



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Retrospective Studies on GDH Pilot Life Story Project : “Salute with Life Fighter” 2012 - 2013**

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**Introduction**

For stroke and O&T patients, they use to personifying their illness as their own problem and totalizing “patient” as their own identity. Narratives were used to help patients deal with the loss of self-experience. The pilot therapeutic project “Salute with Life Fighter” was conducted for TMH Geriatric Day Hospital patients, in collaboration TMH Sunshine Angel Summer Volunteer Scheme, since 5.2012 (collaboration with TMH CSC). By taking outsider witnesses’ roles and preparing the therapeutic document of story folders, sunshine angel volunteers explored different life wisdoms of patients on coping with chronic illness. Through the process of storytelling, patient is helped to see that he/she has a problem, rather than is a problem thus becoming less depressed as the sense of helplessness is reduced. They can open up more opportunities of consideration of strengths and gain made throughout life, and can renegotiate with new self-identities and alternative storylines ultimately.

**Objectives**

1. To enlighten life wisdoms of patients on positive coping with chronic illnesses  
2. To facilitate the understanding and respect of senior form students to chronic ill elderlies  
3. To facilitate the positive coping of chronic ill elderlies in NTWC through peer sharing  
With narratives of patients’ illness, thoughts, beliefs and emotions by papering the patients’ ability with story folder, it can help patients see their reality is enhanced by providing them with insights, connections and “bigger picture” moments. By telling a new story, patients need new words to attribute new meanings and create significance of their retold story. By recognizing the psychosocial nature of their illness, sunshine angel volunteers can provide opportunities for movement towards adaptation within patients and his/her situation. Patients can contribute their life wisdoms of resilience/ positive coping with chronic illness and hardships to sunshine angel volunteers too.

## **Methodology**

1. To liaise with TMH Community Services Centre for the collaboration of the pilot life story recognition project "Salute with Life Fighter" 2. To nominate patients for story writing on positive coping on stroke and O&T illness (3 in-hospital visits for each patient) by sunshine angel volunteers 3. To prepare the story folder by sunshine angels 4. To send back the story folder to patients With the application of narrative skills of outsider witnesses practice and therapeutic documents, GDH patients can deconstruct, co-construct and re-construct the new meaning of their own chronic illness, search for a new way of coping and living well with chronic illness and also its symptoms that co-exist with them as long as they live. 21 sunshine angel volunteers wrote stories for 19 GDH patients (10 males and 8 females) from 5.2012 to 8.2013. 21 story folders were prepared and sent to nominated GDH patients by face-to-face sharing by sunshine angels or support by TMH GDH staff.

## **Result**

GDH patients chose to participate in rehabilitation treatment actively with the life wisdoms of 永不放棄; 樂觀面對; 積極; 堅持; 笑住面對逆境; 接納個病; 珍惜生命; 刻苦耐勞; 一切順其自然; 活在當下; 將困難縮到最少, 將希望放到最大, etc... They also chose different identities after the conversation : good parent, good grandparent, good teacher, and also a life fighter coping well with stroke and O&T illness. Sunshine angel volunteers also learned different life wisdoms from GDH patients on coping with illness and hardships through their conversation : 人生有起有落, 凡事要正面去看; 生活充滿希望; 在逆境中學懂堅持; 做人要責任心; 笑著面對命運; 樂觀生活; 好好珍惜眼前人; 每一天都要快樂地生活; 重拾學習的熱誠... Sunshine angel volunteers were well equipped with life wisdom on coping with hardships in their future lives. The program also creates a love, tender and caring energetic environment for GDH patients. Positive changes were found from sunshine angel volunteers : change from negative biases to positive respect and acceptance of chronic illness patients.