

香港截肢者協會有限公司  
Hong Kong Amputees Association Limited

「重新起步，蛻變計劃」問卷調查

“WALK FOR TRANSFORMATION” Questionnaire

In an effort to gain additional insights into the experience, attitudes and perceptions of the amputees of Hong Kong, the Hong Kong Amputees Association Limited (HKAAL) conducted a survey on a sample of amputees between 26 June and 21 July 2017. The results are presented in this report.

香港截肢者協會有限公司（“HKAAL”）為了進一步了解香港截肢者的經驗，心態和看法，在2017年6月26日至7月21日期間對截肢者進行了問卷調查，結果可在這份報告中了解到。

## Survey Respondents Profile 調查受訪者個人資料

A total of 43 amputees participated in this survey. Over half (55%) are at least 50 years old, 38% are between 30 to 49 years old and 7% are under 30 years old. About two-thirds (70%) are male respondents and one-third (30%) are female.

Nearly half (48%) were amputated at least 10 years ago. The rest were amputated less than seven years ago.

The majority (79%) were amputated either below the knee (47%) or above the knee (32%), nearly equally distributed between left and right. Hip joint amputation (9%), hand (7%) and foot (5%) made up the rest.

Accident is one of the main reasons for amputation (42%), followed by infection (26%) and long-term illness such as cancer (16%) and diabetes (7%) and other causes (9%)

共有 43 名截肢者參加了這項調查。超過一半（55%）年齡至少有 50 歲，38% 年齡介乎於 30 至 49 歲之間及 7% 年齡於 30 歲以下。另外，約三分之二（70%）為男性，三分之一（30%）為女性

近一半（48%）截肢者截肢年期超過 10 年。其餘的截肢年期則少於 7 年。

膝蓋以下的截肢者佔（47%），膝蓋以上截肢佔（32%），而左右腿分佈方面，幾乎是平均分佈的。髖關節截肢則佔（9%），手（7%）和腳掌（5%）佔餘下部分。

意外事故是截肢的主要原因之一佔（42%），其次是感染（26%）和長期疾病，如癌症（16%）及糖尿病（7%），其他原因佔（9%）。

## Key findings on amputees 有關截肢者的調查報告

1. The majority (84%) of the respondents feel stress of some kind, stemming mainly from:

大多數（84%）的受訪者感到壓力，主要來自：

- Unwanted emotions (e.g. worries, helplessness, anxiety, anger, bad memories, etc.) 情緒變化（如擔心，無助，徬徨，憤怒，陰影...等）(67%)
- Change of appearance 外觀改變 (62%)
- The need to seek for other's helps all time 常求助於別人的壓力 (45%)
- Low self-esteem 自我形象低落 (45%)
- Discrimination by others 別人歧視的眼光 (40%)

2. They also have to face pressure from daily life due to:

他們感到日常生活壓力的原因：

- Body strains and stresses (64%)  
身體勞損
- Adapting to the prosthesis (53%)  
適應義肢
- Difficulties faced when travelling around town (43%)  
外出困難（如交通配套/無障礙通道不足等）
- Unable to take care of oneself (28%)  
失去自我照顧的能力
- Not knowing how to take care of oneself (17%)  
缺乏日常護理常識

3. They face financial stress stemming from the following sources:

他們感到經濟壓力的原因：

- Medical expenses such as treatment, rehab or cost of prosthesis (36%)  
醫療負擔（如治療，義肢費用, .... 等）
- Loss of job (33%)  
失去工作
- Being the primary bread-winner of the family (33%)  
為家庭經濟支柱
- Difficulty in seeking employment (29%)  
尋找工作困難
- Legal expense (7%)  
法律訴訟的費用

4. Almost half of the respondents (44%) said they have faced or are facing difficulties in seeking employment due to their amputation.

