

教極都係咁？ 覺得好劫？

別再單打獨鬥，讓協康會伴您一起面對。

您的感受，我們明白。

專注力不足/過度活躍症(AD/HD)的孩子，執行功能較弱，較難抑制衝動及專注學習；故在學業和管教上，為家長帶來不少壓力和挑戰，令人束手無策，疲於奔命。其實只要給予孩子適當的訓練及治療，情況便能逐漸改善。歡迎聯絡協康會，讓我們與您一起面對孩子的成長困難。

協康會家長資源中心 2777 5588



The latest advertisement of Heep Hong Society draws public attention to ADHD and encourages parents to seek support.



Dr Lucy Hsu demonstrates how to use the Focus Cards.

Expert-designed 'Focus Cards' improve ADHD children's attention and self-regulation

Students with attention-deficit / hyperactivity disorder (ADHD) encounter difficulties in learning as well as their daily lives, which may be a source of stress for their parents. During the summer holiday, the professional team of Heep Hong Society shared tips on helping children improve their executive functions through the use of visual cue cards. Parents can conduct the Society's newly launched online ADHD preliminary test and seek timely assistance if necessary.

Weak executive functions in ADHD children

This is the student handbook of a typical ADHD child — creased, full of the teachers' writings in red pen, recording every misbehavior: homework missing, disturbing classmates and not paying attention in class. Some of the ADHD symptoms include lack of focus, poor short-term memory and being impulsive, which cause them to be labelled as "troublemakers" in school. With a short attention span, they often need more time to finish homework. Dr Lucy Hsu, Educational Psychologist of Heep Hong Society, explained that ADHD children often show lower activity in the prefrontal cortex, affecting their executive functions. As a result, children may fail to suppress irrelevant thoughts and have a slower processing speed. The educational psychologist team of the Society designed a set of Focus Cards, which consists of 11 visual cue cards. Through the use of these visual cue cards, therapists and social workers can help ADHD children in consolidating information and visualising training strategies.

Using visual cues to improve executive functions

Dr Hsu pointed out that the main goal of training for ADHD children is to enhance their executive functions, which in turn improve their attentional control and self-regulation. She explained, "Each Focus Card has a different function. When the child has familiarised themselves with these visual cue cards, they can learn to apply these skills in regulating their behaviors. We encourage parents to learn how to use these Focus Cards and incorporate them into daily activities."

Samples of Focus Cards:



When children display inappropriate behavior, parents can remind them to use the "Golden Crown" to put mental brakes before acting inappropriately.



The "Disturbance-proof Shield" reminds children to stay focused on the current task and not to divert their attention to irrelevant thoughts or stimuli.

Five of the Focus Cards designed by the educational psychologist team of the Society, which help ADHD children visualise strategies that could help their executive functions.



Success story: Wai-kit surprises teachers with improvement

Wai-kit, a 10-year-old boy who received training at the Society, was diagnosed with ADHD during junior primary school. His parents have received many complaints from his teachers: disturbing classmates, not paying attention in class, raising his hand too often, or failing to finish examinations because he day-dreamed too much. At home, he seldom completed homework without much procrastination. He would go as far as banging his head against the wall to vent his anger. Parenting has been stressful for his mother.

Later, Wai-kit joined the ADHD training group at the Supportive Learning Project of the Society and learned how to use the Focus Cards. His learning performance has improved. He said, "There were times I used the Golden Crown to stop me from acting impulsively, remind myself to listen to instructions and calm my emotions. When there is a lot of homework, I use the Work Cutter to break down the tasks and start with my favourite subject first. I no longer complete my homework until midnight."

Wai-kit's mother, Mrs Ching, has learned to use the visual cue cards in daily life, too. This visual cue approach has helped her build a better rapport with her son. They have a closer relationship now. She said, "My son's improvement was a surprise to the teachers. They thought he was a brand new person. I would like to share these practical and effective Focus Cards with fellow parents. As long as we take the initiative to find suitable training and support, our children will definitely make progress."



Mrs Ching (right) and Wai-kit (left) make good use of the visual cue cards in their everyday life to curb impulsivity.

