



Project Iuvo

7-28

Single Year

Group Members

Tan Sing Kuang 4A1 29

Ng Sheng Xiang Timothy 4A1 22

Chew Junheng 4A1 04

Ng Jun Xiang 4H1 21

Ng Guang Hern Evan 4P2 21

Section I: Overview

1. Areas of Concern

With limited resources and manpower at Sunlove Euons DAC, activities become repetitive and the seniors resign to more sedentary activities like watching television. Consequently, the seniors at the centre feel that they are leading unhealthy lifestyles. Furthermore, they also suffer from loneliness and the lack of company, with little meaningful interactions outside of the staff and fellow seniors. In light of the COVID-19 pandemic and the subsequent restrictions, these issues are exacerbated as the seniors are forced to remain at home while having little to do to occupy their time.

2. Challenges Identified

Through our needs analysis and an interview with a staff member, we identified 4 challenges:

1. The centre's lack of resources and facilities to provide new and engaging activities for the seniors
2. Seniors are given little engaging exercise opportunities
3. Seniors are provided insufficient opportunities to have meaningful interactions
4. Seniors lack hobbies and thus revert to sedentary habits.

Challenges highlighted during circuit breaker period:

1. Seniors lack the motivation and materials to keep their mind and body engaged
2. They lack company as they are unable to meet up with friends

Through our literature review, we found that loneliness is prevalent in seniors in our society and has strong correlations to poorer psychological well-being and can lead to depressive symptoms. This is also exacerbated due to the pandemic which further isolates seniors from our society. We also found that healthy living can improve cognitive function, overall health and psychological well-being.

3. Underlying Problem

Given that seniors at Sunlove Eunost DAC lead relatively inactive lifestyles as well as lack company, leading towards a harmful and lonely lifestyle that is detrimental to their health, how may we assist the seniors through the circuit breaker period such that they can lead an active lifestyle, both physically and mentally as well as feel care and company in these difficult times in the year 2020?

4. Pre-Circuit-Breaker action plan

Through our needs analysis, we devised a three-pronged approach to cater to the needs of the elderly.

1. Exercise and Outings

Walks to nearby parks held every other week would allow the seniors to stay healthy and active as well as enjoy the greenery around them.

2. Hydroponics (Gardening)

Set-up a small hydroponics farm at the centre and provide the seniors there with a personal plant to take care of, providing the seniors with a hobby. It is also a form of horticulture therapy which improves their mental health.

3. Handicrafts and Games

We would guide the seniors through arts and crafts as well as DIY projects. It serves as a hobby and can stimulate thinking and creativity for the seniors.

5. Updated Plan of Action

Due to the pandemic, we had to formulate new ideas that would be feasible during the Circuit Breaker.

Care Package (All manuals are in English and Chinese)

1. Pilot test and feedback

To obtain feedback, we conducted a pilot test on 8 seniors. The initial package consisted of:

1. Spring onion regrow set
2. Exercise manual
3. Sudoku puzzles
4. Origami activities

The origami and gardening activity received positive responses, however the sudoku exercise was too challenging for the seniors and they found that while the exercise manual was useful, it was boring to do alone.

2. Final Care Package

Taking into account the feedback from the pilot test, the final care package contained an onion regrow set, more complex origami models and a special National Day-themed activity. We also added new exercises with simplified instructions to the exercise manual for easier understanding. 30 packages were distributed to ensure more seniors could benefit from this activity.

Virtual Zoom meetings

The virtual zoom meetings aimed to alleviate the seniors' loneliness and establish a bond between us and them. Ultimately, these meetings acted as a platform for us to learn more about the seniors while we carried out simple origami sessions and conversed with them.

