

CAT 4 RESOURCE DEVELOPMENT

PROJECT CURAE

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ABSTRACT

We are troubled by the reports of the lack of understanding, interaction and communication issues between the elderly and the young in Singapore. These issues stem from different perspectives of the world round us and a lack of empathy for the health and social issues the elderly face. Thus, we have created a resource package that allows both the young and the old to better understand each other, allowing them to learn and experience what each are facing and hence improve the inter-generational bonds. Through our resources, we aim to spread awareness about the visual, mobility and common health issues the elderly face and for the elderly to better understand the younger generation and their world.

1 INTRODUCTION

1.1 Rationale

We are continuing to build on our Secondary 1 project - “Closing the Generation Gap” and we wish to make a positive impact through our project by allowing society and the young to understand the problems faced by the elderly. We aim to simulate some of the physical aspects of aging, giving the young an opportunity to experience what the elderly face daily. This will help develop empathy and a better appreciation of our seniors.

1.2 Objectives/Scope of Study

Our objectives (our Road to Better Generational Bonding) include the following steps:

1. Build on our earlier efforts to improve intergenerational bonding
2. Correct misconceptions the young have about aging
3. Understand the challenges and difficulties the elderly face daily
4. Develop resources to help the young develop empathy for seniors
5. Develop resources for the younger generation to understand the changes that come with aging and to “walk in their shoes”.
6. Develop resources for the old to understand the young, promoting two-way communication and inter-generational bonding.

1.3 Focus and Significance of our Study

Our focus is to mainly help the young understand the elderly through our main resource, the Care Package. Through our research we realized that the generation gap arises when there are misunderstandings and lack of empathy. We have created various different resources, catering to the different age groups and hope that when used concurrently will foster mutual understanding between the generations.

1.4 Target Audience

Our target audience are primary school students, secondary school students and the elderly. For primary school students, most of them are young and may not be as matured. For secondary school students, they tend to be angry and may not meekly accept differences between the generations. We hope to help the elderly understand issues the young face and introduce technology to them.

1.5 Resources

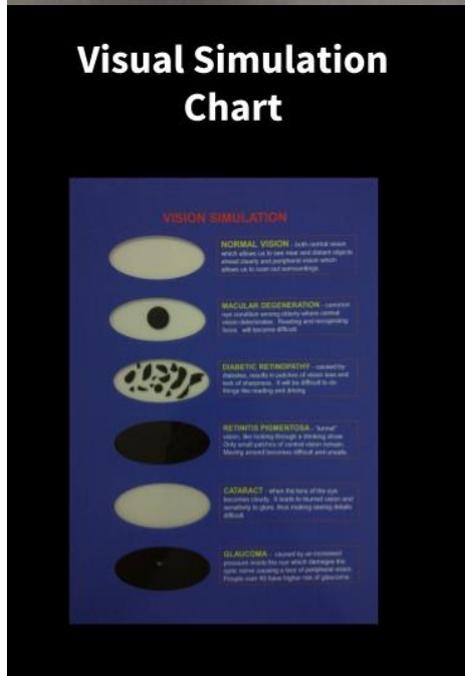
We have developed 6 different resources, each with a specific purpose.

1.5.1 CARE PACKAGE

The **care package**, which is a simulation kit that simulates common visual and mobility conditions that the elderly face.

Mobility simulators - Movement -restricting knee guard (Osteoarthritis / degenerative knee changes) and a weighted vest (spinal problems)

Visual simulators - Eye-glasses with modified lenses (common eye conditions in the elderly)



- The glasses **simulate eye conditions** which are common among the elderly
- These include **Macular Degeneration, Diabetic Retinopathy, Cataracts and Glaucoma**
- Allows the young target audience to **experience how difficult it is to do everyday tasks when vision is affected**
- Increases empathy and teaches patience

- A **handy reference chart** when using the visual simulation glasses
- Lists the **common eye conditions** in the elderly
- Includes short, easy to understand English explanations of the eye conditions

Knee Guard



- **Restricts the movement** of the knee by securing it with Velcro Tapes and Chopsticks
- Simulates the **weak legs** of the elderly which causes them **difficulty when standing up and sitting down**
- Young will be able to **understand the reasons why the elderly need help**
- **Prevents impatience** and promote understanding

