



All Together-Compassion Communities

Topic: *“Go Grey! Why Museum Resources are Good for the Well Being of Seniors”*

Date: June 10th, 2024

AGENDA ITEM	DISCUSSION
Welcome	<p>Facilitator: Tina Lowery, Strategic Initiatives Program Manager, BC Centre for Palliative Care</p> <p>Presenter: Kim Gough, MMed, Learning Program Developer at the Royal BC Museum, Victoria, BC</p>
Presentation	<p>Why Museums? Why/how do they have a role in health?</p> <ul style="list-style-type: none"> • Demographics show that seniors are an existing and growing audience for museums. They are aware of and have positive associations with museums • Data suggests they have more free time than younger people, looking for social pursuits and more likely to participate in activities outside of the home. • The characteristics and motivations of older learners are a good match for museums. • Museums provide an ideal medium for senior’s programs, offering social interaction and opportunity for seniors to feel valued as they show their expertise and prior knowledge while engaging in lifelong learning with small groups/family members <p>Reminiscence</p> <ul style="list-style-type: none"> • Thinking about what programs we could offer for seniors through Royal BC Museum, I looked at what other museums around the world were doing. Many programs for seniors were reminiscence based – using objects that might be familiar to seniors and engage them in sharing stories of their lives and experiences from the past • Invited a local group to come test and use different objects to see what worked well. Reminiscence group worked well to get to know each other in group. A facilitator can discover things the group likes and learn more about participants. Found needed to chose object based on the audience to be able to form a connection <p>New Learning</p> <ul style="list-style-type: none"> • Resources from another museum that had created a dementia toolkit (2013). They suggested rather than reminiscence could use a new learning program using mystery objects. They invited participants to hold these objects, describe what they felt like, imagine what they could be. • I tried this with the test group and found some group members who were previously more reluctant to share jumped right into this <p>Research</p> <ul style="list-style-type: none"> • At this time working on master’s to explore if a museum outreach program for seniors living at care facilities provide sociability and improve participants mood? Also examined if a reminiscence program was more effective at improving mood compared to a mystery objects program (supports new learning)

	<ul style="list-style-type: none"> Reached out to local care facilities to recruit participants. Used pre and post surveys to determine if the program improved mood and identify any differences in effectiveness between the two types of programs Observed groups for engagement cues, levels of participation along with using the survey data. Audio recorded groups <p>Outcomes</p> <ul style="list-style-type: none"> Participating in the new learning outreach program improved mood of participating seniors more than the participants in the reminiscence program 3 themes around the types of conversation groups had: <ol style="list-style-type: none"> They talked to give and collect information They talked to make sense of the objects They talked to share experiences Mood was expressed through giving and receiving emotional support, laughing, smiling, jokes <p>Results</p> <ol style="list-style-type: none"> 1) Reminiscence: improved mood, one way interaction (some didn't share at all), some negative emotions expressed, needed a skilled facilitator 2) New learning: slightly higher improved mood than reminiscence, collaborative conversations, enthusiasm and interest around 'solving mysteries', facilitation a lot simpler <p>Why Outreach</p> <ul style="list-style-type: none"> Accessibility, somewhat private (without other noise/distractions), good lighting needed Physical limitations or cognitive impairments may prevent some seniors being able to go to a museum to do such a program, therefore going to a facility was better. Created an outreach kit that could be sent out Inside kit is a program for the activity coordinator. It improves the care and relationship with care providers as they learn more about residents through exploring the kit together Possible outcomes using this kit: increased feelings of belonging
Discussion	<p>Mystery objects</p> <ul style="list-style-type: none"> Session participants split into breakout rooms and looked at pictures of objects that are in the kit and worked through discussion questions: <ul style="list-style-type: none"> What do you notice? Does it remind you of anything? How might you use this? Who do you think might have used this? How old do you think it is? Where do you think it might have been used? Kim then revealed what each object was and how/what it was used for

<p>Conclusion</p>	<p>How to put together your own kit</p> <ul style="list-style-type: none"> • Decide if it will be a led group or self-guided • Skills of a facilitator: patient, friendly, well-spoken, give them resource cards to help deliver program • Sensory objects are important (not too heavy so people can lift them), mix of textures (wood, metal, rubber), ensure safety of objects. • Find objects in antique shops, ebay • Ensure space where the group is looking at the objects is quiet enough • Go through objects one at a time to help focus • No harm policy – what is shared in group is kept in group. Acknowledge limits as facilitator (likely not a counsellor) to refer to further supports if a participant needs. <p>How do you know it's working</p> <ul style="list-style-type: none"> • If people engage (laugh, tell stories) • One-time visits with mystery objects (new learning) had a positive impact on participants wellbeing • Participant: "I'm not sure if I'll remember it tomorrow, but I sure enjoyed learning about it today" <p>Q&A</p> <ol style="list-style-type: none"> 1. Can you expand on ways the kit helps to reduce barriers? <ul style="list-style-type: none"> • Those who may not want to share or cannot share (cognitive decline/memory loss) during a reminiscence program feel disengaged but for mystery objects program there isn't that same barrier or need to have to remember. • Generational, cultural differences with using a reminiscence program. Difficult to chose items for these programs if you don't know who is going to attend. Mystery objects invite conversation across generations and cultural backgrounds. 2. We do the "mystery bag" exercise with kids, and then have them draw what they think they're feeling before they see it. This extension could also be done with seniors as well. <ul style="list-style-type: none"> • Great to do different ways to suite the group • Can also display one particular object in a common area like lobby and sign up with questions as to what they think it is. Have post it notes for people to share their ideas
<p>Additional Resources and connect</p>	<ul style="list-style-type: none"> • Royal BC Museum has outreach kit available, Mystery Suitcase. Free resources, booked for 2 weeks, comes with materials inside and a facilitation guide <ul style="list-style-type: none"> ○ Museum Mystery Suitcase: Outreach Kit for Seniors Royal BC Museum and Archives • Kim's research: Link to paper. Kim's contact: KGough@royalbcmuseum.bc.ca • Session recording: YouTube link <p>Come see the mystery kit items in person at BCCPC's All Together Symposium, Oct 4th 2024 in Vancouver. Details here: All Together 2024 Event page. Stay tuned for registration!</p>