

National Ageing Research Institute

Evaluation of an  
Intergenerational Playgroup in a  
Residential Aged Care Facility

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Residential Aged Care Facility**

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**National Ageing Research Institute**

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### Playgroup Members

Residents of Percy Baxter Lodges, McKellar Centre, Barwon Health

Children who attend the playgroup at Percy Baxter Lodges

Parents of the children who attend the playgroup at Percy Baxter Lodges

Staff of Percy Baxter Lodges

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## **Executive summary**

### **Background**

The aim of this project was to establish and evaluate a playgroup in an aged care facility that promoted greater intergenerational understanding and facilitated meaningful individualised social inclusion for people living in the residential aged care service and for members of the playgroup. Funding for this project was received from the Victorian government, Department of Health Aged Care Branch "Count Us In!" social inclusion for people living in residential aged care project.

### **Methods**

The evaluation included a literature review, resident, parent and staff surveys, a focus group with residents and review of the playgroup notes of the playgroup facilitator and lifestyle officer.

### **Findings**

The major findings of the impact of the playgroup on the playgroup participants were:

- Enjoyment
- Intergenerational Interactions
- Reflection and reminiscence of childhood and parenting
- Changes in attitudes/expectations and perceptions of different generations and aged care facilities

Information was also gained about the practicalities and implementation issues related to establishing and running a playgroup in an aged care facility. A resource booklet, "Playgroups in Aged Care Facilities" has been developed from the findings of this project.

### **Recommendations**

For those involved in the playgroup at Percy Baxter Lodges, the following recommendations are made:

- Continue a playgroup at Percy Baxter Lodges
- Ensure this evaluation is available to all interested parties
- Ensure effective communication about all aspects of the group particularly related to safety
- Provide appropriate training for all staff involved in the playgroup
- Consider a formal evaluation of the transition from supported to community playgroup

For those interested in establishing and running a playgroup in another aged care facility, the additional following recommendations are made:

- Ensure appropriate planning prior to the establishment of a playgroup
- Consider establishing a resident playgroup committee
- Ensure appropriate enclosed space with an outdoors area and storage available nearby
- Ensure effective communication about all aspects of the group particularly related to safety
- Commence with a supported (facilitator-led) playgroup model
- Allow interactions to be directed by the participants and expect change over time
- Encourage residents to have particular roles (if desired) prior to, during or after the playgroup
- Provide appropriate training for all staff involved in the playgroup including modules in aged care and early childhood development
- Be aware the age of the children will impact on the types of activities possible

Distribute the booklet "Playgroups in Aged Care Facilities" to all aged care facilities in Victoria and community groups who are seeking venues or are interested in this model

### **Conclusions**

The project has had social and community benefits to residents, families and the facility as a whole. All residents are hoping the playgroup will continue into the future.

## **1. Introduction**

Social inclusion is when all people in society feel valued, respected and that their basic needs are met. It is also about understanding that everyone can contribute to society, can learn, can communicate (Cappo 2002). This project assisted older people to feel part of their community by bringing an external community activity into an aged care facility. It involved contact between generations and interactions across generations - making residential care a part of the community rather than perpetuate a perception that it is an institution outside the mainstream. The engagement of residents with younger generations and access to community events within the facility are all consistent with social inclusion principles.

This project aimed to establish and evaluate a playgroup in an aged care facility to promote greater intergenerational understanding and facilitate meaningful individualised social inclusion for people living in the residential aged care facility and for members of the playgroup. The project involved running a playgroup and evaluating the impact of the playgroup for residents, staff and families. Playgroup Victoria was the lead agency for the project and the National Ageing Research Institute (NARI) evaluated the program which was located at Barwon Health Percy Baxter Lodges.

This report includes a description of the playgroup and its establishment, findings of the evaluation of the playgroup for playgroup participants and recommendations for those interested in establishing a playgroup in an residential aged care facility.

## **2. Background**

### **Playgroups**

Playgroup Australia, the national peak body for playgroups in Australia, defines a playgroup as “an informal session where mums, dads, grandparents, caregivers, children and babies meet together in a relaxed environment” (Playgroup Australia 2009). Playgroups are where parents or caregivers attend a venue with their children aged between 0-5 years of age for fun, learning and friendship. Playgroups enable adults to meet other people going through similar experiences. Playgroups occur at various venues including community venues such as maternal and child health centres, kindergartens, halls, community centres, primary schools and aged care facilities. Children can benefit from socialisation with others, participation in new play experiences, and learning new tasks and skills, while adults can also benefit from developing friendships with other local families, and sharing experiences about parenthood and other matters (Playgroup Australia 2009).

### **Playgroup Victoria**

Playgroup Victoria has been helping families to start and join playgroups since 1974 and is a not for profit organisation funded by membership, fundraising and federal and state government grants. Playgroup Victoria has a strong record of establishing and supporting playgroups. Around 53,000 children from 40,000 families go to playgroups in Victoria. Playgroup Victoria has produced the first two of a set of booklets targeting specific venues for the commencement of playgroups. Playgroups in Neighbourhood Houses and Playgroups in Schools produced in 2007 and 2008 respectively. This project has allowed Playgroup Victoria to produce the next in the series: Playgroups in Aged Care Facilities with quality, researched information to distribute to all aged care facilities in Victoria.

### **3. Literature review**

#### **Ageing in Australia**

Older adults are representing a larger proportion of the population, both in Australia and worldwide (Australian Bureau of Statistics 2009). As well as the ageing of the population, the projected increase in the population for coming decades means that there will also be a significantly increasing number of older people, with the 65-84 age group projected to grow from 2.4 million in 2007 to 6.4 million by 2056 (Australian Bureau of Statistics 2009). These trends have ramifications for the provision of services and infrastructure to older adults.

Residential aged care is provided to older adults whose care needs mean that they can no longer remain in their own home (Australian Institute of Health and Welfare 2009), and with a growing older population the demand for residential care places is likely to increase. Residential aged care facilities already provide over 175,000 places to older adults across Australia in 2007-08 (Australian Institute of Health and Welfare 2009). The numbers of residents using places in care, both for permanent and respite care, has been steadily increasing over the past decade (Australian Institute of Health and Welfare 2009). However, it is not only the number of residential care places that is important, but also the experiences of the residents.

#### **Social Inclusion for Older Adults**

In Australia, the Government has increasingly acknowledged the importance of community engagement and other social dimensions through its promotion of a social inclusion agenda (Bartlett 2007). A socially inclusive society has been defined as "one where all people feel valued, their differences are respected, and their basic needs are met so they can live in dignity" (VicHealth 2005). Social exclusion, in contrast, is an experience of being cut off from participation in society due to a range of barriers such as unemployment, low income, poor housing, and poor health.

Social exclusion can be a particular issue for older adults because of ageist attitudes in wider society, functional decline leading to less opportunity to engage with the community, low income, and the loss of former social networks such as friends who have died. In residential aged care, this is compounded by care needs and potential for decreased choice and control in matters of daily living. A number of initiatives of the Victorian Government have been targeted to the particular social inclusion needs of older adults, including the Office of Senior Victorians' Positive Ageing strategy (2004-05), and the Count us in! Social inclusion for people living in residential aged care project (2006 – current).

There is a wide variety of intergenerational programs operating worldwide, and one type expanding in recent years in Australia has been intergenerational playgroups in residential aged care facilities. These playgroups have not only offered a form of community engagement for older adults in residential care, but have also met a need in the community for venues for the running of playgroups.

#### **Playgroups in Australia**

There are many models of playgroups. The most common playgroup model is the community playgroup, where the playgroup is developed locally and run by the parents without the need for a facilitator. These may include weekend playgroups for working parents, fathers' playgroups and

grandparents' playgroups where fathers or grandparents are the primary caregiver. Another model is that of supported playgroups which are facilitated for families with high needs, culturally specific playgroups, and others for special needs or populations (Playgroup Victoria 2009).

Playgroups are essentially intergenerational in the way that families are intergenerational – because children and adults come together. However, the term 'intergenerational playgroup' is usually used to refer to playgroups where three (or more) generations are involved – children, parents, and a third generation of grandparents or other older adults (Playgroup WA 2006).

There have been many intergenerational playgroups developed in recent years. The inclusion of more aged care facilities has been an innovation commencing initially in Australia by Playgroup WA seven years ago. Playgroup WA, in Western Australia, has around 46 intergenerational playgroups (Doherty 2010) while in Victoria there have been just a few. Currently, Playgroup Victoria has facilitated nine playgroups in Victorian aged care facilities, primarily at private sector organisations. Positive responses have been received from residents, staff and playgroup participants. Minimal evaluation of the programs has been undertaken. The outcomes from the playgroups already introduced are benefits for residents, for the parents and children of the playgroup and also for the staff of the facility. This information has been obtained through observation, parent feedback via surveys, and staff discussions with residents. The need to ease social exclusion for people caring for young children is a focus of playgroups and Playgroup Victoria.

An added benefit of holding playgroups in aged care facilities is the provision of a venue, because there is a high demand for venues for playgroups in Australia. The shortage of venues for playgroups prompted the seeking of various new locations. By meeting at aged care facilities, the promotion of social inclusion for residents is also encouraged and links with the community are established.

Although intergenerational playgroups are fast multiplying in Australia, there seem to be no studies published on intergenerational playgroups (aside from kin relationships). An evaluation has been conducted for an intergenerational playgroup in a residential aged care facility in WA but this has not yet been published (Ruecroft, Chellew et al. 2009). Playgroups in residential aged care facilities need to be evaluated because there are several areas in which they differ to most other intergenerational programs. These include:

- Very few intergenerational programs involve such a young age group of children: younger than school-age and often younger than kindergarten-age, even including newborns;
- Intergenerational playgroups involve not only an older adult generation and a child generation, but also the middle parent/carer generation which may create a different dynamic;
- Playgroups may be less structured than other intergenerational programs, especially if they are community-led (by the parents) rather than facilitator-led.

Existing research on other forms of intergenerational programs can inform the process of developing and evaluating intergenerational playgroups in residential aged care facilities.

## **Intergenerational Programs**

### **1. A response to age segregation**

Intergenerational programs vary in purpose and nature, but throughout the research literature they are usually programs that focus on facilitating contact between older (from 50 years and

over) and younger (typically child or adolescent) generations. The assumption is that this contact would usually not take place because of the age segregation of society. While in past centuries older and younger generations – and everything in between – would be frequently, if not daily, living life alongside each other, this is no longer the norm. The “bookend” age groups – as Generations United (2000) has called children and older adults – increasingly spend their time separated, with children in childcare and school among similar-age peers, and many older adults in retirement villages, day care or permanent residential care. As well as this, generations of families are often separated by great distances, diminishing the opportunities for grandparent-grandchild relationships to develop, for grandparents to support parents, and for younger generations to learn from older generations. A playgroup in a residential aged care facility could provide some of these opportunities through multigenerational non-kin relationships because it involves the older adult residents, young children, and parents or caregivers of the children.

Ageist attitudes in the community are another reason for promoting intergenerational contact. Ageism usually refers to negative attitudes towards older adults, but it can also refer to the negative attitudes that adults, including older adults, hold towards children and adolescents. Hagestad and Uhlenberg (2005) have argued that age segregation is closely linked to ageism because it promotes an ‘us’ and ‘them’ perspective. Intergenerational contact, then, can be expected to reduce ageism among those involved. Uhlenberg (2000) makes a case to integrate old and young as much as possible, through intergenerational programs and also co-residing grandparents and grandchildren. He contends that this promotes a resources perspective where each generation has the potential to offer something to the other – in particular, older generations supporting younger generations. Kuehne (1998) also promotes age integration, arguing that interaction between all ages, including young and old, makes for the “richest” communities, in that younger generations can benefit from the experiences and wisdom of those older, and older generations such as parents can be supported in their care-giving responsibilities. An intergenerational playgroup, therefore, may be a strength for the community, and not just the particular children, parents, and older adults involved.

