



## From the Editor

We thank you on behalf of the old folks and staff of Ren'ai Elderly Home in Henan province for your kind responses to our last issue's appeal for help! They will soon be able to replace their shabby and worn out furniture! Apart from reporting the results of a few completed programmes, we introduce you in this issue to the needs of a rehabilitation centre in Inner Mongolia. We pray for your continued support.



## Helping a Disabled Person to Become Self-reliant

We reported in June last year the story of Qing-qing in Hebei province, who grew up in an orphanage, got married, but was not able to find a job despite her abilities and qualifications. The reason behind was that she has a deformed arm. With help from benefactors, Qing-qing got the required fund to purchase an electric tricycle mobile stall and started her own small business. Below is an excerpt from her thank-you letter:

Qing-qing and her mobile stall



Many Thanks !



Heartfelt thanks to all of you for your kind support and encouragement! In September 2018 I got my mobile stall - yes, my own job - at last! I started to sell snacks, quick food, stationary, toys ..... during the day and in the evening, at locations near schools or in the village market, generating a few dollars here or there. It has been of great help to me and my family indeed!

Now I can also drive my two kids to the kindergarten and pick them up after school without the need to lease other vehicle. We can go out during wet and windy days. The vehicle does give us all-weather protection and has solved many of our everyday problems. I am so grateful for your help!



# Improve Rehabilitation Care for Elderly in Qilihe

The Qilihe district in Lanzhou city, Gansu province has a population of 560,000 people. About 100,000 of the inhabitants are over 60 years old. Many old folks are suffering from different types of pain due to various causes, one of which is improper postoperative care. It is the usual practice of the local hospitals to release patients in 2 weeks after surgery. The released patients will then need to take care of their own self before full recovery. However, owing to their family members' lack of knowledge and time, many of the released old patients did not receive proper post-surgery care. In many cases, the patients' situation got worse, leading to hemiplegia and other physical ailments. In 2015, with support from benefactors, the sisters in Lanzhou city set up the **Helen Elderly Rehabilitation Centre in Qilihe** – being first of its kind in the local areas. The Centre is committed to offering support and healthcare services to elderly and their families in the local community. The staff consists of 2 social workers, 2 professional therapists and a dozen volunteers, providing a range of services that include:



Diagnostic services



Massage and physiotherapy



1	Acupuncture, cupping, scraping, moxibustion, heat therapy and massage
2	Free blood pressure/sugar check for elderly
3	Offer emotional support to elderly by chatting with them and listening to their stories
4	Regular visits to hemiplegic patients to provide rehabilitation services
5	Home visits to needy elderly to provide diagnostic services
6	Free rehabilitation services to needy elderly
7	Free diagnostic services for needy elderly in deprived areas
8	Training for volunteers/elderlies' family members to facilitate rehabilitation at home
9	Talks held regularly on healthcare/rehabilitation in the community
10	Enrichment activities for elderly during festive days

Nevertheless, to ensure provision of quality service, short-term training programmes for staff on management and physiotherapy are available. Workshops on various topics for volunteers will also be held, such as volunteering, fundraising, communication techniques, home services, first aid, hospice care, and so on.

