

2017年年報

Annual Report 2017



一起為自閉症兒童及其家庭開拓更美好的明天
Together We Create a Brighter Future for Children with Autism and their Families



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主席的話

Chairperson's Remarks

時光荏苒，2017是愛培自閉症基金 (APF) 成立十週年，我很榮幸可以見證它這十年間的成長。

香港的社會服務機構數以千計，服務種類眾多，而專門為有特殊教育需要的小朋友服務的機構也不下數十間。在眾多的服務需要之中，APF選擇了以「應用行為分析」(Applied Behaviour Analysis - ABA) 治療方法來服務患有自閉症的小朋友，原因是ABA是擁有超過50年的研究去實證其效用的科學，並且已確定是對自閉症有效的治療方法。我們的團隊旨在在港引入及推廣這個治療方法，然而，這條路並不易行。儘管遇到了不少挑戰及困難，我們仍然選擇堅守宗旨，不會為了滿足贊助者的捐款條款而放棄這個理念，因為我們由衷希望讓更多有需要的家庭能夠受惠。

從成立自負盈虧服務的愛培學校，到設立荔枝角的家長資源中心，十年間我們遇到很多機遇及挑戰。首先，APF並不跟隨一貫傳統的社會服務提供模式；其次是在沒有政府資助的情況下，我們必須努力地透過建立人際網絡及尋找志同道合的合作夥伴來籌募經費，從而維持服務運作。不過，有限的資源不會阻礙我們對服務質素的追求。APF十分著重人才培育，因此，我們會為治療師、老師及服務支援人員提供訓練，以應對小朋友的既多元化又獨特的情況。我們同時也致力推廣公眾教育，例如舉辦藍服日等活動，提升公眾對自閉症的認識和關注。

在2017年，APF進行了多項的改革和注入了新元素：

建立完善的架構能夠幫助董事會成員了解自己的角色及責任，加強APF履行服務承諾的能力。我們遂重整了董事會的架構，John McEachin博士及Ronald Leaf博士轉任了APF的榮譽顧問，他們都是ABA及ASD界別的權威人士，十分榮幸他們繼續支持APF；而新成立的籌募委員會從著重高透明度及問責性來優化籌款策略。

為了讓更多有需要的家庭享用到適切的服務，家長資源中心新增了一位治療師。我們也舉辦了各類型活動及講座，例如家長減壓工作坊、瑜珈班、ABA技巧講座等，以不同的方式去支援有需要的家庭。



此外，我十分高興愛培學校的運作日趨成熟及穩定，學生人數也有穩定增長。這情況顯示了社會是需要一所專為自閉症兒童而設的學校。令我自豪的還有在離校生之中，超過40%(2013-2017)是到了主流學校繼續學業。這份成績表得來不易，更重要是證明了我們的服務可以為有自閉症孩子的家庭帶來希望。作為這條道路上的先行者，必然曾面對很多不確定的因素，希望政府未來可以投入資源到這個範疇及支持我們，讓更多家庭受惠。

過去十年間，我們面對了很多挑戰。若沒有合作夥伴的支持及贊助，我們無法實踐任何目標或計劃。特別鳴謝香港亞洲之友在2016及2017年贊助了家長資源中心的一對一ABA服務計劃。此外，感謝各位嘉賓、捐款者及義工的力量，使2017年的慈善晚宴所籌得的善款比前一年多了一倍。APF很幸運有一群堅定及熱情的同事，他們的付出十分重要。

前面的路仍然很漫長，APF當然不會滿足於現狀，我們會繼續成長。家長資源中心及愛培學校的發展定會更趨全面，以提供適切的服務來支援自閉症孩子，讓他們展現天賦潛能，能夠獨立自主地生活。讓我們攜手為社會上有需要的家庭帶來快樂而又豐盛的人生！

創辦人兼主席
Toby Mountjoy

Time flies! 2017 marked the 10th anniversary of the Autism Partnership Foundation (APF). It has been my great honour to witness the development of APF over the last decade.

There are thousands of non-government organisations in Hong Kong, and dozens are providing services to children with Special Education Needs (SEN). From these, APF has chosen a mission to serve the children with Autism Spectrum Disorder (ASD) through Applied Behaviour Analysis (ABA), an approach that has been scientifically-proven effective by more than 50 years of research. Our team aims to introduce and promote this approach from western countries to Hong Kong in order to maximise the benefits to the service clients we serve. This has not been an easy path. Despite all the obstacles encountered, we have decided to stick to our mission, instead of catering to the funding criteria of sponsors or other sectors, because our services are totally for our beneficiaries.

From solely operating the self-financed project of setting up the Aoi Pui School, to establishing another service unit, the Parents Resources Centre at Lai Chi Kok, there have been many obstacles in the past 10 years. These were made more challenging since APF has not been following the traditional service implementation model. APF is self-financed, without any financial support from the public sector; we have to develop our own networks and locate partners who have similar beliefs to sustain the running of our services and operations. However, limited resources would not deter our determination in providing quality services. We valued very much the talents and put emphasis on developing and training our own therapists, teachers and supporting staff to achieve our diversified objectives in providing therapies to children. At the same time, we placed emphasis on public education, such as holding Dress Blue Day to raise the public awareness about autism, and we have planned other diversified initiatives to serve this purpose.

In 2017, APF made improvements or changes in different aspects:

First, we restructured the Executive Board in order to strengthen our commitment to the community in need. Dr. John McEachin and Dr. Ronald Leaf have become our honorary advisors. They both are authorities in ABA and ASD, and it is our great honour to have them in APF's structure. We have also set up

a Fundraising Committee to optimise our strategies in fundraising with a high level of accountability and transparency. Members better understand their roles and responsibilities with the setting up of a formal structure.

Second, to extend our services to more people, we have expanded our team at the Lai Chi Kok Parents Resources Centre by adding one more therapist. In addition, we held various kinds of workshops and talks such as a stress relief workshop for parents, yoga workshops, ABA talks, and other activities. This was done to reach and help our beneficiaries in different ways.

Last but not least, I was happy to see the Aoi Pui School getting more mature and stable in 2017. The running of the school was smooth and growth was seen in the numbers of students. It indicated that there are demands for a special school focusing on autism in Hong Kong. I am more than proud to mention that more than 40% of students leaving Aoi Pui School between 2013 and 2017 can return to studying in mainstream schools. This has not been easy but it proved that our strategies were effective and we have been able to bring hope to the students' families. Being the pioneer in the field is full of uncertainties, and we sincerely hope the government will be willing to put more resources into the issue and support us, so that more families may benefit.

The past ten years have been full of challenges. We could not have been able to achieve our progress without support from our committed partners and sponsors. Special thanks to Friends of Asia Hong Kong who has been the principle sponsor of the one on one ABA programme in 2016 and 2017 at our Parents Resources Centre. Also, we doubled the amount raised from the Gala of the previous year, thanks to all our donors and volunteers. APF is fortunate to have a team of committed and passionate staff members.

There is still a long way to go. APF will not stop here. We will keep growing and developing more comprehensive services at both the Parents Resources Centre and the Aoi Pui School. We are committed to realising the inherent potential of people with ASD, and to achieving the greatest degree of independence. Let's join hands in bringing a brighter future to children with ASD and their families!

Toby Mountjoy
Founder and Chairperson

簡介及背景

Introduction & Background

愛培自閉症基金 (APF) 是於香港註冊的慈善機構。自2007年起, APF一直竭力透過各項服務幫助患有自閉症譜系障礙的兒童及其家庭, 其中包括ABA治療、公眾教育活動及出版刊物。APF於2007年成立愛培學校——一所專門為自閉症學童而設的小學, 以ABA作為教學核心, 提供學術和以自閉症學童為本的雙語課程。在2016年, APF設立了家長資源中心, 為來自基層家庭的自閉症兒童提供一個月密集式ABA治療, 並且定期舉辦家長講座及培訓, 協助家長及早改善小朋友的行為問題, 好讓他們能順利融入主流社會。

Autism Partnership Foundation (APF) is a registered charitable organisation in Hong Kong. Since 2007, APF has been committed to making a difference in the lives of children with ASD and their families through a variety of initiatives, including ABA treatments, education programmes and publications. In 2007, we set up the Aoi Pui School (APS). It is a primary school which adopts ABA for teaching children with ASD, and offers both academic and autism-specific curriculums. Starting from 2016, we have set up a Parents Resources Centre to provide one-month intensive ABA therapy to children with ASD from low-income families and regularly organise training courses and workshops for parents, helping them to handle and improve the behavioural problems of their children.

董事會成員 (2017年度):

Board of Directors (in 2017):



創辦人兼主席
Founder and Chairperson

Toby Mountjoy先生
Mr. Toby Mountjoy



董事
Director

王倩倩女士
Ms. Chien Chien Wong



董事
Director

Mark Williams先生
Mr. Mark Williams



董事
Director

Stephen Gore先生
Mr. Stephen Gore

APF的董事會成員包括ABA治療專家及來自其他界別, 但擁有相同願景的有心人士, 他們相信在香港推行ABA治療能為自閉症兒童帶來最大的效用。由於ABA治療的成本相對較高, 他們期望透過APF, 讓來自基層家庭的自閉症兒童可以受惠於這種有效的治療方法。我們的董事會成員致力以自己的專業知識幫助機構發展, 目標是為自閉症兒童及其家庭開拓更美好的明天。John McEachin博士及Ronald Leaf博士在2017年轉任為機構的榮譽顧問, 他們具有豐富臨床治療自閉症兒童的經驗, 得到他們的協助, APF務必能夠為自閉症兒童提供最適切的服務。

APF is governed by a Board of Directors whose members include ABA specialists and those who excel in their own professions. They believe promoting ABA in Hong Kong can maximise the benefit to children with autism. The implementation cost of the ABA treatment is relatively high, therefore APF uses a charitable approach to provide children with autism from underprivileged families with a chance to benefit from this effective treatment. The board members make use of their expertise in different industries to assist the development of the organisation. They all share the same vision and are able to help APF grow and create a brighter future for the children with ASD and their families. Dr. John McEachin and Dr. Ronald Leaf, who have abundant experience in treating children with ASD, have become our honorary advisors since 2017. With their help, we are able to provide better services to children with ASD.