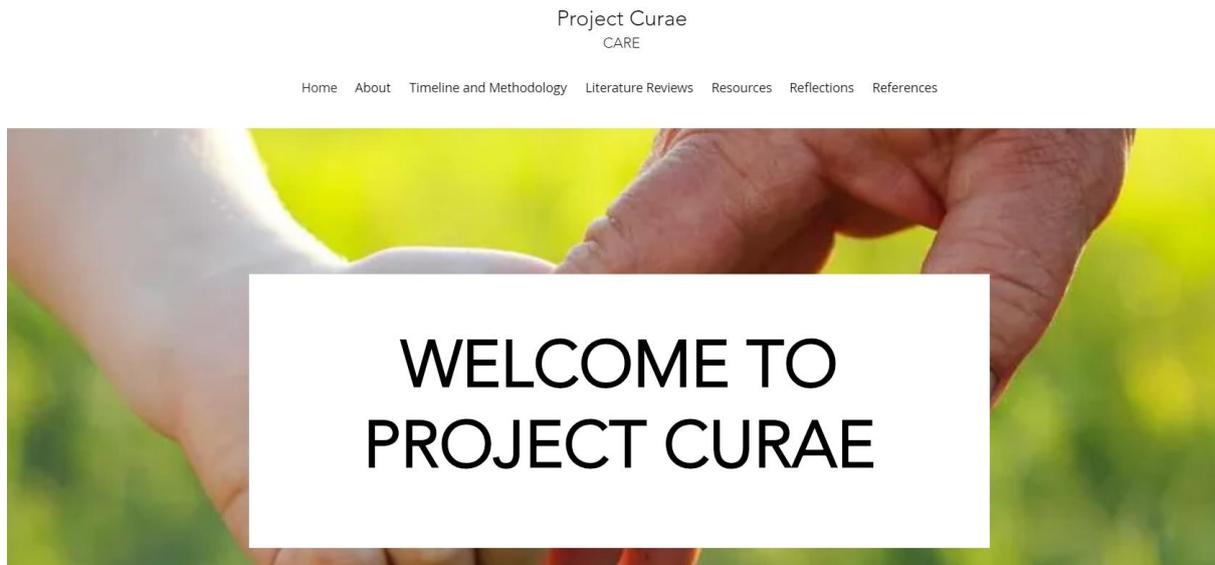
Weighted Vest



- Weight is **replaced by sand**, which weighs approximately **10 kg**
- Simulates **back problems when the elderly find it difficult to straighten their back** and instead put **more pressure on their legs** with their bent body
- Allows youngsters to **understand the difficulties in walking** and back issues
- Prevents **further conflicts** in the future

1.5.2 Website

Our **website** is user-friendly and interactive. The website is a one-stop site to learn about project curae, our objectives and resources.



1.5.3 Brochures

Our **brochures**, are for engaging the older generation as many of them prefer to read hard copies rather than online.



Project Curae brochure

DID YOU KNOW?

THE LACK OF UNDERSTANDING BETWEEN GRANDPARENTS AND CHILDREN IS CALLED A **GENERATION GAP**

UNDERSTANDING THE ELDERLY

As people age, it is important for us to understand how some of the changes they face as they age affect them



Hearing Loss can result in **miscommunication** between the elderly and the young



By the age of 65, over **90%**

of adults develop Cataracts.



Constricted movement is ubiquitous as people age. By the age of 80, over

50%

of elderly fall annually

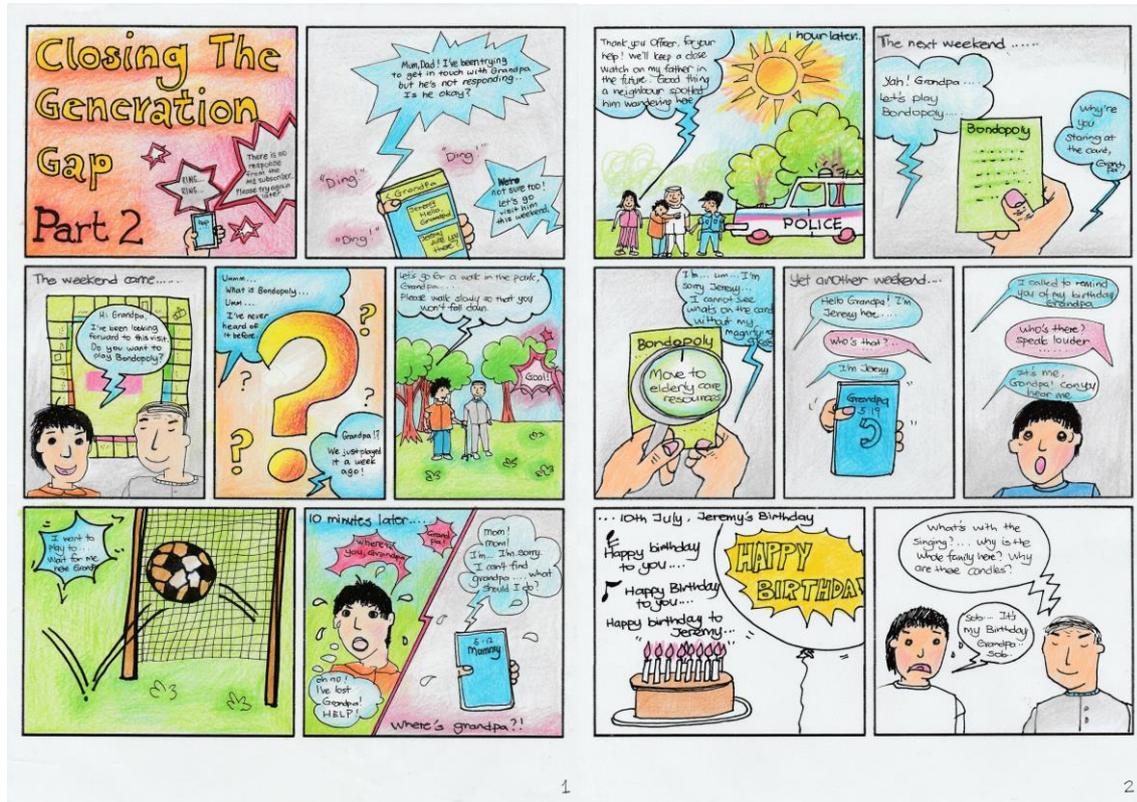
Find out more on our website

Hence, it is a must for us to have **empathy** and **understand** the elderly's feelings.



1.5.4 Comic Strip

Comics are well received by primary school students and is a good way to engage and educate our younger audience.



1.5.5 Flip Books

The 2 **Flip books** are elder friendly, easy to use and are meant to help bridge the digital divide by demystifying technology.



PROJECT CURAE

UNDERSTANDING TODAY'S WORLD

An advancement in technology has impacted the way we live and our daily lives. Through this flip book, we hope the elderly can better understand the changes to society in order for them to understand the young.



