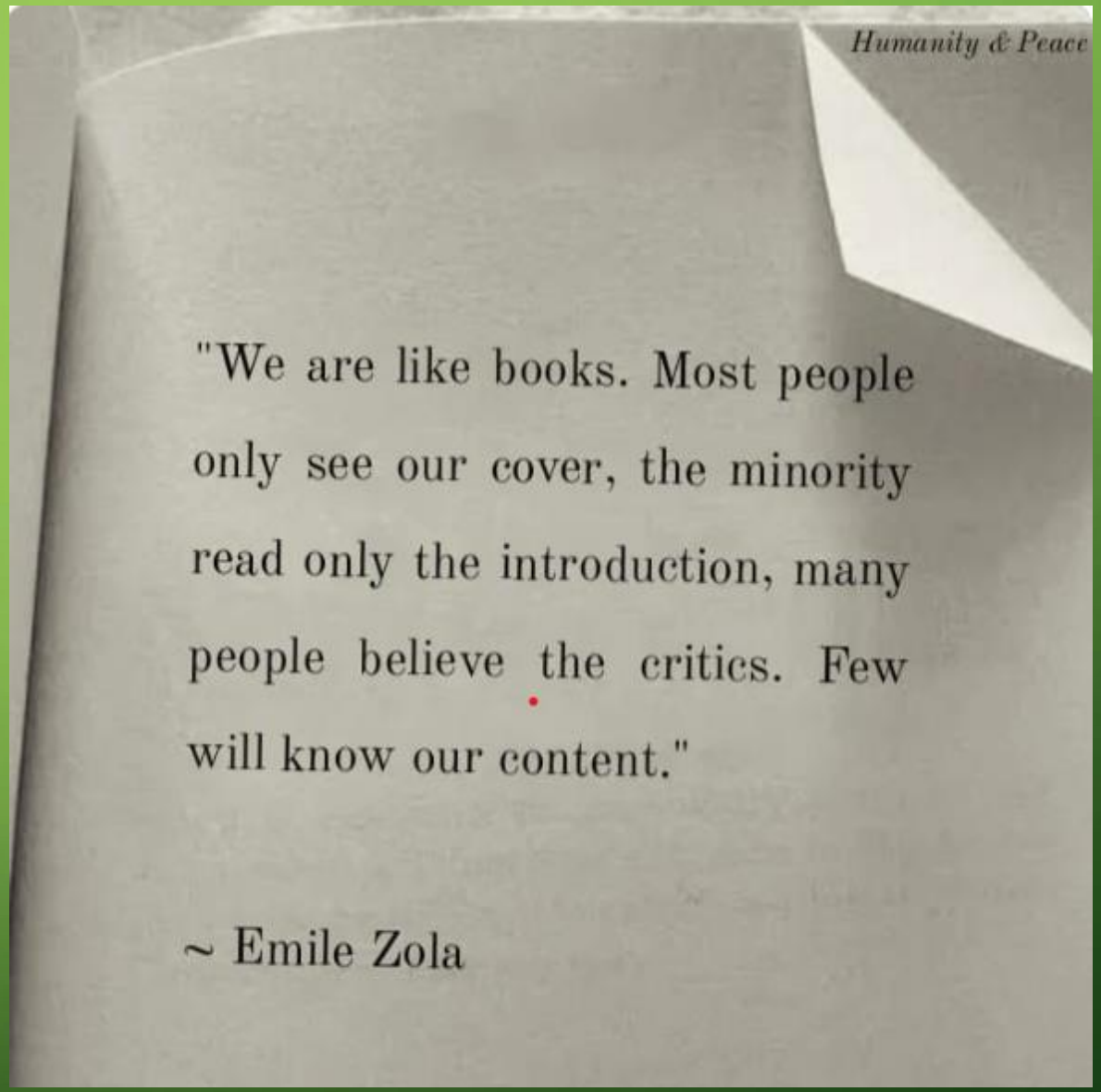
LEGACY PROGRAMMING IN LONG-TERM CARE

- GrandPals and Life Journals



LEARNING OBJECTIVES:

- Identify 3 opportunities to develop intergenerational connections utilizing community partners
- Describe 2 guided interview techniques that can improve information sharing between residents and the care team
- Describe 3 benefits of legacy programming

LESSONS FROM A 100 YR OLD…

We all have a story…

INTRODUCE YOURSELF TO SOMEONE NEW

- 3 minutes
- Do you feel you know this person well?
- What did you learn?

PERSONAL IDENTITY:

- Risks & Losses to personal identity

REBUILDING IDENTITY THROUGH LEGACY PROGRAMS

Each brick is a memory. Sharing / Recognition of the memory is the mortar = IDENTITY

Without mortar walls are at risk of falling apart.

GRANDPALS:

What is it?

Who does it involve?

Why is it important?

How do I develop my own Grandpal program?

"GRANDPALS"
JAN 25 – JUN 3, 2024
Tyson
Grand Pals
Jack
Grand Pals
Grand Pals

OVERVIEW

1. Create a Community Partner ie. local school
2. Prepare the GrandPal students
3. Select GrandPal residents
4. Student and GrandPals introductions (student photo collage)
5. Students interview their GrandPals
6. Create book through literacy class (gather & organize info, edit, proofread, publish)
7. Present GrandPals with book of their life story

CREATE COMMUNITY PARTNER:

PREPARE THE STUDENTS:
IN THE CLASSROOM…

- What to expect…
- What you will see…
- Communication…

SELECT THE RESIDENTS:

"Who cares about my story?"

"I don't know if I really have much to say.."

