

Towards a Model of Community Rehabilitation in Hong Kong

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Rehabilitation Program Plan

- In 2005, the Rehabilitation Advisory Committee (RAC) reviewed the Hong Kong Rehabilitation Programme Plan (RPP)
- Two strategies:-
 - promote cross-sectoral collaboration in providing services for persons with disabilities ... integration into the community; and
 - to empower persons with disabilities and their carers, ... become valuable social capital

Recommendations

- Develop day and community rehabilitation services
- Forge closer collaboration among different sectors and local communities
- Enhance people-oriented services, provide support to carers, developing community mutual help networks and rendering multi-disciplinary support services

Community Rehabilitation

“strategy within community development for the rehabilitation, equalization of opportunities, and social integration of all people with disabilities.”

- Combined efforts of disabled people themselves, their families and communities, and the appropriate health, education, vocational and social services"

(WHO, 1994)

Hospital- versus Community-based Rehabilitation

Hospital-based	Community-based
Service provision exclusively	Transfer of knowledge
Mystification of knowledge	De-mystification of knowledge
Social isolation	Social inclusion
Can benefit few (less than 10%)	Cover large population
Expensive, low efficiency	Less expensive – utilises community resources
Disabled persons have a passive role – “receivers of care”	Disabled persons have an active role
Vertical, linear service provision	Integration with other sectors

Examples in Hong Kong

- Community Rehabilitation Network (CRN), the Hong Kong Society for Rehabilitation
- Community Rehabilitation Day Centre (CRDC), Haven of Hope Christian Services

Community Rehabilitation Network

The Hong Kong Society for
Rehabilitation

www.rs.polyu.edu.hk

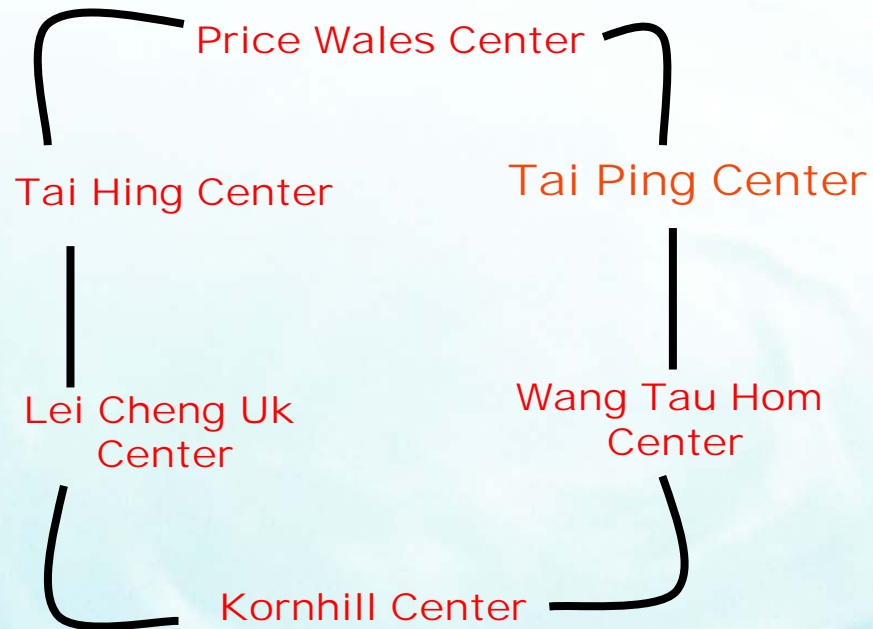


Missions of CRN

- To empower the persons with chronic health condition and their carers to improve their quality of life through building up of their self management and mutual-aid self-help capacity.
- To facilitate the persons with chronic health condition to advocate for equal opportunities and social inclusion.

