一個專業的資格去幫助到更多有需要的人，因為耶穌說，他來不是要受人服事，而是要服事人，我也想在自己的生命實踐這個教導」，Bruce說。

Bruce曾經在醫院任職駐院藥劑師，後來因為要有更多時間支援家人和照顧患癌症的親人，他轉到專上學院教書，直至這親人離世。他於今年初加入靈實，再以藥劑師的身份服務社區。他表示，雖然他曾經在醫院

工作，也曾經教書，但他出身基層，十分關心基層人士，他表示，神給了他學識和一個藥劑師崗位，加入靈實讓他可以接觸和幫助更多有需要的人，正配合他想幫助基層的想法。

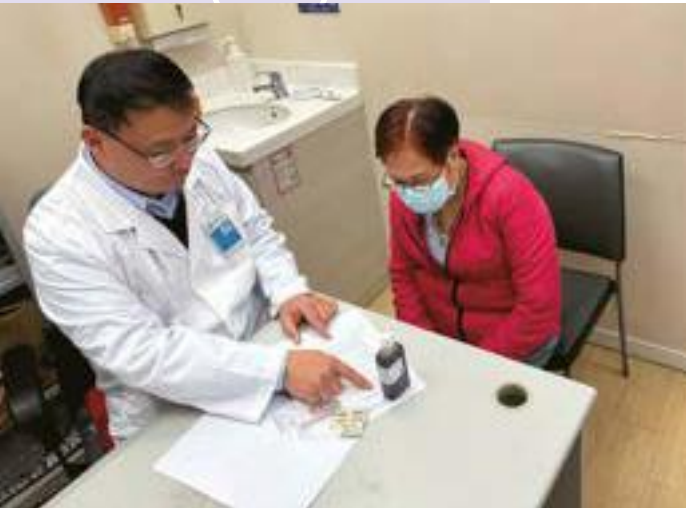
期望在社區服務更多街坊

Bruce期待在社區接觸和服務更多街坊，以相對合宜的價錢，為他們處理輕微病痛，向他們提供專業的藥物諮詢服務，例如藥物管理、正確服藥知識、評估藥物是否有相衝，講解藥物的副作用等，從而確保市民正確和安全地用藥，守護他們的健康。他也希望可以擔任橋樑的角色，把患重病的市民轉介紹給合適的醫生，並想關心市民的心理健康，在有需要時會把他們轉介給社工幫助他們。



Hoping to Serve More Neighbors in the Community

Bruce is looking forward to reaching out to and serving more people in the community by providing them with professional drug counselling services, such as medication management, knowledge of proper medication administration, assessment of drug conflicts, and explanation of drug side effects, at relatively affordable prices, so as to ensure that the public can use medication in a correct and safe manner and safeguard their health. He also hopes to act as a bridge to refer people with serious illnesses to appropriate doctors, and would like to care about the mental health of the public by referring them to social workers to help them when necessary.



Frequent Illness at Young Age Developed Aspiration to Serve

When Bruce was young and frequently ill, he understood how medical knowledge could help others, so he was inspired to study pharmacy. After graduation, he worked as a dispenser for many years, but in order to help patients further, he resigned from his job to pursue a degree in pharmacy. After obtaining his degree, completing an internship, and passing the exams held by Pharmacy and Poisons Board of Hong Kong, he became a registered pharmacist in 2016.

‘This experience has enriched my life and given me a professional qualification to help more people in need, because Jesus said he did not come to be served, but to serve, and I want to put this teaching into practice in my own life,’ Bruce said.

Bruce used to work as a resident pharmacist in hospital, but later, as he had to spend more time supporting his family and caring for his relative with cancer, he switched to teaching at a tertiary institution until this relative passed away. He joined Haven of Hope earlier this year to serve the community again as a pharmacist. Came from the masses, he cares about them very much though he used to work in hospital and teach in tertiary institution. He said that God had given him knowledge and a position as a pharmacist, and joining Haven of Hope had enabled him to reach out to more people in need, which was exactly in line with his idea of helping the needy.