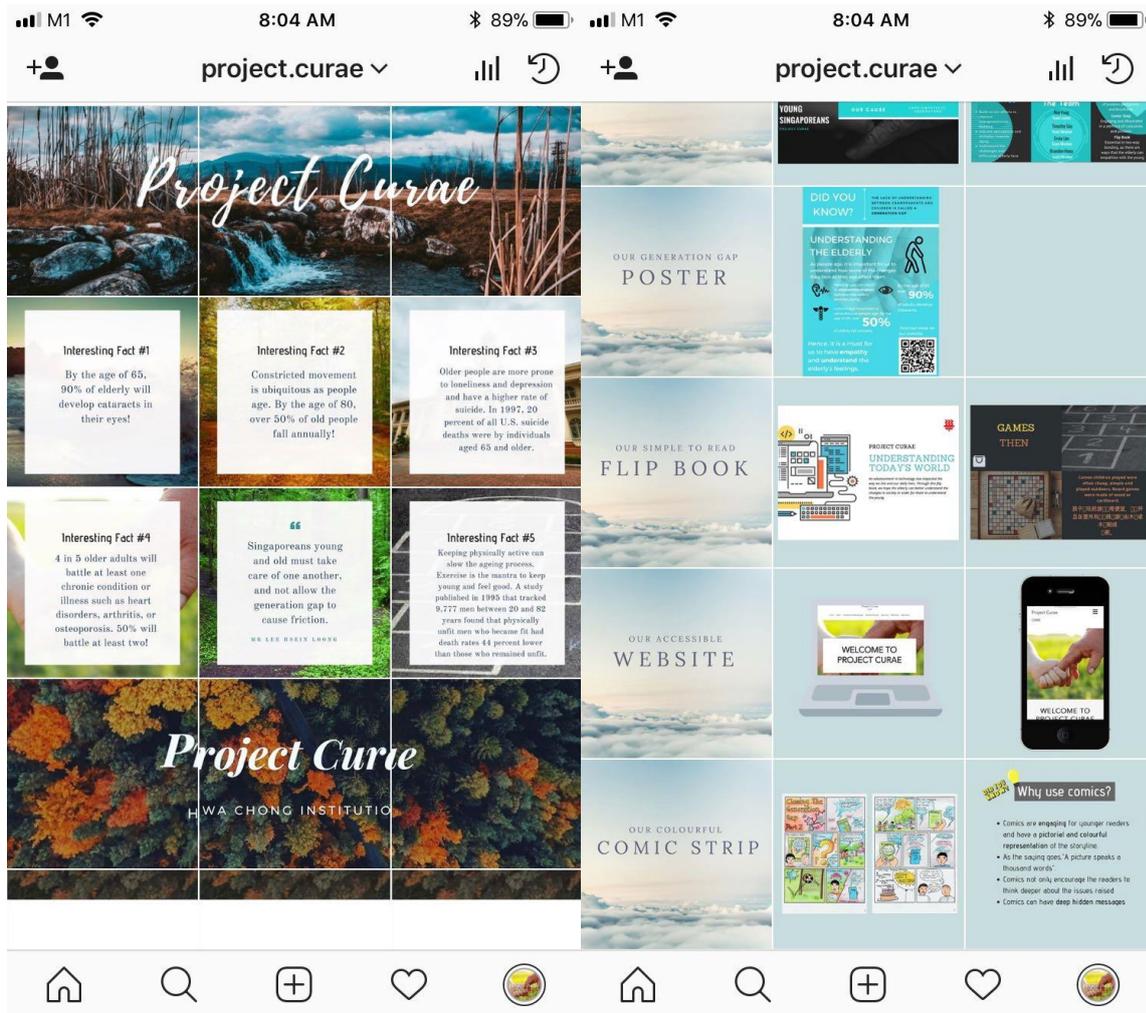
A step-by-step guide

Helping Grandma &
Grandpa stay in touch

Project Curae 1

1.5.6 INSTAGRAM ACCOUNT

Our **Instagram account**, helps generate a buzz and spread awareness of our project. We have frequent updates, facts, and pictures which are posted regularly to disseminate information.



2 Literature Review and References

2.1 The Physical Aspects of Aging

[Healthy Aging](#) >

Healthy Aging - Normal Aging



As your body ages, you can expect gradual changes, at your body's own pace. How your body ages depends in part on your family (genetic) patterns of aging. But your lifestyle choices have a more powerful impact on how well your body ages. Fortunately, you can

ARTICLES ON HEALTHY AGING

[Topic Overview](#)

[Health Tools](#)

▶ **Normal Aging**

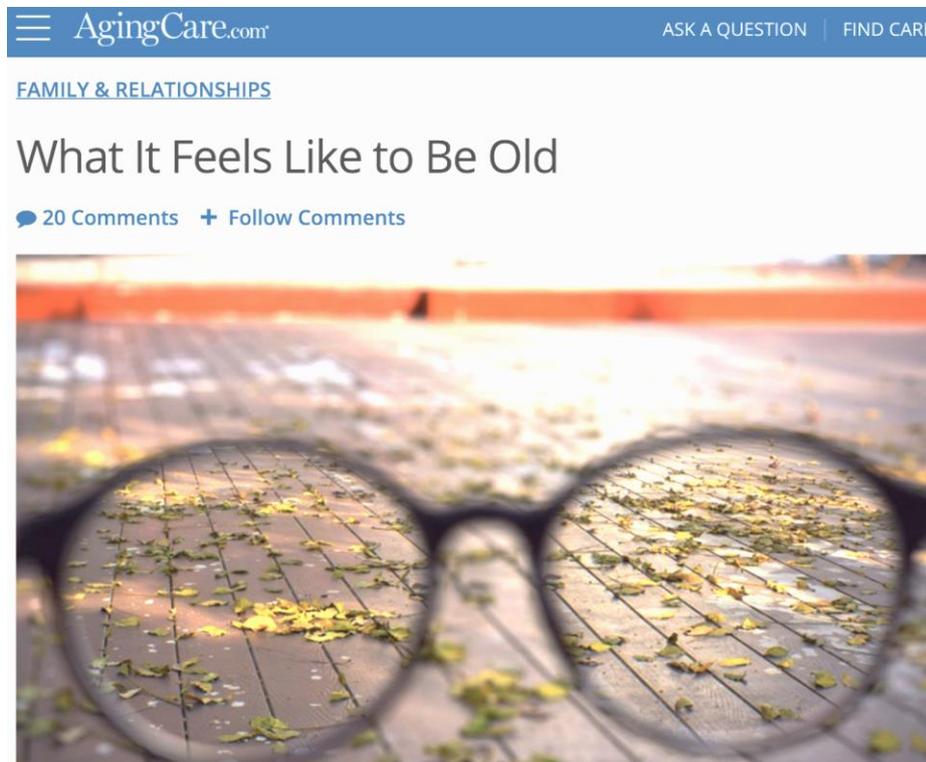
The physical aspects of aging are decreased vision from presbyopia and eye conditions like cataracts, bone problems such as osteoporosis, joint problems such as osteoarthritis and rheumatism. The elderly also have slower reflexes, hearing loss and decreased concentration as well as increased chronic conditions like hypertension and heart disease.

