

個人化的適切治療之重要性 —

The importance of effective and individualised treatment —

封面故事
Cover Story

占占媽媽：「我願意放棄『S位』！」 “I’d give up the place at SCCC,” said Jim’s mom

在香港，有不少自閉症兒童都在政府的特殊幼兒中心（俗稱「S位」）就學。對於許多育有特殊教育需要孩子的家長而言，「S位」代表著「希望」；然而，對占占和伊伊的父母來說，「S位」並非如此定義。

媽媽指占占從小就少說話，句子組織混亂。不過她從沒懷疑兒子的發展情況。後來，幼稚園的老師指出占占或有語言障礙，建議進行詳細評估。占占四歲時獲評估為患有自閉症，媽媽感到十分驚訝：「我以為自閉症兒童不會說話，學習能力會比占占更弱。」

占占有四兄弟姊妹，媽媽其後讓第三和最小的女兒去接受評估。結果，她們皆確診有自閉症。媽媽感到十分迷茫，她和先生都很擔心子女不懂得與別人溝通，無法融入群體生活。

占占入讀「S位」後，老師主要訓練他的自理和認字能力。可是數月後，父母都留意到占占總是沒精打彩。媽媽無奈地說：「我以前很期待『S位』，可是占占卻覺得上課無聊。我們留意到他進步緩慢，學校課程不適合他。」父母決定為占占安排其他訓練，但若每天早退，則會失去學位，他們因此而放棄了難得的治療機會。

後來，妹妹伊伊在APF接受了一個月的密集式ABA治療。伊伊活潑調皮，治療前，若遇到不如意的事，便躺在地上發脾氣，甚至曾經在公眾地方脫下衣服，嚇得父母不敢再帶她出門。經過訓練後，媽媽開心地分享：「現在即使她遇到不如意的事，都很努力地冷靜，我們放心帶她出去玩了。」父母也從伊伊的進步開始意識到個人化課程的重要性。

In Hong Kong, many children with autism study at Special Child Care Centres (SCCC). For many parents of children with special educational needs, a place at SCCC means hope. But for our beneficiaries Mr. and Mrs. Chan, the parents of Jim and Ena, SCCC did not fit their children’s needs.

Mrs. Chan said Jim was very silent and used confusing sentence structures when he was younger, but she had never suspected that Jim might have autism. Later, Jim’s kindergarten teacher pointed out Jim might have speech delay and suggested them to bring Jim for a developmental assessment. Jim was diagnosed with autism at four years old. Mrs. Chan was very shocked, “I thought that kids with autism do not speak and their learning ability would be much weaker than Jim’s.”

Jim has four siblings. Mrs. Chan later brought the third and the youngest daughters for assessments. Eventually, they were also diagnosed with autism. Mrs. Chan felt very lost, and she and her husband were worried that their children could not communicate with others and would be socially disconnected in the future.

Jim was later allocated with a SCCC school place. The teachers mainly trained Jim’s self-care and word recognition skills. After a few months, Mr. and Mrs. Chan observed that Jim looked very depressed. Mrs. Chan felt hopeless and said, “I looked forward to SCCC but Jim felt bored. We also noticed that his learning progress has been too slow. The school curriculum didn’t seem meeting his needs.” Mr. and Mrs. Chan decided to arrange other training for Jim. Unfortunately, Jim could not leave early from school every day, or he would lose the school place. They could only give up the valuable opportunity of receiving treatment at that time.

The youngest sister, Ena had received one-month intensive ABA treatment at APF before Jim. She is very outgoing. Mr. and



治療師特別為伊伊製作「公主行為塑造樓梯」，幫助她學習接收指令。

Our therapist created a “Princess Behavioural Chart” for teaching Ena to follow instructions.



占占、伊伊和父母一起合影。

Jim & Ena posed with their parents.

為了讓占占有更好的校外訓練，他們決定放棄「S位」，讓占占轉學至一間支持他們安排校外日間訓練的主流幼稚園。占占在APF接受訓練時，總是很期待每天的訓練，經常提及治療師的名字，這讓媽媽覺得很神奇。她覺得每個自閉症兒童都是獨特的，所以很欣賞治療師們對每個孩子的用心和包容。她十分堅定地說：「如果課程不適合孩子，每天上堂也沒有意義。現在只要孩子能夠接受最適切的訓練和繼續進步，我們就滿足了。」



治療師透過遊戲讓占占認識26個英文字母。
Our therapist taught Jim 26 alphabets through games.

