

The Elderly in Hong Kong

The elderly face a number of problems in Hong Kong. The society should concern more about the elderly. In this article, I would like to talk about what problem the elderly are facing, how we can help and how the society can solve this problem.

Elderly encounter a lot of problems in their life, for example financial problem, family problem and health problem. Many people didn't save a lot of money in their youth. Some poverty people only made the ends meet so they didn't have any savings. When they are retired, they do not have enough money to live. They depend on the old age allowance.

The elderly also face family problems. Many people have no children or their children do not take care of their parents. Besides, some elderly suffer from abuse. Their children may be under great pressure at work. They may beat up their parents to release their anger. Also, their children may have their own family so they don't want to live with their parents.

Furthermore, the elderly also suffer from the health problem. Because of the old age, they may easily contract the chronic diseases, for example high pressure and heart attack. They cannot move around easily. They need to use the wheel chair. They feel torture for the rest of their life.

I would like to talk about how we can help the elderly. As for individuals, we can be volunteers to help the elderly, for example visiting the elderly home. We can bring some food to them. We can also chat with them. When we visit the elderly more often, they feel happy. They think that many people concern about them. They aren't lonely in this world. This can give the elderly the hope.

Besides, we can hold some activities in community centre. The elderly do not have a lot of activities to do after their retirement. We can go to the community centre to sing with them. These activities are entertaining. Also, the community centre can hold some courses for them, for example painting. These can cultivate the elderly some interests.

Moreover, the government can implement some policies to take care about the elderly. As the elderly face the financial problem so the government can increase the old age allowance. Nowadays, a lot of things are very expensive owing to inflation. Increasing the allowance can help the elderly to solve the financial problem. Also, the government needs to promote the mandatory provisional fund. It can make people more concern about this. They can have some savings. These policies can make the people live better. This is the long term solution.

We need to help the elderly. The elderly suffer from many problems. Different parties including government can help them to solve the problems.