



# CareShare: an intergenerational programme for nursery children and older people in care settings

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# Intergenerational programmes for older people and people with dementia

- Not new
  - Programmes in the USA since the 1950s
  - In the UK, London-based charity ‘Magic Me’ running programmes for schoolchildren (9+) going into care homes since 1980s
  - Growing literature with school-age children, and some research in Australia and USA on pre-school children
  - A number of initiatives at Bangor University in recent years, including ‘Lost in Art’ and ‘Hidden Corners’ and ‘Our voices’ projects with Pontio

# Careshare

- March 2016 – approached by Darlun TV developing a concept for a TV programme looking at intergenerational care
- Inspired by a YouTube clip of a project in Seattle, Intergenerational Learning Centre
- Darlun TV ‘pitched’ to Sony / S4C and a pilot programme ‘Hen Blant Bach’ was commissioned
- Nursery age children; older people living in the community attending a care facility – some (not all) with dementia
- Filmed over three days in August 2016, in Caernarfon
- ‘Secret life of x year olds’ model of psychologists observing and commenting
- Welsh language programme
- Screened on S4C, 28th December 2016

# Hen Blant Bach



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- Three further S4C programmes were commissioned
- English language programme for BBC1 Wales also commissioned – to focus specifically on dementia
- KESS Masters student funded, with Darlun TV as company partner, to carry out research alongside the programme
- Filming for 4 programmes May to October 2017 – continued with model of 3 whole days of contact (in one week), with a wide range of activities, group and one-to-one, sharing meals, music and fun, some encouraging reminiscence
- Now using 12 camera set up from ‘Secret life...’
- August 2017 – Channel 4 screen ‘Care Home for 4 year olds’ – longer time-frame, no older people with dementia, living in supported housing

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- Three programmes screened on S4C in December 2017 (including Christmas special on Christmas Day with mandatory snow machine!)





# Hen Blant Bach

- April 2018 – Hen Blant Bach awarded a silver medal in the 2018 New York Festivals International Film and Television Awards
- May 2018 – Best Factual Entertainment Programme, Celtic Media Awards





# The Toddlers who took on dementia



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- Screened in Dementia Action Week BBC1 Wales, May 23<sup>rd</sup> 2018; repeated 23<sup>rd</sup> June 2018, BBC2 Wales



# What were the effects on older people?

- Feedback from 27 older people participating in the 3 2017 S4C sites;
  - 17 female; mean age 84 (range 63-99)
  - 100% enjoyed the experience
  - 93% thought being part of the project was worthwhile and would like to take part in similar activities again
  - 70% felt the experience had given them more confidence
  - 74% would like more contact with children
- Well-being evaluated with Satisfaction with Life Questionnaire & Warwick-Edinburgh Mental Wellbeing Scale
  - Combined well-being score shows significant improvement after the 3 days of intergenerational activity (n=22; t=2.08; p=0.05)

# Older people's views



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People treat me differently, speak to me as if I'm an old lady, but children don't

(Enjoyed?) having hugs at the end of the day, before they went home, it was sad to see them leave

I felt young again while the children are here

we can forget our worries for a while whilst the children are here, and focus on them

I would like the children to come every day

(Enjoyed?) teaching the children how to play with the old toys, because they had not seen them before, like fuzzy felt

I loved having the children around, they livened up the place

(Enjoyed?) seeing the children eat all their food

# Effects on children (parents' views)



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- 22 parents responded; child mean age 3.5 years
- After the 3 days:
  - 96%\* would like their child to take part in more intergenerational activities (significant increase from before programme)
  - 91%\* would like their child to have more contact with older adults (significant increase from before programme)
  - 100% agree that intergenerational programmes are worthwhile

how old are you  
mum?

I had lots of chocolates and  
made a cake!

Jim? Was his new friend and Jim  
did this and Jim did that which  
was nice to hear, he sounds like  
he had fun.

why do old people have  
wrinkles?

# Thank you

- Thanks to Arwyn Evans and Clare Jones at Darlun TV
- Thanks to Lynwen Hamer our KESS Masters student



# What about the children?

24 Hours Nurseries

700 Nurseries

19 hours

1/4 adult child ratio



# What about the children?

Nurseries are amazing!

Nurseries are busy!

Positive research

Negative Research



# What about the children?



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Male vs Female

Language development

Interaction

Ageing & Dementia

The power of Touch

Behaviour

Transitional Objects







# Why this particular age group?



# Implementation issues



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Not everyone likes children



DBS

Give instructions



Staff

Support



Hobbies

Triggers

# Sêr Annisgwyl/ Unexpected stars

- Pwy fyddai yn elwa or cyfle?
  - Profiad gyda plant
  - Brwdfrydig
  - Iach yn gorfforol neu feddyliol?
  - Plant yn dod i safle yr oedolion- adnoddau addas?
- 
- Who will benefit?
  - Experienced carers and enthusiastic?
  - Health- getting down with the children
  - On who's site should this happen

# Glyn



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- Staff were dismissive
- Verbal communication
- Inclusive and playful



# Mac

- Apprehension due to history of mental ill health
- Importance of supporting adults that lack confidence
- Lessons on well being and being a part of the community



# Mair



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# Day 2



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# Day 3



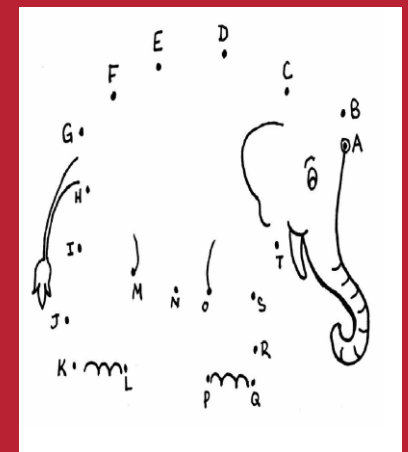
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# Some highlights to date/ Uchafbwyntiau

- The programmes posed the question why don't we do more of this?
- Gentle transition from daycare to specialist centre
- Increased interest on a government level- consultation on the potential for IG to help reduce isolation and loneliness and ICF posts
- Learning about the range of ongoing work- Pontio, Ffrind i Mi
- Potential to support further development



# Sut i gasglu tystiolaeth/ Gathering data

- Project – ethics-Informed Consent
- Pre, during, post
- Not all Measures may be appropriate- scales/ interview
- Ask proxy
- Capture in the moment or observe
- Do they continue- if so why and how often
- Implementation factors- time and patience



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# Diolch yn fawr/ Thank you

Discussion on how to evaluate

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