



Newsletter

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A Promise

An interview with a Home Carer, Mrs. Lidia Shi

The theme for this issue's newsletter is on "Carers". Speaking of carers and Lidia's name come to my mind.

Lidia's parents are the clients of our Foundation's Home Care Service. At the same time they also participate in the activities at our So Wai Lifestyle Activity Centre. Lidia's father suffered from heart disease, prostate cancer and in 2004 he was diagnosed as suffering dementia. He was often in and out of hospital and the highest record was three times in a month. Lidia is a registered nurse by profession and it is her wish to care for her elderly parents. The pressure on her is extremely demanding and many people including her siblings often advised her to send her parents to an aged care facility. However, Lidia insisted to care for her parents at home, but why?

Lidia's father was a well known doctor in Inner Mongolia. He had practised in Japan and on his return he worked as a medical superintendent at the hospital in Inner Mongolia. He was a hard worker and had saved many lives. For this reason, Lidia admired her father and under his influence she began to study medicine. In the midst of her father's fabulous career, he had decided to migrate to Australia for his children's future and gave up his medical career. Seven years ago, he diagnosed that he was suffering from dementia. He knew there is no known cure for the disease and he was very concerned that as his condition worsened, he will be Lidia's burden. In order to comfort her father, Lidia pledged that under any circumstances she will try her best to look after him at home. It is her wish to provide her parents with good quality life in their later years.

Lidia's commitment to look after her parents has a price to pay, that is, she has not had a holiday in recent years. As a carer, we asked what is her most difficult time? Did she ever contemplate to give up? Lidia was in tears before she could speak. She recalled in 2007 that her husband was involved in a serious car accident - her husband's car was badly damaged by a truck that sped through a red light. Her husband's thirteen ribs were all broken. Those were her darkest days - she had to look after her badly injured husband; had to give him morphine injections once every four hours for pain relief; by night she had to look after her de-

mented father. She was both mentally and physically exhausted. However, Lidia will not complain nor give up. She was thankful to God that her husband

had miraculously survived a serious car accident and for the opportunity to be able to look after her parents.

Recently, Lidia faced another dilemma - her fallopian tube had been diagnosed to have a large malignant tumor. It was considered advanced at the time of the diagnosis and needed immediate surgery. At that time she was most concerned of her parents' welfare and not her imminent death. Eventually, she accepted advice from friends and relatives to put her parents in respite care for three weeks at Lucy Chieng Aged Care Centre, Hurstville (LCACC). She was very grateful for the emergency assistance that she received from Mr. Fung, Director of Nursing at LCACC and his staff for the admission of her parents prior to her own surgery. After the surgery, the doctor told Lidia that God must be on her side as her surgery was a huge success. Lidia was again thankful to God for the miracle.

Lidia said she has to thank many angels for her to be a carer, such as, the doctor who operated on her, the support from her husband and in particular the Australian Nursing Home Foundation Home Care team, Ms. Winnie Chui and other staff members. During her most difficult times, our staff helped to bath her father, cleaned the house, provide transportation and help her to share her duties; Ms. Eliza Chan and her team from the So Wai Lifestyle Activity Centre. Lidia said her father had miraculously escaped admission to hospitals since he joined the Centre three years ago.

Now, Lidia has only one small wish and that is to have a three day holiday with her husband. Since her surgery, she is very confident with the respite care service offered by LCACC, she hopes that she can realise her wish in the very near future.



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Mr. Vincent Au

Don't Forget Me

Mr. Tony Wong

It was around year of 2005, I started to notice that my mother became very forgetful. She constantly losing her keys and locking herself out. The worst part was having the stove switched on to the maximum heat. Then she decided to go out and check the letter box. She has completely forgotten that she was cooking herself a lunch. She cannot even remember the purpose of getting out her unit at that particular moment. Instead, she went for a walk at the local park. Her lunch was on the stove bubbling away whilst she was out enjoying her walk, so you can imagine the rest of it. Thankfully, the next door neighbour was home. She acted quickly and called 000 emergency requesting an urgent assistance. I was very pleased of the outcome as no one was hurt.

I took my mother to see a local GP the next day and got a referral to see a Specialist. My mother was diagnosed suffering from Dementia along with severe depression by the Specialist. She was given 2 kinds of medication as well as a recommendation to have a full time carer. It was explained to me that my mother's condition will only get worst. It really was not an easy job for a son to take care of his mother. There were times when she got stuck at the public toilet. I need to go around and ask for help and really, it has made me feel so embarrassed. You have no idea how frustrated I was at the time. I was feeling so hopeless and wishing that I can go in and help. All I can do was standing outside with a big carrying bag on my shoulder with her personal effects, hoping that someone will come along and give my mother a helping hand.

