



A Journey of Caring for Loved One

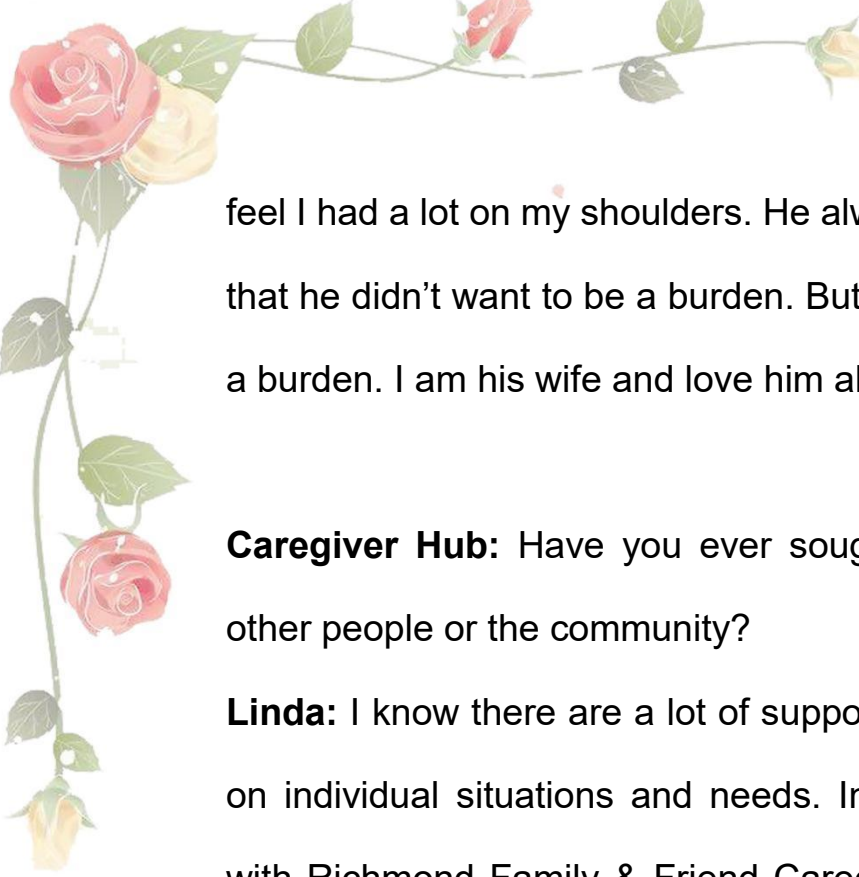
Editor's Remarks: *Linda's husband passed away 3 months ago. She had been taking care of him for over 20 years. While looking ahead for the future, Linda also reflected on the past journey with her loved one and would like to share with us. She figured her own way of making it work. It was a combination of happiness, stress and rewards. Thanks for sharing, Linda!*

Caregiver Hub: Could you tell a bit about your caregiving journey for your husband?

Linda: It has been rewarding, full of love for this long journey. His smiles are my rewards when I took care of him. He said "thank you" in German, Chinese and English. It was also joyful as I entertained him with music. I would dance for him and we both laughed a lot. But like most caregivers, it could be tiring and stressful.

Caregiver Hub: When you felt stressful, what would you do?

Linda: The past 5 years were the toughest. When it was stressful, I would take deep breaths. I am also very strong in faith so I pray and ask God for strength when I am tired. During the time of taking care of him, I always looked happy when outside. I didn't want others to



