



協康助幼展潛能  
*Helping Children Achieve Their Best*



**Promoting Positive Life Attitudes among  
Families with Special Needs Children**

# Parents with a child...



What if...the child has **special needs**?



# 父棄厚職照顧自閉兒 子溫馨細語甜在心頭

## 父親節快樂

明日便是父親節，「世上只有媽媽好」的歌詞對爸爸來說並不公平，很多爸爸與媽媽一樣付出很多以照顧家庭，尤其是兩位為照顧患有自閉症子女而願意放棄自己事業的爸爸，聽到兒子一句：「嗲嗲，你記錯了，下星期日才是父親節」，已甜在心頭。

本報記者



■縱然放棄高薪厚職照顧兒子，但劉家樂表示，與兒子俊彥很享受在一起的時光，並不介意犧牲個人事業。



「雖然兒子現在已經十九歲，重七十多公斤，但仍喜歡坐在我膝頭上，我覺得好溫馨。」協康會「爸爸俱樂部」會員劉家樂兩名子女都患有自閉症，為了照顧他們，在○三年毅然辭去月薪八萬的建築師工作，全心投入研究自然療法，包括營養、能量及生物回饋治療等，希望能改善子女病情。

### 兒子漸康復 享受每一刻

劉家樂及太太在大兒子俊彥兩、三歲時發現他情緒有問題，不斷哭鬧，檢查後證實患上自閉症。醫生指沒辦法治好俊彥，因現時仍未清楚自閉症的成因，怎料，比俊彥小三歲的妹妹亦患上自閉症，情況比哥哥更嚴重。

思前想後，劉家樂辭職以便有更多時間留在家照顧子女。禍不單行，俊彥在○四年被驗出腦部長了腫瘤，壓住視線神經，要動手術移除。手術後要插尿管，俊彥醒來後不停哭，翌日去醫院，發現俊彥很平靜沒有哭鬧，頓時覺得很感動，俊彥好像在一夜間長大了。如今俊彥已康復，星期日下午劉家樂會帶家人外出享受歡樂時光。

### 只願兒子健康成長

另一位爸爸陳劍輝更能感受照顧兒子的「嗲嗲」，其他一句都講不到心前。陳劍輝如此形容兒子銘銘上特殊幼兒中心的情況。銘銘在○七年患上自閉症，初時陳劍輝不願相信這結果，最後終明白最重要是讓銘銘接受治療。

兩位爸爸都希望，子女能健康快樂地成長，理解他人感受，日後可以自己照顧自

## 梁振英但求一家團聚

明日是父親節，行政會議成員梁振英表示，子女仍在讀書時，每朝例必親自到學校探望，趁相聚時刻傾偈，最多時每晚晚上如非出差公幹，他亦會推掉應酬，趕回家吃飯，令身邊不少朋友誤以為他不愛社交，但他認為這也是值得的。現時，兩子仍在外國讀書，只留女兒回港。

不過，他跟父親的相處，卻屬這一代人罕見，他形容自己當爸爸時，已經四十多歲，但子女仍不避在父親休息時，家人責備，搬出警察宿舍，父親竟帶埋他到律師樓簽約，他頓時感到無言之愛。說到選特首，原來其父親在總督府駐守，一談到選特首，但就管。

Financial problem

# Study on Stress of Parents of Autistic Spectrum Disorder (ASD) Children in Hong Kong

## Target:

260 parents with pre-school children with ASD

## Results:

1. Significant high level of stress in parents  
**(PSI-SF: 111)**
2. Significant depressive symptoms in parents  
**(CESD-10: 11.45)**
3. Strong relationship between stress and depression among parents with ASD children.  
**(Pearson correlation: 0.719\*\*High, positive P<0.0005)**

(Heep Hong Society & The Chinese University of Hong Kong, 2011)

# Major Findings

## Parental Stress Index-Short Form (PSI-SF)

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Mean (SD)

Normal range

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111 (12)

55-82

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**\*88.5% parents above the normal range**



# Major Findings

## The Center for Epidemiological Studies Depression Inventory (CESD-10)

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Mean  $\pm$  SD

Cutoff scores

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11.45  $\pm$  6.16

$\geq 10$

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**\*57.7% parents above the cutoff score**



# What's more for Asian Families?

**FACE:** Sensitive to humiliation, avoid Shame

(家醜不出外傳)

(Zeng, H. & Guo, S.P., 2012)



**Optimism vs Pessimism**

(Chang, 2001)

**Coping strategies:** Self-criticism and Social withdrawal

(Chang, 2001)





**Way OUT?**

# Positive Psychology

- Positive psychology interventions do
  - significantly enhance well-being (mean  $r=.29$ )
  - ↓ depressive symptoms (mean  $r=.31$ )

(Sin & Lyubomirsky, 2009)
- Parents reported many positives changes in their lives as a result of parenting a child with a disability.

