

Category 4 - Resource Development

Group 4-008

project.medella

Elmer Teng 4P2(04)

Andrew Sim 4A3(22)

Daniel Lau 4A3(10)

Lum Xuan Yu 4A1(20)

ABSTRACT

project.medella is a project with the intention to help the elderly take care of themselves, and equip caretakers with the knowledge of the problems that elderly face in today's aging society. In today's world, elderly care is a more prevalent concern, and many elderly who are living alone may not have proper knowledge on how to take care of themselves. We have created a variety of resources to accomplish this. With these resources, we hope that the elderly will have more knowledge on how they can maintain their health and fitness. Our resources contain tips and activities that can help to keep themselves healthy. Once the pandemic situation relaxes, we can continue to embark on our project.

1 INTRODUCTION

1.1 Rationale

Singapore is currently facing an increasingly aging population, caused by increased life expectancy coupled with decreasing birth rates. An ageing population comes with a unique set of challenges, from reduced economic growth to increased healthcare costs. Hence, the future working population will struggle to cope with the new ageing society. As many elderly who are living alone may not have proper knowledge on how to take care of themselves, we realise the importance of teaching the elderly to be more independent and to maintain their own health and fitness without much support from the caregivers. Therefore, we are determined to address this issue by spreading information on how the elderly can take care of themselves, encouraging more self-sufficiency.

1.2 Objectives

The objectives of project.medella are to

- Raise awareness/provide knowledge to the caregivers of elderly
- Help the elderly to maintain physical fitness and adopt a healthy diet

1.3 Target Audience

The target audiences are mainly the elderly who live alone and the public, especially caregivers.

Elderly who live alone: Elderly over 65 years old are most vulnerable to chronic diseases and injury, and may be unable to maintain their own health and fitness.

Caregivers: They are in charge of the elderly's welfare by keeping them safe and healthy. We aim to come up with resources to assist them in taking care of the elderly in case they lack knowledge.

1.4 Resources

We have created a variety of resources to accomplish this like posters, brochures, a flipbook, stickers, a calendar and a care package which can help raise awareness about the importance of elderly care to the public. Our aesthetic posters and brochures provide relevant information regarding these topics, containing useful facts and tips for the elderly to know more about keeping healthy. Our handbook provides a comprehensive guide on how elderly can take care of themselves, which include exercises and food advice. Our stickers and calendar provide useful reminders and quotes to help the elderly maintain their health and fitness, while our care package provides resources for the elderly to do simple exercises and keep a healthy lifestyle. We have done extensive research to ensure the usefulness of these resources, and believe that these will be able to help the elderly maintain a healthy lifestyle.

2 REVIEW

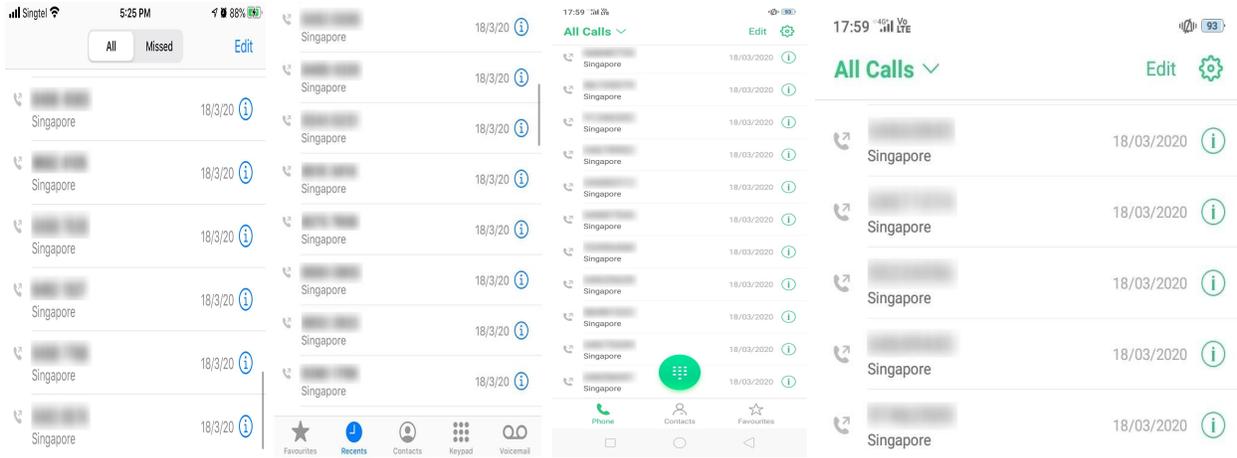
We acknowledge that there are existing resources to help address the concern of elderly care. In 2018, the Agency for Integrated Care in Singapore was designated to coordinate the delivery of aged care services, and to enhance service development and capability-building across both the health and social domains. It aims to achieve the best care outcome for their clients by improving access to appropriate care for them and their caregivers, and develop the primary and community care sector. However, our project is different from these organisations, because most of them cater more to the elderly living with family that are more willing to socialise with other people. In contrast, our project focuses more on helping the elderly who live alone at home and are somewhat self-sufficient, to maintain their levels of health and fitness so that they will not need to seek further care, instead of improving their access to it. We have plans to do this in conjunction with Lions Befrienders, a voluntary elderly care organisation, to further test and distribute the resources after COVID-19 restrictions have been lifted.