"This is probably boring you…"

SELECT THE RESIDENTS -- CRITERIA….

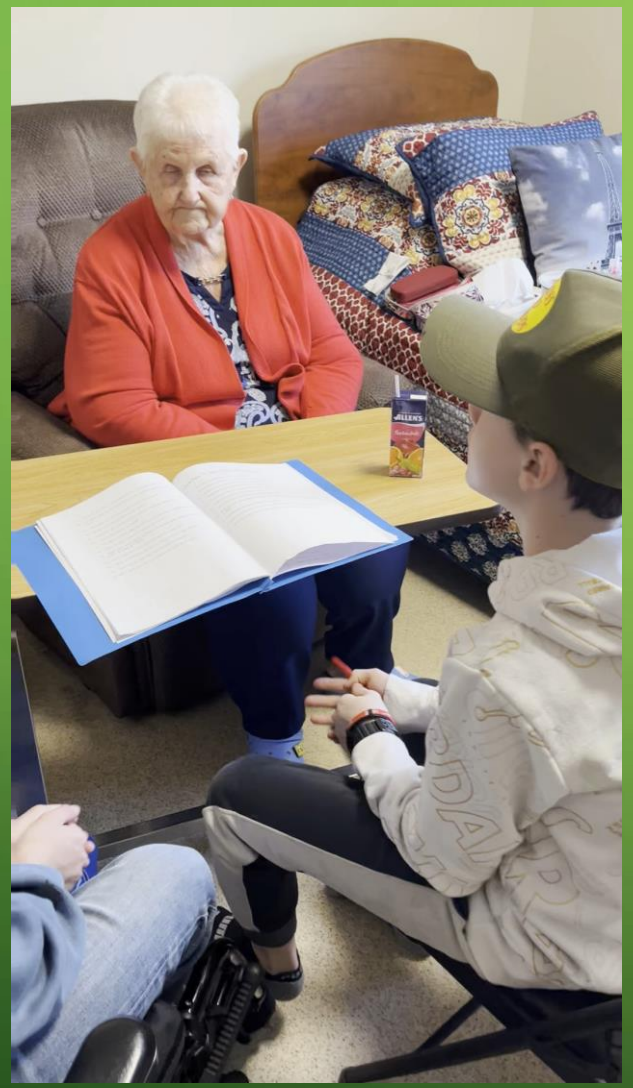
- Similar interests
- Communication with teachers
- Girls / Boys

STUDENT AND GRANDPAL INTRODUCTIONS

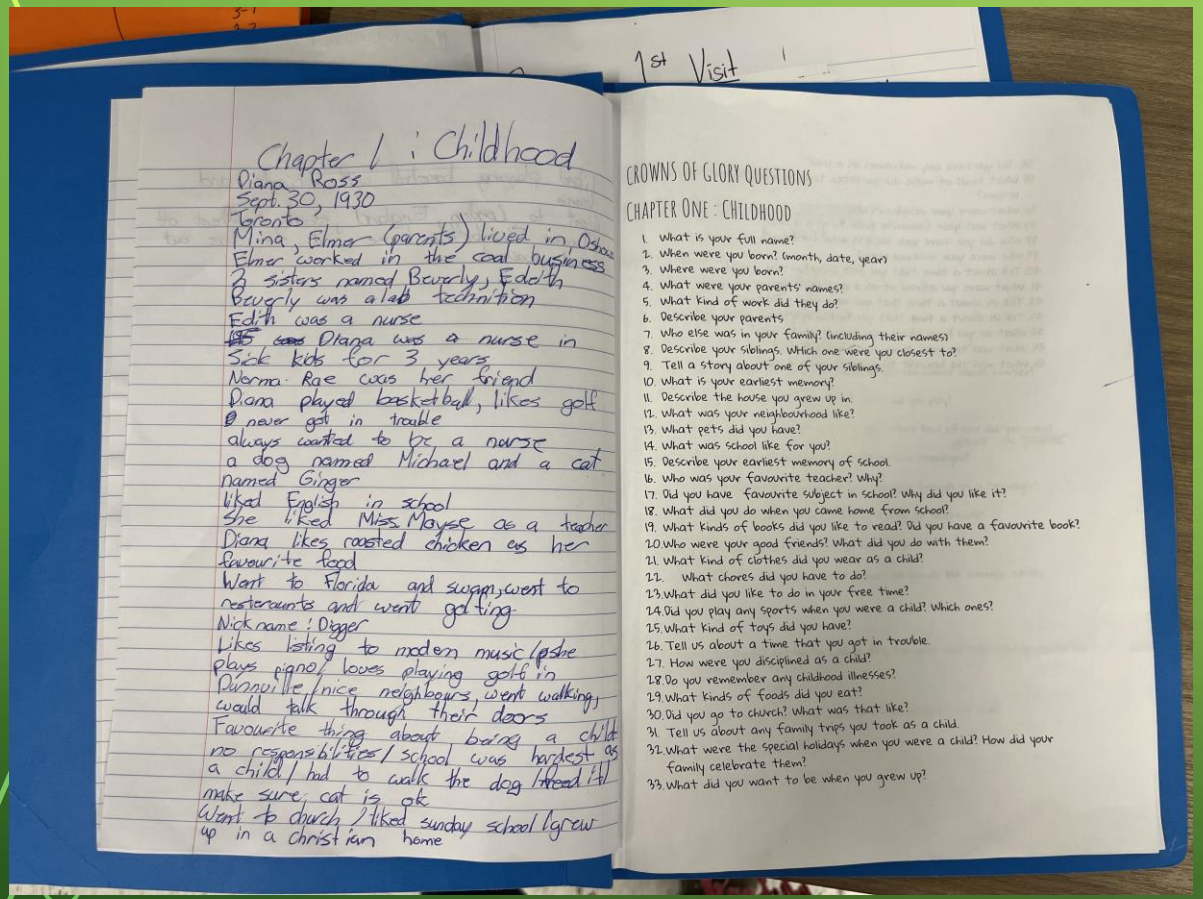
FIRST VISIT TO THE HOME:

