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社工的話

Social Worker's Remark

三個長者一個貧 扶貧工作要快捷

政府破天荒定出貧窮線，以家庭入息中位數一半劃線，全港貧窮人口超過131萬，而扣除福利轉移因素後，大約102萬貧窮人口。其中，長者佔30萬，三個長者有一個貧窮；貧窮兒童有近20萬，五個兒童一個貧窮；在職貧窮人數有53.7萬。超過50萬貧窮人口住公屋，有12萬多人則自置私樓。貧窮人數最多的地區為觀塘、元朗、葵青、黃大仙及深水埗。

有很多人會關心政府日後的扶貧措施，會否只幫在入息中位數50%以下的人士，那些僅在線上的又如何？未來有甚麼具體扶貧措施？還是只是一次性派糖式安撫民心？

作為社福機構之一，本會自90年代推出「長者家居維修服務」和「電器贈長者計劃」，為經濟困難、生活窘迫和缺乏親人支援的長者，提供慈善性質的社會服務。在本會來說，慈惠計劃是指一些具特定服務對象及持續發展的服務，這些服務大部份經費均來自各界人士的捐贈。藉此希望能以最快捷及最敏銳觸覺，回應社會上不同的需要。就以上述兩個計劃在有限的人手及各位善長的慷慨捐助下，於去年分別惠及約1,200多人，這都是因著機動性高和具彈性服務手法，才可以以快捷地回應申請人的訴求，及時為他們生活解困。後來的「到戶理髮服務」、「後顧無憂生前規劃服務」和「惠澤社區藥房服務」等等，都是因著貧窮人數增加、物價指數非他們可以應付下而應運而生！

如今政府表示在明年施政報告公佈前廣泛聽取各方意見，現時社會上有不同扶貧聲音，增建公屋、落實全民退休保障制度、為低收入家庭提供補貼和檢討最低工資等等，在大家冀盼政府推出扶貧新點子前，有關負責出席關心香港貧窮問題的同事，會繼續與街坊商討，向政府提出具體紓解民困的措施；另一方面，當面前三個長者就有一個貧窮，本會慈惠服務更是扮演著解救長者脫離水火困境的重要角色，在沒有恆常經費支援下，負責計劃同事在前線奔跑同時，不忘向各善長報告工作情況和大膽地提出各樣捐助訴求，盼望集各方之力，為一眾晚年貧窮長者多盡一分力！

One Out of Three Elderly is Poor Prompt Relief Work is a Must

Hong Kong government has defined the poverty line at 50% of median household income. In total, the population defined as poor is more than 1,310,000. The figure is further reduced to 1,020,000 when some of them are excluded due to welfare assistance. Out of this population, 300,000 are elderly which means one out of three old people are living in poverty; near 200,000 are children which means one out of five are living in poverty; the working poor population is 537,000. Over 500,000 poor people are living in public housing estates while over 120,000 are living in self-owned private housing apartments. Districts with the highest number of poor people are Kwun Tong, Yuen Long, Kwai Tsing, Wong Tai Sin and Sham Shui Po.

Many people has concern whether the policy for helping the poor will only focus on those who fall below 50% of the median household income. What will happen to those who are just above the line? What are the concrete measurements in future? Or, is it going to be a one-time relief measure so as to keep the public happy temporarily?

As one of the social welfare organizations, St. James' Settlement launched the "Home Maintenance Service for Elderly" and "Electrical Appliances for the Elderly Program" in the 1990's. They provide philanthropic social services for deprived elderly who are with financial difficulties and without support from relatives. For us, Charity Project refers to services that have targeted recipients and are sustainable. The operation cost of these 2 programs comes from donations by people of all walks of life. St. James' Settlement hopes to respond to various needs in the society with the quickest and sharpest reactions. In the past year, with generous donations from caring people, these programs were able to help more than 1,200 people respectively despite the limited manpower. St. James' Settlement is able to respond to applicants' needs quickly since it operates with mobility and flexibility. Later on, "Home Hair Cut Services", "Pre-paid Funeral Navigation Service" and "Philanthropic Community Pharmacy Program" were launched in view of the increasing number of poor people as a result of the soaring living index beyond their coping ability.

Now the government claimed that they will listen to opinions from various strata prior to the announcement of its policy address. Presently, various suggestions on poverty relief can be categorized into the followings: building more public housing estates, materializing universal retirement protection scheme, subsidizing working poor households and reviewing minimum wages etc. Before the government comes up with new ideas on poverty relief measures, our staff who are responsible for attending meetings about Hong Kong poverty will continue the discussions with local residents with the intention of suggesting some practical relief measures to the government. At the same time, since one out of three of the elderly is poor, St. James' Settlement will keep playing an important part in helping the needy elderly out of their plight. Without regular funding support, our staff, responsible for various schemes and programs, will remember to keep our donors informed of work progress and appeal for donations frankly. With joint efforts, we hope that we can do a bit more for the under-privileged elderly at their old age!

為大眾幸福活著的人，高尚。

Noble is he who lives for the happiness of the masses.



方便易用的熱水壺

獨居於沙田區的林婆婆，一直受多種長期病患困擾，包括中風、糖尿病、心臟病、高血壓、膽固醇等，每次都要服食十多粒藥物。林婆婆身受多種病患折磨，眉頭深鎖的向我們表示疾病帶來的痛苦。「食藥是每天的例行公事，我從不會忘記，所以每天起床第一件事就是煲熱水，用以服藥。」林婆婆的子女離家後不曾與她聯絡，因此日常起居生活都必須依靠自己。

「子女唔照顧我，我唯有靠自己。不過人老真係無用，自中風後我的手腕變得不靈活，熱水煲載水後太重拿不起。我需要熱水服藥，無奈煲熱水對現在的我而言，竟變得如此困難。」林婆婆對自己的健康每況愈下感到相當難過。

「電器贈長者」計劃一向堅持「讓長者安居」的信念，希望透過電器餽贈，減輕長者因健康衰退而需額外應付的負擔和壓力。了解到林婆婆需要的急切性，計劃隨即派出義工為林婆婆送上座台式電熱水壺，林婆婆只消按電水壺的一個掣，便可時刻享用熱水。而且電熱水壺擁有煲水功能，免除長者攜著重水煲走動的不便。「原來而家科技好進步，熱水可以保溫。呢個熱水壺真係好實用，我唔駛擔心手痛煲唔到水，有熱水可以送藥了！」

另一備受善長關懷照顧的幸運長者，還有居於元州邨的吳伯伯。「人老眼矇矓，睇野唔清楚。唔小心推左個電水壺落地，個蓋面就爛了。」拿取綜援的吳伯伯，生活慳儉，花費一分一毫都會思前想後。吳伯伯不捨得買個新的熱水壺，所以仍然使用破爛的電水壺。社工到訪時見到熱水蒸氣從破洞冒出，深怕吳伯伯會燙傷，因此立刻向「電器贈長者」計劃求助。吳伯伯收到新水壺，欣喜的向我們說：「多謝善心人士幫忙我！我仲擔心個熱水壺唔知捱得幾耐，冬天一定要有熱水暖肚身體才能保暖。真是萬分感激！」

林婆婆和吳伯伯露出安慰的笑容，正因為善長無私的付出以及對長者關懷體貼的心，在貧病交迫的日子帶來了新的希望。長者同樣可以受惠於現今科技進步的成果，即使健康衰退也不會對獨居生活束手無策了！



User-Friendly Electric Kettle

Grandma Lam is living in Shatin just by herself. Not only did she have a stroke, she has also been suffering from a number of diseases including diabetes, heart disease, high blood pressure and high cholesterol. As a result, she has to take various kinds of drugs totaling some dozen tablets every day. She frowned as she was narrating her pain brought by those diseases, which is like a torture to her. "Taking medicine is a daily routine that I never forget to do. The first thing I do every day after getting up is to prepare hot water for taking medicine." Grandma's offspring has never made contact with her since they left home for good leaving her to live on her own.