Section II: Implementation of Action Plan

DATE	ACTION	OBJECTIVES
15 March	Sent out the survey and interviewed staff member at the DAC	Obtain a general understanding of the situation at the centre as well as the various needs of the seniors
22 May	Virtual Meeting with Staff at the DAC to propose our contents of the package	Get a general idea of the type of activities the seniors would be interested in
16 June	Sending out Care Package (pilot test)	Gather feedback from small sample size to enable us to fine-tune the contents of the package
3 July	Proposal to finalise the budget	Give us more financial freedom to send our care packages on a larger scale
6 August	Distributing the improved Care package (Final)	Provide seniors with meaningful activities to occupy them as they remain at home, keeping them mentally and physically active
7, 21 August	Virtual Zoom Meetings with elderly	Engage seniors in meaningful conversations and interactions and allow the seniors to properly get to know us for the first time
Further activities	Implement the hydroponics system(after COVID)	Act as a hobby for the seniors and help improve the mental health of seniors

Section III: Project Outcomes

1. Accomplishments

- We have sent out 38 individual care packages to seniors to meet their needs
- We have reached out to over 30 seniors through virtual meetings and alleviated their loneliness
- We have helped the centre established the foundation to facilitate a conducive and enriching environment for the seniors by providing them with the necessary resources

2. Reflections

As a whole, our team has benefited tremendously from this project, be it from the pre-COVID situation or from adapting and combating the circuit breaker. The circuit breaker was a curveball thrown at us, yet we were glad that we could find common ground and adapt to the limited time and resources. We have gained an understanding and developed a sense of empathy for the seniors around us, and will continue to strive towards serving the larger community. In retrospect, we could have communicated better with the centre to understand and cater to the needs of the seniors earlier. Not only were we able to give back to the community, but we were also able to enjoy the process and gain new insights from it.

3. Scope of impact

Community Impact/resolution of UP:

We have aided the seniors in coping with the isolation they face as a result of the circuit breaker. Additionally, seniors are able to feel more care and are not neglected even through these tough times as well as stay active. We have established an environment in the centre where the seniors' needs are looked after.

Sustainability of Project

- All instructions and manuals are laminated to prevent wear and tear.
- We documented the routes to nearby parks and sent them to the centre, allowing seniors to walk to the parks and carry out exercises from the exercise manuals independently.
- We provided additional supplies to the centre, allowing the staff to reuse the origami activities, allowing for easier accessibility and reference.
- The hydroponics system can last up to 2 years as it is inexpensive to maintain and only the water and nutrients have to be changed. Seniors will thus have a long term hobby to invest in.

Section IV: References

- ◆ n.d). Hydroponics is a great way to garden if you have problems with mobility. Retrieved from <https://www.acs.edu.au/info/hobby/disability-gardening/hydroponics.aspx>
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- ◆ Lim, L. L., & Kua, E.-H. (2011). Living Alone, Loneliness, and Psychological Well-Being of Older Persons in Singapore. *Current Gerontology and Geriatrics Research, 2011*, 1–9. doi: 10.1155/2011/673181
- ◆ 1 Armitage, Richard & Nellums, Laura. (2020). COVID-19 and the consequences of isolating the elderly. *The Lancet Public Health*

Annex A

Image of Care Package and the components

PROJECT IUVO

EXERCISE MANUAL

SUNLOVE EUNOS DAC

EXERCISING BECOMES MORE FUN WITH FRIENDS!
与朋友一起锻炼变得更加有趣!

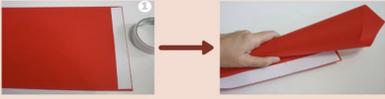


 <p>Toe Lifts/ 脚趾升降机</p> <p>Do this 20 times daily and it helps improve balance!</p> <p>每天做20次，有助于加强平衡!</p>	 <p>Calf Stretches/ 小腿伸展</p> <p>This exercise helps with flexibility and a towel will help!</p> <p>这项运动有助于提高灵活性，毛巾会有所帮助!</p>	 <p>Marching/ 行军</p> <p>Lifting your legs 20 times can help build up leg strength!</p> <p>抬腿20次有助于增强腿部力量!</p>
 <p>Wall Push-ups/ 墙壁俯卧撑</p> <p>Do this 10 times which helps improve arm strength!</p> <p>这样做10次有助于提高手臂力量!</p>	 <p>Back Leg Raises/ 后腿抬高</p> <p>This exercise is simple and use a chair!</p> <p>此练习很简单，请使用椅子!</p>	 <p>Walking Heel-to-Toe/ 脚跟走路</p> <p>This exercise is very effective at improving balance!</p> <p>这个活动对于加强平衡很有效!</p>

