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Assessing appropriateness of intergenerational (IG) activities involving seniors with dementia in Singapore

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Research in the recent years has shown seniors have greatly benefitted from participation in intergenerational (IG) programme. However, IG research involving seniors with dementia and appropriateness of activities is still lacking. Based on the framework of person-centred care by Tom Kitwood, activities planning focus on senior's interests and explore their strengths so that they may feel dignified and are actively engaged participants. This paper will explore and discuss about the pilot IG activities' appropriateness and the effects on the seniors. The pilot IG programme was conducted in NTUC Health Silver Circle day-care centre in Singapore involving seniors with mild to moderate dementia, aged ranging from 70 to 95 years old. Results indicated that activities which provided seniors the opportunity to have a nurturing role; sharing their experiences and reminiscing about their younger days; as well as activities catered to their interest yielded a better wellbeing score. On the contrary, activities with too many instructions have indicated poorer wellbeing score. Findings suggest that IG activity should have instructions that are simple and minimized to 3-steps or less. Seniors' past occupation, interests, strengths and abilities should also be taken into consideration for their active participation.

Biography

Cheryl Lim is the Senior Executive, Programmes and Projects in NTUC Health Silver Circle, an NTUC social enterprise that provides an integrated suite of health and eldercare services to meet the growing needs of families and their dependents. Cheryl has been developing and managing the Intergenerational (IG) Programme for NTUC Health Silver Circle senior care centres across Singapore. As a Health Science graduate, she had prior experience in Health Promotion evaluation, as well as Early Childhood. This had led to her interest and research on IG in bringing children and seniors together, empowering them to be the agency for promoting each other's health and wellbeing, through interaction, reciprocal learning and co-creation.

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