Mrs. Chan had avoided taking Ena out to play because she always threw tantrums, and even took her clothes off in the public to request what she wanted. She improved a lot in controlling her emotions after the training. "Even when Ena feels frustrated now, she tries to stay calm. We now feel more relieved when we take her out," said Mrs. Chan. Mr. and Mrs. Chan have realised the importance of an individualised curriculum when they saw Ena's improvement.

In order to arrange training outside the school for Jim, Mr. and Mrs. Chan decided to withdraw from SCCC and chose a mainstream kindergarten which supports our plans designed for Jim. During Jim's training at APF, Jim always looked forward to the sessions and mentioned the names of our therapists, which surprised Mrs. Chan. She believes every child with autism is unique and appreciates the effort and acceptance of the therapists toward Jim and Ena. She told us firmly that it is pointless to send children to class every day if the curriculum is not suitable. Mr. and Mrs. Chan are satisfied at the moment when their children are receiving the most appropriate treatment and make continuous improvement.

主席的話

Chairperson's Note

每年春季，APF都有兩個很重要的活動——關注自閉症大行動及籌款晚宴。

聯合國定立了每年的4月2日為世界關注自閉症日，為響應這個國際性的活動，APF於今年籌辦的關注自閉症大行動中，舉行了一連串的活動去為自閉症人士爭取權益和福祉。APF以「與自閉症兒童攜手同行」為2019年公眾教育的主題。大家只需願意去了解自閉症及嘗試明白自閉症兒童遇到的困難，表現出你的同理心和關懷，並鼓勵身邊人同行，我相信社會上的欺凌就會消失。

全球一致用藍色來代表支持自閉症人士，我們今年的晚宴主題為「藍色聲聲」，即以歌聲和音樂來宣揚相關訊息。感謝所有合作單位、捐助者和嘉賓前來支持APF，讓自閉症兒童有機會接受我們獨特和經科學引證的有效治療。APF是第一所慈善機構提供免費的ABA治療予來自低收入家庭的自閉症兒童。我相信所有曾接受過治療的兒童將會有閃亮人生。



我希望所有人都能更接納自閉症人士，即使是微不足道的改變都能夠帶出正面影響。我們期待於2020年的關注自閉症大行動及籌款晚宴，繼續有您的支持！

There are two important events of APF in every spring - the Autism Awareness Actions and our annual fundraising gala.

The United Nations has designated every 2nd April as the World Autism Awareness Day. In response to this international initiative, APF organises Autism Awareness Actions this year, with a series of activities for the rights and well-being of people with autism. APF promotes the message of "Reach out to Children with Autism" as the theme of our public education in 2019. You only need to step into their shoes to know more about autism and to understand their difficulties. Show your concerns, encourage people around you to follow. I believe, bullying in the community will disappear.

Blue is the colour synonymous with supporting autism worldwide; our Gala's theme was "Singing in the Blue" in 2019. Thank you all partners, donors and guests coming to support APF, to let children with autism have opportunities to receive our unique and scientifically-proven effective treatment. APF is the first charitable organisation provides complimentary ABA therapy to children with autism from low-income families. I believe all children after receiving the treatment would be shining!

I hope everyone would accept more about people with autism. Every tiny effort counts, no matter how small, your contributions definitely can bring huge positive impacts. Look forward to having your support again to our Autism Awareness Actions and the Gala in 2020!

Toby Mountjoy

創辦人兼主席
Founder and Chairperson

「藍色聲聲」慈善籌款晚宴 2019

“Singing in the Blue” Charity Gala Dinner 2019



小夥伴合唱團在台上投入地表演。
Learning Buddies Choir seriously performed on stage.



嘉賓們在台上演唱一曲，熱心為我們的服務籌款。
The guests sang a song on stage to raise funds for our services.

2019年度慈善晚宴已於5月17日在港島海逸君綽酒店舉行。這次晚宴先由參加了「學習小夥伴」計劃的小夥伴合唱團揭開序幕，他們隨著宣揚愛與分享的APF主題曲在台上跳舞。小夥伴們一點也不怯場，台下近200位嘉賓都會心微笑和起勁地為他們鼓掌。愛培學校學生緊接送上精彩的魔術表演。受惠家長馬太也分享對其兒子接受治療的感想和表達對APF的感謝。我們還播放受惠兒童治療時的影片，好讓嘉賓更認識ABA治療的成效。

慈善拍賣當然是不可缺少的環節。賓客都知道拍賣所得的款項都會用在幫助更多患有自閉症的小朋友接受服務，因而樂意踴躍競投。此外，不少賓客都積極捐款支持「唱歌挑戰」，美妙的歌聲和令人驚喜的表演令氣氛即時升溫，掌聲也隨即此起彼落。

