

Organised by :



Sole Funder :



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

The 9th Global Conference of the Alliance for Healthy Cities

“SMARTER HEALTHY CITIES BEYOND COVID-19”

3 - 5 Nov 2021



YWCA Tele-Health Community Programme in Hong Kong

Lam Ka Shing, Billy
Occupational Therapist
5th Nov. 2021



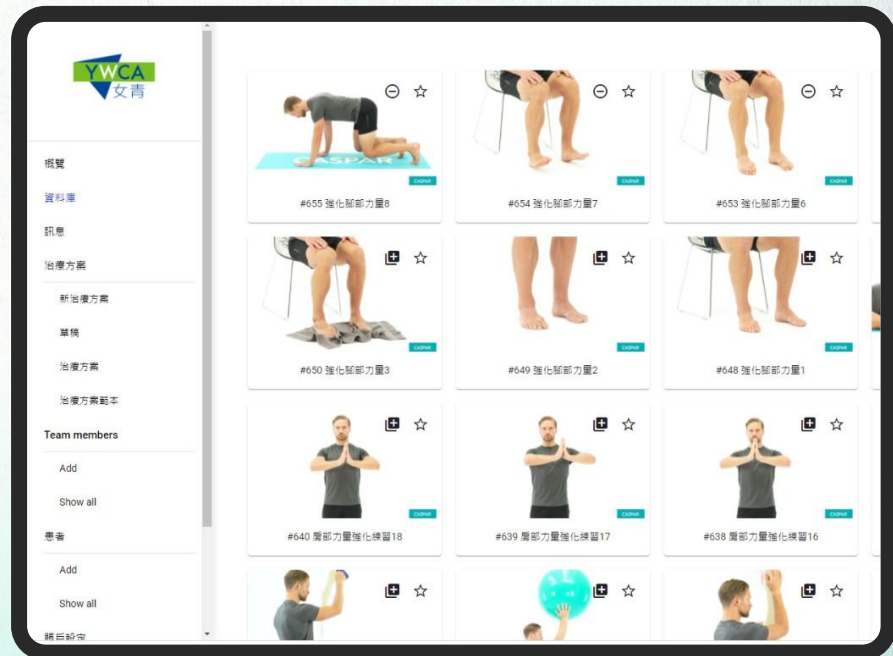
COVID-19 make difficult on the traditional healthcare services model

- Face to face interaction **is limited**
- Healthcare service model **is challenged.**
 - **Tele-rehabilitation**
- YWCA
 - Recently discharged older adults
 - One-stop rehabilitation programme
 - **CASPAR Tele-health**
- Target
 - Recently discharged individuals
 - To improve their function, independence and QoL
 - To relieve caregivers' pressure



Programme design:

- **One-stop** rehabilitation program
- Intensive day, home and Tele rehabilitation.
- Remote rehabilitation platform
 - >1000 exercise, seminars and education videos
 - Multidiscipline co-create a tailored-made programme

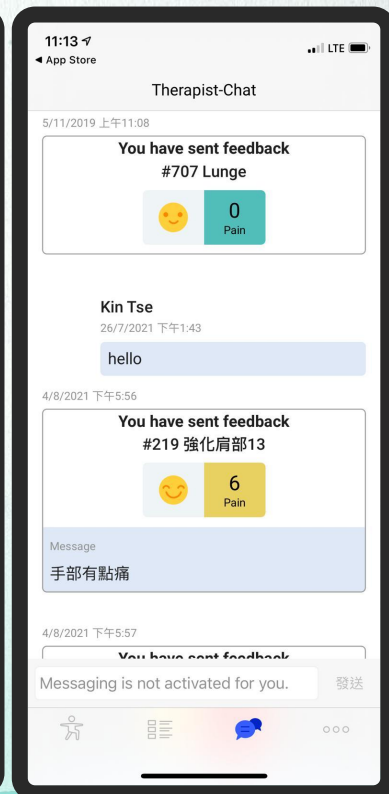
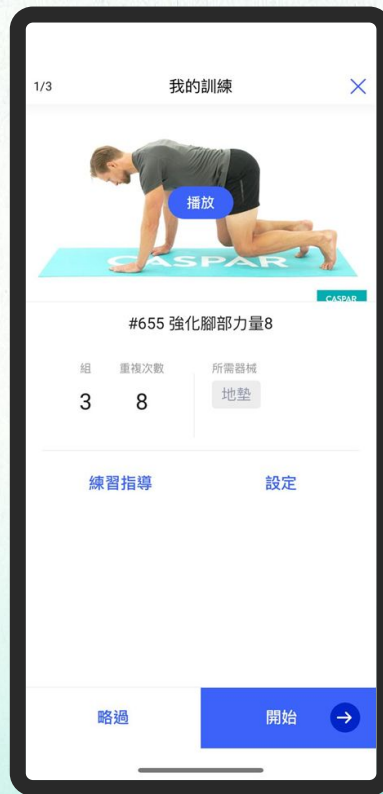