應用行為分析治療

Applied Behaviour Analysis Therapy

APF提供應用行為分析(ABA)治療予自閉症兒童。ABA擁有逾50年的科學研究為基礎，為現今最廣泛認可及以科學實證為治療自閉症的有效療法。它透過應用學習理論，並且著重量度及觀察行為，以及通過分析行為背後的目的，來改善自閉症兒童的各樣技能。此外，我們會透過兒童為本的程序，在輕鬆自然的環境下進行訓練。

自閉症兒童普遍有不少行為問題，包括缺乏專注力、攻擊性行為、固執和自我刺激行為等。這些行為不單影響他們的日常生活，還阻礙他們的成長和學習。ABA經過數十年的臨床研究證明是能夠有效地改善自閉症兒童的行為問題，並且提升他們的學習能力。ABA治療亦能針對自閉症兒童的個別弱項，加強他們不同的技能，如自發語言能力、情緒管理技巧、社交及遊戲技巧。

ABA同時著重家庭指導及支援，我們相信透過緊密的合作，讓家長可以配合密集式的治療計劃，並引導孩子將學習到的技能應用在日常環境中，這樣他們會有更顯著的進步。

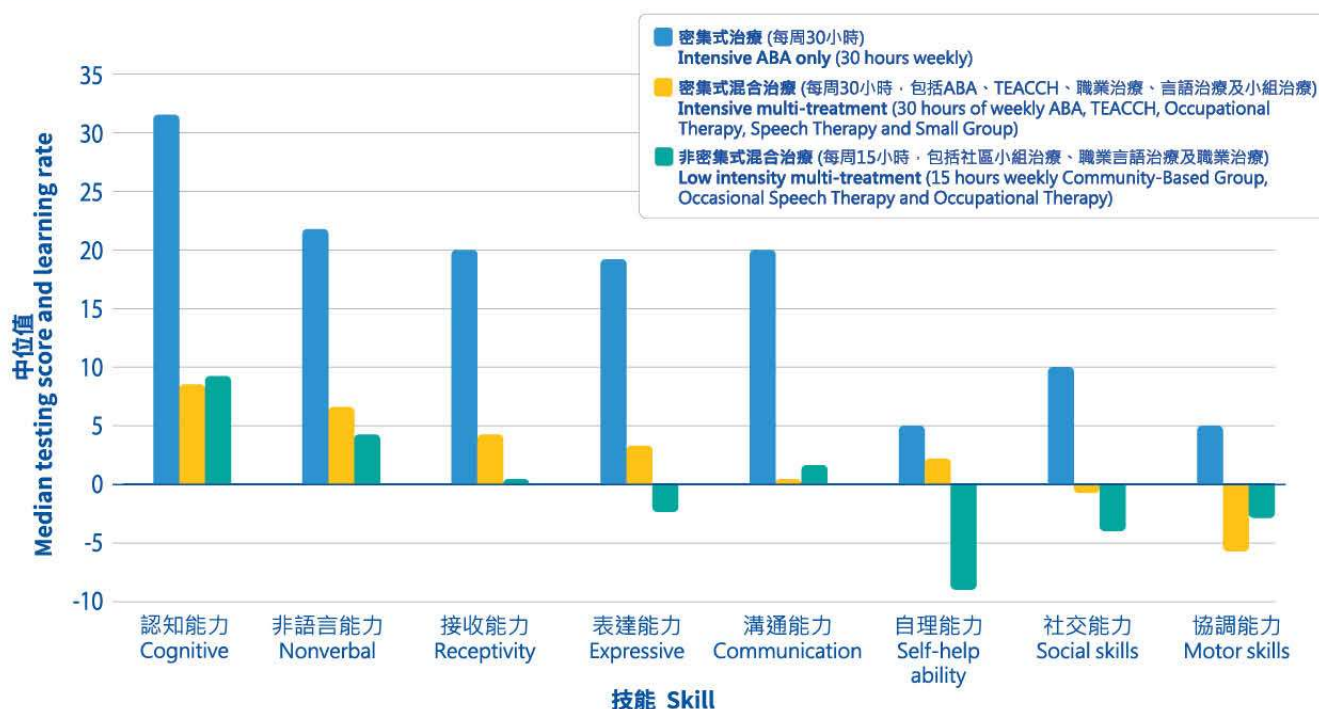
At APF, we adopt our very own unique style of Applied Behaviour Analysis (ABA). ABA treatment is based on more than 50 years of scientific research. It has the most extensive research support and has become the most widely recognised and scientifically supported treatment for ASD. It applies learning theories with focusing on measures, observing behaviours and analysing purposes behind the behaviours in order to bring about positive changes. On top of that, our approach is child-oriented, through child-based procedures, and training is conducted naturally in a caring environment.

Children with ASD often have a lot of behavioural problems, including a lack of concentration, aggressive behaviour, stubbornness and self-stimulation. These actions not only affect their daily lives, but also hinder their growth and learning. Several decades of clinical studies have shown that ABA treatment effectively addresses different behavioural problems and thus increases the learning effectiveness. ABA can improve areas of individual weakness in children with autism, and enhance their critical skills, such as spontaneous language skills, emotional regulation abilities, social and play skills.

ABA also emphasises family guidance and support. With close cooperation, the family can facilitate the intensive treatment programmes, and also guide their children to apply the skills they have learnt in their daily lives, so that they can make more significant progress.

不同療效的比較

Comparing Treatment Gain



愛培學校

Aoi Pui School

APF自2013年得到紅磡三約街坊福利會的支持，將其舊小學改革成為愛培學校，以自負盈虧的模式運作，成為香港唯一——所在教育局註冊、專為自閉症兒童提供雙語課程選擇的小學。

With the support from Hung Hom (Three Districts) Kaifong Association, APF has been able to operate a self-financed project - Aoi Pui School (APS) since 2013. Registered under the Education Bureau, it is the only primary school for children with autism in Hong Kong with bilingual curriculum.



愛培學校
AOI PUI SCHOOL

愛培學校 (APS) 於2007年成立，服務對象是有自閉症的兒童。學校採用經科學證實治療成效最為顯著的ABA，助學生達至最理想的治療效果。本校設中文班及英文班，服務對象的年齡為四歲半或以上。校內推行小班教學，堅持以高師生比例照顧每位學生的需要。

APS提供的正規課程包括語文、數學、常識、視覺藝術、資訊與科技，以及體育等，並結合有關處理自閉症的特色課程，內容包括不限於培訓社交技巧、自理技巧及遊戲技巧，亦會定期舉辦課餘活動，包括鋼琴班、話劇班和跳舞班等。

在2017年，我們有20位新學生加入APS。於2013至2017年期間，百分之四十一的離校學生能成功銜接到主流學校就讀。我們的課程著重應對日常生活的處境，以及協助學生培養良好的工作習慣及積極的態度，還教導他們明白在工作環境下的個人權利和義務，為將來融入社會作好準備。

APS的教師的獨特之處就是除了是教師，本身也是一位行為治療師。透過日常課堂的教學，直接指導學生各方面的技巧，包括語言溝通能力、情緒管理和社交技巧等，對比傳統的抽離式指導更具成效。我們採用嚴謹而全面的聘用機制，每位教師於正式投入教學前，必須接受160小時的ABA在職培訓，並於第一年的教學期間，接受超過450小時的監督，務求令每一位教師都能夠提供專業的指導予每一位學生。

Aoi Pui School (APS) was set up in 2007 to cater specifically to children with ASD. We adopt ABA, a scientifically proven approach, that enables our students to achieve the best possible learning outcome. Our school caters for Cantonese and English-speaking children, aged from 4.5 years and above. All classes are running in small-class sizes with a high teacher-student ratio.

We offer both a formal school curriculum and an autism-specific curriculum. Subjects include Languages, Mathematics, Integrated Studies, Visual Arts, PE, Social Skills Training, Self-Care Skills Training and more. Students are also encouraged to participate in extracurricular activities such as piano lesson, drama, dance, etc.

In 2017, 20 new students joined APS. From the years between 2013 and 2017, 41% of students who left APS successfully transferred to mainstream schools. Students receive specialised placement with our high level of expertise in planning and systematic teaching, thereby generating exceptional outcomes in skills and knowledge. The curriculum emphasises the training of basic work skills and development of good work habits, a positive work attitude, and an understanding of one's rights and obligations in work situations.

Our registered teachers are unique in that they are therapists first, teachers second. We adopt a highly selective hiring process and all teachers have to undergo an intensive training (160 hours) in ABA and receive over 450 hours of supervision in their first year of service. This is extremely beneficial to our students, as all our teaching staff are able to teach skills in speech, emotional management, social skills, play, leisure and other autism-related areas at all times throughout the teaching hours. This is done in lieu of the traditional pull-out therapy services.



2017學校活動 School Activities 2017



- 1 我們榮幸地邀請到韓國藝術家Yun Mo Ahn先生來到學校幫助推廣關注自閉症的訊息，學生們參加了他的美術工作坊—— Become A Butterfly，畫出屬於自己的蝴蝶來表達他們非凡和獨特的視角觀點。
We were lucky to have Korean Artist Mr. Yun Mo Ahn coming to our school to promote autism awareness. Students participated in his workshop "Become A Butterfly" and painted their own butterfly to express their extraordinary and unique perspectives.
- 2 老師和學生積極參與社區服務，他們帶著微笑、歡樂及禮物去探訪獨居長者。
Teachers and students actively participated in community service, they brought smiles, cheers and gifts to the elderly.
- 3 為響應「世界關注自閉症日」，愛培學校安排了家長及學生製作盆栽以支持「藍服日」。
To promote "World Autism Awareness Day", APS arranged for students and their parents to make potted plants to support the "Dress Blue Day".

入學程序 Admission Procedures

步驟 1 Step 1

參觀APS以認識更多學校的理念和設施等。學校每月均會舉辦參觀日，家長可於網上報名。

Attend a school visit to find out more about APS. Please register online for the scheduled monthly visit.

步驟 2 Step 2

遞交填妥的申請表格、相關文件及報名費。有關費用一經繳交，概不退還。

Submit a completed application form and all necessary documents together with the non-refundable application fee.



步驟 3 Step 3

安排試堂以評估學生是否適合於APS就讀。學校會在試堂後與家長討論觀察結果及提供相關的書面報告。

Trial lesson will be arranged and meeting will be conducted with parents after the lesson to discuss the observations. A written report with professional advice will be provided.

