

Elderly Care Series Mental Health

The film is co-produced by the Department of Health and the Social Welfare Department as reference material for the Training Scheme for Foreign Domestic Helpers in Elderly Care.

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Mom, you do not look well

Are you feeling alright?

I am alright

I am still adapting to this new place

since I have just moved in

I am not familiar with the neighbourhood

and I cannot meet my old neighbours for tea

There is not much to do at home

All I can do is just to stay at home

Maybe you can ask them to come here

I do not even know the way myself

How can I show them the route?

It is too troublesome

and time consuming to travel

I learned that District Elderly Community Centres would organised different activities for elderly persons

You may give it a try

Learn something new

and make some new friends

Sounds good! Perhaps you can volunteer to help others in need as well

It is really meaningful

Apart from participating in the activities of the Centre

you can also develop new interests

You may consider joining classes, like dancing or playing lawn bowls

You will be healthier and more energetic

after the workout

Sounds fun

When you are happy, you will feel rejuvenated

Son, let us go to the Centre tomorrow

Sure

Annie, please help me bring something to Mrs Cheung tomorrow

Sure

Hi Mary

Mrs Chan got something for Mrs Cheung

Okay, please come in

Hi Annie

Hi Mrs Cheung
This is from Mrs Chan
Such a big pack!
Thank you, Annie
Have a seat and a cup of tea before you go

Here is your tea, Annie
Have a seat
You have been working for Mr and Mrs Cheung for three months. How do you feel?
I used to look after children
so now I am not familiar with
taking care of elderly persons
They have a lot of leftovers every day
so I have no idea of how to do grocery shopping
Annie, how can you get along so well with Mrs Chan?
You may think I am always smiling
But it was difficult for me to take care of elderly persons too
since I had no experience back then
But you two get along well now
Since I had no experience of elderly care
My employer let me join the Training Scheme for Foreign Domestic Helpers in Elderly Care
the one that we joined together
I learned how to take care of the elderly persons
I would also take the initiative to chat with Mrs Chan
to know more about her preferences and habits
and we become closer
Mrs Chan knows that I make a lot of efforts to take care of her
so she also treats me well
You can do that too!
You can spend more time chatting with them
to know them better
Perhaps you are too nervous and stressed?
Maybe I am
Do you remember that the instructor told us
while it is important to take care of the elderly persons
It is equally important to take care of ourselves
Yes, I remember
The instructor reminded us to eat healthy food
get enough rest
do more exercises
and relax
Just like the way we are chatting now
Right. Let's hang out together
during our holiday next week
Good! Luckily we have learnt how to relieve our stress
so we can help others and ourselves
Exactly! There are more videos in elderly care

on the websites of the Department of Health and the Social Welfare Department
Once we learn more practical skills
We can perform our work with greater ease!

Disclaimer

This film serves as general reference and is for educational purposes. It may not be applicable to all elderly persons under every situation. Please consult health care professionals in case of doubt.

Department of Health Elderly Health Service Website
www.elderly.gov.hk

Department of Social Welfare
Training Scheme for Foreign Domestic Helpers in Elderly Care
www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_psfdh/