

# Caregiving Happily & Living Life to the Fullest



關顧自我，看護家人，完滿人生

## Meet the change of life and experience the fullness of life

Life is full of changes and challenges. When my husband's physical condition declined and I became a full-time caregiver, it was a great challenge in my life. At SPLC, I received timely and all-round physical and mental support. In particular, I participated in the Caregiver Support Group and received training for caregivers to achieve a complete life. I realized the importance of self-care, maintaining an active life, participating in community activities, and accepting community support services. Meanwhile, I continue volunteering, visiting people in need, and to learning all kinds of new skills. Although my life is busy, I can still have peace of mind and a life full of joy.



**-Lily Guo**

# 迎接生命改变， 实现完满生活

生活充满改变和挑战。 当我的先生身体出现状况需要全心照顾的时候，我看到生命出现了很大挑战。 在耆乐中心， 我得到了及时全方位的身心支持。 尤其是参加了看护家人者支持小组， 接受针对看护人员的实现完满生活的培训。 让我意识到自我照顾的重要性， 保持积极生活， 参与社区活动， 接纳社区资源帮助。 同时也常常贡献社区， 做义工， 探访需要的人士， 学习各样新技能， 这一切， 让自己在忙碌的看护之余， 生命得到缓舒张， 也充满了喜乐。



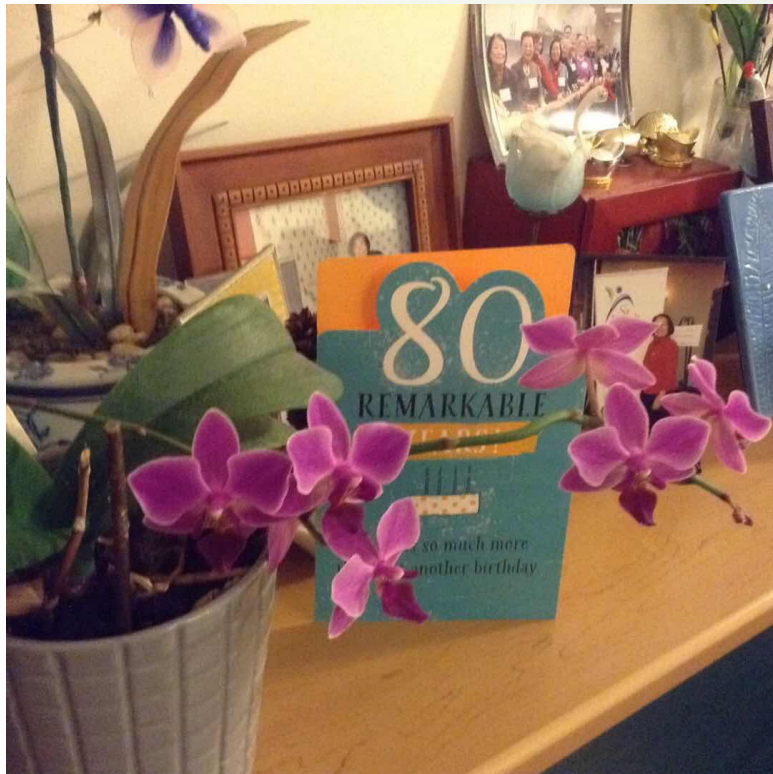
-Lily Guo

# Hand Made Nylon Flowers



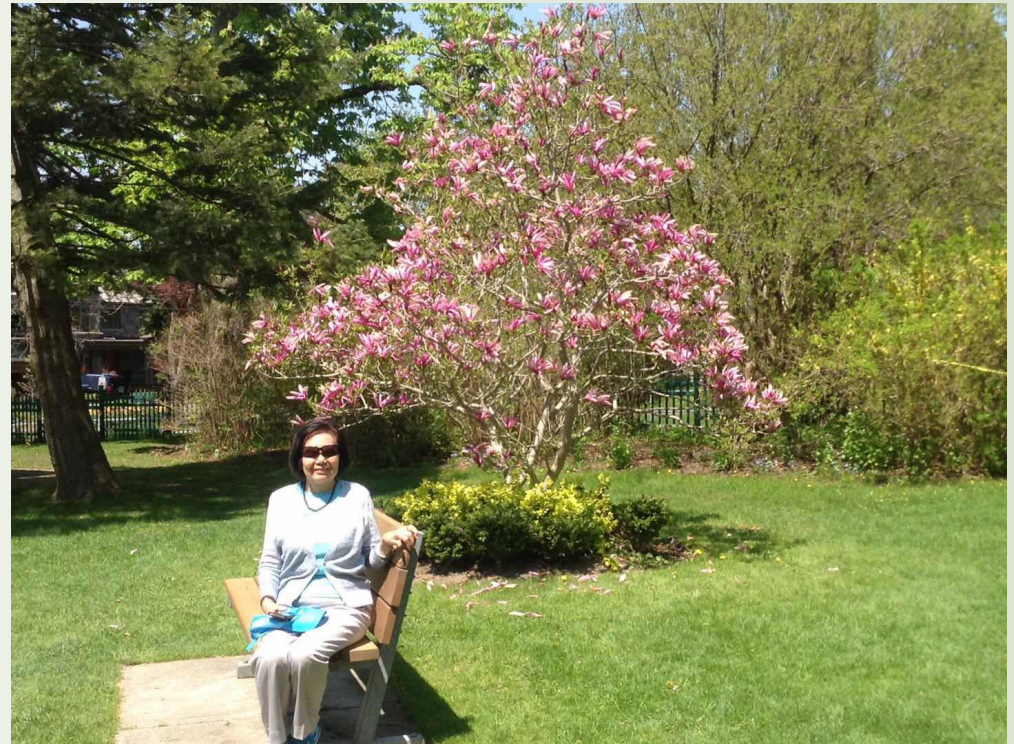
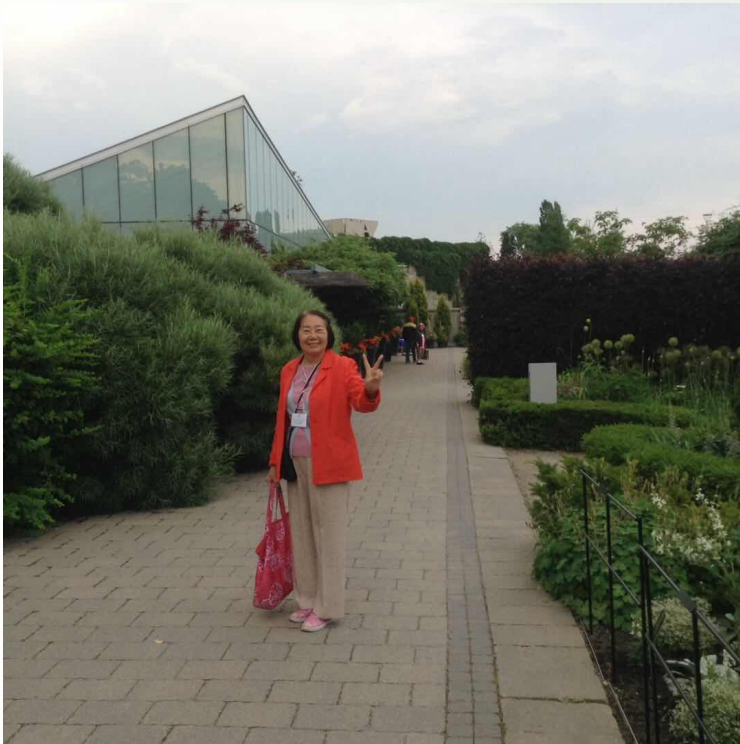
絲網花手工制作

