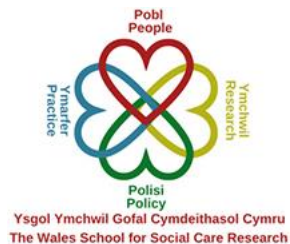


# Exploring the impact of Intergenerational activities on living, working in and visiting care homes across South Wales.

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Research*



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# Overview

- ▶ Why is my research needed?
- ▶ What are the research aims?
- ▶ Research design
- ▶ Research outcomes
- ▶ Data to date
- ▶ Lessons learnt and practical reflections

# Why carry out this research?

Critique of extant literature	How this study overcomes them....
Evaluation of single sites/programmes	15 intergenerational activity programmes
Lack of baseline measures	Pre and post test longitudinal design (Baseline, 6 weeks and 3 months)
Lack of control measures	Use of non-intergenerational care homes as controls
Anecdotal evidence	Mixed methods
Small sample sizes	Large sample size approx 200
Solely focused on older adults and younger people	Looking at impact of all stakeholders (e.g. care staff, friends/family of residents)
Evaluation research dominated by USA or Japan research	South Wales focused

# Study Aim

- ▶ The purpose of this study is to establish whether intergenerational activity in care homes can contribute to sustainable provision of social care, change attitudes towards ageing and impact on the wellbeing of residents, family, and care staff.

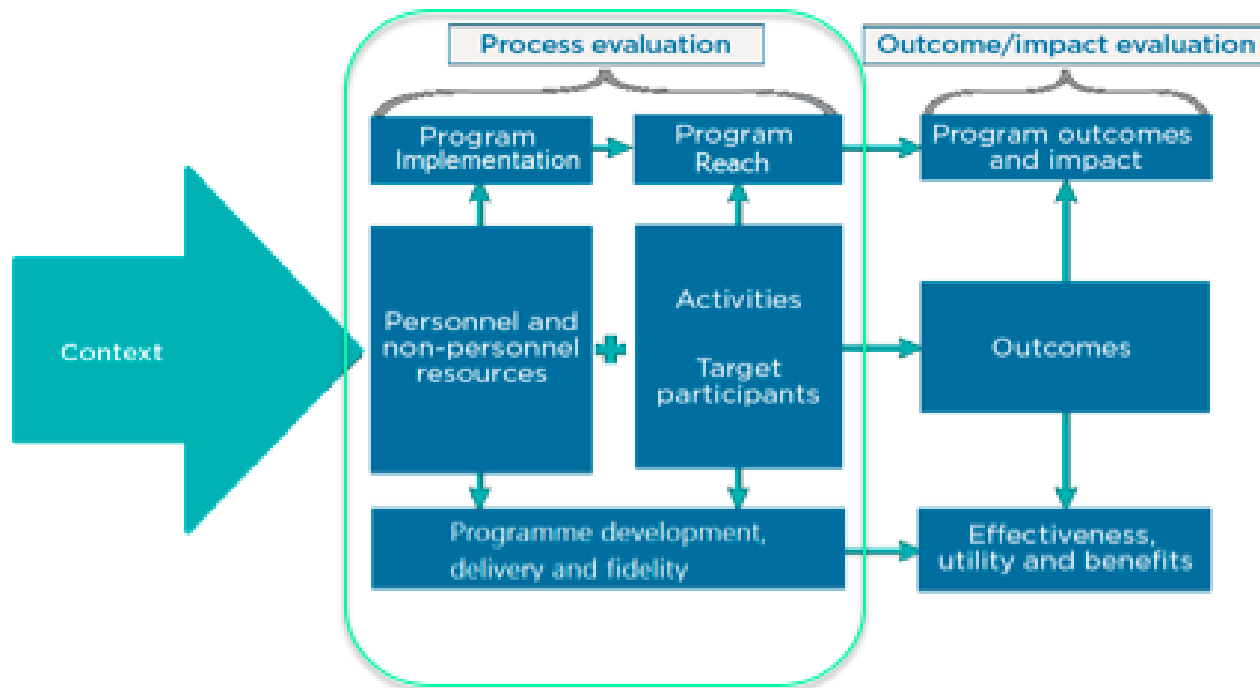
To answer this the study has **three key questions:**

# QUESTION 1

- ▶ Can changes to older adults, friends/family of residents, younger people, care staff be demonstrated through participation in, or connections with an intergenerational programme delivered in a care home?

