



## Helping Children Shine for 50 Years

*Heep Hong Society has its origin in 1963, when a group of volunteer women cared for the physical and psychological health of children affected by poliomyelitis. Since then, 50 years have passed. With the concerted efforts of parents, donors, partners, government departments, fellow practitioners and other supporters, the Society has helped thousands of children of different abilities develop their potential blissfully through the provision of professional training.*

### Developing Social Communication Skills

When Ze-hao failed to say single words at the age of two, and lacked of interaction with people. He threw tantrums

easily and was hyper-sensitive to sound. Half a year later, he was diagnosed with autism.

Upon admission to Heep Hong's Wan Tsui Special Child Care Centre, Ze-hao's condition took a turn for the better. Mrs Chen said, 'The speech therapist taught him to use sign language & pictures to express his needs. Then he gradually developed verbal skills. By the time he first called me "Mummy", I burst into tears out of joy.' His hyper-sensitivity to sound has also improved. Mrs Chen remarked, 'When he heard a kid crying, he used to hit that kid and fiercely pull his own hair. Gradually, he learnt to cover his ears in a quiet corner, and was even able to comfort a crying child by handing him a Kleenex.'

During his stay in Heep Hong Society, the teachers noticed that Ze-hao has a talent for painting. They arranged experienced artists to bring out his best. Throughout the years, Ze-hao has developed his interest and skills in drawing, and won various awards for his artworks.



► Ze-hao has developed his interest and skills in drawing under the guidance of his mother and teachers at centre



▼ Kenny was educated according to his strength at Heep Hong



► Dicken (R2 at the back) and his mum (R1 at the back) have been empowered by training and support services at parents resource centres



## Overcoming Learning Difficulties

At the age of four, Chan Tsz-pin was found to have difficulties with writing and reading Chinese, including clumsy calligraphy, disproportionate components, and a slow pace of learning new words, and quickly forgetting vocabularies acquired. Mrs Chan recalled, 'Once or twice, she cried out that studying was very painful, and she felt unhappy to let family members down.'

Half a year later, Tsz-pin joined the 'Read & Write: A Jockey Club Learning Support Network'. After group training, her language learning performance has remarkably been enhanced. Mrs Chan highlighted, 'Her stroke sequence and calligraphy have improved, spacing between characters is less uneven. Besides, her interest in and sensitivity to Chinese characters are strengthened. When she comes across new words, she takes the initiative to ask me, and gradually her vocabulary expands.'

Overcoming the learning difficulties has not only laid solid foundation for Tsz-pin's future development, but also strengthened the parent-child relationships. Mrs Chan is now more confident in Tsz-pin's future than ever before.

## Integrating with the Community

Dicken Lo is 28 years old now. At the age of two, he was diagnosed as having autism features. Mrs Lo said, 'The community was not well versed in developmental disorders, and there was not enough social support. Thanks to the professionals of Pak Tin Early Education & Training Centre, Dicken's social adaptation skills have been greatly enhanced.' In his teens, Dicken for a couple of times participated in 'The Autistic Youth Pre-job Training Programme' held by Hoi Fu Parents Resource Centre. He was granted placements in various companies to enrich his work experience, and coached by instructors on social manners. He has also succeeded in landing himself an office assistant position at a company through the pre-job training programme since 2011.

For 23 years, the interest groups for siblings of special needs children served to help sisters of Dicken understand and accept their brother more. Mrs Lo has been an enthusiastic participant in the activities of Parents Resource Centre. She also formed volunteer groups with other parents and devised play groups for children with special needs. Mrs Lo said, 'I am among the earliest participants

of the Parents Resource Centre which I take it as my home. The recent positive thinking training held by Heep Hong centres has also helped me to look on the bright side, and help other parents in need.'

## Extending Helping Hands to Others

Kenny So was admitted to Heep Hong's Mary Wong Centre in 1979. He suffers from ataxic cerebral palsy, manifested in uncoordinated muscle movements of limbs. Yet, his intelligence quotient is above average. 'The teachers at centre strengthened singing, drawing and writing elements in curriculum to educate him according to his ability. Under the intensive training in Heep Hong, Kenny has developed his self-care skills and independence,' Mrs So recalled.

Throughout his study and job-seeking process, Kenny was beset with difficulties due to physical impairment. Now, he realises that his cerebral palsy is but a feature, not a disability, and regains his self-confidence.

In recent years, Kenny was presented with various awards in recognition of his efforts to overcome the challenges. He has become a registered social worker. 'With my own stories, I wish to inspire others, in particular, those with impairments, to discover their own meaning of life,' Kenny said. He is also an amateur lyrics writer, composing lyrics for Jacky Cheung, Eric Suen and other Canto-pop singers to promote positive messages.

