

# **Project Silver Lining**

**Group ID: 7-16**

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**Single Year**

# **Section 1: Project Overview**

## **1. Area of Concern**

It has become an increasing phenomenon that the elderly have become very much distanced from society, due to their inability to keep up with societal advancements and evolutions. This has been made worse with the ongoing COVID-19 pandemic.

According to a Straits Times article, seniors have felt more isolated during COVID-19 circuit breaker period. According to a survey by The Elder, social isolation has led to lower satisfaction levels for about 7,500 senior citizens. On top of their inability to be kept updated with the new technologies, these elderly have also been locked up at home, unable to interact with new people. Through communicating with the elderly at the senior activity centre, we realised that the elderly lacked quality interaction with others and something meaningful to do during their free time. We also have grandparents who are facing the same issue, hence we feel a strong calling to alleviate the impacts of the issue.

## **2. Challenges identified**

Elderly at the Senior Activity Centre lack quality interactions and have been disconnected from society due to recent pandemic measures.

## **3. Underlying Problem**

Given that the elderly have a lack of connection to the community due to the recent pandemic measures, which has led to them being unable to participate in activities that they are used to, how might we empathise with their feelings and improve their social emotional well-being so as to bring joy and emotional companionship to their lives, so that they can reconnect with society and live their silver years to the fullest?

#### **4. Plan of Action**

This year, we collaborated with the North West Community Development Council (NWCDC). Through them, we managed to secure S\$6000 in funding and linked up with the Hannah Senior Activity Centre (SAC) at Block 21 Toh Yi Drive. Firstly, We headed down to the SAC to meet and familiarise with the elderly who we would serve. Over the course of 2 sessions, we interacted with the seniors and understood their needs and what would have benefitted them. We also had a conversation with the managing personnel of the SAC, to understand more about what support they give to the elderly and what we can provide for them, be it to accompany them or improve the facilities of the SAC. After understanding their needs, we felt that we needed to improve their social emotional well-being and also reconnect them with society.

Having set our objectives for this project, we got down to work and started planning. We adopted a three pronged approach to tackle this crisis that the elderly were facing.

We wanted to

- Enhance the lives of the seniors through various activities and allowed them to feel cared for
- Ensure that the seniors feel and are integrated in the post-COVID society by acquiring digital skills
- To provide a long-lasting platform and channel for elderlies and our future groups to benefit from the project

## Section 2: Implementation of Action Plan

Timeframe	Action	Purpose
Dec 2020	<ul style="list-style-type: none"> <li>● Formation of core team and OT members</li> <li>● Target setting</li> </ul>	<ul style="list-style-type: none"> <li>● Set the direction of project</li> </ul>
Jan 2021	<ul style="list-style-type: none"> <li>● Approached NWCDC,linked up with SAC, secured funding</li> <li>● Drafted a plan for events</li> <li>● Help the elderly register for vaccination</li> </ul>	<ul style="list-style-type: none"> <li>● Understanding the elderlies needs</li> </ul>
Feb 2021	<ul style="list-style-type: none"> <li>● Interactive sessions with the elderly</li> <li>● Conducted needs analysis on the eldelry</li> <li>● Introduced the OTs to them</li> </ul>	<ul style="list-style-type: none"> <li>● Bond with the elderly</li> </ul>
Mar 2021	<ul style="list-style-type: none"> <li>● Hand Sanitizer Making Session</li> </ul>	<ul style="list-style-type: none"> <li>● To reinforce the importance of hygiene amidst Covid-19</li> </ul>
Apr 2021	<ul style="list-style-type: none"> <li>● Earth Day Introduction</li> <li>● Mini Terrarium Making</li> </ul>	<ul style="list-style-type: none"> <li>● Introduce the elderly to Earth Day</li> <li>● Hands-on</li> </ul>

May 2021	<ul style="list-style-type: none"> <li>• Iftar bento delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Allow elderly to immerse in Hari Raya Aidilfitri</li> </ul>
Jun 2021	<ul style="list-style-type: none"> <li>• Guidebook</li> <li>• DigiReady@HCI preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Impart simple device skills</li> <li>• Facilitate future events</li> </ul>
Jul 2021	<ul style="list-style-type: none"> <li>• DigiReady@HCI donation drive</li> </ul>	<ul style="list-style-type: none"> <li>• Provide elderly with devices</li> </ul>
* Sep - Dec 2021	<ul style="list-style-type: none"> <li>• Tea party cum interaction of next year's core group</li> <li>• 3D printing workshop</li> <li>• River Safari Trip</li> </ul>	<ul style="list-style-type: none"> <li>• Pass down our project</li> <li>• Engage the elderly</li> </ul>

\*: To be completed

## Section 3: Project Outcomes

### 1. Accomplishments

We have befriended the elderly and they enjoyed the events we had conducted, namely Hand Sanitiser and Terrarium Making workshops, Iftar Bento Distribution and interactive sessions. 31 students from different schools volunteered with us, taking turns to visit the elderly. We have 464 followers on Instagram. For our electronic equipment donation drive, we collected 6 laptops, 22 mouses, 3 keyboards, 1 tablet and 6 laptop bags.

### 2. Reflections

We have realised that sincerity is of utmost importance to ensure that the elderly enjoy their time with us. This is how we will produce a positive impact on the lives of the elderly. We realised how privileged we are, being able to keep in close contact with friends and families because we are more tech-savvy. These elderly, however, stay at home by themselves and are bored. We also realised that we are eventually going to age and become old. We should live life to the fullest while we have the ability to. We also want to love and care for elder members in our family. Seemingly a simple gesture from us brightens up their day. It was memorable for us and we hope it is the same for them.

### 3. Scope of Impact

#### Beneficiary Impact:

“Hwa Chong Students did a good job organising the events for the seniors. The elders were very happy and enjoyed the sessions. They felt happier with this activity as they were feeling quite bored during Covid-19” - Desmond Soh, Hannah SAC Manager

“It is something different for me (and) it is quite fun. I feel entertained with new things to do now with more of such things here. I will come down again next time for such events.” - Uncle Vijay, Senior

Community Involvement: Hwa Chong teachers and students donated preloved electronic equipment in support of NW CDC's donation drive which can be of great use to beneficiaries from vulnerable families keep in touch with their loved ones.

Resolution of UP: Given that the elderly lack the connection to the community due to the pandemic, we have engaged them with events such as Iftar Bento distribution and Digiready@HCI with the intent to let them feel connected whilst the Terrarium Making and Hand Sanitiser Workshops sought to bring joy to them.

## Section 4: References

- Yan Han, G. (2020, August 28). Seniors felt less socially Satisfied, more isolated During Covid-19 circuit Breaker period: Survey. Retrieved March 27, 2021, from <https://www.straitstimes.com/singapore/lower-satisfaction-levels-higher-social-isolation-for-senior-citizens-during-circuit>
- A survey on elderly loneliness in the wake of covid-19. (2020, December 16). Retrieved March 27, 2021, from <https://www.elder.org/the-elder/survey-on-elderly-loneliness/>