

***Cheer-up Activities in the End of Life:
Creating Meaningful Moments in Families
to Heal Grief***



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1. Service Introduction
2. Three components of a meaningful life
3. Cheer-up activities create a meaningful moment
4. Positive feedback from the families

Scope of services (3-Ps model)

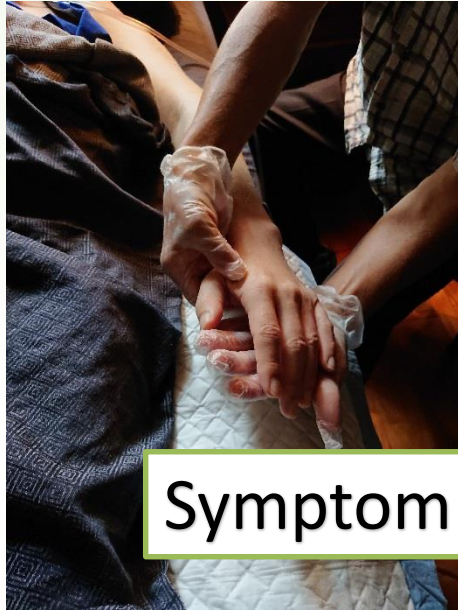


Physical Care

Practical Care

Psychosocial Spiritual Care

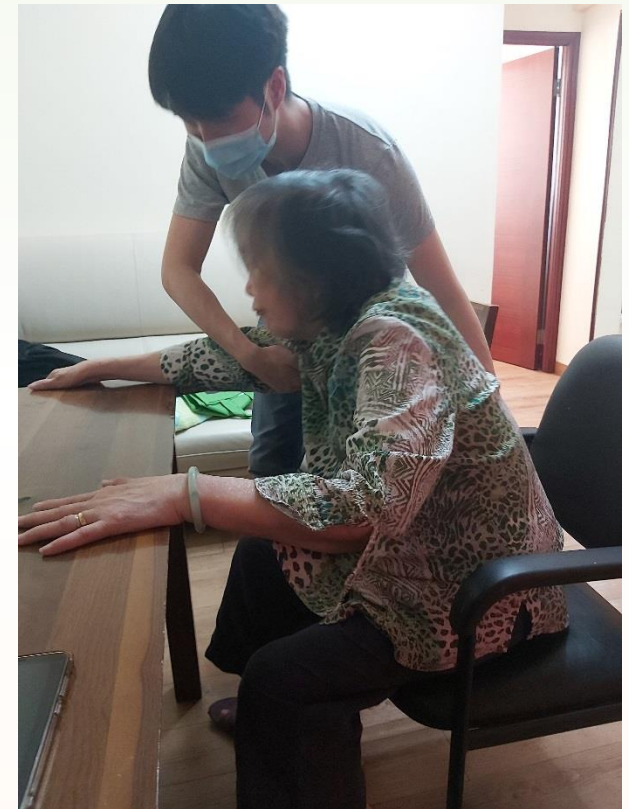
Physical Care



Symptom management



Proper use of drug



Exercise to maintain
and optimize physical
function

Practical Care

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Jockey Club End-of-Life Community Care Project