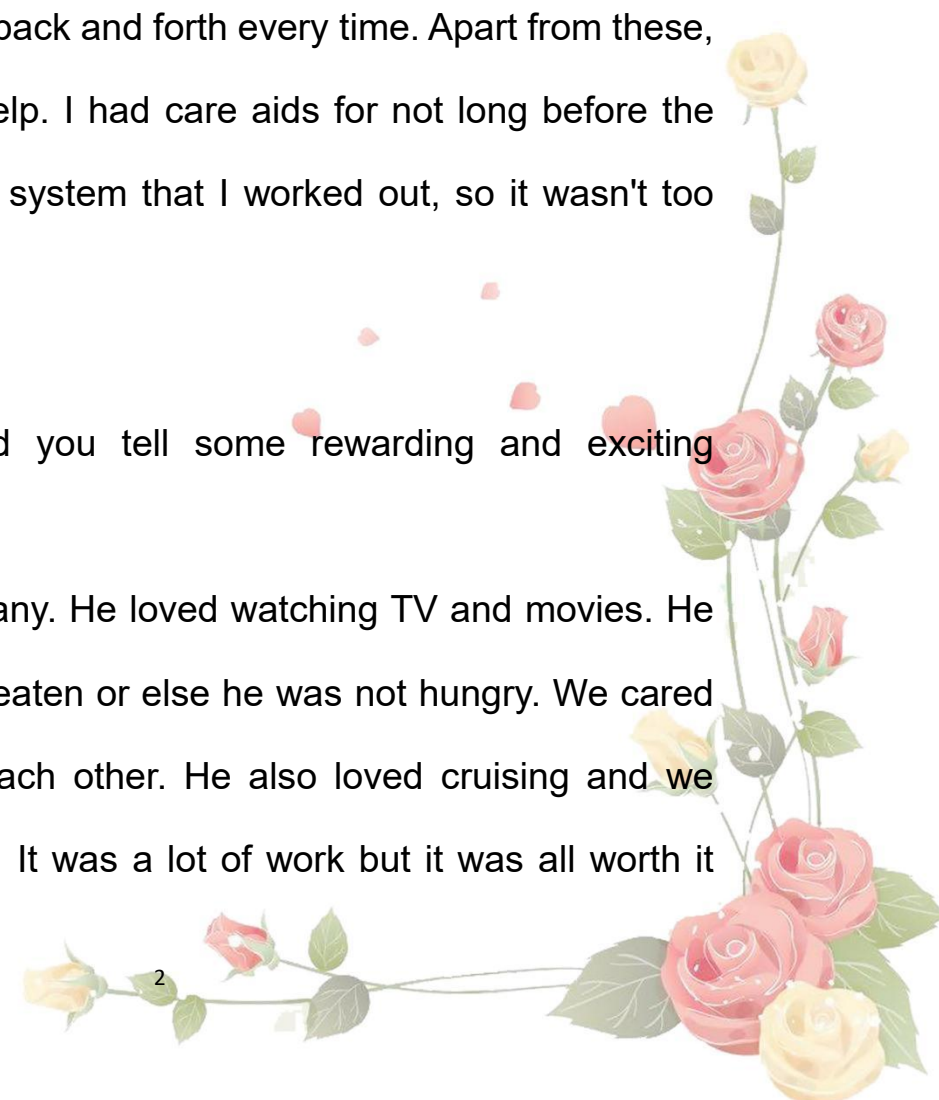
feel I had a lot on my shoulders. He always told me and the doctors that he didn't want to be a burden. But I ensured him he was never a burden. I am his wife and love him always.

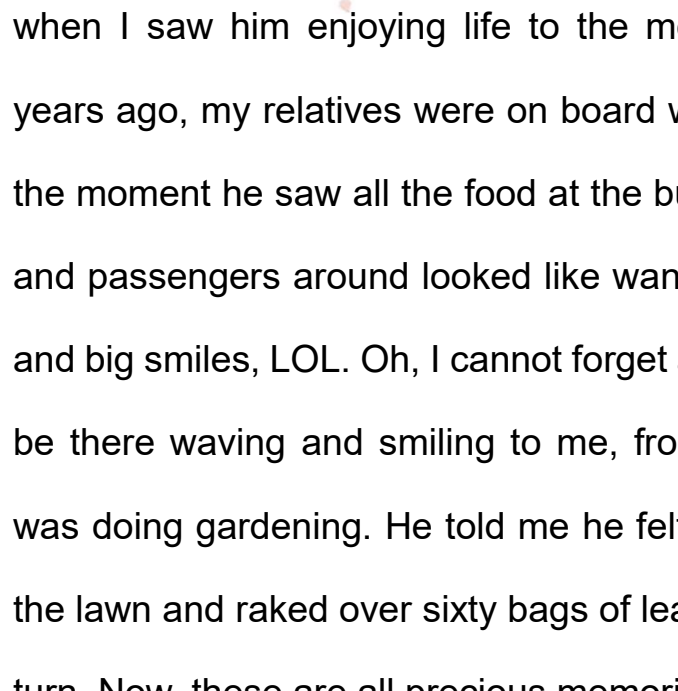
Caregiver Hub: Have you ever sought for help or support from other people or the community?

Linda: I know there are a lot of support and resources. It depends on individual situations and needs. In my case, I was registered with Richmond Family & Friend Caregiver Hub. My husband also had a case manager from the community. He attended day care for a few hours, twice a week before the pandemic. It lasted around a year. I had to drive him back and forth every time. Apart from these, I didn't ask for much help. I had care aids for not long before the pandemic. And I had a system that I worked out, so it wasn't too bad.

