

“Reminiscing the Past, Envisioning into the Future – Recovery in Community”

Mental Health Conference

(11 October 2014)

Supporting Aged Caregivers of People with Disabilities:
from Inter-professional Approach to Mutual Support Intervention
支援年長殘障人士之照顧者：由跨專業介入至互助支援



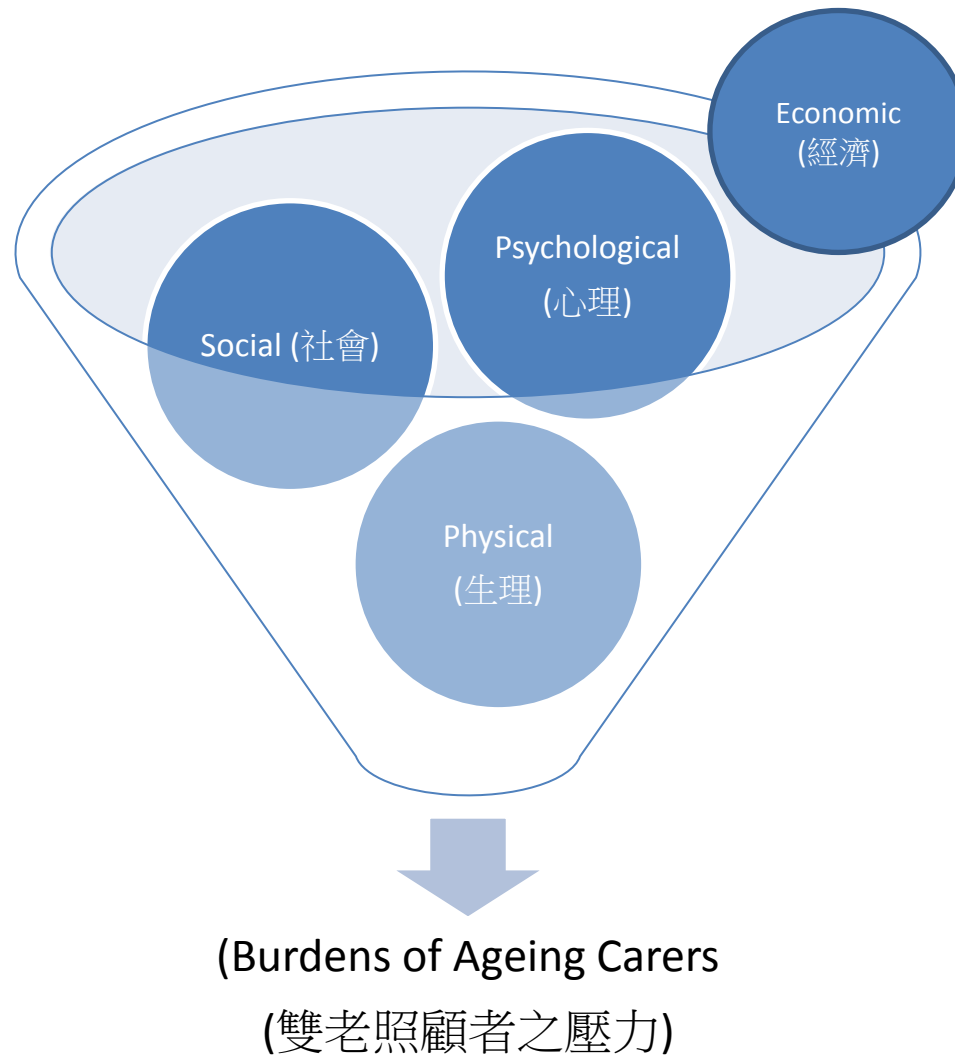
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Overview of Presentation (簡報大綱)

- Issue of Double Ageing
(智障人士雙老情況)
- Walk together for Brightening Life
(同行關顧現晚情 – 照顧者支援計劃)
- Service Approach and Strategy of BL
(服務模式與策略)
- Experience learned and Service Observation
(服務經驗及觀察)
- Reflection and Adjustment of service
(服務反思及方向調整)

Issue of Double Ageing (智障人士雙老情況)



Issue of Double Ageing (智障人士雙老情況)

- Source (壓力來源)
 - Long term and repeating Caring (照顧工作的瑣碎及重覆性)
 - Discrimination (歧視)
 - Lack of Support (缺乏支援)
- Burdens/ Stress (因照顧帶來之壓力影響)
 1. Physical aspect
疲倦、精神不能集中、睡眠問題、關節腫痛、健忘等
 2. Psychological aspect
常覺得不開心、很煩、很「攰」等
 3. Social aspect
減少社交、甚少外出交友/親友聚會等
 4. Economic
經濟拮据等

Walk together for Brightening Life (同行關顧現晚情 – 照顧者支援計劃)

Rationale (計劃背景與理念)