## **2. Outcomes of intergenerational programs**

Herrmann and colleagues (2005) defined the three most common types of intergenerational programs as: (1) older adults providing a service to youth, (2) youth assisting older adults, and (3) older adults and youth working together on activities as equals. For a playgroup in a residential aged care facility, such categorisation may be difficult, because the contact itself rather than a particular task is intended to provide benefits to both older adults and the young children, and there is also another generation involved, the parents.

### *Shared site intergenerational programs*

The most relevant intergenerational program type to an intergenerational playgroup in a residential aged care facility is perhaps that of shared site intergenerational programs (SSIPs) which have been increasing in the United States (Generations United 2006). Shared site intergenerational programs bring together community care for older adults and for children, and take advantage of the shared site by running strong intergenerational programs. ONEgeneration Daycare is a good example, where adult day care and child care (including a preschool program) take place in different wings of the same site, but are brought together for a voluntary intergenerational program (Jarrott and Bruno 2007). Research at ONEgeneration Daycare involving a triangulation of methods, where surveys, interviews and observations were used, indicated several benefits to the older adults and children, including an appreciation for diversity

and the development of close intergenerational relationships (Jarrott and Bruno 2007). Another study which followed up outcomes for the children of the program indicated that the children showed greater empathy towards older adults, greater social acceptance of older adults, and a better ability to self-regulate behaviour, compared to other children from a non-intergenerational preschool program (Femia, Zarit et al. 2008). At another intergenerational facility, comprising residential aged care, preschool day care, and after-school care, an increase in positive attitudes towards the other generation, as well as positive interactions, were shown among the children and the residents (Chamberlain, Fetterman et al. 1994). All of these benefits could also be potential outcomes for the participants of a playgroup in a residential aged care facility.

Jarrott and Bruno (2007) warn, however, that the assumption that bringing the two generations together "will result in meaningful relationships" (2003, p.242) is not necessarily warranted and can even lead to negative outcomes. This was the case for a shared site intergenerational program explored by Salari (2002), where there was infantilising treatment of the older adults, i.e. the use of age-inappropriate activities, remarks, pet names, and ways of speaking all treated the older adults as though they were children. The infantilisation seemed to prohibit any enjoyment or benefits for the older adults from the intergenerational program because of strong resentment towards this treatment, as well as towards the mandatory nature of the program activities. Salari acknowledged that "differential treatment of the two generations requires staff knowledge and effort" (2002), which should be noted for any program intending to bring together adults and children, but especially with older adults whom may be more likely to be treated as though they are in 'second childhood'. Salari advised that, "clients should be provided with mentoring roles, adult status, and autonomy, and the two generations should not be treated as status equals" (2002). This is crucial advice for the development of a playgroup in a residential aged care facility, where a program of child-oriented activities may dispose staff or even parents to infantilise the older adults.

Positive outcomes were also demonstrated in an intergenerational program involving adults with dementia. An observational evaluation method was used at ONEgeneration Daycare, a facility in the United States for both childcare and adult day care involving a strong intergenerational program, to determine the association between cognitive ability and participation in the program, and effects of the program on affect and behaviour for the adults with dementia (Jarrott and Bruno 2003). The study found no difference of voluntary intergenerational programs participation between adults of different cognitive capacities, an increase in positive affect for adults with dementia who participated, and higher levels of behaviours that were identified as supporting individual personhood (an important factor for adults with dementia). This suggests that vulnerable and cognitively impaired older adults in residential aged care can benefit from voluntary participation in intergenerational programming, a finding that is relevant to a playgroup running in a residential aged care facility. Another study involving residents of differing cognitive capacities also noted that children did not respond negatively to being exposed to confused or uncommunicative residents (Hamilton, Brown et al. 1999).

A problem commonly identified with intergenerational programs is their short lifespan. Hamilton and colleagues (1999) found that many intergenerational programs only run for one or two years while key people, grants, or sponsoring agencies are holding them together, suggesting that the programs need to become fully integrated into the key organisation before they become sustainable.

## **Improving Wellbeing and Quality of Life**

As well as intergenerational program research, the literature on wellbeing and quality of life for older adults, particularly for those in residential care, may inform the process of developing intergenerational playgroups and how they could best benefit older adults.

In the past, the ageing process has been characterised by physical and functional decline, and these are sometimes taken as the factors which define health for older adults. For example, studies of health and ageing often focus on quantitatively investigating risk factors and negative outcomes for health, while healthy or successful ageing is often seen to be the opposite: the absence of risk factors and negatives outcomes (Bryant, Corbett et al. 2001). However, a more contemporary perspective is that there is a broad spectrum of dimensions that are relevant to health for older adults. Bryant and colleagues (2001) argue that healthy ageing cannot be defined only as the absence of limitations, but should be seen as the level of health acceptable to the ageing individual, and should incorporate constructs of wellness.

For Kane (2001), the key goal for older adults should be quality of life. She has identified eleven domains of quality of life which she contends ought to be important in the care of residents of long-term aged care. These are: sense of safety, security and order; physical comfort; enjoyment; meaningful activity; relationships; functional competence; dignity; privacy; individuality; autonomy and choice; and spiritual well-being. Taking Kane's perspective, the development of an intergenerational playgroup should consider some or all of these domains to maximise quality of life for residents. For example, the playgroup could offer potential for enjoyment, for meaningful activity, and for relationships. Some research indicates, though, that these would be restricted if autonomy and choice were not offered in the program, like in the program mentioned earlier where residents were expected to participate and were not given time or space to develop relationships with others (Salari 2002). A well-designed intergenerational playgroup would respect residents' need for a sense of safety, security, and order, for dignity (including the absence of infantilising treatment), and for privacy (of space and of information), and would acknowledge the individuality of residents and respect their expressions of individuality.

Bryant and colleagues (2001) developed a model of healthy ageing based on interviews with older adults whose self-rated health differed to what was predicted on the basis of limitations, illness, and social supports. They found that these older adults placed less importance on physical and functional factors and more on 'going and doing' something meaningful. If residents perceive their involvement with a playgroup as something meaningful, there is potential for their self-rated health to be high even in the face of functional impairments. This takes into account that the meaning of 'going' may be as simple as being able to access the room where an intergenerational playgroup is held in order to engage meaningfully there.

## **Conclusion**

The research literature suggests there may be many benefits of introducing an intergenerational playgroup in a residential aged care facility. It may provide multigenerational non-kin relationships, which may reduce ageist attitudes and age segregation, as well as allowing community members to benefit from the wisdom and experience of older adults. It may encourage older adults to want to contribute to the community and share their wisdom and experiences, as well as defining health as 'going and doing' something meaningful. Intergenerational playgroups may improve affect and decrease isolation for older adults, and it

can be possible for adults with dementia to be involved in them and experience enjoyment from them. They may provide opportunities for meaningful engagement with the community which can reduce depression and social isolation, and may enhance quality of life through providing enjoyment, meaningful activity, relationships, autonomy and choice. All of these outcomes could work towards improving social inclusion for the older adults in residential aged care facilities. Those who help develop intergenerational playgroup must take care to adequately prepare all participants as well as facility staff, and include measures to avoid the infantilisation and forced participation of older adults.

## **4. Method**

The project aimed to establish and evaluate a playgroup in an aged care facility that promoted greater intergenerational understanding and facilitated meaningful individualised social inclusion for people living in the residential aged care service and for members of the playgroup.

The project objectives were:

- To evaluate the playgroup experience on health and wellbeing of the people living in residential care
- To facilitate social inclusion for the residents by introducing a playgroup to the facility
- To encourage intergenerational communication that promoted positive attitudes and behaviours towards people living in an aged care facility and a chance for residents to engage with younger generations.
- To investigate the benefits and effects of participation with the playgroups to participants of the playgroup.
- To develop a resource to assist other community playgroups and/or aged care facilities to establish a playgroup in a similar environment.

There were five stages to this project as outlined below:

### **4.1 Establishment**

Ethics approval was sought through the Barwon Health Human Research and Ethics Committee. Establishment involved a meeting of stakeholders to enable all parties to discuss issues of importance in establishing the project e.g. a safe environment for children, residents, and staff; ensuring no residents who do not want to interact with children would be adversely impacted by the project, how toys would be provided and stored, available time, and how activities would be planned for the playgroup. Information to educate the aged care facility staff about playgroups was developed. Discussions were held with families to inform them of the initial playgroup model taking into account comments from the stakeholder meeting and a protocol of their expectations (e.g. staff or residents holding children). Insurance was provided by the Playgroup Victoria insurance public liability policy for the children and parents and through Barwon Health for the residents and staff.

### **4.2 Recruitment of residents, families and staff**

#### **Residents**

All residents were asked if they would like to participate in the program. It was expected a group of residents would be interested as positive interactions had been observed with current programs with primary and high school children at Percy Baxter Lodges. Residents were informed of the proposed playgroup and associated research project in a variety of ways:

- An interested resident attended a project team planning meeting and was encouraged to chat with other residents about the project
- Flyers were posted on facility notice boards providing information about the playgroup
- An article was included in the resident newsletter providing information about the playgroup
- The playgroup was discussed at the Resident/relative meeting
- The Lifestyle Officer at the aged care facility also spoke about the project when residents attended other activities

Residents expressed their interest in participating in the playgroup to the Lifestyle Officer. Once the project had commenced, residents who had not initially expressed interest could attend the group as desired. The Lifestyle Officer would ask the new residents if they would like to be part of the research component of the project, and if so, seek informed consent.

#### Parents and Children

In the project development phase, preliminary discussions had occurred with an existing playgroup in the Geelong area about relocating a playgroup to the aged care facility. Families from a local established playgroup or new families in the area were invited to attend the playgroup at Percy Baxter Lodge by the Family Services team at the City of Greater Geelong council.

#### Staff

- General staff: Completion of the evaluation was considered part of normal continuous improvement practice. Informed consent was assumed with completion of the survey.
- Lifestyle Officer: Appropriately, the Facility Manager nominated the facility Lifestyle Officer to develop and assist in running of the playgroup from the facility point of view.
- Playgroup Facilitator: Playgroup Victoria arranged for a playgroup facilitator from the Family Services Team from the City of Greater Geelong to develop and assist in running the playgroup from the parent and child's point of view.

Residents and/or families were able to participate in the playgroup without being involved in the formal evaluation process of the research project.

### **4.3 Implementation**

A playgroup was commenced. Individual families were asked to commit to the program for six months. The Lifestyle Officer at Percy Baxter Lodges assisted with the organisation of the playgroup and linked the researchers with the residents as required.

#### Observations of Playgroup

The playgroup staff were asked to complete a record of each playgroup session including activities undertaken and observations of interactions including the level of communication, the quality of the interactions, attitudes of staff, parents, children and residents and the physical involvement and participation of older people.

### **4.4 Evaluation**

#### Baseline

Prior to commencing the program, evaluation of perceived benefits, outcomes and enablers of the program was undertaken through a survey to residents, facility staff, playgroup facilitator, and parents/caregivers of the children (see Appendix 1 for all surveys). Interviews with participating residents to assist in completion of the surveys were undertaken by a research clinician.

#### Post Implementation

After six months of the playgroup, the same groups were encouraged to complete evaluations outlining their experience in the playgroup initiative (see Appendix 1 for all surveys).

- Residents: Interviews were undertaken at baseline and post implementation. Residents were also invited to attend a focus group to discuss their experiences of the playgroup. One focus group was held with one researcher facilitating the group and another researcher scribing the discussions (see Appendix 2 for focus group questions).
- Parents: At baseline, parents were provided with a survey and asked to return the survey to staff at the first playgroup. For the post playgroup evaluation, they were asked to send the completed survey to the researchers in a provided reply paid envelope.
- Staff: Evaluation surveys were provided to all staff and staff could choose whether to complete and return it to the researchers in a provided reply paid envelope to the researchers.