## Marshalling Forces to Help More Children in Need

Early intervention lays the solid foundation for children with special needs to develop their potential and make contribution to the society. For 50 years, Heep Hong Society has clung to this belief and provided children of different abilities with the best professional training, through research, introducing and adapting proven treatment models, so that they could reach their full potential.

Year 2013-14 marks its golden jubilee. Heep Hong Society will hold a series of celebratory events to share its mission and vision with the wider community, to express its gratitude to all friends for their unreserved giving, and to marshal forces to support children with special needs and their families. For event details, please visit the dedicated website at [www.heephong.org/50](http://www.heephong.org/50). 🌟

▼ Dr Cheng is examining a child at centre carefully



▲ For 28 years, Dr Cheng has provided medication consultation to children and parents at centre on a voluntary basis

# The Healing Power of Compassion

*After rushing off their feet for the whole morning, many professionals would sit back and enjoy their wholesome meals at classy restaurants. For Dr Cheng Chun-fai, a specialist in paediatrics, all he has for lunch is a can of Coca-Cola, as he dashes to a public estate in Kwun Tong, where Heep Hong's Mary Wong Centre is located, during his 2-hour lunch break, to provide medical consultation to children with special needs there on a voluntary basis for 28 years.*

Despite his 36 years in the practice of medicine, Dr Cheng remains fascinated by children, 'Even feeling unwell, children seldom complain like adults. That partially explains why I want to help them. Witnessing the recovery they have made, even in the absence of thanks, I am more than satisfied,' he remarked.

At centre, apart from performing body checks for students, Dr Cheng also applies medical knowledge to identifying the potential health problems of children and provides referral to other specialists, as appropriate. He also brings important health issues to the attention of teachers and parents, giving professional advice as to what measures could be taken at centre and home to improve the well-being of children.

Being a father of three children, Dr Cheng finds his heart aches with parents of children with special needs. In giving medical advice to them, his patience has never worn thin. Some parents have doubts over the nuts and bolts of everyday child care work; some parents are over-protective towards their child to the extent of cooking rice with distilled water; some feel lost in the face of fast-evolving alternative medicine, such as acupuncture and hyperbaric oxygen therapy. In view of those disconcerting issues, Dr Cheng from time to time spends more than an hour helping parents crack the code.

Whenever staff at centre encounters sophisticated medical cases, such as an outbreak of hand-foot-and-mouth disease, Dr Cheng provides detailed consultation and suggests preventive measures. 'At the beginning of the SARS outbreak, he and a few other paediatricians wrote to a newspaper to urge class suspension upon the authority to prevent the spread of the disease in schools,' Ng Suk Fong, a nurse at Mary Wong Centre, recalled.

Even for matters outside his province, Dr Cheng also extends his helping hands. 'He once wrote a heartfelt letter to help a mother of a child with limited intelligence apply for a one-way permit for the father to reside in Hong Kong for the sake of taking good care of the child,' Ng said.

Mary Wong Centre was originally located in Ho Man Tin. The facilities at that site were primitive. Every time Dr Cheng finished examining a child, he had to wash hands with water poured by staff. Following the centre's relocation to Kwun Tong, Dr Cheng also provides voluntary medical consultation at the new site. What is the motivation behind his enthusiasm and persistence throughout the years? 'I am impressed by the passion, dedication and team spirit of Heep Hong staff towards children with special needs. They take the problems faced by children as their own. Their commitment is far more than a paid job required. That's why I still want to make my contribution here after services for 28 years,' he said.

► Dr Cheng participated in Heep Hong's annual general meetings and annual dinners



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▼ Children learn the way adults express their emotions



▲ Joint attention is a crucial factor for imitation learning

▼ Children get to know different parts of their body through games



# Autistic Children Development – Imitation Ability

*Humans are born with imitation ability. Through imitation, we are able to develop social and communication skills. For example, whenever a child greets his parents in the morning, they praise him with a big thumb. As time goes by, if a dog delivers a newspaper to the child, he will automatically give it the thumbs-up.*

Imitation is the foundation of learning. However, most children with autism lack the ability of imitation, thus affecting their development of social and communication skills. Ms Eva Mak, an Educational Psychologist of Heep Hong Society, said, 'Imitation refers to the copying of others' behaviours on purpose. Autistic children have difficulties of copying others' facial, mouth, and functional movements, causing them trouble learning through imitation. Generally speaking, imitation can be divided into three levels, body movement and gestures (including body movement and use of objects), facial expression, and speech. If a child can imitate in these three areas, it will benefit him in developing his social and emotional expression. He will be able to understand others' feelings as well. On this basis, it will be easier for the child to master life skills, such as dressing, writing, skipping and the like.'