● Clients

- Remote rehabilitation platform accounts
- Follow the programme
- Exercise up to daily schedule
- Feedback system

● Expectation

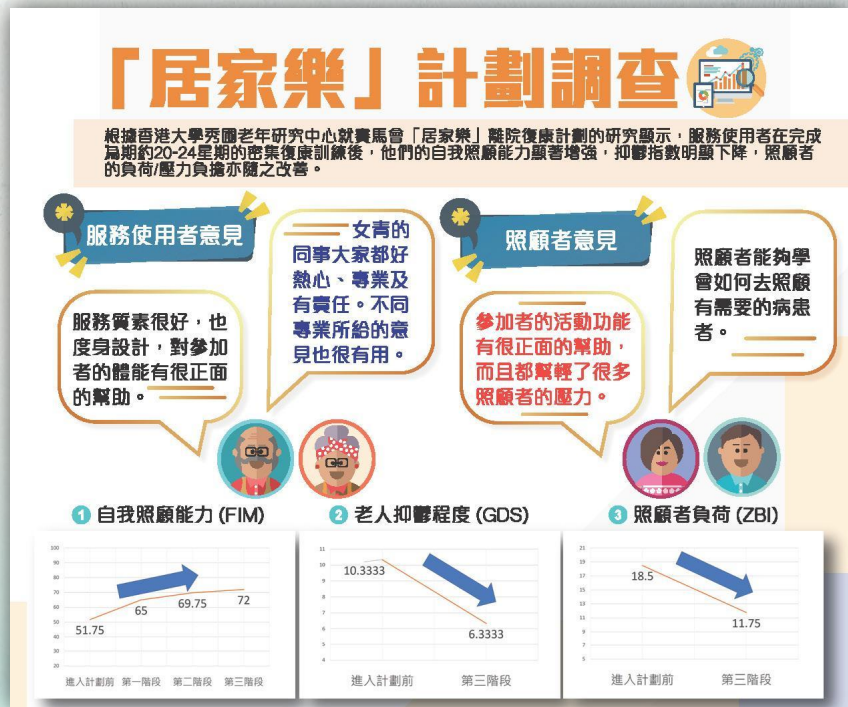
- Clients can maintain a health and independence
- Foster their functional recovery
- Rehabilitation progress will not be hindered
- Avoid long term disability



Impact of project:

- Significantly improved
 - Physical
 - Cognitive
 - Functional ability
 - Independence
 - Quality of Life
 - Reduced the caregiving burden

- Findings / Observation
 - Preferred face to-face rehab session
 - ? a low acceptance of tele service in rehab
 - ? unfamiliarity with technology
 - ? lack of enough assistance



Application:

- YWCA was farsighted to have introduced Tele rehab in HK.
- Tele-health
 - **May not replace** the traditional model
 - Has its own advantages
 - Complementary equipment and services are needed in the long run



服務計劃

A

- 遙距復康系統帳戶
- 個人訓練計劃
- 進度追蹤及提示
- 治療師跟進及遙距指導
- 護理員到戶支援(4次)

費用: \$1,200/月

B

- 遙距復康系統帳戶
- 個人訓練計劃
- 進度追蹤及提示
- 治療師跟進及遙距指導

費用: \$600/月

新服務使用者須接受治療師上門評估及訂立復康計劃(費用: \$1,200/次)

• 首月免費租借復康器材
• 提供iPad+WiFi連租借

服務特色及內容

1 個人化訓練平台

2 專業治療師指導

3 貼心追蹤及提示

專業評估

遙距系統

復康計劃

個人帳戶

監察跟進

到戶支援