步驟 4 Step 4

學生成功通過評估將被獲發有列載入學日期的錄取通知書，家長需繳付兩個月的學費（一個月為可退回之按金及首月學費）以作確認接納及保留學位之用。

Successful applicants will receive a school placement letter with the admission date. The placement will be secured with a deposit (amounting to one month school fee) and the first month's school fee.

入學條件 School Readiness

- 確診為自閉症患者
Have a diagnosis of autism
- 能獨立地如廁、進食及更衣
Independent in toileting, eating and dressing
- 能跟從簡單的流程和遵守指令
Able to follow simple routines and instructions
- 能以短句溝通
Able to speak using sentences
- 能表達自身需要和興趣
Able to communicate their needs and interests
- 有能力在小組內學習
Able to benefit from group learning
- 沒有展示高頻率的干擾性行為，例如自殘或侵略性行為
Do not display a high rate of interfering behaviours, such as self-injury or aggression

受惠兒童故事及家長分享 Stories of the Beneficiaries

每個自閉症兒童的狀況都不一樣，有些不懂得望人、有些缺乏社交興趣、有些不善於溝通、有些不懂得控制情緒、有些則專注力比較弱……我們會因應每個兒童的情況而設計適合的治療。在2017年，APF的家長資源中心一共為65名自閉症兒童提供了一個星期一對一密集式ABA治療。以下是其中一些個案分享。

Each child with autism is unique and has different developmental needs. One may do not have eye contact with people, one may lack of social interest, one may be weak at communications, one may do not know how to control his/her emotions, and one may have short attention span.....we base on each child's differences to provide tailor-made treatments for them. In 2017, APF's Parents Resources Centre provided one-month one on one intensive ABA treatments to 65 children with autism. Here are some of the case sharing.



細佬十分喜歡唱歌跳舞。當治療師唱兒歌時，他總會跟著哼唱及跳舞。雖然細佬活潑好動，但他缺乏眼神接觸，而且不能分辨一般的事物。治療師以不同的練習訓練細佬與別人作眼神交流，並教導他理解週遭的事物。經過一個月的訓練後，細佬開始會主動地望著治療師的眼睛。他的媽媽看見兒子的進步感到非常鼓舞。

Baby would sing and dance happily when his therapist was humming songs. Although Baby was a cheerful boy, he had poor eye contact and could not distinguish ordinary things. Our therapists shaped his eye contact with different exercises. They also taught him to understand different concepts and to be more aware of his surroundings. After one-month training, Baby has learnt to look at the therapist's eyes while speaking. His mother was very encouraged upon seeing his improvements.

烽烽初來APF時大約四歲，當時的他只享受自己一個人玩耍，每當其他人接近他的玩具時，他都會用大叫的方式制止對方接近。有見及此，治療師透過各種社交遊戲，例如「狐狸先生幾多點」，讓他體驗與他人一起玩耍的樂趣，從而使他產生與別的小朋友一起玩耍的興趣，並且引導他與別人分享。訓練後，烽烽媽媽告訴我們，他現在會主動地與其他小朋友分享糖果，享受與其他小朋友共處。

Fung was four years old when he came to APF. At that time, he only enjoyed playing on his own. When someone approached and tried to touch his toys, he would scream to make the person stop. On seeing his situation, our therapist introduced him to social games which require multiple people to play together, games like "What time is it, Mr. Fox?". These games let him experience the fun of playing with others so as to arouse his interest in playing with other children and learning to share. After the training, his mother said he would now share his candies with other children proactively.



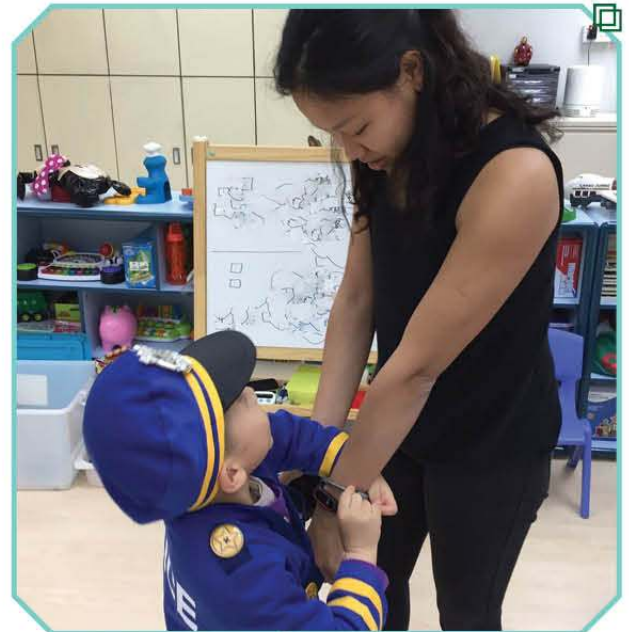


Ranon自小對英語較有興趣，習慣了以英語單字作表達，所以當治療師讓他模仿及重覆中文詞語時，對他而言便份外困難，並且抗拒嘗試，同時他的學習動機也比較弱。在訓練初期，他不能完成簡單的模仿動作，所以治療師便在往後的訓練中與Ranon進行一系列的模仿練習。完成一個月的訓練後，Ranon媽媽表示Ranon聆聽簡單指令的能力進步了，也能夠以中文回應簡單的社交問題，而Ranon的幼稚園老師也說他進步了許多。

Owing to **Ranon's** high interest in English, this affected his ability in Chinese. When the therapist asked him to imitate and repeat Chinese words, it became very difficult for him and he resisted copying the words. Besides, his willingness to learn was low in the beginning. He was unable to do simple tasks by imitation. Therefore, our therapist enhanced his Chinese vocabulary bank and trained him with a series of relative exercises to improve his imitation skills. **Ranon's** mother stated that **Ranon** improved in listening to simple instructions and was able to answer basic social questions in Cantonese after the training. His teacher at kindergarten also recognised his improvements.

Justin的認知及語言能力與同齡的小孩相若，能夠滔滔不絕地與我們的治療師對話，惟他不懂得控制情緒。每當遇到不稱心的情況時，便會亂發脾氣及放聲大罵。因應他的情況，治療師設計了不同的情境，透過角色扮演遊戲，使他識別自己不同的情緒及學習正確的社交回應。經過一個月的治療後，Justin控制情緒的能力提升了不少。當他得不到想要的東西時，也能夠控制自己，不會大吵大鬧。

Justin's cognitive and language ability was comparable with his same-age peers in that he could have a fluent conversation with our therapists. However, he had poor control of his emotions and thus often lost his temper when he could not get what he wanted. With regards to his condition, our therapist used the Teaching Interaction Methods to equip him with understanding and identifying emotions, which led to him choosing more socially appropriate responses to the different scenarios he experienced. After a month of training, he was able to have much better self-control, even when he felt frustrated or angry.





子卜初初來到APF時，他的專注力比較弱，不能長時間端坐，尤其愛把腳放在椅子上，或是動來動去，上課時經常分心。此外，他不太會表達自己，並會直接拿取任何想玩的玩具。有見及此，治療師特別安排端坐訓練給子卜，並以他喜愛的遊戲作為獎勵，讓他更有動力坐好；同時，教導他嘗試以完整句子表達自己的意願。完成訓練後，子卜不論坐姿還是專注力都有很大的進步，更學會以句子表達想要的事物呢！

In the beginning of **Puk's** training, his attention span was short. He could not sit properly for a longer while, and he especially liked to put his feet on the chair or keep moving his legs. As well, he was easily distracted, and he did not know how to express his wants and would take toys or other things without asking. Therefore, to motivate him, our therapist trained him to sit properly through rewarding him with his favourite toys. Meanwhile, our therapist also taught him to use complete sentences to express himself. After the training, Puk showed improvements in his sitting pose and attention span and had learnt how to express himself with words!

曦曦很喜歡沉醉於自己一個人玩玩具的世界裡，對於別人的叫喚沒甚麼反應。他上課時也不懂得遵守課堂的規矩，非常欠缺耐性，於是治療師便集中為曦曦進行回應指令的訓練，並加強他的專注能力。另外，由於曦曦的語言能力不錯，治療師便特意安排他一個任務是去教別的小朋友完成一些事情。經過數星期後，曦曦媽媽表示曦曦比以前更主動溝通，回應指令的反應快了，而且比以前更聽話！

At the beginning of **Hei's** training, he was focused on his own world, and insensitive to the calls from others. Besides, he was also impatient and unable to follow instructions. Our therapist taught him to respond to instructions properly and, through different exercises, increased his level of concentration. On top of that, our therapist also arranged him to guide other children to complete some simple tasks, as his language ability was quite nice. After the training, Hei's mother said he became more active in communications and could respond to instructions quickly. He became more obedient!



今天一小步，明天一大步 A small step today, a big step tomorrow



治療師正在訓練心如發聲。
A therapist was doing sound imitation with Sum Yu.

大約在心如一歲半時，心如媽媽發現她缺乏眼神接觸，也不能安靜坐下來。在兩歲半的時候，她確診患有自閉症。突如其來的消息讓心如媽媽心情相當複雜。「一方面為女兒的情況憂心，另一方面卻要保持冷靜，開始為心如著手安排各種不同的訓練。」心如曾參加感統訓練及特殊言語訓練班，惟成效不大，讓她相當失望，更害怕女兒今後都不會說話。後來在機緣巧合下，心如媽媽認識了APF的一個月密集式ABA治療，於是抱著嘗試的心態，便報名參加了。

When Sum Yu was around one and a half years old, her mother discovered that she did not make any eye contact and could not sit quietly and nicely. When she was two and a half, she was diagnosed with autism. Sum Yu's mother was struck with complicated feelings upon hearing this news. *“On one hand, I was so worried about Sum Yu. On the other hand, I had to force myself to stay calm and start arranging different training courses for her.”* Sum Yu had tried sensory integration training and speech therapy but they were not very effective. This disappointed Sum Yu's mother and led her to the negative thought that Sum Yu could never talk. Then, by coincidence, she learnt about APF's one-month intensive ABA treatment. She then applied to the programme with an open mind.

