

# 捨我情深

傑出照顧者的動人故事

[兒童組]

## 堅毅的愛

柯女士是位堅毅的媽媽，與丈夫育有一名患專注力失調 / 過度活躍症 (簡稱 ADHD) 的兒子。家人對 ADHD 的不認識和誤解，曾經是這位媽媽的傷痛。但這傷痛並未將她打倒，反而成為令她向前的動力，令她去認識兒子的需要，將自己裝備成更好的媽媽。她到處尋找資源學習不同的訓練方法。正因為有一位特別的兒子，讓她學會用不一樣的角度去欣賞兒子的優點，並從兒子身上學習到情緒控制的重要。她的堅毅和正面態度更教懂兒子有自信地面對自己的病狀和培養食藥習慣，不用介意別人的歧異目光。她相信「說話不能改變人，經歷才能改變人」。

## 智慧媽媽

黃女士是一位很有智慧的媽媽。丈夫的癌症和兒子被確診患有自閉症，曾經為她帶來重大打擊。自丈夫病逝後，雖然獨力照顧兩女及患有自閉症的兒子，但憑著她的愛與智慧，使家庭充滿希望和快樂。她很有智慧地抓緊每個生活上的細節來訓練兒子，協助他克服對乾手機及剪髮器聲音的恐懼，更令一對女兒學會分擔照顧弟弟的責任。除自行摸索到的訓練智慧外，她亦積極與訓練中心配合，令兒子一天一天的進步。她的快樂和動力是來自兒子每天的進步和家人間的互相支持。她相信只要每天一點一滴的教兒子，將來就能獨立和快樂地生活下去。



## Be the role model

**Ms Rai is a Nepali, and has a 6-years-old son. The language barrier shortens his son's learning in school, especially in Chinese learning. Although she is busy on housework and taking care of the family, she still joins various capacity building programmes and volunteer programmes with her son. Her son learns caring and hardworking from the mother.**

Living in Hong Kong is not easy for a South Asian mother to take care of her family. She not only needs to overcome the cultural and language barriers, but also have to live in a disadvantaged environment which lacks sufficient social resources and support towards South Asians.

Ms Rai goes to ISSA Centre for seeking homework assistance everyday with a friendly smile. She always sits behind her son, learns Chinese together and puts all pronunciation and meaning in Nepali on every single word. She believes that she can teach her son if she can study Chinese well.