

## Summary

Lim et al. (2019)'s *Generativity: Establishing and Nurturing the Next Generation* explores and analyses an intergenerational collaboration programme jointly developed and piloted by National Trades Union Congress (NTUC) Health's Silver Circle Senior Care Centre (SCC) and a co-located childcare (My First Skool) in Singapore. The intergenerational programme (IGP) utilised an action research framework and was developed to demonstrate the benefits seniors gain in their functional abilities and wellbeing by participating in meaningful and ongoing engagements with children. This article describes the development, interventions and lessons learnt from the IGP through a senior care perspective.

The researchers studied the engagement between 17 seniors from SCC aged between 70 and 95 years old, with some having mild to moderate dementia, and 50 children from MFS aged between 4 and 5 years old. Participants were divided into two groups and each group would meet fortnightly for IGP sessions which were conducted by four facilitators – two childcare teachers and two SCC staff. The whole programme lasted for a year and was segmented into Phase 1 (i.e. first six months) and Phase 2 (i.e. next six months). The IGP was conceptualised from a collation of activities in multiple domains significant to the learning and development of the children (e.g. Aesthetics and creative expression, discovery of the world, etc.), as well as to the wellbeing of the seniors (i.e. 4 domains based on Alzheimer's Australia (2013): Sensory, social, thinking, and motor). These activities were planned based on cultural celebrations and traditions in Singapore which provided an opportunity for seniors to transfer culture and knowledge to the younger generation.

A midpoint review was conducted after Phase 1 which identified two key components of enabling meaningful engagement for the participants: facilitation and nature of activity. Some changes and improvements made under the aforementioned components were implemented in the second phase of the IGP. An activity plan adapted from a guide written by Jarrott (2007) was also introduced to improve the communication and preparation of materials between both centres.



Results showed that the average score for the seniors' well being profiling in both Phase 1 and Phase 2 was the same (i.e. 27.2 out of 28). This suggested that the seniors maintained their wellbeing scores throughout the IGP, and none showed a decline. Moreover, this finding also correlated with the feedback received from the seniors and their caregivers which highlighted that the majority of them enjoyed the activities with the children and are willing to participate in such programmes again. Through the meaningful engagement with the children, seniors feel valued, empowered and a renewed sense of purpose. Other than that, this programme provided the opportunity for SCC staff to learn more about the seniors and recognise their abilities as well as understand the planning process in developing a more effective IGP in the future. Overall, the piloted IGP was successful in empowering the participants to be the agency for promoting each other's well being through interactions, reciprocal learning, and co-creation.

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