

Appreciating the Spirit of Giving of an Aged Caregiver

If I were to think of a person with the spirit of giving, it would be one of my clients named Mdm Zhou for anonymity.

Mdm Zhou is in her late 70s. She is a petite and frail elderly lady caring for her husband with multiple health conditions. She has been a full-time caregiver to her elderly husband for almost two years. Her daily routine includes preparing their meals, maintaining the cleanliness of their house, laundry washing, and buying groceries from the neighbourhood market. In addition, she will assist her husband with his showering and change of stoma bag, prepare his medication and nutritional supplements, and accompany him for his medical appointments.

Besides being busy with the overwhelming care needs of her husband, she also has her own care needs due to her frail health. There were times when she worries about her husband's low mood and both their poor health. However, she will always put on a smile and encourage herself and husband to keep on going in life. I'm inspired by her spirit of openness to share and give to others, and appreciation of other people's care for them. I see in her great strengths of love, giving, resilience, endurance, and patience.

I believe that many of the aged caregivers sharing similar experiences like Mdm Zhou would be able to resonate with her. I wish to encourage you to persevere on with Mdm Zhou and her spirit of giving.

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