

Celebrating... Grandparents



Geriatric & Gerontology Clinical Stream
Aga Khan University School of Nursing and Midwifery

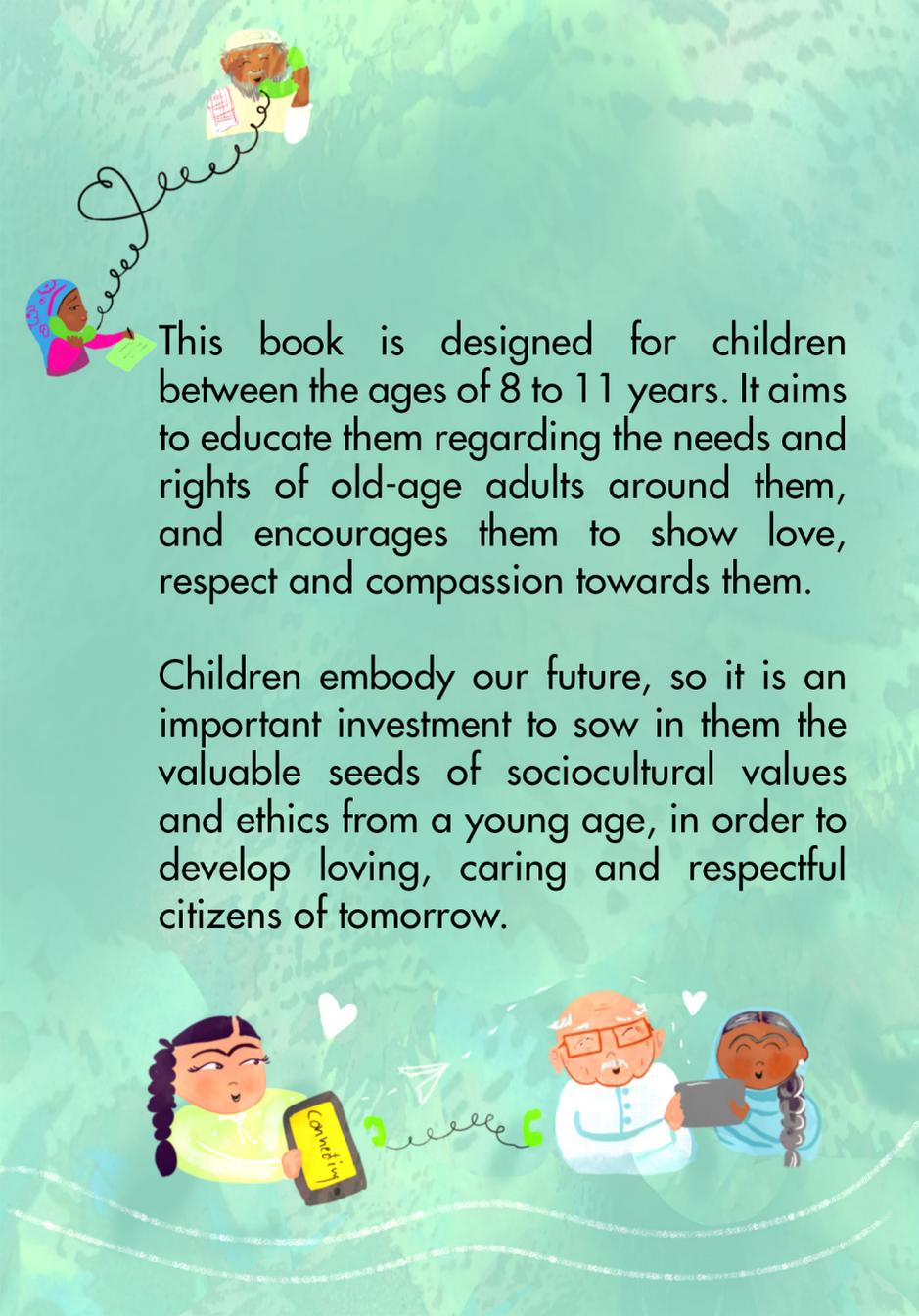


Written by Dr Shelina Bhamani & Laila Akber Cassum



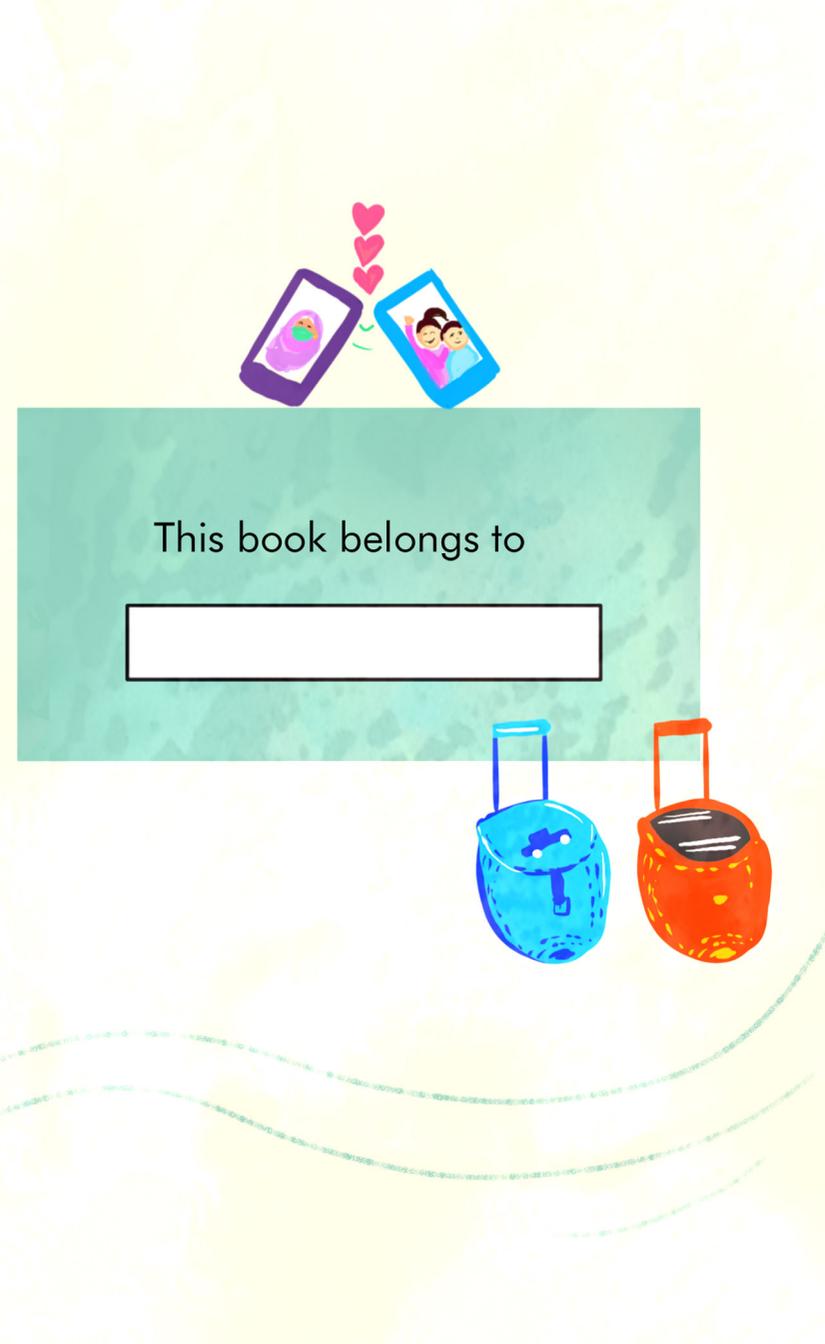
Copyright © 2021 by the Geriatric & Gerontology Clinical Stream, Aga Khan University School of Nursing and Midwifery. All Rights Reserved. No part of this publication may be reproduced, or utilized in any form or by any means, without permission from the publisher, except for non-commercial, educational uses.

Authors claim no conflict of interest.
Written by Dr Shelina Bhamani & Laila Akber Cassum
Illustrated by Maria Riaz
Edited by Maliha Fazal & Umaima Mughal
Content reviewed by Dr Marie Andrades



This book is designed for children between the ages of 8 to 11 years. It aims to educate them regarding the needs and rights of old-age adults around them, and encourages them to show love, respect and compassion towards them.

