

封面故事
Cover Story

我們的夢想、承諾與計劃——為受惠者而設的新天地

This is our dream, promise and plan —— A new premises for our beneficiaries

無論順境逆境，愛培自閉症基金（APF）都是一直致力為有需要人士提供服務。事實上，家長資源中心經常因資源緊張和空間因素而令到服務規模受限制。此外，市場上缺乏為患有自閉症譜系障礙的青年而設的相關服務，當中以英語為母語之人士的情況則更嚴重，管理團隊認為APF有責任去填補這個服務縫隙，故推出有系統的「應用行為分析」（ABA）治療計劃來支援有需要的青年。與此同時，我們將本來位於荔枝角工廈內的家長資源中心遷往新址，藉以充分整合和運用資源。

位於觀塘的新址由三個主要部分組成：

- **青年發展中心：**
推出「Aspire」計劃——為15歲至25歲青年提供服務（下一期的「All aBout APF」將會介紹更多關於「Aspire」計劃的資訊）
- **全新的家長資源中心：**
為來自基層家庭的2.5歲至6歲兒童提供慈善服務
- **APF的總部**

由於新中心的服務對象包括2.5歲起的小朋友至25歲的青年，各項設施都是經過精心設計，以滿足服務使用者的不同需要，同時配合我們的未來發展計劃。

Autism Partnership Foundation (APF) is committed to serve, no matter during smooth times or harsh periods. Our service scale of the Parents Resources Centre is always restricted by resources and treatment area. The Management Team also agreed with the importance of meeting the demand of providing systematic Applied Behaviour Analysis (ABA) treatment programmes for teenagers with Autism Spectrum Disorder (ASD) while such services were absent in the market, especially for those English-speaking groups. Those needs of service users are always on our mind, therefore, we decided to launch tailor-made services for teenagers and relocate our Parents Resources Centre which was in an industrial building in Lai Chi Kok, to enjoy the economics of scale.

Our new premises is in Kwun Tong and it is made up of 3 major parts:

- **The Youth Development Centre:**
a new service unit to serve teenagers aged between 15 and 25 by introducing a new programme called "Aspire" (the next issue of "All aBout APF" is going to provide you more information of "Aspire")
- **The new Parents Resources Centre:**
for carrying out charitable services for children from underprivileged families between 2.5 and 6 years old
- **The official Headquarters of APF**

This is a place for children from 2.5 to teenagers up to 25 years old; all settings and facilities are carefully planned to meet the diversified needs of service users and match with future development plans of APF.



成立新中心後，我們有更大活動空間給予兒童服務。
There are more space for children services after the establishment of our new Centre.



我們在2021年8月遷入這個位於觀塘的新環境。作為負責任的機構，APF盡力提高透明度，我們花了超過一年的時間去討論與規劃整個計劃。在2019冠狀病毒大流行的陰霾下，我們未能展開大型的籌款活動，為這計劃增添難度。我們必須精心計劃每一步，小心翼翼地運用每分每毫，才能確保所有細節得以妥善安排和管理。我們謹此感謝每位為中心提供各式各樣贊助的合作夥伴，部分夥伴更在中心開放日造訪，見證了APF達成了這個重要的里程碑，並且表示願意與我們繼續合作。

我們的團隊很高興從服務使用者口中得知他們對新環境的正面評價：

- 「對小朋友來說，新址相對工廠舊址優勝，令小朋友可更安全出入，環境舒適更不在話下！」陳先生的兒子善加在本年4月（即家長資源中心搬遷前）已在舊址接受治療。善加現正在新環境快樂地參加「學習小夥伴」計劃。其他的小夥伴都表示新中心「很大、很美，更增添了很多玩具」。
- 「我很喜歡這裡的舒適環境。」「Aspire」計劃的青年王度在首次參觀APF新中心時表示滿意新環境。

APF有信心在新環境為服務使用者帶來精彩的經歷，他們的治療成效定會是正面樂觀。同時，我們的團隊也可愉快地工作，成果能夠事半功倍。這些一切都不僅是我們的夢想，更是我們對服務使用者的承諾！



參與「學習小夥伴」的小朋友在中心開放日給嘉賓送上小禮物。
Children from "Learning Buddies" programme gave gifts for the guests who turned up on the Centre Open Day.



參與「Aspire」計劃的青年王度對新中心的環境感到很滿意。

Wangdu, a participant of "Aspire" programme, is very happy with the new Centre environment.



孩子們笑說因為玩具多了而感到非常開心。
Children were happy to have more toys to play with in the new Centre.

