

2015 Hospital Authority Convention **醫院管理局研討大會 18-19.5.2015**

Hong Kong Convention & Exhibition Centre 香港會議展覽中心

ST5-1

Extending the lifestyle redesign programme from out-patient settings to patient self-help group A New Occupational Therapy Service Delivery Model



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2012 Hospital Authority Convention

醫院管理局研討大會

Hong Kong Convention & Exhibition Centre 香港會議展覽中心

7-8 . 5 . 2012

Symposium 7

**Initiating Self-Management through
Occupational Lifestyle Redesign
for People with Chronic Illness**

生活重整課程

The biggest challenge

for People with Chronic illness

Stroke, Parkinsonism, cognitive decline, chronic pain,
arthritis, orthopedic conditions,
common mental disorders, depression, psychosis, etc

Adaptation

Learn ways to live a successful life
Live positively with chronic symptoms

Through

Occupational Lifestyle Re-designf Program

Graduation Ceremony 2008



醫院管理局首屆生活重整課程聯合畢業典禮

2008. 1. 5 伊利沙伯醫院

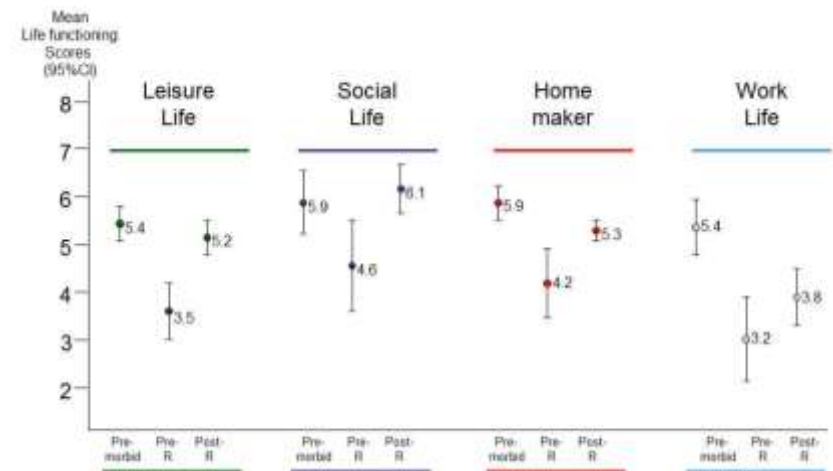
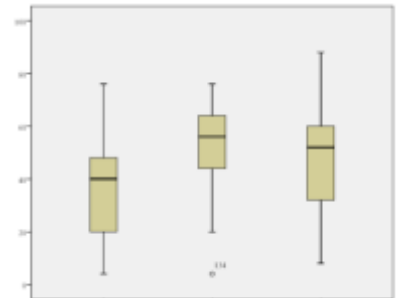
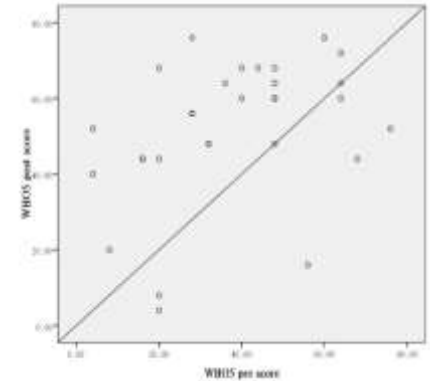
Graduation Ceremony 2014



