Sharing Insights Series

What’s Our Message Going to Be?

Sharing by Hua Mei Centre for Successful Ageing, Tsao Foundation

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(with contributions from Jasmine, Leong Ying, Hui Keng & Kim Choo)
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• “Ho Say Bo?!”
• -*Mr. Robert, an elder @ EPICC*

“If you’re not *ho say*…
go tell your wife, don’t tell me.”
-Mr. Ho, another elder @ EPICC

We like to seek everyone here to be alert of our present state of mind…
*Do you have a sense of unexpressed sense of grief for the lives lost, or even more so… for the changes to our lives which we are totally unprepared or ready for?*
• “… If you feel ‘burnout’ setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself”

• -Dalai Lama

Remember that we are seeking to continue working and caring for our elders in a difficult situation. And chances are, we may not be fully optimal as we usually are… and that’s okay. Really. Appreciate yourselves for that… If your boss or no one else appreciates for you for trying in such trying times, you got to appreciate yourself…
OBSERVABLE IMPACT ON ELDERS AND FAMILIES

Boredom
Disconnection
Stress, Fatigue
Deconditioning

-TENSION
-HEIGHTENED CONFLICT
-ABUSE

Climate of economic downturn

Increased hospitalisation & Nursing home placement?
“When we choose hope, we define what matters to us most”

-Dr. Shane J. Lopez

I implore all of you to be mindful of this, if we (professional caregivers) are feeling less than optimal/displaced or cannot even articulate our own emotions… then really, how are our elders experiencing us/ or experiencing the care that we are rendering?

During such time of uncertainty, more so than ever, I implore all of us here to be agents of hope.
“Some people choose to see the ugliness in this world. The disarray. I choose to see the beauty. To believe there is an order to our days, a purpose.”

-Dolores Abernathy

As care professionals, a large part of our work is about hope. It is not about denying this current precarious situation we are all in or being optimistic or wishful thinking… But it is about hope grounded in reality. It works because it can help to expand perspective and increases persistence (Lopez, 2013).
• **Story of Mr. Lee TK**

Please allow me to share the story of Mr Lee KS, and I want to honour him here... by respecting and sharing his hope of wanting to make it a 100. He just passed away some weeks ago, just couple of years short of that... which he shared so often that he would want to make this milestone. He was what we would call a fighter.

I can go into lengths to describe the intervention strategies we laid out for him all these years prior to CB, and subsequently during CB period. We can be really clinical in breaking down what broke down in his care here.

But I suspect, more than anything else, is that he lost hope... he just lost his motivation to live.

From hindsight, if there is anything we really failed to do for him during CB... was being there with him to hold his hope when he was low on that... giving him that chance to regain it, or let him borrow some of ours.
IMPACT IS STILL EVOLVING.....

BUT THE POSITIVES THAT ARE DEVELOPING... FOR US TO CREATE AND DEFINE THE NEW NORMAL

- All the more important, the need to work as a team and not in silo

- The creative use of technology and the urgent need to educate our elders and caregivers on its use

- Reinforce the idea of community as care volunteers

- Redesign a more efficient work process
What’s your message going to be?

I don’t have the wisdom to that.
But however or whatever we choose to care for our elders, we seek everyone here to communicate and care with hope.

After all, isn’t it hope why we even come into this space?
“We can’t live without hope…”

-Dr. Shane J. Lopez

Thank you!