

Project Title

From Strangers to Friends: Benefits of Intergenerational Bonding Programme on Preschoolers and Elderly with Dementia

Organisation(s) Involved

Apex Harmony Lodge; Church of Holy Trinity Kindergarten

Project Period

Start date: Jul 2015

Completed date: On-going

Project Category

Care Redesign

Keywords

Care Redesign, Informal Workforce, Person Centered Care, Inter-generational bonding, Preschoolers, Persons with Dementia, Psychosocial Care, Qualitative Assessment, School Value Curriculum, Character Building, Spark of Life Approach, Research, Bradford Well-being Profiling Tool, Observation Study, Thematic Analysis, Sense of Purpose, Self-discovery, Transfer of Learning, Relationships Building, Interaction Skills with Elderly, Nursing Home, Social Isolation, Quality of Life, Apex Harmony Lodge, Church of Holy Trinity Kindergarten

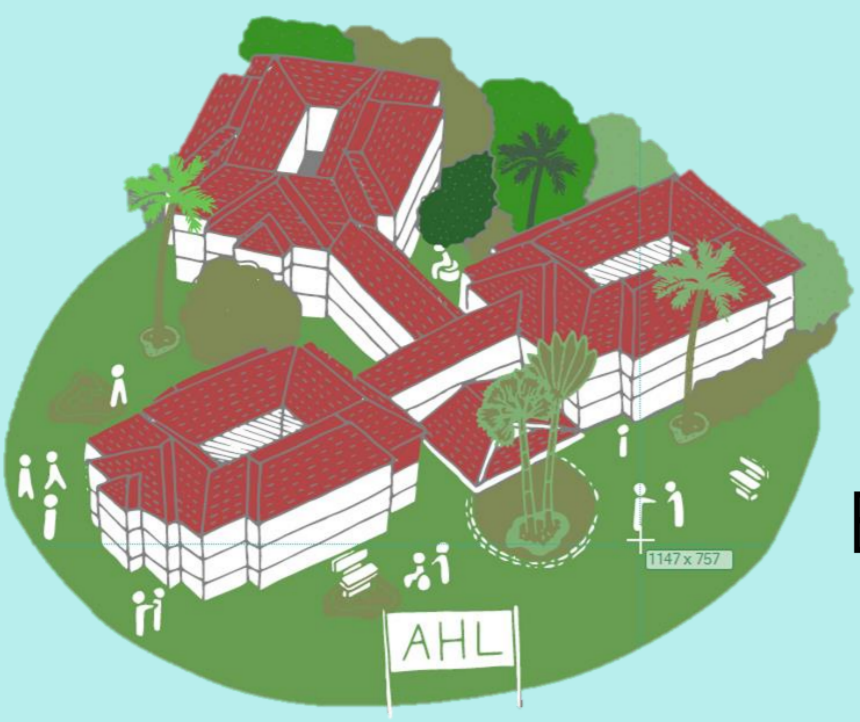
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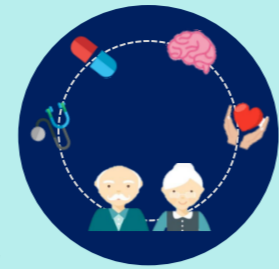
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Background

AHL values providing the best of care for persons with dementia using Person-Centred Care (PCC)



PCC based on the Enriched Model of Dementia: Neurological Impairment, Health, Biography, Personality & Social Psychology



Focus on social psychology as core component of care for residents

Needs of Residents:

Many residents do not have opportunities for social interactions

Research on benefits of Intergenerational Bonding Programme (IGBP)

For Persons with Dementia

Improved well-being
Reduced social isolation

Building a sense of purpose

For students

Reduction in stigma against PWDs
Greater empathy towards PWDs

Forming an attachment to PWDs

Partnership with Church of Holy-Trinity Kindergarten (CHTK)

2015
• Began collaboration with CHTK
• Interacting through building Lego once a month

2016
• Implemented as part of school values curriculum
• Interacting through building Lego weekly
• Documenting observations of residents

Approach & Implementation in 2017

1. Briefing and induction session for preschoolers

Pre-IGBP induction programme for preschoolers by AHL facilitators:

Introduction to dementia
Introduction to elderly
An experience to complete puzzles with clients
Skills to interact with elderly and PWDs
Ways to seek help

2. Preparation sessions

Formalised as part of character/values curriculum, pre-IGBP session lessons are conducted by teachers weekly,

Emphasising on values and character building such as showing respect to our residents
Familiarising preschoolers with activities to empower them to guide residents during sessions

3. Structure of weekly IGBP sessions

Formalised structure for each session using Sparks of Life Approach:

1. Invitation ritual: Facilitators inviting residents
2. Welcoming ritual: Greeting residents with welcome songs
3. Activities
4. Ending ritual: Bidding farewell with goodbye songs

4. Partnership and Participants in 2017

66 5 – 6 years old Preschoolers
21 AHL residents
20 1-hr sessions

FROM STRANGERS TO FRIENDS: BENEFITS OF INTERGENERATIONAL BONDING PROGRAMME FOR PRESCHOOLERS AND ELDERLY WITH DEMENTIA



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Evaluation of IGBP with CHTK

1. Well-being of clients

Bradford Well-being Profiling Tool used after each of the 20 sessions

2. Preschoolers' learning from IGBP

Parents' observations of preschoolers collated via feedback form
Interviewed 8 preschoolers & 2 teachers who participated in IGBP

3. Intergenerational Bonding

Interactions between residents & preschoolers were documented by facilitators



Thematic analysis carried out by 3 facilitators of IGBP

Findings

1. Well-being of residents

Showed pleasure and enjoyment interacting with preschoolers
Empowered through:
• Having a sense of purpose
• Using remaining abilities
• Showing warmth and affection
• Communicating wants, needs and choices

2. Preschoolers' learning from IGBP

Experienced pleasure and enjoyment by bringing joy to residents
Platform for hands-on learning:
• Self discovery through stepping beyond comfort zone
• Transfer of learning

3. Intergenerational Bonding

Attachment to each other
Interchangeable roles as mentors and mentees
Provision of support from teachers and facilitators

1. Categories of Montessori Activities as a guide to plan activities for IGBP sessions

Activities of daily living
Sensorial experience
Cognitive stimulation
Motor activities
Group activities

Future Directions

2. Improved structure of weekly session

Addition of pre-session briefing and post session debriefing

3. Teaching preschoolers skills to interact with elderly

Personal enhancers taught during pre-session briefing

4. Volunteers to support sessions

Translators to facilitate better interactions between clients and preschoolers