- OT Assessment
- Home modification
- Aids lending



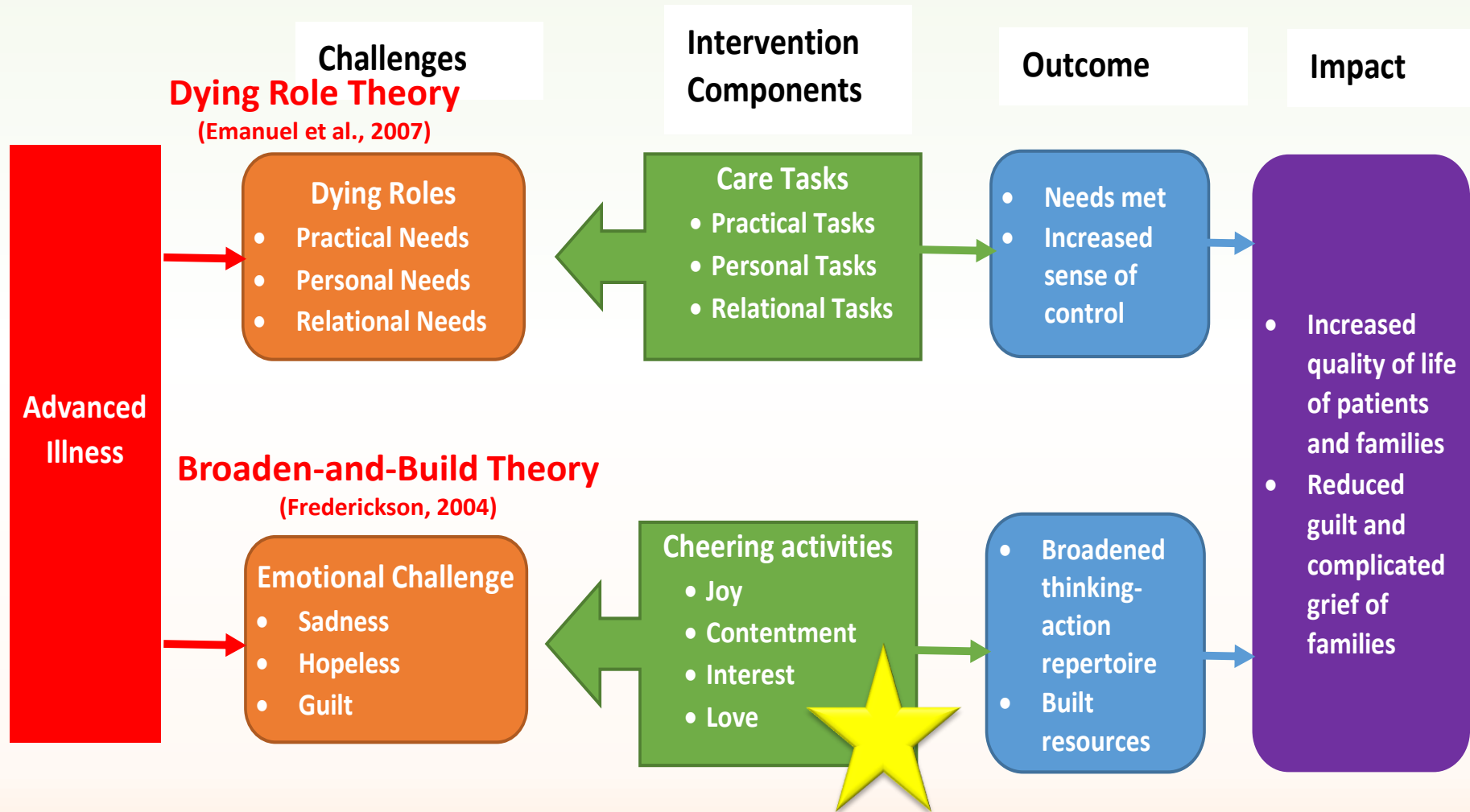
Escort and pick up service

Funeral Support



- Information giving and make referral

Project Framework



(Chow, Chau, Yu and Mak, 2019)



Cheering @ Home End-of-life Care Services



Three components of a meaningful life

1. To have a purpose, give ourselves to serving a cause or loving another
2. To be surrounded by people who love and accept us
3. To grow from our challenges

Create meaningful moment through

Joyful
experience

Try new activities
and break through
their boundaries

Regain
their interest

Explore and sustain
their interest,
a sense of
accomplishment

Cheering Activities

Contentment

Feel satisfaction and happiness in their late stage through they can contribute in the community

Love

Feel secure with family engagement

Joyful experience



Master for playing
mahjong



Nail polish

Play board game
with friends



Pet lover



Regain their interest



Concentrate on their favorite hobbies
Forget their pain.

