

Video transcript – Older Adult Mental Health Awareness Week message
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Courtesy of the Chinese Geriatric Society



When autumn comes, we celebrate several holidays, such as the Mid-Autumn Festival, National Day Holiday, and the Older Adults Day. As a result, we have more time than usual to accompany the seniors in our family. When we stay with them, we automatically observe their physical health status and ponder whether they are physically healthy.

However, the experts advise us to pay attention to seniors' physical health and mental health as well. When I learned about such advice, I could not help asking myself. Did I have mental health awareness before? Was I prepared for the mental health challenge?

I could recall that I had a little bit of mental health awareness. However, I am still not well prepared, especially with professional support.

I would like to urge that we acquire more knowledge about mental health, particularly about old age mental health.

Being equipped with plenty of knowledge and getting ourselves well prepared for mental health, we will have different views on the seniors when we accompany and communicate with them. We might become more sensitive to discern their changes. We might be aware of what support they need. We will also be mindful of what kind of professional support we should go and seek advice for ourselves and our seniors.

When we are well prepared, we will have different experiences when accompanying the seniors.

I would like to say, mental health is the key to our happiness and well-being, not only for older adults but also for ourselves.

Let's stay healthy in physical and mental health.