

年度活動  
Annual Campaign

## 關注自閉症大行動 2022

## Autism Awareness Actions 2022

愛培自閉症基金 (APF) 響應聯合國將4月2日定立為「世界關注自閉症日」，每年都會在3及4月期間舉辦年度公眾教育活動——「關注自閉症大行動」，藉此呼籲大眾認識自閉症譜系障礙（簡稱自閉症）和接納自閉症人士，今年還推出限量版口罩作慈善義賣，籌募善款幫助基層自閉症兒童接受「應用行為分析」(ABA) 治療。

今年「關注自閉症大行動」的活動主題是「**自閉症.....你一定要認識的**」。雖然近年社會討論多了與自閉症相關的議題，但大眾普遍還是不太認識自閉症，所以社會上仍然存在著很多誤解和歧視。APF相信接納從認識開始，希望普羅市民更加認識自閉症，幫助自閉症人士融入社會。

自閉症是一種廣泛性及連續性的發展障礙，每個患者的情況均不同，一般在三歲前便會出現相關的徵狀，包括：語言及溝通障礙、社交能力及社交互動障礙、缺乏認知能力及適應能力，以及有限、重覆及偏執性的行為及興趣。每位自閉症人士的徵狀都不一樣，而且會持續至成年，所以及早接受適切的治療尤其重要。

APF很高興邀請了著名舞台劇演員及主持梁祖堯先生（阿祖）成為今年活動的行動大使。阿祖一直熱心公益，為慈善服務不遺餘力。為了讓大眾更認識自閉症，特別拍攝了一段介紹自閉症的影片。阿祖不僅協助這次活動的宣傳工作，還蒞臨APF擔任義務導師一天。當天，阿祖帶領兩名自閉症青年上了一堂烹飪課，一起製作一道香草燒雞菜式。阿祖在講解步驟的時



In support of 2<sup>nd</sup> April, "World Autism Awareness Day", a special day designated by the United Nations General Assembly, Autism Partnership Foundation (APF) organises the annual public education campaign - "Autism Awareness Actions" from March to April every year to generate public awareness and enhance acceptance of Autism Spectrum Disorder (ASD). This year, we have also launched limited edition masks for charity sale to raise funds for helping underprivileged children with ASD access Applied Behaviour Analysis (ABA) treatment.

The theme of "Autism Awareness Actions" this year is "**Autism is... Something you have to know**". Although there have been quite a lot of discussions on ASD in recent years, the general public know very little about ASD. This is the reason why there are still many misunderstandings and discriminations in society. APF believes that acceptance starts with understanding. Through this campaign, APF aims to enhance public awareness of ASD, and help people with ASD integrate into society.

ASD is viewed as a spectrum or a continuum of disorders, with varying degrees of severity and levels of functioning. Related symptoms usually appear before the age of three. The core areas affected include: deficits in language and communication,



阿祖與APF的受惠兒童一起玩遊戲和做手工。  
Joey played games and did crafts with APF's beneficiaries.



候，兩名青年都專心地學習。「當我教他們削甘荀皮是要向內削的，他們都很小心地做，而且做得很好，學習能力很高。」其後，阿祖與兩位小朋友一起做手工和玩遊戲。他分享：「我與他們玩得很開心，他們天真活潑。若不是預先知道，我根本不會發現他們是有自閉症的。」然而，這點卻叫阿祖擔心，因為當徵狀不太明顯時，往往容易被忽略，而導致錯過接受專業治療的機會，最終或會難於融入社會。

藉著「關注自閉症大行動 2022」，APF與阿祖一同呼籲社會大眾一起行動去認識自閉症。接納是從認識開始，當大家願意去接觸、去了解，相信我們能一起建立共融的社區，讓自閉症人士有機會發展所長，貢獻社會。



經過一日的相處，小朋友都十分喜歡阿祖。

After a day of getting along with each other, the children liked Joey very much.



如想了解更多，請登入：  
For more details, please click:  
[www.autismawareness.org.hk](http://www.autismawareness.org.hk)

impairments in socialisation and social interactions, undeveloped cognitive and adaptive functioning, and restricted repetitive and stereotyped patterns of behaviour and interests. Symptoms vary from person to person and will continue into adulthood, so early access to appropriate treatment is crucial.

