

扶康會臨床心理服務

Clinical Psychological Service of Fu Hong Society

「同行智者支援小組」 "Support Group for Carers of Person with Intellectual Disabilities"

扶康會自1977年服務至今，一直重視智障人士及其照顧者的需求。照顧一名智障人士的壓力和困難不足為外人道，他們實在需要全方位的支援和服務。有鑑於此，扶康會臨床心理服務開辦「同行智者支援小組」，目的是為需照顧自閉症及智障人士的家長，提供一個紓緩身心及互相扶持的平台，加強他們處理壓力的技巧，積極地面對困難。小組的內容包括：臨床心理學家及其他專業人士的專題講座、休閒及聯誼活動等等。入會費用全免，活動費則按性質而定，有興趣加入「同行智者支援小組」的家庭或照顧者，可於辦公時間致電扶康會培訓部2215 6303或2215 6302索取參加表格。

另外，扶康會在9月19日假樂融坊舉辦了公開講座《拆解壓力我有法》，精神科醫生、臨床心理學家、資深社工及家長代表從多個角度分享照顧智障兼自閉症人士的專業知識和照顧經驗。當日有近100人出席，他們都表示講座的內容實用，及在照顧路上帶來正能量。



Since its establishment in 1977, Fu Hong Society has always attended to the needs of persons with intellectual disabilities and their carers. The

pressure and difficulties that the carers face when taking care of a person with intellectual disabilities can indeed be unbearable – they are in need of all-round support and service. In regard to this issue, the Clinical Psychological Service of Fu Hong Society set up a "Support Group for Carers of Person with Intellectual Disabilities", with the aim to provide a platform for parents who are responsible for taking care of persons with intellectual disabilities and autism to relax, show mutual support, enhance their pressure-dealing skills and develop a positive outlook when facing hard times. The programme of the Group includes seminars given by clinical psychologists and other professionals, leisure and social activities, etc. No entrance fee is needed; however, the cost of extra activities is nature-dependent. For families and carers who are interested in joining the "Support Group for Carers of Person with Intellectual Disabilities" and wish to obtain an application form, please do not hesitate to call the Training Department of Fu Hong Society at 2215 6303 or 2215 6302 during office hours.

A public seminar "Turn STRESSED into DESSERTS", given by Fu Hong Society, was held at Joyful Corner on 19 September. Psychiatrists, clinical psychologists, senior social workers and parent representatives shared with the participants from different perspectives their professional knowledge and experiences in taking care of persons with intellectual disabilities and autism. More than 100 people participated in this event and they all agreed that the content of the seminar was useful and meaningful in a way that it gave them the positive energy they needed to walk along the path of caretaking.

