



關注自閉症大行動 2021

Autism Awareness Actions 2021

愛培自閉症基金 (APF) 今年繼續舉辦「關注自閉症大行動」，藉此呼籲大眾認識自閉症和接納自閉症人士，並希望籌得更多善款，幫助更多基層自閉症兒童。今年的活動主題是「接受獨特的自己 認識不一樣的別人」。不論是普通人或自閉症人士，每一個人都可以嘗試去發掘自己的興趣及可能性，APF希望藉著這活動鼓勵大眾勇於發掘自己的可能性，並且認識和接納不一樣的別人。

我們很榮幸邀請了顧定軒 (Zeno) 成為這次活動的關懷大使，Zeno 曾於香港電台的電視單元劇飾演自閉症學生，自此他一直關注自閉症這議題。早前，APF特別安排了一次活動，讓善加 (自閉症兒童) 及智恆 (自閉症青年) 以繪畫去探索自己的興趣及能力，Zeno也蒞臨與他們分享自己的經歷，鼓勵大家嘗試新事物和接受新挑戰來進一步認識自己。

網上分享會 熱鬧中宣傳自閉症訊息

4月2日是「世界關注自閉症日」，APF在這大日子舉行了網上分享會，呼籲關注自閉症的人士留在家中為自閉症人士和其家人打氣。Zeno和善加與他爸爸，以及智恆與他媽媽一起交流，以遊戲、訪問和問答的方式介紹有關自閉症的資訊，並且了解自閉症人士的情況，以及支持APF的服務，為來自基層家庭的自閉症兒童帶來有效及適切的治療，如「應用行為分析」(ABA) 治療。

當日的場面非常溫馨，兩個家庭和Zeno都投入在每個環節。我們特別設計的熱身遊戲先點出了所有人都有相同和不同之處，在大家的笑聲中帶出整個大行動今年的主題——「接受獨特的自己 認識不一樣的別人」。在其後的環節中，就以進行【酒桶海盜大叔】遊



善加 (前) 和智恆 (右) 一起以繪畫去探索自己的興趣及能力，Zeno (左) 參與其中，並鼓勵他們嘗試不同的事物去發掘自己的潛能。

Sin Ka (front) and Chi Hang (right) explored their interests and talents through drawing. Zeno (left) joined and encouraged them to try different things to unleash their potential.

Autism Partnership Foundation (APF) organises "Autism Awareness Actions" this year again for appealing the general public to understand autism and accept people with autism, and at the same time hope to raise funds to help more underprivileged children with autism. "Accept my uniqueness Understand your differences" is the theme of 2021. Whether for ordinary people or people with autism, everyone can explore their interests and endless possibilities through various attempts. We call for everyone to be brave to explore your own possibilities, and to know and accept different people surround you.

We are honoured to have Mr. Zeno Koo as the Ambassador of this campaign. Zeno once played a role of a student with autism in a RTHK TV drama. Since then, he has concerned about the issue of autism. APF arranged a special activity earlier for Sin Ka (a child with autism) and Chi Hang (a youth with autism) to explore their interests and talents through drawing. Zeno also joined it to share his experience and encourage them to take up new challenges to utilise their potential.

Raising awareness of autism through the jolly livestream

On 2nd April, the big day of the "World Autism Awareness Day", APF organised an online sharing session. People who are aware of autism were urged to stay at home to cheer people with autism and their families up. Zeno, Sin Ka and his father, and also Chi Hang and his mother, interacted with each other to spread out messages regarding autism by participating in games, interviews and Q&A sections.



大家在「世界關注自閉症日」聚首，合力呼籲接納自閉症人士，並且支持APF。

All guests gathered on the "World Autism Awareness Day" to raise public awareness of autism and to call for support to APF.

「關注自閉症大行動 2021」的活動海報。

The poster of "Autism Awareness Actions 2021".



Zeno與善加一起開心地畫畫。

Zeno and Sin Ka were drawing together happily.