Seeing my mother's health condition gradually deteriorating, it makes me feel very sad and the feeling is really awful. She loses her balance and constantly falling over in recent years. She has had a head injury a

few times, fractured ribs, bruised arms and legs. You name it, she has got it all. I only wish that there is a way I can carry some of her pains. The amount of pain relief medication she needs to take daily is getting beyond a joke. Her memory is now starting to get worse as days go by, especially for the past 2 months. I fear that she might not remember me one day. So, I started to remind her that no matter what happens, please DON'T FORGET me.



Finally, I was given some information about So Wai Lifestyle Activity Centre which is located in Burwood. I immediately contacted the Manager at the centre and made an arrangement for my mother to go there once a week and to increase visiting days till such time she feels completely comfortable. Through So Wai, I have gained a good knowledge of all those Government Services that are available for my mother. It has a library where I can obtain all information relating to my mother's health and services. It really was an eye

opener looking at those books and tones of pamphlets that are made available for everyone.

I have joined the So Wai Carer Support Group about a year ago. I meet up with other carers once a month. During the meeting, we ask questions, exchange ideas, help each other to solve some of the problems. Best of all, it gives every carer a chance to talk about their problems and get things off their chest. After hearing other carer's problem, I don't feel as bad. It would appear that we are more or less in the same boat. During our Support Group meeting, we have topics relating to taking good care of ourselves, awareness of having a regular break, music program for relaxation and things carer can do in their spare time which would help to maintain their well being.



So Wai Lifestyle Activity Centre — My Gleam of Hope

Ms. Miranda Mak

My mother has been suffering from depression for some time. Initially, she was just a little bit stubborn, pessimistic and often had a negative thinking towards everything. Although she can be quite unreasonable at times but taking care of her was not a difficult task. However, since my father's passing, my mother's condition had a bad turnaround - she became very emotional, complained all the time, constantly repeating questions that were presented to her, her temperament had become irritable, she will lock herself in the room to sulk and refuses food when she comes across anything not to her liking. This had caused much distress and unhappiness within the family.

After enduring some hard time, our family doctor had referred mum to see a geriatric specialist. After various tests and consultations, it was confirmed that mum was suffering from Alzheimer's disease. Although we have heard of this disease yet we did not have much knowledge nor did we know how to handle our mum's situation. However, we learned to accept her condition and tried our best to be more tolerant. Through the internet we found So Wai Lifestyle Activity Centre is a purpose built dementia day care centre. The Centre's coordinator Ms. Chan had kindly made arrangements for mum to participate in the Centre's activities for two days a week. I wish to extend my heartfelt thanks to the staff and volunteers at the centre who have offered my mum much love and care. I can see she has assimilated herself into the So Wai family. At the beginning she refused to leave home but now urges me to take her to

So Wai every morning. On the way home from So Wai, she will relate to me the happenings at So Wai like an anxious student. I am delighted to see mum is now happy and contented.

As a carer, I am thrilled to be eligible to join the So Wai's Carer Support Group. It gives me an opportunity to share our experiences and hardships with other carers in similar situations. Hence, I do not feel alone and helpless in such circumstances. Other members of the group even advise me to organise guardianship planning as my mum's condition deteriorates. In addition to information sessions organised by the Centre and reference materials on loan from the Resource Centre to enrich my knowledge on Alzheimer's disease, I also learn to relax and look after myself in order to face the challenges ahead of me.

I think mum is lucky to be able to join the So Wai Lifestyle Activity Centre. As for myself, being a member of the So Wai Carer Support Group is an added bonus to me.



A world Beyond Earthly Bounds

An interview with the member of 'Community Visitors Scheme' - Mr. Victor Cheng

I had a chat with the coordinator of the "Community Visitors Scheme" (This scheme is funded by the Federal Government, where volunteers are organized to visit nursing homes regularly in order to assist the elderly nursing home residents to maintain contact with the community) about the current newsletter topic and wish to interview some volunteers. Mr. Victor Cheng, who has sixteen years' experience in volunteer work was referred to me.

As I stepped into Victor's house, I was attracted by a huge map that was hung on the wall. Victor is seventy five years old and he was once the Captain of a ship and had been to more than one hundred and fifty places around the world. In addition to the map there were numerous volunteer medals and awards on display. Victor proudly expressed that these will be the only legacy left for his grandchildren.

Victor recalled that he used to bring his mother to the elderly centres and gradually became a volunteer. At the beginning he was helping out in the kitchen and later joined the meal delivery team. During the busiest time, he once had volunteered in four aged care facilities working five days a week. He has not stopped visiting nursing homes even though he is getting on in age and physically not as capable. He felt that this work is meaningful and has brought happiness to others as well as personal satisfaction for him.