"With no one to turn to, I have to depend on myself. But I become less capable of taking care of myself as I am getting older. After the stroke, my wrist cannot move as easily as before. My kettle, when filled with water, is too heavy for me to carry. I need hot water to go with my medicine, but sadly, preparing hot water has become so difficult for me now." She feels extremely sad and worried as her health is increasingly deteriorating.

"Electrical Appliance for the Elderly Program" has been upholding the principle of "helping the elderly to have a fair living condition." It is our goal to alleviate the further burden and pressure the elderly have to cope with as a result of their health deterioration, by providing them with electrical appliances they need. Having noticed the urgent need of Grandma, we immediately arranged to have an electric kettle delivered to her by our volunteer. Instant hot water is available with just one touch! The kettle can keep water warm in addition to bringing it up to boil, which can save the elderly from carrying around their heavy kettle. "How amazing the technology nowadays is! A water boiler can keep water warm as well! It is really useful to me. I am now free from the worry that I will be unable to prepare hot water for taking medicine when my wrist is sore."

Grandpa Ng, living in Yuen Chau Estate, is another one of those blessed elderly for whom the benevolent people care. "I can't see things clearly as my eyes degenerate due to aging. I accidentally pushed my electric kettle and it fell onto the floor breaking its cover." Grandpa is living on CSSA. He is leading a very frugal life and is always very careful about spending. As to Grandpa, the cost of a new electric kettle would be too much that he would rather continue to use the broken one. During a home visit to Grandpa, the Social Worker noticed that some steam was running out through the hole of the broken cover, which would probably scald him. Therefore, an application was made on his behalf to our "Electrical Appliance for the Elderly Program". Grandpa was very delighted when he received the new electric kettle from us and said, "Thank the benevolent people so much for their help. I was worrying that the broken kettle would no longer function very soon. It is crucial to take hot water in order to keep me warm in winter. I am really grateful!"

Grandma Lam and Grandpa Ng's smiles with relief are attributed to the care and support extended by the benevolent people who are bringing them hope in their hard times. The elderly should have their fair share of the benefits brought by the advanced technology nowadays which could make their lives easier when they are in poor health and living alone.

電熱水壺能煲熱水，同時有恆溫功能，方便長者隨刻享用熱水。

Boiling water and keeping water warm — The dual functions of an electric kettle make warm water available anytime for the elderly.



我們的服務
Our Service

送暖顯關懷 為弱老帶來溫暖

「送暖行動」計劃主要全港性協助獨居無依、經濟匱乏並欠缺親友支援的長者，於寒流來襲的冬季，及時獲得禦寒衣服、棉被和暖風機，不致因缺乏禦寒設施而冷病。事實上，長者沒有親人在身邊，更需承受著貧病交迫、境況淒涼的痛苦。依靠微薄綜援金生活，他們家中環境大多簡陋，當中更缺乏基本家電如電熱水壺等。尤其對健康狀況欠佳的長者而言，寒流來襲令氣溫急速下降，長者一旦受寒會很易病倒，嚴重者更需送院治療。因此，足夠的禦寒設施將有助長者避免冷病的威脅，亦有助改善家居環境質素，建立溫暖的家居安樂窩。

「送暖行動」沒有政府或基金的資助，全仰賴善長們的慷慨捐輸，多年來一直為匱乏無依長者餽贈「禦寒三寶」，當中包括暖風機、棉襖、和棉被等。此計劃尤其對一班居於偏遠鄉郊的綜援長者而言，實為重要。「我住係洪水橋邨幾十年了，搬出市區我反而覺得不習慣！」居於和平新村的陳伯伯向我們說。陳伯伯的屋建於荒廢的空地上，由村口開始步行至少要三十分鐘或以上才能到達。加上室內日久失修，伯伯家中的電器大多使用超過三十年以上，尤其那座舊式的電暖爐，插頭仍是沿用兩腳式的。「呢邊向北，真係好當風！年青時都要暖爐保暖，而家人老身子弱，無暖爐我怕我會凍壞！」探訪社工看到陳伯伯的暖爐，不時噴出火花，擔心電器會日久失修引起漏電的危險，勸導陳伯伯立即停止使用。「郊區比市區低幾度，無左暖爐我驚會凍病，我唔想入院呢！」「送暖行動」堅持依照長者的急切需要餽贈所需電器，幸好獲得協助運輸義工的全力支持下，收到申請翌日立即為陳伯伯送上暖風機，並調教暖風溫度，放置於陳伯伯日常坐立的位置附近，確保暖風可吹往陳伯，溫暖他的身體。另外，由於陳伯家中只得一張舊毛氈，禦寒作用不大。因此，義工亦特地送上善長慷慨捐贈的絲棉被、禦寒棉襖以及親手編織的頸巾，親手將物品送到陳伯家中，確保「送暖」到位，貼身支援陳伯的禦寒需要，建立溫暖安全舒適的安樂窩。

「送暖行動」計劃沒有穩定的財政資助，加上電器及禦寒物品等因通漲來貨急升，在沒有充足資源下，計劃需籌得更多善款以應付長者禦寒方面的巨大需求。面對資源嚴重不足，無奈讓長者需輪候時間增加，這並不是計劃希望見到的境況。寒冷的冬天已來臨，計劃急需禦寒物品和電器，避免體弱長者因禦寒設施不足冷病。社工探望長者時，眼見輪候的長者於嚴寒中掙扎求存，甚感無奈。根據天文台的預測，今年香港的冬天會持續寒冷，相信對獨居無依、體弱多病的貧苦長者而言，勢是一個困難的年關關口。

面對迫在眉睫的社會需求，「送暖行動」計劃希望堅守「送暖到位」的精神，繼續「及時」為匱乏長者送上禦寒物品和家電，保障弱老的健康，避免「冷死人」的悲劇。此計劃得以及時推行實全賴善長雪中送炭的善舉，讓貧病無依的長者獲得貼心的照顧，渡過一個溫暖的寒冬。



Warmth Giving Action Warms Body and Heart of The Weak and Poor

“Warmth Giving Action” program launches with the purpose in helping living alone, helpless and poor elders to obtain winter clothing, quilts with cotton wadding and hot air blowers in winter to avoid catching cold. In fact, without kin's support, their living would be much poor when being poor and sick. Most of them live on meager CSSA. Their homes are poorly furnished and lack of some basic home appliances, like electric thermos and etc. With drastic falling of temperature in winter time, those poor in health stand the chance of being ill, requiring hospitalization in severe cases. Therefore, adequate winter clothing and facilities will be of help to protect them from getting sick while upgrading the living environment through provision of a warm and comfortable home.

