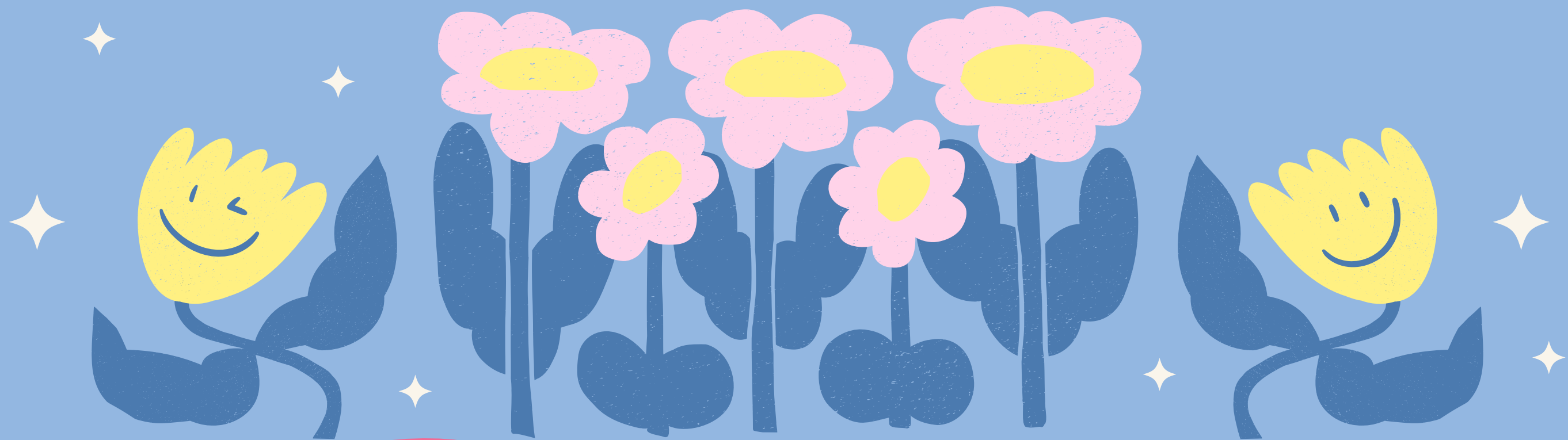


GFVM1045

# MATTERS OF LIFE AND DEATH



GROUP 10

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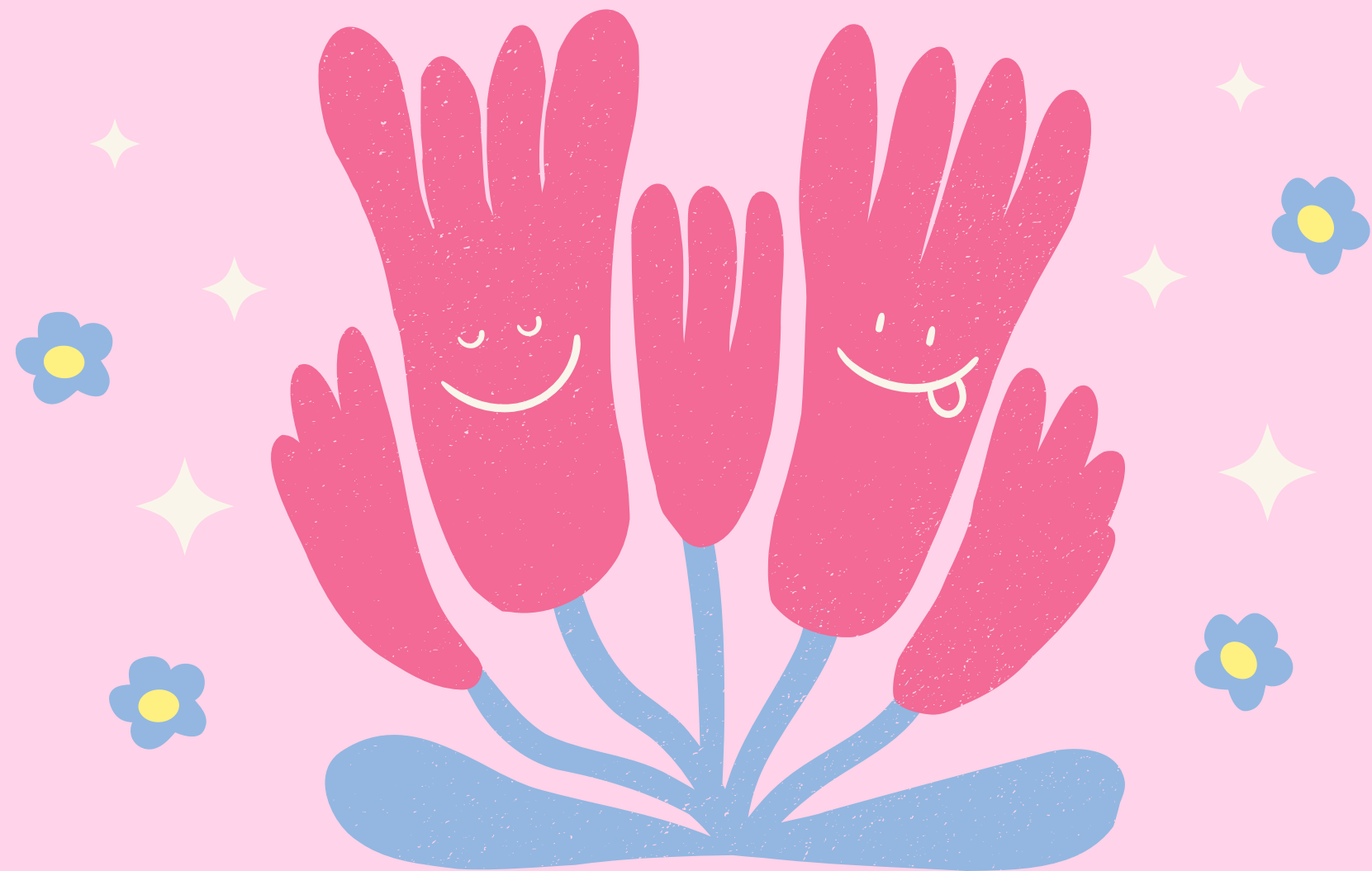
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# Introduction