2.2 Lack of Empathy for the Elderly

The screenshot shows a news article from TODAY Online. The navigation bar includes 'News', 'Factually', 'Microsites', 'Resources', and 'Feedback'. The article title is 'TODAY Online - Singapore feeling impact of rapidly ageing population'. The text states: 'Stressing how demographics would define the country's destiny, Prime Minister Lee Hsien Loong said yesterday that the ageing population would cause profound problems for the country and that the impact is already being felt today.' The date is '01 Jul 2015'. There are social media sharing icons for Facebook, Twitter, LinkedIn, and RSS, along with a 'Listen' button. The main image shows an elderly woman in a supermarket looking at a display of fresh fruits. The display has signs that say 'Fresh Fruits for Healthy Living'.

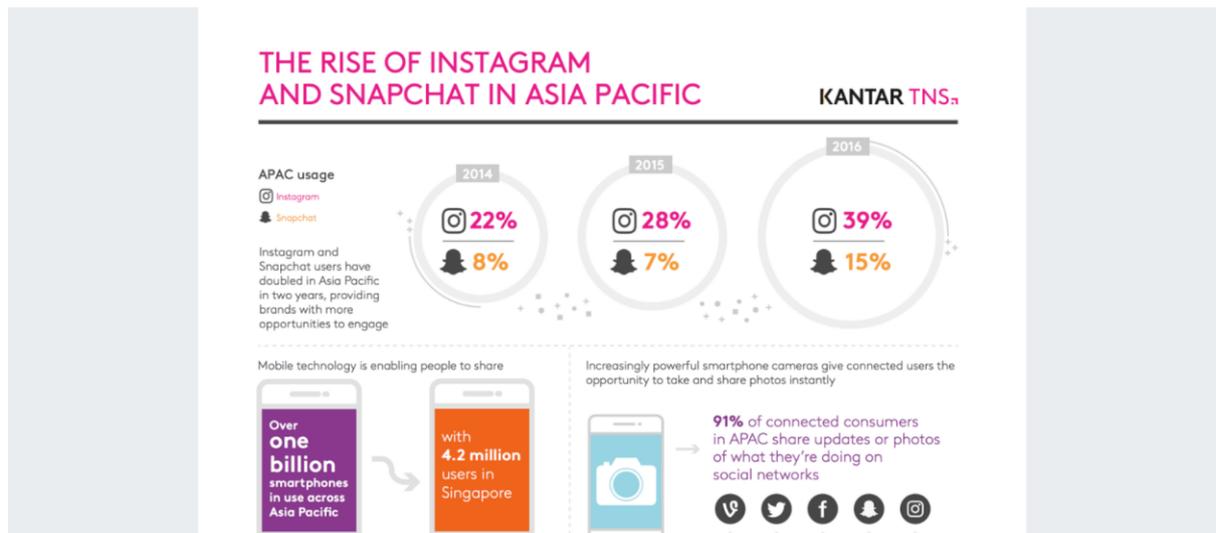
PM Lee Hsien Loong said the aging population can cause **profound** problems. Especially as Singapore is facing an aging **aged population**. Hence there is a need for the young to understand and communicate more with the elderly

2.3 What Does it Feel Like to be Old



A scientist took part in an Older Adult Sensitivity Training Program, which **simulated conditions** of the elderly while doing daily activities. Being old is not easy and although our grandparents do annoy us, **stepping into their shoes opens a whole new world**. Many of the difficulties are **highly inevitable**.

2.4 Why use Instagram?



The number of Instagram users has increased by nearly 40%, allowing us to reach wider scope of audience so as to raise awareness easily. Singapore's social media usage tops Asia and thus it is an extremely effective platform to raise awareness of our project and gain support for our cause.

3. Study and Methodology

3.1 Needs Analysis

Three surveys were conducted over the span of two months from March to April 2018 on Primary and Secondary School Students as well as Elderly who lived in Orange Valley Nursing Home (Clementi).

The first need analysis was conducted on 6th March, at Orange Valley Nursing Home. We spoke to 5 elderly residents who were willingly to talk to us. The objective of the needs analysis was to better understand the difficulties of the frail elderly and establish the focus areas of our project.

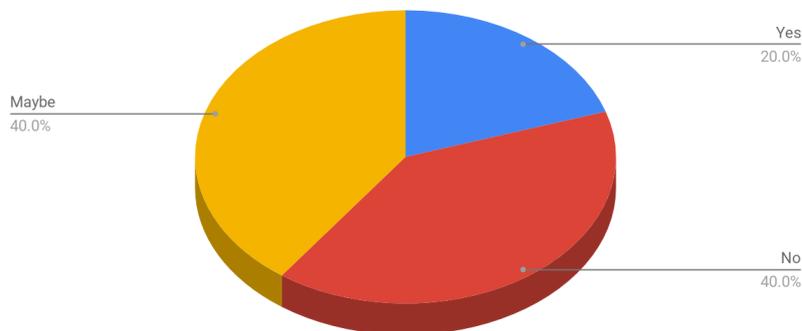
The second survey was conducted over the span of two weeks, from Term 2 Week 1 to Week 2, and our sample size was 100 primary and secondary school students from Nanyang Primary School and Hwa Chong Institution. Our objective was to find out whether students actually know the difficulties the elderly face.