Nevertheless, even children with autism can imitate others' body movements or use of objects; they might not be able to copy the sentiments behind such movements and postures. For instance, a child can sing a birthday song, but he might not be able to share the joy.

### Attributed to the Lack of Joint Attention

There are a lot of reasons for children's imitation difficulties, and the lack of "Joint Attention" is one of the major causes. Children have no interest in imitating others and have trouble finding the focus point. For example, every time

before Dad wears his shoes to work, he brushes his hair. Generally, children will focus on the shoe-wearing process, while autistic children, due to their lack of joint attention, will shift their attention to Dad's brush of his hair and ignore the shoe-wearing procedure in its entirety.

### Strategies to Enhance Imitation Ability

To improve autistic children's social and communication skills, Eva emphasises on the imitation training. Strategies include reinforcing the importance of imitation to the children, strengthening their observation of others' behaviours and voices, and arousing their interest in others' behaviours and voices. Please refer to Book 4 on Imitation, Emotional Expression, and Social Activities of the newly published 'Training Package for Autistic Children' (New Edition) to learn more about imitation training activities. 📖

#### 'Training Package for Autistic Children' (New Edition)

'The Training Package for Autistic Children' (New Edition) is comprised of six books, for use in combination with the 'Chinese PEP-3'. It provides a detailed explanation of the key concepts and teaching strategies of the TEACCH approach as well as over 200 training objectives and 1,000 activities developed with reference but not limited to the Chinese PEP-3 assessment items. They are arranged by levels of difficulty, which enables trainers to formulate training plans based on the assessment results. The Package is also an excellent reference for parents and teachers.



▲ 'The Training Package for Autistic Children' (New Edition) helps enhance the abilities of children with autism in a systematic manner



▼ Good writing ability lays the foundations of children's future learning



▲ The 'Pre-writing Fun Journey' app includes 720 activities that help children develop their pre-writing skills

▼ Learning pre-writing skills is full of fun with the aid of interactive technology



## New Pre-writing Training App

*The period between 2 to 6 years old marks the golden period of a child's learning, including learning handwriting. If the child has a solid foundation of the pre-requisite skills before learning how to write, he will be more prepared for writing assignments upon entering primary school.*

A child's writing ability could be affected by numerous factors, including visual-perceptual and visual-motor coordination abilities. Ms Poon, Occupational Therapist of Heep Hong Society explained, 'If a child's handwriting is full of mistakes, including clumsy pencil manipulation, disproportionate components, missing characters and missing strokes, it might be attributed to his poor visual perceptual and visual-motor coordination abilities.'

### Fun App to Enhance Pre-writing Skills

The Occupational Therapy Team of Heep Hong Society has recently designed a Pre-writing Training App – 'Pre-writing Fun Journey'. The app is aimed to help children develop important pre-writing skills required for their later learning, through the use of stimulating and interactive games.

Ms Poon continued, 'Visual-perceptual function plays an important role in child development and basic learning. "Pre-writing Fun Journey" is specifically designed to address the training needs of a child in areas of visual-perceptual and visual-motor coordination abilities. In addition, every activity has a scoring function, if the child's score is consistently in the low spectrum, parents and teachers may consider to contact the occupational therapist for professional advice.'

'We have fully utilised the interactive functions of the iPad to create fun while learning the prewriting skills, so that children can learn these skills at their own pace. Playing these games

can strengthen their eye-hand coordination, visual-perceptual abilities, and they can have a better understanding of space, position, shape, and line concepts, so it will be much easier for them to read and write in the future.'

### Parent Talk to Explain Pre-writing Training

To help parents better understand the concept of pre-writing training, Heep Hong will organise a parent talk on 13 July. The occupational therapist will explain the 6 major elements in writing and discuss the common writing problems, including visual-perceptual and visual-motor coordination challenges. There will also be a demonstration of how to use the 'Pre-writing Fun Journey' app. For further enquiries, please call 2784 7700. 📞

The 'Pre-writing Fun Journey' app is the first of its kind developed by occupational therapists in Hong Kong. It includes 720 pre-writing activities, with 3 difficulty levels in 6 categories, including 1) Form discrimination; 2) Figure-ground perception; 3) Spatial relations; 4) Visual closure; 5) Visual sequencing and memory; and 6) Visual-motor coordination. Through the use of various visual and auditory stimulating effects, it will be able to satisfy the learning needs of children with different abilities, and allow them to learn with fun and initiative.