Children embody our future, so it is an important investment to sow in them the valuable seeds of sociocultural values and ethics from a young age, in order to develop loving, caring and respectful citizens of tomorrow.



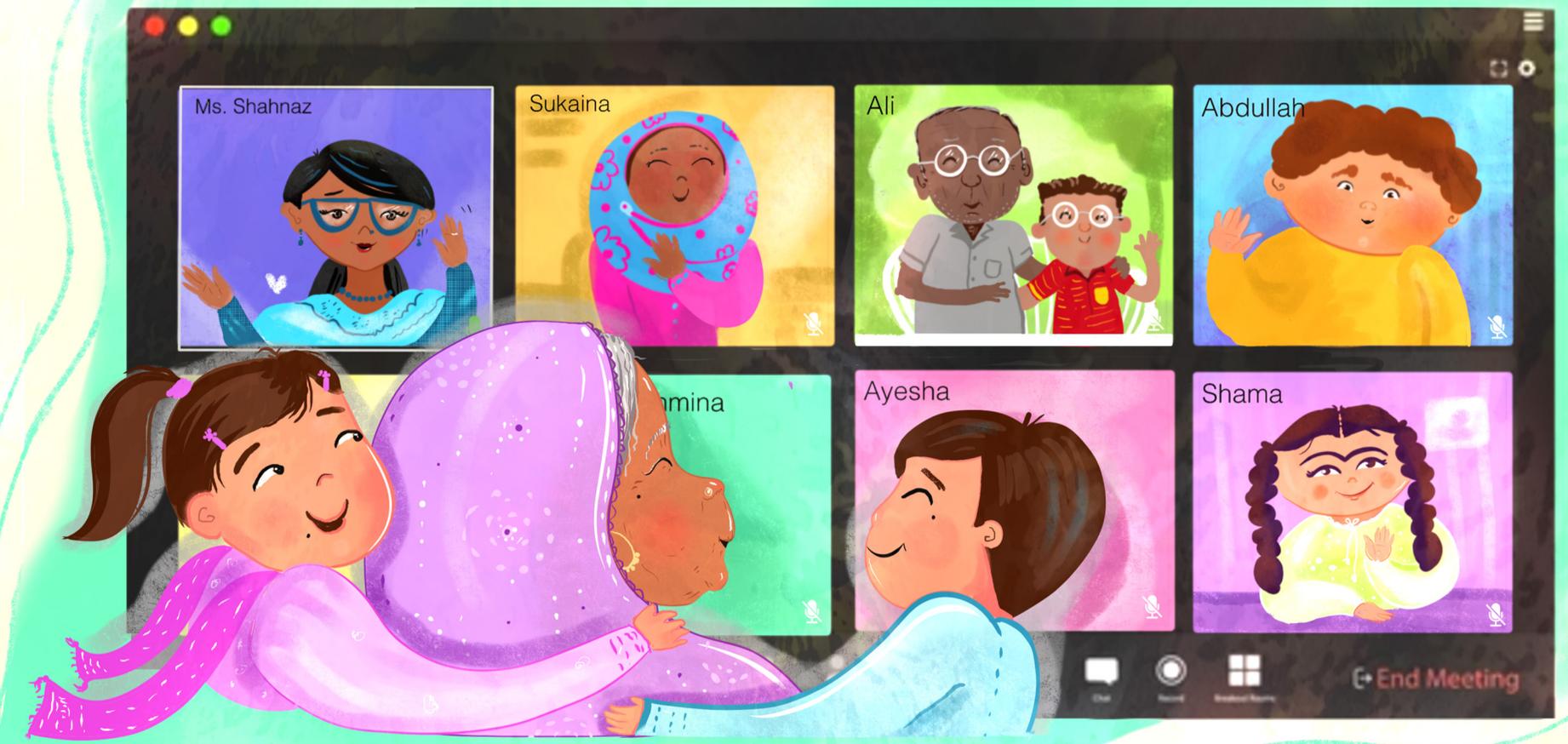
This book belongs to

It's a bright and sunny day. Taha and Tehmina are all set to start their online classes at home! They clean up their study desks, set up and sanitize their laptops, wash their hands and dress up right on time before the class begins.



