



Pok Oi Hospital Social Service Department

Hong Kong Society for Quality of Life



Quality of Life in Social Service & Rehabilitation

Symposium and Workshop

Second Announcement

12-13th October, 2005

YMCA International House, Waterloo Road, Kowloon

**Lecture Theater, G/F., Block M, Queen Elizabeth Hospital, 30 Gascoigne Road, Kowloon,
Hong Kong**

Invitation

The World Health Organization defines Quality of Life as “an individual’s perception of their position in life in the context of the culture and value systems in which the person lives and in relation to goals, expectations, standards and concerns. It is a broad ranging concept affecting in a complex way a person’s physical health, psychological state, level of independence, social relationship, and the relationship to salient features of the environment.” Only since the 1980s have QOL instruments become available and utilized in the Chinese society, it is still in the construction of the measurement of Quality of Life that could be applied to the Social Service and Rehabilitation Service in Hong Kong.

The idea of applying QOL concept in social service of Pok Oi Hospital is eliciting from the Pok Oi Hospital Social Work Professional Staff Meeting. It is believed that the QOL concept applying in the Social Service is an innovated idea and the concept is an important criterion used in evaluation and planning concerning the effectiveness, efficiency, equity of services and resource allocation. Its assessment can contribute to sophisticated analysis to justify policy and practical measures.

This symposium will gather the renowned experts of Hong Kong and Overseas to share their valuable ideas. We are especially pleased to have invited Dr. Michael B. Frisch to introduce us to his approach of Positive Psychology and Quality of Life Therapy and state how we can apply it to ourselves as social service and health care professionals. Moreover, the two-half day workshops will present the “nut and bolts” of Quality of Life Therapy as it is practiced with the clients and patients we served in Social Services and Rehabilitation.

Plenary and Workshop Speakers

Dr. Michael B. Frisch, Ph.D., is a clinical psychologist and professor at Baylor University, Department of Psychology and Neuroscience. He is interested in new approaches to positive psychology and quality of life intervention and assessment. He is the author of the QOLI or quality of Life Inventory, one of the best-validated and most widely used measures in the field.

The title of Professor Frisch's keynote address is "Caring for Others, Caring for the Self: Ethics and the Use of Positive Psychology and Quality of Life Therapy to Improve Service, Prevent Burnout, and Promote Personal Growth in Social Service and Health Care Professionals". In this address, Dr. Frisch will introduce us to his approach and state how we can apply it to ourselves as health care professionals. The ethical implications of better self-care and greater "Inner Abundance" will also be explored in this keynote address. In the half-day workshop, he will present the 'nuts and bolts' of Quality of Life Therapy as it is practiced with the clients and patients we serve. The workshop will cover the following topics: an introduction and Theory of Quality of Life Therapy, Core Techniques in QOL therapy, Area-Specific Interventions, and Relapse Prevention and Maintenance.

Mr. Philip, Kwok-yuen Leung is the Social Service Co-ordinator of the Social Service Department of Pok Oi Hospital and has been working in the social services field for over 20 years. Mr. Leung will share the initiation and rationale in applying the QOL concept in the social service units of Pok Oi Hospital. The value and conceptual framework applied in the QOL projects will also be mentioned. Furthermore, Mr. Leung will elaborate the background of each projects and the significant result achieved. Lastly, the wills and expectation of the project owners in using the QOL approach to enhance the better life of the service users will be shared.

Mr. Kwok-fai Leung is a practicing occupational therapist working in the Queen Elizabeth Hospital. He is the Chairman of the Hong Kong Society for Quality of Life, and a member of the Board of Director of the International Society for Quality of Life Research. Mr. Leung will share with the audience a multi-disciplinary framework and practical hints for health care and social service professionals in planning quality of life services for their clients. He will also mention how we can assist our client to establish an active life style that can enhance happiness and well being through every activity. In the post-symposium workshop, Mr. Leung will elaborate concepts and technique of QOL measures.