## Research Topic

*Narrative practice for their life  
review for finding their legacy for  
Hong Kong Older Adults with  
university students in service  
learning: **A Collaborative  
narrative research***

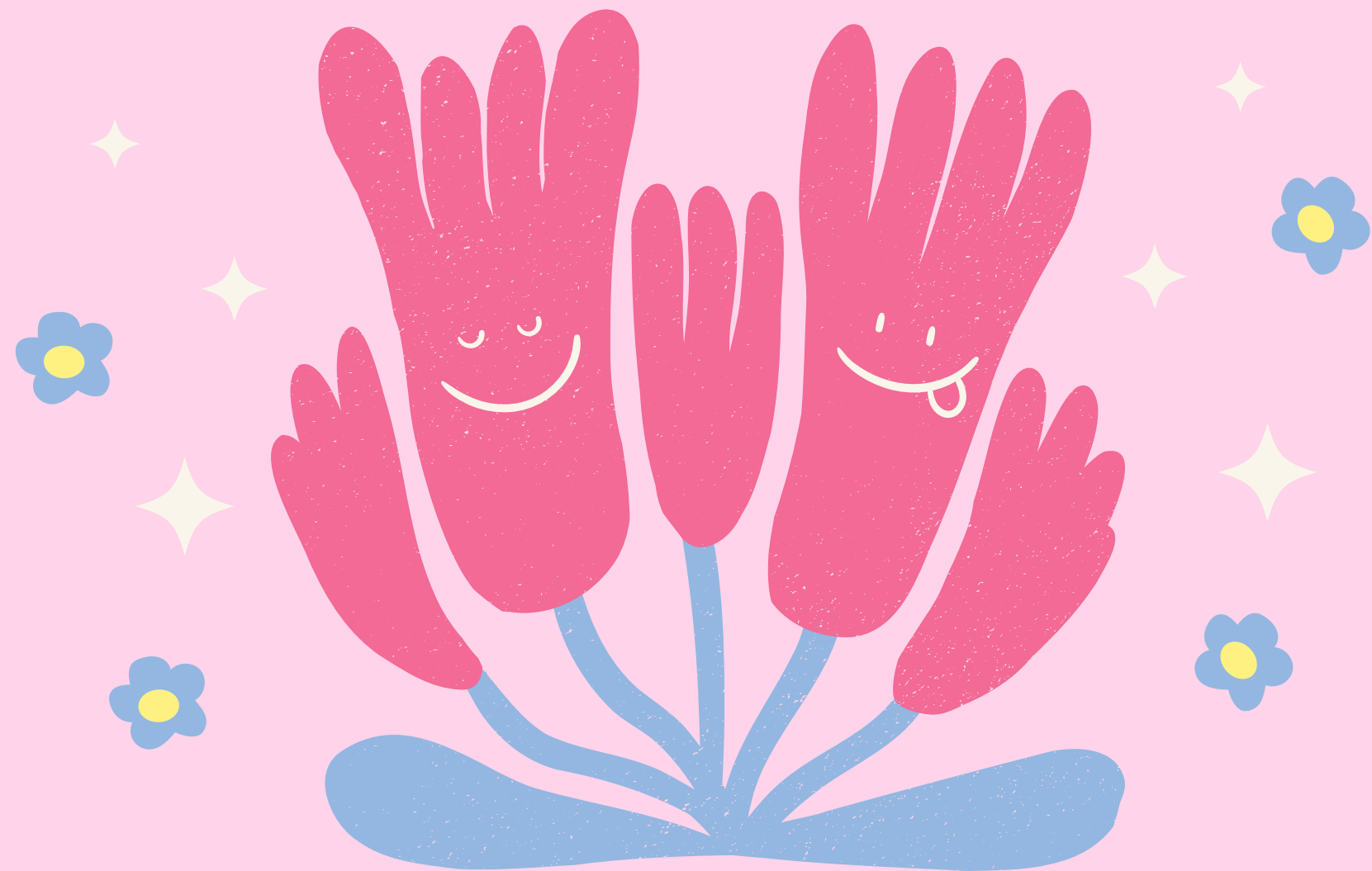
## Objectives

- What is their legacy?
