



HCPA's Intergenerational Toolkit

Case Study Diary

HCPA recently held a successful series of intergenerational exercise classes with care home residents and a local nursery.

The first HCPA Intergenerational session was held at St Josephs, they have had 3 and 4 year olds coming in weekly for 3 years for activities but had never done exercise with both generations. Both the children and residents took part in chair - based exercise sessions throughout 10 weeks.

We saw some lovely relationships forming with both generations while teaching them both about the importance of exercise. It encouraged those who would not normally participate in activities to come together and be involved.

Residents living with Dementia were often confused, throughout the exercise session residents were fully engaged and didn't show any confusion. One resident read the children a story after exercise, to which they gather around her while she involved them in the story. Activities such as reading together encourages a lovely bond between both generations and given the residents living with Dementia a high level of stimulation.



People living with Dementia show a distinct change to their behaviour when they are being engaged through Intergenerational Practice.

Without this stimulation, they are more confused and more sensitive to what's going on around them. We have never seen such a change, this truly emphasises how important engagement and stimulation is to the residents, along with the exercise benefits of strength, mobility, confidence and improvement of overall health.

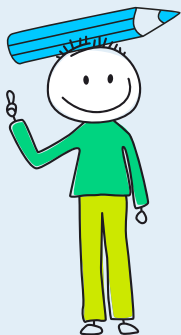
We saw great improvements with resident's mobility and strength. One resident improved her standing ability by being able to stand up in one attempt, when previously it took 3 attempts. We saw improvement with grip strength and resistance band strength over the 10 weeks.

Intergenerational practice showed great benefits to both generations. It has taught them both the importance of exercise, while improving strength, mobility and fitness to the residents. Seeing relationships develop and both generations integrating so positively was overwhelming to see.

Friendship, kindness, and laughter are some of the attributes that stand out through this practice, emphasising the importance of having Intergenerational practice as a staple part of care to improve quality of life.

Lessons learnt: It took a few attempts to get the maximum integration between both generations within the exercise sessions. It is important to ease the children in slowly, and eventually moved their chairs in between the residents, which encouraged more interaction. Having the children help in the session was very successful, they loved having the feeling that they were able to help the residents in their exercises. Additionally, I learnt integrating sing songs in with the exercise, which can also help encourage movement.

Continue to the next page to read more about other organisation's experiences with Intergenerational activities.



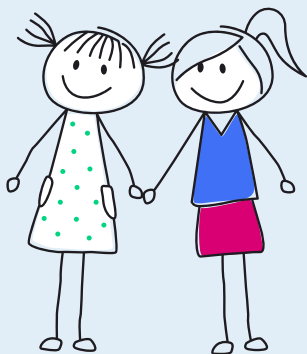
Trembaths, Letchworth

Tracey has established a very successful scheme for infants/toddlers/nursery age children that runs fortnightly (first and third Friday of the month). The first group was advertised and received a phenomenal response. 40 arrived and more had to be turned away as the home could not safely accommodate more. Tracey says her learning from this would be to not establish a new group in the school holidays. An added benefit is that the scheme has formed a close support network for local new mums, who were previously at risk of being socially isolated.



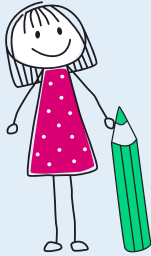
The Orchard, St Albans

The Orchard runs 'Mixing Generations'. The successful scheme established by Carima Elhaggaghi, a mum who spoke about it at the June forum. The scheme runs every Friday from 11-12. Developments have been Dementia training for parents, more male-orientated activities and better use of contact lists to co-ordinate sessions and get regular attendance.



St Catherine's, Letchworth

Kemi was inspired by an engagement forum and has been highly successful in establishing a number of different networks for regular intergenerational activities, with a group held once a week. Kemi worked first with local faith groups – and now has regular Sunday School and Messy Church (St Michael's) once a month at the home. A local nursery school and dance school also attend, and Kemi has established connections with local schools including the Highfield school for secondary-age children. Kemi worked hard to get the agreement of the home Management to establish schemes, and said that using success stories from other homes (St Joseph's) and showing clips of the recent TV shows on the topic, helped her to do this.



Cooperscroft, Potters Bar

Nazanin contacted many local nurseries. Replies were either nothing, or a refusal (the main reason being staff ratios/lack of transport). Nazanin then had success by contacting the local Potters Bar Mums facebook group. The group now regularly visit the home, most recently 25 children arrived in costume for a Halloween party. Nazanin has also had success with a local high school. The older children were given advice by the care home residents on how to complete a gardening project.



Conewood Manor, Bishops Stortford

Julia has set up a successful scheme by creating a link with the local National Childbirth Trust group. This means new attendees are constantly referred to the scheme, as well as regular attendees.



Kestrel Grove, Bushey

Maureen contacted many local schools but got very little response, again the barriers seeming to be staff ratios and transport. Maureen noted that the teachers were always willing, but involvement was not then approved by the Head Teacher. Maureen has now had success by regularly engaging with a local infants ballet group, who regularly attend the home for music and dance activities.



St Joseph's, Tring

Charley spoke about her group 'Babbles and Bubbles' at the June forum, having had extensive media coverage, and it continues to be successful. Charley has engaged more mums via advertising in the local newspaper. A baby group is now run as well as the regular toddler group that features story time and music time. Charley also has a contact with the local SENs school, so teens with learning Disabilities come to the home to complete work experience.

PROGRESS LOG

Date: _____ Activity: _____

Observations: _____

What worked well? _____

What didn't work well? _____

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Observations: _____

What worked well? _____

What didn't work well? _____

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Contact.



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01707 536 020



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