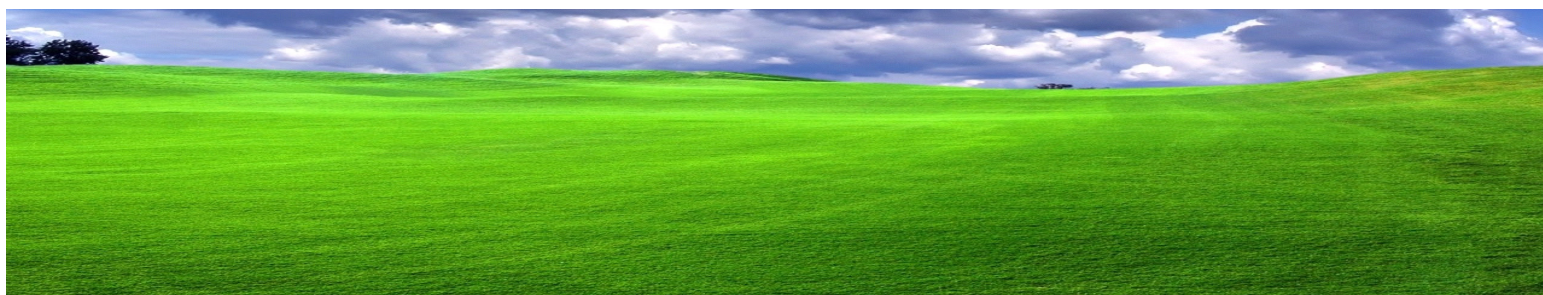
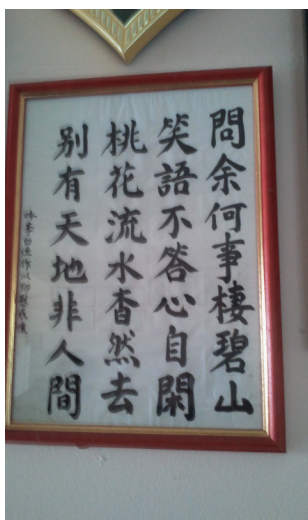
Every week Victor will visit various nursing homes including our Bernard Chan Nursing Home. He always commends our staff's professionalism, diligence and compassion. Victor feels that he can communicate



easily with our elderly residents because of similar age and all had lived through World War II. There were endless topics especially about Hong Kong in the 50s, economic depression and hardships, Yau Ma Tei, Temple Street and the fruit stalls. When visiting the elderly residents in the nursing homes Victor said that it is important to know their interests and must have the compassion to care for their needs. For example, he will buy prawn dumplings for them if they like dim sims and he will make fish rice congee for them from home. He will use pens and papers to communicate with the elderly who have hearing problems. Victor said that health is a common topic that both he and the elderly are most concerned. Very often they will exchange ideas and encourage each other to stay fit and healthy.

Victor lives quite far away from the railway station and needs to take a bus to the nursing homes. Normally, it will take him four hours to and from the nursing homes. However, he loves to visit his old friends in the homes regularly and if God permits he loves to continue this job until he turns eighty.

Victor is a keen follower of Confucian doctrine. Numerous displays of Chinese calligraphy by Victor on Confucian doctrine and a poem by the famous poet Li Bai are hanging on the walls of his home. Victor's focus is not about worldly matters such as fame and fortune. He has chosen to be a carer for the elderly and from this he has gained happiness and inner peace.



**Chow Cho Poon Nursing Home**

113-115 Homer St Earwood NSW 2206
Tel: 02 9559 4088
Fax: 02 9559 4233
Email: ccpnh@anhf.org.au

Bernard Chan Nursing Home

58 Weldon St Burwood NSW 2134
Tel: 02 9744 1287
Fax: 02 9744 6587
Email: bcnh@anhf.org.au

Lucy Chieng Aged Care Centre

8-14 Romani Ave Hurstville NSW 2206
Tel: 02 8558 8088
Fax: 02 8558 8000
Email: lcacc@anhf.org.au

Lucy Chieng Gardens

413-425 Beamish St Campsie NSW 2194
Tel: 02 9784 0888
Fax: 02 9784 0800
Email: lcg@anhf.org.au

Community Housing

528-538 Jones St Ultimo NSW 2007
2 Poplar St Surry Hills NSW 2010
Tel: 02 9211 9838
Fax: 02 9280 0239
Email: housing@anhf.org.au

Stanley Hunt Centre

528-538 Jones St Ultimo NSW 2007
Tel: 02 9211 9838
Fax: 02 9280 0239
Email: respite@anhf.org.au

