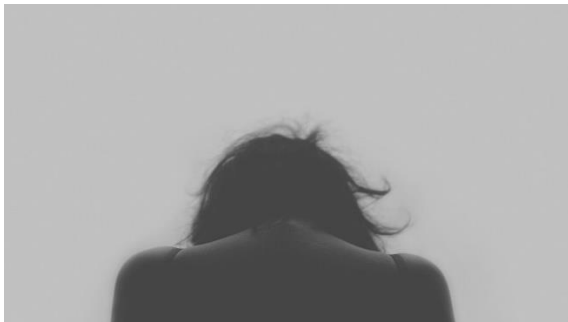


The Epitome of Resilience

I got to know Madam T as she is a regular participant of the programmes at Café Kawan. Madam T is a Whampoa resident who frequently brings food to share with the other seniors. She would sometimes also bring her middle-aged daughter who has intellectual disability. Occasionally, Madam T would share about the difficulties in caring for her daughter who is also blind and almost deaf.

Her daughter tends to cry out for her often, which means she has to devote much time attending to her. Another challenge is that her daughter is tall and big, making it laborious to bring her around.

In the past, in order to support her family, Madam T took on physically demanding jobs, one of which includes cooking at a hawker centre. Today, she still works occasionally as a housing agent.



Despite all the challenges she faces, she remains positive. She shows her daughter with love, and dutifully walks and holds her hand to our Day Care Centre (EPICC) to keep her occupied with the various activities here. She would also give her daughter her favourite cappuccino and snacks from our Café.

For social and emotional support, Madam T often comes by our café to participate in various programmes and to meet her peers. Apart from that, she is also close to her church bible study group. Madam T keeps herself active by being engaged in the community and by having a strong social network. All of these are her main pillars of support.

Madam T's resilience is inspiring and it gives me hope that in the future, if or when I become a caregiver myself, I can approach the caregiving role with positivity while leading a fulfilling life at the same time.



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