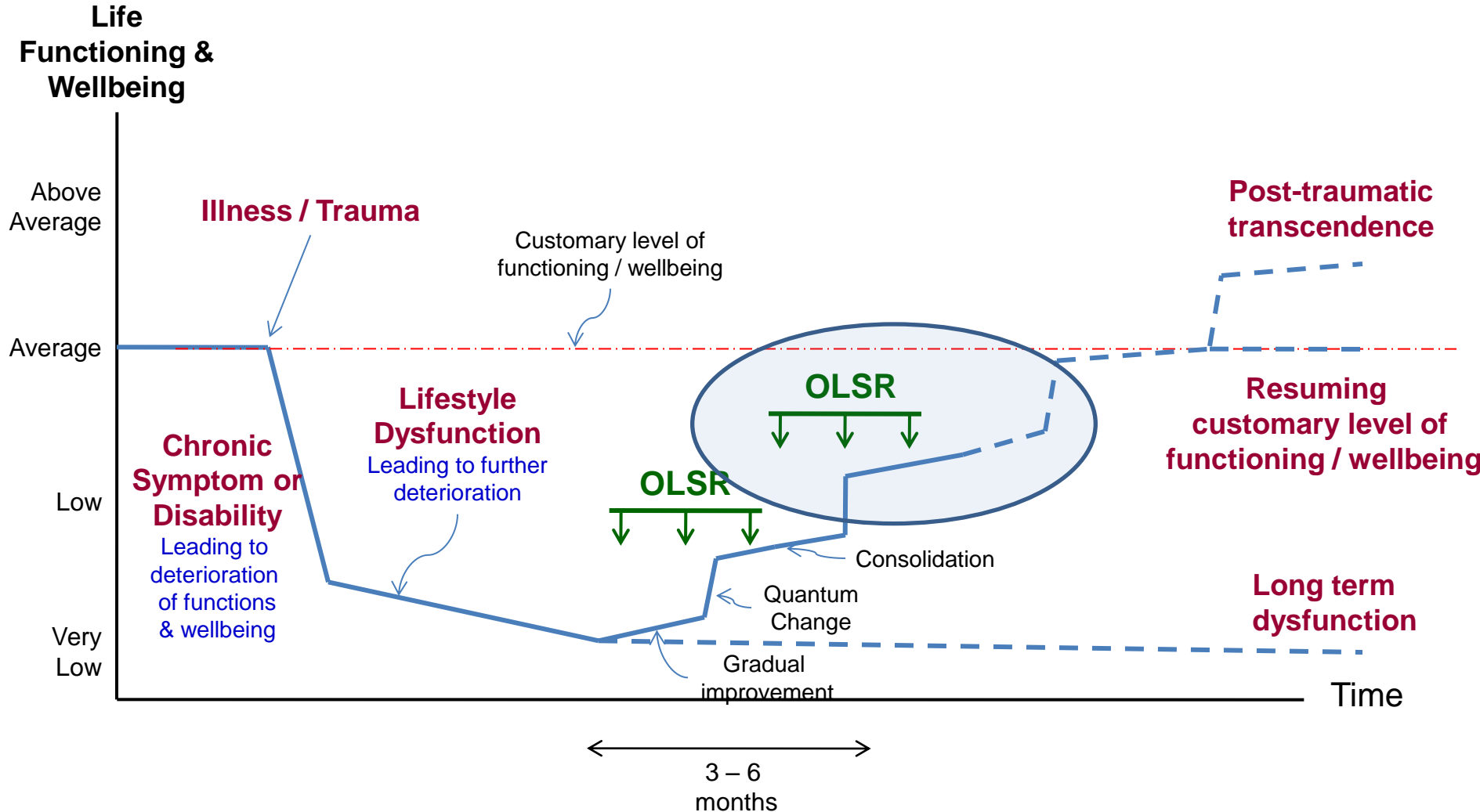
Would OLSR helps in Adaptation?

Yes, through

- Guided planning of **weekly action plan**
- **Successful** implementation of action plans
- Induced **positive emotion & meanings**
- **Miracle occupational experience**
 - Acceptance of chronic illness
 - Personalized of adaptive strategies



Schematic Representation of Occupational Lifestyle Re-design Process & Associated Recovery of Life Functioning and Wellbeing for People with Chronic Symptoms or Disabilities



籌組生活重整課程畢業同學會

Planning for formation of OLSR Alumni Association 2011



**「樂德會」首屆執行委員會
營樂尚德**

First Executive Committee of the Joyful Club





樂德會
Joyful Club
Happiness in Life!

