

WHAT IS THIS INITIATIVE ABOUT?



Volunteering provides a sense of purpose and meaning to seniors which can enhance their quality of life. This programme aimed to **provide volunteer opportunities for higher functioning seniors from Senior Care Centres (SCC) and Nursing Homes (NH)**, for them to **partner with youth volunteers, and facilitate fun activities for other seniors**. A 1970s-80s themed carnival was the event platform for these senior to volunteers at. The theme was selected as it would rekindle nostalgic memories in both senior volunteers and participants. Through this initiative, we also hoped to **foster meaningful bonding between seniors and youth volunteers from local institutions**, as they work together at the carnival. The programme aimed to achieve the following:

- 1) At least 80% of senior volunteers feel a sense of satisfaction that they have contributed and brought joy to other seniors
- 2) At least 80% of senior volunteers feel confident to be able to assist, facilitate or take care of more than 1 game/food stations.
- 3) At least 80% of senior volunteers expressed interest to continue to volunteer and support staff for future activities.

INITIATIVE'S IMPACT

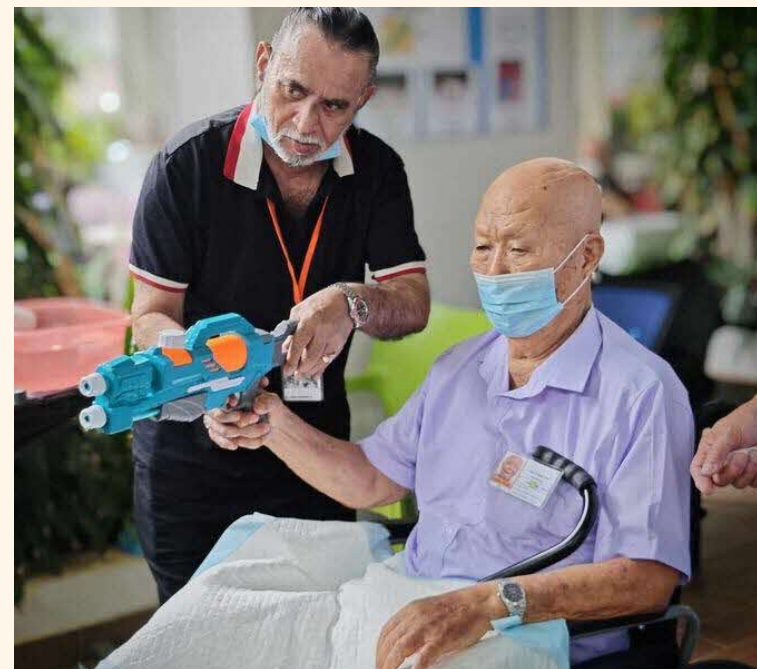
There weren't sufficient opportunities for seniors to volunteer within the SCC and NH. In addition, higher functioning seniors were not sufficiently challenged by the activities conducted. **This programme gave 15 higher functioning seniors the opportunity to showcase their skills through volunteering at the event.** Interviews were conducted with all 15 senior volunteers at the end of the event to obtain their feedback. Their feedback showed:

- 1) **93%** of senior volunteers felt a sense of satisfaction that they had contributed and brought joy to other seniors
- 2) **100%** of senior volunteers felt confident to be able to assist, facilitate, or take care of more than 1 game/food stations.
- 3) **100%** of senior volunteers expressed interest to continue to volunteer and support staff for future activities.

PLANS AHEAD

15 senior volunteers expressed interest to continue volunteering in events that take place at the NH.

This group of seniors will continue to take on the role of volunteers in special events and programmes at the SCC as well as the NH.



OUR OFFER

Higher functioning seniors at both SCCs and NHs are not sufficiently challenged by the activities conducted as they are often catered to meet the needs of clients of varying abilities. As a result of this, higher functioning seniors often feel under stimulated and a sense of boredom. Providing volunteer opportunities for this group of seniors boosts their self esteem and gives them a sense of satisfaction that they can still contribute to the wellbeing of others.

