The Society for AIDS Care
愛滋寧養服務協會

2025-2026 年報
ANNUAL REPORT



多點關心　照亮人生

Together We Make A Difference

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The Society for AIDS Care (SAC)

established in November 1994, is Asia's first community-based, non-profit charitable organization providing high-quality direct patient care services to people living with HIV/AIDS (PLHIV) of all ages, including children, women, adults, and the elderly, as well as their caregivers. SAC also implements a women's phone-in hotline and offers free HIV and Syphilis testing services. The professional service team consists of nurses, social workers, counselors, and physiotherapists, offering both outreach and center-based services on HIV/AIDS care and prevention. These services include drug supervision, therapeutic counseling, psychological support, physiotherapy, physical training, peer support, public education, and volunteer training. SAC is committed to providing professional care to PLHIV, strengthening their self-care abilities, building their self-confidence, and promoting a vision of positive living to facilitate full community reintegration. SAC is also a U=U (HIV Undetectable = Untransmittable) community partner.

愛滋寧養服務協會

於一九九四年十一月成立，為一所以社區為基礎的非牟利慈善機構。本會是亞洲首個為感染愛滋病病毒的兒童、婦女、成人、長者及其照顧者提供直接關顧服務，同時提供女士免費諮詢熱線及愛滋病與梅毒測試服務的機構。本會擁有護士、社工、輔導員及物理治療師的專業團隊，不但提供外展服務，亦在日間中心進行各種關顧及預防愛滋病的服務，包括藥物督導、治療輔導、心理支援、物理治療、體能訓練、朋輩支援、公眾教育及義工培訓等。我們致力提供專業的服務，增強愛滋病病毒感染者的自理能力、建立自信，促進社區共融發展。本會為支持測不到 = 傳不到 (感染者的愛滋病病毒載量達至無法檢測水平 = 不能透過性接觸傳播愛滋病病毒) 的社區伙伴。

Mission Statement 使命宣言

As advocate for PLHIV, The Society for AIDS Care supports and empowers community groups and individuals with response aiming at developing and implementing integrated and sustainable HIV/AIDS programs on care and prevention.

致力為愛滋病病毒感染者爭取應有權益，策動社區組織或個人提供資源及支援，鼓勵發展及推動綜合式愛滋病的預防及關顧計劃。

Objectives 目標

- To advocate for PLHIV on their rights to have quality of life and rights to be respected.
  促進社會各方面，支持愛滋病病毒感染者爭取獲得基本尊重及提高生活質素的權利。

- To collaborate with and to empower partners including community groups or individuals to develop integrated sustainable HIV/AIDS programs on care and prevention.
  推動社區組織或個人的合作伙伴，共同策劃及發展長遠綜合式愛滋病的預防及關顧計劃。

- To act as resources and support for partners in implementing HIV/AIDS programs on care and prevention.
  為合作伙伴提供資源及援助，落實執行預防愛滋病及關顧愛滋病病毒感染者的服務項目。

Content 目錄

1 Board of Directors 董事會成員
2 Organization Chart 組織架構圖
3 Chairperson's Message 主席獻辭
4 Chief Executive Officer's Report 行政總監報告

6 **Service Report 服務報告**

- 7 Community Home Care Service 社區家居護理服務
- 9 Mother-to-child Transmission Prevention Program 預防母嬰感染計劃
- 10 Community and Home Based Rehabilitation Service 社區及外展復康服務
- 13 SAC Day Centre 日間中心服務
- 17 Empowerment Mutual Help Service 會友賦權互助服務
- 19 Counseling Service 輔導服務
- 20 Women Phone-in Hotline and Free HIV and Syphilis Testing Service 女士諮詢熱線及免費愛滋病與梅毒測試服務
- 21 HIV Self-Testing Service 愛滋病病毒自我檢測服務

23 **Education and Training 教育與培訓**

- 24 "Say No to Discrimination!" Mask Design Contest「向歧視說不!」面具設計比賽
- 25 Cambodia Project 柬埔寨計劃
- 27 Health Talk 健康講座
- 28 The 11th Asia Pacific Conference on AIDS and Co-infections 第十一屆亞太愛滋病及其合併感染醫學會議
- 28 "Know More about AIDS" Mobile Application「愛知愛滋」流動應用程式

29 **Resource Developments and Promotion 資源發展及推廣**

- 30 2025 World AIDS Day 世界愛滋病日 2025
- 31 2026 AIDS Walk 慈善步行 2026
- 32 Sharing Love Workshop 分享愛工作坊
- 33 New Promotional Poster Campaign 宣傳海報設置
- 33 Announcement of Public Interest 政府宣傳

34 **Financial Highlights 財務摘要**

- 35 Honorary Treasurer's Report
- 36 Independent Honorary Auditor's Report
- 39 Income and Expenditure Chart

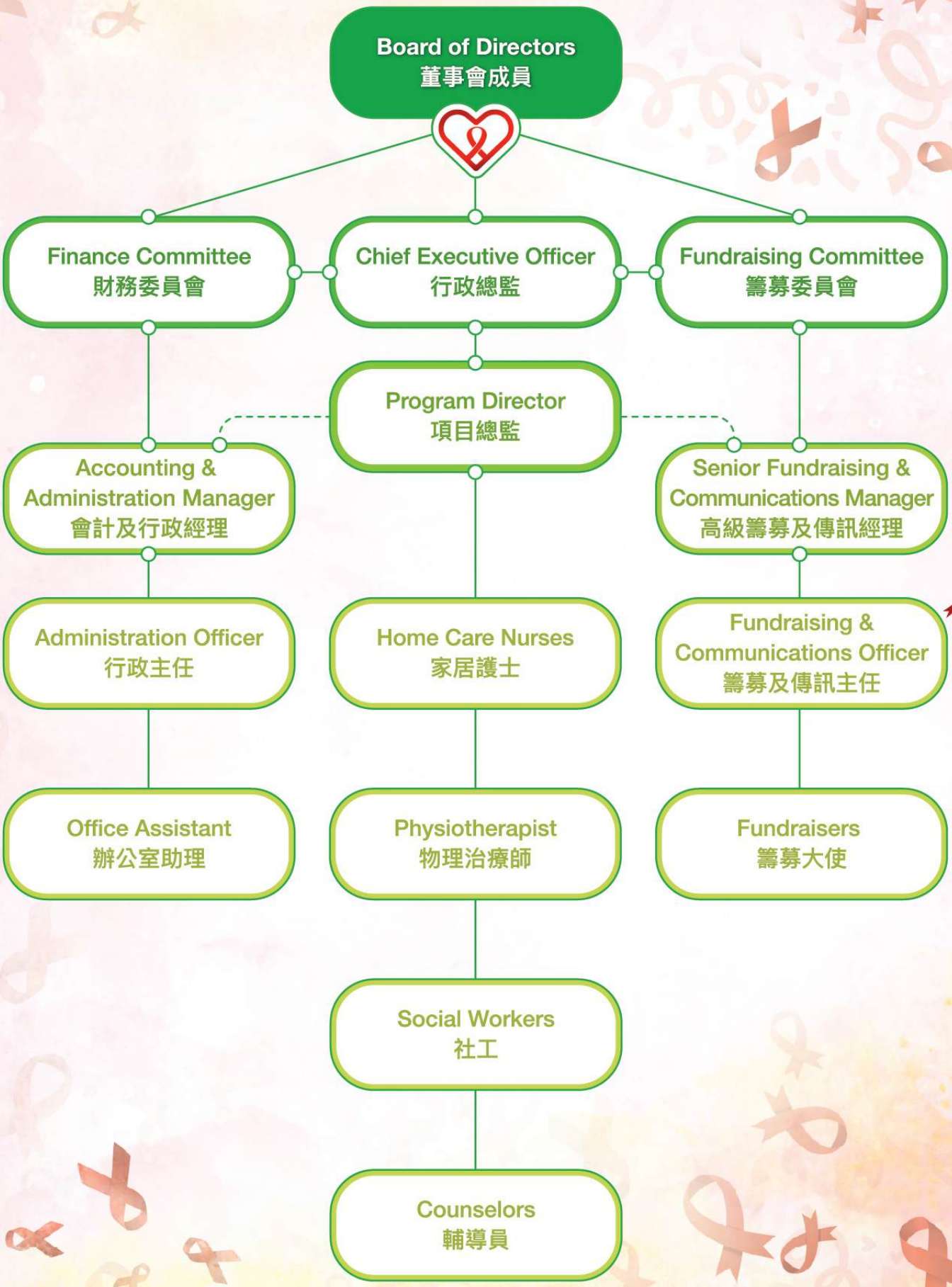
41 Acknowledgement 鳴謝
43 Donation Form 捐款表格



Board of Directors
董事會成員

Founder 創辦人	the late Sr. Maureen McGinley MBE 已故麥潔妮修女MBE
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Organization Chart
組織架構圖





Chairperson's Message
主席獻辭

The past year has reminded us that progress in public health is never static—it requires persistence, innovation, and a deep commitment to putting people first. At the Society for AIDS Care (SAC), this principle continues to guide every aspect of our work. Our day centre remains a safe and welcoming space where people living with HIV/AIDS (PLHIV) can connect, share, and rebuild confidence through a supportive community. Our dedicated professional team, which includes social workers, nurses, and physiotherapists, offers various activities that support the physical, social, and mental well-being of our members. Our 24-hour telephone support hotline also remains a vital lifeline, offering professional care and psychosocial assistance—especially for those newly diagnosed and adjusting to their treatment journey. With the commitment of our professional team, SAC has achieved an undetectable viral load of over 96% among PLHIV under our care, contributing significantly to HIV transmission control in Hong Kong. Furthermore, 98% of them expressed that the home care service helped to improve their self-confidence and ability to cope with the disease.

In Hong Kong, according to the statistics by the Department of Health, there were 331 new cases of HIV infection in 2025, bringing the total to 12,734 cases since 1984. Nearly half of these new cases were late presenters—individuals diagnosed only after significant immune system decline. This trend underscores the urgency of early testing. To encourage widespread HIV testing, we actively promote our HIV self-testing program through public roadshows and community posters, ensuring that those in need can easily access testing information. Our HIV self-testing program provides the advantage of using a non-invasive oral swab at a private place at any time, aiming to increase the demand for regular testing. More importantly, we continue to provide free HIV and syphilis testing with professional counselling to women in need as part of our ongoing commitment. In addition, since the inception of the SAC Mother-to-Child Transmission Prevention Program in 2002, 48 healthy babies have been born, demonstrating the life-changing impact of early intervention.

Beyond direct care, SAC remains committed to empowering communities through education. Our joint year-long school program with KHEMARA Cambodia has now entered its nineth year, equipping thousands of students with essential knowledge in HIV prevention and sexual and reproductive health. Under the leadership of our AIDS Walk co-chairpersons—Mr. Christopher Jackson, Dr. Andrew Yuen, Mr. Marcel Thomas, Mr. Dexter Ong, and Ms. Simmi Malhotra—the Walk continues to unite supporters worldwide, inspiring thousands to participate and advocate for inclusiveness and compassion. I am deeply grateful to all committee members and supporters whose dedication and hard work made it possible.

We are pleased to welcome Dr. Mike Kwan to our Board of Directors. His expertise and dedication will undoubtedly strengthen our mission. I also extend my heartfelt gratitude to our continuing board members for their steadfast guidance, and to our exceptional staff, volunteers, donors, and partners. Your unwavering support is the foundation of our success.

As we look ahead, our challenge—and our promise—is to continue building a society where PLHIV can live free from fear, discrimination, and stigma. Together, we are shaping a future where HIV/AIDS is no longer a public threat, but a chapter of history defined by resilience, compassion, and collective action. I invite you to join us on this journey. Together, we are make a difference.

