

A Visit to the Indo-Chinese Elderly Hostel

While it may be common belief in the Chinese community that the nursing home is only a place where the frail elderly await their final years, the Lions Club of Sydney Chinese begs to differ - Trang Pham reports ...

Sydney, NSW, 9 September 2009 - The Lions Club of Sydney Chinese has kick-started an intense empowerment campaign for Chinese elderly homes by visiting the Indo-Chinese Elderly Hostel, in a bid to change the misconception of nursing homes in the Chinese community.

After engaging in a home tour, intimate conversations and motivational activities with the staff and thirty residents, most of whom aged over 80 and had age-related illness, the Club left behind gift packs for the elderly and a donation of \$2,000 for their home.

Dr. Anthony Cheung, Immediate Past President of the Club, said: "Many Chinese may still think that nursing homes are places where the elderly are abandoned by their family and live their life miserably with no hope left. In reality, nursing houses help make the seniors feel better about themselves and enjoy life."

In fact, those in doubt would be amazed at how happy and relaxed the residents at the hostel were despite their physical problems. They gave a warm round of applause after each performance; they laughed at the jokes; they were excited about the

magic tricks; they even sang karaoke for the Lions as a thank-you gift.

The manager of the hostel revealed that many new residents were resistant to the idea of living in a nursing home at first; yet upon gaining first-hand experience after a few weeks, some even admitted they did not even want to go back and live with their families. In a nursing home, they enjoy traditional dishes, making friends, outings, handicraft activities and frequent family visits. More importantly, they are well taken care of by qualified staff who speak various Chinese dialects.

Dr. Danforn Lim, a doctor at Westmead Hospital and also a member of the Lions Club, said: "We believe this way of living is beneficial for the modern Chinese family. The children will be relieved from the enormous stress of work and family matters; while the seniors will be looked after and won't suffer from problems such as language barriers, social isolation or loneliness. It's a win-win situation for all."

For more informational about the Lions Club of Sydney Chinese please visit the Club's website at: www.sydneychineselions.org.au.



Sydney Chinese Lions with the Elderly at the Indo- Chinese Elderly Hostel

May we Grow Old Together ... Stay Happy and Healthy