讓人喜出望外的是，心如在接受訓練的初期已經有明顯的進步。第一天見心如時，她的模仿能力較弱，只能發出少量單音。治療師特別與她進行模仿練習，同時教她一些基本的指令，如跟別人打招呼、說再見等。經過訓練後，她聆聽指令的能力、認知能力和眼神接觸都有所改善，還會與其他小朋友互動。最令心如媽媽感到高興的是心如多了發聲，她不但能說出單字，亦能夠說出三個字的詞語。「當我第一次聽到女兒說『朱古力』這三個字時，我實在是不敢相信，眼淚不禁地掉下來。我終於等到了這一天的來臨！」

心如媽媽見到女兒的改變感到十分欣慰。「短短一個月的訓練，比起之前參加了一年多的其他訓練更為有效！」

今天一小步，明天一大步。能夠幫助小朋友與家長踏出這一步是APF致力達成的目標。

On the first day of training, Sum Yu showed weaknesses in imitation and language skills. Surprisingly, just after a few days of training, Sum Yu had already made significant improvements on compliance, cognitive skills and eye contact. She also had some interactions with her peers. What was most gratifying to Sum Yu's mother was when Sum Yu produced more sounds. Not only could she utter one-syllable words, but also three-syllable words. "When I first heard my daughter say 'chocolate', I just could not believe my ears. It was an emotional experience and I could not help but cry.", Sum Yu's mother told us.

Sum Yu's mother expressed her deep appreciation to APF, "I am so grateful for all the help from APF. Just one month of training and it has worked better than a whole year of other therapies!"

A small step today, a big step tomorrow. Helping the parents and children with this step is what APF strives towards.

心如媽媽細心聆聽治療師講解女兒的狀況。
Sum Yu's mother listened to therapist's explanations carefully about Sum Yu's situations.



心如媽媽親筆寫的感謝咭，我們可感受到她的喜悅。
A thank you card from Sum Yu's mother, all of us could feel her happiness.

經歷過高山低谷 終能嚐到一點甜 A fruitful ending after a lot of difficulties



治療師以生活上不同的處境與Kobe做訓練。
Our therapist made use of different daily situations to do training with Kobe.

Kobe能夠入讀主流學校，對Kobe媽媽而言是意料之外的收穫，但細數她為兒子付出的心力，便知道這個收穫得來不易。

Kobe於兩歲時確診患上自閉症，他當時對外界的聲音沒有任何反應，學前班的老師告訴Kobe媽媽他與其他同學的能力相差甚遠，還有不少固執行為。Kobe媽媽那時感到十分驚慌及痛心，但她告訴自己可以痛心但絕不能夠放棄，於是她馬上辭去當時的工作，希望能夠專心一意地照顧Kobe。

It was an unexpected harvest for Kobe's mother that Kobe is able to attend a mainstream school. Knowing how much she has done for Kobe, we understand that this amazing harvest did not come easily.

Kobe was diagnosed with autism at the age of two. At that time, he made no response to sounds from the outside world, and the teacher of his nursery told her that compared with other classmates, his ability was far behind. He also showed stubbornness in many ways. Kobe's mother felt panic and sadness at that moment, but she told herself that she could be sad but she would never give up. Therefore, she resigned from her job at once and spent all her time taking care of Kobe.

由那時開始，Kobe媽媽一直努力地為兒子安排各種合適的訓練，包括APF的一個月一對一ABA治療。Kobe最初來到APF時，很少與人有眼神接觸和表達能力較弱，而且當別人叫喚他時，他不懂得回應。治療師特別為Kobe進行了改善描述能力的練習，例如以不同生活情節作題材，以擴闊他的想像空間。經過訓練後，Kobe在對話時多了眼神接觸，說話能力也有所改善，逐漸地能夠用言詞來表達不同的事物。「有一天，我呼喚他時，他懂得大聲回應說『媽媽』。」Kobe媽媽對兒子終於學懂回應自己的名字感到十分高興及欣慰，也十分感謝APF及治療師的幫助。

醫生其後評估Kobe可轉讀主流學校，努力多年終見曙光！Kobe媽媽形容這幾年的經歷有如坐過山車般，當中的起起伏伏，每一步都是一大挑戰。Kobe媽媽以少許猶豫卻又滿懷希望的語氣對我們說：「那一刻，我的心情十分複雜，就像在黑咖啡中嚐到了一點甜，我真的不敢相信！在未來的日子，我知道挑戰仍然存在，但我不會放棄，只希望Kobe能夠每天進步。」

Starting from that point, Kobe's mother tried hard to arrange all sorts of suitable training for him, including the one on one ABA treatment for one month at APF. At the beginning of the treatment, Kobe made little eye-contact with others and had difficulty in expressing himself, without knowing how to respond when his name was called. In view of Kobe's condition, our therapist designed a training plan specialised in improving the ability to express, using daily situations as a means to widen his imagination. After training, Kobe was able to communicate better with words and eye-contact. It was an exciting moment for Kobe's mother that Kobe was finally able to respond to his own name. "I remember calling out to Kobe one day, and he responded by calling me 'Mom' loudly!" said Kobe's mother who appreciates greatly the effort of our therapists.

After years of effort, Kobe's mother is finally seeing some light. A recent assessment made by the doctor suggested that Kobe can be transferred to a mainstream school. To her, the past few years were like riding on a roller-coaster. Every single step was a big challenge. She told us, with hesitation and hope, "When I heard that he could attend a mainstream school, my feelings were conflicting, like tasting sweet in black coffee. It is just too good to be true! Looking ahead, I know that there will still be challenges, but we will not give up. I just want Kobe to improve each and every day."



Kobe媽媽在旁觀察治療師如何運用ABA的技巧教導她的兒子。
Kobe's mother was observing the therapist how to apply ABA skills to teach her son.

活動回顧

Events & Activities

藍服日 Dress Blue Day

APF響應聯合國「世界關注自閉症日」的呼籲，於4月2日舉辦「藍服日」，目的是讓香港市民認識自閉症，提升公眾對自閉症人士的接納和關注。當市民更加認識自閉症人士及他們家庭所需要面對的狀況，大家的接納程度便會相應提高。

我們呼籲大眾在當日穿上代表支持自閉症人士的藍色衣服，並蒞臨我們於觀塘apm舉辦的活動。我們邀請了著名藝人鄧麗欣小姐(Stephy)與著名攝影師顏米羔先生(Mic-Go)擔任「藍服日2017」的主禮嘉賓，一起鼓勵自閉症兒童及其家長。他們即席以「藍服日」的主題——「發揮暖藍力量 一起關注自閉症」來設計T-shirt，以圖案代替語言去傳達關注自閉症的訊息。

另外，受惠家長心如媽媽和Ranon媽媽也到場分享照顧自閉症子女的困難和壓力。Ranon媽媽表示十分擔心兒子的成長，她曾花了許多時間教導Ranon認識詞彙，但他還是學不懂。後來為兒子報讀了APF的一對一密集式ABA治療，兒子其後有明顯進步。她說：「在APF完成了治療後，Ranon學懂了一些生字，而且可以主動用言語表達自己的需要。這些在他人眼裡可能是微不足道，但已足以讓我興奮良久！」

In response to “World Autism Awareness Day” (designated by the United Nations General Assembly), APF organised “Dress Blue Day” on 2 April to raise public awareness of autism. When the general public can have a better understanding about the challenges the families who have children with autism are facing, people would become more aware of it, the level of acceptance would increase accordingly.

We encouraged the public to dress blue which symbolised showing support to individuals with autism and join our event at apm (Kwun Tong). It was our great pleasure to have Ms. Stephy Tang (renowned celebrity) and Mr. Mic-Go Ngan (renowned photographer) as our officiating guests, and as supporters to children with autism and their families. During the event, they made use of the theme “Dress Blue Day” – “Increase Public Awareness on Autism; Spark the Power of Blue”, to design T-shirts. In this case, graphics were used instead of words to convey the message of understanding and acceptance of autism.

In addition, our beneficiaries Yu's mother and Ranon's mother shared their difficulties in taking care of their children. Ranon's mother expressed her concern for the growth of her son. She had spent a lot of time teaching Ranon different vocabularies, but he still could not understand. Then, she applied APF one on one intensive ABA treatment for Ranon. After the one-month treatment, her son had made significant progress. She said, “After having a treatment at APF, he has learnt many new words. He can also take the initiative to use different words to express his needs. This may be insignificant in the eyes of others, but it's enough to keep me excited for a long time!”



- 1 心如媽媽(右)和Ranon媽媽(左)在活動上分享照顧自閉症孩子的困難，因為擔心子女的情況而不禁落淚，但亦不忘互相鼓勵。
Yu's mother (right) and Ranon's mother (left) cried when they were talking about the difficulties of taking care of their children with autism, and they also encouraged each other at the same time.



- 2 鄧麗欣(Stephy)與顏米羔(Mic-Go)一起為APF設計T-shirt，以圖案代替語言去傳達關注自閉症的訊息。
Ms. Stephy Tang and Mr. Mic-Go Ngan designed T-shirts for APF, using graphics instead of words to convey the message of understanding autism.



- 3 受惠小朋友代表APF致送紀念品給鄧麗欣(Stephy)和顏米羔(Mic-Go)。
Beneficiaries on behalf of APF presented souvenirs to Stephy and Mic-Go.

慈善晚宴 Charity Gala Dinner



一年一度的慈善籌款晚宴在6月23日假港島海逸君綽酒店舉行。2017年適逢是APF的十週年，所以當晚的晚宴主題為「Golden 10 黃金十年」。我們很榮幸有200名來賓出席我們的籌款晚宴，他們都悉心打扮，一起為APF慶祝生日。

當晚的節目極為豐富，有慈善品酒環節、APS的學生表演、受惠家長分享，以及慈善拍賣等等。學生的表演節目非常精彩，不論是樂器演奏或是魔術表演，都讓台下觀眾嘆為觀止。而慈善拍賣環節是當晚的另一個「重頭戲」，在場的賓客均十分踴躍參與競投，氣氛激烈又緊張。

APF衷心感謝所有支持這次籌款晚宴的贊助商、嘉賓及義工們。全賴他們的熱心支持，我們當晚籌得逾170萬港元，用作開拓我們的服務，讓更多育有自閉症孩子的低收入家庭受惠。



Our annual Charity Gala Dinner was held at the Harbour Grand Hong Kong on 23 June. The theme of the event was "Golden 10" which aimed at celebrating APF's 10th Anniversary. It was honour to have 200 guests with us on that night, dressed up to match the theme for this amazing birthday party.

The programme that night was extremely rich, including a wine tasting session, students' talent shows, parents' sharing, a charity auction and more. The performances of the students of APS were very exciting; it did not matter whether it was a musical performance or a magic show, the audience was amazed. The charity auction was another highlight of the evening. The guests were all very focused on the bidding and tried to outbid each other which created a lot of excitements.

