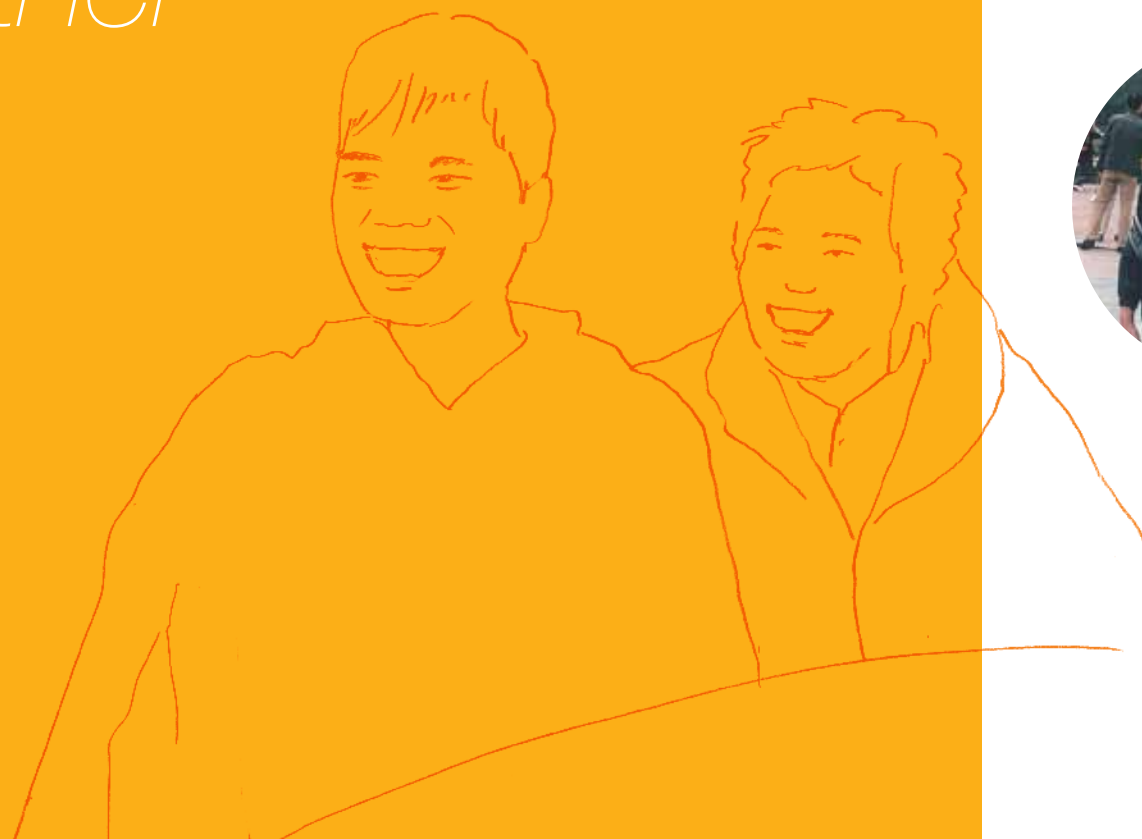


# 非凡母親

## Extraordinary Mother



二十二年前，居於內地農村的玉珍與香港居民的丈夫結婚，誕下了兒子。為了照顧患有自閉症和多動症的兒子，玉珍每天都疲於奔命。兒子的病情、生活的拮据，玉珍曾絕望，但有了身邊的人及社工的鼓勵與支持，玉珍獲得了力量，繼續堅持下去。

22 years ago, Yu-zhen, who was living in a village in Mainland China, married to a Hong Kong resident, and she gave birth to their son. The boy has autism and hyperactivity disorder and it was quite exhausting for her to look after him. Yu-zhen was once driven to despair due to the condition of her son and the pressure of life. It was the support and encouragement from the important ones and the social worker that enabled her to stay strong and go on.



### 懷著勇氣面對 兒子特殊需要

兒子五個月大的時候，玉珍發現兒子的舉止異於其他小孩：「他專注力不足，亦很難照顧。我無法給他餵藥，即使打針也要幾個人一起捉著他才能完成。」為了治療兒子，玉珍帶著兒子在內地四處求醫，卻一直徒勞無功。玉珍曾經絕望，覺得無路可走。後來，玉珍在廣州的兒科醫生口中得悉兒子患有自閉症。那時玉珍對「自閉症」毫無認識，她以為兒子患的病如感冒發燒一樣，看一看醫生就好了。

之後，玉珍嘗試讓兒子入讀幼稚園，但不到三天，老師就通知玉珍，幼稚園無法照顧他：「兒子不但不吃飯，更在每張床上亂蹦亂跳，把壁報上的畫都撕壞了。」兒子不能自制的行為令玉珍不知如何是好。輾轉間，玉珍來港與丈夫團聚，兒子亦可以獲得相對適合的治療。那時，兒子被評估為輕度的自閉症及多動症。面對兒子的病情以及拮据的經濟，玉珍多次想過自殺，但每當想起兒子，玉珍心裡有了一份要好好照顧兒子的責任感，讓玉珍懷著堅持下去的勇氣。

兒子有時會很麻煩，但其他人都願意等待和體諒，其實接納就是幫忙。

*My son may at times make trouble, but others were patient and considerate. Acceptance is a way to help in itself.*

### Addressing the Special Needs of her Son with Courage

As soon as her son was 5 months old, Yu-zhen discovered something different in her child. 'He could not concentrate on anything at all. It's difficult for me to take care of him properly. I didn't know how to make him swallow the medicine. It took several people to give him an injection,' she said. Yu-zhen had been taking her son to the Mainland to look for treatment, but they could not find what they needed. When she felt helpless and wanted to give up, she met a pediatrician in Guangzhou who told them her son had autism. Yet, Yu-zhen had absolutely no idea about the disease, as she thought her son was just suffering from a weird kind of cold or fever which should be easy to cure.