#### **4.5 Resource Development**

Following the program, a booklet titled "Playgroups in Aged Care Facilities" was produced using the information from this evaluation.

The next section reports on the findings of these approaches.

## **5. Results**

### **5.1 Establishment**

#### *Ethics*

Ethics approval was gained through the Barwon Health Human Research and Ethics Committee on 18<sup>th</sup> June 2009. All participants of the research component of the playgroup provided informed consent.

The meeting of stakeholders discussed many issues related to the playgroup.

#### **5.1.1 Playgroup Model**

Playgroup Victoria advised that a Supported (Facilitated) Playgroup would be the playgroup model of choice to use for the project. This was chosen as past experiences has shown that facilitated playgroups achieve interactions between playgroup members in a quicker time than unsupported playgroups. Due to the short lifespan of the project, this was considered to be important.

#### **5.1.2 Participant Numbers and Staffing Levels**

Although there was no formal limit on the number of playgroup participants, planning of the project involved recruiting 12 families (parent and children). This was considered an appropriate upper limit for families particularly if all attended each week. It would also allow an effective group to continue if families were not able to attend every week. The numbers of families could drop to 5-6 and not impact on the running of the group.

The number of residents able to participant in the playgroup was expected to be below 15 (as determined by previous participation in facility activities). It would have been difficult to accommodate more residents than this in the space available.

#### **5.1.3 Staff Training**

Staff involved in the program had the following qualifications, training:

- Lifestyle Officer – Certificate III in Aged Care and Certificate IV in Lifestyle and Leisure
- Playgroup Facilitator – Certificate IV in Children’s Services and has completed the two day Support Playgroup leader training offered by Playgroup Victoria

### **5.2 Recruitment of residents, families and staff**

#### **5.2.1 Residents**

Table one (below) shows the profile of the residents that were involved in the baseline and post-playgroup evaluations. Eight residents also attended a post implementation focus group to discuss their experiences of the playgroup in a group environment.

*Table 1 Resident Participation.*

	RESIDENTS	
	Completed baseline Evaluation	Completed Post Playgroup Evaluation
Number	8	11
% Female	100 (n=8)	81.8 (n=9)
Age Category	6 of 8 >80 years of age	8 of 11 > 80 years of age
Mean years at Percy Baxter Lodges (Range)	3.2 years (0.5 – 9 years)	2.6 years (0.5 – 9 years)

All the residents who attended the playgroup regularly consented to participate in the research. A number of residents who would observe the playgroup from afar or watch the children arrive at the facility or attended only once or twice were not included in the formal evaluation.

### 5.2.2 Parents and Children

Recruitment of families was more difficult than expected. Available venues and available times for playgroups are limited and parents are keen to secure places in existing playgroups. As the project team were only able to guarantee the proposed playgroup as short term arrangement, many parents were concerned they would lose their current playgroup place and have no ongoing arrangement. This may explain why recruitment of families was initially difficult. The Family Services team at the City of Greater Geelong Council were able to recruit 10 families (some from existing playgroups and some new to the playgroup environment) to participate in this project.

Ten parents/ carers (all female) involved in the playgroup completed baseline surveys. The age range was 25-44 with three in the 25-29 range and five greater than 30 years of age. Five parents/carers returned completed post playgroup evaluation surveys. All respondents were female, two were aged between and 25-29 and the other three, greater than 30. Twelve children attended the playgroup (see table two below).

*Table 2: Ages of Children*

Ages of Children	Number of Children
5 months	2
12 months	1
15 months	1
2.5 years	6
3 years	2

### 5.2.3 Staff

Nineteen staff members, all female, completed a baseline survey. The ages ranged from 20-64 years with a median age group of 50-54 years. The staff members had worked in the aged care sector for an average of 10.6 years (range <1 to 32 years). Seven staff returned a completed post playgroup survey, all female. All but one were greater than 40 years of age. The staff members have worked in the aged care sector for an average of 6.6 years (range <0.5 to 13 years).

### **Playgroup Facilitator and Lifestyle Officer**

Two project staff (Lifestyle Officer and Playgroup Facilitator) attended each playgroup. The role of these staff was to set up the playgroup, facilitate the activities, monitor interactions, ensure safety and assist with packing up of the playgroup.

Two Lifestyle Officers at Percy Baxter Lodges and the playgroup facilitator completed baseline surveys. One Lifestyle Officer and the Playgroup Facilitator completed the post playgroup evaluation. The second Lifestyle Officer did not have a role in the playgroup and chose not to complete the post playgroup survey.

#### 5.2.4 Reasons for ceasing attendance

Only one resident reported that she no longer attended the playgroup although she was happy to participate in the post playgroup evaluation. She reported that the playgroup was a great idea and she encouraged it to continue but it was not for her.

*"The kids do not need me to go as too many other residents go. I have my own grandchildren and great grandchild. I'm too old."* (Resident - Survey)

### **5.3 Implementation**

A playgroup commenced in the facility in September 2009.

#### 5.3.1 Frequency

The playgroup was held once per week on a Tuesday morning from 9.30 – 11.00 am (one and a half hours). This time was chosen to accommodate the availability of the room (as it is used for other facility activities and meals) and to best meet the needs of the children who may require rest periods in the afternoon.

One parent felt the time may have been too long for the residents however no resident made such a comment. One staff member felt that some of the residents disappeared after morning tea.

*"I felt that 1.5 hours was too long for the residents, by the end they seemed to disappear"* (Parent).

Sixteen (16) playgroups were held in the time of this project. The playgroup is continuing on although the current evaluation process is complete.

The playgroup was suspended for the Christmas-New Year period for 6 weeks.

#### 5.3.2 Environment

Percy Baxter Lodges are a low care facility (previously known as a hostel).

It was planned that the playgroup be held in a communal sitting/dining room of one of the hostels at Percy Baxter Lodges. The room had access to an enclosed outdoor area including grass, paths and gardens. Most of the playgroups were held in the outside area.

#### 5.3.3 Equipment

The facility provided appropriate furniture (chairs, tables) for the residents. Toys and equipment for activities were provided by Playgroup Victoria (as part of the project budget). This equipment

was stored at the facility in a shed near the playgroup area. The shed was also used for storage of other facility equipment and was arranged to allow access of any of the equipment at all times.

**5.3.4 Activities**

The types and number of activities available to playgroup participants was varied and flexible. The Playgroup Facilitator would plan the activities. Both indoor and outdoor type activities were offered although most activities occurred in the outdoor area. The type of activities included water based, craft, singing/nursery rhymes, and general play. See Appendix 3 for details of activities. Two special events were organized during the time of the project. These were an animal farm visit to the facility and also a playgroup event in the community at Playspace at the Botanical Gardens in Geelong as the Christmas break up.

**5.3.5 Catering**

Morning tea for the residents, parents and children was provided by Percy Baxter Lodges. This was a fruit platter, juice and water. Guidelines for playgroups include avoiding hot drinks in the presence of children due to the risk of burns and scalds. If a resident wanted a hot drink during the playgroup, they went to an area away from the children. Otherwise they had their hot drink after the playgroup.

**5.3.6 Costs**

The cost of equipment for the playgroup was \$750.00. Cost of consumables (e.g. craft supplies) used in playgroup was \$280.00. The weekly cost of catering was \$25.00.

**5.3.7 Observations of Playgroup**

Notes were completed by each staff member at the end of each session. A checklist for interactions was trialed but found to be difficult to complete and therefore was not reported on. Qualitative notes from each session provided more useful information.

**5.4 Resident, Parent and Residential Care Staff Evaluations**

The evaluations are presented under the following headings:

- The effect of the playgroup experience on the health/wellbeing of residents;
- Social Inclusion Impacts for the aged care facility;
- Intergenerational Communication and Interactions;
- Participation with the playgroup – experience and practical implementation.

**5.4.1 The effect of the playgroup experience on the health/wellbeing of residents**

The number of residents who agreed or strongly agreed they were in good health increased by 6.8% following the implementation of the playgroup (refer table 3). There was no change in the resident’s sense of well being with all residents agreeing or strongly agreeing that they have good well being in both the baseline and post playgroup evaluations.

*Table 3: Residents Question: In general I am in good health*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	75.0 (N=6)	81.8 (N=9)

#### 5.4.2 Social Inclusion Impacts

Following implementation of the playgroup a greater percentage of residents and parents agreed or strongly agreed that the residents at Percy Baxter Lodges have easy access to the local community (refer table 4). There was also a 27.5% increase in the number of residents who agreed or strongly agreed that they have opportunities to engage with the local community following implementation of the playgroup (refer table 5).

*Table 4: The residents of Percy Baxter Lodges have easy access to the local community*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	37.5 (N=3)	70.0 (N=7)
Parents	50 (N=3) (A further 4 reported they don't know)	60 (N=3)
Staff	84.3 (N=16)	71.4 (N=5)

*Table 5: The residents of Percy Baxter Lodges have opportunities to engage with the local community*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	62.5 (N=5)	90.0 (N=9)
Parents	66.7 (N=4) (A further 4 reported they don't know)	50.0 (N=2) (1 reported don't know)
Staff	84.2 (N=16)	85.7 (n=6)

Following implementation of the playgroups there was a 25% increase in the number of residents who agreed or strongly agreed that they feel valued as a person. Similarly the number of parents and staff who agreed or strongly agreed that the residents at Percy Baxter Lodges feel valued for who they are increased in the post-playgroup evaluation (refer table 6).

*Table 6: The residents of Percy Baxter Lodges would feel valued for whom they are*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	75.0 (N=6)	100 (N=11)
Parents	66.7 (N= 4) (A further 4 reported they don't know)	80 (N=4)
Staff	82.3 (N=14)	83.3 (N=5)

The inclusion of the playgroup in the activities program was widely appreciated by the residents who stated that it gave them something to look forward to and another interest that was different to what they normally do (refer table 7).

*"I am very involved in the playgroup- I help with set up and tidying up. It gives me things to do even when the kids are not here."* (Resident - Survey)

*Table 7: Residents Question: I have a good range of activities that interest me and keep me occupied.*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	87.5 (N=7)	90.9 (N=10)

As shown below in table 8 there was an increase in the number of residents, parents and staff in the post-playgroup evaluation who agreed or strongly agreed that the residents at Percy Baxter Lodges have a good social life. This increase in social connections was further noted by three residents with survey comments that they *"feel much more connected by being involved in the playgroup"* and that the playgroup has *"made me feel I belong more"*. Interestingly the number of residents who believed that they have opportunities to see friends and family decreased in the post-playgroup evaluation (see table 9).

*Table 8: The residents of Percy Baxter Lodges have a good social life*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	87.5 (N=7)	100 (N=11)
Parents	50 (N= 4) (A further 2 reported they don't know)	60 (N=3)
Staff	68.5 (N=13)	100 (N=6)

*Table 9: I have the opportunities I want to see friends and family.*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	75.0 (N=6)	27.3 (N=3)

Staff also noticed that the playgroup had benefited the whole facility and not just those who attended the playgroup. Residents are communicating with each other more – discussing the playgroup.

*"Although we have a very strong activity program, this program has met needs of family values, bringing back childhood moments and lots of laughter and enjoyment as the children have such light. The whole facility has benefited from this."* (Staff)

*"A common ground for residents to communicate more together, socializing between all residents, even residents not a part of the group look forward to seeing the children and parents arrive each week. Community socializing, parents and children socializing with all hostels residents, seeing different people does make a such a difference to daily residential life, and this shows with Percy Baxter. Feeling respected, parents and children looking up the residents rather than down has*

*been very up lifting for the residents. Giving residents confidence to socialize with new friends and feel a part of something has been empowering to them.” (Staff)*

Some residents also commented on the effect the playgroup had on other residents with observations that the playgroup was good for a *“shy timid resident”* and residents who were *“very serious”* had now *“lightened up”*. Some residents were disappointed more residents didn’t get involved in the playgroup and hoped this would change in the future.