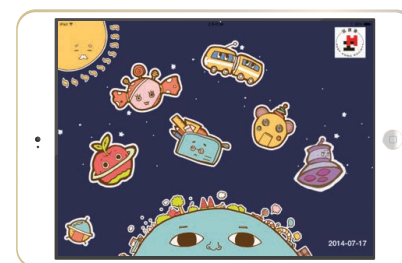
Online ADHD screening test

Heep Hong Society website recently launched the ADHD webpage, which includes the following content: (1) the ADHD preliminary screening online test, where parents only need to answer a few questions to see if their children show ADHD tendencies; (2) parenting tips; and (3) information on support and training services for parents and children.



www.heephong.org/adhd

The Society also published the *Parent Manual on Attention Deficit/Hyperactivity Disorder (AD/HD)* and The ADHD Hero iPad and Android app to assist parents in home training. For details, please refer to "Tips for Parents" on the ADHD webpage. ■



The ADHD Hero app

Service enquiry

Supportive Learning Project ADHD assessment/training:
+852 2777 9938
ADHD children training groups and parents' talks:
+852 3618 6357
Parents Resource Centre: +852 2777 5588

Heep Hong Society 55th Anniversary



2018.12.1 SAT

55th Anniversary Conference | PolyU Jockey Club Auditorium

World-renowned experts to share latest advances in special education

Heep Hong Society's 55th Anniversary Conference will be held on 1 December at the Jockey Club Auditorium at the Hong Kong Polytechnic University. Under the theme "Life-long challenges, life-long support – Unleashing the Potential of Individuals with Special Educational Needs", three leading scholars of autism spectrum disorder (ASD), Dr Laura G Klinger, Associate Professor, School of Medicine of The University of North Carolina, Executive Director of UNC TEACCH Autism Program, Ms Emily Rubin, MS, CCC-SLP, Director of the Educational Outreach Program at the Marcus Autism Center, Co-author of SCERTS Model, and Professor Xiaobing Zou, Director of the Department of Pediatrics at the Third Affiliated Hospital of Sun Yat-sen University, will present the latest developments in the support for children with ASD in transition to adulthood. On the same day, nine concurrent workshops hosted by the Society's professionals will discuss evidence-based special education strategies. In addition, Dr Laura G Klinger and Ms Emily Rubin will conduct two certification workshops for professionals across the field before and after the conference respectively.



Dr Laura G Klinger



Ms Emily Rubin



Professor Xiaobing Zou



Events overview

Date	Event
17 Mar	Opening of Heep Hong Society Integrated Service Complex
23 Mar	Employment Survey on Autism Youth
17 Apr	55th Anniversary Charity Dinner
28 Apr	Launching Seminar of Think Bright – A Three-year Cognitive Skills Training Project for Pre-schoolers and Special Education Teachers
Apr - Dec	Open Days at Various Heep Hong Centres
29 Jun	Seminar & Teaching Workshop of De-coding Sensory Behavior: Understanding Sensory Processing Difficulties and Related Support Strategies for Children
Oct - Nov	Hanen Workshop - Specialised Training for Speech Therapists from Hanen Centre
30 Nov	Annual General Meeting and Dinner
1 Dec	55th Anniversary Conference at Hong Kong Polytechnic University
15 Dec	Family Fun Day at Kwun Tong Promenade

Enrol now



www.heephong.org/55thconference

The conference, concurrent workshops and certification workshops are open for enrolment to professionals and parents. Enjoy an early-bird discount by enrolling before 1 November.

Enrol now



aped.heephong.org

Heep Hong Society Academy for Professional Education and Development (APED) has launched its ninth cohort of courses for professionals and parents, including the Hanen Workshops for speech therapists presented by the Hanen Centre of Canada. Enrolment is now open.

Latest news on Heep Hong Society Integrated Service Complex

The Heep Hong Society Integrated Service Complex (ISC) has commenced services in phases. The Jockey Club Supportive Learning Project Fun World cum Parents Resource Centre on 7th floor is in full service. Private booking and party, as well as children training groups service, are available.

