



中國香港歷奇專業人員協會

Hong Kong Experienter Professionals Association, China



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在長者中推行歷奇為本輔導工作

THE IMPLEMENTATION OF ADVENTURE-BASED COUNSELING FOR ELDERLY

社會學對長者的定義

SOCIOLOGICAL DEFINITION OF THE ELDERLY

▶ 生理老化 **Physiologic Aging**

指人體結構和生理上的衰老，如身體機能的操作。

Refers to the human body structure and physiology of aging, such as bodily functions

▶ 心理老化 **Psychologic Aging**

指個人心理的老化，例如個人的成熟度及對緊張壓力的適應度等。

Refers to the individual psychology of aging, such as maturity of the individual and the adaption to intense pressure.

▶ 功能老化 **Functional Aging**

指因年紀增長，引起社會角色方面的轉變，如從公司董事變為公司股東，不再參與決策或行政。

The changes in social roles caused by the growth of their age, such as changed from the company directors to shareholders that no longer involved in decision-making or administrative.

退休後要面對的問題

PROBLEMS AND DIFFICULTIES AFTER RETIREMENT

在【退休前後的生活】一書中提出六大範疇：

In the 《Life before and after retirement》, the book made six areas:

- ▶ 心理健康 Metal Well-being
- ▶ 經濟狀況 Financial Circumstances
- ▶ 家庭相處 Get along with family
- ▶ 起居生活 Daily life and activities
- ▶ 社交圈子 Social Circle
- ▶ 進修及工作 Continuous education and work



計劃理念：

THE PLAN'S CONCEPT:

- ▶ 年長人士多在公園留連，或不願參與地區中心服務，我們透過聖「雅各福群會持續照顧－樂逍遙服務」，拓展有關計劃及服務。

Many elderly linger in the park or unwilling to participate in community's services. We are continuing care of them through "St. James' Settlement <You Can Shine Again Program> services" to develop our plan and services.

- ▶ 讓50-70歲年長人士透過「歷奇為本輔導」，加強自信心、提升個人的內在價值及增強與人的連繫感。

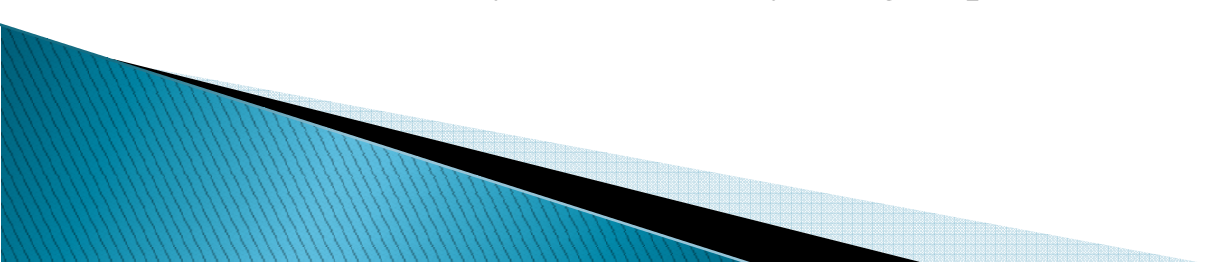
Through "Adventure-based Counseling" plan, elderly age of 50-70 able to enhance their self-confidence, increase the intrinsic value of individual and improve the sense of link with others.

- ▶ 提升抗逆力，積極面對人生的各種挑戰。

Enhance anti adversity ability, to face the challenges of life positively.

- ▶ 讓社會各界人士明白，年長人士仍然是有能力的一群。

Let the community knows elderly is a group still have abilities.



透過計劃進行之活動

ACTIVITIES IN THE PROGRAM

- ▶ 歷奇為本輔導理論課 Adventure-based counseling Theory
- ▶ 心理學理論課 Psychology Theory
- ▶ 啟導性及解難活動 Mentoring and Problem solving Activities
- ▶ 獨木舟／木筏 Canoeing and Raft
- ▶ 高空繩網(高結構項目) Rope Course (High Element Training)
- ▶ 低結構項目 Low Element Training
- ▶ 運動攀登 Sport Climbing
- ▶ 露營體驗 Wild Camping
- ▶ 營火晚會 Camp Fire
- ▶ 山藝／定向 Hiking and Orienteering
- ▶ 大自然藝術 Nature Art
- ▶ 原野烹飪 Blackwood Cooking
- ▶ 急救課程 First Aid





理論部份

Theory Sections



實踐部份

Practice Sections



實踐部份 Practice Sections



超過九成半之參與者完成及成功考取相關証書
More than 95% of the participants complete and
reward the relevant certificate successfully.

反思部份 Reflection Sections

完成計劃達到的成效

ACHIEVED RESULTS

- ▶ 重新建立自我概念Re-establish of self-concept
- ▶ 成為年青一代典範Become a role model for the younger generation
- ▶ 擴闊生活社交圈子Broadening their social circle
- ▶ 增強逆境處理能力Enhance the ability of anti adversity
- ▶ 多方面多角度思考Think in different angles and perspectives
- ▶ 打破視野界限障礙Break the boundaries of obstacles
- ▶ 增加家庭成員溝通Improve the communication between family members



參與者參與服務

SERVICES INVOLVEMENT

透過「生命影響生命」為目的，使參與者以過來人身份參與有關義工服務，除能夠服務社會外，更有效發展其個人能力，並將訊息傳遞至有需要人士。

Through the purpose of 'To benefit other people through one's life', letting participants to take part in volunteer service with their well experienced areas. Besides serving to community, volunteer services also develop their individual ability more effectively and message to the people in need.

