

Evaluation of an Intergenerational Playgroup in a Residential Aged Care Facility

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Background

- Social inclusion defined as "when all people in society feel valued, respected and that their basic needs are met"
- Playgroup Australia define a playgroup as: "an informal session where mums, dads, grandparents, caregivers, children and babies meet together in a relaxed environment"
- Intergenerational playgroups provide older people, children and their parents and caregivers with opportunities to interact through play



Project Aims

- To establish and evaluate a playgroup in a residential aged care facility
- Promote greater intergenerational understanding
- Facilitate meaningful individualised social inclusion for the residents and the members of the playgroup



Method

Baseline Evaluation

- Surveys with residents, facility staff, playgroup facilitator and parents/caregivers of the children

Post Implementation Evaluation

- Surveys were conducted to explore the groups experiences in the playgroup initiative
- Focus groups with residents



Implementation

Establishment

- Supported (facilitated) playgroup model
- Low-care facility

Recruitment

- Residents, families, Lifestyle Officer (LO) and Playgroup Facilitator (PF)
- Residents/families informed they could participate in playgroup without being involved in research component



Implementation

- Sixteen playgroup sessions held in the evaluation period



Results




	Completed Baseline Evaluation	Completed Post-playgroup evaluation
Residents	N=8 100% female	N= 11 81.8% female
Parents	N=10	N=5
Staff	N=19 Facility Staff N= 2 LO N= 1 PF	N=7 Facility staff N=1 LO N=1 PF

Results

Major findings of the impact of the playgroup were:

- Enjoyment
- Intergenerational interactions
- Reflection and reminiscence of childhood and parenting
- Changes in attitudes, expectations and perceptions of different generations and aged care facilities

Enjoyment



25% increase in the number of residents who felt more valued as a person


"feel much more connected by being involved in the playgroup"

Major benefit of the playgroup was enjoyment



"It's terrific, I'm like a one year old again, it's lovely to see the kids happy and playing and seeing their smiles."




Intergenerational Interactions



"We made special bonds with the residents and got to know who they are. They are all so special and beautiful people. They all amaze me in different ways. They made me laugh so hard and even brought a tear to my eyes. I hope I'm like them - they have taught me a lot."

Reflection and Reminiscence

"I think it brings all groups together and that's good, you have done all the things mothers do and it reminds you of how we coped or didn't cope."







Changes in Attitudes

Residents:

"It's lovely to see that children are actually well disciplined, I have a perception that children are not well disciplined, this has changed."

Staff /Parents:

"Children see walking frames, wheelchairs, walking sticks as 'normal". They slow down and walk at residents' pace."

Changes in Attitudes

*“Getting older seemed to me as getting ‘disabled’ but its wrong. Even though many residents have walking frames or wheelchairs, these things aren't so important. We learned to see the kindness & love of these elderly people. We don't look anymore what they cannot do. We look how warm & happy they are. **We really gained a fantastic lesson changing our view towards older people and aged care facility.**”*



Outcomes

- The playgroup provided social and community benefits for residents, families and the facility as a whole
- The playgroup is continuing at the facility
- Booklet titled 'Starting playgroups in aged care facilities' has been produced by Playgroup Victoria

<http://www.playgroup.org.au/>



For further information on the evaluation please refer to the NARI website:

http://www.nari.unimelb.edu.au/research/health_promotion.htm

