

## **Jockey Club Long COVID Rehabilitation Programme**

### **What is Long COVID?**

Most people who develop COVID-19 fully recover, but current evidence suggests some people experience a variety of mid- and long-term effects after they recover from their initial illness. These mid- and long-term effects are collectively known as “post COVID-19 condition” or “long COVID.”

The World Health Organization defines long COVID as the illness that occurs in people who have a history of probable or confirmed COVID-19 infection; usually within three months from the onset of COVID-19, with symptoms and effects that last for at least two months. These symptoms and effects cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunctions, insomnia, and impacts on daily functioning.

People with long COVID may have difficulty in daily functioning. Their condition may affect their ability to perform daily activities such as work or household chores.

### **Jockey Club Long COVID Rehabilitation Programme**

To support the rehabilitation needs of vulnerable groups and those in need, The Hong Kong Jockey Club Charities Trust has approved a donation of over HK\$100 million to support the following three services:

1. **“Self-management Support Services”** – Since most people are able to self-manage long COVID symptoms through a multi-disciplinary approach and to promote recovery, The Chinese University of Hong Kong has launched the first phase of a webpage and mobile app in September 2022. The webpage and mobile app provide interactive, personalised and self-managed rehabilitation plans to provide free-of-charge evidence-based rehabilitation suggestions and guidance;
2. **“Community Support Services”** – To support those with greater long COVID rehabilitation needs, eight NGOs have launched services that adopt a case-management approach: to provide multidisciplinary intervention. A case manager will assess conditions and co-develop a rehabilitation plan, of not more than 12 weeks, with rehabilitation goals together with the participant. The one-year services are free-of-charge, and commenced from September 2022;
3. **“Support Services for Elderly Homes”** – The majority of the elderly in residential care homes for the elderly (“RCHEs”) are frail with multiple pre-existing chronic diseases, and appear to take a longer time to recover from long COVID. To facilitate the rehabilitation process and improve the physical and mental well-being of elderly residents in private RCHEs, five NGOs have organised the one-year services to commence from September 2022.

### **Application arrangements**

1. **“Self-management Support Services”** – Please visit the webpage or download the mobile app, which are free of charge;
2. **“Community Support Services”** – All local residents meeting all three requirements below are eligible. Priority will be given to vulnerable groups (e.g. recipients of Comprehensive Social Security Assistance; families eligible for School Textbook Assistance / Student Travel Subsidy and/or Subsidy Scheme for Internet Access Charges; or residents in public housing).
  - i. Confirmed with COVID-19 and recovered (i.e. tested positive through Government-recognised testing bodies using RT-PCR; or declared at the Department of Health “Declaration System for Individuals Tested Positive for COVID-19 Using Rapid Antigen Test”);
  - ii. Suffered from long COVID (i.e. within nine months from confirming COVID-19 infection); long COVID appeared within three months from the onset of COVID-19 with symptoms and effects that last for at least two months.
  - iii. Never participated in the Special Chinese Medicine Out-patient Programme for Discharged COVID-19 Patients provided by the Hospital Authority.

This is a pilot scheme with a limited quota. Related NGOs will consider applications according to the actual circumstances (such as clinical conditions) on a first-come, first-served basis. The deadline for applications is end-May 2023. The contact information of NGOs is in the appendix.

3. **“Support Services for Elderly Homes”** – Responsible NGOs will contact private RCHes directly. No individual applications will be accepted.

**Appendix**

**“Community Support Services”**  
**Service Areas and Non-governmental Organisations**

| <b>Principal service area</b> | <b>Non-governmental Organisation</b>                 | <b>Telephone number</b> | <b>WhatsApp</b> |
|-------------------------------|--|-------------------------|-----------------|
| Southern District             | Aberdeen Kai-fong Welfare Association                | 35505460                | 63440282        |
| Tuen Mun District             | Evangelical Lutheran Church Social Service-Hong Kong | 64162604                | 64162604        |
| Sai Kung District             | Haven of Hope Christian Service                      | 54246522                | 54246522        |
| North District                | Hong Kong Young Women’s Christian Association        | 22475335                | 91404658        |
| Sham Shui Po District         | St. James’ Settlement                                | 91721860                | 91749682        |
| Sha Tin District              | The Hong Kong Society for Rehabilitation             | 63567501                | 63567501        |
| Eastern District              |  | 63507054                | 63507054        |
| Central and Western District  |  | 63570894                | 63570894        |
| Kowloon City District         | The Lok Sin Tong Benevolent Society, Kowloon         | 22729891                | 64773890        |
| Yau Tsim Mong District        |  | 22729891                | 62087781        |
| Kwun Tong District            | United Christian Nethersole Community                | 53058923 /              | 53058923        |
| Tai Po District               | Health Services                                      | 59837717                |                 |