而服務範圍包括：

The scope of services include:

- ▶ 院舍服務 Residential services
- ▶ 外展服務 Outreach services
- ▶ 義工培訓 Volunteer training
- ▶ 歷奇小組 Adventure groups



參與者參與服務

SERVICES INVOLVEMENT

▶ 院舍服務 Residential services

以「歷奇遊戲」協助院友，有一個與別不同的群體生活，有助調和因長期在院舍生活的心理狀況；增經亦應用在「腦退化症」（Alzheimer's disease）服務當中

The “Adventure games” to assist residents explore a difference social life, to help and reconcile the psychological status of the long-term life in institutions. It has been used in “Alzheimer's disease” services.

▶ 外展服務 Outreach services

到訪長者經常留連地方（例：公園）進行「歷奇活動」，讓有關服務及訊息帶到這類長者當中，吸引他們主動使用地區中心服務

Visiting places where the elderly often linger (such as park) for “adventure activities”. Let the services and messages to these elderly people and attract them to take the initiative to use community services.

參與者參與服務

SERVICES INVOLVEMENT

▶ 義工培訓 Volunteer training

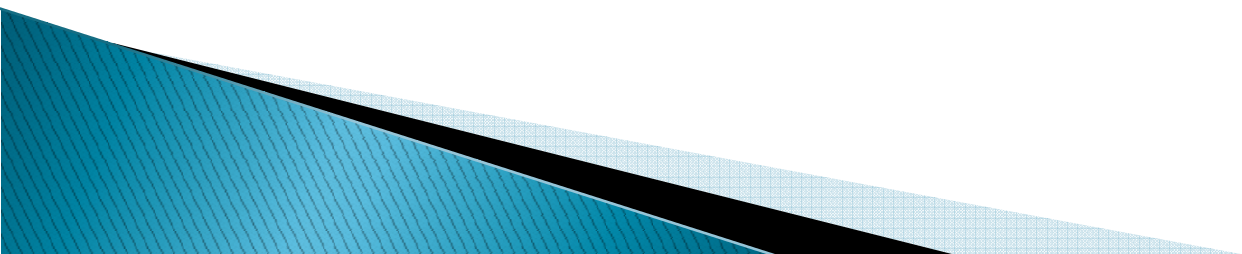
以「歷奇訓練」發展長者義工服務，開拓長者照顧長者，探訪獨居長者等服務

Through “Adventure training” to develop elderly volunteers services. To open up elderly take care of elderly and visit elderly people who live alone etc.

▶ 歷奇小組 Adventure groups

定期的小組聚會可用作整理經驗，分享服務中遇到的問題，提供練習及預備工作的平台，疏導心理情緒

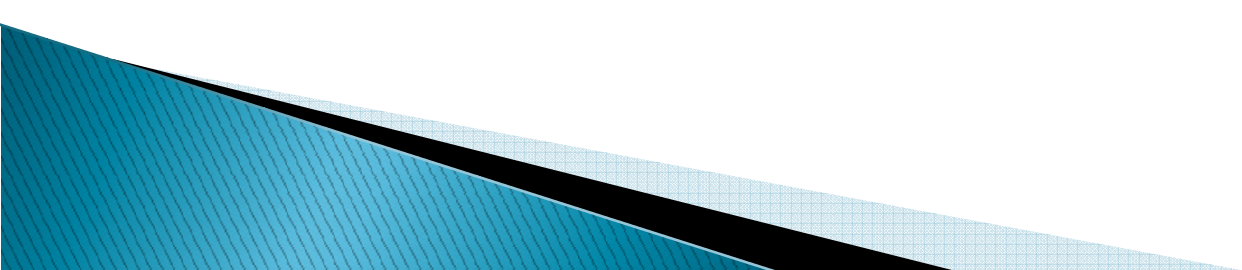
The regular groups help to organize experiences, sharing problems encountered in services, provide a platform for preparations and practices and ease the psychological emotions.



影響推行的主要因數

THE MAIN FACTORS AFFECT THE IMPLEMENTATION

- ▶ 接受情況Acceptance
 - 機構、工作者、長者、家庭成員
 - Institutions, workers, elderly, family members
- ▶ 資源Resources
 - 器材、資金、場地
 - Equipment, funding, venue
- ▶ 工作人手Manpower
 - 合適教練、導師
 - The right coach, mentor
- ▶ 保險Insurances



經驗總結 - 【歷奇不再年青】

Experiences Summary – “Adventure no longer for young”

- ▶ 屬於年長人士的【歷奇為本輔導】(Adventure Based Counseling)書籍
An “Adventure-based counseling”’s book especially for elderly
- ▶ 詳細記錄推行長者歷奇的過程及所面對的挑戰
Detailed record of the implementation process and challenges of the elderly adventure
- ▶ 透過科學化及實証研究長者歷奇活動的成效。
Through scientific and empirical study the effectiveness of elderly adventure
- ▶ 記錄了42個適合年長人士參與的歷奇活動及帶領技巧
Recorded 42 adventure activities and skills that suitable to elderly participants
- ▶ 記載了部份參與者的心聲及改變
Recorded the voices of some participants and their changes
- ▶ 讓你重新認識及了解新世代的年長人士服務
To allow you to know and understand the new generation of the elderly services



中文版
Chinese version







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多謝！

Thank You !