So Wai Lifestyle Activity Centre

58 Weldon St Burwood NSW 2134
Tel: 02 8741 0228
Fax: 02 9747 1637
Email: sowai@anhf.org.au

Greenfield Park Day Care Centre

17 Greenfield Rd Greenfield Park NSW 2176
Tel: 02 9753 3400
Fax: 02 9753 3500
Email: haccsws@anhf.org.au

Chester Hill Day Care Centre

25 Chester Hill Rd Chester Hill NSW 2162
Tel: 02 9753 3400
Fax: 02 9753 3500
Email: haccsws@anhf.org.au

Community Partners Program

413-425 Beamish St Campsie NSW 2194
Tel: 02 9784 0838
Fax: 02 9784 0800
Email: cpp@anhf.org.au

**Community Aged Care Packages/
Consumer Directed Care Packages**

SE: 528-538 Jones St Ultimo NSW 2007
Tel: 02 9211 9838
Fax: 02 9280 0239
Email: cacpses@anhf.org.au

SW: 17 Greenfield Rd Greenfield Park NSW 2176
Tel: 02 9753 3400
Fax: 02 9753 3500
Email: cacpsws@anhf.org.au

**Extended Aged Care at Home Packages/
Consumer Directed Care Packages**

SW: 413-425 Beamish St Campsie NSW 2194
Tel: 02 9784 0868 / 02 9784 0869
Fax: 02 9784 0800
Email: eachws@anhf.org.au

Sharing Happiness with the Elderly

Ms. Pat May (Community Visitors Scheme)

I choose to visit nursing homes because I worked as a nurse in an UK hospital many years ago. Many of my elderly patients were quite neglected by their families after they were discharged from the hospital.

Some of the families were eager to put their parents in the Nursing Homes and ignored them!! I feel that even a brief visit once every fortnight brightens the day for a resident like Cindy.

I've been visiting nursing homes for about 5 years now. My other visit is to an elderly lady in Manly.

Chow Cho Poon Nursing Home is a very clean and secured place. All the nursing staff and assistants are very friendly, caring and hardworking people.

They look after the residents well and make sure the patients are well fed. They have a well planned daily menu on the board and the food is good (haven't tasted it!)

I don't meet many other visitors as I go there in the morning and have to make sure I catch the buses at the right time back to the City (Ultimo).

Though Cindy can't remember my name, she is happy to see me. Sometimes I brought her cakes, chocolates or ice-cream in Summer and I love to see her face light up!!

That's my happiness when I see her happy and it makes me feel good for the rest of the day! Life is too short and whenever one can help another human being, one way or another, just do it.

One memorable experience in my volunteering visit at the Nursing Home, is that of Mr. Bong. My friend Lily (another volunteer) visit he and his wife every month as it is a long way to get there.

Mr. Bong was not a good talker. He only answered when we spoke to him. His wife Julie was more talkative.

This particular day Mr. Bong shook our hands and thanked us for the visit. The following weeks, I had a phone call from Jeannie Tam (CVS coordinator) telling me that Mr. Bong had passed away!

It was his way of showing his appreciation.

**Apology:**

The editorial board would like to extend our sincere apology to Mrs. Mimi Mak in having mistakenly printed her name as Mrs. Mimi Kwok in the last issue (May 2011).

Moon Festival Senior Luncheon 2011

二零一一年中秋敬老聯歡午宴



Over 600 elderly participants attended the luncheon at Marigold Restaurant on 7 September 2011. They are our service recipients from our residential facilities, home care service, day care service as well as housing.

九月七日假悉尼華埠富麗宮酒樓的中秋聚餐，超過六百人出席，長者來自三間療養院、三間社區房屋、七間日間中心及家居照顧服務



MCs Mrs. Iris Ng & Ms. Jing Jing Yu
司儀吳伍錦霞女士及于婧婧小姐



Special guest Mr. Michael Kennedy from the Department of Health and Ageing, Board members Mrs. Monica Chu, Mr. Charles Ng, Mr. Andrew Gock & Mrs. Mei Mei Tse, Chairman Mr. Hatton Kwok OAM, with the most three seniors Ms. Fuk Wan Ling (99 years old), Mr. Gine Fu Liu (97 years old) & Ms. Oi Kwan Tse (97 years old).

嘉賓澳洲政府健康及老年事務部社區及照顧支援服務經理

Mr. Michael Kennedy、基金信託人朱潘敏嘉女士、吳承歡先生、郭立德先生、謝蘇美薇女士、主席郭東成先生與最高齡長者合照

左起：凌福雲女士（99歲）、劉應福先生（97歲）、謝愛群女士（97歲）



Mrs. Regina Ma, distinguished performer who sings for the elderly in nursing homes, with Ms. Yok Lin Leung from Stanley Hunt Centre.