3 METHODOLOGY

3.1 Needs Analysis

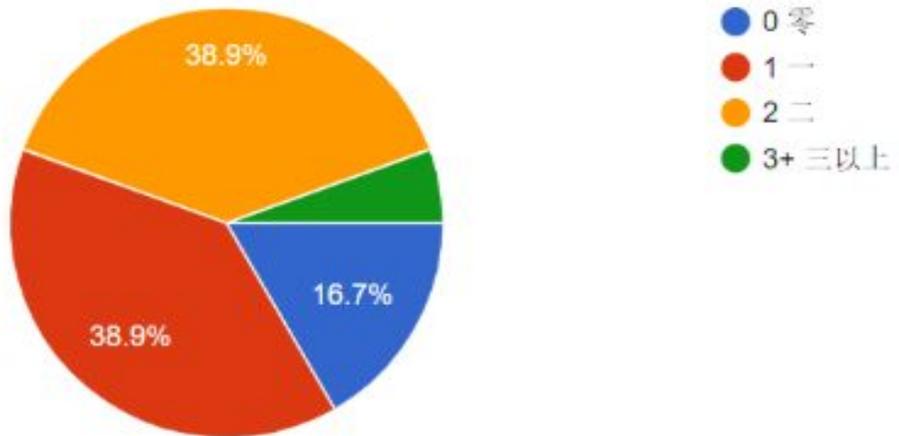
We conducted a needs analysis for this project to ensure that the project would be helpful to the elderly. We also tested the extent of knowledge the elderly already have on maintaining a good level of health, and what areas they lack knowledge in and require more education on. In conducting this needs analysis, we contacted Lions Befrienders, a non-profit voluntary organization, to allow us to survey a fixed group of elderly, who were typically living alone with some exceptions. Due to COVID-19 restrictions, we were unable to conduct interviews face to face, and thus Lions Befrienders gave us the elderly's phone numbers to conduct our interviews. In our results, half of the elderly did not know enough information about healthy living, and wanted to learn more about it. They also said they would appreciate more resources to help with their health, confirming the usefulness of our project. Below are some pictures of us at a meeting with Lions Befrienders, and our call logs with the elderly.





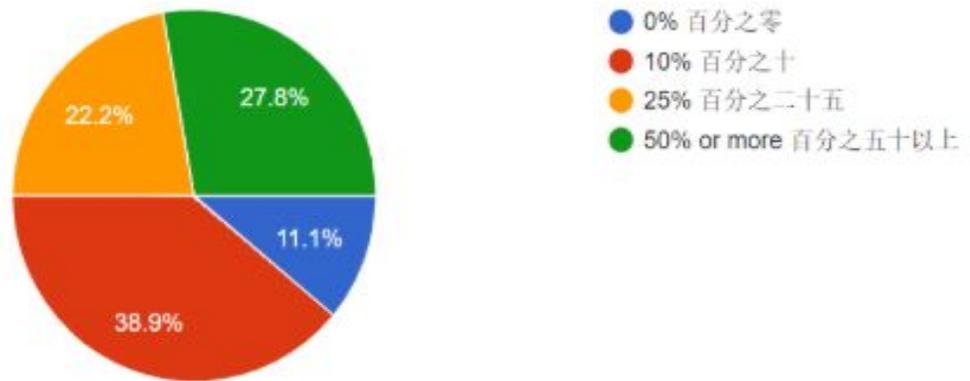
How many servings of fruits do you take in a day? 您一天会吃几次水果