It was a great pleasure to have the sponsors, guests and volunteers to support this Charity Gala Dinner. With their generous support, we generated over HK\$1.7 million for expanding our services, so as to help more children with autism from low-income families.



- 1 炫匡媽媽(左)到場分享她照顧自閉症兒子的挑戰。Yuen Hong's mother (left) shared her challenges of taking care of her son.
- 2 晚宴的賓客都積極參與慈善拍賣，務求為APF籌募更多善款。All the guests actively participated in the charity auction, in order to raise more donations for APF.
- 3 超過200名嘉賓出席2017年的籌款晚宴。Over 200 guests attended the Charity Gala Dinner in 2017.

講座及工作坊 Talks & Workshops

APF一向十分著重教育及培訓，不論是對外（家長及老師）或是對內（員工：如治療師）都同樣重視。持續學習能夠增進知識，對我們的團隊而言，擁有豐富的ABA知識有助以多元化的技巧去改善小朋友的問題，並且協助家長減輕照顧子女的壓力。

APF always focuses on education and training, whether it is external (parents and teachers) or internal (internal staff like therapists). To our team, continuous learning can enrich our knowledge and help us become more capable to teach children with autism, so as to release parents' pressure from taking care of their children.

家長及幼稚園老師訓練 Training for parents and kindergarten teachers



小朋友最常接觸的就是家人及老師，因此APF會定期舉辦不同範疇的講座及工作坊，讓家長和老師可以及早識別、了解自閉症及處理他們的行為問題的方法。在2017年的講座題目十分具針對性，當中包括「如何診斷自閉症」、「如何有效地改善孩子的行為問題」及「增加孩子的自發語言能力」等。透過我們的講解、個案分享及即場示範，參加者能夠進一步認識自閉症及懂得如何改善孩子的行為問題。

除了講座，我們還安排了一連四節的工作坊予家長，課程內容由淺入深，教授ABA的基本理論及教學方法，並引用真實的個案，讓家長有實習的機會。工作坊以小班教學進行，務求讓每位家長在課堂上都有機會練習所學的技巧，我們的資深治療師會即時指導，使家長能確切地掌握ABA的技巧及提升他們在家中親自訓練小孩的信心。

Parents and teachers are the key contacts for children. Therefore, APF holds talks regularly to share information on diagnosing autism, understanding the details of autism and training approaches. In 2017, we held talks about “How to Diagnose Autism”, “How to Improve Children’s Behavioural Problems” and “How to Increase Children’s Spontaneous Language Skills”. During the talks, we used different materials such as videos, slideshows and demonstrations to guide the participants, so that they could gain further knowledge on autism and apply to their children.

Apart from talks, we also organised a four-session workshop for parents, hoping to teach them basic knowledge and practical skills on using ABA in training their children. We also used real examples, so that our Senior Therapist could do on-site skill demonstrations. The workshop was held in a small class setting in order to give more chances for the parents to practise what they learnt in lessons, and to get instant feedback and guidance from our Senior Therapist. Parents then would master their ABA skills and be more confident to train their children at home.

- 1 我們的資深治療師為幼稚園老師講解「如何分析及處理自閉症學生的行為問題」。Our Senior Therapist gave a school talk for kindergarten teachers.
- 2 除了理論課外，我們也提供實習機會予每位家長。資深治療師會從旁指導，務求令家長可以做得更好。Other than theories, each of the participants had a practical session. Our Senior Therapist guided them directly in order to improve their skills.

內部員工培訓

Training for therapists and supporting staff



APF強調服務質素及對治療師的培訓。治療師除了要參與每月一次的培訓，他們也積極參加與自閉症相關的課程或活動。在11月初，我們的團隊參加了一個為期兩天的自閉症研討會，六位主講的嘉賓均是來自美國的自閉症專家，他們介紹了自閉症的治療方法及親身示範ABA的訓練技巧。我們的治療師得到了一個寶貴的溫故知新機會，鞏固及增進了知識，在日後可更完善和有信心地服務自閉症兒童。

另外，我們於2017年參與了香港社會服務聯會的「星動計劃」。此計劃是協助慈善機構引進改善營運及有利發展的管理思維和知識。透過工作坊、研習及顧問服務，加強了我們有關長遠的策略及發展方向的知識。義務顧問還教授如何有效地推廣機構服務及與商界建立合作關係。

APF is committed to high quality services. Thus, we encourage our therapists to learn and accumulate more knowledge. Apart from attending a training session every month, our therapists would participate in different seminars or events related to autism. In early November, we joined a two-day autism conference. Six experts in treating autism from the United States shared their knowledge and experience with related professions. They introduced various kinds of treatments for autism and explained and demonstrated techniques in ABA. At this conference, our therapists were able to revise the basics; they brought new methods back to APF to serve in the best interests of children with autism.

APF signed up the “Project Star”, organised by The Hong Kong Council of Social Service, in 2017. The project aimed to assist NGOs in achieving effective management for the sake of development of the organisation. Two voluntary consultants assisted us in formulating long-term strategies and sustainable directions of development through multiple workshops and discussions. Furthermore, they shared experience on how to promote our services and establish partnerships with corporations.



- 1 透過多節的「星動計劃」工作坊，義務顧問引領我們的團隊確立及編制長遠的發展目標。
The voluntary consultants guided our team to establish and develop long-term goals in the “Project Star” workshops.
- 2 在研討會完結後，治療師都把握機會向專家請教。
After the conference, the therapists took the opportunity to seek advices from the experts.

親子活動 Family Activities

父母照顧子女需要承受一定的壓力，對有自閉症小朋友的家長，此情況則更為嚴重。因此，我們定期舉辦各類型輕鬆的親子活動，既可讓家長和小朋友互動同樂、增進感情，也提供社交機會予家長交流，建立互相支持的家長群體。

It can be stressful for parents, the problem is always more serious for those with children with autism. In view of this situation, we organise various kinds of family activities regularly. First, the activities can provide social opportunities for children with autism. Second, they can strengthen the interaction and bonding between children and parents. What is also important is that the interaction between parents can be enhanced from time to time, so that they can support one another.

親子創意無限興趣班 Family interest class

為響應「藍服日」及慶祝復活節，我們在4月舉辦了「藍服日派對」。義務導師前來指導小朋友製作彩繪曲奇餅。為配合「藍服日」的主題，所有參加者均穿上代表支持自閉症的藍色衣服出席。每個小朋友憑著他們豐富的想像力及創意，在曲奇餅上畫上自己喜愛的復活節小雞及復活蛋圖案等，創作出獨一無二的曲奇餅，大家都很满意自己的作品，紛紛拍下照片與朋友分享呢！

常聽說，畫畫可以讓人展現內心世界。我們於6月份特意安排繪畫工作坊，讓小朋友塗畫出想像中的海洋世界。他們知道作品能張貼在荔枝角港鐵站內的「社區藝術畫廊」，感到十分興奮及自豪。

雖然在曲奇餅上或畫紙上塗上顏色看似簡單，但對於自閉症小朋友卻是一大挑戰。能夠安坐，專注地塗顏色和完成作品，實是難能可貴。

To support "Dress Blue Day" and celebrate Easter, we organised a "Dress Blue Day Party" and invited a volunteer tutor to teach the children how to decorate cookies with different patterns in April. Every participant dressed blue on the day to show support for "Dress Blue Day". The tutor patiently instructed them in drawing on the cookies. Children drew their own Easter chicken and Easter egg freely using their imagination and creativity. Everyone loved their own unique and colourful cookies!

It has been said that painting can express one's self, therefore we arranged a painting workshop in June. The children were encouraged to draw an imaginary ocean world, and then the artwork was displayed at the Lai Chi Kok MTR Gallery. Both the parents and children were thrilled and proud.

Although it seems easy to paint on cookies or paper, sitting nice and still is a huge challenge to children with autism. The parents were grateful that their children could concentrate on the activities with help from the tutors.



1 匡匡塗上自己心目中的小烏龜，而作品張貼在荔枝角地鐵站供大家欣賞。

Hong painted his own turtle and his art piece was displayed at the Lai Chi Kok MTR Gallery.

2 小朋友參加「藍服日派對」，一起發揮創意，做出獨一無二的七彩曲奇。

Children joined our "Dress Blue Day Party", created their own unique and colourful cookies.

齊來探索新事物 Let's go on adventures



不少家長都會在暑假為子女安排活動，APF於是安排了大家去參觀交通安全城及益力多廠。

交通安全城內設有模擬道路、1:1交通燈、斑馬線、安全島及行車標誌，在場的警察以輕鬆的手法教導小朋友交通規則，小朋友有機會進行角色扮演，分別踏著單車扮演小司機和途人，將剛汲取的知識活學活用。

在暑假的最後一天，小朋友及家長浩浩蕩蕩地參觀益力多的「出生地」。小朋友一邊品嚐益力多，一邊聆聽導賞員姐姐的講解。隨後便是大家期待的參觀生產廠房的環節，可以看到益力多的生產線，如何運用不同的機器將益力多注入小瓶裡，再包裝成為一排五枝的益力多。

小朋友當然樂在其中，而家長再次踏足充滿兒時記憶的地方均是童心大發，趁機重拾快樂的童年回憶！

During the summer, APF arranged some adventures for the children — the Road Safety Town and Yakult Factory.

There was a simulated road environment in the Road Safety Town with traffic lights, crosswalks, islands, etc. A policeman explained traffic rules to the children in an interesting tone and instructed them with role-play. Some played drivers on bicycles while some were pedestrians. They all learnt a lot and played happily that afternoon.

Everyone was excited to visit where Yakult was produced on the last day of the summer vacation. During the visit, each child was given a complimentary bottle of Yakult while the tour guide explained how Yakult was produced. We then went inside the manufacturing room and observed how the machines worked, from injecting Yakult into a bottle to packing it in containers of five. It was one interesting visit!

Most parents had visited these two places when they were young and were happy to visit them again with their children!



- 1 以動畫及角色扮演為渠道，成功令小朋友學懂不少交通規則。
Through videos and role-play, the children learnt a lot of traffic regulations.
- 2 小朋友及家長參觀益力多的廠房感到十分興奮。
Everyone was excited to visit Yakult Factory.

