



香港失明人協進會成立於1964年，是香港首個由視障人士組織及管理之自助團體，致力發揮視障人士的自助及互助精神，宗旨是實現視障人士的平等、機會和獨立。

Hong Kong Blind Union was established in 1964. It is the first self-help group organized and managed by people with visual impairment in Hong Kong. It aims at promoting the spirit of self-help and mutual-help as well as striving for equality, opportunities and independence for them.

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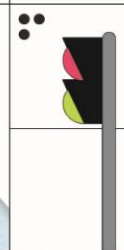
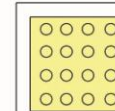
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香港失明人協進會
Hong Kong Blind Union



視障知多少

WHAT IS VISUAL IMPAIRMENT

視障知多少

WHAT IS VISUAL IMPAIRMENT

INTRODUCTION



「視障人士必定是帶黑超，手執白杖的！」不少人對視障人士都有上述的觀感，其實視障主要有全失明及弱視兩種，不同地方對「視障」有著不同的定義。綜合而言，視障人士是指他們受損的視力是不能透過藥物、手術或配帶眼鏡去徹底糾正。

據統計，全港現時約有12萬名視障人士。視障人士其實與你和我一樣，只是他們的視力受到損害，引至全失明或不同程度的弱視。在與視障人士相處時，我們應抱著接納及開放的態度，並正確認識他們因不同視力障礙程度而產生的特別需要。

"A visually impaired person must be someone who puts on dark sunglasses and carries a white cane!" This is the impression many people tend to have of the visually impaired. In fact, visual impairment can mainly be divided into two categories, namely, total blindness and low vision. Different places have different definitions for visual impairment. Generally speaking, visually impaired persons refer to those with visual loss that cannot be totally corrected by taking medication, undergoing surgery or using spectacles.

According to statistics, Hong Kong currently has about 120,000 visually impaired persons. People with visual impairment are in fact no different from you and me, except that they, because of impaired vision, are totally blind or have different degrees of low vision. When getting along with them, we have to correctly understand their special needs arising from different degrees of visual impairment with a receptive and open attitude.



常見致盲眼疾

COMMON EYE DISEASES LEADING TO VISUAL IMPAIRMENT

正常視力 Normal Vision



眼疾是導致視覺障礙的主要成因。現時常見致盲的眼疾主要有五大類別，不同的眼疾會造成不同程度的視力損害，因此患有不同眼疾的朋友，他們看見的世界都不大相同。

Eye diseases constitute the main cause of visual impairment. At present, there are mainly five types of common eye diseases leading to visual loss or blindness. Different eye diseases can lead to varying degrees of visual loss. Thus the world seen by people suffering from different eye diseases tends to vary.

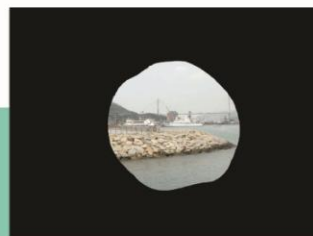
黃斑點病變 Macular Degeneration

黃斑區位於視網膜中央，是感光神經細胞最集中的地方。由於黃斑區因病變、炎症、感染或創傷，令患者漸漸失去中央視力，影像會變成波浪型、出現斷裂、線條變形或影像變得模糊。

The macula is located in the central part of the retina. It is the area where most of the light-receptor nerve cells are found. Because of degeneration of the macula, inflammation, infection or trauma, the patient gradually loses central vision, with images turning wavy, fragmented, lines distorted, or vision blurred.



青光眼 Glaucoma



青光眼是眼壓過高引起的，導致眼後房視神經纖維逐漸毀壞，令患者損失周邊視力。青光眼可分為急性及慢性兩種。急性發作會引起痛楚，而慢性青光眼，患者可能直至末期眼睛都沒有感到不適，直至周邊視力完全喪失才發覺異常。

Glaucoma arises from high intraocular pressure, which gradually damages the nerve fibers of the optic nerve. As a result, the patient gradually loses peripheral vision. Glaucoma can be divided into two types, acute and chronic. When the acute type flares up, there is pain. In the case of the chronic type, it is possible for the patient not to feel any discomfort in the eyes even up to the end stage. Not until all peripheral vision is gone may the patient be aware of something abnormal.

鳴謝：眼科楊榮新醫生
Acknowledgement: Dr. Yeung Wing Sun, Ophthalmologist

常見致盲眼疾

COMMON EYE DISEASES LEADING TO VISUAL IMPAIRMENT

糖尿病視網膜病變 Diabetic Retinopathy

因糖尿病破壞了視網膜上的微絲血管，嚴重會導致視網膜缺氧，對視力造成嚴重損害。

Because of damage to the small blood vessels in the retina due to diabetes, oxygen supply to the retina is cut off in serious cases, and this can lead to serious damage to the vision.