經常到療養院探訪及演唱的
超級義工馬鄭美玲女士與
沛德日間中心長者梁玉蓮合照



Entertainment: Friends of Hong Kong University Alumni -
Rosalind But, Marianne Wan, Ronnie Tong,
May Tong, Priscilla Yu & John Yu
香港大學舊生會成員唱歌助慶

Carers Pampering Program 親親家人同樂日



The annual Carers Pampering Program provides an opportunity for elderly and family members to enjoy a day out. This year 70 people with 7 staff went to Morisset Mega Market on Saturday 4 June, had lunch buffet at Silver Dolphin Restaurant in Cardiff Panthers Club, followed by games and lucky draw.

一年一度「親親家人同樂日」於六月四日舉行，目的是為長者與家人提供戶外活動機會，並加強與職員相互溝通。當日天朗氣清，七十位長者及家人，聯同七位職員暢遊Morisset市集，於Cardiff Panthers Club享用豐富自助午餐，還有遊戲和抽獎，大家都盡興而返。



Elderly and family members enjoyed a delicious lunch buffet at Silver Dolphin Restaurant in Cardiff Panthers Club, with day care staff Tu Yen La.

長者與家人享受豐富自助午餐



Elderly and staff in café of Morisset Mega Market
歇一歇，齊來茶座喝杯茶



Ready, set, go!
比賽即將開始，先來一幅大合照

Activity Photos – Nursing Homes

活動花絮 — 療養院



BCNH 14th Anniversary Celebration
邁向十五週年院慶
(BCNH 陳秉達療養院)



Enjoying Outdoor Activities
戶外活動齊參與
(BCNH 陳秉達療養院)



Yum Cha Lunch
我愛飲茶，一盅兩件
(BCNH 陳秉達療養院)



Celebrating X'Mas in July
七月聖誕快樂
(CCPNH 周藻泮療養院)



Giving out certificate for completion of reading bible
特別嘉許：給完成閱讀馬太福音住客
(CCPNH 周藻泮療養院)



Celebrating Kwan Yin Festival
慶祝觀音誕
(CCPNH 周藻泮療養院)

Activity Photos - Day Care Centres

活動花絮 — 日間中心



Cremorne Visit 公園門外留情影
(SHC 沛德日間中心)



Rice Dumplings Wrapping 看誰包的粽最大
(SHC 沛德日間中心)



Pet Therapy 與兔同樂
(SWC 蘇懷日間中心)



Pizza Fun 齊來做薄餅
(SWC 蘇懷日間中心)



Ball Rolling on Mat 地上滾球
(SWC 蘇懷日間中心)



會訊

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承諾

訪問在家照顧者——時牡丹女士



今期澳華療養院基金會訊主題是照顧者。說起照顧者，腦裡第一個閃現就是時牡丹女士。

牡丹父母是澳華療養院基金高齡家居照顧服務的服務對象，同時她們每星期也會來蘇懷中心參加活動，可說是我們的老朋友。牡丹父親患有心臟病、前列腺癌，零四年更患上癡呆症，時常進出醫院，試過最高紀錄一個月進院三次。牡丹是醫院護士，又要照顧年老多病父母，壓力可說非常沉重，許多人（包括牡丹的弟妹）都勸她將父母送進安老院，但牡丹卻堅持在家照顧父母，究竟甚麼原因讓她這麼堅持？

原來牡丹父親是內蒙古著名醫生，曾到日本習醫，回國後擔任內蒙古自治區醫院院長；一生克己勤奮，曾救人無數，牡丹很崇拜父親，受父親影響下開始習醫。正當父親事業如日中天，但為了子女將來決定移民到澳洲，放棄一生醉心的醫學。七年前，父親診斷自己患上癡呆症，終日惶惶不安，因他預知癡呆症沒有治癒方法，更害怕將來病情惡化時會成為牡丹的負累。為了安慰父親，牡丹曾向父親作出承諾，無論在任何情況下，都會在家盡心盡力照顧他。她說父親當日為了讓子女將來有優質生活，才決定移民澳洲；今天她亦希望父母晚年有優質生活，即使辛苦也要在家照顧他們，她覺得這是理所當然的。

堅守承諾都要付出代價，為了照顧父母，牡丹這幾年都沒放假。問牡丹作為照顧者那麼多年，甚麼時候最艱難？有沒有想過放棄？牡丹未語淚先流，原來二零零七年，她的丈夫遇上交通意外，一輛衝紅燈大貨車把她丈夫的汽車撞至完全變形，丈夫十三條肋骨全斷了！那時可說是她人生中最黑暗的日子，她不但要照顧重症的

丈夫，每隔四小時為丈夫打一次嗎啡止痛針；晚上遇上父親病發大吵大鬧時，她連覺也沒得睡，實在心力交瘁！但牡丹從沒怨天尤人，也沒想過放棄，反而感謝上帝讓她丈夫遇上這麼嚴重車禍仍可奇蹟地生還，更感謝自己有機會照顧父母。