Nichole Garnaut
October 2026

在持續變化的年代，公共衛生的進步從來不是理所當然，而是源於堅持、創新，以及以人為本的信念。愛滋寧養服務協會一直秉持此核心價值，致力為愛滋病病毒感染者提供輕鬆、非批判及具支援性的環境。本會的日間中心持續提供一個安全的空間，讓每位會友都能獲得應有的關顧與支援。我們的專業團隊由護士、社工和物理治療師組成，定期舉辦不同類型的活動，以促進會友的身心靈健康及社交發展。在日間中心輕鬆及非批判性的環境裏，愛滋病病毒感染者可以與其他會友建立連繫，透過互相理解與分享建立互信，進一步強化他們的朋輩支援網絡。本會的專業護士24小時諮詢熱線提供緊急及即時協助，尤其針對新感染個案適應服用抗病毒藥物及心理支援的需要。在本會專業團隊的照顧下，96%服務使用者的愛滋病病毒載量達至無法檢測水平，為本港控制愛滋病病毒傳播作出重大的貢獻。此外，98%服務使用者亦表示，家居護理服務能有助提升其自信心和面對疾病的應對能力。

在香港，根據衞生署的數據顯示，2025年共接獲331宗愛滋病病毒感染新增個案，使自1984年以來的總個案累積至12,734宗。在這些新個案中，近半數屬於晚發現個案——即在免疫系統顯著受損後才獲得確診的人士。這一趨勢突顯了早期檢測的迫切性。我們透過公眾宣傳活動及設置宣傳海報，積極推廣愛滋病病毒自我檢測服務，讓有需要的人士能更容易獲得有關資訊。本會的愛滋病病毒自我檢測服務提供非侵入性的口腔拭子，讓檢測人士隨時在私密情況下進行自我檢測，希望能增加公眾對恆常檢測的需求。同時，本會亦繼續為有需要的女士提供由專業輔導人員接聽的免費愛滋病與梅毒測試服務熱線支援。本會自2002年起推行的預防母嬰感染計劃已迎接48位健康嬰兒的誕生，展示出及早介入的有效性。

除了直接關顧服務外，本會亦致力透過教育賦權社區。我們持續履行使命，除了為本地中學生提供愛滋病教育，亦與發展中國家的相關服務機構攜手合作。踏入在柬埔寨推行計劃的第九年，本會與KHEMARA Cambodia展開年度學校計劃，成功啟導千多名學生有關生育健康教育及預防愛滋病的教育。在聯合主席Mr. Christopher Jackson、阮偉文博士、Mr. Marcel Thomas、Mr. Dexter Ong及Ms. Simmi Malhotra的帶領下，本會的年度AIDS Walk已成功舉行，並得到千多位來自世界各地參加者的熱烈支持。我衷心感謝委員會成員及各支持者的鼎力支持，令是次活動得以完滿舉行。

本會也熱烈歡迎關日華醫生加入董事會。他的專業知識與仁心熱忱將為推動本會使命和工作作出寶貴的貢獻。同時，我向繼續服務的董事會成員致以衷心感謝，感激他們不懈的指導與對我們使命的堅定支持。我亦要向協會的專業團隊、義工、捐款者及各合作夥伴表達最深切的感激，他們無私的付出是我們成功的關鍵。能夠與這些如此傑出的人士繼續合作讓我感到非常榮幸。

展望未來，我們的挑戰——亦是我們的承諾——是繼續推動社會共融，讓愛滋病病毒感染者能無懼恐懼與歧視，享有與其他人同等的生活品質。我誠邀您與我們並肩同行，攜手創造一個更包容和關愛的社會，共同改變生命，努力實踐愛滋病不再成為公共衞生威脅的使命。多點關心，照亮人生。

Nichole Garnaut
2026年10月



Chief Executive Officer's Report
行政總監報告

In 2025, the Hong Kong Government announced a strategic shift in the AIDS Trust Fund, transitioning from disease-specific funding toward a more inclusive and integrated healthcare model. Under this new direction since April 2026, Hong Kong has adopted a broader approach to HIV prevention and care, emphasizing collaboration with community stakeholders, including NGOs, and integrating HIV-related services within the public health system. While advances in HIV treatment have transformed HIV into a manageable chronic condition, the latest government report shows a rise in late presenters—individuals diagnosed at a late stage, often with AIDS-defining conditions. This trend highlights ongoing gaps in early testing and timely diagnosis, and underscores the continued importance of our unique and community-based services. In response to these emerging needs, the Society for AIDS Care (SAC) remains firmly committed to supporting people living with HIV (PLHIV) in regaining independence and achieving fuller social integration. For over three decades, SAC has provided holistic support services that empower individuals to face both their illness and life's challenges. Our Day Centre plays a pivotal role in this mission, offering a comfortable, caring, and non-judgmental environment where members can engage in activities, connect with peers, and receive support in confidence. This safe space allows individuals to participate freely, without fear of stigma or disclosure, fostering dignity and resilience in their journey toward wellness.

HIV testing continues to be the foundation of effective HIV prevention and care. Early diagnosis enables timely treatment, reduces transmission, and supports long-term health outcomes. SAC's HIV self-testing program—launched to promote "early testing, early treatment"—has continued to expand in reach and impact. This program, using a non-invasive oral swab, aims to raise awareness of HIV testing and offers the advantage of being performed privately at any time, making regular testing more accessible. Through extensive public roadshows and community outreach, we have increased awareness and accessibility, ensuring that more individuals can take control of their health with dignity and privacy. Last year, the program successfully reached an audience of over 5.18 million through our promotional poster campaign, and we plan to continue this effort in the coming year. Additionally, to promote more testing opportunities for women, we continue to provide free HIV and syphilis testing with professional counselling to those in need. It is very important that early diagnosis is established so that treatment could be provided for extending life expectancy and curbing the epidemic.

According to the latest UNAIDS Global HIV and AIDS statistics released in July 2026, new HIV infections among children (aged 0-14) have declined by 69% globally since 2010. The significant reduction can be attributed to the implementation of the Mother-to-Child Transmission Prevention Program (MTCTPP) worldwide. In Hong Kong, SAC has introduced the MTCTPP in 2002 aiming at eliminating HIV transmission in all new infants through the cooperation and support from doctors and nurses in hospitals and HIV clinics. Our home care nurses worked closely with the multi-disciplinary team ensuring the pregnant mother adhered to the highly active antiretroviral therapy (HAART) prescribed in order to suppress the viral load to undetectable level. 48 healthy babies were born since the beginning of this program. The success rate is 100%.

香港政府於2025年宣布對「愛滋病信託基金」（一項專門支援愛滋病相關項目的政府資助）進行策略性轉型，從以往應對單一疾病的資助模式，轉為更具包容性和整合性的協作模式。香港於2026年4月開始實施這項嶄新的愛滋病病毒感染防控及預防策略，強調與各社區持份者參與更廣泛的工作，同時亦會將服務納入更廣泛的醫療系統。隨著醫學在愛滋病治療方面已有進展，最新的政府報告仍顯示晚發現個案上升。這顯示許多感染者在確診時免疫系統已嚴重受損（CD4水平極低），錯失治療黃金期。有鑑於此，本會的獨特服務顯得尤為重要。愛滋寧養服務協會致力為感染者提供全方位支援，協助他們重建自我，融入社會生活。於過去30年，愛滋寧養服務協會一直致力為愛滋病病毒感染者提供全面的支援服務，協助他們面對疾病和生活上各種挑戰。本會的日間中心發揮著重要作用，提供一個舒適、輕鬆及關愛的環境，讓會友們能夠參與各種活動，互相認識和支持。在沒有被批判和歧視的氣氛下，會友們毋須擔心其身份洩露，可以隨意參與不同活動，在達致全人健康旅程中展現堅毅與自我價值。

愛滋病病毒測試仍然是預防及治療關鍵的一步，有助於及早診斷、及時治療，並減少傳播。鑑於愛滋病病毒測試的重要性，必需提升公眾對檢測的參與度。近年，本會的愛滋病病毒自我檢測服務持續發展，旨在促進「及早測試，盡早治療」的目標。該服務提供非侵入性的口腔拭子，讓檢測人士隨時在私密情況下進行自我檢測，希望能提升公眾對恆常愛滋病檢測的意識。透過廣泛公眾宣傳及社區活動，讓公眾更容易獲得有關資訊，增加對愛滋病病毒測試的意識，確保他們能夠更自主和在私隱保障下掌握自己的健康。去年，服務的宣傳海報活動成功接觸到518萬人，而宣傳活動亦將於來年繼續推行。此外，為了向女性提供更多檢測機會，本會將繼續為有需要的人士提供免費愛滋病病毒與梅毒測試服務，並提供專業諮詢。及早診斷，接受治療對延長壽命和遏止愛滋病病毒傳播尤其重要。

根據聯合國愛滋病規劃署於2026年7月公布的最新的全球愛滋病病毒及愛滋病數據顯示，自2010年起，全球兒童（0-14歲）的愛滋病病毒新增感染率下降了69%；而這顯著的下降，全賴預防母嬰感染計劃的實施。本會的預防母嬰感染計劃於2002年在香港全面推行，透過與醫院及愛滋病診所的醫生及護士的合作，防止母嬰傳播。我們的護士團隊與醫院的團隊緊密合作，確保孕婦在接受高效能抗病毒治療後，有效壓制病毒載量至檢測不到的水平。自計劃推出後，本會已處理48個預防母嬰傳播個案，而成功率達100%。



In 2025–2026, our centre theme was "Love and Support without Boundaries." Guided by this vision, SAC continued to promote holistic well-being for PLHIV and their caregivers. Diversified activities and empowerment programs were arranged to encourage members to build interests, engage with the community, and enjoy a meaningful life. These initiatives included therapeutic art programs, educational seminars, mindfulness practices, individual and group fitness training, and volunteer engagement. All activities were delivered by our dedicated team of social workers, counsellors, and physiotherapists, who remain committed to supporting members' physical, emotional, and social health. Co-currently, with the sponsorship of Gilead Sciences and GlaxoSmithKline plc, we have organized 6 educational seminars in 2025 for our professional staff. Through the educational seminars, we were able to deliver better direct care services to our members, as well as to share new medical information and trends with them. In addition, our professional team attended the annual HIV Training for NGO Staff organized by the Red Ribbon Centre. Doctors and clinical professionals from the Department of Health delivered comprehensive updates on HIV/AIDS, viral hepatitis, clinical services, sexually transmitted infections, PrEP/PEP, and psychosocial support.

Youth education continued to be a cornerstone of our community engagement efforts. Now in its 14th year, the "Say No to Discrimination! Mask Design Contest" continues to empower youth through creativity and advocacy. This year, the Awards Ceremony returned for the second time to the Yaumatei community centre, welcoming near 300 students, teachers, and their friends and families. This contest provided youth with valuable opportunities to learn about HIV acceptance and effective measures for self-protection. Looking ahead, the program will continue to educate young people about HIV and empower them with essential knowledge. Internationally our collaborative student initiative with KHEMARA, Cambodia, titled "Love with Care," now entering its seventh year, aims to enhance the quality of life for women and girls in the community. The program focuses on providing crucial sexual and reproductive health education, including HIV prevention. Last year, we expanded our support to five secondary schools, successfully reaching 2,067 students and continuing to grow in impact and outreach.

SAC's flagship AIDS Walk continued to symbolize resilience, unity, and community spirit. With over two decades of impact, the event embraced an enhanced hybrid format this year, allowing participants to join both physically and virtually. We extend our heartfelt thanks to the AIDS Walk committee, T-shirt producer Simple Approach, designer Cassian Lau, celebrities, ambassadors, key opinion leaders, and sponsors whose support elevated the event to new heights. Their contributions not only amplified our message but also helped foster a more inclusive and informed community.

Our achievements across various programs were made possible through the generosity of our supporters and volunteers. We are deeply grateful for every donation received and remain committed to ensuring that every contribution is used wisely and effectively. With your steadfast support, SAC will continue advancing HIV care, strengthening community inclusion, and creating positive change for PLHIV in the years ahead. Together, we make a difference.