視網膜色素病變 Retinitis Pigmentosa

視網膜色素病變，簡稱RP，是其中一種遺傳性眼疾，因視網膜的感光細胞退化，令患者有夜盲及視野逐漸收窄。

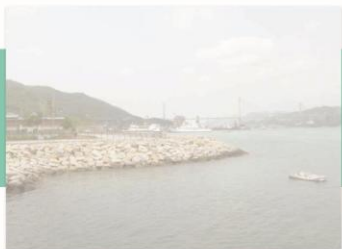
Retinitis Pigmentosa (RP) is one of the hereditary eye diseases. Following the degeneration of the light-receptor cells in the retina, the patient may experience poor night vision and gradual narrowing of visual field.



白內障 Cataract

晶體位於眼球內部，有調節焦距之用。正常的晶體是完全透明的，白內障患者因退化其晶體會出現混濁和硬化，光線無法完全穿透晶體，令患者對光度和色彩的敏感度大大減低。

The lens located inside the eyeball has the function of focusing images. A normal lens is totally transparent. Because of degeneration, the lens of a person suffering from cataract turns cloudy and hardened. Light rays are unable to penetrate into the lens completely, greatly lowering the patient's perception of light and colours.



鳴謝：眼科楊榮新醫生
Acknowledgement: Dr. Yeung Wing Sun, Ophthalmologist

白杖是甚麼

WHAT IS WHITE CANE

視障人士行走時拿著的一支杖，有人稱之為「盲公竹」。其實它的名字叫白杖或手杖，是視障人士常用的輔助工具。

A stick that the visually impaired persons hold while walking is called "white cane". It is a frequently used assistive tool for persons with visual impairment.

白杖的用途是甚麼？

What are the functions of a White Cane?

白杖可以協助視障人士探索路面、了解自己身處的環境、探測障礙物或路面的凹凸情況，以避免碰撞或意外。因此，白杖對視障人士有著「定向」與「行動」的功用。使用白杖亦可以表示視障人士的身份。

White cane helps the visually impaired persons explore the road surface, provides them with information about the environment, detecting obstacles and uneven road ahead so that collision or accidents can be avoided. Therefore, white cane has orientation and mobility functions. Using a white cane is also an indication that the bearer is visually impaired.



白杖的意義是甚麼？

What is the significance of a White Cane ?

透過使用白杖，視障人士可自行外出活動，避免倚賴別人帶領。白杖的外形與英文字母“l”字相似，代表著「獨立自強」(INDEPENDENCE)的精神。

Using a white cane enables the visually impaired persons to go out independently and avoids being over-dependent on others. As the shape of a white cane is similar to the English letter "l", it therefore symbolizes independence.



白杖是甚麼

WHAT IS WHITE CANE

第一次世界大戰後，因戰爭而導致很多軍人失明，法國倡導視障人士使用手杖，由於成效顯著，很快便推廣到其他國家。

A number of veterans became blind after the First World War. The Frenchmen launched a national white stick movement for blind people. As it proved to be a very useful tool for the visually impaired persons, white cane has been commonly used in many countries around the world since then.

手杖為甚麼是白色 Why is the cane in white?



這要追溯到1930年，當時在法國及美國均開始倡議用白色手杖作為輔助失明人士行走的工具，原因是白色手杖反射在黑色的路面上，形成明顯的對比，即使在晚上或黑暗的環境下亦非常顯眼，能夠產生警示作用，讓駕車人士容易察覺及識別視障人士，避免發生危險。

It has to be traced back to 1930 that the Frenchmen and Americans promoted the use of white cane as a mobility device for the visually impaired persons. As the white colour would be in sharp contrast against dark road surface, the bearer of the cane is easily recognized by car drivers and unnecessary accidents could therefore be avoided.

國際白杖的起源及意義 Origin of the International White Cane Day and its significance



早於1964年，美國憲法確定每年10月15日為白杖日，其他國家的失明人士亦紛紛效法。白杖日一方面提醒視障人士重視獨立行走能力，另一方面亦喚起社會大眾關注視障人士的特殊需要，以及他們使用道路及參與社會的平等權利。

Early In 1964, the American Constitution designated 15th October of each year as the White Cane Day. Since then, the spirit of the White Cane Day has been widely spread across different countries. On one hand, it reminds people with visual impairment the importance of mobility independence. On the other hand, it promotes public awareness towards the special needs of the visually impaired people and their equal rights to use the road and participate in the community affairs.