*“There are some other residents who could go and are not going- they do not know what they are missing.” (Resident - Survey)*

The number of staff who agreed or strongly agreed that Percy Baxter Lodges has a culture of social inclusion for residents slightly increased in the post-playgroup evaluation (refer table 10). In contrast the number of staff who believed that they have the skills needed to facilitate social inclusion opportunities for residents slightly decreased in the post-playgroup evaluation (refer table 11).

*Table 10: Percy Baxter Lodges has a culture of social inclusion for residents.*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Staff	94.8 (N=18)	100 (N=7)

*Table 11: I have the skills I need to facilitate social inclusion opportunities for residents.*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Staff	94.7 (N=18)	85.7 (N=6)

### **Attitudes**

Residents had expectations of the playgroup prior to its commencement that were challenged once it was up and running. One residents initial thought was that *“this is an old age home”* and that *“kids shouldn’t be here”* but now finds that they are excited for the playgroup and *“happy to see them”*. Other residents made mention of how well the playgroups were organised which pleased them as they thought the *“kids would be running wild”*.

*“It’s lovely to see that children are actually well disciplined, I have a perception that children are not well disciplined, this has changed.” (Resident - Survey)*

*“The children are so well behaved.” (Resident - Survey).*

One resident was particularly pleased the playgroup had given them an opportunity to interact with children as they felt reluctant to do this in the local community.

*“It has been lovely to feel you are allowed to talk to children, I often feel hesitant to talk to children in the street because of parent’s apprehension.” (Resident -Survey)*

Some residents also had the perception that the wider community would have a negative attitude towards attending a playgroup at an aged care facility. This was evident through a few residents' comments that they were happy families to be prepared to participate in the playgroup.

*"It's brave of them to come because they don't know any of us, the mothers."* (Resident – Focus Group)

*"The fact that mothers are prepared to bring the children is wonderful."* (Resident - Survey).

Residents hoped that the playgroup initiative would have a positive impact on not only children's but the wider community's attitudes towards older adults. One resident noted that the parents have liked coming to the facility and that they have now *"learnt what it is like here"*.

*"A lot of people do need to learn what it's like, the playgroup may affect attitudes- the children will learn."* (Resident - Survey)

This shift in attitudes was apparent in the parents' post-playgroup evaluations with some of the parents noting that their attitude towards older people had changed through their experience in the project (refer table 12).

*"Getting older seemed to me as getting 'disabled' but its wrong. Even though many residents have walking frames or wheelchairs, these things aren't so important. We learned to see the kindness & love of these elderly people. We don't look anymore what they cannot do. We look how warm & happy they are. We really gained a fantastic lesson changing our view towards older people and aged care facility."* (Parent)

Table 12: I find other people have positive attitudes towards residents of aged care facilities

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	50 (N=4)	50 (N=5)
Parent	33.3 (N= 3 (1 reported they don't know)	80 (N=4)
Staff	57.9 (N=11)	-

Also for one child, the initial response to interacting with older people has changed (as reported by her parent).

*"At first she was intimidated surrounded by older people. They look strange with wheelchairs and walking frames but now she is happy to play with them. She likes going to this playgroup."* (Parent)

Staff also noticed a shift in the children's response to interacting with older people.

*"Children see walking frames, wheelchairs, walking sticks as 'normal". They slow down and walk at residents' pace."* (Lifestyle Officer/Playgroup Facilitator)

With regard to negative attitudes from older people to younger generations, the residents were positively surprised that some of their expectations and perceptions of what “children of today” may be like were wrong. The residents made positive responses about the children's behaviour - “so well behaved” which was different to what they had expected.

### 5.4.3 Intergenerational Communication and Interactions

Following implementation of the playgroup the number of residents who agreed or strongly agreed that they enjoy spending time with people my own age slightly decreased (table 13). Similarly the number of residents who agreed or strongly agreed that they enjoy spending time with younger people slightly decreased in the post-playgroup evaluation (table 14). Despite this data the comments from residents indicated that they enjoyed the intergenerational connections that occurred as result of the playgroup. In addition the social aspect of meeting new people and interacting with not only the children but also the parents was seen as a major positive of the playgroup initiative from the residents point of view.

*“It’s a change instead of all old people it’s all babies and children.”* (Resident - Survey)

*“Gives us older people a blessing to see younger families because we mainly see people around our own age.”* (Resident - Survey)

Numerous residents also commented that the integration of younger families into their environment was extremely beneficial with one resident noting *“A younger person can keep you young”*.

*Table 13: I enjoy spending time with people my own age.*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	87.5 (N=7)	81.9 (N=9)

*Table 14: I enjoy spending time with young people.*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	100 (N=8)	90.1 (N=10)

The number of parents who agreed or strongly that they enjoy spending time with older people slightly decreased in the post-playgroup evaluation (table 15).

*Table 15: I enjoy spending time with older people.*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Parents	87.5 (N=7)	72.8 (N=8)

However, as found with the residents, the parent’s comments did not reflect the above statistic. The majority of parents reported enjoying the experience of interacting with the residents and many also commented on their child’s interactions with older people.

*"It's great for the parents as well as you get to know all the residents and get to know about their families and their experiences, there's a wonderful bonding experience. I love it."* (Parent)

*"My child is more confident to talk and approach older people. She is still shy sometimes but there is no more 'FEAR' towards them. They love the attention."* (Parent)

*"We made special bonds with the residents and got to know who they are. They are all so special and beautiful people. They all amaze me in different ways. They made me laugh so hard and even brought a tear to my eyes. I hope I'm like them - they have taught me a lot."* (Parent)

The positive impact of the playgroup on the mothers who attended was also noticed by the residents.

*"We chat to the mothers too it gives them a great talk, sometimes they've got two or three children and they are stuck in the house most of the day, it's good for them too."* (Resident - Survey)

*"I think the mothers enjoy it as much as the kids."* (Resident - Survey)

There was a slight increase in the number of residents who agreed or strongly agreed that people can learn a lot from people of their generation and that they have a wealth of knowledge that they enjoy sharing following implementation of the playgroup (tables 16 and 17).

*Table 16: People can learn a lot from people of my generation.*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	75.0 (N=6)	80.0 (N=8)

*Table 17: I have a wealth of experience that I enjoy sharing.*

	% agree or strongly agree	
	Baseline Evaluation	Post Playgroup Evaluation
Residents	75.0 (N=6)	80.0 (N=8)

An expectation of the playgroup prior to its commencement was that it could be used to facilitate intergenerational communication. Comments from residents, and parents in the baseline evaluation included *"Older people can teach them things"* and *"I believe I may enjoy interacting and learning from their own parenting experiences"*. In the post-playgroup evaluation there were contrasting opinions from the residents about whether the playgroup was used to share experience and learnings from their past with the other generations. Some residents believed that the playgroup wasn't about teaching but just an opportunity to watch children play and be happy.

*"We just go there and smile at the kids it's not all about learning."* (Resident - Survey)

*"Not sure about younger people taking wisdom, parents not really asking about advice from me."* (Resident - Survey)

On the other hand some residents did believe that the playgroup had allowed them to share their knowledge with the children "[I've] *been able to show the kids so much*" while others commented that the opportunity to teach the children is there but it is often not taken.

*"Kids have got to learn and that we old ones should be teaching them... got to get involved... we can't help them enough really I think that if you help little kids they learn to respect you, we don't do enough for them."* (Resident - Survey)

Despite the varying opinions, the residents did believe that the playgroup was a good avenue for children to not only learn how to cooperate with their peers but also learn how to interact with different generations.

*"Teaches children to mix with other children and adults."* (Resident - Survey)

*"Good foundation for kids to go ahead. Learning how to work in groups."* (Resident - Survey)

*"It is a marvellous thing, it gives the kids an idea of older people and it takes shyness away from the kids."* (Resident - Survey)

In both the baseline and post-playgroup evaluations all parents surveyed believed that they could learn a lot from people of older generations and that older people had a wealth of knowledge to share.

#### Reflections on childhood

The playgroup initiative evoked memories of the residents' own experiences with raising children and it was noted that things are different now compared with when they were raising their own families.

*"Brings memories back when own children were growing up, how spacious and plentiful everything is now."* (Resident - Survey)

*"I think it brings all groups together and that's good, you have done all the things mothers do and it reminds you of how we coped or didn't cope."* (Resident - Survey)

The parents also made comments about the experiences of the residents and how they are similar and different to their own.

*"Generational stories (what's different compared to our youth), more respect for elders and what they have achieved in their lifetime."* (Parent)

*"For me it was getting to know all the residents by talking and spending time with them. They are all wonderful in their different ways. We have such a great time when we see them. And a lot of laughs. I just miss it if we haven't been able to go. And for my son his happy interacting and talking with them. They are all so excited when we are there. Its great watching the kids and the residents. It's a wonderful and happy environment to be in."* (Parent)

### Playgroup Observations:

The interactions and participation in the playgroup changed over time as participants become more familiar with the group.

*"I found the residents arrived earlier and earlier each week. They were awaiting the arrival of the children. one particular residents helps me with set up and pack away, sweeps the paths and looks after our sandpit. The parents have become more involved with the residents and ask after them if they are not at the session. A new understanding of aged care has been built."* (Lifestyle Officer/Playgroup Facilitator)

*"The residents started out quite reserved, stepping back and observing the children at play, each week they started talking more, becoming more confident within themselves, laughing more."* (Lifestyle Officer/Playgroup Facilitator)"

### 5.4.4 Participation with the playgroup – experience and practical implementation

The playgroup was well attended by both parents and residents (see table 18).

*Table 18: Playgroup attendance*

	% every week or most weeks
	Post Playgroup Evaluation
Residents	81.3 (N=11)
Parent	100 (N=5)

All residents and staff who completed post-evaluation surveys agreed or strongly agreed that the playgroup was worthwhile for the residents, children and their families. All parents also agreed or strongly agreed that the playgroup was worthwhile for residents and the majority of parents also reported the playgroup to be worthwhile for themselves and their children (see table 19).

*Table 19: I thought the playgroup was worthwhile*

	% agree or strongly agree (worthwhile for the children and families)	% agree or strongly agree (worthwhile for the residents)
Resident	100 (N=11)	100 (N=11)
Parent	80 (N=4)	100 (N=5)
Staff	100 (N=7)	100 (N=7)

In the baseline evaluation all groups believed that the playgroup would provide many benefits for the residents including improved emotional well-being and increased socialisation. These expectations of the playgroup were realised in the post-implementation evaluation with all residents reporting many positive benefits from being involved in the playgroup. The major benefit gained through the playgroup from the resident's point of view was the enjoyment they felt when they were interacting with the children, watching them play and seeing them happy.

*"You can help them do finger-painting and help them draw and sit and talk to some of the... and we all get a cuddle and a nurse."* (Resident –Survey)

*"It's terrific, I'm like a one year old again, it's lovely to see the kids happy and playing and seeing their smiles."* (Resident -Survey)

Similarly many parents reported on the enjoyment residents seemed to be expressing when interacting in the group.

*"For the older people, they seemed to enjoy watching the kids so it would be something they look forward to."* (Parent)

*"For the residents I think it gives them some excitement knowing the kids are coming and they get involved with their wonderful projects for the kids."* (Parent)

The playgroup staff noted that a benefit of the playgroup was that it allowed residents to learn new things such as *"blowing bubbles for the first time"* and also participate in activities they have not done for a long time such as *"holding a newborn baby"*.