Alice Chan
October 2026

在2025–2026年度，本會中心以「關愛無界。攜手同行」為主題，透過各專題計劃安排多元化的活動，鼓勵愛滋病病毒感染者建立不同的興趣，融入社區，享受生活。這些活動由本會專業社工、輔導員及物理治療師團隊負責推行，項目包括藝術創作活動、教育講座、靜觀練習、個人和小組體能訓練及義工活動等，全面提升感染者的身心健康。同時，在吉利德科學公司及葛蘭素史克股份有限公司的贊助下，於2025年為本會的專業團隊進行6次的教育研討會。透過舉行這些教育講座，讓我們能與愛滋病病毒感染者分享最新的藥物資訊，提供更完善的直接關顧服務。此外，我們的專業團隊積極參與了由紅絲帶中心主辦的年度「非政府機構員工愛滋病培訓工作坊」。期間，衞生署的醫生及臨床專家就愛滋病病毒感染、病毒性肝炎、性傳播疾病、臨床服務、暴露前／暴露後預防（PrEP/PEP）以及心理社會支援等核心範疇，提供了全面的最新資訊。

教育培訓仍然是本會社區參與的重要支柱。踏入第十四年，「向歧視說不!」面具設計比賽繼續鼓勵學生透過藝術和創意勇敢表達對愛滋病病毒感染者的支持與關愛，推動反歧視信息。今年，比賽頒獎典禮第二次於梁顯利油麻地社區中心舉行；而典禮當日吸引近300多位教師、學生及其親友踴躍出席。此比賽為青少年提供寶貴機會，讓他們在過程中能正確認識及預防愛滋病。該計劃將繼續向年輕人推行有關愛滋病的教育，分享基本的健康知識。在國際方面，我們與KHEMARA Cambodia展開的「愛與關顧學校計劃」已踏入第七年，旨在改善當地婦女及女孩的生活質素；該計劃為她們提供有關生育健康及預防愛滋病的知識。去年，計劃已擴展到5所高中學校推行，直接受惠的學生更多達2,067人，並持續為社區帶來影響。

本會年度盛事AIDS Walk慈善步行活動在過去數十年，以堅韌和團結的精神克服各種挑戰。展望未來，我們將以新的混合形式舉行慈善步行活動，與一眾參加者共同完成這項極具意義的活動。我們特別鳴謝AIDS Walk委員會、Simple Approach提供活動T-Shirt、藝術家劉啟舜先生設計活動T-Shirt、影視明星、活動大使、時尚名人及贊助商的支持，讓活動能順利舉行。他們的積極參與和貢獻，不僅強而有力地向社會各界傳達了本會活動「向歧視說不！」的核心理念，喚起社會對歧視問題的反思，更推動了愛滋病相關知識的普及教育。

我們在各項活動與計劃中取得的成果，有賴每位捐款者與義工的慷慨支持與無私奉獻。我們衷心感謝每一筆善款，令本會能盡心地提供更好的服務。在您的堅定支持下，我們期望在未來數年能為愛滋病病毒感染者及社區帶來正面的改變。多點關心，照亮人生!

陳麗卿
2026年10月



SERVICE REPORT
服務報告





Community Home Care Service
社區家居護理服務

The Society for AIDS Care (SAC) Community Home Care Service has been providing direct care services to people living with HIV/AIDS (PLHIV) including children, women, adult, elderly and their care givers. Since 1995, the service has provided support to over 1,550 cases and all cases in this service are referred by HIV Clinics of Department of Health and Hospital Authority. With assessment conducted by professional HIV nurses, drug supervision, health education, safe sex knowledge and psychological support will be rendered as to improve PLHIV's management of medication adherence, for reaching undetectable viral load level and reducing the risk of HIV transmission in the community.

Given the continued rise in the proportion of late presentation cases, SAC continues to strengthen the support to them. As the immune system of most late presentation cases was weakened and some cases have progressed to AIDS at the time of HIV diagnosis, the cases and their carers eagerly to seek community care support services.SAC nurses provide support such as a 24-hour hotline for emergency and immediate assistance, drug management, caring skill training, community service information provision and PLHIVs' funeral arrangement as to reduce the stress on carers. In addition, nurses also work closely with the staff of HIV Clinics from Department of Health and Hospital Authority to follow up on case needs and assist PLHIV in seeking community support services to comprehensively improve health management.

With advancement in HIV treatment, aging PLHIV population tends to increase and with average life expectancy similar to that of non-HIV infected individuals. PLHIV also need to face other comorbidities such as cardiovascular diseases, diabetes, cancer, stroke, liver and kidney failures. SAC professional nurses have enhanced education on healthy living and nutritional diet together with nutritional milk powder support for empowering PLHIVs' health condition and self-care abilities for delaying frailty process.

愛滋寧養服務協會社區家居護理服務由本會專業護士為感染愛滋病病毒人士包括兒童、婦女、成人、長者及照顧者提供直接關顧服務。自1995年開始，服務已為超過1,550個案提供支援。服務所有個案由衞生署及醫院管理局屬下愛滋病專科診所轉介，經本會護士評估後，就個案需要提供藥物督導、健康教育、安全性行為知識及心理支援等，以提升感染者服藥依從性讓體內病毒指數達到「不能檢測」的程度，減低病毒於社區傳播風險。

另外，對於晚發現個案比例持續上升，本會繼續加強支援服務。此類個案大多免疫力較差，甚至已發病為愛滋病患者，個案及其照顧者對社區護理需要殷切，本會護士亦為其提供支援如24小時電話熱線提供緊急及即時協助、藥物處理、照顧護理知識、社區服務資訊及感染者殯葬安排等，以減輕個案及其照顧者壓力。護士亦緊密與衞生署及醫院管理局愛滋病專科診所同工聯繫，跟進個案需要及協助尋求社區相關支援服務，全面改善健康管理狀況。

隨著愛滋病治療進步，愛滋病病毒感染者趨向老齡化，平均壽命與非感染者相若，故感染者亦需面對其他共病如心血管疾病、糖尿病、癌症、中風及肝腎問題等。本會專業護士團隊加強健康生活及飲食營養教育，為有需要感染者提供營養奶粉，以提升感染者身體機能及自理能力，延緩衰老情況。



In 2025-2026, 98% of service recipients expressed the home care service helped to improve their confidence and ability to cope with the disease. Moreover, 98% expressed they understand better the importance of adhering to treatment and practicing safer sex. 96% of cases reached “undetectable” viral load level. All care givers receiving bereavement service were thankful and expressed the important support of the bereavement counseling provided.

在2025-2026年度，百分之九十八的服務使用者均表示家居護理服務能提升他們處理健康問題的能力。百分之九十八的服務使用者明白服用抗病毒藥物與安全性行為的重要性。百分之九十六服務個案在過去一年的病毒指數亦能達到「不能檢測」的程度。另外，全部接受哀傷輔導服務的家屬均認同服務的重要性及對服務致以最衷心的感謝。



Statistics 服務統計

Health Improvement for patients who received SAC Home Care Service
接受本會家居護理服務會友健康狀況改善

Yes 是

96% The virus load reaches "undetectable" level after taking Highly Active Antiretroviral Therapy (HAART) in the past year.
過去一年，會友服用抗病毒藥物，而且病毒指數達不能檢測的程度。

98% Attendance adherence in HIV Clinic consultation in the past year.
過去一年，能按時到愛滋病專科門診覆診。

Statistic on services provided by Home Care Team
家居護理隊提供的服務統計





Mother-To-Child Transmission Prevention Program (MTCTPP)
預防母嬰感染計劃

Mother-to-child transmission of HIV refers to the transmission of HIV from an HIV-infected woman to her child during pregnancy, childbirth, or breastfeeding. The risk of perinatal transmission of HIV can be significantly reduced to less than 1% if the mother maintains an undetectable viral load throughout pregnancy and breastfeeding. Early identification of HIV infection should prompt immediate linkage to lifelong treatment, care, and support to ensure viral suppression, which not only prevents transmission to the child but also contributes to the overall health and well-being of the parent-to-be.

According to UNAIDS 2026 statistics, new HIV infections among children have declined by 69% since 2010, from 300 000 cases in 2010 to 93 000 cases in 2025. Although progress in reducing new HIV infections is greatest among children, progress has stalled in recent years and prevention of mother-to-child transmission of HIV remains urgent.

Since 2002, the Society for AIDS Care (SAC) has launched Mother-to-Child Transmission Prevention Program (MTCTPP). As the only organization collaborating with hospital physicians and nurses, SAC offers comprehensive MTCTPP services. Our dedicated team of home care nurses provides essential support to HIV-positive pregnant women, including medication supervision, assistance with baby care, and emotional support. To ensure immediate assistance, mothers can access our 24-hour emergency hotline for consultations. We remain committed to monitoring the well-being of the baby until they reach 18 months of age and confirm their HIV-free status.

SAC strongly advocates for all expectant mothers to undergo HIV testing early in their pregnancy and to retest during the third trimester, preferably before reaching 36 weeks. This proactive approach enables early detection and necessary treatment if required. Since 2002, SAC has achieved a remarkable 100% success rate in preventing mother-to-child transmission of HIV, with a total of 48 successful interventions.

母嬰傳播愛滋病毒是指愛滋病病毒感染女士在懷孕、分娩或哺乳期間將愛滋病毒傳給自己的嬰孩。如果孕婦在整個妊娠期和哺乳期間維持無法檢測到的病毒載量，那麼垂直傳播愛滋病毒的風險可以大大降低至不到1%。因此，及早發現愛滋病病毒感染及儘早接受治療、護理和支持，以確保病毒抑制，這不僅能防止病毒傳給嬰兒，還能有助孕育父母的整體健康和幸福。

根據聯合國愛滋病規劃署2026數據，自2010年以來，兒童新發愛滋病病毒感染病例已下降69%，從2010年的約300,000病例減少至2025年的93,000病例。雖然在預防兒童感染愛滋病病毒方面進展顯著，然而近年來進展卻趨於停滯，預防母嬰感染工作仍然需要關注。

自2002年以來，愛滋寧養服務協會推出了預防母嬰感染計劃。作為唯一與醫院醫生和護士合作的機構，協會提供全面的母嬰傳播預防計劃服務。我們專業的家居護士團隊為感染愛滋病毒的孕婦提供必須的支援，包括藥物監督、嬰兒護理協助和情感支持。為了確保及時的幫助，母親們可以通過我們的24小時緊急熱線進行諮詢。我們將致力於監測嬰兒的健康狀況，直到他們滿18個月，並確認他們沒有愛滋病病毒感染。

愛滋寧養服務協會鼓勵孕婦在懷孕早期及第三孕期(最好在36週前)進行愛滋病病毒抗體測試，以便及早發現和接受治療。由2002年至現在，本會已處理48個預防母嬰傳播個案，而成功率達100%。



Statistics 服務統計

Statistics on HIV prevention in Mother-to-child Transmission
接受預防母嬰感染計劃統計

100%

Success MTCT case
預防母嬰感染成功案例





Community and Home Based Rehabilitation Service
社區及外展復康服務

The Society for AIDS Care (SAC) has provided physiotherapy services to people living with HIV (PLHIV) and their caregivers since 1999. Through comprehensive assessment conducted by SAC professional physiotherapist, we provide treatments either at home or in our centre. Along with treatments, we also offer exercise training aimed at improving clients' mobility and self-care abilities, ultimately enhancing their overall quality of life.

It's not uncommon for PLHIV to experience symptoms related to medication side effects or complications from the virus itself, such as elevated inflammatory markers, which can occur even when viral loads are well-controlled. This heightened inflammation may increase the risk of chronic neuropathic or nociceptive pain, persisting even after injuries have healed. Furthermore, PLHIV may face additional health challenges, including osteonecrosis, chronic obstructive pulmonary disease, and various forms of arthritis. Physiotherapy can assist in relieving symptoms associated with these conditions and teach PLHIV how to manage their health effectively in the long term.

With the majority of our cases entering their senior years, our services are increasingly focused on addressing the aging process and early signs of frailty among PLHIV. In recent years, we have implemented a range of targeted exercise programs and activities, including fall prevention class, quali -walking, and strengthening and endurance class.

愛滋寧養服務協會自1999年開展物理治療服務，為愛滋病病毒感染者及其照顧者提供全面復康支援。通過本會專業物理治療師進行的全面評估，我們提供家庭或中心的治療服務。除了治療，我們還提供旨在改善會友的活動能力和自我護理能力的運動訓練，最終提升他們的整體生活質量。

對於愛滋病病毒感染者來說，經歷與藥物副作用或病毒本身併發症相關的症狀並不少見，例如即使在病毒載量得到良好控制的情況下，仍可能出現的炎症標記升高。這種加劇的炎症可能增加慢性神經病理性或傷害性疼痛的風險，並在受傷癒合後仍然持續。此外，愛滋病病毒感染者可能面臨其他健康挑戰，包括骨壞死、慢性阻塞性肺病和各種形式的關節炎。物理治療可以幫助緩解與這些病症相關的症狀，並教導愛滋病病毒感染者如何有效地管理自己的健康，以實現長期的健康管理。

隨著我們大多數個案步入年齡化，我們的服務越來越專注於應對愛滋病病毒感染者的老化過程和早期衰弱跡象。近年，我們實施一系列針對性的運動計劃和工作坊，包括防跌課程，健步行及體能強化及耐力訓練課。



Recently, we have observed an increase in pain-related referrals among our members. Research indicates that pain can significantly affect PLHIV both physically and psychologically, leading to missed appointments and reduced medication adherence, potentially resulting in treatment failure. Open communication with healthcare providers about pain and medication challenges is crucial. Our services offer a safe and supportive environment for this dialogue, focusing on both preventing and managing pain in PLHIV. We provide a range of exercise classes, designed to promote mobility, strength, and flexibility. Additionally, we offered educational talks covering the topic of pain, specifically understanding the types of pain, and the different causes of pain. Additional during another interactive talk we uncover the myths for common musculoskeletal conditions. These educational talks aim to empower members to manage their conditions effectively, by deepening their knowledge about their body, and hopefully to improve their overall health and well-being. Through a combination of health education and exercise training, PLHIV gain a greater awareness of their health status and are encouraged to adopt healthier lifestyle habits.