最近，牡丹面臨另一個考驗。她被診斷輸卵管有一惡性腫瘤，醫生說發現時已屬晚期，需要立即做手術。那時她最擔心不是自己快要死，而是往後父母的生活不知怎安排。最後，她接受親友的勸告，將父母送進好市圍錢梁秀容療養院暫住三個星期，她很感謝馮院長和各職員在此緊急情況下，為她安排父母入住院舍，令她可以無後顧之憂地到醫院接受手術。手術後翌日，醫生來見她，第一句就說：我相信上帝一定在你身邊，因為你的癌症已經完全不見了！牡丹那一刻真的不能置信，只能感謝上帝，因為又一個奇蹟發生在她身上！

能夠成為一個照顧者，牡丹說她要感謝身邊很多天使，就像這次為她動手術仁心仁術的醫生，一直在她身邊支持她的丈夫，她特別感謝澳華療養院基金高齡家居服務的徐姑娘及各員工，在她最艱難的日子，派員上門協助她父親洗澡、清潔家居、提供交通接送，分擔她沉重的責任；還有蘇懷活動中心的陳姑娘及各員工，她說自從父親參加中心活動後，這三年來竟然奇蹟地沒有再進醫院！

現在，牡丹只有一個小小的願望，就是希望有三天假期，能和丈夫去一個短途旅行。經過這次手術後，她對錢梁秀容療養院的暫住服務很有信心，希望在未來的日子裡，她的願望能盡早實現！

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編輯室

植李倩霞女士
朱潘敏嘉女士
關靜雯女士
歐煦民先生

自二零零五年開始，我發覺母親的記憶力出現問題。她時常忘記帶鎖匙，把自己反鎖屋外。最可怕是有次她正煮午餐，把電爐開到最大度數，然後走出門外檢查信箱有沒有信，但當她出門後，又忘了自己想做甚麼，跟著走到附近公園散步。你可以想像最後會變成怎樣？尤幸那天她的鄰居看見，立即打電話報警求助，很慶幸那天沒人因此受傷。

我帶母親去看專科醫生，證實她患上老人癡呆症，並有嚴重抑鬱症。醫生除開藥給她外，還建議她應該有個全時間的照顧者，這意味著母親的情況會愈來愈差。作為兒子，要照顧母親並非容易，最尷尬的是每次和她外出，她要上洗手間時，我只能拿著大包小包她的個人物件站在門外等候，期望有好心人帶她出來，若良久還沒見她出來，只能向周圍的人求助，那種無助的感覺，實在非筆墨能形容。

看見母親的健康情況每況愈下，心裡感到很難過和害怕。近年她經常失去平衡和跌倒，弄至頭部受傷、肋骨破裂、手腳瘀傷，差不多說得出的，都發生在她身上，每天看見她要吃大量的止痛藥，心裡實在難受，真希望我能代她承受這些苦楚。她的記憶力開始愈來愈差，特別在過去兩個月，我害怕有天她連我也忘記，所以我開始時常提醒她，無論將來發生甚麼事，請不要忘記我！

最後，我找到位於寶活區專為癡呆症患者而設的蘇懷

活動中心，那裡的經理暫時安排母親每星期到那裡一次，等她適應後或會再增加次數。透過蘇懷中心，我獲得許多有關澳洲政府為癡呆症患者提供的資訊及服務；他們的圖書館收藏的書籍和刊物，更令我眼界大開，我在那裡找到很多有用的資料，對我母親健康大有裨益。

一年前我加入蘇懷照顧者支援小組，每月與組員們定時聚會，每次聚會，我們都會提出問題、交流經驗，或是幫助別人解決困難，這是一個很好的機會，讓大家可以暢所欲言，舒展胸懷。每次聆聽別人的個案和感受時，發覺原來很多人和我同坐一條船，心情就沒那麼壞。在支持小組裡，組員們時常彼此提醒，要好好照顧自己，定時休息，利用音樂放鬆自己，善用餘暇時間，讓照顧者在忙碌的生活節奏裡，仍可以維持高質素的生活。



蘇懷 ----- 我的一線曙光

麥桂美女士

母親患上抑鬱症已有一段日子了，最初她只是有點固執、悲觀，凡事都往負面想，雖然有時蠻不講理，但照顧她也不太困難。但自今年先父辭世後，母親的情況就急轉直下，變得十分情緒化，終日怨天尤人，胡思亂想，又不斷重複問題，脾氣更加急躁，偶有一點不順意就拒絕進食，或哭著關上房門，往被窩裏鑽，弄得全家人既擔心又不開心。