Further benefits noted by residents included the impact on the children on their own self worth. One resident noted that *"the kids have made me feel wonderful- they really have"* while another was happy that the children accepted them for what they were.

Many of the parents also reported on the benefits for their children by participating in the playgroup.

*"She has learned to socialise with young and old."* (Parent)

*"He was so excited knowing playgroup was coming up & even more excited that morning. And was very happy playing & talking with all the residents. We have had some wonderful days and a lot of laughs, it's a great atmosphere."* (Parent)

*"He's always talking about playgroup and when we are going next. He tells others about his exciting days and asks when we are going back. He's had a lot of funny days with the residents and we have pictures up at home. He loves his playschool (that's what he calls it)."* (Parent)

Many of the parents were grateful their children (and themselves) were able to participate in such a project.

*"My daughter and I are very grateful for the opportunity experiencing something like this. It has been an eye-opener, view changer, an insight of aged care facility and mostly to meet such lovely older people. Thank you to the organiser. And mostly thank you to the residents welcoming us with open arms."* (Parent)

*"We have been so lucky to of been involved with Percy House and the residents. We have met so many new friends. Every week has been wonderful and fun. It would be wonderful to keep it going."* (Parent)

### **Practicalities and Implementation Issues**

The residents, parents and staff were all able to provide information about issues in implementing a playgroup.

#### Issues related to setting up a playgroup and the resources required

In the baseline evaluation three of the ten parents felt that they would be confident to set up a playgroup. In the post-playgroup evaluation none of the parents questioned agreed or strongly agreed that they would be confident to set up a playgroup themselves.

The main issues noted by respondents in relation to setting up a playgroup included leadership, space and commitment from participants. The need for a playgroup leader was emphasised by respondents particularly if the group moves from a supported (facilitated) to a community led playgroup.

*"There has to be one co-ordinator (e.g. Mum) & another (e.g. healthy active resident) for each group so there is easy communication between generations. Ideas, needs and possibilities are different so there have to be more talk between them. Currently it's done by the playgroup leader and aged care coordinator."* (Parent)

*"I think there needs to be 1 or 2 people who are "in charge" or things can get a little messy."* (Parent)

The parents and staff highlighted the need for adequate enclosed space and equipment for an effective playgroup. The staff were also concerned about the size of the indoor area.

*"Inside area is too small and disrupts other residents not involved with playgroup."* (Lifestyle Officer/Playgroup facilitator)

*"A fixed little playground with a sandpit would be great. Space maybe a burden on cold rainy days. A shaded flat area close to the building would be nice (maybe a winter garden). Indoors there is no space for kids to move around a lot."* (Lifestyle Officer/Playgroup facilitator)

Parents and staff felt it was important for activities to involve all participants.

*"Parents commitment and involvement and making it fun for the residents and the kids and making sure they both have activities they can both be involved with - coming up different activities and getting the parents involved."* (Parent)

*"Hold special planning dates with residents."* (Lifestyle Officer/Playgroup facilitator)

*"Ensure residents in wheelchairs are stationed close so can participate in activities."* (Lifestyle Officer/Playgroup facilitator)

The age of the children may impact on the types of activities which residents may be able to participate in and impact on the success of the playgroup.

*"Our group has very young children therefore activities that involve the residents and children are few."* (Lifestyle Officer/Playgroup facilitator)

This issue was also noted by a resident in the focus group *"...The other ones the three and four ones they do a lot of things by themselves ride scooters and things like that."*

#### Issues related to running the playgroup

The majority of staff (82.4%, n=14) who were surveyed in the baseline evaluation indicated that they needed training to effectively work with the residents involved in the playgroup. The staff who were actively involved in playgroup both felt that specific training for running a playgroup in an aged care facility would enhance the program.

*"There is a lot of information I do not have about working with the residents. Some training before commencing this project would have been very beneficial."* (Playgroup facilitator)

*"More so, training in playgroup would be advantage to assist parents more."* (Lifestyle Officer)

Communication about participants' needs was considered very important particularly where direct supervision of the interactions was vital.

*"I think the degree of disability of the residents should be minimal or parents should be told how able they. Sometimes we were unsure if it was safe to hold babies or walk with children."* (Parent)

*"Keeping both parties informed of different behaviours was very important, from parents needs to children's needs and also the residents as different behaviours can be triggered and need action when for residents to be pulled back or if they over step."* (Lifestyle Officer/Playgroup facilitator).

The residents were impressed with the resources that were available for the children in this playgroup with comments that *"the amount of equipment is wonderful"* and that *"there is enough play equipment, there is a big choice"*.

Having photos, photo boards and name tags were suggested by a number of participants. The position of residents' walkers needed to be considered for access and safety reasons.

Other issues highlighted during the project which need to be considered in planning and communication include dealing with gastroenteritis outbreaks at the facility, preparing families that they may be the presence of funeral director car or ambulances at the facility, and discussions of resident illness and death. These issues may need to be specifically addressed as they arise or may require some consideration in the information provided to families early on in the establishment of a playgroup.

## **5.5 Resource Development**

A booklet titled "Playgroups in Aged Care Facilities" was produced. The booklet will be distributed to all aged care facilities in Victoria and made available for community playgroups who are interested in setting up a playgroup with an aged care facility.

## **6. Discussion of Results**

The playgroup initiative at Percy Baxter Lodges has overwhelmingly had a positive effect for residents for the playgroup participants and for the facility as a whole. Most of the responses given in the evaluation are a delight to read and show the joy such a program can bring.

All project objectives were met and are discussed below.

### *Social inclusion impacts for the aged care facility*

The aim of the 'Count Us In' program was to promote community involvement for the residents of Percy Baxter Lodges and decrease the risk of social exclusion. The baseline information suggested that the culture of social inclusion for residents at Percy Baxter Lodges was very good. However like any group living in an aged care facility, factors which may increase the risk of social exclusion are ageist attitudes, functional decline and loss of former social networks (particularly as the older people have moved into a residential aged care facility away from these networks). The results of the evaluation indicate that these factors have been influenced by the playgroup. There is a trend in the data presented that social inclusion for residents may have been promoted and the culture of social inclusion at Percy Baxter Lodges slightly improved from its already good performance.

### *The effect of the playgroup experience on the health/wellbeing of residents*

#### Enjoyment

As mentioned by Kane (2001), quality of life is a key goal for older people. Enjoying a meaningful activity may assist this quality of life for some residents and the playgroup appears to have provided an enjoyable activity. Comments about the residents "seeing the kids happy" and from the parents and staff "seeing the residents happy" indicates enjoyment appears to be a main benefit of involvement.

The responses about the enjoyment gained from the group supports Bryant (2001) study that "going and doing" a meaningful activity is important to healthy ageing. The distant observation of the playgroup from afar by some residents may have provided them with this "going" despite not being intimately involved with the group.

No resident made a comment about feeling the activities were inappropriate. Infantilisation of the older people appeared to be minimal or avoided as the children directed the play and were so engrossed in their activities and using their imagination. The children asked the residents to join in and this seemed appropriate for the residents. Activities like blowing bubbles or blowing out pretend birthday candles were reported to bring joy and delight to all.

### *Intergenerational Communication and Interactions*

#### Intergenerational Interactions

Another of the domains of quality of life discussed by Kane (2001) is relationships. The playgroup has allowed intergenerational relationships to develop. These have ranged from the more distant relationship of the facility residents waiting in anticipation on playgroup day for the children to come running along the entrance path from the car park to the more direct relationship of parents making "special bonds" with individual residents.

Although the intergenerational interactions and relationships were reported as occurring in the playgroup, there was varying opinion from the residents about whether sharing of their own knowledge and experience with the parents and children was important. Some would like to have had more opportunity to do so while others were happy for the playgroup to be about the activities occurring and not about teaching. It was important for residents to be given a choice about how they were to participate in the group and to be given time and space to develop relationships with others if desired. This is also true for the parents and the children.

The risk of age segregation is very high in residential aged care facilities. Residents made comments about how wonderful it was to see children around the facility. Having a group (under 5 years) who do not normally visit such facilities in large numbers has been reported as a benefit to the facility.

The staff observing the playgroup noted a change in interactions over the life of the playgroup. As in many group situations, people were reserved initially but as the weeks passed, all participants appeared to have been more active in their participation. Both residents and staff reported the importance of the residents having roles (if desired) in the group. One resident found his job of assisting with set up and packing away and sweeping the sand gave him an opportunity to interact with the children.

#### Attitudes/Expectations and perceptions

Ageist attitudes involve negative attitudes towards older adults by younger generations. It can also involve negative attitudes from older adults towards children and adolescents and/or a younger generation (e.g. parents of the children). The playgroup initiative has appeared to change the attitudes expressed in the baseline evaluation.

The Playgroup Facilitator reported one of the reasons recruitment of families was difficult initially was due to parents holding negative attitudes to interacting with older people.

A number of parents reported having a new perception of what it is like to get older. The physical issues seem less important to them following their experiences with the playgroup.

There were a number of negative attitudes about aged care facilities expressed by residents and staff in responses prior to the playgroup. The residents' comments indicated that residing in an aged care facility was not by choice but necessary to ensure appropriate care. The residents appeared grateful that the parents were willing to participate in the program and bring their families to the facility.

Although it would have been difficult to measure the children's attitudes, comments made by parents and staff suggest that the children changed their behaviour when seeing equipment associated with older people. They no longer seemed concerned about the equipment (e.g. frames, wheelchairs) and were interacting with the older person.

#### *The benefits and effects of participation with the playgroups to participants of the playgroup*

##### Experience

##### *Reflection and reminiscence of childhood and parenting*

The main comments related to reflecting and reminiscing were about how different raising children appeared to be today compared to the time the residents were raising small children. The resources available to parents had greatly increased over time.

## Practicalities and Implementation Issues

One of the aims of this project was to develop a brochure to distribute to other aged care facilities or community members interested in implementing a playgroup in a similar setting. The playgroup participants have provided useful information to include in the resource.

An aged care facility can provide a very appropriate and effective venue for a playgroup. Issues to consider include ensuring there is an enclosed outdoor area, the group does not adversely impact on residents who do not want to participate and there is adequate storage close to the play space for equipment.

Setting up procedures for planning the playgroup should be encouraged. Planning should occur at all phases involved. The phases include (i) prior to implementation, (ii) weekly planning and (iii) formal review. Residents should also be involved in this process at all stages.

A number of responses highlighted the importance of communication during the playgroups and in planning and development of programs and activities. Of particular importance is the issue of resident, parent and particularly child safety. The responses reinforced the need for information about resident, parent and child needs to be effectively communicated at all times.

The timing and frequency of the playgroup was discussed. Further information from residents would be required to explain why some residents did not stay for the full 1.5 hours. Issues regarding not being able to have morning tea (including hot drinks) during the group may be one explanation. Another may be that residents did not see the playgroup as a particular length of time but more of a "come and go" activity. The resident's choice to determine how they interact with the group should continue to be respected.

The playgroup model chosen warrants some discussion. A supported (facilitator-led) playgroup was implemented. The participants' responses support this choice. A number of parents did not feel this could be run by parents and the aged care facility staff welcomed the inclusion of the playgroup facilitator. Concern was expressed by participants about how a transition to a community (parent/resident-led) playgroup will occur. These concerns will need to be addressed in future planning.

A number of staff mentioned specific training in this field including "working with older people" and "running playgroups" would be appropriate. Training specific for running a playgroup is currently offered by Playgroup Victoria. Specific training for running a playgroup in an aged care facility is not currently offered but may be an option developed in the future.

The activities of the playgroup were diverse. Comments were made which suggest activities for the children need to be age-appropriate and if possible enable residents to participate directly in the activity. The age of the children in the playgroup will influence the types of activity which may involve cooperation and sharing with the residents. However the residents reported enjoyment from holding babies and observing the play so playgroups with children of various ages may still achieve many of the benefits reported in this evaluation.