We moved into this new place in Kwun Tong in August 2021, but the discussion and planning of this project took more than one year, as it is a must to maintain a high level of accountability and transparency. This was a challenging project conducted under the doom and gloom of the COVID-19 pandemic when we were unable to carry out large-scaled fundraising events. We had to plan every step and spend every cent carefully, to make sure all factors were well-managed. We have to express our sincere Thank You to partners who offered us different kinds of sponsorships for setting up the new space. Some of them visited us on the Centre Open Day; they were pleased to see this important milestone of APF and willing to explore further collaborating opportunities with us.

Our Team was happy to receive very positive comments from service users:

- "The new premises is safer for kids comparing with the old location which located in an industrial building, not to mention the decent environment." said Mr. Chan. His son Sin Ka received our services since April (before moving) and he is now happy to be a participant of "Learning Buddies" programme. Other little buddies also like the new Centre very much, "It is very large and pretty, and more toys are available here!"
- "I love the comfortable environment here." Wangdu, one of the Aspirers said delightedly during his first visit to the Centre.

APF is confident in bringing amazing experience to all children and teenagers coming to our Centres for receiving treatments and even staff working here. We all can imagine very positive treatment outcomes and impacts can be generated in the new environment. All these are not only our dreams but also our promises to people we serve instead!



新中心設置The Shop（左）和The Joint（右）予Aspirers在模擬的工作環境下接受訓練。
The new centre set up The Shop (left) and The Joint (right) for Aspirers to receive training in simulated work environments.

雖然在艱難的時刻去成立青年發展中心及擴充家長資源中心是個進取的計劃，然而也是一個非常正確的決定。儘管2021年對所有人來說都是艱辛的一年，APF全體員工仍保持著拼勁，化危為機，將外圍挑戰轉化成自身優勢。我在此向每一位曾為此發展項目作出種種貢獻的人士表達真摯的謝意；您們對自閉症患者的愛與關懷使我們能夠在任何境況都堅守使命，服務有需要的人士。

數據已證明了我們治療服務的需求一直殷切，同時十分理解家長為切合其子女的個別需要而熱切地為他們尋找度身訂造的有效治療，因此，團隊時刻專注於設計和引入嶄新的服務計劃，並且秉持著優質的服務質素，因為這正是APF的服務模式和價值之核心元素。

隨著青年發展中心和家長資源中心在新址投入服務，已為APF的新發展揭開序幕。在不久的將來，我們必定為機構帶來更多新元素。我們的團隊從不會滿足現狀，我們都是勇於求變，珍惜每個可以做得更多和更好的機會。請大家拭目以待！

This is an aggressive plan but also an absolutely correct decision – to set up the Youth Development Centre and expand the Parents Resources Centre at this tough moment. Although the year of 2021 is difficult to everyone, all members of APF keep on working hard to turn those threats to opportunities, to transform external challenges to internal advantages. I would like to express my sincere Thank You to all who have made significant and diversified contributions to this amazing project; your love and care to people with ASD enable us to fulfil our mission at all time, at different venues and for all those in need.

Figures prove that service demand of our treatments is always high. We understand that parents are eager to look for tailor-made and effective treatments to meet unique needs of their children. Our team, therefore, always focuses on designing and introducing new service programmes but would not give up the service quality which is the core element of our service provision model and the value of APF.

The centres have unveiled a new episode of APF but more will be coming definitely in the future. Our team treasures every chance of doing more and better as we would not ever be satisfied by the status quo. Please stay tuned!



Toby Mountjoy

創辦人兼主席
Founder and Chairperson

APF慈善獎券 2021 APF Charity Raffle 2021

APF已於11月10日開始了2021年度的慈善獎券銷售活動，期望為患有自閉症譜系障礙的基層兒童籌募治療經費。我們誠邀大家參與這次活動，身體力行購買我們的獎券，並向親朋好友推介，讓更多人認識及支持我們的慈善工作。每張獎券只售港幣20元，隨獎券附送仙跡岩、阿布泰國生活百貨、賞茶、彩豐行及昂坪360的優惠券。此外，抽獎禮品非常豐富，合共總值約港幣50,000元。我們在此衷心感謝所有贊助優惠券及獎品的企業夥伴。有興趣支持是次活動的朋友，歡迎填妥隨通訊附上的認購表格，或到www.apf.org.hk認購獎券。

APF has launched the Charity Raffle Campaign in 2021 on 10th November to raise funds for providing treatment for underprivileged children with ASD. We cordially invite you to join this campaign by subscribing our raffle tickets and introducing it to your networks, so that more people would know about our charitable work. Each raffle ticket costs HK\$20 only with



coupons of Saint's Alp Teahouse, AbouThai, A Nice Gift, Choi Fung Hong and Ngong Ping 360. The total value of the fabulous raffle prizes is about HK\$50,000. We sincerely thank for the sponsorships of coupons and prizes from various corporate partners. Interested parties, please fill in the enclosed form or subscribe for raffle tickets via www.apf.org.hk.