Later, Yu-zhen tried to send her son to kindergarten. But in only three days' time the teacher told her they could not take care of the child properly. 'He did not only refuse to eat, but also jumped on beds and tore paintings on the notice boards,' the teacher explained. Yu-zhen was so confused by her son's lack of self-control. Fortunately, when she was coming to Hong Kong to reunite with her husband, she was finally able to find the appropriate treatment for her son. He was diagnosed with autism and hyperactivity disorder. Owing to her financial problems and her son's serious health condition, Yu-zhen wanted to commit suicide for multiple times. But the face of the adorable child emerged every time she was about to attempt suicide, which gave her the courage to live.



兒子長大後，雖然比以前聽話，破壞力卻同時增加了。二零一五年，兒子砸爛了家中的花瓶，花瓶碎片散落一地，碎片弄傷了他的手筋，需要動手術處理。玉珍回想起兒子四天四夜入院的經歷，不禁害怕。鑒於兒子的情況，醫院沒有人能夠好好照顧他，玉珍需要留院照顧兒子，四天內玉珍根本無法休息。數天的不眠不休，玉珍深怕自己挺不住，所以要求醫生盡快讓兒子出院，「我不怕累，但我怕自己挺不住，就沒有人照顧他了。」

## 接納就是幫助 鼓勵就是力量

兒子剛出院，胡家便搬進了剛獲得派發的紅磡公屋。那時家中門鎖壞了，玉珍前往管理處時，路經中心，門牌上的「紅磡綜合家庭服務中心」引起了她的注意。她懷著好奇的心推門走進中心，那一扇引領她找出路的門，「社工接觸我之後就開始問我一連串的問題，細問我的困難，那一刻我覺得找到了出路，精神亦安定了不少。因為我知道家附近就有一間機構，我隨時下來就會有人跟我商量、聊天。」機構的存在對於從未接觸過社工的玉珍來說，就如曙光一樣，讓她重拾了勇氣。

那時玉珍擔心兒子再次受傷進院，時時刻刻都要看顧好兒子，再加上剛搬屋，玉珍根本無法工作，無助、徬徨侵襲她的心。玉珍感恩，中心在她有困難的時候伸出了援手，提供食物以及經濟援助。除此之外，中心的體諒與接納都讓玉珍感受到一份安慰。玉珍與兒子曾跟隨中心到迪士尼樂園遊玩。玉珍說，兒子那天帶來了不少麻煩，但看得出大家都很包容，「取餐時，兒子會很麻煩，弄很久，但其他人都願意等待和體諒，其實接納就是幫忙。在我們等待旅遊巴的時候，他又跑來跑去，中心的同事立刻安撫我，並找其他人幫忙照顧他。那時候我知道，原來我不害怕，原來會有人支援我。」

每一句的支持與鼓勵，每一個展現接納的行動，都給予玉珍力量。「我也有軟弱的時候，但每一次社工的關心都讓我感受到愛的暖流，在我最失落的時候，這些暖流成為了我的支援。我真的需要這些支持才能繼續照顧兒子。」玉珍說。雖然兒子還是愛挑戰自己，但至少他有進步，從未退步，所以她會繼續努力，與兒子一起生活下去。

Although her son became more obedient after he had grown up, he was more disruptive at the same time. In 2015, he broke a vase at home. It was all over the place and his hand was cut by the broken pieces. He had undergone a surgery and Yu-zhen was still frightened when she recalled the four days in the hospital. None of the medical staff knew how to take care of him, so Yu-zhen had to stay in the hospital to take care of him, and she could not take a rest during their stay in the hospital. She wanted the doctor to let them go home as soon as possible, considering she could collapse anytime. 'I am not afraid of the tiredness, but if I die, there will be nobody to take care of him,' she said.

## Acceptance is a Way to Help Encouragement gives her Strength

Soon after the discharge from hospital, Wu's family moved into the freshly distributed public housing in Hung Hom. One day, when Yu-zhen was on her way to inform the property management office of her broken lock at home, she saw Hung Hom Integrated Family Service Centre. She then entered the Centre out of curiosity which later proved to be a way out. 'The social worker asked me a series of questions and we talked about my worries in details. I felt relieved because I found hope. Just around the corner of my home there is an organization, with people who are willing to talk to me inside,' she recalled. The existence of the organization is a silver lining for people like Yu-zhen, who have never encountered a social worker in life.

After the surgery, Yu-zhen was afraid that accidents would happen again, which made her more careful than ever. Besides, she could not work as they were moving home. The mental and financial pressure were suffocating. Yu-zhen felt grateful that the Centre had provided food and financial aid, in addition to the mental support when she was in difficulty. Yu-zhen and her son once joined the Centre to visit the Disneyland. He was making troubles but everyone was tolerant. 'It took a while for my son to take his meal, but they were patient and considerate. Acceptance is a way to help in itself. He was running around when we were waiting for the tour bus. Staff from the Centre were calming me down and helping take care of him. At that moment, I realized that my fear was unnecessary as there was so much support,' Yu-zhen said.

Every sentence of encouragement and every action to support Yu-zhen has built up her strength. 'I was feeble at times, but the care from the social workers makes me feel loved every time; when I was lost in life, the love became my very important support. I really needed it to carry on taking care of Tian-hai,' Yu-zhen said. Although her son still loves to 'challenge' her, at least he is consistently improving. Yu-zhen will try her best to live her life with her son.