

Project Summary

Project Title and No.:

"Hands In Hands" Healthy Community Mutual Help Project (0044-12)

Name of Organization: Pok Oi Hospital

Grant Approved: \$1,632,600.00

Project Duration: 3 year

Target Groups: The residents of community in Tin Yiu Estate

Location of the Project: Tin Yiu Estate in Tin Shui Wan

1. Project Highlights

(i) Objectives

According to the W.H.O. (1986), they have defined health as more than the absence of disease or infirmity; health also comprises physical, mental, and social well-being. Hence, health is not only in conventional terms, but also in terms of livability, domestic tranquility, and social connectedness. Thus, health extends beyond biological health to encompass the condition of our society and the built communities in which we live (Howard Frumkin , 2002). Putnam (2000) stressed the relationship between social environment and health. He stated that one of main components of social environment was ‘social connectedness’, ranged from individual interactions with one another to interactions in groups and organizations, which was essential for ensuring human health and well-being. Family is a cornerstone in community and then good relationship with family members as precious of human resources is structuring to the important element of the healthy community.

To build up the “Healthy Community” in Tin Yiu Estate using community development approach, of which is believed to beneficial for the well beings of residents living there. We hope the concept of ‘healthy environment’ can be developed and factors sustain ‘illness’ can be reduced through social support, networking, advocacy and collective participation of the residents and the local parties in the community.

(ii) Strategies

1. To develop the social connectedness of the community

-Social Support Network

Social support has proved to be effective in helping people to better cope with health or psychosocial problems as well as to increase the sense of belonging, self-esteem and promote better psychological health.

1. Neighborhood Network

-to develop connection with the residents at neighborhood level e.g. MACs or District members or resident committee in order to expand and consolidate the social relationship network among the residents in the same block or in the community.

-to foster mutual-aid among the residents at neighborhood level

-to draw the participation of the residents to promote health for their community

-to identify potential volunteers or leaders in each blocks or in the community to provide care and assistance to their neighbors

2. Social Support and community Network

- Social support refers to family ties, friendships and involvement in social activities as well as support in the community

2. To consolidate the family roles and its connection with the community in contributing to community health

Family based Development and Intervention

1. To connect the families with the community by involving them with family health concern such as parenting and children health

2. To establish the cohesiveness of the families and their children with their children with their living environment by engaging them into civic life,

which was proved to be effective in motivating families to pay attention to the safety and healthy environment. It also can cultivate commitment of the family and children to the community. This can benefit to the healthy growth and future development of the children, which is regarded as public good.

3. To expand the resources and information for the community

Volunteer Link

-Multi-disciplinary professionals with shared value to strive for 'healthy community' will be invited and recruited to form as a professional volunteer pool to contribute to the community either on information provision, tangible support

-Public and organization volunteers (incl. schools, agencies, students, elderly, parents, women or residents) are recruited to provide assistance to the residents in needs

4. To foster self-help and promote the well-beings of individuals or families and the community

It is believed the success to 'health community' largely depends on the participation and involvement of the public of the community. Only with their long lasting commitment can sustain the continuity of the results and skill transference, mutual help atmosphere and readiness are importance.

1. Self-help Approach

-Residents with similar problems (e.g. chronic ill, single elderly or parent) and / or socio-economic background can be grouped together for the purpose of emotional support and solving their common problems.

-People who engaged similar experience and have overcome the difficulties will be trained up as helpers to help the others to solve their problems

2. Empowerment

Empowerment is the process of increasing the capacity of individuals or groups

to make choices and to transform those choices into their desired actions and outcomes.

3. Train the trainer approach

In order to facilitate more community leaders or residents to grasp the skills to work for their community and maintain the service sustainability. 'Train the trainer approach' will be adopted. It is believed to be more self-help, beneficial to the participants in developing skills, knowledge and confidence as well as cost-effective.

5. To build up the community identity of the residents by creating shared value of 'healthy community'

Advocacy

It is a process working with collective participation from the communities and key stakeholders to bring about changes in policy, process, practice and attitudes to ensure communities strengths are recognized and realized.

Community Programs

To raise the awareness of community health and issues arise

(iii) Expected Outcomes and Performance Indicators

To develop the social connectedness of the community

1. Relationships among neighbors are closer and more trustful than before.
They can request for help from their neighbors in need conveniently and the neighbors are willing to give hands
2. Residents found easier to approach assistance and seeking information
3. Feelings of isolation or loneliness were lowered and the sense of connectedness to the community grow higher
4. Residents feel happier and healthier than before

5. Some of the residents are willing to come out as volunteers to help others and serve for their own community

To consolidate the family roles and its connection with the community in contributing to community health

1. The living environment of the children is safer
2. The civic knowledge, responsibility and commitment to the community of children and families are raised
3. Connection and support of the families and the community is increased
4. The relationship among the family it self and between families is enhanced
5. Support network of the families is strengthened than before

To expand the resources and information for the community

1. The coping capabilities of the residents are enhanced
2. More residents know how to access for the services and able to gain support when needed
3. Voluntary services and participation are increased so as to enhance better quality care in the community

To foster self-help and promote the well-beings of individuals or families and the community

1. The psychological well-beings can be improved through the enhancement of social interaction and emotional bonding.
2. The self-esteem, self-confidence and self-worth are increased
3. The role of service recipients change to active participant or even helpers
4. Mutual supportive group are established. Potential leaders are identified and trained up, who are willing to continue serving the community

To build up the community identity of the residents by creating shared value of 'healthy community'

1. Residents agreed that they are part of the Community.
2. The approach of building Tin Yiu Estate is recognized by most of the residents.