帶來五官享受的慈善音樂會

A Charity Concert of Sensory Delights

神賜給人五種感覺：視覺、聽覺、嗅覺、味覺和觸覺，讓人透過這五感接觸祂所創造的天地萬物，感受到神的大愛。

靈實今年與香港愛樂團再度攜手，假香港演藝學院合辦慈善音樂會，這場音樂會融合了古典音樂、舞台效果和幻像大師表演，期待為聽眾帶來五觀上的享受，讓大家進入一次獨特和難忘音樂之旅，同時也為靈實司務道寧養院的服務發展及擴建計劃，以及「慈惠寧養病床計劃」和「夾心階層寧養病床計劃」籌款，使更多人感受到被愛。

這場音樂會主題為「Symphony of Sensations: Music Journey through the Senses」，將會突破傳統音樂會的界限，聽眾不僅聽到樂團和豎琴演奏悠揚悅耳的樂曲，也可以透過視覺、嗅覺等其他感官，欣賞和感受大自然之美，一同放鬆身、心、靈，找到片刻的寧靜和喜悅。

請支持靈實司務道寧養院慈善音樂會2024，活動詳情如下：

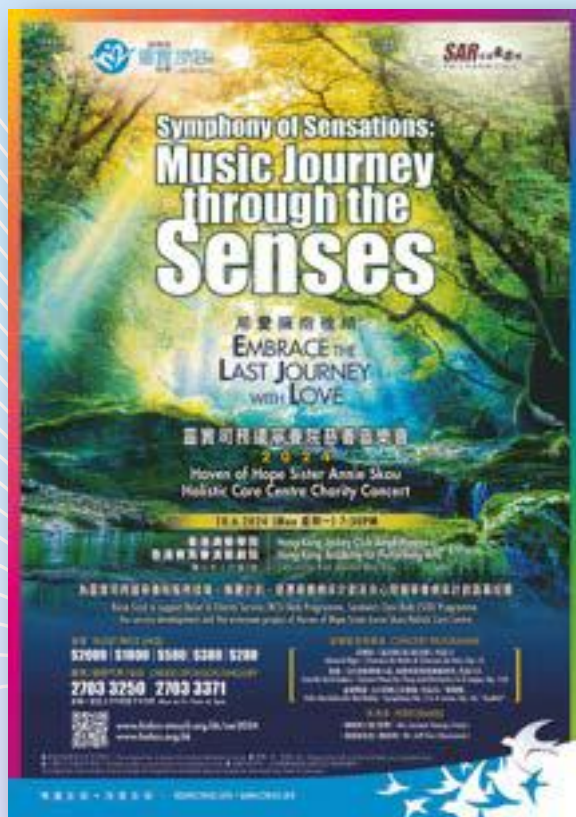
日期：2024年6月10日(星期一)

時間：晚上7:30

地點：香港演藝學院香港賽馬會演藝劇院

God has granted humans five senses: sight, hearing, smell, taste, and touch, through which they can experience the world and feel the great love from God to all creation.

This year, Haven of Hope and the SAR Philharmonic Orchestra are once again collaborating to organise a charity concert at the Hong Kong Academy for Performing Arts (HKAPA). The concert will be a marvellous blend of classical music, stage effect and illusionist's show, aiming to provide the audience with a sensory experience and take them on a unique and unforgettable musical journey. The event also aims to raise funds for the development and extension of Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC), as well as the 'Relief & Charity Service Beds Programme' and the 'Sandwich Class Beds Programme', allowing the spread of love and care to more people.



With the theme 'Symphony of Sensations: Music Journey through the Senses,' the concert will break the boundaries of all traditional concerts. Audiences will not only listen to the beautiful music performed by the orchestra and the harp, but also experience the beauty of nature through other senses such as sight and smell. This event aims to help attendees relax their body, mind, and soul, so as to find moments of peace and joy.

The details are as follows, please show your support to the Haven of Hope Sister Annie Skau Holistic Care Centre Charity Concert 2024.

Date: 10 June, 2024 (Monday)

Time: 7:30 PM

Venue: Hong Kong Jockey Club Amphitheatre,
The Hong Kong Academy for Performing Arts

與香港同行超過70年 靈實賣旗2024

Haven of Hope Flag Day 2024: Walking with Hong Kong for Seven Decades

自2016年後，靈實未有舉行過實體賣旗籌款，之前兩次於2020年和2022年的賣旗，因為新冠肺炎疫情爆發，只能透過線上賣旗籌款，對籌募善款難免有影響。事隔八年，靈實終於可以在今年9月21舉行實體賣旗，為靈實的非政府資助長者服務籌募善款。

