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.

Testimonials

“I really enjoy seeing that what I am doing is really making a difference. It’s nice to see the results and that our hard work is paying off.”

Recreation Therapy Assistant

“Mom can engage in more variety of topics. She puts a greater effort into expressing viable opinions. She shows much more interest in different viewpoints. Mom has come to terms with her severe short term memory loss as she has noted that a lot of residents have this problem too. She looks forward to class as she feels safe, smart and her confidence has improved.”

Daughter of female participant with Alzheimer’s

“I enjoy our discussions and I like the comradery. I like the challenge of this program, it keeps me alert and aware. Myself and another gentleman spend time working on trivia after class and I know he really enjoys that.”

Stay Sharp Participant

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

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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:CcoH0HtD7pjlj5gcPHEkI2tkbCak4KOPBfoThrBm2OltApsQXSEHypxvebpNiz9clBjnJvQeoHdcmJY58VvzCoSCfmbw8CSSWq2EdgI4MAC7KhJRsqTgo48F8RnuKPttnLB4QqEgmhOGsGbY60BFcfKNUbt84eSo5CQx8dlQenGEagjazA3H9bKhJl95uk2LP1yUERskl8fTdWXUqEgmOckG9B6gd2RGL_1jC4ytoSRC0wenvjnx5XEdcOpAnNJ38C&tbo=u&sa=X&ved=2ahUKwiiplI2fxILAhWC924KHxMDBBQ9C968AgBE&biw=1280&bih=908&dpr=1#imgrc=_&spf=1552598803047

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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.

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:

<table>
<thead>
<tr>
<th>SOBI SCORE RESULTS</th>
<th>LET SCORE RESULTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase 47%</td>
<td>Increase 12%</td>
</tr>
<tr>
<td>Stay Same 38%</td>
<td>Stay Same 37%</td>
</tr>
<tr>
<td>Decrease 15%</td>
<td>Decrease 51%</td>
</tr>
</tbody>
</table>

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.

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