營 樂 尚 德

Tripartite Collaboration Among Joyful Club, Occupational therapy & Patient Resources Center

MOU signed by 3 parties

樂德會
伊利沙伯醫院職業治療部
伊利沙伯醫院病人資源中心
合作及支援工作備忘

本備忘闡述樂德會、伊利沙伯醫院職業治療部及病人資源中心三方合作模式，釐清彼此的角色和分工，達至有效達成目標及調配資源。

樂德會背景

「樂德會」是由伊利沙伯醫院職業治療部生活重整課程畢業同學組成的畢業同學會。宗旨是要透過畢業同學會平台，延續生活重整的學習和實踐，維繫同學間的友誼和支援，分享成功及愉快的生活經驗。具體目標包括：

1. 建立平台，讓各班生活重整課程畢業同學互相認識、支持和鼓勵。
2. 促進會員及家屬交流適應症狀、功能障礙及情緒困擾的心得。
3. 鼓勵會員參加有利身心適應的社區活動。
4. 交流社區文康體藝活動訊息。
5. 鼓勵學員主動參與有利身心適應社區活動。
6. 增強醫護人員、同學與家屬間的溝通。

樂德會隸屬伊利沙伯醫院病人資源中心，以自願形式運作，按照病人資源中心屬下病人互助組織運作原則運作，接受病人資源中心財政資助。

樂德會的活動是以體現下列會訓作為原則：

接受自己慢性症狀及功能障礙的事實，學會避免及排除思想、情緒、人際、及環境障礙，充分利用自己的能力，及能掌握的，人際、經濟、和社會資源，學習及實踐適應性生活策略及方法，並養成習慣，培養新的生活態度及建立新的生活目標，重建成功及愉快的生活方式。

樂德會設三類會員，包括：基本會員、家屬會員、及醫護會員。會員均需繳交會費。一次過繳交十年會費者成為永久會員。基本會員必須是生活重整課程畢業同學，在不同醫療專科就診。

Roles of each party

- **Joyful club** : Plan and implement Club activities
- **Occ**: Support ExCo to set strategic direction, plan & implement activities, & train core members
- **PRC**: Provide partial financial support , train core members, bridge between the Club and Hospital

「樂德會」成立典禮
Inauguration of the Joyful Club
2011.08
Reading of Joyful Club Declaration





樂德會宣言

我們願意接受慢性症狀及功能障礙的事實

排除思想、情緒、人際及環境障礙

充分利用自己擁有的能力及

可掌握的人際、經濟和社會資源

學習及實踐適應性生活策略及方法

並養成習慣

培養新的生活態度及目標

增加愉快及有意義的生活內容

重建成功及快樂的生活方式

Joyful Club Activities

- 1. Bi-monthly gathering**
- 2. Bi-monthly Executive committee meeting**
- 3. Telephone contact and support**
- 4. Interest class** (since 2013)
- 5. Volunteer services** (since 2013)
- 6. Patient Resources Center activities** (since 2013)
- 7. Activities organised by other NGOs** (since 2013)
- 8. Picnic or outing** (自2014)
- 9. Core members training** (since 2012)

雙月會 – 朗讀宣言

Joyful Club Declaration

樂德會宣言

我們願意接受慢性症狀及功能障礙的事實
排除思想、情緒、人際及環境障礙
充分利用自己擁有的能力及
可掌握的人際、經濟和社會資源
學習及實踐適應性生活策略及方法，並養成習慣
培養新的生活態度及目標
增加愉快及有意義的生活內容
重建成功及快樂的生活方式