是次賣旗活動以「與香港同行超過70年」為主題，自1953年成立後，靈實一直以愛心、積極和專業的態度，服務香港市民，成為大家的「盼望之灣」。以2022年新落成和啟用的靈實醫院信望愛樓為例，它在啟用時正值第五波疫情爆發，每天有數百名重症患者要入院，導致當時香港公立醫院床位面對壓力，為了回應社會的需要，信望愛樓立即改裝病房，接收新冠病人，積極與社會共同抗疫。

為配合主題，是次賣旗活動以信望愛樓五樓花園的馬賽克圖畫作為設計藍本，有維多利亞港、獅子山、靈實禮拜堂、荷塘、點心、香港雀鳥等大家在香港生活的共同環境和文化記號，寓意靈實伴著香港和各位一起成長。

是次賣旗有賴大家的踴躍支持，包括捐款和成為義工，詳情如下：

Haven of Hope has not held any physical flag-selling fundraising event since 2016. The two previous flag days in 2020 and 2022 were conducted online due to the outbreak of the COVID-19 pandemic, which inevitably affected fundraising efforts. After an eight-year hiatus, the organization will finally hold a physical flag day on September 21 this year to raise funds for its non-subsidized elderly services.

The theme of this flag day is 'Walking with Hong Kong for Seven Decades'. Since its establishment in 1953, Haven of Hope has served the people of Hong Kong with care, professional and progressive spirit, becoming a 'haven of hope' for all. Take, for example, the Trinity Block of Haven of Hope Hospital (HHH), which was completed and opened in 2022. It opened during the fifth wave of the epidemic, with hundreds of severely ill patients needing admission daily, putting pressure on the hospital beds in public hospitals in Hong Kong at that time. In response to the needs of society, the Trinity Block immediately converted wards to admit new coronavirus patients, actively joining the community in the fight against the epidemic.

To echo the theme, the design blueprint of the flag day is based on the mosaic pictures in the garden on the fifth floor of the Trinity Block. It depicts common environmental and cultural

symbols of life in Hong Kong, including the Victoria Harbour, Lion Rock, the Haven of Hope Chapel, lotus ponds, dim sum, and Hong Kong birds, as a symbol of Haven of Hope has accompanied and grown together with Hong Kong and everyone.

This flag day relies on everyone's enthusiastic support, including donations and volunteering. Details are as follows:



日期 Date: 2024年9月21日(星期六) 21 September 2024 (Sat)

時間 Time: 上午7時至中午12時30分 7am to 12:30pm

地點 Location: 全港各區 Various Districts in Hong Kong

義工年齡限制 Age Limit for Volunteers:

3-90歲(未滿14歲之義工必須由成年之監護人陪同)

3-90 (Children under the age of 14 must be accompanied by an adult guardian)

金旗套裝 Gold Flag Set

HK\$350套/Set

尊貴金旗套裝 Premium Gold Flag Set

HK\$1,000套/Set



解說信望愛樓五樓花園馬賽克圖畫設計

Narration of mosaic pictures in the garden on the fifth floor of the Trinity Block



義工登記
Volunteer
Registration



金旗套裝
Gold Flag Set



捐款支持
Donation Support

靈實七十一周年晚宴

Haven of Hope 71st Anniversary Annual Dinner

每年3月8日是靈實的周年紀念日，闊別四年，靈實於今年終於可以復辦周年晚宴，出席的董事會成員、嘉賓和同工接近一千人，大家歡聚一堂，一同慶祝七十一周年這個大日子，場面熱鬧鼎盛。當晚活動非常豐富，包括有抽獎遊戲、同工詩歌表演以及緊張刺激的抽獎環節，同工們都十分投入，為中獎的同工們獻上最熱烈的歡呼聲。

董事會成員又帶領大家祝酒，分享喜悅，並引領台下眾人一同宣讀靈實異象禱詞、使命與精神，把現場氣氛推至高峰。當晚也頒發了10年、20年、25年、30年及40年長期服務獎，以嘉許多年來盡心盡力服務的同工。整個晚宴於喜樂融融的氣氛下圓滿結束。

March 8 marks the anniversary of Haven of Hope. After a four-year hiatus, we finally resumed anniversary dinner this year. Nearly a thousand attendees, including board members, guests, and staff, gathered to celebrate the 71st anniversary in a lively and jubilant atmosphere. The evening was filled with various activities, including table games,



hymn performances by staff, and an exciting lucky draw session, where staff eagerly cheered for the winners.