A third survey was conducted during the June Holidays to Term 3 Week 2.

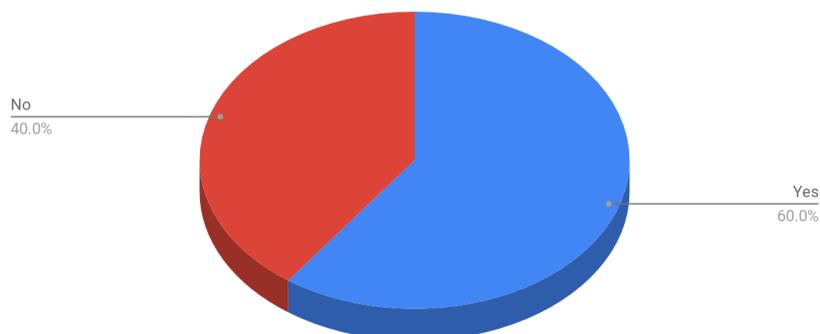
3.2 Survey Results

These are the results from Orange Valley Nursing Home on 6th March 2018.

Do you feel that it is difficult for you to be accepted by society?

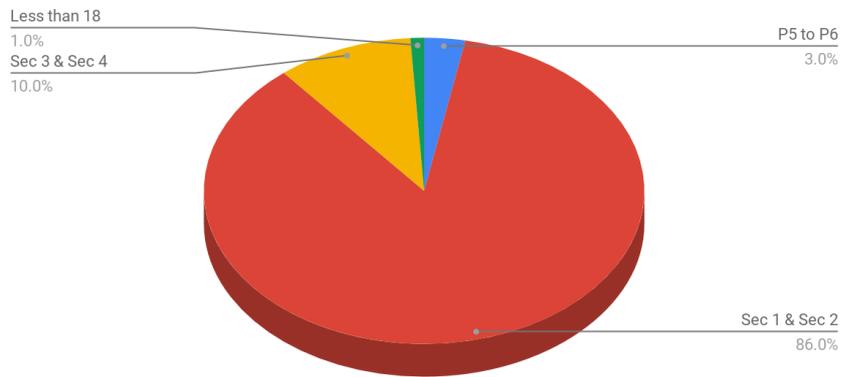


Do you face any difficulties in movement or interaction?

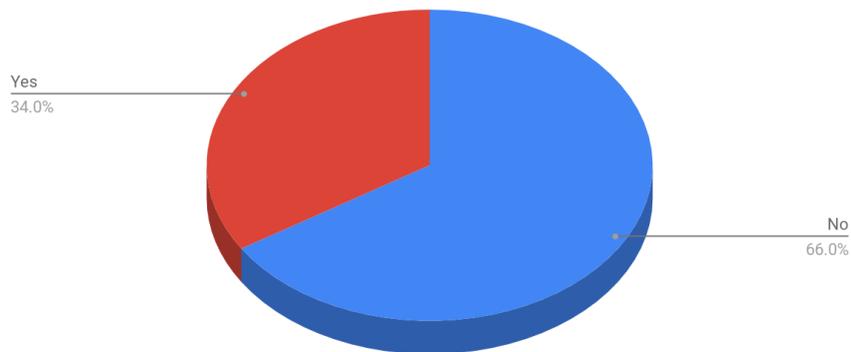


These are the results from Nanyang Primary School and Hwa Chong Institution.

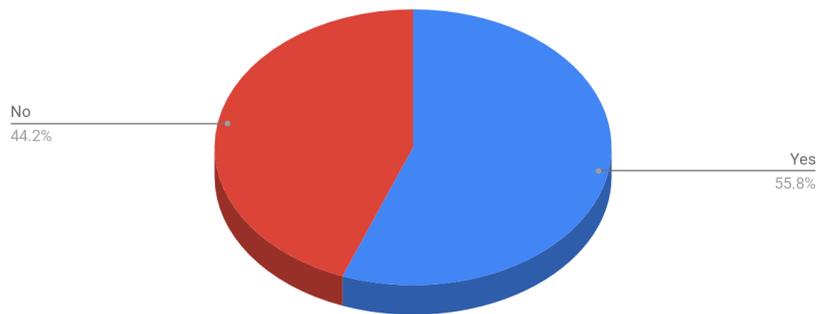
What is your age?



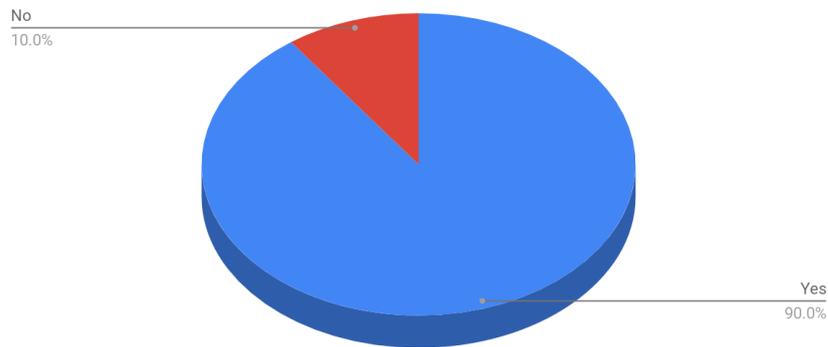
Do you know what it feels like to be old?