The life of amputees is stressful. They struggle with their worries, sense of helplessness, anxiety and anger. The change in their physical appearance compounded by the fact that they often need help from others result in a low self-esteem and raises the specter of discrimination.

The amputees must endure the physical pain and strain even after they have fully adjusted to their prosthesis. Getting around town (which is easy for most people) can be difficult for amputees.

Then there is the constant frustration from not being able to care of themselves.

The financial situations of amputees are often jeopardized by the costs of the treatments, rehabilitation and the prosthesis. For those who lost their jobs because of their amputation, things can turn from bad to worse quickly since it will be difficult for them to find another job

幾乎一半的受訪者（44%）表示由於截肢而面臨或正已面臨就業困難的問題。

截肢者的生活壓力很大。他們的憂慮，無奈的感覺，焦慮和憤怒鬥爭。由於他們身體狀況的變化及經常需要其他人的幫助，導致自尊心低落及產生被歧視的恐懼。

即使裝配及調整義肢後，截肢者也必須忍受身體的痛楚和壓力。到處走一走對大多數人來說很容易，但對截肢者來說可能也是一個大難題。接著，由於不能照顧自己而感到沮喪。

截肢者的經濟狀況往往受到治療，康復和義肢費用而感到百上加斤。對於那些因截肢而失去工作的人來說，由於難以找到另一份工作，在沒有經濟能力下，以上提及的支出會讓他們感到更無力負擔。

5. While most of the respondents (64%) sought support after their amputation, some (24%) were unaware of the available sources. Those who sought support are looking for help in the following areas, in descending order of mention:

雖然大多數受訪者（64%）在截肢後會主動尋求支援，但有一些受訪者（24%）不知道有效的資訊渠道。而尋求支援的人都在以下範疇尋找協助，按照比率由大到小順序列出：

- Information platform (85%)  
資訊平台
- Disability and medical care subsidy (78%)  
傷殘及醫療津貼
- Psychological counselling (44%)  
心理輔導
- Job opportunity (37%)  
工作機會
- Daily care (19%)  
日常護理

6. They were seeking help through the following channels:

他們透過以下渠道尋求協助

- Medical profession (45%)  
醫療專業人士
- Government departments (40%)  
政府部門
- Internet search (31%)  
上網搜尋相關資料
- Family or friends (24%)  
親人或朋友
- Charity organizations (19%)  
慈善機構

■ Advertisement on TV and other media (5%)

電視或報紙雜誌廣告

7. A majority (73%) of those respondents who sought support feel government support for amputees is lacking or insufficient, 20% feel government support is "average", 7% feel it is sufficient.

尋求協助的受訪者（73%）多數認為政府對截肢者的支援缺乏或不足，20%認為政府支援是“普通”，7%認為是足夠的。

8. A majority (93%) of the respondents feel that government/community support is very important or important in helping the amputees to rejoin the society.

大多數（93%）的受訪者認為政府或社區支援對於幫助截肢者重新加入社會是非常重要或重要的。

9. Over half (58%) of the respondents paid for their prosthesis, 42% received government support.

超過一半（58%）的受訪者自己承擔義肢的費用，42%的受訪者獲得政府資助

10. The time it took from amputation to successful fitting of prosthesis ranges between a few months to 2 years, with the average at about 7-8 months.

從截肢到成功適應義肢，所需時間在幾個月至兩年之間，平均約 7-8 個月。

11. 46% rated the performance of their prosthesis "average", 38% rated them "good" or "excellent", 16% rated them "fair" or "poor".

46%的人認為他們的義肢表現為“普通”，38%評價為“滿意/非常滿意”，16%認為是“差/非常差”。

12. 74% indicated they are confident to re-join society with their prosthesis, 26% indicated otherwise.

Around sixty percent of the amputees sought help after amputation. They were seeking help in these areas, in descending order of mention: information platform, disability and medical care subsidy, psychological counselling, job opportunities and daily care.