Board members led toasts, shared joy, and guided everyone in reciting our Vision Prayer, Mission Statement and Core Values (VMV), elevating the atmosphere to its peak. Long-service awards for 10, 20, 25, 30, and 40 years were also presented to commend the dedicated service of staff over the years. The entire banquet concluded on a high note amid joyful spirits.



靈實蠔涌日間活動中心暨宿舍

Haven of Hope Ho Chung Day Activity Centre cum Hostel

靈實一直積極連結不同持份者，一同服務有需要的人士，共同履行社會責任。今年二月，社會福利署義工到靈實蠔涌日間活動中心暨宿舍，為學員理髮，以迎接農曆新年的來臨。

We have consistently been progressive in connection with various stakeholders to collectively serve those in need and fulfill social responsibilities. In February this year, volunteers from the Social Welfare Department visited Haven of Hope Ho Chung Day Activity Centre cum Hostel to provide haircuts for residents preparing them for the arrival of the Lunar New Year.



靈實明德日間中心暨宿舍

Haven of Hope Ming Tak Day Activity Centre cum Hostel

明德中心由去年12月開始新增每月盛事「跳蚤市場」，會員可以透過日間訓練爭取積分，換取禮品，兌現成果！開幕當日不僅邀請到本地藝術家 Jasontommy 到場為學員給製人像畫，義工也到來一同進行義賣，氣氛相當熱鬧。



Since December last year, Haven of Hope Ming Tak Day Activity Centre cum Hostel has been hosting a monthly 'Flea Market', where members can earn points through daytime training to exchange for gifts and redeem their rewards. On the opening day, not only had we invited local artist Jasontommy to create portrait paintings for the residents, but volunteers also joined us for a charity sale, making the atmosphere quite lively.



第一代靈實人享壽105歲 史倫安息主懷

First Generation Colleague: John Shih Rest In Peace at the Age of 105

史倫(又名史烈)是第一代的靈實人，約於1955年加入靈實。他在靈實肺病療養院(靈實醫院前身)擔任護士，並同時在機構成立的護士學校教書。他與第四屆護士畢業生馮秀璋結為夫婦，由於他當時在香港孑然一身，所以邀請司務道教士充當他的家長及作證婚人。

他後來取得靈實的長期服務獎，於60歲時退休。他的妻子於2007年離世，雖然他當時仍有自理能力，但他和家人認為，讓他入住有熟識朋友的安老院舍，接受專業的照料，會更加安心，於是在87歲時搬入靈實胡平頤養院安享晚年，直至去年底離世，享壽105歲。

John Shih was among the first generation of Haven of Hope colleagues, who had joined us around 1955. He worked as a nurse at Haven of Hope Tuberculosis Sanatorium (predecessor of Haven of Hope Hospital) and concurrently taught at the nursing school established by the institution. He married Ruth Fung, a graduate of the fourth batch of nurses. Since he had no relatives and family members in Hong Kong at that time, he invited Sister Annie Skau to act as his parent and witness the wedding.

He later received Haven of Hope Long Service Award and retired at the age of 60 and his wife passed away in 2007. Although he was still capable of self-care at the time, he and his family believed that moving him into a familiar and professionally caring elderly home would be the best choice. Thus, at the age of 87, he moved into the Haven of Hope Woo Ping Care and Attention Home to enjoy his later years until he passed away in 2023, at the age of 105.



史倫(後排左二)、司教士(中期左一)與靈實第一屆護士學校畢業生合照。

A group photo of John Shih (back row, second from the left), Sister Annie Skau (middle row, first from the left), and the first batch of graduates from the Haven of Hope Nursing School.

精神健康急救小知識

Mental Health First Aid Tips

根據世界衛生組織的資料，2019年全球近10億人患有精神障礙，約2.8億人患有抑鬱症。香港人口約750萬，按全球數字推算，估計香港約有110萬至180萬人患有精神障礙。到了2030年，抑鬱症將成為全球最主要的「殘疾調整」疾病。

According to the World Health Organization, close to one billion people worldwide suffer from mental disorders in 2019, of which, 280 million suffer from depression. Hong Kong has a population of approximately 7.5 million. Based on global statistics, it is estimated that 1.1 million to 1.8 million Hong Kong people are living with mental disorders. By 2030, depression will become a leading "disability adjustments" illness in the society.