A comment was made that a low care facility is an ideal venue for the implementing a playgroup. How a playgroup would be implemented in a high care facility is not within the scope of this evaluation but will need to be considered in future research or resource development. Also this evaluation is not able to report about a playgroup including older people with dementia. The evaluation did not include questions or request responses regarding this issue.

## **7. Limitations of the evaluation**

This evaluation may be limited in its application due to the low sample numbers (11 residents and 5 parents returning post survey evaluations) however the nature of the playgroup model and the desire not to have too big a playgroup makes these numbers appropriate for this evaluation. Future research should include multiple playgroups at different aged care facilities allowing larger samples to be evaluated.

The short lifespan of the playgroup may also influence the results. Only 16 playgroup sessions were held during the project timeframe. This number was determined by the funding period for the project, delays in ethics committee approval, school holidays and the Christmas-New Year break. The intergenerational group program literature highlights some limitations in outcome research due to the often short life span of groups. The playgroup at Percy Baxter Lodges is planned to continue beyond this project. Subsequent evaluation and review will be important.

Percy Baxter Lodges is a low care aged care facility and therefore the information obtained may not be able to be generalised to high care facilities.

This evaluation has not specifically evaluated the benefit of the group to the children. There may be benefits to the child participants, as there have been in a wide variety of intergenerational programs to date. As research into the area of intergenerational playgroups expands, researchers should ensure that they examine outcomes for all generations involved. There may be a temptation to focus only on outcomes for the older adult residents, but the outcomes for children of that young age, as well as for parents, should also be explored.

## **8. Development of Resource**

Playgroup Victoria has used the information from this evaluation to develop a resource to assist other community playgroups and/or aged care facilities to establish a playgroup in a similar environment. This brochure, "Playgroups in Aged Care Facilities" is available from Playgroup Victoria.

## **9. Sustaining Achievements**

Towards the end of the project, families were very keen to know if the playgroup will continue. Playgroup Victoria has given a commitment given that the playgroup will continue with initial funding through National Supported Playgroup Program. From mid 2010, the playgroup will then transition into a community playgroup (i.e. without a playgroup facilitator). The process of transition to a community playgroup will be important. Evaluation of this transition should be considered. The Lifestyle Officer role may change in the transition and beyond. Training in playgroup facilitation would be important.

## **10. Community Interest**

Interest by the community in the project has been strong. The playgroup was profiled in "The Sunday Age". Information about the project has been presented in "Playgroup" magazine (October 2009, January 2010) which is distributed to all playgroup families in Victoria (40,000). The project was also reported in the NARI quarterly newsletter, "Ageing Well" March 2010 which is distributed to supporters and volunteers of NARI.

## **11. Recommendations**

For those involved in the playgroup at Percy Baxter Lodges, the following recommendations are made:

- Continue a playgroup at Percy Baxter Lodges
- Ensure this evaluation is available to all interested parties
- Ensure effective communication about all aspects of the group particularly related to safety
- Provide appropriate training for all staff involved in the playgroup
- Consider a formal evaluation of the transition from supported to community playgroup

For those interested in establishing and running a playgroup in another aged care facility, the additional following recommendations are made:

- Ensure appropriate planning prior to the establishment of a playgroup
- Consider establishing a resident playgroup committee
- Ensure appropriate enclosed space with an outdoors area and storage available nearby
- Ensure effective communication about all aspects of the group particularly related to safety
- Commence with a supported (facilitator-led) playgroup model
- Allow interactions to be directed by the participants and expect change over time
- Encourage residents to have particular roles (if desired) prior to, during or after the playgroup
- Provide appropriate training for all staff involved in the playgroup including modules in aged care and early childhood development
- Be aware the age of the children will impact on the types of activities possible

Distribute the booklet "Playgroups in Aged Care Facilities" to all aged care facilities in Victoria and community groups who are seeking venues or are interested in this model is the next component for this project team. All resources will be available in other forms in the future.

## **12. Summary**

The playgroup has been a success. The project has had social and community benefits to residents, families and the facility as a whole. All residents involved in the evaluation are hoping the playgroup will continue into the future.

*"The intergenerational program has moved the whole facility and they all look forward to the children coming. A breath of fresh young air."* (Staff).

*"It's the nicest thing that could happen, thank you to whoever had the brainwave, hope it will keep going."* (Resident).

## **13. Appendices**

### APPENDIX 1: Surveys

#### **1. Percy Baxter Lodges Resident Baseline Questionnaire**

Introduction to study and questionnaire

There have been a small number of playgroups that have been run in residential care facilities in Victoria over the last few years. We do not know what the people involved actually think about having a playgroup in such a facility, or the difference being involved in a playgroup might make to a resident. This project involves setting up and evaluating a playgroup to be held at Percy Baxter Lodges. We are interested in the views of residents, staff and families who may attend the playgroup. This questionnaire is designed to get some of this information from the residents at Percy Baxter Lodges. We are interested in as wide a range of opinions as possible. Thank you for your participation.

#### **Basic information**

Are you:

Male       Female

Aged

40 - 44       45 - 49       50 - 54       55 - 59  
 60 - 64       65 - 69       70 - 74       75 - 79  
 80 - 84       85 - 89       90 - 94       95 - 99  
 more than 99

I have been a resident at Percy Baxter Lodges for \_\_\_\_\_ years

I live at      hostel 1       hostel 2       hostel 3       hostel 4       hostel 5

#### **Opinions about general health and well being**

Please tick the box that best corresponds with your opinion

In general I am in good health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general I have a good sense of well being.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

#### **Opinions about access to the local community**

Please give us your opinion on the following questions. Please tick the box that best corresponds with your opinion, and write more details or comments in the places provided.

As a resident of Percy Baxter Lodges I have easy access to the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

---

disagree

As a resident of Percy Baxter Lodges I have opportunities to engage with the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about feeling connected

In general, I feel valued as a person.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, I feel included in a range of worthwhile activities.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, I have a good social life.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about community attitudes towards residential aged care services

I find other people have positive attitudes towards residents of aged care facilities

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about linking with other generations

I enjoy spending time with people my own age.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I enjoy spending time with young people.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

People can learn a lot from people of my generation.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I have a wealth of experience that I enjoy sharing.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I have the opportunities I want to see friends and family.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Opinions about choices available in day to day routines and activities**

I do not have a choice in my day to day routines.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I have a good range of activities that interest me and keep me occupied.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

**Benefits, barriers and enablers**

- Please detail any benefits you think might be gained from involvement with a playgroup.
- What other outcomes do you think might be gained from involvement with a playgroup?
- What might be a barrier to being involved in a playgroup at Percy Baxter Lodges?
- What would help the setting up the playgroup and your involvement?

Any other comments

## 2. Percy Baxter Lodges Parent/Caregiver Baseline Questionnaire

Introduction to study and questionnaire

There have been a small number of playgroups that have been run in residential care facilities in Victoria over the last few years. We do not know what the people involved actually think about having a playgroup in such a facility, or the difference being involved in a playgroup might make to a resident. This project involves setting up and evaluating a playgroup to be held at Percy Baxter Lodges. We are interested in the views of residents, staff and families who may attend the playgroup. This questionnaire is designed to get some of this information from the parents/caregivers who intend to attend the playgroup at Percy Baxter Lodges. We are interested in as wide a range of opinions as possible. Thank you for your participation.

### Basic information

Are you:

Male       Female

Aged  less than 20

20-24       25-29       30-34       35-39  
 40 - 44       45 - 49       50 - 54       55 - 59  
 60 - 64       65 - 69       70 - 74       75 - 79  
 80 - 84       85 - 89       90 - 94       95 - 99  
 more than 99

### Opinions about access to the local community for the residents

Please give us your opinion on the following questions. Please tick the box that best corresponds with your opinion, and write more details or comments in the places provided.

I think a resident of Percy Baxter Lodges has easy access to the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I think a resident of Percy Baxter Lodges would have opportunities to engage with the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about residents feeling connected, feeling included, being accepted for differences

In general, the resident of Percy Baxter Lodges would feel valued for whom they are.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the resident of Percy Baxter Lodges would be included in a range of worthwhile activities.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the resident of Percy Baxter Lodges would have a good social life.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### **Opinions about community attitudes and behaviour towards residents of residential aged care services**

I care about older people being included in my community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I find other people have positive attitudes towards residents of aged care facilities

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### **Opinions about linking with other generations**

I enjoy spending time with older people.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I can learn a lot from people of older generations.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Older people have a wealth of experience to share.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I have few opportunities to spend time with older people.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

I would be confident to set up a playgroup myself.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

- Please list any issues that would need to be dealt with in order to set up and run a playgroup.
- Please list any resources that you would need to set up and run a playgroup.

### **Benefits, barriers and enablers**

- Please detail any benefits you think might be gained from involvement of older people with a playgroup.
- Please detail any benefits you think you or your child might be gain from involvement of older people with a playgroup.
- What other outcomes do you think might be gained from involvement of older people with a playgroup?
- What might be a barrier to being involved in a playgroup at Percy Baxter Lodges?
- What would help the setting up of the playgroup and your involvement?
- Any other comments

### 3. Percy Baxter Lodges Staff/ Lifestyle Officer/ Playgroup Facilitator Baseline Questionnaire

Introduction to study and questionnaire

There have been a small number of playgroups that have been run in residential care facilities in Victoria over the last few years. We do not know what the people involved actually think about having a playgroup in such a facility, or the difference being involved in a playgroup might make to a resident. This project involves setting up and evaluating a playgroup to be held at Percy Baxter Lodges. We are interested in the views of residents, staff and families who may attend the playgroup. This questionnaire is designed to get some of this information from the staff at Percy Baxter Lodges. You do not need to be directly involved in the playgroup to complete this questionnaire. We are interested in as wide a range of opinions as possible. Thank you for your participation.

#### Basic information

Are you:

Male       Female

Aged  less than 20

<input type="checkbox"/> 20-24	<input type="checkbox"/> 25-29	<input type="checkbox"/> 30-34	<input type="checkbox"/> 35-39
<input type="checkbox"/> 40 - 44	<input type="checkbox"/> 45 - 49	<input type="checkbox"/> 50 - 54	<input type="checkbox"/> 55 - 59
<input type="checkbox"/> 60 - 64	<input type="checkbox"/> 65 - 69	<input type="checkbox"/> 70 - 74	<input type="checkbox"/> 75 - 79
<input type="checkbox"/> 80 - 84	<input type="checkbox"/> 85 - 89	<input type="checkbox"/> 90 - 94	<input type="checkbox"/> 95 - 99
<input type="checkbox"/> more than 99			

I have worked in the residential aged care sector for \_\_\_\_\_ years

I work at    hostel 1    hostel 2    hostel 3    hostel 4    hostel 5

#### Opinions about access to the local community for the residents

Please give us your opinion on the following questions. Please tick the box that best corresponds with your opinion, and write more details or comments in the places provided.