Reference: <https://www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/>

HOW TO FOLD A TORCH

NDP 2020 EDITION

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1. Roll the paper up into a cone shape.
把纸卷成锥形
- 

2. Stick the cone together so that it does not fall off
把纸张粘在一起，以免其掉落
- 

3. Cut the top of the cone off
切掉锥体的顶部
- 

4. Get creative! Decorate it with colouring, other coloured paper so that it would resemble a SG flag with your own decoration
发挥创意！用其他装饰品例如彩色纸，用彩色笔上色等，使他成为有自己装饰的SG旗帜

SOURCE: AHAPPYMUM.COM

HOW TO FOLD A SUNFLOWER

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1. Fold the paper in half from left to right, then unfold, before folding it from top to bottom then unfolding
把纸的左边折到右边，然后打开。把纸的上面折到下面，然后打开。
- 

2. Turn the paper slightly in the shape of a diamond. Fold all four corners to the centre
把纸转到像钻石的形状。折纸的四角
- 

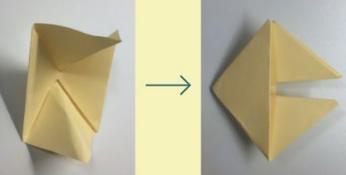
3. Take a flap at each corner and fold it outwards. Repeat for the other three corners.
从纸的每一角，折出来。

This will be the flower.
这就是你的花

HOW TO FOLD A SAILBOAT

- 

1. FOLD IT FROM LEFT TO RIGHT THEN UNFOLD, FROM TOP TO BOTTOM THEN UNFOLD, FROM TOP LEFT CORNER TO BOTTOM RIGHT CORNER, THEN UNFOLD.
把纸的左边折到右边，然后打开。把纸的左上角折到右下角，然后打开。
- 

2. FOLD THE BOTTOM LEFT AND TOP RIGHT CORNER TO THE CENTRE.
把纸的左下角和右上角折到纸的中间。
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3. POP THE CENTRE SO THAT THE OPPOSING CORNERS MEET EACH OTHER AT THE CENTRE
把纸的中间按开，并确保对面的角在中间碰到



ONION REGROW 葱再生

- Fill the container with water up to the given mark**
把水倒进盒子里直到标记
- Suspend the bottom of the onion such that the roots are immersed in the water**
让葱浮在水面上，确保根在水里面
- Place the container at a sunny area**
把葱放在有太阳的地方
- Leave the plant to grow**
让从张出来
- Change the water every two to three days**
每两至三天，八九水稻出来并换新水

You can use the markers to decorate the container
您可以用笔在盒子上画一画

After the onion sprouts, you can use the green onions and onion for cooking
从发芽后，您可以用青葱以及葱来煮一些菜



Image of distribution of Care Package and Seniors doing some of the activities

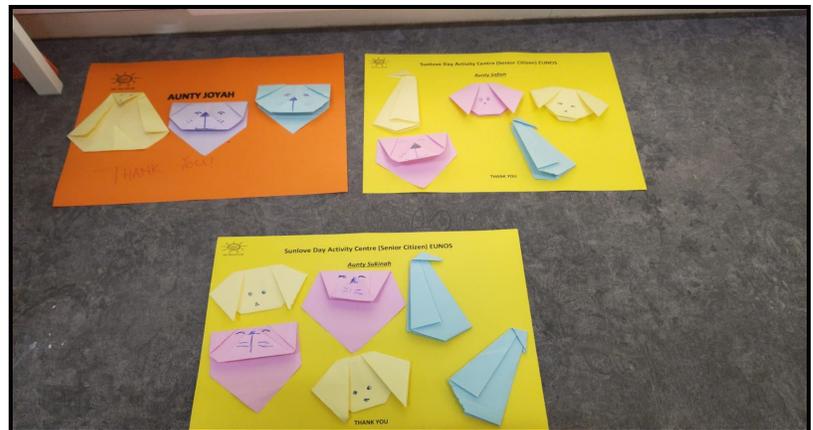


Image of Virtual Sessions