共融社會

INCLUSIVE SOCIETY



聯合國殘疾人權公約於2008年起，在香港生效。公約的宗旨是促進、保護和確保所有殘疾人士能夠充分和平等地享有一切人權和基本自由，促進對殘疾人士固有尊嚴的尊重，讓殘疾人士能夠與他人在平等的基礎上切實地參與社會。香港作為締約地區，有責任履行公約的內容，政府與社會大眾為此必須通力合作，共同創造一個無障礙的共融社會，讓視障人士能夠平等地追求自己的生活，不受任何形式的歧視。

The United Nations Convention on the Rights of Persons with Disabilities went into effect in Hong Kong in 2008. The purpose of the Convention is to promote, safeguard and ensure the point that all disabled persons are able to fully and equally enjoy all human rights and fundamental freedoms; promote respect for the inherent dignity of disabled persons; and make it possible for disabled persons to have actual participation in society with other people on an equal footing. Being a signatory to the Convention, Hong Kong has the duty to carry out the provisions of the Convention. To this end, the government and members of the public must wholeheartedly co-operate to bring about a barrier-free inclusive society so that visually impaired persons can pursue their living without being subjected to any form of discrimination.

隨著科技的發展，視障人士只需要安裝一些輔助器材，就能透過電腦連接互聯網，接觸精彩多姿的網絡世界。As a result of technological advancement, visually impaired persons can, with the help of some assistive tools, be linked up with the Internet on the computer and access the wonderful world of the Web.

讀屏軟件 Screen Reading Software

可把電腦屏幕所顯示的文字報讀或利用點字顯示器顯示出來，讓視障人士能夠知道畫面所顯示的內容。

It can read aloud the text shown on the computer screen, or display it with a Braille display for the visually impaired persons to know what is being shown on the screen.

電腦螢幕放大軟件 Screen Magnifying Software

可把電腦屏幕畫面的文字或圖片放大，給弱視朋友閱讀當中的內容。

It can magnify words or images shown on computer screen for people with low vision to read.

點字顯示器 Braille Display

連接電腦，讓讀屏軟件能夠把電腦屏幕的資料利用點字顯示器顯示出來，讓失明朋友能夠摸讀。

It connects with the computer to let screen reading software show the contents on the computer screen with a Braille display so as to let the visually impaired persons comprehend by touching.



光學文字辨識系統 Optical Character Recognition

可把已掃描的印刷文件轉換成文字檔案，然後失明人士可利用其他輔助器材，例如點字顯示器或電腦屏幕報讀軟件等了解有關文件的內容。

It converts scanned printed documents into text for the visually impaired persons to understand what the documents are about by using other assistive aids, such as Braille display or computer screen reading software.

引路徑

TACTILE GUIDE PATHS

引路徑是一種為視障人士進行道路指引的公共設施，主要鋪設於公共設施及交通樞紐內的主要出入口。在香港，引路徑以帶凹凸紋路的磚塊為基本單位，分成三種類型：

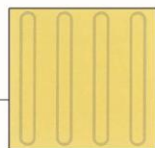
Tactile guide paths, the public facilities to give visually impaired persons a route guide, are chiefly installed in public venues and facilities as well as at transportation hub, or lead to main exits and entrances. In Hong Kong, they are basically composed of tactile tiles and divided into three types:



方向磚 Tactile Directional Tiles

以條狀凹凸紋組成，代表直行，視障人士可以順著方向提示磚的條紋前進。

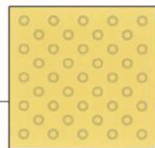
Composed of tactile strips, they are used to indicate straight ahead direction. Visually impaired persons may proceed in the direction of the tactile strips.



位置磚 Tactile Positional Tiles

以凸起的小圓點組成，提示視障人士到達某個具體位置或道路轉彎大於30度。

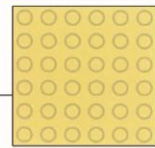
Composed of small blisters, they are used to tell the visually impaired persons that they have arrived at a certain location, or that the route is to take a turn in excess of 30 degrees.



警示磚 Tactile Warning Tiles

以凸起的大圓點組成，提示視障人士警示磚後的路況環境出現變化，起警示的作用。

Composed of large blisters, they are used to give warning to the visually impaired that the road conditions of the route ahead are different.



參考資料：《探索導盲之路 邁向社會共融》編著：邵健偉教授 (Prof. Michael Siu)

社區輔助設施

COMMUNITY SUPPORT FACILITIES

視障人士日常生活主要依靠聽覺及觸覺接觸世界，因此社區上不少輔助設施透過聽覺及觸覺，輔助視障人士使用。

In their day-to-day life, visually impaired persons mainly rely on hearing and touching to be in touch with the world. There are many support facilities in the community to help the visually impaired use them by the sense of hearing or touching.

