

家庭議會家庭教育系列—家·多一點愛 在乎你

Family Council Family Education Programme—Love Your Family More

第九集：老來誰依靠 — 專家意見

Episode 9: My Aging Parent—Expert’s Advice

字幕稿

Transcript

中文	English
<p>[子女如何分擔照顧年邁父母的責任?]</p> <p>就如剛才的影片般 照顧年邁父母的責任 大多落在單身、未成年  甚至落在女兒身上 責任非常沉重 所以最好是分工合作 大家商量 有錢出錢，有力出力  忙於工作的可以出錢  幫忙聘請家傭 至於有力出力 就是付出時間陪伴爸媽 去看醫生，去老人院探望他們等</p>	<p>[How siblings can share the responsibility of managing care for their aging parents?]</p> <p>As seen in the video, the responsibility of caring for the aging parents falls mostly on the shoulder of the sibling who is single, youngest or even female The responsibility burdens her a lot It is better for the siblings to work out a solution Everybody can share the responsibility by contributing either money or efforts If you are busy at work, you can contribute money, such as hiring domestic helpers If you have time, you can accompany parents Like bringing parents to see the doctor or visit them in the nursing home</p>
<p>[子女間如何保持良好的溝通?]</p> <p>照顧年邁父母的責任 是在弟兄姊妹身上  但也要聽從父母的意願 兄弟姊妹可以開家庭會議</p>	<p>[How siblings can maintain good communication?]</p> <p>Even if the responsibility of caring for the aging parents is shared among siblings, they should respect their parents’ wishes Siblings can hold family meetings to</p>

<p>一起商量好 然後跟爸媽說 嘗試說服他們 而不要為了方便自己 將爸媽好像球一樣拋來拋去 還是那一句 「始終都是一家人」 大家要彼此尊重 有商有量 我覺得這樣是最重要的</p> <p>[年邁父母面對子女的安排，應抱持甚麼心態？] 做父母最重要想得開、識趣</p> <p>甚麼叫想得開？ 就是要明白到 子女已經有他們自己的家庭 他們不可能把大部分時間 用作照顧自己 這不代表他們不孝 只是對他們來說 更重要是教養好自己的子女 照顧自己的家庭</p> <p>所以我們做父母的要求也要適度</p> <p>有些事我們有能力做便自己去 至於弟兄姊妹之間的和諧</p> <p>我覺得我們閱歷非淺 自然懂得察顏觀色</p> <p>只要感到子女間有些反常 可以多問一句 嘗試在中間做調和的角色 告訴他們無論怎樣安排</p>	<p>discuss the arrangement before telling parents their decision and then try to convince them Do not toss your parent like a ball to each other due to your own convenience I reiterate, “always a family”</p> <p>It is important to have mutual respect and consensus when discussing family matters</p> <p>[What aging parents can do when their children arranging care for them] Parents should be open-minded and discreet What does it mean to be open-minded? It means that parents should know the fact that their children can no longer spend much time on them as they need to take care of their own families It does not mean they are unfilial It is just because parenting their children and taking care of their own family are more important now So as a parent, we should moderate our demand We should do what we are still able to do Regarding the harmonic relationship among siblings, we have been around, we can read others’ emotions by looking at their faces If you sense anything unusual among our children, you can check on them You can play the role as a mediator and tell them no matter how the arrangement is,</p>
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我們盡量配合

子女聽到就會開心許多

大家自然會更和諧

you will try your best to cooperate

Your children will be delighted

and their relationship will be much more  
improved