(Scorgie & Sobsey, 2000)

# Positive Psychology

- When child behaviour problems were high, mothers who were **more optimistic reported higher scores** on measures of well-being than mothers who were less optimistic.

(Baker, Blacher & Olsson, 2005)

- Helping individuals develop **subjective self-satisfaction** should be the goal in any treatment program.

(Szymanski, 2000)



# Intervention Model

## A Paradigm Shift



### Clinical Model

- Problem focused
- Parents as Service recipient
- Professionalism

### Positive Psychology

- Strengths focused
- Parents as Strategic Partner
- Social Capitalism

# Asian's Characteristics MATCH with Positive Psychology & Family Approach

## Confucianism

- “Yen” (仁) : benevolence, kindness
- “Yi” (義) : “shu” (恕) (forgiveness)

## Collectivism

- Value importance of family
- Group interests > Self-interests

(Wong, 2007)



Gratitude and Appreciation

感謝與讚美  
健康樂悠悠

Physical Health

敬業樂業

Engaging Work

嘉言善意

Positive Self-talk

爲善最樂

Kindness

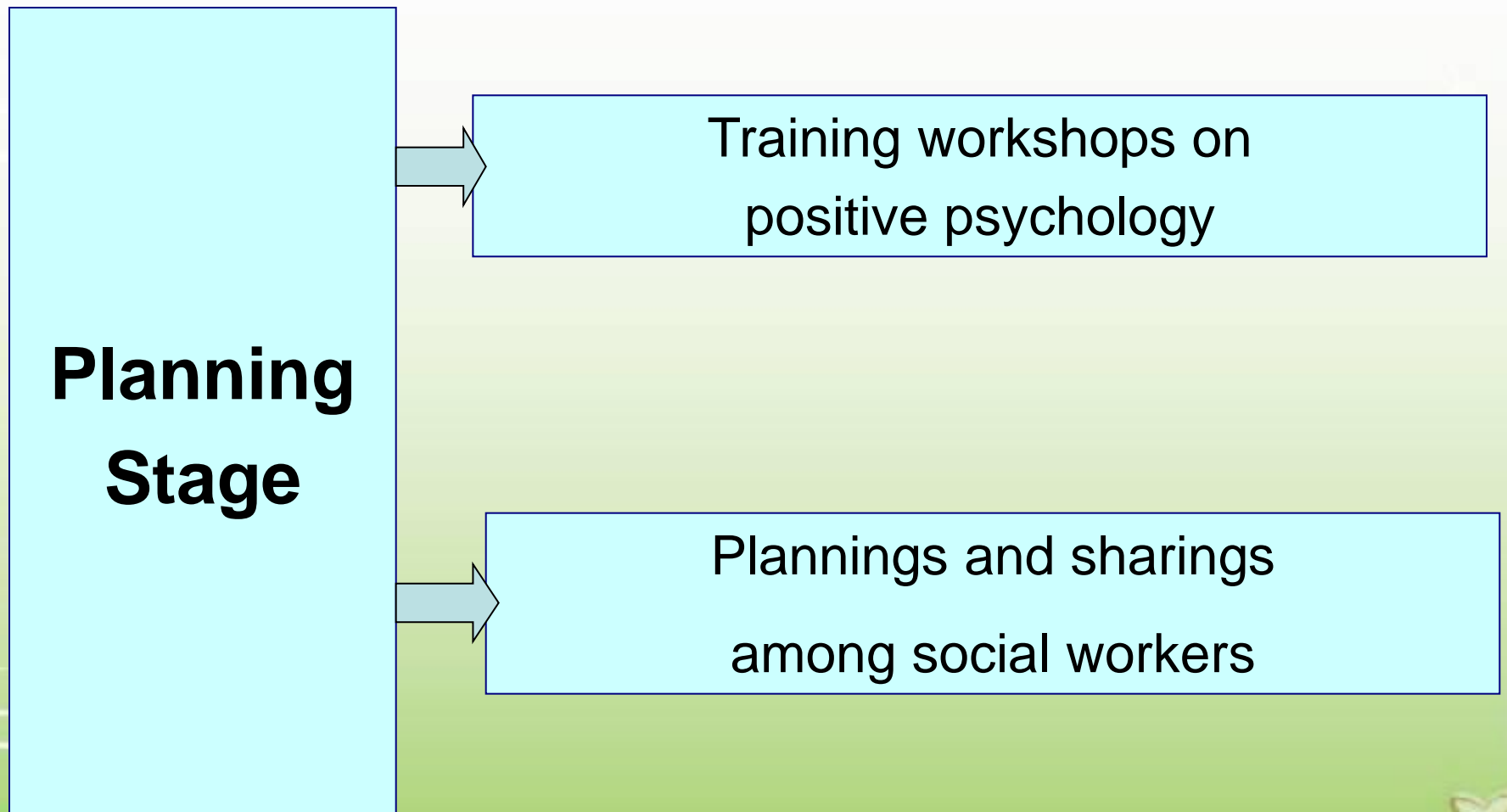
常懷寬厚

Forgiveness

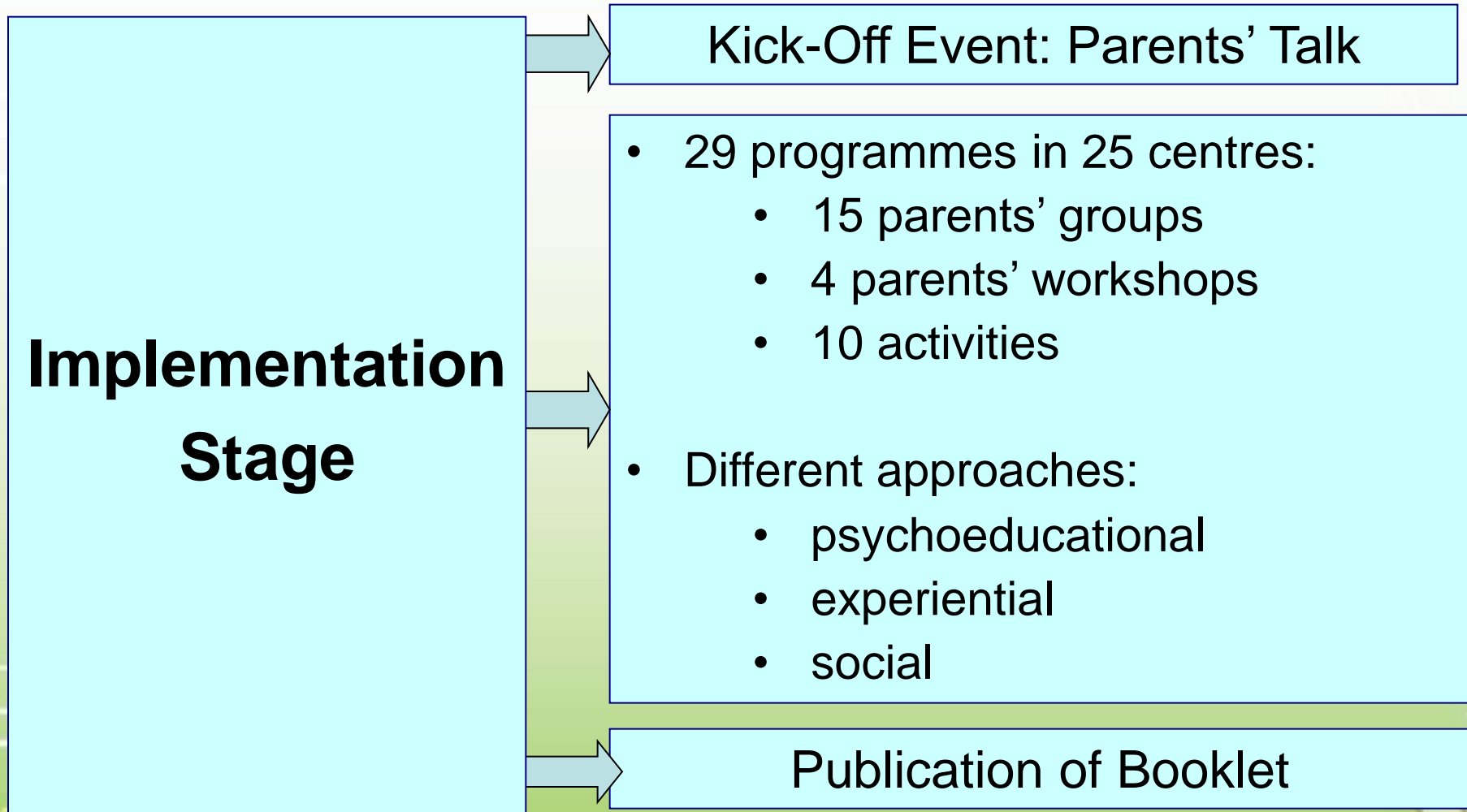
Family Affection 天倫情話

7 Essential Elements of Happiness

# The Operation of the Project



# The Operation of the Project





# The Operation of the Project

## Reflection & Evaluation Stage

- Advanced Training Workshop
- Social Workers' Sharings

- Questionnaire
- Case Study

爸爸媽媽：

25/11/2011

很多謝您倆這麼多年來的辛勞，對我和我三個孩子的愛護和照顧。一直以來，只抱著必然的態度，從未直接向你們說聲感謝，希望這個感謝送來未遲。

爸爸，你是很細心、緊張，又能幹的好爸爸，你做得很好，讓我也學會付出。爸爸你比媽媽還會辛苦，很早便脫離了事業上的成就，日子是容易，但你卻活得精采又有意義。希望你健康快樂地活下去。爸爸，我愛您！