例如：

Examples:

- 行人過路燈聲音提示 audible traffic light signals
- 巴士語音報站系統 bus stop announcement systems
- 觸覺點字地圖 Braille maps
- 升降機點字按鍵 Braille elevator buttons
- 有點字的鈔票 bank notes with Braille



單靠無障礙設施並不足以創造共融的社會，視障人士還需要有均等的機會，才能讓他們充分發揮潛能，你願意為視障人士提供一個平等的機會嗎？

Having just barrier-free facilities is not enough to create an inclusive society. People with visual impairment need equal opportunity to bring into full play their potentials. Are you prepared to give the visually impaired persons an equal opportunity?



點字

BRAILLE



文字是人類文化及智慧累積的結晶，而點字就是視障人士使用的文字。自從法國人路易士·布雷(LOUIS BRAILLE)發明點字後，至今已有多百年的歷史，發揮著訊息溝通、知識傳遞及情感抒發等的重要功能。

We all acknowledge that the development of writing is the accumulation of civilization and intelligence of mankind, and Braille is a system of writing for people with visual impairment. Ever since the invention of the Braille system by Louis Braille of France, more than one hundred years have gone by. Braille has been playing the important functions in communication, knowledge dissemination and expression of feelings.

A	⠁	N	⠠	0	⠼
B	⠃	O	⠣	1	⠩
C	⠉	P	⠏	2	⠨
D	⠙	Q	⠒	3	⠫
E	⠑	R	⠗	4	⠬
F	⠋	S	⠎	5	⠭
G	⠎	T	⠞	6	⠮
H	⠄	U	⠤	7	⠯
I	⠇	V	⠦	8	⠰
J	⠊	W	⠠	9	⠱
K	⠅	X	⠭	10	⠲
L	⠙	Y	⠽	11	⠳
M	⠍	Z	⠵	12	⠴

點字是一套以6個點為單位來記錄文字的系統，透過6個點組成不同的組合，代表不同的拉丁字母和符號。這系統得到世界各地的視障人士授納使用，並發展成為不同的語言。

Braille is a system using six dots in one unit to record words. By arranging the six dots in various ways, combinations representing the Latin alphabets and symbols are formed. The system, adopted and used by visually impaired persons all over the world, has developed into different languages.



點字在教育當中扮演著重要的角色，作為視障人士學習知識的主要媒介，教科書的閱讀、功課及筆記的準備、文章的寫作以至參考書的應用等，都能透過點字進行，除了點字書籍外，視障人士亦可透過點字顯示器，配合所需之軟件，閱讀及操作電腦，瀏覽互聯網資訊，甚至進行訊息溝通方面，大大地擴展了獲取知識的領域。而在日常生活中，升降機樓層按鈕、洗髮液，以至飲品杯蓋等都有點字的顯示，其普遍應用亦隨社會的進步而有所擴展。

Playing an important role in education, Braille has both a symbolic meaning and practical value. Being the principal medium of learning for people with visual impairment, Braille makes it possible for them to read textbooks, prepare assignments and notes, write essays, and consult reference books. In addition to Braille books, people with visual impairment equipped with a Braille display fitted with the necessary software may also do reading on the computer and perform other tasks such as word-processing, surfing the Internet, and even making communication. These have considerably enlarged the scope for knowledge acquisition. In day-to-day life, the floor buttons of elevators, shampoo bottles, and even the lids of beverages all bear Braille dots. Its general application is growing with the progress of the society.

參考資料：〈盲文出版與盲人教育需求〉 作者：莊陳有先生
Reference: "Blindness Literacy Publications & Education Needs of the Blind" by Mr CHONG Chan You

在街上遇上視障人士，我應該如何提供協助

HOW COULD I OFFER ASSISTANCE WHEN MEETING A VISUALLY IMPAIRED PERSON IN THE STREET?



首先，我們可以先詢問視障人士是否幫忙，如果對方表示需要引導，我們可以輕用手背拍視障人士的手背，提示視障人士可以輕握我們的手肘，然後由我們帶引他/她前行。

You have to ask if the visually impaired person needs assistance first. If he/she does need help, you may touch the back of his/her hand with yours. This is to indicate he/she to hold your arm just above your elbow. You may then start to lead his/her way.

沿路上我們可以描述路面的情況給視障人士知道，讓他/她了解途中是否有障礙物。如果到達樓級、斜路、馬路或空隙位置，我們應稍為停頓，並給予視障人士提醒。

White walking with him/her, you can describe the things around so that he/she knows whether there are obstacles nearby. Take a brief stop when there are stairs, steep road or gap on the road and indicate so verbally.

如果想了解更多與視障人士的正確相處方法，歡迎索取本會的《與視障人士相處的10個小貼士》單張。

If you would like to know more about the communication skills with the visually impaired people, you are welcome to get a leaflet on "10 tips to get along with Visually Impaired Persons (VIPs)" from our office.