Today is Grandparent's Day at Taha and Tehmina's school and they are very excited because their paternal grandmother, whom they call *Daado* is attending it with them! All the students were invited to bring their grandparents online, so they can introduce them to their classmates and teachers on live video call.

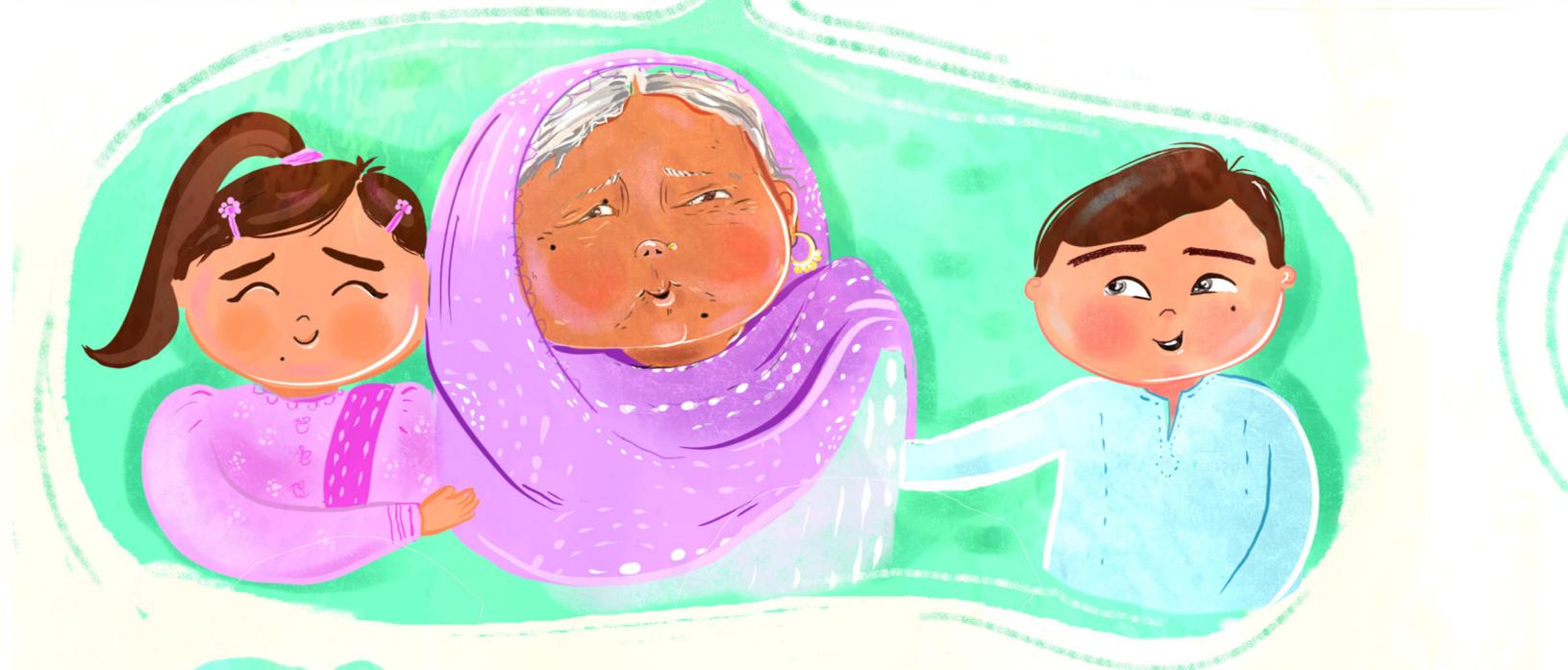
Everyone joined the online class. Some children had their grandparents next to them because they live with them, some went to their house to attend the session, and some grandparents joined online. A few students came on their own because they did not have any grandparents to bring along.