- What stories did we collect on the progress of producing the Tree of Life?
- What have we learned from these processes and what problems have we encountered?





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# Background of the problem

## Reason

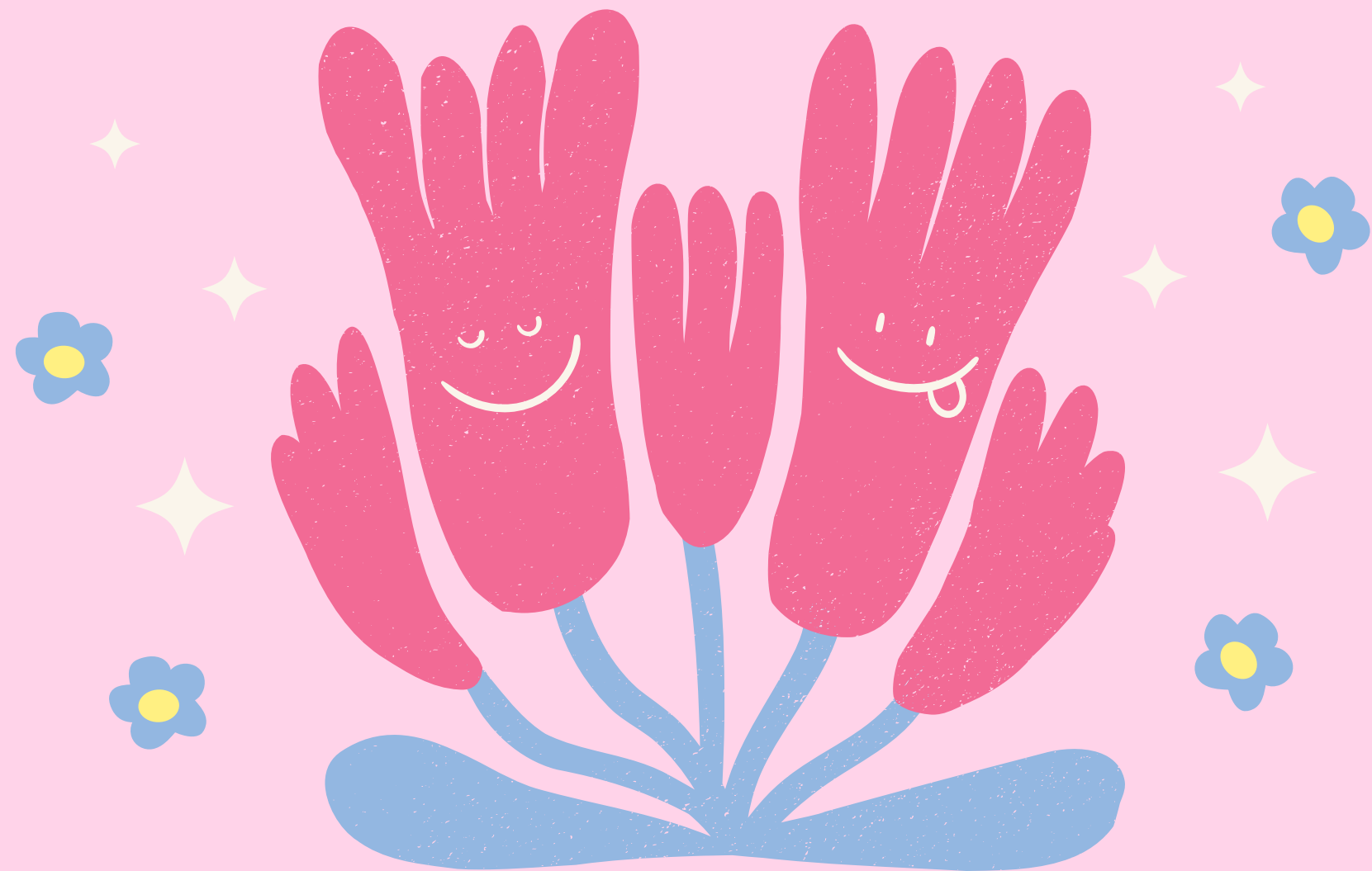
Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