Anna L.D. Lau, Ph.D., is Assistant Professor from the Department of Rehabilitation Sciences at The Hong Kong Polytechnic University. Dr. Lau is the Hong Kong Principal Researcher and Convenor, and Regional Coordinator for China of The International Wellbeing Group. She is both Member of Board of Directors and Executive Committee of the International Society for Quality of Life Studies (ISQOLS). Dr. Lau is also a Founding and Executive Member of the Hong Kong Society for QOL. She also serves as member of Editorial Boards of journals concerned with QOL, health and disability.

In the post symposium workshop, Dr. Lau will elaborate the concept of Subjective Wellbeing (SWB), a well-known concept in the social sciences field and a contemporary approach for QOL measurement in Hong Kong. Differences between this approach and other existing methods used in health care (e.g. Health Related QOL) will be examined.

SYMPOSIUM

Date: 12 October, 2005 (Wednesday)

Time: 8:45am – 5:00pm

Venue: Crystal Room, 2/F YMCA International House,
23 Waterloo Road, Kowloon, Hong Kong SAR, China

Honorary Advisor: **Dr. W. L. Cheung**, Director (Professional Services & Operations), Hospital Authority
Miss Ophelia C. L. Chan, Assistant Director of Social Welfare (Rehabilitation & Social Service), Social Welfare Department

Programme

8:45am - 9:00am	Registration
9:00am - 9:30am	Opening Ceremony <u>Welcoming Speech</u> Mr. Chris, Y. S. Yip, MH Chairman, Board of Directors, Pok Oi Hospital <u>Opening Speech</u> Dr. C. H. Leong, GBS, OBE, JP Chairman, Elderly Commission, The Government of the HKSAR
Keynote Speech Moderator: Dr. Anna Lau Assistant Professor, Department of Rehabilitation Sciences, Hong Kong Polytechnic University	
9:30am - 10:15am	Caring for Others, Caring for the Self: Ethics and the Use of Positive Psychology and Quality of Life Therapy to Improve Service, Prevent Burnout, and Promote Personal Growth in Social Services and Health Care Professionals Dr. Michael B. Frisch Professor, Department of Psychology and Neuroscience at Baylor University
10:15am - 10:45am	Break
Plenary Session Moderator: Dr. Anna Lau Assistant Professor, Department of Rehabilitation Sciences, Hong Kong Polytechnic University	
10:45am - 12:30pm	Initiatives in the promotion of Quality of Life in Social Services: The Pok Oi Experience Mr. Philip, Kwok-yuen Leung Social Service Coordinator, Pok Oi Hospital
	Enhancing happiness and well being through daily activities Mr. Kwok-fai Leung Chairman, Hong Kong Society for Quality of Life
	Q & A Session
12:30pm - 2:00pm	Lunch break