Warmth Giving Action gets no government subsidy and solely depends on donations of benefactors. For years, it keeps providing elders with “three cold-fighting treasures” - fan heaters, cotton-padded coats and quilts. This program is particularly vital to elders living in remote rural areas. “I have been living in Hung Shui Kiu Village for decades and hence unaccustomed to city life!” said Grandpa Chan living in Wo Ping Sun Chuen. His house, built on a lie-waste plot, is some 30 minutes' walk from the village entrance. The house is lack of maintenance for ages and most of the electrical appliances have been with him for over 30 years. For example, his old heater is still using a two-pin plug. “This side faces the north which is extremely windy! I have to use heater even when I was young not to mention I am now getting old. Without the heater, I am afraid I would get sick from the cold!” The social worker visiting him saw sparks emitting from the heater and thus worried about electrical leaks. He told Grandpa Chan to stop using it right away. “Temperature in rural areas falls few degrees below that of the city. Without the heater, I fear getting sick and I do not want to be hospitalized!” Warmth Giving Action is geared to provide urgently needed electrical appliances for elders. With the wholehearted support of the volunteer, a fan heater was delivered to him day after receiving his request for help. After adjusting a proper temperature, it was placed close to where he normally sits to ensure warming of his body. As Chan has only one old woolen blanket which is inadequate to fight cold, a quilt with silk cotton wadding and a cotton-padded coat and a hand woven scarf were also handed to him by the volunteer, ensuring in-place warmth giving and personal support for safe and cozy living.

There is no steady funding for “Warmth Giving Action”, with the escalated inflationary costs of electrical appliances and warmth keeping items, donation is in urgent need so as to meet the huge demand. Confronting by acute resources shortage, the waiting time will be increased and this is definitely not we would like to see. As winter is coming, the program urgently needs winter stuffs and appliances for the frail and poor elderly to prevent them from getting sick due to cold. During the home visit, the social workers are sometimes helpless on seeing the elderly waiting under the cold weather. According to observatory forecast, Hong Kong will stay cold this year. We predict that this is another hurdle for the living alone, helpless, frail and sick elderly to overcome.

Confronting the urgent social need, it is our wish that Warmth Giving Action stands firm by its “in-place warmth giving” spirit and keeps prompt delivery of winter items and appliances to protect the needy and frail elderly from the tragedy of freezing to death. Success of the plan is totally depend on the good deed of our benefactors' donation in giving the elderly heart-warming care and a cozy winter.

「義工咁遠過來幫我換部新既暖風機，又送我棉被、親手編織的冷帽、頸巾，這個冬天不再寒冷了！」

“With volunteer worker's delivery of fan heater, cotton-padded quilt, hand-knit woolen skullcap and scarf, this winter will not be cold anymore!”



感謝贈我營養奶粉 助我增磅應付治療

六十多歲的龔先生，每月依靠三千元的綜援為生，緊緊足夠三餐一宿。前後經歷過三次血管通波仔手術，身體因而非常虛弱。及後被醫生證實肝臟出現問題，身心受到嚴重打擊，「我做了幾次手術，每次手術後雖然生命沒有危險，但身體卻愈來愈虛弱，體重還不斷地下降。記得社工來探我，我用盡身體的所有力氣，忍著痛慢慢走去開門，開門後社工見到我，立即扶著我，因為當時我不停地顫抖著。那次，社工一定被我的情況嚇怕！」社工亦憶述當天見到龔先生前來開門，從他扭曲的面容可見他身體承受著極大的痛楚。「幾次手術後，我的體重不斷下降，社工來訪時體重竟然跌至四十公斤以下，並且經常全身疼痛、頭暈、四肢乏力和雙眼發熱，身體情況很壞。」憔悴的龔先生慢慢地跟我們說。

「每次覆診我都按照醫生指示服藥，情況卻未有好轉。兩年來，身體無時無刻都在痛，我有想過放棄治療，就在那時接觸到聖雅各福群會的『惠澤社區藥房』。職員積極的鼓勵我，又教我適當的飲食及指導我服藥，我才可以有心志繼續對抗病魔。此外，當藥劑師見我有缺乏營養情況，又立即幫我申請營養奶粉。按照他的指示飲用，一星期後我感覺體力好像有點好轉，一個月後體重上升到四十一公斤！雖然我現在身體時不時也會疼痛，不過比較以前情況已好了好多。多謝聖雅各的藥劑師向我解說，原來我一直體重過輕是營養不足，身體根本無力抵抗病患，令我飽受病痛的困擾。所以，我實在非常感謝聖雅各福群會，非常多謝各善長的捐助，多得『營養福袋餽贈』計劃，我才有足夠的體力對抗疾病。」龔先生回想受惠過程，不斷地道謝。

事實上，除了靠藥物治療疾病外，有足夠體力去應付治療也是十分重要的，營養不足導致體力下降，會大大影響治療成效。聖雅各福群會送贈營養補充劑給予經濟有困難的病人，助他們積極參與藥物治療，使病情有效受到控制。

Thanks for the Nutritional Milk Powder Strengthen My Body to Face the Treatment

Mr. Kung, who is around sixty years old, is living on the three thousand dollars CSSA. It is just enough for him to have meals. After three times Angioplasty operations, he is already very weak. Worse still, he is diagnosed as having liver problem. "I have done few operations. Each time it causes no threats to my life, however, my health get worse after each operation and my weight keeps dropping. I remembered there was a time the social worker came to visit me. I went opened the door with pain. After answering the door, he immediately assisted me to settle down as my body kept shaking. The social worker must be frightened by me." The social worker recalled his memories that he felt the pain of Mr. Kung from his facial expression. "After a few times of operation, my weight drops to 40kg. I always feel pain and dizzy; also, my leg is lack of energy and my pair of eyes feel hot." Mr. Kung explained to us.

"Every time, I follow the instruction of the doctor; however, my situation doesn't turn well. In these two years, I feel painful for most of the time and it makes me want to give up the treatment. At that moment, I came to St. James' Settlement Philanthropic Community Pharmacy. The staff not only encourage me but also teach me the right way of having diet and taking medication. When the Pharmacist knows that I am lack of nutrition, she immediately helps me to apply for the nutritional milk powder. After following the instruction of taking, my weigh increases to 41kg. Although I still sometimes encounter pain, the situation becomes much better. Thanks a lot! I am really thankful for St James' Settlement and the kind donors in launching the 'Nutritional Baggie For the Weak' Program." In recalling his memories, Mr. Kung keeps saying thank you to us.

In fact, apart from the medication, having a strong body is also important for patients to face the treatment. Lack of nutrition not only worsens the patient's health but also the effectiveness. Regarding to this, St. James' Settlement will provide nutritional milk powder for deprived patients in order to encourage them in receiving treatment.



惠澤社區藥房送贈營養福袋子病人，讓病人補充體力繼續接受治療。
The "Nutritional Baggie For the Weak" Program aims to provide enough nutrition for patients so that they can continue the treatment.



