

Testimonials

“It’s nice to meet new people and get to know them. They all have their own spin on life.” –

Resident

“I learned to be more vocal because to meet new people you have to be more vocal.”

– Resident

“My favorite part was seeing the reactions of different people when we visited them, it brought them way up.” – Resident

“It was good to see them, I enjoyed our visits and we had good conversations.” –

Visitee

Mentorship Club was an idea adapted from Java Group Programs Mentorship Program.¹

As a student in Therapeutic Recreation I decided to create this program for the Fairview Health Complex long term care as my special project.

References

¹ <http://javagp.com/our-products-and-services/mentorship-program/>

² https://www.google.com/search?q=seniors+talking+to+eachother&tbm=isch&tbs=rimg:CcoHOHtDP7jplj55gcPHEklqtCak4KOPBfoThrBm2OItAPsQXSEHvpxvebpNiz9clBjnJBvQeoHdkcMJY58VVzCoSCfmBw8cSSWq2EdgIOI4MAC7KhJRsJqTgo48F8RnukPPtnLB4QqEgmhOGsGbY6W0BFcFkNUbT84eSoSCQxBdlQenGEagiazA3H9bKhIJ95uk2LP1yUERSkl8fTdWXUqEgmOckG9B6gd2RGL_1JC4ytoSRCoSCRwwljnxX5XEdc0PaNNJ38C&tbo=u&sa=X&ved=2ahUKwilpl2fxlLhAhWC9Z4KHxtMDB8Q9C96BAgBEBs&biw=1280&bih=908&dpr=1#imgrc=_&spf=1552598803047

³ <https://www.beliefnet.com/wellness/health/health-living/aging/5-age-related-challenges-and-how-to-overcome-them.aspx?p=2>

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Mentorship Club

Residents Helping Residents



“I think that we made a difference, just being there for a person is important. It’s a good change.” – Resident

“Lots of people are in the same boat as you, you’re not alone.” – Resident

“Mentorship Club makes you more sociable so you can visit more people.” –Resident

What is Mentorship Club?

Mentorship Club is a program that was developed to help create a sense of community and develop meaningful connections between residents living in long term care.

The goal for this program is to help resident mentors feel like they have a sense of purpose in helping others through visits with residents who are lonely and socially isolated.

Who are the Resident Mentors?

The mentors are the residents who go and visit the residents who are socially isolated or lonely. The mentors are responsible for making new residents feel welcome and helping current residents feel appreciated and cared for through visiting.



"I think I probably made a difference, everyone likes to have visitors." - Resident

What happens during Mentorship Club?

Mentorship Club consists of three main parts.

Discussion

The program begins with a meeting where all the mentors come together and talk about the previous visits they had. Then we have a short education lesson and discussion about different topics that will help with visiting others. Some examples of topics are dementia, non-verbal communication and depression.

Special Events

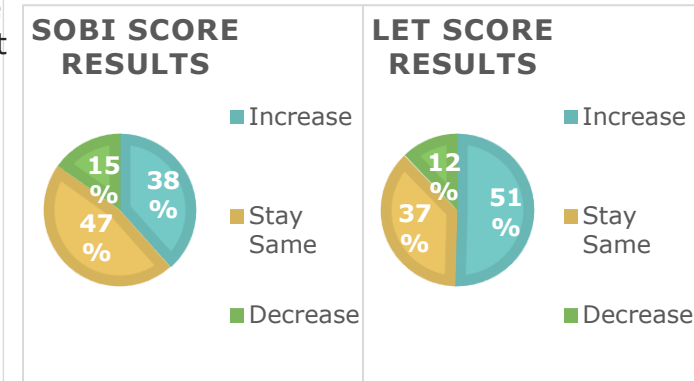
In the Mentorship Club mentors give birthday cards and get well soon cards to the residents that live in long term care. When there is a new resident coming in, the mentors give a card and a small gift to welcome the resident to the facility.

Visiting

Mentors will go in pairs and visit with other residents who don't receive a lot of visitors and are socially isolated. These visits last from 15 min to sometimes an hour. Along with conversation the mentors read books, show videos and sing songs with the visitees. This portion of Mentorship Club is the most important in creating meaningful connections made through visiting with others

Making a Difference

When measuring mentors sense of belonging using the Sense of Belonging Instrument (SOBI) and their sense of purpose using the Life Engagement Test (LET) we found:



Overall mentors stayed the same or increased their sense of belonging by 85% and they stayed the same or increased their sense of purpose by 88%.

We also observed:

Taking Initiative: Outside of the program mentors have taken initiative in visiting with visitees on their own time.

Support: Mentors helped new residents by providing support and encouragement to them as they transitioned into long term care.

Openness: Mentors and visitee's shared personal and sometimes difficult experiences with one another.