## QUESTION 2

- ▶ What are the underlying processes of an effective and socially engaged intergenerational programme that improves connections and communication, promotes meaning and enhances well-being?



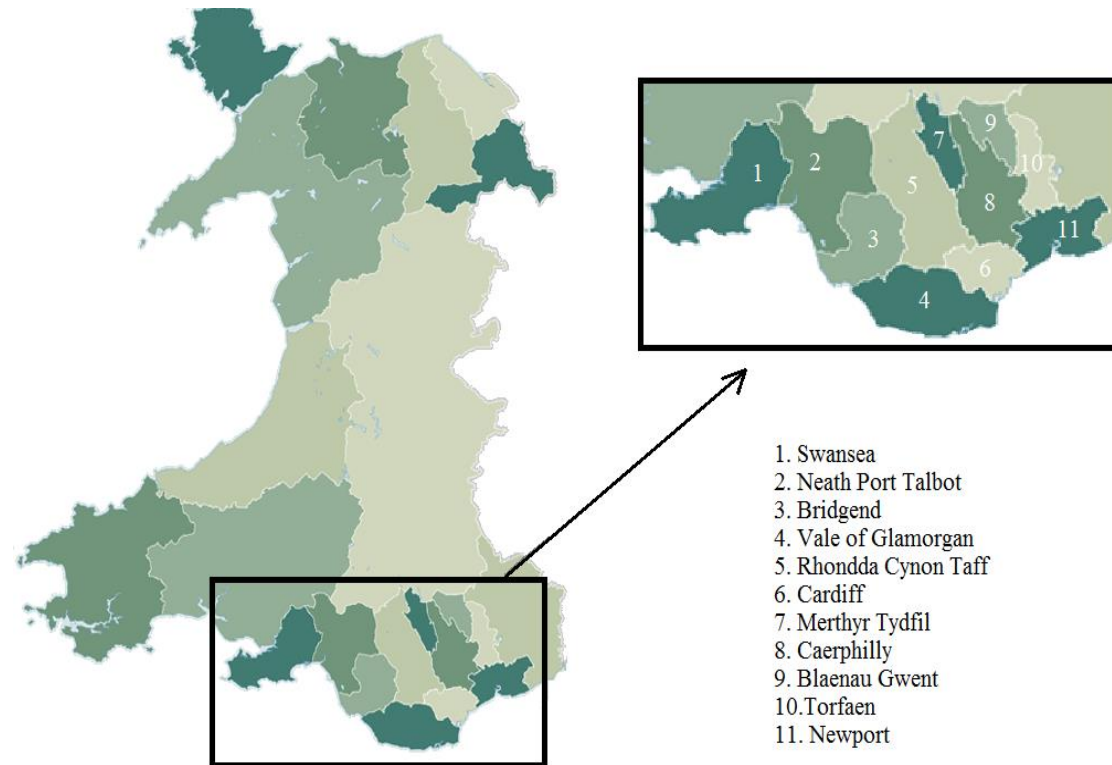
# QUESTION 3

- ▶ Can the implementation of intergenerational programmes make a central contribution to sustainable relationship-centred social care and the creation of age friendly and dementia supportive communities in care homes?

# Research Methodology: Comparison of two settings

Care homes in South Wales carrying out...

