**Elderly Care Series**

**Mental Health**

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Mom, you do not look well

Are you feeling alright?

I am alright

I am still adapting to this new place

since I have just moved in

I am not familiar with the neighbourhood

and I cannot meet my old neighbours for tea

There is not much to do at home

All I can do is just to stay at home

Maybe you can ask them to come here

I do not even know the way myself

How can I show them the route?

It is too troublesome

and time consuming to travel

I learned that District Elderly Community Centres would organised different activities for elderly persons

You may give it a try

Learn something new

and make some new friends

Sounds good! Perhaps you can volunteer to help others in need as well

It is really meaningful

Apart from participating in the activities of the Centre

you can also develop new interests

You may consider joining classes, like dancing or playing lawn bowls

You will be healthier and more energetic

after the workout

Sounds fun

When you are happy, you will feel rejuvenated

Son, let us go to the Centre tomorrow

Sure

Annie, please help me bring something to Mrs Cheung tomorrow

Sure

Hi Mary

Mrs Chan got something for Mrs Cheung

Okay, please come in

Hi Annie

Hi Mrs Cheung

This is from Mrs Chan

Such a big pack!

Thank you, Annie

Have a seat and a cup of tea before you go

Here is your tea, Annie

Have a seat

You have been working for Mr and Mrs Cheung for three months. How do you feel?

I used to look after children

so now I am not familiar with

taking care of elderly persons

They have a lot of leftovers every day

so I have no idea of how to do grocery shopping

Annie, how can you get along so well with Mrs Chan?

You may think I am always smiling

But it was difficult for me to take care of elderly persons too

since I had no experience back then

But you two get along well now

Since I had no experience of elderly care

My employer let me join the Training Scheme for Foreign Domestic Helpers in Elderly Care

the one that we joined together

I learned how to take care of the elderly persons

I would also take the initiative to chat with Mrs Chan

to know more about her preferences and habits

and we become closer

Mrs Chan knows that I make a lot of efforts to take care of her

so she also treats me well

You can do that too!

You can spend more time chatting with them

to know them better

Perhaps you are too nervous and stressed?

Maybe I am

Do you remember that the instructor told us

while it is important to take care of the elderly persons

It is equally important to take care of ourselves

Yes, I remember

The instructor reminded us to eat healthy food

get enough rest

do more exercises

and relax

Just like the way we are chatting now

Right. Let's hang out together

during our holiday next week

Good! Luckily we have learnt how to relieve our stress

so we can help others and ourselves

Exactly! There are more videos in elderly care

on the websites of the Department of Health and the Social Welfare Department

Once we learn more practical skills

We can perform our work with greater ease!

Disclaimer

This film serves as general reference and is for educational purposes. It may not be applicable to all elderly persons under every situation. Please consult health care professionals in case of doubt.

Department of Health Elderly Health Service Website

www.elderly.gov.hk

Department of Social Welfare

Training Scheme for Foreign Domestic Helpers in Elderly Care

www.swd.gov.hk/en/index/site\_pubsvc/page\_elderly/sub\_psfdh/