我們需要你的捐助
We Need Your Donation



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診病交通費支援計劃 免卻因經濟困難而放棄就醫

18歲，是逐漸褪去稚氣及邁向成熟的階段，亦是人生最燦爛光輝時刻的開始。年輕的伙子可能是正享受著自由自在的大學生活，或正繪製自己的事業的版圖；但18歲對蕙玲及蕙玲媽媽來說，只是另一個無了期痛苦的延長。

蕙玲在年幼時被確診患上先天性脊髓肌肉萎縮症，大約五萬名嬰兒會有一名罹患此病。此病患的脊髓運動神經元退化，造成身體的肌肉軟弱無力。受此病的影響，蕙玲的四肢現已癱瘓無力，不同的身體部分也漸漸出現毛病，如呼吸衰竭及吞嚥困難，導致需長期進出醫院，於不同的專科覆診。現時蕙玲依賴輪椅代步，礙於政府資助的復康巴士數量有限，經常無法預約服務，每每前往醫院覆診時只能選擇價格較昂貴的接送服務。

在得悉蕙玲患上此病後，蕙玲的爸爸就拋棄了這個家，只剩下蕙玲媽媽獨力照顧蕙玲。為全力照顧蕙玲，蕙玲媽媽根本無法外出工作，在花光僅有的積蓄後，只能申請綜援以每月大約五千元的援助金維持生活。

「每月五千多元的綜援金僅足夠我和蕙玲的生活，根本沒有多餘的錢讓我們支付蕙玲覆診時的的士費。曾試過因為付不起昂貴的接送服務而放棄覆診，本來以為覆少一次診也沒有太大影響，誰知那次沒有覆診，蕙玲的病情突然轉差，不知是事有湊巧，還是甚麼，嚇得我以後也不敢不帶蕙玲去覆診。現在在蕙玲覆診前，我會盡量把我的食用開支減低，只為空出交通費讓她去覆診。若有時真的沒法付幾百塊的的士費，只能慢慢推著她坐巴士，即使折騰辛苦一點也沒辦法。」蕙玲媽媽無奈地訴說。

有見蕙玲因覆診的交通費帶來家庭沉重經濟支出，透過社工轉介，蕙玲接觸到聖雅各福群會的「診病交通費支援計劃」，計劃資助蕙玲覆診的交通開支，舒緩蕙玲一家的經濟壓力。

對於長期需進出醫院覆診的病人，特別是行動不便者，診病交通費是一項不可避免而又沉重的負擔。為舒緩他們的經濟困難，現呼籲有心人的捐助，支票抬頭請書：「聖雅各福群會」，支票背面可指定捐予「診病交通費支援計劃」之用。施善查詢：2835 4321 或 8107 8324。



Patients Travel Subsidy Plan Avoid Giving Up Treatment Due to Financial Difficulties

18 is an age for one to recede their innocence and to grow with maturity. It is also a beginning of a brilliant and bright moment in life. Youngsters may be enjoying the freedom of university life or mapping their own career path. However, the age of 18 is hard for Wai Ling and her mother as it is a mere continuation of another endless suffering.

Wai Ling suffers congenital Spinal Muscular Atrophy when she was very young. Around one in 50,000 babies will have this illness which is caused by degeneration of the spinal motive nerve resulting in weak body muscles. Affected by the disease, Wai Ling's limbs are paralyzed and with no energy; and problems in other parts of the body gradually show up, like exhaustive respiration and swallowing difficulty. It leads to frequent hospitalization and follow-up visits. Now, she is on wheelchair all time. However, as the number of government subsidized rehab-bus are limited, she often fails to make the booking, and thus ends in frequent use of more costly transportation for follow-up visits.

Since the diagnosis of Wai Ling's illness, her father left the family, leaving the mother to look after her single-handedly. In doing that, she basically cannot go to work and she applied for CSSA when her meager saving ran out. She is now living on the \$5,000 monthly subsidy.

"\$5,000 for a month is barely enough for our living, no more spares for taxi fares on follow-up consultations. Once a time, I gave up the consultation as we could not afford the expensive fare. At the beginning, I thought it didn't matter for skipping just one consultation. Who knows that missing visit that time caused sudden deterioration in her condition. I am not sure it is just a mere coincidence or not; anyway, it frightened me a lot and I dare not skip taking Wai Ling to appointments any more. At the moment, prior to the visits, I would try hard cutting the meal costs for the sole cause of transportation money. If I still cannot afford the few hundred dollars taxi fare, I would slowly push her to catch the bus, which is more strenuous and painful but what else can I do?" sighed the helpless mother.

As Wai Ling's case brings along a heavy family financial burden, through social worker's referral, she comes to the "Patients Travel Subsidy Plan" of SJS that provides travel subsidy for patients in releasing the financial pressure of their family.

For patients, especially those having mobility problems, requiring hospital visits in long term, travel expense is an unavoidable, heavy financial burden. In order to reduce their financial difficulty, we are now appealing to well wishers for donation and support. Please make your cheque payable to "St. James' Settlement", specifying at the back for "Patients Travel Subsidy Plan". Donation hotline: 2835 4321 or 8107 8324.

行動不便的病人，每次來回醫院覆診都倍感壓力。

It is hard for patients who have moving difficulties to make follow up consultation.



一個小插座 去三條拖板的危機

工作員到過不少長者的居所，也跟隨過不少義工師傅協助長者維修，發現好些肉眼能夠看到的家居失修問題，如水喉漏水、天花剝落的情況，只要師傅身上有齊工具及配件，不消一刻，已可維修完成，將危機消除。但如果是電力危機問題，情況就截然不同，一來非可靠肉眼評估問題，而且必須靠電工師傅作詳細檢查，才能找出原因及跟進維修。

「我與老公調遷至新屋邨居住，由於他早年曾患癌症，其後身體轉差而行動不便，出入靠輪椅代步，故房署因應情況編配了一間較大的單位給我們，以方便丈夫日常生活及出入。」楊婆婆告訴工作員。楊婆婆與丈夫過著十分簡樸的生活，不少舊傢俱、電器都是街坊朋友轉贈。由於她日常需要獨自照顧丈夫起居，說到搬家，她說道：「都是靠自己一班街坊、義工來幫忙，丈夫身體差做不來嘛！」

不過講到電器用品，我真係唔知點攞。果日義工幫我搬了舊雪櫃及洗衣機入廚房，一看原來廚房只得一個插頭位，於是只好用來插雪櫃。洗衣機插頭就要搵師傅裝，但又有咩錢，都唔知點算好！」楊婆婆道。由於她雙手的關節位疼痛，日常需要洗衣機洗衣服，楊婆婆解釋：「我真係唔知點好，問過街坊，佢地建議我嘗試將三個拖板連在一起，從另一邊的牆身的電插座接駁電源到洗衣機。都係諗住暫先用住先啦，拖板都是新的，應該冇事啫……我都唔理得危唔危險喇！」

後來義工師傅上門一看，見到接駁的三個拖板被懸吊在半空，已知是十分危險；加上廚房濕氣較重，雖則短期內未必會發生大太問題，但長期使用則會暗藏危機，萬一漏電引來火境，伯伯又行動不良，兩老情況真的不堪設想！

義工師傅評估情況後，先購買一個有開關制的插座，更換了廚房內近洗衣機位置的電掣插座面板，並拆除懸放在半空的幾個拖板。一切準備就緒，義工師傅將洗衣機的電線插頭與新的插座連上，洗衣機便隨即開動，義工師傅還細心地教導婆婆操作洗衣機的方法。此時，楊婆婆非常喜悅的說：「真係好多謝你們聖雅各的義工師傅，你們真的好有心去幫助我地班老人家，又細心教我點用，而家終於可以安全又放心咁用洗衣機啦！」



昔日懸掛在「半空」的拖板，看來安全，實際上暗藏危險！

Extension cords dangling in "mid air" look safe but is actually a potential hazard.