是次晚宴為APF籌得逾350萬元善款，讓我們能夠繼續為基層自閉症兒童提供適切的治療服務。有賴熱心慷慨支持的董事、捐助者、受惠家庭和義工團隊，晚宴在一片歡笑聲中結束。我們衷心感謝所有來賓、贊助者及義工們。在未來的日子中，我們會繼續努力為育有自閉症兒童的低收入家庭提供幫助及支援。

Our Charity Gala Dinner 2019 was held on 17th May at Harbour Grand Hong Kong. A dancing performance by the children of "Learning Buddies" marked the opening of the Dinner. They danced on stage along with the APF theme song promoting love and sharing. The 200 guests smiled and enthusiastically gave their applause. The next performance was the fantastic magic show performed by students from the Aoi Pui School. We also invited our beneficiary Mrs. Ma to share her feelings after her son received our treatment, and she expressed her appreciation to APF. The guests got to know more about the effectiveness of ABA treatment through watching the videos of beneficiaries undergoing the treatment.

The auction session was also a highlight of the evening. Guests were delighted to put up their hands as they all knew the raised funds would be used to support our services to children with autism. They also actively engaged in "Singing Challenge" by making a donation. Amazing songs and surprising performance thus brought further precise moments to all inside the banquet hall.

We raised HK\$3.5 million from the gala, which will be used to continue to provide treatment for children with autism from low-income families. Thanks to our Board of Directors, donors, beneficiary families and volunteers, the gala was a complete success and everyone had a good time. We sincerely thank for all guests, sponsors and volunteers. In the future, we will continue to provide appropriate services and support for children with autism from low-income families.



於精彩刺激的慈善拍賣中，嘉賓們踴躍競拍心頭物品。
The guests actively involved in the charity auction for their favourite items.



關注自閉症大行動 2019 Autism Awareness Actions 2019



APF響應聯合國將4月2日定為「世界關注自閉症日」(World Autism Awareness Day)，在過去數年都有舉辦活動來呼籲大眾認識自閉症。今年我們將行動「升級」，推出「關注自閉症大行動」，以更大的力度來宣揚相關的訊息。

於啟動禮上，我們的行動大使鄭欣宜小姐向大家介紹我們今年公眾教育的主题——與自閉症兒童攜手同行，訊息是簡單如拿起APF特製的主题購物袋逛街，模擬與自閉症小朋友牽手，代表接納自閉症人士，並且與他們「攜手同行」。

此外，受惠家長傑仔媽媽也分享了照顧自閉症兒子的困難和壓力。傑仔比較固執，還容易發脾氣。當在公眾場所發生狀況時，時常遭到路上行人的指指點點，外界的目光讓媽媽非常委屈及困擾。幸好傑仔來到我們機構接受ABA治療，情況得到改善，傑仔媽媽放心了許多。她藉此場合呼籲大家支持APF，讓更多基層自閉症兒童有機會接受ABA治療。

只要公眾多點認識自閉症，受影響的兒童及其家長便會變得勇敢 (Brave)，迎难而上，家長為子女安排到適切的治療而感到幸運 (Lucky)，並與每位獨特 (Unique) 的小朋友一起積極地 (Enthusiastic) 面對挑戰。

When the public knows more about autism, the affected children and their parents become "Brave". Parents feel "Lucky" that they can arrange appropriate treatment for their "Unique" children, so they can be "Enthusiastic" when facing challenges.

In response to the "World Autism Awareness Day" on 2nd April designated by the United Nations, campaigns were held by APF in previous years to increase public awareness for autism. This year, we leveled up the campaign by launching "Autism Awareness Actions" in order to strengthen the promotion.

At the kick-off ceremony, our Ambassador Ms. Joyce Cheng introduced our theme this year – **Reach out to Children with Autism**. It is as simple as taking our special shopping bag to go shopping. It is akin to holding hands with a child with autism to show your acceptance.

Also, Kit's mother, our beneficiary, shared her difficulties and stressful experiences in taking care of her son with autism. Kit was quite stubborn and lost his temper easily. When that happened in public, passers-bys always blamed the parents. Those glances made Kit's mother very upset. Fortunately, Kit later improved after receiving our ABA treatment. Kit's mother felt relieved and she encouraged the public to support APF, to let more children with autism from low-income families get an opportunity to receive ABA treatment.



APF主席Mr. Toby Mountjoy (右) 陪同受惠兒童一同送上感謝卡予鄭欣宜小姐。
APF's Chairperson Mr. Toby Mountjoy (right) sent a thank you card to Ms. Joyce Cheng with our beneficiaries.

