

## **Project Title**

Virtual Group Activities during Circuit Breaker @ KWSCs

## **Project Lead and Members**

- Michelle Lew
- Anita Yiu
- G. Meenambal
- Nurulfajriyah Binti Mohd Idris
- Nursyaibah Begum

## **Organisation(s) Involved**

Kwong Wai Shiu Hospital

## **Healthcare Family Group(s) Involved in this Project**

Nursing

## **Applicable Specialty or Discipline**

Long Term Care

## **Aim(s)**

- Tapping on the ZOOM and WHATSAPP to connect our elderlies to maintain an active lifestyle.
- Usual centres' group activities can be conducted virtually and daily.
- To provide a new and enhanced experience for our elderlies.

## **Background**

See poster appended/ below

## **Methods**

See poster appended/ below

## **Results**

See poster appended/ below

## **Lessons Learnt**

See poster appended/ below

## **Conclusion**

See poster appended/ below

## **Additional Information**

This project was featured at the Central Health Action & Learning Kampung (CHALK) Poster Showcase 2022.

## **Project Category**

Care Continuum

Nursing Home

## **Keywords**

Virtual Group Activities, Social Media Platforms

## **Name and Email of Project Contact Person(s)**

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# Virtual Group Activities During Circuit Breaker @ KWSCs

## Team Members

Michelle Lew | Anita Yiu | G. Meenambal | Nurulfajriyah Binti Mohd Idris | Nursyaibah Begum



Kwong Wai Shiu Care Centres' (KWSC) operations were suspended due to Circuit Breaker/Covid-19. This affected our Active Ageing (AA) members and Senior Care Centre (SCC) clients significantly; developed a sense of isolation and loneliness. They also felt languid as partaking in activities at our centres had become their daily routine prior to Covid-19. This entailed the risk of deterioration in elderlies' physical conditions.

### Goal:

- Tapping on ZOOM and WHATSAPP to connect our elderlies to maintain an active lifestyle.
- Usual centres' group activities can be conducted virtually and daily.
- To provide a new and enhanced experience for our elderlies.

#### Plan:

- Identified the preferred and suitable programs that are safe, not too strenuous that can be conducted virtually.
- Planned out the material and manpower needed.
- Identified the potential problems including the wi-fi speed, screen size and speaker volume etc.

#### Do:

- Implemented shortlisted virtual programmes including cooking demonstration, art and craft and low impact chair exercise.
- 73 IT training sessions were conducted in May 2020 and 113 IT training sessions were conducted in June 2020 to elderlies and caregivers via phone call and video call.
- Scheduled the virtual group activities from Monday to Friday, a.m. and p.m.

### Study:

- Surveyed and collected feedback at the end of each session.
- Monitored the hardware and software performances and rectified the issues with IT department.

### Act:

- Fine-tuned and implemented enhanced programs based on the feedback. E.g. More newspaper discussions and dessert cooking.
- More elderlies were recruited and participated based on the good feedback received.



## Project Outcomes

- Started with only 4 to 5 elderlies as a trial and ultimately increased to over 30 members within 1 month of implementation.
- A tremendous 264% increase in participation from 1st to 2nd month of implementation, as evidenced by the increase from 256 attendees on May 3, 2020 to 931 attendees in June 2020.
- Daily virtual group activities attendance were approximately 50 elderlies/day in June 2020 and only 1 staff was required to conduct the program for 0.5 hours.
- In a traditional centre-based/classroom group activity, a max of 10 elderlies/session only and 1 hour would be required as opposed to only 0.5 hours for virtual group activities, with the requirement to disinfect items used and the logistic arrangement.
- In a usual classroom setting, it would require at least 5 hours for 1 staff to conduct such sessions for 50 elderlies/day.
- For a group of 50 elderlies/day, conducting virtual group activities would reduce man-hours every annum, accumulating to a total savings of \$56,160 per annum.
- Elderlies/caregivers feedback that the mood and overall mental conditions improved significantly as they were actively connected even during circuit breaker period.
- The project was awarded the Community Care Excellence Awards (CCEA) Team Awards (Silver) 2022.

*Continued engaging all seniors to brush up their skill in using smart handphone and relevant applications till today.*