The common channels they used are in descending order: medical profession, government sources, Internet, family and friends, charitable organizations and TV and other media.

Over seventy percent of those who sought help felt support from the government is either lacking or inadequate. Almost all of them regard support from the government and the community as a vital element in their success to re-join society.

More than half of amputees paid their prosthesis on their own. The rest received aid from the government. The time gap between amputation and prosthesis fitting ranged from a few months to two years, with an average of 7-8 months. These amputees are generally satisfied with their prosthesis. Eighty-four percent rated their prosthesis “average” or “good”, Sixteen percent rated them “fair” or “poor”. Over seventy percent said they are confident to re-join the society with their prostheses

74% 表示當裝配合適的義肢後有信心重新投入社會，其他 26%則表示沒信心。

截肢者中約有 60%在截肢後尋求幫助。提供信息平台，殘疾和醫療補貼，心理諮詢，工作機會和日常護理，都是他們所尋求幫助的領域。

他們普遍使用的渠道分別是：醫療專業人士，政府部門，上網搜尋相關資料，親人或朋友，慈善機構和電視或報紙雜誌廣告。

尋求幫助的人中有 70%以上感到政府的支援缺乏或不足。幾乎所有受訪者都把政府和社會支援視為重新投入社會的重要因素。

一半以上的截肢者是自己支付義肢的。其餘是受到政府的資助。截肢者義肢的適應期從幾個月到兩年，平均為 7-8 個月。這些截肢者對他們的義肢一般感到滿意。84%表示他們的義肢為“普通/滿意”，16%評為“差/非常差”。超過七成以上的截肢者表示裝配合適義肢後，有信心重新投入社會。

13. 39% learnt about HKAAL from family/friends, 23% from charity organizations/NGO's, 20% through medical professionals, 13% through Internet search, 5% through government departments.

39%透過親人或朋友認識到香港截肢者協會，23%透過慈善機構，20%透過醫療專業人員，13%透過互聯網搜索，5%透過政府部門認識到。

14. All except one respondent are interested in joining HKAAL activities in the future.

除一名受訪者外，其餘所有人都有興趣參加香港截肢者協會所舉辦的活動。

15. 79% of the respondents are interested to join the HKAAL as volunteers.

These amputees have learnt about HKAAL through various channels. The most common channels are in descending order: family/friends, charitable organizations/NGO's, medical profession, Internet and government sources. They are all interested in joining HKAAL activities in the future and almost eighty percent are interested to volunteer for HKAAL.

79%的受訪者有興趣參加香港截肢者協會的義工團隊。

這些被截肢者透過各種途徑認識到香港截肢者協會。最常見的渠道是：家庭/朋友，其次是慈善組織/非政府組織，醫學界，互聯網及政府來源。他們都有興趣參加香港截肢者協會所舉辦的活動，近百分之八十的人有興趣參加香港截肢者協會的義工團隊。



## Key findings on the family members of amputees

### 有關截肢者家屬的調查報告

A smaller sample (21) of the family members of amputees was asked questions similar to the amputees. They consisted of husband/wife (8), parent/child (5), sibling (6) and other relations (2) of the amputees.

受訪的截肢者家屬共（21）人，是一個較小的抽樣調查，所問及的問題與被截肢者相似的。受訪包括丈夫/妻子（8），父母/子女（5），兄弟姐妹（6）和其他關係（2）所組成。

#### 1. 67% of this sample feel psychological stress stemmed from various causes:

67% 感覺到心理壓力源於以下各種因素：

- Unwanted emotions, e.g. worries, helplessness, anxiety, anger, bad memories, etc. (52%)  
負面情緒(如擔心、無助、徬徨、憤怒、陰影.....等) (52%)
- Unable to understand/solve the psychological issue of the amputee (38%)  
難以理解或解決截肢者的心理問題 (38%)
- The need to seek for other's help all time (19%)  
常求助於別人的壓力(19%)
- Experience difficulty in communicating with the amputee (14%)  
與截肢者溝通困難 (14%)