APF is delighted to have Mr. Joey Leung, a renowned theatre actor and anchor, as the Ambassador of the campaign this year. Joey has always devoted to supporting good causes. Being the Ambassador, he involved in the production of a short video about understanding ASD, in order to raise public awareness. Joey also came to our centre as a volunteer tutor for one day, having cookery lesson and playing games with youths and children. On that day, Joey conducted a cookery lesson for two teenagers and made a dish of roasted chicken with herbs together. When Joey was teaching, the two boys were learning attentively. "When I taught them to peel carrots towards themselves, they did it carefully and did it well. Their learning ability is high." Later, Joey did some craft works and played games with children. He said, "I was very happy when playing with them. They are adorable. If I hadn't known in advance, I wouldn't have recognised that they had ASD." However, this has made him worry. When symptoms are not obvious, this would be ignored easily, which would result in missing opportunities to access professional treatment and causing adverse impacts on integrating into society.

Through "Autism Awareness Actions 2022", APF and Joey call on the public to take action together, take one step further to learn about ASD. Acceptance starts with understanding. When everyone is willing to engage and understand, we can build an inclusive community together, and people with ASD can develop their potential and contribute to society.

感謝阿祖與我們的年青人上了一堂烹飪課。

Thanks Joey for coming to have a cookery lesson with our teenagers.



## 慈善口罩義賣

## Masks For Charity Sale

APF特別為「關注自閉症大行動」推出了兩款（成人及小童）限量版口罩作慈善義賣，籌得的善款會用於提供ABA治療及相關服務予有需要的兒童及其家庭，請大家多多支持！

APF has launched two styles (Adult and Junior) of limited edition masks for "Autism Awareness Actions". The raised funds would be for providing ABA treatment and other related services to children with ASD and their families in need. Please Support Now!



訂購查詢 For enquiry :

☎ 電話 tel- 3583 0441 ✉ 電郵 email- event@apf.org.hk



◆ 成人 **Adult** : 175mm x 95mm (±5mm)  
售價 **Price** : HK\$49 / 盒 Box

◆ 小童 **Junior** : 142mm x 92mm (±3mm)  
售價 **Price** : HK\$40 / 盒 Box

- 符合美國ASTM最高級別LEVEL 3
- BFE > 99%、PFE > 99%、VFE > 99%
- 香港製造
- 每盒10個，非獨立包裝

- Comply with the American ASTM LEVEL 3
- BFE > 99%, PFE > 99%, VFE > 99%
- Made In Hong Kong
- 10 masks per box, not individually packaged

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## 主席的話

## Chairperson's Note

4月份一向對APF都是重要和富有特別意義，因為我們會藉著「世界關注自閉症日」向公眾傳播了解自閉症的重要性。APF持續每年舉辦「關注自閉症大行動」公眾教育活動，不僅因為我們關心自閉症人士，而且我們看到全球愈來愈多人受這個發展障礙所影響，而照顧自閉症人士的社會成本更是遠超出了我們的想像，因此，我們希望公眾可以透過這個活動了解這個問題。

您或有興趣了解「Aspire」這個服務計劃。香港在為以英語為母語的自閉症青年提供支援（服務計劃）方面一直存在服務缺口。APF一向都是服務先驅者，也是首個為此目標群組提供個人化密集式ABA治療服務的機構。團隊已努力計劃下一步的服務發展藍圖，希望在不久將來帶來更完善的服務。

2022年仍是充滿挑戰。雖然前面必定會有障礙，但我們會致力服務社會中有需要的一群，希望您願意與我們同行。

April is significant and special to APF as we have a mission to spread out the importance of understanding ASD to the general public around the "World Autism Awareness Day". The "Autism Awareness Actions" - this annual public education campaign is always in our calendar, not only because we care about people with ASD but we can see the increasing trend of people with this developmental disorder over the world. The social costs of taking care of those with this problem are out of our imagination, therefore, we hope the general public would know more about the case by our public education campaign.

You may be interested to know our service programme, "Aspire". There was a service gap of providing support (service programmes) to English-speaking teenagers and young adults with ASD in Hong Kong. APF is the first organisation offering intensive ABA treatment services for this target group. Blueprints of the upcoming development service plans have been already developed in our minds as this is what we should do as a pioneer. More comprehensive services will be ready for our service targets.

