

Appendix 附件

About “Family-Centered Intervention for Chinese Families of Adults with High-Functioning Autism Spectrum Disorder” research project

Adults with High-Functioning Autism Spectrum Disorder (HFA) often encounter significant difficulties in personal relationships, which are brought about by persistent deficits in social communication and interaction across multiple contexts, as well as repetitive patterns of behaviour and sensory processing disorders. For adults with HFA, their parents and family members are an important source of guidance and support. However, high caregiver stress and conflict were often reported in these families when the members with HFA were going through developmental transitions, which suggested that, as a whole, there was a need among these families.

In Hong Kong, existing services mainly focus on training programmes for individuals with HFA, while services supporting parents or caregivers are limited or only come in the form of individual training or support groups. There is a lack of family-centered intervention to address these families’ core issues.

In view of this, The Family and Group Practice Research Centre of the Department of Social Work, CUHK and SAHK jointly conducted the project from 2018 to 2021, aiming to develop a family-centered intervention model consisting of Family Therapy and Multiple Family Group. Services are provided especially for adults with HFA and their families to enhance the family relationships and set up mutual support networks by mobilising intra-and inter-familial resources. The project is funded by The Community Chest.

有關「高能力自閉症與家庭為本介入服務」實務研究計劃

患有高能力自閉症的成年人在人際相處生活中常面對很多挑戰，包括社交溝通障礙、固執行為和感覺調節障礙。他們的父母和家庭成員希望能協助他們跨過這些困難，卻未必懂得如何適切地提供支援，不但增加照顧者壓力，更導致家庭成員間衝突不斷，影響家庭關係。

鑒於香港現時支援自閉症人士服務主要以個人輔導和訓練為主，缺乏支援父母及以家庭的需要而設的服務，中大社會工作家庭及小組實務研究中心及香港耀能協會（耀能）在2018年至2021期間共同推行計劃，希望為患有高能力自閉症人士及其家庭提供「家庭治療」及「多元家庭小組」的創新服務，並協助這些家庭改善關係和建立家庭間的互助網絡。計劃由香港公益金贊助。



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