The CRN Physical Locations

Six Centers in Hong Kong



CRN

Community Rehabilitation

Mutual-aid Supportive Network

Psycho-social Intervention

Patient Education

Mutual-aid & Self-help

Self Management

Patients' Self-help Organization

Mutual-aid Self-help Group

Peer Visitation Scheme

Psycho-therapeutic Group

Rehabilitation Course / Self-Management Course

Information sharing, Community education & Advocacy

Information sharing, Emotional support

Sharing of coping method, Emotional support

Changing clients' perception & self-valuation

Transfer of knowledge & skills

Mission of CRN





Professional and Volunteer Staff

- ◆ Social Workers
- ◆ Physiotherapists
- ◆ Occupational Therapists
- ◆ Registered Nurses
- ◆ Professional Advisors (Doctors, Nutritionists, Speech Therapists, Clinical Psychologists etc)

Characteristics of Services

- Knowledge Enrichment:
 - To provide knowledge on stroke rehabilitation, include risk factors for second stroke, ways to manage hypertension
- Motivation Enhancement:
 - Build up motivation of stroke survivors to take actions to manage their health
- Rehabilitation Skills Training:
 - To learn and practice necessary skills in rehab in the group.



Characteristics of Services

- Community Re-integration Skills Training:
 - To learn the community living skills on site such as making use of public transport and community facilities
- Psycho-education & Psycho-therapy Groups
 - To equip the participants the skills for self management and to facilitate the participants to build up mutual support network. Services include
- Mutual Aid Self-help Group
 - To establish mutual support network



Community Rehabilitation Day Centre (CRDC)

Haven of Hope Christian Services

www.rs.polyu.edu.hk



CRDCs in Hong Kong

- Haven of Hope Christian Service CRDC (Wan Chai)
- Christian Family Service Centre CRDC (Kwun Tong)
- SAHK (NT East CRDC)
- The Neighbourhood Advice-Action Council (NT West CRDC)

Characteristics of CRDC

- Supported and funded by the Social Welfare Department
- Provides both professional rehabilitation training services and psychosocial rehabilitation services to patients discharged from hospitals and those referred from other institutions

Objectives of The CRDC

- Enhance the patients' physical functioning and self-maintenance abilities
- Strengthen their domestic living and community living skills
- Help patients restructure a healthy lifestyles and productive life roles

Objectives of The CRDC (cont')

- Facilitate patients to integrate into the community
- Strengthen the caring capacities of carers by providing training programs and educational courses to the carers
- Relieve the pressure of carers due to prolonged care of the patients
- Improve the QoL of the patients and also their carers

Types of Services

- Centre-based individual or group rehabilitation training programs
- Home-based training
- Training programs / educational courses / workshops for the family members / carers
- Organization of mutual support groups, delivering public education programs and consultation services to the support groups and rehabilitation units in the community
- Day respite care service
- Day care service for severely disabled persons

Staffing

- Involve HA, SWD, and NGO
- Multidisciplinary team including physiotherapists, occupational therapists, registered nurses, social workers etc

Referrals

Rehabilitation Training Service


- Must be referred by medical officers / occupational therapists / physiotherapists of the Hospital Authority through standardized referral system.

Day Care Service for Severely Disabled Persons

- Must be referred by social worker.