捱了一段難過的日子，家庭醫生轉介母親去老人科，幾經複診後證實她患上老人癡呆症。雖然我們知道有這種病，但認識不深，更不知道如何處理，只有接受現實，對母親盡量包容。後來在網絡上找到專為癡呆症病人而設的蘇懷活動中心，通過中心主任陳姑娘的詳細介紹及悉心安排，母親現在每星期可以到中心參加兩天活動。我很感謝中心內所有工作人員及義工們對母親無微不至的關懷與照顧，母親由當初拒絕出門，到現在一早起床就催促我快點送她去蘇懷，看來她已溶入了蘇懷的大家庭。每次在回家的路上，她都像小學生那樣

急不及待地說着當日發生的事情，從她臉上我可以重拾久違了的歡顏。

最難得的是，作為一個照顧者，我可以加入蘇懷支持小組，有機會接觸和分享其他人面對過的困難和處理心得，令我感到不再孤立無援，熱心的組員還提點我要早日為母親辦妥法律安排，以無後顧之憂。此外，通過中心安排的講座和書本借閱，令我得到更多有關方面的資訊，讓我知道怎樣能好好照顧母親之餘，也明白如何讓自己得到舒緩，泰然面對一切壓力。

如果說母親可以參與蘇懷中心的活動是幸運，那麼，我能加入蘇懷支援小組就是意外的收穫了。



別有天地非人間

訪問社區探訪者計劃義工——鄭偉道先生

當和「社區探訪者計劃」（由聯邦政府資助，透過義工定期探訪療養院，讓住在療養院的長者，仍可與社區保持聯繫）負責人談起本期會訊主題，想訪問他們的義工，負責人即想起有十六年義工資歷的鄭偉道伯伯。

踏進鄭伯家裡，第一眼就被那幅偌大世界地圖吸引，現年七十五歲的鄭伯，年輕時原來是個風度翩翩的船長，曾到過世界一百五十多個地方，可謂足跡遍天下。除地圖外，鄭伯家裡還掛滿義工獎牌及獎狀。鄭伯自豪地說，他沒甚麼財產留給兒孫，唯一遺產便是這些獎項。

鄭伯加入義工行列，是源自最初帶母親到老人中心。開始時他在廚房幫忙，後來加入送飯團隊，最忙碌的時候，試過一星期替四間機構做五天義工。儘管年紀大了，體力不如前，但他仍沒停止探訪療養院，因為他覺得這工作很有意義，每次到訪，不但帶給別人快樂，自己也感到滿足快樂。

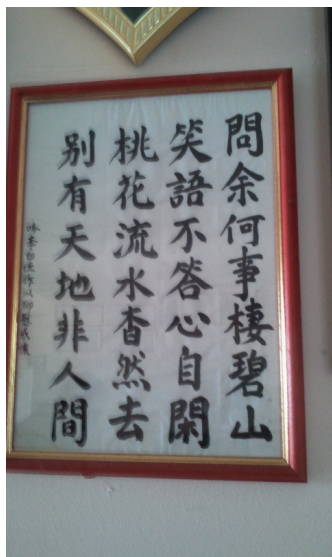
鄭伯每星期都會到療養院探訪，包括我們的陳秉達療養院，他盛讚我們的工作人員專業、勤奮、有愛心。鄭伯說因為他與院內長者年紀相若，都是出生於兵荒馬亂的年代，經歷過二次世界大戰，所以很容易和他們打開話匣子，每次說起五十年代香港，經濟蕭條，搵食艱難，大家都很有共鳴；講起油麻地、廟街、果攤，更有說不完的話題。鄭伯說探訪長者，最重要投其所好，關心他們的需要，例



如他知道某些長者喜歡吃點心，探訪時他會買些蝦餃燒賣，甚至不介意在家煮些魚粥送給他們吃；知道某些長者聽覺有問題，他會用筆和紙和他交談，一談便大半小時十多張紙，鄭伯說現在他和這些長者最關心都是健康問題，時常交流一些養生之道，互相鼓勵支持！

因為所住地方遠離火車站，鄭伯每次到療養院探訪都要坐巴士，來回要花四小時，但他仍風雨不改，樂此不疲地定期到療養院探望他的老朋友。鄭伯說，假若上帝容許，他希望可以持續這工作到八十歲！

熱愛中國儒家學說的鄭伯，家裡掛滿他用毛筆字書寫的論語，還有李白的一首詩：「問余何事棲碧山，笑而不答心自閒，桃花流水窅然去，別有天地非人間。」就由得世人追名逐利，鄭伯卻選擇成為一個照顧者，關愛身邊的長者，從而獲得心內的平安與快樂！





周藻泮療養院

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傳真: 02 9559 4233
電郵: ccphn@anhf.org.au