#### 2. They also face pressure on daily life due to:

他們在日常生活所面對的壓力如下：

- Not knowing how to take care of the amputee on a daily basis (29%).  
缺乏對截肢者的日常護理常識(29%).
- Balancing the time between work and taking care of the amputee (29%)  
照顧截肢者及工作時間失衡(29%)
- The need for support for basic activities in daily life (29%).  
日常生活上的協助(29%).
- The need to seek for other's help all time(29%)  
常求助於別人的壓力(29%)

3. They face financial difficulties due to:

他們所面對的經濟困難如下:

- Medical expenses (e.g. expenses in treatments and rehabilitation, cost of prosthesis, etc.) (62%).  
醫療負擔 (如治療、義肢費用, .....等) (62%).
- Having to give up one's job in order to take care of the amputee (24%).  
要照顧截肢者而放棄工作(24%).
- The amputee who was the primary wage earner can no longer work (24%).  
因截肢者是家庭經濟支柱而失去經濟收入(24%).
- Legal expense (19%)  
法律訴訟的費用(19%)

4. They sought information on support for the amputees through various channels:

他們透過各種渠道尋求有關支援截肢者的信息：

- Internet search (57%)  
上網搜尋相關資料(57%)
- Family and friends (38%)  
親人或朋友(38%)
- Medical profession (38%)  
醫療專業人士(38%)
- Government departments(33%)  
政府機構(33%)
- Charity organizations (19%)  
慈善機構(19%)

5. A majority (81%) of them feel the government/community support for amputees is lacking or insufficient, 14% feel it is "average", 5% feel it is sufficient.

大多數人（81%）認為政府/社區對截肢者的缺乏支援或支援不足，14%認為是“普通”，5%認為是足夠的。

6. They feel the government/community should provide additional support in the following areas:

他們認為政府/社區應該在以下幾方面提供更多的支援：

- Disability and medical subsidy, e.g. physiotherapy (95%).  
傷殘及醫療津貼（如物理治療）(95%).
- Employment opportunity (76%).  
工作機會(76%)
- Psychological counseling (67%)  
心理輔導(67%)
- Information platform (57%)  
資訊平台(57%)
- Daily care (43%)  
日常護理(43%)

7. These respondents feel that government/community support is very important (71%) or important (29%) in helping the amputees to rejoin the society.

這些受訪者認為，政府/社區的支援在幫助截肢者重新投入社會方面非常重要（71%）或重要（29%）。

8. 76% of the amputees paid for the prosthesis, 19% received government aid, 5% received charity assistance.

76%截肢者自資義肢，19%獲得政府援助，5%獲得慈善援助。

9. The time it took from amputation to successful fitting of prosthesis ranges from 3 months to 24 months, with the average at about 8-9 months.

從截肢到裝配及適應義肢所需的時間為3至24個月，平均為8-9個月。

10. 62% learnt about HKAAL from family/friends, 19% through Internet search, 14% through medical professionals, 5% through government departments.

62%透過家庭朋友認識到香港截肢者協會，19%透過互聯網搜索，14%透過醫療專業人士，5%透過政府部門認識到。

11. All except one respondents are interested in joining HKAAL activities in the future.

除一名受訪者外，其餘所有人都有興趣參加香港截肢者協會所舉辦的活動

12. All except two respondents are interested in joining HKAAL as volunteers.

The family members of amputees are also affected albeit to a smaller extent. Around fifty percent of them find it stressful to cope with their unwanted emotions and their attempt to help the amputees in overcoming their psychological issues. They are also frustrated because they often need to ask for help and sometime find it hard to communicate effectively with the amputees.

Taking care of the amputees might extract a heavy toll on their family members. It is difficult to balance the time between work and taking care of the amputees. Family members would often need support on providing basic daily care for the amputees.

