

Gormanston Wood Nursing Home

Generations Together

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Introduction

- ▶ Refers to the ties between individuals or groups of different ages.
- ▶ How did the programme come about in Gormanston Wood?



➤ **Preschool age: 3-5yrs**

- **Painting, play games, music, story-telling, jigsaws, bubbles and gardening**

➤ **Primary School age: 6-13yrs**

- **Art & crafts, music, newspaper reading, library, choir, general chat, buddy system and games**

➤ **Secondary School age: 13-17yrs**

- **Choir, dancing, help in the home, e.g. library deliveries, newspaper reading, card games and general chat**



The benefits of intergenerational relationships.

- ▶ **Intergenerational interactions through meaningful activities help young children and older adults to develop positive attitudes and behaviours.**
- ▶ **Older adults with dementia, in turn, experience a decrease in the level of agitation and an increase in positive social behaviours such as smiling, laughter, touching, and reaching out.**



The benefits of intergenerational relationships to residents.

- Help reduce the likelihood of depression and loneliness in the elderly – visits are set up on a regular basis, with the primary school children having a buddy system with certain residents. This was of great benefit to residents who may not have any family visiting them and gives them something to look forward to.



Challenges in Intergenerational relationships

- **There are some risks and challenges to facilitating intergenerational activities.**

Vigilant supervision because both children and persons with dementia can be unpredictable and lack inhibitions, caution must be utilized to ensure the safety of both parties.

- **Increased Planning Time**

Adequate time is necessary for deliberate programming of the shared time together.

- **Space**

Most facilities for adults with dementia don't have the extra space required to regularly accommodate more people onsite.



The children's experience

“I feel like one of the luckiest girl in the world to have an unbreakable friendship with someone so special. At the start of the year when I first met Ellen who's almost 101. I did not talk much. But she was the one who encouraged me to have a little chat with her, soon we were having long and interesting conversations together. If I was to write a book about her, it would be called the great adventures of Ellen, because I couldn't think of a nicer person to base my character on”.



The children's experience

“I really enjoyed my visit to Gromanston wood. I made a really special friendship with a lovely lady named Maeve each week I enjoy the story she had to tell about when she was younger, and then gave me a glimpse of what life was like then.

I had loads of fun listening to Rob and one of the staff members making bets on who was going to win the Premier League. I had lots of fun playing bingo with Nuala.

Getting old, isn't that bad after all”.



Quotes from both sides

Children

- Made me think there is still a child in everyone.
- Sadly my friend passed away, but it was ok, we had a bunch of fun together.
- You have thought me you can still be happy when you are old
- We love helping you, you have big hearts.

Residents

- Love having the banter with the kids.
- They make me feel young again.
- I just love them, they give me energy.
- They are just great, brighten up my day.



People will forget what you said, people will forget what you did,
but people will never forget how you made them feel.

-Maya Angelo



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