陳秉達療養院

新州寶活區偉頓街五十八號
電話: 02 9744 1287
傳真: 02 9744 6587
電郵: bcnh@anhf.org.au

錢梁秀容療養院

新州好市區羅馬徑八至十四號
電話: 02 8558 8088
傳真: 02 8558 8000
電郵: lcacc@anhf.org.au

錢梁秀容頤康苑

新州金匙區媲美街四百一十三至四百二十五號
電話: 02 9784 0888
傳真: 02 9784 0800
電郵: lcg@anhf.org.au

社區房屋

新州歐田磨區鍾士街五百二十八至五百三十八號
新州沙利山區白楊街二號
電話: 02 9211 9838
傳真: 02 9280 0239
電郵: housing@anhf.org.au

沛德日間中心

新州歐田磨區鍾士街五百二十八至五百三十八號
電話: 02 9211 9838
傳真: 02 9280 0239
電郵: respite@anhf.org.au

蘇懷活動中心

新州寶活區偉頓街六十號
電話: 02 8741 0228
傳真: 02 9747 1637
電郵: sowai@anhf.org.au

綠田園日間中心

新州綠田公園區綠田園路十七號
電話: 02 9753 3400
傳真: 02 9753 3500
電郵: hacsws@anhf.org.au

翠庭山日間中心

新州翠庭山區翠庭山路二十五號
電話: 02 9753 3400
傳真: 02 9753 3500
電郵: hacsws@anhf.org.au

社區夥伴計劃

新州金匙區媲美街四百一十三至四百二十五號
電話: 02 9784 0838
傳真: 02 9784 0800
電郵: cpp@anhf.org.au

高齡家居照顧服務

東南區: 新州歐田磨區鍾士街五百二十八至五百三十八號
電話: 02 9211 9838
傳真: 02 9280 0239
電郵: cacpses@anhf.org.au

西南區: 新州綠田公園區綠田園路十七號

電話: 02 9753 3400
傳真: 02 9753 3500
電郵: cacpsws@anhf.org.au

高齡家居護理服務

西南區: 新州金匙區媲美街四百一十三至四百二十五號
電話: 02 9784 0868 / 02 9784 0869
傳真: 02 9784 0800
電郵: eachws@anhf.org.au

分享快樂

白絲女士 (社區探訪者計劃)

我選擇探訪療養院，因為多年前我曾在英國做過護士。在醫院工作，我目睹很多長者回家後，被家人漠視忽略；也看過許多人將年紀老邁的父母送進療養院後，便不再理會他們；我覺得這些長者很可憐，所以即使兩個星期才往療養院探望這些長者，令他們那天感到溫暖快樂，我也覺得很有意義。

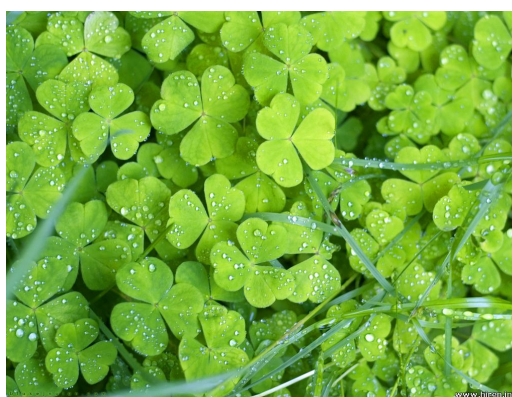
我到療養院探望這些長者已有五年，除此之外，我還會定時到 Manly 探望另一位長者。

我覺得周藻泮療養院是一間非常清潔和安全的地方，那裡的職員及助護工作勤奮、友善和有愛心。他們很用心照顧長者，令他們得到溫飽。院內每天張貼於報告版上的菜單非常豐富，雖然我從沒機會嚐試，但感覺食物很美味。我喜歡早上往療養院探訪，因為早上訪客不多比較清靜，並可確保我能趕得及乘搭回程巴士回家。

雖然 Cindy 不記得我的名字，但她每次看見我都很開心。很多時候，我都會帶些蛋糕、朱古力去探訪她，夏天還會買些她喜愛的雪糕。每次看見她歡欣的笑臉，我都感到很欣慰，因此一整天都感到很快樂。人生苦短，若有能力幫助身邊的人，實在應該去做。

在探訪的過程中，我曾有一個很難忘的經歷。我另一個朋友 Lily，她也是探訪療養院的義工，定時到療養院內探訪龐氏夫婦，龐先生沉默寡言，很多時候都是問一句答一句，相反他太太比較愛說話。那天，當我們探訪完將要離開時，龐先生突然主動地和我們握手，還感謝我們的探訪。幾個星期後，我收到社區探訪者計劃負責人譚姑娘的電話，說龐先生已離世。

他用他的方法，向我們表達謝意。



致歉：

編輯委員會就上期會訊
(二零一一年五月號)將麥郭媽梅女士誤寫
為郭媽梅女士，謹此致歉。