## Problem

### Health Risks

- High blood pressure
- Heart disease
- Obesity
- Weakened immune function
- Anxiety
- Depression
- Cognitive decline
- Dementia, including Alzheimer's disease
- Death

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# Literature review

What is the current situation of the elderly in Hong Kong?

Are there any problem they faced in the society?



**Ageing Population**

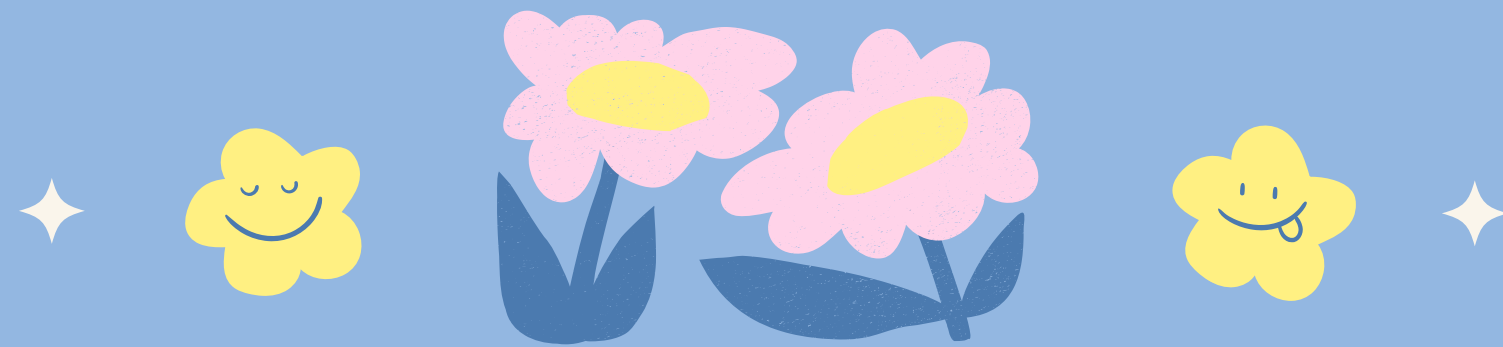
One out of six Hong Kong people will be aged 65 or over!



**Social isolation**

More and more older persons are being dissociated from their families!

