



*part of the Anglican community*

## **INTERGENERATIONAL PROGRAM**

There is much research to suggest the benefits of intergenerational programs as a way of meeting the needs and interests of aged and young persons. Such programs give young persons and senior citizens the chance to develop meaningful connections with each other and offer many wonderful benefits such as:

- Developing positive relationships between aged and young persons - gaining a role model, mentorship, companionship, and friendship.
- Providing young persons with the opportunity to understand the diversity among aged persons, and their skills and capabilities.
- Providing an opportunity for aged persons and young persons to be able to pass on their knowledge and experiences e.g.
  - providing young persons with the opportunity to learn from the past and experience the significant heritage skills available e.g. carpentry, story telling, knitting, quilting, craft etc.
  - providing residents with the opportunity to learn about younger generations e.g. fashion, culture, technology, schooling, values.
- Young persons gaining knowledge to assist in self development e.g. knowledge on how to effectively communicate with the elderly, awareness of disease processes.
- Visits promoting fun and wellness and assisting to combat loneliness and isolation.

## **PERSONAL ENRICHMENT PROGRAM**

Amana Living has long realised the benefits of building such mutually beneficial relationships with the community, in particular with schools, and aims to establish long term sustainable partnerships to enrich the lives of our residents and surrounding community.

In 2007 Amana Living launched its Personal Enrichment Program (PEP) to recognise and build upon its care program as being central to the holistic needs of the residents – that is to ensure that their cultural, spiritual, social, physical, and emotional needs of residents are recognised and enriched.

Enrichment of the experience for individuals is a key element of the new vision for Amana Living. “PEP, together with the principles of Christian love and care that characterises Amana Living, ensures residents continue to ‘Live Life’, with an emphasis on wellness and developing and maintaining personal interests” (*Strategic Plan Towards 2015*). PEP is designed to make a real difference to the lives of those touched by Amana Living and aims to see a staff culture that conceptualises the care team as being about lifestyle and the total

'unique' individual rather than primarily about physical wellbeing. PEP spans across the entire services of Amana Living including residential care, community services and retirement living.

Central to the PEP vision is building new relationships and enhancing engagement with the broader community; specifically fostering closer ties with schools and 'volunteers' where students and community members can become involved in mutually beneficial and meaningful activities. Amana Living is extremely proud of the partnerships it has established with local schools and the commitment from both ends to develop sustainable programs for students to interact with residents within its care facilities.

Examples of opportunities within Amana Living's Intergenerational Program:

- Individual Activities – pairing up students with particular residents to meet regularly to play board games, show photographs, read through the local paper, go for a walk in the gardens, or share in morning/afternoon tea.
- Concerts and Performances - by the students at the residential care centre.
- Falls Prevention – physical education students participating in physiotherapy exercise classes.
- Information Technology – students training residents in simple applications such as the internet and email.
- Woodworking – design and construction of treats trolleys.
- Group Activities – activity program incorporating story telling, indoor sport, quiz, music, singing, performing, discussions, art/craft, cooking, etc.
- Events - planning an event for Senior's Week and International Grandparent's Day etc. i.e. BBQ, concert, sing-a-long, play, etc.
- Sewing Projects – e.g. material carry bags for the walking frames, bed rail protectors, quilts, leg and elbow protectors, and 'Joey-pouches' (to carry the phone, pen, notebook).
- Art and Craft Projects – decorative pieces for residential centre corridors and residents' rooms.
- Presents – making gifts for Mother's Day, Father's Day, Birthdays, Valentine's Day, Christmas and Easter. These gifts are generally hand-made items like cards, bookmarks, small soaps, notebooks.

Amana Living's Intergenerational Programs are tailored to meet the needs of the individual school and residential centre. With the development of the program, thorough monitoring and evaluation is carried out to ensure its success. Amana Living aims to build strong sustainable mutually beneficial relationships to ensure the programs provide an enriched environment for residents, students and the wider community.

**For further information please contact:**

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