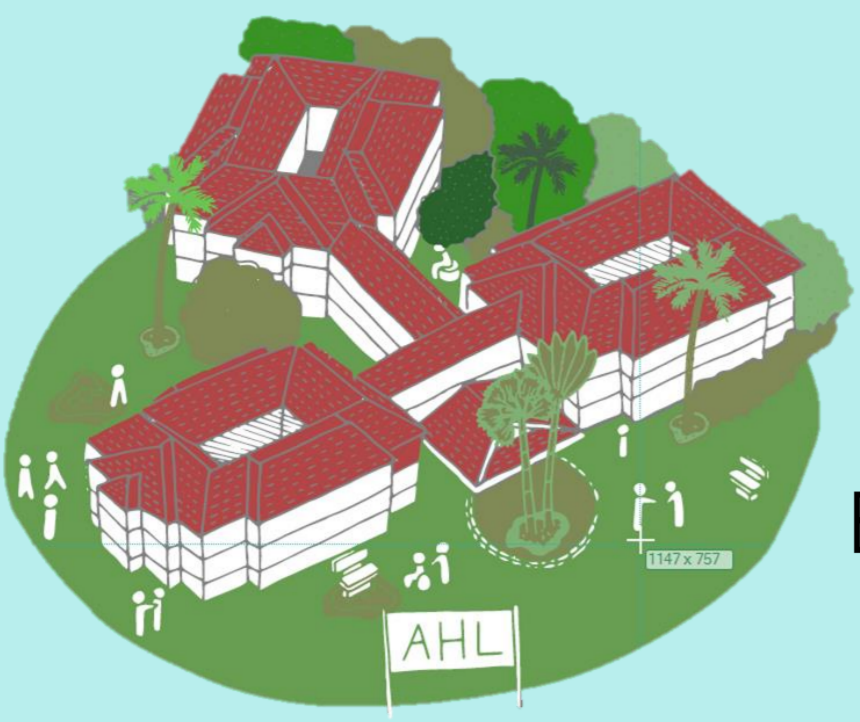
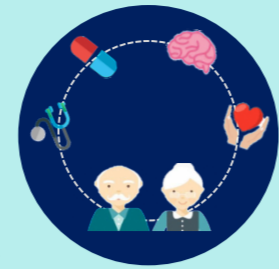


Background

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



Reduction in stigma against PWDs



Greater empathy towards PWDs

Building a sense of purpose



Forming an attachment to PWDs

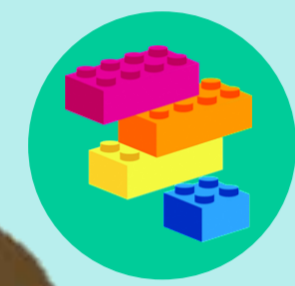


Partnership with Church of Holy-Trinity Kindergarten (CHTK)



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



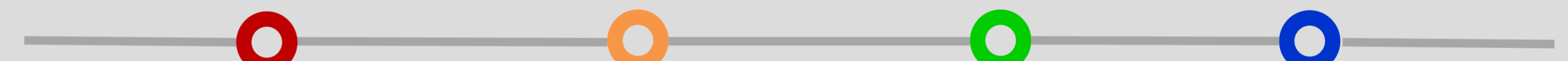
Familiarising preschoolers with activities to empower them to guide residents during sessions

3. Structure of weekly IGBP sessions

Formalised structure for each session using Sparks of Life Approach:

1. Invitation ritual: Facilitators inviting residents

3. Activities



2. Welcoming ritual: Greeting residents with welcome songs

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



Chng Jia Yun, Siti Arsat, Kimo Ong Siew Kwan
Apex Harmony Lodge (AHL), Singapore



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



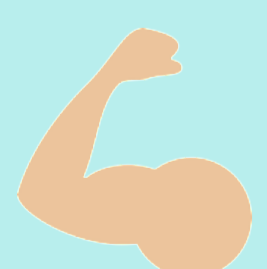
Thematic analysis carried out by 3 facilitators of IGBP

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

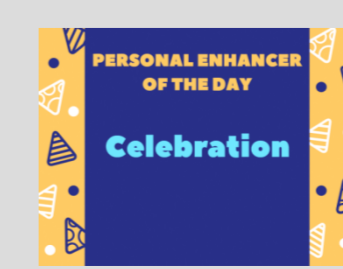
Future Directions

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