

## Follow-up Training

Based on the assessment results of the students, tailor-made training programme using various toys and activities will be provided.

### Training areas include:

- Finger dexterity and speed
- Eye-hand coordination
- Pencil grip and handwriting skills
- Visual perception skills
- Ocular-motor control skills
- Postural control

## Executive Function Training

Research indicates that people with dyslexia are weaker in executive function. Through fun-filled activities and training strategies on executive function\*, the following executive skills can be enhanced:

- |                             |                     |
|-----------------------------|---------------------|
| ● Response inhibition       | ● Organisation      |
| ● Working memory            | ● Flexibility       |
| ● Sustained attention       | ● Task initiation   |
| ● Stress tolerance          | ● Emotional control |
| ● Time management           | ● Metacognition     |
| ● Goal-directed persistence |                     |
| ● Planning / prioritisation |                     |

\*Training content is based on executive function training strategies by American psychologist Dr. Peg Dawson and Neurology psychologist Dr. Richard Guare.

### 博思會學習中心

九龍旺角新填地街470號海島中心一樓  
電話：2870 1377 傳真：2870 1779



交通：旺角鐵路站 C2 出口步行約3分鐘  
旺角東鐵路站步行約15分鐘

### 博思會學習中心 (沙田)

新界沙田顯徑邨顯富樓地下  
電話：3105 2311 傳真：3105 1414



交通：大圍鐵路站803K專線小巴  
巴士46X, 80, 85B, 87B, 88K, 281M, 286X

### 博思會支援中心

新界荃灣美環街1號時貿中心17樓1706室  
電話：3709 8422 傳真：3709 8420

[www.pathways.org.hk](http://www.pathways.org.hk)  
[info@pathways.org.hk](mailto:info@pathways.org.hk)  
[www.facebook.com/pathwayshk](https://www.facebook.com/pathwayshk)

註冊慈善機構號碼：91/6189



PATHWAYS  
博思會



## 職業治療支援服務

# OTSS

Occupational Therapy Support Service

## 職業治療服務

博思會一向致力支援讀寫障礙學生及其家庭。本服務由資深註冊職業治療師提供以下評估、訓練及培訓：

- 小手肌及書寫能力評估
- 提升書寫能力訓練
- 提升執行功能訓練
- 舉辦相關的家長及教師講座及培訓

為配合學生需要，本會職業治療服務亦提供到校服務。

## 評估服務

針對學生在學習上遇到的困難，職業治療師運用標準性評估工具及臨床觀察，了解學生在書寫手部功能和視覺感知等能力的強項及弱項，從而設計合適的訓練計劃及提供調適。

### 評估項目

- 中文抄寫速度測驗
- 英文抄寫速度測驗
- 標準性手部功能評估
- 標準性視覺感知能力估

## 香港中學生標準性書寫能力評估

### 內容包括

- 香港中學生書寫能力測試
- 手握力及手指握力
- 手指操作靈活性及速度
- 視覺感知（如有需要）
- 評估簡報一份

評估需時約1.5至2小時。

## 跟進訓練

按照評估報告及學生的個別需要，透過各種遊戲及玩具，提供針對性的訓練。訓練成效因人而異，但持續性訓練和家長的配合均相當重要，故每堂設有家課，以協助學生鞏固技巧和學習策略。

### 訓練項目

- 手部靈活性及速度
- 手眼協調能力
- 執筆及抄寫能力
- 視覺感知能力
- 眼球控制能力
- 姿勢控制



## 執行功能訓練

研究指出患有讀寫障礙人士的執行功能較一般人弱。透過有趣的活動及執行功能訓練策略\*，協助學生提升以下執行技巧：

- |         |           |
|---------|-----------|
| ● 反應抑制  | ● 策劃及優次排序 |
| ● 操作記憶  | ● 靈活變通    |
| ● 持久性專注 | ● 壓力處理    |
| ● 任務啟動  | ● 情緒控制    |
| ● 達標堅持  | ● 時間管理    |
| ● 組織    | ● 後設認知    |

\*訓練內容參考美國心理學家 Dr. Peg Dawson 及腦神經科心理學家 Dr. Richard Guare 有關執行功能訓練之策略。

## Occupational Therapy Support Service

The Pathways Foundation is an organisation that aims at providing training and support for students with dyslexia. Our service is provided by experienced registered occupational therapists and includes the following assessments and trainings:

- Fine motor and handwriting skills assessment
- Handwriting skills training
- Executive function training
- Parent and teacher workshops and training

## Assessment Services

With the use of standardised assessment tools and clinical observation, the occupational therapist studies student's handwriting, fine motor and visual perception skills. Follow-up training can then be designed to cater to individual student's needs.

### Assessment items

- Chinese handwriting speed test
- English handwriting speed test
- Standardised fine motor assessment
- Standardised visual perception test

## Handwriting Assessment for Secondary Students

### Content

- Copying Speed Test for Hong Kong Secondary Students
- Power grasp and pencil grip measurement
- Fine motor speed and dexterity assessment
- Visual perception test (if necessary)
- Brief assessment report

This assessment takes about 1.5 to 2 hours.