26 years as a social worker in NGO working with children and youth, seniors and families. Now a manager of home care service in Evangelical Lutheran Church Social Service Hong Kong, leads Lifestyle Reactivation Project Jockey Club Smart Home Care Solution, which proven to be helpful in reconnecting homebound elderly in the time of COVID-19.
Challenges of Home Care Services in HKG

Present Population Served by Home Care Services

- Ageing of Baby Boomer Generation creates huge demands
- Decrease in workforce
- Stereotype model of home care services
- Idling at home

FUTURE SERVICE NEEDS

8.1X from now
Idling at Home...

During LOCKDOWN
In 2016, we launched the Lifestyle Reactivation Project.

『生活再動計劃：賽馬會居家安老新里程』

Jockey Club Smart Homecare Solution

賽馬會居家安老新里程
4 Major Elements

**Telehealth**
- 356 sets of Android Tablets with IoT devices now using by Seniors, monitored by Seniors themselves, care staff and caregivers

**TeleRehabilitation**
- Brain Training System with 30 original cognitive games; Reactivation Program Database with 81 exercise video clips, 61 greeting and encouragement videos, 250 exercises illustrations

**Lifestyle Reactivation Schedule**
- Active scheduling system has encouraged 70,000 meaningful hours

**Social Network**
- Over 710 Seniors engaged
Case 1: Madam Tsui

73 years old, IHCS user
Medical Record: Strokes (3 times), Hypertension, Gout, Nephropathy (1/3 function), Proteinuria, Heel Periosteal Degeneration, Scapular Adenoma, Left Pectoral Myoma, and Part of the Intestine Removed (Intermittent Incontinence)

Service for 9 months
Engaged 3-4 hours per day
Self-measured physiological data (Body temperature, BP, Pulse, O2, Step and Sleep, Body Weight)
Brain-up App: participates every day
Exercise: neck and hand movements
Video entertainment: Video entertainment: Old Cantonese Movies 新馬仔、News
Case 2: ELCSSHK Staff

An infection cluster identified in a public housing block in Shatin where our cases are living, and staff were working and residing.

Physiological data synchronized across the App for staff and Content Management System (CMS)
Stay Active! Stay Connected!

My Life Will Go On!