跳出課室，認識香港 Learning outside of classroom



百人親子聖誕派對 Christmas party with 100 parents and children

甚麼是小朋友在聖誕節最期待呢？當然是聖誕大派對。我們邀請了逾百位小朋友及家長一同慶祝聖誕節，義工們先為小朋友戴上聖誕帽，搖身一變成為「迷你聖誕老人」。好動的小朋友隨即跳進波波池內，投入在電子互動遊戲中，而較文靜的一群則去玩巨型層層疊，笑聲此起彼落。

聖誕派對當然少不了幸運大抽獎及遊戲環節，大家都十分投入，落力爭取大獎。另外，我們預備了聖誕福袋和玩具送給每一位小朋友，而家長們也得到由我們的主席 Toby Mountjoy先生送出的《工程進行中》（一本詳細介紹 ABA的工具書），每一位都是滿載而歸。

派對在歡笑聲之下結束，每位小朋友及家長的臉上都掛著笑容。我們的團隊重遇了之前完成了一個多月密集式治療的小朋友，他們長高了，而且在說話溝通和社交上都進步不少，我們都為他們感到高興。APF感謝所有鼎力支持這次聖誕派對的贊助者及義工們，與我們攜手帶歡樂予每位小朋友，為他們留下美好的回憶。

What brings children happiness during Christmas time? The answer is a Christmas Party! More than one hundred parents and children celebrated Christmas with us in 2017. All children put on Christmas hats and then turned into mini Santas! Some of them played with a ball pit and interactive video games, while others played with a large size Jenga. The venue was full of laughter!

The Christmas party of course had lucky draws and games. Everyone played hard in the games to win big prizes. Besides, we prepared goodie bags and toys for every child. For parents, a book called "Work in Progress" was given to them as a Christmas gift. It was a reference book which introduced the application of ABA. All the books were donated by our Chairperson, Mr. Toby Mountjoy.

Everyone left with a smile when the party ended. Our team was excited to meet the children again — they had grown taller and showed improvements in communications and social skills. APF was grateful to our sponsors for the party and the support from volunteers. It meant a lot to us that we could bring happiness to our beneficiaries.

特別鳴謝Hallmark Cards (HK) Ltd. 贊助藍服日派對、交通安全城、益力多廠及天際100香港觀景台之參觀活動，以及何倍倩小姐和天一物流集團有限公司贊助聖誕派對的禮物，還有義工們對所有活動的熱心支持。

Special thanks to Hallmark Cards (HK) Ltd. for sponsoring the Dress Blue Day Party, the visit to the Road Safety Town, the Yakult Factory and the Sky100 Hong Kong Observation Deck; and to Ms. Anina Ho and Sky One Logistics Group Ltd. for sponsoring the gifts for the Christmas Party. We also appreciate the great support of all the volunteers.

- 1 午餐伴以高角度的美景，真是一大享受呢！
It was a great time to have lunch with beautiful sceneries from a high angle!
- 2 峰峰到了觀景台，立即邀請家人與他拍照。
Fung arrived the observation deck and invited his mum to take a photo with him at once.

不只課室，其實任何一處地方都可以成為學習場所。有賴合作夥伴的贊助，我們為受惠兒童帶來不一樣的體驗及學習機會。在11月，我們攜同80位小朋友和家長參觀了全港最高的天際100香港觀景台。當天風和日麗，天氣很好，大家都能夠從高處清晰地觀賞香港的建築物及景點。從小朋友的表情見到他們非常興奮雀躍，可見活動擴闊了小朋友的視野。

Learning should not be limited to a classroom. With the sponsorship from our partners, we brought 80 children and parents to the Sky100 Hong Kong Observation Deck to observe Hong Kong from another angle, so as to broaden their horizons. We could tell from the expressions on their faces that they were all thrilled by and satisfied with the visit.



- 3 贏得獎品的幸運兒，從APF董事Stephen Gore先生(右)手上領取禮物。
The lucky winner received a gift from Mr. Stephen Gore (right), the Director of APF.
- 4 傑仔以完整的聖誕老人造型贏得「最佳服飾獎」。
Kit dressed as Santa Claus and won the "Best Dressed Award".
- 5 陣容龐大的聖誕節派對，每位參加者都是滿載而歸。
With a large-scale Christmas party, each participant was fully loaded.

家長活動 Activities for Parents

家長經常面對不同的挑戰和壓力，他們往往只專注在照顧小朋友，忽略了自己身心的需要。我們鼓勵及提醒家長需要先照顧好自己，才能有魄力去照顧孩子，所以我們在2017年舉辦了一些專為家長而設的活動。

Parents always face a lot of pressure from taking care of children and neglect their own needs. For this reason, we organised some activities specifically for parents in 2017, to remind and encourage parents taking good care of themselves before they can take care of their children.

家長減壓工作坊 Stress relief workshop

「你有壓力，我有壓力。」養育子女是一份沒有假期的工作，而照顧自閉症小朋友的家長，普遍都會有精神緊張、情緒繃緊的狀況。APF特別為家長準備了一場減壓工作坊，為他們舒緩壓力。透過工作坊，家長能夠學習適當的態度去面對自己的情緒，緩和緊繃的精神狀態。

Being a parent can be very stressful. From time to time, our bodies may become stiff and our emotions may be on edge. APF arranged a stress relief workshop for parents. Through the workshop, parents could learn to face their emotions with a proper attitude, thus easing the tight mental state.



瑜伽體驗班 Yoga class

不少家長忙於照顧孩子，沒有時間好好休息和做運動。我們特意在孩子上學的時間安排了兩節的瑜伽課。家長可以暫時放下家務，完完全全地享受做瑜伽時的一份寧靜。義務導師教授了腹式呼吸法及一些簡單的瑜伽動作，使家長們能夠放鬆心情，讓繃緊的肌肉得以伸展。另外，每位家長可以向導師提出最想改善的身體問題，如腰痛或膝痛，導師隨即示範有助改善該問題的瑜伽動作，他們其後可繼續在家中練習，使痛症得以舒緩。

鳴謝：義務瑜伽導師鄭女士



Many parents are too busy in handling family matters and forget the importance of exercise and rest. We held two sessions of yoga classes during the training time of the children, so that the parents could temporarily put down their worries, fully invest themselves into yoga and enjoy the calmness. The volunteer instructor first briefly introduced breathing exercises and some basic yoga poses, which could quiet the mind and help the parents stretch their bodies. Furthermore, every parent shared one problem of their bodies which they wanted to improve the most, such as wrist pain or knee pain. The instructor then demonstrated a yoga posture that could help alleviate the problem and allow the parents to continue to do exercises at home by themselves.

Acknowledgment: Ms. Kwong, volunteer yoga instructor

- 1 在照顧子女成長的旅途上，家長面對不同的挑戰。透過減壓工作坊，每位家長可以分享當家長的壓力。大家彼此支持是放鬆、紓壓的最好方法。
Parents face different challenges in the journey of parenting. Through the workshop, they shared the stress of taking care of their children. This social support was very helpful for relieving their stress.
- 2 在瑜伽課上，家長可以完完全全放鬆及享受安寧。
During the yoga class, parents could completely relax and enjoy peace of mind.

夥伴合作 Partnerships

在2017年，APF得到不少企業及機構的支持，讓我們有不同的機會去推廣服務和籌募經費。特別鳴謝香港亞洲之友和「瑞銀香港高爾夫球公開賽慈善盃2016」，他們捐贈了120萬港元，連續兩年贊助我們的「一個月一對一ABA治療服務計劃」。

另外，APF有幸參加了AEON Stores的「幸福的黃色小票活動」，其捐出的物資讓我們建設更理想的學習環境予自閉症兒童。我們還成為了「小小慈善音樂家2017」的受惠機構，獲得五萬元的捐款來推行服務。香港兒童足球學校在8月舉行了「兒童足球節」，APF有三位受惠兒童參加其中一個組別的足球比賽，而且我們也是這次活動的受惠機構。在聖誕期間，香港愛樂管樂團在香港文化中心露天廣場舉辦了「2017 A Band X'Mas聖誕管樂伴我港」，並由尊尚集團全力贊助。我們很高興能以受惠機構的身份參與其中，一同見證千人大合奏的壯舉。

In 2017, APF was glad to have the support from corporations and organisations, giving us different opportunities to promote our services and do fundraising. Special thanks to Friends of Asia Hong Kong and the "UBS Hong Kong Open Charity Cup 2016". With their donation of HK\$1.2 million, we were able to continuously implement the "one-month one on one ABA treatment" to underprivileged children with autism in 2017.

Furthermore, we participated in the "Yellow Receipt Campaign", organised by AEON Stores. The in-kind donations received helped us create a better learning environment for children with autism. We were also the beneficiary of the "Little Musical



Philanthropist 2017" and received a donation of HK\$50,000 to support our services. The Hong Kong Youth Soccer Academy held the "Youth Soccer Festival" in August. APF arranged for three children to play in one of their soccer games, and we were delighted to be the beneficiary of this event as well. At Christmas, the Hong Kong Wind Philharmonia organised the "2017 A Band X'Mas" at the Hong Kong Cultural Centre Piazza, which was sponsored by Dynasty Financial Group. It was our pleasure to participate in it as the beneficiary organisation and witness the grand ensemble of over a thousand musicians.



- 1 APF董事Mark Williams先生(右一)與其他受惠機構一同從主辦單位手中接過捐款支票。
APF's Director, Mr. Mark Williams (first from right), received the donation cheque from the event organisers with other beneficiaries.
- 2 小朋友很開心能夠參加「兒童足球節」，在球場上都認真比賽。
Children were happy to join the "Youth Soccer Festival", and played hard in the soccer games.
- 3 顧客將黃色小票放進所支持的慈善團體的投放箱，AEON Stores便會將金額的1%，以物資形式捐贈給受惠機構。
Customers put their yellow receipts into the boxes of their selected organisations, and AEON Stores would base on 1% of the amount to make an in-kind donation to the beneficiaries.
- 4 在聖誕期間於維港美景前見證千人大合奏，真是莫明興奮！
It was exciting to witness the scene of the ensemble of over a thousand performers in front of the Victoria Harbour during Christmas!

