

Project Title

With Seniors for Seniors: Ren Ci Senior Sports Day 2023

Project Lead and Members

Project lead: Sim Kai Xuan, Rena, Chng Yin Ru, Priscilla, Angeline Lee Hui Lian

Project members: Rachel Soh Poh Ling, Tan Shao Yi, Nur Balqis Ridzuan, Lim Thuan Gay, Julia Binte Mohd Jonid, Arcenal Angelico Louie Remonte, Siti Nurrahmah Binte Selamat, Chua Xiu Wen, Elaine

Organisation(s) Involved

Ren Ci Hospital

Healthcare Family Group(s) Involved in this Project

Allied Health

Applicable Specialty or Discipline

Occupational Therapy

Project Period

Start date: September 2023

Completed date: September 2023

Aims

With a series of fun adaptive physical games, the Sports Day re-ignited a competitive spirit among the seniors to participate actively, provide purposeful rehabilitation training leading up to the event, build camaraderie amongst seniors and allowed cross interaction across different groups of seniors.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Care Continuum

Intermediate and Long Term Care & Community Care, Day Care

Keywords

Senior; Sports, Daycare

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CHALK
2023

Poster
#6

WITH SENIORS FOR SENIORS: REN CI SENIOR SPORTS DAY 2023

Team Leads:

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Team Members:

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Chua Xiu Wen, Elaine



Summary

Sep 2023: 3 Ren Ci Senior Care Centres (SCC) – Ang Mo Kio, Bukit Batok and Novena, organised Senior Sports Day for 120 clients from the 3 SCCs.

10 community seniors from our Ren Ci Bukit Batok Eldercare (EC) Centre (similar to Active Ageing Centre) were also roped in to volunteer at the event together with **20 corporate volunteers** from UPS as well as caregivers. With a series of fun adaptive physical games, the Sports Day **re-ignited a competitive spirit among the seniors** to participate actively, provide purposeful rehabilitation training leading up to the event, build camaraderie amongst seniors and allowed cross interaction across different groups of seniors. In addition, the meaningful event also promoted **active volunteerism among seniors!** This has also allowed the Rehab teams from the three sites to **strengthen collaboration and working relationships** while putting the event together.



Scan here
to watch the
highlights!



A successful Renci Senior Sports Day held with the help of community seniors, corporate volunteers and caregivers

Background

Guided by the Occupational Therapy's Person-Environment-Occupation-Performance (PEOP) model, the Sports Day was designed with the aims of maximising performance and participation of clients in the meaningful occupation of sport and games. Hence, the **physical games were tailored and modified to accommodate both high and low functioning clients**. Prior to the event, **clients were also engaged in "purposeful training" for the event which contributed to the overall enhancement of their physical health**. To further enhance the psychosocial elements in the event programme, Music Therapists and volunteers were invited to join in the event to assist in the sensory cum social activity engagement. Each centre was also tasked to prepare their own cheer to support their respective teams during the event, with the aim of building camaraderie within each SCC.



Modified table bowling for seniors

Outcomes

- 26 bronze, silver and gold medals were given out to game winners, and Certificates of Participation to all clients. Medal winners shared that they felt proud to receive the awards; it enhanced their overall self worth in their golden years. Clients and next-of-kins (NOKs) commended the team for taking time and effort to plan the interactive and meaningful event.
- Overall enhancement of clients' physical health due to the 'training' and practice sessions prior to the event, and better cross-social interaction and engagement between clients, community seniors and corporate volunteers.
- Strengthening the sense of camaraderie amongst seniors of each SCC.



Presenting a medal to an exuberant senior



Rehab team with a group of medal winners

- Community seniors enjoyed themselves and felt purposeful in volunteering for this event.
- Enhanced inter-centre collaboration and camaraderie was also observed among the planning committee members during the preparation and execution of the event.



Community seniors manning the breakfast station cart at the start of the day

Conclusion

It was a very successful Sports Day aimed at building a cohesive community of clients, staff, EC community seniors and corporate volunteers. With the positive feedback received, Sports Day will become a Ren Ci annual event to encourage clients and seniors to stay active, healthy and well in the community.

Project Details



Ren Ci Community
Hospital Multi
Purpose Hall (MPH)



120 clients
48 staff
20 UPS volunteers

10 EC seniors
21 caregivers

- Four physical games including bowling, hockey, basketball and cup stacking were tailored for high and low functioning clients. Physical games equipment were standardised across centres and game rules were put in place to ensure fairness.
- The planning committee worked with Ren Ci's Volunteer Management & Development manager to recruit community volunteers to assist with breakfast preparation and event facilitation.
- The event was publicised during each centre's daily news segment. Clients who were deemed fit for games by Therapists signed up for at least one game. Each centre was also tasked to prepare their own cheer, and nominated 3 representatives for cup stacking competition.
- The first half of the day was the main games competition event, while the second half of the event included the music therapy session, staff's cup stacking competition and award ceremony for games winners.



Seniors participating in team hockey