近年，我們注意到與疼痛相關的物理治療轉介個案有所增加。研究顯示，疼痛對於愛滋病病毒感染者在生理及心理上都有著顯著影響，可能導致缺席覆診和降低用藥依從性，進而造成治療失敗。因此，與醫護人員就疼痛和用藥挑戰進行開放的溝通至關重要。我們的服務提供一個安全和支持的環境，以促進這種對話，專注於預防和管理愛滋病病毒感染者的疼痛。我們提供一系列運動課程，旨在促進個案身體靈活性、肌肉力量和活動能力。此外，我們還提供有關理解疼痛講座，讓會友了解不同類型的疼痛， 和不同疼痛的原因。而且， 在另一個教育講座裡我們揭穿了常見肌肉骨骼病症的迷思。上述的教育講座旨在提升會友更有效管理自身病情的方式，透過深化對身體狀況的認識，以期改善整體健康。





Statistics 服務統計

Health improvement for physiotherapy service users
使用物理治療服務後健康情況改善

Yes 是

96.7% Health condition and physical ability have been improved
服務使用者身體狀況和活動能力有所改善

100% Self-confidence has been improved as health condition improved
服務使用者身體狀況和活動能力改善，增加了對生活的自信心

Statistics on recipients of physiotherapy service
接受物理治療服務的對象統計



Activities 活動	Description 簡介	Date/Time 日期/時間
Quali- walks 健步行	Quali-walks aims to enhance member's whole- body strength and endurance in an enjoyable way by visting different attractions across Hong Kong, while promoting a healthier lifestyle through taking more steps. 健步行活動旨在以輕鬆有趣方式提升會友全身肌力與耐力；同時透過遊覽香港不同景點，鼓勵會友多走路、多累積步數，建立更健康的生活方式。	12/2025 and 3/2026
Ball game group 球類運動樂	Bowling and ping pong groups were organized to improve cardiopulmonary fitness, muscle endurance and body coordination 透過球類活動小組如保齡球及乒乓球，改善心肺功能、肌耐力和全身協調性。	2025-2026 Organize regularly 恆常舉行
Fall prevention training 防跌運動班	Balance and lower limbs strength training exercises aimed to challenge and enhance our clients' stability and balance, reducing their intrinsic risk of falling. 透過腿部肌肉阻力運動和平衡力訓練，會友們能練習並加強平衡力，降低跌倒風險。	1/2026 and 3/2026
60 minutes gentle exercise class 60分鐘輕量運動班	This 60-minutes gentle exercise class aims to enhance member's endurance through progressive strengthening and aerobic exercises, thereby improving their cardiopulmonary function. 這個六十分鐘舒緩運動課程會以循序漸進的強化及有氧運動，提升參加者耐力，並改善其整體心肺功能。	3/2026
Mölkky activity group 芬蘭木棋小組	Enhance members hand-eye coordination, balance, and stability through engaging in our Mölkky activity group. This fun and interactive game also fosters teamwork and social interaction. 透過參加我們的芬蘭木棋小組，增強會友的手眼協調、平衡和穩定性。這個有趣且互動的遊戲還促進了團隊合作和社交互動。	2025- 2026 Organize regularly 恆常舉行
Health Talk 健康專業教室	Physiotherapist shared health and exercises issues to help patients understand their health condition. 與會友分享健康與運動的資訊，讓大家多了解自我管理及健康生活的方法。 2025-2026 Health talk 健康講座 (1) Understanding pain talk 理解疼痛講座 (2) Busting common myths about musculoskeletal conditions talk 揭穿肌肉骨骼病症的常見迷思講座	6/2025 and 8/2025









SAC Day Center
日間中心服務

SAC Centre is committed to promoting holistic health of people living with HIV (PLHIV) and their carers through various body-mind-spirit activities. Members can also enlarge their social and peer support networks in our centre through sharing feelings and difficulties in a relaxing and comfortable atmosphere.

Our center theme in 2025-2026 was “Love and Support without Boundaries”. SAC multi-professional team includes social workers, nurses and physiotherapist aimed at strengthening the physical, social and mental health needs of members. The targeted programs are as highlighted below:

愛滋寧養服務協會日間中心致力透過各種身心靈健康活動，促進愛滋病病毒感染者及照顧者全人健康，亦讓會友於輕鬆及舒適環境認識同路人，於接觸及分享中建立朋輩支援網絡。

2025-2026年度，中心以「關愛無界。攜手同行」為主題，跨專業團隊包括社工、護士及物理治療師針對會友需要提供支援。本年度推行的活動包括：





(1) Health and Life Education

In addition to HIV specialists, SAC continuously cooperated with various professionals including clinical psychologists and social workers to conduct multi-dimension health and life education activities as for supporting members to face different life challenges. This year, health and life education workshops covered various topics related to HIV, caring on comorbidities, mental health, community services and financial planning. The topics covered in this year's workshop series including "Management of Hepatitis", "Healthy Aging, Healthy Life", "Cognitive Impairment and Care on Mental Well-being", "Psychological Challenge on Chronic Illness Management", "HIV and Bone Health", "Advanced Development in HIV/AIDS Treatment and Management on Drug Resistance", "Beat the Heat Workshop", "Long-term Care Planning for Elderly" and "Essential Tips for Elderly on Financial Planning"

(2) SAC Food Bank and "Sharing the Bless" Program

SAC food bank has continuously provided basic food including rice, oil, canned food and noodles to members in need with the support from Barry & Martin's Trust. In addition, we continued to cooperate with Foodlink Foundation in the "Sharing the Blessing" program to collect fruits, dry food and other daily necessities from supermarkets and share them with members, encouraging the cherishing of resources and reducing waste.

(1) 健康及生命教育

中心今年除繼續與愛滋病專科醫生合作外，亦與不同專業界別包括臨床心理學家及社工等，為會友安排多樣化健康及生命教育活動，支援會友面對生活各種挑戰。本年度健康及生命教育活動函蓋愛滋病及共病照顧、精神健康、社區服務及理財教育等範疇，其中包括：「肝炎預防及治療」、「健康耆年多面睇」、「認知缺損與個人心理照顧」、「駕馭慢性病的心理挑戰」、「愛滋病與骨骼健康」、「愛滋病治療新發展及抗藥性處理」、「抗熱急症工作坊」、「保障自身-規劃晚期照顧」、「樂齡財智-理才教育」等。

(2) 食物銀行及有福同享

本年度中心繼續獲貝利馬丁基金會支持，推行食物銀行支援服務，為基層家庭或因個人身體狀況未能就業的會友提供基本食糧包括米、油、罐頭及麵條。另外，中心持續與膳心連基金合作「有福同享」計劃，從超級市場收集水果、乾糧及其他日常用品轉贈會友，鼓勵珍惜資源，減少浪費。另外，中心亦繼續向免疫力弱的會友提供口罩、洗手液及家居消毒用品等，以減低受呼吸道病毒感染機會。







(3) Peer and Family Support Program

Peer and family support play a crucial role in enhancing holistic well-being of PLHIV. SAC Day Centre is committed to strengthening family relationship of PLHIV and building peer support networks for PLHIV and carers through various activities. In addition to arranging Mid-Autumn Festival and Christmas gatherings this year, with support from Koo Tin Lok Charitable Foundation Limited and Hong Kong Disneyland's "Community Involvement Program", a charity film show and Hong Kong Disneyland Tour were arranged for our members to gather together. Members including carers were invited to join "Rice Dumpling Making Workshop" and "Spring Dumpling Workshop" to prepare dumplings for expressing care to members. SAC social workers visited single and frail cases regularly and encouraged them to participate centre activities. "Chinese New Year Gathering with Singleton Members" was also arranged this year to share love and support with them.

(3) 朋輩社交及家庭支援

中心致力透過各種活動加強感染者朋輩網絡及家庭支援，提升感染者身心靈健康。本年度除繼續安排中秋及聖誕聚會外，亦感謝古天樂慈善基金及香港迪士尼樂園「社區共享計劃」支持，分別安排慈善電影共賞及迪士尼外遊活動予會友及照顧者共聚。此外，中心邀請感染者及家人參與「糭有你關懷」愛心糭子及「迎春接福餃子樂」包餃子製作，為會友送上祝福。中心社工亦定期探訪年長體弱獨居個案，鼓勵獨居人士參與活動，本年度繼續舉辦獨居人士團年活動，為他們送上關懷。





(4) Therapeutic Group Activities

Our professional team continued to organize diversified therapeutic group activities to take care of the holistic needs of PLHIV. This year, we have arranged mindfulness practice, mobile phone Apps training workshops, Nagomi pastel art learning groups, art creation activities, film sharing and chit-chat tea gatherings. Through participating in the activities, PLHIV were encouraged to express feelings and develop their talents for enhancing their confidence in self-care and living in the community.

(4) 治療小組活動

為照顧感染者身心社靈需要，中心專業團隊於本年度繼續設計多元化治療小組，其中包括靜觀修習、手機程式學習工作坊、和諧粉彩小組、藝術創作活動、電影分享聚會及活力茶聊等，讓感染者透過參與活動抒發個人感受及發展潛能，增強對生活的信心。

Statistics 服務統計

Statistics of Programs in Day Centre
日間中心活動統計 2025-2026

Total Attendance 服務人次: 27,008







Empowerment Mutual Help Service
會友賦權互助服務

Since 2000, the SAC empowerment and mutual help service has been dedicated to enhancing members' capacities through a multi-dimensional process, enabling them to regain control over their own lives and, through service, support other members who are physically frail. Our center's social workers design a series of trainings and, based on members' strengths and interests, arrange service opportunities that allow them to apply their talents, strengthen their sense of competence and confidence, and build positive connections through mutual support.

To ensure the continued diversified development of volunteer services, this year's volunteer training and services will continue to be promoted according to the four major categories established last year:

1. **Self-exploration:** Through sharing and art creation activities, volunteers deepened their understanding of one another's interests, abilities, personalities, and values, laying a solid foundation for future collaboration and mutual support.

2. **Team building:** Monthly volunteer meetings were arranged to review past service outcomes and preview upcoming plans. Team cohesiveness was developed through team building games activities. There were regular themed sharing sessions on current affairs and topics of concern to volunteers, such as reform of public medical charge, government budget planning, dementia knowledge and elderly's mental health to broaden their horizons and knowledge.

本會自2000年起開展會友賦權互助服務，鼓勵會友參與各種義工服務，除探索及發揮自我潛能外，亦利用所學幫助會友及社會有需要人士。中心社工透過各種訓練及義工服務機會，協助會友建立不同能力及強化支援網絡。中心社工設計各種訓練，並因應會友的專長安排服務機會，讓會友能夠發揮所長、提升能力感及自信心，並在互助中建立正向的連結。

為了讓義工服務持續多元發展，本年度義工培訓和服務繼續按去年制定四大範疇推進：

1. **自我認識：**透過日常交流分享以及藝術創作活動，義工們能更深入地了解彼此的喜好、能力、個性與價值觀，為日後的合作建立穩固的相互理解基礎。

2. **團隊建立：**中心安排義工月會，回顧和總結過去的服務成果，並預告未來的服務計劃；同時透過團隊遊戲促進成員之間的合作與默契。此外，亦定期舉辦專題分享會，圍繞義工關注的社會時事及重要議題展開討論，例如醫療收費改革、財政預算案、認知障礙症知識，以及長者精神健康等，藉此擴闊義工的視野與知識面。





3. Skills enhancement: SAC offered a variety of workshops, including talent-sharing activities (e.g. Pastel Nagomi Art, Chinese New Year ornaments, Fai Chun couplets, and balloon twisting) and arts-and-crafts courses (e.g. mosaic, aroma stone making, towel bear sewing, star-flower crafts, aromatherapy candle making, Zentangle practice, chenille-stem crafts, and paper quilling). Volunteers learned new skills, expressed creativity and applied their creations in service. Some members also served as volunteer trainers, sharing their expertise and experience with fellow volunteers to promote knowledge exchange and skills inheritance.

4. Service practice: Volunteers utilized the skills they learnt from volunteer training to support SAC Centre such as festival decorations and various activities including preparation for Mid-Autumn and Christmas Party, and center group programs. They also made handcrafts as birthday gifts for members and took part in the "Rice Dumplings Making Workshop" initiative, making rice dumplings for members at Dragon Boat Festival to share care and warmth.

