

# Lifestyle Reactivation: Smart Home Care Solution in Time of COVID-19

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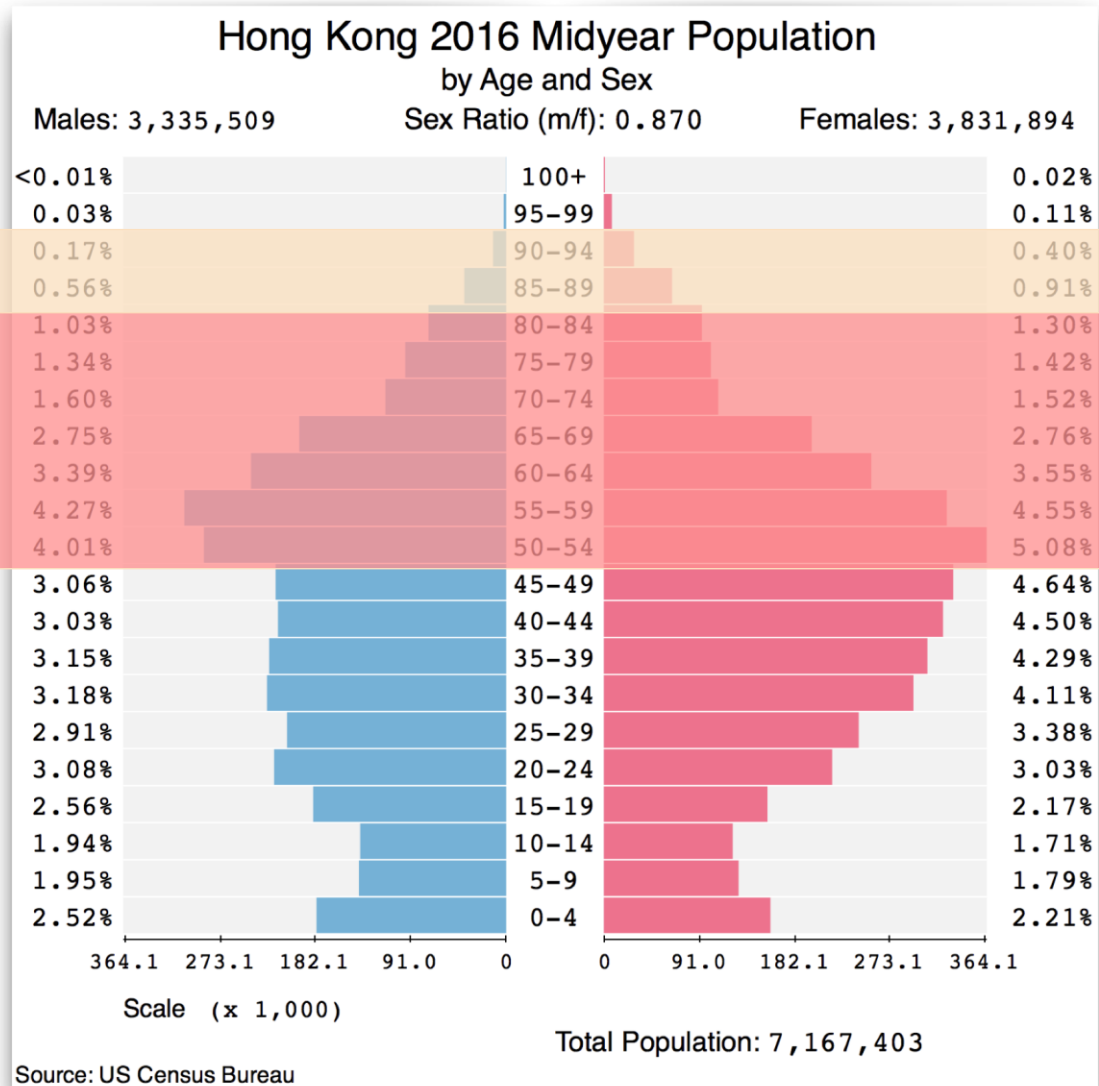
Evangelical Lutheran Church Social Service Hong Kong



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

**FUTURE SERVICE NEEDS**  
8.1X from now

Ageing of Baby Boomer Generation creates huge demands

Decrease in workforce

Stereotype model of home care services

Idling at home

# Idling at Home...



During  
**LOCKDOWN**



# In 2016, We launched 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



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# 4 Major Elements

## LIFESTYLE REACTIVATION SYSTEM

### 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



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# 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)