2:00pm - 3:15pm	Symposia 1 QOL programs for Residential Care Moderator: Mr. Timothy K.W. Ma Executive Director Senior Citizen Home Safety Association	Symposia 2 QOL programs for Elderly Care Moderator: Dr. Alex Y. H. Kwan Professor Dept. of Applied Social Studies, City University of Hong Kong	Symposia 3 QOL programs for Community Care Moderator: Mr. Yuen Hung Lee Assistant District Social Welfare Officer (Central/Island) Social Welfare Department
	<p><u>Topic 1</u></p> <p>Measure of Quality of Life: Majong Activities among the Dementia Elderly in the Elderly Homes and Hostels</p> <p>Dr. Alfred C. M. Chan Director Asia-Pacific Institute of Ageing Studies Lingnan University</p> <p><u>Topic 2</u></p> <p>Happy Hours (娛樂時間)</p> <p>Ms. Pui Man Ip RSW POH Yeung Chun Pui Care & Attention Home</p> <p><u>Topic 3</u></p> <p>快樂大使院友義工小組</p> <p>Miss Suk Chi Hung RSW POH Tuen Mun Nursing Home</p>	<p><u>Topic 1</u></p> <p>Quality of Life in Older Adults: A Nursing Perspective</p> <p>Dr. Alex Y. H. Kwan Professor Dept. of Applied Social Studies, City University of Hong Kong</p> <p><u>Topic 2</u></p> <p>健康新生活：一項有效提升長者生活質素的策略</p> <p>Mr. Wai Ming Ng Social Worker Aberdeen Kai-Fong Welfare Association Social Service Centre</p> <p><u>Topic 3</u></p> <p>『細味人生』自傳製作</p> <p>Ms. Ivy Sin POH Wong Muk Fung Memorial Elderly Health Support & Learning Centre</p>	<p><u>Topic 1</u></p> <p>The application of Quality of Life in the measure of caregiving for people with Schizophrenia in Guangzhou</p> <p>Dr. Timothy W. L. Chan Director Richmond Fellowship of Hong Kong</p> <p><u>Topic 2:</u></p> <p>快樂小蜜蜂</p> <p>Ms. Cherly Cheung Child Care Service Manager POH Pre-school Service</p> <p><u>Topic 3</u></p> <p>耆妙舒展樂優悠</p> <p>Ms. May Yue Centre Supervisor POH Mrs. Chan Au Yeung Lai Sim Memorial Day Care Centre</p>
3:15pm – 3:45pm	Break		

3:45pm - 5:00pm

Free Papers

A study of Quality of Life among Older People in Hong Kong: General Profile and Determinants

Dr. Raymond Ngan
Associate Professor
Department of Applied Social Studies
City University of Hong Kong

Strength Building and Need Fulfillment in Services to Promote Older Adults' Quality of Life

Mr. Jacky C. K. Cheung
Research Assistant Professor
Department of Social Work
Chinese University of Hong Kong

Health related quality of life in older people and its implications on health care delivery in Hong Kong

Dr. Edward M. F. Leung
Chief of Service
United Christian Hospital

The creation of Quality of Life in an Aged Home

Mr. Richard P. Y. Lee
Chief Executive Officer
Tung Hoi Association for the Senior Citizens Limited

QOL applying in frail elderly service

Ms. Carmen Yeung
Department of Dietetics, NTWC
Hospital Authority

好聲好戲

Ms. Pui Yuk Iu
POH Chan Ping Memorial Neighbourhood Elderly Centre

傳統茶果齊齊學

Mr. Chiu Kam Tsang
Ms. Olive S. K. Sin
POH Chan Shi Sau Memorial Social Service Centre

歡天喜地話當年

Mr. Leo Lo
POH Lai Wan Mei Foo Neighbourhood Elderly Centre

活力動感在曼玲

Ms. Josephine Hui
POH Chan Feng Men Ling Care & Attention Home

閒情生活多點意

Mr. Simon Yu
POH Jockey Club Hostel for Single Persons

《至色彩人生》小組、《至FIT生活新一派》小組

Ms. Shuk Kuen Chan
POH Jockey Club Care & Attention Home

珍惜有緣人(人際關係小組)

Mr. Ray Li
POH Tai Kwan Care & Attention Home

生活安全樂悠悠

Ms. Yuen Ching Leung
POH Mrs. Wong Tung Yuen District Elderly Service Centre

* The organizers reserve the right to amend the programme as necessary.

* Accreditation (Pending for approval):

1. Physiotherapists Board - Continuing Professional Development (CPD)
2. Association of Nursing Staff (CNE)

WORKSHOP

Date: 13 October, 2005 (Thursday)

Time: Workshop 1 9:00am – 12:30pm

Workshop 2 2:00pm – 5:30pm

Venue: Lecture Theater, G/F., Block M, Queen Elizabeth Hospital, 30 Gascoigne Road, Kowloon, Hong Kong.