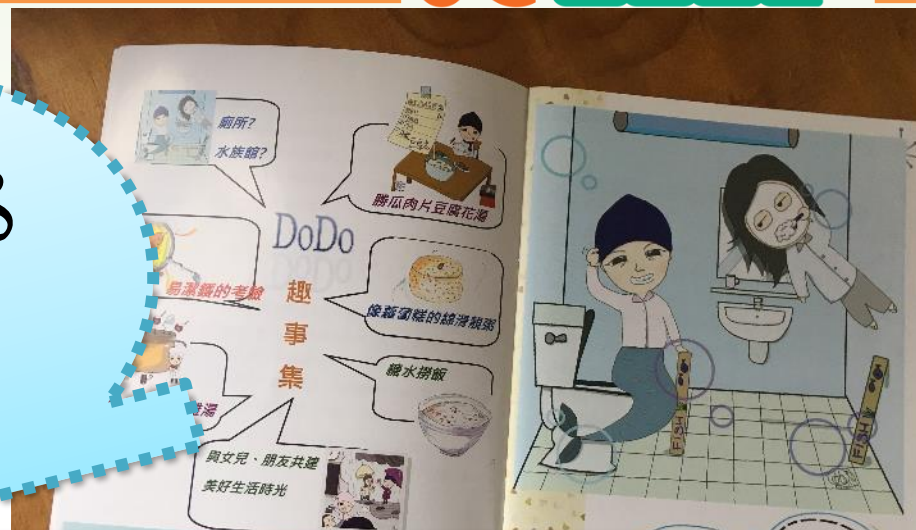


Contentment – wisdom inheritance

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This is ME



廁所? 水族館?

Contentment – contribute their strength

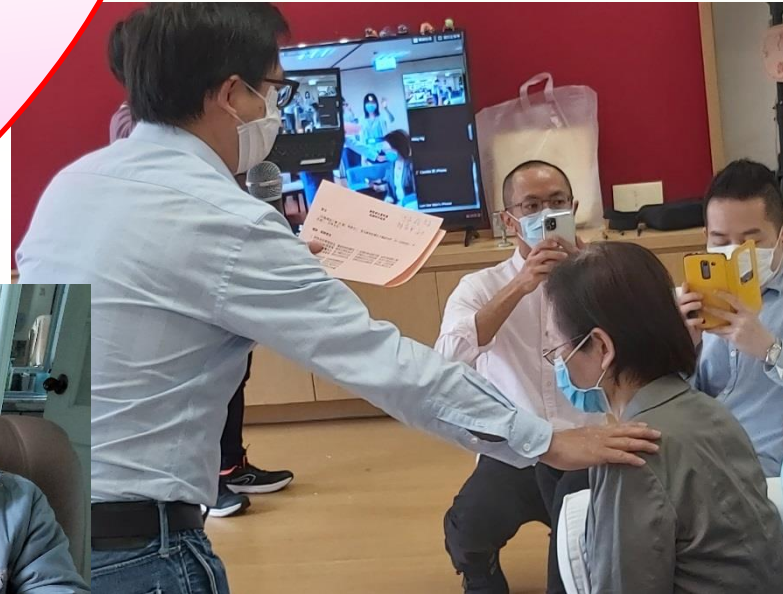


LIKE



Love

*Love with
family and
God.*



Feedback from family members

Cheering activities like an alternative treatment, full of joy and love, even better than only taking medicine.

Increase the interaction among the family members. They have something to do other than taking care of the illness.

They are ready to talk their funeral arrangement and let us follow their wish.



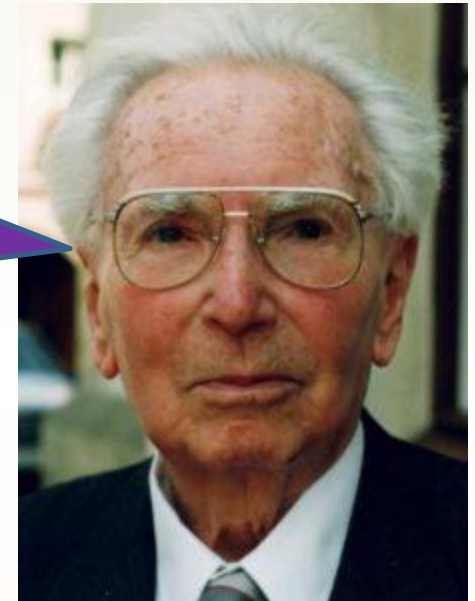
Good and sweet memories for the family which help us to reduce grief.

Activity is not only activity

- Viktor Frankl: LOGOTHERAPY

When we are no longer able to change a situation, we are challenged to change ourselves.

Suffering is an ineradicable part of life, even as fate and death. Without suffering and death human life cannot be complete.



When death is inevitable, we can create the meaningful moment, and search the meaning from the activities. The grief may be released and the thought may become positive.