

# CHOICES

## Scenario 3

### He's lonely

Your Mom wants you to come to visit your grandfather in the nursing home.

"He's been asking for you. You know you're his favorite. It'll really make his day. I told you that since Grannie died he's been very lonely. He really looks forward to any visitors – and you're special. Please. It will give Granddad a lot of joy."

What should you do?

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**A You say, "Sorry. I find old people upsetting. And all those others in the home are awful. Please don't make me go."**

#### **What next?**

Your Mom is really disappointed in you. "You know he only has a short time to live, don't you? You realise that you'll be old one day? How would you feel if your favorite grandchild abandoned you?"

You feel guilty, but also angry. He has lived his life and you have yours.

Then you sit still and remember what he did for you when you were little. He read you stories. He bought you gifts at Christmas. He played with you. He adored you.

Are you being mean and ungrateful? Maybe you should have gone after all.

#### **Think about it**

Families are normally seen as having unwritten rules. Your Aunt is loud and bossy. Your Uncle has bad breath. But you put up with them. It's called family loyalty. It's a strong glue and best not to break it for no reason. You may need them one day.

Besides, your Mom has a point. If you put yourself in Granddad's place, it must look as if you're turning your back on him too.

You got out of going, but you still feel bad.

*Do you want to look at another scenario involving families? (Go to 11)*

*Do you want to try the scenario again? (Go to 3)*

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**B You decide you can't say no. You go along to the nursing home, reluctantly.**

**What next?**

You walk into the home and find yourself surrounded by old people.

You feel really uncomfortable. It must be terrible to be this old.

Then Granddad sees you. He puts his hands out.

You go to him. He puts his arms around you. He weeps with joy.

"Oh, I'm so glad you came." He wipes away the tears and kisses your forehead.

You forget about feeling disgusted. You remember how much he loves you. You hug him back. He whispers, "My precious darling."

Suddenly, instead of feeling yucky, you feel full of happiness. Your Granddad is stroking your hair.

All the other old people are smiling at you. One is clapping. It has made their day too.

**Think about it**

The idea that we should never see anything 'unpleasant' does not prepare us for real life. There is sickness. There is old age. There is death.

Sometimes it's best to confront our fears. Putting ourselves out for a good cause can be really good for us. And, surprisingly, may not be a torment, but a pleasure.

It has been found that doing things to help other people actually makes us happier.

*Do you want to look at another scenario about facing challenges? (Go 6)*

*Do you want to try the scenario again? (Go to 3)*