- Partnering GrandPals
- Student and GrandPal Introductions
- Poster Boards – Student's Photo Collage
- Intergenerational Game/Activity

STUDENTS INTERVIEW THEIR GRANDPALS



FACILITATION TECHNIQUES



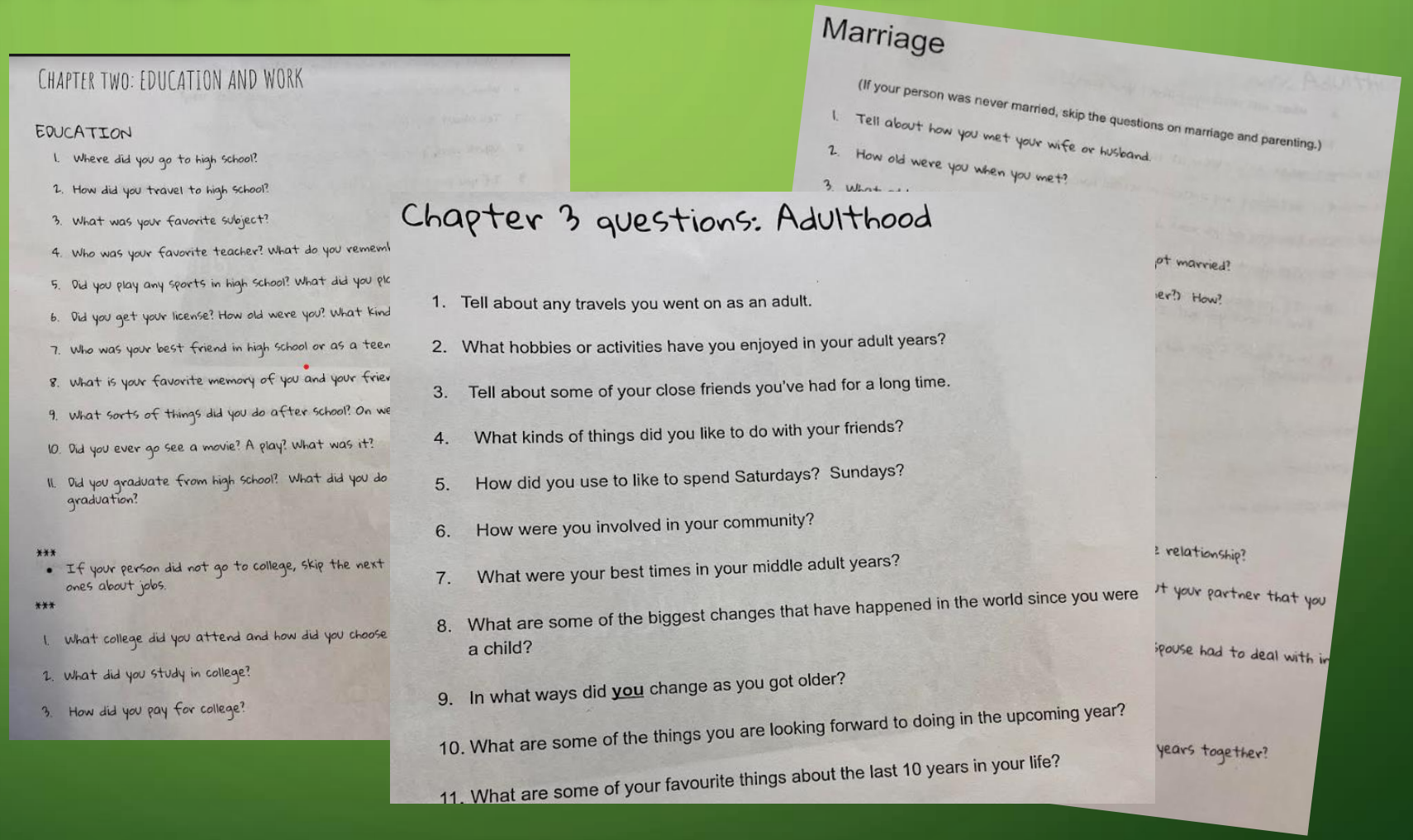
- Break students and residents into small groups
- Partner 2 students to one resident
- Students bring questions
- GrandPal student workbooks are prepared by teacher
- Frontload students by going to their classroom prior to them visiting the home

OUTLINE FOR VISITS

- Welcome GrandPals
- Allow time for Visitor Protocols to happen
- Partner GrandPals
- Staffing
- Students visit with assigned residents
- Reconvene into large group for intergenerational activity

ASK QUESTIONS: CREATING A BOOK -- CHAPTERS INCLUDED

- Childhood
- Education
- Adulthood
- Marriage
- Parenting
- Retirement



CHAPTER TWO: EDUCATION AND WORK

EDUCATION

1. Where did you go to high school?
2. How did you travel to high school?
3. What was your favorite subject?
4. Who was your favorite teacher? What do you rememl
5. Did you play any sports in high school? What did you pl
6. Did you get your license? How old were you? What kind
7. Who was your best friend in high school or as a teen
8. What is your favorite memory of you and your frie
9. What sorts of things did you do after school? On we
10. Did you ever go see a movie? A play? What was it?
11. Did you graduate from high school? What did you do graduation?

