在六十年代末及七十年代初，來自意大利的達嵐立神父(Father Enzo Tapella)發現智障及殘疾人士生活的苦楚，遂與義工組織負責的社交、康樂、宗教等活動給他們。1977年，達嵐立神父為殘疾人士尋找更令人滿意的去處，不幸遇上交通意外逝世。達嵐立神父離世後，不少熱心人士繼承他的遺志，積極參與康復活動。當時，一位天主教教友烏愛華創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。為了延續家會並發展智障人士的服務，方詩華神父(Father Borzi)與一群專業人士及義工攜手成立扶康會，並於翌年五月獲得香港公司法例正式註冊，其後更得到政府全面資助，繼續擴展更多服務。1977年9月，扶康會於香港引進康復中心模式，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。2001年1月，本會英文會名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健康的意義。自成立以來，扶康會一直致力扶助殘障人士及精神康復者，讓他們融入社會，獨立自在，成為社會的一分子，並為後創辦臨時住宿服務、家居輔導服務、離職輔導、護理院舍及日間訓練中心擴展服務，支援精神及其它疾病人士及家屬。現時扶康會的服務單位超過50所，服務超過3,300名殘障人士及精神康復者。為潔閣，本會成立扶康家庭，為精神障礙人士設立屬於自己的家，開放全港首間為精神自閉症人士而設的訓練及支援中心— 愛機構；推動社區人士與智障人士建立一對一友誼的全球性Best Buddies運動，並發起「香港最佳老友」運動；拓展社區支援服務，以開強家庭照顧殘疾人士的能力，舒緩照顧者的負擔。

Father Enzo Tapella, an Italian Missionary, formed groups of volunteers to organise various social, leisure and religious activities for persons with disabilities in the late 60s and early 70s. Unfortunately in 1977, he passed away in an accident when he was searching for a new site for the summer camp 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 former “Father Tapella Home” (FTH). To ensure the continuity for FTH and to develop services for persons with intellectual disabilities, Father Borzi 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 subsidised 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.

“FuHong” 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, online service, care and attention home, and extended care service in day centres. At the moment, our Society operates over 60 service units, serving over 3,300 persons with intellectual disabilities and those with psychiatric disabilities. To carry forward, our Society has set up the Casa Famiglia which enables persons with intellectual disabilities to enjoy family life; established the first development and support centre for adults with autism — Hin Dip Centre; set up “Best Buddies Hong Kong” Movement which is part of the international movement, originated in the U.S.A., to promote one-to-one friendship between persons with and without intellectual disabilities. We also strengthen our community-based support services to assist the families in providing care to persons with disabilities living in the community.