



來自長洲的「王子」——王子佳 健持之家服務使用者



王子佳是一位中度智障人士，他自小在長洲長大，母親靠經營前舖後居的小士多維生。以前的康復服務乏善可陳，母親無暇照顧他，兄弟姐妹又要上學，「王子」只能獨留在後舖房間，有時也會自己在街上流連，幸好數十年前長洲小島民風淳樸，鄰里關係較密切，王子在街上總得到街坊照應。直到1981年，香港第一間大型智障人士院舍扶康會興華中心開幕，王子終有機會離開長洲，到外界接觸新環境、新事物，踏入生活的新里程碑。1984年，座落在私人大廈的扶康會健持之家成立，王子遂轉到健持之家接受訓練及住宿。他是第一批入住健持之家的服務使用者，轉眼間就已過了30年，健持之家就是王子的第二個家。



融入群體 活得充實

王子遷入健持之家初期的訓練以自我照顧、做家務及清潔為主，也有各種類別的職業技能訓練，如撕膠花水口、入菲林筒及餐具包裝等。家舍不時舉辦戶外活動，讓王子融入群體生活，與長洲的生活截然不同。經過30年的歲月，王子已由昔日的小王子變成今日的成年人。隨着年齡漸長，王子的身體肌能已開始退化，宿舍為他設計的訓練亦因應調整，轉變為以健康、展能藝術、生活體驗及社區共融為主。多元化的戶外活動及「香港最佳老友運動」則令王子接觸不同的義工朋友，增廣見聞，生活過得更充實。

努力運動 保持肌能

數年前，王子曾因肌能退化而入院，險些無法走動，幸好經過悉心照顧及物理治療，加上個人的意志力，王子最終仍可重新站起來。他現時每日都努力地進行步行及各種肌能運動，保持身體健康。中心的戶外活動、妹妹及妹夫定時到中心探望他及外出用膳，都是王子積極運動的原動力。王子與健持之家共同度過30周年的慶祝活動，期望他在健持之家繼續開心快樂及健康地生活，迎接同樣豐盛的未來。



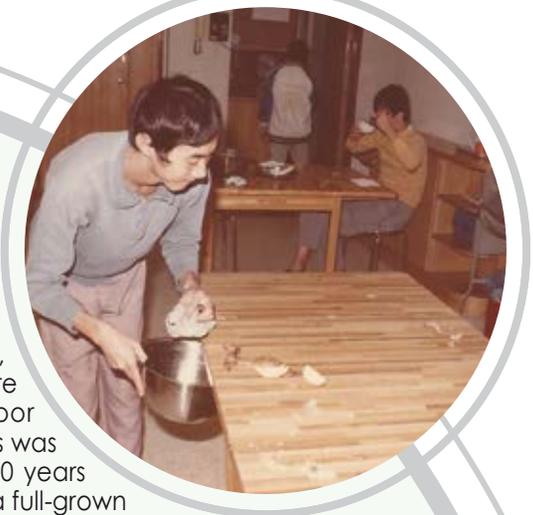
The "Prince" from Cheung Chau – Wong Chi Kai Priscilla's Home service user

Wong Chi Kai is a person with moderate intellectual disabilities. He grew up in Cheung Chau, where his mother earned a living by operating a small store in front of their home. Rehabilitation services were scarce in those days. With his mother busy working and his siblings at school, "Prince" could only stay in the back room alone. Sometimes he would also wander on the streets. Fortunately, Cheung Chau decades ago was an island with a simple lifestyle and an intimate relationship between neighbours. "Prince" was taken well care of by his friendly neighbours. In 1981, with the opening of FHS Hing Wah Adult Training Centre, the first large-scale hostel for people with intellectual disabilities, "Prince" finally got the chance to leave Cheung Chau, explore the new environment and new things outside the island and step into a new milestone in his life. FHS Priscilla's Home, a service unit locating in a private residential building, was set up in 1984. "Prince" was transferred to Priscilla's Home to accept training and residential services since then. He was among the first service users to reside in Priscilla's Home. 30 years have passed in the blink of an eye. Priscilla's Home has become the second home for "Prince".



Integrate into the Community, Live a Fruitful Life

When "Prince" first moved into Priscilla's Home, his trainings were mainly about self-care skills, doing chores and cleaning. Various kinds of job trainings such as making plastic flowers, inserting photographic film rolls and packaging utensils were also provided to him. The hostel would organize outdoor activities from time to time for "Prince" to fit into group life. This was a life completely different from the one in Cheung Chau. 30 years have gone by and "Prince" has grown from a little "Prince" to a full-grown adult. As he grew older, his body functions started to deteriorate. Trainings designed for him by the hostel were therefore altered to fit his bodily changes. For example, the trainings were more based on health, arts for the disabled, life experience and social inclusion. On the other hand, diversified outdoor activities and "Best Buddies Hong Kong" Movement enabled "Prince" to make friends with volunteers, expanded his horizon and lived a more meaningful life.



Regular Exercise Helps Maintain Physical Health

A few years ago, "Prince" was hospitalized due to muscle degeneration. He nearly lost his ability to walk. Luckily, with good care, physiotherapy and also his own determination, "Prince" was able to stand up once again. To stay healthy, he now does walking and muscle training exercises every day. What motivate "Prince" to exercise are the outdoor activities organized by the centre, visits from his younger sister and her husband and the dinner dates with them. "Prince" and Priscilla's Home celebrated the 30th anniversary together. It is our sincere hope that he will continue to live a happy and healthy life in Priscilla's Home and embrace a future that is just as fruitful as the past 30 years.