戲的時候最為高興熱鬧，不但令四歲的善加哈哈大笑，善加爸爸、智恆和Zeno也不期然緊張起來。而【全民 Fact Check】這遊戲環節則讓大家更深入了解自閉症，藉此盼社會各界認識及接納自閉症人士。

接受獨特的自己 認識不一樣的別人

Zeno、善加爸爸、智恆與媽媽均分享了他們的經歷和感受，指出大家是不能夠從外表分辨出自閉症人士，而且每個自閉症人士的情況都不同，每一位都是獨特的，正如大眾口中的「平常人」，每個人都有過人之處，或是短處、缺點。善加爸爸和智恆媽媽都以樂觀積極的態度去面對兒子的狀況，並不介意別人的眼光，努力為兒子打拚未來。



Zeno在遊戲中的其中一個任務就是要同在場的朋友自拍，大家都立即配合。

One of Zeno's tasks in a game was to take selfies with other guests. All the guests immediately cooperated.

These activities also aimed at appealing the general public to understand autism as well as to support APF's services of provision of effective and suitable treatment for underprivileged children with autism, such as Applied Behaviour Analysis (ABA) treatment.

The atmosphere was very warm that afternoon. The two families and Zeno were all engaged in every section. Our specially designed warm-up game witnessed that everyone has similarities and differences with each other. The theme of 2021 "Accept my uniqueness Understand your differences" was therefore brought out from the guests' laughter. In a later section, the party game "Pirate Barrel" brought us the most cheerful atmosphere. Not only four-year-old Sin Ka laughed out loud, Sin Ka's father, Chi Hang and Zeno were also getting nervous when playing the game. While for the section of "Let's Fact Check", it guided audience to have a deeper understanding towards autism. We hope that the community could understand and accept people with autism.

Accept my uniqueness Understand your differences

Zeno, Sin Ka's father, Chi Hang and his mother all shared their experiences and feelings. They pointed out that people with autism cannot be distinguished by appearance. Every person with autism is unique and has different circumstances. Just like "ordinary people" in the public eye, every person has strengths and weaknesses. Sin Ka's father and Chi Hang's mother both handle their sons' situations with an optimistic and positive attitude. The parents do not mind other people's impression on them. They just do their very best to strive for a bright future for their sons.

關注自閉症大行動

自2016年起，APF積極推行公眾教育，每年4月2日都會響應聯合國所定立的「世界關注自閉症日」而舉辦活動，藉此推廣大眾關注及認識自閉症。由起初舉辦「藍服日」（「藍色」是國際認可代表「支持自閉症」的顏色）慢慢將規模擴大並將行動升級，變革為「關注自閉症大行動」，藉著舉辦各類型的講座及活動，提高公眾對自閉症的意識，從而願意接納自閉症人士，並且協助他們融入社會。詳細資料會在特設的網站：www.autismawareness.org.hk 及APF的Facebook專頁：facebook.com/APFHongKong 持續發放和更新。

Autism Awareness Actions

APF has started actively generating public education programmes since 2016. On every 2nd April, we organise campaign in response to the "World Autism Awareness Day" designated by the United Nations for raising public awareness of autism. Since the first initiative "Dress Blue Day" ("blue" is the global colour synonymous with "supporting autism"), to gradually expanding our campaign scale to "Autism Awareness Actions", various of talks and activities have been held for arousing the public awareness, thus allowing the public to accept people with autism and help them integrate into the society. Our campaign website: www.autismawareness.org.hk and our Facebook Page: facebook.com/APFHongKong will keep releasing and updating accordingly.

AEON 之「幸福的黃色小票」活動 AEON's "Yellow Receipt Campaign"



APF有幸再次成為永旺（香港）百貨有限公司（AEON）舉辦的「幸福的黃色小票」公益活動的受惠機構。我們邀請您支持APF，每逢在2021年2至7月這時期的11號，將您在AEON購物後取得的黃色收據（小票）投入APF的收集箱內。AEON其後會點算收據金額，並根據總額1%的金額捐出物資，讓受惠機構可以選擇所需物品及得到額外資源，推行服務。

APF is glad to participate in the "Yellow Receipt Campaign" again which is organised by AEON Stores (Hong Kong) Company Limited (AEON). To support APF, you are sincerely invited to drop your yellow receipts received after shopping, into the collection boxes named under APF. AEON will then donate 1% of the receipts total value as an in-kind donation to beneficiary organisations which can select preferred items and receive additional resources for service implementation.

