

## 服務特色 人物故事

SERVICE HIGHLIGHT  
PEOPLE STORY



### 給你一個「五星級的家」

怎樣才是一個五星級的家？有一個巨型的大廳？交通便利？還是背山面海？對於居住在柔莊之家的輕度智障服務使用者美琪來說，就只有一個簡單的要求——一個接納和包容他們的社區。

#### 「綠色」橋樑

柔莊之家於1994年投入服務，至今已逾二十年，可說是植根屯門區，但美琪坦言社區人士的接納也是近年的事情，「之前有些路人也會在屋外偷看，不知道屋內的人是怎樣，也覺得我們和他們不同，就有些不正常的。」近年柔莊之家積極推行綠化，不同的植物種滿小花園，不但漸漸地吸引了途人的目光，更成為社區人士了解服務使用者的一道橋樑，美琪指當初種植並沒有想到會有這個效果，「我們沒有故意種給誰看，但時間久了，很多途人也會請教我們是怎樣種的，之前更有對父子和我們聊了幾個小時的種植心得。」對於社區人士的接納，美琪由衷地想說一聲謝謝。



#### 小植物 大學問

對於沒有種植經驗的美琪自言最初對種植信心不大，「也會擔心會種不好，但幸好有鍾生的提點。」美琪口中所指的鍾生就是柔莊之家經理，擁有豐富的種植經驗，更於早前考獲「園藝治療師」牌照。美琪指鍾生為了建立他們的自信心，最初挑選了一些生命力較強的植物給他們栽種，「像辣椒、青椒和通菜等，這些蔬果幾個星期就可以收成。但在過程中亦需要小心照料，例如不要澆太多水。」當美琪講到第一次吃到自己種的成果，她臉上依然流露很滿足的笑容，「好開心的自己種的成果可以和其他人分享，吃起來特別甜。」

#### 升「呢」做助教

累積了一定經驗的美琪近月更跟隨鍾生到老人中心、幼稚園和小學等地方分享園藝種植的心得，並擔任鍾生的副手，「原來我們都可以教他們，在課堂上我是助教，他們是學生，原來我們都可以很平等，亦沒有想過會有人稱呼我們作導師。」在眾多的「學生」中，美琪指教導老人家最需要就是耐性，「因為他們的聽力不太好，所以需要和他們講多幾次，有時更要作示範。」在過程中，美琪不但增加了自信，更感到自己也可以為社會出一分力，達致社區共融，美琪表示日後會繼續運用學習到的園藝技巧回饋社會。

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### A “Dream Home” for Service Users

What is your ideal home? Is it one with a huge dining room, convenient transport links, surrounded by wonderful scenery? For Mei Kei, who lives in Yau Chong Home which provides residential services for persons with mild grade intellectual disabilities, there is only one simple requirement: an inclusive community that accepts persons with disabilities.

#### The “Green Bridge”

Yau Chong Home began in 1994. It is rooted in Tuen Mun district. However, Mei Kei admits that the acceptance of the community only happened in recent years. "Before, passers-by would be curious and peeked into our Home from outside, and wondered what's the people inside were like. It seemed that we were different and hence regarded as abnormal." In recent years, Yau Chong Home has promoted greening activities and have planted a small garden at the Home. This attracted the attention of passers-by and became a bridge for the community to understand our service users better. Mei Kei pointed out that this was not the expected outcome. "We didn't deliberately plant for anyone, but as time passed, many passers-by came to ask for advices. Once we chatted with a father and son for a couple of hours exchanging ideas about gardening. Mei Kei wants to say "thank you" sincerely for the community acceptance.

#### Small Plant Big Meaning

Mei Kei did not have any gardening experience and at first did not have confidence. "I worried that the plants would not grow, and was so lucky to have Mr. Chung's guidance". Mr. Chung, the manager of Yau Chong House, has extensive gardening experience and was awarded a "Horticultural Therapist" license. In order to build up their self-confidence, Mr. Chung selected plants with strong vitality to practise planting. "Peppers, green peppers and water spinach, these kind of vegetables can be harvested in just a few weeks, but still needs to be sufficient care during the growing process, such as not over watering". Mei Kei's face shone with a satisfied smile when she told us her memory of eating food planted by her own hands for the first time. "I was so happy to share the food I planted with others. It was absolutely the sweetest vegetable I have ever tasted."



#### “Upgrading” to Teaching Assistant

Enriched by her gardening experience, Mei Kei recently shared her planting skills as the teaching assistant of Mr. Chung at elderly centers, kindergartens and primary schools. "Persons with disabilities proved they too have the ability to teach. I was teaching in a classroom and they were my students. We can be equal. I never imagined that someone would call me "instructor"! Mei Kei finds that the most important quality for teaching the elderly is patience. "Because their hearing is not good, so I need to repeat what I say several times, and sometimes I even demonstrate the instruction in front of them for their ease of understanding." In getting along and interacting with others, Mei Kei enhances her self-confidence, and also feels grateful for being able to contribute to society thereby realizing an inclusive community. Mei Kei says she will continue to use her gardening skills to give something back to society.