

# THE IMPACT OF AN INTER-GENERATIONAL PROGRAM ON THE WELL-BEING OF PERSONS WITH DEMENTIA

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Art Pals are the best



We love being art pals



Thank you for being my art pal



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## Background

St Joseph's Home trialled an inter-generational expressive arts programme (IGEAP) between elderly residents with dementia and children from our Infant and Childcare Centre. The average ages for the young and old were three and eighty years old respectively.

## Objectives

- Foster relationships between the young and old through expressive arts
- Provide a safe space for the two groups to learn how to nurture each other's capacity to care
- Reduce social isolation of elderly residents with dementia
- Improve overall well-being of the residents with dementia

## Methods

- Two structured phases carried out over 12 months
- Fixed pairings of elders and children for the entire programme
- Simple scales indicating happiness were used pre and post attendance to assess the immediate impact of participating in the IGEAP

## Benefits

- Purposeful sessions as residents with dementia acted as mentors to the young, resulting in their improved overall well-being
- IGEAP allowed the young and old to learn new arts and social skills together thereby fostering relationship-building
- Ratings of happiness of the residents after IGEAP sessions were generally high after each session. They articulated that they look forward to the next session with their young art pals
- Relationships and familiarity with each other continued post-participation



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