◀ Simple games to strengthen the concept of visual closure

### ► Golden Jubilee Charity Dinner



▲ New Sensory Integration Room at Tin Ping Centre

# Golden Jubilee Charity Dinner cum Grand Raffle 2013

This year's Great Chefs event is suspended owing to the renovation of the Ballroom of Grand Hyatt Hong Kong. In commemoration of the 50<sup>th</sup> Anniversary of Heep Hong Society, with the generous support of Island Shangri-La, Hong Kong, the Golden Jubilee Charity Dinner of the Society will be held on 3 May 2013. All proceeds from the event will go towards the Children Training Fund in support of children from deprived families desperately in need of pre-school rehabilitation services.

In the meantime, Grand Raffle 2013 will be held between 12 April and 6 June. The grand prize is 'Two business class round trip tickets from Hong Kong to Singapore' sponsored by Cathay Pacific Airways. The funds raised will be used to finance Heep Hong's non-subservient services and projects. Tickets are available for purchase at Heep Hong centres. Please visit [www.heephong.org/50](http://www.heephong.org/50) for details.



▲ Please support our Grand Raffle 2013

### Autism Exhibition

Heep Hong Autism Exhibition will be held between May and July in a number of shopping malls to enhance the understanding, acceptance and support of the general public towards autistic children, as well as social adaption training and pre-job training of the Society. Several autistic youths will be there to promote Heep Hong services in the capacity as its ambassadors. Come and support us by filling in a greeting card and buying T-shirts. Details will be announced at [www.heephong.org/50](http://www.heephong.org/50).

### Placement of Donation Boxes

Heep Hong Society is supported by Fairwood Holdings Limited and Pokka Corporation (HK) Ltd. to place donation boxes at 104 Fairwood fast food restaurants between 8 February and 30 April 2013, and 18 outlets including POKKA CAFÉ, POKKA CAFÉ Grill Specialist and Buono Nuobo from 1 August 2012. All donations raised will go to helping children with special needs and their parents.

### Every 'Like' Brings Donations to Children with Special Needs

From now on, for every new 'Like' given to Heep Hong Society's Facebook page ([www.facebook.com/heephong](http://www.facebook.com/heephong)), MSIG Insurance (Hong Kong) Limited will donate HK\$10 to Heep Hong, up to \$20,000. Through a 'Like', you can show your care to children with special needs and bring meaningful changes to their families. Please also invite your friends and families to support us. Thank you!

### New Training Facilities to Enhance Service Quality

Tin Ping Centre's Children Training Resource Corner sponsored by Zonta Club of the New Territories will be in use from April 2013. A Sensory Integration Room is also newly installed in the Centre under the sponsorship of Mr Kenneth J. Reid, Chief Executive Officer of MSIG Insurance (Hong Kong) Limited, and Partnership Fund for the Disadvantaged to provide timely training to children in need.

### Renewal of Monthly Donation Programme Membership Card

A new 'Monthly Donation Programme' membership card, together with an official receipt for donations in fiscal year 2012, will be posted to monthly donors from April 2013. For any enquiries, please call our Donor Service Hotline at 3618 6320 or email Ms Sharon Pang at [cdd@heephong.org](mailto:cdd@heephong.org).



◀ A new 'Monthly Donation Programme' membership card will be posted to monthly donors shortly

► Visits to  
Cathay City and  
Government  
Flying Service



▲ Adventure Land funded  
by the Sunnyside Club  
facilitates the physical  
training of children

▼ Sensory Integration Room  
serves to enhance children's  
sensory integration ability



# United Effort for Children with Special Needs – The Sunnyside Club

*For the past decade, the Sunnyside Club has been supporting Heep Hong service wholeheartedly by sponsoring the establishment of therapy rooms, organising fundraising activities, and regularly visiting children under the care of Heep Hong.*

## Enhancing Training Service Quality

Mr Vincent Tche, Sunnyside Club Chairman, said, 'The Sunnyside Club concentrates primarily on improving the well-being of mentally and physically challenged children in Hong Kong, which is perfectly in line with Heep Hong's mission of helping children of different abilities reach their full potential in a happy and healthy environment. Therefore, we endorsed Heep Hong's initiatives over the past 10 years.'

Throughout the years, the Club has sponsored not less than 6 Heep Hong centres to install new training facilities. In 2000, the Club sponsored Cheung Sha Wan Centre's Sensory Integration Room, which was named after its former Chairman Mr John Ellis. Thereafter, three other centres were sponsored by the Club to establish a Sensory Integration Room. Another two centres were also funded by the Club to set up Adventure land. With the new facilities, children can enjoy more comprehensive and professional training.