Do you feel that your grandparents may sometimes be a liability when they have health problems?

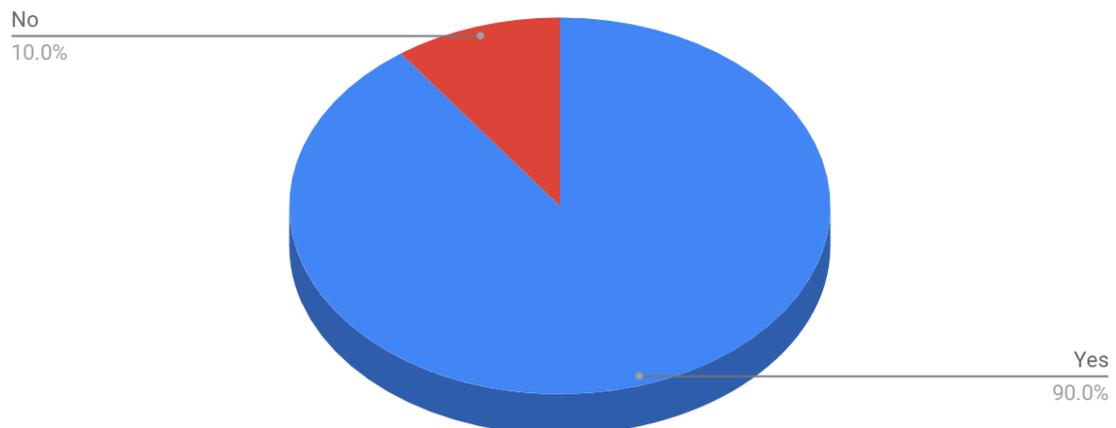


If you had the choice would you understand them in depth?

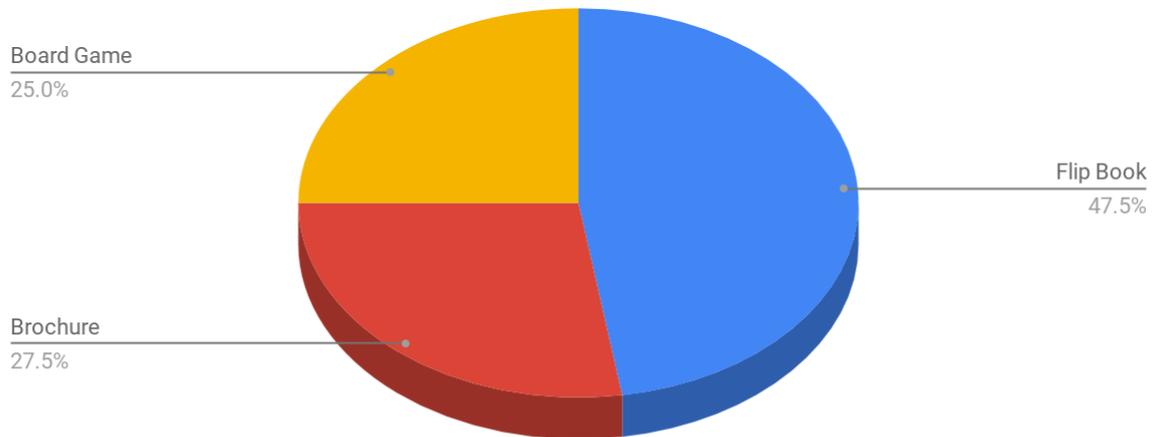


These are the results from the third and last survey.

Do you think that empathy is an essential factor in inter-generational bonding?