《動畫醫神》電影放映及講座

“Life, Animated” Screening cum Public Talk

「關注自閉症大行動」的主要活動包括「藍服日」、「藍燈夜」、電影放映及公眾講座和慈善義賣。當中的電影放映及公眾講座已於4月6日在香港太空館演講廳舉行了。放映的電影《動畫醫神》是藉著一名自閉症男孩（歐文）的成長故事，讓觀眾認識到自閉症人士及其家人所面對的困難，還有他們的行為模式和背後的想法。電影放映後，我們安排了資深治療師王勵勤小姐為大家深入講解甚麼是自閉症，以及分享過往訓練自閉症兒童的經驗。

The main activities of “Autism Awareness Actions” included “Dress Blue Day,” “Light It Up Blue,” Film Screening cum Public Talk and Charity Sale. On 6th April, APF held “Life, Animated” Screening cum Public Talk at the Hong Kong Space Museum Lecture Hall. The movie shown was a documentary film called “Life, Animated”. It tells the story of Owen Suskind, who is a man with autism. Through Owen’s story, the audience learnt about the difficulties of people with autism and their families, their behaviours and thoughts as well. Besides, Ms. Kan Wong, an experienced ABA therapist, was invited to hold a talk after the screening. She explained thoroughly what autism was and shared her experience on training children with autism.



紀錄片《動畫醫神》帶領觀眾走進自閉症人士的成長過程。

Documentary film “Life, Animated” led the audience to go through the life of people with autism.

APF · Ahiru No Pekkile 慈善義賣

APF · Ahiru No Pekkile Charity Sale

為響應「關注自閉症大行動」，心地善良的Ahiru No Pekkile（AP鴨）再次出動支持自閉症兒童！APF聯同AP鴨推出了兩款限量版T恤作慈善義賣，AP鴨T恤的夜光效果及燙金效果設計鮮明搶眼，為我們的服務籌款。慈善義賣的收益會用作幫助更多有需要的自閉症兒童得到適切的治療。

In support of “Autism Awareness Actions,” Ahiru No Pekkile, who is always kindhearted, is back to support children with autism again! APF worked with Pekkile to launch two styles of limited t-shirts for the charity sale. The luminous effect and gold foil design of Pekkile T-shirts were eye-catching. The proceeds from this charity sale will be used for providing appropriate treatment for underprivileged children with autism.



尚餘少量T恤，如欲訂購，歡迎聯絡我們（電話：3583 0668 或電郵：event@apf.org.hk）。

Limited stock. Interested parties, please contact us at 3583 0668 or email at event@apf.org.hk.

自閉症孩子不容易接受突如其來的轉變，因為不符其預計中的事情會令他們感到害怕，繼而會尖叫、嚎哭，甚或打人來表達不安。

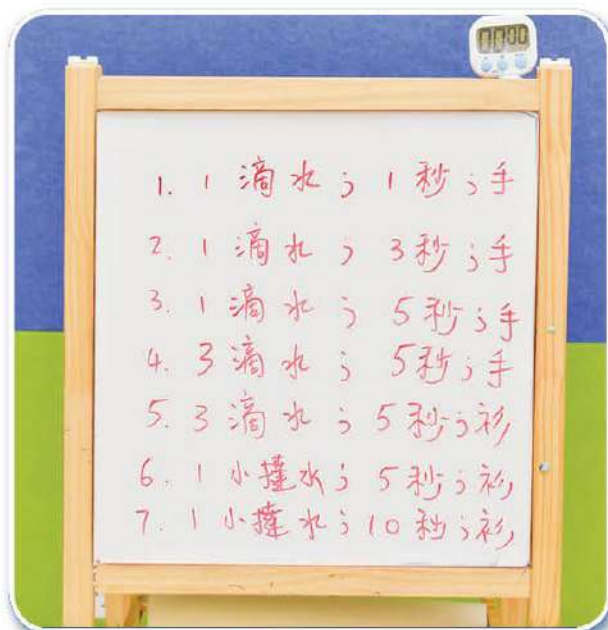
■ 解決方法：

(一) 改變環境，令孩子不用面對新情況
(二) 教導孩子學習逐步面對及接受變化

方法一是要在合乎情理的狀況下運用的，例如孩子哭著要求家長去幫忙處理一隻甲由。但當孩子有需要學習接受不稱心的事情時，家長應該採用方法二，例如孩子不能忍受身上有水滴，或不能接受日程上的改變。



先測試孩子最容易接受的觸發點，例如留一滴水在孩子手上數秒。
Test the child the mildest trigger point, like keeping a drop of water on the child's hand for a few seconds.



把不同的觸發點按程度排次序。
Prioritize the trigger points.