The residents of Percy Baxter Lodges have easy access to the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

The residents of Percy Baxter Lodges have opportunities to engage with the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about social inclusion of residents

In general, the residents of Percy Baxter Lodges feel valued for whom they are.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the residents of Percy Baxter Lodges feel included in a range of worthwhile activities.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the residents of Percy Baxter Lodges have a good social life.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about skills and culture to facilitate social inclusion opportunities for older people in residential aged care

I have the skills I need to facilitate social inclusion (i.e. feeling valued, respecting differences, integration into all aspects of the community) opportunities for residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Percy Baxter Lodges has a culture of social inclusion (i.e. feeling valued, respecting differences, integration into all aspects of community) for residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Comments about training and education about playgroup program

I need training to effectively work with the residents involved in the playgroup.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I know everything I need to, to work with the residents involved in the playgroup.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Opinions about community attitudes towards residential aged care services**

I find other people have positive attitudes towards residents of aged care facilities

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Benefits, barriers and enablers**

- Please detail any benefits you think might be gained from involvement of residents with a playgroup.
- What other outcomes do you think might be gained from involvement of residents with a playgroup?
- What might be a barrier to setting up the playgroup, or resident involvement?
- What would help the setting up the playgroup and resident involvement?
- Any other comments

#### 4. Percy Baxter Lodges Resident Post-Implementation Questionnaire

Introduction to study and questionnaire

There have been a small number of playgroups that have been run in residential care facilities in Victoria over the last few years. We do not know what the people involved actually think about having a playgroup in such a facility, or the difference being involved in a playgroup might make to a resident. This project involved setting up and evaluating a playgroup that was held at Percy Baxter Lodges. We are interested in the views of residents, staff and the families who attended the playgroup. This questionnaire is designed to get some of this information from the residents at Percy Baxter Lodges. We are interested in as wide a range of opinions as possible. Thank you for your participation.

#### Basic information

Are you:

- Male       Female

Aged

- |                                  |                                       |                                  |                                  |
|----------------------------------|---------------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> <40     | <input type="checkbox"/> 40 - 44      | <input type="checkbox"/> 45 - 49 | <input type="checkbox"/> 50 - 54 |
| <input type="checkbox"/> 55 - 59 | <input type="checkbox"/> 60 - 64      | <input type="checkbox"/> 65 - 69 | <input type="checkbox"/> 70 - 74 |
| <input type="checkbox"/> 75 - 79 | <input type="checkbox"/> 80 - 84      | <input type="checkbox"/> 85 - 89 | <input type="checkbox"/> 90 - 94 |
| <input type="checkbox"/> 95 - 99 | <input type="checkbox"/> more than 99 |                                  |                                  |

I have been a resident at Percy Baxter Lodges for \_\_\_\_\_ years

I live at      hostel 1       hostel 2       hostel 3       hostel 4       hostel 5

#### Opinions about general health and well being

Please tick the box that best corresponds with your opinion

In general I am in good health.

- |                          |                          |                            |                          |                          |                          |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| strongly disagree        | disagree                 | neither agree nor disagree | agree                    | strongly agree           | don't know               |

In general I have a good sense of well being.

- |                          |                          |                            |                          |                          |                          |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| strongly disagree        | disagree                 | neither agree nor disagree | agree                    | strongly agree           | don't know               |

#### Frequency of attendance to the Playgroup

I attended the playgroup

- every week       most week       about twice a month  
 about once a month       a few times       I didn't attend

Did you have contact with fellow residents who attended the playgroup?

- yes       no

**Opinions about the playgroup program including suggested improvements**

I thought the playgroup was worthwhile for the residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I thought the playgroup was worthwhile for the children and their families.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Any Comments

I thought the playgroup made no difference to the residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I thought the playgroup made no difference to the children and their families.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Please make some suggestions on how the playgroup could be improved.

**Opinions about access to the local community**

Please give us your opinion on the following questions. Please tick the box that best corresponds with your opinion, and write more details or comments in the places provided.

As a resident of Percy Baxter Lodges I have easy access to the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

As a resident of Percy Baxter Lodges I have opportunities to engage with the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about feeling connected

In general, I feel valued as a person.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, I feel included in a range of worthwhile activities.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, I have a good social life.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about community attitudes towards residents of aged care services

I find other people have positive attitudes towards residents of aged care facilities

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about linking with other generations

I enjoy spending time with people my own age.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I enjoy spending time with young people.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

People can learn a lot from people of my generation.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I have a wealth of experience that I enjoy sharing.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I no longer have the opportunities I want to see friends and family.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about choices available in day to day routines and activities

I do not have a choice in my day to day routines.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I have a good range of activities that interest me and keep me occupied.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

### Benefits, barriers and enablers

- Please detail any benefits you think were gained from involvement with the playgroup.
- What other outcomes do you think were gained from involvement with the playgroup?
- What were the barriers to being involved in a playgroup at Percy Baxter Lodges?
- What helped my involvement in the playgroup?
- Any other comments

## 5. Percy Baxter Lodges Parent/Caregiver Post-Implementation Questionnaire

Introduction to study and questionnaire

There have been a small number of playgroups that have been run in residential care facilities in Victoria over the last few years. We do not know what the people involved actually think about having a playgroup in such a facility, or the difference being involved in a playgroup might make to a resident. This project involved setting up and evaluating a playgroup to be held at Percy Baxter Lodges. We are interested in the views of residents, staff and families who may have attended the playgroup. This questionnaire is designed to get some of this information from the parents/caregivers who attended the playgroup at Percy Baxter Lodges. We are interested in as wide a range of opinions as possible. Thank you for your participation.

### Basic information

Are you:

- Male       Female

Aged  less than 20

- |                                       |                                  |                                  |                                  |
|---------------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> 20-24        | <input type="checkbox"/> 25-29   | <input type="checkbox"/> 30-34   | <input type="checkbox"/> 35-39   |
| <input type="checkbox"/> 40 - 44      | <input type="checkbox"/> 45 - 49 | <input type="checkbox"/> 50 - 54 | <input type="checkbox"/> 55 - 59 |
| <input type="checkbox"/> 60 - 64      | <input type="checkbox"/> 65 - 69 | <input type="checkbox"/> 70 - 74 | <input type="checkbox"/> 75 - 79 |
| <input type="checkbox"/> 80 - 84      | <input type="checkbox"/> 85 - 89 | <input type="checkbox"/> 90 - 94 | <input type="checkbox"/> 95 - 99 |
| <input type="checkbox"/> more than 99 |                                  |                                  |                                  |

### Frequency of attendance to the Playgroup

I attended the playgroup:

- |   |                                      |  |
|---|--------------------------------------|--|
| <input type="checkbox"/> every week         | <input type="checkbox"/> most weeks  | <input type="checkbox"/> about twice a month |
| <input type="checkbox"/> about once a month | <input type="checkbox"/> a few times | <input type="checkbox"/> I didn't attend     |

### Opinions about the playgroup program including suggested improvements for program

Please give us your opinion on the following questions. Please tick the box that best corresponds with your opinion, and write more details or comments in the places provided.

I thought the playgroup was worthwhile for the residents.

- |                          |                          |                            |                          |                          |                          |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| strongly disagree        | disagree                 | neither agree nor disagree | agree                    | strongly agree           | don't know               |

I thought the playgroup was worthwhile for the children and their families.

- |                          |                          |                            |                          |                          |                          |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| strongly disagree        | disagree                 | neither agree nor disagree | agree                    | strongly agree           | don't know               |

I thought the playgroup made no difference to the residents.

- |                          |                          |                            |                          |                          |                          |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| strongly disagree        | disagree                 | neither agree nor disagree | agree                    | strongly agree           | don't know               |

I thought the playgroup made no difference to the children and their families.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

How did your child react to going to Percy Baxter Lodges for the playgroup?

Please make some suggestions on how the playgroup could be improved.

### **Opinions about access to and engagement with local community for the residents**

I think a resident of Percy Baxter Lodges has easy access to the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I think a resident of Percy Baxter Lodges would have opportunities to engage with the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### **Opinions about residents feeling connected, feeling included, being accepted for differences**

In general, the residents of Percy Baxter Lodges feel valued for whom they are.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the residents of Percy Baxter Lodges are included in a range of worthwhile activities.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the residents of Percy Baxter Lodges have a good social life.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

**Opinions about community attitudes and behaviour towards residents of residential aged care services**

I find other people behave well towards residents of facilities like Percy Baxter Lodges.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Opinions about linking with other generations**

I enjoy spending time with older people.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I can learn a lot from people of older generations.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Older people have a wealth of experience to share.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I have few opportunities to spend time with older people.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Issues related to starting/running a playgroup in an aged care facility**

I would be confident to set up a playgroup myself.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

- Please list any issues that would need to be dealt with in order to set up and run a playgroup.
- Please list any resources that you would need to set up and run a playgroup.

### **Benefits, barriers and enablers**

- Please detail any benefits you think might you gained from involvement of older people with a playgroup.
- Please detail any benefits you think you or your child might have been gained from involvement of older people with a playgroup.
- What other outcomes do you think might have been gained from involvement of older people with a playgroup?
- What might be a barrier to being involved in a playgroup at Percy Baxter Lodges?
- What would help the setting up of the playgroup and your involvement?
- Has your child made any comments about going to a playgroup with older people?

Any other comments

## 6. Percy Baxter Lodges Staff Post-Implementation Questionnaire

Introduction to study and questionnaire

There have been a small number of playgroups that have been run in residential care facilities in Victoria over the last few years. We do not know what the people involved actually think about having a playgroup in such a facility, or the difference being involved in a playgroup might make to a resident. This project involved setting up and evaluating a playgroup to be held at Percy Baxter Lodges. We are interested in the views of residents, staff and families who may attend the playgroup. This questionnaire is designed to get some of this information from the staff at Percy Baxter Lodges. You do not need to be directly involved in the playgroup to complete this questionnaire. We are interested in as wide a range of opinions as possible. Thank you for your participation.

### Basic information

Are you:

- Male       Female

Aged  less than 20

- |                                       |                                  |                                  |                                  |
|---------------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> 20-24        | <input type="checkbox"/> 25-29   | <input type="checkbox"/> 30-34   | <input type="checkbox"/> 35-39   |
| <input type="checkbox"/> 40 - 44      | <input type="checkbox"/> 45 - 49 | <input type="checkbox"/> 50 - 54 | <input type="checkbox"/> 55 - 59 |
| <input type="checkbox"/> 60 - 64      | <input type="checkbox"/> 65 - 69 | <input type="checkbox"/> 70 - 74 | <input type="checkbox"/> 75 - 79 |
| <input type="checkbox"/> 80 - 84      | <input type="checkbox"/> 85 - 89 | <input type="checkbox"/> 90 - 94 | <input type="checkbox"/> 95 - 99 |
| <input type="checkbox"/> more than 99 |                                  |                                  |                                  |

I have worked in the residential aged care sector for \_\_\_\_\_ years

I work at    hostel 1     hostel 2     hostel 3     hostel 4     hostel 5

### Frequency of attendance to the Playgroup

I attended the playgroup

- every week       most weeks       about twice a month  
 about once a month       a few times       I didn't attend

Did you have contact with residents who attended the playgroup?

- yes       no

### Opinions about access to the local community for the residents

Please give us your opinion on the following questions. Please tick the box that best corresponds with your opinion, and write more details or comments in the places provided.

The residents of Percy Baxter Lodges have easy access to the local community.

- |                          |                          |                            |                          |                          |                          |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| strongly disagree        | disagree                 | neither agree nor disagree | agree                    | strongly agree           | don't know               |

The residents of Percy Baxter Lodges have opportunities to engage with the local community.

- |                          |                          |                            |                          |                          |                          |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| strongly disagree        | disagree                 | neither agree nor disagree | agree                    | strongly agree           | don't know               |

Comments

### Opinions about social inclusion of residents

In general, the residents of Percy Baxter Lodges feel valued for whom they are.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the residents of Percy Baxter Lodges feel included in a range of worthwhile activities.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the residents of Percy Baxter Lodges have a good social life.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Opinions about skills and culture to facilitate social inclusion opportunities for older people in residential aged care

I have the skills I need to facilitate social inclusion (i.e. feeling valued, respecting differences, integration into all aspects of the community) opportunities for residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Percy Baxter Lodges has a culture of social inclusion (i.e. feeling valued, respecting differences, integration into all aspects of community) for residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

### Comments about training and education about playgroup program

I got the training I needed to effectively work with the residents involved in the playgroup.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I know everything I need to, to work with the residents involved in the playgroup.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Opinions about the playgroup program including suggested improvements for program**

I thought the playgroup was worthwhile for the residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I thought the playgroup was worthwhile for the children and their families.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

I thought the playgroup made no difference to the residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I thought the playgroup made no difference to the children and their families.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

- Please make some suggestions on how the playgroup could be improved.