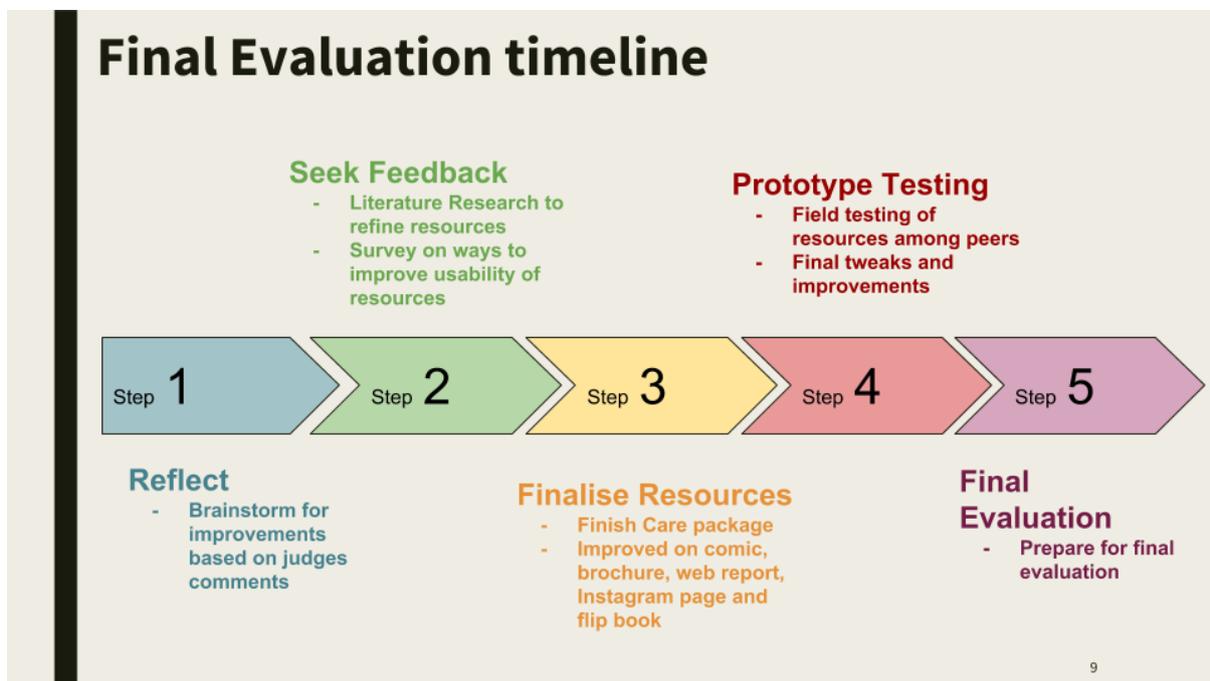
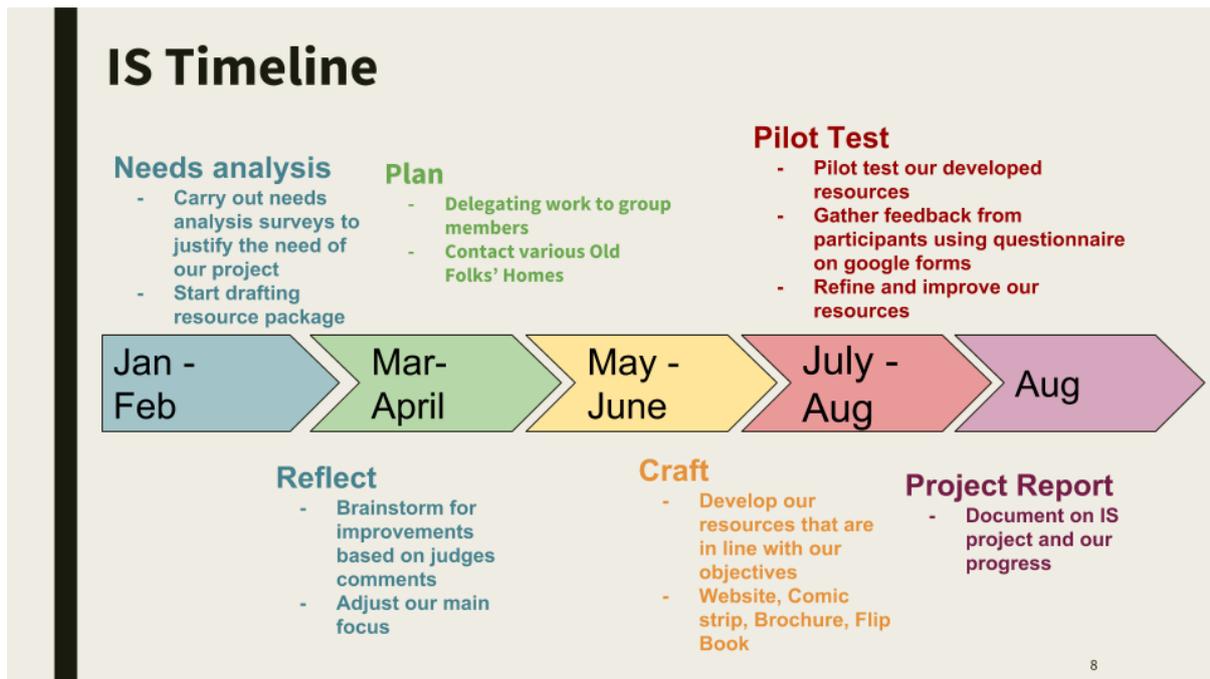
Do you think that empathy is an essential factor in inter-generational bonding?



3.3 Methodology

1. Literature Research to confirm the **reliability, evidence based practice** for our project
2. Research on **possible care package resources and develop prototypes** for them
3. **Delegate** resource development **equally to our group members** and start work on initial prototypes
4. **Pilot test** resources on our target audiences over a period of time
5. Improve our resources to **ensure acceptability and ease of use**

3.4 Timeline



3.5 Pilot Test

We carried out 2 pilot tests of our resources.

One was carried out before Mid-Term Evaluation between Term 3 Week 1 and Term 3 Week 3 and it was to test our online resources. The second pilot test was carried out in Term 3 Week 8 for our other resources, the Care Package and Flip Book 2.

3.6 Pilot Test Results

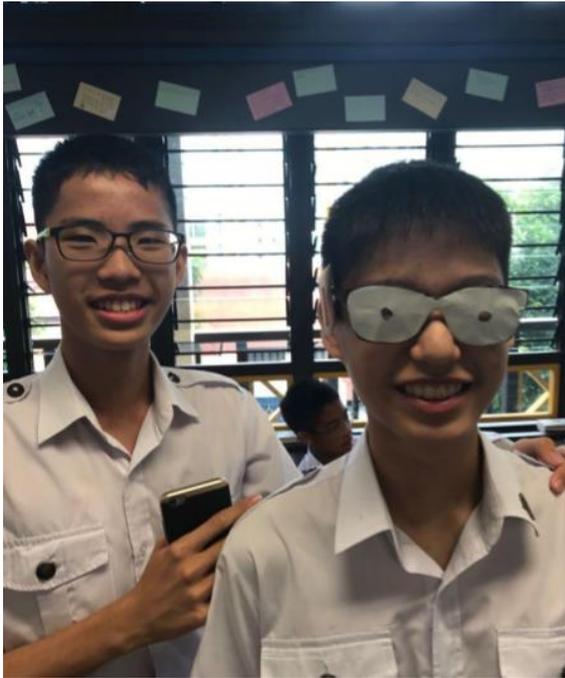
These are the results from our first pilot test



Based on the results of the pilot test, we can see that most of the feedback revolved around the aesthetics and also the frequency of posts especially for our Instagram account. Therefore, we made several changes to our Instagram account and provided more frequent updates about our resources. We also improved the typeface and layout so as to increase viewership and to reach a wider target audience.

These are the results from our second pilot test

For our care package, specifically for our modified eye-glasses, knee guard and weighted vest, the responses were very positive. Our target audience could better appreciate the physical difficulties the elderly face and all unanimously said they now have increased empathy and patience for the elderly, appreciating what they face each day. day.