***
- If your person did not go to college, skip the next ones about jobs.

***

1. What college did you attend and how did you choose
2. What did you study in college?
3. How did you pay for college?

Chapter 3 questions: Adulthood

1. Tell about any travels you went on as an adult.
2. What hobbies or activities have you enjoyed in your adult years?
3. Tell about some of your close friends you've had for a long time.
4. What kinds of things did you like to do with your friends?
5. How did you use to like to spend Saturdays? Sundays?
6. How were you involved in your community?
7. What were your best times in your middle adult years?
8. What are some of the biggest changes that have happened in the world since you were a child?
9. In what ways did **you** change as you got older?
10. What are some of the things you are looking forward to doing in the upcoming year?
11. What are some of your favourite things about the last 10 years in your life?

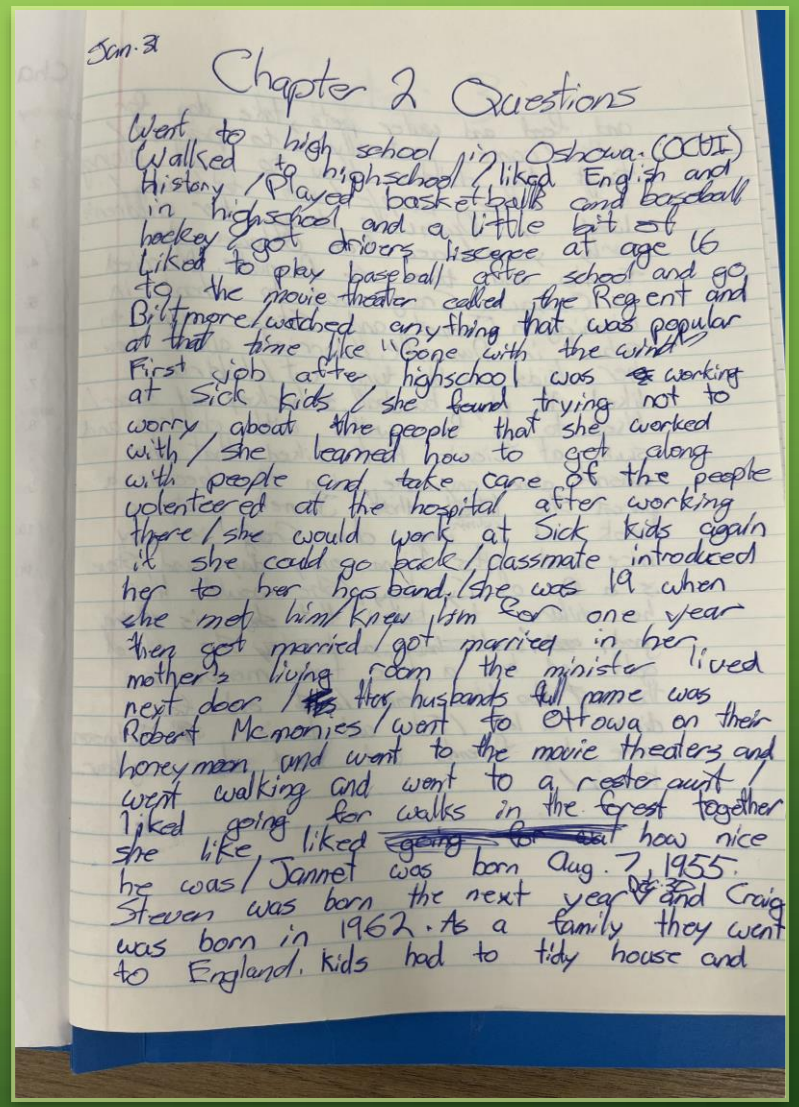
Marriage

(If your person was never married, skip the questions on marriage and parenting.)

1. Tell about how you met your wife or husband.
2. How old were you when you met?
3. What

CREATE A BOOK

- Literacy curriculum
- Organize and gather information
- Edit & proofread
- Publish book



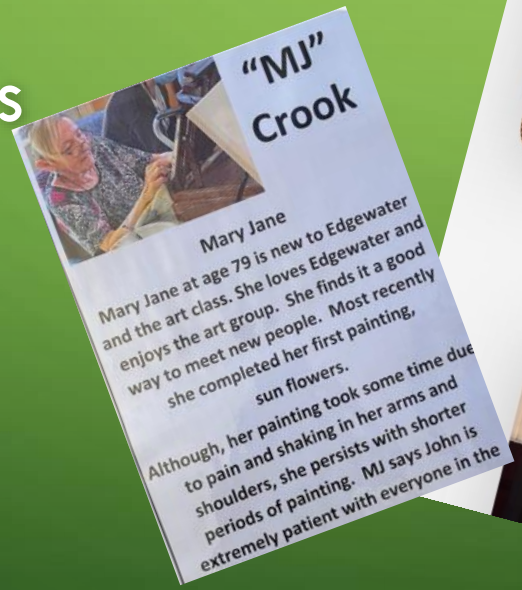
Jan. 3

Chapter 2 Questions

Went to high school in Oshawa. (CCVI)
Walked to highschool / liked English and
History / Played basketballs and baseball
in highschool and a little bit of
hockey / got drivers liscence at age 16
Liked to play baseball after school and go
to the movie theater called the Regent and
Biltmore / watched anything that was popular
at that time like "Gone with the wind"
First job after highschool was ~~a~~ working
at Sick kids / she found trying not to
worry about the people that she worked
with / she learned how to get along
with people and take care of the people
volenteered at the hospital after working
there / she would work at Sick kids again
if she could go back / classmate introduced
her to her husband / she was 19 when
she met him / knew him for one year
then got married / got married in her
mothers living room / the minister lived
next door / ~~His~~ Her husbands full name was
Robert McMonies / went to Ottowa on their
honeymoon and went to the movie theaters and
went walking and went to a restaurant /
liked going for walks in the forest together
she like liked ~~going for eat~~ how nice
he was / Jannet was born Aug. 7, 1955.
Steven was born the next year and Craig
was born in 1962. As a family they went
to England. kids had to tidy house and