Maximum capacity: 150

9:00am - 12:30pm	<p>Workshop 1</p> <p>Quality of Life Therapy and Positive Psychology in Social Services and Rehabilitation</p> <p>Dr. Michael B. Frisch Professor, Department of Psychology and Neuroscience at Baylor University</p>
12:30pm - 2:00pm	Lunch break
2:00pm - 5:30pm	<p>Workshop 2</p> <p>Quality of Life measures in Social Services & rehabilitation – concepts and practice</p> <p>Dr. Anna Lau Assistant Professor, Department of Rehabilitation Sciences, Hong Kong Polytechnic University</p> <p>Mr. Kwok-fai Leung Chairman, Hong Kong Society for Quality of Life</p>

Registration Fee

Registration	Deadline	Symposium 12 Oct., 2005	Workshop 1 13 Oct., 2005 AM	Workshop 2 13 Oct., 2005 PM
Pre-conference registration	Before 30 September 2005	HK\$300	HK\$300	HK\$300
On-site registration	After 30 September 2005	HK\$350	HK\$350	HK\$350
*Staff of POH/ Member of HKSQOL/Full-time student	-	HK\$200	HK\$200	HK\$200
*Staff of Kowloon Central Cluster Hospitals	-	-	HK\$200	HK\$200

Note:

* Staff of Pok Oi Hospital / Members of the Hong Kong Society for Quality of Life and Staff of Kowloon Central Cluster hospitals can enjoy a fee reduction.

**Registration form is available at <http://qol.soc.hk>



Pok Oi Hospital Social Service Department
Hong Kong Society for Quality of Life



Quality of Life in Social Service & Rehabilitation

Symposium & Workshop

Registration Form

Name	Mr / Mrs / Ms / Miss		(English)	(Chinese)	
Organization					
Post/Title					
Correspondence Address					
Contact No.	(Mobile)	(Office)	(Fax)		
Email address					
Registration Fee (Please tick appropriate box)	Registration		Symposium 12 Oct., 2005	Workshop 1 13 Oct., 2005 AM	Workshop 2 13 Oct., 2005 PM
	<input type="checkbox"/> Pre-conference registration (Before 30 Sept 2005)		<input type="checkbox"/> HK\$300	<input type="checkbox"/> HK\$300	<input type="checkbox"/> HK\$300
	<input type="checkbox"/> On-site registration (After 30 Sept 2005)		<input type="checkbox"/> HK\$350	<input type="checkbox"/> HK\$350	<input type="checkbox"/> HK\$350
	<input type="checkbox"/> Staff of POH <input type="checkbox"/> Member of HKSoQOL <input type="checkbox"/> Full-time student	Staff /membership /student no.: _____	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$200
	<input type="checkbox"/> Staff of Kowloon Central Cluster hospitals		-	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$200
	TOTAL		\$		
Application	<ul style="list-style-type: none"> ✧ Delegates may send crossed cheque made payable to " Pok Oi Hospital Mrs. Wong Tung Yuen District Elderly Community Centre " together with registration form to: <i>Pok Oi Hospital Mrs. Wong Tung Yuen District Elderly Community Centre, G/F., 6-11, Wai Fat Building, 5 Fung Cheung Rd., Yuen Long, N.T., Hong Kong.</i> ✧ Enrolment will be accepted on a first-come-first-served basis ✧ Confirmation of enrolment will be announced via email or fax at least one week before the symposium. Please contact us if you do not receive any notification. ✧ Receipt of enrolment fee will be issued on the event day. ✧ Fees paid are not refundable, except in the case of full enrolment. 				
Enquiry	Pok Oi Hospital Mrs. Wong Tung Yuen District Elderly Community Centre Conference Secretariat: Mr. Benjamin Fung Tel: (+852) 2476 2227 Fax: (+852) 2476 9303 Email address: qol@pokoi.org.hk				
Website	The latest information will be updated on website : http://qol.soc.hk				
Remark	The event will be postponed when typhoon no. 8 signal or above or black rainstorm is still hoisted after 8:00am. The rescheduled date of the event will be subsequently announced.				