



Alzheimers Otago

“Minds Together” project



A Dementia Friendly Otago

www.alzheimersotago.org.nz | Registered Charity CC25653



Why - Inspiration and Research



- Queensland Metro North Health - Grandparents programme
<https://metronorth.health.qld.gov.au/news/grandfriends> -reduces -loneliness -isolation
- Australian Institute for Intergenerational Practice - Golden life stories between Emmanuel College and Seachange Emerald Lakes residents
<https://aiip.net.au/an-intergenerational-golden-life-stories-learning-project-between-emmanuel-college-and-seachange-emerald-lakes-residents>
- Australian ABC “Old People’s Home For 4 Year Olds” series explores the benefits of children interaction with older people
https://www.youtube.com/watch?v=13_rJVvxx_g
- Australian ABC “Old People’s Home for Teenagers” series explores the benefits of teenage interaction with older people
<https://www.youtube.com/watch?v=2De2Srv26Z0>; <https://www.youtube.com/watch?v=JYYKIWpt9Dc>



Why - Inspiration and Research



- Humanitas Deventer is a rest home in the Netherlands that students share with older residents.

<https://innovationinpolitics.eu/showroom/project/humanitas> -retirement -village

<https://www.stuff.co.nz/life-style/105705751/the-dutch-nursing-home-that-is-also-a-university-dorm>

<https://www.abc.net.au/listen/programs/radionational-drive/dutch-retirement-home-lets-students-live-rent-free/6351450>

- Temple University's Intergenerational Center (IGC) , Philadelphia - Weekly Smile, another free program of Penn Memory Center,

<https://education.temple.edu/research-outreach/centers-institutes/intergenerational-center/about-us>

<https://www.pcacares.org/news/bringing-college-students-and-older-adults-together/>



Why - Inspiration and Research



- National library of Medicine project - College students' and community members' attitudes toward dementia: The impact of dementia friends sessions

<https://pubmed.ncbi.nlm.nih.gov/31426726>

- National library of Medicine project - Effectiveness of intergenerational participation on residents with dementia: A systematic review and meta-analysis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8859040/>



Universities have an obligation to equip the next generation with the knowledge required for a career, but they also play a part in providing the knowledge about how to become a useful (kind, compassionate, responsible) citizen of the world.

What better way to do that than to entrust them with a degree of responsibility and care for our senior citizens and educate them about dementia to help break down the stigma associated with dementia?



What is our “Minds Together” project



- Community collaboration brain activity programme between Otago University’s Social Impact Studio and Alzheimers Otago, aimed at improving the quality of life for people living with a dementia mate wareware diagnosis
- Seeks to promote social well-being and foster social interaction
- Enhances understanding of dementia mate wareware
- Provides a unique campus-based cognitive stimulation learning experience for students and people living with a dementia mate wareware diagnosis
- Provides time for the carers to have some “me time”



What is does it involve



- The free programme partners six individuals with early -stage dementia mate wareware with six student volunteer buddies
- Eight weekly sessions per semester on campus, hosted by various university departments
- Examples include Hocken Archives, Dentistry school, Medical school, Physical Education, Geology department, Performing Arts
- Sessions begin with morning tea followed by an activity at the nominated department



What are the benefits



- Stimulating learning opportunities for people living with dementia mate wareware diagnosis
- Enhanced social interaction and **AGELESS FRIENDSHIPS**
- New friendships for caregivers and people living with a dementia mate wareware diagnosis
- Social inclusion through intergenerational connection and understanding
- Increased awareness and understanding of dementia mate wareware for the students



The Outcome of the Pilot



- Successful programme with a few tweaks needed
- 2 Student coordinators and 6 student buddies for Minds Together programme worked really well
- Positive feedback from both care partners and participants
- Partnership with Social Impact studio to deliver at least 3 programmes for 2024
- Continued relationship with the students and Alzheimers Otago beyond their volunteered time at the Minds Together programme



What's the Feedback?



“great programme with interesting visits for my husband, made him a lot happier!”

“he really loved the gym sessions, also the morning teas”

“highlight of his week”



What's the Feedback?

“this programme was very helpful for my husband and myself! It helped my stress levels!”

“laughing with the student!”

“excellant all round, well organized with good communication”



What's the Feedback?

“Loved talking to the older people. I had such a good time getting to know them.

Took me right out of my uni brain and I had such a good time hanging out with them and the group”



What's the Feedback?



“friendly and caring students”

“best part was the banter with the students!”

“We miss the programme now that it has stopped”



What's the Feedback?



“lively vitality of the young very stimulating”

“various departments were interesting and fun!”

“the students want to talk to us old folk”



<https://jtlmedia.pixieset.com/mindstogether/>

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<https://www.unicrewotago.org/minds-together>

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