



**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 has 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 has organised the one-year services to commence from September 2022.

Application arrangements

The application arrangements for the three services under the Jockey Club Long COVID Rehabilitation Programme are as follows:

1

“Self-management Support Services”

Please visit the webpage and 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).

- 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's “Declaration System for Individuals Tested Positive for COVID-19 Using Rapid Antigen Test”);
- Suffered from long COVID (i.e. within nine months from confirming COVID-19 infection); long COVID will appear usually within three months from the onset of COVID-19 with symptoms and effects that last for at least two months.
- 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.

Community Support Services Service Area and Non-governmental Organisation

PRINCIPLE SERVICE AREA	NON-GOVERNMENTAL ORGANISATION	TELEPHONE NUMBER	WHATSAPP 
Southern District	Aberdeen Kai-fong Welfare Association Social Services	35505460	63440282
Tuen Mun District	Evangelical Lutheran Church Social Service	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		63567501	63567501
Eastern District	Hong Kong Society for Rehabilitation	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 Health Services	53058923 / 59837717	53058923
Tai Po District			