

Pastoral Thoughts – August 2013

Visiting Elderly People

Janet Holdstock

Visiting elderly people, I see depression quite often. Sometimes due to loss of ability to go out on public transport to see friends or shop, sometimes due to loss of physical or mental function that challenges their independence, sometimes just being isolated and 'trapped' in their homes. Getting elderly can be lonely as friends die or are too infirm to visit. The mind can be alert but the body weak making everyday activity difficult. I see elderly people in tears of frustration, as they cannot do what they need or want to do.

What can we . . . you or I . . . do?

Janet

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