The year of 2022 is still very challenging. There must be obstacles ahead but we are always devoted and look for further development for our beneficiaries. Hope you will be willing to walk along with us.



**Toby Mountjoy**

創辦人兼主席  
Founder and Chairperson





## 發展獨立技能 成為社會一員

## Develop Independent Skills Be A Member Of Society

自閉症青年要享受到有質素的獨立生活並不容易。他們有不同程度的社交行為及溝通困難，並且缺乏獨立和計劃生活的技能。為了讓自閉症青年能獨立自主並享受優質的生活，APF於去年8月展開了「Aspire計劃」。

「Aspire計劃」的服務對象是以英語或廣東話為母語的15歲至25歲自閉症青年，教導他們實用的技能和知識，協助他們學習獨立生活、建立人際關係及融入社區。這項服務計劃是以ABA為教學模式，訓練內容高度個人化、有系統及具靈活性。導師和參加者（Aspirers）的比例為1：2-3，這高比例讓此計劃能靈活安排不同的學習小組，讓Aspirers在參與各類型的學習活動中能夠得到適當的輔助，並達到其個人訓練目標。計劃的核心學習領域包括行為和情緒管理、功能性學術科目，以及自理、組織、決策和解決問題的能力等。我們還會為適合而且有興趣發展職業技能的Aspirers安排不同的工作體驗。



「Aspire計劃」透過不同的活動訓練自閉症青年的獨立能力。  
“Aspire Programme” strengthens the independence of young adults with ASD via different activities.



Living independently with quality is a challenge for young adults with ASD. They have varying degrees of skill deficits in social behaviours and communications. Many of them are also weak in independent living skills and life planning. To help young people with ASD be independent and lead a quality life, APF has launched the “Aspire Programme” in August 2021.

The “Aspire Programme” targets to serve both English and Cantonese speaking young people with ASD aged 15 to 25, to help them live independently, build relationships and integrate into the community by teaching them functional skills and knowledge. The programme adopts the model of ABA, which ensures the interventions are highly individualised, systematic and flexible. With a high instructor to participant (Aspirer) ratio, which is 1:2-3, our clinical team can flexibly arrange different learning groups to provide Aspirers with right amount of support to achieve their individual goals in a wide range of learning activities. The core learning areas include Behaviour & Emotional Regulation, Functional Academics, Self Help, Organisation, Decision Making, Problem Solving skills and more. The programme also provides different job experience opportunities for Aspirers who wish to experience and develop their pre-vocational skills.



# 不同的生活體驗

## A Variety of Life Experiences

我們的中心有特別的設置，例如模擬咖啡室和商店，能為 Aspirers 提供多元化的實習機會。在模擬咖啡室，Aspirers 化身為咖啡師，除了吸收製作咖啡的知識、處理咖啡粉和沖泡咖啡等技巧，也從製作過程中學習食品衛生、品質控制和團隊合作的相關知識和技能。他們都十分認真學習，小心翼翼地沖出美味的咖啡。

Specialised facilities at our centre such as the training cafe and the shop, give Aspirers hands-on experience. In the cafe, Aspirers have become baristas and learnt different techniques including basic coffee knowledge, handling coffee powder and brewing coffee. Our instructors have also taught them about food hygiene, quality control and teamwork through the process of brewing coffee. They have been conscientious and carefully brewed delicious cups of coffee.



Aspirers 正專心地學習沖調咖啡。  
Aspirers were learning how to brew a cup of coffee.



大家對自己親手製作的杯麵都愛不釋手。  
Everyone loved their own cup noodles very much.

不同的體驗活動讓 Aspirers 將所學的知識與生活連繫起來，從而學以致用。例如導師們較早前特別安排了一次參觀合味道紀念館，將在中心所教授的預算編製和物件的合理定價等概念，在參觀活動中以有趣的方式呈現出來，好讓 Aspirers 對所學的知識更透徹明白。此外，透過參加紀念館的工作坊，他們還認識了食品製作、衛生措施和質量控制等相關知識，並製作出獨一無二的杯麵帶回家收藏。

Different experiential activities enable Aspirers to connect knowledge learnt from the programme to real-life situations, facilitating their learning. Instructors specially organise diversified activities for Aspirers and a visit to the CUPNOODLES MUSEUM Hong Kong is an example. Instructors presented the concepts the Aspirers had learnt in the centre, including budgeting and money relativity, in an interesting way, so that Aspirers could learn and understand more. Besides, they learnt about food production, hygiene measures and quality control through joining a workshop there. They also had an opportunity to make their unique cup noodles.