Family members would feel the financial crunch resulting from medical expenses incurred by the amputees. This is exacerbated in cases where the amputees who were the primary wage-earners can no longer find employment or the family members had to stop working in order to care for the amputees

Family members sought helpful information through various channels including in descending order: Internet, medical profession, family/friends, government sources and charitable organizations.

Around eighty percent of these family members found the support from the government or community lacking or inadequate. They felt that more support is needed in the following areas, in descending order: financial aid/subsidy, employment opportunity, psychological counselling, information platform and daily care.

They all felt that support from the government or community is very important or important in helping the amputees to re-join society.

除一名受訪者外，其餘所有人都有興趣參加香港截肢者協會的義工團隊。

截肢者的家屬也感到有所影響，儘管程度較小。其中約百分之五十的人認為應付自己的情緒而感到壓力，更試圖幫助截肢者克服心理問題。他們也很沮喪，因為他們經常需要求助，有時候感到很難與截肢者進行有效的溝通。

照顧截肢者可能會對家庭成員造成沉重的負擔。平衡工作與照顧截肢者之間的時間是很困難的。家屬往往需要為截肢者提供基本的日常照顧。

家庭成員因截肢者的醫療費用而感到面臨財務困難。如果截肢是家庭支柱而失去工作或者不能再找到工作，或家人不得不停止工作以便照顧截肢者，面對這情況就會更加百上加斤。

家庭成員透過各種渠道（包括互聯網，醫療行業，家庭/朋友，政府來源和慈善組織）尋求有用的信息。

約百分之八十家屬發現政府或社區缺乏支援或支援不足。他們認為，以下方面需要更多的支援：資金援助/補貼，就業機會，心理諮詢，信息平台 and 日常護理。

他們都覺得政府或社區的支援對於幫助截肢者重返社會是重要或非常重要的。

## **Key findings on the friends/colleagues of amputees**

### **有關截肢者朋友/工作同事的調查報告**

A small sample of 8 friends, 3 colleagues and 2 employers of amputees also participated in this survey.

共 13 人，包括有 8 名截肢者朋友，3 名同事和 2 名雇主參予。

1. All except one indicated that they only have general knowledge on amputation/amputees. 除一個人外，其餘都表示，他們對截肢/截肢者知識不多。
2. 8 out of 13 respondents felt the amputees have become more optimistic after amputation. 2 felt the amputees have become pessimistic, 3 felt the amputees have not changed as a result of the amputation.  
13 名受訪者中有 8 人認為截肢者在截肢後變得更加樂觀。2 人感到截肢者在截肢後變得悲觀，3 人認為截肢者沒有因截肢而改變。
3. Only one of them felt some pressure being a friend to the amputee.  
只有其中一人因當截肢者的朋友而感到有壓力。
4. 7 out of 13 felt their amputee friends face a great deal of pressure.  
13 人中有 7 人感到他們的截肢朋友會面對很大的壓力。
5. 9 out of 13 felt their amputee friends are having difficulties with their life.  
13 人中有 9 人覺得他們的截肢朋友在生活中常常遇到困難。
6. 9 out of 13 felt their amputee friends are physically challenged while at work.  
13 人中有 9 人覺得他們的截肢朋友在工作時身體受到很大的限制。
7. They all would encourage their amputee friends to re-join society.  
受訪者都會鼓勵他們的截肢朋友重新投入社會。
8. They all felt that their amputee friends have inspired them about life.  
受訪者都覺得他們截肢的朋友們在生命中啟發了他們。

9. 12 out of 13 knew about HKAAL through friends or relatives. One knew HKAAL through the government.

13 人中有 12 人透過朋友或親戚認識到香港截肢者協會。其餘一人透過政府認識到香港截肢者協會。

10. All except one are interested to participate in future activities and volunteer work of HKAAL.

除一個人外，所有人都有興趣參加香港截肢者協會所舉辦的活動及義工團隊。