

家庭议会家庭教育系列—家·多一点爱 在乎你

Family Council Family Education Programme – Love Your Family More

第九集：老来谁依靠 — 专家意见

Episode 9: My Aging Parent – Expert’s Advice

字幕稿

Transcript

中文	English
<p>[子女如何分担照顾年迈父母的责任?]</p> <p>就如刚才的影片般 照顾年迈父母的责任 大多落在单身、未成年 甚至落在女儿身上 责任非常沉重 所以最好是分工合作 大家商量 有钱出钱，有力出力</p> <p>忙于工作的可以出钱 帮忙聘请家佣 至于有力出力 就是付出时间陪伴爸妈 去看医生，去老人院探望他们等</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>[子女间如何保持良好的沟通?]</p> <p>照顾年迈父母的责任 是在弟兄姊妹身上</p> <p>但也要听从父母的意愿 兄弟姐妹可以开家庭会议</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 然后跟爸妈说 尝试说服他们 而不要为了方便自己 将爸妈好像球一样抛来抛去 还是那一句 「始终都是一家人」 大家要彼此尊重 有商有量 我觉得这样是最重要的</p> <p>[年迈父母面对子女的安排，应抱持甚么心态？] 做父母最重要想得开、识趣</p> <p>甚么叫想得开？ 就是要明白到 子女已经有他们自己的家庭 他们不可能把大部分时间 用作照顾自己 这不代表他们不孝 只是对他们来说 更重要是教养好自己的子女 照顾自己的家庭</p> <p>所以我们做父母的要求也要适度</p> <p>有些事我们有能力做便自己去 至于弟兄姊妹之间的和谐</p> <p>我觉得我们阅历非浅 自然懂得察颜观色</p> <p>只要感到子女间有些反常 可以多问一句 尝试在中间做调和的角色 告诉他们无论怎样安排</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</p> <p>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</p> <p>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</p> <p>So as a parent, we should moderate our demand</p> <p>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</p> <p>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