在面對節奏急速的社會步伐、繁忙及沉重的工作，以及複雜的人際關係等，容易讓人產生緊張不安、焦慮，甚至恐懼的情緒，有機會面對患上抑鬱症的風險。常見的抑鬱風險因素包括：有長期疾病或痛症、缺乏社交活動、親友離世、以往曾有不愉快經歷、失業及孤獨感等。抑鬱症有時很難從外表見到，有時可能表現為身體不適或認知問題。

當精神健康出現危機或面對精神問題時，我們往往會因害怕被別人察覺、擔心被身邊的人排擠、怕麻煩別人，而不敢求助。在大眾的刻板印象中，精神病患者往往被視為是懦弱、麻煩的象徵。這些對精神病的負面標籤，不但成為偏見和歧視，亦令患者漸漸相信「自己並不正常」，是使人厭惡、無能、甚至是沒有價值的存在。

「精神健康急救」就是在當事人陷入精神健康危機時，為他們提供一系列的支援行動(ALGEE)，讓他們的精神狀況不致惡化，及早鼓勵當事人接受專業援助。若你身邊有親友出現精神突發事故時，鼓勵大家主動提供支援，及早辨識他們的問題，在未獲得專業協助前，提供即時的疏導，化解危機。

Facing the rapid pace of the society, busy and heavy work-load, and complex interpersonal relationships, it is easy to feel nervous, anxious, and even fearful. Many people face the risk of suffering from depression. Some common risk factors for depression include: long-term illnesses or chronic pain, lack of social activities, death of love ones, past trauma, unemployment, and loneliness, etc. It is not easy to detect depression based on outward appearances, and sometimes, it can manifest as physical discomfort or cognitive problems.

When we have a mental health crisis or face with psychiatric problems, we often dare not seek help because we are afraid of being noticed by others, we worry about being ostracized by those around us and we feel bad troubling others. In popular stereotypes, people with mental illness are often perceived as weak and troublesome. These negative labels not only become prejudice and discrimination; they also make patients believe that they are "not normal", disgusting, incompetent and even worthless beings.

The "Mental Health First Aid" is a series of support actions aim to help individuals when they are dealing with mental health crisis, to prevent their mental health condition from deteriorating and to encourage them to receive professional assistance as early as possible. If you have a family member or a friend who is experiencing mental health crisis or emergency, we encourage you to take the initiative to support them, help them identify their problems early and if possible, provide immediate counselling to resolve the crisis before they receive professional help.



以下為精神健康急救五步曲 (ALGEE) 重點：

Here are the 5 major steps of the Mental Health First Aid (ALGEE) process:

Assess

接觸及評估當事人情況

Reach out and assess the situation

選擇合適的時間及地點，評估當事人是否正面對危機，包括有否傷害自己或別人的風險

Choose an appropriate time and place to assess whether the individual is facing a crisis. Determine whether there is a risk of self-harm or harm to others.

Listening

非批判性聆聽

Listening Non-judgmentally

聆聽當事人的感受，不妄加評論，亦不要急於解決問題；運用語言和非語言技巧，保持真誠及接納態度，感同身受並給予痊癒的希望

Listen without judgment to feelings of the person concerned. Do not make unnecessary comments or rush to solve the problem. Use verbal and non-verbal skills, be sincere and accepting, show empathy and give hope for healing.

Give

給予當事人支持及提供資料

Give reassurance and provide helpful information

給予情緒支持，陪伴當事人做喜歡的事或嘗試一起進行減壓及舒緩活動；並提供合適的精神健康資訊

Provide emotional support and reassure the person concerned that none of this is his or her fault. Accompany the person concerned to do things he or she enjoys or participates in stress reducing and fun activities together. Also, provide helpful and appropriate mental health information to the person concerned.

Encourage

鼓勵當事人尋求合適的專業援助

Encourage the individual to seek appropriate professional help

鼓勵當事人向專業人士求助，如醫生、社工、輔導員或臨床心理學家等，有需要時可陪伴當事人一起尋求協助

Encourage the person concerned to seek help from professionals, such as doctors, social workers, counselors, and or clinical psychologists. When necessary, accompany the person concerned when he or she is seeking professional help.