慈善獎券活動 Charity Raffle Campaign



疫情肆虐，許多基層自閉症兒童的治療服務及我們的籌款工作都大受影響。為了繼續支援基層自閉症兒童及其家庭，我們於2020年12月首次舉辦了慈善獎券銷售活動。

APF衷心感謝所有支持這次活動的機構和人士，包括贊助優惠券、抽獎禮物及認購獎券的善長。這次獎券活動為我們籌得超過港幣14萬元的款項，將會用於提供ABA治療予基層自閉症兒童。

Due to the pandemic of COVID-19, many treatment services for underprivileged children with autism were greatly affected. APF has also experienced huge challenges in fundraising. To continue supporting underprivileged children with autism and their families, we held our first Charity Raffle Campaign in December 2020.

APF sincerely thank you for the support from all the organisations and individuals who engaged in the campaign by sponsoring coupons, prizes and purchasing raffle tickets. The campaign raised more than HKD140,000 for us. All proceeds will be used to provide ABA treatment services for underprivileged children with autism.

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積極面對自閉症 相信終會見到曙光

Facing autism positively — we will see the light



自閉症服務資源不足

從善加確診起，爸爸便全職照顧兒子，並自行到不同的機構申請服務。現時四歲的善加只是獲安排輪候特殊幼兒中心（「S位」）及接受一個月四堂的到校跟進服務。善加爸爸慨嘆：「政府資源分配很差，訓練的名額太少，收費又貴，輪候時間也很長。」

家長無奈變身治療師 已成常態

善加之前接受了一個月密集式ABA治療，爸爸觀察到善加的領悟力、吸收能力和表達能力都有所增強；然而，在資源不足的情況下，他只好每天與善加進行家居訓練。「我是無牌的（沒有接受正式的訓練），效果有時會弄巧反拙，最理想當然是有機構的專業治療服務。」

Limited resources for autism

Sin Ka's father has been taking care of Sin Ka full-time since the boy was diagnosed with autism. He ran around to apply for services from different institutions on his own. Sin Ka is now four years old and was only arranged to apply for Special Child Care Centres. He is receiving only four sessions of onsite pre-school rehabilitation services a month. Sin Ka's father exclaimed and shared, "The government's resources allocation is poor. The training quotas are very limited and the fees are expensive. The waiting time for subvented services is long as well."

Parents have no choice but to become therapists

Sin Ka received a month of intensive ABA treatment. Sin Ka's father observed that his son's comprehension and expression were improved. However, there is a lack of resources. Sin Ka's father therefore conducts home training with the boy every

善加在兩歲多時確診自閉症。在為善加尋找合適服務的路上，善加爸爸形容就像是在大海中尋找救生圈，「之前遇上的救生圈很快便漏氣，無奈地要不斷尋找下一個未知成效的救生圈！」可喜的是他雖然在困境中，仍然積極樂觀面對，更希望爭取大眾關注自閉症這議題及期望政府增撥資源。

Sin Ka was diagnosed with autism at the age of two. During the journey of finding suitable treatments, Sin Ka's father mentioned it was like searching for lifebuoys (services) in the sea, "The lifebuoys we caught leaked so quick that we had to constantly look for the next lifebuoy with unknown effectiveness." Fortunately, he stays positive in difficult times, hoping that the public would be aware of this topic (autism) and government would be willing to invest resources towards the issues of autism.

在幼兒階段打好基礎 加強公眾教育 消除歧視

自閉症孩子在不同的成長階段會面對各種問題。善加爸爸說：「坊間的服務不足，非常缺乏如ABA的合適及有效治療，我們應該在幼兒階段就幫助孩子打好基礎。」他亦覺得大眾對自閉症人士有許多誤解和負面標籤，希望政府會設立專門機構幫助自閉症人士及其家庭，並加強相關的公眾教育。

主動帶孩子走進社區 凡事樂觀就會有轉機

善加爸爸不介意向別人透露善加的情況，「如果我怕被別人知道，我不就是第一個歧視自己兒子的人嗎？！」他曾經在公園遇到有嚴重行為問題的自閉症孩子，其他家長馬上拉走自己的孩子；他上前鼓勵孩子的媽媽不要害怕，更邀請他們一起玩。爸爸深信自閉症

day. "I'm not a qualified therapist (without formal training), so I may make mistakes. The most ideal solution is to receive professional treatment services."