Caregiver Hub: Could you tell some rewarding and exciting moments?

Linda: There are so many. He loved watching TV and movies. He always asked if I have eaten or else he was not hungry. We cared about and prioritized each other. He also loved cruising and we went a couple of times. It was a lot of work but it was all worth it






when I saw him enjoying life to the most. Another one was five years ago, my relatives were on board with me. His face lightened the moment he saw all the food at the buffet. He was just like a kid and passengers around looked like wondering why the excitement and big smiles, LOL. Oh, I cannot forget about gardening. He would be there waving and smiling to me, from the bay window when I was doing gardening. He told me he felt so bad that I had to mow the lawn and rake over sixty bags of leaves. I told him that it is my turn. Now, these are all precious memories.

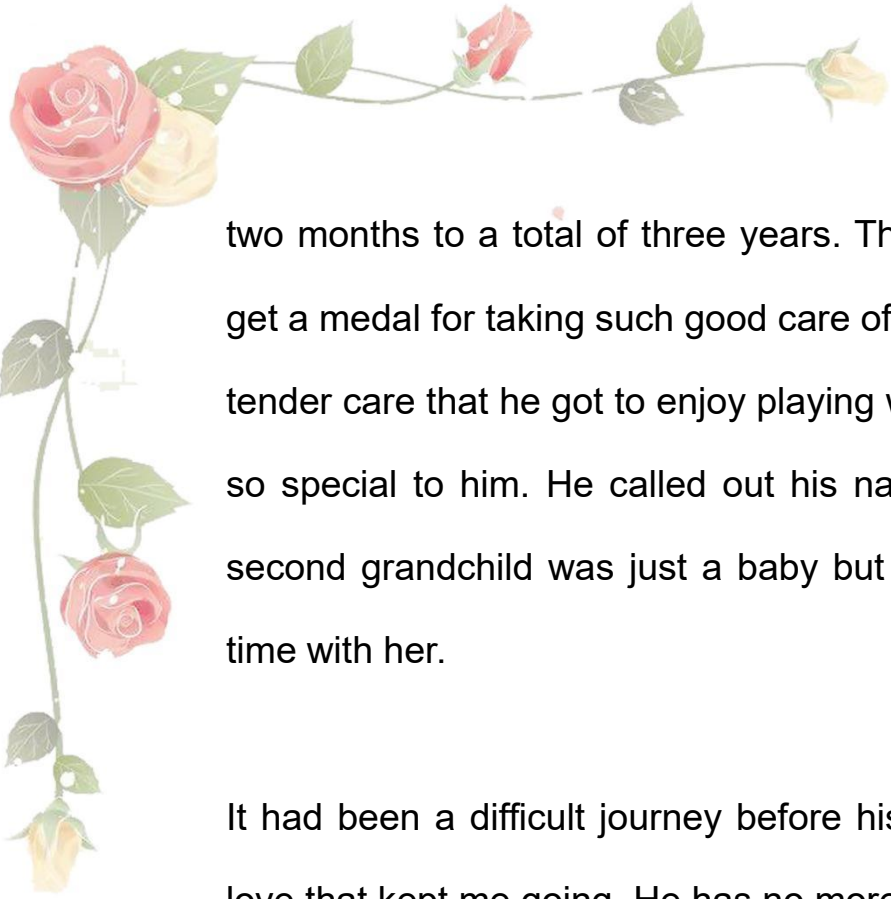
Caregiver Hub: If you'd like to share some tips or experience with other caregivers for seniors, what would they be?

Linda: Always get some rest in the day time when he or she is resting. I was up from time to time at night to check on him so I was always alert. It's so important to rest well as a caregiver. Besides, find something that makes you happy. I have friends that I would talk to. And I like gardening which helps me relax and live a healthy life style. I also go to Church.



Ending remarks by Linda:

When my husband was in Palliative three years ago, they gave him a maximum of one year life span. He was able to live short of



two months to a total of three years. The specialists said I should get a medal for taking such good care of him. I was able to give the tender care that he got to enjoy playing with his grandson who was so special to him. He called out his name for one last time. The second grandchild was just a baby but he also had a lot of good time with her.

It had been a difficult journey before his passing. It was faith and love that kept me going. He has no more suffering but still I have to carry on my life. I used to cook many meals a day plus chores. He loved food. Now, it is a healing time for me. This is the first summer in a long time that I can relax a bit and think about myself, though it is not easy to move forward because I miss him so much.

I am thankful that I am able to share with Richmond Family & Friend Caregiver Hub and the community my journey.