To recognize volunteers' efforts and contributions over the past year, an annual Volunteer Recognition Ceremony was organized to revisit memorable service moments with our volunteers. Through the empowerment and mutual help service, we hope members can further strengthen their sense of capability and belonging to the center, and be encouraged to use their talents to give back to the center and to society, fostering a mutually supportive and inclusive community.

3. 技能提升：舉辦多元化的工作坊，包括才能共享活動及藝術創作課程，讓義工在學習新技能的同時發揮創意，並能將成果運用於服務之中。同時部分會友更擔任義工導師，與其他義工分享個人專長與經驗，促進知識交流與技能傳承。

4. 服務實踐：義工們將所學技能應用於實際服務中，包括協助中心進行節日佈置，支援各類活動的舉辦，例如中秋節及聖誕節聯歡會、中心小組活動等；亦會親手製作禮物贈送予生日的會友，並參與「粽有你關懷」活動，在端午節為中心會友包製粽子，將關愛和溫暖傳遞至每一位會友手中。

本會每年舉辦義工嘉許禮，除表揚義工在過去一年的努力與貢獻，亦與義工們回顧服務的美好時刻。中心希望透過會友賦權互助服務，進一步增強會友的能力感與歸屬感，並鼓勵他們運用個人才能，回饋中心與社會，攜手營造一個互助共融的社群。



Statistics 服務統計

Statistics on empowerment mutual help service.
會友賦權服務統計

Total Attendance 參與人數: 419





Counseling Service
輔導服務

In addition to the need to take care of personal health and face long-term treatment, most people living with HIV (PLHIV) need to face the challenges arising from the illness including work and economic problems, relationship with family and partner, mental distress, self-isolation and social discrimination, etc. Researches have shown that PLHIV are often under great pressure to worry about their physical health and their ability to deal with all aspects of their lives and their identity as being discriminated against by their families and society. New infection cases, in particular, often have fears and worries about accepting the identity of an infectious person and the various problems that need to be faced later. Infected persons and their caregivers are afraid of disclosing their identity, and they tend to be isolated when they encounter difficulties and crises in their lives. Many cases are suffering from depression.

All counseling cases are referred by HIV clinics in Hong Kong. SAC counseling service provides psychological and social support through outreach or centre-based approach with a comprehensive assessment. Service scopes including stress and emotional management, family and couple relationship counseling, linkage with community services, etc. Apart from individual counseling service, SAC social workers also provide outreach visits, peer support programs, mental health education and E-mental health hub and referral service for prevention and early intervention to needy cases.

愛滋病病毒感染者除需要面對照顧個人健康及長期治療外，亦需應付因感染而衍生的其他生活挑戰，包括工作、家庭、伴侶關係、精神壓力、自我疏離及社會歧視等。研究顯示，愛滋病毒感染者因擔心身體狀況影響生活能力及感染者身份受家人及社會歧視，往往感到巨大壓力。對於新感染個案，在接受患病身份及其後面對的各種問題亦容易感到恐懼及憂慮。由於害怕披露感染身份，感染者及其照顧者當生活遇到困難及危機時傾向自我孤立，許多個案因而患上抑鬱症。

本會的輔導服務經各愛滋病專科診所轉介個案，透過評估後因應個案需要以外展或中心為本輔導模式提心理及社交支援。輔導範圍包括壓力與情緒管理、伴侶關係、家庭關係及相關社會服務連繫等。除個案輔導外，社工亦透過小組輔導、外展探訪、同路人支援活動、精神健康教育及精神健康電子資訊平台等，盡早介入為有需要個案提供支援，並轉介個案往適切社會服務，加強社區支援網絡。

Statistics 服務統計

No. of cases 服務個案: 162

No. of attendance 服務人次: 4,860



Women Phone-in Hotline and Free HIV and Syphilis Testing Service
女士諮詢熱線及免費愛滋病與梅毒測試服務



Till end of 2025, there were 12,734 reported cases of HIV infection accumulated in Hong Kong and in which around 2,312 cases were women. Among the infected cases, one in every five cases was female. According to the Department of Health, late presenters (individuals with a very low CD4 cells count or those who have already progressed to AIDS) accounted for nearly 50% of new infected cases in recent years and around 20% of later presenters were female cases. 35% of the cases served by SAC are female, and some of them are cases that were only detected in the late stages of infection.

In Hong Kong, women especially those who are married or have regular sexual partners are in general lacking awareness of HIV/AIDS and feel that the risk of infection is low, so there is no need for testing. Therefore, most female infected cases are only detected when complications occur in the later stages, which not only damages physical functions but also causes great mental distress. As there has been a lacking of HIV testing services specially tailored made for women, the Society for AIDS Care (SAC) has set up a Women HIV Testing Service to enhance their awareness on HIV prevention in 2015 and with syphilis testing included afterwards. SAC female professional nurses and social workers were in-charged of the hotline service and answered the enquiries on HIV and sexually transmitted diseases transmission. Moreover, they provided infection risk assessment, testing service arrangement, pre and post-test counseling support and information on local AIDS-related services. Whenever there were positive cases found, our nurse would provide instant support and accompany the cases to attend the HIV confirmation test and follow-up treatment in HIV Clinic.

We continuously devoted resources to promote “early testing, early treatment”. We hoped to encourage women to actively participate in HIV testing and preventive education through various physical and online platforms, reducing their chances to reach late diagnostic stage of illness.

截至2025年，香港的愛滋病病毒感染個案累積至12,734宗，當中女士感染個案佔2,312宗，大約每五位感染者當中就有一位是女性。根據衞生署資料，近年晚發現個案(感染者於確診愛滋病病毒感染時，其CD4淋巴細胞處於非常低的水平，或已發病為愛滋病患者)佔新感染個案達五成，女性晚發現個案比例接近百分之二十。本會服務愛滋病病毒感染人士中，女性個案佔百分之三十五，部份亦屬感染後期才檢測出來的個案。

在本港，一般婦女特別是已婚或有固定性伴侶的女性普遍對愛滋病較少認識，自覺感染風險低，沒有需要接受測試。因此，女士感染個案大多在後期併發症出現時才檢測出來，除身體抵抗力變弱及機能受到破壞，亦為精神上帶來很大困擾。有鑑於本港一直忽略女士對愛滋病病毒測試服務的需要，本會於2015年開始設立女士愛滋病病毒測試服務及諮詢熱線，其後再加入梅毒測試服務，加強女士教育及預防感染意識。熱線由本會女性專業人員包括護士及社工接聽，解答有關愛滋病病毒及性病傳播疑問、感染風險評估、提供測試安排及測試前後輔導支援和本地愛滋病相關服務的資訊。測試後如有感染個案，本會專業護士即時提供支援及陪伴個案往愛滋病專科診所進行確診及跟進治療。

本年度本會持續加強推動女士積極參與愛滋病病毒測試及預防教育工作，透過各種實體及網上平台鼓勵女士「及早測試、盡早治療」，減少出現後期診斷的問題。

Statistics 服務統計

Total attendance 參與人次: 22,953





HIV Self-Testing Service
愛滋病病毒自我檢測服務

A total of 331 additional cases of HIV infection were reported to the Department of Health in 2025, bringing the cumulative total of reported HIV infections to 12,734 since 1984. Among new reported cases in 2025, over 98% acquired the infections via sexual contact.

In recent years, HIV self-testing has been actively promoted in Hong Kong to further increase the testing rate. The Department of Health has also intensified the effort to promote the public to get HIV test and kept on organizing "HIV Testing Month" in Hong Kong in December 2025. The program encouraged people who have had sex to get tested for HIV at least once to keep track their own health status and helped infected people know their personal infection status as early as possible so that they can receive treatment as soon as possible and hence reducing HIV transmission. SAC continued to be one of the collaborating organizations in this program. Besides, through physical and online platforms, particularly the poster promotion of our HIV self-testing service among MTR stations, we encouraged the public to utilize our HIV self-testing services and this promotion has successfully reached over 5.18 million audience. Our service has launched since 2019, providing OraQuick® oral fluid test (pre-qualified by the World Health Organization) together with pre and post-testing counselling support conducted by professional nurses and social workers. The service encouraged those in need to get tested continuously in private environment and treatment could start early once infection was detected.

香港衞生署於2025年共接獲331宗感染愛滋病病毒新增呈報個案。自1984年以來個案累積至12,734宗。2025年新增呈報個案中，超過百分之九十八個案經由不安全性接觸感染。

近年，本港持續推廣愛滋病病毒自我檢測，藉此進一步提升檢測率。本港衞生署亦加大力度推動公眾人士進行愛滋病病毒檢測，於2025年12月繼續推廣「HIV測試月」，鼓勵曾有性行為人士進行檢測，了解個人健康狀況，協助受感染人士盡早得悉個人感染狀況，從而盡快接受治療，減少病毒傳播。本會亦繼續參與是次活動，為其中一間合辦機構。此外，透過各種實體及線上平台以及香港鐵路沿線各站海報宣傳活動，鼓勵公眾使用本會的愛滋病病毒自我檢測服務，接觸人數超過五百一十八萬。服務自2019年推出，提供OraQuick®口腔黏液檢測工具(通過世界衛生組織資格預審)配合專業護士及社工提供測試前後輔導諮詢熱線，鼓勵有需要人士在私密的情況下持續進行測試，若發現感染可盡早接受治療。

The Society for AIDS Care
愛滋寧養服務協會

愛滋病自我檢測服務
HIV SELF-TESTING KIT SERVICE

OraQuick® Oral fluid test 口腔液檢測工具

www.aidscare.com.hk

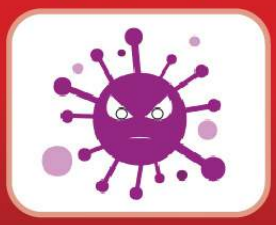
若遇到下列情況，您需要考慮接受測試:
You should consider testing if you encounter the following situations:



計劃結婚/ 懷孕
Plan for marriage/ pregnancy



懷孕前期及後期
At early/ late stage of pregnancy



懷疑自己或性伴侶感染愛滋病/ 肝炎病毒/ 性病
Either you or your sexual partner suspected of HIV/ hepatitis/ sexually transmitted infected



曾有不安全性行為
Had unsafe sex



OraQuick®口腔液檢測工具可於愛滋寧養服務協會購買
OraQuick® Oral fluid test kits are available for sale at The Society for AIDS Care

購買熱線 Order Hotline:

6730 8050

The Society for AIDS Care

EDUCATION AND TRAINING
教育與培訓





"Say No to Discrimination!" Mask Design Contest 2025-2026
「向歧視說不!」面具設計比賽 2025-2026

Since 2011, The Society for AIDS Care (SAC) has been organizing the annual Mask Design Contest under the theme "Say No to Discrimination!". The contest aims to spread the message of acceptance towards people living with HIV/AIDS (PLHIV). Masks are used as a symbol of identity protection for PLHIV due to the fear of discrimination. By creating expressive and meaningful artwork, students and public participants are encouraged to learn more about HIV/AIDS and the challenges PLHIV face, thereby eliminating misconceptions.

This year, the contest received thousands of entries from secondary schools and colleges across Hong Kong. On April 17, SAC held the "Say No to Discrimination!" Mask Design Contest 2025-2026 Awards Ceremony at the Henry G. Leong Yaumatei Community Centre. Our CEO, Ms. Alice Chan, delivered an opening speech to welcome nearly 300 attendees. The awards ceremony honored the champion, 1st runner-up, 2nd runner-up, outstanding awardees, and recipients of the Facebook Most Popular Award and the Most Active Participation School Award. After the ceremony, students, teachers, parents, and friends explored the displayed artworks and captured memorable moments of the event through taking photos together.

愛滋寧養服務協會自2011年起，每年舉辦「向歧視說不!」面具設計比賽，傳遞包容和接納愛滋病病毒感染者的訊息。以面具作為愛滋病病毒感染者懼怕公開病情及自我保護的象徵；讓學生及公開組參加者透過面具設計，正確認識愛滋病和了解愛滋病病毒感染者所面對的挑戰，消除誤解。

今年的面具設計比賽吸引了數千名來自香港多間中學及大專院校的學生踴躍參與。本會於4月17日在梁顯利油麻地社區中心舉行首屆「向歧視說不!」面具設計比賽2025-2026頒獎典禮。本會的行政總監陳麗卿女士為頒獎典禮致辭，歡迎在場接近300位出席者。陳女士為我們頒發冠軍、亞軍、季軍、傑出作品獎、Facebook最受歡迎獎及最踴躍參與學校獎。頒獎典禮完結後，各同學、老師、家長及親友們都細心欣賞比賽的作品及拍照留念。













Cambodia Project
柬埔寨計劃

"Love with Care" School Project

Since 1995, The Society for AIDS Care (SAC) has been committed to providing HIV-related educational training and development programs for less developed countries. Continuing this meaningful work, we launched the "Love with Care School Project" in 2018 in collaboration with KHEMARA Cambodia, the longest-serving NGO for women and children in Phnom Penh. This annual project empowers school students through education on sexual and reproductive health and HIV prevention. It also offers HIV testing and counseling services to those in need, ensuring proper medical treatment and support. This year, the joint program successfully reached 2,067 students, 1,175 of whom were girls, across five high schools in the Beoung Proul, Chiro I, Chiro II and Orang Ov communes.