- 有超過50年的科學研究為基礎
- 為現時最廣泛認可用於治療自閉症譜系障礙的有效治療方法
- 密集式教學
- 以數據及進度來製定課程發展
- 高度個人化的課程

孩子的寫字能力不全面，而且抗拒做這類型的功課。

■ **解決方法：** 訓練孩子的寫字技巧

■ **訓練內容：**

第一步：讓孩子能夠以正確的姿勢執筆

1. 順著孩子執筆的角度，拿著筆的尾部；把筆放在孩子手中之前，先跟他說「拿著」，然後用肢體提示，幫助孩子用正確的方式執筆，再逐步遞減提示及幫助
2. 當孩子能正確執筆時，可把筆放在桌上，訓練孩子自行調整執筆的姿勢

第二步：讓孩子在紙上亂畫

1. 跟孩子說「畫畫」，讓孩子自由地在紙上亂畫。當孩子能以正確的姿勢執筆及亂畫時，給予讚賞及獎勵（強化物）

第三步：練習畫線

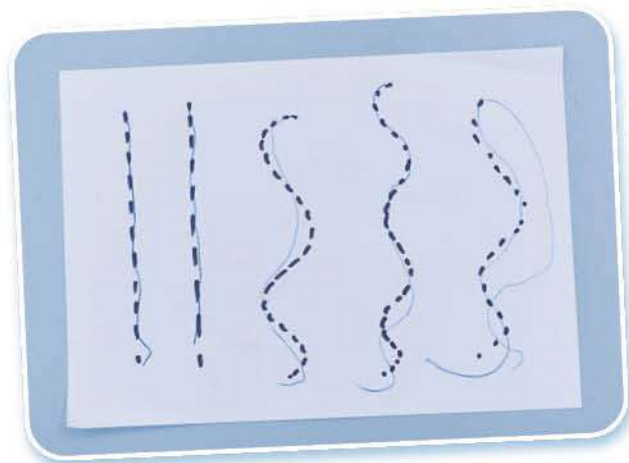
1. 讓孩子沿著虛線畫出直線：初時準備高密度及深色的虛線，當孩子能夠連續畫出直線時，逐步遞減虛線的密度及調淡虛線的顏色，直至孩子能夠在沒有虛線的情況下畫出直線
2. 用同樣的方法引導孩子畫出橫線和斜線
3. 練習時應以孩子的程度來調整訓練，如以5或10條線為一組練習，完成後便給予讚賞及獎勵
4. 切記不要讓孩子做過多練習，否則會導致孩子感到煩厭及失去興趣

第四步：練習寫字

1. 先示範寫字，讓孩子跟著抄寫。初時，孩子寫了一個字後便給予獎勵，再漸漸延遲獎勵，並且逐步增加字數
2. 應把生字的難度逐漸提高，先練習筆劃少的生字，繼而練習筆劃較多的生字
3. 要求孩子寫出的字數應符合其年齡相應的能力



用肢體提示幫助孩子使用正確的方式執筆。
Assist the child to hold a pen in the right way with physical prompts.



沿著虛線練習畫線。
Practise drawing lines along the dotted lines.

要讓孩子覺得訓練者是幫助他／她的人，而不是強逼他／她服從指令，訓練者必須調校對孩子能力的要求及期望，不應與他人比較；當孩子有進步時，要給予讚賞及獎勵

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

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

Children have incomprehensive writing abilities and refuse to do this type of homework.

■ **Solution:** Train children's writing skills

■ **Training content:**

Step 1: Guide the child to use a correct posture to hold a pen

1. Follow the child's writing angle and hold the end of a pen, tell the child to hold the pen before placing it in his/her hand. Help the child correctly hold the pen with physical prompts, reduce the number of prompts and assistance gradually
2. When the child can hold the pen correctly, then put the pen on the table and train the child to adjust the writing posture by him/herself

Step 2: Let the child doodle on a paper

1. Ask the child to draw and let him/her doodle freely on a paper. Give a compliment and a reward (reinforcement) when the child can write and draw in the correct posture

讓孩子在紙上亂畫。

Let the child doodle on a paper.

