

Caring for my loved ones from afar

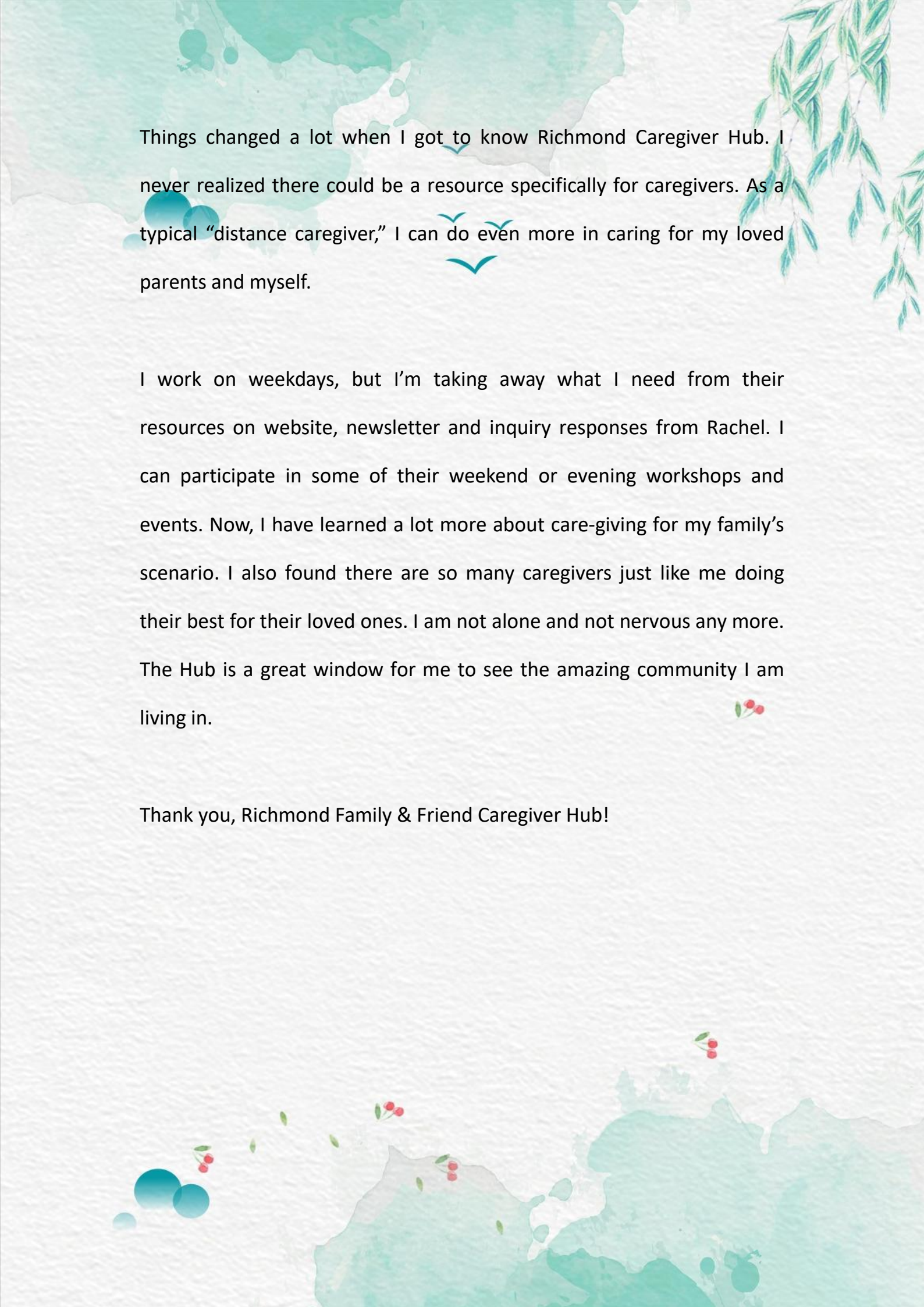
By Justin Liao

It's been nearly 3 years since my last in-person visit to my senior parents in China due to the pandemic.

My father has been suffering from chronic diseases for quite some time. My mother is doing OK but her waist would feel exhausted and painful from time to time. They are relatively isolated due to the pandemic and the limited options for seniors.

Thanks to modern technology, I am able to check on them regularly through video chat or messages. However, I felt myself useless when they brought up something I had little knowledge about, or I couldn't find a good solution for it. This made me anxious or even depressed some times.

In the future, they will come to live with me in Canada when they are too senior to be on their own. It would be a completely new chapter for them, as well as me. Thinking about this made me nervous too. I knew so little about the local health care or senior resources.



Things changed a lot when I got to know Richmond Caregiver Hub. I never realized there could be a resource specifically for caregivers. As a typical “distance caregiver,” I can do even more in caring for my loved parents and myself.

I work on weekdays, but I’m taking away what I need from their resources on website, newsletter and inquiry responses from Rachel. I can participate in some of their weekend or evening workshops and events. Now, I have learned a lot more about care-giving for my family’s scenario. I also found there are so many caregivers just like me doing their best for their loved ones. I am not alone and not nervous any more. The Hub is a great window for me to see the amazing community I am living in.

Thank you, Richmond Family & Friend Caregiver Hub!