- **Concerned issue and trend in aging of PWD**
關注殘障人士老化議題
- **Service needs on Double Aging**
回應殘障人士雙重老化之服務空間及需要

Walk together for Brightening Life (同行關顧現晚情 – 照顧者支援計劃)

- Background (計劃簡介)
 - The Community Chest of Hong Kong
(香港公益金資助)
 - Time Limited Project (05/2013 – 04/2016)
(服務為期三年)
 - Life planning for enhancement and development their meaningful life in aged stage
(為年老照顧者建立更豐盛的晚年)
 - Enhancement and strengthening the functions of PWDs' family for next generations in succeed of the caring roles
(促進及強化家庭功能，並為第二代照顧者接棒作出準備及支援)

Walk together for Brightening Life (同行關顧現晚情 – 照顧者支援計劃)

- Service Objectives (服務目標)

- To release the ageing carers' caring distresses
(減輕照顧者在照顧上的困擾)

- To enhance the QoL of in ageing carers
(改善照顧者的生活質素)

- To provide interprofessional intervention, psychological and community support for the ageing carers
(為照顧者提供跨專業介入、心理教育及社區支援服務)



Walk together for Brightening Life (同行關顧現晚情 – 照顧者支援計劃)

- Service users (服務對象)

- Aged Parents with Physically/ Mentally Disable Adult Child (AP with P/MDAC)

- (殘疾人士照顧者)

- Siblings of Physically/ Mentally Disable Adult Child

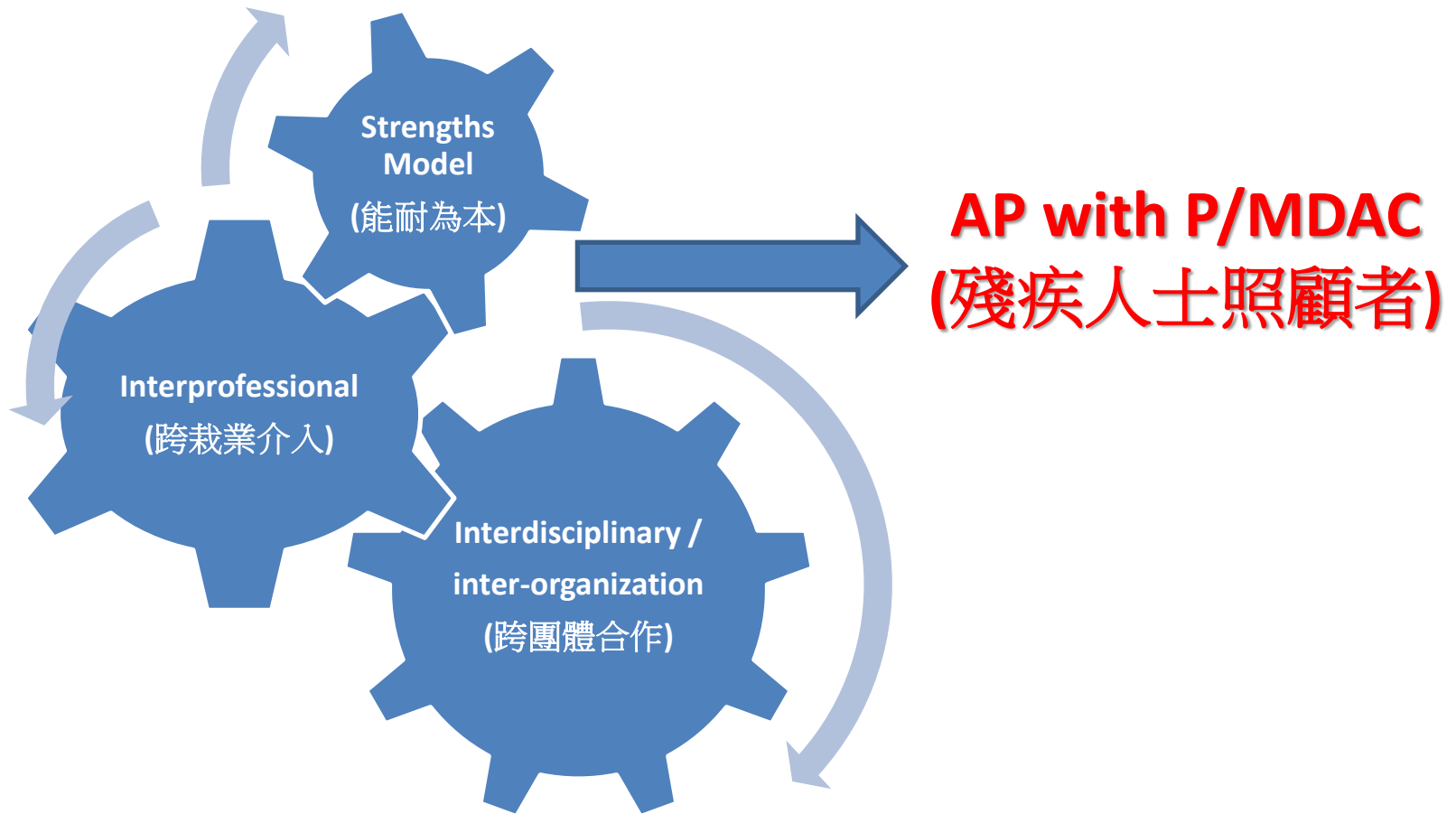
- (殘疾人士之兄弟姊妹)

