

## Finding hope and joy while living with dementia



Nelly practising Chinese calligraphy at CareLibrary

The late Nelly Lim is one of the many participants who benefitted from CareLibrary's cognitive activities and engagements.

77-year-old Nelly was a primary school educator. She was diagnosed with dementia in 2015. When Nelly realised her memory was failing her, she felt confused and frustrated at her loss of independence.

Nelly's son was recommended to enrol her at CareLibrary in May 2017 to have her cognitively engaged by trained dementia care staff.

"Initially, my mother was resistant to joining CareLibrary as she was sceptical about how the programme could help her. She had already resigned to her fate that dementia was her new normal," shared her son Gary Ho.

Eventually Nelly agreed to attend CareLibrary after her son's constant encouragement. In the four years of regularly attending CareLibrary, Gary witnessed a marked improvement in his mother's mood and behaviour.

"My mother was willing to try new activities like playing musical instruments and most importantly she grew to be content and was always in a better mood after coming home from the sessions," Gary shared.

Music therapy was Nelly's favourite time, she enjoyed singing with her friends and learning to play a variety of musical instruments. During her time at CareLibrary, Nelly publicly performed English and Mandarin medleys using djembe, handbells, rainstick and tambourine.

Gary is appreciative of CareLibrary's dedicated care and concern for his mother. He is grateful for the regular updates the staff provides and the passion they exhibit in their work.

Nelly passed away on 10 December 2021. Gary affirmed, "CareLibrary brought a lot of joy to my mother and at that age, all we really wanted was for her to be happy."



Performing the djembe at World Alzheimer's Day performance in 2018

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