# Definition of legacy



Something held and transferred to someone as their inheritance

## INTANGIBLE

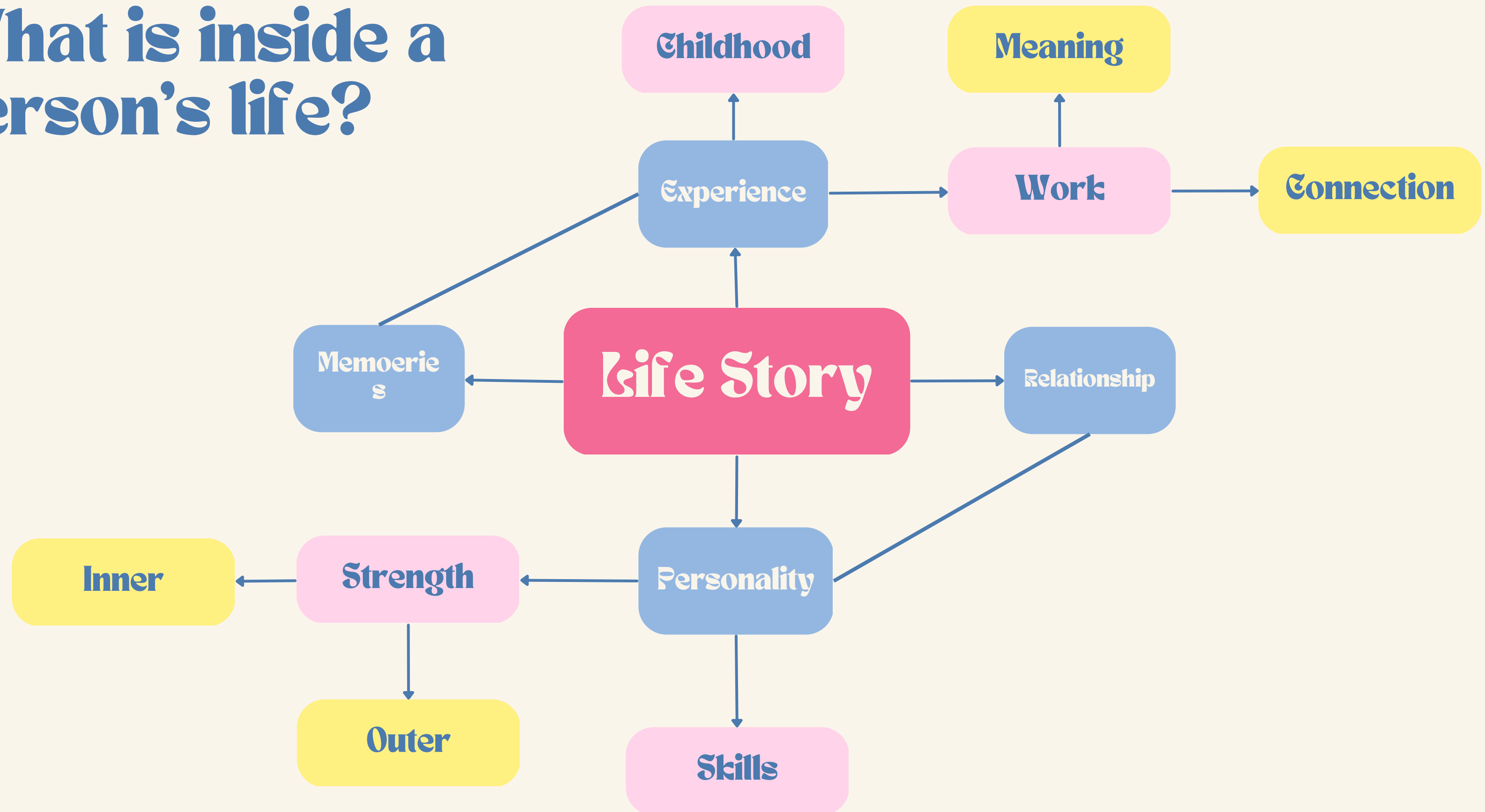
Etched into the minds of others and the stories they share about you

## PHYSICAL

A gift of money or other personal property that's granted by the terms of a will—often a substantial gift that needs to be properly managed



# What is inside a person's life?





# Tree of Life

Past - Present - Future

Flowers (Legacies)

Fruits (Lesson that learned)

Trunk (Personality)

Roots (Background)

Branches (Dreams)

Leaves (Important person)

Ground (Present)



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# Why is the question guide important ?



Keeps the  
interview on  
track



Consistency



Time  
management

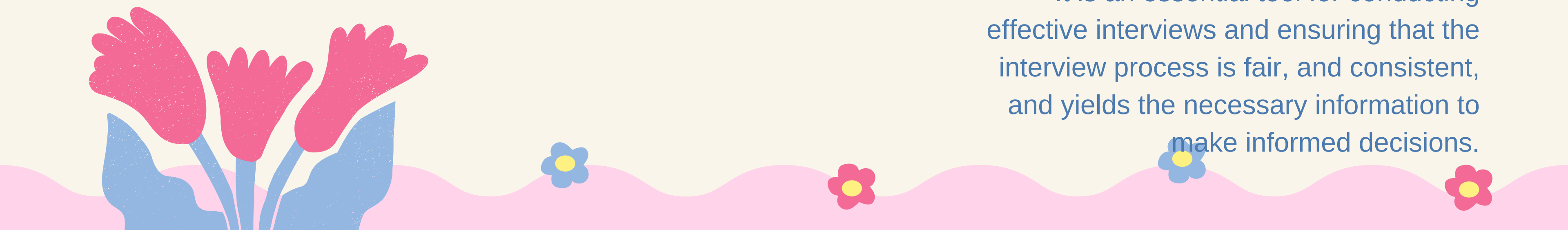


Provides  
structure



**Question Guide**

It is an essential tool for conducting effective interviews and ensuring that the interview process is fair, and consistent, and yields the necessary information to make informed decisions.