雙月會 - 朗讀宣言 Joyful Club Declaration



雙月會－專家講座

Seminar – mantel health



雙月會－專家講座

Seminar – Use of Painkillers



雙月會 - 專家講座

Seminar - 快樂之道



雙月會－慶祝生日
Birthday cake



雙月會 - 慶祝生日

Birthday Celebrations



雙月會-講座

Seminar – Q&A



雙月會 - 專家講座

Seminar - 工傷法律常識



雙月會 - 自由分享

Sharing among members



雙月會 - 自由分享

Sharing among members



雙月會 - 自由分享

Sharing among members



雙月會 - 自由分享

Sharing among members



雙月會－節日慶祝 Seasonal Activities



雙月會－節日慶祝

Seasonal Activities



營樂 - 興趣班
踏出家門 充實生活
Interest Classes



營樂 - 興趣班
專注活動 忘記痛楚
Interest Classes



營樂 - 興趣班

Interest Classes



營樂 - 興趣班

Interest Classes



營樂－效遊 Outings



營樂 - 郊遊 Outing



營樂 - 郊遊 Outing



營樂 - 迪士尼 Outing



尚德 - 為QEH周年聚餐制作紀念品

Volunteer Work



尚德 - 為護士節制作絲網花

Volunteer Work



尚德 - 支持社區精神健康推廣活動

Volunteer Work



尚德 - 協助學校籌款

Volunteer Work



營樂 - 疼痛學會太平山步行活動



「樂德會」通信及Whatsapp 群組 Members Communication



核心會員培訓

Training of Core Members



核心會員培訓

Training of Core Members



核心會員培訓

Training of Core Members



Number of Joyful Club Members, 2014

Life members as end of 2013	Numbers		
1. Life members (OLSR graduates)	32	35	92
2. Life members (family / friends)	1		
3. Life members (health care professionals)	2		
New members enrolled in 2014			
4. Life members	11	57	
5. Ordinary members	32		
6. Family / friend members	12		
7. Health care professional	2		

Joyful Club Activities in 2014

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bi-monthly gathering												
ExCo meeting												
Telephone care												
Interest classes												
Volunteer services						a			b			
PRC activities						c				c	d	
NGO Activities										e		
Picnic or outing				f						g		
Core members training										h	i	

- a. Newspaper interview
- b. QEH 60th anniversary
- c. QEH patient forum

- d. New Year activities
- e. NGO outing
- f. Disney land

- g. Long Yuen outing
- h. Core member training course
- i. HAHO volunteer training

Financial Statement of Joyful Club, 2014

	HK\$	HK\$
Carry forward from 2013		16,410
Income (2014)		
1. Membership fee	5,530	
2. Donation	500	
3. Interest class fee	1,170	
4. Subsidy from PRC	5,650	
Subtotal	12,850	12,850
Expenditure (2014)		
1. Bimonthly gathering material & refreshment	9,338	
2. Interest classes tools and material	1,631	
3. Transportation fee for outing	2,640	
4. Core member training refreshment	2,168	
5. Postal	681	
6. Banner	730	
7. Miscellaneous expenditure	320	
Subtotal	17,509	17,509
Balance	(4,659)	11,752