Hydrotherapy services will commence in phases in the third quarter. Designed and conducted by the Society's physiotherapists, the hydrotherapy courses are suited for children and youth of different abilities. Fitness classes will be offered to carers. The above classes and services are now open for enrolment.

The Catherine Lo Centre has moved in on the 2nd to 4th floor in late July. With an expanded quota of 120 pre-school children, it is currently the largest special child care centre in Hong Kong. The Jockey Club STAR Café cum Community Support Centre on 8/F is also in operation and provides internship opportunities for youth of diverse needs.

There are 180 children who currently receive training at the Sandy Bay Early Education and Training Centre which opened in October 2017. The first year of students graduated last August, and new children were admitted in September.

Activities and
service
information



www.heephong.org/isc



Jockey Club Supportive Learning Project
Fun World cum Parents Resource Centre



Hydrotherapy class



Jockey Club STAR Café cum
Community Support Centre

'Love and Ccompany' talk and StarTER Project sharing session opens for enrolment

The Society's Jockey Club StarTER Project will organise a talk and sharing session on 29 September at the Integrated Service Complex. Early education expert Ms Smile Cheung will give a talk under the theme "Love and Company—Helping SEN Youth Embark on Life Planning". There will be an information session of the StarTER Project including parents' sharing and work experience workshop for youth with diverse needs. The event is free of charge. Youth over 15, parents, fellow practitioners and employers are welcome. For enquiry and enrolment, please call +852 3158 8359 or email jcstarter@heephong.org.



Heep Hong Society Shek Mun Centre opens in September

The Society opened Shek Mun Centre to offer the Supportive Learning Project professional assessment and training services for pre-school children, including occupational therapy, speech therapy, assessments by psychologists and training by pre-school teachers. A variety of talent development activities will be offered at the centre for children to explore their potential.

Heep Hong Society Shek Mun Centre

Address: Shop 138, King Wing Plaza I, Shek Mun

Tel: +852 3705 9112



Success of On-site Pre-school Rehabilitation Services

Since November 2015, the Society has participated in the Pilot Scheme of On-site Pre-school Rehabilitation Services (OPRS), which will be regularised this October. The Society's service capacity will expand to 725 children at around 80 kindergartens. Chun-ming, a student at Baptist Puili School, received two years of training from the Society through OPRS and showed significant improvement in his learning and emotional management ability. Even the principal, Ms Yung Hau-heung, praised the school-based support service for helping children adapt to regular learning and relieving teachers' stress. The special feature of news.gov.hk reported on Chung-ming's case to demonstrate the effectiveness of the scheme.



Read the special feature



bit.ly/news20180629

Signing new cooperation agreement in publishing with Guangdong Haiyan

The Society signed a new cooperation agreement with Guangdong Haiyan Electronic Audiovisual Press in publishing the Chinese Edition of Psychoeducational profile (Third Edition) (CPEP-3) at the "We Are Never Alone with You" event held on 18 July. In an effort to raise the standards of training of rehabilitation professionals in Mainland China, the Society has forged a collaboration with Guangdong Haiyan Electronic Audiovisual Press since 2015 to publish a series of tool books on autism spectrum disorder. Future titles to be published include the *Parent Manual on Attention Deficit / Hyperactivity Disorder (ADHD)*, *Decoding Children's Behaviors*, and the *Developmental Learning Package – Curriculum Guide and Development Assessment Chart*, which will benefit both rehabilitation practitioners and parents.



Ms Nancy Tsang, CEO of Heep Hong Society (left) and Mr Liu Ziru (right) signed a new cooperation agreement.

Vice-Chairman of Youth Development Commission visits service centre

Mr Lau Ming-wai, Vice-Chairman of the Youth Development Commission visited the Society's Jockey Club STAR Resource Centre on 20 June to get a better understanding of the one-stop services provided for individuals with autism spectrum disorder. He enjoyed milk tea and cookies prepared by the autistic youth and talked to the youth and parents about employment support, community involvement and the challenges they face. He wrote down "Realize your potential" on a card as encouragement for the youth.