# First Interview



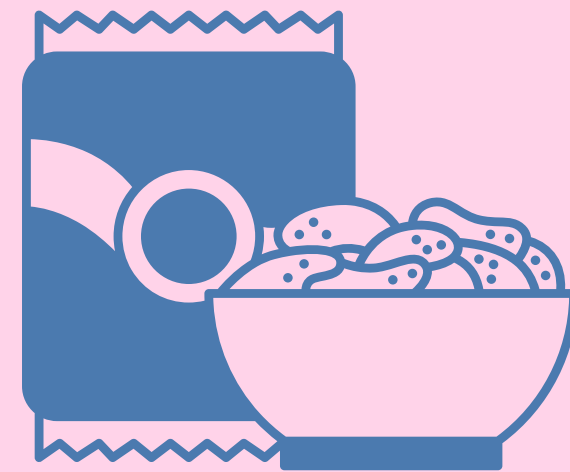


# Gift Consideration



## Practicality

Practical gifts such as daily living aids, home safety devices, or mobility aids can be a safe choice for an elderly stranger. These types of gifts can help improve their quality of life and make it easier for them to perform daily tasks.



## Comfort

Gifts that provide comfort and cheer can be a thoughtful way to show kindness to an elderly stranger.



# Gift Selection

What is considered a good gift to leave a good impression to Anna?



Air  
Purifier



Vacuum  
Cleaner



Fan



Voucher



Biscuit



Tea Leaf

Practicality

Comfort

# Gift Selection

What is considered a good gift to leave a good impression to Anna?



Air  
Purifier



Vacuum  
Cleaner



Fan



Voucher



Biscuit



Tea Leaf

Practicality

Comfort



# Second Interview





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# Findings

- 71 years old
- Chinese Indonesian
- Guangdong Hakka
- 3 sisters (3 older and 1 younger)
- Indonesia: work as a tailor (make clothes)



## Background information of Anna

- Came Hong Kong when 40 years old, live alone
- Become a Christian when she experienced the most difficult time (serious tumble)
- Learn Cantonese by attending classes
- Got married ever but her husband died for years
- A committee member of Women's Commission



# First Interview

- Actively and enthusiastically learning for skills
- Deep connection with Jesus
- Be independent and trust yourself



# Second Interview

- Advantages of living in Hong Kong and how intelligent Hong Kong teenagers are
- Get approach to Catholicism
- Relationship with the church members and friends who meet in Women's Commission

# Themes



## Faith

- Jesus sacrifice himself to save people and forgive our sins
- Entrust all difficulties and bad stuff to God >> pray and read bible to receive spiritual comfort



