

## 無憂的福氣 特殊需要人士生活規劃及特殊需要信託 支援服務

為了配合本會策略計劃的「提升樂活老齡」方針，並配合社會福利署的「特殊需要信託計劃」，本會自 2019 年推出「特殊需要信託支援服務」，希望減低年長照顧者對其子女長遠生活照顧的擔憂，且為他們提供生活規劃服務，為特殊需要人士度身訂造長遠生活計劃，讓他們能過著有質素、有意義的生活，充份達至樂活老齡。

白髮蒼蒼的陳太（化名）是本計劃其中一名服務使用者，與患有輕度智障的女兒阿晴（化名）同住，丈夫遺下的兩所物業及一筆遺產讓她們不用為經濟問題而操心。然而，每當陳太數算著自己及女兒頭上的白髮，憂慮之情總是揮之不去。「我的白頭髮有一半是因為擔心自己不夠「福氣」未能白頭人送黑頭人而得來的。」陳太苦笑道。她最放心不下的，莫過於是假若自己「先行一步」，剩下她一直寵愛、全天候照顧的女兒的前路。

多年來，陳太盡心照顧在庇護工場接受服務的阿晴。自出生以來，阿晴生活上的大小事務全由陳太代勞；即使阿晴今年已經 45 歲，在陳太心目中，女兒還是個長不大的小孩。另一方面，阿晴亦很想用自己的能力去照顧媽媽，讓她感到安心。「我知道有一天媽媽也會像爸爸一樣上天家，我就再見不到媽媽，但我現在希望媽媽每一天都開心，我想去小賣部工作，也想幫媽媽做家務。」阿晴輕撫著媽媽沾了淚水的手背，溫柔地說。陳太望一望女兒，眼神流露著牽掛與憂慮。陳太的故事是普遍養育智障子女家長的寫照，因此「特殊需要信託支援服務」更見其重要性。

本會的「特殊需要信託支援服務」以「家庭為本」的概念，因應不同家庭的需要，度身訂造專屬的生活規劃方案，以提升特殊需要人士的能力，同時強化家庭的功能及凝聚力，讓「愛共行」的服務理念得以實踐。如欲了解本會的「特殊需要信託支援服務」詳情，歡迎致電 5132 0276 與項目主任查詢。

## “A Worry-free Blessing” Life Planning Program for Persons with Special Needs and Institution Carer Services supporting Special Need Trust (SNT)

As an ample step towards our strategic direction to “enhance active ageing”, we have put forward the “Life Planning Program for Persons with Special Needs and Institution Carer Services supporting Special Need Trust (SNT)” in 2019, echoing the Special Needs Trust initiated by the Social Welfare Department. The objective of the Project is to assist the settlor to design the caring plan for their family member(s) with special needs. Through a customized life plan for persons with special needs, they would be facilitated to enjoy active ageing with meaningful and quality life.

Mrs. Chan, one of the service users of this project, is currently living with her daughter with mild intellectual disability. Although her husband left two properties and some legacy for them as financial backup when he passed away, she cannot set aside her worries as she observes hair of herself and her daughter turning white. “I thought I might not be blessed enough to attend my daughter’s funeral. I guess that is the reason for my hair turning white” said Mrs. Chan with a bitter smile. Knowing that she might not live as long as her daughter does, she cannot bear to imagine a future in her daughter with intellectual disabilities without the cares and supports from her.

Over the past years, Mrs. Chan has been rooting for her daughter who is receiving training in a sheltered workshop. Since she came to the world, the two had also been almost inseparable. Even though her daughter is turning the age of 45, she is always a little child in Mrs. Chan’s eyes. However, from her daughter’s perspective, she is eager to prove herself capable of looking after her mother. “I knew Mum would join Dad in Heaven someday, which means I would never be able to see her again. I can work at the tuck shop, I can



also help her out with the household chores. All I want is that she can live happily,” she said in gentle voice and held her mother’s hand meekly. Mrs. Chan looked at her daughter in teary eyes. Their story is not a typical example for families with children suffering from intellectual disabilities, but also a solid evidence in proving the necessity of “Institution Carer Services supporting Special Need Trust (SNT)”.

Our “By Your Side – Family Support Pilot Project”, is a family-centered project providing support to the family members of persons with intellectual disability so as to enhance the family functioning and coherence; as well as to relieve the stress of carers. Please contact the Project Coordinator at 5132 0276 for more details.