Having the playgroup at Percy Baxter Lodges has made a difference to how the staff work with residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Please comment

### **Benefits, barriers and enablers**

- Please detail any benefits you think were gained from involvement of residents with the playgroup.
  
- What other outcomes do you think were gained from involvement of residents with the playgroup?
  
- What were barriers to setting up the playgroup, or resident involvement?
  
- What helped the setting up the playgroup and resident involvement?

## 7. Percy Baxter Lodges Playgroup facilitator/Lifestyle Officer Post-Implementation Questionnaire

Introduction to study and questionnaire

There have been a small number of playgroups that have been run in residential care facilities in Victoria over the last few years. We do not know what the people involved actually think about having a playgroup in such a facility, or the difference being involved in a playgroup might make to a resident. This project involves setting up and evaluating a playgroup to be held at Percy Baxter Lodges. We are interested in the views of residents, staff and families who may attend the playgroup. This questionnaire is designed to get some of this information from the staff at Percy Baxter Lodges. We are interested in as wide a range of opinions as possible. Thank you for your participation.

\*\* Please remember to attach your own notes taken at each playgroup session and the observational checklists completed after each session \*\*

### Basic information

Are you:

Male       Female

Aged  less than 20

<input type="checkbox"/> 20-24	<input type="checkbox"/> 25-29	<input type="checkbox"/> 30-34	<input type="checkbox"/> 35-39
<input type="checkbox"/> 40 - 44	<input type="checkbox"/> 45 - 49	<input type="checkbox"/> 50 - 54	<input type="checkbox"/> 55 - 59
<input type="checkbox"/> 60 - 64	<input type="checkbox"/> 65 - 69	<input type="checkbox"/> 70 - 74	<input type="checkbox"/> 75 - 79
<input type="checkbox"/> 80 - 84	<input type="checkbox"/> 85 - 89	<input type="checkbox"/> 90 - 94	<input type="checkbox"/> 95 - 99
<input type="checkbox"/> more than 99			

### Opinions about the playgroup program including suggested improvements for program

Please give us your opinion on the following questions. Please tick the box that best corresponds with your opinion, and write more details or comments in the places provided.

I thought the playgroup was worthwhile for the residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I thought the playgroup was worthwhile for the children and their families.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

I thought the playgroup made no difference to the residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I thought the playgroup made no difference to the children and their families.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

**Opinions about access to the local community for the residents**

Please give us your opinion on the following questions. Please tick the box that best corresponds with your opinion, and write more details or comments in the places provided.

The residents of Percy Baxter Lodges have easy access to the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

The residents of Percy Baxter Lodges have opportunities to engage with the local community.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Opinions about social inclusion of residents**

In general, the residents of Percy Baxter Lodges feel valued for whom they are.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the residents of Percy Baxter Lodges feel included in a range of worthwhile activities.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

In general, the residents of Percy Baxter Lodges have a good social life.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Opinions about skills and culture to facilitate social inclusion opportunities for older people in residential aged care**

I have the skills I need to facilitate social inclusion (i.e. feeling valued, respecting differences, integration into all aspects of the community) opportunities for residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Percy Baxter Lodges has a culture of social inclusion (i.e. feeling valued, respecting differences, integration into all aspects of community) for residents.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Comments about training and education about playgroup program**

I need training to effectively work with the residents involved in the playgroup.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

I know everything I need to, to work with the residents involved in the playgroup.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

**Opinions about community attitudes towards residential aged care services**

I find other people have positive attitudes towards residents of aged care facilities

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	don't know

Comments

## **Benefits, barriers and enablers**

- Please detail any benefits you think were gained from involvement of residents with a playgroup.
  
- What other outcomes do you think were gained from involvement of residents with a playgroup?
  
- What were the barriers to setting up the playgroup, or resident involvement?
  
- What helped the setting up of the playgroup and resident involvement?
  
- Please comment on all aspects of the running of the playgroup.

## APPENDIX 2: Focus Group Questions

### **Percy Baxter Lodges Playgroup**

#### **Introduction**

There have been a small number of playgroups that have been run in residential care facilities in Victoria over the last few years. We do not know what the people involved actually think about having a playgroup in such a facility.

This project involved setting up and evaluating a playgroup that was held at Percy Baxter Lodges. We are interested in the views of residents, staff and families who attended the playgroup and we have distributed surveys to get some of this information. We are also keen to speak with a group for residents who were involved in the playgroup now that the program is completed, and this is what we are here for today.

We will ask you some questions and we would like to hear from everyone. There are no right or wrong answers we want to hear your opinions. This focus group will last about one hour.

I will ask that you respect the confidentiality of what is said in this group. It means you agree not to discuss what was said later outside of the group, that way everyone is free to say what they really think. We will also like to inform you that anything you say here will not identify you.

We would like to record this discussion, so that the researchers have a record of everything that is said. May we turn on the recorder?

Check that everyone agrees.

TURN ON TAPE

Do you have any questions before we start?

#### **Questions**

- Can you tell us what it was like to be involved in the playgroup?

Prompts -

Was it fun?

Was it hard work?

Was it what you expected

- Can I ask each of you to tell me about the difference being involved in the playgroup has made to you, if any?

Prompts -

Go around the group to give each participant the opportunity to reply

- What did you like about the playgroups?

Prompts -

Seeing the children

Different to other activities

- What didn't you like about the playgroups?

Prompts -

Noise

Too busy

- Was it easy or difficult to get to the playgroup?

Prompts -

Staff assistance, Parents assisted

- What made it easy (or difficult) to get to the playgroup?

- 63 -

Prompts -

Clashed with the activities program

Was unable to get there as there was no one to assist

- Were you satisfied with how the playgroups went?

Prompts -

How frequent they were

How long they went for

Your involvement with the children and their families

The activities during the playgroups

- What suggestions do you have to make the playgroups better?

Prompts -

Time of day

Length of playgroup

- What were some of the benefits of the playgroups?

Prompts -

Made friends with parents

Parents continue to visit facility outside of playgroup

- Is there anything that anyone would like to say about the playgroups?

Prompts -

Anything else, any feedback you give us is useful, there are no right or wrong opinions.

Summary

The facilitator will then sum up the major themes that have come out of the group.

Thank you very much for your involvement today. We appreciate you sharing your time and thoughts with us.

APPENDIX 3: Playgroup Activities and some of Playgroup Equipment

Week	Activities
One	<ul style="list-style-type: none"> <li>• Painting hands and printing onto canvas</li> <li>• Bubbles</li> <li>• Name Tags</li> <li>• Baby Toys, Skittles, Jigsaws, Playdough, Animals and farm</li> <li>• Balls, Golf Clubs, Bikes</li> <li>• Story- My Mummy Loves Me</li> <li>• Songs- Twinkle Twinkle, Peter Rabbit, My hands are clapping, My feet are stamping</li> </ul>
Two	<p><b>Outside:</b></p> <ul style="list-style-type: none"> <li>• Bikes, large balls, water trough and sea animals, golf clubs</li> </ul> <p><b>Inside:</b></p> <ul style="list-style-type: none"> <li>• Playdough and animals</li> <li>• Kites- drawing with crayons</li> <li>• Duplo train and car mat</li> </ul>
Three	<p><b>Outside:</b></p> <ul style="list-style-type: none"> <li>• Sandpit and sand toys, large balls, golf clubs, water in cubes sea animals</li> </ul> <p><b>Inside:</b></p> <ul style="list-style-type: none"> <li>• Pasting onto coloured card, crayons on coloured card,</li> <li>• Threading cotton reels</li> <li>• Tea set with plastic food</li> <li>• Duplo farm set</li> <li>• Canvas with textas and stick on animals</li> </ul>
Four	<ul style="list-style-type: none"> <li>• Sandpit and toys</li> <li>• Trucks</li> <li>• Water container with animals, watering cans</li> <li>• Bikes, balls</li> <li>• Duplo and cars</li> <li>• Books, baby toy,</li> <li>• Dinosaurs hidden in garden,</li> <li>• Playdough and animals</li> <li>• Painting onto paper plates</li> </ul>
Five	<p>Animal Farm Visit</p>
Six	<ul style="list-style-type: none"> <li>• Sandpit, bikes</li> <li>• Stamp pads and animal stamps, pasting animal shapes</li> <li>• Farm Duplo</li> <li>• Baby toys</li> <li>• Fishing game</li> <li>• Songs</li> </ul>
Seven	<ul style="list-style-type: none"> <li>• Sandpit and trucks</li> <li>• Stickers onto a canvas</li> <li>• Painting</li> <li>• Puzzles</li> <li>• Musical instruments</li> <li>• Pasting shapes onto cards</li> <li>• Water play with funnels, cups, animals, buckets and watering cans</li> <li>• Songs</li> </ul>
Eight	<ul style="list-style-type: none"> <li>• Sandpit and trucks</li> <li>• Painting onto large paper</li> <li>• Water container with magnetic fish and rocks</li> <li>• Bikes, balls and golf clubs</li> <li>• Playdough with farm animals</li> <li>• Chalk drawing on path</li> <li>• Books and baby toys on rug</li> <li>• Reading and Songs</li> <li>• Face paint crayons</li> </ul>

Nine	<ul style="list-style-type: none"> <li>• Sandpit, buckets, spades and sieves</li> <li>• Duplo on table and animals</li> <li>• Fishing</li> <li>• Chalk drawing</li> <li>• Bikes, balls, rocker, hobby horse</li> <li>• Stamping farm animals onto paper</li> <li>• Musical instruments</li> <li>• Puppy</li> </ul>
Ten	<ul style="list-style-type: none"> <li>• Photographer from the Sunday Age visited</li> </ul>
Eleven	<p><b>Inside</b></p> <ul style="list-style-type: none"> <li>• Christmas tree kites, stickers and textas</li> <li>• Christmas drawings to colour, threading Christmas cards</li> <li>• Families made Christmas cards for residents</li> </ul>
Twelve	<ul style="list-style-type: none"> <li>• Carousel excursion</li> <li>• Colour sheets, crayons and stickers</li> </ul>
Thirteen	<ul style="list-style-type: none"> <li>• Fishing set, golf clubs</li> <li>• Water with sea animals</li> <li>• Branches with frogs</li> <li>• Pre cut flowers to stick onto black card, insect stickers and crayons</li> <li>• Baby toys</li> <li>• Duplo</li> <li>• Tea set</li> <li>• Story and songs</li> </ul>
Fourteen	<ul style="list-style-type: none"> <li>• Bean bags to throw into boxes</li> <li>• Lizards in a sand container with leaves</li> <li>• Water container, sea creatures and shells</li> <li>• Playdough and zoo animals</li> <li>• Jigsaws, painting, Duplo</li> <li>• Golf clubs and balls, bikes</li> </ul>
Fifteen	<ul style="list-style-type: none"> <li>• Golf clubs and balls, bikes</li> <li>• Dinosaurs in sand box with leaves</li> <li>• Tea set</li> <li>• Farm animals, foam blocks on rug</li> <li>• Painting on table, goop</li> <li>• Baby toys on rug with books</li> <li>• Hula hoops</li> </ul>
Sixteen	<ul style="list-style-type: none"> <li>• Texta and crayon with coloured card</li> <li>• Pasting onto coloured card, feathers, icy pole sticks and bright shiny paper</li> <li>• Bikes</li> <li>• Sand tray with zoo animals, fences</li> <li>• Books</li> <li>• Baby Toys</li> </ul>

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