## Be obedient to parents

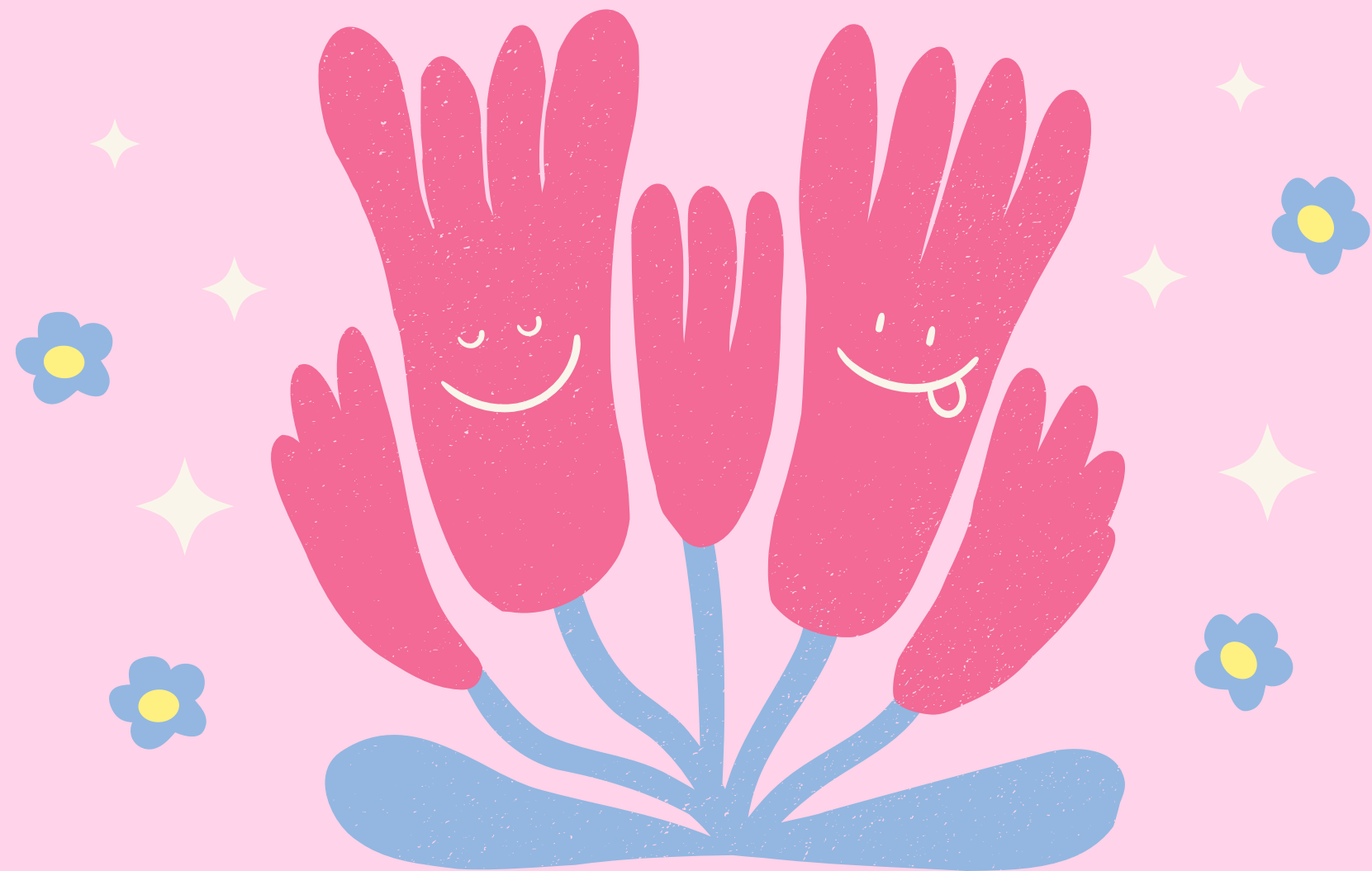
- strong bonding with family
- she loves and cares her parents as they did to her in the past
- family is invaluable



## Group's solidarity

- Considers everyone in the Women Commission is her family member
- Work in concert to give play to the spirit of unity overcome the challenge

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# Legacy of Anna



**Be obedient to  
parents**

**Be healthy**

**Be honest**

**Be responsible**

**Have faith**

**Cherish life**

**Respect others**

**Love others**



# Life story of Anna

Life is not easy, but the greatest thing you can do is trust and believe in yourself.



## Faith and caring

Be nice to each other. Sometimes it takes only one act of kindness and caring to change a person's life. You can make a whole day a different day for everybody.