Step 3: Practise drawing lines

1. Ask the child to draw a straight line along a dotted line: prepare a high-density and dark dotted line at the beginning. When the child can draw a straight line continuously, gradually reduce the dotted line's density and lighten its colour until the child can draw a straight line without a dotted line
2. Use the same method to guide the child to draw horizontal and diagonal lines
3. Training should be adjusted according to the child's ability. For example, draw 5 or 10 lines per set. A compliment and a reward should be given upon completion
4. Remember not to let the child do too many exercises. This will make the child feel bored and lose interest

Step 4: Practise writing

1. Demonstrate writing first and let the child copy along. In the beginning, give a reward to the child after writing one word, and then gradually extend the time for giving the reward and increase the number of words
2. Gradually increase the difficulty of characters. Practise writing new characters with fewer strokes first, and then practise writing characters with more strokes
3. The number of words required should be age-appropriate

Trainers should let the child feel that we are helping him/her rather than forcing him/her. Trainers must adjust the requirements and expectations according to the child's ability and do not compare the child with others; When the child improves, give complements and rewards.

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



受惠兒童多謝AEON及其顧客的慷慨支持。

Beneficiaries appreciated AEON and her customers for their generosities.

APF很高興能夠參與第十八屆「幸福的黃色小票活動」(2021年2月至7月)，衷心感謝永旺(香港)百貨有限公司(AEON)和所有曾將他們的黃色小票投給我們的顧客。這次活動為我們籌得超過七萬港元的物資捐贈金額，協助我們為自閉症譜系障礙兒童提供適切的治療及相關服務。

APF was delighted to join the 18th "Yellow Receipt Campaign" (February to July 2021). We sincerely appreciated AEON Stores (Hong Kong) Company Limited (AEON) and all the customers who had voted for us by putting their yellow receipts into our boxes. This campaign generated an in-kind donation of over HK\$70,000 for supporting our treatment programmes and related services.

Ambitious 220慈善騎行 The Ambitious 220 Charity Ride



RCCHKG會員和Randonneurs Hong Kong於6月21日至27日舉辦「Ambitious 220」慈善騎行活動。220代表著220英里(354公里)，就是參加者需要在指定時間內，累積騎行220英里。在挑戰自己之餘，同時也希望藉此活動提高公眾關注自閉症譜系障礙人士所要面對的困難。RCCHKG指定APF作為這項活動的本地受惠慈善機構，並籌募了逾14,000港元，讓我們支援更多自閉症譜系障礙兒童。

Members of the RCCHKG together with the Randonneurs Hong Kong organised "The Ambitious 220" charity ride from 21st to 27th June. 220 represented 220 miles (354km), participants had to ride 220 miles cumulatively within a period of time. This event aimed at challenging the participants, and at the same time to raise public awareness on the difficulties faced by people with ASD. RCCHKG appointed APF as the local beneficiary of this event and raised more than HK\$14,000 for helping more children with ASD.



「Ambitious 220」吸引了不少單車好手參加。
"Ambitious 220" attracted many cyclists.

At Play 攝影廊 At Play Photography Gallery



黃溢洋先生細心向在場人士講解他的攝影作品。
Mr. Adrian Wong introduced his photographs to the participants.



在8月下旬，我們與年輕攝影師黃溢洋先生（Adrian）及珠寶設計暨社會服務品牌3.14SR創辦人翁狄森先生合作，舉辦名為「At Play」的慈善攝影廊。Adrian希望透過作品帶出一個概念——不論是普通人還是患有自閉症譜系障礙的人士，每個人都是獨一無二的個體。是次展出的所有攝影作品，以及3.14SR推出的戒指都會進行慈善義賣，扣除成本後的收益用作支持APF的服務。

In late August, we collaborated with a young photographer Mr. Adrian Wong and a jewelry design brand 3.14SR initiated by Mr. Dickson Yewn, in which echoed with social responsibility. The theme of the photography gallery was "At Play". Adrian would like to bring out one concept – no matter general public or people with ASD, we are all unique. All photographs of the gallery and the rings launched by 3.14SR were sold on charity sales. Proceeds after deducting the costs would be allocated to support APF's services.

（左起）APF主席Toby Mountjoy先生、3.14SR創辦人翁狄森先生及攝影師黃溢洋先生一起為攝影廊揭開序幕。

(From left) Mr. Toby Mountjoy, APF's Chairperson, Mr. Dickson Yewn, founder of 3.14SR, and Mr. Adrian Wong, photographer, kicked off the Photography Gallery.

