



## 幫我辦到私人事

「年紀大，真無用，連最簡單的私人事，也辦不到。」年81歲的關婆婆有點神傷地說。

「本來以為有老伴可以照顧我，但去年他因病死後，我的情況更顯得更差。」獨居在香港仔石排灣邨的她，本以為兩年前遷入現址較為闊大的地方，情況會較為轉好。

「現在我每次往廁所大小二便，每次都要小心，因為坐在廁板後，由於雙腳無力，便不能站起來。」坐在尚大洗手間的廁板上的關婆婆指著雙腿說：「我有腳患已有多年，行動又不方便，每晚雙腳都會膝頭總是無力，要用力從坐在廁板上站起來是很困難。」

「坐廁後面雖有扶手，但我要反手扶緊它，我根本無腰力做，我更怕扭傷腰骨，到時有誰人可照顧我呢？」關婆婆有一兒子年約50多歲，約30歲婚後便遷離家庭，因收入有限，未可照顧關婆婆的生活，致令關婆婆與老伴領取綜援金過活。

「我無希望，只希望每次可以如廁順利，避免跌倒或扭傷。」當關婆婆向一社工表達困難後，適值善善真堂周先生送出一方便傷殘人士、座廁兩旁有著扶手的護理座廁板，負責的社工連忙將她轉介至本會。

「我雙手有力，可以每次如廁後，不用愁便可站起來，真是方便到極。」當義工替關婆婆裝上新廁板後，婆婆連忙坐在廁板上不停地試用著。「我好高興，因為我可以辦到我的私人事，令我的大小二便方便到極。」



## Who says Elderly care nothing about privacy?

“When we were babies, we relied fully on other people and we get more independent as we get older. But now, I am turning back again. Now I need other people to help me even on tasks as simple as answering the call of nature. I want to feel independent again, I want privacy, even when I am wee-weeing, but... can I?” Granny-Kwan, 81 years old, talked about her heartfelt pain.

“Last year my husband died. Before that he was the one taking care of me. My condition deteriorates further since then...” said Granny Kwan. She has moved into Shek Pai Wan Estate in Aberdeen for 2 years. At first she felt happy about it because it was more spacious down there but not so long afterwards she found problems with her premise.

“It’s about the toilet design. Every time I go to the toilet, I was trapped on the toilet seat.” Keep pointing to her legs, she continued, “My legs have been aching for years and cramps on my legs happen nearly everyday. As I am strengthless on my legs, it is not easy for me to leave the toilet seat myself. The handrail in the rear doesn’t really help either. I can easily get hurt on the spine while leaning upon the handrail struggling to stand up. Who’s going to save me from being trapped in the toilet?” cried Granny Kwan, and she told us something about her middle-aged son. He is now married and has his own family. With limited income himself, he is unable to financially support her living expenses; this is why she and her husband need to live on government subsidies.

“My only wish is to independently go to and leave the washroom anytime I like, without risking to get hurt.” A wish as humble as that, can only fulfilled after we received some special designed toilet seats donated by Mr. Chow from Shang Sin Chun Tong. With handrails on both sides, these toilet seats are specifically designed for elderly. Granny Kwan was referred to SJS very soon after we secured the granted toilet seats.

Now she is happier than ever before, this is what she told us, “Holding the rails on the sides, I can now manage to get up myself. I regain my privacy, I regain my pride. From now on, I can go wee-wee myself.”

關婆婆很開心地試用護理座廁板。

Granny Kwan is happy to have a new toilet seat.



捐贈者言  
Donor's Remark

# 永遠記得 義工的幫忙

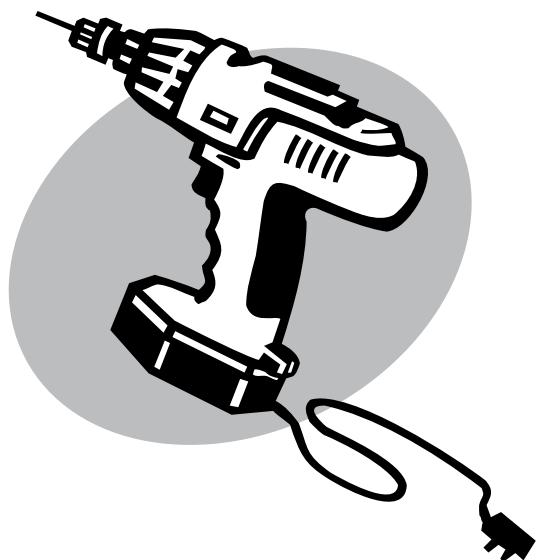
「很多謝陳炳麟先生曾幫助我，使我們可以渡過最困難的時刻。」一位黃姓的女士說。

「我還記得當時陳先生告訴我，要長大後有能力時要多幫人。」此名29歲的善長說。

「我捐助的不多，只是略盡綿力，希望可幫到陳先生的工作。」現在已婚業文職的黃女士說。

原來黃女士是本會「家居維修服務」於1991的個案，當時約15歲的她，和10歲的弟弟與60歲的母親因父親突然死亡，由社會福利署安置往一公共屋邨的單位居住；本會的「家居維修服務」當年正是發動義工，免費替她們作新屋簡單裝修之工作，包括櫥房、鋪膠地板、油漆、鋪電線、安裝照明與廚房設施等。

「當年我們非常徬徨，幸得聖雅各福群會的幫忙，令我們非常感激。」放下善款，囑咐我們用作幫忙有困難的維修個案上，黃女士也不願透露姓名。「我會永遠記得義工的幫忙的。」



## To the Volunteers in SJS: Your kindness would never be forgotten.

"I need to thank Mr. P.L. Chan for his help. That was the most difficult times in my life, I couldn't have made it without him." said a woman who identified herself as Ms. Wong.

"I remembered Mr. Chan told me never hesitate to lend others a hand after I grow up," continued this 29-year-old young lady, she is now a white-collar worker and is married. "It's just a small amount of money but I hope through Mr. P.L. Chan's work, my donation could help someone get through his difficult times as well."

She was one of the beneficiaries in our 'Home Maintenance Services' in 1991. Her father died when she was only 15 and she was living with her 60-year old mother and a 10-year old brother. They lost a major wage earner in the family, so the Social Welfare Department relocated them to a public housing unit. All the renovation works in her new home, e.g. re-arranging rooms, re-doing floor tiles, painting, re-wiring, lightings setup & kitchen makeover etc., was done by a bunch of volunteers who initiated the Home Maintenance Services in SJS.

"I could still remember how scared and anxious I was, and I was so fortunate, thanks to the assistance from St. James' Settlement, we got over the hardest time ever." Leaving her donations without leaving her full name, Ms. Wong specified that her donations should go to our 'Home Maintenance Services' and be used to help the distressed families who need home maintenance. "I would never forget the kindness and the help of the volunteers in SJS."