1. A structured **NON-INTERGENERATIONAL** activity program, lasting at least **6 weeks**
2. A structured **INTERGENERATIONAL** activity programs, lasting at least **6 weeks**

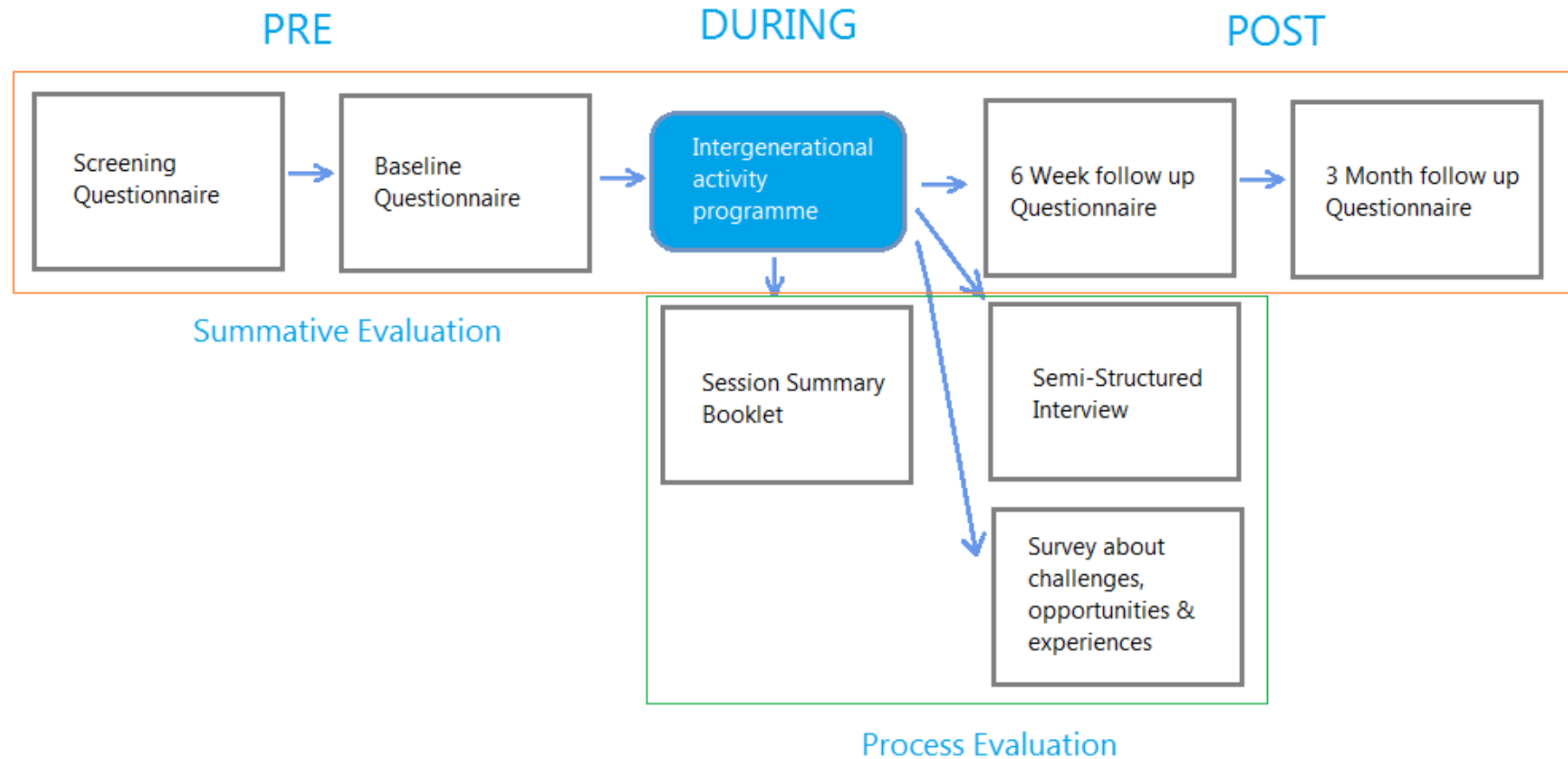




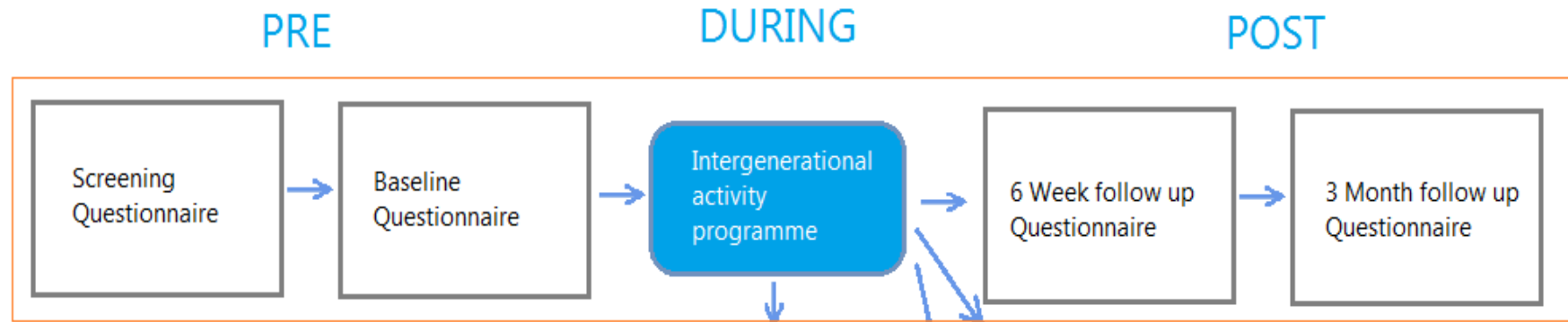
# Research Design: Participants

- ▶ Purposive **opportunistic sampling** of the following within the facilities:
  1. Older adults (age  $\geq$  65 years)
  2. Younger People (age  $\leq$  18 years) - Intergenerational care homes only
  3. Care Home Staff linked to the activities
  4. Family/Friends of resident

# Research Design: Data collection process



# Research Design: Summative Outcomes



- ▶ Standardised quantitative questionnaires