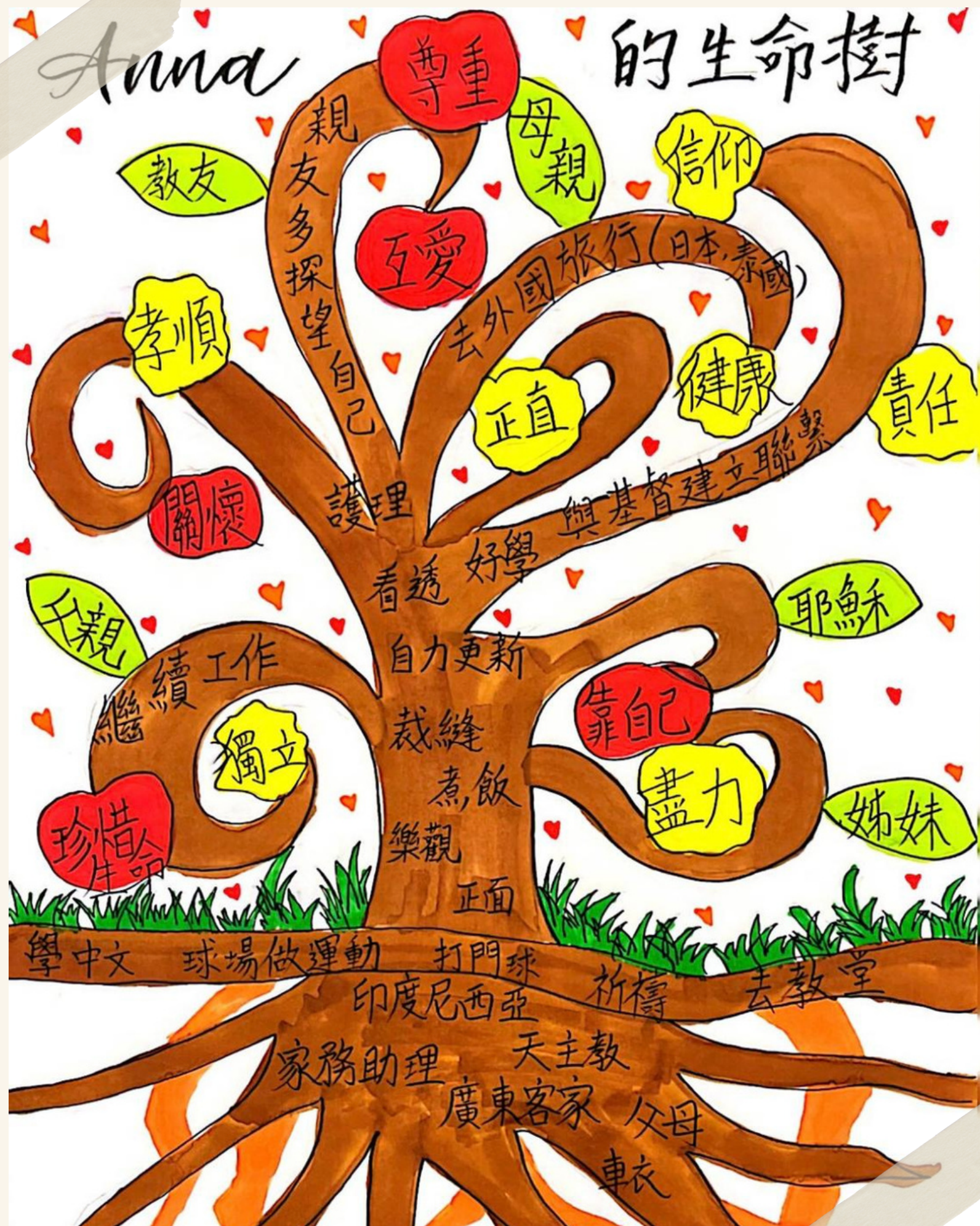


## Family

I always put my family first and that's just the way it is. We may not always have it all together, but together we have it all.



Anna's Tree of life  
PAST  
PRESENT  
PAST





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# Recommendations

## Policy making

- Allocate further funds for the Community Centre
- To continue operate and expand those programs and services
- Elderly spend most of their time in the centers  
(Eg.join different activities, learning & make new friends)

## Educating people

- Respecting all people whatever their age, gender, or where they come from.
- Reduce discrimination to the elderly
- Help the elders integrating into this era





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# Reflections and Limitation

## Time limitation

- Details :  
Spending too much time on several topics.  
(Eg. belief, Jesus & her life in Indonesia)
- Problems :  
Some topics were just briefly talked about on the 1st visit.
- Better execution :  
Have a better time controlling  
Make a proper allotment of time by timing  
(Eg. focus more on her present life & amateness)

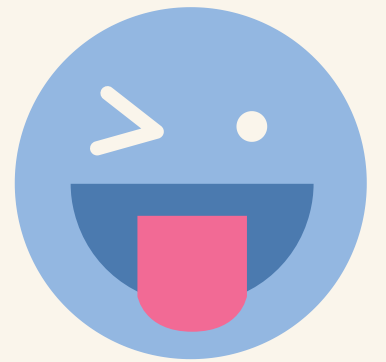
## The conversation topics were too broad.

- Details :  
some topic was beside the point.  
(Eg. climate & environment of different places)
- Problems :  
The conversation deviated from our expectations.  
Hard to bring back to a dignified topic about life and death
- Better execution :  
leading the topic by asking more questions.  
Ask questions in a right timing.  
(eg. when she start repeating some point)

# What have we learned



- Communicate with the elderly
  - Need to be more patients
  - Keep a respectful attitude
- Truth of life
  - Never stop learning
  - Stay strong
- Cherish the moment with our family



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# Conclusion

The importance of legacy for elderly



## 1. Importance of legacy

Legacy is important for many reasons.

## 2. Memory preservation & lessons

Preserves memories and teaches valuable life lessons for future generations.

## 3. Inspires greatness in others

Inspires others to strive for greatness, regardless of their circumstances.





# Conclusion



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Moxley-Haegert, L. (2015). Leaving a legacy'and'letting the legacy live': Using narrative practices while working with children and their families in a child palliative care program. *International Journal of Narrative Therapy & Community Work*, (2), 58-70.

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Thank you  
for listening!

