Towards a Model of Community Rehabilitation in Hong Kong

Chetwyn Chan, PhD

Department of Rehabilitation Sciences
The Hong Kong Polytechnic University

HKEC Symposium on Community Engagement IV on 18th April 2009, Hong Kong
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

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

Tai Ping Center
Tai Hing Center
Lei Cheng Uk Center
Kornhill Center
Price Wales Center
Wang Tau Hom Center
Community Rehabilitation

Mutual-aid Supportive Network

- Patients’ Self-help Organization
- Mutual-aid Self-help Group
- Peer Visitation Scheme
- Psycho-therapeutic Group

Psycho-social Intervention

Patient Education

Rehabilitation Course / Self-Management Course

Self Management

Self Management

Psycho-social Intervention

Patient Education

Rehabilitation Course / Self-Management Course

Mission of CRN

- Changing clients’ perception & self-valuation
- Transfer of knowledge & skills

Self Management

Mutual-aid Supportive Network

- Information sharing, Community education & Advocacy
- Information sharing, Emotional support
- Sharing of coping method, Emotional support

Mutual-aid & Self-help

- Information sharing, Community education & Advocacy
- Information sharing, Emotional support
- Sharing of coping method, Emotional support

Patients’ Self-help Organization

Mutual-aid Self-help Group

Peer Visitation Scheme

Psycho-therapeutic Group

Mission of CRN

www.rs.polyu.edu.hk
Healthy Behaviors

Community Rehabilitation

Motivation

Knowledge

Self Management Skills

Community Resources

Self Efficacy

Mutual-aid & Self Help

Self Management Skills

Knowledge

Motivation

Self Efficacy

Healthy Behaviors

Mutual-aid & Self Help

Community Resources

Community Rehabilitation
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
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
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 2

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

Reason of Discharge (Oct 07-Sep 08)

78%
1%
1%
0%
7%
5%
1%
1%

Source: from HOHCS
Fact Sheet 2

Pain Log (N=28)

Source: from HOHCS
Model of ICF

(Kostanjsek, 2004)
(www.who.int/classification/icf)
Advantages of Rehabilitation in the Community

• Quality: Rehabilitation within one’s 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
Content Contributors:

Mr. Peter Poon, CRN, The Hong Kong Society for Rehabilitation
Mr. Samuel Chan, Have of Hope Christian Services
Mr. Hirace Siu, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University

Thank You!

Chetwyn.Chan@inet.polyu.edu.hk