Educational Training

The "Love with Care School Project" adopts a sustainable train-the-trainer model to maximize its impact. Peer educators, who are elected by their classmates, receive regular intensive training on HIV prevention and sexual and reproductive health. This empowers them to disseminate critical information within their own schools and communities. From July to August 2025, KHEMARA Cambodia selected 30 students as peer educators from the five high schools. They have since undergone four comprehensive training sessions covering various aspects of HIV prevention and sexual and reproductive health. Afterwards, they actively engage their peers, ensuring that accurate and essential information reaches wider audiences. By fostering peer-to-peer education, the project not only enhances individual understanding but also cultivates a supportive and informed community.

愛與關顧學校計劃

愛滋寧養服務協會自1995年起，一直致力為發展中國家提供有關愛滋病的教育培訓及推行相關的發展計劃，讓更多人認識愛滋病，減低感染率。由2018年起，本會與一所為柬埔寨金邊婦女及兒童改善生活、於當地歷史最悠久的非牟利機構 — KHEMARA Cambodia展開年度「愛與關顧學校計劃」。該年度計劃旨在啟導當地學齡兒童在生育健康及預防愛滋病的發展，增加他們相關的知識。同時，計劃亦為有需要人士提供愛滋病病毒測試及輔導服務，讓測試呈陽性反應或有生育健康問題的人士獲得適切的藥物治療及支援。而本年度計劃已順利於當地Beoung Proul省、Chiro I、Chiro II及Orang Ov 省的5所高中學校推行，直接受惠的學生達2,067人，其中1,175位為女孩。

教育培訓

「愛與關顧學校計劃」以培育朋輩訓練領袖的形式進行，學生以投票形式選出朋輩領袖。這些朋輩領袖會定期接受預防愛滋病及生育健康教育的培訓，讓他們向同學們分享培訓所獲得的資訊，將資訊推廣至學校甚至社區。KHEMARA Cambodia於2025年7月至8月在上述的5所高中學校選出30位學生，成為計劃的朋輩領袖，並安排他們進行4次預防愛滋病及生育健康教育的培訓。這些朋輩領袖完成培訓後，積極地與同學及朋輩分享獲得的知識，讓更多人受惠。是次計劃透過朋輩教育的形式，不僅提升了個人的知識見解，同時亦培養出一個支持及知情的社區。



World AIDS Day Community Event

In commemoration of World AIDS Day, KHEMARA Cambodia organised SAC's signature Mask Design Contest at Beoung Proul High School on November 23, 2025. Students created masks with the theme "Say No to Discrimination!" and selected the most popular designs. During the event, painting activities and fun interactive Q&A sessions took place to educate students on sexual and reproductive health. The event aimed to increase public knowledge of HIV/AIDS, eliminate misconceptions, and reduce discrimination against people living with HIV/AIDS. Key community stakeholders, including health center staff, school directors, and local authorities, participated in this meaningful event.

The Support of Local Authorities

The "Love with Care School Project" received strong support from various local community groups, enabling its successful implementation within the community. Over the past year, KHEMARA Cambodia organized various health education activities that attracted active participation from schools and teachers. Ms. Ngim Panha, a staff member at the health center, conducted sexual and reproductive health classes for students, emphasizing that understanding the course content is crucial for HIV prevention. The sustained involvement and support of community groups reflected their belief in the project's mission and contributed significantly to its success and to positive community transformation.

Project Outcome

Families living in remote areas of Cambodia have limited or no knowledge of HIV prevention and sexual and reproductive health. Through the project, KHEMARA Cambodia has been able to promote HIV-related training programs in these areas, raising public awareness. A total of 158 students were surveyed, with 100% stating that the project helped build their knowledge, skills, and understanding of HIV prevention and sexual and reproductive health. All students indicated that the knowledge gained has improved their personal lives. Moreover, 100% agreed that they are ready to share this knowledge with their family, friends, and community members.

世界愛滋病日社區活動

為響應世界愛滋病日，KHEMARA Cambodia在2025年11月23日於Beoung Proul High School舉行了本會代表性的面具設計活動。學生們以「向歧視說不！」為題，親手設計面具，並選出最受歡迎的面具；這些活動亦設有繪圖及問答遊戲，讓學生們輕鬆有趣地學習有關愛滋病病毒、預防愛滋病及生育健康的知識。活動成功令更多社區人士正確認識愛滋病，並消除對愛滋病病毒感染者的標籤和歧視。活動獲得多個團體支持，包括衛生中心人員、學校校長及地方政府代表等。

社區團體支持

「愛與關顧學校計劃」獲得當地多個社區團體鼎力支持，讓活動得以在社區成功推行。於過去一年，KHEMARA Cambodia在各社區團體的協助下，於當地舉辦了各類型健康教育活動，吸引了各校方與教師的積極參與。任職衛生中心的 Ngim Panha女士為學生們舉辦了生育健康教育課程，並向學生強調理解課程內容對預防愛滋病至關重要。各社區團體的持續支持及參與表達了對計劃推行的信念，為計劃的成功及社區改變作出重大的貢獻。

計劃成效

柬埔寨的一些偏遠地區仍因資源的缺乏，令當地市民難以接觸生育健康及預防愛滋病的知識。透過「愛與關顧學校計劃」，KHEMARA Cambodia能繼續於學校及社區地區推行有關愛滋病教育培訓及相關發展的服務，讓更多人受惠。在計劃推行期間，158位學生參與了調查。全部學生均表示是次計劃讓他們獲得正確預防愛滋病及生育健康的資訊，有效增加個人知識並透過學到的知識改善個人生活。培訓結束後，所有學生均同意及準備向其家人、朋友及社區分享所學的資訊。







Health Talk
健康講座

The Society for AIDS Care (SAC) is dedicated to providing exceptional direct patient services to people living with HIV/AIDS (PLHIV), empowering them to achieve self-care and community integration. Our committed team consistently enhances their expertise in HIV care and prevention, keeping abreast of the latest research and advancements. In collaboration with esteemed partners such as Gilead Sciences and GlaxoSmithKline plc, SAC organized six specialized educational seminars in 2025. These seminars were exclusively tailored for our professional staff, enriching their skills and knowledge base. By promoting these educational initiatives, we not only enhance the quality of care provided to our patient members but also disseminate cutting-edge medical insights throughout our community.

In addition, our professional team attended the annual HIV Training for NGO Staff organized by the Red Ribbon Centre. Doctors and clinical professionals from the Department of Health delivered comprehensive updates on HIV/AIDS, viral hepatitis, clinical services, sexually transmitted infections, PrEP/PEP, and psychosocial support.

愛滋寧養服務協會致力為愛滋病病毒感染者提供優質的直接關顧服務，增強他們的自理能力，建立自信，讓他們重新融入社會。我們的專業團隊透過最新的研究報告，不斷提升預防愛滋病及愛滋病護理的知識。在吉利德科學公司及葛蘭素史克股份有限公司的支持下，本會於2025年舉辦了6次的教育研討會。透過這些為我們專業團隊而設的研討會，有效增強團隊的技能及知識的基礎。教育研討會不僅提高了團隊對愛滋病病毒感染者的護理質素，亦能傳遞最新的醫學見解。

此外，我們的專業團隊積極參與了由紅絲帶中心主辦的年度「非政府機構員工愛滋病培訓工作坊」。期間，衞生署的醫生及臨床專家就愛滋病病毒感染、病毒性肝炎、性傳播疾病、臨床服務、暴露前／暴露後預防（PrEP/PEP）以及心理社會支援等核心範疇，提供了全面的最新資訊。







The 11th Asia-Pacific Conference on AIDS and Co-Infections
第十一屆亞太愛滋病及其合併感染醫學會議

From June 18–20, 2026, the 11th Asia-Pacific AIDS & Co-Infections Conference (APACC) convened in Tokyo, Japan, marking a vibrant return to an all-in-person experience. This landmark event united regional pioneers to address public perceptions of HIV and unlock transformative blueprints for regional testing and prevention. The Society for AIDS Care (SAC) is deeply honored to have walked alongside the conference since its inaugural edition, continuing to serve as one of its dedicated supporting organizations.

第十屆亞太愛滋病及其合併感染醫學會議已於2026年6月18日至20日在日本東京以實體會議形式盛大舉行。本屆大會匯聚了亞太地區的頂尖專家與臨床學者，從社區與醫療的雙重維度出發，深入探討社會對愛滋病的多元觀點，並攜手推動各國在愛滋病毒檢測、預防及國家防治計劃上的策略落實。愛滋寧養服務協會非常榮幸自首屆會議成立以來，始終與大會同行，持續擔任其支持機構之一。



"Know More about AIDS" Mobile Application
「愛知愛滋」流動應用程式

The Society for AIDS Care (SAC) launched the mobile application "Know More about AIDS" (APP), designed to disseminate comprehensive HIV/AIDS knowledge, transmission and prevention methods, and introduce our range of services and programs through virtual reality (VR) experiences. The APP also includes creative animations that emphasize the importance of early HIV diagnosis and adherence to treatment, highlighting how maintaining a low viral load can enable people living with HIV to lead normal lives and have healthy children with appropriate support. Through the APP, we encourage the public to educate themselves about HIV/AIDS and understand the challenges faced by individuals living with the condition, aiming to dispel misconceptions and combat discrimination effectively.

愛滋寧養服務協會推出流動應用程式 —「愛知愛滋」，為公眾提供有關愛滋病的知識、傳播及預防方法等；同時透過VR虛擬實境影像介紹本會的服務及計劃。該流動應用程式利用創意動畫帶出愛滋病病毒感染者只要及早診斷同持續治療，令血液內病毒數量維持偵測不到的水平，感染者跟大家一樣可以過正常生活，也可以有健康的下一代。本會希望透過該流動應用程式，鼓勵公眾推行有關愛滋病的教育，讓公眾了解愛滋病病毒感染者所面對的挑戰，從而消除對他們的誤解和歧視。



Android 版本
免費下載途徑:

RESOURCE DEVELOPMENTS AND PROMOTION

資源發展及推廣





World AIDS Day 2025
世界愛滋病日2025

World AIDS Day, established by the World Health Organization in 1988 and observed annually on December 1, serves as a pivotal moment to raise global awareness about HIV/AIDS. This day plays a crucial role in combating the stigma associated with AIDS and HIV infection, providing a platform for solidarity with the millions affected worldwide. Many show their support by wearing a red ribbon, symbolizing HIV awareness, while others take proactive steps like undergoing HIV testing.

Despite ongoing efforts, stigma remains a major barrier to HIV testing in Hong Kong. While conventional tests involving blood drawn from a vein or rapid HIV antibody tests are available for individuals suspicious of their HIV status, the requirement for in-person testing dissuades some from participating, as they prefer to avoid direct interaction with testing staff. In response to this challenge, the Society for AIDS Care (SAC) has initiated an HIV self-testing program utilizing non-invasive oral swabs, aimed at enhancing awareness about HIV testing.

In addition, to echo this global event, SAC is honored to invite Dr. Jonpaul Zee, Honorary Consultant in Infectious Disease and SAC Director, to participate in our Doctor Says series. In this special video program, Dr. Zee will break down the key facts about HIV and AIDS in the simplest and most accessible way, helping the public separate myths from reality. Through a quick Q&A format, Dr. Zee will answer common questions and provide clear, trustworthy information — all within just one minute. The goal is to help everyone know more and fear less, by making HIV knowledge easy to understand and encouraging proactive steps such as regular HIV testing, and fostering open conversations about prevention and care.