Encourage

鼓勵尋求其他支援

Encourage self-help and other support strategies

鼓勵當時事人向親友尋求支援或使用自助方法，如進行鬆弛練習、做運動、建立良好的睡眠習慣或參加減壓課程等有助改善情緒的活動

Encourage the person concerned to seek support from family members and friends or use self-help methods, such as relaxation exercises, sports activities, establishing good sleeping habits, or attending stress-relieving courses and other social activities that can help improve his or her mood.

在關顧身邊親友情緒需要的同時，大家亦切勿忽略自己的精神狀況，若有需要便要主動尋求協助。

While we care for the emotional needs of our love ones and friends around us, we must also be mindful of our own mental health condition. If necessary, we must take the initiative to seek help and support.

靈實長者地區服務營運經理葉雅詩

By Alice Yip, Operations Manager of Haven of Hope District Elderly Community Service

推動晚期照顧新里程 著重復康配合

Advancing a New Milestone in End-of-Life Care with a Focus on Rehabilitation Coordination

寧養院的跨專業醫護團隊成員。
圖右起：吳韋成醫生、黃建成醫生、
熊良儉醫生、丘岳。
Members from SASHCC's
interprofessional healthcare team. From
right: Dr Ng Ngai-sing, Dr Paul Wong, Dr
Hung Leung-kim and Felix Yau.

靈實早於二十年前已經看到香港非常缺乏對於嚴重病患或長者的晚期照顧，推出創新的概念，於2006年建立香港第一間自負盈虧的安寧院舍——靈實司務道寧養院，讓有需要的市民可以得到優質的晚期照顧。寧養院之後一直回應社會的新發展和需要，特別是對晚期照顧的重新定義，在硬件和軟件上都不斷擴充和提升，「用愛擁抱晚晴」踏入了新里程。

推出四款套式服務

在硬件上，寧養院擴建工程已經動工，第一期興建安寧照顧大樓暨教研中心預計在2026年竣工及2027年投入服務。在軟件方面，寧養院進一步優化服務，今年4月推出了四款一站式無縫套式服務：提供日常醫療護理照顧的「優質療養套式服務」、提供密集式復康訓練和護理的「長者復康套式服務」、為病情穩定晚晴病人而設的「康復療護套式服務」、以及「舒緩治療套式服務」等，讓長者和病人可以按自己的情況和需要，一直在寧養院接受適切的治療，不用飽受轉院的折騰。

大眾普遍認為，晚期照顧只涉及生命倒數階段的治療和照顧，但現在是改變這觀念的時候。寧養院認為應重新定義晚期照顧，副院長黃建成醫生指出，許多病人雖然有末期癌症，但標靶治療、免疫治療等新式治療的出現，不僅延長了病人的壽命，也提升了病人的身體健康狀況，晚期照顧不再是以月計，而是要以年計，現在的晚期照顧服務也十分著重復康的配合，以讓病人的生活質素得以維持，甚至得到提升。



物理治療師正協助院友進行復康運動。
Physiotherapist assists residents doing rehabilitation exercises.



Haven of Hope has recognised the pressing need for palliative care for seriously ill patients and the elderly in Hong Kong for over twenty years. Introducing an innovative concept, the organisation established Hong Kong's first self-financed palliative care centre, the Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC), in 2006. This initiative aimed to provide high-quality end-of-life care to those in need. Since then, the SASHCC has continuously responded to new societal developments and needs, particularly in redefining end-of-life care. It has consistently expanded and enhanced both its hardware and software, ushering in a new milestone with the motto 'Embrace The Last Journey With Love'.

The Introduction of Four Integrated Service Packages

On the hardware front, the extension project of the SASHCC has commenced. The first phase, involving the construction of the Hospice Care Block & Education, Training and Research Centre, is expected to be completed by 2026 and operational by 2027. On the software side, the SASHCC has further optimized its services. In April of this year, four seamless integrated service packages were introduced: the 'Quality Infirmary Care Package' for daily medical and nursing care, the 'Geriatric Rehabilitation Package' for intensive rehabilitation training and care, the 'Convalescent Care Package' for stabilized patients, and the 'Palliative Care Package'. These service packages allow elderly and patients to receive appropriate treatment at the SASHCC according to their conditions and needs without the hassle of transfers.