■ 在訓練前，我們要準備以下幾點：

- (1) 識別行為的觸發點，例如水弄濕了衣服
- (2) 設立訓練目標：
孩子能冷靜地接受衣服被弄濕（不會哭鬧，能夠冷靜地要求更換衣服，並且在等候換衣服期間保持冷靜）
- (3) 把不同的觸發點按程度排次序：由最容易接受排至最難接受的
- (4) 預留孩子最喜歡的玩具 / 食物作為獎勵，例如看卡通片十分鐘

■ 準備妥當後，便可以開始訓練：

- (1) 預告將會發生的事情：
「一會兒，我會將水滴在你身上，你要冷靜，不要哭。」
(孩子可以不用回答)
- (2) 緊接著第一步驟，帶出孩子最能夠接受的觸發點：
留一滴水在孩子身上數秒
- (3) 若孩子能保持冷靜，立刻拿走觸發點（抹走水滴）及給予獎勵（看卡通片），並且稱讚孩子
- (4) 逐步延長孩子需要忍耐的時間
- (5) 逐步提高孩子需要忍耐的程度

這訓練需要的時間及耐性與學習任何一種全新的技能一樣，不要期望孩子能一步登天，而且進度快慢也是因人而異。請緊記要不斷重複練習，每天堅持練習10分鐘，不要氣餒，只要有恆心和耐性，一定會看到進步及成果。

- Supported by more than 50 years of scientific research
- The most widely recognised and scientifically proven treatment for autism

- Intensive training
- Data and progress driven
- Tailor-made curriculum

It is difficult for children with autism to accept sudden changes because unexpected conditions make them scared, and they will scream, cry and even hit others to express their anxiety.

- **Solutions:**
- 1) Change the environment to prevent the child from facing a new condition**
 - 2) Teach the child to accept the changes gradually**

The first solution should be used for certain reasonable situations. For example, a child cries and asks the parents to handle a cockroach. However, when the child has to learn to accept different situations, parents should adopt the second solution. For example, the child cannot tolerate the water drops on their bodies, or the changes in their schedules.

■ **Before training, we have to prepare the followings:**

- (1) Identify the cause, such as water drops on clothes
- (2) Set the training goal:
the child can accept their clothes getting wet, i.e. the child can request to get changed calmly, and to wait to get changed
- (3) Prioritize the trigger points from easy to difficult which the child can accept
- (4) Prepare the child's favourite toy or food as a reinforcer, like watching a cartoon for 10 minutes

■ **Training can start when everything is ready:**

- (1) Inform the child what will happen:
"I will drop some water on your body, you have to keep calm and don't cry." (the child does not need to respond)
- (2) Then take the first step, keep a drop of water on the child's body for a few seconds
- (3) If the child can keep calm, take away the cause (wipe away the water droplet) and give the reinforcement (watch the cartoon), and praise the child
- (4) Step by step lengthen the time the child can tolerate
- (5) Step by step build up the child's tolerance level

This training takes time and patience, just like picking up a new skill. Parents should not expect the child to do it immediately, and the time it takes depends on each individual's ability. Please remember to practice repeatedly. It is suggested that children should practice it for 10 minutes every day. With perseverance and patience, you will see the improvement and a positive result.



當孩子能保持冷靜，立刻拿走觸發點及給予獎勵。

When the child can stay calm, immediately take away the trigger point and give the reward.

活動簡報

藍服日派對2019 Dress Blue Day Party 2019



小朋友正在欣賞自己臉上的彩繪。
A little girl is admiring the painting on her face.



小朋友與家長們全情投入地參與集體遊戲。
Children and parents enjoyed the group games.



感謝星球大戰人物及漫威漫畫中的超級英雄蒞臨我們的派對。
Thank you the characters of Star Wars and Marvel for joining our party.

藍服日派對2019已於4月下旬假香港百樂酒店舉行，當天活動相當豐富。我們邀請了100位小朋友及家長一同參與；大家都興奮地進場，每位小朋友獲派發扇子和顏色筆，齊來參與親子創作比賽。

同時，場內更設有面部彩繪攤位，義工姐姐手上拿著色彩繽紛的顏料，悉心地為小朋友畫上他們所挑選的圖案或卡通人物，作品都賞心悅目。玩過一輪遊戲後，突然，星球大戰人物（如黑武士和天行者等）及漫威漫畫中的超級英雄（如鐵甲奇俠、蟻俠和美國隊長等）相繼出現於會場內，即時令氣氛高漲，大小朋友們紛紛上前，一起模仿他們擺出型格姿勢，並與眾英雄逐一拍照。享用過豐富的自助午餐後，小朋友把禮物及獎品一一放好，然後大伙兒向香港迪士尼樂園進發，繼續享受開心、奇妙的一天！

Dress Blue Day Party 2019 was held at Park Hotel Hong Kong in April. The schedule was packed and there were a wide variety of activities planned for that day. We invited 100 children and parents to join, all entered the venue excitedly and were given a hand fan and colour pens for joining a parent-child creativity competition.