世界衛生組織於1988年將每年的12月1日訂為世界愛滋病日，藉此提升全球對愛滋病的認知。世界愛滋病日讓全球的愛滋病病毒感染者團結起來，對消除愛滋病的偏見及標籤發揮著重要的作用。不少人會戴上紅絲帶或者選擇進行愛滋病病毒檢測，響應活動。

在香港，儘管各機構持續推動相關宣傳教育工作，公眾對愛滋病病毒感染者的偏見仍造成有需要人士對進行檢測的顧忌和卻步。傳統靜脈抽血或快速愛滋病病毒抗體測試需要親身前往檢測地方，部份人士因避免面對檢測人員，故不願參與檢測。因此，本會推出愛滋病病毒自我檢測服務，透過非入侵性口腔黏液檢測工具讓檢測者在私密的情況下隨時進行檢測，提高愛滋病病毒檢測的意識。

同時，為了響應這項全球活動，愛滋寧養服務協會榮幸邀請到傳染病科名譽顧問醫生、愛滋寧養服務協會董事徐詩駿醫生，參與《醫生話你知》系列，用最簡單的方式同大家拆解愛滋病迷思。徐醫生以簡單易明的方式拆解愛滋病的迷思，透過一分鐘的快問快答，回答常見問題，提供清晰可靠的資訊，讓大家「知多啲，驚少啲」。他亦鼓勵公眾積極行動，包括定期進行愛滋病病毒檢測，並持續推動社會對愛滋病的認識與關注。





AIDS Walk 2026
慈善步行2026

The Society for AIDS Care (SAC) has organized the annual AIDS Charity Walk since 2002, aiming to raise HIV/AIDS awareness and foster engagement in HIV prevention efforts. The walk advocates for individuals to undergo HIV testing, understand their status, and access essential care and treatment. Proceeds from the walk support SAC's programs and services, ensuring high-quality direct patient care for people living with HIV/AIDS (PLHIV).

This year, the walk was held in a hybrid format to offer participants the flexibility to design and complete their routes at their own pace. The event attracted a diverse group of participants, including corporates, families, students, and individuals, who creatively engaged with the walk in ways that best suited their schedules and interests. The event wrapped up with an online announcement across our social media channels, celebrating joyful moments captured and walking distances achieved. All participants united to emphasize the importance of seeking proper treatment without fear of discrimination for PLHIV. Thanks to the generous support of our donors, sponsors, and partners—including Mr. Cassian Lau, Gilead Sciences, Hutchison Telecommunications (Hong Kong) Limited, OKAMOTO, Sim's Sweets, Simple Approach, and SparkRaise —we are grateful to have completed the event with great success.

愛滋寧養服務協會自2002年起，一直用心籌辦年度AIDS Walk慈善步行活動，旨在提高公眾對預防愛滋病的意識，鼓勵他們參與預防愛滋病的活動，進行愛滋病檢測，了解其自身狀況，並獲得適切的護理和治療。活動所籌募的款項將全數投入本會的服務及計劃，為愛滋病病毒感染者提供專業的直接關顧服務。

今年，AIDS Walk慈善步行繼續以線上下的混合形式舉行，讓參加者能更靈活及自由地參與活動。本會邀請所有包括企業、家庭、學生和個人在內的參加者各自設計及完成活動步行的路線，以最適合自己時間安排和興趣的方式創新地參與步行活動。本會亦於各資訊平台分享盛事並宣佈活動圓滿結束，參加者同時攜手呼籲社會各界正確認識愛滋病，強調尋求適當治療的重要性，讓愛滋病病毒感染者不再懼怕他人的目光，勇於尋求援助。是次活動得以完滿舉行，本會非常感謝捐款者、各大贊助機構及單位的鼎力支持，包括香港知名藝術家劉啟舜先生 (Mr. Cassian Lau)、Gilead Sciences、和記電訊(香港)有限公司、OKAMOTO、Sim's Sweets、Simple Approach和SparkRaise等。





"Sharing Love" Workshop
分享愛工作坊

The Society for AIDS Care (SAC) has been organizing the "Sharing Love" workshop at our center since its inception at the beginning of 2023. Initially held irregularly, the program quickly gained popularity and attracted a dedicated group of participants. Due to its success, we have transitioned it into a monthly event.

We invite donors and supporters to join our workshops, where participants create unique art pieces in various themed sessions. By guiding participants step-by-step, this meditative art form promotes concentration, relaxation, and inner peace. The finished artworks are then sent to our members, sharing blessings with families affected by HIV/AIDS.

自2023年初以來，愛滋寧養服務協會在活力中心舉行「分享愛工作坊」。該活動起初是不定期舉行的，但隨著工作坊的受歡迎程度日增，並吸引了一批穩定的參與者，本會將其改為每月舉辦一次。

我們邀請捐款者及支持者參與工作坊；透過不同的工作坊主題，參加者創作其獨特的藝術作品。通過指導，參加者在創作時投進專注又放鬆的狀態，達至內心平靜，改善身心健康。完成的藝術作品將送贈予本會的會友，向愛滋病病毒感染者及其家庭送上祝福及傳遞暖暖的心意，為社區帶來更多正能量。





Promotional Poster Campaign
宣傳海報設置

With the generous support of MTR Corporation Limited, The Society for AIDS Care (SAC) arranged for 400 posters promoting the SAC HIV Self Testing Service to be displayed at MTR stations across the East, West, and Ma On Shan Lines, as well as the Kwun Tong, Island, Tseung Kwan O, Tung Chung, and South Island Lines, and the Light Rail, from October 1 to 14, 2025. This initiative aimed to encourage the public to utilize SAC's HIV self-testing service, which allows individuals to conduct self-tests in privacy as a preliminary screening of their HIV status. Additionally, a pre- and post-test counseling consultation hotline was established to provide HIV/AIDS information and follow-up services from our professional team. The promotion was a tremendous success, reaching an audience of over 5.18 million people and advancing the goal of "early testing, early treatment".

在香港鐵路有限公司的鼎力支持下，愛滋寧養服務協會於2025年10月1日至14日期間在本港所有沿線鐵路站，包括東西鐵線、馬鞍山線、觀塘線、港島線、將軍澳線、東涌線、南港島線及輕鐵線等，放置400張海報進行宣傳，介紹本會的愛滋病病毒自我檢測服務。鼓勵公眾使用本會的愛滋病病毒自我檢測服務，讓他們能在私密情況下進行自我檢測，了解其感染愛滋病病毒的狀況。同時亦可透過由本會專業同工提供的服務輔導諮詢熱線，進行檢測前後的諮詢，取得有關愛滋病的資訊及服務支援。是次宣傳活動成功接觸多達518萬人，達致「及早測試，盡早治療」的目標。

New Announcement of Public Interest to Broadcast
政府電視宣傳片播放

We are pleased to announce that we have successfully renewed the government's Announcement in the Public Interest (API), featuring a TV announcement with creative animation to promote AIDS acceptance. This TV announcement conveys the critical message that an undetectable HIV viral load is equal to HIV untransmittable (U=U). It also highlights our mother-to-child transmission prevention program. Through the use of creative animation, the announcement effectively communicates that people living with HIV (PLHIV) should seek proper treatment without fear of discrimination or being turned away due to their HIV status. The announcement will be broadcast on RTHK, ViuTV (Now TV), TVB, and HOY TV (Cable TV).

愛滋寧養服務協會再次成功申請在各政府電視頻道，播放本會的電視宣傳片，鼓勵公眾正確認識愛滋病。該電視宣傳片採用創意動畫，讓公眾更容易認識愛滋病，並說明只要感染者的愛滋病病毒載量(病毒在人體血液內的數量)達至無法檢測的水平，便不能透過性接觸傳播愛滋病病毒(U=U)；同時亦介紹本會的預防母嬰感染計劃。透過生動的創意動畫，讓公眾明白愛滋病病毒感染者應尋求適切的治療，不應因害怕被歧視或因其感染狀況而諱疾忌醫。這電視宣傳片會在香港各政府免費電視頻道，包括香港電台、ViuTV (Now TV)、無線電視及HOY TV (有線電視)等播出。



"Know more about AIDS" Video: Can You Tell If Someone Is HIV-positive?
「愛知愛滋」影片：看不見的愛滋病病毒感染者？

FINANCIAL HIGHLIGHTS
財務摘要



Honorary Treasurer's Report

For the year ended 31st March 2026

Activities during the year

The Society continues to provide professional care and comprehensive rehabilitation services for the benefit of people whose lives are impacted by HIV and AIDS. In addition, various support programmes are run focused on prevention of mother-to-child transmission, counselling and empowerment. All of these services are provided in the field and through the operation of the Society's Day Centre in Mongkok.

The Society remains in a strong financial position.

Income, expenditure and surplus for the year

The Society's income for the year comprised HK$9.0 million (2025: HK$10.8 million), of which HK$2.3 million was granted by the AIDS Trust Fund (2025: HK$2.2 million) with the remainder being primarily derived from a variety of fund-raising activities and bank interest.

Expenditure incurred during the year was HK$9.8 million (2025: HK$10.0 million), of which HK$2.7 million was spent on AIDS Trust Fund projects (2025: HK$2.5 million).

The Society's financial deficit for the year was HK$0.8 million (2025 surplus HK$0.8 million).

Financial position as at 31st March 2026

At 31st March 2026, the Society's Funds were HK$67.0 million (31st March 2025: HK$68.2 million). The funds were primarily held in the form of short-term cash deposits placed with investment grade banks.

Looking forward

The Society plans to remain active raising funds to enable it to continue to provide HIV and AIDS related services and professional care in Hong Kong. The Society's principal programs will continue, which include running the Day Centre, the women's hot-line and testing programme as well as a HIV self-testing program.

AIDS Trust Fund (a government funded agency) ceased funding after completion of an existing project in March 2026. The Department of Health (DH) launched a new funding mechanism to support a services program for People with HIV (PLHIV) which will run from April 2026 to March 2027. In addition, SAC will continue to pursue funding from a combination of sponsors, government programs and individual donors.

As at 31st Jul 2026 the balance of the Society's reserves was HK$66.5 million of which HK$60.3 million has been set aside in the Designated Fund.

Craig Beattie
Honorary Treasurer
Date : 23 Sep 2026

S. Y. YANG & COMPANY
Certified Public Accountants

香港銅鑼灣屈臣道2至8號
海景大廈A座1樓2室

INDEPENDENT HONORARY AUDITORS' REPORT
TO THE MANAGEMENT BOARD OF
THE SOCIETY FOR AIDS CARE LIMITED

(Incorporated In Hong Kong And Limited By Guarantee)

Opinion

We have audited the financial statements of The Society For AIDS Care Limited ("the Organisation") set out on pages 7 to 17, which comprise the statement of financial position as at 31st March, 2026, and the income and expenditure statement, statement of cash flows and statement of changes in funds for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Organisation as at 31st March, 2026, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards (''HKFRSs'') issued by the Hong Kong Institute of Certified Public Accountants (''HKICPA'') and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

Basis For Opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing (''HKSAs'') issued by the HKICPA. Our responsibilities under those standards are further described in the Auditors' Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Organisation in accordance with the HKICPA's Code of Ethics for Professional Accountants (''the Code''), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other Information

The directors are responsible for the other information. The other information comprises the information included in the report of the directors set out on pages 1 to 3, but does not include the financial statements and our auditors' report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Room 102, Block A, Sea View Building, 2-8 Watson Road, Causeway Bay, Hong Kong
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**INDEPENDENT HONORARY AUDITORS' REPORT
TO THE MANAGEMENT BOARD OF
THE SOCIETY FOR AIDS CARE LIMITED**

(Incorporated In Hong Kong And Limited By Guarantee)

Responsibilities Of The Directors And Those Charged With Governance For The Financial Statements

The directors are responsible for the preparation of the financial statements that give a true and fair view in accordance with HKFRSs issued by the HKICPA and the Hong Kong Companies Ordinance, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the Organisation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the Organisation or to cease operations, or have no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Organisation's financial reporting process.

Auditors' Responsibility For The Audit Of The Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditors' report that includes our opinion. This report is made solely to you, as a body, in accordance with section 405 of the Hong Kong Companies Ordinance and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also :

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

**INDEPENDENT HONORARY AUDITORS' REPORT
TO THE MANAGEMENT BOARD OF
THE SOCIETY FOR AIDS CARE LIMITED**

(Incorporated In Hong Kong And Limited By Guarantee)

Auditors' Responsibility For The Audit Of The Financial Statements (Cont'd)

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Organisation's internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.

- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organisation's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditors' report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditors' report. However, future events or conditions may cause the Organisation to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

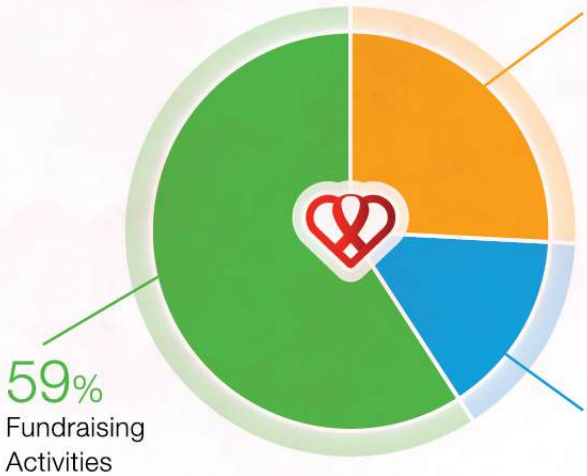
The engagement proprietor on the audit resulting in this independent auditors' report is Yang Chuen Liang, Charles (practising certificate number: P02478).