義工支援 Volunteers' Support

APF一直致力提供各類型的支援予來自基層的自閉症兒童及其家庭，以及舉辦不同的籌款活動，籌募經費來推行服務。義工的角色在當中是不可或缺的，例如協助舉行各項親子活動、籌款活動、文職支援、平面設計及翻譯等。除了個人義工外，一些商業機構的義工團隊也樂於參與，讓我們的各項活動能順利進行。APF本著義工服務是雙向的理念，義工提供協助之餘，我們同樣也著重義工的意願，好讓他們從義務工作中有所得著。

APF衷心感謝每一位義工的支持，期盼更多朋友願意加入我們的義工團隊，一同幫助更多自閉症兒童！

APF is committed to providing diverse support to children with autism and their families, and also raise funds for our services. Volunteers play an important role in all our endeavours. They would support our activities for beneficiaries, fundraising events, clerical work, graphic design and translation. In addition to individual volunteers, we also have volunteer teams from our corporate partners to participate in our services. APF believes that volunteer work is mutually beneficial; not only do the volunteers provide support to us, but they can also be satisfied through volunteer work.

APF would like to thank all volunteers for their kind support, and hope that more people will join our volunteer team so that more children with autism can benefit!

義工聚會 Volunteer gathering

為了建立義工之間的凝聚力，我們在9月份舉辦了一個押花咭工作坊。一位資深的押花導師義務教授押花的基本技巧，每位參加者都非常用心，成功製作了多張獨一無二的押花咭，也讓義工們在過程中互相認識及分享他們有趣的義工經驗，彼此交流對義工服務的想法。我們同時也與義工分享了APF的最新動向及ABA治療的特點，加深大家的了解，為未來一同工作打好基礎。

Aiming at enhancing the cohesion among and between volunteers and our team, we organised a pressed flower card workshop in September. An experienced voluntary art and craft teacher led the workshop. With the teacher's guidance, all volunteers successfully made their own cards. After that, we arranged an introductory sharing session to help volunteers understand our services, the model of our ABA programmes and we also collected their feedback so that we can work together smoothly in the future to support more children with autism.



親子活動 Family activities

APF於2017年舉辦了不少親子活動，如參觀交通安全城、天際100觀景台及益力多廠等；另外還有藍服日派對及聖誕派對。在這些活動中，往往都會看到義工們的身影。得到他們的協助，活動才得以流暢地進行及完成，讓家長和小朋友擁有歡樂的時刻。

APF organised a series of family activities in 2017, such as visiting the Road Safety Town, the Sky100 Observation Deck and the Yakult Factory. We also held a Dress Blue Day Party and a Christmas Party. During these activities, it was not difficult to spot the contributions of our volunteers. These activities could not be held smoothly without them. Thank you, volunteers!

- 1 義工們專心一致地製作押花咭。
Volunteers concentrating on making pressed flower cards.
- 2 小朋友、家長與義工在交通安全城的合照，保留愉快的回憶。
Our beneficiaries and volunteers preserved their happiness at the Road Safety Town by taking photos together.

籌款及推廣活動 Fundraising and promotion

APF是財政獨立的慈善機構。我們舉辦不同的籌款活動，及尋找商界夥伴的支持來推行服務。在2017年，我們很榮幸能夠成為AEON Stores的「幸福的黃色小票活動」和香港兒童足球學校的「兒童足球節」之受惠機構。這兩項活動都需要大量義工，如協助義賣和介紹我們機構的服務予在場人士，令更多市民認識APF和支持我們的服務。

APF is a financially independent charitable organisation. We organise different fundraising activities and cooperate with business partners to raise funds for supporting our services. In 2017, we were delighted to be the beneficiary of the "Yellow Receipt Campaign" of AEON Stores and the "Youth Soccer Festival" organised by the Hong Kong Youth Soccer Academy. These events required a large number of volunteers for managing charity sale booths and introducing our organisation to the participants and people passing-by, so that more people could learn about APF and support our services.



支援工作 Supporting roles

除了籌辦活動外，APF會定期發佈一些文章、發行通訊及年報等，讓公眾了解我們的服務，從而推廣有關支持自閉症的公眾教育。義工們會協助我們進行翻譯、處理郵件的工作，還有拍攝宣傳或活動照片和負責設計工作等，他們的力量支援機構的運作，減輕了團隊的工作量，同時減低了成本，令更多服務使用者可以得益。

Apart from organising activities, APF has regularly published articles, newsletters and annual reports to let the public learn more about our services and to promote public education on autism. Volunteers would assist us with translation, lettershop, taking photos for promotion and activities, handling design tasks, etc. Their efforts reduce our costs very much, so that more people in need can enjoy our services at last.

APF的運作是不能單靠我們的職員團隊，背後還有一群熱心為自閉症社群服務的義工。我們歡迎及期待有更多新義工的加入，一同攜手為自閉症兒童及其家庭帶來更精彩的未來。

The running of APF does not rely only on our staff members, but also a group of passionate volunteers who are willing to contribute their efforts to enhancing the quality of life of children with autism and their families. We welcome and look forward to encountering new volunteers so that we can join hands in bringing a brighter future to children with autism.

義工表格 Volunteer Form: goo.gl/1EkFNU



財務摘要

Financial Highlights

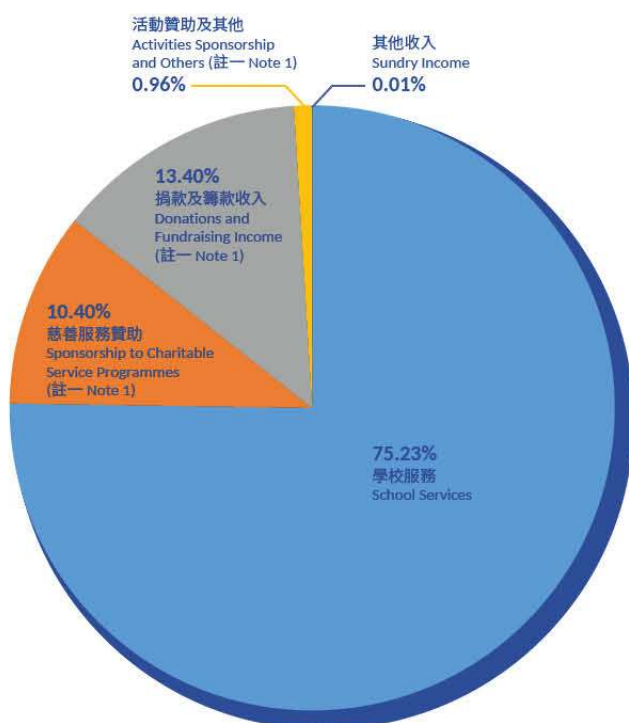
此財務摘要摘自愛培自閉症基金有限公司截至2017年12月31日止的審計財務報表上的資料，並非正式的財務報告及報表。

愛培自閉症基金有限公司截至2017年12月31日止的審計財務報表由執業會計師練經緯先生審核，並以港幣表示。

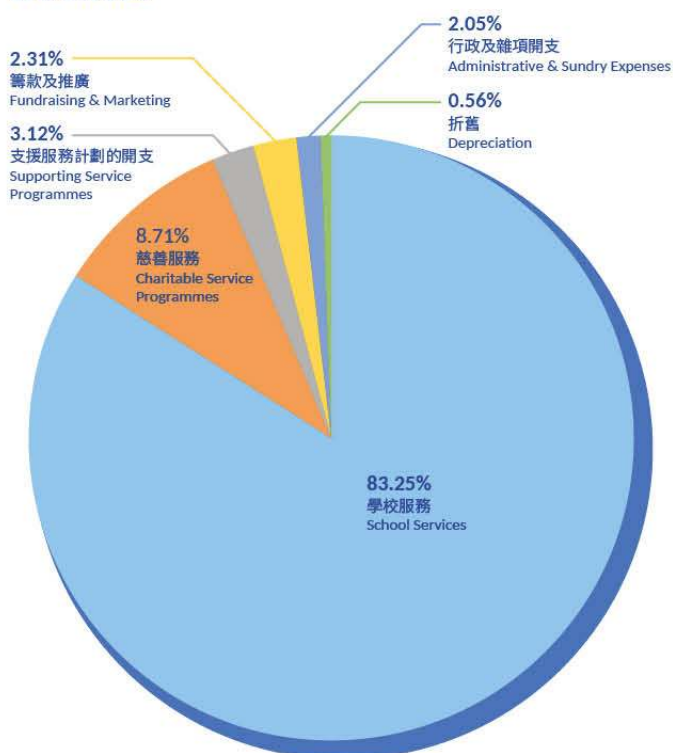
These financial highlights are extracted from the financial statements of Autism Partnership Foundation Limited for the year ended 31st December 2017; the information below is not a statutory financial report or statements.

The Reports and Financial Statements of Autism Partnership Foundation Limited for the year ended 31st December 2017 is audited by Messrs. Lin King Wai, Certified Public Accountant (Practising) and expressed in Hong Kong Dollar.

收入 INCOME



支出 EXPENSES



收入 INCOME

	HKD (港幣)
學校服務 School Services	\$12,283,444
慈善服務贊助 Sponsorship to Charitable Service Programmes (註一 Note 1)	\$1,697,369
捐款及籌款收入 Donations and Fundraising Income (註一 Note 1)	\$2,188,269
活動贊助及其他 Activities Sponsorship and Others (註一 Note 1)	\$156,559
其他收入 Sundry Income	\$986
總收入 TOTAL INCOME	\$16,326,627

註一：支持在家長資源中心推行的慈善服務計劃

Note 1: for supporting charitable service programmes at Parents Resources Centre

支出 EXPENSES

	HKD (港幣)
學校服務 School Services	\$12,551,882
慈善服務 Charitable Service Programmes	\$1,428,921
支援服務計劃的開支 Supporting Service Programmes	\$338,088
籌款及推廣 Fundraising & Marketing	\$345,255
行政及雜項開支 Administrative & Sundry Expenses	\$191,270
折舊 Depreciation	\$83,505
總支出 TOTAL EXPENSES	\$14,938,921
盈餘 SURPLUS / (赤字 DEFICIT)	\$1,387,706

資產 ASSETS

	HKD (港幣)
非流動資產 Non Current Assets	
物業、廠房及設備 Property, plant and equipment	\$144,551
流動資產 Current Assets	
存款、預付款和其他應收款 Deposits, prepayments and other receivables	\$441,875
應收關聯方款項 Amount due from a related party	\$729,774
現金及銀行存款 Cash and bank balances	\$1,141,349
	\$2,312,998
流動負債 Current Liability	
應計及其他應付賬款 Accruals and other payables	\$38,051
應付董事款項 Amount due to a director	\$2,000
	\$40,051
流動資產淨值 Net Current Assets	\$2,272,947
資產淨值 NET ASSETS	\$2,417,498

The figures and financial information relating to the year ended 31st December 2017 included in this document are not the Company's statutory annual financial statements for that year.