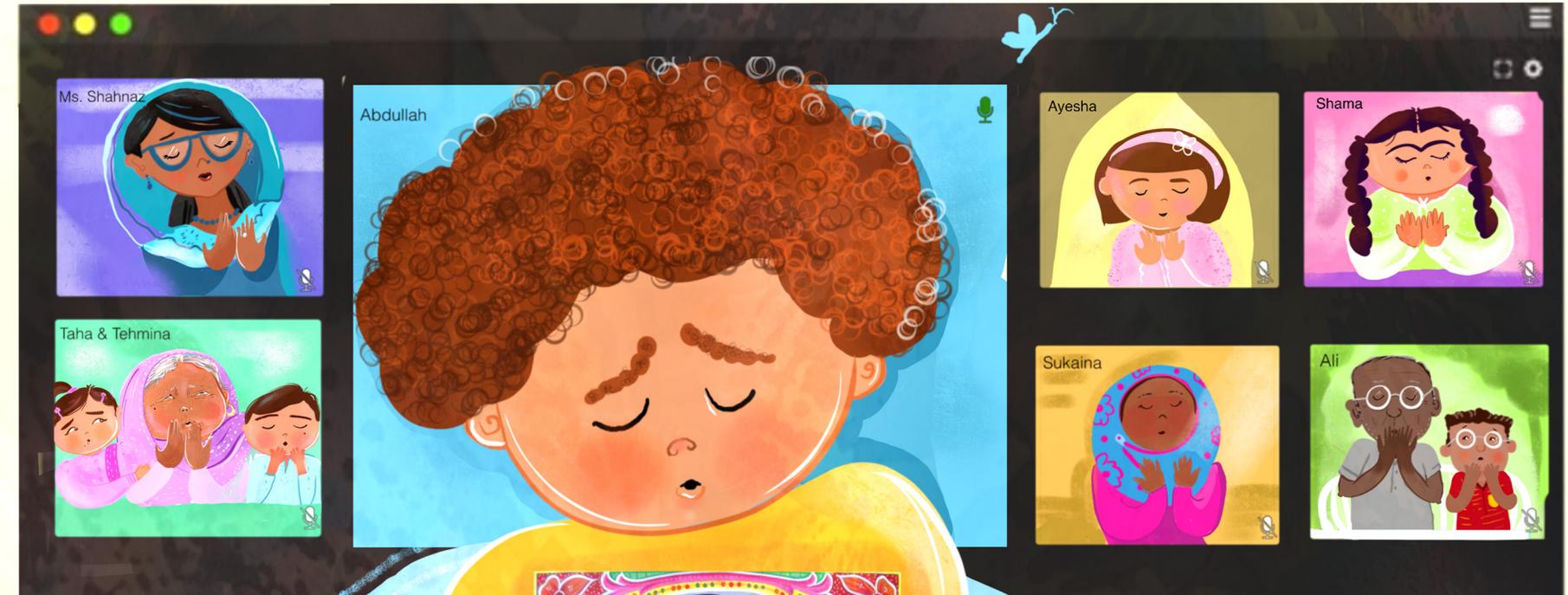
Taha introduced his *Daado* to the class and spoke about the friendly bond he shares with her. His grandmother told the entire class how loving Taha and Tehmina are, and how they take care of her at home. As soon as they get done with their classes and homework, they sit with her, listening to old stories and playing board games.

When Taha's grandmother contracted COVID-19 and had to live in isolation, Taha and Tehmina made sure they speak to her on video calls and snuck her favorite snacks to her room, so she does not feel lonely or bored during her illness.

Daado especially mentioned that after the passing away of their grandfather, whenever she feels sad or lonely, Taha and Tehmina are there to make all her sadness go away! She loves it when they play with her, go on walks with her and spend time with her.