S. Y. Yang & Company
Certified Public Accountants (Practising)

Hong Kong : 10th August, 2026

The Financial Statement Income
2025–2026 收入來源

- Government Funding
  $2,346,028
- Interest & other incomes
  $1,371,996
- Fundraising Activities
  $5,294,445



The Financial Statement Expense
2025–2026 支出項目

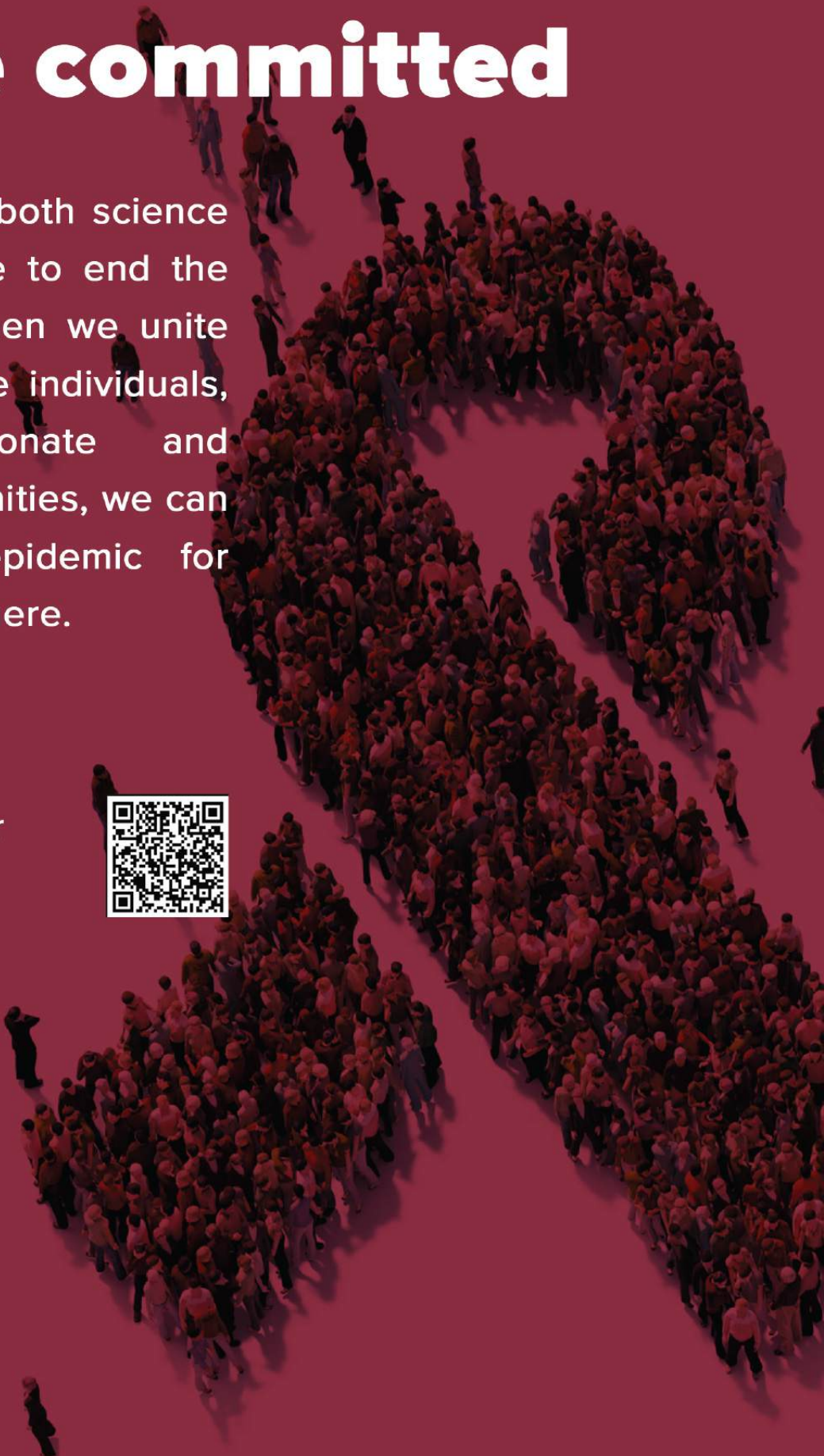
- Rental & Maintenance
  $765,120
- Admin. Expenses
  $1,359,652
- Advertising & Marketing Expenses
  $82,535
- Services & Activities Expenses
  $7,596,822



We are committed

It's going to take both science and social change to end the HIV epidemic. When we unite as bold and brave individuals, alongside passionate and persistent communities, we can help end the epidemic for everyone, everywhere.

Learn more about our commitments in HIV:



GILEAD | HIV

Acknowledgement 鳴謝

We wish to express our thanks to the following organizations and individuals for their generous donation and support:
我們藉此機會感謝下列機構及人士的慷慨捐款和支持:

Abbott

香港公益金 THE COMMUNITY CHEST

CREDIT SUISSE

平等機會委員會 EQUAL OPPORTUNITIES COMMISSION

Foodlink Replacing hunger with a smile 除飢困 展歡容 膳心連

GILEAD

GSK ViiV Healthcare

IAP 保康醫療用品公司 IAP Medical Supplies Company

janssen PHARMACEUTICAL COMPANIES OF Johnson&Johnson

Johnson&Johnson

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MAC

美心 Maxim's 70 YEARS 一心一意七十年 DEVOTED SINCE 1956

MENTHOLATUM 曼秀雷敦

NHI 創健醫療 NEO-HEALTH GROUP

okamoto 岡本

Paul|Weiss 宝维斯

simple approach Ltd.

SiMS sweetshop

SparkRaise™

Coca-Cola SWIRE COCA-COLA HK

SWIRE RESOURCES

THE UPPER HOUSE HONG KONG

virology education

Acknowledgement 鳴謝

- Barry & Martin's Trust
- Council for AIDS Trust Fund
- Estee Lauder (HK) Limited
- Gilead Sciences Hong Kong Limited
- GlaxoSmithKline Limited
- Halo Public Relations Ltd
- Mental Health Initiatives Funding Scheme
- Pescara and Co
- The Asian Society for Pediatric Infectious Diseases (ASPID)

Chan Hin Yiu
Chan Kam Shek
Chan Lai Hing
Cheung Kwei Sang
Chiu Wai Kit
Choy Wai Ling Christine
Gan Fock Wai Stephen
Hung Wai King Winnie
Karen Sun
Kwan Yat Wah Mike
Kwok Sau Mui
Lam Mei Po
Lau Kit Chun
Lee Tsz Yan
Leung Kun Hang
Lin Shou Jen
Lo Pui Yee
Lo Wai Ying
Ma Shuk Yan
Man Yuk Fong
Ng Suk Yin
Ngan Man Ki
So Wai Wa
So Yuen Yan
Wan Chui Lee
Wan Kai Yin
Yu Wing Sze Michelle
方慈利
李家華
李志成
李浩存
李碧儀
林文達
梁永雄
楊帶好
洪量丰
游潔容
王魄裕
蔡榮星
鄧桂蓮
鄭偉聰
鄭宋麗
鄭豪賢
鄭雅晨
關碩智
關阯彌
馬玉儀

We would like to give our deepest gratitude to our generous donors, sponsors, volunteers, members and staff. With your support, our services have been developed successfully. We apologize for the missing acknowledgement, if any.

承蒙各界善長、贊助商、義工、會友及員工的鼎力支持，本會服務得以順利推廣，謹此向各位致以萬二分謝意。致謝名單如有任何遺漏，謹此致歉。

The Society for AIDS Care
愛滋寧養服務協會

你的捐助 將為我們的下一代，帶來零愛滋病感染的未來
Your Donation will help build a future of zero HIV infection for our next generation

本人願意作以下捐款 I would like to make the following donation

☐ *每月捐款 MONTHLY DONATION: ☐ 港幣 HK$300 ☐ 港幣 HK$500 ☐ 港幣 HK$1,000 ☐ 其他 OTHER: 港幣 HK$_____

☐ *一次過捐款 ONE-OFF DONATION: ☐ 港幣 HK$500 ☐ 港幣 HK$1,000 ☐ 港幣 HK$2,000 ☐ 其他 OTHER: 港幣 HK$_____

*港幣100元或以上捐款獲發報稅收條。Receipt will be issued for donations of HK$100 or above.

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English Name

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通訊地址
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Tel No.

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持卡人姓名
Cardholder's Name

信用卡號碼
Credit Card Number

信用卡有效日期 月 MM 年 YY
Card Valid Until (須於三個月內有效 Must be valid for the next three months)

請在其中一適當方格內加上✓號,
Please check the appropriate box below:

☐ **一次過捐款** 請於本人的信用卡賬戶內一次過扣除以上賬款。
One-off donation Please charge my credit card once for the above specified amount.

☐ **每月捐款** 本人現授權愛滋寧養服務協會由本人之信用卡賬戶內定期扣除上述賬款，直至本人另行通知為止。本人同意此授權書於本人之信用卡有效日期後及獲發新卡時繼續生效，並無須另行填寫授權書。(如需要取消或更改本授權書，請於取消或更改生效日期七個工作天前通知我們。)
Monthly donation I hereby authorize The Society for AIDS Care Limited to charge my credit card account for the amount specified in a regular manner as agreed upon by me and The Society for AIDS Care Limited until further notice. I agree the validity of this agreement will continue before or after the expiry date of the credit card account. (Cancellation or variation of this authorization shall be given to The Society for AIDS Care Limited at least 7 working days prior to the date on which such cancellation or variation is to become effective.)

持卡人簽名
Cardholder's Signature

日期
Date

每月捐款將於信用卡到期日後自動延續，直至閣下另行通知為止。捐款將於收到此表格後即日生效，並於每月十號左右扣除有關款項。
Upon expiry and renewal of a credit card, monthly donations will continue unless notified otherwise. Donations will be effective immediately upon receipt of this form. Transactions will normally be processed around the 10th of every month.

網上捐款 Online Donation

www.aidscare.com.hk/direct-donation

請到以上連結，便可以使用信用卡作即時捐款，網上捐款免交回此回條，我們將依據你的資料發收據。
You can make real time donation with your credit card on the link above. You do not need to return this slip. Receipt will be issued according to the information you provided online.

支票捐款 Cheque Donation

支票號碼 Cheque No. : _____

抬頭: 愛滋寧養服務協會有限公司
Payable to "The Society for AIDS Care Limited"

直接存款 Direct Deposit

請將捐款直接存入本會其中一個銀行戶口，並將收據寄給我們。
Please deposit the donation into one of our following bank accounts, and send us the receipt.

東亞銀行 BEA account: 015-228-10-400465-6
匯豐銀行 HSBC account: 096-158233-838

轉數快 Faster Payment System

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THE SOCIETY FOR AIDS CARE LIMITED
FPS ID: 119881274

交易編號 Payment Reference No. : _____

PayMe

銀行每月自動轉賬 Bank Monthly Autopay

☐ 請致電3622 1293索取授權書。
Please call 3622 1293 for a bank autopay authorization form.

捐款收據 Donation Receipt

一年內累積捐款港幣一百元或以上可憑收據在香港申請免稅。
Accumulcated donations of HK$100 or above annually are tax deductible with a receipt.

☐ 請寄發收據。Please send me a receipt.
1. 若收據抬頭並非捐款者本人，請以英文列明 Please specify the recipeient if it is different from the donor: _____
2. 若未有捐款者姓名或地址，恕未能寄發收據 We are unable to provide receipts to donors without full name or address.

☐ 為幫助節省行政開支，本人不需要收據。
To help save administrative costs, please do not send me a receipt.

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Personal information collected will be treated as highly confidential and used to the purpose of sending our latest news only. Should you **decide to receive** any updates from us, please ✔ the box.

幫助愛滋寧養服務協會節省開支，讓更多愛滋病感染者受惠，你可以使用信用卡捐款時將表格傳真至(852)2521 7668 代替郵寄或於郵寄時貼上郵票。
Help SAC save cost, you can fax this form to (852) 2521 7668 for credit card donation or use a stamp while mailing.



The Society for AIDS Care
愛滋寧養服務協會

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Donation Hotline 捐款熱線: 3622 1293

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