

COVID-19 Pandemic: Stories of Elderly People

Life during the Pandemic

I was worried about catching the virus outside
And items like face masks were in very short supply
At the start, our whole family had to hunt for masks
Looking back, it seemed quite far-fetched
We couldn't visit the elderly at the residential care homes
I have a relative living at a residential care home too
We were quite anxious and he was very bewildered too
Exercising areas were cordoned off to deny entry
I couldn't go out for leisure or to meet friends
Most of us have gained weight since we seldom went out

Staying Positive and Proactive

It is important to keep your spirits up
I tell others not to be anxious
If you always worry
the negative mood will build up in your body
and that will affect your own health We can't always just say "It's so hard!"
We must still try our best
We must work hard ourselves
Because being idle-minded can cause bad feelings

What can Elderly People Do?

If I feel frustrated
I will go get some fresh air and do some deep breathing
That helps me with the frustration
Taking a walk is also good
I can get some fresh air up on a hill
I practise Tai Chi regularly
I go out earlier when there are fewer people
Regardless, I would still wear a mask
Reading is very helpful
Because it gives you something to focus on
I sometimes read books or pray
Or exercise at home
Exercising makes me happy

You should exercise if you are in a bad mood
I know many elderly who know how to type words
like “physical activity for the elderly” on YouTube
Relevant exercise videos will pop up
I learned ‘Ba Duan Jin’ and ‘Luk Tung Kuen’
from watching video demonstrations on YouTube
I often browse YouTube to learn how to make cakes and bread
We need to find some hobbies to spend our time

Staying Connected

There are many ways to stay connected nowadays
I won’t feel bored, as I can chat with friends sometimes
Using means like email and WhatsApp
My sisters always phone me to care about me
Sometimes they take a walk with me
When I hear others moan and groan
I tell them jokes and silly things to cheer them up
Actually, simple chatting is enough
Others can ask you how you’re doing
And you can ask them how they’re doing

Mutual Support

Everyone has different challenges
We may seek help from friends or professionals
and prevent negative events from happening
A while ago when I was quite ill
An elderly centre delivered meals to me
So I didn’t have to worry about my meals
A while ago I had problems with walking
An elderly centre sent a physiotherapist to help me
My neighbour has also been very kind
She helped me buy groceries before going to work
I am very grateful
A social service nearby helped me buy things
Now that I can walk again, I buy them myself
Accepting the goodwill of others is a virtue
I thank the medical and professional staff
For their care and attention

The current healthcare system is treating the elderly very well
So this generation of the elderly is quite blessed

A big thanks to these Elderly Health Centre members for cheering us on!

Ms Chui

Ms Cheng

Mr Ip

Ms Chan

Mr Yuen

Ms Ip

Ms Cheng

Jenny

Cantonese song with lyrics in Chinese

同心抗疫 – Together we fight the virus

Song written and performed by Mandy Wong

同心抗疫

Together we fight the virus

沒變改 縱有隔阻

傳遞關心不變改

齊心抗疫

Together we fight the virus

互愛祝福這個家

回復遍地繁華

Elderly can Fight the Virus!

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