

Seminar on Caring for Older Chinese Parents

Is your mother, dad, or another loved one living alone but having trouble staying independent in their home? Are they living with you but their dependence on you for their care needs is affecting how you juggle your personal and professional life?



您的至親或者親友中是否有獨居的耆老但卻不良於行？或者家中有耆老們正與您同住，而您每日正疲於奔波在工作及照料他們的生活起居之中？

我們想邀請您參加三月九日下午二時十五分假北維中文學校家長休息室(Room # 223, George C. Marshall High School, 7731 Leesburg

Pike, Falls Church, VA 22043)舉辦的“北維州居民耆老的社區看護選擇”座談會，我們將提供資訊、知識、及交流服務，與您一起分享及尋求如何讓您解套的方法。

We invite you to a seminar discussion on care options for older Chinese adults locally. We will focus on options that help maintain your elder's independence and health at home. **The seminar will be held at Northern Virginia Chinese School on March 9, 2008 at 2:15 pm.**

The complex health, financial, and legal issues involved with the long term care maze is challenging for most family caregivers. The maze, however, is especially daunting if you have to care for an aging elder who does not well understand English-speaking health professionals or they do not understand your elder's cultural preferences.

You are not alone. One quarter of Northern Virginia's older adults were born overseas and speak their native language in their home. Food preferences and health care are the two things in life for older adults that is best communicated and understood in their first language.

Based on personal experiences, we have dealt with the maze of long term care options. Our mission is to improve care options for older adults who speak non-English languages in their homes. We have created a fairly new Chinese local community nonprofit to work with local governments and other ethnic nonprofits.

We invite you to participate in our seminar so that we may have an opportunity to share our knowledge with you and give you an opportunity to tell us how we can make your life as an older adult or family caregiver healthy and secure.

複雜的醫療體制，財務與法規等條件將需要長期照護的問題變成一個不易理解的迷宮，特別是不諳英文的銀髮族，因為文化的差異，長期照護的醫療與關顧問題更是令人氣餒和望之怯步。

不要耽心，您並不孤獨。在北維州有四分之一的銀髮族是在海外出生，而且獨居生活中，只用出生地的語言與人溝通。同時，銀髮族生活最重要的兩大課題便是醫療與飲食，有鑑於此，想充份瞭解銀髮族生活需求，就必需與他們用他們熟悉的語言來溝通。

透過經驗，我們已經在長期照護的醫療與關顧的迷宮裏找出解決之道。該協會的宗旨就是幫助非英語系的獨居耆老們改善生活品質，提供銀髮族生活健康服務和優質照顧為指標。而協會的義工們已經與州政府，當地社區非營利機構及其它族裔等合作，開發了多樣的公共福利提供給不諳英文的銀髮族享用。

長青居家照護中心竭誠地邀請您參加我們為您舉辦的座談會，我們將為您解釋目前多樣的長期照護計劃，同時聆聽您正面臨的窘境，希望能協助您擁有獨立自主，享受有尊嚴和價值的銀髮無憂生活。



長青居家照護中心 (聯邦稅法 501(c)3 的公慈善機構)

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