# Research Design: Summative Outcomes

## Older adults

## Care staff

## Family/Friends

## Younger people

Cognition

Job satisfaction

Satisfaction with  
care provision

Attitudes towards  
ageing and older adults

Daily function

Job characteristics

Attitudes towards  
dementia

QOL

Attitudes towards  
dementia

Meaningful  
Activities

Strain & coping with  
care

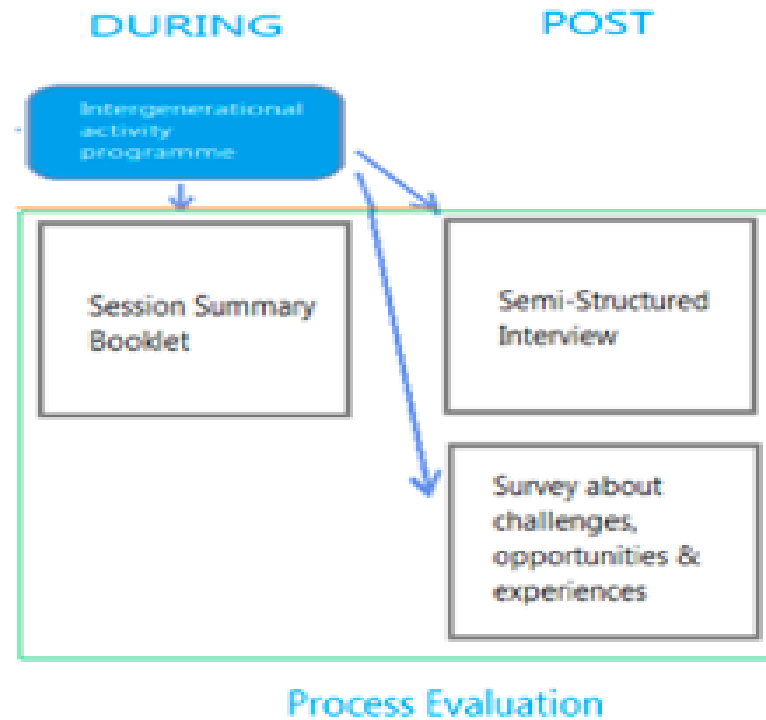
Self-perceived  
health

Depression

Loneliness

# Research Design: Process Outcomes

- ▶ Attendance and participation ratings
- ▶ Duration, frequency and content of sessions
- ▶ Fidelity
- ▶ Challenges
- ▶ Opportunities
- ▶ Experiences
- ▶ Personal Accounts
- ▶ Feedback