Carers' Training Service / Day Respite Care Service

- Can approach the centre for direct application for the service

 轉介書 REFERRAL		請貼上附有病人 聯絡資料的標籤 <i>Please attach Gum Label With Patient's contact details</i>
靈實日間社區康復中心 Haven of Hope Community Rehabilitation Day Centre 電話 TEL: 3553 3188 傳真 FAX: 3553 3185 1/F Community Ambulatory Care Centre, Tang Shiu Kin Hospital, 282 Queen's Road East, Hong Kong 香港皇后大道東 282 號 鄧肇堅醫院社區日間醫療中心一樓		轉介單位印章 Please stamp unit chop below
診斷及相關病歷 DIAGNOSIS and RELATED HISTORY		X-光 / 其他診斷結果 X-RAY / OTHER INVESTIGATION FINDINGS
復康摘要 DISCHARGE SUMMARIES		
醫療及護理 MEDICAL AND NURSING, 職業治療 OCCUPATIONAL THERAPY, 物理治療 PHYSIOTHERAPY, 其他 OTHERS		
轉介原因 REASONS FOR REFERRING		
<input type="checkbox"/> Please inform after intake		
接洽需要 TRANSPORTATION NEED () 無需要 No () 需要 Yes		
所需轉介服務 SERVICE REQUIRED	綜合復康 INTEGRATED REHABILITATION ()	物理治療 PHYSIOTHERAPY ()
		職業治療 OCCUPATIONAL THERAPY ()
		其他 OTHERS ()
建議治療計劃 SUGGESTED REHABILITATION MANAGEMENT REGIME		