The general perception of end-of-life care typically revolves around treatment and care during the final stages of life. However, it's time to change this mindset. Haven of Hope believes that end-of-life care should

跨專業團隊勝一般復康醫院

香港公立醫院系統以急症為主導，復康床位緊張，寧養院正好為一些需要復康的病人提供多一個選擇。黃醫生說：「雖然寧養院尚未是一間醫院，但其跨專業團隊與復康醫院沒有大分別，甚至比一般復康醫院更好。」團隊有老人科、骨科、紓緩治療科、腫瘤科、腎科等專科醫生，也有資深的護士、中醫師、物理、職業、言語、藝術、園藝、音樂、豎琴等不同治療領域的治療師。

每一位入住寧養院的病人，除了有身體的治療師醫生外，也有心靈的治療師，每位病人有一位專責院牧，有需要可以同時得到院牧、社工的關顧。黃醫生說：「除了身體復康，心靈復康都十分重要，例如病人出院之後如何繼續面對日常生活，復康的闊度其實超過一般人想像，對於這方面，我們這裏是做得到的。」



醫生、院牧和護士一同巡病房，了解院友身、心、社、靈情況。
Doctors, chaplains and nurses patrol wards together to know about residents' physical, mental, social and spiritual care.

寧養院團隊每星期都開個案會議，逐一討論院友的個案，在身、心、社、靈照顧上進行檢討。對於新入院或正住院的院友，大家先會取得共識後，再擬定一個治療計劃，以產生協同效應；即使是出院的病人，團隊也會討論如何繼續跟進；對於離世的院友，團隊會盡量幫助他們在臨終前完成後心願，院友離世後，團隊也會為家人提供哀傷輔導，有需要時會協助院友的殯葬安排。此外，寧養院也會安排義工、理髮師、動物醫生定期探訪院友，讓他們可以享受日常生活的樂趣和有質素的生活。

寧養院的老人科顧問醫生吳釁成是香港老年學會前會長，他約於五十年前曾經參與建立瑪嘉烈醫院老人專科病房，也有份建立寧養院。他指出，在理論上，老人科應該是全包的，由急病入院，轉到慢性病，以至到生命晚期，病人都應該得到照顧。他說：「當我到寧養院後，發覺原本接受的老人科訓練，在這裏運用

安寧照顧大樓暨教研中心
預計在2027年投入服務。
(設計圖片)
The Hospice Care Block &
Education, Training and
Research Centre is expected
to be operational by 2027.
(Design Photo)



be redefined. Dr Paul Wong, Deputy Medical Superintendent, pointed out that many patients with advanced cancer now benefit from new treatments such as targeted therapy and immunotherapy, which not only extend their lifespan but also improve their overall health condition. End-of-life care is no longer measured in months but in years. Present end-of-life care services also emphasize rehabilitation cooperation, aiming to maintain and even enhance patients' quality of life.

Interdisciplinary Team Surpasses Conventional Rehabilitation Hospitals

The public hospital system in Hong Kong primarily focuses on emergency care, resulting in a shortage of rehabilitation beds. SASHCC provides an additional option for patients in need of rehabilitation. Dr Wong stated, 'Although SAHCC is not a hospital, its interdisciplinary team is comparable to that of a rehabilitation hospital, if not better.' The team consists of specialists in geriatrics, orthopedics, palliative care, oncology, nephrology, along with experienced nurses, traditional Chinese medicine practitioners, physiotherapists, occupational therapists, speech therapists, art therapists, horticultural therapists, music therapists, and harpists, among others, in various alternative therapy fields.

Each patient residing in SAHCC not only has access to physical therapists and doctors but also to spiritual therapists. Each patient is assigned a dedicated Chaplain, and if needed, can also receive care from social workers. Dr Wong stated, 'Besides physical rehabilitation, mental well-being is also crucial. For example, how patients cope with daily life after discharge. The scope of rehabilitation extends beyond what most people imagine, and in this aspect, we excel.'

The team holds case conference every week to discuss each resident's case and review their physical, mental, social, and spiritual care. For new or current residents, consensus is reached before devising a treatment plan to generate a synergistic effect. Even for discharged patients, the team discusses follow-up measures. In cases of residents passing away, the team strives to fulfill their final wishes, provides bereavement counseling to their families, and assists with funeral arrangements when needed. Additionally, SAHCC arranges regular visits from volunteers, hairdressers, and veterinarians to ensure residents can enjoy the pleasures of daily life and maintain a high quality of living.

