七十年代初，來自意大利的達碑立神父（Father Enea Tapella）發現智障及殘疾人士生活的苦況，遂與義工組織不同的社交、康樂、宗教等活動給他們。一九七七年，達碑立神父為殘疾人士尋找夏令營地點的途中，不幸遇上交通意外逝世。達碑立神父離世後，不少熱心人士繼承他的遺志，積極參與康復活動。當時，一位天主教教友無條件借出一單位收容智障人士，即「友愛之家」的前身，但屬於臨時性質。為了延續家舍並發展智障人士的服務，方叔華神父 (Father Bonzi) 與一群專業人士及義工攜手成立扶康會，並於翌年五月根據香港公司法例正式註冊，其後更得到政府全面的資助，繼續拓展更多適切服務。一九九七年九月，扶康會位於香港仔的康復中心落成，並於同年成立了本會第一所中途宿舍，服務擴展至精神康復者，以協助他們重返社區。二零零一年一月，本會將英文會名The Society of Homes for the Handicapped易名為Fu Hong Society，中文會名則維持不變。

「扶康」是給予扶助以達致身心康健的意思。自成立以來，扶康會一直致力扶植智障人士及精神康復者，讓他們融入社會、獨立自顧，成為社會的分子，並先後創辦臨時住宿服務、家居訓練服務、熱線服務、護理院舍、日間訓練中心延展照顧服務及扶康家庭，支援不少殘疾人士及其家庭。現時扶康會的服務單位超過四十所，服務超過三千名智障人士及精神康復者。繼往開來，本會於2006年成立全港首間為青少年及成人而設的自閉症人士發展及支援中心；推動社區人士與智障人士建立一對一友誼的全球性最佳友誼運動；拓展社區支援服務，以增強家庭照顧殘疾人士的能力。
Father Enea Tapella, an Italian Missionary, formed groups of volunteers to organize various social, leisure and religious activities for persons with disabilities in the early 70s. Unfortunately, in 1977, he died in an accident when he was searching for a new site for the summer camp of that year. Following his death, many people participated in rehabilitation activities enthusiastically, in the hope that his work might be continued in the same spirit. In the same year, a Catholic fellow lent a flat unconditionally for persons with disabilities for temporary accommodation, which was the predecessor of “Father Tapella Home” (FTH). To ensure the continuity for FTH and to develop services for persons with mental handicap, Father Bonzi together with a group of professionals and volunteers set up an association, namely “The Society of Homes for the Handicapped” (SHH). In May 1978, the Society was incorporated under the Hong Kong Companies Ordinance and subsidized by the Government to further develop our services. In September 1997, our Rehabilitation Centre, situated in Aberdeen, opened and our first halfway house commenced its service, to support persons with psychiatric disabilities to integrate into the community. In January 2001, the Society has been renamed as “Fu Hong Society”, while the Chinese name remained the same.

“Fu Hong” in Chinese means “giving assistance to become physically and mentally healthy”. Since establishment, our Society is committed to develop the potential of persons with disabilities, enable them to achieve maximum independence and become fully integrated citizens in the community. We have pioneered in establishing pilot services, including temporary residential care service, home-based training, hotline service, care and attention home, extended care service and Casa Famiglia. At the moment, our Society operates over 40 service units, serving over 3,000 persons with mental handicap and those with psychiatric disabilities. Recently, our Society has established the first development and support centre for adolescents and adults with autism and launched “Best Buddies Hong Kong” Movement, which is part of the international movement to promote one-to-one friendship between members in the community and persons with mental handicap. We also strengthen our Community-based Integrated Services to assist the families in providing care to persons with disabilities living in the community.