

Project Title

Preserving Our Memories Through Journalling for Day Care Clients

Project Lead and Members

Project lead: Kaminni D/O Vamadevan, Wang Xiao Yan

Project members: Rachel Soh Poh Ling, Chee Foong Fong, Jennifer, Toh Leek Hing,

Hani Syafiqah, Neo Sok Hoon, Tan Shao Yi, Lim Thuan Gay, Binson, Nur Balqis

Ridzuan, Yeo Hui Yi, Ronald, Vandana

Organisation(s) Involved

Ren Ci Hospital

Healthcare Family Group Involved in this Project

Ancillary Care

Applicable Specialty or Discipline

Senior Care Centre

Project Period

Start date: Jan 2023

Aims

Supports the importance and positive benefits of reminiscence for older adults and for persons living with dementia such as improving self-esteem, mood and fostering self-identity.

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, Convalescent Care

Keywords

Memories Journaling

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2023

Poster
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PRESERVING OUR MEMORIES THROUGH JOURNALING FOR DAY CARE CLIENTS

Team Leads

Kaminni D/O Vamadevan | Wang Xiao Yan

Team Members

Rachel Soh Poh Ling | Chee Foong Fong, Jennifer | Toh Leek Hing | Hani Syafiqah | Neo Sok Hoon |
Tan Shao Yi | Lim Thuan Gay, Binson | Nur Balqis Ridzuan | Yeo Hui Yi | Ronald | Vandana



Project Synopsis

In Jan 2023, Ren Ci @ Ang Mo Kio Senior Care Centre (SCC) embarked on a journey to capture client's memories in the centre through a personalised journal. Guided by the principles of person-centred care, we see all our clients as respected individuals with unique strengths and abilities. This personalised journal, can be used as a platform for our clients to share their feelings and thoughts, and as a life legacy tool to be passed down to their loved ones.

How did this project come about?

About 70% of our SCC clients are living with dementia, many of whom face difficulties recalling how they have spent their time in SCC. We often get asked by families about the activities their loved ones are doing and their participation in the centre. Spurred by these questions, the SCC team decided to develop a meaningful solution to better activate and engage clients and their caregivers.

There is substantial evidence-based research that supports the importance and positive benefits of reminiscence for older adults and for persons living with dementia such as improving self-esteem, mood and fostering self-identity. The team decided to initiate this project to empower our clients to take charge of their time and feelings by involving them to co-create their own personalised journal.

Project Details

Time is set aside every month for clients to gather and reflect on the activities they had participated in over the past month. Staff facilitates the session by showing pictures of clients engaging in the different activities to support them in recalling what they had

done. Different types of props and decorations are also presented. Clients then decide how they would like to design their journal.

Clients are encouraged to jot down any thoughts and reflections. Some even chose to write messages for other clients! Every 3-4 months, clients bring these journals home to share with their family members. These journals serve as a conversation starter with their loved ones, helping them remember and reminisce about their time at SCC.



Project Outcomes

Ever since embarking on this journal making project, we have received many positive feedback from families that they are very happy to see and know how their loved ones are being engaged at the centre. Families also feedback that with the journals, they have more topics to converse about with their loved ones. Some even learnt interesting facts and talents that they never knew their loved ones were able to do. Clients expressed an increased sense of accomplishment and satisfaction from completing their personal journals. Some clients even consider journaling as a tool to share their life stories and legacy with their grandchildren.



“ I sincerely thank all of you that made this for them. My mom was so happy to show me and go through each page what she had done. Your team efforts were excellent, well done. I would like to thanks all of you on my behalf of our family. Great Job! ”

From: Family member of a client

Conclusion

The team is very encouraged by the positive outcomes and responses from both our clients and families. Through the session, staff also feel that they are able to get a better understanding of the clients and their feelings. We hope to be able to continue this journal making and to involve family members together in the process of making the journal.