

# Caregivers' Cove

Seniors' conditions might change suddenly. Effective communications could help all of us sail through troubling situations more smoothly.

## Ageing<sup>1</sup> comes with some challenges

- due to decline in the senior's physical and mental functioning,
- develop medical conditions to manage,
- Adjustments to social and financial situations.

## Communicate well with<sup>2</sup>

- respect
- empathy
- openness
- love

## Good communication<sup>3</sup>

- promotes good relationships and a sense of security,
- makes it easier to converse on sensitive topics,
- brings about understanding and cooperation on important issues.



Photo credit: Unsplash

**filos** Building Stronger Communities,  
Eldercare Together

1. "Ageing and health", <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health#:~:text=Common%20conditions%20in%20older%20age,conditions%20at%20the%20same%20time.>, 22 Jan 2023
2. "What Aging Parents Want From Their Kids", <https://www.theatlantic.com/health/archive/2016/03/when-youre-the-aging-parent/472290/>, 22 Jan 2023
3. "Communication Is Extremely Important When Caring for an Elderly Parent", <https://www.legalteamforlife.com/2016/08/communication-is-extremely-important-when-caring-for-an-elderly-parent/>, "22 Jan 2023

# 看护者港湾

长者的情况可能有突然的变化。  
有效的沟通可帮助我们更顺利的度过难关。

## 某些原因给老化过程<sup>1</sup>带来挑战，如：

- 身体和脑力退化；
- 新的病症需要管控；
- 适应社交和经济能力减低

## 有效的沟通<sup>3</sup>

- 维护良好关系稳定和促进安全感；
- 让敏感话题较容易启齿；
- 有助在重要的看护课题上达成共识与合作。

## 良好沟通的要素<sup>2</sup>

- 尊重
- 将心比心
- 坦诚
- 关爱



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