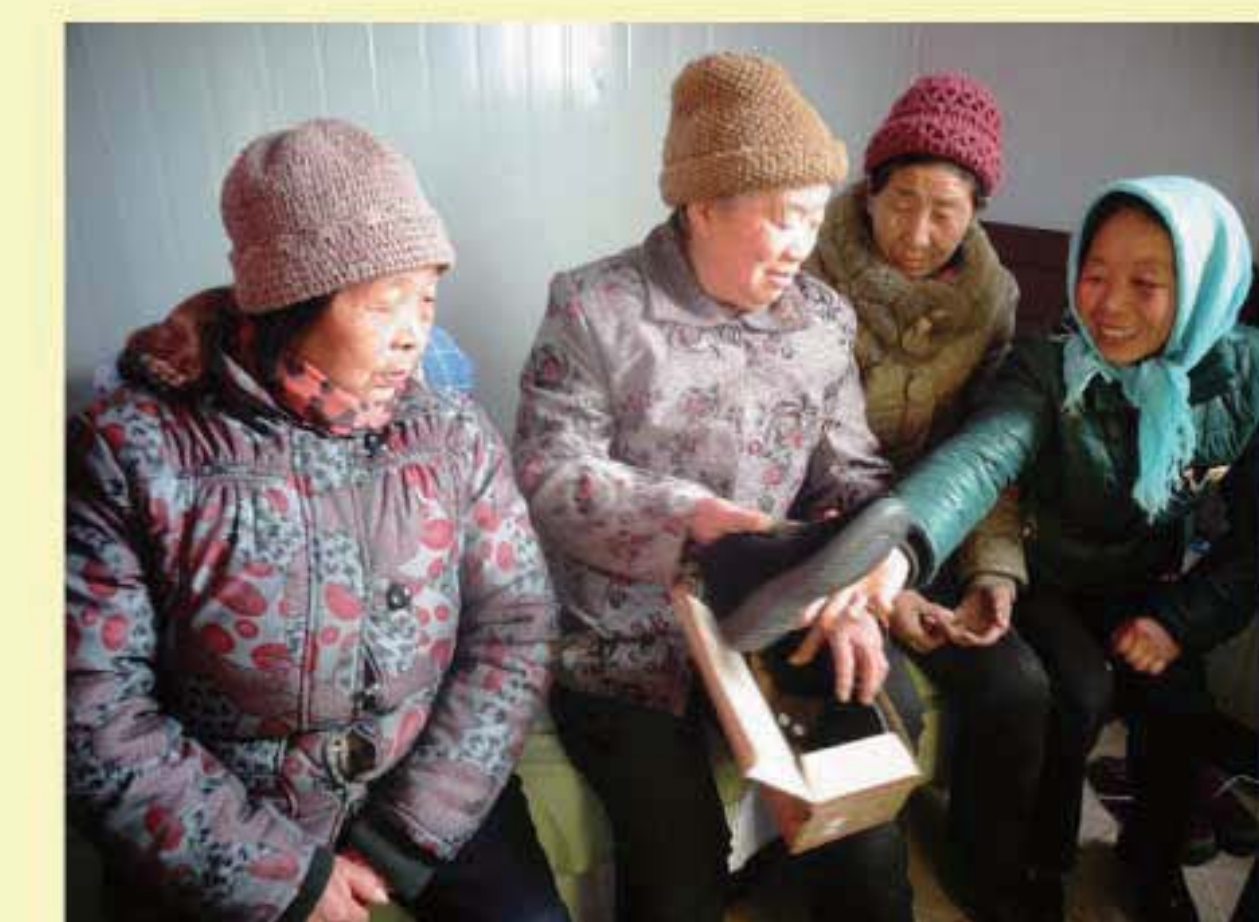
## Statistics on services provided ( 2015 - 2018 )

	Service for elderly	No. of user/participant
1	Free blood pressure/sugar check	2600 (headcount)
2	Physiotherapy	1400 (headcount)
3	Participation in community activities	1500
4	Free diagnostic services in 10 communities	1500
5	Patients got recovered through home healthcare services	150

The services provided by the Centre are so greatly welcomed and well-recognised by the people in Qilihe. Meanwhile, the sisters will never give up learning and are still striving for better results.



Various care services for elderly





# Call from Afar ...

Item no : 6101

Respectful responsible person,

I am the manager of the Ark Rehabilitation Centre (ARC) in Huhehaote city, Inner Mongolia. An officially registered organization established in 2012, our Centre focuses on providing mental health rehabilitation services, special education and foster care services to children and teens with special needs. The staff consists of 3 teachers, an executive officer and 2 assistants. Currently, we are serving 20 kids aged between 13 and 19 years old. They include children with cerebral palsy, autism, hyperactivity disorder, Down syndrome, and other mental disabilities.



Front door of ARC



Being non-profit making, ARC survives on the little revenue generated from school fees and support from benefactors. We are serving with all our heart. Yet due to poor financial resources we barely make ends meet, and ARC can only operate with few facilities: a not so well-equipped student dorm, inadequacy of instructional facilities and materials, and lack of training for teachers to improve their knowledge and skills.

In fact, the student dorm is only furnished with metal bunk beds of the lowest price. At times, a student with low emotional stability or low sensorimotor ability can easily get hurt when his/her body accidentally hits the metal frame. As ARC is facing northwest, my another worry is that our coal-fired heating system cannot keep the house warm enough during winter, not to mention that only thin blankets are provided by the dorm. Owing to our tight budget, we cannot offer free services to children from deprived families. Nevertheless, we can hardly afford outdoor activities. All these problems would hinder the kids' healthy development.

We hope to improve ARC' s services by upgrading both its hardware and software. The total cost for the required facilities and staff training is about RMB 195,000 (HK\$224,138).

The metal bunk beds currently in use



Looking forward to your response

Our parish priest advised us to appeal to you for help. We pray you would grant us our request.

Sr. Li  
April, 2019

Item		Amount (¥)
1	Training for instructors	24,500
2	Teaching materials (cerebral palsy rehabilitation)	9,000
3	1-year allowance for 10 kids from needy families	70,000
4	Summer camp and winter outdoor activities	19,000
5	Facilities: wood frame beds/ thick bed sheets & blankets/ sport clothes/ refrigerator/ air-conditioning/ computer/ projector	72,500
Total		195,000

For enquiry, please call on 35892259 or 35892500, or leave your message at [mainland@caritas.org.hk](mailto:mainland@caritas.org.hk). To show your care, you may write a crossed cheque payable to "Caritas-Hong Kong" and send it to: Mainland Service Desk, Room 505, Caritas House, 2, Caine Road, Central, Hong Kong. Please write down the item no. / purpose of the cheque and your contact information on the back.