Build up a solid foundation at early age, strengthen public education and eliminate discrimination

Children with autism face a variety of challenges at different developmental stages. Sin Ka's father said, "Families like us don't have sufficient services, not to mention suitable and effective ABA treatment. We should help children build up a solid foundation in their early childhood."

Sin Ka's father also stated that there are many misunderstandings and negative labels on people with autism. He hoped that the government would set up a designated department to help individuals with autism and their families, and strengthen public education.



善加一家一同慶祝善加「戒片」成功。
The whole family celebrated Sin Ka's toilet training success.



治療師訓練善加坐好和望著別人說話。
The therapist trained Sin Ka to sit nicely and make eye contacts when talking.

孩子要多與別人互動才会有進步，因此他經常鼓勵其他家長多帶孩子走進社區。

善加爸爸相信只要家長抱著正面的態度，加上安排子女接受有效的專業治療，就能夠幫助孩子健康快樂地成長。「我們要抱著希望和樂觀的態度，積極地幫助子女，相信終可以與家人一起迎接一道又一道美麗的曙光。」

Take the initiative to go into the community Optimism brings hopes

Sin Ka's father does not mind revealing that Sin Ka has autism. "If I'm afraid of revealing the truth, I'll be the first one to discriminate my son?!" He once met a child with autism displaying serious behaviours in a park, other parents immediately brought their children far away from that child. Sin Ka's father stepped forward to encourage the mother and also invited them to play together. He believes that children with autism would improve if they have more opportunities to interact with others, therefore he always encourages other parents to bring their children out.

Sin Ka's father also believes that children can grow up happily with positive parents and also effective and professional treatments. He shared, "We must look on the bright side of things and actively help our children. We would welcome a beautiful dawn."



接納孩子所有 開展隨遇而安的人生馬拉松

現年25歲的智恆，起初孩童時期比較安靜，直至三歲上學時老師建議智恆接受評估，才正式確認他有自閉症。智恆媽媽知道兒子情況後沒有晴天霹靂，更將醫生的說話牢記：「醫生說：『（養育有自閉症的孩子）是一場馬拉松——你現在做得到，但如果走得太快，日後可能做不到；現在做不到，又不代表日後做不到。』」智恆一家採取開明的教養方式，順應著他的成長作出最合適的安排，如智恆在四年級時追趕不上學習進度而決定讓他轉到特殊學校就讀。

聽從專業意見 放手讓孩子高飛

正是了解到照顧自閉症孩子需要耐心與耐性，智恆媽媽深明要在適當時候尋求專業人士意見。回想起智恆三歲多時只顧玩樂不願吃飯，媽媽聽從醫生意見不再餵食，放手讓孩子明白「肚子餓就要吃飯」的

Accept every aspect of the child, take things as they come to unfold the life marathon

Chi Hang, who is now 25 years old, was relatively quiet when he was small. It was not until the age of three that the teacher suggested Chi Hang going for a clinical assessment, and he was then diagnosed with autism. Chi Hang's mother did not treat the diagnosis as a bolt from the blue, she instead bore every word from the doctor in mind, "The doctor said, '(raising a child with autism is) just like a marathon – if you're too aggressive, you may not accomplish the things that you are able to do now. Even if you can't accomplish your goal now, it doesn't mean that you can't do it at a later stage.'" When Chi Hang was in his primary four, he changed to study at a special school as his mother found that Chi Hang was not capable to track his learning progress. Chi Hang's family made the most appropriate decision for him by solely following his growth and



智恆於2013年參與在韓國平昌舉辦的特殊冬季奧運。

Chi Hang participated in Special Olympics World Winter Games in Pyeongchang, Korea in 2013.