36 responses



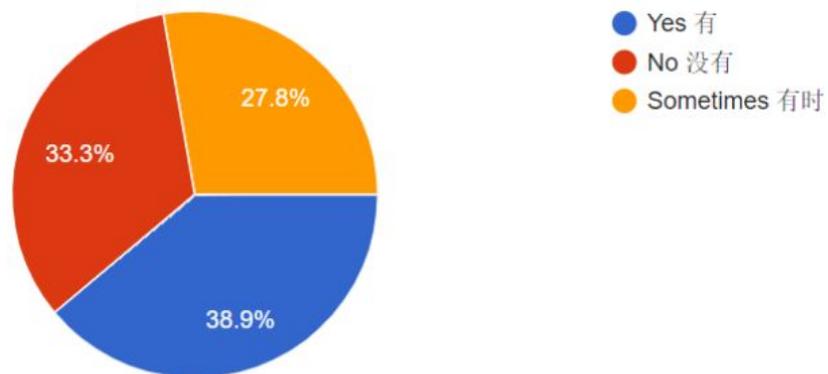
Out of 3 meals, what portion of your diet consists of vegetables? 三餐之中，您的饮食几成包含蔬菜？

36 responses



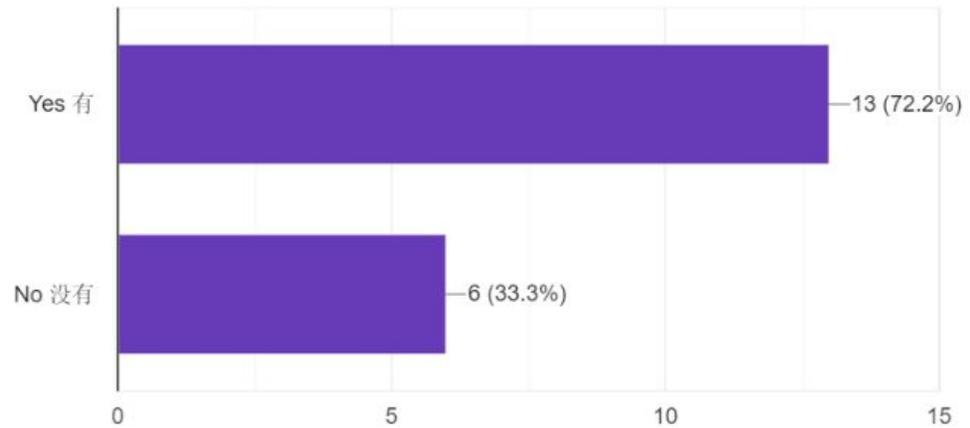
Do you regularly take note of the amount and the content of the food you eat? 您通常有没有注意到你食物里的成分？

36 responses



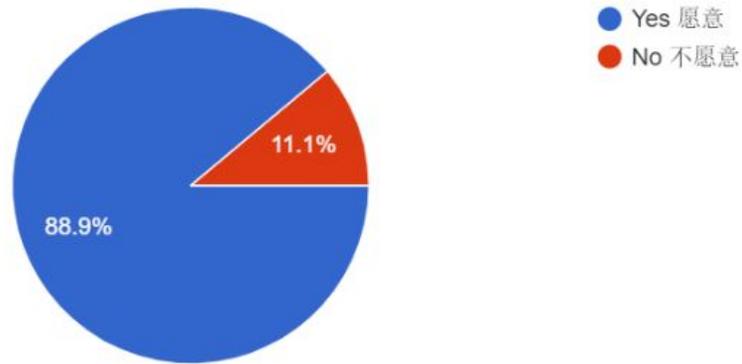
Are there times where you are unsure what types of exercise you can do, and hence deter you from exercising? 你有没有时候不知道你到底可以做什么运动，所以不做运动？

36 responses



Would you be keen if you were provided with a detailed manual of types of safe and easy exercises you can do? 如果我们给您提供了有安全和能锻炼身体动的详细手册，您是否愿意做？

36 responses



3.2 Development of resources

Through a combination of surveying and advice from the organisation Lions Befrienders, we found that there were certain resources that would be more helpful and more accessible to the elderly. These included a calendar, posters, a brochure, care package and a flipbook. We decided to scrap the idea of a website and other digital resources as we found that the elderly would not be likely to access it. To gather materials and information for the resources, we went to research sites like ResearchGate and online clinics like Mayo Clinic. In tandem with the information we gathered from our surveys and interviews, we developed our resources to be aesthetically appealing.