得好貼切。我們這裏有很好的院牧團隊，這在急症醫院是少見的。我發覺對於末期病患者來說，靈性照顧好重要，好多情緒問題會影響到病人病情和反應，甚至康復。我最開心遇到一個好好的院牧團隊，可以幫助病人，而且是免費的。」



骨科醫生熊良儉是寧養院專業團隊成員之一，他是香港中文大學醫學院教授，曾在威爾斯親王醫院服務。他指出，長者有許多骨科問題，例如全身骨痛，而癌症骨轉移也是常見，骨科復康服務的需求殷切。在疫情前，靈實已提供離院支援服務，當中有許多服務使用者是骨科病人，寧養院慢慢發展出骨科復康服務。

熊教授說：「骨科手術後，我們都期望醫生持續關注病人的復康過程，復康時間有長有短，但不是出院便了事。病人未必經常可以見到施手術的主診醫生，我可以做補充和橋樑的角色，利用我的專業協助處理問題，也可以支援治療師。寧養院比較靈活，復康的時間沒有設下界線，而是因應病人的需要。」

涵蓋整個光譜 提供整全照顧

高級物理治療師丘岳認為，體弱長者和晚晴病人都需要接受物理治療，以恢復及維持身體機能。他說：「我畢業時已經聽過全人照顧，但來到這裏才感覺實踐得到。復康是持續的，不僅是急症，還有長期和晚期照顧，而寧養院的四個套式服務已經完全涵蓋了整個光譜。復康服務不限於在寧養院之內，病人出院後回來，我們都會幫助他們，這是十分整全的照顧。」

吳醫生說：「在寧養院雖然都忙，但是我是開心的，因為看到病人有轉變，有成長，有康復，有些更信了主，這都是靠大家的努力。」



寧養院擴建後的新大堂。(設計圖片)
SASHCC's new lobby after construction. (Design Photo)



跨專業醫護團隊俯瞰寧養院擴建地盤。
The interprofessional healthcare team overlooks SASHCC's construction site.

Dr Ng Ngai-sing, the geriatric consultant at SASHCC, is former president of the Hong Kong Association of Gerontology. He was involved in establishing the geriatric ward at the Princess Margaret Hospital about fifty years ago and also played a role in founding SASHCC. He emphasises that geriatric care should ideally encompass all aspects of a patient's journey, from acute illness to chronic conditions, and through the end of life. He remarked, 'When I came to SASHCC, I found that the geriatric training I received was highly relevant and well-applied here. We have an excellent pastoral care team, which is rare in emergency hospitals. I realized the importance of spiritual care for patients in the terminal stage. Many emotional issues can affect a patient's condition, response, and even recovery. I am pleased to encounter such a dedicated pastoral care team here, providing free assistance to patients.'

Dr Hung Leung-kim, an orthopedic surgeon, is a member of the professional team at SASHCC. He is a professor at the Chinese University of Hong Kong Medical School and served at the Prince of Wales Hospital. He points out that elderly individuals often face various orthopedic issues, such as generalised bone pain, and bone metastasis from cancer is also common. There is a pressing need for orthopedic rehabilitation services. Before the pandemic, SASHCC had already been providing discharge support services, many of which were utilised by orthopedic patients. Over time, SASHCC has gradually developed orthopedic rehabilitation services.

Professor Hung remarked, 'After orthopedic surgery, we all expect doctors to continue monitoring the patient's rehabilitation process. Rehabilitation times vary, but it doesn't end upon discharge. Patients may not always have regular access to the operating surgeon so I can serve as a supplementary and bridging role, utilising my expertise to assist with issues and support therapists. SASHCC is more flexible, with no set boundaries on rehabilitation time but instead adapting to the patient's needs.'

Covering the Entire Spectrum, Providing Comprehensive Care

Senior Physiotherapist Felix Yau believes that both frail elderly individuals and terminally ill patients require physical therapy to recover and maintain their physical functions. He said, 'I had heard of holistic care when I graduated, but it's only here that I feel it's being truly practiced. Rehabilitation is continuous, not just in emergencies but also in long-term and end-of-life care. The four integrated service packages at SASHCC cover the entire spectrum. Rehabilitation services extend beyond SASHCC; when patients return after discharge, we continue to assist them. This is a very comprehensive form of care.'

Dr Ng said, 'Although it's busy at SASHCC, I am happy because I see patients undergoing transformation, growing, recovering, and some even finding faith. It's all thanks to everyone's efforts.'

了解寧養院四款
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