楊婆婆感謝義工協助安裝新的電插座，使她日後能夠安全使用洗衣機。

Granny Yeung thanks volunteer's assistance for installing new power point to ensure her safe use of the washing machine.

A Tiny Socket Plate Eliminates the Risk of 3 Extension Cords

Workers has paid many visits to elderly residence, he also assists volunteer technicians in the repair work. He noticed that many broken areas which is obviously noticed can be be fixed within a short time if necessary gears and fittings are available, such as the leaking taps and peeled-off ceilings. However, if that happens to be electrical related repair, the situation is totally different. As evaluation cannot be done just by observation, the reason for damage can only be found after detailed checking by electrician.

"My husband and I have just relocated to the new public housing estate. My husband has had cancer before and he now relays on the wheel chair for movement. Thus, the Housing Department allocated us a larger housing unit." Granny Yeung said. Granny Yeung lives a simple life with her husband while most of their furniture and appliances are given by their neighbours. As she has to look after her husband, she needs the help from others in moving home, "It was done by all the helpful neighbours and volunteer workers. The moving is a job not my poor health husband is capable of handling!"

"However, when it comes to electrical appliances, I really don't know what to do. On the day of moving, the volunteers helped to move my old refrigerator and washing machine into the kitchen. When we come to the kitchen, we could only find one power point which only enables me to plug in my refrigerator. The washing machine requires socket installation by an electrician, but I have little money so nothing I can do!" said Granny Yeung. As she has sore joints for both hands, she needs the machine to do the washing. "I really did not know what to do. After consulting my neighbours, they ask me to link three extension cord together in order to get power from a socket which is on the other side of the wall. As all the extension cords are new, I think it should have no problems..... Anyway, I cannot care whether it is safe or not under this situation!"

When the volunteer technician visited them, he reckoned the danger right away. As the kitchen is fairly humid, even though it has no immediate danger, it is actually a potential hazard in long term. Fire can erupt from electrical leaks, and as the husband has difficulty in moving, the consequence can be serious.

After evaluating the situation, the volunteer technician went to buy a socket plate with an on/off switch. Then, he used it to replace the cover on one of the switches close to the washing machine and removed all the hanging extension cords. When everything is ready, he plugged in the washing machine and it started to work! The volunteer technician even taught her the proper way of using it. Granny Yeung was very happy and said, "Thanks to the volunteer technician from SJS! They really are good hearted and helpful to the elderly. They even teach me the usage of the machine, I can wash safely and worry-free from now on!"

急於籌募經費落單 購買新一批閃燈門鐘

過去幾年，蒙各位善長慷慨支持本會製作閃燈門鐘，所以很快便籌得足夠善款以落單訂購製造門鐘，供義工師傅為弱聽長者安裝。有賴各位善長，弱聽長者不致因聽障而與社會疏遠。

閃燈門鐘功能到位，需求殷切。弱聽長者因怕親友「摸門釘」而主動找社工轉介申請；社工因曾試過送飯落空，建議長者安裝，免長者餓肚；一些子女也親自前來本會灣仔會址，為父母購買此閃燈門鐘，以表關懷。早前訂購的閃燈門鐘至今已安裝得七七八八，故我們正計劃訂購新一批閃燈門鐘，以避免因「斷貨」而有供不應求的危機。

本會「長者家居維修服務」的義工師傅是閃燈門鐘的設計者，每次訂購新一批門鐘前都會提供不少的意見。今年度，義工師傅表示門鐘會繼續用上防水的外殼，而慳電、耐用、省位的LED燈當然亦會保留。據已安裝閃燈門鐘的長者分享，LED燈的光度集中，光亮而不刺眼，容易令他們留意到有訪客按門鐘。此外，義工師傅仍與供應商繼續研究把閃燈門鐘改裝成「無線閃燈門鐘」的可行性，以免除購買電線的成本，節省一分一毫的善款。

本港超過三成長者有聽力障礙，「閃燈門鐘」便正正可以讓長者順利應門，接通外界探訪的橋樑，實在是「到位助人的恩物」。

面對通脹及材料價格持續上升，加重了每個「閃燈門鐘」的成本。新一批的200個門鐘共需善款\$76,000，現希望以集腋成裘方式，為弱聽長者解決生活困難。我們期盼你踴躍援手，幫助弱聽老者與社會接通橋樑，使其能融入社會。施善支票抬頭：「聖雅各福群會」，指定捐予「閃燈門鐘」，讓本會可依指令濟助他們。支票請寄：香港灣仔石水渠街85號一字樓105室。服務查詢及施善熱線：8107 8324或2835 4321。



Urgent Appeal for Donations Flash Light Door Bell for the Deaf

In the past years, generous support from benevolent people enabled St. James' Settlement to make order of Flash Light Door Bells for Deaf as sufficient funds were collected quickly. When the door bells were ready, voluntary technicians can install them for the elderly with impaired hearing. As a result, the elderly were free from isolation from society because of hearing impairment.

The Flash Light Door Bells for Deaf gives the elderly what they need and the need is always there. Some elderly of impaired hearing asked social workers to refer their applications since they worried that they might not hear the door bell when their relatives or friends visit them. Some social workers suggested the elderly to install a Flash Light Door Bells for Deaf because they experienced unsuccessful delivery of meals since the elderly didn't hear the door bell and worried the elderly might starve. Sons and daughters of some elderly came to St. James' Settlement's Wanchai office to buy the door bell for their parents. Most of the door bells we ordered earlier were installed already. That's why we plan to order a new batch of door bells to avoid the danger of demand but no supply once the door bells are out of stock.

The volunteers of "Elderly Home Maintenance Services" are the designers of the Flash Light Door Bells for Deaf. They come up with various suggestions each time placing a new purchase order. This year, the volunteers suggested the door bells could retain a water-proof casing, and the same goes for the durable, energy saving LED light. According to the sharing from the elderly who had installed the Flash Light Door Bells for Deaf, LED light is bright without being glaring which draws their attention when a visitor presses the bell. In addition, volunteers keep on discussing the feasibility of changing the flash light door bells into wireless flash light door bells, hoping they might be able to cut the wiring cost and ultimately save every cent of the donations wherever possible.

More than 1/3 of the Hong Kong elderly suffer from hearing impairment. The Flash Light Door Bells for Deaf enables them to answer the door bell easily. The door bell acts like a bridge between the visitor outside and the elderly. It is truly a great gift that meets the need.