我們還積極地與 Aspirers 走進社區。在早前的遠足季節，導師帶領 Aspirers 挑戰魔鬼山，一起培養健康的嗜好。他們努力克服不同的障礙，像是天氣變化、昆蟲和戶外活動的不確定性等。大家一同接觸大自然，並在山峰上享受風景和小食，絕對是一次難得的體驗。

We actively walk into the community with the Aspirers. During the last hiking season, our instructors led the Aspirers to hike up the Devil's Peak and built a healthy hobby at the same time. They tried hard to overcome obstacles such as unpredictable weather, insects and uncertainties about outdoor activities. It was a valuable experience for them to get in touch with nature together and enjoy the scenery and snacks on the hill.



大家攀上斜坡和樓梯後，終於到達魔鬼山的觀景台，看到絕美的景色！  
After climbing up the slopes and stairs, we finally arrived at the lookout on Devil's Peak and enjoyed the beautiful view!

APF 希望透過「Aspire 計劃」，幫助更多自閉症青年發展獨立生活的技能，為踏入成人階段做好準備，並且成為對社會有貢獻的人。此服務計劃全年均接受申請。如想了解更多，請致電 ☎ 3583 0450 或登入二維碼：

APF aims to assist more young people with ASD in building their independent living skills through our "Aspire Programme", so as to get prepared for adulthood and become contributing members of the society. Applications are accepted throughout the year. For more details, please call ☎ 3583 0450 or click to the QR code:





## 張敬軒演唱會 —— 慈善NFT拍賣 Hins Cheung's Concert —— NFT Charity Auction

歌手張敬軒先生為慶祝入行二十週年，於2021年年尾舉辦了《The Next 20 Hins Live in Hong Kong 張敬軒演唱會》。他攀登至距地面246米的一支避雷針頂部拍攝海報，並將過程拍攝下來，鑄成NFT（非同質化代幣），成為香港首個結合紅館演唱會體驗的慈善NFT拍賣。APF很榮幸成為其中一間受惠慈善機構，並得到港幣85,000元的捐款，幫助基層自閉症兒童接受ABA治療。

To celebrate the 20<sup>th</sup> anniversary of debut, singer Mr. Hins Cheung organised his concert "The Next 20 Hins Live in Hong Kong" in late 2021. He climbed to one lightning rod 246m above the ground for concert poster shooting, and the process was minted into NFT (non-fungible token) and became the first-ever NFT charity auction in Hong Kong combining a concert experience. It was delighted that APF was selected to be one of the beneficiary charitable organisations and received a donation of HK\$85,000 for helping underprivileged children with ASD access ABA treatment.



感謝張敬軒及其演唱會主辦單位的創意和對自閉症兒童的愛心。

Thanks Hins and the concert organiser for their creativity and love to children with ASD.

## 「The Goal」畫展 “The Goal” Art Exhibition

發起人Margo Lee舉辦是次畫展是為了祝賀和支持張敬軒先生出道二十週年。畫展的主題為「The Goal」，緊扣張敬軒演唱會的主題「The Next 20」，象徵一個目標達成後，繼續為下一個目標奮鬥。Margo製作了畫集和一系列的紀念品作慈善義賣，而當中的收益（扣除成本後）為港幣39,450元，並已捐贈予APF作慈善用途。

The organiser Margo Lee held an art exhibition to celebrate and support Mr. Hins Cheung's 20<sup>th</sup> anniversary of debut. The theme of the exhibition was "The Goal" which closely matched the theme of Hins Cheung's concert "The Next 20". It symbolised that one would continue to fight for his/her goals after



Margo的畫作十分細緻，與張敬軒的海報真是一模一樣。

Margo's drawing was meticulous and looked exactly the same as Hins's poster.

one goal was achieved. Margo produced an album of her drawings and a series of souvenirs for charity sale. All the proceeds after deducting the costs with an amount of HK\$39,450 was donated to APF for providing charity services.