月餅工作坊 Mooncake Workshop

鳴謝：Francesca & Giovanni 的吳小姐及陳女士
Acknowledgment: Francesca & Giovanni Miss Janet Ng and Mrs. Chan Yeung Kuen

Aspirers於9月9日舉辦了一場月餅工作坊，一同製作傳統蓮蓉月餅迎接中秋。我們邀請了義務導師即場教授和協助Aspirers，幫助他們掌握每個步驟。Aspirers按指示細心地將月餅皮壓成圓形，然後將餡料包在餅皮中。有一位Aspirer更一邊製作月餅，一邊雀躍地說：「好開心！」最後每位Aspirer都製作出香氣四溢的月餅，搭配親手準備的包裝，大家都帶著滿足的笑容，期待與家人共度滋味滿溢的中秋佳節。

A mooncake workshop was held on 9th September for the Aspirers. They made traditional lotus seed paste mooncakes together to welcome the Mid-Autumn Festival. We invited volunteer tutors to teach and assist Aspirers on site. Aspirers followed the instructions, carefully rolled the dough balls into thin circles and sealed the filling paste with the dough disc. We could feel their excitement by witnessing a participant kept saying "I'm so happy!" while making the mooncake. In the end, each Aspirer made mooncakes with the sweet taste and enchanting aroma and prepared the packaging. Everyone was satisfied and looked forward to spending the festive moments with their families.



就算Aspirers是烘焙新手，都能造出似模似樣的月餅呢！
Even though Aspirers were bakery beginners, they did a pretty good job!

家長工作坊及訓練 Parents' Workshop and Training

為了提升家長照顧患有自閉症譜系障礙的孩子的技巧及紓緩管教壓力，家長資源中心於8月及10月分別舉辦了家長工作坊及訓練，主題圍繞孩子的行為問題。家長於工作坊學習ABC（前因、行為及後果）理論、如何界定行為問題及處理行為的步驟，並透過情境分析學習制定有效的解決方法，有助他們在日常生活中分析和處理孩子的行為問題。家長訓練則教導家長如何有效地使用獎勵及懲罰，並提供示範及實踐練習的機會，讓家長練習運用不同的行為系統工具，例如貼紙板。家長在練習時表現積極和出色，更踴躍提問，展示他們對孩子的關愛。



In order to help parents learn the skills of taking care of their children with ASD and relieve parenting stress, Parents Resources Centre organised a workshop and a training about children's behavioural problems in August and October respectively. In the workshop, parents learnt the ABC theory (Antecedents, Behaviours and Consequences), how to define behavioural problems and the procedure of handling those problems. They also learnt formulating effective methods through situational analysis, allowing them to analyse and manage children's behavioural problems in daily life. The training taught parents how to use reinforcement and punishment effectively. Demonstrations and hands-on practices also helped parents use different tools of behavioural systems, such as a token board. All participants demonstrated their love to their children by participating well and enthusiastically in the practices and Q&A sessions.



家長認真地學習ABA理論，並在治療師的指導下進行練習。

Parents learnt ABA theory enthusiastically and practised under the guidance of the therapists.

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Tai, Wai Sum
Mr. Tang, Fai Cheong

Ms. Tsang, Yi Yin
Wang, Xi Yue
Mr. Wat, Danny Hiu Yan
Mr. Wong, Adrian
Ms. Yang, Connie

Ms. Yeung, Wing Iris
Mr. Yewn, Dickson
Mr. Yim, Kai Yan
Mr. Yuen, Wai Man
Mr. Zhang, Haozen John

24/7 FITNESS
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A Nice Gift
AboutThai
Admiralty Harbour Capital Limited
AEON Stores (Hong Kong) Company Limited
AlanMokPhoto
Anisha A. Hotwani Memorial Fund Limited
Ascena Enterprise Sourcing Limited
Autism Partnership Limited

Canon Hongkong Company Limited
Choi Fund Hong
Cosco Shipping Ports Limited
DeLonghi Kenwood A.P.A. Limited
EastPro Limited
Goldman Sachs Gives Annual Giving Fund
Grohe Hong Kong Limited
Hasbro Far East Limited
Hong Kong Poverty Alleviation Association Limited
HKEX Foundation Limited

Hyatt Centric Victoria Harbour Hong Kong
Mandarin Oriental Hong Kong
Ngong Ping 360
Nippon Paint (H.K.) Limited
Ocean Park Hong Kong
Phoelia (Far East) Company Limited
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Rapha Cycling Club Hong Kong
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Samuel Ashley
Team-C Limited
The Hong Kong Council of Social Service
The PCD Charitable Trust
The Upper House and Pacific Place Apartments
Two presents
Wellington Management Foundation

APF 愛培自閉症基金
Autism Partnership Foundation

愛培自閉症基金 Autism Partnership Foundation

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