For the making of our resources, we utilised different platforms and techniques to craft out original and informative resources. Our print media were created with the use of Canva. Our care package was carefully put together, ensuring every component of the care package was useful for the elderly, and cost-effective but high in quality. Through feedback from the elderly and the Lion Befrienders, we identified the areas of improvement. We then contacted some printing companies to help us print our flipbook, calendar and stickers, posters and brochure, and bought required materials for our care package.

4 OUTCOME AND DISCUSSION

One main limitation was that we were not accustomed to interacting with the target audience and it was difficult to reach out to them. Furthermore, the resources had to be altered to the needs of the elderly. Thus, we had to make the resources less wordy but equally informative, and we also started to translate our resources to suit many of the elderly who did not understand English. Patience and confidence was required for this project, especially when we were contacting the elderly for the needs analysis. Many of the elderly often ignored us and kept asking us repeated questions. Adaptability was a crucial element that enabled us to complete our project smoothly due to the COVID-19 restrictions.

In the end, we could not get much feedback from our target audience, and had to settle for what the organisation recommended us do. We finalised all our resources with the needs of our target audience in mind.

In future, we have additional plans to further our project. We will finish translating our resources into Chinese to cater to a wider range of the elderly. Lions Befrienders has agreed to help us improve on our project and eventually distribute resources, after the pandemic has eased. Our posters will go in mainly elderly neighbourhoods if possible and near where the elderly congregate. We plan to ask them to rate our resources on their respective effectiveness in a few ways, like the value of the content our resources provide.

5 CONCLUSION

Project Medella has been an interesting, but difficult project to undertake as we had to put in many hours of rigorous work to design our numerous resources, and complete interviews and surveys with our target audience. Especially with our clashing schedules, and the heavy workload of Secondary 4, it was hard to find common time to do these as a group. This project was not just simply a graded project to us, but rather a journey and learning experience where we learnt many different skills and how to apply them to best improve the project. In this project, a few things we picked up were creativity, perseverance, and communication skills. This was crucial in the project due to the originality of our resources, the amount of time and effort we spent, and the large number of interviews we did with the elderly. In conclusion, this has been a highly rewarding and fulfilling project that all of us were satisfied in completing, and we hope to further achieve our objectives to improve the situation with elderly health in our society.

6 REFERENCES

- All posters and resources are original
- Posters made at www.canva.com, www.venngage.com
- Pictures taken from Google Forms, survey made by Project Medella
- Aging: What to expect. (2018, November 21). Retrieved April 4, 2020, from <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070>
- Physical Activity and Health: A Report of the Surgeon General. (n.d.). Retrieved April 2, 2020, from <https://www.cdc.gov/nccdphp/sgr/olderad.htm>
- Exercise and Seniors (2019, August 29). Retrieved April 12, 2020, from <https://familydoctor.org/exercise-seniors/>
- Exercise for older adults, Seniors' fitness. (2020, 9 April). Retrieved April 12, from <https://medlineplus.gov/exerciseforolderadults.html>
- Physical activity is medicine for older adults. (2014, January 12.). Retrieved April 13 from <https://pmj.bmj.com/content/90/1059/26>
- Gidus, T. (2019, October 15). Healthy Eating for Seniors. Retrieved March 22, 2020, from <https://www.healthline.com/health/healthy-eating-for-seniors>
- Gaz, D. V. (2016, December 16). Stay fit at any age. Retrieved March 20, 2020, from <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/stay-fit-at-any-age/art-20270840>
- Eating Well as You Age. (2020, March 12). Retrieved March 25, 2020, from <https://www.helpguide.org/articles/healthy-eating/eating-well-as-you-age.htm>
- 5 Benefits of Exercise for Seniors and Aging Adults. (n.d.). Retrieved March 18, 2020, from <https://thegreenfields.org/5-benefits-exercise-seniors-aging-adults/>
- Senior Exercise and Fitness Tips. (2020, March 12). Retrieved March 29, 2020, from <https://www.helpguide.org/articles/healthy-living/exercise-and-fitness-as-you-age.htm>