GATHER GRANDPAL PHOTOS: PHOTO SOURCES

- Through photos in rooms
- Family members contribution
- In home activities



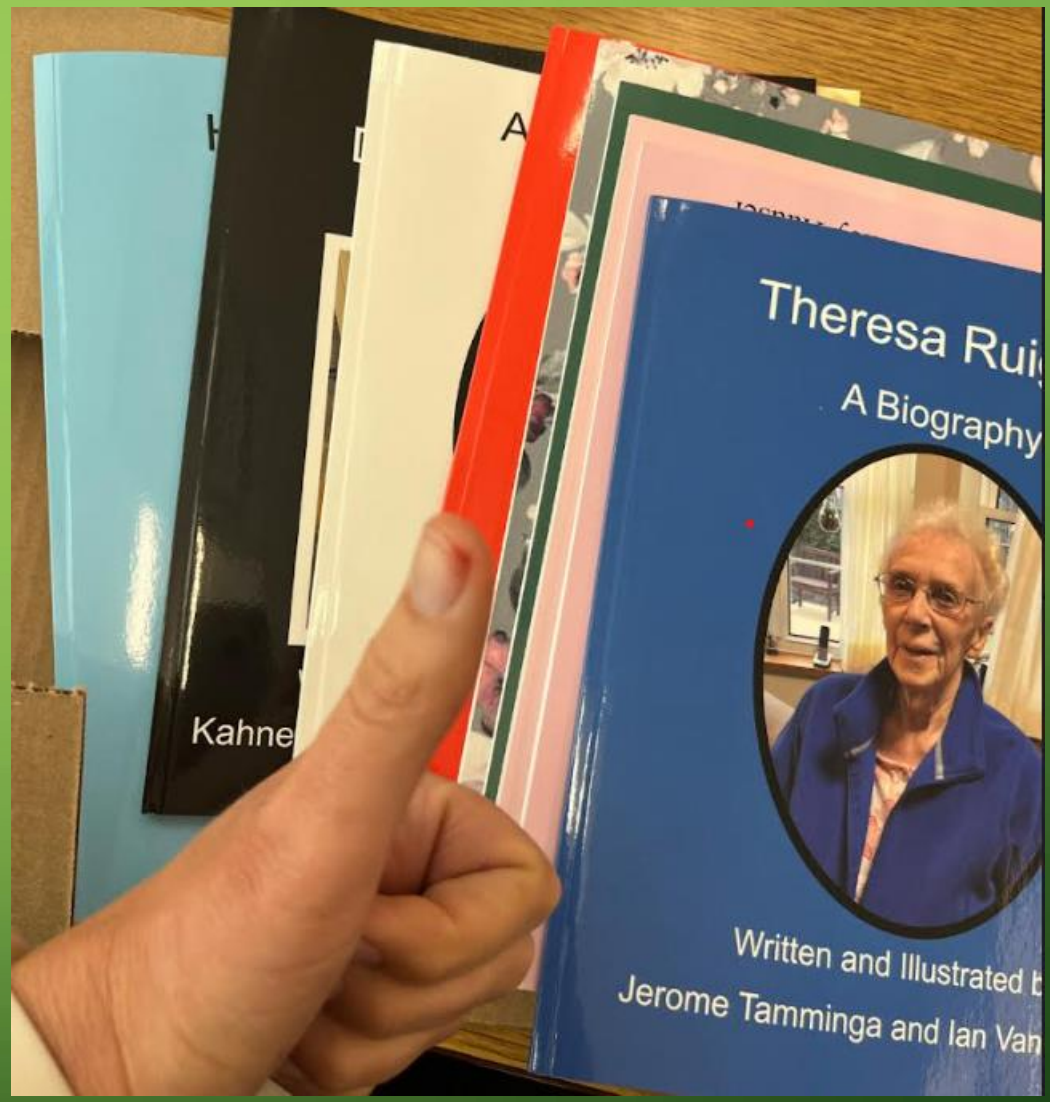
GATHER GRANDPAL PHOTOS

- Include resident in choosing photos – ask permission.
- Method of sending photos
- Ensure students have enough for books

RESOURCES:

PHOTO BOOKS ONLINE

www.blurb.ca



FINAL GALA CELEBRATION….