At the same time, a face painting booth was set up. Children looked forward to having their choice of patterns or cartoon characters painted on their faces or hands by volunteers. While all participants were enjoying the various games, the characters from Star Wars (Darth Vader, Skywalker, etc.) and Marvel Super Heroes (Iron Man, Ant-Man, Captain America, etc.) suddenly appeared. The atmosphere reached its climax at that point. Everyone, adults and children alike, imitated their poses to take pictures with the characters. After having enjoyed the lunch buffet, we all set off to Hong Kong Disneyland, to continue enjoying a magical day!

浩浩蕩蕩向香港迪士尼樂園進發。
Marching towards Hong Kong Disneyland.



小小慈善音樂家 2019 Little Musical Philanthropist 2019

我們很高興再次成為「小小慈善音樂家」的受惠機構。今年是這個活動的九週年，活動提供機會予小朋友和青年人建立音樂才華，亦同時幫助社會上有需要的人。在5月18日音樂馬拉松活動上，我們邀請了鄧小巧小姐擔任主禮嘉賓，分享她的音樂旅途，並鼓勵青年人追逐他們的音樂夢，同時關懷社會。是次活動籌得港幣38,000元支持我們的服務。

We were delighted to be the beneficiary of "Little Musical Philanthropist" again. This year was the 9th anniversary of this event. It was a great campaign for giving children and youths an opportunity to build musical talent and to help people in need at the same time. For the musical marathon event on 18th May, we invited Ms. Tang Siu Hau to be the officiating guest. She shared her musical journey and encouraged the youths to chase their musical dreams and also care about the community. This year the event raised HK\$38,000 to support our services.



押花工作坊及家長講座 Pressed Flower Workshop / Parents' Talk

鳴謝：瑞信香港和義工隊
Acknowledgment: Credit Suisse Hong Kong & Auxano House

APF今年再次獲得瑞信香港的贊助，舉辦了押花工作坊及家長講座。20多位小朋友與義工隊一起選取自己喜愛的花草，再配上不同的裝飾，精心製作出獨有的書籤。在押花老師指導下，大家更合力地創作出一幅大型押花畫作。與此同時於另一邊廂，我們的個案督導主任兼註冊社工Zon主持了家長講座，藉以讓家長們騰出空間，暫時釋放照顧自閉症小朋友的各種壓力；而Zon也分享一些減壓方法給各家長，用來幫助他們舒緩情緒。最後於一片歡樂氣氛下，小朋友都把自己製作的書籤，好好地帶回家。

APF was sponsored by Credit Suisse Hong Kong again this year to hold a pressed flower workshop with parents' talk. 20 children and the volunteer team together selected their favourite flowers and leaves, to create special bookmarks. Later, they created a huge artwork with pressed flowers under the guidance of the instructor. At the same time, our case supervisor and registered social worker, Zon, held a parents' talk for parents to release their stress from taking care of children with autism. Zon also shared some relaxation methods with parents. At last, children brought their own bookmarks home happily.



小朋友滿足地展示製成品。
A Child happily showed her artwork.



義工隊與小朋友一起合力製作書籤及押花畫作。
The volunteer team and our children created bookmarks and the pressed flowers artwork together.



APF同事、小朋友和家長們及瑞信香港義工隊合照。
Credit Suisse volunteer team, APF staff, children and parents were having a group photo.

「商界展關懷」社區伙伴合作展2019 Caring Company Partnership Expo 2019



APF於5月20日參加了由香港社會服務聯會舉辦的「商界展關懷」社區伙伴合作展。APF連續三年於此展覽設立推廣攤位，向熱心支持及參與社會公益活動的商界夥伴介紹APF的理念和服務，積極與商界夥伴交流和合作。藉著展板及講解，商界夥伴能更了解自閉症、ABA治療的傑出成效，以及與APF的合作渠道及空間，一同支持並協助基層自閉症兒童融入社會。

APF joined the Caring Company Partnership Expo organised by The Hong Kong Council of Social Service on 20th May. APF has continuously set up booth at this event for three consecutive years. We shared our mission and services to business partners. Through the exhibition boards and briefings, business partners could know more about autism, the effectiveness of ABA treatment and the collaborating opportunities with APF, together to support children with autism from low-income families.

同事向商界伙伴介紹ABA治療及「關注自閉症大行動2019」。

A colleague introduced ABA treatment and "Autism Awareness Actions 2019" to business partners.

