

Remember the personhood of the person you are looking after



My husband and I are married for 52 years.

We love, respect and support one another. He shows sacrificial love to the family and has good character. My children and I love and respect him very much. It saddens us to see how he has suffered with each stroke.

In the initial period, I was the one who bathed and cleaned him up after toileting. There was once, while I was cleaning him, I lost my balance and had a near fall. I tore my left arm ligament which required surgery for recovery after that. Since then, I have been heeding the doctor's advice and started handing over my husband's bathing responsibility to our experienced helper.

Every morning, I will do simple exercises with him at our garden.

Besides that, I often bring him out for a walk to explore Singapore. Whenever we have family dinner outside, we will bring him and our helpers along. Even though he can't eat with us, he enjoys the family bonding together and this brings him much delight. Occasionally, we will have visitors. Though he no longer can speak, but he can hear clearly and loves having visitors over at our place.



IGA
Institute of Geriatrics
and Active Ageing

A Bitter-Sweet Season: Caregiving has its challenges... but there's always help available

Being a caregiver is demanding and has a lot of restrictions with too much responsibilities especially without enough support. It was physically and mentally draining. I was emotionally affected and burnout most of the time examples, pushing mother in law in wheelchair to visit polyclinic and then needed to wheel her in and out of toilet and clearing her up.

It also caused me to withdraw and lost interest in activities and being out of touch with friends due to my tiredness.

From AIC I got the contact of ADA (Alzheimer Disease Association Centre) at Bendemeer Centre where I got trainings and sought advice on how to

solve issues on how to deal with my mother-in-law's behaviour of putting funny items in the fridge and how to carry her from place to place etc.

Final stage of in law journey, we sought TTSH medical social worker's help for assistance and also applied for the Chas card assistance in our financial area.



Tan Tock Seng
HOSPITAL

IGA
Institute of Geriatrics
and Active Ageing

Paradigm shifts in healthy ageing

What does healthy ageing mean to you?

Healthy ageing encompasses maintaining a physically and mentally healthy lifestyle, manifesting quality life with a purpose and positive wellbeing. Be engaging in social, occupational and environmental wellness.



Why do you want to age healthily?

I want to age with autonomy and independence, to be an “asset” both to my family and community rather than focusing on the fear of being a burden. I learn to adapt by

- Having a positive mindset
- Staying connected with family and friends
- Being a blessing to others

What are you doing to age healthily?

- Eat healthy and nutrient-rich food
- Stay fit with physical exercise and doing household chores
- Practice mindfulness, keeping mind sharp and active by learning new skills and acquiring new information
- Participate in social activities and interaction.



The Chinese University of Hong Kong

IGA
Institute of Geriatrics
and Active Ageing