Activity Snapshot

Over 400 children and parents of the Parents Resource Centres participate in the Play N Able fun day organised by Playright Children's Play Association and sponsored by Hong Kong Disneyland. Their smiley faces show how much they enjoyed the free play and exploration.



Some youth members of the Society produced their own microfilm *Dreams Never End* in an effort to clear up public misunderstandings of individuals with autism spectrum disorder. The microfilm is available on <https://ssap.heephong.org>.

Heep Hong Society 'Growing Potential, Shining Tomorrow' Charity Dinner 2018 helps children and youth shine

With the sponsorship and full support from Island Shangri-La, Hong Kong, the "Growing Potential, Shining Tomorrow" Charity Dinner 2018 was successfully held on 17 April. The Charity Dinner was part of the Society's 55th Anniversary events.

We were pleased to have Mr Matthew Cheung Kin-chung, Chief Secretary for Administration of HKSAR, officiating at the event. Also supporting the event in person included Mr Patrick Nip Tak-kuen, Secretary for Constitutional and Mainland Affairs, Mr Caspar Tsui Ying-wai, Under Secretary for Labour and Welfare, Ms Carol Yip Man-kuen, Director of Social Welfare, and Mr Lau Ming-wai, Vice-Chairman of Youth Development Commission. Famous artists Mr Sunny Chan Kam-hung and Ms Ada To Man-wai attended the event with their son among over 400 corporate elites and socialites.

The funds raised from the Charity Dinner were donated to the Society's Children and Youth Training Fund. During 2013-2017, the Society has appropriated over HK\$10 million to subsidise more than 2,500 child and youth with special needs from low-income families in receiving assessments and training from psychologists, therapists and pre-school teachers.



Guest of Honour, Mr Matthew Cheung Kin-chung, Chief Secretary for Administration of HKSAR, commends the Society for its achievements over the past 55 years during his speech.



Mr Patrick Nip Tak-kuen, Secretary for Constitutional and Mainland Affairs (right), supports the charity sale and rallies the guests to support children and youth with special needs.



Mr Caspar Tsui Ying-wai, Under Secretary for Labour and Welfare (left), Ms Carol Yip Man-kuen, Director of Social Welfare (right), pose with Ms Nancy Tsang, CEO of the Society and the children of the Society.



Famous artists Mr Sunny Chan Kam-hung (middle) and Ms Ada To Man-wai (first from right) attend the event with their son.



The children and youth of the Society perform on stage and impress the guests with their abundant talent.



Mr Anthony Lun performs a series of classic songs and sends the crowd cheering.

Special thanks go to the following major donors for their contributions during March to June (in alphabetical order):

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Ms Lee To Wong
Mr Lo Kin Wing Terry
Mr Ng Chi To Graham
Ms Tang Wing Sze
Mr Wong Chie Keung
史新宇先生

Support Heep Hong mooncake charity sale

As the Mid-Autumn Festival approaches, the Kowloon Shangri-La, Hong Kong, and Island Shangri-La, Hong Kong, will donate the net proceeds of the sale of charity mooncakes to the Society's Children and Youth Training Fund to support children and youth from low-income families for receiving training. Please support the charity mooncake sale and send your blessings to those families in need.

Island Shangri-La, Hong Kong — Heep Hong Society Charity Mooncake

For HK\$408, you can enjoy four delicious pieces of White Lotus Seed Paste Mooncake with Double Egg Yolks. The gift box is decorated with festive drawings by the children of Heep Hong Society.



Order online



bit.ly/islmooncake2018

For order and enquiries, please contact Island Shangri-La, Hong Kong, at +852 2820 8551 or mooncake.isl@shangri-la.com.

Kowloon Shangri-La, Hong Kong — Helping Children Shine - Mooncakes for Charity

Priced at HK\$398, each gift box contains four pieces of double egg yolk with white lotus seed paste mooncakes. These delectable festive treats are perfect for gifting or treating yourself.



Order online



bit.ly/kslmooncake2018

For order and enquiries, please contact Kowloon Shangri-La, Hong Kong, at +852 2733 8483.