As the Company is a company limited by guarantee, the Company is required to deliver its financial statements to the Registrar of Companies, and has done so.

The Company's auditor had reported to those financial statements and did not contain a statement under sections 406(2), 407(2) or (3) of the Companies Ordinance.

鳴謝

Acknowledgment

APF - 慈善服務 / Charitable Services

機構 Organisation

AEON Stores (Hong Kong) Co., Ltd.
AlanMokPhoto
Anisha A. Hotwani Memorial Fund Ltd.
apm
Apple Daily Charitable Foundation
Autism Partnership Ltd.
Auxano House
Bank of America Merrill Lynch
Best Pool Soccer Ltd.
Brown-Forman Hong Kong Ltd.
Brunswick Group
Credit Suisse Group
Crown Wine Cellars Ltd.
Dynasty Financial Group Ltd.
ECCO Shoes Hong Kong Ltd.
Finsbury Asia Ltd.
Florence C Banales
Friends of Asia Hong Kong Ltd.
Goldman Sachs Gives

Hallmark Cards (HK) Ltd.
Hasbro Far East Ltd.
Hong Kong Commercial Broadcasting Co., Ltd.
Hong Kong Golf Club
Hong Kong Performing Artistes Guild
Hong Kong Sky Deck Ltd.
Hong Kong Trade Development Council
Hong Kong Yakult Co., Ltd.
Hong Kong Youth Soccer Academy
J. Wong & Company Ltd.
Japan Home Centre
KPMG
Lifewire Foundation Ltd.
Little Fortune
LTA & Company
Magic Fingers Music Academy
Mourant Ozannes
MTR Corporation Ltd.
Ocean Park Hong Kong

Ohpama.com
Pierre Hermé Paris
ProEvents Management Ltd.
Ruby Tuesday
Schogetten
Sky One Logistics Group Ltd.
So. G Hair Salon
The Hong Kong Council of Social Service
The JC Group
The Peninsula Hong Kong
The Swire Group Charitable Trust
The Victoria Dispensary
Town House Ltd.
Twopresents
UBS Hong Kong Open Charity Cup
Victory Win (China) Ltd.
Vitamin Boost Global Ltd.
YMCA College of Careers

個人 Individual

Ms. Au, Angel
Ms. Banales, Florence
Mr. Barsha, Tom
Mr. Bateman, John
Mr. Beacham, Andrew
Mr. Beaton, Kirk
Mr. Biller, David
Mr. Bothwell, Callum
Ms. Bothwell, Kate
Mr. Bourbon, Prinses De
Mr. Boyd, Kelvin
Mr. Chan, Kwok Leung
Mr. Chan, Tsz Hang
Mr. Chau, Adrian
Ms. Cheng, Joyce
Mr. Cheung, Cheuk Kiu
Mrs. Cheung, Chung Wai Sum
Ms. Cheung, Hoi Ping
Mrs. Cheung, Vivian
Mr. Choi, Edmund
Ms. Chow, Tin Yan
Ms. Chung, Sherman
Ms. Copeman, Julian
Ms. Dagan, Ela
Ms. Dagan, Iris
Mr. De Eb, Gregory
Mr. Donde, Mandar
Mr. Ferreira, Salvio
Ms. Flower, Daniela
Mr. Fung, Ben

Mrs. Fung, Scarlet
Mr. Gillman, Richard
Mr. Goldberg, Adam
Mr. Gore, Stephen
Mr. Grandolfo, James
Ms. Ho, Anina
Mr. Hotwani, Arjun J
Ms. Ip, Karen
Mr. Iu, Vincent
Mr. Koh, Howard
Ms. Kwong, Mei Kuen
Mr. Lau, Hon Kit
Ms. Lau, Sze Man Phoebe
Mr. Leaf, Ronald
Mr. Leung, Kelvin
Ms. Leung, Olivia Shek Ling
Mr. Leung, Pui Chiu
Ms. Leung, Wai Man
Mr. Lewis, Anthony John
Mr. Li, Helen
Ms. Ma, Christine Hau Kwan
Mr. Ma, Ngok
Mr. Mackay, Stuart
Ms. Margaretha, Wyss
Mr. Mella, Teg
Mr. Meraj, Adnan
Mr. Min, Ji Hong
Mrs. Min, Soojin
Mr. Mok, Alan
Ms. Mok, Ting Ting

Mr. Mountjoy, Toby
Ms. Ng, Ivy Wing Yee
Ms. Ng, Wai Ling
Mr. Ngan, Mic-Go
Mr. Orders, Richard
Ms. Orvay, Aniello
Mr. Pak, Wai Tao
Ms. Pang, Hilda
Mr. Pang, Kenneth
Mr. Payne, Tim
Mr. Pogson, Keith
Mr. Roberts, Simon
Mr. Roskes, Jonathan
Mr. Scroggie, Paul AJ
Mr. Shamon, John
Mr. Sherwood, Thomas
Ms. Si Tou, Pui Man
Mr. Siewert, Patrick
Mr. Stone, Jonathan
Ms. Suen, Boony Wai Yee
Mr. Suen, Dicky Yiu Chung
Mrs. Suen, Elizabeth
Mr. Tagliere, Daniel Gerar
Mr. Tam, Alan
Mr. Tan, Nicholas
Mr. Tang, Bernard Fai Cheong
Mr. Tang, Fai Cheong
Ms. Tang, Stephy
Mr. Taylor, Stephen
Mr. Thompson, Jim

Mr. Tracy, Alec
Mr. Tsang, Eddie
Mr. Tsang, Eric
Ms. Tsang, Ruth
Mr. Tsao, Chiu Yee
Mr. Tse, Brian
Mr. Tso, Kin Hang
Ms. Tsoi, Linda
Mr. Tsoi, Samon
Mr. Wai, Yim Chau
Ms. Wang, Elizabeth Lily Chiang
Ms. Weeks, Laura
Mr. Wei, He
Mr. Williams, Mark
Mr. Wong, Andy
Ms. Wong, Anna
Ms. Wong, Chien Chien
Ms. Wong, Fung Lin
Ms. Wong, Kandy
Mr. Wong, Pui Lam
Ms. Woon, Annie
Mr. Yim, Kai Yan
Ms. Yim, Shuk Ching
Ms. Yu, Candice On On
Mr. Yu, Marcus Kwong Sang
Ms. Yung, Kit Sum
忠哥及輝哥

愛培學校 / APS

機構 Organisation

Hong Kong Golf Club
Kennedy School
Ruby Union
The Captial HK Ltd.

個人 Individual

Ms. Ang, Carol
Ms. Cheung, Michelle
Ms. Chiu, Linda
Mr. Chung, Simon
Mr. Fung, Ben

Mrs. Min, Soojin
Ms. Pang, Hilda
Ms. Wong, Bessie
Ms. Wong, Winnie

家長分享

Sharing of Parents

傑仔媽媽
Kit's mother



「在短短20天的訓練後，傑仔講多了說話，語句也變得長了，而且學懂了冷靜和控制情緒，整個人都開心了很多！」

"After 20 days, Kit now can speak more than before and is able to use longer sentences. Besides, he has learnt how to calm down and become happier!"

Ranon媽媽
Ranon's mother



「Ranon學會了回答自己的名字、歲數、住處等等...我真是覺得很厲害。感謝APF的幫助，讓我們這些低收入家庭的孩子有機會接觸到ABA治療，也讓家長學懂一些技巧去幫助孩子，點燃了希望。我們的孩子是會進步的。」

"Ranon has learnt how to answer questions about his name, age, address, etc. I am really amazed by his improvements. APF provides an opportunity to grassroots families like us to get in touch with ABA therapy and also teach us some skills in supporting our children. All these give us hope that our children would improve."

曦曦媽媽
Hei's mother



「曦曦多了主動同人溝通，回應問題時也進步了。之前報讀過其他機構的幼兒導師密集班和社交小組，但效果不及ABA明顯。我而且非常欣賞治療師Crystal，她很專業兼有耐性，對小朋友親切，令家長好安心，是100分的治療師。我對這個零挑剔，團隊合作也很好。」

"Hei has become more active in communicating with people and responding faster to questions. Hei joined some intensive classes and social groups organised by other institutes, but the effectiveness was not as obvious as ABA. I also appreciate the effort made by the therapist - Crystal. She is patient and very nice to kids. I am so relieved to have her as Hei's therapist."

軒軒媽媽
Hin's mother



「私人機構的ABA治療費用十分昂貴。感謝APF能幫助我們這些基層家庭，在未來日子祝願你們能幫到更多有需要的小朋友。」

"The price for ABA therapy is so expensive in private institutions. I am really grateful that APF offers help to grassroots families like us. I hope APF can help even more families in need in the future."

天天媽媽
Tin's mother



「謝謝治療師教識天天知道要大聲說話和怎樣向別人提問，而且望人的眼神也有明顯進步。在訓練的第五天他已經學懂注視我，並用語言向我提出要求，這令我感到意外！」

"Thanks to the therapist, Tin has learnt to speak louder, ask questions and have eye contact with people. I am so surprised and amazed that Tin was able to look at me and raise out requests on the fifth day of the training!"

Jovi媽媽
Jovi's mother



「Jovi在控制情緒方面進步了很多，發脾氣的狀況也減少了。儘管偶有鬧情緒也較以往容易冷靜下來，而且能夠接收到別人的指令。」

"Jovi has showed improvements in controlling his emotions and the frequency of losing temper has decreased. He becomes easier to calm down and is able to receive instructions from others."

愛培自閉症基金致力透過專業的密集式應用行為分析治療，幫助自閉症兒童發揮其最大潛能及支援其家庭成員，讓他們開展更豐盛的人生。

Autism Partnership Foundation strives for the best potential of children with autism by intensive and professional Applied Behaviour Analysis and supports their families to improve their quality of life.

愛培自閉症基金 Autism Partnership Foundation

■ 家長資源中心

Parents Resources Centre

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🏠 www.apf.org.hk

📘 APFHongKong

■ 愛培學校

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