心態決定境界 以正面樂觀的心換取意想不到的收穫

Attitude determines altitude

— exchanging unexpected gains by positivity and optimism

從三歲確診有自閉症，到不斷衝破界限挑戰自我。「反正都要經歷，不如開開心心去享受過程吧！」智恆媽媽一直灌輸積極處世之道，令智恆成為獨當一面的青年。

From being diagnosed with autism at three years old, to constantly breaking boundaries and accepting challenges, Chi Hang's mother said, "He has to go through his life anyway, just let him enjoy the process happily!" The mother keeps instilling a positive philosophy of life in Chi Hang's mind. The son eventually becomes an independent youth.

本能。結果兩個月後智恆懂得自己主動告知媽媽肚餓要吃飯，自此便懂得有規律地進食。

隨遇而安把握當下機遇

智恆媽媽表示兒子透過參與課外活動學習與人溝通，表現慢慢進步同時建立自信。兩母子意想不到轉到特殊學校就讀這決定為智恆帶來出國參賽的契機，參與2013年特殊冬季奧運及2015年特殊奧運夏季賽。「這些雖然都不是我們計劃之內，機會來到，他把握了、進步了，囡囡可能比其他人得著更多。」

常存感恩的心 共同樂觀面對人生

在訪問過程中，不時看到智恆與媽媽相互微笑看著對方，笑容更是份外溫柔。智恆所以如此樂觀和善，相信離不開媽媽向他灌輸的正

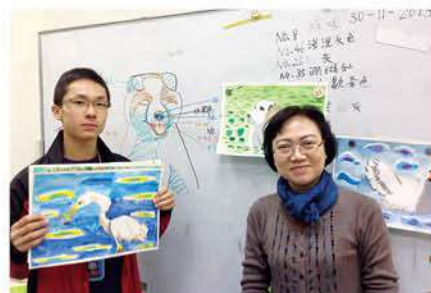
development, allowed him to grow up under such an open-minded parenting style.

Follow advices from professionals and let the child fly

Understanding that patience is needed for taking care of a child with autism, the mother is highly aware of the importance of seeking help from professionals. Recalling the time when Chi Hang was about three years old, he only wanted to have fun but was not willing to eat. She listened to the doctor's advice and decided not to feed him anymore, letting Chi Hang understand that "you must eat when you are hungry". As a result, one day after about two months, Chi Hang learnt to tell his mother he wanted to eat. He learnt how to eat regularly starting from that time.

Take things as they come and seize opportunities at crucial moments

The mother said that by exposing to extra-curricular activities, her son had more opportunities to communicate with different people. At the same time, he has built up his self-esteem and improved his performance. The mother and the son have never thought of such achievements, as they were just following Chi Hang's development. The new school brought him even more opportunities to participate in overseas and international competitions as a teacher discovered Chi



智恆透過參與不同課外活動，如畫畫，學習與人溝通。

Chi Hang exposed to different extra-curricular activities, for example drawing, to acquire communication skills.

面人生觀。智恆媽媽提到「要學懂感恩，常存喜樂的心」，只要孩子健康就好，可見她是從骨子裡愛錫兒子。

由智恆確診自閉症，到現在已經超過20個年頭。能夠突破個人界限，把握機會去發揮潛能，儘管智恆的人生馬拉松還有漫長的賽道，但他已有絕佳的「領跑員」，與他一起享受沿途美好的風光。

Hang's athletic talents. Chi Hang then became a member of the Special Olympics team and received professional track and field training after school. He participated in 2013 Special Olympics World Winter Games and 2015 Special Olympics World Summer Games. The mother said, "These're not in our plans at all. Whenever there's an opportunity, he grasps it, learns it, and improves from it. He therefore may gain more than others."

Always be grateful and go through the life together optimistically

During the interview, the mother and the son often looked at each other with soft and gentle smiles. Chi Hang keeps receiving positive messages, he is then nurtured to be optimistic and kind. The mother mentioned that "we should learn to be grateful and always have a joyful heart". Everything will be alright as long as her son is healthy. It is obviously that the mother loves her child sincerely.

It has been more than 20 years since Chi Hang's diagnosis of autism. Although the life marathon of Chi Hang still has a long way to go, he has already broken through his personal boundaries and seized many opportunities to unleash his potential. Most importantly, he always has "the best guide runner" accompanying him to enjoy the beautiful scenery along his trial.