

## **Help the Elderly who Live Alone**

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Nowadays, the problem of an aging population in Hong Kong has become more and more serious and what worries me is that most of the elderly are living alone. Therefore, I am writing to express my concern about the livelihood of the elderly who live alone and I would like to suggest something the government should do to help them.

Old people who live alone may lose confidence easily. They may feel bored and think that they are useless and unloved. Therefore, we should spend more time with them to let them know that they are loved and respected. The government should set up more social centres and elderly community centres for the elderly so they can make better use of their leisure time and build up social networks.

Some elderly receive the Old Age Allowance and the average amount is \$700 a month. In my opinion, the money is not enough for them to keep body and soul together. Therefore, the government should increase the Old Age Allowance from \$700 to \$1000. Besides this, some social security assistance should also be given to the elderly in need.

Some elderly have health problems and cannot take care of themselves properly. Although the government has already set up a 24-hour emergency alarm system, not every elderly person knows about it. Therefore, I think the government should do some promotion to let more people know about the system so more elderly can be helped. Also, voluntary workers should often visit the elderly who are living alone to help them clean their homes.

To conclude, I hope the government can take action quickly. Then the elderly can benefit from the society and enjoy the rest of their lives.