# Workshops



Gratitude Visit



# Groups



融融也樂家庭同正  
感謝與讚美

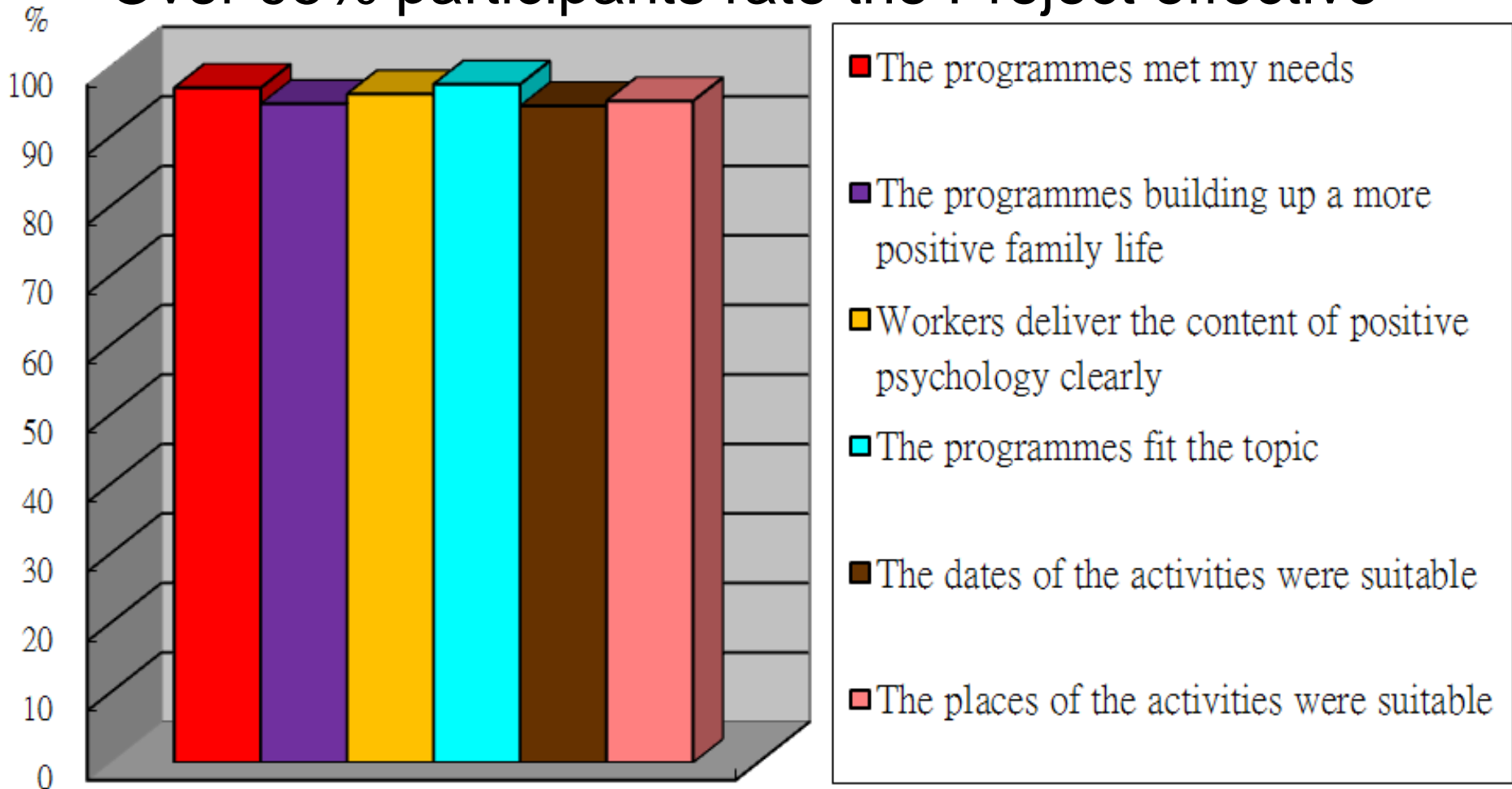
家庭好資料  
家長/義工心聲  
本週新聞  
正向發展 融融也樂

# Activities



# Questionnaire

- Satisfaction Rate is around 95%
- Over 95% participants rate the Project effective



# Qualitative Evaluation

- Parents Sharings
- Workers' Observations
- Focus Groups





# Case Study

*Mr. & Mrs. Kong*  
with their Autistic Child *Little Kong*

My dearest son Kong,

Kong, when you were given birth, I thanked God for giving me you such an angel from the heaven.

My dearest son, you were three years old and diagnosed as autistic. My world collapsed.

you hid yourself under the table... you shouted and cried in the mid-night.

I doubted myself whether I could bring you up and walk asides you in the life path.