<input type="checkbox"/> Physical reconditioning <input type="checkbox"/> Education <input type="checkbox"/> Care giver training <input type="checkbox"/> Pain management <input type="checkbox"/> ADL / IADL Training <input type="checkbox"/> Cognitive rehabilitation <input type="checkbox"/> Maintenance enhancement <input type="checkbox"/> Aids / splint / appliance follow up <input type="checkbox"/> Vocational adjustment + counseling <input type="checkbox"/> Community neurological rehabilitation <input type="checkbox"/> Oral motor / Feeding Training <input type="checkbox"/> Community adaptation + counseling <input type="checkbox"/> Others (Please suggest):		
禁忌症/預防措施/備註 CONTRAINDICATIONS / PRECAUTIONS / REMARKS		
建議治療時段 (如有) SUGGESTED TREATMENT DURATION (IF ANY)	覆診 FOLLOW-UP 日期 DATE	單位 UNIT 傳真 FAX (if indicated):
轉介醫生 / 專業醫療人員姓名 NAME OF MEDICAL / ALLIED HEALTH OFFICER	轉介醫院 / 單位 HOSPITAL / UNIT	簽署 SIGNATURE
<input type="checkbox"/> Please send "Notice for Service Exit / Review" for follow-up 電話 TEL: 傳真 FAX:		日期 DATE:

Revised on 23 May 2007

Clienteles of CRDC

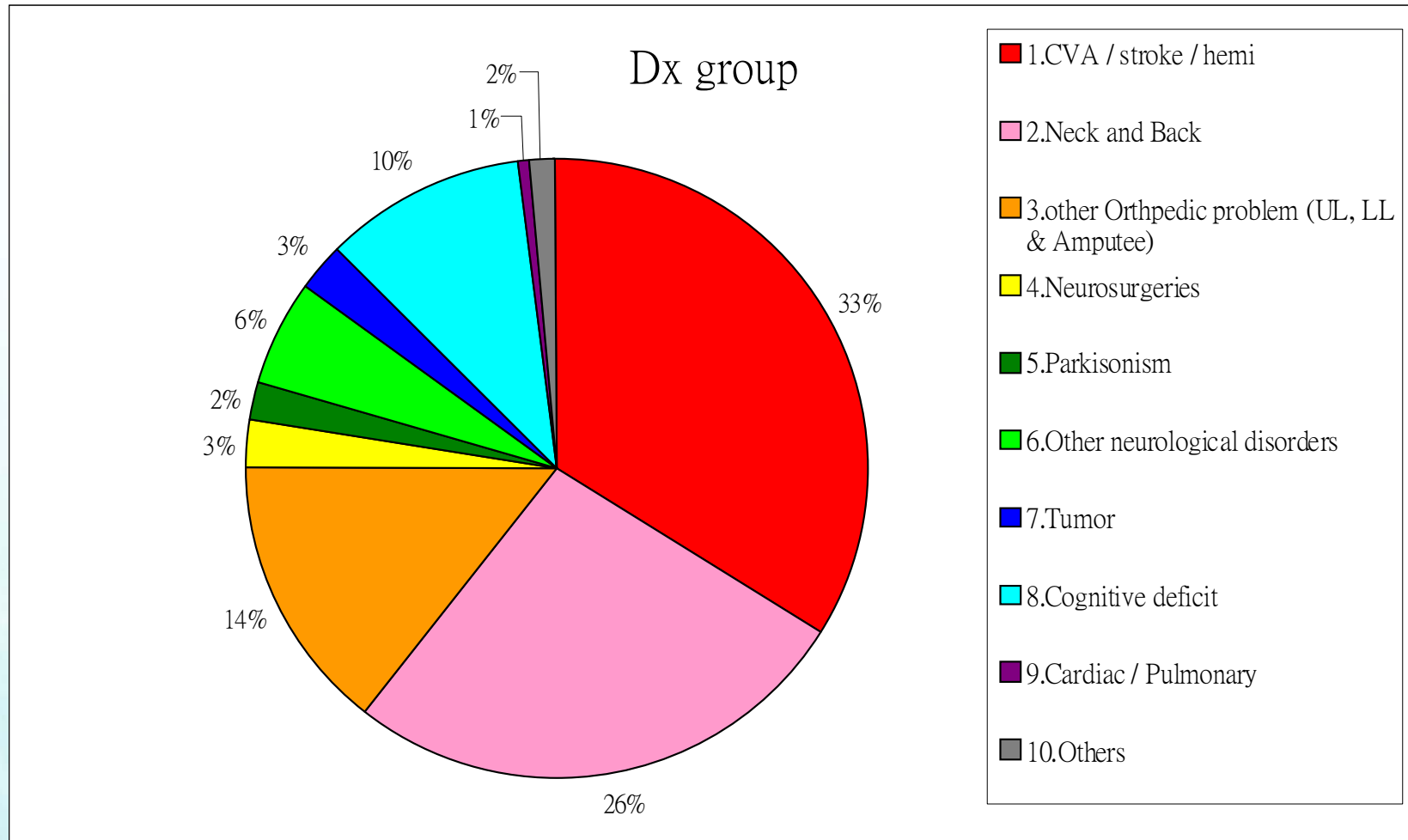
Rehabilitation Training Service:

- Discharged patients who are : aged 15 and above; and suffering from stroke, neurological or physical impairments, or other physical illnesses affecting their functional performance and in need of continuous rehabilitation training
- Family members / carers of discharged patients as stipulated above.

Day Care Service for Severely Disabled Persons:

- severely mentally handicapped / severely physically persons aged between 15 and 59.

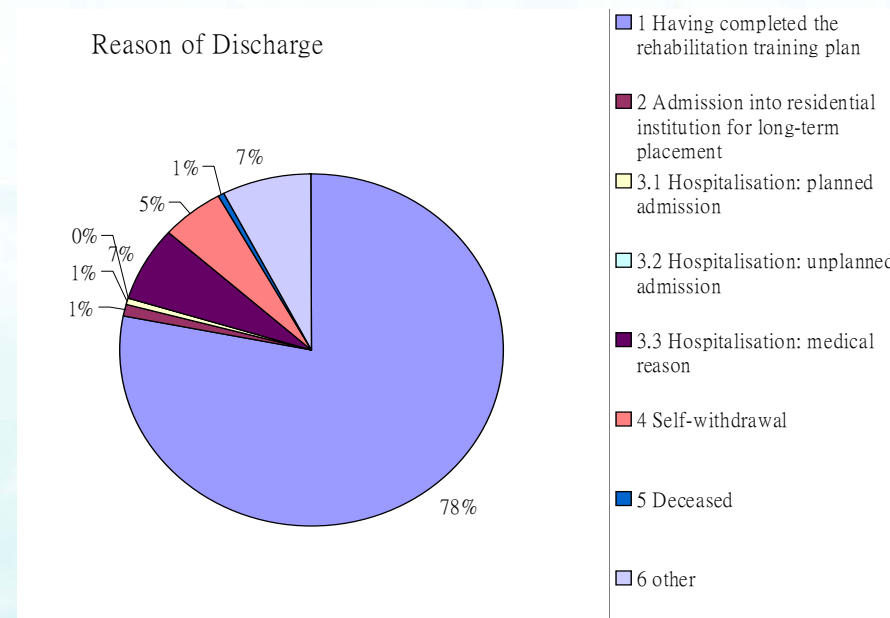
Fact Sheet 1 - Clientele



Source : from HOHCS

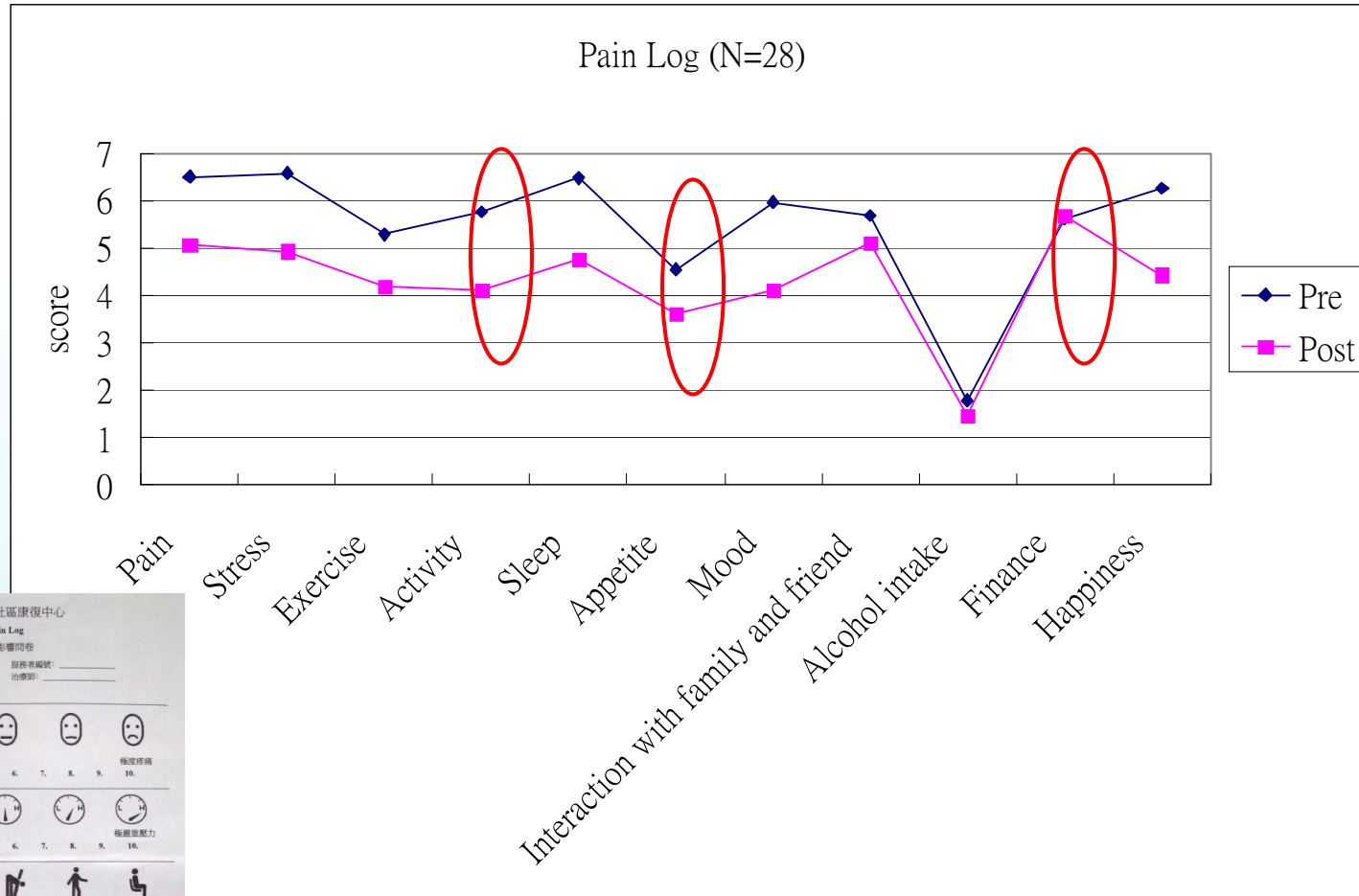
Fact Sheet 2

- 67.9 % discharge within 4 months
- 3% discharge after 10 months (10 mths:1.5%, 12 mths: 1.5%)