- Community at large

- (社區人士)



Service Approach (服務模式)



Community Network and Interprofessional Support (地區網絡及跨專業支援)

- Legal and Financial
(法律、財務顧問支援)
- Health and Nutrition
(健康、營養及心理顧問服務)
- Church and local organizations
(教會及地區團體)





Services (服務概況)



Workshops

講座



Groups 班組



Sibling Support (同輩照顧者支援)

- Talks and Seminars (講座及研討會)
- Mutual Support groups (互助支援小組)



Life Planning (生涯規劃)

- Carers psychological groups
(照顧者心理治療小組)
- Volunteer service groups
(義工服務小組)



Psycho-social Support (社交心理支援)

- Case Intervention
(個案輔導)
- Groupwork Approach
(小組輔導)



Parent child content (親子/家庭關係服務)

- Family /outing programe
(家庭活動/旅行)
- Video conference support
(視象會議支援)



Overview of our services users (服務使用者狀況概要)

- **Backgrounds (概況) :**

- Over 90% are receiving rehabilitation services (超過90%同時接受康復服務)
- Over 80% are Female carers (超過80%為女性照顧者)
- 52% aged over 60 (52% 年齡超過60歲)

- **Characteristics of user's family:**

- Mostly lives in East Kowloon (居住地區主要為東九龍區)
- Carers including parents, siblings, spouse, grandparents etc. (照顧者包括，父母，兄弟姊妹，夫妻，祖孫，其中以女性為主)
- Care recipients mainly suffered from mild to severe graded intellectual disabilities, and some of them has multi-disabilities e.g. physical disability, autism, mental illness, epilepsy (被照顧者以智障人士為主，程度為輕至嚴重，並部份兼有肢體傷殘、自閉症、精神病、癲癇)
- Most of them have low income(大部份為低收入人士)

Experience learned and Service Observation

經驗及觀察

- **Physical health distress** → Pain and different health problem appears (健康困擾)
- **Emotional distress** → Sleep problem, low mood , depress symptoms (情緒困擾)
- **Family relationship** → Spouses / children relationship situation (家庭關係需要)
- **Lack of skills and information** : Caring skills/health information/ legal information (缺乏技巧和資訊)
- **Inter-professional intervention** : counseling and referrals, spiritual groups, life education groups, horticultural therapy groups, reminiscence groups, health/ legal and financial talks etc. (跨專業支援服務)

Experience learned and Service Observation (Cont')

經驗及觀察 (續)

- **Lack of social support** : aging → social withdrawal (缺乏社交支援)
- **Economic burdens** → relies on saving/CSSA/DA (*no residential services) (經濟負擔)
- **Inter-dependence** : emotional/ physical (互相依賴)
- **Worries about discrimination** (擔心歧視)
- **Lack of preparation about aging issues** : avoided life and death issues (對雙老化現象缺乏準備)
- **Mutual support** : Interest groups/ home visits/establish social support networks/ community support networks (互相支援)

Experience learned and Service Observation (Cont')

經驗及觀察 (續)

- Different situation of people with disabilities has different impact on carer's mental health

殘疾人士情況	較少負面/正面影響	較多負面影響
健康情況	健康／情緒穩定	身體較弱/行為問題
接受服務情況	接受正式及持續的復康服務,	沒有接受復康服務或接受有限服務
患病時間	自出生起	因意外/病患導致傷殘
社交情況	較多社交活動	較少社交活動

Reflection and adjustment of services

服務反思及方向調整

- More willing to share with other carers → more sharing activities for carers (同路人分享)
- Long time of caring work : Change of group patterns → short term/ adjust time according to other rehabilitation service; (互助支援)
- Double aging family hard to attend groups : Program based → regular home visit (定期探訪)
- Lack of preparation of aging issues : activities or interest group → life education; therapeutic groups (強化生命教育活動)

Conclusion (總結)

From inter-professional to Mutual support
(由跨專業介入至互助支援)

- Inter-professional interventions: Social Workers/ Health professions/Lawyers/ Financial planners: directive services, talks and consultation services → enhanced carers' knowledge and caring skills, think more positive, relieve stress
- Mutual support: Interest groups, gatherings, home visits etc → relieve stress, emotion support, information sharing, think more positive, feel more relaxed

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