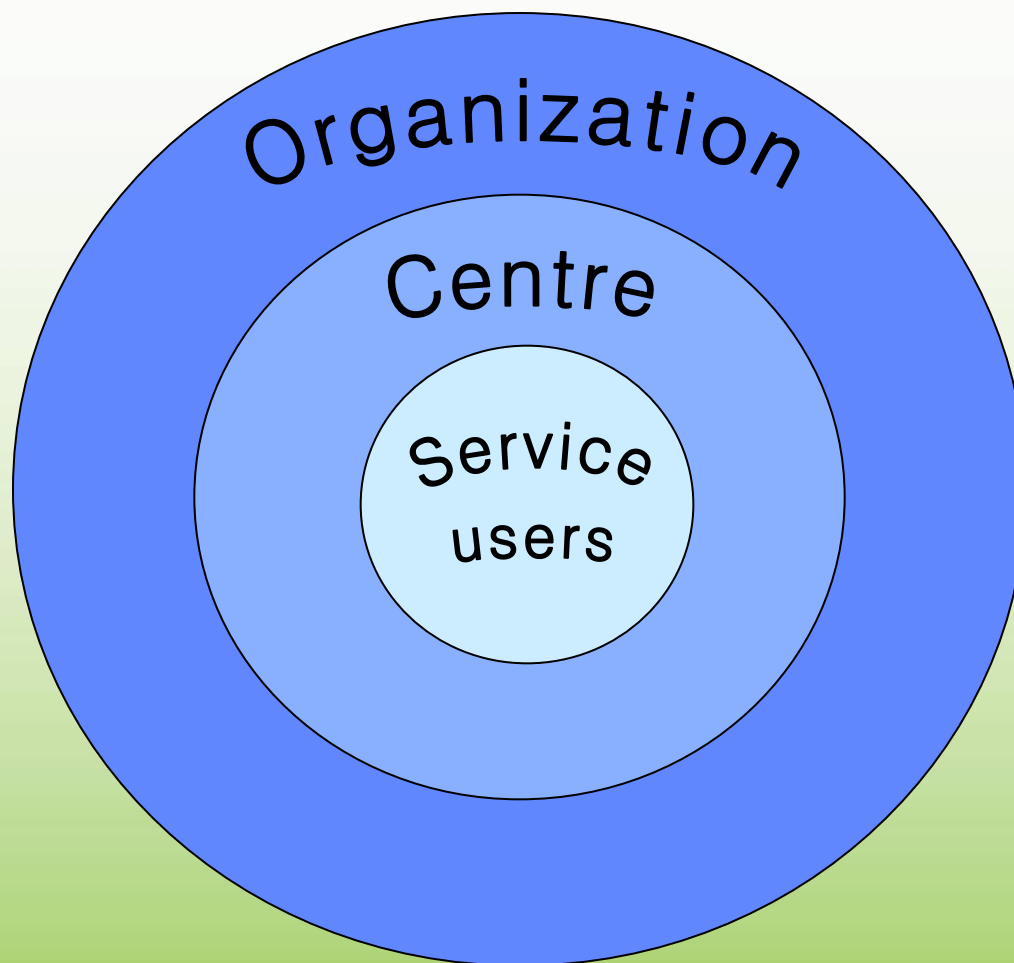
Letter from Mrs. K



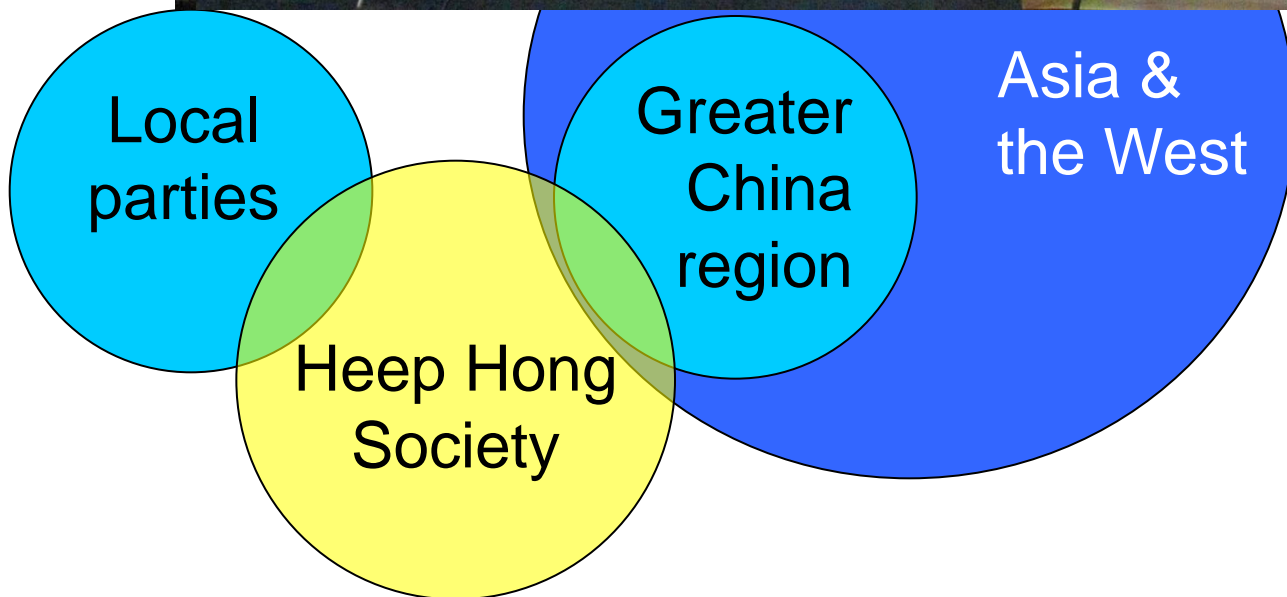
Many families with special needs children like Kong's family have a significant change. They became **more Positive** too.



# Sustainability



# Readiness to Experience & Knowledge Transference



# Achievement of the Project

- Bringing positive elements in life
- Enhancing family functioning
- Establishment of mutual support

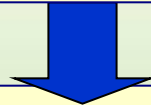


# What's Next?

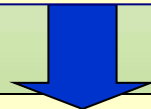
Each family with a special needs child has its own story



The story can be elated and inspiring, or it can be buried with frustration



Parents have an alternative way to rewrite their stories



Hope Stories Book



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