PRESENTATION OF BOOKS…

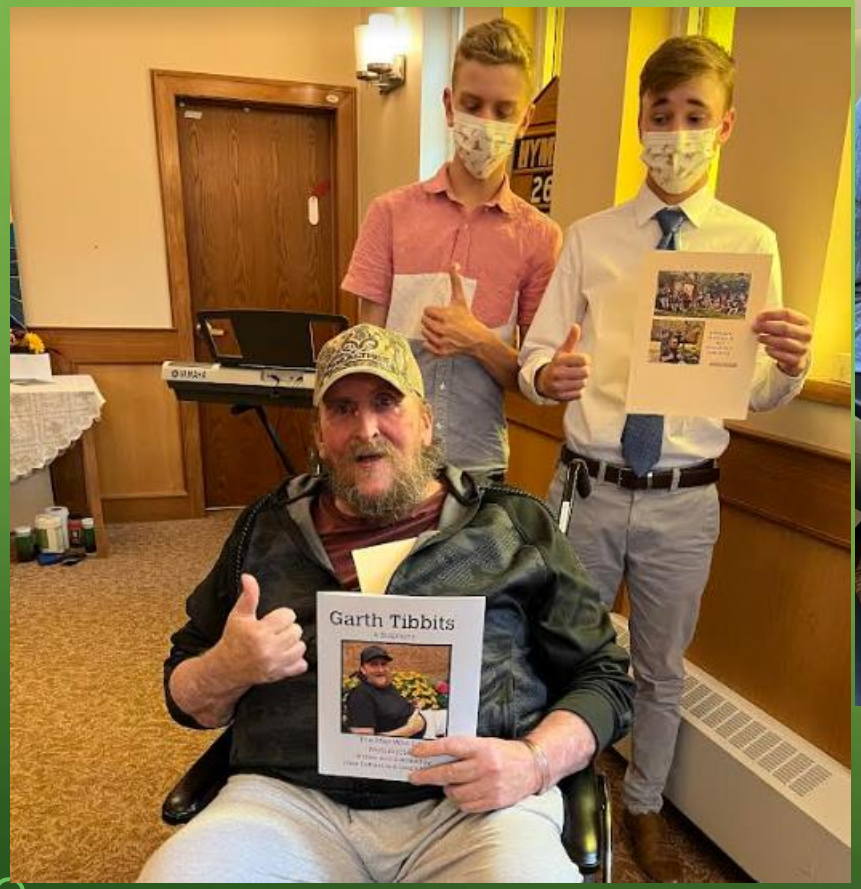


PHOTO COLLAGE KEEPSAKE

EVALUATION

- Discussion with teacher
- Follow up call
- Make adjustments as required
- Feedback from residents, students and LTC staff

LESSONS LEARNED….

- Use Dementia friendly name tags
- Provide quiet places for GrandPals to meet
- Add art and photos to books / RT to take gather photos
- Substitute GrandPals as needed
- Proofread books prior to printing

RESIDENT PERSPECTIVE

QUESTIONS ABOUT GRANDPALS

LIFE JOURNALS

WHY ARE OUR BEST STORIES OUR OBITUARIES?

Janina's Story

I wish I knew that about her…

WHAT MAKES A LIFE JOURNAL INTERESTING?

- Stages of life
- Stories of life
- Photos/videos
- Fun facts

THE THERAPEUTIC USE OF LIFE JOURNALING

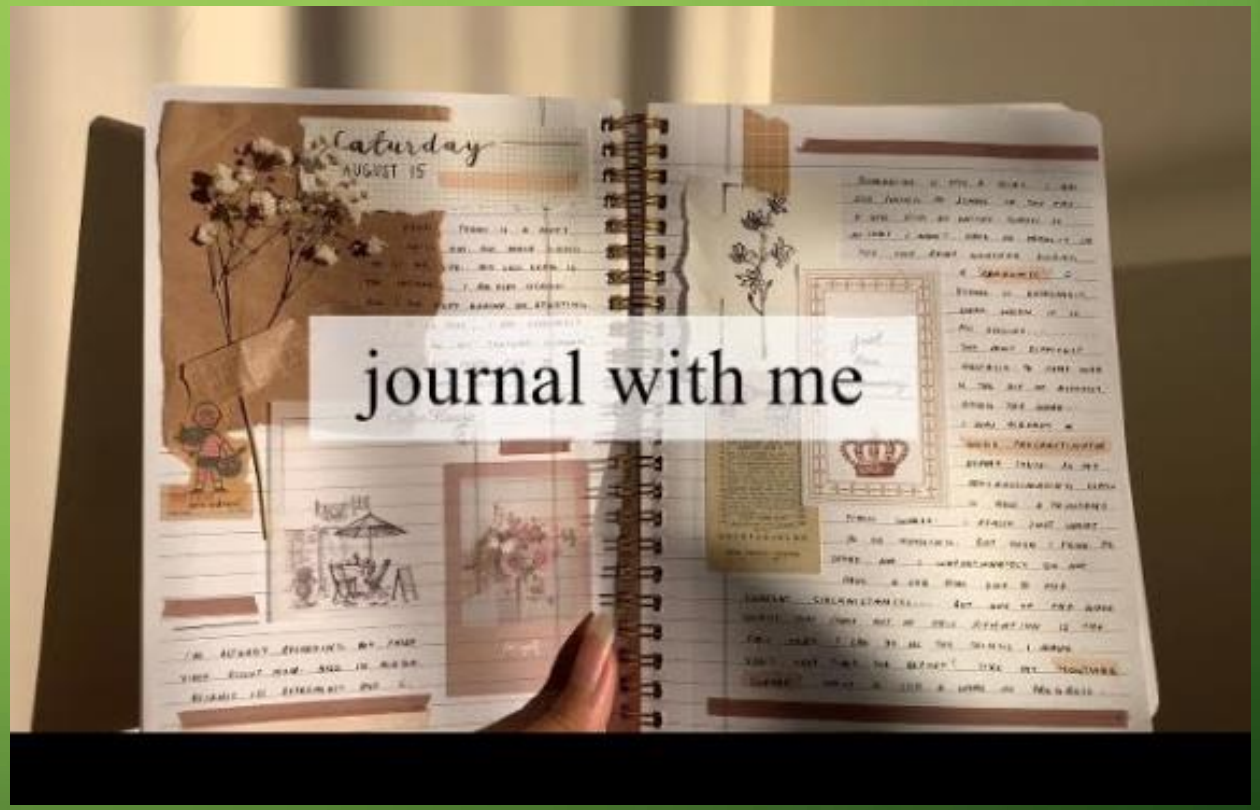
Validation

Identity / self esteem

Memory aid

Personhood

Grief support



VISITATION TOOL:

- Creates opportunities for conversation
- Variety of topics
- Long term memory
- Pictures for cuing
- Validates identity

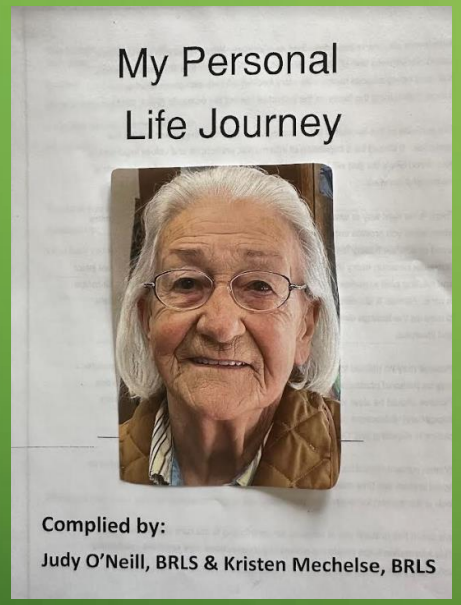
INTERVIEW TECHNIQUES:

FORMAL

INFORMAL

RESOURCES:

HARD COPY



VS

DIGITAL

Benefits?

CONTRIBUTORS:

RESIDENT

Slowly and over time

SPOUSE / CHILDREN

Want you to see the best in their parent

Their memories are of the adult/parent

SIBLINGS/CLOSE FRIENDS

Childhood memories that speak to identity development / background

MEMLIFE: JOURNAL & MEMOIR APP

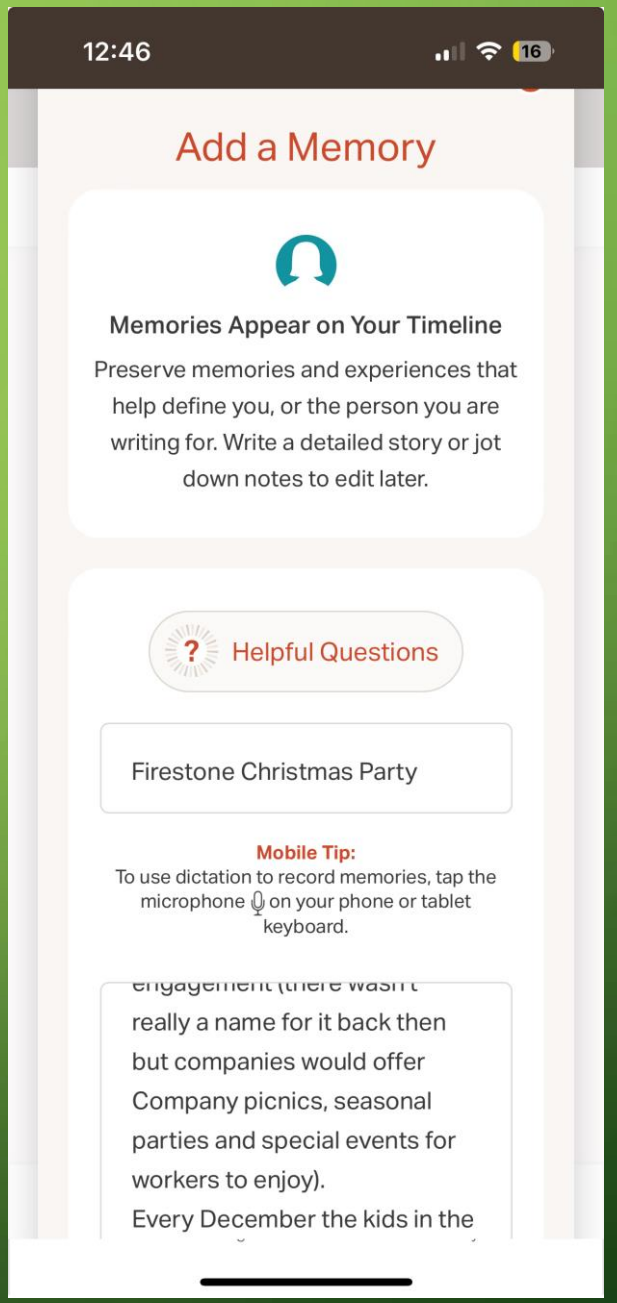
THE STORIES FROM LIFE SIMPLY PRESERVED

FEATURES:

- Timeline: Stories are arranged / stored chronologically
- Life Stages: childhood, teen years, young adult life…..
- Life Book (pictures)
- Family & Friend input
- **It's FREE!**

Features:

- Timeline
- Life stages
- Life book
- Invite family and friends
- It has a dictation option!