Nike 360 family sports day

Known for its energetic image, international sports brand Nike 360 sponsored and supported the family sports days of Alice Louey Centre and Shanghai Fraternity Association Yau Lai Centre. Over 200 children, teachers, parents and volunteers participated in the races. The family and staff rally races at the finale were the absolute highlights. Everyone tried their utmost thanks to the boisterous cheers from the sidelines.



The family sports days were excellent opportunities for children and parents to enjoy exercising. The Society's therapists and social workers also designed fun and wholesome games to help the children improve their fitness, learn to follow rules and instructions, and accept the results of the race. These are highly beneficial for their development.



Thankful to venue sponsors of graduation ceremonies

Upon the completion of their pre-school learning, the children of the Society have already overcome a multitude of hurdles in their journey of life. The graduation parties are the perfect occasion to praise their effort and to allow them to relive their memories and joy at the centre with their parents and teachers. The 2017/18 graduation ceremonies were held during July to August. Our sincere gratitude go to the following venue sponsors for creating memorable experience for our children and parents.

*In alphabetical order

Grand Hyatt Hong Kong
Hyatt Regency Hong Kong Sha Tin
Island Shangri-La, Hong Kong
Lafayette
Marco Polo Hongkong Hotel
Renaissance Hong Kong Harbour View Hotel
Shanghai Fraternity Association Hong Kong Limited



Senses going haywire? Understanding sensory processing difficulties

Have you ever noticed that some children react to sensory stimuli in the environment in a different way? Why do they scream at a gentle touch or cover their ears when they hear ordinary broadcast? The problem lies in the sensory processing function of their nervous system.

What is sensory processing?

We live in an ever-changing world full of sensory stimulations. We understand the status of our body and get know our environment through our sensory perception. Our nervous system continuously detects sensory stimuli from touch, the vestibular system, hearing, sight, taste and smell, through sensory receptors. It then interprets and organises the information and elicit an appropriate response according to the demands of the situation. For example, children identify the person in front of them by interpreting and organising the information from the person's face, voice, smell and touch before responding with a smile. This process is called sensory processing.

By looking at her face, listening to her voice, smelling her scent and feeling the touch of her hands, I know she is my mom!



Tips from occupational therapist

If you suspect that your child is experiencing sensory processing issues, seek timely assessment and consultation from occupational therapists.

Three types of sensory processing disorder

Children may experience one of the following three types of sensory processing issues:

Sensory over-responsivity: intolerant and get anxious easily, like a "Timid cat"

Sensory under-responsivity: slow and passive, like a "Sluggish piglet"

Sensory seeking: restless, like a "Jumpy mouse"

If children show traits of the above sensory issues, it could be the case that their nervous system fails to receive or organise sensory information from the environment in a meaningful way. Their "problematic behaviours" are often misunderstood or handled negatively by their parents and teachers. Without timely assessment and training for these children, this may lead to lower self-esteem and have a negative impact on their academic performance and social life.



Three types of sensory processing disorders



Timid cat



Sluggish piglet



Jumpy mouse

New book and talk decode children's sensory behavior

Written by Heep Hong Society's occupational therapist team, *De-coding Sensory Behavior: Understanding Sensory Processing Difficulties and Related Support Strategies for Children* gives readers a comprehensive understanding of the three types of sensory processing disorder, and the challenges each type of children face at school and in their daily life. Parents and teachers can find recommendations on training strategies and environmental adaptations to help children overcome their difficulties. This book is available in bookstores for HK\$88 each. Members of the Society can purchase the book at a discounted price of HK\$80 at the Society's centres.

Heep Hong Society's Academy for Professional Education and Development (APED) will organise the "De-coding Sensory Behavior: Understanding Sensory Processing Difficulties and Related Support Strategies for Children" talk on 14 December. Sensory processing disorder and related support strategies will be explained in detail. The talk is open for enrolment. ■



Free preview



www.heephong.org/publication

Enrol now

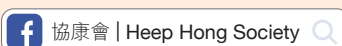


bit.ly/APEDreg

Special thanks go to Ahtsui for the wonderful illustrations

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