

# Caregivers' Cove

Seniors can be limited in various ways. Let's continue to maintain or improve their Quality of Life (QOL)<sup>1</sup>.

## Quality of Life (QOL) for seniors includes...

- experiencing good feelings,
- doing activities they like,
- doing things by themselves,
- mentally capable to learn, think, remember, solve some problems and make their own decisions.

## What suitable activities would help him/her...

- take confidence in his/her remaining abilities?
- Feel good and encouraged?
- bond with family members?
- stay healthier?

## We can...

- work closely with medical professionals to improve his/her health and behaviour issues.
- be involved in activities or exercise routines that he/she enjoys.
- provide notes, tools and aids around the house for him/her to stay more independent.

Share with us your experience!



Image source: Unsplash

# 看护者港湾

长者面对各方面的限制。让我们继续维持或改善他们的生活素质<sup>1</sup>。

## 长者的良好生活素质包括。。。

- 体验良好的情绪。
- 做他们喜欢的事。
- 自己能完成事情。
- 有智力学习、思考、记忆、解决一些问题和自己做决定。

## 有什么活动会有助他/她。。。

- 对剩余的能力有信心？
- 觉得愉快和受激励？
- 与家人连结？
- 保持身体健康？

## 我们能。。。

- 和医务人员紧密配合来管控他/她的健康和行为问题。
- 与他们共享活动和一起运动。
- 在家里提供字条、道具和辅助工具让他/她保持独立。

**请和我们分享  
您的经验！**



图像源：Unsplash