# Gardening Group (Trip to Flower Show)



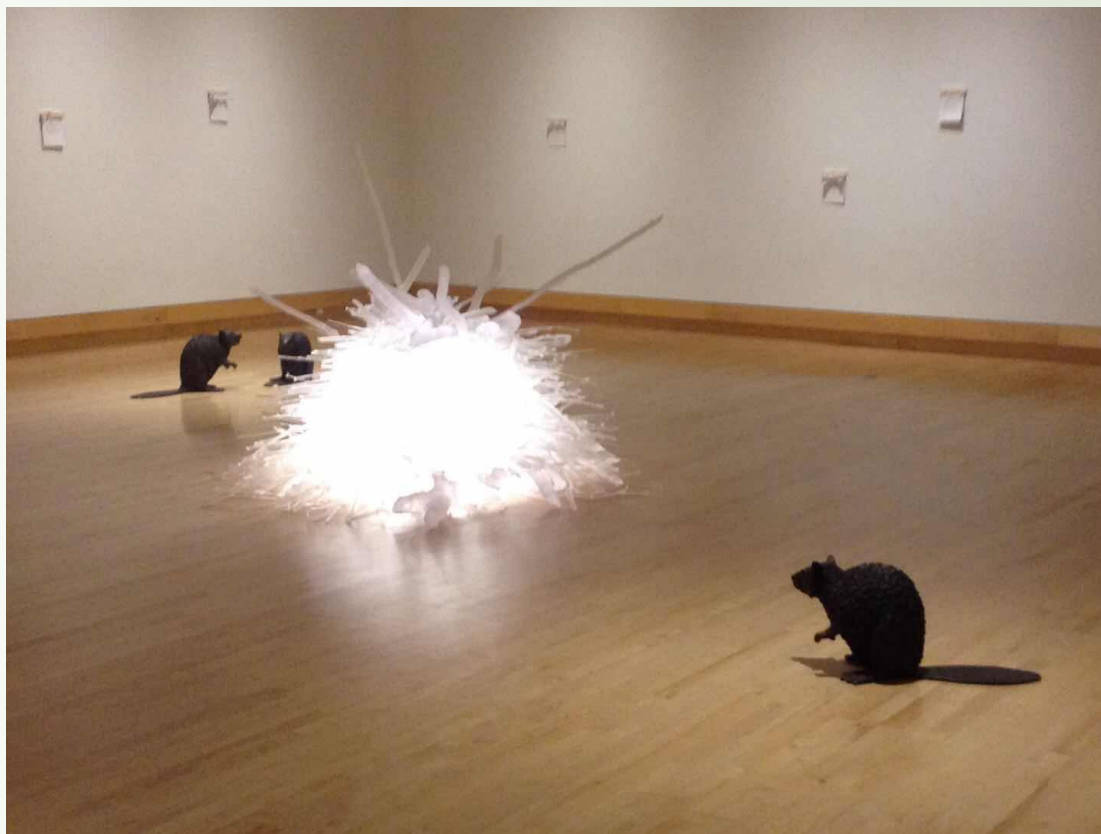
園藝組，養花種草觀花展

# Caregiver Support Group Trip



家人看顧小組結伴出行

# Enjoying outdoor activities in Summer – Art Museum



欣賞夏日戶外音樂會，暢遊美術館

# SPLC – Festival Celebration



耆樂中心節日慶典



# Travelling is also a kind of relaxation



空閒之余，出遊也是一種放鬆

# Celebrating 80<sup>th</sup> birthday




慶祝80歲生晨



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