意大利薄餅製作派對 Pizza-Making Party

意大利薄餅一般都是用小麥麵團製成圓扁形餅底，再加上蕃茄、芝士及其他材料，然而，它可以變得更有意義！

在6月22日，約25個家庭在廚師的指導下，製作出獨特的意大利薄餅。孩子們小心翼翼在餅底上塗抹蕃茄醬，然後選擇他們喜愛的材料放上去，最後加上芝士。薄餅出爐的一刻，大家都沒有立刻品嚐，因為要先拍照呢！有些小朋友用材料製作出笑臉，而有些就嘗試放最多的材料。所有薄餅除了是拍照的好道具，當然也十分美味。有幾位小朋友把一兩件薄餅放在食物盒裡，打算帶回家與其他家人分享成果。

當薄餅在焗爐裡烘焗時，我們的同事和義工們跟小朋友玩遊戲，整間餐廳都充滿歡樂，所有參加者都樂在其中。派對完結時，小朋友都挺著大肚子、掛著笑臉和拿著禮物離開；家長們也都帶著子女珍貴的照片和難以忘記的快樂時光回家去，大家都滿載而歸呢！

Pizza is usually round, flattened base of leavened wheat-based dough topped with tomatoes, cheese and some other ingredients; it actually can mean much more!

On 22nd June, about 25 families made their unique pizzas by following instructions of a chef together. Children carefully spread out tomato sauce on the pizza base and then selected their favourite ingredients and finally topped by cheese. All families did not enjoy the pizzas immediately when the delicious dishes were ready because it was a precious photo-taking moment! Some children created a smiley face by the ingredients while some tried to put ingredients as much as possible on the pizza. All pizzas were attractive props of taking photos and looked very tasty certainly. A few children kept 1-2 slices in a box as they wanted to share their happiness with other family members by dividing their special pizzas.

Our teammates and volunteers played games with children when the pizzas were in the oven. The entire restaurant was full of laughter, all participants actively engaged in different sessions. When the party ended, children left with full bellies, cheerful faces and a bag of gifts; parents also brought back lots of beautiful photos of their children in their phones and unforgettable happiness in their minds.

鳴謝：Hallmark Cards (HK) Limited
Acknowledgment: Hallmark Cards (HK) Limited



小朋友和家長們認真地製作意大利薄餅。
Children and parents were making pizzas seriously.



大小朋友都玩得十分盡興！
All we had a great time!



愛培學校
AOI PUI SCHOOL

APF自2013年得到紅磡三約街坊福利會的支持，將其舊小學改革成為愛培學校，以自負盈虧的模式運作，成為香港唯一一所教育局註冊、專為自閉症兒童提供雙語課程選擇的小學。

With the support from Hung Hom (Three Districts) Kalfong Association, APF has been able to operate a self-financed project - Aoi Pui School (APS) since 2013. Registered under the Education Bureau, it is the only primary school for children with autism in Hong Kong with bilingual curriculum.



為了讓大家進一步認識愛培學校，由今期開始，我們將會訪問不同老師或同事，是次主角是黃老師，他分享了其教學生涯中的點點滴滴。

To let you know more about Aoi Pui School (APS), starting from this issue, we would invite our teachers or colleagues to share. We are glad to have Mr. Issac Wong to be our interviewee and talk about his little moments throughout his teaching career.

1. 為甚麼你會選擇加入愛培學校？

在2014年，我剛完成教育文憑，正煩惱到底應該做中學老師，還是嘗試其他工作。由於信仰關係，我渴望在工作上幫助有需要的人；那時，我從朋友口中得知愛培學校是專門教導自閉症孩子，不單教授知識，更協助他們改善行為、情緒和社交等各方面。我認為加入愛培學校既能實現做老師的初衷，也能幫助有需要的人。

2. 入職時，愛培提供了甚麼訓練？

入職前，我先經過了一個月的ABA密集訓練課程，由基礎理論到個案分析，以至實際應用，一步步地建構教育自閉症兒童的方法和技巧，包括如何把複雜的技能分成多個小步驟，讓學生一步一步地掌握。這訓練讓我能有技巧地運用ABA去協助學生發展語言、溝通、社交技巧和學術知識，並且利用行為系統改善學生的行為問題。此外，資深的督導主任還會進行定期觀課及培訓，指導我們的教學技巧。

3. 你覺得愛培學校的教學方式和主流學校有甚麼不同？

有別於主流學校，愛培學校於學生入學時會評估他們在語言、社交和學術等各方面的能力，作數據記錄和分析，然後為學生設計獨立的個人學習計劃，並以ABA作教學基石，針對每個學生的需要而對症下藥。