Inflation and the continuous soaring of material prices increase the cost of making the Flash Light Door Bells for Deaf. A new batch of 200 door bells needs \$76,000. We hope to collect enough donations to solve the problem for elderly with impaired hearing. We hope you will extend a helping hand eagerly; you will be the bridge between the elderly and the society. Please kindly make out your cheque payable to "St. James' Settlement", specifying "Flash Light Door Bells for Deaf" at its back. Mail your cheque to Rm. 105, 1/F, 85, Stone Nullah Lane, Wanchai, Hong Kong. For information enquiry and donation hotlines, please dial 8107 8324 or 2835 4321.

閃燈門鐘功能到位實用，絕對是弱聽長者的恩物。

A flash light door bell is practical and meets the elderly's need. It is absolutely a great gift for the elderly with hearing impairment.



「特別」的捐贈 讓受惠者同渡佳節

中秋佳節，飯店坐滿了一團團「做節」的家庭，公園裏亦盡是手攜燈籠月餅「賞月賞燈」的人，大家都希望「人月兩團圓」，一家人能齊齊整整相聚一起過節。眾所周知，慈惠服務的受惠對象多是獨居或兩老獨居的貧老、又或是經濟條件有限的貧病者；佳節，對大家來說應該是充滿歡樂慶賀的日子，然而，對這班慈惠服務的個案而言，佳節的歡樂團圓或令他們倍感孤單淒清。為於佳節中令這班被受忽略的一群也一樣能感受溫暖關愛，除了恆常的金錢捐助，有不少捐贈者每逢佳節更會作「特別」的捐贈：

黃婆婆：黃婆婆是慈惠服務的恆常捐贈者，每月均對不同的慈惠服務作出捐助。中秋前夕，我們接獲她的來電，表示想捐贈出數張月餅券，詢問我們可否代為轉贈。黃婆婆表示：「我自己都是一位長者，過時過節老人家就最緊張，中秋佳節，明白老人家最希望是一家人齊齊整整、熱熱鬧鬧；所以，如果我有能力，除了捐錢外，都好希望可以盡一點綿力，捐助月餅給那些無人無物的老人家，那他們即使無親人陪伴，都知道社會上仲有人關心他們，有番些節目氣氛。」對於她善心的捐助，我們當然十分感謝，並承諾於探訪時親手轉贈。細談下，黃婆婆知道我們的探訪安排，更即時提出想多捐贈一些金錢作生果費，與月餅一併送贈長者，她補充：「妳知啦，生果最合長者心意，最穩陣！」

近這兩年的新年，貧病者到「惠澤社區藥房」除了取藥外，亦得獲冬菇及麵等，這全有賴歐先生的捐助！歐先生分享：「我是一個生意人，自己有能力賺到錢，一直也想回饋社會。從前得知你們『惠澤社區藥房』，就已經覺得好有意義，亦感到捐助的需要。不過，除這些捐助外，對於這班病人，我亦不希望他們常常記掛自己患病；特別在新年，我希望他們能暫時忘記病患所帶來的身、心理壓力，以愉快的心情與家人迎接新一年；故此，我特別想於新春作一些『特別』的捐贈，讓大家開開心心地過年！」



“Special Donation” To Share the Festival's Happiness with Clients

In the Mid-Autumn Festival, restaurants are full of people sharing the family reunion and parks are also full of people with their lanterns and moon cakes enjoying the full moon. It is believed that everyone is holding a same wish that the whole family can stay together in the festival day. As all know, the cases of our Charity Projects are mainly living alone elderly, elder couple, or patients who are with financial difficulties. Thus, the festival may sound as a joyful day for us while this “joy” may create on them a sense of loneliness and sadness. In order to let this group of elderly and patients share the warmth and care of the festival, some donors always make a “special donation” in the festival days in addition to “money donation”:

Grandma Wong: Grandma Wong is regular donor of our Charity Projects, making monthly donation to different services. Right before the Mid-Autumn Festival, we received her call asking if she can donate some moon cake for the poor elderly. She shared with us, “I am also an elderly. I understand well that elderly are much care of the festival days. In the Mid-Autumn Festival, I believe they wish to be with their family members. Thus, if I have to ability, I would like to do something apart from giving out money. By bringing them moon cake, I wish they know there are still people in the community caring them even though they have no family members with them. All in all, it is to bring them a sense of festival joy!” With no doubts, we are thankful for her kind donation and hence make a promise that we will send out the moon cake in our visits. While knowing our visit arrangement, Grandma Wong even suggested us to donate some money for buying fruit, “As we all know, fruit is most suitable for elderly. It is most safe!”

Mr. Au: In the recent new year, patients coming to our Philanthropic Community Pharmacy not only able to take the medication they need, but also with the mushroom and noodle. This is all because of Mr. Au's kind donation. Mr. Au shared, “I am a business man and always hope to give return to the society as long as I have the ability. Years before, I know about the Philanthropic Community Pharmacy and I think it is very meaningful with the need of having donation in support! However, apart from the money support, I do not want to keep reminding them the having of diseases. Especially in the New Year, I wish they can temporary forget the disease they are having and welcome the new year with their family member in a joyful mood. It is also why I make this ‘special donation’ in letting all of them have a happy new year!”

點解拒絕我們的申請？

問：我是地區轉介社工，我工作的社區是老區，樓宇往往3、40年以上，曾為長者因住所天花剝落申請貴會「長者家居維修服務」剷灰服務，卻因情況嚴重而遭拒絕申請，為甚麼對真正有需要的個案拒諸門外？

答：先多謝社工的查詢。過去我們收到很多舊居天花剝落待維修的個案申請，

通常我們要求社工先作視察及拍攝照片，讓我們初步估計受影響面積及天花損壞的程度，如果是純粹天花剝落，是灰水而已，義工師傅會盡可能剷走有關剝落或準備剝落的灰水，避免長者經常受跌下來的灰水影響健康及安全。可是，有些天花剝落的情況較為嚴重，正如轉介來的長者家居情況，除了憑傳來的照片中可見受影響的範圍較大之外，已見石屎剝落，鋼筋外露，這種情況下我們擔心房內出現結構性問題，這不是簡單修補工作，需要找房署或有關工程公司作進一步的跟進。

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問：本人居住油麻地單幢式樓宇已數十年，窗戶多年失修，曾有位老友在元朗鄉郊居住有同樣家居問題，經你們的家居維修師傅上門協助，修好破爛的窗戶，讓他不再擔心風吹雨打。為何是次我經地區社工轉介申請，卻不獲批准？負責我的社工林姑娘表示，義工不會做牆身以外工程，但我老友又可以做，我同樣是吃綜援的，這樣很不公平！

答：多謝你前來查詢！一向以來就牆身以外維修窗房的工程，為安全起見必須搭棚後才可以進行維修。由於資源有限及師傅們都是義務工作，而凡涉及較大金額及複雜的工程，我們建議可申請坊間獨立的基金聘請工程公司進行。過去我們也建議一些轉介社工用上述方法為長者解決這方面的問題。至於信中提及的老友居所，因為是在獨立的石屎屋，他住在地下一層，負責計劃同事及義工師傅評估後認為可站在戶外地面工作，沒有危險性才協助該位長者進行修理窗戶，所以與閣下的情況是有所不同。按你的情況，我們已與林姑娘商討，他會嘗試將你的個案向個別基金會作出申請，希望盡快可解決維修的問題。

Why to Reject Our Application?