Source : from HOHCS

Fact Sheet 2



靈實日間社區康復中心
Pain Log
痛症影響問卷

服務者姓名: _____ 服務者編號: _____
日期: _____ 治療師: _____

疼痛程度

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 極度疼痛

壓力

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 極度壓力

運動

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 完全沒運動

活動

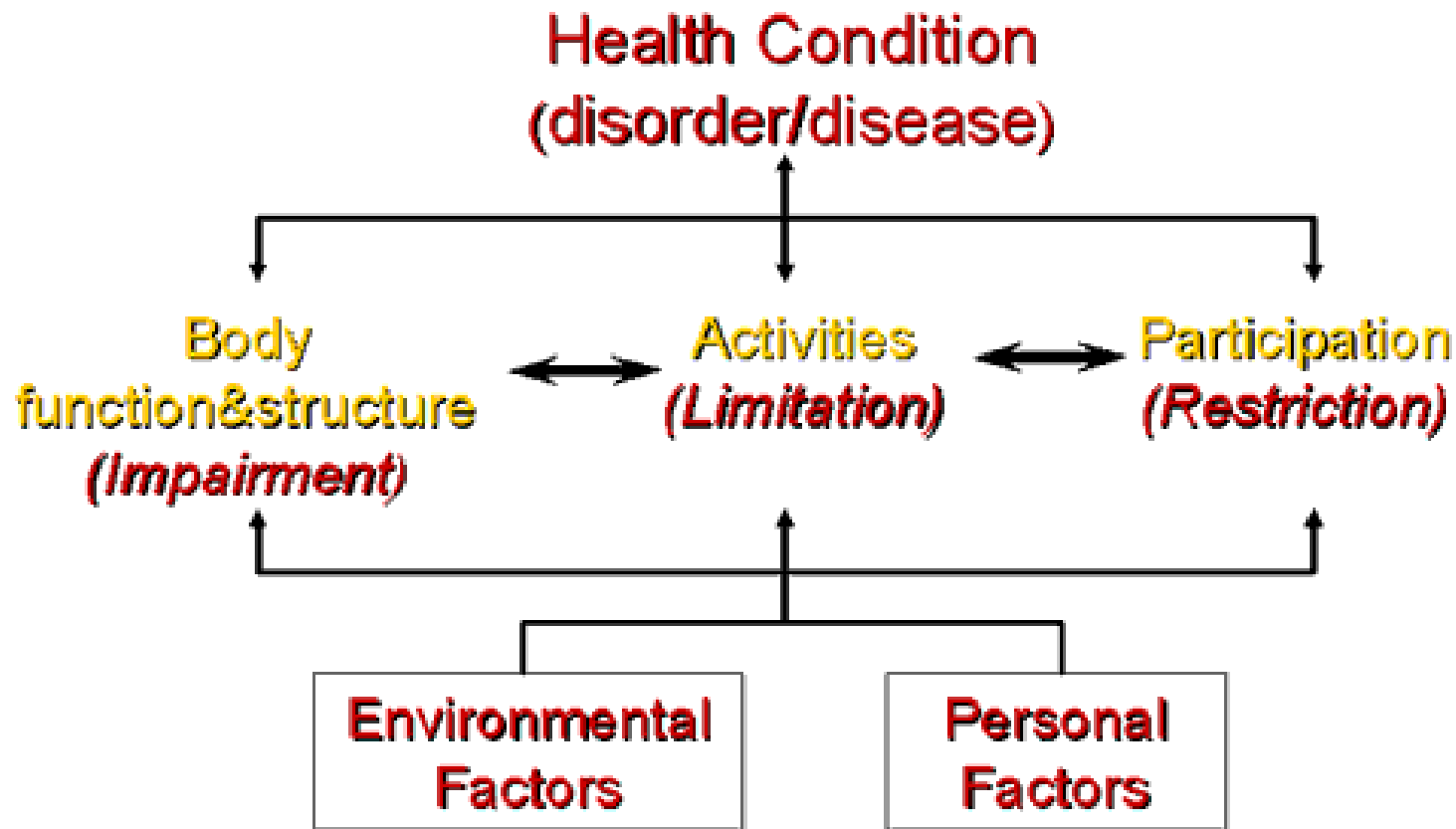
1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 沒有活動

睡眠

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 睡眠質量極差

Source : from HOHCS

Model of ICF



Advantages of Rehabilitation in the Community

- Quality: Rehabilitation within ones' own community makes it easier to participate in family and community life
- Coverage: Can provide services to a wider spectrum of people with disabilities and their carers
- Not only enables people with disabilities to develop their abilities but influences attitudes and the physical environment
- As a strategy for promoting positive attitudes of society toward people with disabilities
- Could be cost-effective than institution-based set-up

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Thank You!

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