許多張敬軒的粉絲都蒞臨捧場，支持這次慈善畫展。

Many fans of Hins came to support this charity art exhibition.



## 親子薄餅派對 Pizza-making Party

是次活動由Rickesh Kishnani先生全力贊助  
Special thanks to Mr. Rickesh Kishnani for the sponsorship

為慶祝充滿愛與祝福的聖誕節，我們於12月初舉辦了親子薄餅派對。在導師的指導下，小朋友認識和學懂了製作薄餅的步驟和各種材料，然後與家長一起精心挑選喜歡的配料裝飾薄餅。除了製作薄餅，大家還一起玩遊戲贏獎品。當薄餅出爐時，大家都迫不及待品嚐自己親手製作的薄餅和其他美食，吃得肚子都鼓鼓的，還把薄餅帶回家與家人一起分享，十分盡興。

To celebrate Christmas, a festival filled with love and blessings, we organised a pizza-making party in December 2021. Thanks to the instructors, children learnt the procedures and different ingredients for making pizzas. They carefully selected their favourite ingredients to decorate pizzas with their parents together. Apart from making pizzas, we also played games to win prizes. Everyone could not wait to taste the freshly baked pizzas and other delicacies to fill the stomach. All children had a great time and brought pizzas home to share with their families.



小朋友和媽媽用心地裝飾薄餅。  
A child and his mother were spreading the pizza with toppings carefully.



## 家長工作坊 Parent's Workshop

是次工作坊由香港各界扶弱基金會全力贊助  
Special thanks to Hong Kong Poverty Alleviation Foundation for the sponsorship

不少家長都傾訴，苦惱孩子在疫情期間缺乏與他人溝通的機會，擔心孩子的語言發展及溝通能力，可是又不知道該如何教導孩子，我們於是舉行了一連三天的工作坊，教授家長相關的知識及技巧。

治療師首先教授基本理論及誘發自發性溝通的步驟，並為每位家長的孩子訂立目標。透過治療師的示範、講解及角色扮演，家長們掌握了正確的訓練步驟和技巧，然後在治療師的即時指導下，與孩子進行練習，鞏固所學。他們都表示認識多了如何訓練孩子的語言及溝通能力，並更有信心親自教導孩子。

Many parents distressed that their children lacked the opportunities to interact and communicate with others during the pandemic. They were worried about their children's language development and communication skills, but they did not know how to teach them effectively. We thus organised a three-day workshop to teach parents related knowledge and skills.

Our therapists started with basic concepts and procedures for teaching children to communicate actively with others, then set goals for each parent's child. Through the therapists' demonstrations, explanations and role-plays, parents understood the training procedures and skills. They also participated in hands-on practice with therapists' immediate guidance to strengthen what they had just learnt. The parents expressed that they understood how to enhance children's language and communication skills better and were more confident in teaching them.



家長都十分專注學習誘發孩子溝通的步驟。  
Parents paid full attention to learn how to tempt children to communicate.



家長輪流與孩子進行練習。  
Parents took turns to practise with children.



## 慈善獎券活動 2021 Charity Raffle Campaign 2021

APF於2021年11至12月期間舉辦了第二屆慈善獎券銷售活動，目的是籌募經費以支援基層家庭的自閉症兒童。衷心感謝所有的贊助商和各位熱心的善長們的支持，活動籌得超過港幣15萬元的款項，善款將用於提供ABA治療及適切的服務予自閉症兒童及其家庭。

APF held the second Charity Raffle Campaign between November and December 2021, to support children with ASD from underprivileged families. Sincere thanks go to all the sponsors and the public for their generous support. The campaign generated more than HK\$150,000. The

raised funds will be used to provide ABA treatment and appropriate services for children with ASD and their families.



特別鳴謝 (按英文字母順序排列) :

24/7 FITNESS、貴茶、阿市泰國生活百貨、彩豐行、De'Longhi Kenwood A.P.A. Limited、香港維港副悅尚萃酒店、香港文華東方酒店、昂坪360、海洋公園、仙跡岩及 Samuel Ashley。

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Chau, Ling Ki  
Mr. Cheung, Hins  
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