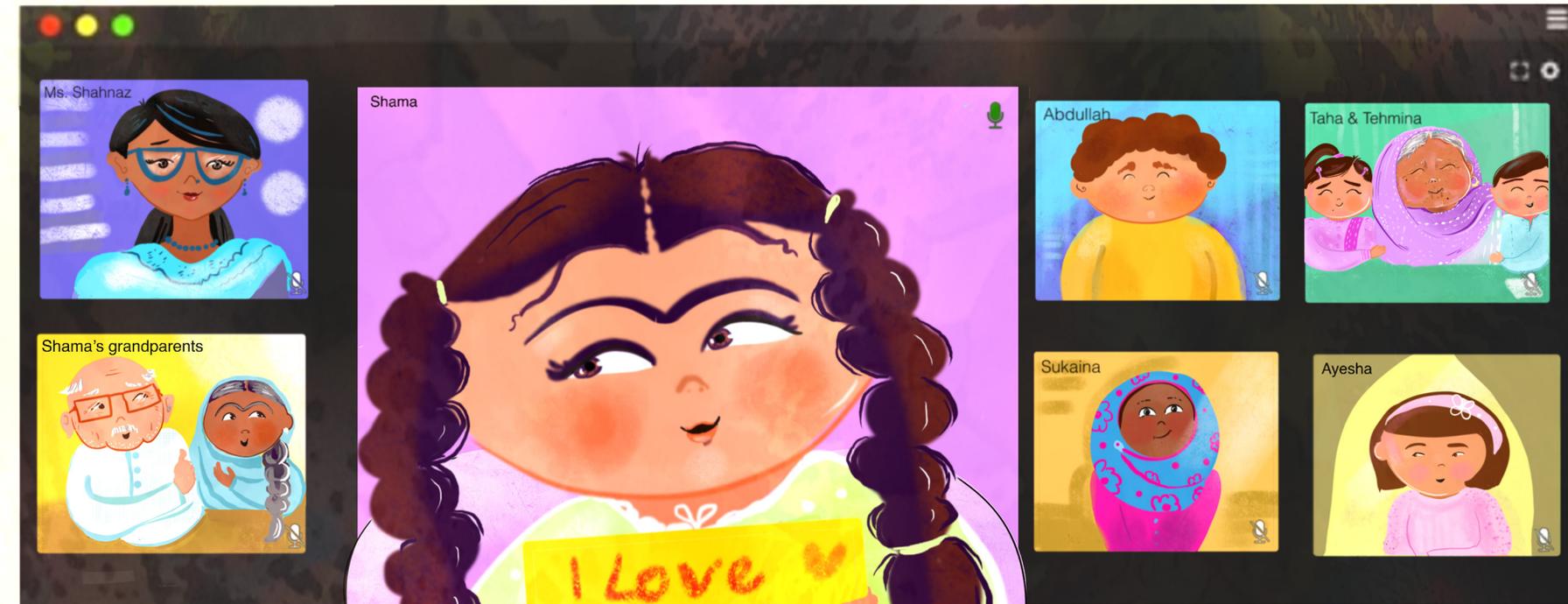
Abdullah, one of Taha's best friends was listening intently to *Daado's* stories. He told everyone that his grandparents are not in this world anymore but he had brought pictures of them instead to show to the class. Together with the teacher and his classmates, Abdullah said a small prayer for his own, and all other grandparents who had passed on.



Shama, another one of Taha and Tehmina's classmates, told everyone that her grandparents live in another city, which is why she is only able to meet them once every few months or on festivals. She told everyone how much she misses her *Nana* and *Nani* and wishes she could live with them forever!

Their teacher, Miss Shahnaz told the class how we sometimes take our grandparents for granted when they live with us, and only realize their value and importance when they go away. Shama mentioned that despite living far away from them she makes sure to call them every day once she gets done with her homework.

Next was Ali's turn. His grandfather told everyone about a support group he has started for older people and how much he learnt about them during their regular meet-ups in the neighbourhood park.



He explained that as people get older they begin to face different kinds of problems. From physical weakness to losing eye sight, teeth, sense of hearing and even memory! All of this with health problems like heart disease, blood pressure, and diabetes, for which they have to take medicines. Like younger people, they cannot eat anything they like but have limited options to choose from.

“I have diabetes, which means I cannot eat anything that is unhealthy” said Ali’s grandfather. He continued explaining how all of this makes life challenging for older people. “But there is something that makes everything better for us!” he said.

