

CAPACITY BUILDING FOR LEADERS OF SELF- HELP GROUPS IN HONG KONG

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This presentation focuses on the changing needs of patients and the corresponding roles of Self-help groups

Research Methodology

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- Focus Group
 - ▣ 6 focus groups
 - 4 for leaders (n=16)
 - 1 for members (n=5)
 - 1 for social worker who worked closely with SHGs (n=3)

What members need

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□ Needs for patients in different stages

| Stage | Feeling | Needs / Look for |
|-----------|--------------------------------|---|
| Knowing | Immediate Panic / Shock | <ol style="list-style-type: none">1. Information2. Co-walker3. In the same boat |
| Accepting | Day-to-day living | <ol style="list-style-type: none">1. Ways to live with the condition2. Adjustment to the change of life3. Advice and adaptation |

What members need

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□ Needs for patients in different stage

| Stage | Feeling | Needs / Look for |
|-------------|--|--|
| Planning | I need to live for future | <ol style="list-style-type: none">1. Hope and future2. Ways for better future3. Acceptance from the others4. Lower the dependence on others |
| Re-creating | New identity and roles in the society | <ol style="list-style-type: none">1. Self growth2. Self Values3. Eliminate the stigmatization from the society |

What SHG could contribute

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□ What SHG could offer for patients in different

| Stage | SHG could offer | Remarks / Examples |
|-----------|---|---|
| Knowing | <ol style="list-style-type: none">1. Knowledge of the illness2. Understanding of the condition | |
| Accepting | <ol style="list-style-type: none">1. Aid for living2. Information for resources3. Ways to improve the living standard | <ol style="list-style-type: none">1. Information for treatments2. Share of medicine3. Shuttle bus booking4. Event to occupy the free time5. Accompany to meet professionals |

What SHG could contribute

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- What SHG could offer for patients in different

| Stage | SHG could offer | Remarks / Examples |
|-------------|---|--|
| Planning | <ol style="list-style-type: none">1. Ways to improve living standard | <ol style="list-style-type: none">1. Ways to improve self-care and lower the burden for care takers2. Expand social network3. Slow down the deterioration rate |
| Re-creating | <ol style="list-style-type: none">1. Serve other people2. Live like others in the society3. Not being discriminated | <ol style="list-style-type: none">1. Self growth2. Self Values |

Helping Process

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- Someone to understand
 - ▣ Some conditions cannot be described too explicitly (e.g. chronic pain, dizziness...)
 - ▣ Sharing can move toward feeling level, and by itself it is therapeutic
 - ▣ Suffering can be genuinely understood
 - ▣ “Outsider comfort” (you don’t understand) vs. “Insider empathy” (in the same shoe)

Helping process and SHG activities

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- Observation:
 - ▣ Recreation functions occupy many SHG activities
 - ▣ “Advocacy is a function of SHG” stressed by many of the interviewees
 - ▣ Lack “sharing” or “self-growth” among members

Conclusion

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- Enhance participation among members and leaders (COMMON GOAL STRATEGY)
- Satisfy needs for members in different stages and facilitate the development of new identity
- Revitalize member-member bonding