

家庭為中心：跨代聯系

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(以下節錄自蔡醫生的發言)

1. 為長者提供院舍服務，解決他們的經濟、醫療等問題是不足以令長者得到快樂。今天我的題目是「跨代」。在香港很少有四代同堂。這是因為愈來愈多人遲婚或不結婚。「跨代」的「中間一代」最重要。但中間一代往往只顧埋頭工作，無暇兼顧家庭，以致和上一代及下一代關係疏離。
2. 對長者最重要的是：
 - 愛與被愛
 - 尊重
 - 貢獻感
 - 安全感
3. 我們要以家庭為中央。我們常常要求政府解決問題。但照顧長者不單只是政府的工作，家庭的角色更重要。現時的青少年問題很多時候是因為他們沒有「黏貼」的對象。長者可以作為家庭中的凝聚者。這個角色不是菲傭、學校或社工所能替代的。
4. 香港缺乏文化的傳承。現在香港的故事書太多是西方的故事。其實小孩也喜歡中國故事。如長者能講中國故事，既能促進關係，也可傳授文化，必然是件好事。
5. 在香港，很多人認為長者是阻礙，到那裡都不願意帶他們同行。年青一代是看著我們如何對待家中長者的。我們要以身教的方式讓孩子學習正確的態度。
6. 對長者來說，覺得自己有貢獻比金錢收入更重要。在年長員工退休後，我們可以讓他們當senior associate，負責訓練新員工。無論在家庭或工作地點都可利用跨代的互動。
7. 跨代聯繫其實不難，關鍵在於中間的一代是否做得好。跨代的關鍵在於家庭。

“Family as Centre: Intergeneration Life Connection”

Dr Philemon Choi

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(The following is translation of excerpts of Dr Choi’s presentation)

1. We let institutions take care of older persons, such as residential care homes. We lay stress in caring for them financially and medically. But older persons would not be very happy with all these. My subject today is “inter-generation”. In Hong Kong it is rare to have four generations under one roof. This is because more and more people are getting married late or not at all. In the inter-generational model, the “middle generation” is the most important. But this generation is often preoccupied with work and has little time for family, resulting in distances with the older and the younger generations.
2. Matters of importance to older persons are:
 - Love and being loved
 - Respect
 - Sense of contribution
 - Sense of security
3. We should make the family the centre. We often ask the Government to resolve problems relating to older persons. But the Government cannot do everything. The role of the family in resolving problems is more important. Many juvenile delinquencies arose because young people do not have anyone to “glue” on to. Elderly members of the family could be the glue to hold family members together, a function that cannot be performed by foreign domestic helpers, schools or social workers.
4. Hong Kong lacks a cultural heritage. Many storybooks came from the west. In fact children also like Chinese stories. It would be good if older persons could tell Chinese stories to children, enhancing relationships and passing on our cultural heritage.
5. In Hong Kong, many people treat older persons as an annoyance. They do not want to bring them to places. Our younger generation will learn the way we treat our older folks. We should set an example for our children and let them learn the right attitude.

6. To older persons, having a sense of contribution is more important than getting paid. Retired older employees can serve as senior associates, helping to train new employees. Intergenerational interactive teaching is equally applicable in the family and at the work place.
7. Building inter-generational connection is not difficult, the key is held by the generation in the middle; inter-generation is feasible, the key is with the family.