“What is that, *Daada?*” asked Ali

“When our family, especially children treat us with love, care, compassion, and patience, we feel a whole lot better and forget all of our problems!” said his grandfather with a huge smile on his face.

The entire class was moved by his talk. The other grandparents nodded their heads in agreement. Miss Shahnaz thanked him and reminded the children to respect and care for the older people around them and learn to understand their needs.



Next in line was Sukaina who shared with her classmates how much her grandfather helps her with Maths homework even though he lives far away from her in a village that has low internet connectivity. She told everyone with fascination that her grandfather had never received formal schooling but was still excellent in mathematics due to his life long experience.

Whenever Sukaina gets stuck in solving problems, she always rings her grandfather who happily helps her out. "Thanks to him, Maths has become my favorite subject!", said Sukaina proudly.



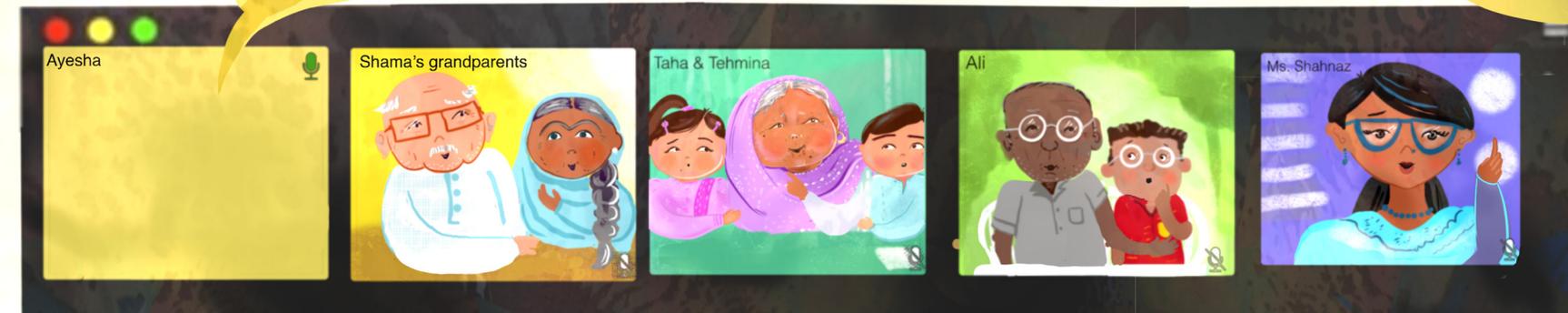
During Ayesha's turn, she spoke about accompanying her mother to an old-age home where she saw so many people like her grandparents.

Some were playing board games, some sat reading books and some of them were watching TV. She noticed that a few of those people looked happy but many looked very sad. Ayesha's mother explained to her that these people lived in an old-age home because either their children are living abroad, or they do not wish to live with them.

"Isn't that very sad?", Ayesha asked the class with worry.

Two of the grandparents appreciated Ayesha for her concern, and said "Don't be upset, child. People who live in these homes are not alone. They have each other, they have care-takers and most importantly they have their God with them! This keeps them strong even though they miss their children sometimes."

The class collectively decided that they should visit old-homes sometimes, and spend time with the people living there just like they do with their own grandparents! Miss Shahnaz and the grandparents encouraged the children to do so, and said they could also join them to help out.



As everyone narrated interesting stories and gave remarks, at the end of the session Miss Shahnaz requested all the children to take a pledge that day to always be nice to their grandparents, spend time with them, take care of them and engage with them by playing games, listening to their stories, learning from their experiences and by simply creating memories with them that they can cherish for the rest of their lives!

The entire class raised their hands and pledged to do so. All the grandparents were overjoyed at seeing this and so proud of their grandchildren for showing so much love, compassion and care towards them.





Activity

Write Pledge on Elderly Care:

Ideas to Support Elderly Care in your Community

Values for Care and Compassion:

- Respect
- Love
- Empathy
- Affection

Learning from their experiences

Accept their needs as they grow older

Practicing patience and tolerance



Let's Make Handmade Postcards



Imra Javed
BScN Year IV



Uzma Jabeen
BScN Year III



Nabeela Barkat
BScN Year IV

It's your turn now!