Q: I am a district referral social worker for an old district where buildings are often over 30 to 40 years old. I have once applied to the "Elderly Home Maintenance Services" on behalf of an elder for ceiling plaster repair but was rejected as the damage is too serious. What is the reason for a case that is in need of your service so badly being rejected?

A: First of all, thank you for your inquiry. In the past, we received many applications for repairs of peeled off ceiling plaster. Generally, we will ask the social worker to inspect the site and take photos in providing us with a preliminary assessment of the affected area and the degree of damage. If it is just plaster coating peeling off, volunteer technician will scrape clean already peeled and peeling areas to avoid affecting health and safety of the elder from constant fall-offs. However, certain ceiling peels off badly which is the case of your referral. Based on the photos provided, one can see other than affected area being fairly large, the fallen ceiling concrete cracks have exposed the rebars. Under this condition, we are afraid there could be structural issues, which is not just simple repair but with need to get Building Department or relevant engineering company for further investigation.

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Q: I live for decades in a single block building in Yau Ma Ti. My windows are broken and repair is needed. A friend of mine, living in a rural area in Yuen Long, had a similar problem before. Your volunteer of the Elderly Home Maintenance Services went up to his place and fixed the broken windows; hence, he no longer has to worry about storm and rain. But, why is my current referred application being rejected? Miss Lam, my social worker, told me that volunteer technician does not work on external wall fixtures, but you accepted my friend's one before. Both of us are on CSSA, this is not fair!

A: Thank you for your inquiry. Working on external wall windows has all along required scaffold erection before starting for safety reasons. As resources and technicians are all voluntary, for projects involving significant amount of money and complication, we would recommend them to apply for independent funding in the community and engage an engineering company to work on it. In the past, we have also suggested this method to referral social workers to get such problem resolved. Your friend's residence mentioned in the letter is a stand-alone concrete structure and he lives on the ground floor. Our colleague in-charge and the volunteer technician, after assessment, considered that they can stand on the ground surface outside and work without danger and then helped him fixing the windows. Hence, his situation is different from yours. We have discussed with Miss Lam and she will try to send your case to individual foundations, hoping to solve your problem soon.



「慈惠計劃」 彌補長者服務的縫隙

身為長者地區中心的社工，每天都會接觸到不少到長者，他們有些來中心是參加活動或小組，也有些是為了見見老友記，見見面傾下計。當中有些獨居或兩老同住而且較貧乏的老友記，礙於「家醜不出外傳」及「求人不如求己」心態，相對較少表達自己的需要或向社工提出求助訴求，直至他們再不能獨力解決問題，又被中心同工察覺他們有不沉常舉動，社工便會找他們個別面談，了解實情。在一般情況下，社工可透過送飯服務、申請入住院舍、生活及情緒上的支援等等，解決他們的問題，而這些「做慣做熟」的服務，一般都難不到我們。

可是，當長者家居的電器或水電出現問題，我們就不知如何是好！一方面，我們會很擔心他們的生活及家居安全；另一方面，我們也不知道從何找尋資源去協助。有時候，長者只是想換一個新電飯煲、或只是想更換燈泡，又未需要動輒申請坊間的一些基金幫助，但回看現時常規的服務，也沒有資源可以協助這些長者。

就如早前潘伯來中心找我，希望可以協助維修水箱及更換燈泡。但政府在數年前推出的「長者家居環境改善計劃」在本年初完結，我一時間也不知有什麼資源可以協助他，但聽見他又要自己用水桶裝水沖廁，又重又危險，我心裡就更想快些找到資源協助他。幸好經同事介紹，便轉介至聖雅各福群會「慈惠計劃」中的「電器贈長者」及「長者家居維修服務」，原來他們是專門服務類似潘伯的獨居老人，這實在令我放下心頭大石。

在經過簡單的轉介及經濟條件審核之後，潘伯很快便得到協助，義工師傅上門維修或更換新的燈泡，這樣除了減低潘伯的困擾及經濟負擔外，最重要的是可以很快改善他面對的家居危險和生活的不便。

在社會服務裡有這樣的「慈惠計劃」，不設地域限制，助貧窮缺乏支持的長者改善家居環境，實在彌補了長者服務的縫隙，盼望善長繼續支援，讓地區上有更多長者可以受惠。

“Charity Project” To fill the Service Gap

As a district elderly community centre social worker, I meet a lot of elderly everyday. Some of them come to take part in activities or join groups, others may just come to meet their pals and chat. Among them, some are living alone elders or couples having few friends. Since they have a traditional thinking that “Family disputes is better to be kept confidential” and “Better to be self-reliant”, they rarely express their need or ask the social worker for help until encountering problems insolvable by them or noted by us as unusual behaviour. The social worker will then talk to them, one on one and face to face to find out what has gone wrong. In general, the social worker can help to provide them with living and moral support, like meal delivery, application to elderly homes and etc., in resolving their problem. Those are the things we do all the time and hence create no difficulties at all.

However, when the elderly encounter problems in the electrical appliances or in electricity, we also have difficulties in handling it. On one hand, we are worried about their safety; on the other hand, we do not know where to get the resource for help! Sometimes, the elder simply wants to get a new rice cooker or to replace with a new light bulb which is not qualified to apply for funding support; however, when reviewing the current service, we find no suitable services to help!

For instance, Grandpa Poon came to me before in order to seek help in fixing his toilet tank and replacing the light bulb. However, since the “Home Environment Improvement Scheme for the Elderly” run by the government is ended early this year, we do not know who can help all in a sudden. In knowing that he has to flush his toilet with a bucket of water which is heavy and dangerous, we hope to help him as soon as possible. Luckily, my colleague referred me to the “Electrical Appliance for the Elderly Program” and “Elderly Home Maintenance Services” under the “Charity Project” of SJS, a service dedicated to living alone elders like Poon. Now I am totally relieved.

After simple referral and eligibility check, Poon soon got help. Volunteer technicians went in to do the repair and replaced the light bulbs. It not only relieves Poon's worry and financial burden; more importantly, it releases the home hazard and living inconveniences very quickly.

The “Charity Project” which is without territorial restrictions helps poor and helpless elders in up-grading home environment, it surely fills the gap in elderly service. We look forward to continual support of benevolent people so as to benefit more elders in the area.



