



# Community Care

## Objectives >>>

### Students should:

- Learn some of the etiquettes of looking out for the ill, including
- Understand some of the etiquettes of looking after the elderly

## WHAT IS A COMMUNITY?

A community is a group of people that gather in one place. For example, we here at the Islamic Centre, make a community. Another example is that of a particular neighbourhood forming one community.

It is important to live in a community, because Islam is a social religion, and it encourages us to socialise with different people of different ages. When we come together as a community, we tend to meet people of different ages, different countries, and sometimes different religions.

In Islam, one of the most important factors of living in a community is to care for people who are ill. Illness is something that comes from Allah (SWT) hence it is not a bad thing. Many times, we look at illness as something harmful to us, but in reality it is a blessing, because Allah (SWT) rewards one who is ill because of his helpless condition.

In Islam, we are very much encouraged to look out for the ill. It is highly recommended to go and visit a patient.

## Social Rules

LEVEL 2

Regardless of whether the patient is related to us or not, there is a lot of reward in visiting the sick. Here are a few of the etiquettes of visiting the ill:

- Before visiting the patient, call and inform them of your visit especially if they are at home.
- One should always take something small with them such as flowers, fruits, etc.
- Keep the visits short. Do not sit for too long because this may be inconveniencing the patient.
- Smile and speak good words to the patient. Do not argue or get upset in front of the patient
- Before leaving, pray for the patient's quick recovery.



Being sick for long periods of times can affect a person's mental health as well especially if he or she is elderly. That is why we are encouraged to visit them regularly and speak to them kindly, and give them encouraging words.

## LOOKING AFTER THE ELDERLY

Most of us have grandparents, or uncles and aunties who may be elderly. Another important part of our social life is caring for the elderly. How do we do this?

- Show them respect – Speak to them gently and politely. Regardless of whether you come across a Muslim or a non-Muslim elderly person, the same respect should be given to both. If you are seated on a train, and an elderly person walks in, you should immediately stand up and offer your seat.
- Serve them – Help them with their meals, medicines, drinks, etc...This does not only apply to our family members at home, but also at any Islamic Centre where the elderly may need help with things such as walking, sitting, etc...
- Spend time with them – Old people love the company of younger children, and they enjoy it when someone sits and talks to them. It is our duty to keep them company, and entertain them be it by talking, playing or even just sitting with them.



## A BEAUTIFUL STORY - GRANDPA'S TABLE:

A frail old man went to live with his son, daughter-in-law, and four-year old grandson. The old man's hands trembled, his eyesight was blurred, and he walked with much difficulty. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the

floor. When he tried to hold a glass of milk, it would spill on the tablecloth.

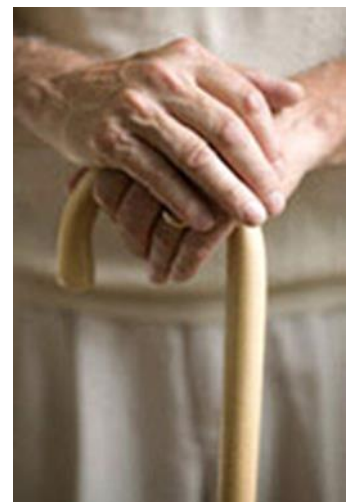
The son and daughter-in-law became irritated with the mess. "We must do something about Grandfather," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor." So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp when he dropped a fork or spilled food. The four-year-old grandchild watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your food in when I grow up." The four-year-old smiled and went back to work. The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family.

And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth stained.

A simple story, but a powerful message. Elderly people are sent in to our lives as blessings for us. If we look after them well, Allah (SWT) will in turn look after us.



## Classwork

On the board, let us write down 5 other ways we can show kindness to the elderly and the sick in our community.

## Activity/homework

Each one of us should do at least one kind thing for an elderly person this week. Come back and tell the class next week what you managed to do.

## Review Questions

### Q1. When visiting the sick we should:

- a. Stay for a long while and talk a lot
- b. Take for them a gift and stay a short time
- c. Go only when they are extremely unwell

### Q2. When we speak to older people we must:

- a. Try to show respect and kindness to them
- b. Laugh at them because they do not understand how to use an Ipad
- c. Yawn and act bored when we listen to their stories.