



Video transcript

Video - Care for the elderly

Speaker: Auntie Fong, Winky Kwok (HSBC Volunteer)

[Auntie Fong] I'm Auntie Fong. My favourite thing to do is making fabric patchwork.

My favourite work is this flower, because my idea came from Van Gogh. His painting, is it "Sunflower"?

Her name is Circle, my husband adopted her from the street when she was a baby. She has been here since then. She is 20 years old now.

I met my husband when I was 40 years old. He has been my mental and spiritual support. Because there was no one caring for me when I grew up.

I was very unhappy during my childhood. I know I was adopted, I don't want to be abandoned again.

In 2021, my husband suddenly passed away. It's hard to describe my mood back then, like there was nothing worthy in this life.

[Winky Kwok] I'm Winky, I'm an employee at HSBC. We had a programme pairing up volunteers and elderly, helping elderly people realise their dreams.

After Auntie Fong's husband passed away, I saw her again and she had lost so much weight. When we were leaving after the visit, she was going to cry.

It was heart wrenching for me to see an elderly person going through such pain. We really wanted to walk this path with her, instead of just finishing the programme.

What shall we buy in Sham Shui Po? Threads...and anything else?

[Auntie Fong] I want to get some new denim fabric. This one is a bit old.

[Winky Kwok] OK, let's go and get one.

[Auntie Fong] Don't buy it unless it's a bargain.

[Winky Kwok] This one is quite nice, but there are only a few variations. Wong Tai Sin, Sham Shui Po, I can only see names of the three locations.

Then, we took her out to do different handcrafts, in order to enrich her daily life. Then she started getting better gradually. She changed from someone who is unsociable and introverted to someone who is joyful and willing to share.

Not just her, even the cat has changed. Just like the owner, she used to be hiding all the time. Now she always comes out when people come to visit.

It is really hard for someone to get up from rock bottom. Building a relationship can rebuild their self-confidence and encourage them to keep on going in life.

[Auntie Fong] Winky is like my family now. Even her mum and her friends have come to visit me.

A person can be very different when being cared for by someone. At least I'm not forgotten by the world. There are so many people care about me even in my last part of life, I'm so grateful.

[Text on screen] As Hong Kong faces a rapidly ageing population, the isolation and mental health issues of elderly people have become increasingly prevalent.

In 2021, it was reported that more than 500,000 elderly people live by themselves, or with only their spouse for company.

Auntie Fong is one of the thousands of elderly people who HSBC has been dedicated to supporting through volunteer programmes and outreach efforts.