我們的師生比例很高，即使同一科目同一主題，都可以因應學生不同能力去分程度教學，教具和功課也有不同程度的版本。此外，老師每堂都會以科學方法收集數據，記錄和評估學生進度，進一步調整教學內容。因此，學生能按自己的步伐去學習，而非單單在追趕課程，因而有空間去改善其行為問題。

1. What inspires you to work in APS?

In 2014, I was at the crossroad in my life when I completed Postgraduate Diploma in Education. I had to decide whether I should be a secondary school teacher, or explore something new. I always want to give back to society to help the people in need. During that time, I learnt from a friend that APS is a special school for children with autism. It does not only teach academic knowledge, but also behavioural control, emotional regulation and social skills. For me, joining APS is a great opportunity to achieve my goal for being a teacher and to serve the ones in need.

2. What training did you receive when joining APS?

Prior to my teaching, I received a one-month intensive ABA training. We were introduced to fundamental ABA theories and different cases about how to effectively interact and work with students with autism. The training taught us how to assist and maximise our students' learning by breaking down a complex skill into smaller and easier parts, in a systematic manner. Most importantly, this allows us to apply our skills and help the students develop their language skills, communication skills, social skills and academic knowledge effectively, and to replace students' undesirable behaviours with desirable ones. Besides, teachers are under on-going supervision of Senior Case Supervisors and receive regular training, so as to ensure the effectiveness of teaching and therapy.

3. What are the differences between teaching in APS and mainstream school?

I believe children with autism benefit more in APS as we develop structured teaching strategies to support their learnings, which is very different from mainstream schools. Before entering APS, students' abilities are being evaluated, which includes their language, social skills and academic knowledge. This serves to develop an Individualised Education Programme (IEP), while ABA is used as the foundation to target students' needs.

Teacher-student ratio is high in APS. Adaptive learning is widely used in our subjects. The content of teaching will be adjusted according to student's ability. Lesson materials are also designed according to their learning progress. Scientific data is collected regularly and the content of teaching will be adjusted accordingly. Therefore, students learn at their own pace. Not only will they catch up on the curriculum, their behaviours will also be targeted.

4. 教學生涯中，有沒有一些難忘的事情可以和大家分享？

我之前有一位學生，他初來時非常頑皮，不但不能「坐定定」，而且稍有不順意，便會大吵大鬧、丟東西、吐口水，甚至打人，完全是一個「小魔怪」！不但如此，他有語言障礙，當表達意見時，其他人甚少能明白。於是我們和他做行為訓練，先透過觀察和數據，記錄他發脾氣的原因和程度，從而知道甚麼事會容易促使他發脾氣；之後，我們針對每個促使他發脾氣的原因作集中訓練，以正面的獎賞去教導他在不如意時要保持冷靜。如是者，經過數月，他整個人煥然一新，不但沒有再因小事而發脾氣，還很喜歡所有老師，常常流著大汗也走過來抱著我們！另外，透過語言和溝通訓練，他現在已能有條理地表達自己，並會主動跟身邊人聊天。看到他從第一天入學，到今天的轉變，讓我知道我現在所做的，都能有效地幫助自閉症孩童成長，不單幫助他們融入社區，更為他們帶來更多機會，十分有意義！

5. 你對學生有甚麼期望？

我對學生最大的期望是他們能把學到的應用在生活上，不單是知識方面，還有情緒和行為控制、語言溝通和社交技能方面，都能融會貫通，在家中及社區內實踐出來。

4. What is the most unforgettable moment in your teaching life in APS?

One of my students in the past was very challenging. He could not sit still, and he would throw tantrums. When he was upset, he would throw things, spit or even hit others. We all thought he was a little "monster"! He always wanted to engage in conversation, however, he had language disorder, so it was difficult to understand what he said. For this case, we collected data from observations. We recorded and identified the functions and the reasons behind the tantrum. Later, we implemented intensive training to target every possible reason, and used favourable reinforcers to reward him for remaining calm when incidents happened. He made a huge improvement after a few months. Not only did he stay calm when things did not go his way, he also showed affection to all teachers and come to give us a hug even after a sweaty day. Now, he can logically express himself after going through language and communication training. Picturing him approaching and talking to people around him actively, the whole scene is delightful!

Seeing all his changes makes me truly believe what I am doing here can effectively help children with autism. Not only do we help them adapt to the society, we also provide them opportunities to grow as individuals. This means the world to me!

5. What are your expectations for your students?

The greatest expectation for me is that students can apply what they have learnt to their daily life. Not only does it include academic knowledge, but also emotional and behavioural control, communication and social skills. I wish they can comprehensively apply them at home and in the society.



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