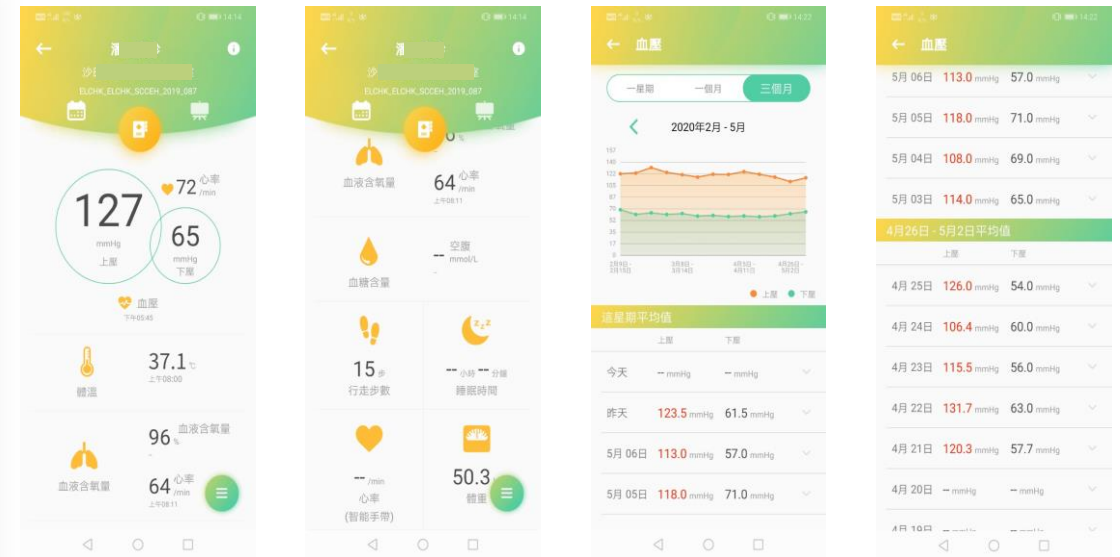
Service for 9 months  
Engaged 3-4 hours per day  
Self-measured physiological data(Body temperature, BP, Pulse, O2, Step and Sleep, Body Weight)  
Brain-up App: participates every day  
Exercise: neck and hand movements  
Video entertainment Video entertainment:  
Old Cantonese Movies 新馬仔、News



# 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!



The screenshot shows the HKCSS website with the article title '疫情下足不出户 長者生活無限再動' (During the epidemic, staying at home, the lives of the elderly can go on infinitely). The article features a photo of an elderly woman using a tablet and a blood pressure monitor. The text describes how she uses the 'Life Reactivation Project' (生活再動計劃) to stay active and connected during the pandemic.

HKCSS 社福抗疫資訊網站

主頁 防疫資訊 居家樂活 快樂抗疫 好人好事 捐贈物資 To Donate

主頁 > 好人好事 > 疫情下足不出户 長者生活無限再動

好人好事 — 2020-03-26

### 疫情下足不出户 長者生活無限再動

分享

Facebook WhatsApp LINE Messenger

疫症持續兩個月仍未見回落，大家也未敢鬆懈。家住沙田的黃婆婆上不了茶樓，這天用平板電腦玩「生活再動計劃」的點心遊戲，當作吃了春卷和粉果，兼練腦筋；然後又跟視頻示範做居家復康訓練，足不出戶，每天生活也很多采多姿。

90歲的黃婆婆，原與丈夫同住沙田區屋邨，丈夫上月入醫院至今仍在治療，黃婆婆目前獨居，她患有高血壓、哮喘、是癌病康復者，需要定期服藥及使用氣管舒張劑。除了有使用信義會沙田護老坊綜合家居照顧服務的每日送膳服務，半年前她開始參加「生活再動計劃：賽馬會居家安老新里程」，透過計劃所提供的免費平板電腦、無限網絡、醫療儀器及特別研發的流動應用程式，讓她安坐家中仍可進行各種復康訓練、健康監察及生活娛樂。

<http://www.hkcss.org.hk/%E7%96%AB%E6%83%85%E4%B8%8B%E8%B6%B3%E8%8D%E5%87%BA%E6%88%B6%E9%95%B7%E8%80%85%E7%94%9F%E6%84%BB%E7%84%A1%E9%99%90%E5%86%8D%E5%8B%95/>