# Data collection to date

Participants	Intergenerational Settings		Non-Intergenerational Settings	
	Questionnaires	Interviews	Questionnaires	Interviews
Older Adults	55	5	34	3
Care Staff	39	5	28	3
Friends/Family of residents	29	3	20	2
Younger people	70	n/a	n/a	n/a

# Direct Quotes

I can't even really put it into words why we do it, but when we do, its so powerful – we won't be stopping'

'I didn't know what dementia was but now I do, and I want to help them'

'The residents faces light up when the children arrive, it really is special to see'

'when I come into work and I know the children are coming, It brightens my day'

'It's a free activity, I don't have to use my budget, its community and it's the most rewarding experience I don't understand why other care homes aren't doing it'

'Sometimes they can be very noisy and it can be overwhelming. Last week I was a little relieved when they left '

To Jean E

Thank you for helping  
me all my time in town

X Glyn. Thank you  
for how kind you  
have been to me.

You are the best  
from Evan



from Evan  
Evan



Thank you Rita

For all those times when I was  
painting or colouring and you pulled  
me back and hugged me and Riley

love olivia x x x x x x x x

Dear Ada

Thank you FOR all  
the STUFF that you  
have done with us,  
I WILL NEVER FORGET  
you. I love you TO  
the MOON and back.

From Kayla

# Practical reflections

- ▶ Intergenerational interactions in care homes are not new concept by any means, they've been redefined by increased media coverage and a surge in attention given to such activities.

## Potential solution



- Rather than being 'Ad hoc' and a 'Nice thing to do'. Formalising links, regularity and structure of such activities is key in harnessing potential benefits and enhancing sustainability.

# Practical reflections

## ► Tailored approach

Potential solution



- Incorporation of residents and children's ideas as to what they would enjoy doing. Inform residents of initial talks and communicate with them about what they would like to be doing with the children and seek feedback throughout
- Involve staff that know residents likes and dislikes the best
- Both children and residents could exchange information about them before the start of the programme to familiarise themselves with each other

# Practical reflections

- ▶ Timing of sessions/Disruption of daily routines

## Potential Solutions

- Afternoons have often been better as it gives care staff more time to get residents bathed and dressed.
- Inform care staff of those residents who are wanting to be involved the day before so staff can prioritise care needs especially in the morning when getting residents ready for the day.
- Reshuffling normal routines, choose the same day each week and request lunch be pushed back or brought forward on that day for the residents taking part.

# Practical reflections

- ▶ Key staff players/enthusiasm

Potential solution



- Encourage and involve as many members of staff as possible (even popping a head in for a minute or two), provides potential to put smiles on people's faces just seeing the children and residents interact.
- Involve staff that know residents likes and dislikes the best

# Practical reflections

- ▶ Ratios of the different stakeholder groups

Potential solutions 

- Splitting large groups into smaller more manageable ones
- Pairing up of children with older adults (2:1 Children to resident)
- Encourage friends/family to come along, share responsibility load and enhance relationships.

# Practical reflections

## ▶ Transport links

Potential solutions 

- Local businesses sponsors and/or donations
- Look for schools/care homes within close proximity (Walkable)

# Lessons learnt

## ▶ Illness

Potential solution



- Some things such as illness are unavoidable especially when working with such individual's. However, maintaining communication between the school and the care home is vital.



# Practical Reflections

## ► Education and Understanding

### Potential Solution

- Many of the children may not understand or have even heard of dementia. Providing a lesson on what they are likely to expect when visiting the care home may enhance understanding and awareness of residents and diminish any apprehensions.
- Link with Dementia Friend Champions

Thank you for listening!

Diolch am wrando

## For discussion

1. Challenges in running an intergenerational program of activity in the care home setting?
2. Potential solutions to these challenges?