義務家居維修 保長者安康 蘋果基金撥款10萬元 300人受惠

長者無力裝修家居，隨時令住所陷阱四伏，有見及此，聖雅各福群會企業拓展（協作）舉辦「長者家居維修服務」計劃，召集了一群熱心的義工師傅，上門為經濟有困難的長者裝修，去年計劃更獲蘋果日報慈善基金撥款資助約10萬元，有300名長者受惠，不但美化長者的家居，更令他們不會因家居陷阱而受傷。

原居於蘇屋邨的謝婆婆（76歲），去年受屋邨清拆影響，雖獲分派新公屋單位，但光是找工人鋪地板便要近2,000元，她無力負擔。正當她為裝修費感到惆悵時，幸得聖雅各福群會幫助，為她的新居鋪設地板及安裝窗簾，她回想當時義工只花了兩個小時便鋪好地板，稱讚道：「好快又好靚！」入伙一年後，義工再上門為謝婆婆的廚房及廁所安裝雜物架。她說家中沒有雜物架，煮食和梳洗用具掉落地時，要彎身撿拾甚不便，「我好怕執嘢，試過執嘢時撞親鼻梁」。

聖雅各福群會經理謝文慧指，該會因應長者生活需要提供服務，而工程不論大小，能改善安全最重要，她說：「例如裝雜物架，長者可能覺得好小事，驚麻煩人，但真係可以避免意外。」

由使用者角度出發

梁婆婆（91歲）同是計劃的受惠長者，她於石硤尾居住逾10年，地板破爛及多處翹起，使她曾絆倒，「跌到額頭損晒」。去年她獲助重鋪防滑膠磚，「佢哋朝早8、9點鋪到晏晝6點，嗰陣天氣仲好熱！」最令梁婆婆感激的是，義工師傅見她雙腳行動不便，知道她曾在淋浴間坐在矮凳洗衣後起身時跌倒，主動為她在淋浴間安裝扶手，「好啱用，捉實佢（扶手）起身就唔會跌」。

義工師傅做事一絲不苟，全因「以人為本」的精神。盧師傅（70歲）和Bosco（58歲）分別做義工師傅15年和7年，他們均認為替長者家居裝修，最重要是以使用者角度出發。Bosco指安裝雜物架、扶手不可隨便，「高度、位置要度好，如果使用者用得唔開心就有意思」。

兩位婆婆都對義工師傅的付出十分感激。梁婆婆稱讚謂：「佢哋好多住好遠，特登走嚟裝修，好好有心！」盧師傅笑說：「幫到人好開心，個人有咁易蒼老。」



Volunteer Home Maintenance To Ensure Safety for the Elderly

Apple Daily Donates \$100,000 to Benefit 300 People

As the elderly are incapable of doing maintenance work themselves, their homes are often full of traps. In view of this, St. James' Settlement Corporate Venture (Partnership & Alliances) organizes the Elderly Home Maintenance Services; calling upon a group of enthusiastic volunteers to help the needy elderly to maintain their homes. Last year with the \$100,000 donated by Apple Daily Charitable Foundation, 300 elderly enjoyed the service. It not only beautifies their homes but minimizes the chance of them getting hurt because of the domestic traps.

76-year-old Grandma Tse was relocated to a new housing unit after the old housing estate being demolished last year. Just laying the floor tiles cost her nearly \$2,000. She could not afford it. While she was feeling upset about the cost of furnishing her home, St. James' Settlement came to her help and offered to lay the floor tiles and install curtains in her house. She recalled it took only two hours for the volunteers to finish laying the floor tiles and praised them for their good work. After moving in for a year, the volunteers visited her again to help install racks in the kitchen and bathroom. She said there are no racks in the house. The cooking utensils and cleaning tools often fall onto the floor and she needs to bend down to pick them up. She said, "I hate picking things up. Once I hurt my nose while doing so."

St. James' Settlement manager Tse Man Wai pointed out they would provide service catered to the elderly's needs. The scale of job does not matter, what matters is it can improve the safety of the home environment. She said, "The elderly might think installation of racks is trivial and does not want to trouble us. But it can really help to avoid accidents."

From the Users' View

91-year-old Grandma Leung is also a recipient of this service. She has been living in Shek Kip Mei Estate for over 10 years. The floor tiles in her home are torn off and bumpy, tripping her always. "Causing injuries to my forehead", she said. Last year she received help in relaying the floor with anti-slippery PVC tiles. "They worked from 8 or 9 am til 6pm. The weather was so hot then!" What impressed Leung most was that the volunteers took the initiative to help install bars for support in the bathroom as they saw she cannot walk well and knew she has fallen while getting up from a low stool. "It is very useful. Gripping the bar while getting up, I would not fall down."

The volunteers work wholeheartedly taking care to the elderly's need. 70-year-old Master Lo and 58-year-old Bosco have worked as volunteers for 15 and 7 years respectively. Maintaining the elderly's homes, they think the most important thing is to take their needs into consideration. Care must be taken while installing racks and bars, Bosco pointed out. "The height and position must be right. It would be meaningless if the elderly cannot use them happily."

Both grannies were grateful to the volunteers. Leung said, "Most of them live far away and travel all the way to help us with the maintenance work. How wonderful they are!" Master Lo replied with a smile, "Helping others make us happy and feel not so old."



參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

- | | | | |
|------------------------------------|---|-------------------------------------|------------------------------------|
| <input type="checkbox"/> 贈藥治病計劃 | <input type="checkbox"/> 電器贈長者計劃 | <input type="checkbox"/> 家居醫療用品支援計劃 | <input type="checkbox"/> 病患者藥療輔導服務 |
| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 專科專藥補助計劃 (燃點希望計劃、補血寶愛心、乙肝援助防病行動及慢性阻塞性肺病家居支援行動) | | |
| <input type="checkbox"/> 送藥到戶服務 | <input type="checkbox"/> 營養福袋 | <input type="checkbox"/> 惠澤社區藥房 | <input type="checkbox"/> 家居維修服務 |
| <input type="checkbox"/> 到戶理髮服務 | <input type="checkbox"/> 電費助貧弱計劃 | <input type="checkbox"/> 外展體檢計劃 | <input type="checkbox"/> 後顧無憂規劃服務 |
| <input type="checkbox"/> 閃燈門鐘 | <input type="checkbox"/> 《松柏之聲》 | <input type="checkbox"/> 健康推廣活動 | <input type="checkbox"/> 以上任何一項 |

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

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銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

匯豐銀行：002-5-224247 或 恒生銀行：388-558645-001 或 東亞銀行：514-10-30561-7

(請在適當位置加上✓號)

敬請在支票背後或銀行入數紙寫上所捐賜之「慈惠服務」，連同捐款者之姓名及地址擲寄本會地址，或將銀行入數紙傳真至本會，FAX：3104-3635，俾本會可奉呈上謝函以及收據，以供閣下用作**扣除稅額**之用。謹此致謝。

I / My company would like to contribute (one-off / monthly) \$ _____ to support

- | | | |
|---|--|---|
| <input type="checkbox"/> Medication Subsidy Program | <input type="checkbox"/> Electrical Appliances for the Elderly Program | <input type="checkbox"/> Home Use Medical Equipment Support Program |
| <input type="checkbox"/> Pharmaceutical Care Service for Patients Project | <input type="checkbox"/> Patients Travel Subsidy Plan | <input type="checkbox"/> Nutritional Baggie For the Weak |
| <input type="checkbox"/> Philanthropic Community Pharmacy <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme) | | |
| <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf | <input type="checkbox"/> "The Voice" Monthly Elderly Magazine |
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| <input type="checkbox"/> Health Promotion Activities | | |

Donor / Co's Name : _____ Mailing No. : _____

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Bank : _____ Cheque No. : _____

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Card No. : _____ Expiry Date : _____ (MM/YY)

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Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):

HSBC: 002-5-224247 or Hang Seng Bank: 388-558645-001 or Bank of East Asia: 514-10-30561-7

*Please check off your method of payment.

*Please kindly indicate the name of the Program / Service that you donate at the back of the cheque or bank receipt slip.

Please ensure that the bank receipt slip is returned along with your name and address to us via mail or fax at 3104-3635.

A tax return receipt will be issued with respect to your donation for tax deduction use. Thank You for your support.

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