Eyesight Restricting Glasses

Darrius Tan from 2i2(24): I tried the glaucoma and cataracts glasses, Glaucoma and Cataracts really reduces your line of vision and view the beauty of life. So I think that people need to spare a thought for those who have eye diseases

Asher Ng 2i2

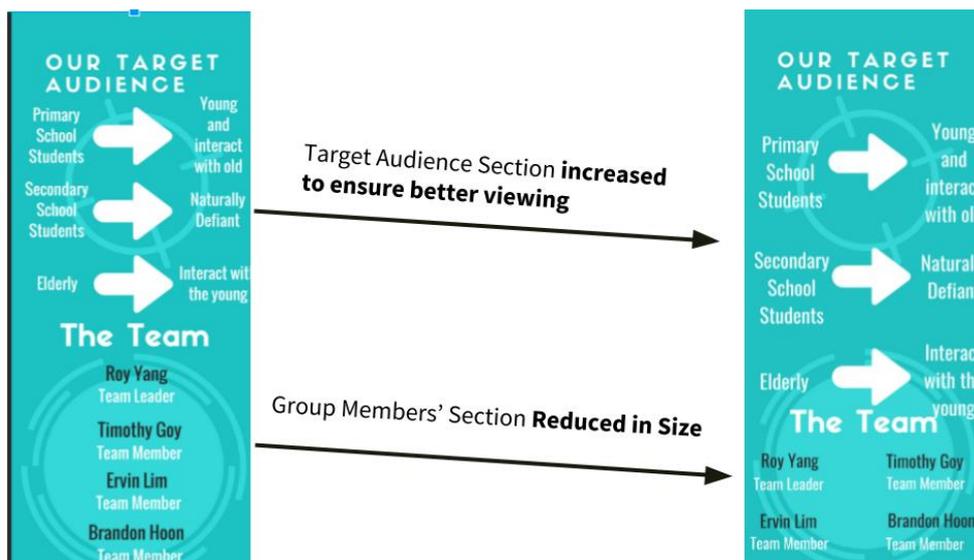
“My Grandfather really enjoyed the flip Book as it was able to help him understand more about Whatsapp and it’s wide reach. He has even started using WhatsApp to communicate with others!”



The care package is a great resource to improve empathy and encourage more conversations between the generations.

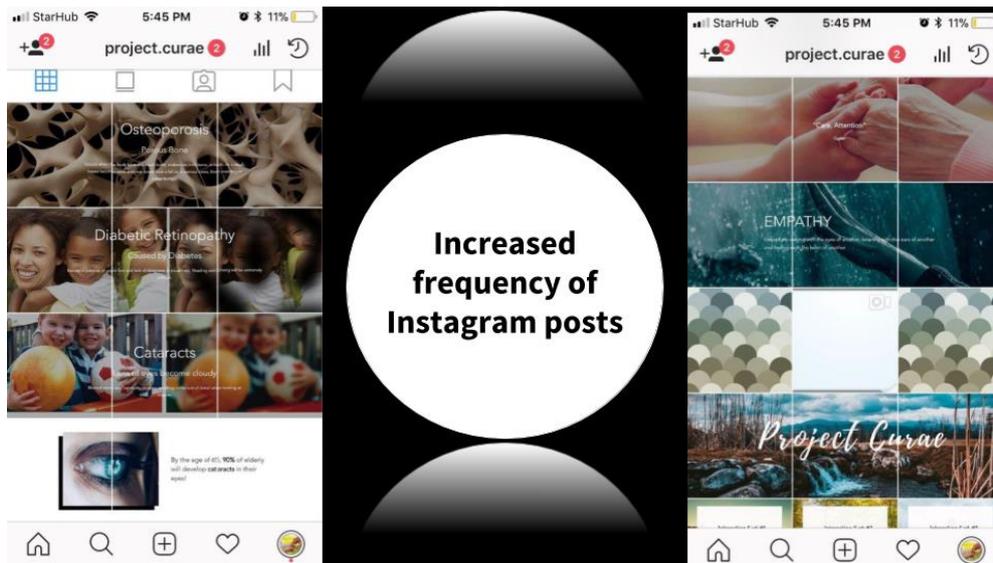
4 Outcomes and Discussions

Through our pilot tests, we have decided to increase our frequency of posts by updating our target audience on our project and improving the aesthetics by using Canva to separate our posts into 3 columns. We have also increased the colour contrast of our brochures so that the words are easier to read, and adjusted the font sizes. We have also included more information on our Website which includes common diseases that the elderly usually have.



Additional Information Added onto website





5 Implications and Recommendations

Project Curae is expected to be developed into a Category 7 Project next year, when we will spend more time reaching out to those outside of our school. We hope to pilot test our resources on students from other schools and of a wider range of age groups, and also various nursing homes or elder care centers around Singapore. Perhaps we could even work with a beneficiary that will support us throughout the year. We hope to utilise our resources effectively to help those all around the island.

6 Conclusion

Project Curae has been a rather challenging but fun project to manage as the members of the group had to put in much effort, working together as a team to create ingenious resources which also require building and spatial awareness. It has enabled us to adopt and learn many new skills such as multi-tasking, having to balance between academics and our project. Moreover, creative thinking was needed for the construction of our care package. It is also essential to delegate work properly so that everyone can contribute equally and complete the project as a team.

7 Acknowledgements

We would like to show our most sincere gratitude towards these amazing people who have shown us support for our project!

Mr Oh from Orange Valley Nursing Home for allowing us to conduct interviews in their Old Folks Home.

Our Classmates and Nanyang Primary School Students for allowing us to conduct our needs analysis, pilot tests and other surveys that are essential to our project's success.

Ms Koh-Ang Choon Cheng for guiding us through our project journey to excellence.

8 References

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