

# RESEARCH DIRECTIONS

## Inter-generational play groups

**Dr Margaret Skropeta and Dr Alf Colvin from the School of Biomedical and Health Sciences with Ms Renee Smith and Mr Andrew Collins from UnitingCare Ageing, together with Playgroup New South Wales, have been awarded a UWS Research Partnership grant to explore the development and implementation of the UnitingCare Ageing - Sydney Regional Intergenerational Playgroup Project.**

'This project aims to explore how inter-generational activities involving playgroups within aged care communities impact on significant issues such as loneliness, learned helplessness and boredom,' explains Dr Skropeta. 'The aims are to identify and explain how inter-generational activities allow participants to share knowledge and experiences, while building bridges between the generations that enrich the lifestyles of each individual. The significance of this study is that it involves three generations of people: babies and children, their carers/parents and older people/residents.'

This project will be a longitudinal study using pre-test/post test evaluation design. Quantitative and qualitative research data will be collected using a range of instruments and methods including the Geriatric Depression Scale, Mini Mental Status Examination and open-ended questions for in-depth interviews to explore significant issues associated with loneliness, learned helplessness and boredom which often exist in aged care communities.



The expected outcome is a model of an 'inter-generational playgroup', representing best practice that could be implemented in aged care settings nationally. The value added to UnitingCare Ageing is that the project finds a better way to affirm life for all those involved in the project.

**Project Title:** Inter-generational play groups in aged care

**Funding has been set at:** \$21,998

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