

Spirituality and Chinese aging

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Chinese cultural values of aging

Good aging is
lifelong life surrounded
and cared by children
and grandchildren.



Chinese cultural values of aging

- longevity
- respect
- filial piety



Spirituality and Chinese aging

- Finding of an aging study from Singapore (Ng et al. 2009)
 - Spirituality is one of salient determinants of successful aging in terms of functioning and wellness including cognitive and affective status, physical health, social functioning, engagement and life satisfaction.
- Finding of a research from Hong Kong (Wang et al. 2008)
 - Spirituality played a mediating role in the linkage between vision impairment and general mental health.
 - Spirituality was significantly associated with multiple domains of health related quality of life and it may play an important role in the process of adaptation to age-related loss among Chinese older adults with vision impairment.

Healthy aging and spirituality for Chinese elderly immigrants

老有所依 Somewhere to **B**elong **B**

老有所終 **L**ife experiences validation **L**

老有所學 **E**ducate oneself continuously **E**

老有所養 Nurturance and **S**ustenance **S**

老有所用 **C**ontribute to **S**ociety **S**