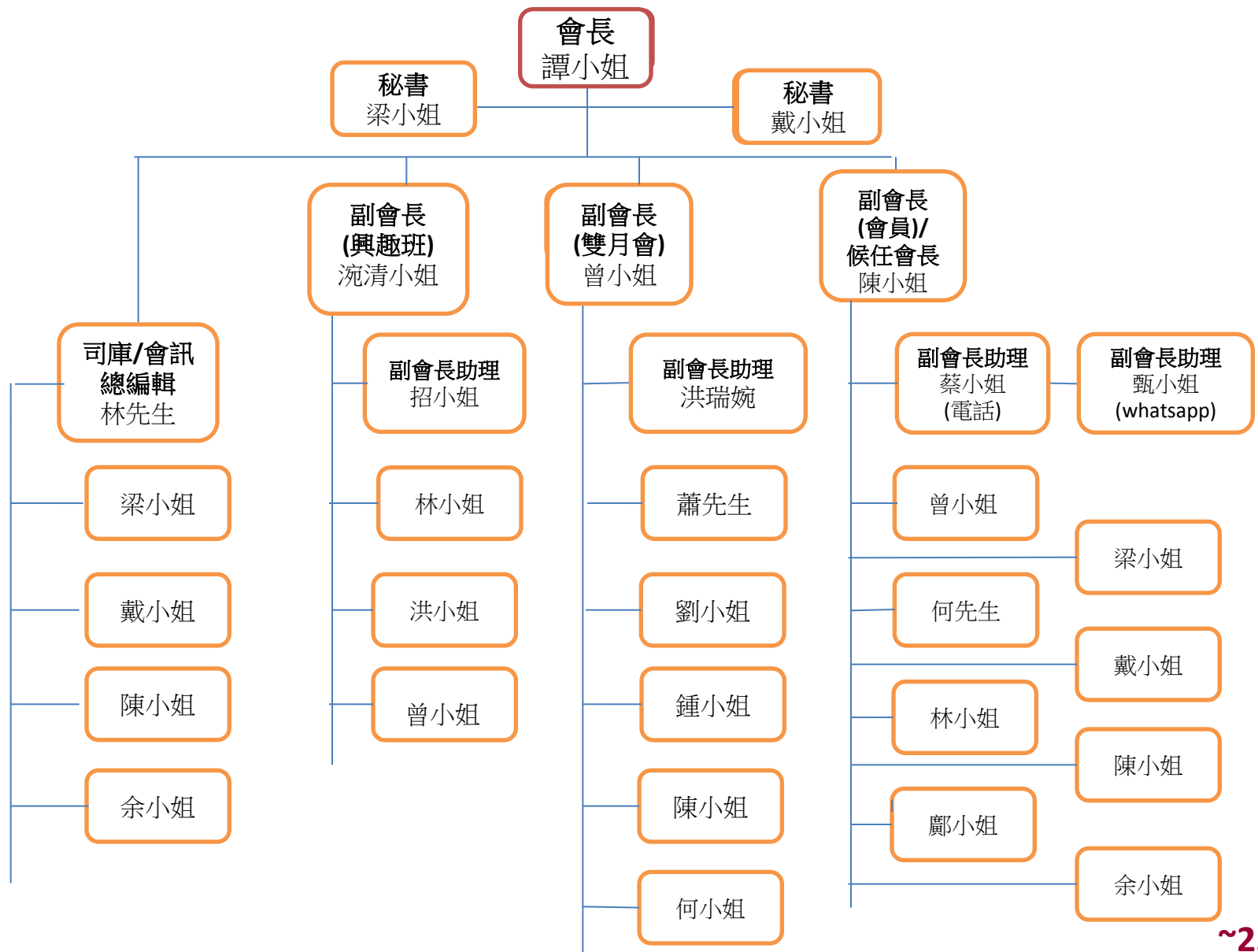
**What Occupational Therapists are
doing to support individual
Joyful Club members?**

In term of Rehab Aims

Two Categories of Joyful Club Members

- Ordinary Members (2/3)
 - Participate in Joyful club activities
 - Maintain social contact with peer
 - Enrich content in everyday life
- Core Members (1/3)
 - Organize and participate in Joyful Club activities
 - Continue active lifestyle redesign process

樂德會執委會組織架構圖 2015



~25人

What Occupational Therapists are doing?

- Therapist coach patient to:
 - Take up duties that are challenging to them.
 - Personalize adaptive strategies
 - Complete the tasks.
 - Enjoy the positive emotions
 - Aware of their own successes and achievement.
 - Pick up more challenging task or to set higher personal goals.

Number of attendance to Joyful Club Activities, Year 2014

	Joyful Club Activities	No. of attendance (3hrs/attendance)	Subtotal	Total
All members	Bi-monthly gathering	228	631	912
	Interest Classes	167		
	Outing & other hospital activities	236		
Core members	ExCo meeting	69	281	
	Bi-monthly meeting preparations	30		
	Interest Class preparations	8		
	Core members Training	76		
	Financial activities	12		
	Newsletter editorial	6		
	Member care & communication	80		
	Receive telephone care			640
	Receive WhatsApp messages			780
	Receive newsletter			160

Occupational therapy Staff Time Spent on Supporting Joyful Club, Year 2014

OT Staff By Rank	Man Hours						FTE
	Bi-monthly gathering	Committee meetings	Core members Training	Interest Classes / Outing	Admin- istration	Total	
SOT	21	18	15	3	3	60	0.27
OTI	3	6	0	0	0	9	0.04
PCAII	36	18	15	13	48	130	0.59



THANKS