## Raising Funds for Children in Need

In December 2012, the Club staged a charity bazaar selling trinkets and cupcakes made by Heep Hong children and cabin crew, as well as hampers and Christmas cakes sponsored by the senior management, to raise funds to support the installation of a Sensory Integration Room in Tai Hang Tung Centre.

## Enriching Children's Life Experiences

Arranged by the Club, children and parents of Chun Shek Centre, Alice Louey Centre and Kwok Yip Lin Houn Centre visited Cathay City and the headquarters of the Government Flying Service. Children and their parents enjoyed a fun-filling day with volunteers of the Club, looking at real air planes and touring the museum at Cathay City. It was the first time for most of the children to be closely in contact with airplanes. 🚁

### Special thanks go to the following donors \*

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\*which made donations of HK\$10,000 or above to Heep Hong between November 2012 and February 2013.

For online donation, please go to [www.heephong.org/donation](http://www.heephong.org/donation)



▼ SMART Fathers Club will hold a sharing session for parents in June



▲ 'Postgraduate Certificate and Postgraduate Diploma in Autism Spectrum Disorders' will be launched jointly by Heep Hong & the Open University in September 2013

▼ The Supportive Learning Project has newly launched DIR Floortime Individual Services



# Seminar on Early Childhood Education

To help parents and pre-school teachers identify and solve learning problems encountered by children, the Seminar on Early Childhood Education will be held on 29 June 2013 (Sat) by Heep Hong professionals to highlight the latest development in pre-school education, and introduce the newly published 'Pre-school Children Training Guidelines' (New Edition) and free educational applications. Details will be available at [www.heephong.org/50](http://www.heephong.org/50).

'Pre-school Children Training Guidelines' (New Edition) comprises 6 activity guides on gross motor, fine motor, language, self-care, cognition, social and emotion development. Over 1,000 training activities are included for parents and pre-school teachers to prepare appropriate training programmes after assessment by using the 'Developmental Learning Package – Curriculum Guide' and 'Development Assessment Chart' (with CD-ROM).

The latest free learning applications developed by Heep Hong include 'Social Stories' iPad application, which helps children with autism and other special needs acquire routines and interact with others in a proper manner, and is applicable to theme-based teaching at mainstream kindergartens. The 'I-MOVE-to-Learn' game CD-ROM developed by physiotherapists of Heep Hong provides training to children with developmental delay and developmental coordination problems to help them improve their eye-hand coordination and balance. The 'I-MOVE-to-Learn' game CD-ROM and the 'LetSTalk' iPad app developed by the Speech Therapy Team of the Society were honoured with the 'Best Digital Inclusion Award (Bronze Award)' and the 'Best Digital Inclusion Award (Certificate of Merit)' respectively in Hong Kong ICT Awards 2013 held by the Office of the Government Chief Information Officer of the HKSAR.



## DIR Floortime Individual Training

The DIR model emphasises the importance of parent-child interactive experiences that help the child master the developmental milestones. DIR Individual Training service newly provided by the Supportive Learning Project helps parents understand the characteristics of their child from the DIR perspective and polish their interaction skills.

## New Programmes on Autism Jointly Held with University

'Postgraduate Certificate and Postgraduate Diploma in Autism Spectrum Disorders', the first of its kind in Hong Kong, will be jointly launched by Heep Hong Society and the Open University of Hong Kong in September 2013. The programmes aim at providing related professional workers, teachers and parents with more advanced and up-to-date knowledge of theories, assessment methods and treatment techniques for ASD and related disorders. Details are available at [www.heephong.org](http://www.heephong.org).

## SMART Fathers Support

At the sharing session of SMART Fathers' Club scheduled for 1 June 2013 (Sat) at Mong Kok Community Hall, Mr Stanley Chan, an educational psychologist of Heep Hong, will talk about ways to cope with stress, and Mr Chan Kam Hung, an artist, will share his parenting experience with over 200 parents with special needs children. Details will be available at [www.heephong.org/50](http://www.heephong.org/50). For enquiries, please contact Ms Choi at 2656 6211.

## Support for Ethnic Minority Families

Sponsored by Partnership Fund for the Disadvantaged, a support programme for ethnic minority families with special needs children was rolled out by Hoi Fu Centre in October 2012 to provide parent talks on language development, fine motor development, concentration training, and parent-child play groups and community activities. Details are available at [www.heephong.org/ethnicminorities](http://www.heephong.org/ethnicminorities).