BARRIERS TO LEGACY PROGRAMMING

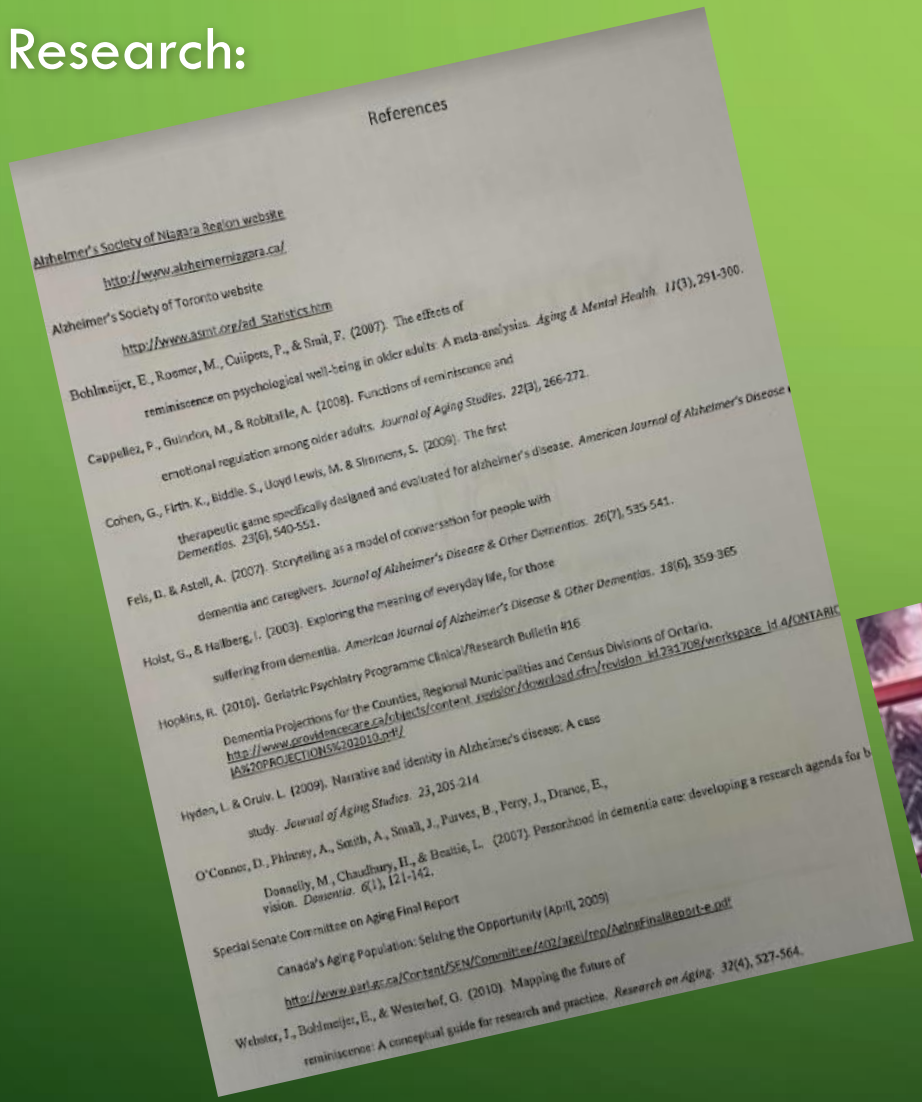
List:

IPADS FOR VISITORS

- Provide a method to sign in/out
- Provide instructions for tech challenged individuals
- Partner new users with students
- Ensure tracking is turned on
- Encourage them to use MemLife as visitation support

BENEFITS OF LEGACY PROGRAMMING…

Research:



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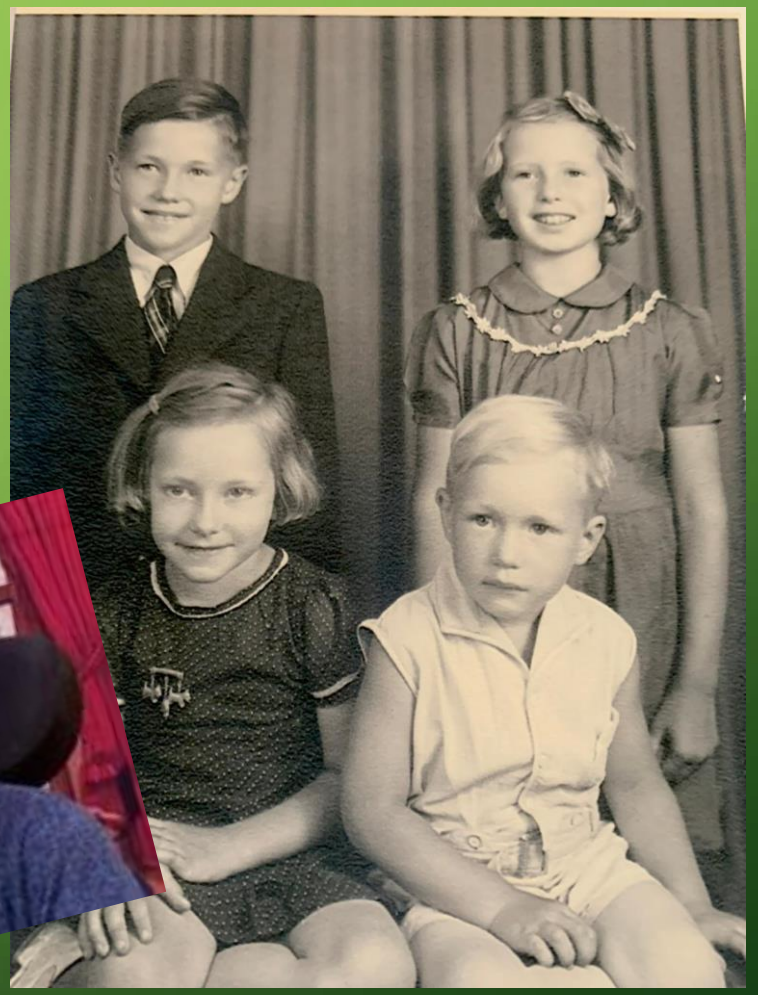

WHAT'S YOUR STORY?

Thank you!

Student and Resident Photos used with consent